



## Happy New Year!

Welcome to 2016! I hope you all had a wonderful and blessed holiday season and are ready to begin the new year. The beginning of the new year is a time to sit back and reflect on all that has happened the year before. Many people vow to make changes in the new year or set goals to attain by a certain date. It is a great time to get a “fresh start” or try something new you have been wanting to do for awhile. I encourage you all to do something like this, something that makes you happy or challenges you a little. Make a goal to yourself that this year is going to be the year of you. No, this is not a selfish act, it is a time to focus on you and what your body, mind, and spirit needs to be healthy and thrive. Sometimes we get so caught up in caring for others or worrying about everyday life we forget to take care of ourselves and take the time we need to nourish our bodies and minds. Now I am not saying to completely

A NEW YEAR FOR A NEW YOU. NEW ADVENTURES. NEW EXPERIENCES. LET GO OF ALL YOUR PAST MISTAKES. FORGET ALL THE NEGATIVITY. A YEAR TO FOCUS ON ALL THE POSITIVE THINGS. A YEAR TO CREATE NEW FRIENDSHIPS. A YEAR TO BELIEVE IN YOURSELF. YOUR BEST YEAR YET!

forget about everyone else in this new year, just make sure you take a little extra time for yourself. Find a quote or a word that is going to set the tone for your year. Take a picture of it or hang it where you walk by each day. Every time you walk by it remember why you chose that word or saying and think to yourself if you are following through with it. Below are a few quotes that I really enjoyed!

*“Change doesn’t come in nickels and dimes. It comes in dedication and sweat.”— Toni Sorenson*

*“A person who never made a mistake never tried anything new.”— Albert Einstein*

My wish for you is to have a Joyous January, a Fabulous February, a Magical March, an Anxiety Free April, a Meaningful May, a Jubilant June, a Jolly July, an Awesome August, a Sensational September, an Optimistic October, a Nourishing November, and a Dazzling December, bring on 2016 we are ready for you!



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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



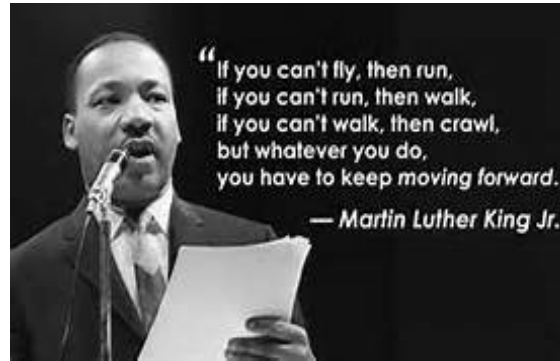
*Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.*

*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.*



## Martin Luther King Jr. Day

Martin Luther King Jr. was a Baptist minister and social activist who played a key role in the American civil rights movement. His goal was equality for African Americans, the economically disadvantaged, and victims of injustice through peaceful protests. He was the force behind the Montgomery Bus Boycott, the March on Washington, and other freedom marches. The March on Washington was where he gave his most famous address, "I Have a Dream."



This march was also known as a major factor that helped in the passage of the Civil Rights Act of 1964. Later in 1964 he received the Nobel Peace Prize and was named Man of the Year by TIME magazine. A couple years

later he was assassinated while standing on a balcony of a motel in Memphis where he was supporting a sanitation workers' strike.

Today we celebrate Martin Luther King Jr. Day which is every 3rd Monday in January. The day is set aside to remember Dr. King's life and hard work. The holiday was meant to honor his legacy by making the day a day of community service. It should be "a day on, not a day off".

## Exercise of the Month— Elbow Extension

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weight (or wrist weight) in one hand with palm facing inward. Raise that arm toward ceiling.
4. Support this arm below elbow with other hand. Breathe in slowly.
5. Slowly bend raised arm at elbow and bring weight toward shoulder.
6. Hold position for 1 second.
7. Breathe out and slowly straighten your arm over your head. Be careful not to lock your elbow.
8. Repeat 10-15 times.
9. Repeat 10-15 times with other arm.
10. Repeat 10-15 more times with each arm.



**This exercise will strengthen your upper arms.**

## 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

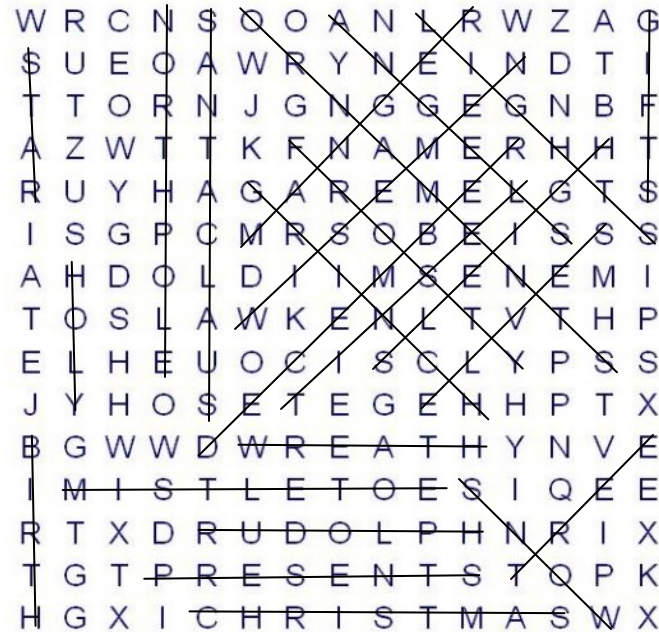
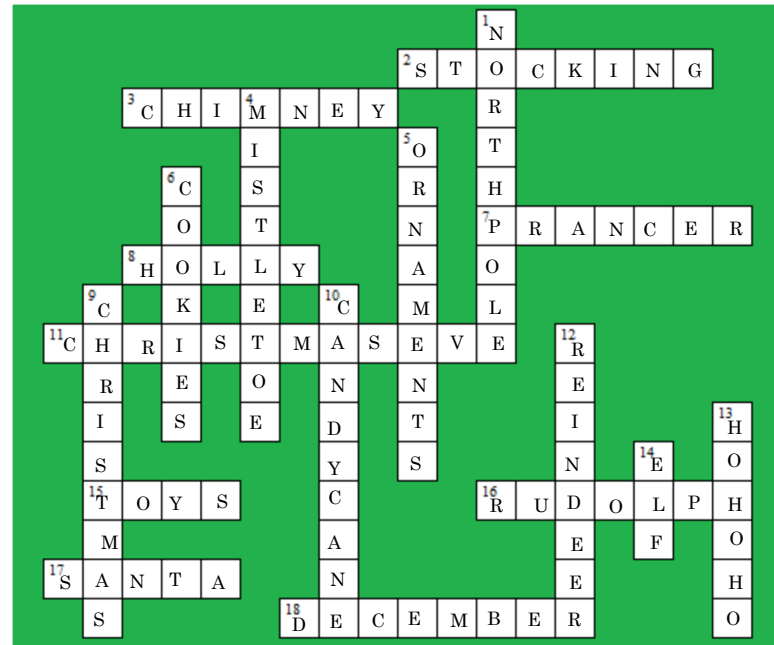
Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the *Saline County Aging News*. To make sure your information will be in the newsletter of that month, please have the article to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



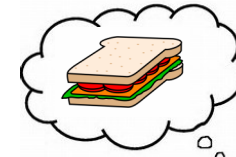
## Answers to Last Month's Puzzles



- ACROSS**
- 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

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



## Food for Thought

### The Sandwich Generation



The Sandwich Generation is not referring to food, but is considered the people who are sandwiched between their aging parents who need help/ care and their own children/ grandchildren. According to the Retirement Re-Set study nearly half of Americans 55 and older say they expect to provide support for aging relatives and adult children. This can make things hard when you are having enough trouble paying your own bills or trying to save for retirement. You find yourself stuck in the middle, literally, because you do not want to see your loved ones suffer. But maybe it is not just your money that is being taken from you, it can be your time as well. In order to take care of your loved ones you might have to take a day off of work, or spend your evening time, that used to be to yourself, taking care of someone else. Sometimes there is no way of avoiding this from happening, but there are ways to make it an easier path when the time does come.



#### 5 ways you can help yourself

1. Be proactive: If this sounds like something that may happen to you in a few years, start making plans today! Talk to your parents now about estate planning needs. Talk to your children about financial preparations for college before they get their high school diploma.
2. Choose retirement over college savings: The best financial gift you can give your children is to not financially burden them in the future. This may mean you cannot pay for as much of your child's education, but this will help your retirement and bills in the long run.
3. Do not hide your personal

responsibilities from your employer: Do not try to juggle more than you can handle. If you have demands to take care of both your parents and children discuss this with your supervisor. If you are open about this there is a better chance the both of you can be flexible and work something out.

4. Maintain an emergency fund: It is completely reasonable to save up to have at least 3 months of living expenses in your savings account. If something goes wrong you can rely on this money to help you out during a tough financial time.
5. Involve your siblings: You should not have to take this burden on yourself. Your siblings need to take a role in providing care to your parents. Take the time now to discuss it with them so you will have it covered if it happens in the future. If everyone gets involved this will make the burden smaller.



## Caregiver's Corner

The first Monday after New Year's Day is often known as "Blue Monday" because the general population is particularly susceptible to bouts of sadness. The ending of the holidays can leave many senior adults to feel disappointed, stressed, and sad. Older adults may feel fatigue as a result of traveling, family gatherings or shopping, along with shorter days and harsher weather conditions. Familiar schedules or routines may be off kilter, contributing to feelings of sadness. Additional stressors may rise from holiday purchases, memories of lost loved ones, yearning for the way things "used to be" or health struggles. Moreover, extremely fragile seniors may have anticipated gatherings with family and friends with great excitement and feel melancholy when they are over.



Signs of seasonal depression may include:

- Decreased levels of energy
- Difficulty concentrating
- Fatigue
- Increased/decreased appetite
- Increased desire to be alone and not make, answer, or return phone calls
- Increased need for sleep
- Increased anxiousness, irritability

As the holiday season winds down, decorations are carefully wrapped and stored, loved ones travel home again and we settle back into our of daily life, it is common for many people (regardless of age) to experience an emotional "let down." Seniors may not

readily reveal or be able to identify that they are feeling post-holiday blues, making it easy for depression to creep in. It is exceedingly important for adult children and caregivers to know their senior loved one and watch for signs of seasonal depression.

Depressed senior loved ones may become:

- More anxious
- More irritable
- Less joyful or quieter than they once were
- Focused on talking about people who have died
- Disinterested in previous enjoyments, including holiday traditions and festivities
- Self-neglectful, not showering, cleaning, or even ignoring bill paying

Older people with mental health problems or those with significant physical health problems face the highest risk.

### How can you help?

One of the best ways to help is to get him or her out of the house and interacting with others to alleviate feelings of isolation.

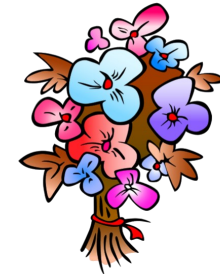
Ideas can include:

- Taking a senior to lunch or walking through a book store.
- If the senior is mobile, help them connect with their local senior center.

## What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, JANUARY 6TH
<b>Program– Megann Freese/ Go Big Red Band</b> Menu– BBQ Meatballs Bridge & Cards
WEDNESDAY, JANUARY 13TH
<b>Program– Foot Clinic Program– Connie of DeWitt Quick</b> Menu– Beef and Noodles
WEDNESDAY, JANUARY 20TH
<b>Program– History for those over 60</b> Menu– Pork Loin Bridge & Cards
WEDNESDAY, JANUARY 27TH
<b>Program– Kathy's Sweden Trip</b> Menu– Ham and Sweet Potato Casserole

Happy Birthday



Frances Obosla turned 96 on December 30th and Clara Witter will turn 96 on January 20th

Saline County Aging Services would like to wish the both of you a Happy Birthday! If you see these special ladies around make sure to tell them Happy Birthday!



Winner of December's riddle:

**Janet McIntosh**

Janet 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 December's riddle was Elf



### 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:

SCAS Closed: January 1st

SCAS Closed: January 18th

Stepping On: Coming Soon in March!

# January 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1 New Year's Day SCAS CLOSED	2
3	4	5 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	6	7 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	8	9
10	11	12 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	13	14 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	15	16
17	18 Martin Luther King Jr. Day SCAS CLOSED	19 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	20	21 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	22	23
24	25 Rolls at DeWitt Quick @ 9:30	26 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	27	28 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	29	30
31						

- Find a local senior exercise class or video tape they may enjoy. Exercise provides endorphins that lift the spirits. Physical limitations of most elderly make this hard. Try simple exercises and work your way up to more complicated ones with time.
- Church Activities - If you or the elderly person is a church goer, churches are filled with activities that need volunteers.
- Vacation - Make it simple or complicated, visit family or even stay in town and see the sites as if you've never been.
- Volunteering - Remember to find something that fits the physical limitations of the elderly person. If they love kids, visit a children's hospital. Feeding the homeless can be fun and humbling.
- Ballet or a concert- This is a beautiful night out that any soul can appreciate.
- Introduce foods with better nutrition - Some depression can be caused in whole or in part by lack of good nutrition. Intro-

duce and share food with the elderly that are high in Vitamins and Minerals. Remember that some foods can affect medications and spark flare ups of symptoms in certain ailments.

- Getting a treatment- A great haircut or hot shave can make you feel wonderful. A pedicure is a bonus for both men and women, most salons also do a leg massage during the pedicure.
- Friends - It is easy to neglect friends throughout your life, the same happens with the elderly, especially those who rely on a caregiver. Calling their friends and getting them together regularly can be a big help. No one relates better to the elderly, then the elderly. They are a great support system and can recommend items and products to each other to help with their needs.
- Feelings - It can be as simple as asking how are you feeling internally? Not everyone can tell you, most elderly don't want to burden their caregivers and loved ones. That doesn't mean

you shouldn't ask.

- Fresh Air and Sunshine - Cold or warm, sunshine and fresh air is good for the soul, it also helps with Vitamin D.
- In more severe cases of depression, it may be best to accompany the older adult to a visit to a mental health professional.

The thing to remember is this: families and caregivers need to be extra vigilant in watching for signs of depression in older relatives, especially at the holidays when they have a chance to get together and spend some time. And if your loved one needs help, don't be afraid to speak up and reach out as there are many resources available to help your loved one and to help you thrive in your role as a caregiver.



*Continued on the next page*



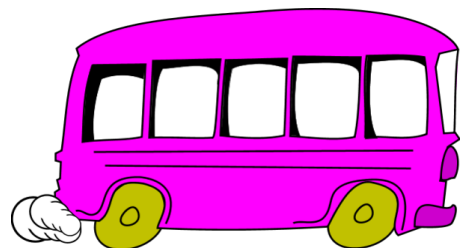
**What is the best gift for a caregiver? TIME!**

The holidays are over, but for caregivers, the work dealing with post holiday issues may be tricky. Often, family members who are usually far away may be close at hand for Christmas. This can leave your loved one's regular caregiver with the task of helping their loved one re-acclimate to "normal life". As a wife, mother and caregiver, I challenged myself to think up as many ideas as I could for how I would spend a "gift" of 20 minutes. (Keep in mind, what works for one, might not work for you). What would you, as a caregiver do?

*If I had 20 minutes all to myself, I could:*

- Watch a half an hour show on my DVR
- Journal, listen to music or pray
- Visualize, meditate or do breathing exercises
- Do Tai Chi: Movement for Better Balance
- Enjoy a cup of hot tea while watching the world go by my window
- Take a short bubble bath or long shower
- Read my favorite blog
- Crochet a few rows on my current project
- Google my next project. Pinterest anyone?
- Text a friend or my sister
- Take a cat nap or a walk
- Play with my dogs
- Look at home videos or scrapbooks/pictures
- Write a haiku

**Need A Lift?**



Are you looking to go to a doctor's appointment, shopping, or just to run some errands, but do not want to drive there/ not capable of driving there? Let the Saline County Area Transit (SCAT) bus help you out! Their services are available to people who live in Tobias, Western, Crete, Dorchester, Swanton, DeWitt, Wilber, and Friend. They have 6 vehicles, two that are handicap accessible, that travel to Lincoln, Crete, Geneva, Beatrice, and Fairbury on a weekday schedule. Rides are offered to all public, but when children ride with adults those under 5 ride free and ages 6-10 ride half price.

If you would like to make a reservation please call by noon at least one business day in advance. The pick up times are determined by routing requirements and the weather.

If you have a specific need for transportation that is not met by their schedule they will do their best to help you out!

Please call 402-433-4511 or toll free 888-433-7228 or visit their website at [www.salinecat.com](http://www.salinecat.com).

**Service Hours:**

Monday- Friday 8 a.m. to 5:30 p.m.

**Office Hours:**

Monday- Thursday 7:45 a.m. to 3 p.m.

Friday- 7:45 to noon

**Round Trip Fares**

In Saline County \$6.00

Lincoln \$10.00

Airport Add \$1.00

Fairbury \$8.00

Beatrice \$8.00

Geneva \$8.00

Individual, unshared routes \$1.88 per mile

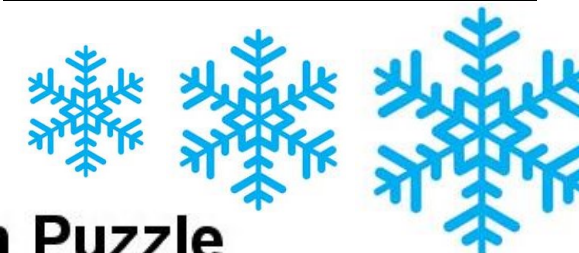
7	3	2						1
			1	5	3			7
9	1	5				3	4	
4	2	7					6	8
	9		8	6				
		1		2		7	3	
	5	9		7				3
2				1			7	
	7	8		9		1	2	4

**Riddle of the month!**

I am big and white and furry  
And I like to swim and run  
I eat seals for my meals  
And weigh about half a ton

*What Am I?*

Call in or stop by the office to 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!**



**Winter Word Search Puzzle**

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

BOOTS SKATING  
DRIFT SKIING  
FISHING SLIDING  
FLAKES SLIPPERY  
FLURRIES SNOWBALL  
FUN SNOWBLOWER  
HOCKEY SNOWMAN  
ICY SNOWMOBILE  
PLAY STORM  
PLOW WHITE  
SALT  
SAND  
SCRAPER  
SCULPTURE  
SHOVEL



# WINTER CROSSWORD

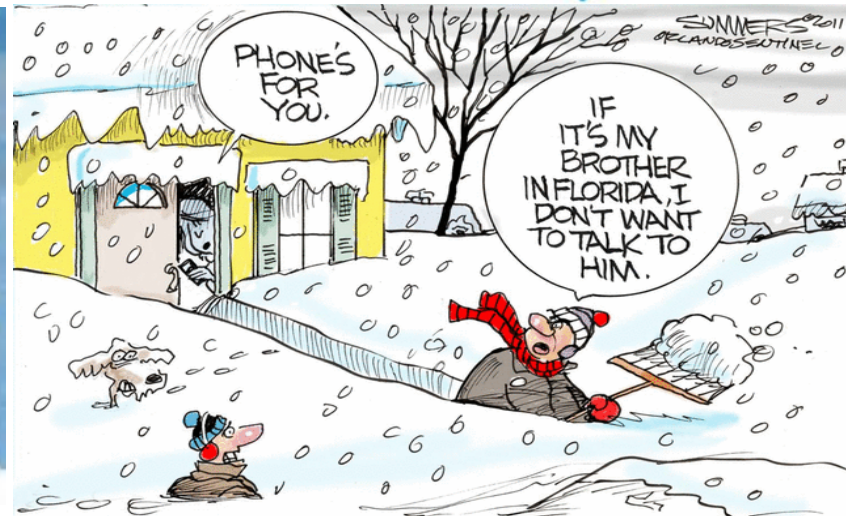


**Across**

- 1. Time off from school or work.
- 5. Used to decorate a Christmas tree.
- 7. It's a season for giving \_\_\_\_\_.
- 10. Holiday celebrated on January 1st.
- 12. Strap them on an go downhill on snow.
- 13. I'm dreaming of a \_\_\_\_\_ Christmas.

**Down**

- 2. Winter sport on frozen water.
- 3. African-American holiday celebrated in the winter.
- 4. Famous Snowman
- 6. Flakes that fall from the sky.
- 8. The month following January.
- 9. Jewish holiday celebrated in December.
- 11. Santa's Helpers



## 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 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 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 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](mailto:mmoore@lincoln.ne.gov).



# Get To Know Saline County Aging Services!

What is your full name?

Macey Serina Moore


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

5 months **5**


What is your favorite color?

K-State Purple 

What is your favorite time of the year?

Winter (I was born in a blizzard and love the snow, just not driving in it!) 

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

Alaska, Greece, Brazil, or Montana 

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

Pay off those student loans of mine... 


What is your favorite part of Saline County Aging Services?

Hearing all of the stories and advice from the variety of people I get to interact with each day 


What is something interesting about you?

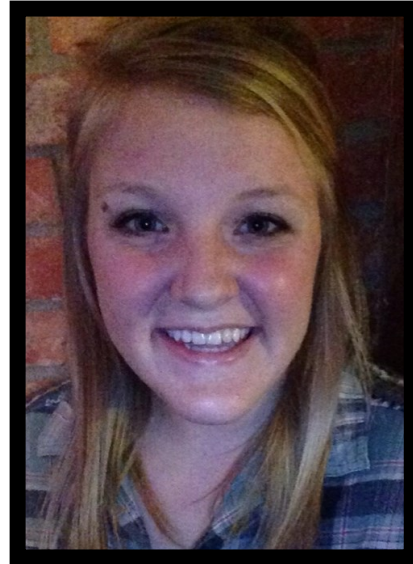
I studied abroad for 5 months in Edinburgh, Scotland during college 

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

A water purifier, my iPad, and my cheetah pillow 

What is your best/ favorite piece of advice?

God grant me the strength to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference 



## New Year's Fun Facts



- Americans drink close to 360 million glasses of champagne during New Year's Eve/ New Year's Day.
- Around 1 million people gather in New York City's Times Square to watch the ball drop.
- The ball dropped in New York City is covered in 2,688 crystals, is lit by 32,000 LED lights, weighs 11,875 pounds and is 12 feet in diameter.
- Poet Robert Burns wrote *Auld Land Syne* in 1788, the message of this song is to remember your loved ones, dead or alive, and keep them close to your heart.
- The first New Year's celebration dates back to 4,000 years ago when Julius Caesar declared January 1st as a national holiday.
- According to statistics from the National Insurance Crime Bureau more vehicles are stolen on New Year's Day than any other holiday.
- Baby New Year is the most common symbol associated with New Year's.
- 45% of Americans make New Year's resolutions, 25% of those are given up by the end of January.
- Tradition says the more leafy greens a person eats on New Year's will result in a more prosperous New Year.

## Recipe of the Month

### Texas Toast Pizza

Prep Time	Bake Time	Total Time
10 minutes	10 minutes	20 minutes

### Ingredients

- Box of Texas Toast
- Bag of Mozzarella Cheese
- Pizza Sauce
- Toppings of your choice (peperoni, hamburger, peppers, onions, etc.)

### Directions

1. Bake Texas Toast at 425 degrees for 2 minutes on each side.
2. Add sauce, cheese, and toppings.
3. Broil on low until heated through (about 2-3 minutes).

### Tip

Enjoy!

