



Ways To Give Back This Holiday Season

Nothing makes me feel better than being able to do something for someone else. It is the little things in life that matter the most. Here is a list of simple things you can do this holiday season to give back to someone you may know or maybe even surprise a stranger! Many of these acts do not cost much or involve much time, but it is the thought that counts.

and about, but still want to give back, maybe consider donating money to a charity. The amount does not matter, because any dollar helps! Here are a few of my favorite charities: American Heart Association, Make-A-Wish-Foundation, The Humane Society, and Huntington Christmas. Take a look around your town and see if there is anyway to donate locally. There may be more places than you think!

1. Paying it forward at the drive-thru: This seems to be a classic around the holiday season. If you find yourself in the drive-thru of a fast-food place and see a line of cars behind you, tell the cashier you would like to pay for the person's order behind you. When that person gets up to pay for their order they will be pleasantly surprised and may even pass the act on themselves!
2. Make care packages for the homeless: Take gallon size zip lock bags and fill them up with essentials that a person may need. This can include a bottle of water, a couple granola bars, travel size toothbrushes, Band-Aids, hand sanitizer, tissues, a comb, any other food snacks you can fit, or a five dollar bill. Get creative! Put anything in this bag that you think a person could benefit from. Then keep them in your car and the next time you see a homeless person hand them one.
3. Donate your money: If you cannot get out



More ideas to give back to the community this holiday season will be continued on the next page...

Inside this issue:

Stepping On	3
Exercise of the Month	5
Caregiver's Corner	7
Fun & Games	11
What's Going On	13

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.



4. Adopt a family: The Salvation Army along with other stores do a program called adopt a family. This is where you sign up to provide Christmas gifts to a family who may be going through a difficult time over the holidays. If you want to feel like Santa, here is your chance!

I hope these ideas inspire you to give back this holiday season and remember that we have so much to be thankful for! All of us from Saline County Aging Services would like to take the time to wish everyone a happy and safe holiday season, may your days be merry, bright, and filled with lots of happiness!

5. Donating clothes: This time of year is a good time to go through your closet and pick out things you do not wear anymore. Make sure they are gently used and in good condition, you do not want to give someone something that has holes in it! Coats, hats, scarves, and mittens are especially helpful during the cold months! Take these clothes to a local shelter or donate them to a family who may need them.



Computer Tips for Safe Online Shopping

Love shopping online? Check out these tips for a safer online shopping experience:

- ☞ Use sites you know. Go to the original site, not through a search engine or email link.
- ☞ Avoid all offers from social media sites.
- ☞ Look for the LOCK. Never, EVER buy anything from a site that is 'http'. The added 'S' in 'https' shows that the site is secure.
- ☞ NEVER give your credit card number through an email.
- ☞ Use a credit card NOT a debit card when purchasing online. Not only does a credit card limit the amount you are responsible for, it is not linked to your bank account.
- ☞ Better yet, use a preloaded credit card: If it gets compromised, they would only get the amount on the card.



- ☞ Have good anti-virus protection on your PC.
- ☞ Use strong passwords. Using a password with a number, a symbol, a capital letter included makes it harder to guess! i.e. N0tmyM0n3y or Hands*0ff3
- ☞ Avoid public terminals for shopping. (Like the library.) Use your home computer.
- ☞ Check your bank statements online often for extra fees, debits, purchases, etc. that should not be there.

After all, a safe shopping experience is a happy shopping experience!



Want Saline County Aging News sent to your door???



Cut this slip out, fill the information in below, and mail it to **Saline County Aging Services- PO Box 812- Wilber, NE 68465** or bring it into our office at 109 W. 3rd Street in Wilber.

Name:

Address:

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



Winter Weather Closings



Soon we will be approaching another Nebraska winter. Even though Nebraska weather can be very unpredictable at times we are pretty certain that we will experience snow and bad driving conditions at some point. When this happens there are a few things you should be aware of...

- If the Saline County Courthouse is closed, Saline County Aging Services will be closed.
- If Wilber-Clatonia Public Schools closes for a snow day because of bad weather, Saline County Aging Services will also be closed.
- If either of these happens to fall on a foot clinic day, the foot clinics will be cancelled for the day, but we will work to reschedule your appointment.



Be safe this winter and know what the driving conditions are like before you try to go out and about! If you are not sure if Saline County Aging Services will be open or not do not hesitate to call 402-821-3330 and find out!

Service Spotlight



We also take equipment donations!

Saline County Aging Services makes free, short term loans of durable medical equipment to any Saline County Resident, regardless of age!

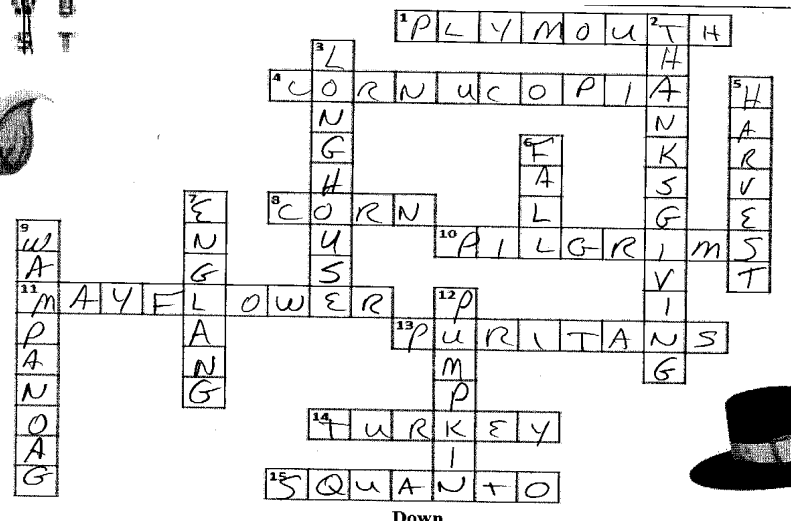
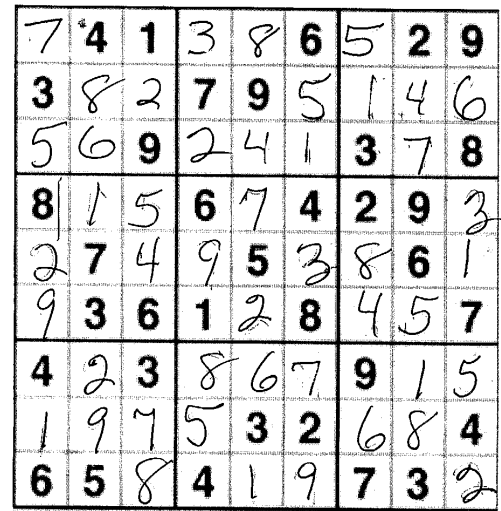
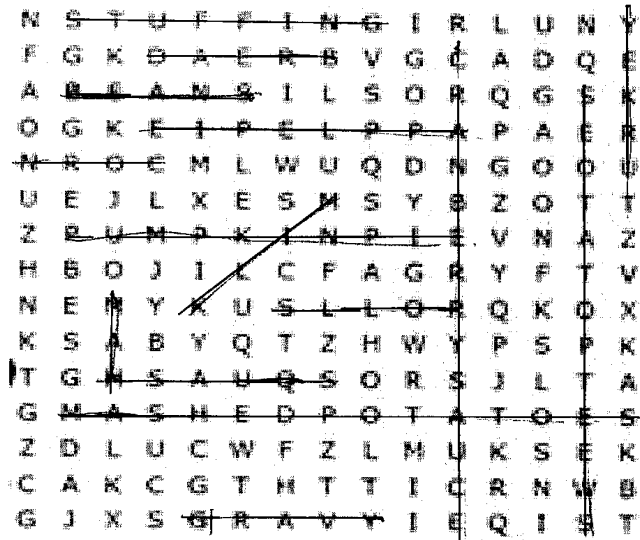
Our loan program is perfect for individuals :

- 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

Our Equipment

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

Answers to Last Month's Puzzles



That was a hard crossword puzzle, wasn't it?



SCAT Providing Public Transportation for the City of Wilber

Saline County Area Transit is now providing public transportation services for the City of Wilber every Thursday from 1-5 PM.

The **FREE** services are open to the public, regardless of age!

Please call to reserve your ride **at least one day before** you plan to ride. Rides may be scheduled the same day, but reservations will take precedence.

Also, call if you need service that conflicts with the scheduled hours. It **may** be possible to work something out.

GIVE THEM A TRY!

CALL

402-433-4511

Or

888-433-7228



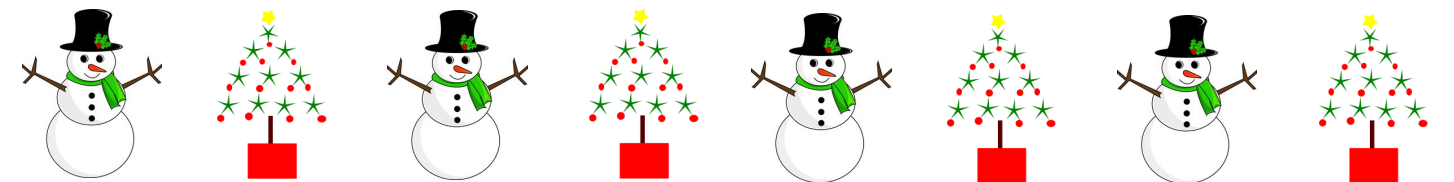
Note from the Director

Merry Christmas

... To you and yours!

May hope, love, peace, and joy be your gifts at Christmas, and your blessings all through the year!

Yours in Service,



December 7, 1941 “A date which will live in infamy”

December 7, 1941 Japanese planes attacked the Naval Base at Pearl Harbor. Franklin D. Roosevelt declared this day as,

“A date that will live in infamy.”

The attack only lasted about 2 hours, but it destroyed around 20 American naval vessels, which included eight battleships, and almost 200 airplanes. More than 2,000 American soldiers and sailors lost their lives and another 1,000 were wounded in the attack. The day after the attack the US declared war on Japan and so entered WWII.

Since the Attacks December 7th is now known as Pearl Harbor Remembrance Day. Memorials have also been built to honor the lives lost on this day. The USS *Arizona* Memorial in Pearl Harbor is a marble memorial built over the sunken USS *Arizona*. Another

memorial is the USS *Utah*, which was a battleship that was attacked and sunk. In 1972 a memorial to honor the crew was dedicated on the northwest shore of Ford Island.

Wherever you are and whatever you are doing on December 7th this year make sure you take a little time to remember and honor the lives lost at Pearl Harbor.

Pictured below is the USS *Arizona*



Exercise of the Month— Front Arm Raise

This exercise is for your shoulders. It will help you put things up on a shelf or take them down more easily.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times. Rest. Then repeat 10-15 more times.



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

Tip: As you progress use heavier weights!

What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, DECEMBER 7TH
Program—Deputy Hudiburgh & his K-9 Indy Menu— Tuna & noodles, Veggie Bridge & Dominos
WEDNESDAY, DECEMBER 14TH
Program—T.C. Exchange Students Menu— Beef Stir Fry Cards or Dominos
WEDNESDAY, DECEMBER 21ST
Program—Christmas Bingo. Bring a wrapped gift to exchange. Menu— Salmon Loaf Bridge & Dominos
WEDNESDAY, DECEMBER 28TH—CLOSED

Interested in Home Delivered Meals?
For DeWitt, call: 402.683.6475
For Wilber and the rest of 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 p.m. for a meal and fellowship. No cost, open to everyone regardless of age.

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, December 22, 2016, in the Wilber Care Center's Activity Room. Please RSVP by December 16th to one of the following numbers: 821-2014, 821-2271 or 821-3259

Important Dates to Remember:

DECEMBER 7—Last day to sign up for or change Medicare Part D prescription drug plans. See page 2 for info.

FULL CIRCLE—in Friend. See page 7 for details.

BACK ROOM EVENT—in Wilber. See Page 7



Winner of November's riddle:

Dwayne Doremus of Crete

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 November's riddle was CORN



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

December 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				1  Eat a Red Apple Day	2	3
4  Santa's List Day	5	6 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	7  Pearl Harbor Day	8 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	9	10  Human Rights Day
11	12  Poinsettia Day	13 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	14	15 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	16  National Chocolate Covered Anything Day	17 SANTA IN DEWITT! KIDS CRAFT At Senior Center from 9-11
18  Bake Cookies Day	19	20 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	21  Crossword Puzzle Day	22 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	23	24 Christmas Eve 
25 Christmas Day 	26 Christmas Observed SCAS CLOSED 	27 SENIOR	28 CENTER ALL WEEK	29 CLOSED	30  Bacon Day	31 New Year's Eve 



Food for Thought Lessons on Sodium



All of us enjoy eating tasty, well-seasoned foods. However, we all need to be careful to limit our sodium intakes to prevent and improve hypertension. Hypertension is a chronic disease that affects many older adults caused when blood pressure is consistently higher than what is recommended. Normal blood pressure is 120/80. Controlling sodium intake and eating a balanced diet can help lower your blood pressure and reduce your risk of developing cardiovascular disease. Individuals with hypertension are advised to consume no more than 1,500 mg of sodium per day; about 3/4 a teaspoon of salt if you were to measure it out as one lump sum!

There is a large amount of salt added to our foods so it is very important to always read the Nutrition Facts Label for sodium content. The DASH Diet (Dietary Approaches to Stop Hypertension) is recommended for all, regardless of whether or not they are diagnosed with hypertension. The DASH diet is used to prevent and control high blood pressure.

Did you know that salt is an acquired taste?

Salt is an acquired taste that is developed over time. We become accustomed to salty foods and start to crave the saltiness even more. Cutting down on this acquired taste can be difficult, but learning different ways to flavor foods may help decrease your risk for a variety of chronic diseases. The body adjusts to this decreased salt intake fairly well. In time, you crave salty foods less. Eventually some may even taste too salty.

Did you know that salt is used for more than just flavoring food?

Salt is used for more than just flavoring.

Salt acts as a preservative, which is why it is commonly used in canned and meat products. Salt also affects the texture in many food products, such as yeast breads. It stabilizes the volume of certain products, such as egg whites. Some products such as cheese, can't even be made without salt. Cheese depends upon salt to add flavor, texture, quality, shelf-life, and safety.

Did you know that most of the sodium that Americans consume comes from processed foods?

By limiting the amount of processed foods, we can help decrease our sodium intake. Processed foods that tend to be high in sodium include canned soup, cheese, potato chips, crackers, ready-to-eat frozen dinners, processed meats (luncheon meats and hot dogs), and many other processed foods. Many companies are now adding "reduced sodium" and "no salt added" options. Make sure to read the Nutrition Facts Label and compare similar products and brands to determine which is the healthier choice.

Spice it Up!

There are a variety of spices to season your food that do not contain salt! A variety of salt-free seasonings are available in the spice section at most supermarkets. Try these tasty tricks to reduce your salt usage when cooking:

Add lemon or vinegar to fish or meat, as well as many vegetables. Season meat with onion, garlic powder, green pepper, ginger, dry mustard, sage, and marjoram. Cook with fresh mushrooms and unsalted tomato sauce. Season vegetables with onion, mint, ginger, dill seed, parsley, green pepper, or fresh mushrooms.

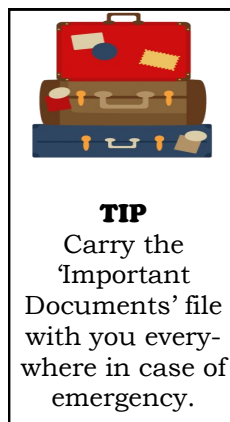
**All information in this article came from a sodium handout from Aging Partners

Caregiver Checklist for holiday travel preparations:

The holidays can be stressful enough for caregivers and their care recipients when they are in their own surroundings. Although the thought of traveling may strike fear in a caregiver's heart, the experience doesn't have to be a traumatic for either of you. With a little forethought and planning, traveling for the holidays could be a cherished memory.

Prepare:

- Get ok from loved one's doctor
- Fill Prescriptions
- An 'On Hand essentials Bag', including:
 - TED hose to prevent blood clots and numbness during long rides.
 - Clothing for easy layering in varying temperatures.
 - Snacks and water
 - Weather appropriate accessories, sun hat, sunscreen, etc. or mittens, scarf, hat, etc.
- An 'Important Documents' File or folder, that includes:
 - Emergency contact info
 - List of food, Med, and other allergies
 - List of current meds and doses
 - Physician and insurance information



Preplan as much as you can before you go:

TIP
Consider renting a mini-van vs a car. Not only is it easier to get in and out of, but you'll have more room to stretch out.

Renting a car?

- Make sure it is easily accessible and any walker, wheelchair, etc. is able to fit.

Flying?

- Request seats in the designated for disabled
- Request an airline employee and wheelchair to assist from check in to gate.
- Make sure the airline can accommodate medical equipment (walkers, wheelchairs, etc.)
- Limit connections and layovers, making travel time as brief as possible

Renting a Room?

- Request an ADA compliant room.
- Make sure the airline can accommodate medical equipment (walkers, wheelchairs, etc.)
- Request a first floor room. In an emergency, elevators may shut down, leaving you with the stairs.

TIP
Because only hotels built after 1992 are required to have handicapped rooms. Always ask!

Does your loved one have Alzheimer's?

Keep things as familiar as you can:

- Stick as close to their routine as you can so as to minimize confusion.
- Communicate to your loved one where you are going and what you will be doing.
- Avoid very loud restaurants and crowded places when your loved one is overly tired.
- Plan extra time to avoid the agitation of hurrying.
- Bring familiar items when possible (Pajamas, blanket, pillows).
- Try to travel by day as much as you can to ease the symptoms of Sundowner's Syndrome.

Sundowner's Syndrome increases fear and agitation just before dark.

Try:

- Getting back to the room before the sun goes down.
- Lowering the curtains and turning on lights, to soften the change from day to night.
- Traveling during day hours.

Riddle of the month!

I am known for having pointy ears and making Christmas toys, For Santa and his reindeer to give good girls and boys.

What Am I?

Answer the riddle correctly to 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!

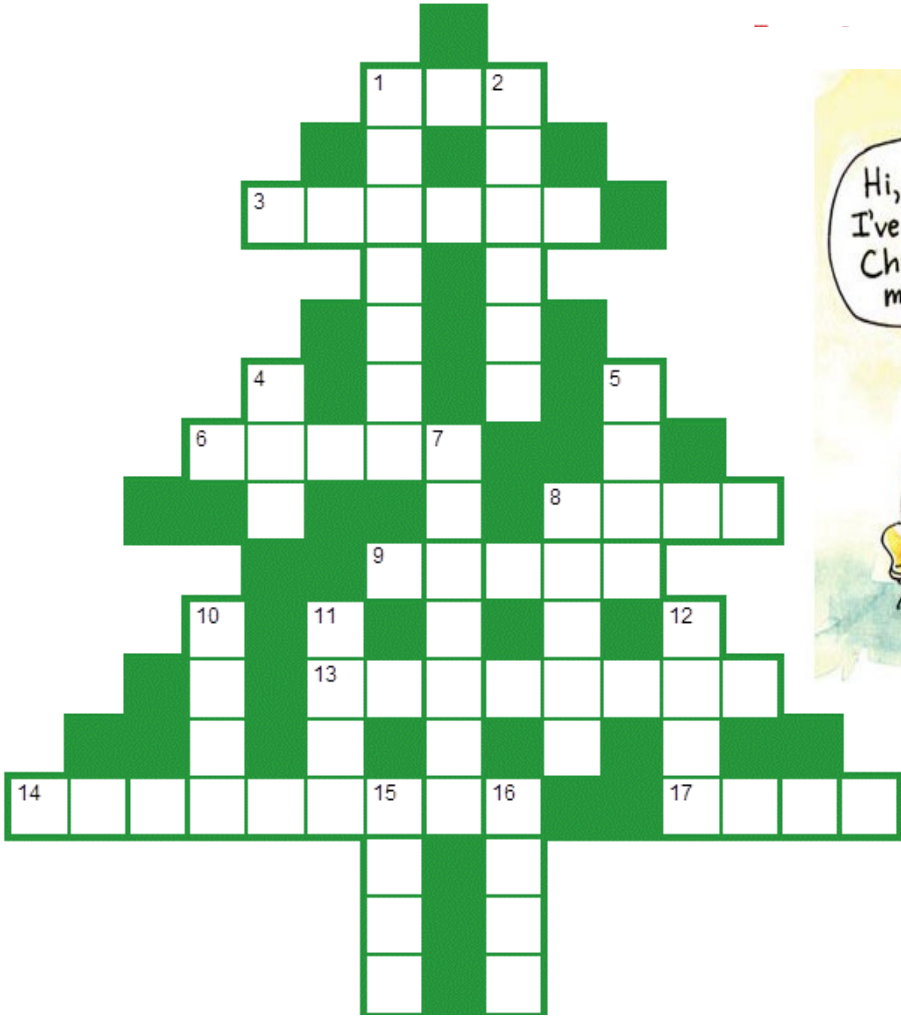
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		7			9	1	2	
	2							
	5		8	1	6			3
4			3		7			6
1			4	9	2		5	
							3	
	3	4	5			8		
	8		2			9		

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



- BELLS
- CANDY CANES
- CAROLS
- CHRISTMAS
- DECEMBER
- ELVES
- FAMILY
- LIGHTS
- PRESENTS
- REINDEER
- RUDOLF
- SANTA CLAUS
- SILENTNIGHT
- SNOWMAN
- TREE

The Fun Pages



DOWN

- 1. Alternative word to 17 across
- 2. Christmas drink
- 4. Christmas dinner centerpiece
- 5. Dec. holiday
- 7. Christmas warmer
- 8. "Jingle _____"
- 10. Christmas tree
- 11. O. Henry's "The Gift of the _____"
- 12. What carolers do
- 15. French Christmas.
- 16. Snow glider

ACROSS

- 1. Pumpkin or mincemeat
- 3. Santa's ride
- 6. Celebration
- 8. Newborn
- 9. Northpole crew
- 13. Word of praise
- 14. Words on a Christmas card
- 17. It's opened on Christmas

Full Circle Events in December



Join us for our Christmas Parties!

Come play Jingle Bingo and then join in our Holiday Sweater Contest: Wear your holiday, winter, or seasonal sweater, vest, or top.

Enter one of three categories to win a prize:

- *Most Festive
- *Prettiest
- *Ugliest



Wilber:
 Join us for snacks & Finger Foods
 Friday, December 16
 From 1:30- 3:30 p.m.
 In the Back Room at SCAS
 Please RSVP to 402.821.3330
 By December 15

Friend:
 Join us for lunch
 Tuesday, December 20th
 From 11:30- 1:30 p.m.
 FCHS Cafeteria
 Please RSVP to 402.821.3330
 By December 15th
 Meal Costs:
 Over 60, Suggested contribution of \$4.50
 Under 60, Flat fee of \$5.00



Get To Know Saline County Aging Services!

What's your full name?

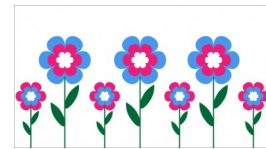
Kathryn L. Bolton

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

9 yrs. When I retired 9 years ago from Crete Hospital, Carol invited me to a meeting and I am still here.

What's your favorite color?

Blue & Purple



What is your favorite time of the year?

Spring. I like to "dig in the dirt" and take care of flowers, and also see all the fruit trees bloom. We do a lot of canning of the fruit from our trees.

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

To Ireland. My maiden name was McGahan.



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

First, I would build my husband a new garage, then give a large amount to the church so we could get the new Catholic Church built in Crete.

What is your favorite part of Saline County Aging Services?

I have learned a lot just coming to meetings. I like the way Amy has gotten new programs going to help senior citizens, and getting meals started in some of the towns.

What is something interesting about you?

I grew up in Elsie, NE in Perkins County. I worked 33 years at Crete Hospital, mostly the night shift. I have been married 58 1/2 yrs., have 5 children, 15 grandkids, and am expecting the 9th great-grandchild.

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

I would want some books, yarn with knitting needles & crocket hook, and water.



What is your best/ favorite piece of advice?

To always tell the truth and to do your best.



Gingerbread House History

The first known recipe for gingerbread came from Greece in 2400 B.C. The cookies were staples at Medieval Fairs in England, France, Holland, and Germany. It was Queen Elizabeth who had the idea of decorating the cookies. The festivals turned into gingerbread fairs and the cookies they served were called "fairings". Gingerbread was used for all seasons and the shapes of the cookies changed with the seasons.

Gingerbread houses came onto the scene in Germany during the 16th century. These cookie wall houses were associated with a Christmas Tradition. Gingerbread houses became even more popular after the Brothers Grim wrote the story of Hansel and Gretel.

The current record for the biggest gingerbread house was constructed at Traditions Gold Club in Bryan, Texas. It required a building permit because it was about 40,000 cubic feet and took 4,000 gingerbread bricks. If a person wanted to make something this size out of gingerbread they would need 1,800 pounds of butter and 1,080 ounces of ginger! That might take a few shopping carts to get all of that from the grocery store!



Recipe of the Month

Crock Pot Peanut Clusters

Prep Time	Cook and Cool	Total Time
10 mins	3 hours	3 hours 10 minutes

Ingredients

- 1 16oz container dry roasted, salted peanuts
- 1 16oz container dry roasted, unsalted peanuts
- 1 12oz bag semi-sweet chocolate chips
- 4oz German white chocolate (or any other chocolate you have around)
- 32oz white almond bark

Directions

1. Pour peanuts into bottom of a crock pot and then put chocolate chips, German chocolate, and almond bark on top.
2. Cook on low, about 1 1/2 to 2 hours or until chocolate is melted. Stir well.
3. Drop by the tablespoon onto waxed-paper lined cookie sheets. Let cool at room temperature until chocolate has hardened! ENJOY!

Tip: Bag these in decorative bags and give as gifts to friends!

