

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

JUNE 2019

Activities Calendar

June 6

Meals on Wheels Annual Beer and Wine Tasting. Sponsored by Highland Park Liquors and Weld County Garage from 5:00-7:30 pm at 2699 47th Ave., Greeley. Ticket presale for \$25 at Highland Park Liquor, Meals on Wheels office and Eventbrite.com. At the door tickets are \$30; kids under 10 are free, ages 11-20 \$15. Enjoy music, food and silent auction. More information at 970-353-9738.

June Support Groups:

Alzheimer's Caregivers

Support Groups

Caregivers: 2nd & 4th Tuesday at 9:30 am: Westview Church of Christ, 4151 W 20th St., Greeley

Younger Caregivers: 2nd Wednesday at 6:00 pm: Family Fun Plex, 1501 65th Ave., Greeley

Caregivers: 3rd Tuesday at 10:00 am: Free Evangelical Church, 1325 3rd St., Eaton

Adult Children: 3rd Tuesday at 6:00 pm: Alzheimer's Association 918 13th St., Ste. 1, Greeley

Women's Caregivers: 3rd Thursday at 10:30 am: Alzheimer's Association 918 13th St., Ste. 1, Greeley

Parkinson's Support Group

Greeley 4th Thursday 10:00 am: FMS Bank, 2425 35th Ave., Greeley

Community Grief Center

Understanding Grief class:

Learn about the grief process and receive support through a series of seminars. First Tuesday of each month at 6:30 pm 2105 Clubhouse Dr., Greeley. No charge (970) 506-4114 for more information.

Men's Bereavement Group

2nd Thursday at 10:00 am: sponsored by TRU Hospice of Northern Colorado 2726 W 11th St. Rd., Greeley. No fee (970) 352-8487 for more information.

Caregiver Community Group

4th Monday, 1-2:30 pm: Lincoln Park Library 1012 11th Street Greeley. No Fee. (970) 663-3500 for more information.



Colorado Vineyards: An Up and Coming Industry

by Dr. Ken Humphrey

While our Rocky Mountain State is famous for its outdoor adventures like skiing and hiking, it's also

becoming increasingly popular for craft beer breweries and for wine tasting and vineyard tours. Colorado is home to more than 100 wine producers and has the highest altitude vineyards in the nation. Check out three of the best our state has to offer.

Grande River Vineyards, Palisade:

Grande River Vineyards, nestled at the base of the Bookcliff Mountain

Range in western Colorado, is the largest winery in the state as well as producing Colorado's largest grape crop. It's been creating award-winning, hand-crafted wines, rich in flavor made in traditional styles, since 1987, and to date has nearly 300 awards, both nationally and internationally. It not only offers tours and tastings but it also features an amphitheater for concerts on the lawn during the summer months. Visitors can enjoy great live music, with proceeds benefiting local charities, tasty food and fabulous wine throughout the season, and kids are welcome as well.

Balistreri Vineyards, Denver

While you probably wouldn't think that Denver would be home to a vineyard, Balistreri hosts a small, family-owned vineyard in the city. Since 1988, the vineyard has been

producing wine "the old-fashioned way," like their grandparents from Italy used to make—all are hand-crafted, a barrel at a time, without sulfites, filtering agents or clearing agents. The results are incredibly tasty, and they can be enjoyed with the winery's outstanding Italian gourmet fare, including seasonally inspired small plates and lunch. You can not only taste the award-winning wines but take a tour of the wine cellar and wine-making facilities.

Snowy Peaks Winery, Estes Park

Snowy Peaks Winery in Estes Park, just outside Rocky Mountain National Park, opened in 2005 and uses only handpicked, Colorado-grown grapes to produce its wines. They're grown around Palisade and Paonia, on the Western

Slope, as well as on Worden Farms in Burlington, but all of the wines are handcrafted in Estes Park and primarily sold in the tasting room and on Snowy Peaks' website. Two of the most popular wines are the 2012 Cabernet Sauvignon and the 2011 Rhone-style blend of Petite Sirah, Mourvedre, Cinsault, and Syrah, both of which won medals in Colorado's 2015 Governor's Cup competition. The tasting room is open seven days a week and includes comfy outdoor and indoor seating for sampling some of the award-winning wines, and occasionally live music too.

Resources:

wine.com/colorado
booking.com/
coloradowinecountry
undercovercolorado.com

WHAT'S IN A SMILE?

By Bill Crabbe

It should be pretty simple, right? You smile. You are feeling happy. Or you are trying to be friendly. Or you are trying to tell someone it's all going to be OK. A smile is a pretty generic way of communicating, one that works just about anywhere. And then you travel about a bit and you try it. It doesn't work quite like that.

It turns out that smiling, while something that all people do, can carry very different meanings for different cultures. We North Americans are a smiley group, to a point where our international reputation is that we are kind of like smiley faces with legs. And that's not necessarily meant to be a compliment. Sure, we are seen as friendly,

except in those cultures where smiling is taken to suggest a certain degree of dim-wittedness. OK, so we're seen as dim-wittedly friendly,

except in other cultures where smiling signals deceit. Then there are those places where smiling is considered frivolous, so that those who smile a lot are asking to be discounted. But I guess that's OK, too. People can think of me as friendly, dim-witted, deceitful, and a not very serious person, as long as they can feel all that smile-driven positive energy. At least they will know I'm feeling pretty good, and no one likes to be with people when they are depressed all the time. Except,



there are cultures where a smile isn't just for feeling good, but can mean all sorts of things.

It can suggest embarrassment, fear, or just about every other emotion under the sun. Oh, and if you think you are saying "yes" to someone when you smile in response to a question, in some places you just said "no."

So what are we to do? Some cultures have opted for a slight frown as a default expression, while others strive to be unreadable, and look to the eyes rather than the mouth for guidance. Personally, I'm just going to keep smiling. If I try to figure out all the different smile rules for every place I go, my smile will become a permanent frown, and who knows what that would be communicating to everyone else.

How do I know if I'm using the right sunscreen?

When shopping for sunscreen your choices can feel overwhelming. You'll find lotions, sprays, gels, and creams. It can be hard to tell which one you need with so many different SPFs, but here is what you can do.

Step 1: Look for these three essentials to protect your skin from the sun's harmful rays:

- SPF 30 (or higher)
- Broad-spectrum protection (UVA/UVB)
- Water resistance

Not every sunscreen offers all three. When it does, you'll see the above words listed on the container. On some products, you may see the words "broad spectrum" or "UVA/UVB."

Studies show that daily use can reduce your risk of:

- Skin cancer, including melanoma,

the most serious skin cancer

- Precancerous skin growths that can turn into skin cancer
- Signs of premature skin aging like age spots, wrinkles, and leathery skin
- Sunburn
- Melasma
- Dark spots on your skin that can appear when acne, psoriasis, or another condition clears

Step 2: Consider your skin type, skin conditions, and other needs:

- Acne-prone skin: Look for the words "non-comedogenic" or "won't clog pores."
- Allergy-prone skin: Avoid sunscreen that contains fragrance, PABA, parabens, or oxybenzone (benzophenone-2, benzophenone-3, diosybenzone, mexenone, sulisobenzene, or sulisobenzene sodium).
- Around your eyes: To prevent sunscreen from dripping into your eyes, use a sunscreen stick around your eyes. Make sure the stick has an SPF 30 (or higher), broad-spectrum protection, and water resistance.
- Children: Use a sunscreen made for children. Most contain zinc

oxide and titanium dioxide.

- Dry skin: Look for "moisturizing" or "dry skin" on the label.
- Lips: Lip balm with SPF 30+ and broad-spectrum protection.
- Oily skin: Look for the words "non-comedogenic" or "won't clog pores."
- Olive to darkly colored skin: Use sunscreen with a tint to prevent a white residue from forming on your skin.
- Rosacea: Use a sunscreen that contains only zinc oxide and titanium dioxide. Many sunscreens for children contain only these two ingredients.
- Sensitive skin: Use a sunscreen with the words "sensitive skin" on the label. Avoid products with fragrance, parabens, or oxybenzone (benzophenone-2, benzophenone-3, diosybenzone, mexenone, sulisobenzene, or sulisobenzene sodium).
- Skin stings or burns when you apply sunscreen: Use a sunscreen that contains only zinc oxide and titanium dioxide. Many sunscreens for children use only these two ingredients. Avoid sunscreen with fragrance.

Source: www.aad.org



NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 6/3

BBQ Beef on Wheat Bun, Potato Salad, Pineapple and Blueberries, Oatmeal Cookie, Nut Cup, Milk 1%

tues 6/4

Cream of Asparagus Soup, Wheat Crackers, Chicken Salad Pita, Coleslaw, Rainbow Fruit Salad, Cranberry-Apple Crisp, Milk 1%

wed 6/5

BBQ Pork Spare Ribs, Corn on the Cob, Baked Beans, Creamy Coleslaw, Wheat Roll, Butter, Milk 1%

thurs 6/6

Hamburger on Bun, Ketchup, Mustard, Lettuce, Tomato, Onion, Creamy Potato Salad, 3 Bean Salad, Orange Wedges, Milk 1%

fri 6/7

Tilapia, Lemon Wedge, Tartar Sauce, Broccoli-Carrots-Cauliflower, Carrot Raisin Salad, Pumpkin Roll, Butter, Banana Bar, Milk 1%

Did you know?

According to NBC News, 818 hot dogs will be consumed every second between Memorial Day and Labor Day.

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.