



The Many Ways of Coffee



You know that brown stuff you drink every morning? Yeah, that stuff that seems to go up in price every other day? The stuff that started off as a simple concept, but is now so complex when you try to order just a regular cup at a coffee shop the barista has no idea what you are talking about? If you have not guessed it by now I am talking about coffee. The beloved substance we have become so accustomed to that people cannot function without at

trash, but did you know there are many uses for those used coffee grounds? I did a little researching over the internet and found a few of the most common uses for them.



1. Plants Love Coffee. Sprinkle some of the grounds on the soil around your plants for a homemade fertilizer.
2. Dumpster Deodorizer. Coffee grounds can absorb the strong odors in your garbage. Fill up an old pair of pantyhose with dry coffee grounds and hang the mixture outside of the lid.
3. Food Breakdown. Putting grounds in your compost pile helps stabilize the pH level, which helps the food break down faster.
4. Step Aside Store Bought Drain Cleaner. The gritty texture and strong scent help unplug and deodorize a sink. Boil a cup of grounds in some water and pour down the sink.

5. Coffee Flavored Cookies for your Coffee? Add a small amount of grounds to chocolate baked goods for more flavor.
6. Skin So Soft. Take the grounds and add them to a little coconut oil and brown sugar. Massage the mixture on in the shower and rinse with warm water for soft skin.

Instead of throwing your grounds away next time save them and try one of these out!



least a full pot in the morning. After that full pot of coffee is gone what happens to the grounds that were used to make it? Well, usually they end up going to the

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 program or activity, on the basis of race, color, national origin, sex, age, or disability.



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Caregiver's Corner: 7 Scams Family Caregivers Need to be Aware Of!

By: Amy Hansen

Every year, billions of dollars are lost to scam artists. Older adults are seen as having a "nest egg," owning their homes, and/or having excellent credit, and because of this scam artists often target them. The "Greatest Generation" (born 1930-1960) was generally raised to be polite and trusting, so con artists seek to exploit their trust and kindness for financial gain. Scammers also know that older Americans are less likely to report a fraud due to embarrassment or fear that relatives may think they are incapable of handling their own finances. Often times, older Americans may not even know who to report the scam to or might not even realize that have been scammed.



The best way for a caregiver to help is keeping their eyes and ears open. Having financial awareness, maintaining an open line of communication, and watching for unusual banking transactions (including purchasing money orders, prepaid credit cards and wiring money) can help a caregiver stay on top. Additionally, educating themselves and their loved ones about popular scams are a few of the ways to protect them. People often think that it will not happen to them or "not in my town", but we have seen/heard of several scams in our state and our area! With roughly 10,000 boomers retiring daily, there is no doubt that these so called "senior" scams will continue to become prevalent among crooks and more sophisticated in nature.

In this 3 part series, we'll cover:

- Part 1: The most popular scams and scams seen in our area,
- Part 2: Medicaid, Medicare & other fake government scams and protecting your information, and
- Part 3: Quickly growing scams to watch out for and what to do if you or a loved one has been scammed

Part One: Popular Scams and Scams Seen in Our Area

GRANDPARENTS or EMERGENCY SCAM

How it works: caller pretends to be the person's grandchild, in need of emergency money. The authorities are unsure how they are getting the names of these people; but many times, it's easy enough to say "Hi, Grandma, do you know who this is?" and the senior guesses which child it is. The "grandchild" then tells them that they are in trouble, begs them to wire them money, but not to tell their parents. By the time the emergency money is wired it's too late.



Advertising with Saline County Aging News

Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the *Saline County Aging News*. To make sure your information will be in the newsletter of that month, please have the article to Saline County Aging Services by the

2nd to last Friday of the month. This will ensure there is plenty of time to add and make the articles fit. If you have pictures from a recent or upcoming celebration, like birthdays or anniversaries, and would like to have them featured in *Saline County Aging News* we would love to do that for you! To be in November's newsletter contact Macey

by October 23rd with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!



Looking to Expand Friendly Visitors Program

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.

Friendly Visitors **DO NOT** provide:

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

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
- Any other activity that friends enjoy!



55+ Seniors Values-Businesses Offer Senior Discounts

From Lincoln 55+ Paper

**** Amigos (55+ Seniors) - 10% off**
Arby's (60+) Small Drink - \$.35 with meal
**** BackYard Burgers (55+) - 10% off anytime;**
25% off entire ticket - All day on Weds.
Braeda Fresh Express Cafe (55+) ** 10% off
Burger King (57+) 10% Off
Chill's Grill & Bar (55+) 10% off, 6730 S. 27th
**** Cici's Pizza ** (55+) \$4.89 Buffet,**
College of Hair Design (55+)
 10% of services on T - W - Th
Culver's ** (60+) - 5% off
**** DaVinci's ** (60+) - 10% off - 475-1111**
Deer Springs Winery (55+) - 10% off Cases
 (15% off with military ID)
Dickey's (55+) 10% off
Doozy's (55+) 10% Off 101 North 14th
DQ Grill & Chill ** (55+) 10% off - North 27th
Egg & I (60+) 10% off 6891 A St.
Godfather's Pizza (55+) 10% Off \$4
 Wednesday
Goodwill (55+) 20% Off on Tues and Sundays

**** Golden Corral ** (60+) -10:45-4 M-F \$7.69**
Includes beverage. 3940 North 26th St.
Greenfield (55+) 10% off 7900 South 87th
Green's Plumbing ** (55+) Be sure to ask!
10% residential service - \$10 max.
**** IHOP (55+) 10% - 4501 North 27th**
Joseph's College of Beauty - Senior prices,
 5801 O Street
Kentucky Fried Chicken (Ask - 55+ or 65+) -
 10% discount
Long John Silver's (55+) - 20% off Weds.
**** Lied Center for Performing Arts ** -**
 10% to 20% Group discount - 472-4747
Marcus Theaters (60+)\$5 all day Tues, -
 \$5 < 11:00 am - any day and Fri. < 5:30 pm
Nebraska Brass - (55+) \$12 per event
 Season \$54 402-477-7899
Orscheln Farm & Home - (55+) 5% off every
 Wednesday (with card)
**** Perkins Restaurants (55+) - Senior Menu**

Piezano's (55+ Seniors & guests) - 10% off -
 Dine-in only
Popeye's (55+) - 10% off
**** Runza (55+) - 10% off**
Serenity Health Massage (55+)
 Seniors --> \$45 per hour, M, T AM 617-3604
Schlotsky's Deli (60+) 10% off - 4320 N. 27th
Supercuts (55+) Supercut Sr. - \$11
Taco Bell / Taco Bueno / Taco Inn
 (55+) Taco John's (62+) - 10% off
**** Valentino's Pizza (65+) 10% off at buffet.**
25% off buffet All Day Monday
70th and Van Dorn
**** Village Inn (60+) - 10% off**
Wendy's (55+) - Free vlaue Drink w meal
Zoup - (55+) Try Two Combo 2801 Pine Lake Rd

**** Look for Lincoln 55+ Newspapers ****
at Locations notated with ** stars **
Please mention the Lincoln 55+ Seniors
discount listing when you visit.

What you need to know: These scammers may or may not know your grandkids names.

How to protect yourself: If asked, "Do you know who this is?" Make up a name, one that belongs to NO family member. If they say, yes, then you know they are fake, hang up. If they know it is a fake name, tell them that you will have to get the money together, take the info, then call around and ask about that grandkid.

SWEEPSTAKES OR LOTTERY SCAMS

How it works: This scam is simple and commonly used. The con will tell their victim that they've won a lottery or sweepstakes of some kind, and need to make a payment to get the full prize. By the time the person realizes the prize check is a fake, if they receive one at all, their personal money is long gone.

What you need to know: You should never, never, ever, never, have to pay for something you won and if it sounds too good to be true, yep, it more than likely is!! Some scammers have been known to string it along, until the losses are in the tens of thousands of dollars.

How to protect yourself: Hang up! Delete the email! You can't win something you did not enter.

COMPUTER VIRUS SCAMS

How it works: A "computer technician" claiming to be from a reputable company (often Microsoft), calls to tell you that your computer is infected with a virus. They will "fix" it for you for \$200. They will often guide you through your computer to show you "viruses" that are actually harmless errors. This scam works two ways: 1.They scam you out of a bogus repair fee and 2.They will often put software on your computer that will "mine" personal and financial information.

What you need to know: Computer companies are never going to call you. These crooks just cold call people (of all ages) looking to get lucky. One of my favorite stories comes from an older friend who told the scammer, "That's weird, I don't even own a computer!" To which they heard, "click".

How to protect yourself: Hang up! Don't allow anyone you do not know to access your computer. If you use the internet, make sure that you have virus protection. There are several good, free programs out that will protect you or, there are many inexpensive versions as well.

It's sad but true, while I like to try to give people the benefit of the doubt, these people are not looking out for anyone's interest but their own. Remember, If you did not call them, hang up. If you did not enter, you cannot win!

To be continued.....Next month, we will discuss Medicare, Medicaid and other fake Government scams.....

12 Interesting Facts About Halloween

1. The first Jack O'Lanterns were actually made from turnips
2. Halloween is the second highest grossing commercial holiday after Christmas
3. The word "witch" comes from the Old English *wicce*, meaning "wise woman." In fact, *wiccans* were highly respected people at one time. According to popular belief, witches held one of their two main meetings, or *sabbats*, on Halloween night
4. The largest pumpkin ever measured was grown by Norm Craven, who broke the world record in 1993 with a 836 lb. pumpkin
5. Stephen Clarke holds the record for the world's fastest pumpkin carving time: 24.03 seconds, smashing his previous record of 54.72 seconds. The rules of the competition state that the pumpkin must weigh less than 24 pounds and be carved in a traditional way, which requires at least eyes, nose, ears, and a mouth
6. Trick-or-treating evolved from the ancient Celtic tradition of putting out treats and food to placate spirits who roamed the streets at Samhain, a sacred festival that marked the end of the Celtic calendar year
7. Black and orange are typically associated with Halloween. Orange is a symbol of strength and endurance and, along with brown and gold, stands for the harvest and autumn. Black is typically a symbol of death and darkness and acts as a reminder that Halloween once was a festival that marked the boundaries between life and death
8. Scarecrows, a popular Halloween fixture, symbolize the ancient agricultural roots of the holiday

9. According to tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight
10. [Mexico](#) celebrates the Days of the Dead (Días de los Muertos) on the Christian holidays All Saints' Day (November 1) and All Souls' Day (November 2) instead of Halloween. The townspeople dress up like ghouls and parade down the street
11. The National Retail Federation expects consumers in 2010 to spend \$66.28 per person—which would be a total of approximately \$5.8 billion—on Halloween costumes, cards, and candy. That's up from \$56.31 in 2009 and brings spending back to 2008 levels
12. In many countries, such as France and Australia, Halloween is seen as an unwanted and overly commercial American influence.



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What's Happening Near You

DeWitt Senior Center Meal Schedule	
For meal reservations, call Bev at 683-6475 or 520-0873	
WEDNESDAY, OCTOBER 7th	
Program—	Out with Bedbugs by Ext.
Menu—	Swiss Steak
	Bridge & Cards
WEDNESDAY, OCTOBER 14th	
Program—	Lee's Legendary Marble
Menu—	Beef & Noodles
WEDNESDAY, OCTOBER 21st	
Program—	TC Staff
Menu—	Chicken Filet
	Bridge & Cards
WEDNESDAY, OCTOBER 28th	
Program—	Sloane Holtmeiers's Popcorn Project
Menu—	Haddock & Baked Potatoes

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:**
- Peanut Butter & Jelly
 - Pancake Mix and Syrup
 - Dish & Laundry Soap
 - Toothpaste
 - Shampoo



Winner of September's riddle:

Merle Fikar

Merle received a \$5 gift card to Subway! Make sure to get your answers in for this month's riddle so you can be the next winner!

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:




- Flu Shots at DeWitt Senior Center: October 7th from 10-2
- Foot Clinic at DeWitt Senior Center: October 14th by appointment
- Medicare Part D Open Enrollment: October 15– December 7th
- National Memory Screening Program: November 3rd and 5th
- Bone Density Screening: November 4th





October 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 @ DeWitt Tai Chi 9-10 Quilting 1-5 Board Mtg 5:30	2 <u>World Smile Day</u>	3
4 <u>National Taco Day</u>	5	6 @ DeWitt Tai Chi 9-10 Quilting 1-5	7 Flu Shots @ DeWitt Senior Center 10-2	8 @ DeWitt Tai Chi 9-10 Quilting 1-5	9	10
11	12 Columbus Day SCAS Closed  @ DeWitt Work Day 1-4:00	13 @ DeWitt Tai Chi 9-10 Quilting 1-5 New Tai Chi Class @ 10	14 Foot Clinic @ DeWitt Senior Center By Appointment <u>National Dessert Day</u>	15 Open Enrollment Begins 	16 <u>National Boss's Day</u>	17
18 DeWitt Methodist Chicken & Biscuit Dinner @ Noon	19	20 @ DeWitt Tai Chi 9-10 Quilting 1-5 New Tai Chi Class @ 10	21	22 @ DeWitt Tai Chi 9-10 & 10 Quilting 1-5	23	24 <u>National Bologna Day</u>
25 DeWitt Kid's Halloween Trick-or-Trunk FIREMAN'S DINNER	26 @ DeWitt Work Day 1-4:00 Quick Shop for Ice Cream 4:30	27 @ DeWitt Tai Chi 9-10 & 10 Quilting 1-5	28 <u>National Chocolate Day</u>	29 @ DeWitt Tai Chi 9-10 & 10 Quilting 1-5	30	31 

Open Enrollment for Medicare D *IT'S THAT TIME AGAIN?!?*

MEDICARE D OPEN ENROLLMENT WILL SOON BE HERE October 15 - December 7.

Saline County Aging Services recommends that Medicare participants check their plan each year!



In any given year plans may:

- Change the way they cover or stop covering certain meds
- Raise deductibles, co-pays or premiums
- Add new plans that are more cost effective and competitive!

There are TWO ways to check your plan:

1. Attend the SHIP Event at the Dvoracek Memorial Library on Friday, November 6.
SHIP Counselors from the Nebraska Dept. of Insurance will do comparisons for free.
2. Meet individually with a Saline County Aging Services (SCAS) staff member. They are also trained SHIP Counselors and will offer non-biased assistance. **

*Either way, call SCAS to make an appointment.
The number is 402-821-3330 or 800-778-3309.*

*SCAS, a non-profit organization, asks you to consider giving a contribution of any amount to offset the cost of doing open enrollment comparisons.

National Memory Screening Program

Join Saline County Aging Services **November 3rd and 5th** for the *National Memory Screening Program*. Stop by the office or call in to schedule your appointment! Appointments are available all day long during the 2 days. The screens offer free, confidential memory screenings to individuals concerned about memory loss with the objective of early detection and intervention. Each screen consists of questions/tasks that take around 10 minutes to complete. It is not a diagnosis of any particular illness, but is a safe and

healthy "brain check-up". It is important to have these screenings done so you can talk with your doctor to identify and treat or slow down the condition causing memory problems.



The Alzheimer's Foundation of America launched the memory screening program in 2003 and since then has grown. Their mission is to provide optimal care and services to individuals confronting dementia, and to their caregivers and families-through member organizations dedicated to improving quality of life. If you would like more information on healthy aging go to www.alzprevention.org or come into the office for a brochure! See you November 3rd and 5th!

Exercise of the Month

Side Leg Raise

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out slowing and lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second
4. Breathe in as you slowly lower your leg.
5. Repeat 10-15 times
6. Repeat 10-15 times with other leg
7. Do this 7-10 times more with each leg



The Fun Pages

I like to stay just out of sight.
If you see me, I might be white.
I float through houses in the black of night.

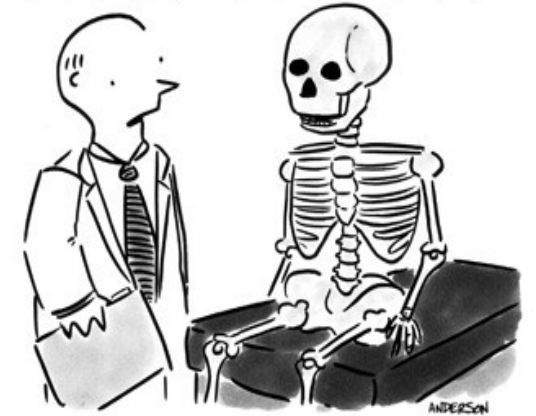


What am I?



Answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

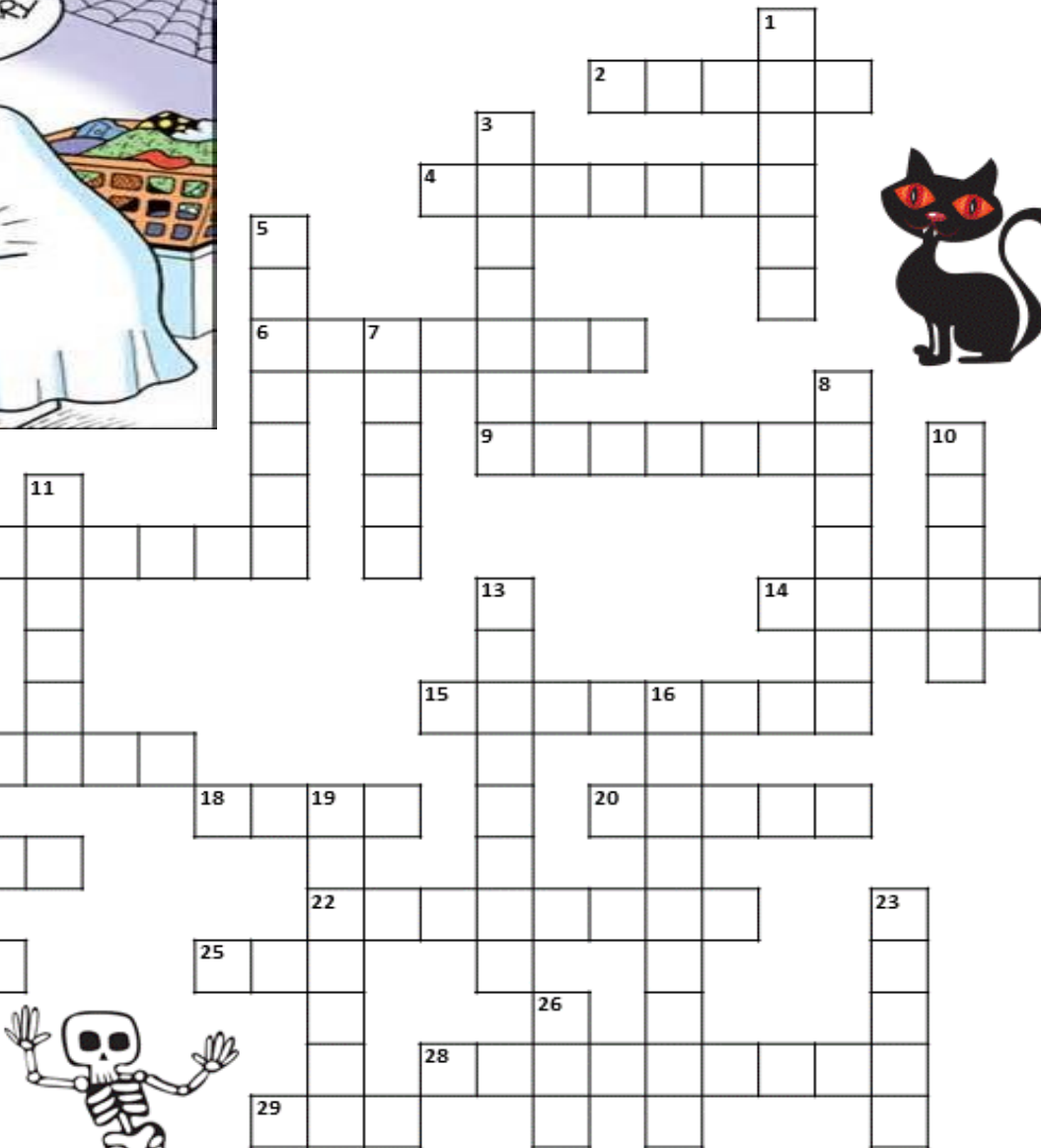
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"Still, let's do an x-ray just to be sure."



- | | | | |
|-----------|------------|--------------|----------|
| APPLES | COSTUMES | HARVEST | PUMPKIN |
| AUTUMN | GHOSTS | HAUNTED | SQUIRREL |
| BLACK CAT | GHOULS | HAYRIDE | TREAT |
| CANDY | GRAVEYARD | JACKOLANTERN | TRICK |
| CIDER | HALLOWEEN | LEAVES | WITCHES |
| CORNMAZE | HALLOWSEVE | MASKS | ZOMBIES |



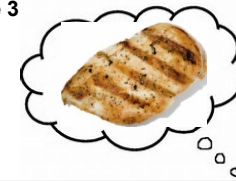
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Across

- 2. Frightening
- 4. He hates garlic
- 6. Frankenstein had one
- 9. The Count
- 12. Where a vampire sleeps
- 14. ____ or treat
- 15. Scare
- 17. A skeleton is just a bunch of these
- 18. Mr. O'Lantern







Down

- 1. When something makes our skin crawl, it's this
- 3. ____ house
- 5. Makes a popular pie
- 7. When ghosts come out to play
- 8. Fire burn, and ____ bubble
- 10. Samantha for example
- 11. Evil or mischevous creature
- 13. Comes out on full moon nights
- 16. October 31st
- 17. Witch transportation
- 19. Disguise
- 23. Incey wincey is one of these
- 24. Might be full, half, or new
- 26. He swallowed the canary
- 20. What the pot might call the kettle
- 21. ____ stories
- 22. A boney sort of fellow
- 24. Found in Egypt
- 25. Lives in the belfry
- 27. Whoo? Whoo?
- 28. Playground for ghosts
- 29. What a spider spins



Food for Thought



<p>12 oz. Can of Coke</p>  <p>140 Calories 1.57 Miles 3,140 Steps</p>	<p>Naked Juice Blue Machine</p>  <p>170 Calories 1.91 Miles 3,820 Steps</p>
<p>Snickers Bar</p>  <p>215 Calories 2.42 Miles 4,840 Steps</p>	<p>Beef Chalupa Supreme</p>  <p>360 Calories 4.04 Miles 8,080 Steps</p>
<p>Shake Shack Chocolate Shake</p>  <p>740 Calories 8.31 Miles 16,620 Steps</p>	<p>Five Guys Cheeseburger</p>  <p>840 Calories 9.44 Miles 18,880 Steps</p>

Have you ever wondered how many miles it would take to burn off that cheeseburger you just ate from your favorite fast food chain? A columnist from Yahoo was interested in this and took commonly consumed foods and drinks and set out to see how many miles/steps it takes to burn them off. He averaged around 2,000 steps per mile and 89 calories burned per mile. Estimates will vary based on height, weight, gender, atmosphere, etc. This is still a good predictor on how much walking around you would need to do in order to burn that last meal off. To the left are some of the foods he chose and underneath each picture is how many calories the food/drink has in it, how many miles it would take to burn off, and how many steps those miles are equal to. The bottom cheeseburger is what really got me, 9.44 miles to burn off just the cheeseburger alone! Don't get me wrong, a little splurge on a meal here and there is okay, but when the caloric intake is that high maybe it's time to take the healthier route more often than not. Restaurants and fast food chains are starting to put healthier alternatives on their menus. So next time you don't want to feel all that guilt that comes with the cheeseburger, maybe get the chicken breast sandwich and go light on the condiments!

Get To Know Saline County Aging Services!

A new addition to the Saline County Aging News is getting to know the employees, volunteers, and people who use our services! Each month there will be someone new that answers a few questions so you can get to know them better!



What is your full name?

Evelyn Irene Dvorak

How long have you been volunteering at Saline County Aging Services?

Around 7 years

What is your favorite color?

Brown

What is your favorite time of the year?

Fall

If you won the lottery what is the first thing you would do?

Share it with my family

What is your favorite part of Saline County Aging Services?

Working with my co-workers

Would you rather go to a play or musical?

Either or both

What 3 things would you bring with you if you were stranded on a desert island?

Pictures of my family, a boat, and a life jacket

What is your best piece of advice?

Just try to get along with everyone. We can't all be perfect!

Bone Density Screening

How long has it been since you last had your bone density screened? The Sahara Bone Density check is an easy way to check out the bone density in your calcaneus or heel area. In less than a minute ultrasound technology is used to do this measurement. Participants are encouraged to share the results with their health care professional. A low bone density in the heel could indicate there is possible bone loss in other parts of your body. This screening can help doctors monitor osteoporosis, determine your risk for

broken bones, or identify decreases in bone density before you break a bone.

Aging Partners offers this service at no cost for people over age 60. There is a \$5 fee for people under age 60.

**Wednesday
November 4
9-12 am
Call for appointments!
402-821-3330**



"I think we can rule out osteoporosis."

Recipe of the Month

Easy Pumpkin Chocolate Chip Muffins

Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

Ingredients

- 1 Can of Cooked Pumpkin Puree
- 1 Box Spice Cake Mix
- 1 Cup Chocolate Chips

Directions

1. Preheat oven to 350 Degrees
2. Combine cake mix and pumpkin puree with mixer, add in chocolate chips, stir well
3. Scoop into muffin tin either greased or with cupcake liners
4. Bake for 8-10 minutes or until a toothpick inserted in the center comes out clean

Tip

Add a sprinkle of brown sugar to the tops of the muffins before baking them!

