



SENIOR *life*



OCTOBER 2017

Activities Calendar

OCTOBER Support Groups:

Alzheimer's Caregivers Support Groups

3rd Tuesday at 10:00 am: Free Evangelical Church, 1325 3rd St., Eaton

3rd Thursday at 2:00 pm: Alzheimer's Association 918 13th St., Ste. 1, Greeley

Greeley Adult Children 3rd Tuesday at 6:00 pm: Alzheimer's Association 918 13th St., Ste. 1, Greeley

2nd & 4th Tuesday 9:30 am: Westview Church of Christ, 4151 W 20th St., Greeley

Parkinson's Support Group

4th Thursday 10:00 am: Hope Pool & Therapy Center, 2780 28th 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 4650 W 20th St., 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.

oct 9

Effective Communication Strategies. Sponsored by the Alzheimer's Association and held at the Greeley Senior Center, 1010 6th St., Greeley from 10:00-11:30 am. Please call 800-272-3900 to register.

oct 11

Healthy Living for Your Brain and Body: Tips from the latest Alzheimer's Research. 10:00-11:30 am at the Greeley Senior Activity Center, 1010 6th St., Greeley. Call 800-272-3900 to register.

oct 12

What Now? An Over-Active Bladder. Bladder control is a very common problem affecting both men and women in our aging population. Dr. Kevin Clay from UHealth will review the common signs and symptoms, as well as the multitude of treatments ranging from lifestyle modifications to minor and major surgeries. 10-11 a.m. Greeley Senior Center, 1010 6th St. Call Aspen Club at 970-313-2796 to register.

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.

National Coffee Day is September 29, 2017

Some Unique Speculations and Facts

by Dr. Ken Humphrey

National Coffee Day, also known as Coffee Day or International Coffee Day, is an "unofficial" holiday that celebrates this hot beverage and the joys and pleasures it brings to people all over the world. While not much is known about the origin of this holiday, the history of coffee, where it came from, and why it became so popular are a lot easier to determine:

1) According to legend, a sixth century Ethiopian highlands goat herder named Kaldi discovered that the berries of a particular plant had a surprising stimulating effect on his goats. He experimented with them and voila---coffee was born.

2) According to a number of historians, early African tribes consumed coffee by grinding the berries together, adding in some animal fat, and rolling these caffeinated treats into tiny edible energy balls.

3) Centuries later, brewed coffee emerged in Arabia and the popular-

ity of coffee then grew at an exponential rate!

4) Americans spend an average of \$1092 on coffee each year.

5) The citizens of Finland are the world's most caffeinated nation in the world. They drink the most coffee per capita of any country in the world.

6) Beethoven was a barista's worst nightmare! He was extremely particular about its preparation; he insisted that each cup of coffee he consumed be made with exactly 60 beans!

7) In 1674 in England, the Women's Petition Against Coffee claimed that the beverage was turning British men into "useless corpses" and proposed a ban on it for anyone under the age of 60.

8) The pros and cons of drinking coffee have been debated for several



hundred years. Too much of anything can be a bad thing---yes, even your favorite customized coffee beverage. That being said however, recent research from AsapScience determined that it would take over 70 cups of coffee to kill a roughly 150 pound person.

9) Today, over 400 billion cups of coffee are consumed worldwide each year. It is a world commodity that is second only to oil. So, on September 29th, don't forget to take a coffee break (or two) to celebrate this historical and important beverage!

Resources: www.nationalcoffeeassociation.com, www.cnn.com, <https://daysoftheyear.com>

FOR HEALTH & Fitness

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.

Wednesdays 10/4/17 to 11/15/17 from 1:30 - 4:00 pm: North Colorado Medical Center, Greeley

SENIOR Life

Gripe or Gratitude

James

There are people that may think they are smarter than "James.". I regularly see James taking long walks. One day I watched him as he threw something into a trash bin. Later I saw him again, this time picking up a beer can and carrying it to a nearby trash can, and I thought "Wow, James is my kind of guy! Thanks James." This shows everyone is valuable and has something to contribute.

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 10/9

Beef/Bean Soft Taco, Pico De Gallo, Lettuce-Tomato, Sour Cream, Mexicorn, Melon Medley, Crispy Rice Treat with Peanuts-Cranberries, Milk 1%

tues 10/10

Turkey and Dumplings, Garlic Mashed Potatoes, Melon Salad, Fruity Nut Granola Bar, Milk 1%

wed 10/11

Baked Chicken & Noodles, Spinach and Garbanzo Bean Salad, Raspberry Vinaigrette, Apple-Orange-Grapes, Sandy's Cookie, Milk 1%

thurs 10/12

Barbecued Pork on a Wheat Bun, Oven Browned Potatoes, Asparagus, Corn & Roasted Red Pepper Blend, Pears with Raspberries, Milk 1%

fri 10/13

Roast Beef & Gravy, Baked Potato, Sour Cream, Butter, Orange-Almond-Spinach Salad, Wheat Roll, Butter, Milk 1%

Did you know?

Garlic is one of the oldest food flavorings and 6 bulbs were discovered in the tomb of the Egyptian Pharaoh Tutankhamun (1332-1323 BC).

OCTOBER 2 National Name Your Car Day



By: Nancy Culbreath

Does your car have a name? I am amazed at how many people's cars have names. Here are some things you should consider in naming your car:

1. Take your time.
2. Decide on a male, female or gender-neutral name.
3. Cheat and use the Internet where there are many websites to help you.
4. Combine color with shape/size/overall impressions.

5. Use active words.
6. Be smart and consider make and model of the car.
7. Don't use the name of a dead pet or relative.
8. Don't pick a popular name that you will hear a lot in other contexts.

Here are some examples I found and you can decide what you think of them:

Rhonda Honda
Ezequiel - license plate letters were EZQ
Blueberry
Destiny
"Prince" for a purple car
Bean Machine for a Ford Pinto
Jail for a Ford Escape

And an insurance company is currently using a car named "Brad" in its advertisements.

A word of caution: you don't want to name your car anything that might make you sound creepy. Also, a current trend is to name your car after a beautiful woman or handsome man; just keep in mind that could get you into trouble with the significant others in your life! It's a good idea to try the name out on other people first, to see what kind of responses you get.

If all else fails you can always just get a cute bumper sticker or personalized license plate. Hope this makes you think and remember happy times and smile.



Editors of the Senior Life Page would like to include original cartoons for our readers to enjoy. If you are, would like to be, or know a cartoonist please consider the following request for submissions.

All submissions will be screened by a sub-committee of the Senior Life Page Editorial Board. They will share appropriate submissions and their recommendations with the Editorial Board, who will make final selections. All Senior Life Pages are approved by County Commissioners prior to publication.

Eligible cartoons will be

- Original
- Appropriate for our audience
- Clever
- Fun

Submissions can be sent to Whitney Janzen-Pankratz at wjanzen-pankrat@weldgov.com or Area Agency on Aging, PO BOX 1805, Greeley CO 80632.

All submissions are due by October 13th.

October 6, 2017

Senior Law Day: a public service program for seniors, adult children, friends and caregivers of seniors on legal and related topics. 7:30-noon at the Double Tree Hotel, 919 7th St., Greeley. Topics include: Qualifying for Medicaid for Long-Term Care/Social Security Disability; Legal Aspects of Raising Grandchildren; Consumer Rights; Nutrition for Healthy Aging; Powers of Attorney and Living Wills; Reverse Mortgages; Wills and Trusts; Medical Advance Directives; Power Against Fraud. Register today at www.seniorlawday-weldcounty.com or (970) 346-6950; suggested \$5 donation.