About the Front Porch
The Front Porch area of the Golden Community Center offers a special place for Active Adults. Located on the upper floor of the Center, just off 8th Street, the Front Porch is a perfect place to meet new people, gather with friends, enjoy a cup of coffee, read a magazine, relax and just enjoy “being.” Make a point to stop in, and socialize a bit.

Hours of Operation
8 a.m. to 2 p.m., Monday - Friday

Closure Dates
The Front Porch will be closed on the following dates in observance of the holidays:
• Nov. 22 & 23 - Thanksgiving
• Dec. 24 & 25 - Christmas
• Dec. 31 & Jan. 1, 2019 - New Year’s

Staff
Kristi Marosy, Guest Services/
Front Porch Supervisor
Brian Braunagel, Guest Services
Diane Sauter, Guest Services

ANNOUNCEMENTS

In This Issue:
General News....... pp 1-2
Trips & Tours....... pp 3-4

Golden Book Club
This group meets in the Front Porch the fourth Tuesday of each month at 6:30 p.m.
The book list is as follows:
   Oct.: God by Reza Aslan
   Nov.: Lincoln in the Bardo by George Saunders
   Dec.: News of the World by Paulette Jiles
If you are interested in joining, please email Jan Bradbury, bobjanbradbury@comcast.net.

Celebrate Health!
This is a monthly wellness program featuring a variety of healthy living opportunities for adults of all ages. The first Friday of each month we offer healthy refreshments and appointments for chair massages, hand and foot reflexology for nominal fees. Celebrate Health! is held upstairs at the Front Porch of the Golden Community Center. For more information or to make an appointment for one of our services, please call 303-384-8130.

Celebrate Health! Dates - Fall/Winter 2018
Fridays: Oct. 5 and Nov. 2
Chair Massages & Reflexology Sessions. . . . . $13 for 15 mins.
Call 303-384-8130 to make your appointment.

A Gathering to Celebrate the Holidays
In December, in lieu of Celebrate Health, we will be having a Holiday Potluck on Friday, Dec. 14 at 11a.m. Start thinking today about your favorite dish that you would like to share. Meal signups will be available at the Front Porch desk starting in mid-November. More information to come.
The Benefits of Getting Older

by By Zaria Gorvett for Future Magazine

“Growing old is great – when you consider the alternative,” as the saying goes.

Welcome to the age of aging. With more than 800 million people over 60 and more centenarians than the population of Iceland (that’s about 329,000), the world is bracing itself for the economic – and social – consequences. From a deluge of diseases to sagging skin and the dulling of the senses, old age is beset with creeping failures, medical interventions, and low expectations. But can there be a silver lining for those joining the grey brigade?

Growing old has been synonymous with bodily decay since ancient times. The Greeks had a particularly dire view – many saw aging itself as a disease. Yet the latest scientific research suggests aging is not a straightforward decline after all. Life peaks later than you might think.

When does old age begin?
The poet Dante believed old age started at 45. A survey of the British public concluded that it starts at 59 – the older the respondent, the greater the number of years they considered as old. However, the United Nations and most scientists define it as any age after 60.

Fewer Colds
It’s not just the brain that gets wiser with age. The human immune system encounters millions of potential dangers every day. As the body’s police force, it needs to learn to spot the dangers. For this, we produce unique white blood cells, which are tailored to the molecular appearances of millions of different invaders. When they recognize a foe, they stick around and form an ‘immune memory’. The next time it turns up, they help to rally a rapid response.

John Upham, from the University of Queensland, says this memory can last a long time. “People who have gone through various epidemics, their immune systems can remember the virus for 40 or 50 years in some cases. It does begin to drop off in your 70s or 80s, but there’s a bit of a sweet spot for people – particularly from your 40s through to your late 60s and early 70s – where the immune system remembers the viruses experienced over the years.”

This cumulative protection translates into fewer colds. While 20-year olds can expect to catch two or three in a year, over 50s average only one or two.

Other immune defenses however, tend to weaken with age. The body produces fewer new white blood cells, and they become sluggish. Aged immune systems also produce less antibodies – proteins that stick to pathogens to help identify and eliminate them. But what if this could be life-saving?

Outliving Outbreaks
The 1918 flu pandemic was the deadliest in human history, killing 50 million people. However, it was most lethal for those usually thought of as fit and strong, aged from 20 to 40. The 2009 swine flu outbreak followed the same bizarre pattern, with most fatalities in those under the age of 65.

It’s thought that the viruses caused their victims’ immune systems to overreact. Those with the most vigorous immune systems launched the most dramatic, and damaging, responses, in what is known as a ‘cytokine storm’. A healthy immune response relies on positive feedback – when a pathogen is found, the surrounding tissues release chemical messages, called cytokines, asking for help. As cells arrive on site, they are encouraged to release the chemicals too, encouraging even more cells to arrive. But sometimes the loop gets out of control, killing healthy cells and leading to potentially fatal inflammation.

It’s not yet known what triggers the storms, but ongoing research has inspired a new treatment for the flu which acts on the cytokine storm instead of the virus itself.

Declining Allergies
There’s good news for those with allergies, too. While the ultimate causes of allergies are still hotly debated, all are mediated by antibodies. The main culprit is Immunglobulin E and like all other antibodies, its production diminishes with age.

Mitchell Grayson from the Children’s Hospital of Wisconsin says the older you get, the less severe the symptoms are likely to be. “Allergic disease peaks in childhood and then seems to decrease throughout late adolescence and into their 20s. In the 30s there is another resurgence until people get into their 50s and 60s when the symptoms tend to get less common.”

Cleverer
There’s no shortage of slang terms to describe the destructive effects of aging on the brain. Yet in a number of vitally important abilities, older brains actually turn out to be smarter.

Michael Ramscar from Tubingen University says we have misunderstood how the brain ages. “The number of neurons in the human brain peaks at around 28 weeks after birth, but as many as half of the neurons produced die by the end of adolescence. Since we don’t usually think of the period from birth to age 18 as one of hideous decline, it seems safe to conclude that brain size as measured in neuronal numbers is not much of an indicator of anything.”

The Seattle Longitudinal Study followed the mental abilities of 6,000 people since 1956. It’s the longest-running study of its kind, with the same volunteers tested every seven years. While older volunteers are not as good at math and are slower to respond to commands, for vocabulary, spatial orientation, verbal memory, and problem solving abilities, they were better in their late 40s and 50s than they were in their 20s.

Gary Small, who studies geriatric psychiatry at the University of California Brain Research Institute, says it’s down to the knowledge accumulated thanks to all those extra years. “People develop a greater perspective of what’s important, the ability to problem-solve is streamlined after years of practice. And there’s accumulation of certain types of knowledge – what’s called crystallized intelligence.”

It’s a pattern underpinned by biology. Nerve signals are insulated by a fatty material called myelin, which envelops the wiry ends of neurons. It’s important stuff, increasing the speed the electrical signals are transmitted, but it was thought to deteriorate as people got older. Not so. “As people age you find that the insulation around these long wires is actually increased, so axons fire more quickly in middle-aged people than in younger people. There’s a peak performance of these brain cells around that time,” Small says.

Fewer Migraines
Migraines can become less of a headache as we age, too. A Swedish study of patients 18 and older found that attacks become shorter, less painful and less frequent as people get older. Of 374 people enrolled in the study, only four developed chronic headaches.

Less Sweaty
Sweat glands shrink and become less numerous as people get older. Research shows that those in their 20s can expect to sweat more than those on their 50s and early 60s.

Cheating Death
Still not convinced? Even at advanced years, the Grim Reaper need not be as close as you might expect. Even the most senior of our seniors are healthier than ever before and still have a good chance of celebrating a few more birthdays. In 2011-2014, the average 25 year old had a life expectancy of 84 (women) or 80 (men), while a 95 year-old could expect to see their 98th (women) or 97th (men) birthday. Even at 80, women have a 95% chance of living another year.
TRIPS & TOURS

Registration Information
Registration is open for both resident and non-resident participants. Trips and Tour activities will be processed on a first come, first served basis. Registrations are accepted online or in person. Payment is due at the time of registration. If a trip is canceled due to insufficient registration, you will be notified prior to the trip date. To minimize cancellations, we encourage you to register for trips at least 10 days in advance.

REGISTRATION:
• Online:
  rec.cityofgolden.net
• In Person:
  at the Golden Community Center front desk

PAYMENT:
We accept VISA, MasterCard, American Express, and Discover.

Front Porch Cancellation Policy - The Golden Community Center will retain funds that have been committed to the trips that require advanced reservations, tickets and for transportation. However, if the Front Porch makes the cancellation, all monies paid will be refunded.

Please refrain from wearing perfume or cologne for the health and comfort of those with allergies, asthma or other health issues. Thank you.

Trips for October

Tour of Colorado Capitol and Denver Mint #354000-01
Thursday, Oct. 4
9 a.m. - 4:30 p.m. Exertion Level 3
$15 - Transportation and tours included. Bring money for lunch.
The Capitol Building tour will begin on the first floor and ascend all the way up into the dome. This tour is devoted to Colorado’s early history, capitol construction, the famed stained glass windows and legislative process. At the Denver Mint, you will learn the rich history of the United States Mint and how it produces billions of coins each year for the American public.

Denver Mob Tour #354100-01
Thursday, Oct. 11
10:30 a.m. - 4:30 p.m. Exertion Level 2. **Space is limited!**
$20 - Transportation and tour included. Bring money for lunch.
This popular and exciting tour through North Denver’s Little Italy explores the former restaurant, homes and haunts of Denver’s most notorious mobsters.

Trips for November

Wings Over the Rockies Air and Space Museum #354200-01
Thursday, Nov. 8
9:15 a.m. - 3 p.m. Exertion Level 3.
$20 - Transportation and tour included. Bring money for lunch.
Transferred from the United States Air Force to a group of volunteers in 1994, Wings Over the Rockies Air & Space Museum is located in Hangar #1 of the former Lowry Air Force Base in eastern Denver. Today, the museum boasts more than 182,000 square feet of hangar space full of iconic aircraft, space vehicles, artifacts, military uniforms and much more.
Denver Art Museum - Dior: From Paris to the World #354300-01
Thursday, Nov. 29
9:15 a.m. - 3 p.m. Exertion Level 3.
$30 - Transportation and exhibit admission included. Bring money for lunch.

Exertion Levels:
Day Trips & Tours
Level 1 = Walking short distances of only one or two steps (in and out of restaurant and program location).
Level 2 = Requires some additional walking; minimal steps encountered. (Short tour or to get into program).
Level 3 = Longer periods of walking, mostly on even surfaces. Stairs may be encountered.
Level 4 = Requires extensive walking and/or walking on uneven surfaces. Be prepared to walk up stairs and/or be on your feet for most of the outing. May apply to high altitude situations.
Level 5 = Requires good physical condition and the ability to walk with moderate to strenuous elevation gain. High altitude situations likely.
Please be aware of the noted exertion level and match this with your own ability level to ensure an enjoyable experience.

Town & Gown Book Club Members
The fall reading will be Matthew Walker’s 2017 book Why We Sleep, Unlocking the Power of Sleep and Dreams. Our meeting will take place in the Arthur Lakes Boettcher Room on the Colorado School of Mines Campus at noon on Thursday, Oct. 18. The meeting will conclude around 1 p.m. The library will be providing a light snack and drinks courtesy of Book & Brew.

ANNOUNCEMENTS

SEMINARS & CLASSES

AARP Driver’s Safety Program #354500-01
Tuesday, Oct. 2 - 9 a.m. to 1 p.m.
Class will begin promptly at 9 a.m. in the Bear Creek South Room of the Golden Community Center. Most convenient parking will be adjacent to the 8th Street Entrance. You are welcome to bring a snack or lunch to eat during class--no lunch break is scheduled. Payment is due to the instructor on the day of the class. Exact cash or check only. Cost is $15/person for AARP members and $20/person for non-members. Registration PRIOR TO Sept. 21 is necessary.