

# Beyond 60

## ACTIVE LIVING



MAY 2019

### Activities Calendar

#### May 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

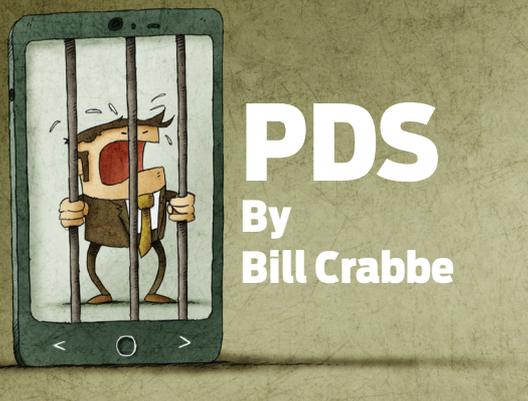
**Community Grief Center**  
Understanding Grief class: Learn about the grief process and receive support through a series of seminars. First Tuesday of each month at 6:30 pm 2105 Clubhouse Dr., Greeley. No charge (970) 506-4114 for more information.

**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.

### may 14

**WCSPERA Luncheon.** Open to any retired person who received PERA pension benefits. Entertainment includes Spellbinders storytelling group. Enjoy lunch for only \$15 at Trinity Episcopal Church, 3800 20th St., Greeley at 11:45am. Call Eve at 970-506-9838 before May 7th to RSVP.

**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.



## PDS

By Bill Crabbe

One day I woke up and it hit me. I had it. PDS. Phone Dependency Syndrome. It's something you only think will happen to others, but it is ubiquitous, and insidious. And its effects were making my life a living hell. I had to check my phone constantly, which meant it always had to be with me. Just the thought of

being disconnected from my electronic tether was enough to send chills down my spine. And there were all those apps I had to have in order to live. And the constant updates. OMG. What would I do? I turned off my phone. It was time to seek help.

Fortunately, just down the road there was this guy. Just outside his hut was a small sign that said, "PDS a problem? I can help." Fighting through my emerging sense of panic and with one eye on a looming depressive cloud, I walked down to his hut. I knocked. A

small, slightly wizened figure came to door, took one look at me and clucked his tongue softly. "Señor," he said, "please come in."

Without a word, he handed me a sheet of paper. It looked like an intake evaluation, and also looked a bit familiar. There were a list of things and a note that said "check all that apply." So I began reading.

The first on the list was "Powerlessness," with the explanatory phrase, "I am admitting that I am powerless over my addiction." I had to check it. The second was labeled "Hope" and said, "I have come to believe that a Power greater than myself could restore me to sanity." Although it made me wonder what in modern society could possibly be more powerful than a cell phone company, I had to check that one,

too. It went on. There was "Surrender," and I checked that. Then came "Inventory," "Confession," "Readiness." It went on, 12 terms in all. And to each I produced a check. I felt like my very soul was being battered and bruised as I was challenged to take this unflinchingly honest evaluation of my condition. The phone in my pocket started to feel like a weight that was threatening to drag me into the abyss.

That was two years ago. I am now able to look back at that dark time and see it as only a diversion on my path toward the light. I still have a phone, but I only turn it on to use it. The sense of freedom has truly given me a new life. And that is why I am here to talk to you today. "Hi, my name is Bill and I was once a phonaholic..."

## Coca-Cola's Strange Beginnings

By Dick Williamson

Confederate Colonel John Pemberton was wounded in the Civil War and became addicted to morphine. In 1885 Dr. Pemberton, now a pharmacist and owner of Pemberton's Eagle Drug and Chemical House in Columbus, Georgia, began a search to find relief from the addictive drug.

He created a flavored syrup which included coca plant leaves and kola nuts, and had it mixed with carbonated water. It was deemed "excellent" by those who sampled it. Dr. Pemberton's bookkeeper, Frank Robinson, named the beverage "Coca Cola" and designed the distinct script logo, still used today.

Coca Cola was sold for 5 cents per glass at drugstore soda fountains. Believing that carbonated water was good for the health, they sold Pemberton's beverage, which he

claimed was a cure for many ailments, including morphine addiction, indigestion, nerve disorders, headaches, and impotence, as a patent medicine.

During the first year, sales averaged only nine servings per day in Atlanta. Pemberton ran the first advertisement for the beverage on May 29, 1886 in the Atlanta Journal. He also offered coupons for a free Coca-Cola.

Prior to his death in 1888, Pemberton sold a major portion of his business to Atlanta businessman, Asa Candler. Under Candler's leadership, distribution of Coca Cola expanded to bottling and worldwide sales.

In the 1890s cocaine from the cocoa leaves became an issue. Pemberton's recipe called for five ounces of coca leaf per gallon of syrup (approximately 37 g/L), a

significant dose. In 1891 Candler's revised formula contained only a tenth of that amount. In 1903, using "spent" leaves, it contained only trace levels. Since then, Coca-Cola uses a cocaine-free coca leaf extract prepared by the only U.S. plant authorized by the Federal Government to import and process the coca leaf.

Marketing genius, from Pemberton's coupons, to the "Pause that Refreshes," to the 1971 Hilltop Singers performing "I'd Like to Buy the World a Coke," has led the company to unprecedented success around the world.

When meeting a friend you may say, "Hey, let's go out for a Coke" no matter what beverage you plan to order. That's good marketing.



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

**mon 5/13**  
Cabbage Roll Casserole, Corn, Fresh Fruit Salad, Morning Glory Muffin, Butter, Milk 1%

**tes 5/14**  
Roast Turkey with Gravy, Bread Dressing, Baked Sweet Potato, Fruity Nut Bar, Milk 1%

**wed 5/15**  
Turkey and Swiss Sandwich, Lettuce, Onion, Tomato, Mayonnaise, Coleslaw, Mandarin Orange-Pears-Blueberries, Chocolate Zucchini Muffin, Butter, Milk 1%

**thurs 5/16**  
Chicken Pot Pie with Biscuit, Tomato-Cucumber-Mint Salad, Pineapple-Grapes-Bananas, Rice Krispie Treat, Milk 1%

**fri 5/17**  
Hamburger with Wheat Bun, Ketchup, Mustard, Creamy Potato Salad, Tomato-Onion-Lettuce, Oranges-Apples, Nut Cup, Milk 1%

**Did you know?**  
There are more than 3,000 varieties of heirloom or heritage tomatoes in active cultivation worldwide



by Dr. Ken Humphrey

By whatever name you call it (I grew up only with the term "Hoagie"), it's a large sandwich usually made in a soft, long crusty roll, split lengthwise, and filled with a variety of meats, cheeses, and vegetables---along with various condiments. The sandwich apparently has no standardized name but is usually identified with one of the four different names used in this article's title, depending upon which area of the United States you come from.

The etymology of the word "Hoagie" is actually uncertain, although

*A Hoagie, is a Hero, is a Grinder, is a Wedge, is a Submarine---is a Hoagie, is a Hero, is a Grinder, is a Wedge, is an etc., etc. (you get it...right??!!)*

it's often suggested that it's derived from hog, either in reference to Hog Island (a shipyard near Philadelphia that employed Italian immigrants), or in reference to pork as its main ingredient. Nonetheless, it's a sandwich that originated in several different Italian-American communities in the Northeastern USA from the late 19th to mid-20th centuries. The popularity of this Italian-American cuisine (and its regional name) has grown from its origins in the Northeast, including the states of Maine and Rhode Island (Grinder), New York (NYC Hero), Connecticut and Massachusetts (Submarine and/or Wedge),

and Delaware, Maryland, New Jersey and Pennsylvania (Hoagie).

The actual term "Hoagie" is said to have originated in the Philadelphia area in the early 50s. By the mid-1950s, restaurants in Pittsburgh and throughout western Pennsylvania (I was raised near Pittsburgh) were using the term "Hoagie." Since then I've known it by no other name and I personally refuse to acknowledge any of the others.

Resources:  
www.dictionary.com  
www.thefreedictionary.com  
https://en.wiktionary.org