



Come Visit Us!

WE ARE OPEN! Okay, so we never closed, but our “Back Room” is now open for use. The process has been long and we are not 100% where we would like to be aesthetically wise, but we are ready for business. With this being said our “Back Room” is for YOU we want to provide activities and programs that YOU would like to see. The goal is to bring Wilber a space that can be used for a variety of activities. While we are still in the process of reorganizing and adding some personal touches to the Back Room people are more than welcome to stop by and either take a look at what we have set up, or better yet, start using it out! If you have a group or club that needs a spot to meet, this is the place. If you want to get a group of friends together to come play cards, bunco, or board games, this is the place. If you just want a place you can come and have a cup of coffee in the morning and visit with others, guess what... this is the place for you! We also have our new laptops up and running that can be used to play Lumosity or look up anything on the Internet you may need. Recently we got out our Wii and hooked it up to the projector. Our volunteers have had a blast trying out the games and would love a little challenge! The Back Room will be open during our regular business hours. We do ask that if people have a group coming in to call ahead so we can accommodate the needs of any setting up. We look forward to having the community come and use our space. So grab a friend or two and come check out the Back Room!

Ways the Back Room has been utilized!



Top right and left are from the Ice Cream Social. Middle left and bottom left are from Veggie Day, while the ladies are busy concentrating on veggie bingo! The bottom right is one of our volunteers testing out Wii bowling!

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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.



Service Spotlight



Our Equipment

Walkers	Grab Bars
Wheelchairs	Crutches
Toiler Risers	Canes- Regular and Quad
Shower/ Tub Chairs, Stools and Benches	Portable Commodes

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 illness or injury
- Recuperating from surgery

- Attending events, doctor's appointments or day trips
- Trying a new device before buying one

We also take equipment donations!

- Students with sports injuries or recovering from sprains, strains or breaks



ANNOUNCEMENTS



Saline County Aging Services is again participating in DHHS's fan program! This program is funded by the Low Income Heating Energy Assistance Program (LIHEAP) and provides free fans to low income families, the elderly, or the disabled.

If you feel you qualify and are in need of a fan, please stop in the office or call 402-821-3330!

Senior Dinners

Dates

Come join the Catholic, Lutheran, and Methodist churches of Wilber for a noon meal at the Wilber Care Center. The meals are once a month. If you plan on attending please call one of the following numbers to RSVP: 402-821-2014 or 402-821-2271 or 402-821-3259.

August 25th

September 29th

October 27th

November & December TBA

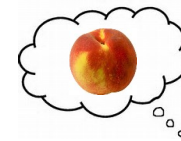


Stepping On Coming to Crete



Saline County Aging Services and Public Health Solutions will be partnering to bring Stepping On to Crete. If you are interested in participating in Stepping On in Crete please call the office to be put on the

waiting list. The dates will be set in stone the first or second week of August. Stepping On is an evidence based class that decreases falls and improves confidence. Classes will meet once a week, for two hours, for a total of seven weeks. For more information and to be put on the list please call 402-821-3330.



Food for Thought



A Fruit of the Season



They are round, sweet, an orange/yellow like color, and oh so good! They can be eaten alone, cooked in a sweet treat, used in a smoothie, or used to complement chicken and pork dishes. I am talking about peaches! I recently stumbled across an article adapted from WebMD.com that really tested my knowledge! I am sure you have had your fair share of peaches, but do you know these fun, healthy facts about them?!

- **Peach origins:** The fuzzy peach is actually a member of the rose family and originated in China.
- **Peach varieties:** You can buy two main varieties of peaches: *clingstone* (the flesh sticks to the stone) and *freestone* (the stone is easily separated from the flesh).
- **Peach colors:** The peach can have yellow or white flesh, which is sweeter and less acidic than its more traditional golden counterpart.
- **Top peach growers:** China is the largest producer of peaches, followed by Italy.



- **Biggest peach cobbler:** "The world's largest peach cobbler" is made every year in Georgia, which is known as the Peach State. That cobbler measures 11 feet by 5 feet.
- **Peach season:** Peaches are best from June to the end of August.
- **Peach ripeness:** The flesh of a peach should have a slight give, but use your whole hand vs. fingertips to check since the fruit bruises so easily. Also, check for an even coloring of golden or creamy yellow.
- **Peach nutrition:** A large peach has fewer than 70 calories and contains 3 grams of fiber. It's also a good source of vitamins A and C.
- **Energy-Yielding Nutrients:** Most of the calories are provided by 17 grams of carbohydrate on the form of fruit sugars. There are 1.5 grams of protein and .4 grams of fat in one large peach.
- **Vitamins/ Minerals:** One large peach contains vitamin A, and vitamin C, potassium, calcium, phosphorus, magnesium, iron, and zinc in the average peach.
- **Fiber:** One fresh, large peach provides 2 grams of fiber. Most of the fiber is in the skin.



A Time to Heal



A "Time to Heal" is a 12-week holistic rehabilitation program that is designed to help cancer survivors regain their physical, emotional, and

spiritual health after treatment for any type of cancer. This program is offered in two formats.

Breast Cancer: open to women diagnosed with any form of breast cancer.

All Cancer: open to men and women diagnosed with any type of cancer. Each participant is welcome to bring a caregiving family member or friend to participate.

People who have completed surgery and/or chemotherapy and/or radiation following the first diagnosis and who are in stable health are eligible to participate. People with recurrent or metastatic disease are welcome to attend if their health permits.

This program involves group meetings for about three hours once per week. Each week begins with gentle stretching designed to promote flexibility, clearer thinking, and physical strength. The group will explore a variety of topics and how to incorporate those into daily life.

Regular attendance is essential to get the full benefit of the program. Enroll when you feel able to attend most of the sessions. You are free to end participation at any time.

This program is FREE to participants thanks to sponsors and benefactors. If you would like to enroll or get more information please contact:

**Karen Morris at (402) 826-3353 or
Brenda Roth at (402) 826-0397
Deadline: August 15, 2016**

Meetings will take place in the fall at Crete Area Medical Center on Thursdays from 6-9p.m. beginning August 25-November 10th.

What's Happening in The Back Room?

In honor of the Olympics being held this month we will be hosting our own Saline County Aging Services (SCAS) Olympics in the Back Room, August 24th from 2-3pm! Come tour some of the countries that you will have seen participate in the Olympics this year. Sample "authentic" food from some of the countries. Once we are done touring, let the games begin! Don't worry there is no training necessary! The games will all be completed sitting down, so everyone can participate. Prizes will be awarded for the team with the best team name, and the team with the best overall score. Teams will be established upon arrival.

Come for fun, food, and fellowship and don't forget to bring your A game! Spots are limited so please call ahead to let us know if you will be attending.



What: SCAS Olympics

When: August 24th from 2-3pm

Where: The Back Room

Please RSVP to 402-821-3330

What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, AUGUST 3RD
Program- A Love of Birds by Ted & June Menu- Salmon Loaf & Watermelon Day Bridge & Dominos
WEDNESDAY, AUGUST 10TH
Program- Memory of Vietnam/ Fred M Menu- Smothered Steak Cards or Dominos
WEDNESDAY, AUGUST 17TH
Program- Vietnam Honor Flight by Leon Hagan Menu- Chick Filet & Baked Potato
WESNESDAY, AUGUST 24TH
Program- Zimmerman's Farmstead Menu- Smothered Pork Chop Bridge or Dominos
WESNESDAY, AUGUST 31ST
Program- Hymns by Jan Dunn Menu- Chef Salad, Soup, Garlic Roll

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:

Lunch and Learn @ FCHS: August 2nd 11:45-1:00
Tai Chi in Wilber: Until August
Wilber Farmer's Market: Running until October



Winner of June's riddle:

Irene Tenopir


Irene 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 July's riddle was Worm



A special wish to all of the August Birthday's out there from Saline County Aging Services!

August 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	3  Watermelon Day	4 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	5	6  Wiggle Your Toes Day
7	8  Sneak Some Zucchini on Your Neighbor's Porch Day	9 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	10	11 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	12	13  Left Handers' Day
14	15  Relaxation Day	16 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	17  National Thrift Shop Day	18 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	19  Aviation Day	20
21  Senior Citizen's Day	22	23 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	24	25 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00 For DeWitt SC Lunch At Legends Meet @ 11:15	26	27  Just Because Day
28	29  More Herbs, Less Salt Day	30 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	31  Trail Mix Day			

Exercise of the Month— Ankle Flexibility

1. Sit securely toward the edge of a sturdy, armless chair.
2. Stretch your legs out in front of you.
3. With your heels on the floor, bend your ankles to point toes toward you.
4. Hold the position for 10-30 seconds.
5. Bend ankles to point toes away from you and hold for 10-30 seconds.
6. Repeat at least 3-5 times.



** This will stretch your ankle muscles. You can do one or both at a time.

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

Recipe of the Month

Zucchini, Black Bean, and Rice Skillet

Prep Time	Total Time	Servings
25 minutes	30 minutes	4



Ingredients

- 1 tablespoon olive oil
- 3/4 cups water
- 1/2 cup shredded cheese blend
- 1 can whole black beans, drained and rinsed
- 1 can diced tomatoes
- 1 cup instant brown rice, uncooked
- 1/2 cup diced green bell pepper
- 1 1/2 cups quartered lengthwise, sliced zucchini

Directions

1. Heat oil in large skillet over medium heat. Add zucchini and bell pepper, cook 5 minutes, stirring occasionally. Add beans, undrained tomatoes, and water. Increase heat and bring to a boil.
2. Add rice: stir well. Cover; remove from heat and let stand for 7 minutes or until liquid is absorbed. Sprinkle with cheese.

Tip

Add chicken or beef for extra protein! Use plain Greek yogurt as a sour cream substitute!

Caregiver's Corner

Downsizing the Home

Planning Ahead

Sometimes a move comes up unexpectedly from a recent life event or just needs to happen right away. If this is your case skip ahead to the next paragraph to learn more on where you can start. Other times you may know you might be moving in 6 months or so or you know that now would be a great time to downsize while you still can. It is never too early to start downsizing for yourself or the person you are giving care to, if they are willing. Set a few days and times out of the week that you will spend going through old items. If you are doing this with someone you are giving care to make sure not to overdue it and keep it relaxing, if you have the time there is no need to add extra stress. Start small by going through items like cancelled checks, outdated food or medications, clothes, or extra household items that take up space. Make sure to keep together important papers like: deeds, wills, Durable Powers of Attorney, medical records, military records, diplomas and degrees, birth certificates, passports, etc. Place these in a safe spot that can be locked. If it is possible try not to let grown children store their items at the home or have them come by to collect their possessions.



budget get estimates from moving companies. This could save a lot of headache when it comes to moving boxes. Get a floorplan of the new place to see what furniture will fit and where it will go. After you know what will fit get rid of the extra things that would take up extra space.

Paperwork to Consider

Before the move actually happens it is important to remember to do a complete address change at the post office. You may also want to take things into consideration like: credit cards, bank accounts, investments, Medicare and Social Security, voter's registration, family and friends, driver's license/ car registration, any subscriptions, social clubs and places of worship, and to notify your lawyer, accountant, insurance agent, etc.

Sorting

Start by sorting first and not packing. Begin with the easiest room and divide the room into four categories:

1. Definitely save
2. Possibly save
3. Donate, sell, or give to friend/family
4. Discard.

Get separate boxes and label each one to make it easier to sort. If there are pictures, scrapbooks, or paperwork put them in a keep box and move on. This can end up being extremely tiring work and can also be done when you are moved into the new place. If you are a caregiver helping with the move make sure you allow for reminiscing time. This can be an extremely important time to go over memories and special moments.



Where to Start

Start a notebook for the move and keep it with you for everything you do move related. Make to-do lists, a timeline, things you may forget, questions about where you/ the person is moving to, or any other remarks you may think of during the process. If it is in the

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



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



"Chasing the ice cream truck does not count as a summer fitness program."



- | | | | |
|---------|---------|----------|-----------|
| BARN | EGG | IRRIGATE | RAIN |
| BOOTS | FEED | KID | RAKE |
| BRAND | FENCE | LAMB | ROPE |
| BUCKET | FIELD | MANGER | SADDLE |
| CHICKEN | FODDER | MARE | SCARECROW |
| COLT | GARDEN | MARKET | SILO |
| COOP | GATE | MILK | SOW |
| CORRAL | GOAT | MILK | STRAW |
| COW | GOOSE | MUD | TRACTOR |
| CROPS | GRAIN | OATS | TROUGH |
| DITCH | HARVEST | OVERALLS | TURKEY |
| DOG | HAY | PEN | WAGON |
| DROUGHT | HOE | PICKUP | WATER |
| DUCK | HOG | PIG | WHEAT |
| EGG | HORSE | PLOW | WINDMILL |

The Fun Pages



Riddle of the month!

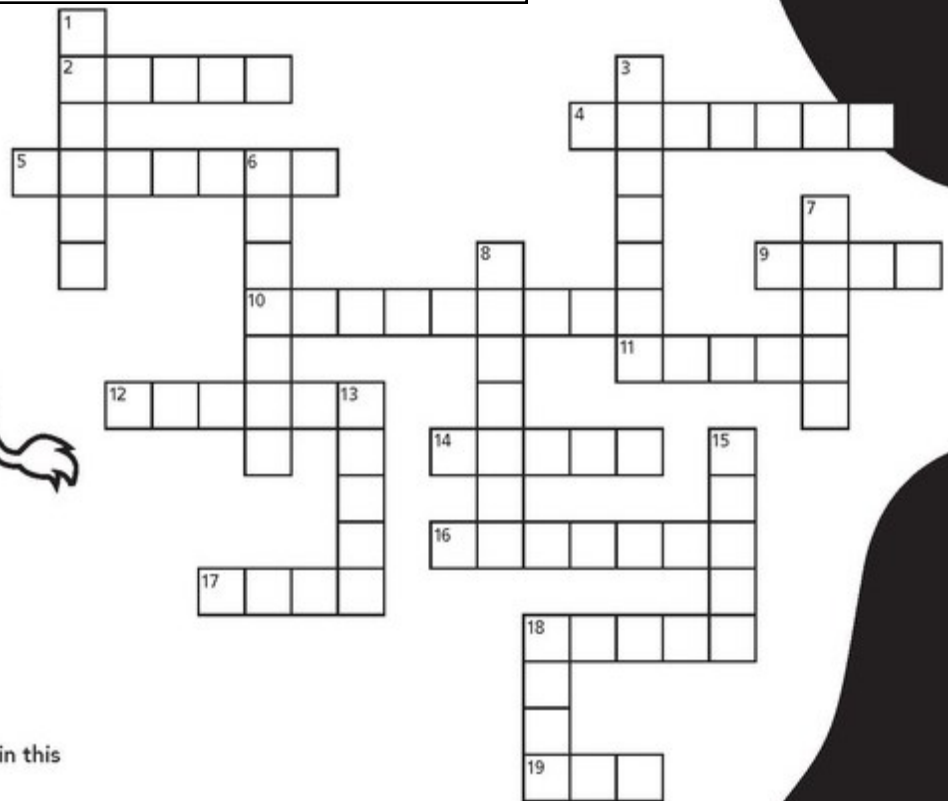
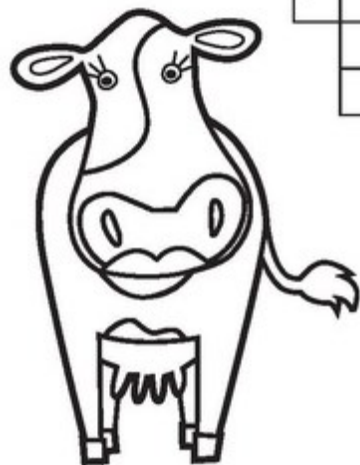
*I'm a farm animal
But not a cow*



*I'm the one that gives you pork
And if I'm female, I'm a sow!*

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!**



ACROSS:

- 2. A cow stores her milk in this
- 4. Famous milk slogan
- 5. A cow's _____ has four compartments to digest food
- 9. A baby cow
- 10. The most popular flavor of milk
- 11. Cold milk drink
- 12. This dairy food comes in a cup
- 14. About one-fifth of all U.S. cheese is used to make _____
- 16. America's favorite ice cream flavor
- 17. This month is Dairy Month
- 18. 'Holey' cheese
- 19. Cow talk

DOWN:

- 1. Tastes great on corn
- 3. Milk goes well with this snack
- 6. Milk mineral that keeps bones strong
- 7. Milk is approximately 97 percent this
- 8. Southeast's largest dairy state
- 13. Get _____ servings of dairy every day
- 15. Cows graze on _____
- 18. Non-fat milk is also called _____

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"No pain, no grain."

Packing

When packing up boxes and moving them it can be very helpful to stay as organized as possible. Make a few "open first" boxes that are full of items needed to get by the first couple of nights at the new home. This way you will not have to search all over the house in boxes to find the toothbrush. If



all the boxes are labeled where they need to go and what is inside it will make the process of actually moving the boxes easier and less stressful. Do not be afraid to get other family members or friends to help out the day of the move if movers are not an option!

Unneeded Items

If a box is labeled as discard or give away, make sure that is done! There is no need to keep those boxes laying around. If any items

are going to be sold make sure to take them to get an appraisal first if they may have any value. Any other left over items can be donated to charities or thrift stores.

Moving and Settling In

If you have a moving company coming make sure there is a written contract for the coverage of lost or stolen items. Get a firm arrival time and see what kind of payments they accept. Try to have someone at the new residence to direct where boxes and furniture need to go. Realize that just like packing, unpacking is going to take some time. If the person you are giving care to is the one that has moved make sure you are frequently checking in on them to see how they are doing. A move like this can hold a range of mixed emotions!

So even though moving can be a high-stress life event, it can also be the start of new opportunities and a way to "lighten up" clutter. Whether you are moving or you are moving your loved one to a new space these helpful tips from caregiver.org can help ease the new transition.

SCAS & SCAT Day Trip in September



Do you enjoy taking trips where you get to enjoy a beautiful place, but not have to worry about driving? Would you be interested in a planned trip sometime in September? Saline County Aging Services (SCAS) and Saline County Area Transit (SCAT) are teaming up to offer a "fall themed day trip" sometime during the month of September. Details are currently being worked out on cost, exact date, and where the trip would be to. If you are interested in this upcoming trip and would like to hear more in-



formation when plans are set, please call 402-821-3330 to be put on the list! We will make phone calls to the people on this list first explaining the trip details when we have them. Spots will be limited and reservations will be on a first come first serve basis. We are looking forward to this fun opportunity to share with the residents of Saline County! Be on the lookout for more information and details to come. We hope you will consider joining us!

Get To Know Saline County Aging Services!

What's your full name?

Darlene Pribyl

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



Around 8 years and I am a RN who works at the foot clinics.

What's your favorite color?

I have two- red or blue.



What is your favorite time of the year?

Fall for beautiful colors of nature and spring for waking up nature after winter sleep.



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

There are some areas of NE that I would like to visit, no special place.



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

Good question- pick myself up from the floor.



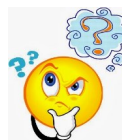
What is your favorite part of Saline County Aging Services?

Helping the people and hope that I am contributing in some small way.



What is something interesting about you?

Good question.



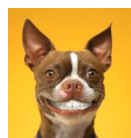
What 3 things would you bring with you if you were stranded on a desert island?

Water, a way to start fire, and a knife.



What is your best/ favorite piece of advice?

Think positive and keep smiling!



Note from the Director



The dog days of summer have us excitedly hosting events in "The Back Room". In June we celebrated "Eat All Your Veggies" day with fresh and healthy dips and veggies. Guest played vegetable bingo complete with garden themed prizes and noshed on yummy snacks! In July, we celebrated "National Ice Cream" month, with an ice cream social. Guests sampled ice cream, frozen yogurt, and a variety of toppings while learning how to "healthy-up" their sweet treats. Curious about what we have going on in August? Check it out on page 4 of the newsletter!

We are excited to announce the launch of our new pilot program *Full Circle*. *Full Circle* is a service model that we are developing to allow us to expand our services in each of the towns within our county. The name *Full Circle* actually holds a double meaning. Not only will services focus on the well-being of the whole individual, body, mind, and soul, but are meant to serve clients throughout the whole county as well. As of now, we are planning to launch this pilot program in Friend on August 31st and in Crete during September. We will be adding the other towns as wrinkles get ironed out.



Our objective is to bring our services to each town at least once a month. We plan to tailor each town's program to the needs and desires of that town by working with the residents to hear their input on how they'd like the program to grow.

The program will be based on our current services, including nutritional education, Tai Chi, Stepping On, Lumosity, homestead exemption filing assistance, Medicare and Medicaid counseling, caregiver resources, and information and referrals. We plan to expand our services with health screenings, brain health/memory activities, meals, caregiver retreats, Wii bowling, exercise classes, technology classes (like computer lessons or tablet lessons), and more. We also plan to offer educational presentations on relevant topics, such as health, wellness, and nutritional, scams and fraud, and Medicare, etc. We hope to have social activities, such as coffee hours, card players, and more. Please join us in Friend for our launch!

We will be at Friend Community Healthcare System (FCHS) August 31st, from 2:00 -3:00 pm in the cafeteria. We will be having an ice cream social, followed by a short presentation about Saline County Aging Services, and a brief survey and Q&A about our services. Please feel free to call 402.821.3330 or 800.778.3309 for more information.

Also, if you are in town on Czech Days, come "Czech" us out at our booth in front of our office! We will be providing tent space for our clients to watch the parade in the shade, water to beat the heat and fun giveaways!

We will be there:

Friday: 5 until parade end

Saturday & Sunday: Noon until parade end

Hope to see you there!