



SENIOR *life* R



DEC 2017

Activities Calendar

dec 7

Bonell Community Annual Holiday Mart from 2- 4 pm at Bonell (708 22nd St.) There will be arts, crafts, Mountain Man Candy and Nuts, Mary Kay, Tupperware, and much more.

dec 9

Lights of HOPE. A benefit event for the Community Grief Center to support their mission to children, teens and adults to ignite hope and healing. Purchase a luminary for \$25 to memorialize someone loved, missed and remembered. 6:30-8:00 pm at the Grief Center, 4650 W 20th St., Ste. B, Greeley. Call 970-506-4114 for more information.

dec 12

Photography Club at the Greeley Senior Center. Join us at our next meeting at 1 pm. Club is free to join.

dec 13

North Range Behavioral Health Peer Counseling Program. Older adults face significant life changes that put them at risk for depression and anxiety. Learn about the peer counselors (over the age of 55) that are trained to work with older adults by providing confidential support, encouragement and tools to help seniors cope with the emotional stresses related to aging. 10:00-11:00 a.m. at the Greeley Senior Center, 1010 6th St., Greeley, CO.

dec 14

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.

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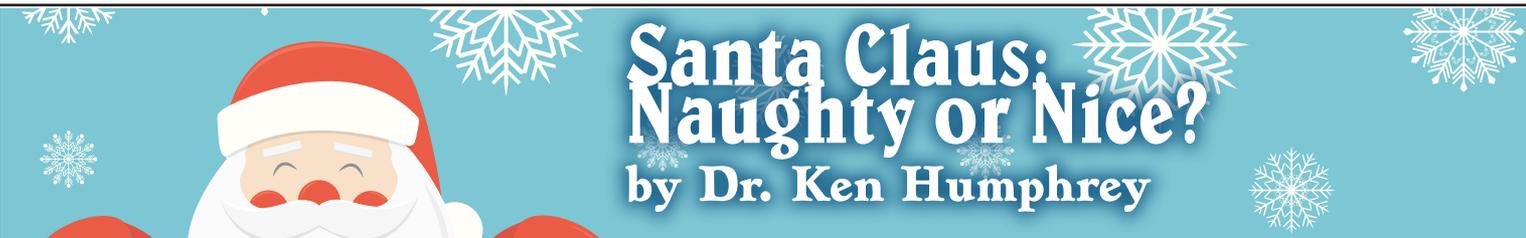
Gripe or Gratitude

Gross TV

Larry says, "I'm a big sports fan and watch a lot of games on TV. But I am totally disgusted by the antics of many TV cameramen. They seem to think it's okay, or funny, to deliberately focus on players spitting, sticking out their tongue, or doing other gross stuff."

Larry says he is not amused and often must look the other way as cameras capture such offensive and mindless activity. They can do better.

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.



Santa Claus: Naughty or Nice?

by Dr. Ken Humphrey

Telling your kids or grandkids that Santa Claus is real is, admittedly and technically, a bold-face lie. But any thought of taking Santa Claus away from the holiday stage is enough to make some parents or grandparents roll their eyes or throw up their hands in outrage. "Why on earth are we in such a hurry to take away the innocence and magic that exists in childhood?" says one parent. "Let children be children for as long as possible!" says a grandparent. Other like-minded grandparents and parents say they would never deny their kids the joy brought on by belief in Kris Kringle. And there are those who

declare that Christmas wouldn't be the same without good ole St. Nick. Who's right and who's wrong? Could the Santa Claus tale actually hurt kids? Or is it harmless fun? Dulce Zamora of WebMD researched the issue and placed Santa on the naughty or nice checklist and then asked child psychology and development experts what they thought about the twinkle-eyed gent. Her inquiries, along with small studies in the USA and Canada, suggest that virtually all children know about Santa Claus, even if they do not view him as a real person. A significant percentage

of believers discovered the truth behind the tale around age seven. Only half of the kids aged eight to eleven reported believing in Santa. When they did find out the truth, most of them reacted in a positive manner. Two out of three kids said they felt a sense of pride in figuring out the truth about Santa Claus. Half of them said that although the jolly guy was not actually real, they liked the idea of him. Keep in mind, though, that in the overall scale of deception, propagating the Santa myth is no worse than saying things like, "You look terrific," or "You haven't gained weight," or "What a great dress," noting that people generally use lies as a social crutch. "We actually teach our kids

that some deception is acceptable," says Zamora. For example, parents often ask their children to pretend they like gifts from relatives to spare the feelings of family members. Children are also quite resilient and can usually overcome any negative feelings related to discovering the reality about Santa. "It's no worse than telling them about Where the Wild Things Are, or The Three Bears, or Goldilocks, or Cinderella, or anything else of the like. It's a story, and when they get older they understand that it was only a magical fairy tale, and that it was exciting, memorable, and lots of fun! Resources: www.huffingtonpost.com www.webMD.com/dulcezamora

Overcoming Loneliness During the Holidays

By Leslie Becker-Phelps, PhD



By learning to approach this season differently. So, if you struggle with loneliness more during the holidays, consider the following suggestions: Set realistic expectations. Though you probably know in your head that the world is not a Norman Rockwell painting, your heart may be holding onto the wish for a perfect holiday. When life fails to live up to this, you feel emotionally deflated and especially lonely. Instead of replaying this painful drama, it can help to be consciously aware of the realities of your life – both the good and the bad. Then choose to pursue the good, realistically, and do your part to make it happen. Remind yourself that you are not alone in feeling unimportant and lonely. Many people feel this way. While thinking about this won't magically erase your loneliness, it can help you to realize that you are not alone in feeling lonely, that your loneliness makes you very much a part of

The holiday season is supposed to be a loving time of feeling connected with family, friends, and even humanity at large. Unfortunately, this expectation can be such a contrast with people's real lives that they often feel especially lonely and sad. Though you cannot rearrange your life to match the fantasy of a perfect holiday, you can feel better

the "community" of all humans. Show yourself compassion. Choose to see yourself as a person, just like any other person. And just as you would show compassion for someone else who feels lonely, choose to have self-compassion. When you are self-critical for feeling alone and lonely, tell yourself to stop pursuing these thoughts. Attend instead to how painful it is to feel lonely. Then simply say to yourself the same compassionate words you would offer someone else. You can offer words of caring and support, as well as encouragement to reach out socially. Make plans to connect with others. Though you might feel like hiding in bed under the covers or zoning out to some movie on television, doing that will only make you feel worse. Instead, think about the kinds of activities you would ordinarily enjoy doing with others. Then follow through on trying to make them happen. You might call and make plans with friends or family. Or you might join a group activity, or even volunteer to help others. The important thing is to not let yourself get swallowed up by your loneliness. While life and your relationships might not be perfect – or

anywhere close to it – you can find ways to feel better by connecting with others. By allowing yourself to feel the positives that connecting with others can offer, you are creating a light to help you through the loneliness of the holiday season. ©2015, WebMD, LLC. All rights reserved

NEXT WEEK'S SENIOR NUTRITION LUNCH MENU:

mon 12/11
Spaghetti with Meat Sauce, Vegetable Medley, Melon Mix, Breadstick, Crunchy Fruit Snack Mix, Milk 1%

tues 12/12
Vegetarian Lasagna, Vegetable Blend, Spinach Salad with Dried Cranberries and Raspberry Dressing, Breadstick, Lemon Coconut Cookie Bar, Milk 1%

wed 12/13
Southwest Chicken Macaroni and Cheese, Broccoli, Red Seedless Grapes, Whole Wheat Pumpkin Roll, Butter, Milk 1%

thurs 12/14
Tuna Noodle Casserole, Peas, Spinach and Cauliflower Salad, Blushing Pear Halves, Oatmeal Raisin Cookie, Milk 1%

fri 12/15
Hamburger on a Whole Wheat Bun, Lettuce, Tomato and Onion, Roasted Yukon Potato, Chilled Coleslaw, Peach Crisp, Milk 1%

Did you know?
One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are chock-full of antioxidants.



December 7, 1941: Japanese Attack Pearl Harbor

By Dick Williamson
Millions of words have been written in an attempt to portray the pain and anguish of that awful day. These thoughts relayed by Historynet.com perhaps capture the common anguish. "As a wave of shock surged from Pearl Harbor's burning waters, the nation stood in awe of the destruction wrought by the Imperial Japanese Navy on the U.S. Pacific Fleet. The incredulosity of it all still gives each new announcement of the Pearl Harbor attack the unreality of a fairy tale," a young naval aviator stationed in Virginia wrote

just hours after the attack. "How could they have been so mad?... The Japanese have performed the impossible, have carried out one of the most daring and successful raids in all history." In just 90 minutes, the Japanese had inflicted a devastating blow: five battleships were sunk; three battleships, three cruisers, and three destroyers were damaged, and nearly 200 aircraft were destroyed on the ground. The most devastating loss was the 2,403 Americans killed and 1,178 wounded. It was unlike any attack in U.S. history.

The day after the attack, President Roosevelt delivered his famous Day of Infamy speech to a Joint Session of Congress, calling for a formal declaration of war on the Empire of Japan. Congress obliged his request less than an hour later. The sneak attack came as a profound shock to the American people and led directly to this country's entry into World War II. Interestingly, most every report in today's media refers to the incident as a "surprise" attack. As a boy of seven in 1941, I recall that the incident was referred to as a "sneak" attack by every news source. That was so until it seemingly became politically incorrect to refer to that horrible invasion as a "sneak" attack and the word "surprise" was substituted. I still believe "sneak" is the more accurate term. Americans, in a dazzling display of national pride, grit, determination and unity assembled the most powerful war machine in history to defeat the Axis powers three years and nine months later.