

Summer Safety Tips



The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that the elderly, as well as their caregivers, can use to make sure they have a fun, safe summer.

- * **Stay Hydrated**—Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.
- * **Talk to Your Doctor**—Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.



- * **Keep Your Cool**—Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise, without the exhaustion of the heat. Contact your local Area Agency on Aging to inquire if there are any programs to assist seniors with fewer resources to get air conditioners. "Seniors are much more vulnerable to the harmful effects of heat, as their bodies do not adjust as well to sudden changes in temperature," shares Dr. Lubna Javed of HealthCare Partners Medical Group. "Some chronic medical conditions and prescription medications can impair the body's ability to react efficiently to rising temperature."

- * **Stay in Touch**—High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.
- * **Meet Your Neighbors**—Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. If you are elderly, see if a younger neighbor -- perhaps even one of their kids -- can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!

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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.



Summer Safety Tips Continued....

* **Know Who to Call**—Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.

* **Wear the Right Stuff**—Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

* **Protect Your Eyes**—Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.



* **Know the Risks of Hyperthermia**—During the summer, be particularly cautious about abnormally high body temperatures -- a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:



- * Body temperature greater than 104 degrees
- * A change in behavior, such as acting confused, agitated or grouchy
- * Dry, flushed skin
- * Nausea and vomiting
- * Headache
- * Heavy breathing or a rapid pulse
- * Not sweating, even if it's hot out
- * Fainting
- * If you (or an elderly loved one) start to feel any of these symptoms, ask for medical help and then get out of the heat, lie down and place ice packs on your body.

* **Rub on Sunscreen and Wear Hats**—Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.

* **Apply Bug Spray**—The elderly is particularly prone to West Nile Virus and encephalitis, Dr. Factora notes. If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.

* **Exercise Smart**—If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

If you follow these tips, there's no reason you can't have an enjoyable and fun-filled summer -- no matter how old you are.

Article is from *care.com*

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
- 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



Service Spotlight

Answers to Last Month's Puzzles

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

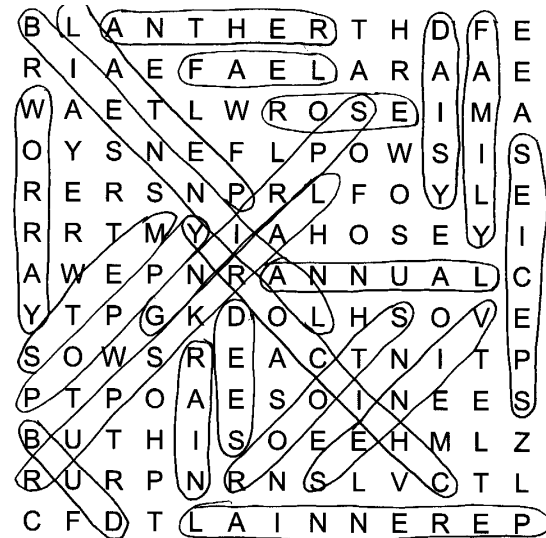
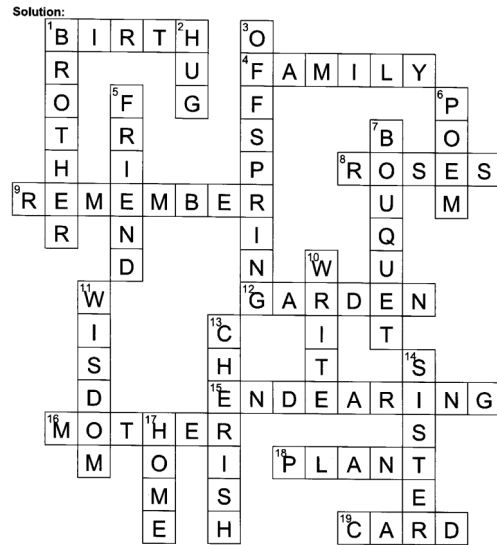
(SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

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.

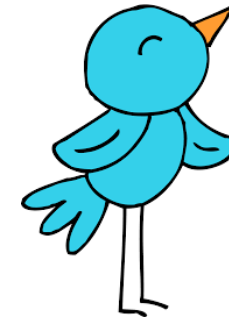


9	1	4	5	3	6	2	7	8
6	2	5	7	9	8	3	4	1
3	8	7	4	1	2	6	9	5
4	9	1	2	6	7	8	5	3
8	6	3	1	5	9	4	2	7
5	7	2	8	4	3	9	1	6
1	4	9	6	8	5	7	3	2
2	5	6	3	7	4	1	8	9
7	3	8	9	2	1	5	6	4



Caregiver's Corner

10 Spring & Summer Activities for Seniors



Spring & Summer are a time of awakening and rejuvenation. Watching the earth renew itself and bring forth flowers and greenery gives us hope. It also gives us a reason to get outside!

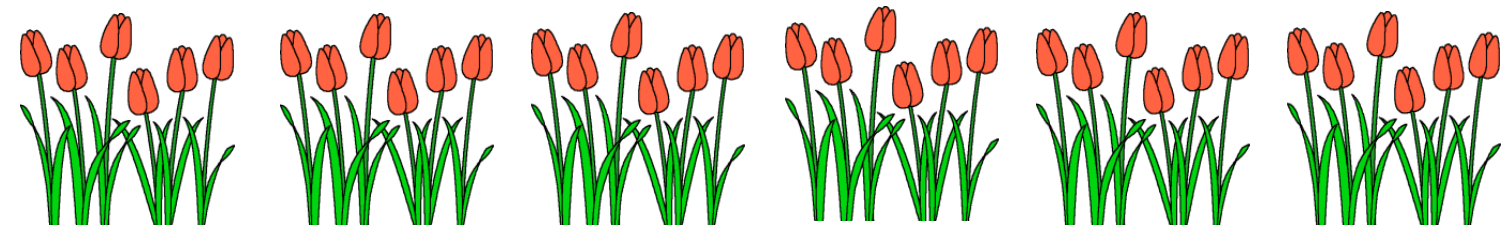
Our elder loved ones need the change to experience the joy that spring brings too. I was watching a video and one elder who suffers from dementia stated "there is nothing worse than having nothing to do."

We've collected a few activities that can easily be done by elders or ways that they can feel like a contributing member of the household.

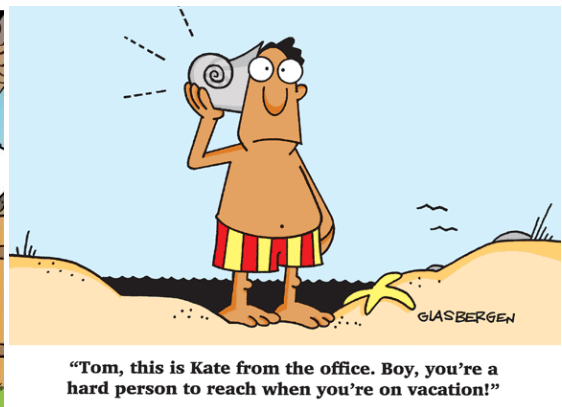
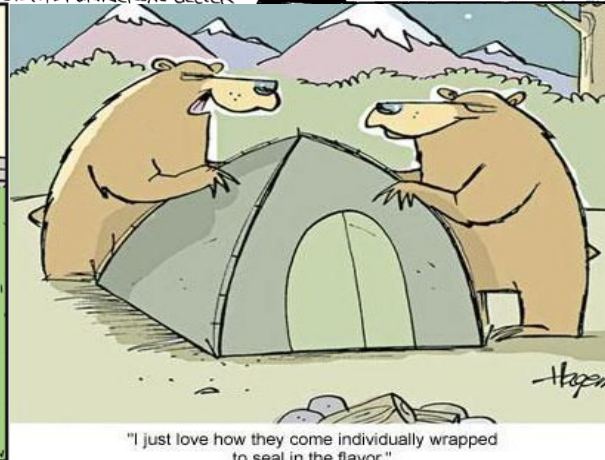
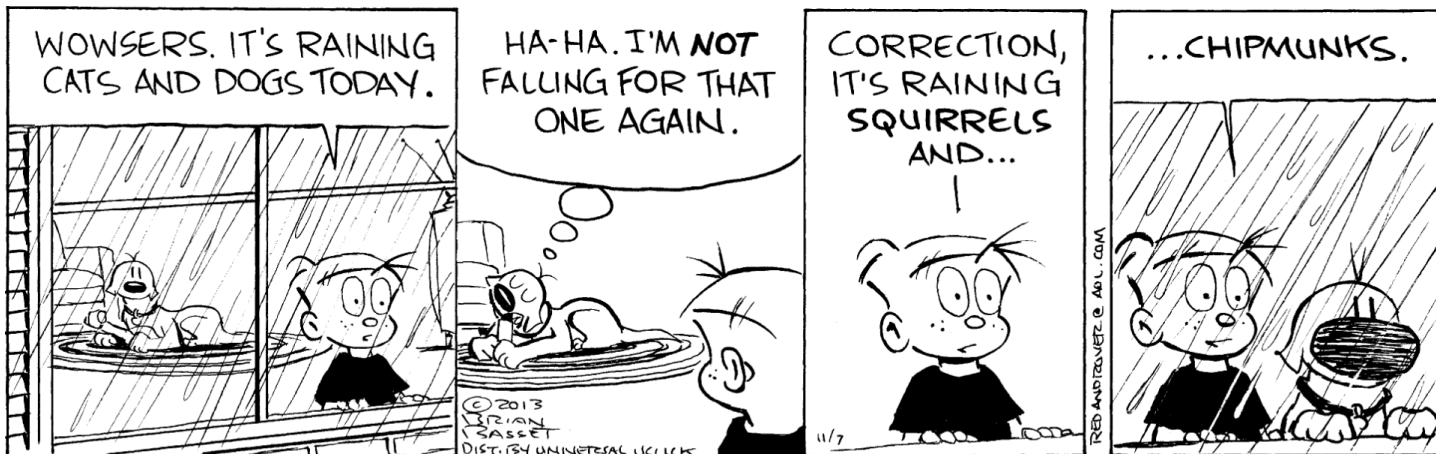
1. Fill the bird feeders or feed the birds.
2. Water the plants. Sure, they may get wet, but watering is so rejuvenating and clothes can easily (usually) be changed.
3. Plant some seeds in pots for a windowsill or patio garden—dill, basil, cilantro, lavender, parsley, mint, thyme, oregano, chives, marigolds, and pansies are the easiest to grow.
4. Separate the spring bulbs into groups or place the bulbs right side up after the planting area has been prepared for them.
5. Help with spring cleaning by emptying out a closet. (Of course, you will be the one who puts the items back into place, but they can help by putting those items that are going to be donated into a box or bag.)
6. Go for a walk. It's good for both of you.
7. Watch the food network shows and write down recipes. This may help to jog your loved-one's memory about an old recipe that they used to make, which can then be noted and kept for a family cookbook.
8. Pull weeds—I hate to even bring this one up, because it's not seen as fun, but some enjoy pulling weeds in their later years. It gets them out in the fresh air and gives them a sense of accomplishment.
9. Deadhead flowers. Deadheading is the process of pinching off the spent blooms of flowers such as marigolds, geraniums, pansies, etc., so that they will produce more blooms.
10. Wash the tops of the patio tables and the seats of the chairs. Fluff the cushions.

Certainly, we don't want to make slaves of our elderly loved ones, but by participating in family chores, they will feel that they are contributing and will ultimately feel better about themselves.

Info in this article is from intentionalcaregiver.com



Just for laughs.....



What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, June 7th
Program—Leann M of Saline Ext—All about Czechoslovakia Menu—Tuna stuffed tomatoes Bridge or Dominos
WEDNESDAY, June 14th
Program—Are you Ready for the Eclipse Menu—Soft Shell Tacos Dominos or Cards
WEDNESDAY, June 21st
Program—Elmer Runner's Native American Quilts Menu—Turkey Wrap Bridge or Dominos
WESNESDAY, June 28th
Program—Creating for Seniors by Katie Keller Menu—BBQ Meatballs Celebrate Birthdays



Winner of May's riddle:
Sandra Hager
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 May's riddle was TOWEL.



★HAPPY★ BIRTHDAY!

A special wish to all of the June 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, June 22, 2017, in the Wilber Care Center's Activity Room. Please RSVP by June 16th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Important Dates to Remember

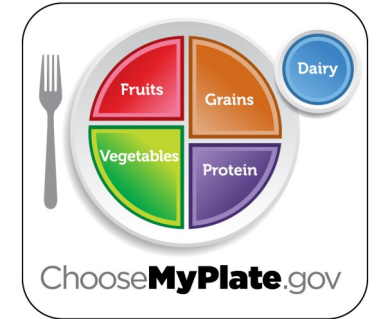
FULL CIRCLE EVENTS— Celebrate Summer on June 21st in Friend!
We will celebrate Summer in Wilber on June 19th.

Homestead Exemption—must be filed by June 30!

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Interested in Home Delivered Meals?	For DeWitt, call: 402.683.647	For Wilber & the rest of Saline County, call:		1 @ DeWitt Tai Chi 9 AM Quilting 1-5 NO Board Meeting	2 Donut Day! 	3
4 Cancer Survivors Day! 	5	6 @ DeWitt Tai Chi 9 AM Quilting 1-5	7  Chocolate Ice Cream Day!	8 @ DeWitt Tai Chi 9 AM Quilting 1-5 Board Meeting 5:30p	9	10  Iced Tea Day!
11	12 Red Rose Day! 	13 @ DeWitt Tai Chi 9 AM Quilting 1-5	14 Flag Day 	15 @ DeWitt Tai Chi 9 AM Quilting 1-5	16 @DeWitt Eat at Fritz's in Wilber 11:15am (meet at senior center at 11:00am)	17
18 	19 @ Wilber Full Circle—Celebrate Summer 2pm	20 @ DeWitt Tai Chi 9 AM Quilting 1-5	21 @Friend Full Circle—Celebrate Summer 12pm	22 @ DeWitt Tai Chi 9 AM Quilting 1-5 @WCC Senior Citizens Dinner	23  Take your dog to work day!	24
25	26 Beautician's Day 	27 @ DeWitt Tai Chi 9 AM Quilting 1-5	28	29 @ DeWitt Tai Chi 9 AM Quilting 1-5	30 Social Media Day 	

Vitamins D and B12



Vitamin B12 and D are important nutrients for our overall health but as we age our bodies do not absorb them as easily and it becomes easier for the body to become deficient in these two particular vitamins.

Vitamin B12

Vitamin B12 has many important functions in the body. The human body needs vitamin B12 to make red blood cells (red blood cells carry the oxygen we breathe around the body's tissues), nerves, and DNA. These functions may help lower heart disease risk! The average adult should get 2.4 micrograms a day. Like most vitamins, B12 can't be made by the body. Instead, it must be gotten from food or supplements.

As we age our digestive systems do not absorb the vitamin from the foods we eat as well due to the cut-back in stomach acid production that often occurs with aging. Digestive acids are needed to absorb vitamin B12. Also commonly prescribed heartburn drugs, which reduce acid production in the stomach, can block the absorption of B12.

Plants don't make vitamin B12. The only foods that deliver B12 are meat, eggs, poultry, dairy products, and other foods from animals. If you are a strict vegetarian or vegan, it's important to eat breads, cereals, or other grains that have been fortified with vitamin B12 (check the Nutrition Facts Label to see if your favorite grain products contain B12 fortification). Or take a daily supplement.

If you are over age 50, the Institute of Medicine recommends that you get extra B12 from a supplement, since you may not be able to absorb enough of the vitamin through foods. A standard multivitamin should do the trick.

Vitamin B12

- Meat
- Eggs
- Poultry
- Dairy products
- Fortified Grain Products: Cereals, Breads, Pastas

Vitamin D

- Sunshine-10 minutes/day
- Fish: Salmon, Mackerel, canned Tuna, Sardines canned
- Cod liver oil
- Mushrooms
- Egg yolks
- Dairy products fortified with vitamin D
- Orange juice fortified with vitamin
- Grains: Breads, Cereals, Pastas fortified with vitamin D

Vitamin D

Vitamin D is essential for strong bones because it helps the body use calcium from the diet. Vitamin D may also play a role in the prevention and treatment of a number of different conditions, including type 1 and type 2 diabetes, hypertension, glucose intolerance, and multiple sclerosis.

Known as the sunshine vitamin, vitamin D is produced by the body in response to sunlight. It's also found naturally in a few foods – including some fish, fish liver oils, mushrooms, and egg yolks. Also it can

be found in fortified dairy, orange juice, and grain products. Check the Nutrition Facts Label on your favorite dairy, juices, and grain products!

Guidelines from the Institute of Medicine recommend 800 international units (IU) of vitamin D everyday for optimal bone health.

Article is from Aging Partners



Coming Soon!!

Tai Chi Classes

Tai Chi has been shown to:

- Improve balance
- Increase leg strength
- Reduce fear of falling
- Improve mobility
- Improve flexibility
- Improve psychological health



Tai Chi: Moving for Better Balance classes are held for **60 minutes, 2 times per week for 12 weeks.**

New classes coming to Friend and Crete soon!

For more information or to sign up for a class,

Please contact our office at 402-821-3330

Stepping On

Building confidence, reducing falls.

Join this 7-week workshop where you'll learn exercises and strategies to help prevent you from falling.

Stepping On is designed specifically

for anyone who:

- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia



New classes coming soon!

For more information or to sign up for a class please contact our office at 402-821-3330

Note from the Director



We are!!!

Effective immediately, Saline County Aging Services will be open Monday-Friday, 8-5 pm.

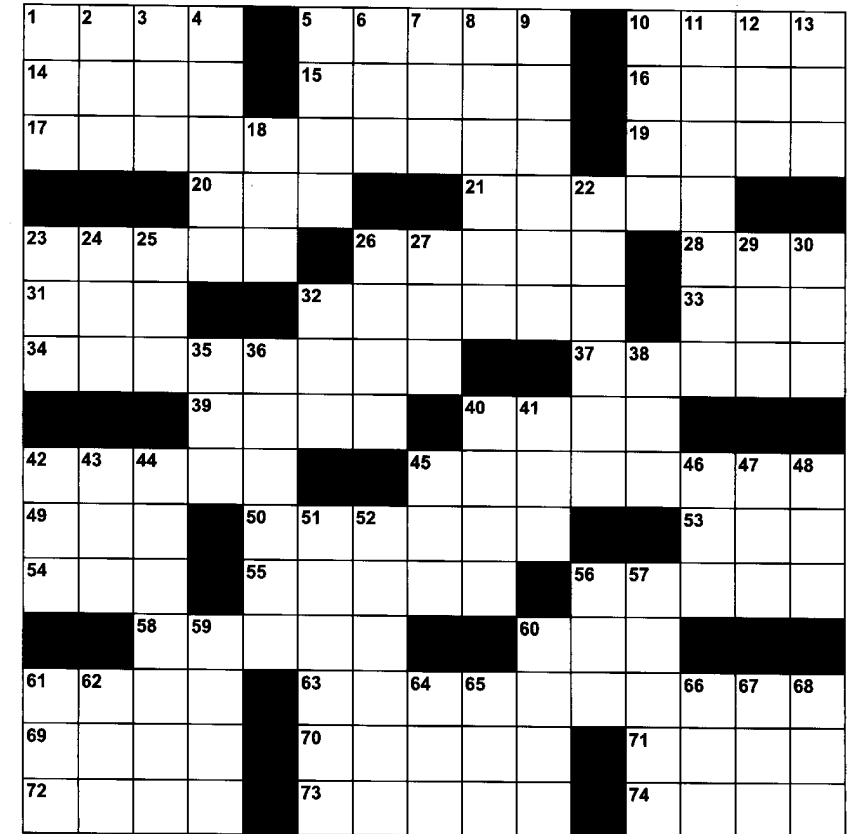
We hope you'll be patient with us as we work out the logistics.

Yours in Service,

The Fun Pages

Down:

- Few
- Waste meat
- Stumble
- Expel
- Popular key
- Location
- Easing
- Association (abbr.)
- The other half of Jima
- Aggressive feelings
- 70's music
- Malicious person
- Also
- Aurora
- Separate
- Summer skin color
- Carves (2 words)
- Before
- Stool
- Console
- Identified
- Type of sport
- African antelope
- Material
- Central Intelligence Agency
- Stake
- Type of wood
- Orange flower
- Small herring
- Viper
- Lockup
- Watches
- U.S. Department of Agriculture
- Excite
- Prego's competition
- Those people
- Become looser
- After awhile



Across:

- Sun's name
- French "yes"
- Chinese seasoning
- Moral principles
- Margarine
- Winnow
- Day of the week (abbr.)
- Male relation on father's side
- Made a record
- Despot
- Rice broth cheese meal
- Possessive pronoun
- Pencil's pal
- Twain
- What you cook with
- Winter month
- Promissory note
- Concord e.g.
- Make hot
- Enact
- Canoe propeller
- Single
- Body of water
- South southwest
- Repairman
- Second month (abbr.)
- Not hard
- Question
- Former USSR's secret police
- North northeast
- Where the yard is
- Outlaw
- American College of Physicians (abbr.)
- Brim
- Amateur
- Voider
- Moveable
- Pounds per square inch
- Musical production
- What kids do
- Vertex
- Extrusion
- Fire remains
- Bad (prefix)
- Terminal (abbr.)
- Soup container

Word Search

- BBQ
- Brave
- Caring
- Children
- Daddy
- Devoted
- Family
- Father
- Fishing
- Football
- Funny
- Gifts
- Giving
- Heart
- Holiday
- Home
- Honor
- Hugs
- Jokes
- June
- Kisses
- Laughter
- Love
- Memories
- Nurture
- Parent
- Protect
- Respect
- Special
- Sports
- Strong
- Sweet
- Thoughtful
- Tie
- Tools

Happy Father's Day

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

SUDOKU

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	5	9				4	7	
7			4	3				8
	8		9					5
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9		6					8	

Riddle of the Month!

***What is easy to get into,
 but hard to get out
 of???***

Answer the riddle correctly 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!

On Monday, June 19th we're going to celebrate summer!

We will learn all about fruits and vegetables!

Join us for snacks and fun!

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

Please RSVP by June 16th to attend this event!

402.821.3330



Wednesday, June 21st we will celebrate summer in Friend!

We will learn everything you need to know about fruits and veggies!

Joins us for a lunch of

Turkey Tetrazzini, Bean Salad, Breadstick and Dessert

to be served

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

Followed by fun & trivia!

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 June 13th to attend this event.

Get To Know Saline County Aging Services!

What's your name?

Elaine Erdman

Where did you grow up?

Diller, NE

What is your favorite memory growing up?

Growing up on a farm and free shows at outdoor theaters. We paid 5 cents for the show and usually an ice cream cone.

What did you do for a living?

Elementary School teacher

Where have you traveled to in your life?

Australia and New Zealand

What would you say you know now about living a happy and successful life that you didn't know when you were twenty?

Doing a job, and doing it well. I was teaching in a country school at 17 years old.

What are some of the most important lessons you feel you have learned over the course of your life?

I'm sure there a quite a few! The biggest one is that you need to work hard to get to your goals. I worked hard and eventually earned my Bachelor's Degree.

What do you hope that people will remember most about you?

I hope people remember me for my teaching.

How long have you been involved with SCAS?

Since it started.

How have you seen SCAS grow and change over the years?

It has changed to a better assistance organization from social groups to more business like.

What is your most memorable SCAS moment?

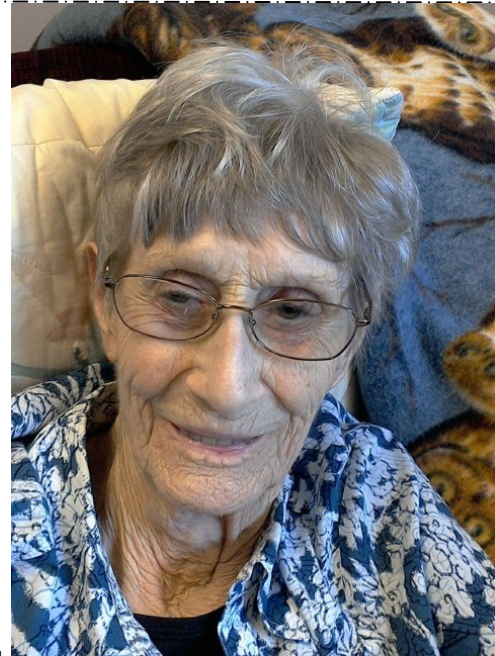
The meeting when Sunny collapsed.

What is your favorite thing about SCAS?

The things they do for other people.

Why is having SCAS in the community important to you?

Because you can get help with various things.



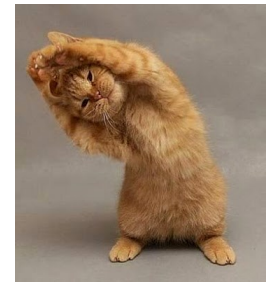
Exercise of the Month—Shoulder

This exercise to stretch your shoulder muscles will help improve your posture.

1. Stand back against a wall, feet shoulder-width apart and arms at shoulder height.
 2. Bend your elbows so your fingertips point toward the ceiling and touch the wall behind you. Stop when you feel a stretch or slight discomfort, and stop immediately if you feel sharp pain.
 3. Hold position for 10-30 seconds.
 4. Let your arms slowly roll forward, remaining bent at the elbows, to point toward the floor and touch the wall again, if possible. Stop when you feel a stretch or slight discomfort.
 5. Hold position for 10-30 seconds.
 6. Alternate pointing above head, then toward hips.
- Repeat at least 3-5 times.



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



RECIPE OF THE MONTH

Creamy Bacon, Pea & Ranch Pasta Salad from Dreamingindiy.com

Ingredients

- ◇ 16 oz. of pasta of your choice
- ◇ 2 oz. Bacon Bits
- ◇ 3 TBSP dry powdered Ranch
- ◇ 1/4 cup dried chopped onion
- ◇ 1 1/2 cups of real mayonnaise
- ◇ 2 1/2 cups (13 oz.) Frozen peas
- ◇ 1 tsp salt (optional)

Directions

1. Cook pasta according to package directions.
2. While pasta is cooking, in a large bowl, mix mayo with all of the other ingredients, adding the peas last.
3. Strain pasta, DO NOT RINSE. It will add more flavor to the dish.
4. Add your pasta to your mixture, stir well and serve!



Serves: 6