



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



Volume 2, Issue 13

August 2017

Inside This Issue . . .

- Total Solar EclipsePg 1-3
- Just for Laughs Pg 4
- Food for Thought Pg 5
- Scams Pg 6
- Note from Director..... Pg 7
- Recipe/Exercise Pg 9
- Fun pagesPg 10-11
- Full Circle..... Pg 12
- Caregiver's Corner.....Pg 14-15
- What's HappeningPg 16-17



Seven Things You Must Anticipate For The 2017 Solar Eclipse

On August 21st, 2017, the Moon will pass directly between the Sun and the Earth, creating a solar eclipse. Just like all objects in the presence of the Sun, the Moon casts a shadow in space, extending in a cone-like shape for 378,000 kilometers before coming to an end. But the Earth will be closer to the Moon than that on August 21st, when the three celestial objects — the Sun, Moon and Earth — all align, meaning that the Moon's shadow will appear to fall on the Earth's surface. From the point of view of someone on Earth, the Moon will appear to block out the Sun, plunging us into darkness, even during the day. This creates the phenomenon of a total solar eclipse, one of nature's most spectacular sights, and the stuff of legend since biblical times. But part of what makes the next eclipse to appear on Earth so special is that it's occurring, coast-to-coast, across the continental United States. It's the first total solar eclipse to do this since 1918, 99 years ago, and the first one to appear anywhere over any of the lower 48 states since 1979. The path of totality will cross through a whopping 14 states — Oregon, Idaho, Wyoming, Nebraska, Kansas, Iowa, Missouri, Illinois, Kentucky, Indiana, Tennessee, North Carolina, Georgia and South Carolina — where more than 12,000,000 people will get to experience totality without ever leaving their homes. But that's just the beginning of what's in store for this eclipse, and for eclipse-watchers everywhere in the world. Here are seven things you need to know in order to be ready for it.

1.) This will likely turn out to be the most-watched eclipse in the history of the world. If only 2% of people living within 200 miles of the path-of-totality make the trek to view the eclipse, an extra 7.4 million people will get to see it. But a number of major metropolitan areas, including:

- | | | |
|--------------------|------------------|-----------------|
| Portland, OR | Omaha NE | Cincinnati, OH |
| Boise, ID | Kansas City, MO | Chattanooga, TN |
| Salt Lake City, UT | St Louis, MO | Atlanta, GA |
| Denver, CO | Chicago, IL | Charlotte, NC |
| Lincoln, NE | Indianapolis, IN | |

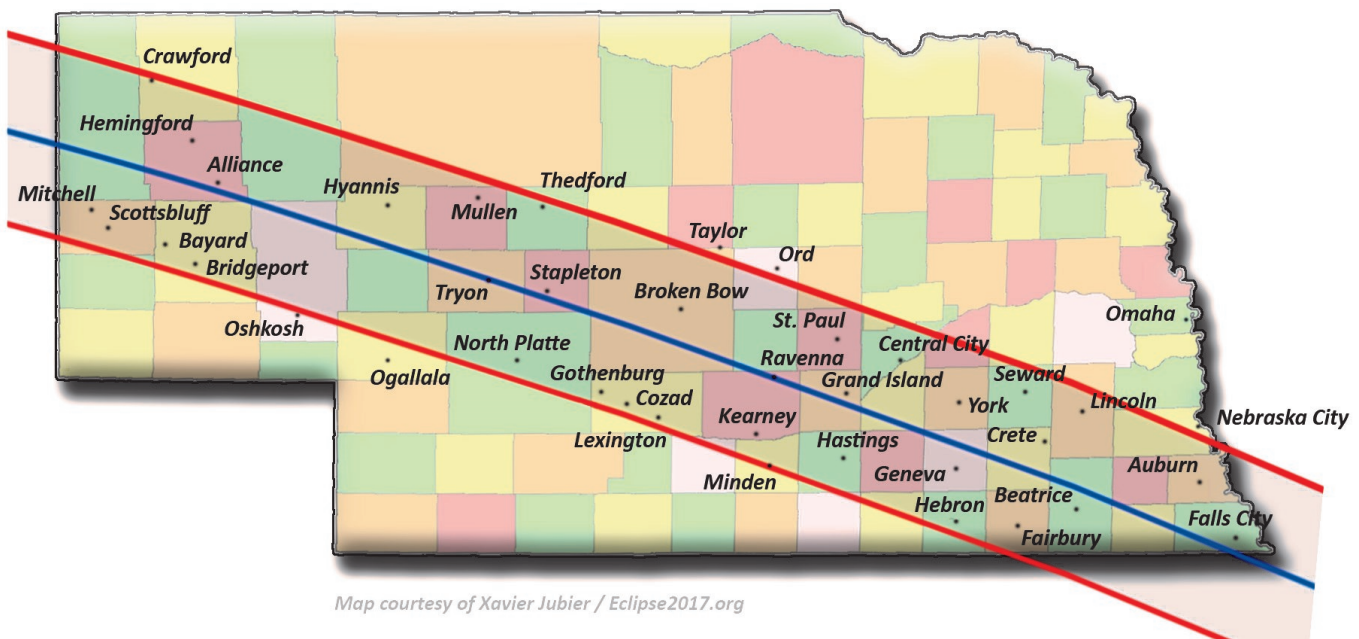
They all fall within that range. Additionally, some people will travel from even farther away — hundreds or even thousands of miles — to be present for this experience of a lifetime. Estimates that 20 million people will come to see this total eclipse may be far too conservative; numbers may escalate to more than double that, which would make it the most-watched eclipse of all time, surpassing the 2009 eclipse in India and China.

Total Solar Eclipse continued...

2.) This may create the worst traffic jam in American history. There are a number of people planning on waking up less than 24 hours before the eclipse and driving to a point along the path of totality. Over 200 million Americans live within a 500 mile drive of this path: approximately 2/3rds of everyone living within the United States. Previous eclipses have seen two hour commutes turn into twelve hour slogs, and this eclipse is poised to outdo them all. For example, Atlanta boasts 5.7 million residents, and will experience a 97% partial eclipse. Sky watchers looking for those last 3%, and yes, it's worth it, may head north en masse to try and experience this event. With hundreds of thousands of potential extra vehicles on the road from a single city like that, alone, it's vital that you plan ahead and arrive at your destination the day before the eclipse; otherwise you may be caught in traffic during the critical moments instead!

3.) You can easily damage your eyesight, permanently, during the eclipse. The only safe way to view the eclipse directly is through sufficient eye shielding, which could include specialized eclipse glasses, designed explicitly for solar viewing, looking through welder's glass/goggles/hoods, where you need shade 14 or higher glass to be safe, or through a telescope/binoculars equipped with a specialized solar filter placed over the outer lens. The Sun will appear to be obscured by the Moon, little by little, over the course of approximately an hour. As the Sun becomes a crescent, followed by a thin line, followed by just a few points-of-light, you may be tempted to take your glasses off and look at the Sun directly. Don't! Even a few seconds of looking at these drops of sunlight directly can leave you with years of afterimages, holes in your retina or even permanent blindness. (Libraries around the country are donating out some two million pairs of glasses, if you don't/can't buy your own.) Only during absolute totality is it safe to remove your glasses.

4.) Totality will only last about two minutes for most observers who make the trek. The shadow of the Moon will fall on the Earth for a combination of two reasons: the Sun is relatively far from Earth (aphelion, where Earth is farthest from the Sun, occurs on July 3) while the Moon is relatively close to Earth (perigee, where the Moon is closest to Earth, occurs on August 18th, just 3 days prior to the eclipse). Because of where the Moon is in its orbit, only 371,000 km from the center of the Earth, it appears to take up 0.537 degrees on the sky. But the Earth's surface is curved, and so an observer in Salem, Oregon is approximately 1000 kilometers farther from the Moon than one in Carbondale, Illinois. Eclipse watchers in Illinois, Kentucky and Tennessee will get up to 2 minutes and 40 seconds of totality, while those on the Pacific coast will have just under 2 minutes. Get as close as possible to the central path to maximize your experience!



5.) Prepare for things to get chilly. When 80% of the sunlight is blocked, you won't notice a difference in brightness, but your skin will. The Sun is so brilliant that the unaided human eye can't tell the difference even when the Sun is 99% obscured. But sunlight reaching Earth outputs a total of approximately 700 Watts-per-square-meter in the infrared, where human skin is sensitive. By comparison, a fully overcast sky might block only about 65-70% of the heat from the Sun, something your skin will definitely notice. If you've never experienced it before, the lack of heat coming from the Sun can feel both surprising and disturbing. Prepare for this the same way you'd prepare for sundown; temperatures may drop by as much as 20-to-30 degrees Fahrenheit in some places over the course of an hour or two.

Total Solar Eclipse continued...

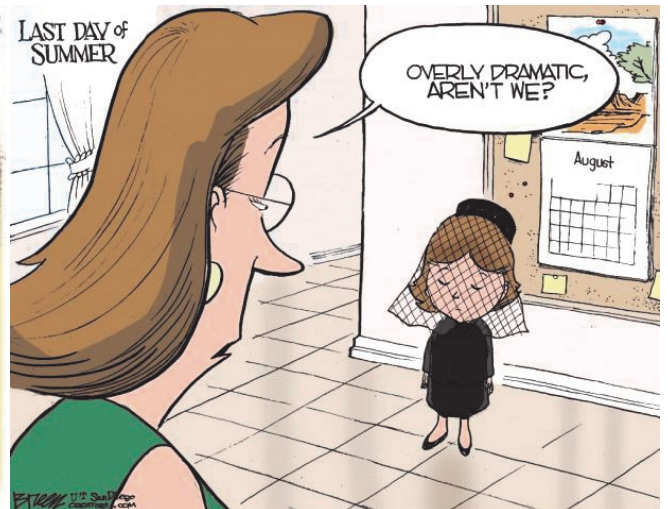
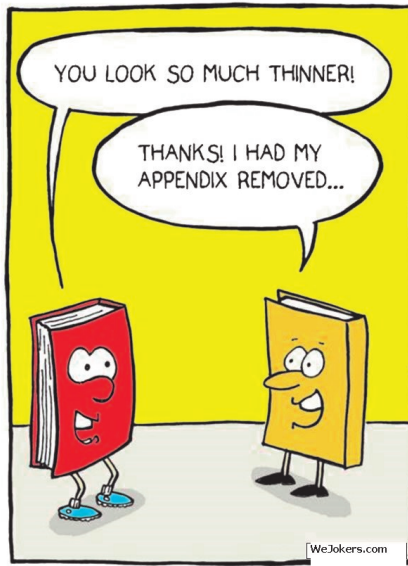
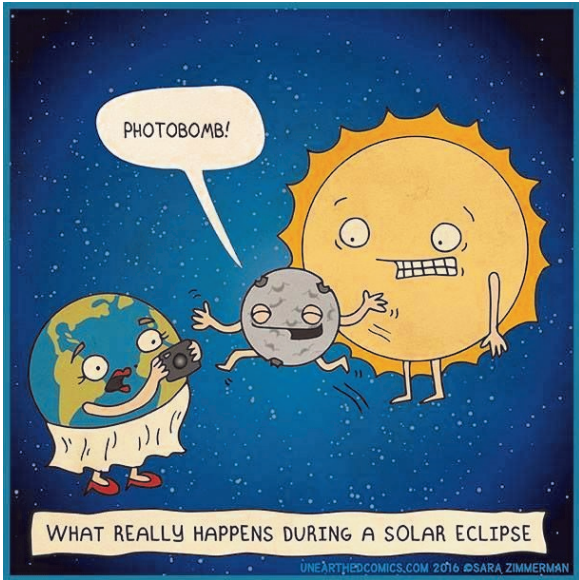
6.) During the partial eclipse, create and look for bizarre shadow effects. If you ever noticed sunlight filtering through the trees, a pinhole, or other small spaces, you may have created bits of light that look like tiny circles. These are actually filtered images of the Sun itself! During a partial eclipse, these will appear as small crescents instead, showing you the part of the Sun that's peeking out from behind the Moon only. One of the best ways to view this phenomenon with no equipment is to face your back to the Sun, hold your hands over your head, and extend your fingers, with your right hand's fingers crossing over your left's at 90 degrees. The shadows that are cast between your fingers, normally showcasing the space between them, will instead show the effects of the Sun being partially blocked by the Moon.

7.) Take off your eclipse glasses during totality and experience the breathtaking views. Even if you get clouded over, you'll still feel the world plunge into darkness, yet parts of the distant horizon, depending on where you are, will still appear sky-blue in color. Overhead, where the Sun was in the sky, especially if it's clear, you'll be able to see the Sun's corona, an extended mass of ultra-heated gas which goes out more than five million miles into space, a very bright star right next to the Sun: Regulus, whose position will be slightly distorted owing to General Relativity, and, if you're lucky, the planets Mars and Mercury, ahead and behind the path of the Sun through the sky, respectively. There will be plenty of other interesting facts about the eclipse for those who view it from space or with scientific goals, such as the fact that the shape of the eclipse's shadow itself isn't a sphere, or that the bending of starlight is how we measure the gravitational field and effects of the largest mass in our Solar System. For those experiencing it from the ground, these are the top seven practical things you should do. Be early, be safe, be warm, and as soon as totality comes to an end, put those eclipse glasses back on. Do not view the eclipse with binoculars or a telescope, as even the slightest sliver of direct sunlight through a device like that can cause permanent blindness! If you do it right, the memories and sights you'll see will be sure to last a lifetime!



Article is from Forbes.com

Just For Laughs . . .



Probiotics and Prebiotics



With all the talk about prebiotics and probiotics, it is sometimes hard to know what information is accurate. What are they? What foods contain each? Are they necessary for a healthy lifestyle?

What are Probiotics?

Probiotics are beneficial bacteria found in fermented foods such as yogurt, miso, sauerkraut, soft cheeses like Gouda, and pickled foods (without the use of vinegar). They are shown to aid a wide range of digestive issues and yeast overgrowth in the body. Probiotics are the good bacteria that line the digestive tract. When you are suffering from

diarrhea, gas or bloating, you want a product that helps to alleviate discomfort.

What are Prebiotics?

Prebiotics are what “feed” the Probiotics in our bodies. Prebiotics are complex, non-digestible foods that pass through the stomach to the colon “feeding” the good bacteria already living in your system. You can find prebiotics in foods such as asparagus, Jerusalem artichokes, bananas, oatmeal, red wine, honey, maple syrup, and legumes.

Pre/Probiotics Benefits to Your Health

Researchers believe that some digestive disorders happen when the balance of friendly bacteria in the intestines becomes disturbed. This can happen after an infection or after taking antibiotics. Intestinal problems can also arise when the lining of the intestines is damaged. Taking probiotics may help. Although they are still being studied, probiotics may help several specific illnesses, studies show.

- Treating ulcerative colitis
- Preventing antibiotic-associated diarrhea and infectious diarrhea
- Preventing pouchitis, an inflammation of the intestines that can follow intestinal surgery
- Treating and preventing eczema
- Helping the immune system
- Treating symptoms of irritable bowel syndrome
- Treating diarrhea caused by *C. difficile* bacteria
- Treating Crohn’s disease

Foods To Feed a Healthy Gut

Probiotics	Prebiotics
Sauerkraut	Raw Chicory Root
Keifer	Raw Jerusalem Artichoke
Kombucha	Raw Dandelion Greens
Pickles	Raw Garlic
Kimchi	Raw Leek
Fermented Veggies	Raw/Cooked Onion
	Raw Asparagus

A Healthy Gut is a Healthy You!

<http://dehealthybites.com>

Top 10 Financial Scams Targeting Seniors

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others. Review the list below, so you can identify a potential scam.

1. Medicare/health insurance scams

Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money.

In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.



2. Counterfeit prescription drugs

Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity—since 2000, the FDA has investigated an average of 20 such cases per year, up from five a year in the 1990s. The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet.

3. Funeral & cemetery scams

The FBI warns about two types of funeral and cemetery fraud perpetrated on seniors. In one approach, scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt with them, scammers will try to extort money from relatives to settle the fake debts. Another tactic of disreputable funeral homes is to capitalize on family members' unfamiliarity with the considerable cost of funeral services to add unnecessary charges to the bill. In one common scam of this type, funeral directors will insist that a casket, usually one of the most expensive parts of funeral services, is necessary even when performing a direct cremation, which can be accomplished with a cardboard casket rather than an expensive display or burial casket.

4. Fraudulent anti-aging products

In a society bombarded with images of the young and beautiful, it's not surprising that some older people feel the need to conceal their age in order to participate more fully in social circles

and the workplace. After all, 60 is the new 40, right? It is in this spirit that many older Americans seek out new treatments and medications to maintain a youthful appearance, putting them at risk of scammers. Whether it's fake Botox like the one in Arizona that netted its distributors (who were convicted and jailed in 2006) \$1.5 million in barely a year, or completely bogus homeopathic remedies that do absolutely nothing, there is money in the anti-aging business. Botox scams are particularly unsettling, as renegade labs creating versions of the real thing may still be working with the root ingredient, botulism neurotoxin, which is one of the most toxic substances known to science. A bad batch can have health consequences far beyond wrinkles or drooping neck muscles.

5. Telemarketing/phone scams

Perhaps the most common scheme is when scammers use fake telemarketing calls to prey on older people, who as a group make twice as many purchases over the phone than the national average. While the image of the lonely senior citizen with nobody to talk to may have something to do with this, it is far more likely that older people are more familiar with shopping over the phone, and therefore might not be fully aware of the risk. With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer's name is then shared with similar scammers looking for easy targets, sometimes defrauding the same person repeatedly. Examples of telemarketing fraud include:

- The pigeon drop—The con artist tells the individual that he/she has found a large sum of money and is willing to split it if the person will make a "good faith" payment by withdrawing funds from his/her bank account. Often, a second con artist is involved, posing as a lawyer, banker, or some other trustworthy stranger.
- The fake accident ploy—The con artist gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.
- Charity scams—Money is solicited for fake charities. This often occurs after natural disasters.

6. Internet fraud

While using the Internet is a great skill at any age, the slower speed of adoption among some older people makes them easier targets for automated Internet scams that are ubiquitous on the web and email programs. Pop-up browser windows simulating virus-scanning software will fool victims into either down-



loading a fake anti-virus program (at a substantial cost) or an actual virus that will open up whatever information is on the user's computer to scammers. Their unfamiliarity with the less visible aspects of browsing the web (firewalls and built-in virus protection, for example) make seniors especially susceptible to such traps. One example includes email/phishing scams. A senior receives email messages that appear to be from a legitimate company or institution, asking them to "update" or "verify" their personal information. A senior receives emails that appear to be from the IRS about a tax refund.

Continued on pg 19

Save the Date!

Saline County Aging Services will be hosting a Health Fair on October 4, 2017.

Check our next issue for more info

Or

Call Katie at 402-821-3330



Czech Days

Friday, August 4th: 1pm—8pm

Saturday, August 5th: 11am—6pm

Sunday, August 6th: 11am—6pm

Funds raised support
Saline County Aging Services
programs county wide!
109 West 3rd Street
Wilber, NE



BAKE SALE



Sunday, August 20th
11am—2pm

**'BOUT
SPECTACULAR!!**

Come enjoy some
tacos or nachos
during the
Saline Solar Shadow
events!

Funds raised support
Saline County Meal Programs
by
Saline County Aging Services,
109 West 3rd Street
Wilber, NE

Exercise of the Month — Hand Grip



WHAT YOU NEED: Tennis ball or other small rubber or foam ball.

This simple exercise should help if you have trouble picking things up or holding on to them. It also will help you open things like that pickle jar more easily. You can even do this exercise while reading or watching TV.

1. Hold a tennis ball or other small rubber or foam ball in one hand.
2. Slowly squeeze the ball as hard as you can and hold it for 3-5 seconds.
3. Relax the squeeze slowly.
4. Repeat 10-15 times.
5. Repeat 10-15 times with other hand.

Repeat 10-15 times more with each hand.

Recipe of the Month

Broccoli Alfredo Chicken Bake

Ingredients

- * 3-4 boneless, skinless, chicken breasts
- * 2 cups alfredo sauce
- * 1 head of fresh broccoli, finely chopped (about 2 cups)
- * 1 cup mozzarella cheese, shredded
- * 1 tsp garlic powder
- * 1 tsp salt
- * 1 tsp ground pepper

1. Preheat the oven to 375F.
2. Wash and finely chop the broccoli head, then set aside.
3. In a large baking dish, lay each chicken breast side by side in a single layer. Then sprinkle the garlic powder, salt and pepper evenly over the top of them to season.
4. Spread the broccoli florets evenly over the chicken, then pour the alfredo sauce over the broccoli and finally top with the mozzarella cheese.
5. Place in the oven on the middle rack for 40-50 minutes or until the chicken is cooked through and the broccoli is tender.
6. Remove from the oven and allow to cool for 5-10 minutes. Then serve hot over pasta, rice, mashed potatoes, or sautéed spinach.



Word Search

- Annularity
- Astronomy
- Circumjovial
- Eye Safety
- Hubble
- Moonward
- Occultation
- Raman Effect
- Sun
- Telescope
- Asterism
- Besselian
- Elements
- Earthshine
- Gamma
- Midnight Sun
- Noctilucent
- Occulted
- Saros
- Super Lunar
- Total Eclipse
- Astronomer
- Celestial
- Eclipse
- Hilal
- Moonrise
- Obscuration
- Photosphere
- Solar
- Telescope
- Synodic
- Month
- Totality

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



Riddle of the Month

**What is so delicate that saying
 its name breaks it?
 What is it?**

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!

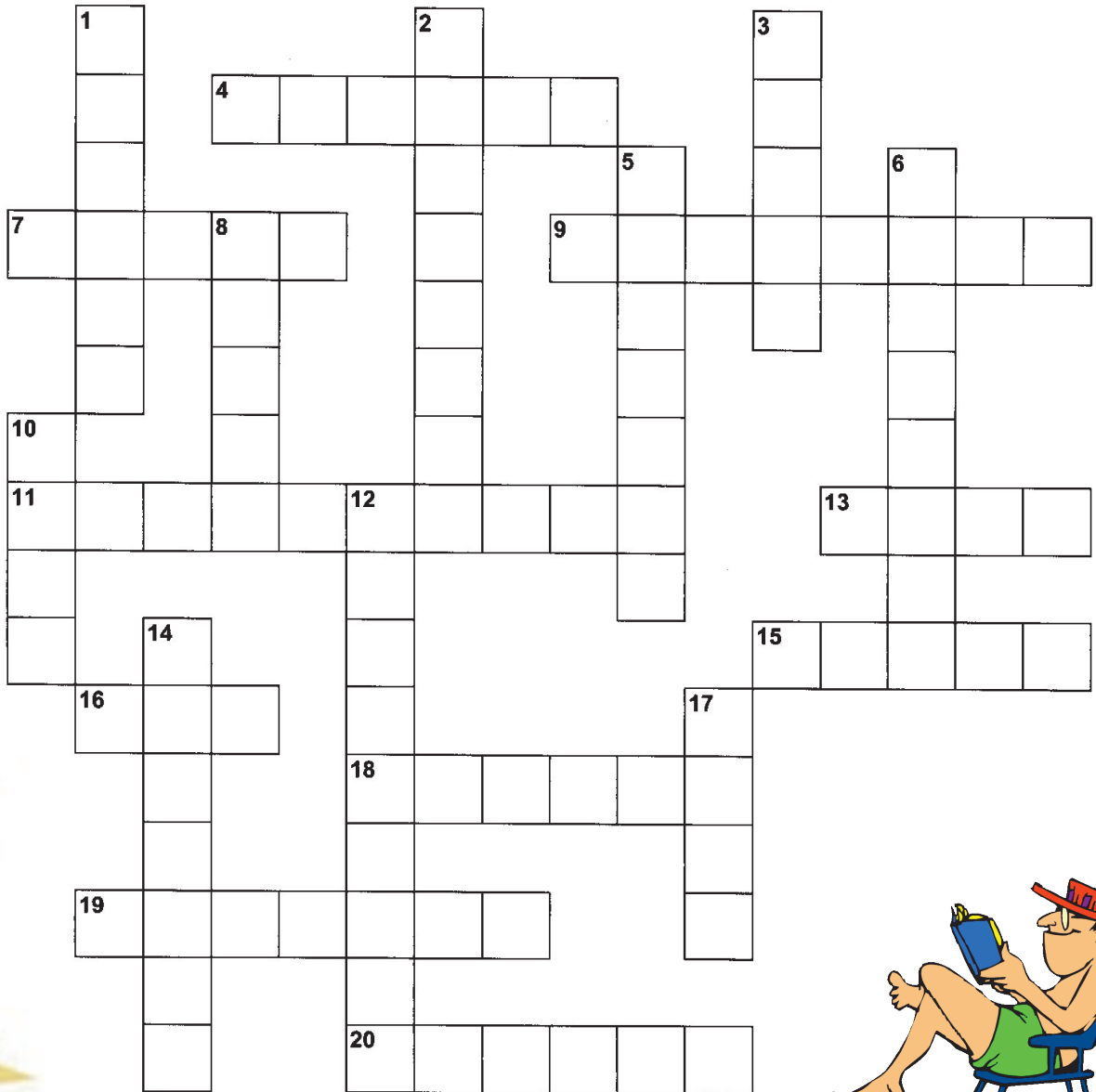
**Please include your
 phone number with your answer!**

Sudoku

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



END OF SUMMER



Across:

- 4. Eighth month of the year
- 7. Sandy area at the edge of the ocean
- 9. Game played with bat and ball
- 11. Large round fruit with green rind and sweet red pulp
- 13. Take a long walk in the country for fun
- 15. Place where cattle, horses, or sheep are raised
- 16. Holding or giving off great heat
- 18. Journey from place to place
- 19. Pastime of catching or trying to catch a fish
- 20. Person who rides the waves on a board

Down:

- 1. Dry sandy area with a few plants
- 2. Bright light of the sun
- 3. Place with many rooms and beds where people pay to stay
- 5. Outdoor activity using tents
- 6. Period of rest from school or work
- 8. Small boat with pointed ends that is moved by using a paddle
- 10. Move through the water by using parts of the body
- 12. Land mass higher than a hill
- 14. Using a boat for pleasure
- 17. Activity meant to relax or amuse



On Thursday, August 24th we will learn about

Smart Eating Habits.

Join us for a lunch of

BBQ ribs

to be served in the cafeteria

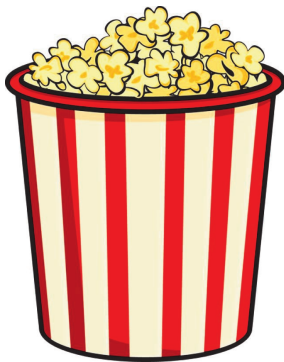
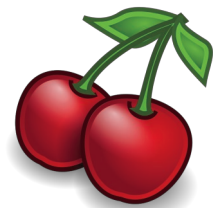
at Friend Community Healthcare System at **noon**.

Please RSVP by August 16th to attend this event!

402.821.3330

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

For those under age 60: \$5.00 fee



On Wednesday, August 25th we will learn about

Smart Eating Habits.

Join us for refreshments and fun!

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

Please RSVP by August 21st to attend this event!

402.821.3330

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 Crete **Starting August 22nd!**

For more information or to sign up for a class,

Please contact our office at 402-821-3330



Stepping On Classes

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 in **September!**

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

How to Know if Your Aging Parent Needs a Caregiver

When will you know when your elderly parents need help? One thing is certain: your parents won't be the ones who tell you they need help! Seniors have a strong desire to remain independent and in control of their own lives for as long as possible. In their place, wouldn't you feel the same way? The last thing they want is to become a burden to their children or loved ones. Typically, the aging senior will experience a traumatic event or "wake-up call" precipitating the realization that they need assistance. For example, they may suffer a stroke or a serious injury due to a fall; or their cognitive situation, such as the onset of dementia may result in a danger to themselves or others, like leaving an article of clothing sitting on a stovetop burner. Because you, the adult child, are unable to anticipate your parents' need for assistance until this traumatic event takes place, the emotional distress and the work/life crisis can hit you like a runaway train, making it very painful and difficult to make educated decisions you can become comfortable with. One way to avoid this is to start monitoring your parents' physical and mental abilities today, and research your care options should your parents begin to show signs of needing assistance. So, what are some of the common indicators that your parents may need some form of assistance or care? Here are some of the telltale signs.

Your parents have difficulty with or are incapable of performing routine activities of daily living (ADLs) such as:

- Bathing
- Dressing and grooming
- Toileting
- Transferring or moving from place to place (e.g., moving from the bed to a chair)
- Walking
- Eating



Changes in their physical appearance may indicate they need assistance:

- Noticeable weight loss (difficulty cooking, eating, shopping for food, etc.)
- Sloppy appearance/poor hygiene (difficulty bathing, dressing, and grooming)
- Black-and-blue marks on the body could indicate they've fallen and are having trouble walking or moving from place to place
- Noticeable burns on the skin could indicate they've experienced problems cooking

Warning Signs That Your Aging Parent Needs Help

Certain physical clues around your parents' home may be a red flag:

- The yard has not been maintained as it normally has (difficulty completing regular tasks)
- The house interior has not been maintained as it normally has (difficulty completing regular tasks)
- Automobile dents and scratches could indicate impaired driving ability
- Carpet stains, perhaps caused by dropping and spilling things
- Urine odor in house (signs of incontinence)
- Pots and pans with noticeable burn marks could indicate they forgot about food on the stove and left it burning
- Unopened mail/unpaid bills may indicate difficulty completing regular tasks
- Unfilled prescriptions (difficulty completing regular tasks)
- Low food supply (difficulty completing regular tasks)



You may observe some unusual behavior by your parent:

- Lack of drive or motivation
- Failure to return your phone calls
- Verbally or physically abusive



You may notice some of the warning signs that your parent might be developing dementia, Alzheimer's or some other cognitive impairment:

- Consistent memory lapses
- Confusion
- Loss of reasoning skills
- Difficulty performing familiar tasks
- Frequently misplaces things
- Frequently gets lost walking or driving
- Repetitive speech
- Unable to complete a sentence
- Rapid mood swings or changes in behavior
- Changes in personality
- Wears the same clothes over and over
- Cannot recall names of familiar people or objects
- Loss of initiative



If you believe your parents are experiencing one or more of the above indicators, then the next step is to talk with them about their care needs in such a way that they themselves identify the problem and come up with the solutions. It's very important that your parents are the ones making the decision to seek help and decide which option best meets their care and assistance needs. Tough decisions such as selling their home and moving elsewhere should be their own and not yours or their doctor's or some other interested parties. Put yourself in their shoes. The decision to move out of their home where they've created a very comfortable, secure environment for themselves over the years is a very traumatic change and must be handled with extreme care and sensitivity.

Article is from AgingCare.com

August Activities

<p>Key:</p> <p>Crete Dorchester Wilber Friend DeWitt</p>		<p>1 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 2:30-3:30</p>	<p>2 Foot Clinic</p> <p>Ice Cream Sandwich Day</p> 	<p>3 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 2:30-3:30</p> <p>Czech Days</p>	<p>4</p> <p>Czech Days</p>	<p>5</p>  <p>Czech Days</p>
<p>6</p> <p>Czech Days</p>	<p>7 Purple Heart Day</p> 	<p>8 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30</p>	<p>9 Foot Clinic Bridge 10:30-230</p>	<p>10 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30</p>	<p>11</p>	<p>12 National Bowling Day</p> 
<p>13 Left Handers' Day</p> 	<p>14</p>	<p>15 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00</p>	<p>16 Tell a Joke Day</p> 	<p>17 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 2:00-3:00</p>	<p>18 Fajita Day</p> 	<p>19</p> <p>Saline Solar Shadow</p>
<p>20</p> <p>Saline Solar Shadow</p>	<p>21</p>  <p>Saline Solar Shadow</p>	<p>22 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Tai Chi 11a-12p</p>	<p>23 Bridge 1030-230</p>	<p>24 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30 Tai Chi 11a-12p</p> <p>Senior Dinner</p>	<p>25 Senior Luncheon-Friend Christian Assembly</p>	<p>26 Cherry Popsicle Day</p> 
<p>27</p>	<p>28 Ice Cream at the DeWitt Quick</p> 	<p>29 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 3:00-4:00 Tai Chi 11a-12p</p> <p>Senior Dinner</p>	<p>30 Toasted Marshmallow Day</p> 	<p>31 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30 Tai Chi 11a-12p</p>		
			<p>All foot clinics are by appointment only.</p>	<p>Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330</p>	<p>For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873</p>	

What's Happening Near You?

<p>DeWitt Senior Center Meal Schedule</p> <p>For meal reservations, call Bev at 683-6475 or 520-0873</p>
<p>WEDNESDAY, August 2nd</p>
<p>Program—Need a Ride? - Find out about Liberty Mobility Now</p> <p>Menu—Smothered Chicken, Fried Potatoes, Fruit & Milk Bridge or Dominos</p>
<p>WEDNESDAY, August 9th</p>
<p>Program—Boys' State Governor, Riley Knust</p> <p>Menu—Pork Loin, Baked Potato, Broccoli, Fruit & Milk Dominos or Cards</p>
<p>WEDNESDAY, August 16th</p>
<p>Program—Satisfying Smoothies by Katie Keller</p> <p>Menu— Polish Dog, Baked Beans, Pea Salad, Fruit & Milk Bridge or Dominos</p>
<p>WESNESDAY, August 23rd</p>
<p>Program— Music Fun by Bernice Ullman (Bring a Friend)</p> <p>Menu—Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Fruit & Milk Dominos or Cards</p>
<p>WESNESDAY, August 30th</p>
<p>Program—Who Doesn't Like Root Beer (or floats)?</p> <p>Menu—Turkey, Stuffing, Green Bean Casserole, Fruit & Milk Celebrate Birthdays</p>




Winner of July's riddle:
Aaron Dixon
of
Crete

received a \$5 gift card to Subway!
Get your answers in by the 15th
for this month's riddle so you can
be the next winner!

The answer to July's
riddle was CANDLE.



HAPPY BIRTHDAY!

*A special wish to all of the
August 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, August 24, 2017, in the Wilber Care Center's Activity Room. Please RSVP by August 18th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call:
402.821.3330

***We are just busting with activities this summer! Look for "Fascinating People" to come back in the fall. If you know a fascinating person in Saline County that we should honor and be proud of, please call us and nominate them at 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

Scams continued...

7. Investment schemes

Because many seniors find themselves planning for retirement and managing their savings once they finish working, a number of investment schemes have been targeted at seniors looking to safeguard their cash for their later years. From pyramid schemes like Bernie Madoff's (which counted a number of senior citizens among its victims) to fables of a Nigerian prince looking for a partner to claim inheritance money to complex financial products that many economists don't even understand, investment schemes have long been a successful way to take advantage of older people.

8. Homeowner/reverse mortgage scams

Scammers like to take advantage of the fact that many people above a certain age own their homes, a valuable asset that increases the potential dollar value of a certain scam. A particularly elaborate property tax scam in San Diego saw fraudsters sending personalized letters to different properties apparently on behalf of the County Assessor's Office. The letter, made to look official but displaying only public information, would identify the property's assessed value and offer the homeowner, for a fee of course, to arrange for a reassessment of the property's value and therefore the tax burden associated with it. Closely related, there is the potential for a reverse mortgage borrower to be scammed. Scammers can take advantage of older adults who have recently unlocked equity in their homes. Those considering reverse mortgages should be cognizant of people in their lives pressuring them to obtain a reverse mortgage, or those that stand to benefit from the borrower accessing equity, such as home repair companies who approach the older adult directly.

9. Sweepstakes & lottery scams

This simple scam is one that many are familiar with, and it capitalizes on the notion that "there's no such thing as a free lunch." Here, scammers inform their mark that they have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During that time, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the "prize money" removed from his or her account as soon as the check bounces.

10. The grandparent scam

The grandparent scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts. Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research. Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me." While the sums from such a scam are likely to be in the hundreds, the very fact that no research is needed makes this a scam that can be perpetrated over and over at very little cost to the scammer.

If you suspect you've been the victim of a scam...

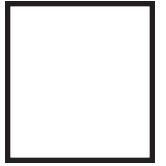
Don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and Adult Protective Services (1-800-652-1999). To obtain the contact information for Adult Protective Services in your area, call the Eldercare Locator, a government sponsored national resource line, at: 1-800-677-1116, or visit their website at: www.eldercare.gov.

Article is from NCOA.org

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 programs 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 on the basis of race, color, national origin, sex, age, or disability.



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