



SENIOR *life* R



JANUARY 2018

Activities Calendar

jan 16

Healthy Living for Your Brain and Body: Tips from the Latest Alzheimer's Research. Hosted by the Alzheimer's Association and held at the Greeley Senior Activity Center, 1010 6th St., Greeley from 10:00-11:30 am. To register, call 800-272-3900.

jan 17

Ask An Attorney Clinic hosted by the Weld County Combined Court Information Center. Speak with a local attorney for free. (Family, Divorce, Custody, Child Support, Evictions, and Civil Law Suits to name a few.) Each one-on-one session is 15 minutes. 3:00 - 4:30 pm at 915 10th St. Please call to confirm or for more information 970-475-2410.

Using the immune system to fight cancer. Dr. Ross McFarland, UCHealth Cancer and Hematology Clinic, discusses how the immune system fights cancer, how cancer is treated today, and treatments available locally. Call Aspen Club for reservations at 970-313-2796; 10-11 a.m. at GMC, 1900 16th St., lower-level classroom.

jan 18-mar 8

Eight Week Grief Support Group. Individuals will recognize the various aspects of grief, offer ways to cope, and provide connection to other who are also grieving. Thursdays from 6:30-8:00 pm at the Community Grief Center, 4650 W 20th St., Ste. B, Greeley. Free, but registration required by calling Marissa at 970-346-9700.

jan 18

Medicare 101. Are you turning 65 or new to Medicare? This class offers an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug plans, preventive services, to name a few. Presented by Aspen Club Medicare Counselors. Call 970-313-2796 for a reservation. 4:30-6 p.m. at GMC, 1900 16th St., lower level conference room.

jan 19

Volunteer Fair. Browse multiple agencies looking for volunteers. Presented by Life After Loss Adamson Life Celebration Home and RSVP. This open house style event is from 8:00-12:00pm at 2000 47th Ave. with a free continental breakfast. Call Cherry for more information at 970-353-1212.

Senior Life 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.



Six Health Benefits of Dark Chocolate

Dark chocolate has recently been discovered to have many health benefits. (Although it has benefits, remember that chocolate is also high in fat.)

1. Dark Chocolate is Good for Your Heart
Studies show that eating a small amount of dark chocolate two times a week can help lower your blood pressure. It improves blood flow and may help prevent the formation of blood

clots, which can lead to a stroke. It may also prevent arteriosclerosis.

2. Dark Chocolate is Good for Your Brain

Dark chocolate increases blood flow to the brain as well as to the heart, so it can help improve cognitive function.

Dark chocolate also contains several chemical compounds that have a positive effect on your mood and cognitive health. Chocolate contains phenylethylamine (PEA), the same chemical your brain creates when you feel like you're falling in love. PEA encourages your brain to release endorphins, so

eating dark chocolate will make you feel happier.

Dark chocolate also contains caffeine, a mild stimulant. However, it contains much less caffeine than coffee. A 1.5-ounce bar of dark chocolate contains 27 mg of caffeine, compared to the 200-mg found in an eight-ounce cup of coffee.

3. Dark Chocolate Helps Control Blood Sugar

Dark chocolate helps keep your blood vessels healthy and your circulation unimpaired to protect against type 2 diabetes. The flavonoids help reduce insulin resistance by helping your cells to function normally and regain the ability to use your body's insulin efficiently. It also has a low glycemic index, meaning it won't cause huge spikes in blood sugar.

4. Dark Chocolate is Full of Antioxidants

Dark chocolate is loaded with antioxi-

dants, which help free your body of free radicals that cause oxidative damage to cells. Free radicals are implicated in the aging process and may be a cause of cancer, so eating antioxidant rich foods like dark chocolate can protect you from many types of cancer and slow the signs of aging.

5. Dark Chocolate Contains Theobromine

Dark chocolate contains theobromine, which has been shown to harden tooth enamel and is a mild stimulant which can suppress coughs.

6. Dark Chocolate is High in Vitamins and Minerals

Dark chocolate contains potassium, copper, magnesium and iron that can support your health.

Source: fitday.com

LIFE CHANGES by Bill Crabbe

I remember thinking how remarkable it must have been for people to have been born when cars were just replacing horses, and to have lived long enough to watch someone walk on the moon. "What must that be like?" I used to think. Little did I realize that soon enough I would have a very good idea. Things are a bit different these days.

I was born when Truman was president, although not for long. You didn't see a lot of horses in the streets where I lived, but the cars were sure different. Most were like driving the Queen Mary down the road, each trying to outdo the other in terms of size and weight. None had seat belts, kids bounding about inside them was common. And they all had ashtrays.

TVs had showed up, but I remember the radio still being a very central part of the entertainment process. And a lot of the TVs were these little round screens that seemed to spend as much time with the picture rolling as being stationary.

Then rabbit ear antennas came along. These only partially worked, but folks discovered that hanging hunks of tinfoil on them improved reception and made for interesting interior decorations. And color TVs were still largely a rumor in most households.

There were records. The country had moved past the old clunky Victrola versions that could easily have doubled as a Thanksgiving serving platter. There were 33s, 45s, and 78s, each of which was a different size and which played at a different speed. It was great fun to play them at the wrong speed, kind of like inhaling helium can be today. And sound quality was a work in progress.

Telephones were also interesting. In many places they were party lines,

where it was possible to catch up on gossip without anyone knowing they were being overheard. There were individual lines with individual numbers, but they were combinations of letters and numbers, making them easier to remember; mine was H0ward 44006.

And that's just a starter. Yes, things were very different back in those days. And I'm sure when my grandchildren (and now great-grandchildren) look at me, they think how wondrous I must find things today. And they probably look at their cell phones and wonder how I survived.



Protect Those You Care About from Financial Abuse

How to tell if someone is being financially abused



Because financial abuse does not involve any physical abuse, you must look for different signs and signals. What to look for:

- A large amount withdrawn from their bank or other cash accounts.
- Numerous withdrawals of smaller amounts—say, \$100 at a time.
- A large check written to someone you do not know.
- Changing power of attorney or the beneficiaries on insurance or investment accounts.
- Bouncing checks or bills going unpaid when there should be enough money in the account.
- Unusual or unnecessary purchases—buying new golf clubs or a diamond bracelet.
- Unnecessary home repairs—having new siding put on the house, or the driveway repaved.

- Becoming close with a much younger or inappropriate person.
- A caregiver who becomes overly interested in the finances.

- Don't let the paperwork get you:
- Shred all unused credit card applications.
 - Don't leave mail in your mailbox for the carrier to pick up; drop it off at the post office.
 - Review your credit card and bank statements every month.
 - Have the bank send copies of your statements to a trusted adult child or financial manager. (Two sets of eyes are better than one.)

- Reduce the risk! Post this checklist:
- Don't let a person you don't know into your home.
 - Don't have work done on your home

- without getting estimates from at least three reputable contractors.
- Don't give out your Social Security, credit card or bank account numbers over the phone.

If you suspect someone is being financially abused make a report to your local law enforcement office immediately! For more help, contact the Weld County Area Agency on Aging at (970) 346-6952 or for information for a loved one outside the Weld County area, contact the Eldercare Locator. It is a public service of the U.S. Administration on Aging and links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers. To speak to an Eldercare Locator information specialist call toll-free at 800-677-1116.

How Do You Age Out Loud?

The Senior Life page is taking a new outlook for 2018. We are shifting the Gripe and Gratitude space to emphasize how you age out loud, a new voice that reflects what aging looks like today, because what it means to age has changed.

Many older Americans focus their lives in areas they may have put aside or postponed during their careers. They continue to be excited about their contributions to our social fabric. They work longer, try new things and engage in their community by taking charge and striving for wellness and independence.

We want to hear from you about the ways you have added to the breadth and width of your life in your later years. It's important because your experience may inspire others to do the same or something similar.

Share your stories by contacting Age Out Loud editor, Dick Williamson at radiomemory@gmail.com or Holly Darby at hdarby@weldgov.com. Contributions should be 75 words or less and are subject to edit.

SENIOR HEALTH & Fitness

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 1/23/18 to 2/27/18: Greeley Medical Clinic, 1900 16th St., Lower-level classroom, Greeley; 9:00 - 11:30 am

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 1/15
Navy Bean Soup, Wheat Crackers, Chicken Salad on Multi Grain Bread, Butter, Lettuce-Tomato Slice, Buttered Apples, Rocky Road Pudding, Milk 1%

tues 1/16
Teriyaki Beef over Brown Rice Pilaf, Japanese Blend Vegetables, Spinach Salad with Mandarin Oranges, Fudgy Nut Brownie, Milk 1%

wed 1/17
Italian Meatloaf with Gravy, Mashed Potatoes with Gravy, Peas and Onions, Breadstick, Peach Crisp, Milk 1%

thurs 1/18
Chicken and Noodle Casserole, California Blend Vegetables, Rainbow Fruit Salad, Wheat Roll, Butter, White Chocolate Chip Cookies, Milk 1%

fri 1/19
Roast Beef with Brown Gravy, Mashed Potatoes with Gravy, Harvard Beets, Creamy Cole-slaw, Fruit Cocktail, Milk 1%

Did you know?
Navy beans are abundant in folate, which is essential to supporting your red blood cells and keeping your blood vessels free of damaged caused by a buildup of homocysteine.