



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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Inside This Issue . . .

- New Year's ResolutionPg 1-3
- Just for LaughsPg 4
- Food for ThoughtPg 5
- Senior Dental IssuesPg 6, 14-15
- New Medicare Cards.....Pg 7
- Caregivers' Corner.....Pg 8
- Recipe/Exercise.....Pg 9
- Fun pagesPg 10-11
- Full Circle & Health Fair.....Pg 12
- Scam AlertPg 13
- What's Happening.....Pg 16-17, 19



Top 10 Healthy New Year's Resolutions for Older Adults

Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats

In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program (choosemyplate.gov) and your healthcare provider can help you make good choices. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong, Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.



Consider a multivitamin

Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.



Be Active

Physical activity can be safe and healthy for older adults – even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity.



Continued on page 2-3

New Year's Resolutions Continued...

Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood. Check with your insurance plan to see if you are eligible for the SilverSneakers program, which can provide access to local fitness centers.

See your provider regularly



You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. Screening tests might include checking your vision, hearing, and for other conditions such as breast cancer, colon cancer, or osteoporosis. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

Toast with a smaller glass

Excessive drinking can make you feel depressed, increase your chances of falling, increase trouble sleeping, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is 14 drinks per week and for older women, 7 per week.



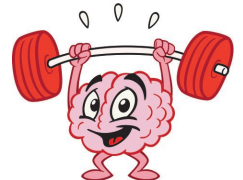
Guard against falls



One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

Give your brain a workout

The more you use your mind, the better it will work. Read. Do crossword puzzles. Try Sudoku. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center. Or take a course at your local community college — some offer free classes for adults 65 and older.



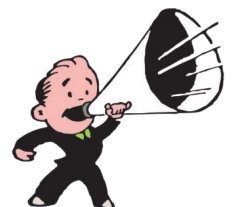
Quit smoking



Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. You can access the National Cancer Institute's website (www.smokefree.gov) for resources. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

Speak up when you feel down or anxious

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.



New Year's Resolutions Continued...

Get enough sleep

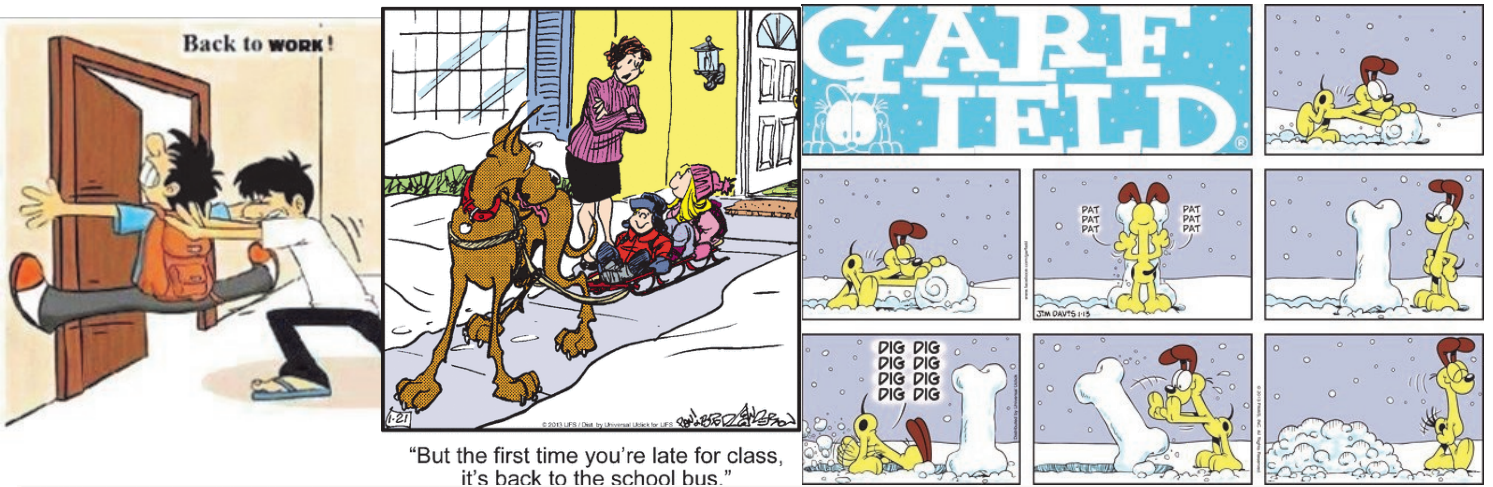
Older adults need less sleep than younger people, right? Wrong! Older people need just as much – at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website (www.sleepfoundation.org) for more tips on how to sleep better.



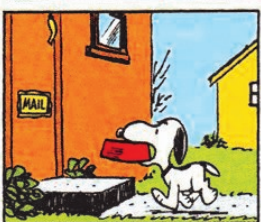
DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems

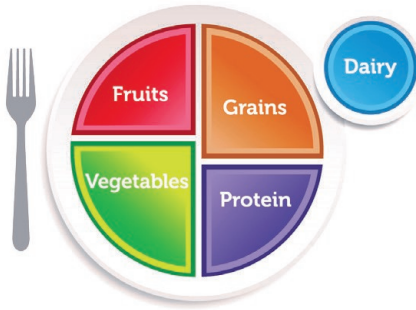
Info from healthinaging.org

2018



"But the first time you're late for class, it's back to the school bus."





Choose **MyPlate.gov**

Digestion

Changes to the digestive system can be more common as we age. Sometimes the digestive process will slow down, potentially causing

changes in the frequency of bowel movements or even constipation. These changes may be due to the aging process, but may also be a combination of other factors such as medications, physical inactivity and not drinking enough fluids. There are several ways we can ensure our digestive system stays healthy and regular.

Prebiotics and Probiotics

Prebiotics and probiotics have become more popular in the past several years. A prebiotic is a plant fiber that nourishes the “good” bacteria in the gut and helps to maintain a balance between the “good” and “bad” bacteria. A probiotic provides “good” bacteria to the gut while working to protect your body from harmful bacteria.

Fiber

Fiber is an essential part of a healthy diet. Fiber will not only help keep your digestive system regular but it can also lower cholesterol levels, promote heart health and manage blood sugar levels. Most Americans do not consume the recommended amount of fiber. The recommendations for fiber include:

- Men under age 50 = 38 grams per day
- Men over age 50 = 30 grams per day
- Women under age 50 = 25 grams per day
- Women over age 50 = 21 grams per day

Fiber is mostly found in fruits, vegetables, legumes and whole grains. Reading the Nutrition Facts label is important to determine how much fiber a food actually contains. A high fiber food will consist of 5 grams or more per serving. Aim to choose foods that have 3 or more grams of fiber per serving.

When increasing fiber, it is best to do it gradually over time. Adding in too much fiber at once can cause an upset stomach. Adequate water intake is also very im-

PREBIOTICS + PROBIOTICS
FOOD FOR BACTERIA ↔ LIVE GOOD BACTERIA

SYNBIOTICS

BENEFITS OF REBUILDING INTESTINAL MICROFLORA:

- AIDS IMMUNE RESPONSE
- NORMALIZES BOWEL FUNCTION
- BALANCES INTESTINAL PH
- INCREASES METABOLISM
- INHIBITS STRESS DAMAGE
- LOWERS CHOLESTEROL
- REDUCES TOXIC OVERLOAD
- AIDS IN MOOD REGULATION

"ALL DISEASE BEGINS IN THE GUT"
- HIPPOCRATES

portant. Water helps push along the food in the digestive system. If your water intake is low, your digestion may be slower and may have an increased likelihood of constipation.

Prebiotics include bananas, onions, garlic, asparagus and whole wheat foods. Probiotics include yogurt, kefir products, aged cheese, tempeh and sauerkraut. When prebiotics and probiotics are combined together, it is a win-win. This is called symbiotics. Together they work to restore and improve digestive health. Examples of symbiotics include bananas mixed into yogurt or feta cheese and onions on a salad.

MyPlate recommends having half of your plate be fruits and vegetables and incorporating a serving of whole grains. By following these recommendations, you should be consuming enough fiber for your body’s needs. It is best to get fiber and probiotics through food. Supplementation is available but you should consult your doctor or registered dietitian to determine if it is the right option for you.



Senior Dental Problems & Underlying Health Issues

There's an old saying about the eyes being windows to the soul. But the latest medical and dental research shows that the mouth truly is a window into one's overall health. Looking out for a loved one's health means not only keeping an eye on their nutritional intake and physical capabilities, but also on their teeth and gums. Senior dental problems can be common, from dry mouth to periodontal disease, and since oral health directly impacts the health of the rest of the body, these issues need to be taken seriously. Taking care of elderly teeth and gums is just as important as heart or digestive health.

COMMON DISEASES WITH ORAL SYMPTOMS

Researchers have found that many diseases in the rest of the body have oral symptoms. With careful examination of the teeth, gums, and tongue, dentists have found evidence of heart or liver disease, eating disorders, diet deficiencies, anemia, diabetes, arthritis, HIV, osteoporosis, and even some autoimmune diseases. "We're now realizing how they're interrelated," explains Dr. Cynthia M. Carlsson, assistant professor of geriatrics and gerontology at the University of Wisconsin School of Medicine and Public Health.



Not only does the mouth tattle on the rest of the body, oral health can actually affect overall health. For example, recent studies show a correlation between gum disease and heart disease. In fact, risk factors for periodontal disease and cardiovascular disease are similar: smoking, stress, poor diet, excessive weight gain, and low exercise levels. One study suggests that people with severe periodontal disease face double the risk of fatal heart disease, and severe periodontal disease also is associated with higher rates of stroke in some studies. And in certain circumstances, a tooth infection has the potential to cause bacterial endocarditis, which is an infection of the heart's inner lining or the heart valves. Bacteria in the bloodstream can lodge on the valves or damaged heart tissue, and it could be serious enough to damage, or even destroy, the heart valves.

Periodontitis also appears to share risk factors with chronic degenerative diseases such as ulcerative colitis, and lupus. If a patient has severe gum disease, they may be advised to take antibiotics before undergoing invasive dental procedures such as gum surgery or tooth extraction.

Conversely, other diseases can affect the mouth. For example, diabetes affects healing, so if a diabetic senior has gum disease, it may take quite a bit longer to treat that gum disease.

Researchers now urge both doctors and dentists to be alert to overall health problems when taking care of elderly patients and encourage behaviors that will promote a healthy body from head to toes.

MAKING ORAL HEALTH A PRIORITY



It's easy for someone to let oral health slide a bit when they're distracted by other ailments. Perhaps arthritis makes tooth brushing painful, or they can't stand at the bathroom sink very long. "They're maybe not quite as vigilant because of their frailty, which leads to a quick decline in oral health, and this could be a detriment to systemic health," explains Dr. Marsha A. Pyle, director of the Training Center for Geriatric Oral Health and associate dean of Education at the Case School of Dental Medicine in Cleveland, Ohio. "You can't just treat dental disease in isolation."

Continued on Page 14

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.**

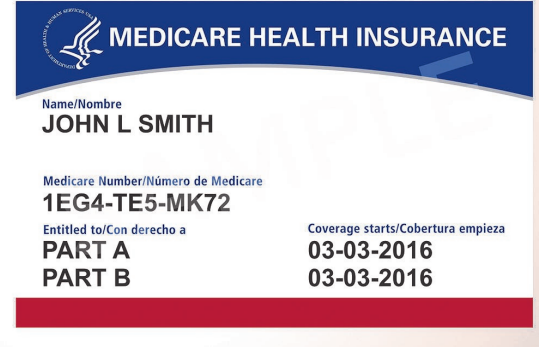
When can I expect my new Medicare card?

- 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.

New Medicare Card



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 SHIIP at 1-800-234-7119.

Information is from Nebraska SHIIP

Is It Time to Transition Your Parent Into a Nursing Home?



Moving a parent to a nursing home is a choice that no adult wants to make for their loved one. In making the decision, there will be a sense of loss, a sense of guilt and a sense of grieving over this new change.

Remember that no good parent truly wants to burden his or her child – and they certainly don't want to cause you harm if they're not in their right mind. You're going to second-guess your decision – you wouldn't be human if you didn't. Your parent might

be angry or saddened by your decision, too – they wouldn't be human if they weren't.

How can you tell if it's time for your parent to live in a nursing home? There are warning signs, some subtle and some obvious, that can let you know when the time is right. Below are some signs you should be aware of with your parent's aging.

You parent's personality changes. They seem angry over seemingly non-important issues. They say things to you that they normally wouldn't say. They may say cruel or vulgar remarks when they wouldn't have done that in the past.

They start to show signs of dementia. Some of the signs of dementia are not remembering where they put things to the extent that it interferes with their life. For example, they can't go anywhere because they can't remember where they left the car keys. They don't know what day it is or what time it is. They have trouble communicating what they mean to say and then get angry that you don't understand them.

They begin to show signs of poor health habits – not eating, not sleeping, and not changing their clothes for days on end. When you're around them, you notice a strong body odor such as urine.

Their home begins to smell bad and looks unclean. They make very poor financial decisions and are often targets for people who would take advantage of them financially. They don't get around as easily and are prone to falling down.

No matter how much you love your parent, if you're not capable of providing full time care for them, the best thing you can do is to get them into a loving facility that can provide for their needs. In the case of a parent who develops dementia or Alzheimer's, personality changes can occur to the point where they become a physical danger to you.

If your loved one balks at the idea of entering a nursing home, the best step is to have an open conversation with your parent and explain that you only want what's best for both of you.

Understand that some of their reluctance is based in the fear of the unknown and the fear that they're giving up all of their independence. Putting your parent into a nursing home will be the toughest choice you'll ever have to make – but in the end, it can be the right choice for all who are involved.

Article is from elderlycareassistance.info

Exercise of the Month — Leg Straightening



TIP: As you progress, you may want to add ankle weights. This exercise strengthens your thighs and may reduce symptoms of arthritis of the knee.

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front of you as straight as possible, but don't lock your knee.
3. Flex foot to point toes toward the ceiling. Hold position for 1 second.
4. Breathe in as you slowly lower leg back down.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

Recipe of the Month

Creamy Tomato Tortellini Soup

Ingredients

- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 2 (10 3/4 ounce) cans condensed tomato soup
- 1 1/2 cups milk
- 2 cups half and half
- 2 cups vegetable broth (or chicken broth)
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon Italian seasoning
- 1 (9ounce) package cheese-filled tortellini



Instructions:

Heat olive oil over medium heat. Add garlic and cook just until fragrant, about 1 minute. Add the tomato soup, milk, half and half, vegetable broth, and all the seasonings. Bring to a simmer. Once simmering, drop in the tortellini and cook according to package instructions (probably about 7 - 10 minutes). Serve hot with Parmesan on top.

Winter Wonderland

- ACCUMULATION
- ARCTIC
- BLIZZARD
- BLUSTERY
- BOBSLED
- COLD
- FREEZINGRAIN
- GLOOMY
- ICE
- ICEPILLAR
- ICESKATING
- ICESTORM
- LUGE
- POLAR
- SKIING
- SLEET
- SNOW
- SNOWMAN
- SNOWMOBILE
- SOLSTICE
- SUNDOG
- WINDCHILL
- WINDY
- WINTER
- WINTERSTORM



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

Riddle of the Month

What is always coming but never arrives?

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!

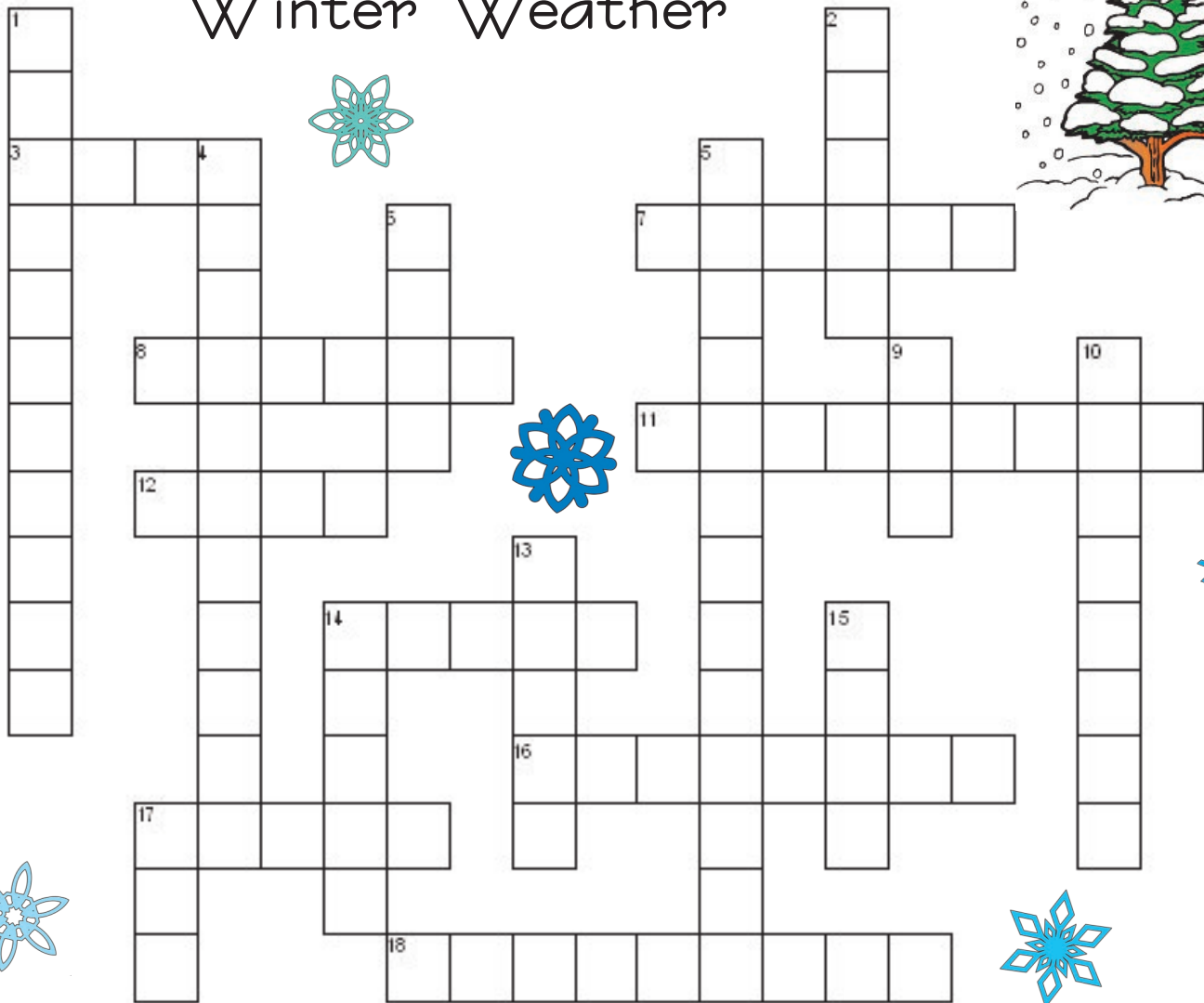


Please include your phone number with your answer!

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



Winter Weather



ACROSS

- 3. The process by which now or ice changes to water.
- 7. A period of very cold winter weather that damages plants
- 8. Intensely cold temperature.
- 11. The temperature felt by the human body when wind makes it feel colder than the actual temperature.
- 12. Mildly cold feeling.
- 14. Bright with sunshine.
- 16. Snowfall that is so heavy one can see little or nothing on the horizon.
- 17. Ice crystals on a frozen surface; "Old Jack_____."
- 18. A large mass of snow that slides down a mountain.

DOWN

- 1. A standardized measure of how hot or cold it is outside.
- 2. Rain that freezes as it falls.
- 4. A tool used to measure the temperature
- 5. Water that falls to the earth in the form of rain, hail, mist, sleet, or snow
- 6. Pieces of ice falling from the sky.
- 9. A solid form of frozen water.
- 10. A storm with heavy snow, strong winds, and severe cold.
- 13. Covered with snow.
- 14. A mixture of snow and water.
- 15. Precipitation in the form of small white ice crystals that form inside clouds.
- 17. Thick water vapor that makes it hard to see.



Director's Note



Yours in Service,

A handwritten signature in black ink, appearing to be "Amy".

Full Circle



On Monday, January 22 we will celebrate

National Hobby Month!

Bring your Hobby to show and share!

Come to 'The Back Room' - SCAS 2:00 PM

Snacks Provided

Please RSVP by Friday, January 19th to attend this event!

402.821.3330

On Wednesday, January 24th for Trivia Day!

Bring one or even a few, pieces of 'January Trivia' to share with the group

Join us for a lunch of

Stuffed Chicken, Mashed Potatoes & Gravy, Corn, Fresh

Baked Bread, and Dessert.

to be served in the cafeteria

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

Please RSVP by Tuesday, January 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

TRIVIA



Scammers can fake caller ID info

Your phone rings. You recognize the number, but when you pick up, it's someone else. What's the deal?

Scammers are using fake caller ID information to trick you into thinking they are someone local, someone you trust – like a government agency or police department, or a company you do business with – like your bank or cable provider. The practice is called “caller ID spoofing”, and scammers don't care whose phone number they use. One scammer recently used the phone number of an FTC employee.

Don't rely on caller ID to verify who's calling. It can be nearly impossible to tell whether the caller ID information is real. Here are a few tips for handling these calls:

- If you get a strange call from the government, hang up. If you want to check it out, visit the official (.gov) website for contact information. *Government employees won't call out of the blue to demand money or account information.*
- Don't give out — or confirm — your personal or financial information to someone who calls.
- Don't wire money or send money using a reloadable card. In fact, never pay someone who calls out of the blue, even if the name or number on the caller ID looks legit.
- Feeling pressured to act immediately? Hang up. That's a sure sign of a scam.

10 Things You Can Do to Avoid Fraud

1. Spot imposters. Scammers often pretend to be someone you trust, like a government official, a family member, a charity, or a company you do business with. Don't send money or give out personal information in response to an unexpected request — whether it comes as a text, a phone call, or an email.

2. Do online searches. Type a company or product name into your favorite search engine with words like “review,” “complaint” or “scam.” Or search for a phrase that describes your situation, like “IRS call.” You can

even search for phone numbers to see if other people have reported them as scams.

3. Don't believe your caller ID. Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren't always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine.

4. Don't pay upfront for a promise. Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance, or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.

5. Consider how you pay. Credit cards have significant fraud protection built in, but some payment methods don't. Wiring money through services like Western Union or MoneyGram is risky because it's nearly impossible to get your money back. That's also true for reloadable cards like MoneyPak, Reloadit or Vanilla. Government offices and honest companies won't require you to use these payment methods.

6. Talk to someone. Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert — or just tell a friend.

7. Hang up on robocalls. If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal, and often the products are bogus. Don't press 1 to speak to a person or to be taken off the list. That could lead to more calls.

8. Be skeptical about free trial offers. Some companies use free trials to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. And always review your monthly statements for charges you don't recognize.

9. Don't deposit a check and wire money back. By law, banks must make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be a fake, you're responsible for repaying the bank.

10. Sign up for free scam alerts from the FTC at ftc.gov/scams. Get the latest tips and advice about scams sent right to your inbox.

If you spot a scam, report it at ftc.gov/complaint. Your reports help the FTC and other law enforcement investigate scams and bring crooks to justice.

Information is from the Federal Trade Commission

It's best to brush after every meal, says Pyle, not just in the morning and at night. If a patient is at risk of periodontal disease, a dentist can prescribe special toothpastes or gels that help combat dental disease, as well as a daily treatment of high-fluoride gel or anti-bacterial rinse.



Carlsson advises encouraging your loved one to visit their dentist on a regular basis either to have their teeth cleaned or to have their dentures refit. Missing teeth or dentures that don't fit well can lead to potentially serious senior dental problems. "They may aspirate the food, where food goes down into the lungs and causes pneumonia," Carlsson says. Besides encouraging good nutrition and regular dental visits, watch him eat to see if he's avoiding something, and try to notice if any of his teeth look loose or broken.

Ill-fitting dentures can be a culprit in poor nutrition among seniors. When a person loses his natural teeth, his jaw bones begin to shrink away, leading to the jaw continually "remodeling" itself. Dentures that once fit well start slipping. So, a senior may start limiting the kinds of food he eats because it's too hard to eat, or because he's embarrassed that others may see him having trouble chewing. "And it happens during a really important stage of a person's life. These really frail seniors really need their nutrition," Pyle says.

If a senior does lose her natural teeth, instead of traditional dentures, she could have implant-supported dentures. These implants are attached to the jaw bone, and a special denture snaps onto the implants. These implant-supported dentures fit more snugly than traditional dentures, so eating different foods shouldn't be a problem.

A less drastic measure places a softer material on the gum side of traditional dentures so they're more comfortable.

Just a few decades ago, 50% of all seniors had no natural teeth remaining, according to Pyle. That number has now dropped to 27% of those over age 65. "It's not a natural part of aging, I'm happy to say," says Pyle. "People now are aging with a full set of teeth."



Whether or not your loved one has his natural teeth or dentures, a little help from you can go a long way toward ensuring that he maintains good dental hygiene. A healthy smile may affect a person's confidence and self-image, but, more importantly, it will pay off not only in her oral health, but in her overall health as well.

DRY MOUTH: A COMMON ISSUE FOR SENIORS



According to Pyle, one of the major senior dental problems is dry mouth. "If they have a chronic disease managed by medications, one of the side effects is dry mouth. There are 400 medications known to cause dry mouth," Pyle says, including medications for common problems such as high blood pressure and depression.

While a small amount of gum recession is normal as seniors age, dry mouth increases that recession dramatically, leaving the mouth more susceptible to root area cavities. And those root surface cavities advance more quickly on the soft surface of a tooth.


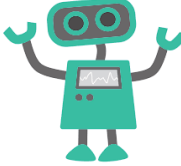










There are many ways to treat dry mouth including:

- Increase liquid intake
- Rinse mouth frequently with water
- Use a commercially available saliva substitute
- Use specially-formulated toothpastes, chewing gum, or non-alcohol-based mouthwashes
- Apply lip moisturizer frequently
- Suck on tart, sugarless hard candies
- Avoid dry, salty foods



Article is from aplaceformom.com

January Activities

	<p>1</p>	<p>2 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>3 Foot Clinic Lunch 12:00 p.m.</p>	<p>4 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00</p>	<p>5</p>	<p>6 Technology Day</p> 
<p>7 Bubble Bath Day</p> 	<p>8 Coffee 9am</p>	<p>9 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00</p>	<p>10 Foot Clinic Bridge 10:30-230 Lunch 12:00 p.m.</p>	<p>11 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00</p>	<p>12 Pharmacist Day</p> 	<p>13</p>
<p>14 Hat Day</p> 	<p>15 MLK Day</p>  <p>SCAS CLOSED</p>	<p>16 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00</p>	<p>17 Lunch 12:00 p.m.</p>	<p>18 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00</p>	<p>19 Popcorn Day</p> 	<p>20 Cheese Lover's Day</p> 
<p>21 Granola Bar</p> 	<p>22 Coffee 9am Full Circle 2pm</p>	<p>23 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00</p>	<p>24 Bridge 10:30-230 Lunch 12:00 p.m. Full Circle 12p</p>	<p>25 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30</p> <p>Senior Dinner</p>	<p>26 Senior Luncheon-Friend Christian Assembly</p>	<p>27 Chocolate Cake Day</p> 
<p>28 Blueberry Pancake Day</p> 	<p>29 Coffee 9am</p>	<p>30 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner</p>	<p>31 Backward Day</p> 			
<p>Key: Crete Dorchester Wilber Friend DeWitt</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?

DeWitt Senior Center Meal Schedule For meal reservations, call Bev at 683-6475 or 520-0873	
WEDNESDAY, January 3rd	
Program— Menu—	SEE INSERT
WEDNESDAY, January 10th	
Program— Menu—	SEE INSERT
WEDNESDAY, January 17th	
Program— Menu—	SEE INSERT
WEDNESDAY, January 24th	
Program— Menu—	SEE INSERT
WEDNESDAY, January 29th	
Program— Menu—	SEE INSERT



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 December's riddle was MUSHROOM.



HAPPY BIRTHDAY!

A special wish to all of the January 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

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, January 25, 2018, in the Wilber Care Center's Activity Room. Please RSVP by January 19th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

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.

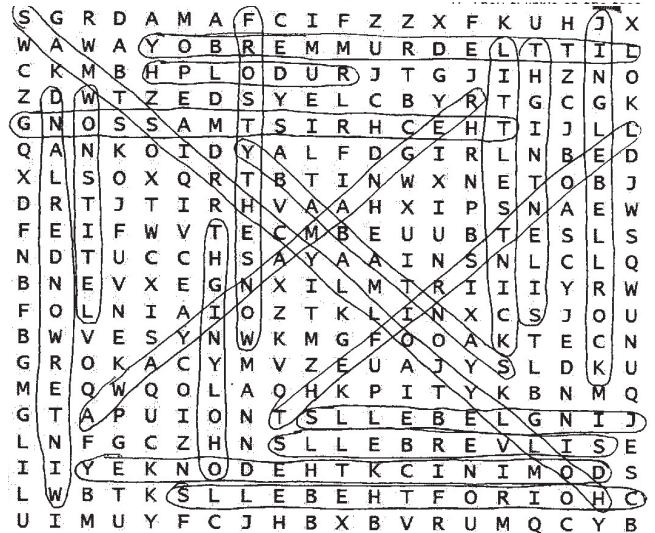
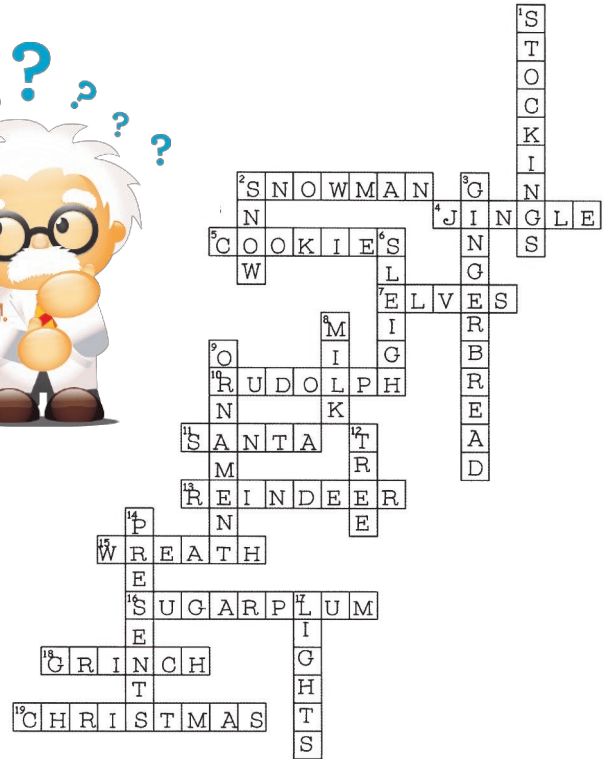


Saline County Aging Services has five foot care clinics each month in Saline county: Two in Wilber and one each in Crete, Dorchester, and Friend. Registered nurses provide the services for these clinics.

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.

If you are interested in having your nails trimmed, please call 402-821-3330 or 800-778-3309 to find out if there are openings in your area or to put your name on the waiting list. There is a *suggested contribution* of \$10.00 for this service.



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



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

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. 3 Labor Day
Jan. 15 Martin Luther King Day	Oct. 8 Columbus Day
Feb. 19 Presidents' Day	Nov. 12 Veterans' Day
Apr. 27 Arbor Day	Nov. 22 Thanksgiving
May 28 Memorial Day	Nov. 23 Day after Thanksgiving
July 4 Independence Day	Dec. 25 Christmas Day

Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!



Please don't hang up! We have a new phone system! To leave a message for Amy press 1. To leave a message for Laura press 2. To leave a message for Katie press 3. Don't know who it is you are looking for? That's ok too, you can leave a general message and we will get it to the right person! Let us know if you are having difficulties and we will do our best to help you!



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!

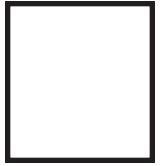


**Interested in coming to one of our foot clinics?
We have clinics in
Dorchester, Crete, Friend
and Wilber.
Call Laura at 402.821.3330 to make
an appointment near you!**

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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