

# BEYOND 60

## ACTIVE LIVING

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

# HAPPY Mother's DAY!

By Nancy Culbreath

Happy Mother's Day! What do you think of as you see this day approaching? Do you have special memories of that day when you were growing up, and do you celebrate it differently now? My research gives

us some history that I certainly did not know.

For example, Mother's Day was first celebrated in 1908. The campaign to make it a recognized holiday began in 1908. Julia Ward Howe had tried to have it celebrated in 1870 but

it did not spread outside of Boston and it only lasted there about 10 years.

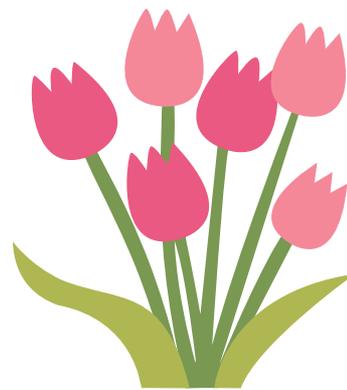
President Woodrow Wilson asked that the first official Mother's Day be celebrated on May 9th, 1914. He asked Americans on that day to give a public "Thank You" to their mothers. However, it is still not a public holiday after all this time.

Mother's Day is celebrated a different day every year depending on the country. The most common day includes Australia, Canada and the United States which celebrate

on the second Sunday in May.

The things we do to celebrate are many and include cards, flowers, cakes, family gatherings, breakfasts, brunches, lunches and dinners. Many of us call our mothers or receive calls from our children who live far away. Gifts may include chocolate, jewelry, accessories, clothing, handmade items or gift vouchers. I remember one year my dad actually got my mother a hedge trimmer. That was not well received, though it was useful. Another lady told me she got a riding lawn mower. The moral of that story

is to think carefully before you give and just enjoy the day whether you are a giver or a receiver.



MAY 2019

## Activities Calendar

may 16

**National BBQ Day and Veterans Presentation at The Bridge at Greeley 4750 25th Street. Noon-2:30 PM.** Join us for a delicious BBQ lunch and presentation honoring our veterans. Call (970)339-0022 to RSVP by May 13th.

**What You Should Know About Your Thyroid.** Dr. Millstein, UHealth endocrinologist, will discuss how the thyroid works and what happens when it stops working. He will discuss the symptoms of a dysfunctional thyroid and the course of treatment. Call Aspen Club at 970-652-2796 for a reservation. Free from 10-11 a.m. at Greeley Medical Center, 1900 16th St., lower-level classroom.

may 18

**Walk with a Doc.** A walking program for everyone interested in taking steps towards a healthier lifestyle. While you walk at your own pace you'll have the opportunity to have questions answered by local physicians. Sandborn Park, West Parking Lot, 8 am.

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.

## ENDANGERED SPECIES

By Bill Crabbe

The topic of endangered species is one of those that can quickly kick up political controversy, while destroying the ambiance at many a family gathering. But one thing that we can all probably agree on is biodiversity makes the planet more interesting. With some 9 million different species you wouldn't think that wide-spread extinction would be that big a threat. But then you start looking at some of the other numbers, even if they are guesstimates, and they get your attention. Right now there are upwards of 6,000 species of animals and plants that are considered at fairly imminent risk of extinction, and the number seems to be climbing rapidly. Now that is a small number compared to 9 million, but the earth has been down this road before. In fact, many biologists estimate that 99% of the species that have ever existed are now extinct. And while even mass

extinction is part of a natural earth-based process, there have been times where it is thought that it was aided by other events, such as the asteroid strike that helped to wipe out the dinosaurs.

Through detailed analyses of the fossil records, biologists have been able to identify five mass extinction events, and the numbers associated with them are interesting. About 444 million years ago some 86% of all species became extinct. 375 million years ago it was about 75%. 251 million years ago was the whopper, when it is estimated that 96% of all species went the extinction route. Then 200 million years ago it was 80% and 66 million years ago some 76%. It was that last one that took out the dinosaurs.

While the causes of these mass extinctions are not clearly known, biologists have noted that they occurred in conjunction with rapid



changes in climate. And it is presumed that those climate changes were due to natural forces. That is, to the best of our knowledge, trilobites hadn't evolved tool use so weren't a serious contributor to the process.

But the situation today is a little different. Now we are seeing an acceleration of extinctions that is again occurring in conjunction with what is looking like a rapidly changing climate. And this time there is a species capable of contributing to it. Us. All politics aside, it's food for thought.

**Connect:** Contact the Area Agency on Aging at (970) 400-6952 if you are needing help with information and assistance about resources or help navigating long term care services and supports for older adults and/or their caregivers.

**Create:** Join a workshop or class that is out of your comfort zone. Contact your local senior/recreation center, museum, or class to learn something new!

**Contribute:** Volunteer to help older adults. Many local organizations rely on volunteers to deliver home delivered meals or to drive an older adult to a necessary appointment.

Communities that support and recognize older adults are stronger! Join us in strengthening our community - this May and throughout the year. Visit [www.weldaaa.org](http://www.weldaaa.org) and sign up to receive our newsletter or call the Weld County Area Agency on Aging to learn more.

### NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 5/20

Roast Beef with Gravy, Mashed Potatoes, Gravy, Green Beans with Red Peppers, Rye Roll, Butter, Fig Bar, Milk 1%

tues 5/21

Tomato Bisque, Wheat Crackers, 1/2 Egg Salad Sandwich on Wheat Bread, Lettuce, Onion, Tomato, Carrot-Raisin Slaw, Banana Muffin, Butter, Milk 1%

wed 5/22

Turkey Bacon Wrap, Broccoli and Pepper Salad, Pineapple-Red Grapes-Bananas, Pumpkin Bar, Milk 1%

thurs 5/23

French Dip, Au Jus Sauce, California Blend, Peaches-Pears-Cherries, Lemon Coconut Pudding, Milk 1%

fri 5/24

Grilled Chicken on a Wheat Bun, Monterey Jack Cheese, Tomato, Onion, Lettuce, Baked Beans, Apricots, Creamy Lime Gelatin, Mayonnaise and Mustard, Milk 1%

### Did you know....

Rye bread contains has more fiber than wheat bread and is also low in fat.



OLDER AMERICANS MONTH

CONNECT, CREATE, CONTRIBUTE MAY 2019

Each year more and more older adults are making a positive impact in and around Greeley and northern Colorado. As volunteers, employees, employers, educators, mentors, advocates and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and to help communities support and celebrate

their diversity.

This year's OAM theme, Connect, Create, Contribute, encourages older adults and their communities to:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

The Weld County Area Agency on Aging will celebrate OAM by promoting ways that community members of all ages can take part in helping Weld County thrive. We encourage you to: