



## Emergency Response Plan



We have reached the time of the year when severe weather can happen anytime. Severe weather includes damaging winds, tornadoes, large hail, flooding, and other hazardous conditions that could result from thunderstorms. Whether you are living alone, with another person, or have a whole family to consider it is always a good idea to have an emergency response plan in place. This emergency plan should contain at least a basic disaster supply kit and a communication plan .

and plastic sheeting and duct tape to shelter-in-place

- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phones with chargers, inverter or solar charger

Once you have some of the basics down it might be a good idea to think about additional items that could be helpful in an emergency.



According to Ready.gov a basic disaster supply kit should include:

- Water (one gallon of water per person per day for at least 3 days)
- Food (at least a 3 day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries
- Flashlight with extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air

- Prescription medications and glasses/ contacts and solution
- Pet food and extra water for your pet



- Cash or traveler's check and change
- Important family documents like copies of insurance policies, identification, and bank account records in a waterproof/ portable containers
- Sleeping bag or warm blanket for each person
- Complete change of clothing and a pair of sturdy shoes

### Inside this issue:

Exercise of the month	2
Mother's Day History	4
Caregiver's Corner	6
Get To Know	8
Fun & Games	10



# 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.*



- Household chlorine bleach and medicine dropper—If diluted, nine parts water to one part bleach, bleach can be used as a disinfectant
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels, and plastic utensils
- Paper and pencil/ pen



Once your kit is ready it's time to make a communication plan. Each plan is going to be specific to each family. Here are a few questions you may want to think about when coming up with your own plan. How will my family/ household get emergency alerts and warnings? How will they get to safe locations for relevant emergencies? How do we stay communicated if there is no cell phone, internet, or the land-line does not work? How do I let my loved ones know I am safe? Where will be our safe meeting place after the emergency?

These are important questions to consider especially if your family does not happen to be together when disaster strikes. It can never hurt to be prepared in case of an emergency!

For adults you may want to consider denture needs, extra eye glasses, and preparing a weeks worth of medicines in a portable container. You may need to ask your doctor about storing certain medications.

## Exercise of the Month— Stand on One Foot

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds at a time.
3. Repeat 10-15 times.
4. Repeat 10-15 times with other leg.
5. Repeat 10-15 more times with each leg.



This exercise is part of Go4Life from the National Institute on Aging.

If this becomes too easy try holding your pose for longer than 10 seconds. Still too easy? Don't use the chair for support, but still have it close by just in case! Still too easy?! Try closing your eyes while standing, this can make it a lot more challenging!

This exercise will help improve your balance. You can do this anywhere you have a firm support in front of you!



## 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**

**Attn: Macey Moore**

**109 West 3rd Street— Wilber, NE 68465**

or bring it into our office.

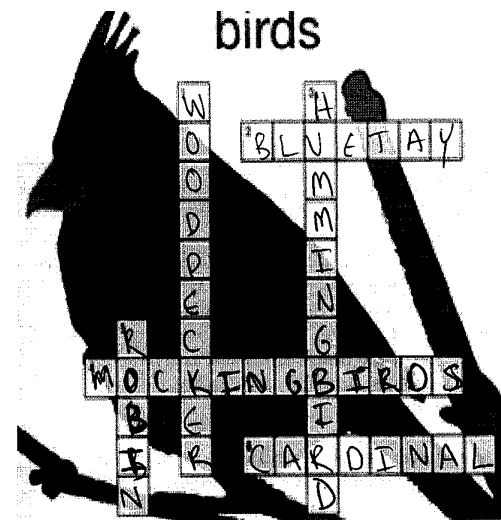
Name:

Address:

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



## Answers to Last Month's Puzzles



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

- Across
1. This bird pounds its beak into wood to find insects.
  2. A blue bird with a crest on its head.
  3. Small birds that eat nectar.
  4. These birds are known for mimicking the sounds of other birds.
  5. A bird that typically has a red breast.
  6. A red bird with a crest of feathers on its head.
- Down

# Service Spotlight



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 ap-

- 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



# ANNOUNCEMENTS



Foot clinic openings in Crete, Dorchester, Friend, and Wilber! These clinics offer basic toenail care and maintenance. They are done by registered nurses and there is a \$10 suggested contribution each time you come. If you would like an appointment please call 402-821-3330!

Saline County Aging Services has an ongoing rain gauge fundraiser. They are a clear green color with our logo placed on the front. The cost is 1 for \$3 or 2 for \$5. You can stop by the office anytime to pick some up. Thank you for the support!



June 17th join Saline County Aging Services to celebrate Eat All Your Vegetables Day! The event will last from 2-3pm and will be held in Saline County Aging Services' back room. Space is limited to the first 15 people to sign up. Please call to reserve a spot!

Due to the recent storms the Wilber Farmer's Market will move its starting date to **June 7th!** Hopefully by doing this more produce will be able to make an appearance for you to buy!



# Food for Thought



## National Eat All Your Vegetables Day

June 17th is National Eat Your Vegetables Day! According to a study conducted by Humana and Reader's Digest fewer than 26% of American adults eat the recommended 3-5 servings of vegetables per day. This is an alarming amount! In order to make people more aware of the amount of veggies they are eating, National Eat Your Vegetables Day was created. This is 24 hours dedicated to focusing on putting more veggies in your mouth and less junk food.

Did you know that vegetables are full of health benefits? Here are just a few from choosemyplate.gov:

- Most vegetables are low in fat and calories.
- Vegetables are great sources of nutrients like potassium, dietary fiber, folic acid, vitamin A, and vitamin C.
- Diets rich in potassium can help maintain blood pressure.
- Fiber from vegetables can reduce blood cholesterol levels.
- Folic acid helps the body form red blood cells.
- Vitamin A keeps eyes and skin healthy to reduce risk of infections.
- Vitamin C aids in iron absorption.
- Eating a diet rich in vegetables as part of a healthy diet could reduce risk of heart disease.

To make this day fun and entertaining, while highlighting the importance of vegetables, Saline County Aging Services will be hosting a program in the afternoon dedicated to vegetables! You might be shaking your head right now thinking, "How can vegetables be fun!?" Well, we have a fun presentation, BINGO with prizes, recipes to make vegetables more enjoyable, veggie trays with homemade dips, and much more! Please read the ad below to find out more information. We hope to see you there!!!

Come celebrate  
**Eat All Your Vegetables Day**  
with Saline County Aging Services



**What:** An hour full of food and fun! We will have BINGO, a short presentation, recipes, veggie trays to snack on, and more!

**When:** June 17th from 2-3pm

**Where:** Saline County Aging Services (Back Room)

**Why:** June 17th is National Eat All Your Vegetables Day. We want to share with you the benefits of vegetables in a fun and entertaining way.

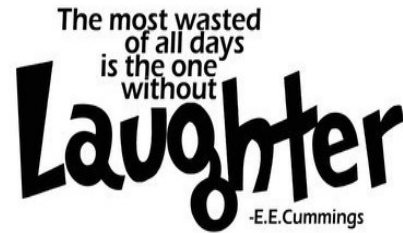
**Space is limited to the first 15 people to sign up! Call 402-821-3330 to reserve a spot!**

## Health Benefits of Laughter



I recently read an article on how laughter can cause health benefits. A study done by Dr. Michael Miller at the University of Maryland Medical center found that laughter can: decrease blood pressure, increase muscle flexion, improve cardiac performance, increase blood flow and oxygenation, and relieve stress. Dr. Madan Kataria says, "Laughter is the ultimate exercise. Any person can do it, and no training is necessary." There have been studies that show how even fake laughter can still have benefits. Have you ever just started laughing, even when something wasn't funny? Pretty soon you're going to be laughing at yourself for laughing about nothing and boosting your immune system without even

knowing it! Make it a priority to laugh at least once a day. This can be on your own, with a friend, while you're watching a funny TV show, or maybe even at something silly a pet has done. The great thing about laughter is that it is free and has no side effects. There are medications that are shown to improve your moods, but why not try it the natural way? Plus, if you start laughing and someone else catches you they might giggle themselves a little too, which will put them in a good mood for the rest of their day! After you read this article I want you to start laughing. Go read a funny joke or think of a funny memory whatever you do keep laughing and don't ever give that up!



## Steps to Stop Annoying Phone Calls and Junk Mail



The DeWitt Senior Center recently hosted a presentation on scams done by the Attorney General's Office. There are a few ways you can reduce the amount of junk mail and phone calls you get from companies. While these will not entirely eliminate the annoying solicitations it is a start to reduce them!

The first is to fill out a "Registration Form for Mailing Preferences". When you fill this out and mail it back with a \$1 check or money order payable to the DMA you can reduce the amount of national advertising mail you get.

If you would like one of these forms we have them in our office and would love to give you some! You do not have to send in the \$1 if you complete the form online. Go to [www.DMAchoice.org](http://www.DMAchoice.org) to find this. To reduce the amount of pre-screened credit and insurance offers you receive by mail go to [www.optoutprescreen.com](http://www.optoutprescreen.com) or call (888) 5- OUTPUT. This service is free and offered by the major credit bureaus to reduce the amount of mail you get.

There is a checklist you can run through to protect yourself from telemarketers:

- When telemarketers call request them to remove you from their list. All you have to say is, "Remove this number from your list."

## What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, JUNE 1ST
<b>Program- ABCs of A Fib</b> Menu- BBQ Meatballs Bridge & Dominos
WEDNESDAY, JUNE 8TH
<b>Program- Migration of the Monarchs</b> Menu- Fish & Baked Potato Cards or Dominos
WEDNESDAY, JUNE 15TH
<b>Program- Benefits of Art by Orange Owl</b> Menu- Ham & Sweet Potato Casserole Bridge & Dominos
WESNESDAY, JUNE 22ND
<b>Program- Cute Collectibles by Lela Dike</b> Menu- Pork Roast Cards or Dominos
WESNESDAY, JUNE 29TH
<b>Program- Grape Vines &amp; Wine by Pffingstens</b> Menu- Ham & Potato Casserole 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:

Eat All Your Vegetables Day: June 17th  
Homestead Exemption: Now until June 30th  
Tai Chi in Wilber: Until August  
Wilber Farmer's Market: Starting June 7th running until October



**Winner of May's riddle:  
Ramona Davis**

Ramona 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 May's riddle was  
The Flag



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

# JUNE 2016

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  @ Friend Stepping On 9:00-11:00	3 @ Wilber Tai Chi 2-3:00	4   Hug Your Cat Day
5	6	7 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  @ Wilber Tai Chi 2-3:00	8	9 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  @ Friend Stepping On 9:00-11:00  @ Wilber Tai Chi 2-3:00	10	11   National Corn on the Cob Day
12	13   Sewing Machine Day	14 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  @ Wilber Tai Chi 2-3:00	15	16 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  @ Friend Stepping On 9:00-11:00  @ Wilber Tai Chi 2-3:00	17   Eat Your Vegetables Day	18
19   Father's Day	20   SUMMER First Day of Summer!	21 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  @ Wilber Tai Chi 2-3:00	22	23 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  @ Friend Stepping On 9:00-11:00  @ Wilber Tai Chi 2-3:00	24 DeWitt Senior Center Trip to Lincoln Capitol and Sunken Gardens 9am	25   Log Cabin Day
26	27   Sun Glasses Day	28 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  @ Wilber Tai Chi 2-3:00	29	30 Quilting 1-5  @ Wilber Tai Chi 2-3:00		

- Call 888-382-1222 or visit donotcall.gov to put your landline/ cell phone on the federal government's Do Not Call Registry. Doing this will stop most calls but not all of them. Political organizations, charities, and telephone surveyors are still permitted to call. If after 30 days you are still receiving calls file a complaint with the Nebraska Department of Justice Attorney General.
- If you get a warranty or product registration card do not fill them out and send them back. These are not needed for warranties but get used by marketing agencies to add your name, address, and telephone number to lists.
- If you make a donation to a charity in-

clude a note that asks them to not share, sell, or rent your name to any other organizations.

If you would like to learn more information or look at the material we received from the presentation please stop by or call the office and we can help assist you (402) 821-3330. You can also contact the Nebraska Attorney General, Doug Peterson, (402) 471- 2682. If you have a computer you can visit [ago.nebraska.gov](http://ago.nebraska.gov) or [protectthegood-life.nebraska.gov](http://protectthegood-life.nebraska.gov) to find out more information. Scammers are out there and trying to find new ways everyday to get your money! It's in your best interest to stay alert, aware, and NEVER give your personal information out over the phone!

## Recipe of the Month

### Crunchy Hawaiian Chicken Wrap

Prep Time	Bake Time	Total Time
20 minutes	None!	20 minutes

#### Ingredients

- 2-3 oz. Plain Greek Yogurt
- 2 Tablespoons Sugar Substitute
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Chili Powder
- 1/2 C. Shredded Carrots
- 1/2 Can Crushed Pineapple Drained
- 3-4 Whole Tortillas
- 1 Tablespoon White Vinegar
- 1/2 Teaspoon Poppy Seeds
- 1 Teaspoon Onion Powder
- 1/2 C. Shredded Broccoli
- 1/2 C. Chopped Spinach
- 3 Cooked and Diced Chicken Breasts



#### Directions

1. Mix yogurt, vinegar, sugar, poppy seeds, onion, garlic, and chili powder. Mix well.
2. Combine broccoli, carrots, spinach, and pineapple. Mix into dressing and add chicken.
3. Scoop mixture into tortilla. Roll into form of a burrito. Cut in half and serve!

#### Tip

After making the wraps try refrigerating for an hour before eating. Add seasonings to taste! Enjoy!

# Caregiver's Corner

## 6 Signs of Caregiver Burnout

As we know being a caregiver can put us in some stressful situations that can really take a toll on our lives. Sometimes it seems like there is not enough time in the day to get everything done and by time the day is over we are completely drained. You are in a tough situation because you want to give your loved one the best possible care and attention, but you also have to look out for yourself. When you forget about “me” time and stop doing the things you enjoy because you are too busy taking care of someone else you may start to experience “burnout”.

According to AgingCare.com, if you have ever thought or said these things you might be experiencing caregiver's burnout:

**1. I just don't feel like talking to or seeing anyone today—even my friends.** When you stop wanting to interact with people this could be a sign that the care you are giving to your loved one is too draining.

**2. I used to really enjoy reading books, but for some reason even my favorites do not interest me anymore.** If your favorite hobbies and past times do not interest you anymore it might be a time to take a break and start doing something you love again.

**3. Sometimes taking care of my loved one is too much—I feel like I want to end it all.** If you ever feel this way you should seek help from a mental health professional right away. If you are having thoughts of suicide or hurting someone this could be signs of extreme burnout or depression.

**4. I've had weird eating habits lately.** An abnormal diet (eating too much or not eating enough) can be a sign of extreme stress.

**5. I've been sleeping weird or not at all.** This can include not being able to go to sleep at night or get up in the morning. Both can indicate having too much responsibility on your plate.

**6. It's been several weeks and I cannot seem to get rid of this cold I've had.** Stress can have negative implications on your immune system. If a cold lasts longer than the normal course this could be a sign of reduced immune system functioning that could come from all of the duties you are to perform.




# The Fun Pages



- BEACH**  
BASEBALL  
ICE CREAM  
SWIMMING
- PICNIC**  
VACATION  
SUNFLOWER  
WATERMELON
- SANDCASTLE**  
HEAT  
BOATING  
POOL



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




**Riddle of the month!**

*I am big and round  
and grow from the ground.  
The rumors may or may not be true,  
that if you eat my seeds I could grow inside of you!*

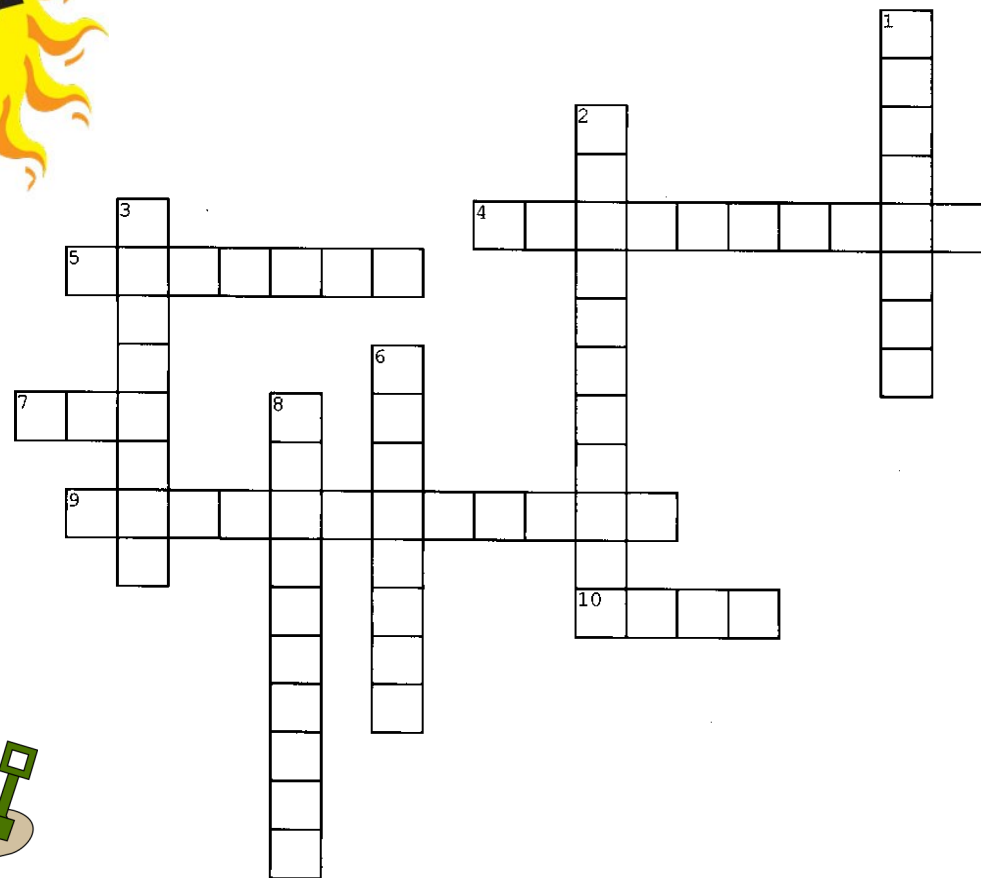
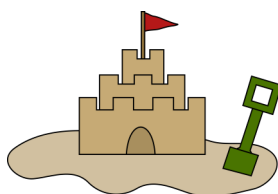
What Am I?

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!**





“Don't worry about burning the calories — that's already been done!”



- Across**
4. Protective eyewear
  5. Sleeping in a tent
  7. Opposite of cold
  9. Independence Day
  10. What you can do at the beach

- Down**
1. To cook outdoors on a grill
  2. What you build on a beach
  3. Time off from school
  6. Beverage made of lemons
  8. Big fruit you eat in the summer

Created with TheTeachersCorner.net

Many of these thoughts and actions can come from extreme stress, depression, too much responsibility, and draining duties you have to fulfill. There are ways you can try to beat burnout: *Being honest with yourself and others.* This can be a hard concept to grasp but once you do a heavy weight could be lifted off your shoulders.

Just like how last month's article talked about the importance of being organized, it can also be helpful to make a plan on how you are going to start taking better care of yourself. One of the first things you need to do is to sit down and have a honest conversation. Try to be as real and truthful with your answers as you can. Lying to yourself about what is really wrong will only take you back a couple steps instead of forward.

**A few questions you can start with are:** *How am I feeling today? What is it about my situation that is making me feel this way? What things are causing most of my stress? What things are stressful, but manageable?*

After you have answered these questions openly and honestly it is time to make a plan of attack! What are going to be the steps that I have to take to start to manage my stress levels? Do I enjoy yoga? Getting coffee with an old friend? Taking my dog out for a walk? Sitting on the couch and watching my favorite TV show?

**Next:** *What do I have to do to get that time for myself?*

This might mean asking for a little extra help every once in awhile. Now, this could be one of the hardest things we have to do as a caregiver. Making our own needs known and then asking for assistance with them may make you feel like you have failed, but that should not be the case. There are people in your life that would probably be more than willing to help out if you would ask them to. It is okay to ask for help every once in awhile, you do NOT have to take this journey by yourself. If you do not tell someone your thoughts and feelings how are they going to know what is going on? Do not be afraid to reach out when you need it! Expressing yourself in a calm and productive way will not only benefit you, but could also end up benefitting your loved one as well.

The main goal here is to prevent burnout and realize when you are taking on too much. It cannot be stressed enough that as a caregiver you need to take time for yourself every once in awhile to do the things you enjoy. After you finally get to the point where you can get some "me" time, do not feel guilty about it! Sit back and relax, you deserve it!

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“I don't know if it's burnout, but I set off the smoke alarm six times today!”

# Get To Know Saline County Aging Services!

What's your full name?

Kathryn (Kathy) Rose Leefers Stokebrand



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

In the early 1980s I was employed by Home Health an Agency of Beatrice Community Hospital. They had clients in Southern Saline County and we needed more services for clients after dismissal from Home Care. Saline County had no Area Agency for Aging so we began planning education for our county and thus Saline County Eldercare—later becoming Saline County Aging Services was born. I serve on advisory boards for Saline County Area Agency and the State of Nebraska Unit on Aging.

What's your favorite color?

Blue

What is your favorite time of the year?

Spring— Easter/ flowers   
Winter— Christmas time

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

My family has traveled England, Germany, Holland, and Mexico so I guess there would be a lot of local attractions i.e., Homestead National Monument that I should attend.



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

Be very surprised as I buy very few lottery tickets and then call my family and hire an attorney.

What is your favorite part of Saline County Aging Services?

They have a great challenge to plan for the future aging population so I believe we need to plan for the future, educate our young senior population to keep us all healthy physically and mentally and keep our independence.



What is something interesting about you?

My famous relative is Samuel F. B. Morse and he was an artist who has a painting in the U.S. Capitol! Samuel also invented the telegraph.



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

Bible, water/ food. (chocolate candy)

What is your best/ favorite piece of advice?

Keep active in all/ as many activities that you can. My uncle who was dying of cancer told me to keep dreaming. He said, "Life isn't worth living if you can't dream." He was a World War II veteran and was a prisoner of the war.



# Note from Amy

June 30th will be the last day that the emergency food pantry will be housed at Saline County Aging Services. There is still time if someone wishes to provide the pantry a new home, to keep it up and running in Wilber.

Saline County Aging Services is funded to serve the over 60 population of the entire county. Although housed at our building for quite some time, the food pantry belongs to the three Wilber Churches. When we first agreed to house the pantry, we were under Blue Valley Community Action, who serves a different (broader) population and it made sense. Our programs have grown so much that we now need our space back to continue to provide current and future services. Our current services (which our funding is based on) include: nutritional education, Tai Chi, Stepping On, Lumosity, home delivered meals, homestead exemption filing assistance, Medicare and Medicaid counseling, caregiver resources, durable medical equipment loans, toe nail clinics, Farmers Market Coupons, information and referrals and our meat package program (to name a few). This past year we became an Alzheimer's screening site, partnered with Aging Partners to offer bone density screenings and one on one visits with a dietitian and partnered with public health solutions to offer blood pressure screenings, pneumonia shots, and flu shots.

We will be turning our back room into a senior center type setting. We plan to expand our services with more health screenings, more brain health/memory activities, meals, caregiver retreats, exercise classes, Wii bowling, education (like computer lessons or tablet lessons) and more. We also hope to offer educational presentations on relevant topics, such as scams and fraud, Medicare, etc. We also hope to have social activities, such as coffee hours, card players, and more.

We hope that the community understands that this was a difficult decision to make. When we passed out surveys and later held the town hall meeting, we discovered that people want more senior center activities. Since this is what we are funded to do, we are moving in this direction. I hope you will join us in our excitement and plans for the future. In the meanwhile, if anyone has questions or wishes to step forward and take the Food Pantry, please call Saline County Aging Services at 402.821.3330 or toll free at 800.778.3309.

Respectfully yours,  
Amy Hansen  
Director