



April Fools' Day History*

It has become tradition on the first of April to pull jokes, of the harmless variety, on those near and dear to us. We plot and we scheme, and often the yuks are funnier in our imagination than how they play out in reality, but that doesn't stop us from sending the little kid in us out on a rampage. Even the most serious among us have been known to indulge in a practical joke or two, so beware of trusting anyone on that day. How the custom of pranking on April 1 came about remains hidden in mystery.



When the western world had the Julian calendar, each year began on March 25. Festivals marking the start of the New Year were celebrated on the first day of April because March 25 fell during Holy Week. The adoption of the Gregorian calendar (what we have now) during the 1500s moved the New Year to January 1. According to the most widely-believed origin proposed for April Fools' Day, those who could be tricked into believing April 1 was still the proper day to celebrate the New Year earned the nickname of an April fool. Because of this, people would unexpectedly drop in on neighbors on that day in an effort to confuse them into thinking they were receiving a New Year's call.

Out of that one joke supposedly grew the tradition of testing the patience of family and friends.



But that's only one theory. According to the *Encyclopedia of Religion* and the *Encyclopedia Britannica*, the timing of this day of pranks seems to be related to the arrival of spring, when nature "fools" mankind with fickle weather. *The Country Diary of Garden Lore*, which chronicles the goings-on in an English garden, says that April Fools' Day "is thought to commemorate the fruitless mission of the rook (the

European crow), who was sent out in search of land from Noah's flood-encircled ark." Others theorize it may have something to do with the Vernal Equinox. Some think to tie in with the Romans' end-of-winter celebration, Hilaria, and the end of the Celtic New Year festival.

Wherever and whenever the custom began, it has since evolved its own lore and set of unofficial rules. Superstition has it that the pranking period ends at noon on the 1st of April and any jokes played after that time will

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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.



bring bad luck to the perpetrator. Additionally, those who fail to respond with good humor to tricks played upon them are said to attract bad luck to themselves.



Not all superstitions about the day are negative, though. Men fooled by a pretty girl are said to be fated to end up married to her, or at least enjoy a healthy friendship.

Although adults get into the spirit of things (ask any zoo worker about manning the phones on April 1 and having to field endless calls for Mr. Lyon, Guy Rilla, and Albert Ross), it's the children that seem to truly celebrate the day with wild abandon. April Fools' pranking between students and teachers is an ongoing battle of wits, with kids favoring the timeworn standards of a tack on the chair, the "missing class" (kids hide under their desks when the teacher is momentarily called out of the room), or a springy fabric snake coiled in a can of nuts. Not every teacher fights back, but those who do are often inventive about it. For more than 20 years, one grade school teacher in Boston came in early on that day to write the day's assignment upside down on the blackboard. When her curious students arrived, she told them she did it by standing on the ceiling.

The style of April Fools' pranks has changed over the years. Sending the unsuspecting on pointless errands was an especially prized practical joke in those earlier post-Julian days. In modern times, that form of pranking has shifted away from April Fools' fun and seemingly become a rite of initiation into many groups, both formal and informal. New campers are routinely sent on a mission to retrieve the left-handed smoke shifter from its last borrower by more experienced campers who then quietly chuckle to themselves as the newcomer wanders about in vain on his quest. Others are often roped in to add to the hilarity, with each person the newcomer asks pointing him in towards yet someone else who will further the joke. Rookie pilots are sent in search of a bucket of prop wash, and new carnies sent on wild goose chases for the elusive keys to the fairgrounds. Current tastes seem to run more to funny phone calls and media-driven extravaganzas. But it's still okay to reach back to older times for inspiration. Be a traditionalist and on April 1 send a co-worker to fetch a tube of elbow grease, blinker fluid or 50 feet of shoreline.



Happy April Fools' Day!!

**Info in this article is from Snopes.com*

INCOME TAX FILING ASSISTANCE

There are several programs that offer free income tax filing assistance in Beatrice, York, Lincoln, Tecumseh, and Marysville. We have a list of the sites, dates, and times. If you need help filing your income tax, please call us (402.821.3330).

Do you want the Saline County Aging Services Newsletter 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
or call us at 402-821-3330.



Name:
Mailing Address:



If you would rather have it send via email, please provide your email address, printing carefully:

DON'T FORGET HOMESTEAD EXEMPTION DEADLINE

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30th.

If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, **but please call ahead for an appointment:**

- Saline County Aging Services, Wilber, (402-821-3330),
- Georgene Eggebraaten, Crete, (402-826-3829),
- Anita Meyer, Friend, (402-947-2301).

LIST of 2017 HOLIDAYS that SCAS WILL BE CLOSED

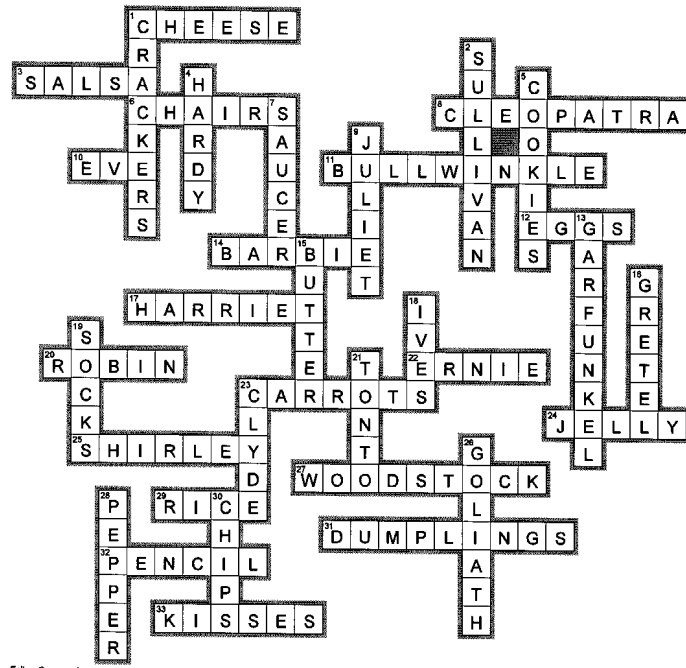
Saline County Aging Services will be closed in observance of the following County holidays.

If in doubt, please call 402-821-3330.

- | | |
|--------------------------------|--------------------------------|
| Jan. 1 New Year's Day | Sept. 4 Labor Day |
| Jan. 16 Martin Luther King Day | Oct. 9 Columbus Day |
| Feb. 20 Presidents' Day | Nov. 11 Veterans' Day |
| Apr. 29 Arbor Day | Nov. 23 Thanksgiving |
| May 29 Memorial Day | Nov. 24 Day after Thanksgiving |
| July 4 Independence Day | Dec. 25 Christmas Day |



Answers to Last Month's Puzzles



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



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

Farmers' Market Coupons



Saline County Aging Services is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutrition Program

(SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a mandatory but brief nutrition presentation.
- Be prepared to show proof of age and income.

At this time, Coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services should have coupons available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00. (One set is valued at \$48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.



Caregiver's Corner

4 Ways to Overcome Caregiver Loneliness in Dementia Care

Caregiver loneliness makes dementia care even harder. When you're caring for an older adult with dementia, it's common to experience caregiver loneliness. It feels like nobody else understands what you're going through, even if you have a good support system. You also might not share the full details with family or friends because you want to protect them from the harsh reality of the situation. This often compounds the stress and makes you feel isolated.



Here are 4 tips to help you overcome Caregiver Loneliness.

1. Connect with people

You need caring people in your life to support you as you care for your older adult. Reach out to family and friends. Even though you may need to make an effort to keep them close, those relationships will help you reduce stress, prevent isolation, and boost your mood.

A caregiver support group is another wonderful place to meet people who are in situations similar to yours. They'll understand what you're going through and you might even be more comfortable sharing the gritty details of your caregiving life and how you're truly feeling. You might benefit from both in-person groups and online groups.

2. Have deeper relationships too

It's great to have people to get coffee or lunch with, but to stop the feelings of loneliness, it's important to have deeper relationships as well. These are people you feel comfortable sharing your real feelings with – good and bad. You can truly confide in them and trust that they'll be supportive.

3. Express your real feelings

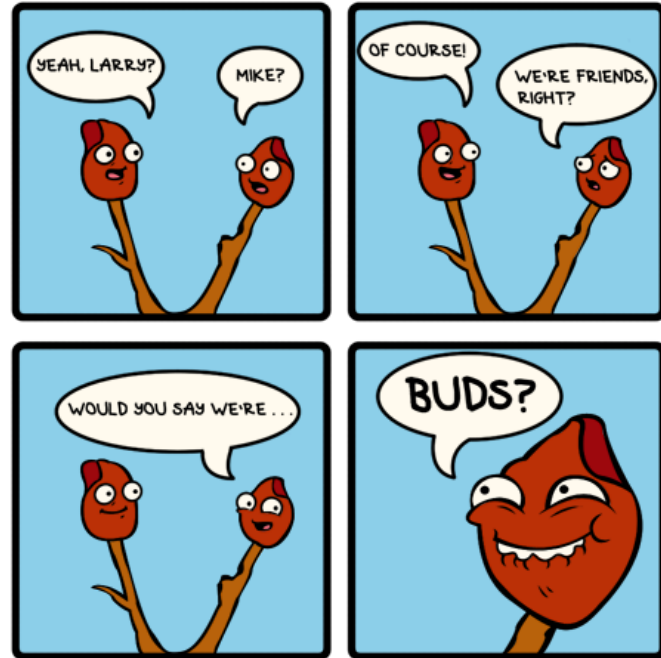
You might feel like sharing negative feelings will make you a burden on others or sink you into a depression. But sharing and connecting with others will lighten your emotional load. It will also help others get a better understanding of the situation so they can better support you.

4. Accept praise

You might instinctively wave away any praise from family or friends. It could be because you don't feel like you deserve it or because you feel like they don't know enough about the situation. It's important to accept praise – it's another way to connect with people who care about you and allow them to provide support by cheering you on.



Just for laughs.....



"Watch it, Marmaduke. Next thing you know he'll have you mowing the lawn."

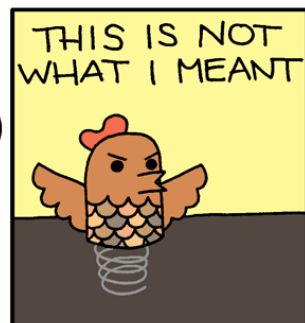


4-1 © 2013 Bill Kean, Inc. Dist. by King Features Synd. www.familycircus.com

"I think Mother Nature is tryin' to pull an April Fools' trick."



"You're fired, Jack. The lab results just came back, and you tested positive for Coke."



What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, April 5th
Program—Up to the Minute Medicare Changes Menu—Pork Teriyaki Bridge & Dominos
WEDNESDAY, April 12th
Program—Wooden Leg by Nancy Downing Menu—BBQ Chicken
WEDNESDAY, April 19th
Program—Building the Ark Encounter Menu— Pizza & Salad Bridge & Cards
WESNESDAY, April 26th
Program—Music by The Senioettes Menu—Ham & Cheese Wraps Celebrate Birthdays



Winner of March's riddle:

Bob Kasl
of Wilber

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 March's riddle was RAINBOW.



★HAPPY★ BIRTHDAY!

A special wish to all of the April birthdays out there from Saline County Aging Services!

COMMUNITY SUPPER: Join community members of all ages and walks of life at the First Evangelical Lutheran 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, April 23, 2017, in the Wilber Care Center's Activity Room. Please RSVP by April 17th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Important Dates to Remember

TAX DAY!!! - April 17th is the last day to file your taxes!

FULL CIRCLE EVENTS— Celebrate Jelly Bean Day on April 21 in Friend!

We will celebrate Humor Day on April 18th in Wilber.

Homestead Exemption—must be filed by June 30!

Severe Weather Seminar— April 15th from 10am to 3:30pm (come and go format) at Wilber-Clatonia High School. For more information please call us at 402.821.3330

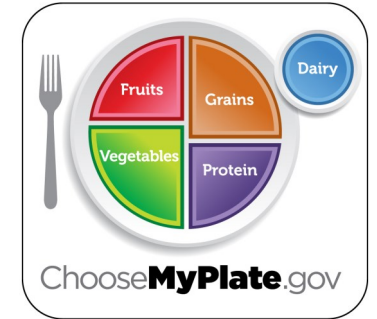
Wii Bowling League—We want to start a Wii bowling league! Come April 20 at 1:00pm to open bowl and find out more information!

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Interested in Home Delivered Meals?	For DeWitt, call: 402.683.6475	For Wilber & the rest of Saline County, call: 402.821.3330				1 Happy April Fools Day
2	3  Rainbow Day	4 @ DeWitt Tai Chi 9 AM Quilting 1-5	5	6 @ DeWitt Tai Chi 9 AM Quilting 1-5 Board Meeting 5:30	7	8 Zoo Day! 
9  Palm Sunday	10 WORK DAY 9:30-noon	11 @ DeWitt Tai Chi 9 AM Quilting 1-5	12 Grilled Cheese Day 	13 @ DeWitt Tai Chi 9 AM Quilting 1-5	14 Dolphin Day 	15
16 Happy Easter! 	17 	18 @ DeWitt Tai Chi 9 AM Quilting 1-5 ***** @Wilber Full Circle Laughing Matters by Tracie Foreman	19	20 @ DeWitt Tai Chi 9 AM Quilting 1-5	21 @Friend Full Circle—Jelly Bean Day 	22 Earth Day! 
23	24  @ DeWitt Ice Cream at Quick Shop 3:30p	25 @ DeWitt Tai Chi 9 AM Quilting 1-5	26 Pretzel Day 	27 @ DeWitt Tai Chi 9 AM Quilting 1-5 ***** @WCC Senior Citizens Dinner	28 @DeWitt—Day Trip to Audobon, eat at Denton & Guadaloupe Seminary 9-3	29
30 Adopt a Shelter Pet Day! 						

What does it all mean?*

Understanding Food Packaging and Nutrient Claims



Supermarkets offer a variety of foods that boast health benefits such as “fat free” or “low sodium.” But what does it all really mean? Read over these guidelines for front-of-the-pack labeling on food items for a better understanding of the foods you buy.

Sugar

Sugar free - Less than 0.5 grams of sugar per serving. No added sugar - No sugar is added during the processing or packing of the food item, including ingredients that contain sugars (juices, jams or applesauce). Reduced sugar - At least 25 percent less sugar per serving than the standardized item such as breakfast cereal.

Calories

Calorie free - Fewer than 5 calories per serving, like diet soda. Low calorie - 40 calories or less per serving and 30 grams or less per serving. Reduced calories - At least 25 percent fewer calories per serving than the reference food.

Fiber

High fiber - 5 grams or more per serving. Food source of fiber contains 2.5 to 4.9 grams of fiber per serving. More or added fiber - at least 2.5 grams more fiber per serving than the reference food.



Fat

Fat free - Less than 0.5 grams of fat per serving. Saturated fat free - Less than 0.5 grams of saturated fat per serving, and the level of trans fat does not exceed 0.5 grams per serving, as well. Low fat - 3 grams or less per serving (30 grams). Reduced fat - At least 25 percent less fat per serving than the reference food.

Cholesterol

Cholesterol free- Less than 2 milligrams of cholesterol and 2 grams or less of saturated fat per serving. Low cholesterol- 20 milligrams or less cholesterol and 2 grams or less of saturated fat per serving. Reduced cholesterol- At least 25 percent less cholesterol and 2 grams or less of saturated fat per serving than reference food.

Sodium

Sodium free- Less than 5 milligrams per serving. Very low sodium- 35 milligrams or less of sodium per 30 gram serving (or less). Or less than 2 table-spoons of sodium per 50 grams of food. Low sodium- 140 milligrams or less per 30 grams of food. Light in sodium- At least 50 percent less per serving than reference food.

*Info in this article is from Aging Partners in Lincoln.

Spring Fall prevention



No matter where you live, this last winter was one for the record books. In fact, a recently released report from the National Oceanic and Atmospheric Administration's (NOAA) National Climatic Data Center announced that this last winter was warmest on record.

Now that spring has officially started, the transition between winter and spring can be very challenging for the elderly. It is not uncommon for our elderly neighbors and friends to experience an increased risk of falling when Spring begins due to the limited opportunities for physical activity caused by the long winter months.

The following list of tips has been put together to help decrease the likelihood of you experiencing a fall this spring.

1. To rebuild your strength, start off with 15 minutes of daily simple exercise (Walking, swimming, gardening) and increase the time slowly.
2. Schedule a vision and hearing check up. Vision and hearing are two of the top physical factors that can lead to a fall.
3. Eat a diet rich in vegetables and calcium to help build muscle and bone strength.
4. Spring cleaning- Remove clutter from walkways inside and outside, rake up fallen leaves that still linger, be proactive about keeping outside walkways moss free.
5. Repair loose floorboards and carpeting

As always, reach out for help with any of these things should you need it!

Info in article is from smartcellusa.com

Note from the Director

Hello all!

I hope this newsletter finds you well and getting ready for spring!



We are looking to start a **Wii Bowling League** at SCAS. Not sure if Wii Bowling is for you? Come for **free open bowling on April 20th at 1:00 pm**. Give it a try and have a chance to sign up! Not only is Wii Bowling a great low impact exercise (that can be done sitting down if needed), but it is also a wonderfully social event.

League info: We will sign up teams and individuals. The League will run for 8 weeks, with the last week being a tournament. Prizes will be given out at the tournament.

Cost is a one time \$5.00 suggested contribution per person. This covers the entire 8 weeks, and will go towards prizes.

For more info, or to RSVP for open bowling, call 402.821.3330



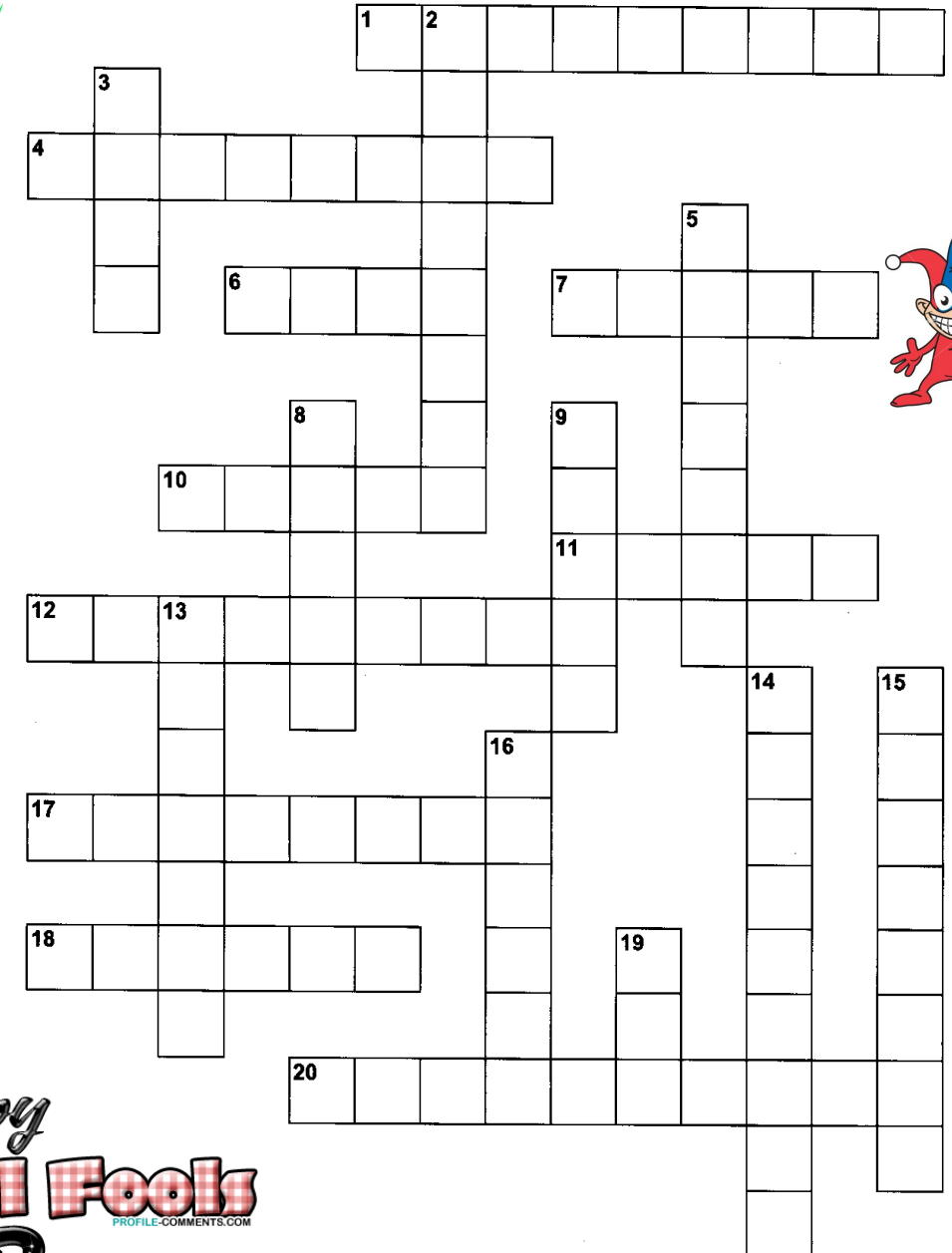
Yours in Service,

The Fun Pages



Down:

2. Collection of meaningless things
3. Short fictional story
5. Hilarious or witty
8. Provokes amusement or laughter
9. Tricked or misled
13. Lacking in good sense or judgement
14. Exceptionally funny or amusing
15. Marked by immaturity
16. Someone who jokes or acts playful
19. A funny remark or statement



Across:

- | | |
|----------------------------------------------|--------------------------------------------|
| 1. Not aware of or unknown | 11. Playful mischievous trick |
| 4. Trick, deceive or dupe | 12. Babyish or childlike behavior |
| 6. Pretentious diversion intended to deceive | 17. Easily tricked or deceived |
| 7. Humorous imitation, prank or joke | 18. Guided in the wrong direction |
| 10. Occupy attention in a pleasing manner | 20. Grossly inaccurate, offensive or wrong |

The Fun Pages



Word Search

- Basket
- Bunny
- Chick
- Chocolate
- Cracking
- Cuddly
- Ducky
- Dyed
- Easter
- Eggs
- Marshmallow
- Painting
- Pastel
- Quack
- Rabbit
- Spring
- Treats
- Yummy

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



SUDOKU

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

Riddle of the Month!

What goes up and down but does not move??

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!



Did you know..... Full Circle is for everyone!?!

You don't have to live in the town it is hosted in. Besides our Friend and Wilber friends, we have friends from DeWitt, Dorchester, and Clatonia who come and participate. **We serve all of Saline County!!**



Come join us

Tuesday April 18th to celebrate National Humor Month!

at 'The Back Room' - SCAS 2:00 PM

"Laughing Matters" by special guest Tracie Foreman

Come for snacks and laughter!

Bring your favorite jokes to share!

Please RSVP by April 14th to attend this event!

402.821.3330



Friday April 21st is National Jelly Bean Day!

Joins us for a lunch of

Grilled Hot Dogs, Potato Salad, Coleslaw & Cake

Will be served

in the cafeteria at Friend Community Healthcare System at **noon.**

Followed by Jelly bean trivia & games!

For those over age 60: \$4.50 suggested contribution for the meal.

For those under age 60: \$5.00 fee

Please RSVP to 402.821.3330 by April 12th to attend this event.



Get To Know Saline County Aging Services!

What's your full name?

Lila Mae Prybil

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

Going on 7 years.

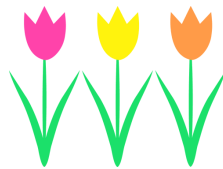


What's your favorite color?

Blue

What is your favorite time of the year?

Spring, I like to see things greening up and not so hot and humid yet.



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

Connecticut or somewhere east coast. I've only ever traveled toward the west coast area.



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

I would make sure all of my family has what they need and then I would want to help the wounded soldiers.



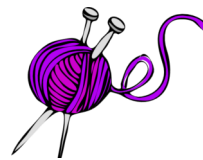
What is your favorite part of Saline County Aging Services?

Getting to know people and making new friends.



What is something interesting about you?

I love to crochet items and give them as gifts. I keep of scrapbook of everything I've made and who I've given them to.



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

Coat, phone, and a flashlight.



What is your best/favorite piece of advice?

Don't hold a grudge and enjoy life while you're here!

Exercise of the Month—Side Arm Raise

This exercise will strengthen your shoulders and make lifting groceries easier.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold hand weights straight down at your sides with palms facing inward. Breathe in slowly.
4. Slowly breathe out as you raise both arms to the side, shoulder height.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.



Tip: As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.

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

Rest; then repeat 10-15 more times.

RECIPE OF THE MONTH

Cream of Mushroom Pork Chops From Campbells.com

Ingredients

- ◇ 1 TBSP vegetable oil
- ◇ 1 can Cream of Mushroom Soup
- ◇ 4 pork chops
- ◇ 1/4 soup can water

Directions

1. Heat 1 tbsp. vegetable oil in a pan over a medium-high heat.
2. Add four pork chops and continue to cook over medium-high heat. Coating the pork chops in flour is optional.
3. Turn over the chops and brown each side.
4. Add 1 can of Cream of Mushroom soup & 1/4 soup can of water to the chops, once browned, and sitr over a low heat.
5. Continue to cook the pork chops in the sauce until the meat is tender and cooked through.

*****TIP—instead of cooking on the stove top you can put all ingredients in to a casserole dish and bake at 350 degrees for 25 to 45 minutes.**