

B E Y O N D 6 0

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



AUGUST 2019

Activities Calendar aug 27

Fight Fraud - Shred Instead!
Third annual shredding event co-hosted by the Area Agency on Aging and AARP Foundation. Island Grove Park (south of grand stands at the corner of 14th Ave. and D St.) from 8:30-11:00 am. Free event but accepting nonperishable food donations for the Weld Food Bank.

September 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 10:00 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.

Woman Suffrage: The Final Challenge

By Kathy Swafford

By June 1919, the US Congress had finally passed the 19th amendment allowing women to vote. Now 36 of the 48 states needed to ratify it. Colorado's ratification in December made 22 states. By June 1920, just one more state was needed, but the five remaining states were either strongly opposed or refused to meet in the summer.

Although ratification had no deadline, many politicians wanted the women's vote in the 1920 election, especially President Wilson, who convinced Tennessee Governor Roberts to call a Special Session for August.

Suffragists wearing yellow roses converged on hot, humid Nashville, Tennessee, as did the anti-suffragists wearing red roses. National suffrage president Carrie Chapman Catt took up residence at the Hermitage Hotel but did not attend the sessions to

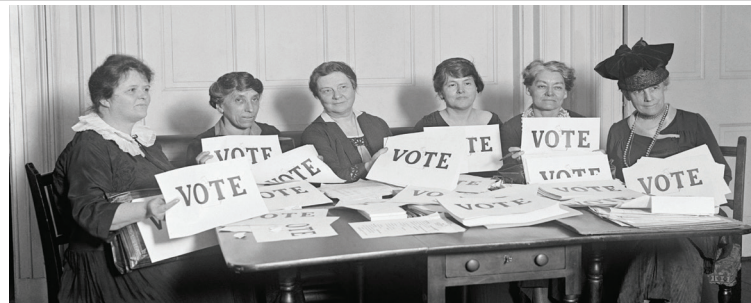
avoid claims of outside influence.

Ratification was quickly approved in the Senate but postponed each day for five days in the House. Meanwhile, liquor, railroad, and textile industry lobbyists plied legislators with free-flowing liquor in the hotel 'hospitality suite.'

In the House, the first vote on ratification tied 48-48. On the second roll call, 24-year-old Harry Burn, wearing a red rose, held up his mother's letter urging ratification...and changed his vote to "yes"! That made it 49-47 and it passed!

But wait. Suddenly the House Speaker changed his vote to yes and called for Reconsideration; now he could call for a re-vote anytime in the next 72 hours! Tired legislators must stay three more days in case of a re-vote.

Knowing loss of even just one vote



would doom ratification, suffragists barely caught Rep. Dodson boarding the train home to his sick baby. Promises to charter an express train to get him home quickly convinced him to stay.

To get Harry Burn to reverse his vote, the anti-suffragists threatened publication of false affidavits alleging he accepted \$10,000 from another legislator to change his vote. Their blackmail failed when the affidavits - with strong rebuttals - came out next morning, thanks to the stenographer who was secretly a suffragist!

Anti-suffragists filed numerous injunctions, including one that kept Governor Roberts from certifying the vote for another few days. It took two

years and the US Supreme Court to dismiss the last of their appeals.

Tennessee Certification arrived in Washington, DC, and Secretary of State Colby signed the 19th Amendment at home before breakfast, with no suffragists present, on August 26, 1920. Finally, all women had the vote!

Sources: Weiss, Elaine. *The Woman's Hour*, New York; Viking at Penguin Random House, 2018; Yellin, C. & Sherman, J. *The Perfect 36*. Oak Ridge, TN, Iris Publication Group, 1998.

READY, STEADY, BALANCE: PREVENT FALLS

WALK WITH A DOC

Saturday, Sept. 21, 8:00 AM, Sanborn Park, 2031 28th Ave, Greeley



Walk at your own pace, have questions answered by local physicians. Meet in North West parking lot.

CAREGIVER LUNCHEON: CONVERSATION ON FALL PREVENTION

Monday, Sept. 23, Noon-1:00 PM, Eaton Recreation Center, 1675 3rd St, Eaton



Join us for lunch and a seminar reviewing the Fall Prevention Conversation Guide for Caregivers developed by the National Council on Aging. Registration is required by calling (970) 400-6117.

FILM SCREENING: The Falling Monologues

Wednesday, Sept. 25, 2:00 PM, Farr Library, 1939 61st Ave, Greeley

Join us for viewing and discussion of this short film reflecting the thoughts, emotions, and lessons learned by some older adults after they have fallen.

TAI CHI IN THE PARK

Tuesday, Sept. 24, 10:45-11:45 AM, Riverside Park, 4000 Riverside Pkwy, Evans



Observe or participate in Tai Chi based on the Tai Chi: Moving for Better Balance program offered by the Area Agency on Aging.



CHAIR YOGA

Thursday, Sept. 26, 2:30-3:30 PM, Riverside Library, 3700 Golden St, Evans

Join us for yoga led by instructor Amy Hodge. Appropriate for all fitness levels.

MYMOBILITY PLAN

Thursday, September 26, 11:00 AM, Rodarte Center, 920 A St, Greeley

Learn more about how to stay independent with a plan developed by the Centers for Disease Control and Prevention. If you would like to stay for the Friendly Fork Meal call (970)346-6950 to RSVP.

COMPLIMENTARY BALANCE SCREEN ASSESSMENT. Call Alliance Physical Therapy at 970-352-9022 to schedule your appointment. The assessment will be performed by a licensed physical therapy provider who specializes in balance and fall prevention. Appointments are available the week of September 23-27.

FILL YOUR PASSPORT! The first 5 people to attend 3 or more events win a door prize!



SENIOR HEALTH & Fitness

Healthier Living 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 9/10/19 to 10/15/19 from 1:00 - 3:30 pm: Windsor Recreation Center, Windsor

Powerful Tools for Caregivers Workshop:

If you are caring for a loved one at home, this workshop will help you learn to reduce stress, guilt and anger; relaxation techniques; set goals and problem-solve (family caregivers only). Workshop meets once a week for six weeks. FREE but registration is required by calling 970-400-6130.

Tuesdays 9/17/19 to 10/22/19: 1:30 - 4:00 pm: Windsor Recreation Center, Windsor

Cancer: Thriving and Surviving Workshop:

Are you a cancer survivor? In this 6 week workshop, learn new steps to improve your health, skills to regain a sense of empowerment and live a quality of life; including how to cope with fear of reoccurrence, depression, fatigue and a sense of isolation. FREE, but please register by calling 970-313-2796. Event is sponsored by UC Health.

Wednesdays 9/25/19 to 10/30/19 from 1:00 - 3:30 pm: UHealth Midtown, 1900 16th St

Did you know?

The first U.S. Labor Day was celebrated on Tuesday, September 5, 1882, in New York City, planned by the Central Labor Union.

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.