



SENIOR *life* R



NOV 2017 - MARCH 2018

Activities Calendar

nov 28

The Basics: Memory Loss, Dementia and Alzheimer's. 10:00-11:30 am at the Greeley Senior Activity Center, 1010 6th St., Greeley. Call 800-272-3900 to register.

DECEMBER 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

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

3rd 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.

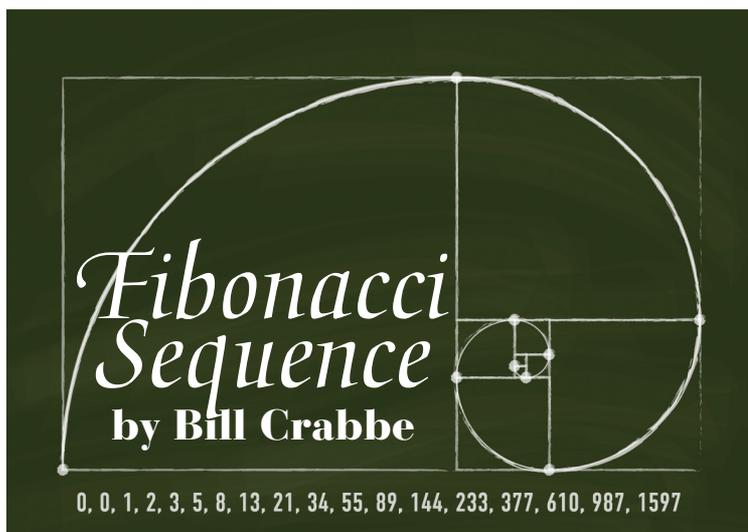
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Eight Week Grief Support Group. Individuals will recognize the various aspects of grief, offer ways to cope, and provide connection to other who are also grieving. Thursdays from 6:30-8:00 pm at the Community Grief Center, 4650 W 20th St., Ste. B, Greeley. No fee, but registration required by calling Marissa at 970-346-9700.

Volunteers Wanted!

The Salvation Army needs volunteers to help with bell ringing, answering phones during busy times, and helping pack Christmas toys and Christmas food boxes. If you are interested or want further information, please call (970) 346-1661.

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.



If you pay attention to such things, you may have noticed that November 23rd is Fibonacci Day. Unless you recently forgot to have life, that most likely produced a reaction best described as, "Huh?" But if you dig around a bit, you'll find that the Italian 12th century mathematician called "Fibonacci" is worth investigating.

First, let's get the name issue straight. He was most likely born Leonardo Bonacci or Leonardo Pisano Bigollo, or something else entirely. He was renamed Fibonacci by the 19th century French historian Guillaume Libri. It's actually

akin to saying "son of Bonacci," kind of like how a whole lot of people ended up carrying the name Johnson or Wilson. At least we know he was from Pisa and that he was really, really good at math.

His main claim to fame was promoting the Hindu-Arabic numeral system, primarily through his major 1202 work the Liber Abaci (Book of Calculations). In a somewhat more frivolous moment, he decided to describe the potential birth pattern of rabbits, producing in the process a series of numbers that has come to be known as the Fibonacci Sequence.

Snacks are necessary to help regulate blood sugar levels and provide energy. Calories are provided from nutrients; such as carbohydrates, proteins and fats. Calories from a meal may not cover the energy needs until the next meal. A snack is required between meals to refuel and maintain near normal blood sugars. In general, a mid-morning, mid-afternoon, and bedtime snack work well. Mid-morning and afternoon snacks should consist of carbohydrate choices. Bedtime snacks should consist of carbohydrate and a protein source to cover energy needs through the night.

Day Snack Suggestions

- Animal crackers
- Muffin
- Bagels
- Popcorn (air-popped)

Bedtime Snack Suggestions

- Apple w/ peanut butter
- Milk and graham crackers
- Tortillas with cheese

15-20 gm Carbohydrate

- 1 small apple/orange
- ½ cup ice cream (or 1 ice cream bar)
- 6-8 oz yogurt (no sugar added)
- ½ cup applesauce
- 8 animal crackers

20-30 gm Carbohydrate

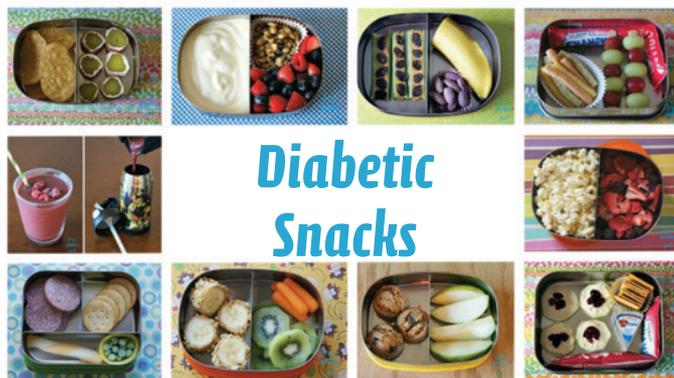
- 1 granola bar
- 1 cereal bar
- 1 packet sandwich crackers

- Bread Sticks
- Potato chips (baked)
- Cereal
- Pretzels
- Crackers (baked)
- Teddy Grahams

- Mini pizza
- Beef jerky & crackers
- Peanuts
- Burritos
- Rice cakes & cheese
- Carnation Instant

- 1 fruit roll-up
- 1-1/2 graham crackers (3 squares)
- 1 pouch fruit snacks
- 5-6 Ritz® / Saltine® crackers
- 4 oz indiv. fruit cup
- 15-20 med. variety

- Meat, cheese or peanut butter sandwich
- 1 medium slice pizza
- 1 toaster waffle with peanut butter and jelly



Diabetic Snacks

- Dried apples, raisins or fruit
- Vanilla Wafers
- Fresh fruit
- Vegetables (fresh, frozen or juice)

- Breakfast (sugar-free)
- Sandwiches: peanut butter, cheese, tuna, meat or poultry
- Cereal with milk
- Trail Mix

- crackers
- 3 cups microwave or air-popped popcorn
- 45-60 Goldfish® crackers
- 1 mini bagel (1 oz) w/ cream cheese
- 4-5 vanilla/chocolate wafers

- ¾ cup (Kraft®) Macaroni and Cheese
- 1 large banana or apple
- 1 cup Cheerios® with ½ cup milk

- Fruit juice bar
- Waffle
- Granola bars
- Yogurt

- Egg roll
- Cheese and crackers
- English muffin with peanut butter
- French toast

- ½ meat, cheese or peanut butter sandwich
- 1 toaster waffle
- 15-20 pretzels (Tiny Twists)
- 1 popsicle (regular)
- 1 oz chips (10-15 chips)
- 2 medium cookies (Chips Ahoy®, Oreos®)

- 1 small homemade muffin
- 1 tortilla with cheese
- ½ cup pudding
- 1 ice cream sandwich

This sequence had long been known to the Indian Mathematicians, but it is Fibonacci who usually gets the historical credit. It's formed by starting with 1,1 and adding each two numbers in the emerging sequence. The result is "1,1,2,3,5,8,13,21, etc." "Big whoop," you say. But here's where it gets interesting.

If you divide each number by the number immediately preceding it you get a series of numbers that quickly converges on the value of 1.618....., an irrational number that has come to be called the "golden ratio." As it turns out there is a particular spiral pattern reflected by that ratio that seems to appear throughout nature, popping up in all sorts of places. Things like flower petals, artichoke leaves, nautilus shells, pinecones, sunflowers, and even the spiral arms of galaxies seem to reflect this ratio in their structure. Some people suggest it explains what we consider a beautiful face, others that it was used in the construction of famous architecture, while still others use it as a foundation for trading stocks. Of course, some deride all this as complete nonsense and suggest that people are simply finding the golden ratio everywhere be-

cause they are looking for it. And the ensuing debate can get heated, at least in circles where such things are discussed.

We can thank a young Italian guy with an uncertain name for having started the whole controversy. Meanwhile a bunch of rabbits continue to munch happily on the plant leaves that may or may not be growing in that quasi-perfect mathematical form.

SENIOR *Life*

Gratitude

Thanksgiving Thoughts

Dietrich Bonhoeffer
In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich.

John Henry Jowett
Life without thankfulness is devoid of love and passion.

Hope without thankfulness is lacking in fine perception.

Faith without thankfulness lacks strength and fortitude.

Yes, folks, thankfulness is the key to happiness! Think about it on Thanksgiving Day.

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 11/27

Chicken Fajita, Seasoned Black Beans, Spanish Brown Rice, Pico De Gallo, Sour Cream, Tropical Fruit Salad, Milk 1%

tues 11/28

Beef and Bean Chili, Wheat Crackers, Carrot-Raisin Salad, Cinnamon Roll, Butter, Pineapple and Grapes, Milk 1%

wed 11/29

Roast Beef Sandwich on Wheat with Lettuce, Tomato, Mayonnaise, Mustard, Three Bean Salad, Zulu Cabbage, Melon Salad, Milk 1%

thurs 11/30

Beef Stew, Asparagus-Glazed Carrots, Roasted Red Potatoes, Orange-Banana-Pears, Wheat Roll, Butter, Sandy's Cookie, Milk 1%

fri 12/1

Krautburger, California Blend Vegetables, Mixed Fruit Salad with Grapes, Rice Krispy, Milk 1%

Did you know?

Around 85% of all oranges produced are used for juice?