



Don't Get Spooked Into A Scam!

October is known for being one of the “spookier” months of the year with the haunted houses, scary masks, and all things creep-crawly. Something else that can be even spookier than all of those things are SCAMS! Consumers Digest says that at least 5 million cases of elder financial abuse happen in the United States each year, but only 1 out of 25 cases are ever reported to law enforcement...scary! There are so many scams out there today, with many of them sounding legitimate, that it can be hard to tell the difference. Saline County Aging Services is here to educate and help you when it comes to deciding what is a scam or not! If you EVER are questioning a phone call or letter you received asking for personal information, please call or come into the office so we can decide if this is something you need to act upon or not! You should never feel embarrassed or ashamed if you are the target of a scam. Scammers are all over the place, targeting people of all ages! The best we can do is become more aware of what types of scams are out there and what we can do to protect ourselves from them.



- ⇒ Social Security, the IRS, Medicaid, and Medicare will NOT randomly call your home. If they need something they will send you a letter requesting that you call them. Social Security will ONLY call your home if you have filled out an application for Extra Help and there is information missing. They will NEVER ask for personal or bank account information over the phone.
- ⇒ Only give personal information to doctors or other health care providers, any insurer who pays benefits on your behalf, or people who you know and trust.
- ⇒ Never send ANY banking or personal information to anyone you do not know—either on the phone, over the Internet, or if they come to your home.
- ⇒ Invest in a shredder to shred any documents that may contain personal information.
- ⇒ Do not carry your Social Security card around in your wallet or keep your PIN number with your debit card.

If you would like more information on how to protect yourself from scams please come in and see us! We are here to take the spook out of this scary topic and help keep these scams from happening to you.

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Here are a few tips that could help you when it comes to scams.

- ⇒ If it sounds too good to be true, than it probably is! If you did not enter the lottery or put your name in for a trip or sweepstakes the chances are you did NOT win something like that.



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



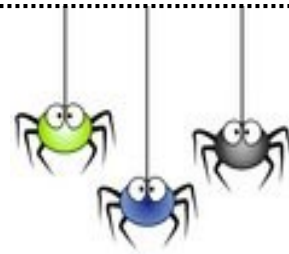
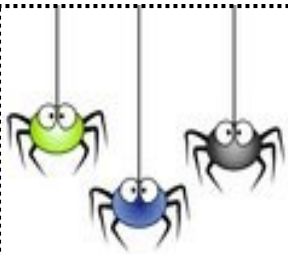
Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

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.



Back Room Event

COME HANG OUT WITH US!



We are having a Halloween party!

Monday, October 31st from 2-3pm
Back Room at Saline County Aging Services

Wear your best costumes, or just come as you are!
We will be having games, treats, and some Halloween fun!

Prizes will be given out for best costumes!

RSVP to Saline County Aging Services to let us know you are coming! 402-821-3330

Halloween Fun Facts

Can you believe it, we have already entered October?! Where has the time gone this year, I feel like it was not too long ago that we were celebrating Halloween! Halloween is such a fun time of the year though, from the kids costumes, to going to pumpkin patches, and you cannot forget all the candy! Here are a few fun facts about Halloween that may surprise you...

- ◇ Ireland is known to be the birthplace of Halloween .
- ◇ Black and Orange are commonly known as the colors of Halloween. Black is a symbol of death and darkness that is a reminder that Halloween once was a festival that marked boundaries between life and death and orange symbolizes strength and endurance.
- ◇ The most Jack O'Lanterns light at once was 30,128 and Boston, Massachusetts holds this record.
- ◇ According to tradition, if a person wears their clothes inside out and then walks backwards on Halloween they will see a witch at midnight.



- ◇ The first Jack O'Lanterns were actually made out of turnips.
- ◇ Halloween comes in 2nd place, next to Christmas, with the highest grossing commercial holiday.
- ◇ Samhainophobia is the fear of Halloween.
- ◇ The largest pumpkin ever grown was by Norm Craven in 1993 weighing in at 836 pounds.



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.

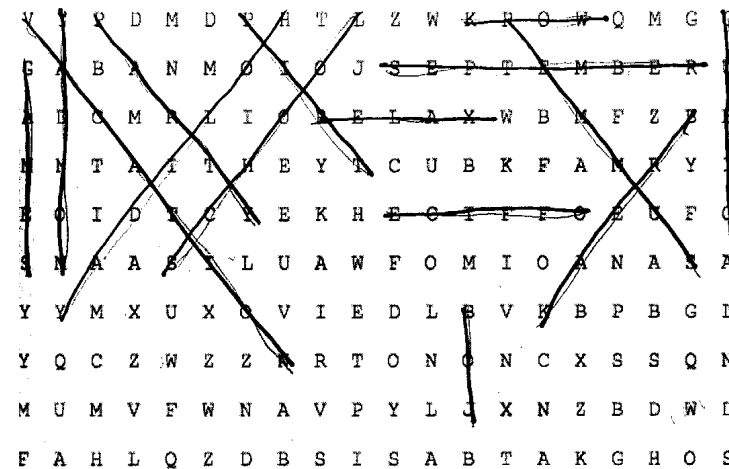
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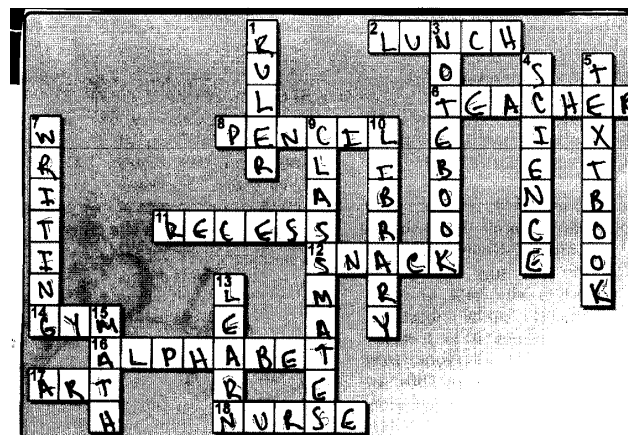
If you would rather have it send via email please provide email address:



Answers to Last Month's Puzzles



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



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



Meals on Wheels in Dorchester

Do you live in Dorchester? Would you like to receive a nutritious meal to your door during lunch from Monday-Saturday? If so than you are in luck! Friend Community Healthcare System has started offering Meals on Wheels to the Dorchester community since September 19th! Meals on Wheels provides nutritious meals, prepared by the dietary department. The cost of one meal is \$5.50 (for Dorchester residents) and are available Monday-Saturday for lunch. To sign up or get a menu for the month, call 402-947-2541 and ask for Ashley (Dietary Manager) or Donna (Social Services).



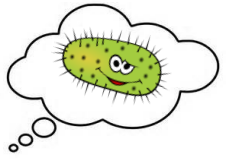
Foot Clinic Openings

If you would like to schedule a foot clinic appointment please call 402-821-3330 to see where we have openings and schedule your appointment. The foot clinics are done by registered nurses that come once a month. The clinics provide basic toenail care and maintenance as well as education to clients. A suggested contribution of \$10.00 is requested.



Food for Thought

What is the difference between Probiotics and Prebiotics?



Probiotics are the good bacteria that line the digestive tract. They are shown to aid a wide variety of digestive issues and yeast overgrowth in the body. Examples of probiotics are beneficial bacteria that can be found in fermented foods like yogurt, miso, Sauerkraut, soft cheeses, and pickled foods.

Prebiotics are complex, non-digestible foods that pass through the stomach to the colon "feeding" the good bacteria already living in your system. These "feed" the Probiotics in our bodies. Prebiotics can be found in asparagus, Jerusalem artichokes, bananas, oatmeal, red wine, honey, maple syrup, and legumes.



It has been researched that some digestive disorders can happen when the balance of friendly bacteria in the intestines is disturbed. This usually happens after an infection or taking antibiotics. If the lining of the intestines is damaged intestinal problems can happen as well. Probiotics are still being studied but they have shown to help with many specific illnesses. They are listed below.

- Treating ulcerative colitis
- Preventing antibiotic-associated diarrhea and infectious diarrhea

- Preventing pouchitis, and inflammation of intestines that can follow intestinal surgery
- Treating and preventing eczema
- Helping the immune system
- Treating symptoms of irritable bowel syndrome
- Treating diarrhea caused by C. difficile bacteria
- Treating Crohn's disease

More examples of Probiotics

- ◇ Keifer (sour drink made from cow's milk fermented with certain bacteria)
- ◇ Kombucha (a beverage produced by fermenting sweet tea with a culture of yeast and bacteria)
- ◇ Pickles
- ◇ Kimchi (a spicy pickled cabbage)
- ◇ Fermented veggies

More examples of Prebiotics

- ◇ Raw chicory root
- ◇ Raw dandelion greens
- ◇ Raw garlic
- ◇ Raw leek
- ◇ Raw/ cooked onion

**All information in this article came from Aging Partner's handout on Probiotics and Prebiotics

Full Circle in Friend



WII BOWLING TOURNAMENT

TUESDAY, OCTOBER 18TH

Friend Community Healthcare System Cafeteria

Join us for pizza, root beer and a Wii bowling tournament! Prizes will be given to winners. Please RSVP for the meal by Wednesday, October 12th to Saline County Aging Services at 402.821.3330.

DeWitt Senior Center News

New Doors & Country Line Dancing!

The DeWitt Senior Center has recently had the facility become more handicap accessible. Two new doors have been installed, curbing removed, and an electric door opener added for easier and safer access. They would like to thank Aging Partners, Norris Public Power District Goodwill Fund, Saline County Tourism Advisory Committee, and memorial funds for making these improvements possible. Make sure you stop by the Senior Center in the near future so you can see the doors in action. While your there stay for a program and enjoy a meal!

suggested contribution of \$2 per person per session. If you are interested please call Bev Plihal at 402-520-0873 or 402-683-4325. Come join them for fun and exercise to country music!



Starting Tuesday, October 4th at the DeWitt Senior Center country line dancing lessons will begin from 5-5:30 p.m. Chris Roesler will be teaching simple line dances for four weeks (October 4th, 11th, 18th and 25th). There is a

What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, OCTOBER 5TH
Program- Flu Shots Nurse as speaker Menu- Mac & Cheese Bridge & Dominos
WEDNESDAY, OCTOBER 12TH
Program- Food Safety by Extension Office Menu- Soup and Chicken Salad Cards or Dominos
WEDNESDAY, OCTOBER 19TH
Program- Tri County Administration Menu- BBQ Meatball Bridge & Dominos
WESNESDAY, OCTOBER 26TH
Program- Check Out the Czechs with Doris O Menu- Chicken Filet Bridge 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



Winner of September's riddle:
Judy Rehm

Judy 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 September's riddle was SHEEP



HAPPY BIRTHDAY!

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

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: October 4th 11:45-1:00
- DeWitt Center Line Dancing: Beginning October 4th 5-5:30
- SCAS Closed: October 10th
- Open Enrollment begins: October 17th
- Full Circle in Friend: October 18th at Noon
- Health Fair in Back Room: October 27th 9:30-12:30
- Back Room Event: October 31st 2-3pm
- Stepping On starting in Crete: Every Thursday 1-3pm

October 2016

SUN	MON	TUE	WED	THU	FRI	SAT
						1  National Homemade Cookies Day
2  Name Your Car Day	3	4 Lunch & Learn at FCHS 12-1pm @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Line Dancing 5-5:30	5  (Have A Nice Day!) Do Something Nice Day	6 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On in Crete 1-3pm	7  World Smile Day	8
9  Moldy Cheese Day	10 Columbus Day SCAS Closed 	11 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Line Dancing 5-5:30	12	13 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On in Crete 1-3pm	14	15  Sweetest Day
16  Bosses Day	17 Open Enrollment Begins! 	18 Full Circle in Friend Noon Meal @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Line Dancing 5-5:30	19  Evaluate Your Life Day	20 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On in Crete 1-3pm	21  National Pumpkin Cheese- cake Day	22  National Nut Day
23	24  National Bologna Day	25 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Line Dancing 5-5:30	26	27 Health Fair in the Back Room 9:30-12:30 Stepping On in Crete 1-3pm	28	29  National Frankenstein Day
30	31 Halloween SCAS Backroom Event 2-3pm 					

Exercise of the Month– Back Stretch

1. Sit up toward the front of a sturdy chair with arm-rests. Stay as straight as possible. Keep your feet flat on the floor, shoulder width apart.
2. Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and hold on to the left arm of the chair. Place your right hand on the outside of your left thigh. Twist further, if possible.
3. Hold the position for 10-30 seconds.
4. Slowly return to face forward.
5. Repeat on the right side.
6. Repeat at least 3-5 more times.



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

Recipe of the Month

Slow Cooker Chicken Tortellini Soup

Prep Time	Total Time	Servings
15 minutes	6 hours 20 minutes	4

Ingredients

- 1 1/2 lbs boneless chicken breasts
- 3 stalks celery, diced
- 3 cloves garlic, minced
- 1 cup water
- 1 teaspoon Italian seasoning
- chopped fresh parsley (for serving)
- 3 medium carrots, diced
- 1 medium onion, diced
- 6 cup low sodium chicken broth
- 2 bay leaves
- 2 cups cheese tortellini
- salt and pepper to taste

Directions

1. Add all of ingredients to a slow cooker except for the tortellini and cook on low for 6 hours.
2. Remove the cooked chicken from the slow cooker and shred and then add back.
3. Add in tortellini and cook for 15 minutes or until cooked all the way.
4. Season with salt and pepper. Discard bay leaves and serve immediately.

Tip

Add chopped parsley on top, if desired! Make extra for leftovers!



10 Early Signs and Symptoms of Alzheimer's



Alzheimer's: A brain disease that causes a slow decline in memory, thinking, and reasoning skills. Here are 10 warning signs and symptoms that if a person starts experiencing should go see a doctor.

- 1. Memory loss that disrupts daily life.** It is a normal age related change to occasionally forget names or appointments that will usually come back to us later. Concern happens when a person starts to forget important dates or events, asks for the same information over and over, or forgets just recently learned information.
- 2. Challenges in planning or problem solving.** A common age related change is occasionally making errors on some task like balancing a checkbook. A person may start taking longer to follow simple recipes, stop keeping track of monthly bills, and start having troubles concentrating on things they did with ease before.
- 3. Difficulty completing familiar tasks at home, at work, or at leisure.** Common age related instances are something like needed help with a setting on a microwave or TV. Concern comes from forgetting how to accomplish daily tasks or driving to a familiar location, or remembering rules to a favorite game.
- 4. Confusion with a time or place.** It can be common for a person to forget what day it is, but then remember a little bit later. People with Alzheimer's have trouble keeping track of dates and times, and the passage of time. Concern should start if a person cannot remember where they are or how they got there.
- 5. Trouble understanding visual images**

and spatial relationships. A common age related change is sometimes having trouble with vision due to cataracts. Concern happens if difficulty reading, judging distance, or determining color or contrast starts to appear.

- 6. New problems with words in speaking or writing.** Common occurrences could be having trouble finding the right word. A person with Alzheimer's could have problems following or joining a conversation or stop in the middle of a conversation and have no idea how to continue or end up repeating themselves.
- 7. Misplacing things and losing the ability to retrace steps.** Misplacing things from time to time is common, but putting things in unusual places, accusing people of stealing something they lost, or not being able to retrace their steps could raise some red flags of concern.
- 8. Decreased or poor judgment.** Making a bad decision from time to time is common. Trouble comes when a person has poor judgment and may give large sums of money to telemarketers or stack to lack bathing/ cleaning themselves.
- 9. Withdrawal from work or social activities.** Sometimes we feel a little weary of work, family or social outings and this is okay. Concern comes when a person starts to remove themselves from hobbies and stop engaging in social activities from the changes they have been experiencing.
- 10. Changes in mood and personality.** A common occurrence is developing a routine and being irritable when that is disrupted. If a person becomes confused, suspicious, depressed, fearful, or anxious easily you may start to become concerned.

**All information in this article came from alz.org

Halloween	Y	W	I	T	C	H	D	Y	R	A	C	S	J	W	K
October	W	J	A	C	K	O	L	A	N	T	E	R	N	C	D
Spooky	L	H	E	G	G	H	O	S	T	H	S	K	A	R	E
Scary	N	R	E	T	S	N	O	M	A	P	K	L	O	E	I
Ghost	O	O	S	U	E	D	R	L	I	R	B	J	P	B	B
Vampire	T	O	U	V	M	R	L	D	P	S	E	Z	V	O	M
Werewolf	E	B	O	Z	V	O	E	G	B	G	H	C	A	T	O
Witch	L	A	H	L	W	R	I	E	N	A	W	F	M	C	Z
Zombie	E	T	D	E	Y	A	R	A	Y	E	Y	J	P	O	S
Skeleton	K	S	E	T	A	E	R	T	R	O	K	C	I	R	T
Monster	S	N	T	K	K	O	Q	E	Y	I	O	T	R	J	O
Black	I	Y	N	X	L	U	W	D	P	X	O	Z	E	O	Q
Orange	K	M	U	E	S	O	N	T	I	N	P	S	K	F	B
Candy	M	N	A	U	L	A	L	V	C	M	S	X	K	C	P
Trick or Treat	J	E	H	F	C	T	F	J	K	T	G	B	N	N	B
Haunted House															
Jack O' Lantern															
Boo															
Spider															
Bats															

Chicken Scratch NY

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



The Fun Pages



Riddle of the month!



*I can be orange, big, and round
and am grown from the ground.
I think it is because people want me to see,
they cut faces into me!*

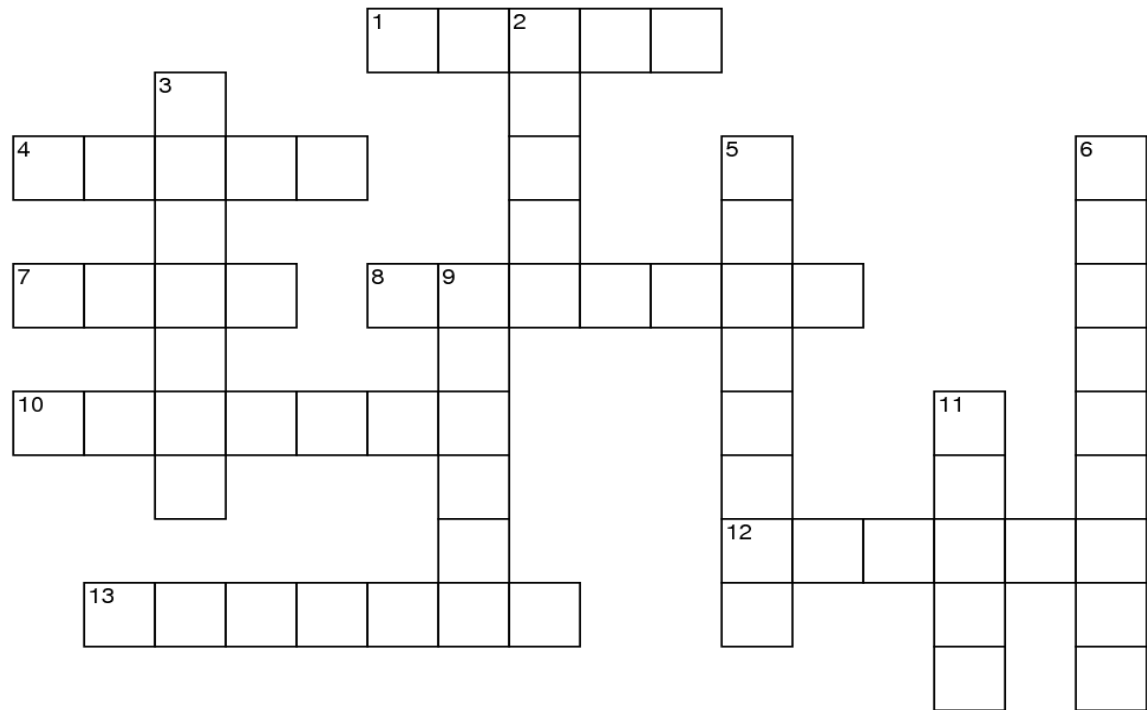
What Am I?

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!



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www.elcivics.com

ACROSS

- 1 she wears black and rides a broom
- 4 spirit that says "Boo!"
- 7 small animals that are black and fly on Halloween
- 8 month Halloween is in
- 10 cut this to make a jack-o-lantern
- 12 popular Halloween color
- 13 filled with ghosts

DOWN

- 2 "Trick or _____."
- 3 special outfit worn on Halloween
- 5 connected bones
- 6 holiday on October 31
- 9 light this and put it inside a jack-o-lantern
- 11 children eat this sweet treat on Halloween



LUNCH AND LEARN IN FRIEND



The front page of this issue mentioned how spooky scams can be! If you are interested on learning more about scams and how you can avoid them we have the perfect event for you! Come to Friend Community Healthcare System Tuesday, October 4th from 12-1 p.m. to hear

Macey Moore from Saline County Aging Services speak on scams. Learn about what scams are out there, why scammers target seniors, and how you can avoid scams! A complimentary lunch will be provided by FCHS. If you would like to attend the lunch and learn please RSVP to FCHS by October 3rd.

OPEN ENROLLMENT IT'S THAT TIME AGAIN?!??

MEDICARE D OPEN ENROLLMENT WILL SOON BE HERE October 15 - December 7.

Saline County Aging Services recommends that Medicare participants check their plan each year!



In any given year plans may:

- Change the way they cover or stop covering certain meds
- Raise deductibles, co-pays or premiums
- Add new plans that are more cost effective and competitive!

There are TWO ways to check your plan:

1. Attend the SHIP Event at the Dvoracek Memorial Library on Thursday, November 3rd. —SHIP counselors from the Nebraska Dept. of Insurance will do comparisons for free.
2. Meet individually with a Saline County Aging Services (SCAS) staff member. —They are also trained SHIP counselors and will offer non-biased assistance.*

***Either way, call SCAS to make an appointment.
The number is 402-821-3330 or 800-778-3309.***

*SCAS, a non-profit organization, asks you to consider giving a contribution of any amount to offset the cost of doing open enrollment comparisons.

Get To Know Saline County Aging Services!

What's your full name?

Marcia L Spilker Emal

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

About 9 years and one of the foot clinic nurses



What's your favorite color?

Blue



What is your favorite time of the year?

Summer: all the years spent working as a school nurse help me view it as—freedom!



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

Go on an African safari.



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

Build a church



What is your favorite part of Saline County Aging Services?

Enjoying the people I meet and improving their lives in a small but hopefully helpful way.



What is something interesting about you?

I am a partner in a small vineyard and enjoy my time working "out in the vines".



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

A lifetime supply of coffee, my cell phone with power source, and a full library



What is your best/ favorite piece of advice?

"By joyful in hope, patient in affliction, and faithful in prayer" (Romans 12:12)



What To Do/Say When Someone is Sick



There are many instances in our lives that come up when a friend, family member, or loved one becomes sick. Sometimes the sickness can be overcome, and other times it is more serious. Either way, it can be hard to know what to do/ say in situations like this. Reader's digest suggests that you should not ask what you can do to help. People who are sick generally do not want to be a burden and ask for help from others. Instead just try doing something for them. This could include cooking dinner, cleaning out the refrigerator, or just coming over to talk. You could say things like "I am bringing you dinner on Friday, do you want

chicken or lasagna?" or "I have Monday off and am running some errands, do you need anything?". Another important thing to remember is do not be afraid to go see the person or even give them a call, even if you do not know what to say! You could say something as simple as, "I do not know what to say, but I care about you and love you". Words can go a long way for a person. There are too many times when words are left unsaid and people are left with regret. So if you find yourself in a situation like this contact them, leave a message, write a letter, or just go and sit with them. It may not seem like it now, but it will make a difference.

Health Fair in SCAS Back Room

Saline County Aging Services' Health Fair

Located in SCAS Back Room

Thursday, October 27th from 9:30am -12:30pm



Vaccinations and Screenings

Vaccinations include: Flu, Pneumonia, Tdap, and Shingles.

(Most insurance companies cover the flu, pneumonia, and tdap completely, but the shingles vaccination can be over \$200). The pharmacist will check with insurance prior to administering vaccinations to make it less stressful for all!

Screenings include: STEADI checks, blood pressure, and grip strength checks.

An appointment **IS** necessary if you would like a vaccination.

An appointment is **NOT** necessary for the screenings.

Please call 402-821-3330 to schedule your vaccination appointment or to clear up any questions!