

BEYOND 60

ACTIVE LIVING

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



What Do You Know About Butterflies?

by LeAnne Bodine

March 14th is "National Learn About Butterflies Day." So let's see what you already know and what surprising things you can learn.

Butterflies are fascinating creatures with over 20,000 varieties to learn about. Did you know they can have a life span of just a few days or as long as nine months? Also, did

you know a butterfly's wingspan ranges from 1/2 inch to 11 inches, plus they use their feet to taste? The most interesting species I found is the monarch butterfly.

The monarch butterfly is really good at navigation since it uses the sun's position to know which direction to fly when migrating as a kaleidoscope (group). Twice a year, they travel from Mexico to the northern

United States and southern Canada, covering close to three thousand miles. It may take three generations to make the trip north from Mexico to Canada. At night they gather in mass for protection/warmth with their wings touching each other and creating beautiful designs which look like kaleidoscopes. Check out

some photos of this online at Shutterstock.com or Pinterest.com. They are absolutely beautiful! Monarchs survive and multiply as they work together spreading pollen from one flower to the next while traveling across our continent every year. They are truly unique creatures teaching us much

SAVE THE VAQUITA

By Bill Crabbe

If you are like me, the title of this probably has you asking, "What

is a vaquita and why should I try to save it?" The answer is a bit meandering.

Vaquitas are porpoises, one of the four groups of animals that occupy the genus phocoena, which itself demarks a group of cetacean aquatic mammals, like whales. For those of you who are curious, the way you tell a porpoise from a dolphin is by the dorsal fin. In dolphins they are curved, while with porpoises they are triangular. Or you could ask Flipper.

Vaquitas live and breed in the Northern Gulf of Mexico, the Sea of Cortez. They tend to hang around the shallower areas because that is

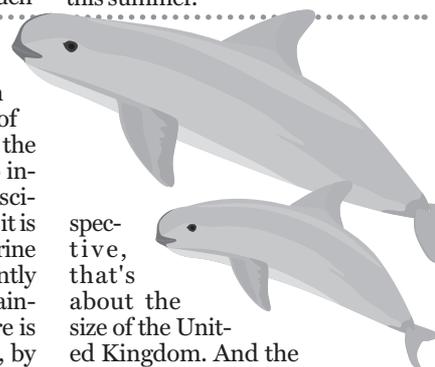
where their food supply abounds. And they are now considered the most endangered of the cetacean mammals. A while ago they were in second place, behind the Chinese river dolphin, or baiji, which is now thought to be extinct. And vaquitas are moving rapidly in the same direction.

Scientists used acoustic readings to determine that there were about 600 vaquitas in 1997, a number that was dropping at a rate of about 18% per year. Most of this decline was attributed to the practice of fishing for another endangered species, the totoaba, which resulted in what they term "by-catch" and the drowning of vaquitas. By 2018 that figure had reached about 10. With the decline

continuing, 0 is not far away.

So why should we care? Well, while species come and go on the planet, it is the activities of humans that are thought to be the largest contributor to the sharp increase in extinctions noted by scientists. According to UNESCO, it is estimated today that 60% of marine ecosystems are either significantly degraded or being used unsustainably. If this continues, and there is no reason to expect otherwise, by 2100 it is estimated that about half of marine species will be facing the risk of extinction.

Just consider for a moment that there are close to 500 dead zones in our oceans, covering more than about 95,000 square miles. For per-



spec-
tive,
that's
about the
size of the Unit-
ed Kingdom. And the
processes creating them appear
to be accelerating.

So the next time you think about the vaquita, it might be good to think of it less like a single species facing extinction and more like one canary in a coal mine, with humans continuing to work the mine.

MARCH 2020

Activities Calendar

mar 17

CANCELLED: 22nd

Annual St. Patrick's Breakfast. Join Meals on Wheels to celebrate 50 years.

mar 26

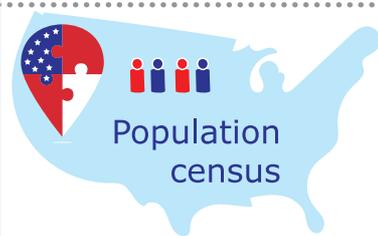
Yoga and You. Join The Bridge at Greeley to learn gentle stretching techniques for seniors.

Presented by Tree of Life Yoga. Call 970-339-0022 to RSVP, 2:00-3:00 pm at 4750 25th St., Greeley.

mar 28

Spring Fling Dinner and Dance. Benefit for the Alzheimer's Association Weld Walk. Giveaways, music, dinner, and dancing! Doors open at 5:30 pm, \$75 per person or \$125 per couple, Moose Lodge, 3456 11th Ave., Evans.

Tickets are limited so call today! Christina at (970) 691-4766.



It is mandated in our Constitution that everyone be counted every 10 years. Our population, based on the census, determines how much funding we receive for things like school lunches and child abuse prevention, transportation, construction and highway maintenance, support for firefighters, housing for older adults; and how many congressmen we can have in the House of Representatives. Therefore, getting a complete and accurate census count is critically important.

Participating in the 2020 census also helps determine how much funding states and local governments receive to offer services. By taking part in the 2020 census, your age group is not left out of this process. Programs important to older

The Importance of the Census to Older Americans

adults, such as transportation, nutrition and housing depend on population-based funds to provide their services to you and your community. For every person NOT counted, we could lose approximately \$2,300!

The 2020 census will work differently this year from previous years. From March 12th-20th, every household will receive a postcard with information about how to respond online. It is important to remember that you do not have to file online. After the postcards are sent out, a paper census will be mailed to households that did not complete the census online. If a household still has not completed the census, either online or by paper, a census taker will come to your house and complete the census with you.

MARK YOUR CALENDAR!

- March 12, 2020: Mailers will be sent out; online portal opens www.census.gov
- April 1, 2020: Official Census Day! (This can be your day to remind yourself to complete your

census, if you haven't already submitted it.)

- April-July 2020: Census takers will go door-to-door and visit homes that have not submitted their census response.

FUN FACTS:

- Available in 13 languages online and over the phone.
- Available in English and Spanish by mail.
- The census form goes to every household.
- The American Community Survey (ACS) goes out to 1 in 38 households and is longer than the census.
- If a household gets the ACS, they will ALSO need to fill out the 2020 census.
- You can look up census workers going house-to-house in the Census Bureau staff directory or you can call the Denver Regional Office at 1-800-852-6159.

GREAT RESOURCES:

- www.togetherwecount.org
- www.census.gov

- censuscounts.org

If you have any questions, you are always welcome to contact the Area Agency on Aging Information and Assistance line at (970) 400-6952.

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 3/23

Austrian-Style Pork over Mashed Potatoes, Broccoli Florets, Peaches and Strawberries, Rice Pudding with Raisins, Milk 1%

tues 3/24

Spaghetti with Meat Sauce, Broccoli Salad, Pumpkin Roll, Butter, Pineapple-Grape Salad, Rocky Road Pudding*, Milk 1%

wed 3/25

Chicken Cacciatore over Rotini, Tuscan Vegetables, Wheat Roll, Butter, Orange-Apple-Banana Fruit Salad, Milk 1%

thurs 3/26

Roast Beef, Brown Gravy, Baked Potato, Sour Cream, Butter, Brussels Sprouts with Malt Vinegar, Wheat Roll, Butter, Butterscotch Pudding, Milk 1%

fri 3/27

Neptune Tuna Fish in Pita, Outasight Salad, Apple Wedges, Vanilla Pudding, Crunchy Fruit Snack*, Milk 1%

Did you know?

Tuna fish is high in protein and low in fat. It also contains essential amino acids. So enjoy, but remember to pop a mint after you eat your meal!

SENIOR HEALTH & Fitness

Powerful Tools for Caregivers Workshop:

If you are caring for a loved one, this evidence-based workshop will help you learn to reduce stress, guilt and anger; develop 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 970-400-6117.

Mondays, 4/6/20 to 5/11/20, from 1:30- 3:00 pm: First Congregational Church, Greeley

Walk with Ease

Increase your balance, strength and walking pace while building confidence in your ability to be physically active. This program is proven to reduce the pain and discomfort of walking. FREE for people 60 and older, but registration is required by calling 970-400-6117.

MWF, 4/6/20 to 5/15/20 from 9:00-10:00: Kersey Recreation Center

Healthier Living Workshop:

Learn tools to become a better self-manager of your chronic condition(s) like heart disease, diabetes, arthritis, COPD, etc. Learn to apply the knowledge you already know such as proper nutrition, developing an exercise program, problem-solving, and setting achievable goals. Meet once a week for 6 weeks. FREE for those 60 years or older but registration is required by calling 970-400-6117.

Thursdays, 4/2/20 to 5/7/20 from 9:00 - 11:30 pm: Family Physicians of Greeley, West Office, Greeley

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.