



Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best. This year's theme is "Age Out Loud." Older Americans are giving aging a new voice. One that reflects what today's older adults have to say. They are working longer hours, trying new things, engaging in their communities, striving for wellness, focusing on their independence and advocating for themselves and others.

Since then, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

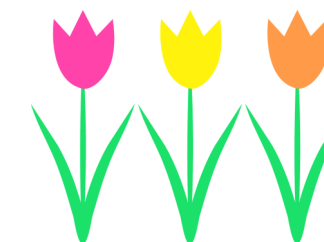
Historically, OAM has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Saline County Aging Services will use OAM 2017 to focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

Info in this article is from oam.acl.gov

When OAM was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."



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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.



6 WAYS TO MAKE IT EASIER FOR CAREGIVERS TO TAKE A BREAK

The secret to surviving long term caregiving is to pace yourself and rest when you're tired. Being constantly exhausted and severely stressed causes significant health problems. But many caregivers resist the advice to take regular breaks. Why? Because getting help with caregiving can be more of an emotional decision than a rational one. Many caregivers feel guilty about stepping away or afraid of bringing a stranger into the house. There can also be other roadblocks to getting caregiving help. Most often, those are seniors' denial that they need help, unhelpful family, or financial issues. We've got 6 tips to help you deal with these issues and make it easier to get some well-deserved time off.

1. Accept that you'll feel guilty.

Guilt is a normal part of caregiving simply because you care - it's never going to disappear. Don't let this stop you from getting the caregiving help you need. Taking regular breaks is the best way to maintain your overall health. Besides, how much worse would you feel if you never took any breaks and your health declined to the point where you couldn't care for your older adult? It doesn't do them any good if you're not physically or mentally well enough to be their caregiver.

2. Don't ask your senior for permission.

This isn't a decision that your older adult gets to make. Many older adults refuse outside help because they're uncomfortable with the idea. And seniors with dementia don't have the cognitive ability to make a rational decision. When seniors refuse, they're not thinking of your needs and are often not considering their own true needs either. That's why you need to make the decision, regardless of how they feel about it. All that matters is that they're safe and well-cared-for when you're not there.

3. Start before you really need it.

It may take a while to find the right person to help and for them to learn the caregiving routines. That's why it's important to start getting help before you really need it. If you're putting together a team of family, friends, and volunteers to help, it's less stressful if you have plenty of time to get the team in place and work out the details. To make the transition easier, you could have someone come and shadow you until they learn the ropes and can be left alone with your older adult. Or, you could have someone come for a short time in the beginning and gradually increase their time as everyone adjusts to the new situation.



4. Combine paid services with help from friends, family, and volunteers.

Hiring caregiving help can be expensive. But even if the cost is high, maintaining or improving your health is worth it. Being open to different sources of help also lowers the cost of taking regular breaks. Ask family and friends for help and seek out volunteer programs that offer companionship services. Then supplement those hours with paid help.

5. Check in to know that your older adult is well-cared-for.

You might be afraid or nervous to leave your older adult with a stranger or a family member

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).

We need your help!! We are in need of a few more board members from the Swanton and DeWitt areas. Board members provide input to our organization from your area of the county. If you are interested or would like more information, please call our office at 402.821.3330.

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



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.



Answers to Last Month's Puzzles

Solution:

1 U N W I T T I N G
 3 J O
 4 H O O D W I N K
 K S
 E R U S E S P O O F
 F S M
 10 A M U S E U C
 N P R A N K
 12 I N F A N T I L E L
 O Y D H C
 O I H
 17 G U L L I B L E L L I
 I S T A R D
 18 M I S L E E D T G A I I
 H E A I I
 20 O U T R A G E O U S U H
 S

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
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 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 O

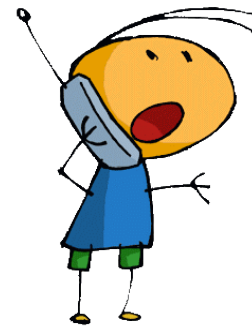
5	2	7	1	6	8	4	9	3
6	8	4	7	3	9	2	5	1
1	9	3	2	5	4	6	8	7
9	1	6	3	8	5	7	4	2
8	7	5	6	4	2	1	3	9
4	3	2	9	1	7	8	6	5
3	6	9	8	2	1	5	7	4
2	5	8	4	7	3	9	1	6
7	4	1	5	9	6	3	2	8

with limited experience. To give you greater peace of mind, use simple, discreet ways to keep an eye on them and make sure they're doing a good job. You could sometimes come back early as a surprise check-in to see what's been happening. While you're out, call occasionally to hear how things are going. Another good move is to ask the caregiver to take notes so you'll know what happened while you were away.

6. Be creative when introducing the hired caregiver.

If your older adult is very resistant to outside help, be sensitive and creative when introducing them to the household. Nobody wants to be told that they're getting a babysitter. A careful approach is especially important to prevent seniors with Alzheimer's or dementia from reacting with fear or anxiety. For example, you could introduce the person as your helper around the house and have them help you with meal prep, light housekeeping, and simple care tasks. After a few of these visits, it will seem normal that they're around and it will be easier for you to leave to run "errands." You could also frame it as doing that person a favor. Perhaps you could say that this person is in need of a job, so you're helping them out with a few hours of work here and there. If family or friends are helping, you could say that they wanted to visit and spend some time catching up. When they become regular visitors, you can start popping out to run "errands."

Article is from dailycaring.com



Need Respite?

If you are a caregiver in need of respite, call the Nebraska Respite Network may be able to help. The Nebraska Respite Network consists of six sites statewide that collect information and coordinate respite resources. They are the one place to call for all of your respite needs. Call them at 1-866-RESPITE (1-866-737-7483).

Note from the Director

Hi, all! I hope you are safe and dry, with your plants all wet and growing!

I love Older American's Month! And I particularly love this year's theme!

I am so glad that Older Americans are being celebrated and encouraged to AGE OUT LOUD. There is so much to gain by really seeing the vitality of aging. I always tell people, I love my job, I mean where else can I make a difference and *have a difference made in me?*

This job has taught me not to fear, but embrace aging. That aging can be fun, beautiful, creative, dare I say, sexy? I know, I know, there are also pitfalls of aging, but really, aren't there negatives at every age? In our 20's we are poor college kids or young marrieds, in our 30's, 40's and 50's we are too busy raising children and working for the future. The comes our 60's Somewhere in there, we get to retire... And start a whole new chapter! Devoted to us, and whomever we decide to spend it with!

We are aging so much differently than we did just 30 years ago. Watching some of the women I interact with, I have figured out, it's a like a secret club. One that can only be seen to those in the middle of it! The rest of the world may see grandma or grandpa, but there is a whole lot more to it. Years of stories and history, and years of new stories and memories to be made! I don't want to rush it, but....I kinda can't wait to learn the secret handshake!

Yours in Service,



Merriam-Webster defines morbidity as the quality of life in relation to incidence of disease and/or rate of illness. Basically, this boils down to the rate of illness in the body.

As the body ages, morbidity increases, meaning that the older adult become, the more illness they suffer. By altering the foods we eat and what we drink, we can slow down the effects of morbidity!

Although most of us wish for a long life, we do not like the idea of failing health as we age. Rather than submit ourselves to chronic diseases like heart disease, strokes, and diabetes, we should fight back to be as free of disease as possible and enjoy vitality throughout our last years. One of our greatest weapons to fight back these destructive chronic diseases is the fork and the foods we choose to consume with it.

In 2015, life expectancy in the United States was right around 79.68 years. However, that does not necessarily need to be our cutoff point. Another startling fact about the United States' average 79 1/2-year life expectancy is that, for the general population, the span of a healthy life is only 65 years. This shows that an important focus is not necessarily on living longer, but on living healthier.

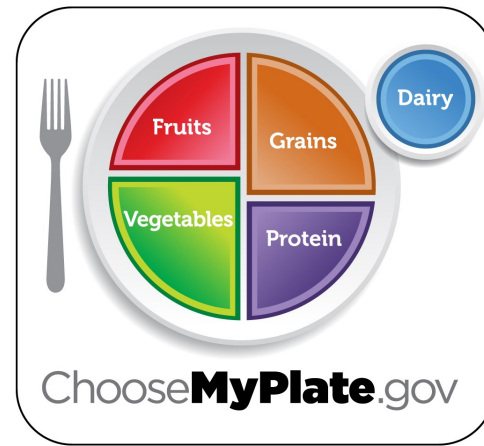
Striving to have the greatest number of healthy years and fewest years of illness is called "compression of morbidity." Although we cannot control our genetic predisposition such as a family history of diabetes or heart disease, we can still make healthier lifestyle choices to achieve good health, which pushes back on morbidity. Lifestyle choices we can control for good health include a balanced diet, regular physical activity, avoiding tobacco products, limiting stress factors, getting adequate sleep, adequate fluid intake, and limiting alcohol consumption.

Be aware of nutritional problems associated with age. They include loss of teeth or other mouth problems that make it hard to chew food. The senses of taste and smell reduce with age, making food less appealing and a loss in appetite. Also,

gastrointestinal changes makes certain nutrients harder for the body to digest and absorb properly. Nutrients that adults need to pay close attention to include: protein, vitamin D, vitamin E, potassium, riboflavin, folate, calcium, and dietary fiber. Enjoy a variety of different foods to meet these special nutrient concerns.

The simplest way to eat a balanced meal is follow the MyPlate diagram; divide your plate into four quarters.

- one quarter grains,
- one quarter protein,
- one quarter vegetables
- one quarter fruits.



Also don't forget to have three servings of dairy each day as well. Remember the 8 x 8 rule; drink eight, 8-ounce glasses of water each day.

- Fruits & vegetables include fresh, frozen or canned.
- Eat more dark green vegetables like leafy greens or broccoli, and orange vegetables like carrots and sweet potatoes.
- Vary your protein choices with more fish, beans and peas.
- Aim for half of your grains to be whole grains.

Delaying symptoms of and disability from chronic disease for as many years as possible is a great life goal that you can take steps to achieve today! Food and drink play a big part in this. Take time to include healthy choices in the foods and drinks you consume today. Contact an Aging Partners registered dietitian at 402-441-7159 to learn more about making better food choices to improve your rate of morbidity.

What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, May 3rd
Program—Celebrate Cinco de Mayo Menu—Beef Enchiladas Bridge & Dominos
WEDNESDAY, May 10th
Program—Facts You Never Knew About NE Menu—Sloppy Joes Dominoes or Cards
WEDNESDAY, May 17
Program—Geoff Easton's Coin Hobby Menu— Salsa Chicken Bridge & Dominoes
WEDNESDAY, May 24th
Program—Seniors' Health with UNMC Student Menu—Hawaiian Pork Loin Cards or Dominoes
WEDNESDAY, May 31st
Program—More Interesting Facts about NE Menu—Tator Tot Casserole & Salad Celebrate Birthdays

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, May 25, 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

FULL CIRCLE EVENTS— Celebrate Older American's Month on May 23rd in Friend!

We will celebrate Older American's Month on May 22nd in Wilber.

Homestead Exemption—must be filed by June 30!



Winner of April's riddle:

No One! This month's riddle stumped everyone! Try again next month for a chance at a \$5 gift card to Subway!

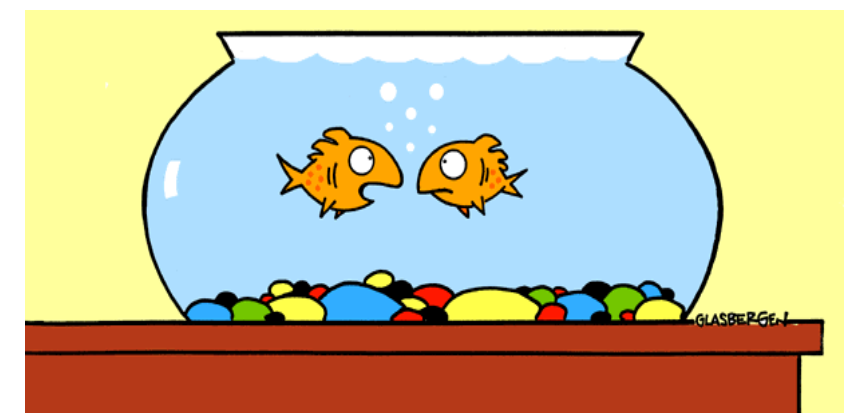
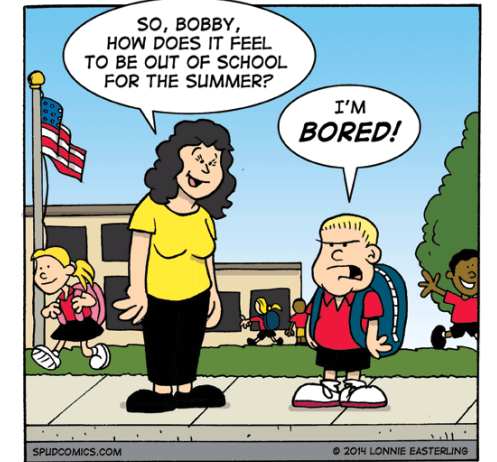
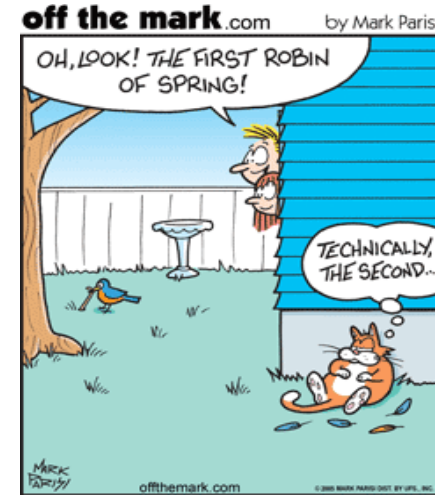
Get your answers in for this month's riddle so you can be the next winner! The answer to April's riddle was A STAIRCASE.



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

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 @ DeWitt Tai Chi 9 AM Quilting 1-5	3	4 @ DeWitt Tai Chi 9 AM Quilting 1-5 Board Meeting 5:30 p.m. 	5	6
7 Lemonade Day! 	8	9 @ DeWitt Tai Chi 9 AM Quilting 1-5 Ponca walkers- wrap bars at 3:30 p.m.	10	11 @ DeWitt Tai Chi 9 AM Quilting 1-5	12	13 Apple Pie Day 
14 	15	16 @ DeWitt Tai Chi 9 AM Quilting 1-5	17 Cherry Cobbler Day 	18 @ DeWitt Tai Chi 9 AM Quilting 1-5	19 @ DeWitt Potluck & Music by The Remmers 5:30 p.m. fried chicken provided	20 
21	22 @ Wilber Full Circle— Older American's Month	23 @ DeWitt Tai Chi 9 AM Quilting 1-5 ***** @Friend Full Circle— Older American's Month	24  Scavenger Hunt Day!	25 @ DeWitt Tai Chi 9 AM Quilting 1-5 ***** @WCC Senior Citizens Dinner	26  Heat Awareness Day	27
28  Hamburger Day!	29	30 @ DeWitt Tai Chi 9 AM Quilting 1-5	31 Macaroon Day 	Interested in Home Delivered Meals?	For DeWitt, call: 402.683.6475	For Wilber & the rest of Saline County, call: 402.821.3330



"You don't have to say 'Hi' every time we pass each other!"

Nutrition Awareness Inventory Quiz

Answer these statements about nutrition for adults and older adults to test your current knowledge. If you think the answer is true or mostly true, circle T. If you think the answer is false or mostly false, circle F.

1. T F Adults should aim to spend at least 30 minutes in moderate physical activity most days of the week.
2. T F Medication taken by the elderly can cause nutritional problems.
3. T F The greatest nutritional problem for many Americans is overeating.
4. T F The health-care needs of people over age 65 account for more than half the health-care costs of the United States.
5. T F If older Americans follow the MyPlate diagram, they should end up consuming adequate amounts of all nutrients.
6. T F A number of safe products are on the market that likely reverses the process of aging.
7. T F Older adults often lose their desire for liquids.
8. T F Vitamin B-12 absorption often decreases in older adults.
9. T F The most frequent intestinal problem in the elderly is constipation.
10. T F Excessive intake of vitamin A supplements can cause bone pain and hair loss.
11. T F Delayed wound healing may be a sign of insufficient protein, zinc, and vitamin C intake.
12. T F An active lifestyle helps to maintain muscle and bone mass.
13. T F Dietary recommendations made by the American Heart Association could, if followed, substantially reduce blood cholesterol in everyone.
14. T F The inevitable dying off of human cells is inherently harmful, as it eventually leads to death, and serves no positive function.

Please see page 8 for answers.

May 2017—Older American's Month: AGE OUT LOUD!!

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."—Mark Twain

"You are never too old to set another goal or dream another dream."—C.S. Lewis

"Aging is not lost youth but a new stage of opportunity and strength."—Betty Friedan

Hitting 65 is not the end, but can be the beginning of a new career, a new hobby, and new friendships. Retiring, or even semi-retiring, can be a good time to do something you may have always wanted to do, but never had the time for. It can be a good time to learn a new hobby, start a new job, or become more involved in volunteer work at your church or in your community.

Keeping active as we age and retire from our jobs is very necessary. Being physically and socially active is important. If you don't move, you rust. Research tells us that older people with an active lifestyle are less likely to develop certain diseases, have a longer lifespan, are happier and less depressed, are better prepared to cope with loss, and may be able to improve their thinking abilities.

So if you are feeling like you are bored, make a bucket list: Start planning to learn a new hobby, join a new club, or decide on a place to volunteer. . .What are you going to do?

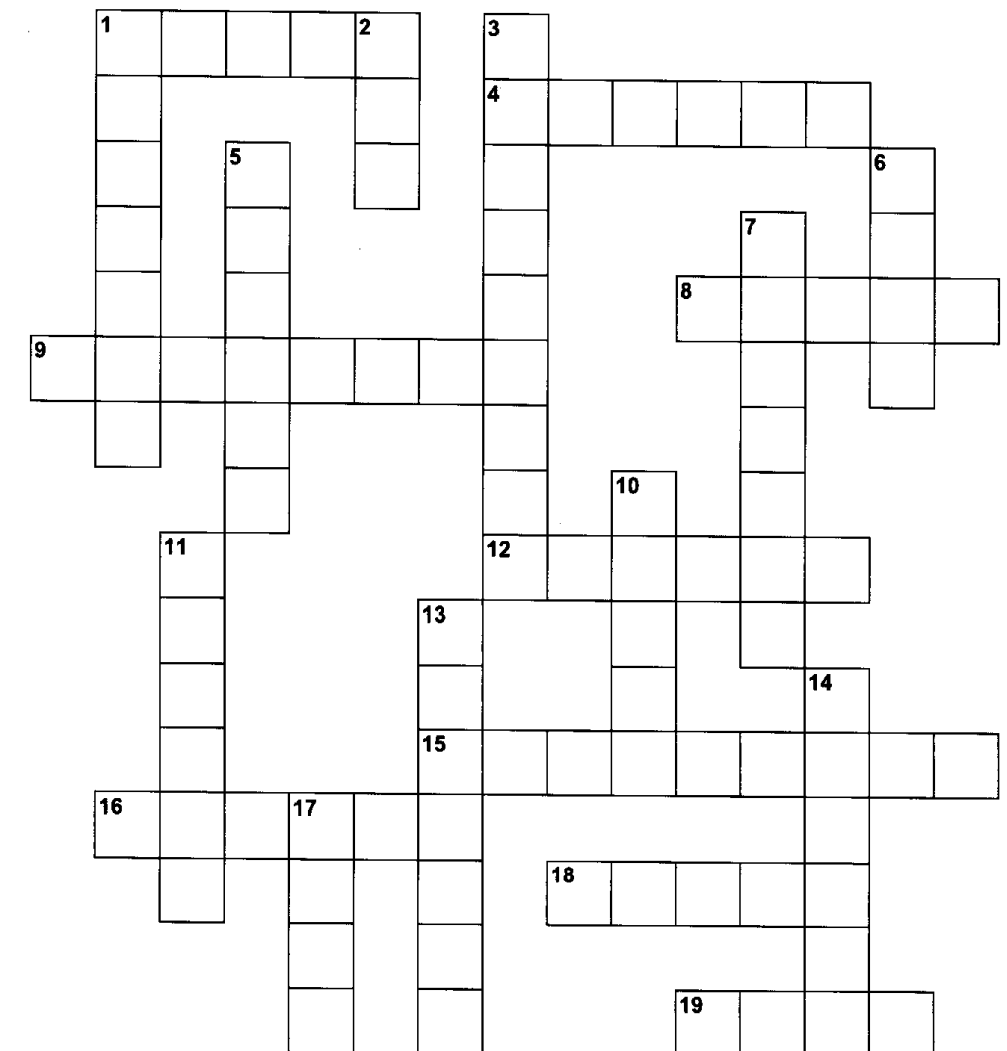
The Fun Pages

Down:

1. Male Person have the same parents as another person
2. Embrace affectionately
3. Child or descendent
5. Person whom you know well and like and who likes you
6. piece of writing with words that rhyme
7. Bunch of flowers
10. Send a letter
11. Sound judgement
13. to care for
14. Female having the same parents as another person
17. Place where a person lives.

Across:

1. Act of bringing a new baby into the world
4. Group made up of parents and their children
8. Flowers with thorny stems
9. Call to mind
12. Area used for growing flowers
15. Expressing warm affection
16. Female parent
18. Put into the ground to grow
19. Printed document sent on a special occasion to a friend



The Fun Pages

Word Search

- Annual Poppy
- Anther Rain
- Biennial Roots
- Bud Rose
- Chicory Seed
- Daisy Species
- Family Spring
- Larkspur Stem
- Leaf Vines
- Perennial Yarrow
- Petal

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

SUDOKU

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

Riddle of the Month!

What gets wet while it's drying??

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
 Monday, May 22nd to celebrate Older American's Month!
 We will "Age Out Loud" by trying new things!
 Come enjoy some fun crafts and snacks!!
 at 'The Back Room'- SCAS 2:00 PM
 Please RSVP by May 18th to attend this event!
 402.821.3330



Tuesday, May 23rd we will celebrate Older American's Month!

We will "Age Out Loud" as Pharmacist Kristi Keller talks with us about medication management!

Joins us for a lunch of Sub sandwiches, chips, fresh fruit, and dessert!

Will be served in the cafeteria at Friend Community Healthcare System at **noon**.

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

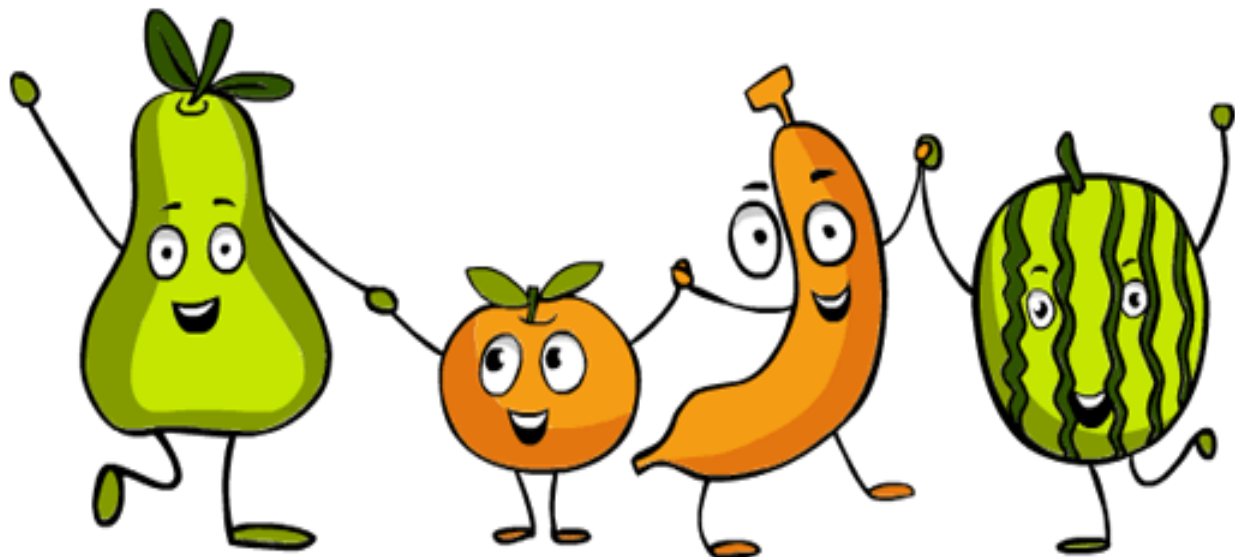
For those under age 60: \$5.00 fee

Please RSVP to 402.821.3330 by May 16th to attend this event.



Nutrition Awareness Inventory Quiz Answers

1. True: This amount of physical activity is the minimum, even more will aid good health further.
2. True: Drug-nutrient interactions can be a problem at any age, but because older adults generally take more and different combinations of drugs over a long period, nutritional status is more likely to be affected.
3. True: Overeating can lead to overweight and being overweight contributes to almost all the chronic disease common in our society.
4. True: In addition, because the aging population is rapidly growing, there will be an even greater demand on health care.
5. False: Through a well-planned diet that follows the MyPlate guide; older adults can meet their daily needs but must pay close attention to calcium, potassium and folate.
6. False: Though several products are on the market that claims to slow the aging process, most are very controversial and unproven. No product can actually reverse the process of aging.
7. True: The sense of thirst may diminish with age, but not the need for fluids so older adults must pay special attention to their fluid intake throughout the day.
8. True: Stomach secretions the promote absorption of vitamin B-12 decreases with age. B-12 keeps your nerves and red blood cells healthy.
9. True: Increasing fiber and fluid intakes can help reduce constipation. Aim for 20-35 grams fiber daily.
10. True: Toxicity includes bone pain, visual changes, skin changes and may lead to liver damage and increased pressure on the brain.
11. True: Be aware of these nutrients if you experience an injury, surgery or other health setback.
12. True: Physical activity is an important part of body maintenance, including muscle and bone health.
13. False: People differ in genetic background, ability to regulate cholesterol metabolism, and responsiveness to diets aimed at lowering blood cholesterol. There is however, no way to know how much a diet will help lower blood cholesterol until a person tries it!
14. False: Cell death serves multiple helpful functions in the body including a way to regulate cell number and cellular mutations that can lead to cancer cell growth.



Exercise of the Month—Arm Curl

WHAT YOU NEED: Hand-held weights or household items (soup cans, bottles of water)

After a few weeks of doing this exercise for your upper arm muscles, lifting that gallon of milk will be much easier.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.

Rest; then repeat 10-15 more 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.

RECIPE OF THE MONTH

Crockpot Chicken and Noodles

From *thesouthernladycooks.com*

Ingredients

- ◇ 4 chicken breasts
- ◇ 1 (14.5 ounce) can Chicken Broth
- ◇ 2 (10.5 ounce) cans Cream of Chicken Soup
- ◇ 1/4 soup can water

Directions

1. Place chicken breast in crock pot, cover with chicken soup & chicken broth.
2. Cook on high for 5-6 hours (on low for 8 hours) until chicken is easily shredded.
3. Remove chicken, shred it and place it back in the crock pot.
4. Add noodles to crock pot and cook for about 30 minutes until done.
5. Stir a few times to make sure the noodles are soaking up the broth. It may look like the noodles won't fit but just keep working them into the chicken and broth mixture.



Makes 8- 10 servings. Enjoy!