



November: A Month of Thanks



There are so many reasons to be thankful in our lives everyday of the year, but it seems that the term “thankful” really surfaces during the month of November. While it is important to be thankful during all of the other months of the year as well, a person can really focus on the meaning of what being thankful means during this time. Ask yourself, “What are you thankful for?” Is it your friends? Family? A roof over your head? Maybe something like your dog or a vehicle to get you from place to place? Whatever it is, it is important to take time and recognize what that is for you.

What are your favorite ways to express your thankfulness? I enjoy sending just because cards in the mail to let someone know I am thinking of them or to tell them thank-you for something they have done for me. You could also make up some cookies or a casserole and deliver it to that someone special you are thankful for. Even something as simple as a phone call or conversation to let someone know you are thinking of them, or reminding them of a time that they did something for you that you were appreciative of is a great way to express thanks. Thankfulness can go beyond the scope of people we know as well. Maybe during this month you will try doing a

“pay it forward act” and buy someone’s meal. This could also include giving a larger tip than normal when you are out or just smiling a little more at strangers. Try to find something that is comfortable and reasonable for you to do then go out and let people know what they mean to you!

Another important day to remember during this time is Veterans Day. Veterans Day pays tribute to all American veterans-living or dead-but especially gives thanks to living veterans who served their country honorably during war or peacetime. The purpose of Veterans Day is to honor America’s veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. While it is important to recognize Veterans on November 11th we should honor our veterans year-round. The easiest way to do this is expressing thanks. If you see someone in uniform just saying a few words of gratitude or doing acts of kindness to show how much their service means to you can go a long way.



To all of the Veterans: We deeply appreciate the sacrifices you have made to keep our country free!

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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.



Computer Tips– Passwords

By Computer Tutor



Passwords can be simple and easy for you to remember. Using the same password for everything makes sense, right? Unfortunately, there are thousands of hackers who hope that you will choose this easy fix.

You should have a different password for every account that you have on your computer. Better yet would be a different user name as well. I know that's not what you wanted to hear, but how difficult would it be for you to recover and restore your good name, credit, and reputation? That is what you are risking by not having unique user names and passwords.

My other caution to you is not using common, easy to figure out user names and passwords. These no-no categories include pet's name, mother's maiden name, your maiden name, e-mail address, birthdates – yours, your spouse or children, phone number, social security number, street address, zip code, and the list goes on. How many of these are you using?

The best user names and passwords are those that consist of random numbers, letters, and symbols. Here is an example – A5cf\$6Lr4o. Imagine trying to remember that one!

For better protection, your user name and password should contain letters and numbers of at least six (6) characters. An example would be – Na19te. It is best to have the number somewhere in the midst of the letters. If Na19te was the user name, the password could be C2omp7uter. That wasn't too hard, was it?

Let's take the next step. Most accounts that require both a user name and password will also allow the use of most, if not all, of the symbols on your computer's keyboard. A simple example would be Na&9te.

Taking it to the final step, you can use symbols and numbers in place of letters. This would be one example – N@teBr0wn. See how easy it can be. An even more advanced version would be using more uppercase letters.

Just use your imagination and stay away from the commonly used categories. And, be sure that each user name and password that you create and use is different. Even if you change just one or two characters, you will have stronger and harder to crack user names and passwords.

(Editor's Note: Lee De Bevoise was the Computer Tutor. He's currently retired. However Lee still enjoys helping folks with computer-related questions as he has for almost 30 years. Please e-mail your questions and/or comments to computertutor@fishdreams.com.)

8 Thanksgiving Fast Facts

1. Americans eat roughly 535 million pounds of turkey on Thanksgiving.
2. They celebrated the first Thanksgiving Day in the fall of 1621.
3. The first Thanksgiving celebration lasted three days.
4. Californians are the largest consumers of turkey in the United States.
5. The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.
6. About 20% of all cranberries that are consumed in the U.S. per year are eaten on Thanksgiving.
7. It was not until 1941, that congress declared Thanksgiving as a national holiday.
8. More than 40 million green bean casseroles are served on Thanksgiving Day.



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:

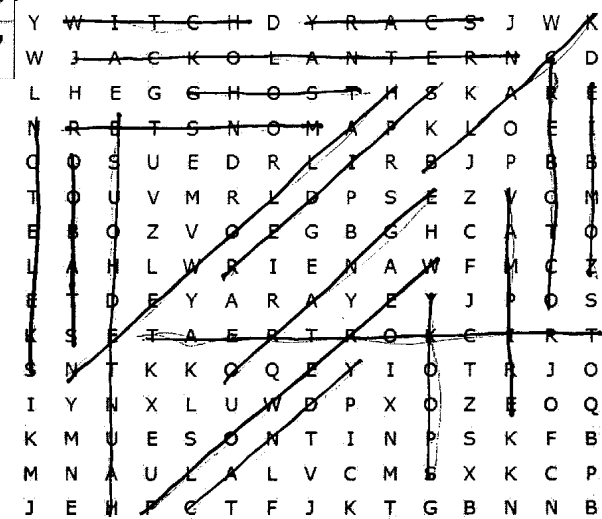
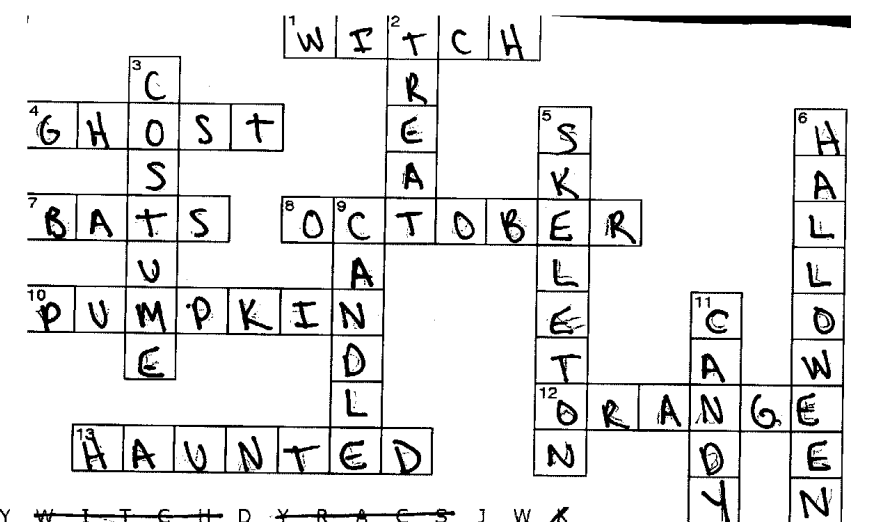
Address:

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



Answers to Last Month's Puzzles

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



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



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



ANNOUNCEMENTS



From Macey

I just wanted to say thank-you to everyone I have had the pleasure of meeting while I have been working at Saline County Aging Services. It really has been my pleasure to teach classes such as Stepping On and Tai Chi, doing presentations, and helping others with a variety of other things. I have learned so much from you all and you all have such a special place in my heart. Saline County Aging Services is such an asset to this county and the seniors and I am honored to have worked for such an incredible place. If you would like to get ahold of me in the future please contact Amy or Laura and they can direct anything my way! I will miss you all dearly and wish you all the best!

Macey Moore

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. These meals are available to people of ALL ages. To sign up or get a menu for the month, call 402-947-2541 and ask for Ashley (Dietary Manager) or Donna (Social Services).



Food for Thought Thanksgiving Alternatives



Thanksgiving is a wonderful time of the year full of family, friends, and good food. Sometimes this food can leave you feeling like you were the turkey that was stuffed though! This article provides you with ways to survive the holidays and be able to leave your relative's house with the same pants on that you came in wearing!

Alright, first things first. Thanksgiving dinner is all about the turkey. When it comes to



the meat generally the white turkey breast is a better choice than the dark meat. Before cooking the turkey try browsing the internet to find new recipes and ways to make this dish a little lighter.

Next up are the sides. One cannot have Thanksgiving dinner without all of the fixings! This can include green bean casserole (a favorite in my house), mashed potatoes, corn, stuffing, cranberry sauce, sweet potatoes, the list could go on and on! Here are some tips to help make them a little lighter, while still enjoying them 100%.

- Look for ways to substitute high caloric ingredients with lower ones.
- Avoiding having trays of high caloric appetizers out for people to munch on before the main dish is served. Put out trays of fresh cut fruits and veggies instead.
- If there is a vegetable dish try leaving it

as just the veggies. Avoid putting cheese or sauces over them.

- Try finding recipes that include more steamed or roasted vegetables in them.
- It is a good rule to try and get vegetables to cover at least half of your plate.
- When it comes to the extra fixings try to keep the portion sizes down! Keeping a side of stuffing down to 1/2 cup is a great way to keep you from getting too stuffed!
- Cut the desserts into single, serving sizes before you put them out. This way it will be easier for people to resist that large piece of pie!

If all else fails and you do end up over-indulging on this day, forgive yourself, but don't lose hope. One article mentions that during this time of the year it is important to remember it is a holiDAY not a holiWEEK. It is okay to indulge for one day, but do not make it a habit for the entire week.

Another way to make yourself feel a little better is to get some exercise or move around during the day! If the weather is nice go for a walk that morning and then again after you eat. If you have to stay inside sit on a chair and do some easy chair exercises, or play a game with the family. Little things like this can go a long way to keep you moving and active!

Whatever you do though, do what makes you happy on this day and enjoy it to the fullest!



**All information in this article came from <http://anp-foundation.org/surviving-thanksgiving/>

Back Room Event & Full Circle in Friend



Come listen to a short presentation on how to stay mentally active as we age! Learn the benefits of having an active brain and what you can do to keep it that way! After the presentation we will be playing games to celebrate game and puzzle week!

You can attend this event at either Saline County Aging Services or at Friend Community Healthcare Systems. Read the following information to find out which one is best for you!

November 16th: at Saline County Aging Services' Back Room in Wilber from 2-3pm

*****November 22nd:** at Friend Community Healthcare Systems

Registration: 11:45am

Meal: 12:00pm with the presentation and games to follow.

If you are interested in coming to one of these events please call Saline County Aging Services to reserve your spot! ****In order to come to the meal at Friend Full Circle please have your reservation in by November 15th!*

Beating the Holiday Time Blues



While the holidays can be a lovely time of the year, they can also bring feelings of loneliness or sadness for some. This could result from missing a loved one or being

away from family. It is important to try and find a meaning during this time of the year to keep you busy and going, to help from just feeling down the whole season. For many people this comes through volunteering for their church, an organization they belong to, shelters, food banks, free clinics, or visiting long-term care facilities. Some people have a "Friends Thanksgiving" and have close friends over to enjoy a holiday meal with that might be experiencing the same feelings as them. Others will find a project to do or

have their favorite music playing throughout their whole house. It can be more difficult to feel isolated or lonely when you can serve someone else by volunteering or enjoy time with friends that bring you great joy.

On the other hand it is important to keep these people in mind during the holidays. Maybe you are having a small get together at your house, do not be afraid to extend an invitation to someone who may not have much family around or who you know has a difficult time during this part of the year. Offer them to come over and stress that they will not be intruding on anything and that you would really like to see them there. Maybe you could even suggest that they could bring a dish to the get together so they do not feel like they are being a bother. Whatever you have to do to make them feel welcome and comfortable. Hopefully through one of these suggestions you can connect and find meaning during this season.

What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, NOVEMBER 2ND
Program- TC Administration Menu- Sloppy Joes, mac and corn casserole Bridge & Dominos
WEDNESDAY, NOVEMBER 9TH
Program- How to Be a Good Friend Menu- Hot Beef Cards or Dominos
WEDNESDAY, NOVEMBER 16TH
Program- The Homestead Years Menu- Turkey and Dressing Bridge & Dominos
WEDNESDAY, NOVEMBER 23RD
Program- Music with Kathy S and Jan Dunn Menu- Hamburger Steak Bridge or Dominos
WEDNESDAY, NOVEMBER 30TH
Program- How to Help Our Servicemen Menu- Polish Sausage

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:

Open Enrollment: Now until December 7th
SHIIP Event in Crete: November 15th
Back Room Event: November 16th
SHIIP Event in Friend: November 17th
Friend Full Circle: November 22nd



Winner of October's riddle:

Betty Skrdla

Betty 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 October's riddle was PUMPKIN



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

November 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		1 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	2  Deviled Egg Day	3 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On in Crete 1-3pm	4	5  Book Lovers Day
6  Saxophone Day	7	8 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	9	10 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	11  Veteran's Day SCAS CLOSED	12  Chicken Soup for the Soul Day
13  Caregiver Appreciation Day	14  World Diabetes Day	15 SHIIP Event in Crete @ DeWitt Tai Chi 9-10:00 Quilting 1-5	16 Back Room Event 2-3pm  National Fast Food Day	17 SHIIP Event in Friend @ DeWitt Tai Chi 9-10:00 Quilting 1-5	18	19  National Adoption Day
20	21  World Hello Day	22 Friend Full Circle 11:45 Registration @ DeWitt Tai Chi 9-10:00 Quilting 1-5	23  Eat A Cranberry Day	24  Thanksgiving Day SCAS CLOSED	25 SCAS CLOSED	26
27	28  French Toast Day	29 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	30			

Exercise of the Month– Lower Back Stretch

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both arms and shoulders flat on the floor throughout the stretch.
2. Keeping knees bent and together, slowly lower both legs to one side as far as you comfortably can.
3. Hold the position for 10-30 seconds.
4. Bring legs back up slowly and repeat toward other side.
5. Continue alternating sides for at least 3-5 times on each side.



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

*** If you have had a hip or back surgery, talk with your doctor before trying this stretch!!!

Recipe of the Month

Apple Pie Bites

Prep Time	Total Time	Servings
15 minutes	27 minutes	8

Ingredients

- ◇ 1/4 Cup packed light brown sugar
- ◇ 1 teaspoon apple pie spice, plus a little extra for topping
- ◇ 3 tablespoons of melted butter
- ◇ 1/3 Cup chopped pecans
- ◇ 1 small Granny Smith apple, sliced into 8, 1/2 inch slices
- ◇ 1 8oz can crescent rolls

Directions

1. Preheat oven to 375 degrees and line a baking sheet with parchment paper.
2. In small bowl combine brown sugar and apple pie spice. In another bowl melt butter and toss apple slices in butter.
3. Arrange crescent roll triangles on baking sheet, evenly distribute brown sugar mix onto each triangle. Then sprinkle each one with chopped pecans. Finally, place an apple slice on the wide edge of the roll and wrap crescent roll around each apple.
4. Brush each roll with remaining butter and sprinkle lightly with apple pie spice.
5. Bake for 10-12 minutes, or until golden brown. Cool for 5 minutes before serving.

Tip: Drizzle melted caramel on top!





The Fun Pages



- APPLE PIE
- BEANS
- BREAD
- CORN
- CRANBERRY SAUCE
- GRAVY
- HAM
- MASHED POTATOES
- MILK
- PUMPKIN PIE
- ROLLS
- SQUASH
- STUFFING
- SWEET POTATOES
- TURKEY



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

 **Riddle of the month!** 

*I am planted in the ground,
all across the Midwest is where I can
be found.*

*In the summer I am green as can be,
and I am known for big ears growing
on 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!

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!

Open Enrollment Events



Saline County Aging Services (SCAS) is hosting two Medicare D comparison events. The first will be Tuesday, November 15, at the Centennial Terrace in Crete (1600 Grove Ave. Crete, NE 68333). The second will be on Thursday, November 17, at Friend Community Healthcare Systems in Friend (905 2nd St, Friend, NE 68359). **Appointments for the events need to be made by calling Saline County Aging Services at 402-821-3330.**

Your Medicare D insurance carrier should have already sent information to you on the changes that will take place with your current plan. It is *very important* that you read

over this information carefully. It will explain if your plan's premium and co-pays will change in 2017, and if they will be adding or dropping medications from their formulary (what the drugs the plan covers). Make sure that your prescription drugs are still covered.

The SHIIP trained Saline County Aging Service's staff will also be doing Medicare D comparisons at their office **by appointment** during the open enrollment period. SCAS is a non-profit organization and asks you to consider giving a contribution of any amount to offset the cost of doing open enrollment comparisons.

Please call Saline County Aging Services if you would like to **schedule an appointment** 402-821-3330. We may not be able to accommodate walk ins at either event in Crete or Friend.

Get To Know Saline County Aging Services!

What's your full name?

Lorene M. Horky

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

4 years and Vice President



What's your favorite color?

Blue



What is your favorite time of the year?

Spring-when things get green and flowers start blooming.



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

Rome to see the pope.



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

Set up a fund to help less fortunate children to continue their education.



What is your favorite part of Saline County Aging Services?

It has been interesting learning about Saline County Aging Services and all the programs for seniors and the staff are very helpful.



What is something interesting about you?

I do a lot of volunteering with many organizations and mentoring some immigrants.



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

Water, blanket, and paper and pen to keep a diary.



What is your best/ favorite piece of advice?

Be courteous to others and work hard to do the best you can --never give up!



Note from the Director

Dear Friends,

I have a bit of sad news to share with you all. Macey Moore is leaving us. Her last day is Friday November 4th. Macey has decided to take a job closer to her significant other, to begin a new chapter in her life. Macey has been a very valuable asset to me and our agency, jumping in whole heartedly to help me realize the dream of "Full Circle", and the 'back room' events. She has worked tirelessly to assist in their launches.

For almost a year and a half, Macey, Laura, and I have been a well-blended team and have started a great momentum in both service and agency growth. Our agency has taken a direction that I have long dreamed possible. Laura and I will work to keep the momentum growing, as I look to find a new staff

member to round out our team. Macey will be sorely missed, but I am incredibly proud of her and excited as she starts the next chapter of her life and career.

I knew when I hired Macey that we would just be stepping stone in her bright, limitless future, but her impact on our services has been humongous. Her potential is endless and I hope that you will wish her well as she starts this new adventure!

Yours in service,

Amy B. Hansen, Director



Medicare Notes

The Saline County Aging Services staff recently went to an update training for all things Medicare. It is, after all, that time of year. The biggest thing we learned and that we wish to pass on to you is this:

READ YOUR MAIL!!!

If you have not read your mail, you may have missed information that could affect you **BIG TIME!** Your drug plans should have sent information on 2017 changes to you already.

For those with Medicare Part D prescription plan coverage, we learned that in 2017:

- Plans can have a deductible of up to \$400. Has yours gone up?
- Some plans had an increase in premiums, some actually went down. What did yours do?
- One plan is non-renewing, which means it is going away. People who have Transamerica MedicareRx Classic *won't*

have drug coverage in 2017, if they don't find a new plan.

- Four plans are merging with another plan. If you have one of these plans, you will be covered in 2017. People with Symphonix PrimeSaver Rx, or United American-Enhanced, or United American-Essential, or United American-Select should, however, *check to see if this new plan will work well for them.*
- Drug plans can drop/add or re-tier (re-price) drug(s). Did they do that with yours?

As always, if you have any questions at all or would like to schedule a Medicare Part D comparison appointment please call Saline County Aging Services at 402-821-3330.

Just remember... it is so important to READ YOUR MAIL!