



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



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A NURSE'S HEART ATTACK EXPERIENCE

A nurse has heart attack and describes what some women feel when having one:

I am an ER nurse and this is the best description of this event that I have ever heard. Please read, pay attention, and send it on!

A NURSE'S HEART ATTACK EXPERIENCE

I was aware that female heart attacks are different, but this is the best description I've ever read.

Women rarely have the same dramatic symptoms that men have ... you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in movies. Here is the story of one woman's experience with a heart attack.

FEMALE HEART ATTACKS

I had a heart attack at about 10:30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, 'A-A-h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation--the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.

Heart Attack continued...

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasms), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).

This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening -- we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, Dear God, I think I'm having a heart attack!

I lowered the foot rest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else... but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment.

I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics... I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to un-bolt the door and then lie down on the floor where they could see me when they came in.

I unlocked the door and then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the radiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like 'Have you taken any medications?') but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stints to hold open my right coronary artery.

I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents.

Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned first-hand.

1 . Be aware that something very different is happening in your body, not the usual men's symptoms but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up... which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!

2. Note that I said '**Call the Paramedics** .' And if you can, take an aspirin. Ladies, TIME IS OF THE ESSENCE!

Do NOT try to drive yourself to the ER - you are a hazard to others on the road.

Do NOT have your panicked husband drive. He will be speeding and looking anxiously at what's happening with you instead of the road.

Heart Attack continued...

Do NOT call your doctor -- he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your Dr. will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw (or back) can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

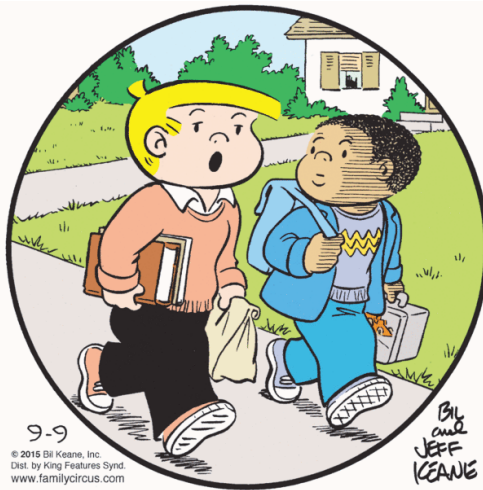
A cardiologist says if everyone who gets this sends it to 10 people, you can be sure that we'll save at least one life.



Article is from Scrubs Magazine
Editor's Note: When we were sent this story—
written by an anonymous author—
we were compelled to share it with our readers.



"Because if he dozes off, he might fall on you."

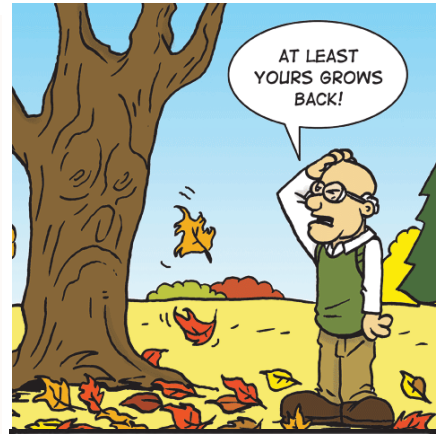


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www.familycircus.com

Bill Keane
JEFF KEANE

"Yeah, I had just figured out what I wanted to do during summer vacation and then it was over."



AT LEAST YOURS GROWS BACK!



Now I know why they call it ICU!

UNDERWHELMED

9/7/09



HERE YA GO DOYLE. BE CAREFUL, DON'T DROP IT!

OK I WON'T

PATIENCE MY FRIEND. IT WILL SOON BE OURS.



WHY THE SAD FACE?



BECAUSE I'M IN SCHOOL...

24/7!



HE CRACKS HIMSELF UP.

HAW, HAW, HAW!

Written by Ed Dunphy Illustrated by Max Velati



NEVER JUMP INTO A PILE OF LEAVES HOLDING A WET SUCKER!

SCHULZ



IT'S OFFICIALLY FALL, ELMER.

HOW CAN YOU TELL?

HARVEST MOON.

OH, RIGHT.

10/29



EARL, I HAVE A NEW HOBBY! I'M SHARTING A LEAF COLLECTION!



THAT WAS EASY.

Common Food-Drug Interactions

You've probably heard the warnings not to drink grapefruit juice with cholesterol medication. However, that isn't the only combination of food and drugs to avoid. Grapefruit juice can interact with numerous other medications, both prescription and over-the-counter. And many other foods commonly interact with drugs, too. Listed are five foods that commonly interact with medications.

Grapefruit Juice

Grapefruit juice has the ability to interact with medications in various ways. One way is by increasing the absorption of certain drugs – as is the case with some cholesterol-lowering statins. If you're taking statins, you don't have to completely avoid grapefruit juice; just take your medication two hours or more before or after drinking.



Grapefruit juice can also cause the body to metabolize drugs abnormally, resulting in lower or higher than normal blood levels of the drug. Many medications are affected in this way, including antihistamines, blood pressure drugs, thyroid replacement drugs, birth control; stomach acid-blocking drugs, and the cough suppressant dextromethorphan. It's best to avoid or significantly reduce intake of grapefruit juice when taking these medications.

Green Leafy Vegetables

Blood-thinning drugs such as Coumadin® (warfarin) interfere with vitamin K-dependent clotting factors. Eating too much green leafy vegetables, which are high in vitamin K, can decrease the ability of blood-thinners to prevent clotting. But you don't have to give up greens altogether. Problems arise from significantly and suddenly increasing or decreasing intake, as it can alter the effectiveness of the medicine. So eat your greens in consistent amounts.



Natural Black Licorice (Glycyrrhiza)

Glycyrrhiza – a natural ingredient used to make black licorice – can deplete the body of potassium while causing an increased retention of sodium. When the body is depleted of potassium, it can affect the effectiveness of the medication digoxin, a medication used to treat heart failure. Thus, resulting in the heart not beating properly.

Glycyrrhiza can also decrease the effectiveness of high blood pressure medicines. And people taking Coumadin® (warfarin) should be careful that glycyrrhiza can break down the drug, resulting in an increase in the body's clotting mechanism.

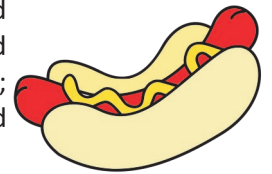
Excessive amounts of natural licorice should be avoided when taking all of these medications. However, artificially-flavored black licorice doesn't contain glycyrrhiza and has no effect on these medications.

Salt Substitutes

Consumers taking digoxin for heart failure or ACE inhibitors for high blood pressure should be careful with salt substitutes, which often times replace sodium with potassium. With an increased consumption of potassium, the effectiveness of digoxin can be lowered, resulting in heart failure. And those taking ACE inhibitors might see a significant increase in blood potassium levels, as these drugs are known to increase potassium. The real concern is for individuals on these medications as well as having decreased kidney function; they should discuss the use of salt substitutes with their doctor.

Tyramine-containing Foods

High blood levels of the amino acid tyramine can cause an increase in blood pressure. Several medications interfere with the breakdown of tyramine, including monoamine oxidase inhibitors (MAOIs) which treat depression, and drugs used to treat the symptoms of Parkinson's disease. Individuals taking these drugs should avoid tyramine-rich foods including, but not limited to: chocolate; aged and mature cheeses; smoked and aged/fermented meats; hot dogs; some processed lunch meats; fermented soy products; and draft beers (canned and bottled beers are OK).



When receiving a prescription for a new medication or taking a new over-the-counter drug, always read drug warning labels and ask their physician and/or pharmacist about which foods or other drugs they should avoid or be concerned about taking.

More information of Food-Drug interactions can be found at: <http://www.uspharmacist.com/content/c/10374/> and/or <http://www.fda.gov/downloads/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/ensuringSAFEuseofmedicine/generaluseofmedicine/ucm229033.pdf>

Article is from Aging Partners



Patriot Day is an annual observance on September 11 to remember those who were injured or died during the terrorist attacks in the United States on September 11, 2001. Many Americans refer Patriot Day as 9/11 or September 11.

Observe Patriot Day

On the direction of the President, the flag of the United States of America should be displayed on the homes of Americans, the White House and all United States government buildings in the whole world. The flag should be flown at half-staff as a mark of respect to those who died on September 11, 2001. Many people observe a moment of silence at 8:46 AM (Eastern Daylight Time). This marks the time that the first plane flew into the World Trade Center. Some communities, particularly in the areas directly affected by the attacks, hold special church services or prayer meetings. People who personally experienced the events in 2001 or lost loved ones in them, may lay flowers or visit memorials.

About Patriot Day

On September 11, 2001, four planes were hijacked. The hijackers then deliberately flew three of the planes into two important buildings, the Pentagon in Washington DC and the Twin Towers of the World Trade Center in New York. The fourth crashed into a field near Shanksville, Pennsylvania. The loss of life and damage that these hijackings caused form the biggest act of terrorism ever on United States soil. Nearly 3000 people died in the attacks and the economic impact was immense. The attacks have greatly increased attention to national security in the United States. This has had huge implications for United States national and international politics. This is particularly true for the relationships between the United States and Islamic countries in the Middle East.

Symbols

The most potent symbol of the events that happened on September 11, 2001 are pictures and videos of planes flying into buildings, of the Twin Towers of the World Trade Center engulfed in smoke and later collapsing and of people falling from buildings. Pictures taken of damaged buildings and relatives looking for loved ones in the days and weeks after the attacks are also often shown. The flag of the United States is often displayed around images of the events on September 11, 2001. This is to remind Americans that their country remained strong in the face of massive terrorist attacks. Patriot Day should not be confused with Patriot's Day, also known as Patriots Day, which commemorates the battles of Lexington and Concord in 1775, which were two of the earliest battles in the American Revolutionary War.

Info is from timeanddate.com

WATER

The Miracle Drink We're Ignoring



Drinking Enough Water Can

- Banish Headaches
- Improve Your Mood
- Relieve Fatigue

- Boost Your Energy Levels
- Relieve Constipation
- Flush Out Toxins
- Improve Digestion
- Promote Weight Loss
- Prevent Kidney Stones
- Boost Your Immune System
- Improve Your Complexion
- Prevent Hangovers
- Alleviate Back Pain
- Regulate Body Temperature

& How Much Is Enough?



/ 2 =





Labor Day: What it Means

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Labor Day Legislation

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From these, a movement developed to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

Founder of Labor Day

More than 100 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers. Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold." But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

A Nationwide Holiday

The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the



pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker.

Article is from DOL.gov

Exercise of the Month — Seated Row with Resistance Band



TARGETED MUSCLES: Upper back, shoulder, and neck
WHAT YOU NEED: Resistance band and sturdy, armless chair
TIP: As you progress, use a heavier strength band.

This exercise to strengthen upper back, shoulder, and neck muscles should make everyday activities such as raking and vacuuming easier.

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward.
3. Relax your shoulders and extend your arms beside your legs. Breathe in slowly.
4. Breathe out slowly and pull both elbows back until your hands are at your hips.
5. Hold position for 1 second.
6. Breathe in as you slowly return your hands to the starting position.
7. Repeat 10-15 times
8. Rest; then repeat 10-15 more times.

Recipe of the Month

Banana Bread Cookie Bars

1 ripe medium banana
1 roll refrigerated sugar cookies
4 oz cream cheese, softened
2 TBSP butter, softened
2 cups powdered sugar
1/2 tsp vanilla
1 to 2 teaspoons whipping cream or milk



1. Heat oven to 350 degrees. Line 8-inch square pan with foil or cooking parchment paper; spray foil with cooking spray.
2. In bowl of stand mixer with paddle attachment, place 1 ripe medium banana and 1 roll of refrigerated sugar cookies. (You can also use an electric hand mixer or a wooden spoon.) Beat on low to medium-low speed until smooth. Press mixture in bottom of pan.
3. Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool completely, at least 30 minutes.
4. To make frosting, beat 4 oz cream cheese, softened, and 2 tablespoons butter, softened, with electric mixer until smooth. Gradually add 2 cups powdered sugar, 1 cup at a time, until smooth. Beat in 1/2 teaspoon whipping cream or milk, adding more as needed for spreading consistency.
5. Spread frosting over cooled bars. Cut into 6 rows by 4 rows. Store in airtight container in refrigerator up to 3 days.

Word Search

- Acorn
- Beautiful
- Cornucopia
- Football
- Leaves
- October
- Rake
- Scenic
- Squirrel
- Yellow
- Apple
- Bonfire
- Crisp
- Harvest
- Migration
- Orange
- Ripe
- Season
- Sunflower
- Autumn
- Brown
- Foliage
- Hayride
- November
- Pumpkin
- Scarecrow
- September
- Sunshine



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

Sudoku

Riddle of the Month

What has one eye but cannot see??

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!

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

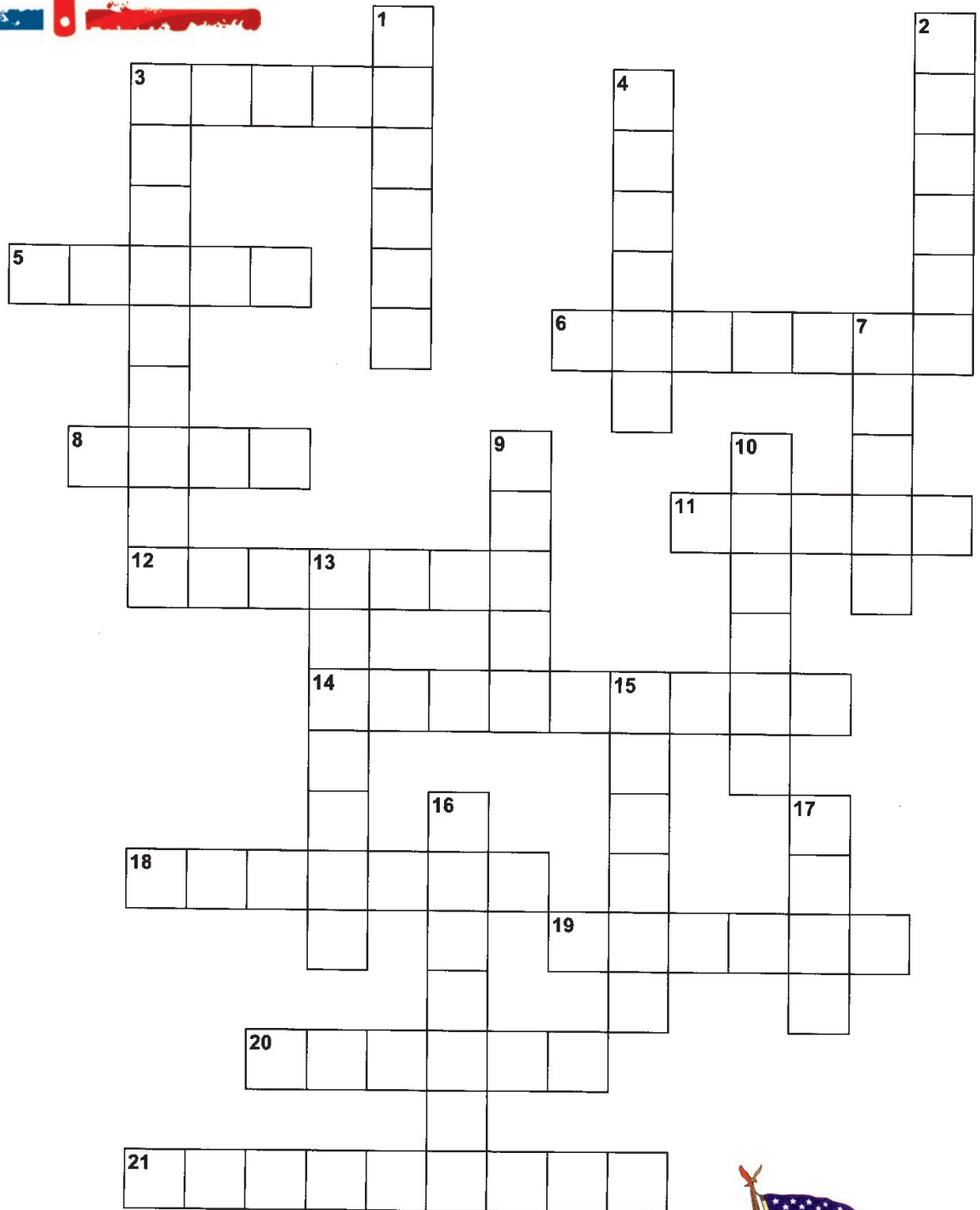


Down:

- 1. Operates a motor vehicle
- 2. Rides in a horse race
- 3. Scientist
- 4. Writer of a book
- 7. Person who acts a part in a play
- 9. Located as number one in a series
- 10. Attorney
- 13. Takes the money when a customer pays something
- 15. First day of the week
- 16. Leader
- 17. Cook in charge of a restaurant kitchen

Across:

- 3. Person who bakes
- 5. Operator of an aircraft
- 6. Day most people do not work
- 8. Any assistant
- 11. Work
- 12. Person who gives instruction
- 14. Ninth month of the year
- 18. Leader of a group of workers
- 19. Owner or employee of a bank
- 20. Authenticates documents
- 21. Person trained to participate in space flight



Health Fair



Where: Saline County Aging Services
109 W. 3rd St.—Wilber, NE
When: Wednesday, October 4, 2017
9 a.m.—12 p.m.



Aging Partners Nursing Students
will check the following things:

- * Heart Rate/Blood Pressure
- * Grip Strength
- * Finger Stick Cholesterol
- * Finger Stick Glucose
- * Sahara Bone Density



ShopKo
Will be doing vaccinations. They will have:

- * Influenza
- * Whooping Cough (dTaP)
- * Pneumonia
- * Shingles

*****Bring your Insurance/Medicare cards



Downtown Family Vision



Aging Partners Nutritionist
Paula Gooder-Ridder
will do nutrition Physicals with hand grip testing.



Audiologist—Cassie Garner
From Hearing Care at Home



Deines Pharmacy
will have information on their Durable Medical Equipment

Full Circle



On Wednesday, September 20th we will learn about

“Scary Foods”

Presented by Jill Engel

Join us for refreshments and fun!

in ‘The Back Room’ - SCAS 2:00 PM

Please RSVP by September 18th to attend this event!

402.821.3330



On Monday September 18th we will be playing

“Fall Bingo”

Join us for a lunch of

Chicken Fried Steak, Mashed Potatoes & Gravy, Peas & Dessert.

to be served in the cafeteria

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

Please RSVP by September 12th 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

Professions That No Longer Exist



Plague Doctor (1650s) - Despite their fearsome appearance, medics who wore long robes with a mask were actually plague doctors attempting to cure those who had been infected. They had a 'beak' on their mask filled with herbs and straw designed to filter the air.

Resurrectionist (1832) - Depicted brilliantly in the film "Burke and Hare", there were people known as resurrectionists who would dig up graves to sell the bodies as cadavers to the local medical schools. However, the whole practice was in a legal grey area.



Leech Collector (1840s) - There was a time when leeches were a doctor's go-to for treating most medical ailments. However, they didn't gather the creatures themselves. Instead, special leech collectors would wade into rivers with bare legs to attract the leeches.



Lamplighter (1870s) - When electricity wasn't yet invented, it was someone's job to go around when it got dark to light the street lamps. Using gas, lights were lit with a long torch, which must have taken quite a long time before all the lights were lit.

Chimney Sweep (1875) - Young boys were often employed to be chimney sweeps as they needed to be small and thin to fit in the chimneys, and had to be fit too to climb up and down them. This practice came to an end after a 12-year-old boy died when he got stuck in a chimney.



Human Alarm Clock (Late 1800s) - Before alarm clocks were invented, people were employed to knock on your windows with a long stick, or even throw pebbles to wake you up in the morning. They'd also shout at the top of their lungs to make sure that you really were awake.



Rat Catcher (Early 1900s) - Even though cities today still hoard plenty of rats, there was a time when cities were heavily infested with them. Since they were known to spread many diseases, rat catchers were employed to kill as many as they could.



Newspaper Reader (1920s) - Before radios were invented. It was quite boring for factory workers to carry out their tasks in silence. Therefore, people were employed to be professional newspaper readers, to give factory workers a bit of entertainment during their working hours.



Gandy Dancer (1940s) - Often depicted in films, Gandy Dancers were responsible for laying tracks for railroads. However this job is obsolete since machines can now carry out this job. Railroad workers were known for singing songs while working.

Bowling Alley Pinsetter (1946) - Before machines were used to re-set bowling pins when you knock them down, children were used to pick the pins up in bowling alleys. Since it was often children who were employed to do this, they didn't tend to get properly paid either!

Quarrymen (1960s) - Before the invention of quarrying machinery, men would extract rocks from the earth themselves. It was an incredibly dangerous job where rocks could easily fall on workers, hence why machines are now used instead.



Food Safety Tester (1963) - Prior to the establishment of food safety standards, people could put whatever they wanted into food that they sold to the public. Therefore, people were employed to try food to ensure that there was nothing harmful in the food.



Elevator Operator (1970s) - In modern elevators, you just press a button to get to the floor that you want. However, when they were first created, elevators had a lever and certain machinery that you had to be trained to use.

Log Driver (1970s) - Log drivers were employed to deliver logs from the forests to the mills by dragging them through rivers to ease the load. Nowadays, machinery or lorries are used to transport lumber.



Switchboard Operator (1982) - There was a time when long distance calls had to be manually connected, a job that was often done by women more than men. This was because women could be paid less than men, and so it was cheaper for employers to hire women for the job.

Bullet Journaling for Caregivers

Bullet Journaling has been a hot trend for a little while in the planner and organizational communities online, but it may not be something that you've heard of. If not, you're in for a treat. If you love to-do lists and check-lists, this is something you don't want to miss. The minute I learned about it, I was hooked.

If you have too many things to remember and think about on a daily basis and you need a simple system to help you keep track, bullet journaling was made for you. As people, and caregivers especially, we all have a lot of different daily tasks, appointments, and various things we need to remember. Trying to keep track of everything in our head becomes exhausting. And if you are a working caregiver or in the sandwich generation, it becomes nearly impossible. Just think of how much more productive and less stressed you'll be if you can stop trying to remember all this "stuff". I constantly have little to-do lists floating around the house, but once I started using this system, everything is now all in one place.



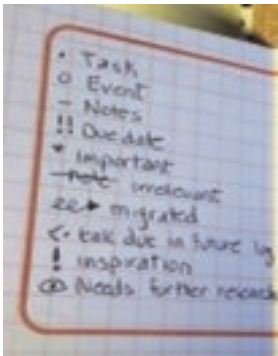
First, you'll need a journal. Any journal will do but be sure that it has at least 31 lines on each page (for the days of the month). An elastic to keep the journal closed is also helpful and I found that having a ribbon to bookmark the daily task page is perfect. A bullet journal usually consists of three different parts.

The first part includes the index. They will occupy the first two pages of your journal and help you stay on track with what's where and how the journal works. The key can also be listed here or in the very front of the book or on a little fold-out, as mine is.

This is the key that I use:

- A dot = a task
- A circle = an event
- A line = a note
- (all of these can be X'd out so an X = a completed event.)
- A task, event or note with an asterisk in front = something important
- An exclamation point = something inspirational
- 2 exclamation points = something with a due date

- An eyeball sign = something that needs more research or learning
- A task that has a line through it was not worth completing or has become irrelevant
- ~~> means something (task, event) was not completed and migrated to a new list
- ~~< means something (task, event, note) that is listed on a different month in the Future Log



The second part of the bullet journal consists of a future log or calendar, and then running daily entries – more on how these work in a minute.

The last part of a bullet journal is something called collections or lists of notes. They are just that, notes about related things you want to keep track of. For example, you may have a list of books you want to read (someday), or notes about medications that your loved one is taking.

The idea with a bullet journal is that you set aside two pages for your index and then record things (and they pages where you'll find them) as they come up throughout your day, week, or month. On the next blank 2-page section, you will make your future log. Label it Future Log. Using a ruler draw to horizontal lines to divide the first page into 3 equal sections. Do the same on the opposite page

as well. Label each section with the name of the month. Now number these pages and add them to your index. For example – Future Log: 3-4. If it is early in the year, do the same thing for the next page(s), as well. Everything you know in advance goes on your future log under the corresponding month. At the beginning of the month, on the next blank page spread, you set up a monthly page. This is your space to record appointments, birthdays, etc.

Number the lines on the left-side page 1-30 (or 31) and then add the first letter (or 2) of the day of the week alongside it, for instance, 18M. Leave space on the line to note appointments as they come up. Some prefer to draw a more traditional

Care Giver's Corner Continued....

monthly calendar grid over two pages, but I'm not that artistic. Try both and see what works better for you. On the right side of your page, you will list all the tasks that you want to complete that month. As you draw each monthly grid or list at the beginning of the month, number the pages and add that to your index. On the last day of the month, add the task "Migrate". At the end of the month, or very, very slightly before, add the next month to the next set of blank pages, and migrate all known appointments or tasks. Don't get carried away and set up all the months in advance. Trust me on this.

On the next blank page set, enter today's date and start recording things you need to take care of, appointments to keep today, and anything else you need to keep track of including quick notes (possible allergic reactions to a medication, for instance) and ideas. This is where your key comes in handy. It takes a little while to get used to, but after using it a few times, it comes naturally.

At the end of the day, review your list. Things that have not been completed need to either be crossed out because they are no longer relevant and important, or they should be moved to the next day. If you don't want to, or can't tackle an item or two the next day, leave it open and make sure you review and work it in at a later date. Your "notes" can be added at any time to the next blank page. Label the name of the note on the top line on the left-hand side. Number the pages and add it to your index. A note can be anything you want it to be: meeting notes, doctor appointment notes, meal plans, a list of shows to watch on Netflix, etc. Mine, below, is the July decluttering challenge items.



I don't use my bullet journal as a replacement to my planner. I still use my planner on a daily basis. The bullet journal just helps me keep track of all my thoughts and to-dos – all in one place.

Article is from IntentionalCaregiver.com

September Activities

Key: Crete Dorchester Wilber Friend DeWitt					1	2 1st Husker Game 
3	4  HAPPY LABOR DAY	5 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 11a-12p Tai Chi 2:30-3:30	6 Foot Clinic Lunch 12:00 p.m.	7 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 11a-12p Tai Chi 2:30-3:30	8 Day trip to Memorial Stadium & eat at Brewsky's	9 Teddy Bear Day 
10  HAPPY GRANDPARENTS DAY!	11	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 2:00-3:00 Stepping On 1:30	13 Foot Clinic Bridge 10:30-230 Lunch 12:00 p.m.	14 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 2:00-3:00	15 Double Cheeseburger Day 	16
17	18 Air Force's Birthday 	19 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 2:00-3:00 Stepping On 1:30	20 Lunch 12:00 Punch Day 	21 Tai Chi 9-10 Quilting 1-5 Bridge 10:30-230 Tai Chi 11a-12p Tai Chi in the amphitheater 2:00pm	22	23 Hunting and Fishing Day 
24	25 Ice Cream @ DeWitt Quick Com Day 	26 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 3:00-4:00 Stepping On 1:30 Senior Dinner	27 Bridge 10:30-230 Lunch 12:00 p.m. Chocolate Milk 	28 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 2:30-3:30 Senior Dinner	29 Senior Luncheon-Friend Christian Assembly	30 
			All foot clinics are by appointment only.	Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330	For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873	

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, September 6th</p>
<p>Program—Fred Meyer's Honor Flight Menu—Beef Stir Fry, Rice, Jello, Fruit & Milk Bridge or Dominos</p>
<p>WEDNESDAY, September 13th</p>
<p>Program—Trip to the Rock Creek Aquaculture after lunch Menu—Chicken Enchilada Casserole, Spanish Rice, Green Beans, Fruit & Milk Dominos or Cards</p>
<p>WEDNESDAY, September 20th</p>
<p>Program—More Unusual Foods to Try (Bring a sample!) Menu— Cheesy Macaroni & Beef Casserole, Corn, Dump Cake, Fruit & Milk Bridge or Dominos</p>
<p>WEDNESDAY, September 27th</p>
<p>Program— Tri County Teammates Program Menu—Smoked Ham, Scalloped Potatoes, Peas, Fruit & Milk Celebrate Birthdays</p>

AARP Elderly Safe Driving Class will be at the Wilber Care Center Tuesday, October 3, 2017 @ 9:30 am.



Call for more information or to register for the class!

402-821-3330 or 402-821-2331

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, September 28, 2017, in the Wilber Care Center's Activity Room. Please RSVP by September 22nd to one of the following numbers: 821-2014,

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330



Winner of August's riddle:

of

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 August's
 riddle was SILENCE.



HAPPY BIRTHDAY!

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

***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

Tai Chi Updates

New classes starting this fall!

Thursday, Sept. 21, 2017 @ 2:00p.m.—Tai Chi class in the Wilber amphitheater. If you have any questions please call the office for more info!
 EVERYONE welcome!!

Service Spotlight

Answers to last months puzzles.

Durable Medical Equipment



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

Our loan program is perfect for individuals :

- Recovering illness or injury
- Recuperating from surgery
- Attending events, doctor's appointments or day trips
- Trying a new device before buying one
- Students with sports injuries or recovering from sprains, strains or breaks



Our Equipment



- * Walkers
- * Wheelchairs
- * Toilet Risers
- * Tub/Shower chairs, stools and benches
- * Grab Bars
- * Crutches
- * Canes—regular and quad
- * Portable commodes



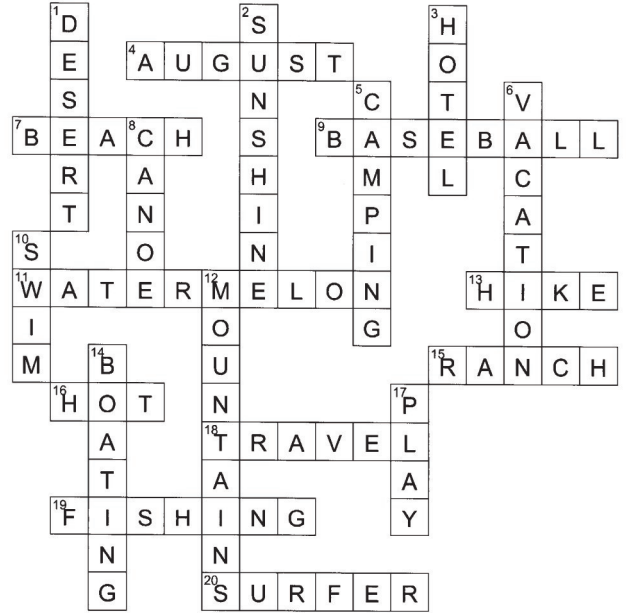
We also take equipment donations!

2017 HOLIDAYS that SCAS WILL BE CLOSED

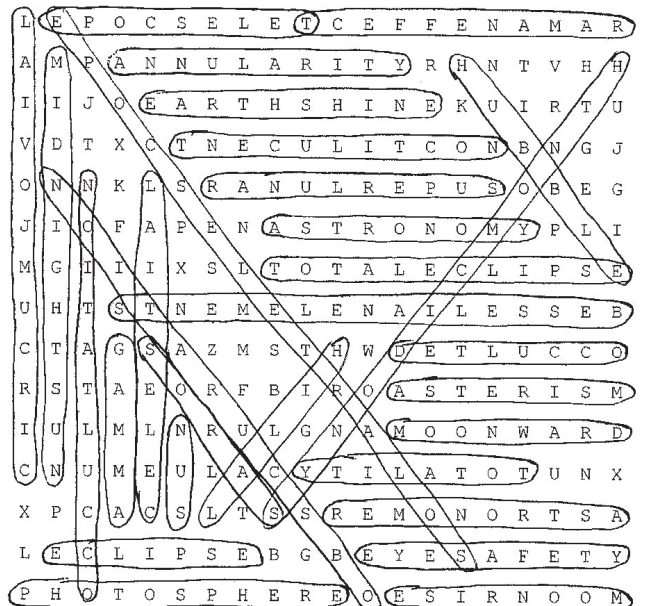
Saline County Aging Services will be closed in observance of the following County holidays.

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

- Sept. 4 Labor Day
- Oct. 9 Columbus Day
- Nov. 11 Veterans' Day
- Nov. 23 Thanksgiving
- Nov. 24 Day after Thanksgiving
- Dec. 25 Christmas Day



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

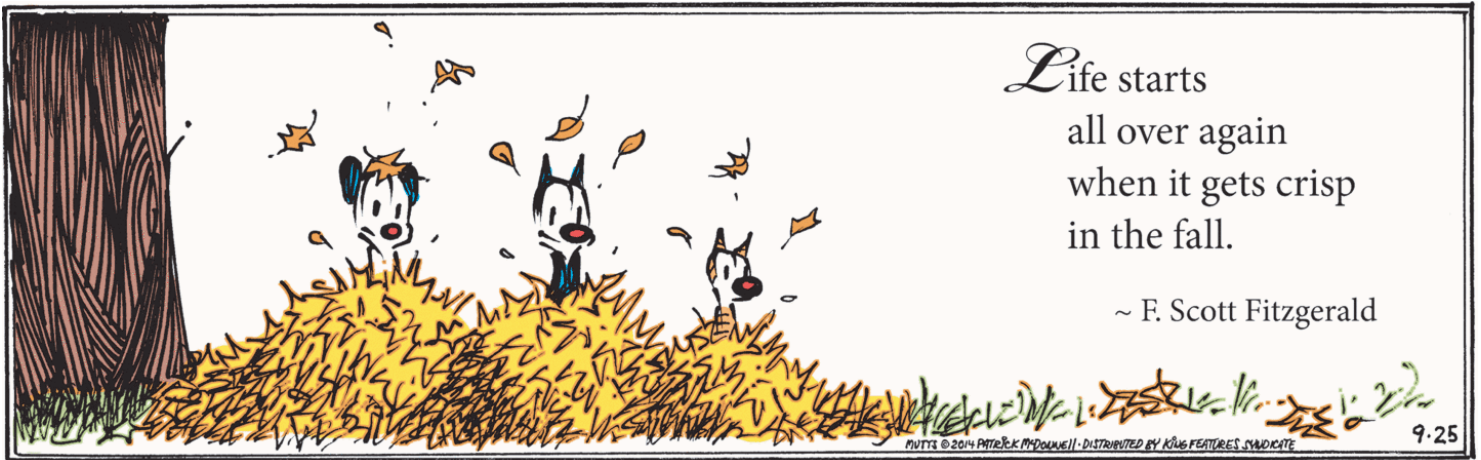


Do you want the Saline County Aging Services Newsletter sent to your door?

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



*Life starts
all over again
when it gets crisp
in the fall.*

~ F. Scott Fitzgerald

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9.25



Mark your calendars!



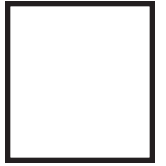
Medicare Prescription Drug Enrollment

October 15 - December 7

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.



PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330

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Saline County Aging Services

