



Ways To Give Back This Holiday Season

Nothing makes me feel better than being able to do something for someone else. It is the little things in life that matter the most. Here is a list of simple things you can do this holiday season to give back to someone you may know or maybe even surprise a stranger! Many of these acts do not cost much or involve much time, but it is the thought that counts.

and about but still want to give back may consider donating money to a charity. The amount does not matter, because any dollar helps! Here are a few of my favorite charities: American Heart Association, Make-A-Wish-Foundation, The Humane Society, and Huntington Christmas. Take a look around your town and see if there is anyway to donate locally. There may be more places than you think!

1. Paying it forward at the drive-thru: This seems to be a classic around the holiday season. If you find yourself in the drive-thru of a fast-food place and see a line of cars behind you, tell the cashier you would like to pay for the person's order behind you. When that person gets up to pay for their order they will be pleasantly surprised and may even pass the act on themselves!
2. Make care packages for the homeless: Take gallon size zip lock bags and fill them up with essentials that a person may need. This can include a bottle of water, a couple granola bars, travel size toothbrushes, Band-Aids, hand sanitizer, tissues, a comb, any other food snacks you can fit, or a five dollar bill. Get creative! Put anything in this bag that you think a person could benefit from. Then keep them in your car and the next time you see a homeless person hand them one.
3. Donate your money: If you cannot get out

Holiday To-Do List

1. ~~Buy~~ ^{BE} Presents
2. Wrap ~~Gifts~~ ^{someone} in a hug
3. Send ~~Cards~~ ^{Love}
4. ~~Shop For~~ ^{Donate} Food
5. Make ~~Cookies~~ ^{Peace}
6. ~~See~~ ^{BE} the Lights

HeavenlyHomemakers.com

More ideas to give back to the community this holiday season will be continued on the next page...

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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.

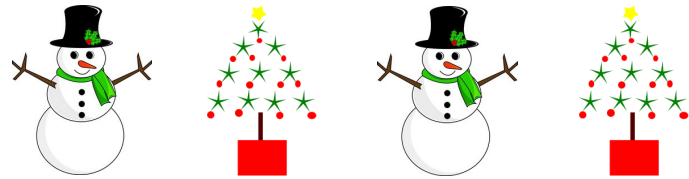
Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.



4. Adopt a family: The Salvation Army along with other stores do a program called adopt a family. This is where you sign up to provide Christmas gifts to a family who may be going through a difficult time over the holidays. If you want to feel like Santa here is your chance!

I hope these ideas inspire you to give back this holiday season and remember that we have so much to be thankful for! All of us from Saline County Aging Services would like to take the time to wish everyone a happy and safe holiday season, may your days be merry, bright, and filled with lots of happiness!

5. Donating clothes: This time of year is a good time to go through your closet and pick out things you do not wear anymore. Make sure they are gently used and in good condition, you do not want to give someone something that has holes in it! Coats, hats, scarves, and mittens are especially helpful during the cold months! Take these clothes to a local shelter or donate them to a family who may need them.



Open Enrollment for Medicare D

**IT'S THAT TIME AGAIN?!? MEDICARE D OPEN ENROLLMENT IS NOW HERE!
DEADLINE IS DECEMBER 7th!!**

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!

You can still check your plan by:

Meeting individually with a Saline County Aging Services (SCAS) staff member. They are trained SHHIP Counselors and will offer non-biased assistance. ** Make sure to 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.



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:



Winter Weather Closings

Soon we will be approaching another Nebraska winter. Even though Nebraska weather can be very unpredictable at times we are pretty certain that we will experience snow and bad driving conditions at some point. When this happens there are a few things you should be aware of...

- If the Saline County Courthouse is closed, Saline County Aging Services will be closed.
- If Wilber-Clatonia Public Schools closes for a snow day because of bad weather, Saline County Aging Services will also be closed.
- If either of these happens to fall on a foot clinic day, the foot clinics will be cancelled for the day, but we will work to reschedule your appointment.



Be safe this winter and know what the driving conditions are like before you try to go out and about! If you are not sure if Saline County Aging Services will be open or not do not hesitate to call 402-821-3330 and find out!

Advertising with Saline County Aging News

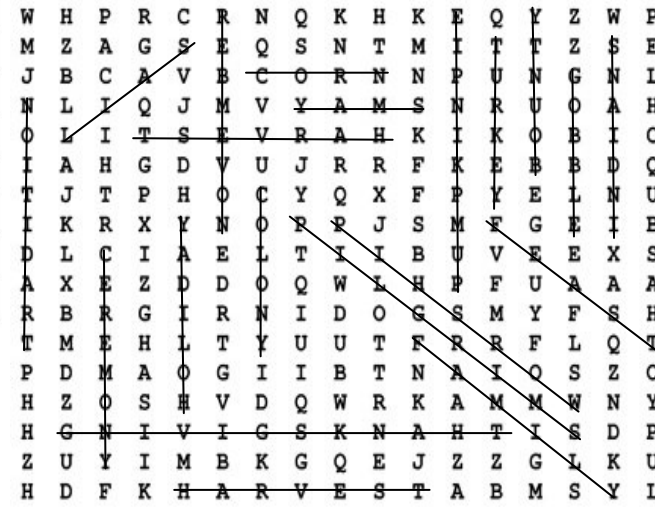
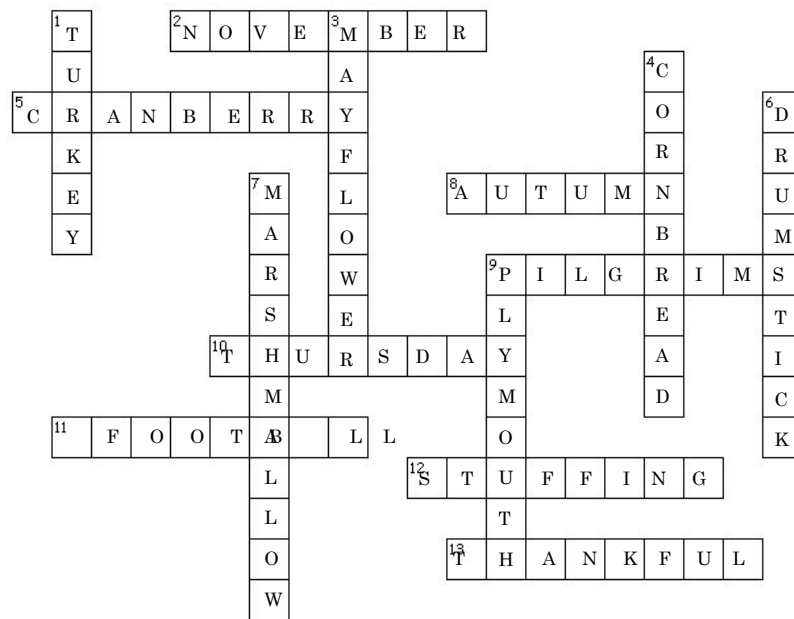
Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the *Saline County Aging News*. To make sure your information will be in the newsletter of that month, please have the article to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

Macey by December 18th 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!



Answers to Last Month's Puzzles



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

word list

- ~~Harvest~~
- ~~Indians~~
- ~~Pilgrims~~
- ~~Thanksgiving~~
- ~~Pumpkin pie~~
- ~~November~~
- ~~Turkey~~
- ~~Family~~
- ~~Corn~~
- ~~Bounty~~
- ~~Ceremony~~
- ~~Worship~~
- ~~Tradition~~
- ~~Holiday~~
- ~~Gobble~~
- ~~Yams~~
- ~~Feast~~
- ~~Colony~~
- ~~Sail~~
- ~~Harvest~~



Coming Soon! Stepping On Building Confidence and Reducing Falls

\$3 per class suggested contribution

Sponsored by Saline County Aging Services & Aging Partners

Where can I attend?

Wilber Care Center

611 N Main Street

Thursdays 9:30-11:30

March 3—April 21, 2016

(Will not meet on the 24th of March)



What will I learn if I participate?

- Simple and fun balance and strength exercises.
- The role vision plays in keeping your balance.
- How medications can contribute to falls.
- Ways to stay safe when out and about in the community.
- What to look for in safe footwear.

What is Stepping On?

Stepping On is a community based falls prevention program aimed at educating participants and building confidence to reduce or eliminate falls.

Why Should I be concerned about falling?

- More than 1/3 of adults 65 or older will fall each year.
- Falls are the leading cause of injury, hospital admission for trauma and death among older adults.
- 35% of people who fall become less active and independent.

Who can best learn from Stepping On?

Anyone who is 60 years or over and has had a fall in the past year or is fearful of falling would benefit from Stepping On. Stepping On is designed for people living in a home or apartment and not suffering from dementia.

What are the benefits of participating in Stepping On workshops?

- Learn the most up-to-date information about falls prevention.
- Learn with people your own age.
- Become more aware of fall hazards and learn how your fall risk can be reduced.
- Learn to step outside with confidence.
- Help others be sharing what has worked for you.



For more details about the upcoming Stepping On workshop or to sign up for the workshop please contact Macey Moore at Saline County Aging Services by phone 402-821-3330 or mmoore@lincoln.ne.gov.

December 7, 1941 “A date which will live in infamy”

December 7, 1941 Japanese planes attacked the Naval Base at Pearl Harbor. Franklin D. Roosevelt declared this day as,

“A date that will live in infamy.”

The attack only lasted about 2 hours, but it destroyed around 20 American naval vessels, which included eight battleships, and almost 200 airplanes. More than 2,000 American soldiers and sailors lost their lives and another 1,000 were wounded in the attack. The day after the attack the US declared war on Japan and so entered WWII.

Since the Attacks December 7th is now known as Pearl Harbor Remembrance Day. Memorials have also been built to honor the lives lost on this day. The USS *Arizona* Memorial in Pearl Harbor is a marble memorial built over the sunken USS *Arizona*. Another

memorial is the USS *Utah*, which was a battleship that was attacked and sunk. In 1972 a memorial to honor the crew was dedicated on the northwest shore of Ford Island.

Wherever you are and whatever you are doing on December 7th this year make sure you take a little time to remember and honor the lives lost at Pearl Harbor.

Pictured below is the USS *Arizona*



Exercise of the Month– Neck Stretch

This stretch can help relieve tension in your neck. Try to stretch after any activity that makes you feel stiff, like sitting at a desk or riding in a car for a long time.

1. You can do this while standing or sitting in a sturdy chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Slowly turn your head to the right until you feel a slight stretch. Be careful not to tip or tilt your head forward or backward, but hold it in a comfortable position.
4. Hold the position for 10-30 seconds.
5. Turn your head to the left and hold the position for 10-30 seconds.
6. Repeat at least 3-5 times.



What's Happening Near You

| DeWitt Senior Center Meal Schedule |
|---|
| For meal reservations, call Bev at 683-6475 or 520-0873 |
| WEDNESDAY, DECEMBER 2ND |
| Program– Making of our Stars and Stripes by Peggy Menu– Lasagna Bridge & Cards |
| WEDNESDAY, DECEMBER 9TH |
| Program-Not So Newlyweds Menu– Goulash Cards or Dominos |
| WEDNESDAY, DECEMBER 16TH |
| Program– Christmas Gift Bingo Menu– Ham & Potato Casserole Bridge & Cards |
| WESNESDAY, DECEMBER 23RD |
| Program-Christmas Sing A Long by Linda Colgrove Menu-Smothered Pork Chop Cards or Dominos |
| WEDNESDAY, DECEMBER 30TH |
| CLOSED |

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:

Medicare Part D Open Enrollment:: ENDS DECEMBER 7th!

Stepping On: Coming Soon in March!



Winner of November's riddle:

Frances Obosla

Frances 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!

The answer to November's riddle was Pilgrims.

December 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|------------------------|---|--|--|
| | | 1 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5 National Day of Giving | 2 | 3 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5 | 4 | 5 |
| 6 | 7 National Pearl Harbor Remembrance Day | 8 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5 | 9 | 10 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5 | 11 | 12 DeWitt Christmas Celebration 9-11:00  National Gingerbread House Day |
| 13  National Cocoa Day | 14 | 15 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5 | 16 | 17 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5 | 18 | 19 |
| 20 | 21 Crossword Puzzle Day | 22 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5 | 23 | 24 SCAS Closed @ Noon  | 25 Christmas Day SCAS Closed  | 26 |
| 27 | 28 | 29 NO TAI CHI | 30 Bacon Day | 31 New Year's Eve  | | |



Food for Thought



EASY CHRISTMAS GIFTS YOU CAN EAT!

Christmas gifts do not always have to be something store bought, sometimes a homemade gift can do just the trick! If you are looking for something fun and creative this year try one of these quick presents in a mason jar!

1. M & M Cookies in a Jar

What you will need

- 1/4 cup sugar
- 1 1/4 cups M&Ms
- 2 cups sifted flour
- 1/2 teaspoon baking soda
- 3/4 cups brown sugar
- 1/4 teaspoon baking powder



Mix flour, baking soda and powder.

Layer flour mixture, brown sugar, granulated sugar, and M&Ms in jar.

Pack firmly.

Cut a 7 inch circle from cotton fabric.

Top each jar with fabric and tie with a ribbon that has the recipe attached to it saying..

“Empty cookie mix into a bowl and blend thoroughly. Add 1/2 cup butter, 1 beaten egg, and 1 teaspoon vanilla. Mix until blended. Roll into 1 inch balls and place 2 inches apart on cookie sheet. Bake @ 375 degrees for about 12-14 minutes. Enjoy and Merry Christmas!”

2. Hot Chocolate In A Jar

What you will need

- 3/4 cups granulated sugar
- 1/2 cup unsweetened cocoa powder
- 3 cups powdered milk
- 1/2 teaspoon salt
- 1/2 cup miniature chocolate chips
- 1/2 cups miniature marshmallows



Mix powered milk, sugar, cocoa powder, and salt in a bowl. Pour 1/2 of the mixture into the mason jar and place 1/2 of the marshmallows and

chocolate chips on top. Layer the other 1/2 of the mix in next and layer the remaining marshmallows and chocolate chips on top of that.

Cut a 7 inch circle from cotton fabric.

Top each jar with fabric and tie with a ribbon that has the recipe attached to it saying...

“To prepare combine 1 to 2 tablespoons of mix with 8 ounces of boiling water. Enjoy and Merry Christmas!”

7 scams family caregivers need to be aware of! Part 3

When we left off last month, we had discussed Medicare, Medicaid and other fake Government scams. This month, we will discuss quickly growing (or quickly reemerging) scams to watch out for and what to do if you or a loved one has been scammed.

HOME REPAIR SCAM

How it works: A person identifying themselves as a repair expert or contractor knocks on your door and tells you they noticed your home needs a repair and they would love to do the work for you! Unfortunately you could end-up the victim of shoddy workmanship or an unfinished job that didn't need to be done at all.

How to protect yourself:

Ask them to come back at a later date. Then:

- When they return have someone with you, like your insurance agent or an officer of the law. OR;
- Have a trusted contractor examine the roof and give you a "written report".

One of our volunteers had an out of town contractor show up at her doorstep to inform her that her roof was damaged. Knowing that her roof was only three years old, she called her insurance agent, who met her at her house at the appointed time. When the contractor returned, he approached the house, met the agent and immediately turned and left!

WATER LINE INSURANCE

How it works: Victims receive a mailer informing them that they are responsible for maintaining and repairing the water service line connecting to their houses under their property, claiming these repairs are not typically covered by homeowners (insurance) and could cost thousands of dollars. They then offer them additional coverage for potential repairs of their water lines. The insurance is cheap, (one example was \$64.08 a year or \$5.30 a month for \$6,000 coverage) What they do not tell

you? While it is your responsibility to repair broken water lines, these types of repairs are very rare.

How to protect yourself: Throw out the mailer or show it to your insurance agent.

SECRET SHOPPER SCAM

How it works: This scam works through the internet, email and the mail. You receive "notification" that you have been selected to be a secret/mystery shopper. The "company" sends you a large check or money order (often \$900 or more) with these instructions:

- Cash the check or money order sent
- Go to the designated store and make a small purchase
- Keep \$100 or so for yourself
- Mail the rest of the money back to the company with your report on the store

What you need to know: Once you cash the check/money order it will be your responsibility to pay the funds back. There are very reputable Secret/Mystery Shopping companies out there, but they typically do not contact you, you must apply.

How to protect yourself: If it sounds too good to be true, it generally is! With all scams it is important to remember:

- If you didn't seek out this opportunity, it is more than likely bogus.
- If anyone sends you a large sum of money and asks you send some back, it is a huge red flag!

JUNK MAIL SCAMS

This is not only an occasional scam but often a gateway to scams!

What you need to know: Dangerous junk mail arrives in mailboxes daily. Many are simple to identify as junk mail like credit card offers or "free Hawaiian trips". Some are not so readily discernable. I see a lot of clients come in questioning letters that look (at first blush) very official.

Riddle of the month!

I am known for having pointy ears
 And for making Christmas toys
 Which are delivered by Santa to
 All of the good girls and boys.

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! **Please include your phone number with your answer!**

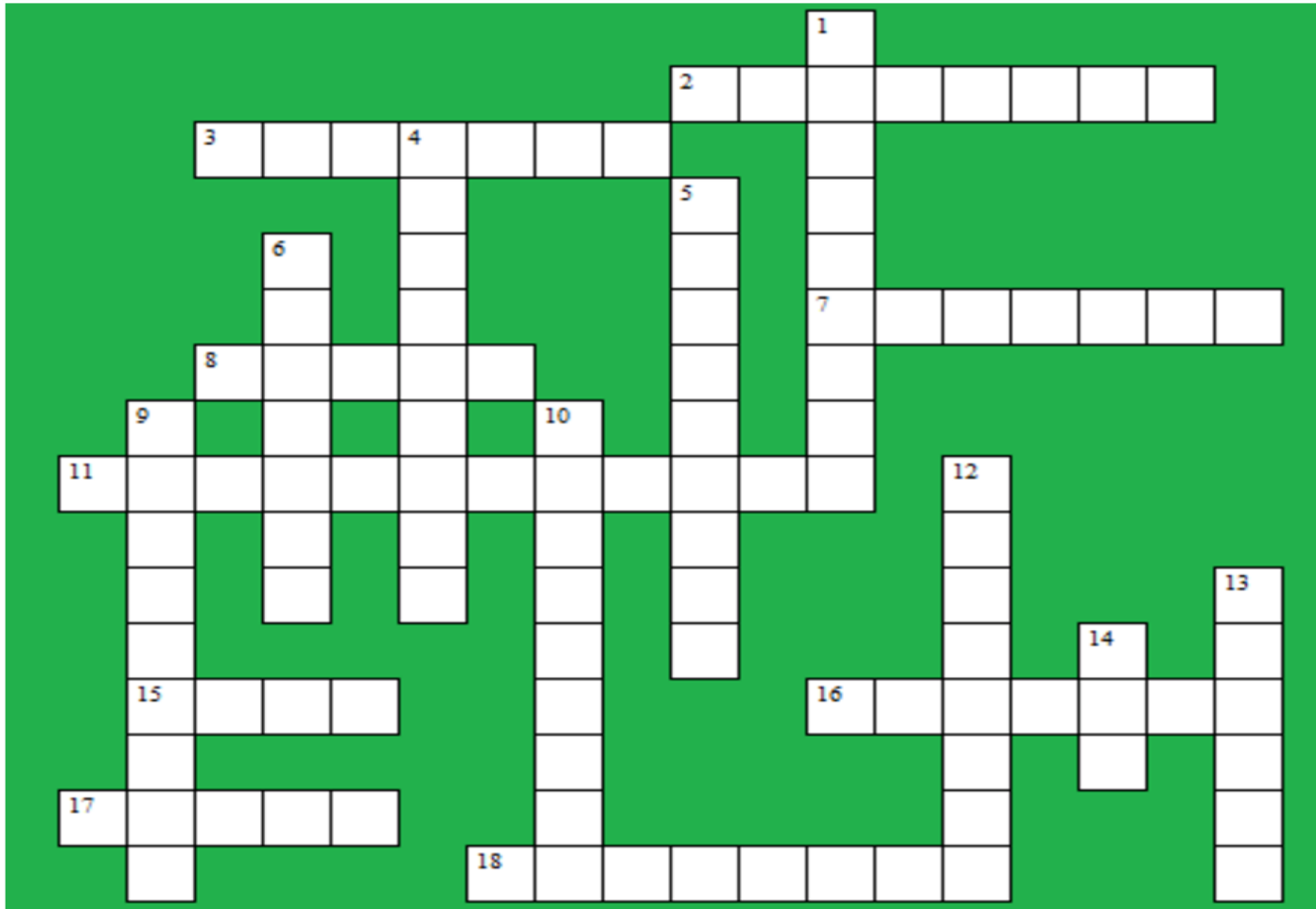


W R C N S O O A N L R W Z A G
 S U E O A W R Y N E I N D T I
 T T O R N J G N G G E G N B F
 A Z W T T K F N A M E R H H T
 R U Y H A G A R E M E L G T S
 I S G P C M R S O B E I S S S
 A H D O L D I I M S E N E M I
 T O S L A W K E N L T V T H P
 E L H E U O C I S C L Y P S S
 J Y H O S E T E G E H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

- | | | | |
|-----------|-----------|-------------|---------|
| angels | gifts | north pole | snow |
| birth | grinch | ornaments | star |
| christmas | holy | presents | tinsel |
| december | lights | rudolph | tree |
| elves | manger | santa claus | wisemen |
| frosty | mistletoe | sleigh | wreath |



The Fun Pages



ACROSS

- 2 Giant socks that might get filled with presents
- 3 Santa gets in your house through this
- 7 The only reindeer whose name begins with the letter p
- 8 Deck the halls with boughs of this
- 11 The night before Christmas
- 15 What's in Santa's bag?
- 16 Reindeer with the red nose
- 17 Person who brings gifts to good children
- 18 Christmas falls in this month

DOWN

- 1 Where Santa lives
- 4 If you stand under this, you might get kissed.
- 5 Things you hang on a Christmas tree
- 6 A snack you leave out for Santa
- 9 December 25th
- 10 Yummy red and white candy
- 12 Eight of these pull Santa's sleigh
- 13 Santa says this
- 14 A helper who makes toys

These are troubling in two ways. Not only do people often think that they are official and require an answer, but then your information is confirmed and you are placed on a mailing list.

As I was researching these letters, I found a website that actually sells the letter forms to insurance companies! They came in a variety of topics, such as: Medicare, Long Term Care, Final Expenses, Veterans, and Annuities, with each one sounding scary, official or too good to be true.

Examples include:

- “The President has announced the guidelines for Medicare Reforms. How will this change your benefits?”
- “New Medicare legislation has been passed by Congress which changes benefits including Part D Prescription Drugs”
- “You may not be getting all of the Medicare benefits for which you are entitled”

All of these are designed to catch the attention of the recipient and often scare them into returning the “postage paid free card” for more information or pique their interest in a free brochure. Victims can be duped into buying coverage they do not need. But the biggest problem comes in when the card is returned. Even if you do not buy anything, you are now on their mailing list. Many companies in turn sell mailing lists, so while you may have been on a legitimate company’s mailing list, your name has been bought and sold so many times, and who knows where the mail originated from. This is where the scams can thrive relatively unnoticed.

How to protect yourself:

- Don't return those cards.
- If you have questions regarding Medicare you can call:
 - Medicare at 1-800-Medicare
 - Saline County Aging Services at 402-821-3330
 - Senior Health Insurance Information Program (SHIIP) at 1-800-234-7119
 - A trusted insurance agent who sells Medicare

Supplements will most likely have up to date information as well

WHAT TO DO IF YOU OR A LOVED ONE IS SCAMMED

So now we now more about the scammers preying on us and our loved ones. Even the most informed person can fall victim to a scam! If you or a loved one has, or thinks they have been scammed, the best thing to do is to call the police, here are some important steps to take:

- File a report with your local police department. Get a copy of the police report. You may need that documentation to support your claims to credit bureaus, creditors, debt collectors or other companies. If you are unable to obtain a copy of the police report, be sure to get the report number.
- For fraud involving bank accounts or credit cards file a fraud report with their fraud department.
- For fraud involving Medicare or Medicaid, call SHIIP or the Senior Medicare Patrol. (numbers below)

I also suggest calling the Nebraska Attorney General’s Office and Saline County Aging Services to get the word out warning other seniors.

Nebraska Attorney General’s Senior Hotline 888-287-0778

State Health Insurance Information Program (SHIIP) 800-234-7119

Senior Medicare Patrol (SMP) 800-942-7830 (Medicare/Medicaid Fraud Waste)

Adult Protective Services 800-652-1999

Saline County Aging Services 402-821-3330

It is important to remember and reinforce to our loved ones that ANYONE, regardless of age, sex, education level, financial situation or where they live, is a potential victim—including seniors. Unfortunately, scams have become very sophisticated and common place, and victims are not alone and should not be embarrassed! Encourage loved ones to speak up, they should not feel shame or fear in telling a family member or the police. And it may go a long way to help others!

Get To Know Saline County Aging Services!

What is your full name?

David James Fikar

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

About 1.5 years **1.5**

What is your favorite color?

Husker Red **N**

What is your favorite time of the year?

Spring 

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

South America 

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

Pinch Myself 

What is your favorite part of Saline County Aging Services?

Talking with people and having a new audience for my old jokes 

What is something interesting about you?

I walked across the U.S.A. in 1982 

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

Water, Food, and a big motor boat 

What is your best/ favorite piece of advice?

“Never be a perpetrator, never be a victim, never be a bystander.”

— Yehuda Bauer, Holocaust Scholar



Gingerbread House History

The first known recipe for gingerbread came from Greece in 2400 B.C. The cookies were staples at Medieval Fairs in England, France, Holland, and Germany. It was Queen Elizabeth who had the idea of decorating the cookies. The festivals turned into gingerbread fairs and the cookies they served were called “fairings”. Gingerbread was used for all seasons and the shapes of the cookies changed with the seasons.

Gingerbread houses came onto the scene in Germany during the 16th century. These cookie wall houses were associated with a Christmas Tradition. Gingerbread houses became even more popular after the Brothers Grim wrote the story of Hansel and Gretel.

The current record for the biggest gingerbread house was constructed at Traditions Gold Club in Bryan, Texas. It required a building permit because it was about 40,000 cubic feet and took 4,000 gingerbread bricks. If a person wanted to make something this size out of gingerbread they would need 1,800 pounds of butter and 1,080 ounces of ginger! That might take a few shopping carts to get all of that from the grocery store!



Recipe of the Month

Christmas Crunch

| Prep Time | Cool Time | Total Time |
|-----------|-----------|------------|
| 15 mins | 30 mins | 45 mins |

Ingredients

- 2 Bags White Popcorn
- 12 oz. Bag of Vanilla Candy Melts or White Chocolate
- 1/3 Cup of Broken Pretzel Pieces
- 12 oz. Bag of Red and Green M&Ms

Directions

1. Put popcorn, pretzel pieces, and M&Ms into a big bowl.
2. Melt Vanilla Chips or White Chocolate at 30 second intervals, stirring each time, until melted and smooth.
3. Drizzle half of the chocolate over the popcorn mixture, and toss a few times with spatula. Pour remaining chocolate on the mixture and stir until evenly coated.
4. Pour mixture onto a pan covered in wax paper. Allow to cool and harden before putting into containers.

Tip

Add red and green sprinkles to the mix after you place it on the wax paper, before the chocolate cools!

