



Veteran's Day: A Holiday Dedicated to American Veterans of All Wars

World War I known as "The Great War" officially ended June 28, 1919 when the Treaty of Versailles was signed. 7 months earlier the fighting was ceased when an armistice between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. That is why November 11, 1918 is generally regarded as the end of "the war to end all wars." In November of 1919 President Wilson proclaimed November 11th as the first commemoration of Armistice Day. After World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.



According to usmilitary.about.com, it is very common to get Veterans Day and Memorial Day confused. Memorial Day is to honor American service members who died in service to their country or as a result of injuries incurred during battle. Veterans Day pays tribute to all American veterans-living or dead-but especially gives thanks to living veterans who served their country honorably during war or peacetime. The purpose of Veterans Day is to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. While it is important to recognize Veterans on November 11th we should honor our veterans year-round. The easiest way to do this is ex-

pressing thanks. If you see someone in uniform just saying a few words of gratitude or doing acts of kindness to show how much their service means to you can go a long way.

To all of the Veterans: we deeply appreciate the sacrifices you have made to keep our country free!



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



American Diabetes Month 2015

American Diabetes month takes place during November and is a time to come together as a community to stop Diabetes! The American Diabetes Association's vision is a life free of diabetes and all of its burdens by raising awareness of the growing disease. Did you know that Diabetes affects nearly 30 million children and adults in the U.S. today? Another 86 million people have prediabetes and are at risk for developing type 2 diabetes. Diabetes is the leading cause of kidney failure and nearly doubles the risk for heart attack and death from heart disease. Recent estimates project that as many as 1 in 3 American adults will have diabetes by 2050 unless we take the steps to stop diabetes!

This year the Association will be celebrating its 75th anniversary and wants to share their message that eating well is one of life's greatest pleasures, and enjoying delicious, healthy foods helps with diabetes management. The

whole month of November the Association plans on showing the nation how easy and joyful healthy eating can be. Each week the Association is going to share nutritious recipes from noted chefs and cookbook authors for every meal of the day on their website! Saline County Aging Services Facebook page will also be posting these tips and recipes! Everyone deserves to enjoy food that makes them feel happy, strong, and empowered, and the Association will inspire people to eat well while also successfully managing their diabetes.



Exercise of the Month– Upper Body

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Keeping your back straight, slowly walk your hands up the wall until your arms are above your head.
4. Hold your arms overhead for about 10-30 seconds.
5. Slowly walk your hands back down.
6. Repeat at least 3-5 times.



**As you progress, the goal is to reach higher.

**This exercise is to increase the flexibility of your arms, chest, and shoulders. It will help you reach items on the upper shelves of your closet or kitchen.



Want Saline County Aging News sent to your door???



Cut this slip out, fill the information in below, and send it to **Saline County Aging Services- 109 West 3rd Street– Wilber, NE 68465**

or bring it into our office.

Name:

Address:

If you would rather have it send via email please provide email address:



Still Time to Sign Up for Bone Density and Memory Screenings!

Bone Density Screening

Wednesday
November 4th
9am-3pm

Memory Screening

Tuesday and Thursday
November 3rd and 5th
All Day Long

Both services are free to people over the age of 60 and held at Saline County Aging Services. If you are under 60 years there is a \$5 charge for the Bone Density Screenings.

Please Call for appointments!

402-821-3330



"I think we can rule out osteoporosis."





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!



Saline County Aging Services 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



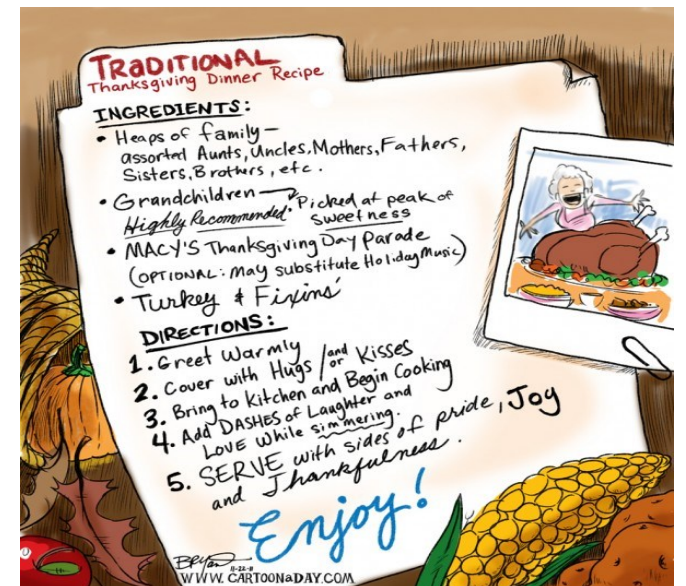
Food for Thought



Is there a way to eat right and still enjoy Thanksgiving dinner?!?

With Thanksgiving coming up this month we all know we are about to consume thousands of extra calories in one meal. It is hard to not indulge during this time as the kitchen fills with wonderful smells, everyone brings their favorite casserole dish, and the pumpkin pie is tempting you from the corner. Mmmm, I am getting hungry just thinking about it! But, if you are looking for a way to not end up so miserable with a full tummy before you go black Friday shopping this year, here are a few tips to try out!

1. Drink lots of water before Thanksgiving dinner and also during the meal. Water boosts the metabolism and helps you feel full!
2. Use a smaller plate. Studies show that if we use a smaller plate we will end up eating less!
3. Wait 15 minutes before you go back for seconds. It takes a little time to feel full.
4. Opt for healthier sides. Maybe suggest having regular green beans alongside of the green bean casserole or other substitutes like that.
5. Take smaller portions. If you want to try every casserole that was made, take smaller scoops so you can still get a taste of it all without over doing it!
6. Go light on the gravy. Gravy can be loaded with extra fat, calories, and sodium.
7. Save all of your calories for dinner. During the holidays it is easy for snack trays to be laying around before the big meal is served. Try to avoid these so you can save the calories for the main course!
8. Have a few bites of dessert. There is no need to have a big piece of EVERY single pie. Find someone to share it with or cut the serving size in half.
9. Plan a walk after the meal or go outside and play with your grandchildren.
10. **DON'T FEEL GUILTY!** Thanksgiving only comes around once a year and it is a special time to spend with family and loved ones. If you end up trying every casserole and pie, well it happens! Don't let it get you down...instead enjoy the day and make a plan for how you will eat the following week!



Caregiver's Corner

7 Scams Family Caregivers Need To Be Aware Of!

Part 2: Medicaid, Medicare & other fake government scams & protecting personal information.

When we left off last month, we had discussed a few of the more popular scams and scams we have seen in our area. This month we will cover the scariest of all scams; Medicare, Medicaid and other "Benefit" scams!

Since every U.S. citizen or permanent resident over age 65 qualifies for Medicare, there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. Senior citizens are most vulnerable to health care scams and Social Security, due to the fact that not only is their health a concern for them; they have to maintain their insurance and protect their money.

Here are some of the most popular Medicare, Medicaid and other fake Government "Government" scams:

NEW SOCIAL SECURITY CARD SCAM:

Victims receive a call from a fake Social Security agent and they inform you that a newly issued Social Security card is in the mail. All they need is your Social Security and bank account numbers to have your funds deposited directly into your bank account. Callers may ask victims to verify their identity in order to receive the new card.

FAKE IRS CALLS:

Victims receive calls from fake IRS agents claiming they owe back taxes. They threaten arrest, lawsuits, loss of their driver's license and more. They often demand immediate payment through a prepaid credit card. OR: Fake

IRS agents call to inform victims or unclaimed refunds or rebates to glean personal information from you.

FAKE MEDICAID CALLS:

Scammers posing as representatives from Medicaid call victims to tell them there is a problem with their Medicaid. They then say that they need the recipient's social security and bank account numbers to fix the problem. OR: Scammers claiming to be from the Energy Assistance Program (LIHEAP) call to inform you that due to the recent cold snap/heat wave you will get "extra assistance". All you have to do is give the caller your banking information so the "extra assistance" can be deposited into your account.

MEDICARE SCAMS/HEALTH INSURANCE SCAMS:

Cons claiming to be from Medicare to get older people to give them their personal information. Scammers will provide bogus services for elderly people at makeshift mobile clinics then bill Medicare and pocket the money, thereby duping seniors into becoming unwitting accomplices.

Other health-related scams not directly linked to Medicare include:

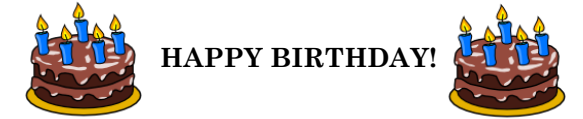
Offers of "free" equipment or supplies, with charges hidden in the fine print of a document you must sign, and tests, including ones for diabetes, that are either unnecessary or unreliable.

What you need to know:

Don't fall for these attempts, hang up. You can always call a reputable number for Social Security, Medicare, Medicaid or the IRS and double check on any problems.

What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, NOVEMBER 4TH
Program— Homestead Dulcimers Menu— Meatloaf Bridge & Cards
WEDNESDAY, NOVEMBER 11TH
Program—Jonny Appleseed/Apple Desserts Menu— Steak Sandwich & Soup Dominos or Cards & Veteran's Day
WEDNESDAY, NOVEMBER 18TH
Program— Coloring Isn't Just For Kids Menu— Hamburger Steak Bridge & Cards
WEDNESDAY, NOVEMBER 25TH
Program— Help Aids for Hearing Impaired Menu— Turkey & Dressing Celebrate Birthdays



HAPPY BIRTHDAY!

Norman E. Plouzek will be celebrating his 80th birthday November 18th! You can send cards to 2315 Boswell-Crete, NE 68333

Happy Birthday Norman!



Winner of October's riddle:

Mary Ann Reiss

Mary 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!

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

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:

- National Memory Screening Program: November 3rd and 5th
- Bone Density Screening: November 4th
- Medicare Part D Open Enrollment: October 15– December 7th
- Pancake Feed at DeWitt: November 20th



November 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1 Daylight Savings Time Ends	2	3 Memory Screening All Day @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	4 Bone Density Screening 9-3	5 Memory Screening All Day @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	6 National Nachos Day	7
8 National Cappuccino Day	9	10 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	11 Veterans Day  SCAS CLOSED	12 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	13	14
15 DeWitt Craft Show 9-3:00	16	17 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	18	19 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	20 PANCAKE FEED	21
22	23	24 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	25	26 Thanksgiving  SCAS CLOSED	27 SCAS CLOSED	28
29	30					

Medicare, Medicaid, Social Security and the IRS do not randomly call your home! If they need to contact you, they will send you a letter requesting that you contact them. Social security will only call if “you (have) filled out an application for Extra Help and there is missing information. (And then) they’ll only ask you for the missing information.”

Likewise, they will never ask you for your personal information over the phone or for bank account numbers. Since these are all programs where the recipient initiates enrollment, they will have all of the information that they need to serve you.

If any monies are owed, say in the instance of the IRS, you should have received a statement in writing, laying out what is due and how to take care of it. Never give out your Social Security, Medicare, Medicaid, or Bank account numbers over the phone! When in doubt, ask for written confirmation of changes or monies owed.

The government will never demand payment over the phone and especially not with a pre-paid (untraceable) card.

Beware: some cons can manipulate caller ID’s to reflect the IRS or Medicare is calling.

Protect your loved one and help them protect their information!

Only give personal information to:

- Doctors, other health care providers, and plans approved by Medicare.
- Any insurer who pays benefits on your behalf.
- Trusted people in the community who work with Medicare, like

your Senior Health Insurance Information Program (SHIIP) or Social Security.

- Never send any banking or personally identifying information to anyone you don’t know. Whether they call or come to your home uninvited (esp. to get you to join a Medicare plan) or over the Internet.
- Don’t carry your Social Security card around in your wallet. A lost or stolen card can lead to identity theft.
- Only give information to doctors or other providers approved by Medicare.
- Invest in a shredder (preferably one that shreds cards) to shred all financial documents, bank statements, credit card solicitations, and documents (including mail) that contain any type of personal information.
- Shred or cut up unused credit cards, and old insurance cards.
- Never keep your PIN number with your debit card.

Education and sharing news and information with your loved ones, friends and neighbors can go a long way in helping combat scams and fraud!



Next month, we will have our third and final part: *Quickly growing scams to watch out for and what to do if you or a loved one has been scammed.*

The Happiness Journey



Like many, I am guilty of leading my life lately by dwelling on the negatives rather than embracing the positives. I get so caught up wanting something I don't have or thinking this person has it way better than me that I completely forget the fact that my life is pretty great too!!! I am giving up my own happiness for things, that in all reality, are pretty silly when you think about it.

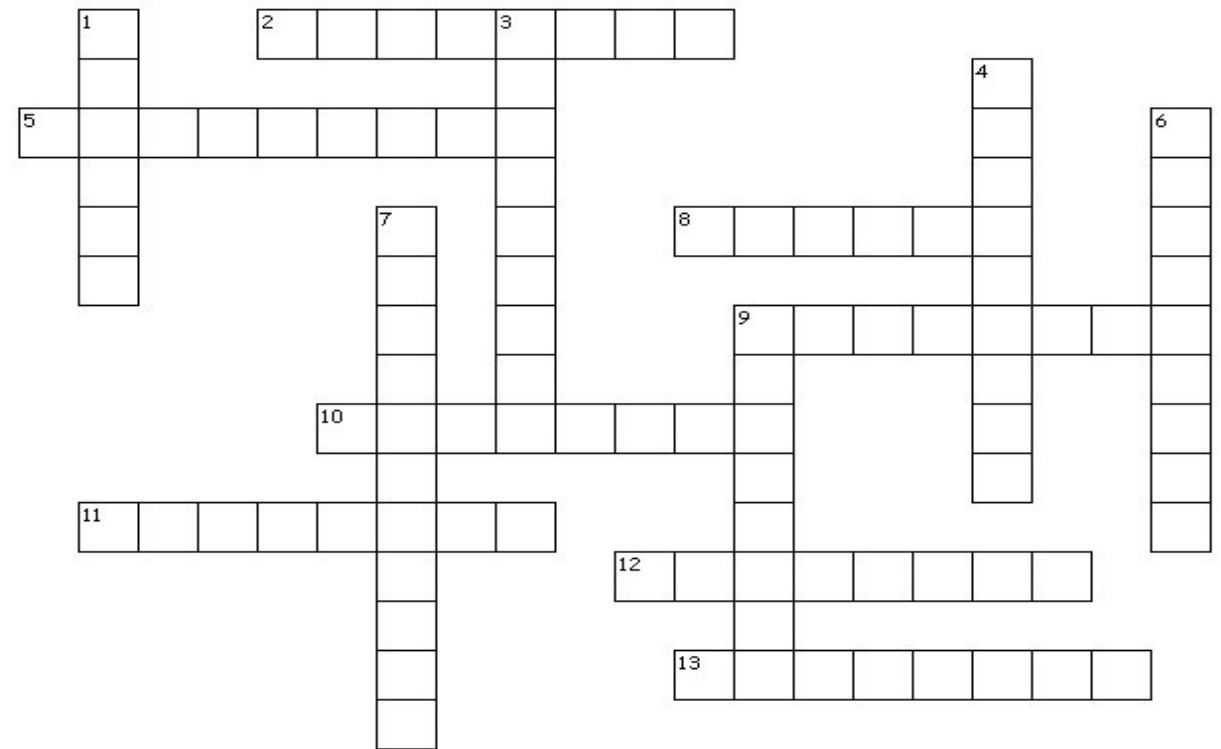
According to findhappiness.org, in order to really feel happiness a person needs to rid themselves from negative thoughts and self doubts that can lead to depression, fear, worry, dissatisfaction, boredom, and grief. But everyday we are faced with negative things that happen to us, so how do we just rid ourselves from these? Many times **we let** these instances cause negative reactions. If someone says something to us and it makes us have a "bad day" that's because **we let** them do that to us. If we get caught up so much in another person's life and get jealous of what they have, it's because **we let** ourselves feel that way. In every situation **we** have the choice to let outside behaviors influence us or not. No one can ever **MAKE** us feel something, that is up to **us**. It is up to us to make conscious efforts to tell ourselves we are going to be happy and that no one has the right to take that away. This is easier said than done though and cannot just happen overnight. It takes **time and effort** to respond differently in situations. In the end it is definitely worth it to choose happiness and regain control over your emotions and be able to live a happier and healthier life! I challenge you to take the journey of happiness with me and focus more on the positives in life rather than the negatives.

*This life we live is actually pretty great and once we start complaining less and appreciating more we see the world in a whole new light! Find what makes you happy and go do it. Stop focusing on forcing yourself to be happy and challenge yourself to **do** what makes you happy. Here are a few ways I find happiness...*



- ◆ Smiling: Smiling is contagious and also a beautiful thing. If you ever feel down just make yourself smile, it helps. :)
- ◆ Doing Good for Others: When I take the extra time to do something special for someone else it gives me an indescribable feeling of joy and instantly puts me in a good mood.
- ◆ Let Go of the Uncontrollable: When things do not go your way, let it go, time to focus on something else! Do not waste your time on what you cannot control.
- ◆ Laugh: A good laugh can go a long way. Read the comics in the paper or think back on an instance that really made you laugh and revisit that thought in your mind if you're having a bad day.
- ◆ Hobbies: I have found many hobbies I really enjoy that make me feel good. Find something that you enjoy and go do it!
- ◆ Practice Daily Gratitude: I recently heard this saying, "Gratitude determines our attitude." If we practice gratitude everyday it will be easier to find the beauty in the small things of life, like a good book or a cozy sweater.

The Fun Pages



- Across
2. The month of Thanksgiving.
 5. This fruit is used to make a red jellied side dish.
 8. One of the four seasons.
 9. They feasted with the Native Americans.
 10. Thanksgiving is always on this day of the week.
 11. Sport watched on Thanksgiving Day.
 12. This gets cooked inside the turkey.
 13. Remember what we are _____ for.
- Down
1. Main course for Thanksgiving dinner.
 3. Pilgrims sailed over on this boat.
 4. Yellowish type of bread.
 6. Dark meat on a turkey.
 7. You'll find this on top of sweet potatoes.
 9. Famous "rock" where the Mayflower landed.



Thank you for
your service...



and your
sacrifice...

DAVE GRANLUND © www.davegranlund.com



The Fun Pages

Riddle of the month!



If April showers bring May flowers, what do May Flowers bring?



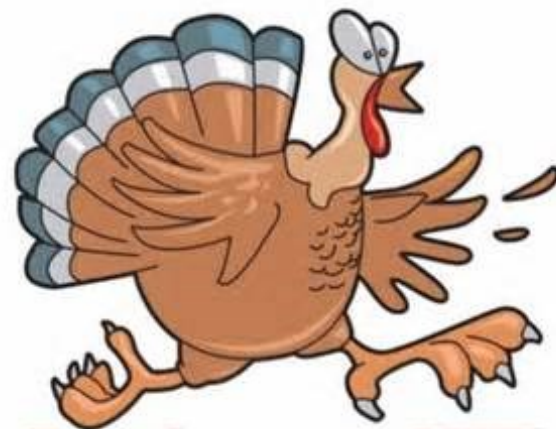
Answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month! Please include your phone number with your answer!

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

word list

Harvest
Indians
Pilgrims
Thanksgiving
Pumpkin pie
November
Turkey
Family
Corn
Bounty

Ceremony
Worship
Tradition
Holiday
Gobble
Yams
Feast
Colony
Sail
Harvest



**Run for your LIFE!
It's NOVEMBER!!**

Daylight Savings Time Ending

The National Fire Protection Agency recommends that when Daylight Savings Time ends it's a good time to check and test your smoke alarms. Roughly two-thirds of home fire deaths occur in homes with no smoke alarms or working smoke alarms. When smoke alarms fail to work but should have worked, it is usually because batteries were missing, disconnected, or dead. The National Fire Protection Agency has a few guidelines concerning smoke alarms: along with checking after daylight saving's time, test the smoke alarms at least once a month using the test button, make sure everyone in the home understands the sound of the smoke alarm and knows how to respond, replace all smoke alarms when they are 10 years old, and replace the smoke

alarm immediately if it does not respond properly when tested. These little steps could make a big difference!



Daylight Savings Time Ends: Sunday, November 1, 2015

Open Enrollment for Medicare D

IT'S THAT TIME AGAIN?!? MEDICARE D OPEN ENROLLMENT IS NOW 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.

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?

Merle Darlene Fikar

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

2 years **2**


What is your favorite color?

Green 

If you had a boat what would you name it?

Mattie 


Where do you want to travel, but have never been?

Washington State 


What is your favorite time of the year?

Spring 


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

Divide it between my kids 


What is your favorite part of Saline County Aging Services?

Meeting people 

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

My iPad, pictures of my kids and husband, and my pills 

What is your best piece of advice?

Don't worry about anything you can't fix! 



8 Fun Facts About Thanksgiving

1. Americans eat roughly 535 million pounds of turkey on Thanksgiving.
2. They celebrated the first Thanksgiving Day in the fall of 1621.
3. The first Thanksgiving celebration lasted three days.
4. Californians are the largest consumers of turkey in the United States.
5. The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.
6. About 20% of all cranberries that are consumed in the U.S. per year are eaten on Thanksgiving.
7. It was not until 1941, that congress declared Thanksgiving as a national holiday.
8. More than 40 million green bean casseroles are served on Thanksgiving Day.



Recipe of the Month

Apple Dump Cake

Prep Time	Cook Time	Total Time
10 mins	60 mins	1 hr 10 min

Ingredients

- 4 Cups Chopped Apples
- 1 Box Yellow Cake Mix
- 3/4 Cups Butter, Melted

Directions

1. Preheat oven to 350 Degrees. Spray bottom of 13x9-inch pan with cooking spray
2. Place chopped apples in pan.
3. Top with dry cake mix, and pour melted butter over top, making sure to cover top with butter as much as you can
4. Bake 45 to 50 minutes or until bubbly Serve warm. Enjoy!

Tip

Try drizzling caramel over the top and adding whipped cream before serving!

