



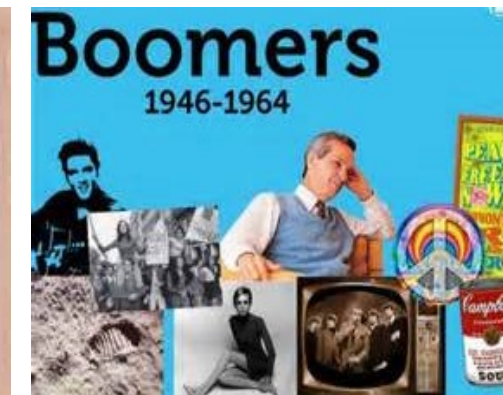
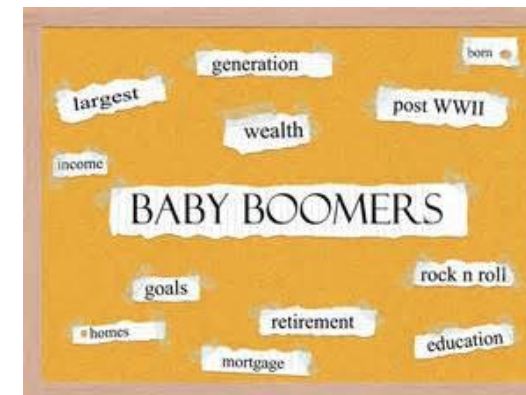
## What's "The Boom" All About??

On August 15th we celebrated National Senior Citizen Day. While I was looking up information on this day a statistic caught my eye, "44.7 million Americans are aged 65 and above, and this number is expected to multiply to 98.2 million by 2060." After seeing that fact it made me curious as to why that number is supposed to increase so much over the years, which led me to the "Baby Boomers". According to the History Channel more babies were born in 1946 (3.4 million) than any other year before. It continued to grow with 3.8 million in 1947, 3.9 million in 1952, and more than 4 million were born every year from 1954 until 1964. By the end of the boom there were 76.4 million baby boomers, which made up about 40% of the nation's population.

So why was there such a big interest in starting families all of a sudden? From what I found there was two reasons that could explain why so many babies were born during this time. It was right after World War II and people were tired of the depression and war, so it was a great time to have hope and comfort in the future. Another reason came from the campaign to fight communism from the Cold War with the goal being to outnumber the communists. Either way I am thankful for those boomers and their parents because without them the world would be a dull and boring place...plus I wouldn't have a job. 😊

What are those baby boomers up to now?

2011 was the first year the baby boomers reached "retirement age". Now for the next 18 years they will be reaching 65 at a rate of 10,000 per day contributing to the 98.2 million aged 65 or older by 2060, according to aarp.org. Just because you reach 65 though does not necessarily mean retirement. It seems like everyday the "retirement age" gets higher and higher. Working or not at the age of 65, life does not end at this point, says columnist Al Martinez. "It's a time to take stock of the situation and realize the good life is just beginning."



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# Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330

*Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers. Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any*



## Fall Prevention Day

According to the American Occupational Therapy Association, falls are the leading cause of emergency injuries, hip fractures, and more than half of fatal head injuries! It is important to do what you can to help prevent an accident like this to happen. September 23rd, 2015 is recognized as National Falls Prevention Awareness Day. The theme this year is to “Take A Stand To Prevent Falls”. It is important to recognize this day because more than 1/3 of adults 65 and older fall each year in the United States. Along with the physical damage falls cause, they also cause psychological problems. The fear of falling or falling itself can lead to depression, hopelessness, loss of mobility, and the loss of functional independence.

I do have good news about this issue though: **FALLS ARE PREVENTABLE!** With a little extra caution the numbers of falls could really decrease. Exercising regularly can increase your strength, flexibility, and balance. Getting your eyes checked once a year by doctors can help discover problems with your sight. The right shoes can also be very helpful. Shoes should fit your feet, have low heels, non-slip soles, and lace up all the way or have fabric fasteners.

Below are a few more tips on ways to keep your home safe from falls!

1. Keep pathways clear
2. Be aware of uneven surfaces
3. Keep frequently used items close by
4. Light your way
5. Add supports in the bathroom
6. Make sure handrails are properly installed on the stairs



## Exercise of the Month– Ankle Raises

Here is an exercise to strengthen your ankles which can help in the prevention of falling.

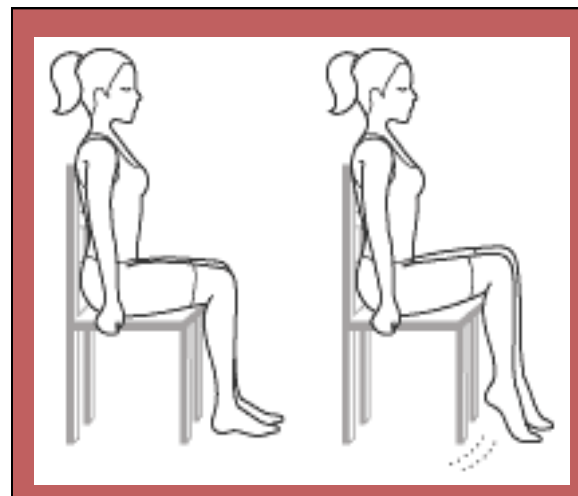
### How to preform exercise

1. Sit back on a chair, feet flat on the ground (hands on lap or holding onto side of chair)
2. Slowly raise heels off the ground, until on tip-toes
3. Lower heels back to ground

Do 10 of these in a row, rest 2 minutes then complete 2 more times

Try to do this full exercise once a day!

*If you would like more exercises or need help with the one listed please contact Macey at Saline County Aging Services!*



## Mom’s Meals come to Saline County!

Through a contract brokered between Mom’s Meals and Aging Partners, Saline County Aging Services (SCAS) is pleased to announce a new pilot program for home delivered meals within Saline County.



SCAS currently only contracts with two entities to provide meals, the Wilber Care Center and the DeWitt Senior Center. Our pilot program will attempt to meet the needs of individuals who live outside of those services areas. Crete, Dorchester, Friend, Swanton, Tobias, Western, rural Wilber and rural DeWitt.

Mom’s Meals is a family owned, fresh food preparation and delivery service dedicated to providing great tasting, wholesome meals direct to customers doorsteps”. Having served individuals for 14 years, Mom’s Meals make all of their meals from scratch, utilizing a Dietician to ensure meals are nutritionally complete. The unique thing about this program? Choice! Customers can customize their own menus by making selections based on personal taste.

**Special health specific menus available:**

- Heart Healthy
- Diabetic Friendly
- Renal
- Gluten Free
- Pureed
- Vegetarian

If you or a loved one thinks that they may qualify for this program, please call Saline county Aging Services at 1.402.821.3330 or 1.800.778.3309 Please note, spaces are limited at this time, so please call for information.



## Saline County Aging Services Foot Care Clinics

It is critical, as individuals age, that their toenails are kept in good shape. Ironically, this is one of the first areas of personal care that people find difficult to maintain because of the physical strain associated with bending over.

### Our Foot Care Clinics are:

- By appointment only
- Are currently held monthly throughout the County
- Sites include Crete, Dorchester, Friend and Wilber
- Each clinic is conducted by licensed RNs
- A suggested contribution of \$10.00 is requested





# Service Spotlight



Saline Eldercare makes free, short term loans of durable medical equipment to any Saline County Resident, regardless of age!?!

Our loan program is perfect for individuals :

- recovering from illness or injury
- recuperating from surgery
- attending events, doctor’s appointments or day trips
- trying a new device before buying one
- students with sports injuries or recovering from sprains, strains or breaks



### Our Equipment

|  |                         |
|--|-------------------------|
| Walkers                                | Grab Bars               |
| Wheelchairs                            | Crutches                |
| Toiler Risers                          | Canes– Regular and Quad |
| Shower/ Tub Chairs, Stools and Benches | Portable Commodes       |

## Friendly Visitor’s Program is Back!!

The Friendly Visitor Program connects screened and trained volunteers to homebound seniors.

The purpose of this *free* program is to help alleviate the risk of loneliness and isolation of seniors while providing a link to community resources to preserve their independence.

To receive a Friendly Visitor seniors must: be 60 and over, mainly homebound and able to interact socially.

Volunteer and senior matches are based on shared interests, geography, volunteer availability and personality as much as possible.

Activities that our Friendly Visitors may provide include:

- A friendly chat over a meal
- Reading aloud
- Games and Puzzles
- Telephone conversations
- Out shopping or to a local coffee shop

Friendly Visitors **DO NOT** provide:

- House Cleaning
- Furniture Moving
- Bathing/Manicures or other Personal Care
- Cooking, Laundry, and other chores
- Gardening and Yard Work

Need a Friendly Visitor for yourself or a loved one? Like to be a Friendly Visitor? Please call us at 402.821.3330



## Food for Thought



# Eating Well As You Get Older

Eating well is important no matter what age you are. A good thing about the food we eat is that we can change it whenever we want! If you have not made the best choices in the past, that does not mean you cannot try to make them in the future. Taking it one small step at a time can make a huge difference in the long run! The benefits of eating well can go on and on, from the way you look to how you feel. Nihseniorhealth.gov has their own list of how eating well can affect you...

- Eating Well Promotes Health**
  - Reduces risk of heart disease, stroke, type 2 diabetes, bone loss, some cancers, and anemia
  - If you have one of these diseases it can manage them
- Eating Well Promotes Energy**
  - Eating the right amount of calories gives you the fuel you need to keep energy up
  - The number of calories you need can vary
- Food Choices Can Affect Weight**
  - Consuming the right amount of calories can help you control weight
  - Extra weight can be a concern because it increases the risk for Type 2 Diabetes
- Food Choices Affect Digestion**
  - Not enough fiber or fluids can lead to constipation
  - Eating whole-grain foods, fruits and veggies can help with this
- Make One Change at a Time**
  - Healthy eating is a lifestyle, slowly adapt to changes so you can stick to them
  - One example: Take the salt shaker off your table to slowly adjust to less sodium
- Check With Your Doctor**
  - As always, if you have a medical condition check with your doctor to see what foods you can or cannot have!





# Caregiver's Corner

## Who Cares for the Caregiver?

By: Amy Hansen



If you have ever flown, you have sat through the flight attendant's speech about using your chair cushion as a flotation device, where the exits are, how to use the oxygen masks, the fine for "smoking in or tampering with the smoke detectors in the lavatory", etc. I remember when my daughter was 10 months old, my husband and I flew with her to Florida. Having never paid too much attention to the flight attendant's safety speech (My plan was to follow the throng of people to the emergency exit), it occurred to me that this time, I had better pay attention. After all it's not just me anymore; I have a little life relying on me. So as I listened intently, the flight attendant told us to put on our oxygen masks before helping others with theirs. My first thought was, "She must not have kids". However, as I mulled this over, the reason occurred to me. If I didn't put mine on first, I wouldn't be able to put hers on! I was no good to her or my husband if I DIDN'T take care of myself! Just like a parent finds it hard to put their needs in front of their children, caregivers have the same struggles.

Caregiving can be so stressful and take such a toll physical and emotionally on the caregiver, there is often not the time or energy left to care for themselves. According to author, speaker, columnist and eldercare consultant Carol Bradley Bursack, "Rough statistics show that 30% of caregivers die before those they are caring for. Some studies show deaths higher... caregivers often don't find time to go to their own doctor appointments... they are too busy, or are just plain sick of sitting in clinics with their loved ones. Then things like breast cancer, which could be caught at an early stage, aren't found until the illness is much worse or even life threatening. **Caregivers are as important as the people they care for. If they abuse their bodies, minds and spirits while caring for others, no one wins.**" Still, caregivers often labor under a sense of obligation. Many caregivers do not even identify themselves as caregivers. I can't tell you how many times I hear caregivers say, "oh, well, mom took care of me" or "For better or worse, you know- sickness and health". Or "I would ask the kids to help, but they have jobs and families."

My friend Julie shared her story with me. "I am the primary caregiver to my 74 year old mother who suffers from crippling anxiety and may be showing early signs of dementia. Mom does not need the level of care of someone with a chronic illness; however, she has become demanding and impatient and caring for her can be emotionally taxing. As a mother, I learned that I have to set boundaries. So why as a caregiver did I struggle? Looking back, I think it was out of a sense of obligation or respect.

For a while, I suffered from horrible guilt. Not knowing what to do, I did nothing. Every time the phone rang, I cringed. My blood pressure rose, whether I answered it or not. My mom felt abandoned and I felt guilty and knew I was setting a horrible example for my children. I adore my mom, but our relationship suffered and it was not fair to either of us. I soon realized that for my sanity and mom's emotional wellbeing, things had to change.

# The Fun Pages

Answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing! At the end of the month one lucky winner will receive a prize! You can give her the answer by calling, emailing, or coming in the office.



You'll sometimes find this fellow  
In a field of grain  
Or on a yellow brick road  
Wishing he had a brain!

## Autumn Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Y | M | V | R | A | L | N | S | E | Z | A | Y | N | H | Q |
| P | J | I | C | E | O | E | N | U | I | L | V | C | A | Y |
| X | S | O | G | S | B | I | A | P | O | S | M | H | Y | E |
| B | R | I | A | R | H | O | O | V | C | K | A | C | R | L |
| N | O | E | R | S | A | C | T | A | E | R | L | B | I | L |
| N | S | N | N | C | U | T | R | C | V | S | L | E | D | O |
| E | W | U | F | N | L | E | I | E | O | E | A | A | E | W |
| K | S | O | R | I | C | E | S | O | P | R | B | U | E | E |
| A | Q | O | R | R | R | T | R | I | N | A | T | T | E | G |
| R | C | B | O | B | F | E | R | R | X | U | O | I | G | N |
| R | E | W | O | L | F | N | U | S | I | T | O | F | A | A |
| N | O | V | E | M | B | E | R | X | Y | U | F | U | I | R |
| S | E | P | T | E | M | B | E | R | S | M | Q | L | L | O |
| N | I | K | P | M | U | P | E | H | I | N | D | S | O | N |
| E | L | P | P | A | S | C | E | N | I | C | O | R | F | Z |

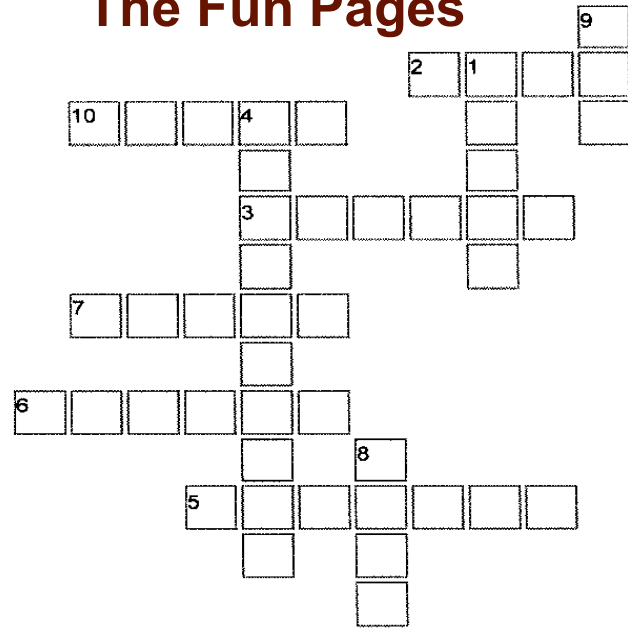


- |            |           |           |
|------------|-----------|-----------|
| ACORN      | APPLE     | AUTUMN    |
| BEAUTIFUL  | BONFIRE   | BROWN     |
| CORNUCOPIA | CRISP     | FOLIAGE   |
| FOOTBALL   | HARVEST   | HAYRIDE   |
| LEAVES     | MIGRATION | NOVEMBER  |
| OCTOBER    | ORANGE    | PUMPKIN   |
| RAKE       | RIPE      | SCARECROW |
| SCENIC     | SEASON    | SEPTEMBER |
| SQUIRREL   | SUNFLOWER | SUNSHINE  |
| YELLOW     |           |           |





# The Fun Pages



**Across**

- 2. Tool with a long handle and tines
- 3. Fruit that fell on Newton's head (Plural)
- 5. Knitted garment worn when it is cold
- 6. There are lots of these in a rainbow
- 7. Hot apple drink
- 10. Plural form of goose

**Down**

- 1. Color indicating caution on a traffic light
- 4. Placed in a field to discourage birds (Plural)
- 8. Another name for Autumn
- 9. Traditional color of a rose

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|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
|   |   |   | 8 |   |   | 9 | 7 |
| 4 |   | 1 |   |   |   |   |   |
| 3 |   |   | 1 |   |   |   |   |
| 1 |   |   | 8 | 5 | 7 | 6 |   |
|   |   | 7 |   | 9 |   | 8 |   |
|   |   | 5 | 3 | 2 | 1 |   | 9 |
|   |   |   |   | 7 |   |   | 3 |
|   |   |   |   |   |   | 2 | 5 |
| 5 | 8 |   |   | 4 |   |   |   |



Continued from pg. 4

I realized that:

- I HAD to set boundaries: During work hours, she could not call me 10 times for (non-emergency) reassurance. It's ok to call me when you can't find your car and are scared. But can we talk about how much your neighbors drive you nuts tonight?
- I HAVE to compromise and so does she. I can't leave work to visit because she is lonely, but we can get together after work/weekends and have supper and visit. (And I will leave for emergencies!)
- I AM NOT an only child. I have 2 sisters who are retired with adult children. I called them and shared what was going on. Not only did they step up, they call her nearly every day and have offered to take her "panic attack calls".

I CAN take care of and look out for myself. It's ok for me to say, "Mom, I really just need a day to myself, can we do that tomorrow or can Darla or Nancy look that for you?" Mom and I are rebuilding our relationship, and our time together is fun and meaningful. And best of all, my children are getting to know their 'real nana'."

When Julie shared her story with me, I knew I had to share it! I hope that it strikes a chord with all of the caregivers out there!

Remember: Put your oxygen masks on before helping others with theirs!

## National Memory Screening Program Update

In the last issue it was listed that Saline County Aging Services would conduct memory screenings sometime at the office in September. Since then a date has been finalized, November 3rd and 5th, 2015. The screenings will still be the same free, "healthy brain check-ups", that will take around 10 minutes to complete. It will include a series of questions/tasks and is open for anyone who may be at risk for dementia, has current memory concerns, or wants to see how their memory is now. Call Saline County Aging Services at 402-821-3330 to schedule your appointment for the screenings today! In the mean time here are a few tips provided by the Alzheimer's Foundation of America to exercise your brain: study a new language, learn a musical instrument, join a book club, discuss current events, write letters to old friends, do jigsaw or crossword puzzle, play board games, visit a museum, or even practice memorizing lists!



# September 2015

| SUN                                    | MON                                   | TUE   | WED  | THU  | FRI  | SAT |
|--|---------------------------------------|---|--|--|--|-----|
|  |                                       | 1<br>At DeWitt Senior Center<br>Tai-Chi 9-10am<br>Quilting 1-5pm  | 2  | 3<br>At DeWitt Senior Center<br>Tai-Chi 9-10am<br>Quilting 1-5pm   | 4  | 5   |
| 6                                      | 7<br>Labor Day<br>SCAS Closed         | 8<br>At DeWitt Senior Center<br>Tai-Chi 9-10am<br>Quilting 1-5pm  | 9  | 10<br>At DeWitt Senior Center<br>Tai-Chi 9-10am<br>Quilting 1-5pm  | 11   | 12  |
| 13                                     | 14                                    | 15<br>At DeWitt Senior Center<br>Tai-Chi 9-10am<br>Quilting 1-5pm | 16   | 17<br>At DeWitt Senior Center<br>Tai-Chi 9-10am<br>Quilting 1-5pm  | 18<br>DeWitt Senior Center<br>Appreciation Breakfast<br>8-10am | 19  |
| 20<br>Holy Cross Fundraiser for DeWitt | 21                                    | 22<br>At DeWitt Senior Center<br>Tai-Chi 9-10am<br>Quilting 1-5pm | 23<br>Falls<br>Prevention Awareness Day                  | 24<br>Wilber Care Center Senior Dinner 12pm<br>At DeWitt Senior Center<br>Tai-Chi 9-10am<br>Quilting 1-5pm | 25   | 26  |
| 27                                     | 28<br>DeWitt Quick-Shop Ice Cream 4pm | 29<br>At DeWitt Senior Center<br>Tai-Chi 9-10am<br>Quilting 1-5pm | 30<br>Wilber United Methodist Church SSP Fundraiser 12pm |  |  |     |

## What's Happening Near You

| DeWitt Senior Center Meal Schedule   |
|--|
| For meal reservations, call Bev at 683-6475 or 520-0873                                      |
| WEDNESDAY, SEPTEMBER 2nd   |
| <b>Program- Go Big Red</b><br>Menu- Meatloaf & Scalloped Potatoes<br>Bridge & Cards          |
| WEDNESDAY, SEPTEMBER 9th   |
| <b>Program-Saline County Aging Services Update-Macey Moore</b><br>Menu- Beef Stroganoff      |
| WEDNESDAY, SEPTMEBER 16th  |
| <b>Program- ABCs of CPR by Public Health Solutions</b><br>Menu- Pork Roast<br>Bridge & Cards |
| WEDNESDAY, SEPTEMBER 23rd  |
| <b>Program- Country Music by Ed &amp; Ida Agena</b><br>Menu- Ham & Sweet Potatoes            |
| WEDNESDAY, SEPTEMBER 30th  |
| <b>Program- Sleep Well by Jen Cox</b><br>Menu- Smothered Steak                               |

**Interested in Home Delivered Meals?**

For DeWitt, call:402.683.6475  
For Wilber, call: 402.821.2331  
All others in Saline County call: 402.821.3330



**Food Pantry**

- PANTRY NEEDS:**
- Kleenex
  - Pancake Mix and Syrup
  - Dish & Laundry Soap
  - Toothpaste
  - Jelly



*Soup, Sandwich, and Pie Fundraiser*

**At the Wilber United Methodist Church**

**September 30th, 2015  
4:30-7:00pm**

Free Will Donation

Liver and Dumplings, chicken noodle soup, sandwiches, pies, and beverages

### Other Happenings around the County

**Community Supper**

Join community members of all ages and walks of life at United Methodist Church in Wilber every Monday at 5:30 for a meal and fellowship. No cost, open to everyone regardless of age.

**Important Dates to Remember:**

- Holy Cross Fundraiser for DeWitt: September 30th
- Wilber United Methodist Church Fundraiser: September 30th 4:30-7pm
- Medicare Part D Open Enrollment: October 15- December 7th
- National Memory Screening Program: November 3rd and 5th