

B E Y O N D 6 0

A C T I V E L I V I N G

Weld County Area Agency on Aging
Assistance • Advocacy • Answers on Aging

APRIL 2019

Activities Calendar

april 13

Relax and Rejuvenate with a Chair Massage.

This fundraiser for Meals on Wheels will be from 11 am - 2 pm at 2030 35th Ave., Ste. B, Greeley. Massages will be offered by Art of Touch Massage and Spa and is donation only. No appointment needed.



Important Players in Greeley's Craft Brewery Scene

by Dr. Ken Humphrey

The Greeley area is fast becoming the "go to" location for craft breweries in the state of Colorado. More than 55 craft breweries have opened in Colorado since the beginning of 2017, bringing the state's total well past 325. That's more than

10 percent of all craft breweries in the United States—all that in a state that holds only 2.5 percent of the country's total population!

Beer enthusiasts feel very much at home in Greeley. What appears to be rapidly evolving is a reputation that Colorado's craft-brewers tend to be more creative and even more wildly experimental, taking the best from the multiple styles and regions in the USA. Doing so, in turn, tends to

make our local breweries award-winners at regional and national beer festivals and other types of competitions. Although this article does not permit an in-depth discussion of all of Greeley's 10+ breweries or brew-pubs, what follows are several of the very popular and well-known ones along with their web addresses so you, the reader, can explore them at your leisure before you visit and "down a brew or two."

• **Crabtree Brewing Company** was established in 2006 as Greeley's first craft brewery. A spacious facility with a tasting room where visitors can sample all the current options on-tap. Growlers and pints are available in a wide variety of flavors.

(<http://crabtreebrewing.com/>)

• **Brix Taphouse and Brewery** was Downtown's first craft brewery, serving up a rotating selection from over 75 Colorado craft beers plus their own original Brix brews. (<http://www.brixtaphouseandbrewery.com>)

• **WeldWerks Brewing Company** opened in 2015 on 8th Avenue in the heart of the designated Creative District. Some well-known favorites are the Raspberry Hefe and Coffee Stout. (www.weldwerksbrewery.com/)

Greeley's craft brewing scene is growing and dynamic, and in a "punny" word (sorry) --- "hoppin" in the right direction!

Beyond 60, Active Living is sponsored by the Weld County Area Agency on Aging. If you have a story idea or something to share, please contact us at (970) 346-6950 or hdarby@weldgov.com. All content is subject to editing and/or approval by Weld County.

SENIOR HEALTH & Fitness

A Matter of Balance Workshop:

Learn ways to reduce the fear of falling and break the fear of falling cycle.

A variety of activities address physical, social, and cognitive factors affecting fear of falling by focusing on practical coping strategies.

Workshop meets once a week for 8 weeks. FREE but registration required by calling 970-400-6117.

Mondays 5/6/19 to 6/24/19 from 9:00-11:00 am: North Colorado Medical Center, Greeley

OR Tuesdays 5/7/19 to 6/25/19 from 1:00-3:00 pm: Windsor Recreation Center, Windsor

OR Visually Impaired Version, Mondays 4/29/19-6/24/19 from 9:00-11:00 AM: Centennial Area Health Education Center, Greeley

Healthier Living Workshop:

Learn tools to become a better self manager of your chronic condition(s) like heart disease, diabetes, arthritis, COPD, etc. Learn to apply the knowledge you already know such as proper nutrition, developing an exercise program, problem-solving, and setting achievable goals. Meet once a week for 6 weeks. FREE for those 60 years or older but registration is required by calling 970-400-6117.

Thursdays 5/2/2019 to 6/6/2019 from 9:00 - 11:30 am: North Colorado Medical Center, Greeley

Why Walking Works

By Whitney Janzen-Pankratz

Picking the right exercise plan for you can be a challenge. Check out a class schedule at any gym or recreation center and you will find a buffet of wonderful options. Though these workouts are great, I'd like to take a moment to celebrate something tried and true, walking! There are countless reasons walking is a great choice for working out. Here are a few to start with:

1. Heart Health. Whether it is to reduce risk of high blood pressure, high cholesterol, diabetes, heart disease, stroke, or cardiac arrest, walking has been linked to positive outcomes in both men and women. In fact, studies of daily

walking regimens have had results of 30-50% reduction in participants' risk of cardiac arrest.

2. Weight Management. Researchers at Harvard University studying the genetic links to obesity found that you can cut the effects of 32 obesity-promoting genes in half with one hour of walking a day. In addition, researchers have also found that walking reduces cravings for sugary foods.

3. Prevents and Reduces Pain from Arthritis. The Arthritis Foundation reports walking routinely "compresses and releases the cartilage in your knees, helping circulate synovial fluid that brings oxygen and nourishes your joints, and removes inflammatory waste products."

4. Adds Years to Your Life. In 2015, researchers at St. Gorge's University Hospitals NHS Foundation Trust

in London found that walking 25 minutes a day added up to 7 years to participants' lifespans.

Are you ready to make walking part of your exercise routine? If so, here are some things to take into consideration as you prepare:

- Wear proper footwear. Make sure your shoes have good arch support, a firm heel, and thick flexible soles to absorb shock. Your shoes should help with proper body alignment.
- Choose your route carefully. When walking outdoors avoid cracked sidewalks, potholes, low-hanging limbs or uneven turf. Consider walking on paths around parks or on local trails. If the weather isn't cooperating, consider walking on a track in a recreation center or a mall.
- Complete your workout. Be sure to warm up, stretch, cool down, and

stretch again after you walk.

• Set realistic goals. It is great to aim for at least 30 minutes of physical activity a day, but if you are just starting out, consider trying several short sessions throughout the day.

Sources:

thecaregiverspace.org/8-science-backed-health-benefits-to-walking-for-seniors/
www.arthritis.org/living-with-arthritis/exercise/arthritis-friendly/walking.php
www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 4/15

Meat Lasagna, Spinach and Garbanzo Salad with Poppy Seed Dressing, Apples-Oranges-Bananas, Breadstick, Butter, Milk 1%

tues 4/16

BBQ Pork on Wheat Bun, Baked Beans, Green Pepper Slaw, Pineapple with Blueberries, Milk 1%

wed 4/17

Beef Stew, Southwest Coleslaw, Buttermilk Biscuit, Butter, Honey, Watermelon, Milk 1%

thurs 4/18

Salisbury Steak with Gravy, Baked Potato, Sour Cream, Butter, California Blend, Wheat Roll, Butter, Strawberries-Bananas, Milk 1%

fri 4/19

Lentil and Black Bean Soup, Wheat Crackers, Tuna Salad Sandwich on Flat Bread, Tomato-Lettuce, Carrot Craisin Salad, Melon Mix, Milk 1%

Did you know?

Vitamins and minerals in spinach can bring you quick relief from dry, itchy skin and lavish you with a radiant complexion.

Flower Container Gardening

By Lorrie Wellman

Why garden in containers?

- Portable
- Practice
- Limited time
- Lack of space
- Poor soil
- Impaired mobility or other health issues
- Gardening with children
- Exposure
- Sun

Where to plant?

- Enhance view or block fences
- Change traffic patterns
- Availability of water
- Availability of light
- Height can make small spaces seem larger

Choosing a container

- The best container may be a porous container; they "breathe" and allow additional moisture loss from the sides, but may need additional winter protection since water may stay in the pores and cause cracking from freezing temperatures
- Avoid containers with no drain hole or that contained toxic substances
- Nonporous containers are Sealed and do not tend to let additional moisture escape. Examples:
 - o Glazed, but do not use those glazed on the inside due to the lead that is in the glaze
 - o Plastic
 - o Metal
 - o Glass

Potting Soil

- Needs to provide water, nutrients and support for the plants
- Well aerated
- Well drained
- Light weight
- Best mix: 1-part sphagnum peat moss, 1-part pasteurized soil and 1-part vermiculite or perlite
- Replace at least 1/3 of the soil each year

Planting

- Do not place rocks in bottom of the container

Create interest with varying heights, colors, and textures utilizing Thrillers, Fillers and Spillers.

- "Thriller"
 - o Add "shock" value and interest to the container
 - o Should be taller than other plants
 - o May have an unusual color, texture, shape or size
- Examples: Artichokes, Purple Majesty Millet, Canna, Fennel, Ornamental Grasses, African Marigold, Spanish Lavender, Oleander, Hibiscus, White Bird of Paradise, Shasta Daisies, Cornflowers, Tomatillos (need 2 plants to pollinate)
- "Filler"
 - o Adds smaller flowers and dimension
 - o Medium height plants
 - o Adds bulk in the middle of the container

Examples: Sun - Zinnias, Dusty Miller, Marigolds, Coleus, Calibrachoa, Salvias, Petunia. Shade

- Coleus, Begonias, Hosta, Impatiens, Caladium, Coral Bells

- "Spiller"
 - o Creates a fountain over the edge
 - o Drapes
 - o Softens container edges; makes it more natural looking

Examples: Asparagus Fern, Dichondra, Lobelia, Vinca, Verbena, Alyssum, Nasturtium, Morning Glory, Viola, Pansy, Sweet Potato Vine

Maintenance

- Do not allow soil to dry out
- Fertilize
 - o Time release - add to soil before planting, small amount will release at each watering
 - o Water soluble - use every 2-3 weeks
- Watering
 - o Plants in containers generally need more frequent watering than plants in soil
 - o Always allow water to run out of the drain hole

• Ensures adequate water filtration

• Salt leaching

Reference: Colorado State University Extension; Container Gardens Fact Sheet No. 7.238

