



April Showers Bring May Flowers

Spring has sprung! I hope you all had a blessed Easter and are ready to take on what the rest of this Spring has to offer. I know I am ready for the nicer weather and who doesn't love a good rain storm now and again. They do say, "April showers bring May flowers!"

March seemed to fly by somehow, so I am hoping this next month goes a little slower. There are a few new programs starting in May that I am excited to announce. A *Tai Chi* class will be starting in Wilber and a *Stepping On* class in Friend, you can read more about these inside of the newsletter.

Since we are now officially in the Spring season I thought I would share some fun facts that I found interesting about Spring.

1. The first day of Spring (March 20th) is called the vernal equinox. The term vernal is Latin for "spring" and equinox is Latin for "equal night."
2. The reason we have more daylight during this time is because the earth's axis tilts toward the sun at this time of year.
3. The first spring flowers are typically daffodils, dandelions, lilies, tulips, iris, and lilacs. (Do you have any of these flowers at your house?)



4. Spring fever is not just a saying. Experts say the body's makeup changes due to different diets, hormone production and temperature.



5. There are many holidays that happen over the course of Spring: Easter, Passover, April Fool's Day, Earth Day, Arbor Day, Mother's Day, Father's Day, Cinco De Mayo, and Holi (festival of colors in India).

6. The myth that it is possible to balance an egg on its end on the spring equinox is just that: a myth. Trying to balance an oval-shaped object on its end is no easier on the spring equinox than on any other day of the year.

7. For the Japanese the blooming of the cherry blossom (Japan's national flower) in March or April signals the start of spring.

8. During the spring, birds are more vocal as they sing to attract mates and warn away the rivals.

9. It is said that children actually grow faster in the spring than during other times of the year.

10. Every year, allergies are what constitute over 17 million outpatient office visits, mostly in the spring and fall.

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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.



Stepping On Class Starting in Friend

Stepping On is a community based falls prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Did you know that 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 after their fall. Did you also know that falls are NOT a normal part of aging and CAN be prevented?

The Stepping On class in Wilber has been so well received we are expanding and starting a class in Friend. This class is going to start Thursday, May 5th and run through June 23rd (not meeting on May 19th) from 9-11am at the Friend Friendship Terrace (class is on every Thursday of the week). There is a \$3

per class suggested contribution. This class is open to ANYONE who is 60 years or over, has had a fall in the past year/ is fearful of falling, is living in a home or apartment and not suffering from dementia. The workshop will teach simple and fun balance exercises, the role vision plays in keeping your balance, how medications contribute to falls, ways to stay safe when out and about in the community, and what to look for in safe footwear...plus so much more! For more details or if you are interested in signing up please call Saline County Aging Services at 402-821-3330 to reserve a spot! We look forward to seeing you there.



Tai Chi: Moving for Better Balance



Tai Chi: Moving for Better Balance teaches participants balance skills and good body alignment by using coordinated and flowing movements. The

course is designed for older adults who can walk with or without walking aids or who have fallen or are afraid of falling. Participants will feel stronger, have better balance, greater flexibility, and feel more confident after completing the Tai Chi program. This effective program was developed by Fuzong Li, PhD of the Oregon Research Institute with funding from the Centers for Disease Control and Prevention. The program is 12 weeks long and starts May 24th. Class will meet every Tuesday and Thursday from 2-3pm at the Wilber Dvoracek Library for 12 weeks. There will be 3 separate weeks where we will meet on a Tuesday and Friday, dates to be determined. The suggested contribution is \$2 per session and it is recommended that you try to make it to every session for the most benefit. Spots are limited, so if you are interested please call Saline County Aging Services to sign up or get more information at 402-821-3330.



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:

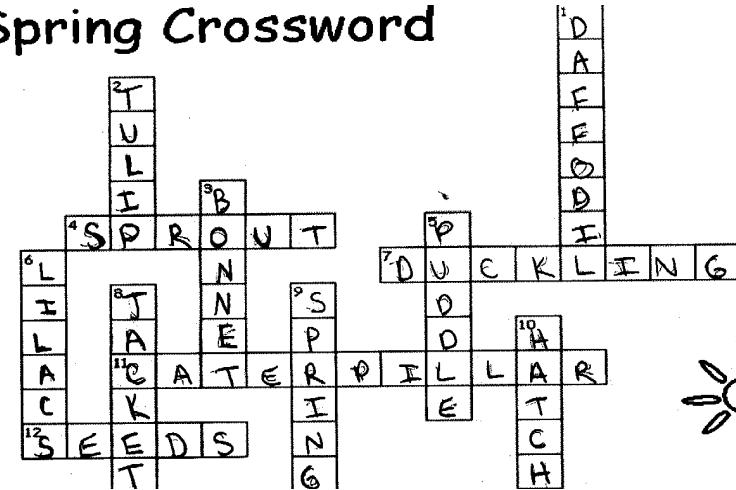
Address:

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

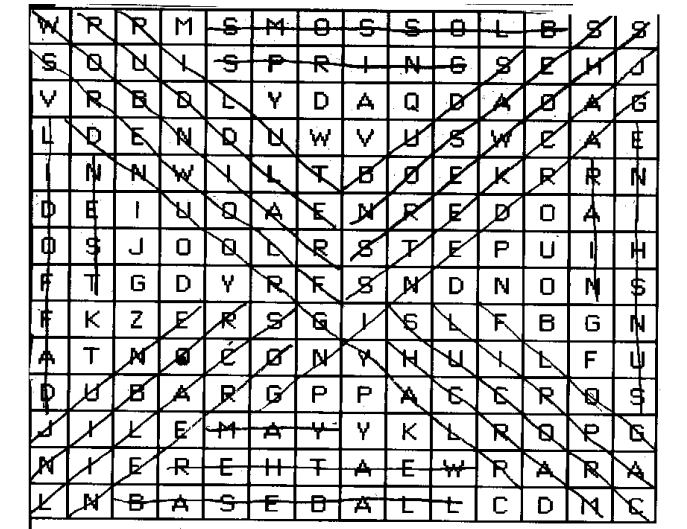


Answers to Last Month's Puzzles

Spring Crossword



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



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 May's newsletter contact Macey

by April 25th 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!



ANNOUNCEMENTS

Friday, April 8th, the Wilber United Methodist Church is hosting Kraft Pillow Service to clean pillows. All types of pillows are welcomed: feather, foam, down, fiber fill, etc. They will completely renovate and add new ticking (outer fabric or material used on pillow) to your pillows. If you bring in the pillows they will be ready the same day to get them back on your bed by time you go to sleep! The service will last from 8:30-2pm and pricing varies. If there are any questions or concerns please contact Kraft Pillow Service at 712-378-2918 or go to their website www.kraftpillowservice.com.



Saturday, April 9th, the First Lutheran Church in Wilber is sponsoring a Czech Meal. After the meal will be music from the Nebraska Brass Band. The Meal is free-will donation and tickets for the Brass Band are \$10 for seniors, \$12 for adults, and free for students. The meal and music will be located at the Fellowship Hall, Meal Time: 5:00pm Concert: 7:30pm.



Food for Thought



Eating Well On A Budget

How many times have you gone into the grocery store for a couple things and walked out with way more than what you need? I know I have been there a few times! What frustrates me the most about this is I always end up with a bunch of junk that I do not need, that does not last me very long. Many people think that in order for their dollar to stretch the most they cannot buy healthy foods. I did a little research and found out some tips and tricks that can help you eat healthy while minding your budget at the same time!

game and see if you can get out of the store with JUST what you wrote down. If you practice this every time you go shopping it can cut down the time you spend in the store and your bill at the end!



1. **Plan Ahead:** Try planning out your meals and snacks for the week before you go to the store. Write down what you need for each meal and then make a list and get just those items. This can help you stay accountable with your meals and on track with your budget.



2. **Check Flyers:** Sometimes certain stores will have sales on their fresh produce and meats. Make sure you check these ads before you go shopping to

see if you could use any of these items in your meals and see if you can price match any of the good deals at another store.

3. **Take A List:** This takes a little discipline. Like mentioned in #1 make a list before you go shopping, but STICK WITH IT. Try to make your grocery shopping a

4. **Choose Store Brands:** If you have the choice between a store brand and name brand product I would go with the store brand. Usually these are just as good of quality as the name brands and will cost a little less.

5. **Buy What You Need:** At the end of the week do you ever catch yourself throwing out something you did not use in time? If this happens to you try to cut down the next time you go shopping. Only get what you are going to eat. You can always go back to the store if you need more, there's not much you can do once something goes bad. This is especially true of perishable foods like: meats, poultry, eggs, milk, fish and fresh fruits and vegetables.

If you are on a fixed income and need a little help making ends meet stop by or call the office to see if The Farmers' Market Coupons or the SNAP program would be anything you might qualify for or be interested in! Being able to eat healthy and not break the bank is a rewarding feeling for both your body and your wallet. With a little effort, determination, and following these five steps you can start seeing for yourself!

Celebrate National Volunteer Week



Are you tired of sitting at home all day with nothing to do? Or maybe you are looking to get more involved with your community? If either of these statements

apply to you maybe you should consider volunteering. Unpaid volunteers are often the glue that holds communities together and make them a better place. Volunteering also has many benefits associated with it like:

- Making new friends
- Helping the community
- Increasing your social and relationship skills
- Giving you a sense of purpose
- Helping you stay physically healthy and

active

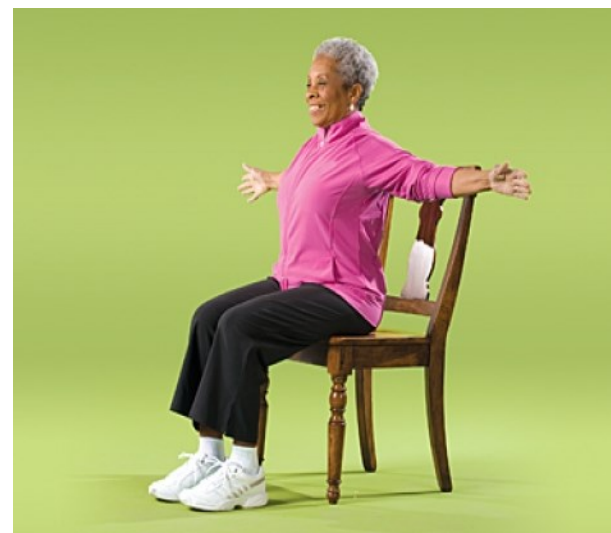
- Could even help with combating depression

The great thing about volunteering is doing it around your own schedule. If you can only handle a couple days a week for a few hours, that is okay! People will take all of the help they can get and really appreciate your time and effort. The Wilber Czech Museum, Wilber Czech Craft Shop, and the Wilber Dvoracek Library are all places in Wilber that are currently seeking volunteers. If you would be interested in giving your time or have questions on what hours/ jobs they are looking for in volunteers, you can contact Doris Ourecky at 402-499-0737 or 402-821-2574 to get more information. With National Volunteer Week being in April, now is a good time to start something new!

“Volunteers are not paid— not because they are worthless, but because they are priceless.”

Exercise of the Month— Chest Stretch

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder—width apart.
3. Hold your arms to your sides at shoulder height, with palms facing forward.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Hold the position for 10-30 seconds.
6. Repeat at least 3-5 times.



This exercise, which stretches the chest muscles, is **This exercise is part of Go4Life from the National Institute on Aging.** also good for your posture!

What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, APRIL 6TH
Program— Flood Recovery by Tim Menu— Deli Sandwich and Potato Salad Bridge & Dominos
WEDNESDAY, APRIL 13TH
Program— Name That Tune Bingo By Bev & Linda Menu— Hamburger Steak and Baked Potato Foot Clinic
WEDNESDAY, APRIL 20TH
Program— Prairie Sound- Special Music Menu— Chick Filet & Mashed Potato Bridge & Dominos
WEDNESDAY, APRIL 27TH
Program— Turkey Creek Memorabilia by Dale C. Menu— Pork Roast & Scalloped Potato Cards or Dominos

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:

Homestead Exemption: Now until June 30th
 Pillow Cleaning: April 8th
 Czech Meal & Brass Band: April 9th
 SCAS Closed: April 29th
 Stepping On in Friend: Starting May 5th
 Tai Chi in Wilber: Starting May 24th



**Winner of March's riddle:
Pat Hudecek**

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

The answer to March's riddle was Leprechaun.

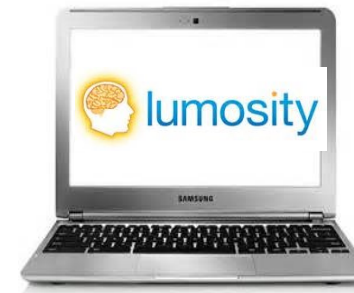


A special wish to all of the April Birthdays out there from Saline County Aging Services!

April 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1 	2
3  National Chocolate Mousse Day	4	5 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	6  National Walking Day	7 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On 9:30-11:30	8 Pillow Cleaning United Methodist Church Wilber 8:30-2pm	9 First Lutheran Church Czech Meal & Brass Band 5pm
10 National Volunteer Week 10-16th 	11	12 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	13	14 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On 9:30-11:30	15	16  National Eggs Benedict Day
17	18  Animal Crackers Day	19 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	20	21 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On 9:30-11:30	22  Earth Day	23
24  Pet Parents Day	25	26 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	27	28 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 United Methodist Church hosting Senior Citizen Meal	29 SCAS CLOSED ARBOR DAY 	30

Lumosity Laptops



Do you enjoy playing/doing games and puzzles that challenge your brain? If so, you might be interested in the new program Saline County Aging Services is offering.

Lumosity is a leading brain training and neuroscience research company. They take neuropsychological and cognitive research tasks and work with game

designers to come up with cognitive games that are fun, yet challenging for people of all ages! Once you are logged in you will use the simple online tool to train core cognitive abilities. This service is FREE, available during our office hours, and you can start now! We have a time sheet in place to reserve spots, so if you are interested give us a call or stop by the office to see if we have a computer open. We encourage you to come try it at least once to see how Lumosity has transformed Science into delightful games!

Earth Day and Arbor Day—What's the Difference?

It seems like Earth Day and Arbor Day could almost be the same thing, right? One is dealing with the Earth and there are trees on the Earth, so why couldn't they be the same thing? These two days are very significant in their own ways and have helped us become more environmentally conscious with our everyday decisions.

In the 1960s Americans were becoming aware of the effects of pollution on the environment. At the time Senator Gaylord Nelson was determined to convince the federal government that the planet was at risk. Because of his efforts, the first Earth Day happened April 22, 1970. It was founded on being a day of education about environmental issues. It began as the "national teach-in on the environment" and was held April 22nd to maximize the number of students that could be reached on university campuses. Since then Earth Day celebrations have grown and gone global. There are around 200 million people in over 140 nations participating.



The first Arbor Day happened April 10, 1872 in Nebraska. Julius Sterling Morton was behind this day as it was his passion to improve agricultural techniques around the U.S. Morton be-

lieved that Nebraska's landscape and economy would benefit from the wide-scale planting of trees. He planted many trees on his own property, but really made a difference when he became a member of Nebraska's state board and proposed to set aside a day that was dedicated to planting trees and increasing the awareness of the importance of trees. This was such a great success that many states caught on and now all 50 states celebrate Arbor Day (some dates may vary in keeping with local climate). It was not until 1970 that Arbor Day was recognized at the federal level and Nixon proclaimed the last Friday of April as National Arbor Day and is now celebrated in other countries.

Now that you know the difference make sure you take the time to recognize these important days and maybe plant a tree or two!

By: Amy Hansen

Last time, we discussed the basics of Alzheimer's including signs and symptoms, normal memory changes vs. dementia, and how all Alzheimer's is dementia but not all dementia is Alzheimer's. This month, our focus is on preserving and strengthening the mental capacity and brain health of you and your loved ones.

There are healthy habits that we can develop to maintain (and possibly improve) our physical and brain health as we age. They include: physical health and exercise, diet and nutrition, and cognitive activity and social engagement. According to the Alzheimer's Association, "Research has suggested that combining good nutrition with mental, social and physical activities, may have a greater benefit in maintaining or improving brain health than any single activity."

So, looking for some quick and painless ways to overhaul your habits?

Physical health and exercise: Whether it is a financial concern, or a matter of location, it is not always feasible to join a gym. But that is ok! There are plenty of ways to work exercise into your daily routine!

;

- Walk the dog.
- Work in the yard or garden
- Go grocery shopping—bonus points if you park at the far side of the lot!
- Play hide and seek with grandchildren
- Go swimming
- Play tennis
- Take a bike ride around the neighborhood
- Go fishing
- Take the stairs instead of the elevator
- Volunteer at a community event



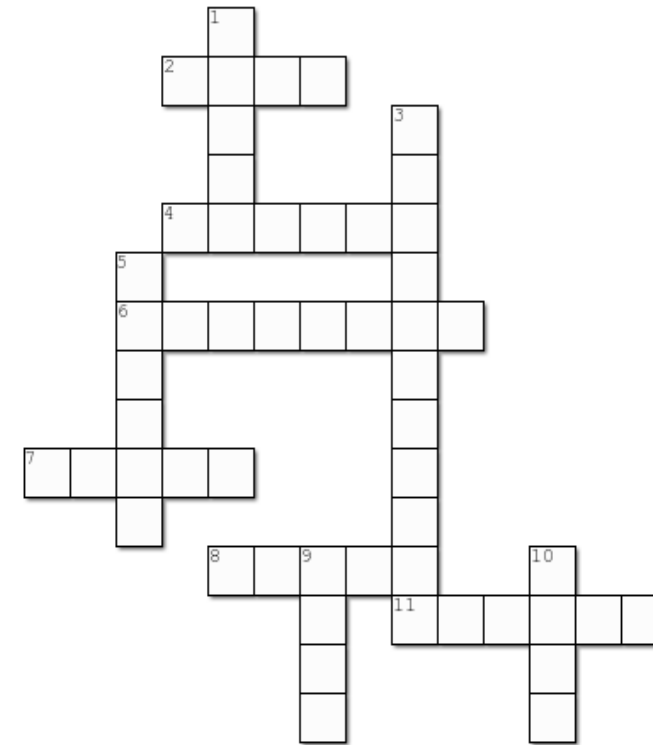
"I toss and turn all night and you won't count that as an eight-hour aerobic workout?!"

It doesn't matter what you do—just get moving!

Diet and Nutrition: Yes, I know, I groaned while typing this out. I know we are all tired of hearing about our eating habits, but what if I told you that there were foods that were scientifically proven to increase mental capacity (and were yummy)?

- Blueberries- Studies have also shown that diets rich in blueberries significantly improved both the learning capacity and motor skills of aging rats, making them mentally equivalent to much younger rats.
- Fish- Fatty fish, including wild salmon, sardines, lake trout, herring and tuna, are rich in omega-3 essential fatty acids, which are essential for brain function.

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



Across

- 2. Not cold or hot
- 4. A brief fall of rain
- 6. Rain or sun protection
- 7. A flower
- 8. Another month of Spring
- 11. The season after winter

Down

- 1. First month of Spring
- 3. A day for playing tricks
- 5. A small pool of water
- 9. Precipitation
- 10. Flying a _____ is the perfect windy day activity



Riddle of the month!



I come down,
but never go up.
People become annoyed with me
when their umbrellas won't go up.

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!**



Earth Day Word Search Puzzle



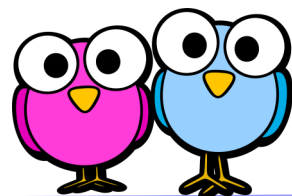
"NO NOTE FROM MY TEACHER TODAY."
"APRIL FOOL!"

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

biodegradable
clean water
climate change
commitment
concern
conservation

earth
ecology
environment
future generations
planet
pollution
preservation

recycle
reduce
renewable energy
responsibility
reuse
survival



- Nuts and seeds– Nuts and seeds are a good source of vitamin E, which correspond with less cognitive decline as you get older.
- Avocados- lower blood pressure levels — which is known to benefit the brain. Lower blood pressure is linked to an increase in cognitive abilities and I.Q.
- Spinach- Spinach is literally brain food and feeds the brain vital nutrients and enzymes that it needs to strengthen synapses and produce healthy levels of neurotransmitters.
- Eggs- Eggs are known to enhance many executive brain functions and have always remained high on the “brain-food” chain.
- Dark chocolate- Dark chocolate has powerful antioxidant properties and contains a high content of flavanol that facilitates blood supply to the brain and enhances cognitive skills.

Cognitive activity and social engagement: Here is really where the adage “use it or lose it” could be argued. There are many studies out that have shown the benefits of “using it”.

Neuroscientists have discovered that "stimulant-rich" environments and problem solving puzzles could be a contributing factor in preventing or delaying the onset of Alzheimer’s disease in some people. Some activity ideas to keep your brain active and alert:

- Hobbies: Drawing, reading, painting, photography, woodworking, etc.
- Games: Dominoes, card games, scrabble, chess, etc.
- Puzzles: Jigsaw, crossword, word search, Sudoku, etc.
- Crafts: Scrapbooking, knitting, origami, coloring, etc.

And don’t discount social engagement!

On average, humans are social creatures who crave a sense of connection or belonging. Researchers have found that feeling isolated from others can: disrupt sleep, elevate blood pressure, increase morning rises in the stress hormone cortisol, increase depression, and lower overall subjective well-being...all of these issues conspire to disrupt optimal brain function, connectivity, and reduce cognitive function. Also, studies have shown that chronic stress and high levels of cortisol can damage the brain. The good news? Researchers found that people with the most active social lives had the slowest rate of memory decline.

As caregivers, we are always looking for ways to keep our care recipient healthy and happy. Bonus, this is something you and your care recipient can do together! Embrace lifestyle habits that improve your overall health, such as eating right, exercising, and staying cognitively and socially active while supporting brain health! It’s never too late or early to address being proactive about brain health.

* Never start an exercise routine or program without first checking with your doctor. And never do anything to put yourself in risk of illness or injury. These exercise ideas are simply fun ideas to encourage movement and not meant as medical advice.

Get To Know Saline County Aging Services!

What's your full name?

Martin Scott Stones

How long have you been with Saline County Aging Services/ what is your position?

I have served for four years and I'm currently the Chairman.

What's your favorite color?

Red



What is your favorite time of the year?

Fall



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

The western states of the USA.



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

Hire a good lawyer to set up a trust.



What is your favorite part of Saline County Aging Services?

That they help seniors live independently at home for as long as possible.



What is something interesting about you?

I'm an electrical engineer who used to ride New construction Trident submarines to certify their SONAR systems.



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

Knife, magnifying glass and golf clubs.



What is your best/ favorite piece of advice?

Treat others the way you want to be treated.



Prairie Sounds at the DeWitt Senior Center



The DeWitt Senior Center will be hosting Prairie Sounds as the program with their meal Wednesday, April 20th. The meal will be served at noon (chicken filet with mashed potatoes) with the group to perform after. Prairie Sounds is a duet from Norfolk NE that has performed at various

county fairs and other special events in NE as well as the surrounding states. It features Classic Country music and Country Gospel with tidbits of humor mixed into their set. Julie Couch plays rhythm guitar and Barbara Ross adds her sweet harmonies to make a delightful entertainment pair. The senior center is extremely fortunate to be able to bring this group to perform for them. If you would like to reserve a meal and a spot for the program please contact Bev Plihal at the DeWitt Senior Center, 402-683-4325.

Recipe of the Month

Slow Cooker Chicken Fajitas

Prep Time	Bake Time	Total Time
15 minutes	3-4 hours	3-4 hours and 15 minutes

Ingredients

- 2lbs Boneless Chicken Breasts
- 1 Tsp Honey
- 3/4 Tsp Coriander
- 2 Tsp Lime Juice
- 4 Cloves Garlic
- 2 1/2 Tsp Chili Powder
- 1 Can Tomatoes
- 1 Tsp Paprika
- 1 Yellow Onion
- 3/4 Tsp Pepper
- 1 Tsp Salt
- 2 Tsp Cumin

Directions

1. Pour 1/2 of the can tomatoes in the slow cooker and spread into an even layer. Top with half of peppers and onions. Sprinkle garlic in and top with chicken breasts.
2. In a bowl mix together chili powder, cumin, paprika, coriander, salt and pepper. Sprinkle half of the seasoning over chicken breasts, flip chicken and sprinkle remaining mix on other side. Top with the remaining tomatoes and layer the remaining onions and peppers on top.
3. Cover and cook on HIGH heat for 3-4 hours or low heat 6-8 hours, until chicken is cooked. Remove the chicken and cut into strips or shred. Ladle out 1 cup of broth in slow cooker and discard. In another bowl whisk together lime juice and honey with salt to taste. Gently toss.

Tip

Serve in a warm tortilla with sour cream, cheese, salsa or guacamole! Enjoy!

