



# Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

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## Sounds of the Season



## The History of Christmas Carols



Carols were first sung in Europe thousands of years ago, but these were not Christmas Carols. They were pagan songs, sung at the Winter Solstice celebrations as people danced round stone circles. The Winter Solstice is the shortest day of the year, usually taking place around the 22nd December. The word Carol actually means dance or a song of praise and joy! Carols used to be written and sung during all four seasons, but only the tradition of singing them at Christmas has really survived.

Early Christians took over the pagan solstice celebrations for Christmas and gave people Christian songs to sing instead of pagan ones. In 129, a Roman Bishop said that a song called "Angel's Hymn" should be sung at a Christmas service in Rome. Another famous early Christmas Hymn was written in 760, by Comas of Jerusalem, for the Greek Orthodox Church. Soon after this many composers all over Europe started to write 'Christmas carols'. However, not many people liked them as they were all written and sung in Latin, a language that the normal people couldn't understand. By the time of the Middle Ages (the 1200s), most people had lost interest in celebrating Christmas altogether.

This was changed by St. Francis of Assisi when, in 1223, he started his Nativity Plays in Italy. The people in the plays sang songs or 'canticles' that told the story during the plays. Sometimes, the choruses of these new carols were in Latin; but normally they were all in a language that the people watching the play could understand and join in! The new carols spread to France, Spain, Germany and other European countries.

The earliest carol, like this, was written in 1410. Sadly only a very small fragment of it still exists. The carol was about Mary and Jesus meeting different people in Bethlehem. Most Carols from this time and the Elizabethan period are untrue stories, very loosely based on the Christmas story, about the holy family and were seen as entertaining rather than religious songs. They were usually sung in homes rather than in churches! Traveling singers or Minstrels started singing these carols and the words were changed for the local people wherever they were traveling.

*Continued on page 2*

## History of Christmas Carols continued...

One carol that changed like this is 'I Saw Three Ships'.

When Oliver Cromwell and the Puritans came to power in England in 1647, the celebration of Christmas and singing carols was stopped. However, the carols survived as people still sang them in secret. Carols remained mainly unsung until Victorian times, when two men called William Sandys and Davis Gilbert collected lots of old Christmas music from villages in England.

Before carol singing in public became popular, there were sometimes official carol singers called 'Waits'. These were bands of people led by important local leaders, such as council leaders, who had the only power in the towns and villages to take money from the public (if others did this, they were sometimes charged as beggars!). They were called 'Waits' because they only sang on Christmas Eve, which was sometimes known as 'watchnight' or 'waitnight' because of the shepherds were watching their sheep when the angels appeared to them, when the Christmas celebrations began.



Also, at this time, many orchestras and choirs were being set up in the cities of England and people wanted Christmas songs to sing, so carols once again became popular. Many new carols, such as 'Good King Wenceslas', were also written in the Victorian period.

New carols services were created and became popular, as did the custom of singing carols in the streets. Both of these customs are still popular today! One of the most popular types of Carols services are Carols by Candlelight services. At this service, the church is only lit by candlelight and it feels very Christmassy! Carols by Candlelight services are held in countries all over the world. The most famous type of Carol Service might be a Festival of Nine Lessons and Carols, where carols and Bible readings tell the Christmas Story. One of those songs which is still popular today is Silent Night.

The words of Silent Night were written by a Priest called Fr. Joseph Mohr in Mariapfarr, Austria, in 1816 and the music was added in 1818, by his school teacher friend Franz Xaver Gruber, for the Christmas service at St. Nicholas church in Oberndorf, Austria.

Fr. Mohr asked Franz Gruber to compose the melody with a guitar arrangement. It was several years later that Franz Gruber wrote an arrangement for the organ. Historians who have conducted research in recent years believe that Fr. Mohr wanted a new carol that he could play on his guitar.

There is a legend associated with the carol that says, Fr. Mohr wanted the carol to be sung by the children of the village at the midnight Christmas Eve service, as a surprise for their parents. But in the middle of practicing, the organ broke and not a note would come from it! So the children had to learn the carol only accompanied by a guitar. They learned the carol so well that they could sing it on its own without accompaniment. However, there are no records to indicate that a children's choir was involved or that the organ was broken!

At Midnight Mass in 1818, Fr. Mohr and Franz Gruber sang each of the six verses with the church choir repeating the last two lines of each verse. Mohr set down the guitar arrangement on paper around 1820 and that is the earliest manuscript that still exists. It is displayed in the Carolino Augusteum Museum in Salzburg. There are a number of manuscripts of various 'Stille Nacht' arrangement that were written by Franz Gruber in later years.

The original words of the song were in German (and it was called 'Stille Nacht! Heilige Nacht') and translated in to English went:

Silent night, holy night,  
Bethlehem sleeps, yet what light,  
Floats around the heavenly pair;  
Songs of angels fills the air.  
Strains of heavenly peace.



## History of Christmas Carols continued...



It's thought that the song might have traveled around the area with an organ repairman, Karl Mauracher, who could have taken an early arrangement with him in about 1820. Then two singing families (like the 'Von Trappes' in *The Sound of Music*) seem to have discovered the song and performed it as part of their concerts. In December 1832, the Strasser family performed it at a concert in Leipzig. It was first performed in the USA in 1839 by the Rainer family, who sang 'Stille Nacht' at the Alexander Hamilton Monument

outside Trinity Church in New York City. During this time the tune changed to the one we know and sing today!

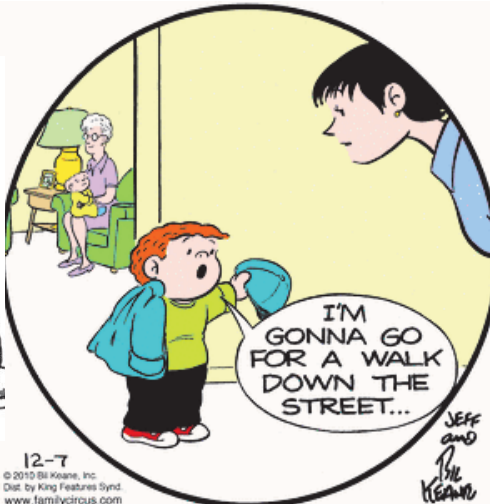
It was translated into English in 1863 by John Freeman Young. The carol was sung during the Christmas Truce in the First World War in December 1914 as it was a song that soldiers on both sides knew!

By the time that the carol was famous, Fr Mohr had died. Franz Gruber wrote to music authorities in Berlin saying that he had composed the tune, but no one believed him and it was thought that Haydn, Mozart or Beethoven had written it! But then the 1820 manuscript was found and in the top right corner Fr Mohr had written: 'Melodie von Fr. Xav. Gruber'. It's now one of the most, if not the most, recorded songs in the world!

*Information is from [whychristmas.com](http://whychristmas.com)*



"We had enough stuff left over to decorate Marmaduke."



"... Grandma said Christmas is just around the corner."



"What happened to my milk and cookies?"

# A Well-Seasoned Heart



All of us enjoy eating tasty, well-seasoned foods. However, we all need to be careful to limit our sodium intake to prevent and improve hypertension. Hypertension is a chronic disease that affects many older adults caused when blood pressure is consistently higher than what is recommended. Normal blood

pressure is 120/80. Controlling sodium intake and eating a balanced diet can help lower your blood pressure and reduce your risk of developing cardiovascular disease.

Individuals with hypertension are advised to consume no more than 1,500 mg of sodium per day; about 3/4 a teaspoon of salt if you were to measure it out as one lump sum!

There is a large amount of salt added to our foods so it is very important to always read the Nutrition Facts Label for sodium content. The DASH Diet (Dietary Approaches to Stop Hypertension) is recommended for all, regardless of whether or not they are diagnosed with hypertension. The DASH diet is used to prevent and control high blood pressure. It is naturally low in sodium because of the strong emphasis placed on whole foods. It is a well-balanced diet that incorporates an abundance of fruits and vegetables as well as a



reduction in saturated fat, total fat, cholesterol and sweets. Since the DASH diet is high in fiber, gradual increases of fruits, vegetables, and whole grains should be made over time.

**Did you know that salt is an acquired taste?**

Salt is an acquired taste that is developed over time. We become accustomed to salty foods and start to crave the saltiness even more. Cutting down on this acquired taste can be difficult, but learning different ways to flavor foods may help decrease your risk for a variety of chronic diseases. The body adjusts to this decreased salt intake fairly well. In time, you crave salty foods less. Eventually some may even taste too salty.

**Did you know that salt is used for more than just flavoring food?**

Salt is used for more than just flavoring. Salt acts as a preservative, which is why it is commonly used in canned and meat products. Salt also affects the texture in many

food products such as yeast breads. It stabilizes the volume of certain products such as egg whites. Some products such as cheese, can't even be made without salt. Cheese depends upon salt to add flavor, texture, quality, shelf-life and safety.

**Did you know that most of the sodium that Americans consume comes from processed foods?**

By limiting the amount of processed foods, we can help decrease our sodium intake. Processed foods that tend to be high in sodium include canned soup, cheese, potato chips, crackers, ready-to-eat frozen dinners, processed meats (luncheon meats and hot dogs), and many other processed foods. Many companies are now adding "reduced sodium" and "no salt added" options. Make sure to read the Nutrition Facts Label and compare similar products and brands to determine which is the healthier choice.



**Did you know that a diet high in fruits and vegetables can help hinder the effects sodium has on blood pressure?**

Many fruits and vegetables are often high in potassium. Potassium works in the body to regulate blood pressure, which has beneficial rewards for cardiovascular health. Sodium and potassium can help control fluid movement as well as regulate blood pressure. The recommended intake of potassium is 4,700 mg. Most Americans tend to consume much smaller amounts of potassium.

**Spice it Up!**

There are a variety of spices to season your food that do not contain salt! A variety of salt-free seasonings are available in the spice section at most supermarkets. Try these tasty tricks to reduce your salt usage when cooking:



- Add lemon or vinegar to fish or meat, as well as many vegetables.
- Season meat with onion, garlic powder, green pepper, ginger, dry mustard, sage and marjoram.
- Cook with fresh mushrooms and unsalted tomato sauce.
- Season vegetables with onion, mint, ginger, dill seed, parsley, green pepper or fresh mushrooms.

*Article is from Aging Partners*

# Identity theft: protect yourself

Identity theft is a serious crime that happens when someone uses your personal information without your consent to commit fraud or other crimes. Personal information includes things like your name and your Social Security, Medicare, or credit card numbers.

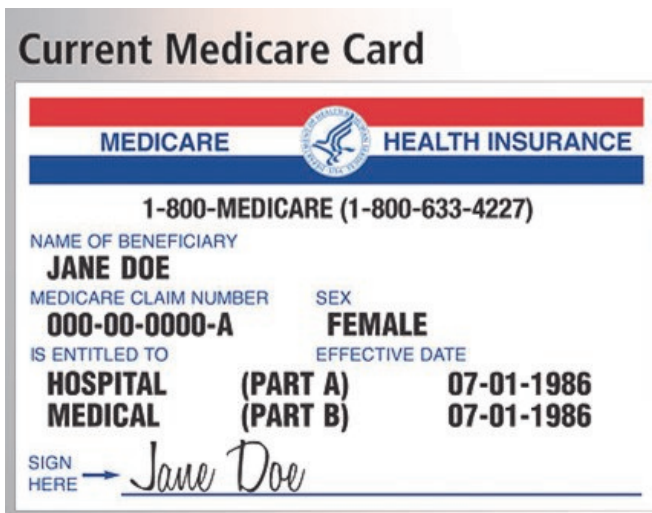
## Guard your card and protect your personal information

- To help protect your identity, Medicare is mailing new Medicare cards. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number.
- Do NOT share your Medicare Number or other personal information with anyone who contacts you by phone, email, or by approaching you in person, unless you've given them permission in advance.
- Medicare, or someone representing Medicare, will only call and ask for personal information in these situations:
  1. A Medicare health or drug plan can call you if you're already a member of the plan. The agent who helped you join can also call you.
  2. A customer service representative from 1-800-MEDICARE can call you if you've called and left a message or a representative said that someone would call you back.
- Medicare will not call you to "confirm your information in order to send your new card" or call you to "confirm your information and offer to expedite sending your card to you for \$9.99". These are two scams that have already been reported to the Nebraska SHIIP office this season!
- Only give personal information like your Medicare Number to doctors, insurers acting on your behalf, or trusted people in the community who work with Medicare like your State Health Insurance Assistance Program (SHIIP).
- Be familiar with how Medicare uses your personal information. If you join a Medicare plan, the plan will let you know how it will use your personal information.

If someone calls you and asks for your Medicare Number or other personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227) or contact Nebraska SHIIP at 1-800-234-7119.

If you suspect identity theft, or feel like you gave your personal information to someone you shouldn't have, contact the Federal Trade Commission.

*Information is from Medicare.gov*



## New Medicare Card FAQs

*Why are the new Medicare cards important?*

- Medicare is removing Social Security Numbers from Medicare cards to **prevent fraud, fight identity theft, and keep taxpayer dollars safe.**

*When can I expect my new Medicare card?*

- Cards will be mailed between April 2018—April 2019.
- **Once you receive your new card, shred your old card.**

*What do I need to do to get my new Medicare Card?*

- **Nothing!** Your new Medicare Card will be mailed to you automatically.

*What if I get a call about the new cards?*

- **Hang up!** If you receive calls, mailings or emails asking for information or payment to receive your new card, **this is a scam! DO NOT RESPOND!**



**Report any fraudulent calls or mailings to Nebraska SHIP at 1-800-234-7119.**

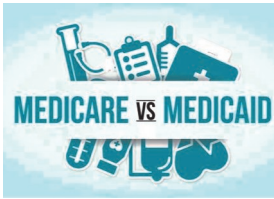
*Information is from Nebraska SHIP*

## Your Must Knows

When you begin to care for a family member or friend, you find yourself in a completely foreign land. And, it feels like you immediately need to know how to speak the language in this land.

But, how can you? You didn't expect to be here, you didn't receive training on how to manage here and you certainly didn't receive a map once you arrived. (The Caregiving Years, Six Stages to a Meaningful Journey maps out how to manage today and prepare for tomorrow.)

We've compiled some must-know tips to help. We'll continue to update and add to our list. And, please be sure to add your must-know tips in our comments section, below.



1. Medicare is not Medicaid and vice versa. Medicare, the federal insurance program typically for person's 65 and over, has very limited benefits to cover long-term care needs, either in a home or in a nursing home. Medicaid, a state-funded program typically for low-income persons, pays for the costs of in-home and nursing home care—as long as a caree's income is low enough to qualify for benefits.

2. Caregiving will cost you. According to a Caring.com report, half of surveyed family caregivers spend more than \$5,000 per year on caregiving expenses. According to *Valuing the Invaluable: The Economic Value of Family Caregiving, 2008 Update from AARP*, the average family caregiver for someone 50 years or older spent \$5,531 per year on out-of-pocket caregiving expenses in 2007. For the most recent data on costs of nursing homes, assisted living facilities, home health agencies and adult day programs, check Genworth's 2015 Cost of Care Survey.

3. You can appeal decisions that discontinue Medicare coverage in a nursing home or hospital or home health. The nursing home, hospital or home health agency will provide you with information on how to appeal. If they don't, ask.

4. Watch how health care professionals provide care to your caree. Before a hospital discharge, tape any training the professionals provide to you. Tape the training at home when a home health aide provides care. And, always makes sure a health care professional washes his/her hands and wear gloves whenever he or she provides care.

5. Check and then double check information you receive. Sometimes, health care professionals share correct information. Sometimes, they don't. It's worth the phone calls to make sure you have the right details.

6. Know the good home health agencies, nursing homes, adult day centers and assisted living facilities in your community (and your caree's if you live in different areas). You may need these providers for short-term help (like recovery after a caree's broken hip after a fall) or respite care (so you can take a break) or long-term (when care at home becomes too difficult). Ask your caree's doctor which providers he/she uses, ask friends for their recommendations. Be in the know because you just never know.



7. Check Medicare-certified providers at Medicare's 5-Star Rating website. Medicare rates the quality of care provided by hospitals, home health agencies, nursing homes, dialysis centers, health and drug programs, and equipment suppliers. Their data can help you make the best decision possible.

8. Research the impact of transferring your caree's assets, including the home, so that you do not incur penalties or jeopardize Medicaid benefits.

9. If you are a caregiving adult child living with your caree in your caree's home, your caree could transfer the home to you without jeopardizing Medicaid benefits. Check with an elder law attorney to learn more.

*Continued on page 14*



## Exercise of the Month — Knee Curl



1. Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your foot to the floor.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

**TIP:** As you progress, you may want to add ankle weights. Walking and climbing stairs are easier when you do both the Knee Curl and Leg Straightening exercises. For an added challenge, you can modify the exercise to improve your balance.

## Recipe of the Month

### Soda Cracker Toffee

#### Ingredients:

- 1 cup butter, no substitutes
- 1 cup brown sugar
- 2 sleeves saltine crackers
- 1½ cups semi sweet chocolate chips
- Sprinkles, chopped almonds or walnuts (optional)

#### Directions:

1. Preheat oven to 400 degrees.
2. Line baking sheet with aluminum foil and spray with cooking spray.
3. Line foil with saltine crackers, touching salt side up. You probably won't need quite two sleeves of crackers.
4. Over medium heat, while constantly stirring, bring butter and sugar to a gentle boil. Once it's boiling remove spoon and boil for exactly 3 minutes. You want the heat to be as low as possible while maintaining a boil.
5. Pour over saltine crackers. Spread with the back of a spoon if necessary.
6. Bake for 5 minutes.
7. Immediately after removing them from the oven sprinkle with chocolate chips. Let sit for a few minutes. Spread with the back of a spoon.
8. Decorate with sprinkles, chopped nuts or colored dipping chocolates.





- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St. Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Night
- Silber Bells
- The Christmas Song
- The First Noel
- Winter Wonderland



Riddle of the Month

**What kind of room has no doors or windows??**

Answer the riddle correctly by the 15th of the month 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!**

# HOLIDAY TUNES

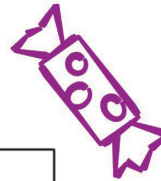
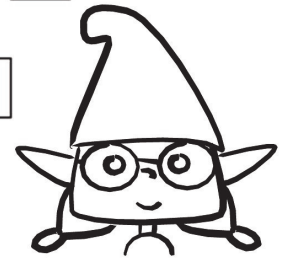
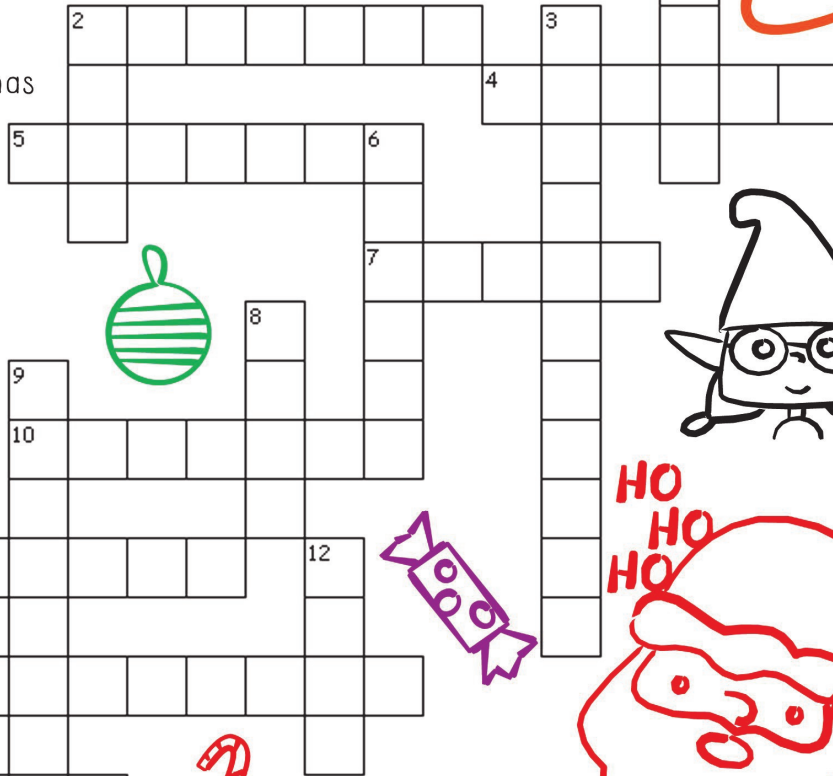
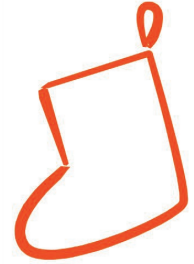
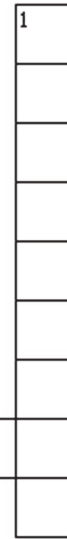


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	3			5	6			
			1		8			
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	7							6
9			7	3		2		
	1	4	6	8		9	7	

Across

- 2. Frosty the \_\_\_\_\_
- 4. \_\_\_\_\_ bells
- 5. Snack for Santa
- 7. Toy makers
- 10. Red nosed reindeer
- 11. He's making a list and checking it twice
- 13. Dasher, Dancer, Prancer
- 15. Decorate your door
- 16. Nutcracker Fairy
- 18. He tried to steal Christmas
- 19. Merry \_\_\_\_\_!

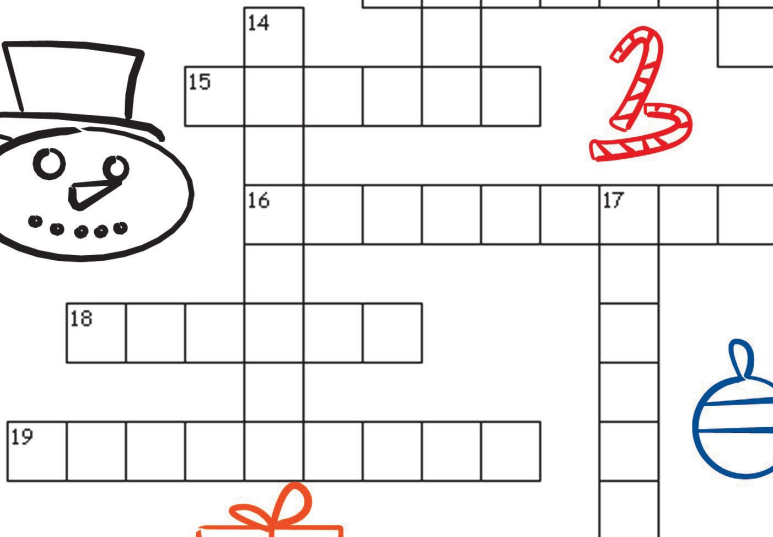


HO  
HO  
HO



Down

- 1. Hang them by the chimney
- 2. Dashing through the \_\_\_\_\_
- 3. Cookie building material
- 6. Santa's ride
- 8. Serve with cookies
- 9. Pretty balls to hang on the tree
- 12. Where you'll find your gifts
- 14. Wrapped packages
- 17. They twinkle on the tree





Yours in Service,

Full Circle



Come play Jingle Bingo and then join in our 2nd Annual Christmas Sweater Contest: Wear your Christmas sweater or vest to be entered to WIN 1 of 3 categories & get a prize!:

- \*Most Festive
- \*Prettiest
- \*Ugliest



**Friend**  
Join us for lunch

Friday, December 15th  
12:00—2:00

FCFS Cafeteria  
Please RSVP to 402.821.3330  
By December 6th

*For those over age 60: \$4.50 suggested contribution for the meal.*  
*For those under age 60: \$5.00 fee*

**Wilber**  
Join us for snacks  
& finger foods

Thursday, December 14th  
From 1:30—3:30

In the Back Room at SCAS  
Please RSVP to 402.821.3330  
By December 12th



## Announcements



Saline County Aging Services is proud to announce their participation in The Subaru 2017 Share the Love Event. Share the Love is a wonderful opportunity for you to help support a favorite charitable cause just by leasing or purchasing a new Subaru vehicle. Be-

tween November 16, 2017, and January 2, 2018, Subaru will donate \$250 for each new Subaru vehicle sold or leased to the customer's choice of participating national charities.

Meals On Wheels America is honored to be a partner for the ninth year. To date, Subaru has donated more than **\$10 million to Meals On Wheels America, resulting in nearly 1.44 million meals delivered.**

Local Meals on Wheels programs provide daily nutritious meals, nourishing companionship and critical safety checks to America's homebound seniors. Each donation helps these programs enable seniors to age with independence and dignity in their own homes, where they want to be.

In the past nine years:

- Share the Love has helped deliver more than 1.7 million meals to America's seniors!
- Subaru of America and its participating retailers have donated more than \$94 million to help those in need.

And, by the end of this year, Subaru and its participating retailers will have donated over \$115 million to help those in need!! Subaru and its retailers support Meals on Wheels because it's part of their commitment—to leaving the world a better place than they found it through the core values of trust and love. See your local Subaru retailer for details or visit [subaru.com/share](http://subaru.com/share).

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Interested in coming to one of our foot clinics? We have clinics in  
Dorchester, Crete, Friend and Wilber.  
Call Laura at 402.821.3330 to make an appointment near you!

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Saline County Aging Services will be closed on December 25th  
in observance of Christmas!

Merry Christmas and a Happy New Year  
to all of our wonderful clients!

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As we know all too well, Nebraska weather can be very unpredictable.

So please remember that Saline County Aging Services will be closed when:

- \*\* The Saline County Courthouse is closed.
- \*\* Wilber-Clatonia Public Schools closes because of bad weather.
- \*\* We will come in late if the Wilber-Clatonia Public schools are having a late start because of weather.
- \*\* And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to reschedule your appointment.



Be safe this winter and know what the driving conditions are like before you try to go out and about! If you are not sure if Saline County Aging Services will be open or not, do not hesitate to call 402-821-3330 and find out!

## Your Must Knows

10. If you care for a spouse, know that some assets must be protected for you through the Spousal Impoverish program.

11. Hospitals have ethics committees which can help you if you face a tough decision if your family can't agree on a decision.



12. Watch the caregiving budget, taking into account care needs and the reality of your caree remaining at home. It's easier to find a good nursing home when your caree can pay privately for at least one year. It's really tough to find a good facility that has availability when your caree is on Medicaid.

13. Always ask if a nursing home or assisted living facility accepts Medicaid. If your caree moves to a facility that doesn't accept Medicaid and your caree runs out of money, your caree will have to move. You'll want to avoid a move as much as possible.

14. The best day to look for support is on a good day and early in your caregiving experience. When you create your support on a good day, it will be there for you on a bad day. And, there's nothing worse than trying to drive to a new support group or decide to start a blog on a day when you are too stressed to think clearly. You'll need support. Find it and nurture it on your good days. Use it on your difficult ones.

15. Prepare for the long haul—caregiving lasts longer than you'll imagine or expect.



16. Own it. If you silently hope someone else will say the hard words, make the difficult decisions, take the awful actions, then you'll waste time that could lead to chaos. Others will follow your silent lead, which means no one else will say the hard words, make the difficult decisions, take the awful actions. It's terrible that it falls on you. But, you can make the situation a little better by saying, making and taking. Take the deep breath and do it.



17. If your caree is over 60 years of age, call your local Area Agency on Aging (find yours at [eldercare.gov](http://eldercare.gov)) to find out about programs and services which may help both of you. You also can search for help at [Benefits.gov](http://Benefits.gov) and [BenefitsCheckUp.org](http://BenefitsCheckUp.org).

18. If you care for a veteran, check <http://www.caregiver.va.gov/> or call 1-855-260-3274 about programs and services to help you.

19. If you care for a family member with dementia, call the Alzheimer's Association 24-hour hot line at 1-800-272-3900 for support and help.

20. If you work, check with your employer about an Employee Assistance Program, which may have programs and services to help.

21. The Family Medical Leave Act allows you to take up to 12 weeks unpaid time off each year for specified family and medical reasons. You can take 12 weeks at once or split up the unpaid leave over days, weeks or months.



22. Find the disease specific organizations and associations (like the Alzheimer's Association, American Stroke Association, Michael J. Fox Foundation) to connect to support and help for both you and your caree.



**ON**  
TIME  
TO MOVE

23. You will struggle to find help, to be understood and to feel like you belong. It's an awful struggle. As much as you can, avoid taking it personally. Let it hurt, then move on. Moving on will help you climb out of the struggle. You will find help, you are understood and you do belong.




24. Document your caree's needs, doctor's appointments, medications, medical conditions in a spreadsheet. You'll be able to search the spreadsheet when you need to know when your caree started a certain med, for instance, or the reason for the last hospitalization.



25. Understand end-of-life so you'll understand what's happening during your caree's end of life. National Institutes of Health has helpful end-of-life guide.

*Article is from Caregiving.com*

# December Activities

<p>Key:  <span style="color: red;">Crete</span>  <span style="color: blue;">Dorchester</span>  <span style="color: purple;">Wilber</span>  <span style="color: green;">Friend</span>  <span style="color: blue;">DeWitt</span></p>						<p>1  Rosa Parks Day</p> 	<p>2</p>
<p>3  Sock Day</p> 	<p>4  Coffee 9am  Pitch 11a-2pm</p>	<p>5  <span style="color: green;">Foot Clinic</span>  Tai Chi 9-10  Quilting 1-5  Tai Chi 930-1030  Tai Chi 2:00-3:00</p>	<p>6  Foot Clinic  Bridge 10:30-230  Lunch 12:00 p.m.  Foot Clinic</p>	<p>7  Tai Chi 9-10  Quilting 1-5  Tai Chi 930-1030  Tai Chi 2:00-3:00</p>	<p>8</p>	<p>9  Pastry Day</p> 	
<p>10  Nobel Prize Day</p> 	<p>11  Coffee 9am  Bridge 10:30-230  Pitch 11a-2pm</p>	<p>12  <span style="color: red;">Foot Clinic</span>  Tai Chi 9-10  Quilting 1-5  Tai Chi 930-1030  Tai Chi 2:00-3:00</p>	<p>13  Foot Clinic  Lunch 12:00 p.m.</p>	<p>14  <span style="color: blue;">Foot Clinic</span>  Tai Chi 9-10  Quilting 1-5  Tai Chi 930-1030  Full Circle 2pm</p>	<p>15  <span style="color: green;">Full Circle 12pm</span>  Ugly Christmas  Sweater Day</p> 	<p>16</p>	
<p>17  Maple Syrup Day</p> 	<p>18  Coffee 9am  Pitch 11a-2pm  Full Circle 12pm</p>	<p>19  Tai Chi 9-10  Quilting 1-5  Tai Chi 930-1030  Tai Chi 2:00-3:00</p>	<p>20  Bridge 10:30-230  Lunch 12:00 p.m.</p>	<p>21  Tai Chi 9-10  Quilting 1-5  Tai Chi 930-1030  Tai Chi 2:30-3:30</p>	<p>22  Forefathers Day</p> 	<p>23</p>	
<p>24 Christmas Eve</p> 	<p>25</p> 	<p>26  Tai Chi 9-10  Quilting 1-5  Tai Chi 930-1030  Tai Chi 2:00-3:00</p>	<p>27  Lunch 12:00 p.m.</p>	<p>28  Tai Chi 9-10  Quilting 1-5  Tai Chi 930-1030  Tai Chi 2:00-3:00</p>	<p>29</p>	<p>30  Bacon Day</p> 	
<p>31</p> 	<p><b>All foot clinics are by appointment only.</b></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?

<b>DeWitt Senior Center Meal Schedule</b> For meal reservations, call Bev at 683-6475 or 520-0873	
<b>WEDNESDAY, December 6th</b>	
Program— Menu—	<b>SEE INSERT</b>
<b>WEDNESDAY, December 13th</b>	
Program— Menu—	<b>SEE INSERT</b>
<b>WEDNESDAY, December 20th</b>	
Program— Menu—	<b>SEE INSERT</b>
<b>WESNESDAY, December 27th</b>	
Program— Menu—	<b>SEE INSERT</b>

### **LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED**

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

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

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

**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, date TBA, in the Wilber Care Center's Activity Room. Please call one of the following numbers for more information: 821-2014, 821-2271 or 821-3259.



**Due to printing deadlines over the holidays, winners will be notified by staff.**

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 November's riddle was **YOUR AGE**.



**HAPPY BIRTHDAY!**

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



**Interested in Home Delivered Meals??**

For DeWitt call: 402.683.6475  
 For Wilber & the rest of Saline County call: 402.821.3330

## FOOT CLINICS

As a person ages, they may find toenail trimming a difficult task to accomplish themselves. Whether it is because their feet are hard to reach, or their nails have thickened, or for safety concerns because of diabetes.

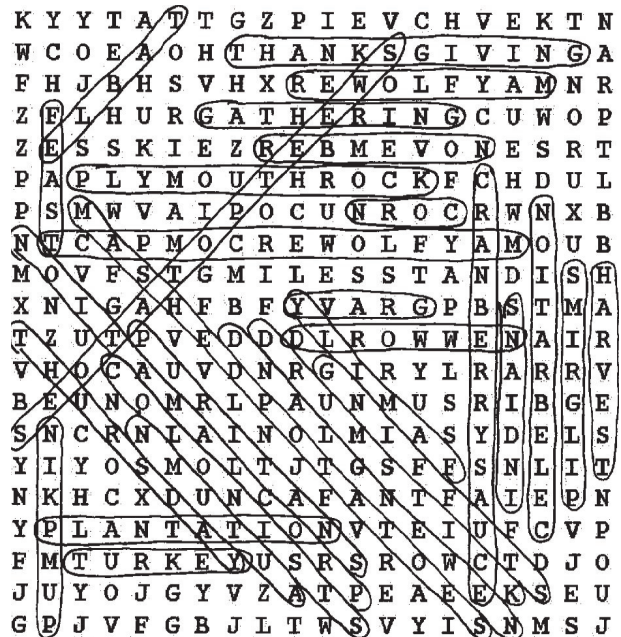
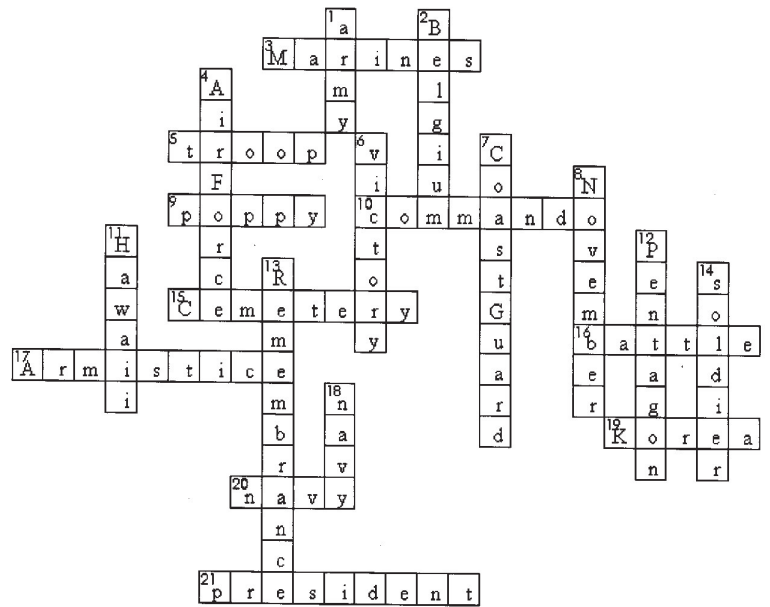


Saline County Aging Services has five foot care clinics each month in Saline county: Two in Wilber and one each in Crete, Dorchester, and Friend. Registered nurses provide the services for these clinics.

It is a popular service and each clinic has had a waiting list at one time or another. The reason for the waiting is list is because there are only so many appointment times at each clinic, and when a person comes, they usually want to return on a regular basis.

If your preferred clinic has a waiting list, you could start receiving services at another clinic/ town. This will give you priority, so when an opening occurs in your town/area, you will have the opportunity to attend that clinic before others on the waiting list.

We currently have openings at our Wilber and Dorchester clinics. If you are from the Friend or Crete area and would like to have your nails trimmed, please call 402-821-3330 or 800-778-3309 to get your name on the waiting list. There is a *suggested contribution* of \$10.00 for this service.



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

**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 sent via email, please provide your email address, printing carefully



*Merry*  
CHRISTMAS AND A HAPPY  
*New Year*



Don't Forget!



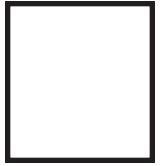
Medicare  
Prescription Drug  
Enrollment

*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.



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# Saline County Aging Services

