

BEYOND 60

ACTIVE LIVING

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

JUNE 2019

Activities Calendar

June 15

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.

SENIOR HEALTH & Fitness

Be Well with Diabetes Workshop:

Become a better self-manager of your diabetes by learning to apply the knowledge you already know such as reading nutrition labels and healthy eating, preventing low blood sugar, developing an exercise program, and setting achievable goals. Workshop meets once a week for 6 weeks. FREE for people 60 and older, but registration required by calling 970-400-6117.

Tuesdays 7/9/19 to 8/13/19 from 1:30 - 4:00 pm: Greeley Medical Clinic

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.

The Amazing Life of Donald Duck

by Nancy Culbreath

You probably take the cartoon character Donald Duck for granted, but there is so much to learn. He was created in 1934 at Walt Disney Productions. He is most famous for his semi-intelligible speech and his mischievous and temperamental personality. He has appeared in more films than any other Disney character and is the most published comic book character in the world outside of the superhero genre. His full name is Donald Fauntleroy Duck. Donald's dominant personality traits are his fiery temper and his upbeat attitude to life. He is known for annoying

other people but losing his temper when the tables are turned. His girlfriend "Daisy" appears in many of his cartoons.

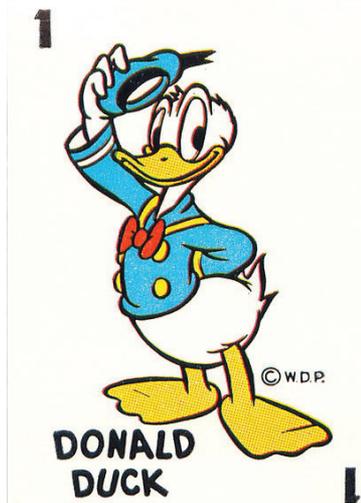
During the second world war he was in many propaganda films. One, "Der Fuehrer's Face" won the 1942 Academy Award for Animated Short Film. There was also a seven-film mini-series that follows Donald's life in the U.S. Army. He has also been in a Navy cartoon and used as a mascot for the U.S. Coast Guard.

He is also a mascot for the University of Oregon and was named an honorary alumnus during his 50th birthday in 1984. On that

day 3,000-4,000 fans gathered at the Eugene Oregon Airport for the presentation of an academic gown and cap and thousands signed a scroll now at Disney's corporate archives.

In 2005 Donald received his own star on the Hollywood Walk of Fame. Disney has also licensed Donald for a number of video games. There was also Asteroid 12410 named after him. He has actually been seen in more attractions and shows at Disney theme parks than Mickey Mouse and is seen as a meet-and-greet character.

Donald also enjoys popularity



overseas in at least 45 countries to this day. It is nice to have something fun that can be shared around the world by everyone still today.



June 15, 2019 is World Elder Abuse Awareness Day. This day is meant to raise public awareness about the abuse, neglect and exploitation of older adults. As our population grows and longevity increases, so must our ability to recognize and report these mistreatments.

The Colorado Adult Protective Services (APS) Programs investigate allegations of physical abuse, sexual abuse, caretaker neglect,

self-neglect, and exploitation of at-risk adults. The APS Program will assess safety and risk and can coordinate protective services through support systems and community-based resources. Colorado APS defines an at-risk adult as, "an individual eighteen years of age or older who is susceptible to

mistreatment or self-neglect because the individual is unable to perform or obtain services necessary for his or her health, safety, or welfare, or lacks sufficient understanding or capacity to make or communicate responsible decisions concerning his or her person or affairs". APS has the responsibility of investigating mistreatment and offering protective services, while adhering to core principles that include

consent, self-determination (the right to decide for one's self and to make choices without the interference of others), and the least restrictive interventions.

In Weld County, the APS program is part of the Department of Human Services, Area Agency on Aging. This enhances our programs ability to work collaboratively with the Single-Entry Point (Long Term Care) Case Managers, The Older American's Act Programs, and the Long-Term Care Ombudsman. Increasing awareness about elder abuse has also facilitated stronger working relationships with our local law enforcement agencies, the District Attorney's Office and our Community Centered Board.

Anyone who is concerned that an at-risk adult may be the victim of abuse, neglect and/or exploitation is encouraged to report the mistreatment. You can make a

report to Weld County Adult Protective Services (APS) by calling 970-346-7676.

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 6/17

Crispy Fish Sandwich on Wheat Bun, Tartar Sauce, Roasted Red Potatoes, Creamy Coleslaw, Tropical Fruit, Blueberry Crisp, Milk 1%

tues 7/18

Chicken Fajita on Wheat Tortilla, Pico De Gallo, Spanish Rice, Refried Beans, Fruit Salad with Apples, Milk 1%

wed 7/19

Roast Beef, Gravy, Mashed Potatoes, Gravy, Green Beans with Red Peppers, Wheat Biscuit, Butter, Cantaloupe and Blueberries, Milk 1%

thurs 7/20

Roast Turkey, Gravy, Mashed Potatoes with Garlic, Gravy, Broccoli-Carrots-Cauliflower, Cabbage-Cranberry-Pear Salad, Dill Roll, Butter, Milk 1%

fri 7/21

Loaded Baked Potato with Cheddar Cheese, Sour Cream, Butter and Chili, Caesar Salad, Melon Salad, Orange Gelatin, Milk 1%

Did you know?

Blueberries were called "star fruits" by North American indigenous peoples because of the five-pointed star shape that is formed at the blossom end of the berry.

FLAG DAY

By Eileen Smith

How much do you know about Flag Day, other than it is celebrated on June 14th? I discovered many things about this day while researching this article. Flag Day commemorates the adoption of the flag in 1777(which also happened to be its 100th birthday). Here is a brief timeline of some of the highlights of its history. It was first suggested in 1861 by

George Morris. In 1885, Bernard J. Cigrand conducted the first official observance (he personally promoted patriotism and respect for the flag). In 1907, the Elks put forth a resolution designating the 14th as Flag Day. In 1916, President Wilson issued a proclamation that established Flag Day and in 1946 it was established by an act of Congress.

And now for some fun and

random facts related to this day and the American Flag. Pennsylvania became the first state to celebrate it as a state holiday in 1937. The longest running Flag Day parade started in Fairfield Washington in 1909 (missing only one year). The current 50-star flag was first flown July 4th, 1960 (and was designed by a 17-year-old for a class project. He got a B-). The flag has undergone

27 design changes and requires 64 pieces of material to assemble. Five of six flags on the moon are still standing. The remainder of the flag that inspired the national anthem is still on display at the Smithsonian. Flag Day is also the birthday of the U.S. Army. An expert in the history of flags is a vexillologist. The colors of the flag stand for purity and innocence(white), valor and hardiness(red) and vigilance, perseverance and justice(blue).

And finally, there are 10 places where it is permissible to fly the flag 24/7-two of which are the White House and U.S. Capitol.