



# Saline County Aging Services

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

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## The Real Reason Why Daylight Saving Time Is a Thing

When American clocks turn back an hour at 2:00 a.m. Eastern Time on Nov. 5, that event will be just one more iteration of a practice—however unpleasant to some—to which Americans and many others around the world are well accustomed. But Daylight Saving Time wasn’t always such a routine idea.

The first Daylight Saving Time policy began in Germany on May 1, 1916, in the hopes that it would save energy during World War I, according to Michael Downing, author of *Spring Forward: The Annual Madness of Daylight Saving Time*. But, though Germans were first to mess with their clocks, they likely got the idea from Britain—and from someone whose ideas about Daylight Saving had little to do with conserving fuel.

William Willett had in 1907 published *The Waste of Daylight*. Willett was inspired by an early-morning epiphany that “the sun shines upon the land for several hours each day while we are asleep” and yet there “remains only a brief spell of declining daylight in which to spend the short period of leisure at our disposal.” Though he did mention that it would save money to reduce the use of artificial lighting, his main purpose was the increase enjoyment of sunlight. He lobbied Parliament for such legislation until his death in 1915—not living to see the law passed in England shortly after it was in Germany. (Frankfurt’s daily newspaper *Zeitung* published this dig: “It is characteristic of England that she could not rouse herself to a decision.”)

Across the pond, the first U.S. law on Daylight Saving Time went into effect on March 19, 1918, for the same fuel saving reasons, about a year after the country entered the war. But again, though the official

*Continued on page 2*

## Daylight Savings Continued...

reason was fuel saving, the U.S. Chamber of Commerce was the major backer for the policy, Downing argues, because Americans getting off work while it was still light out meant they would be more likely to go out shopping in the evening.



Sports and recreation industries saw the light, too. “Golf ball sales skyrocketed during Daylight Saving Time,” according to Downing. “Baseball is a huge early supporter, too, because there’s no artificial illumination of parks, so to get school kids and workers to ball games with the extended daylight, they have a later start time.” Some even considered Daylight Saving Time a good health policy, given the extra time people had to be outdoors.

But the policy also had its opponents—“the movie industry hated Daylight Saving Time because people were much less likely to go into dark theaters when it was bright outside,” Downing says—and none more powerful than the farm lobby. That farmers advocated for Daylight Saving is a common myth. In fact, Daylight Saving Time meant they had less time in the morning to get their milk and harvested crops to market. Some warned it was “taking us off God’s time.”



“It’s so unpopular when we experiment with Daylight Saving Time during World War I that before the Versailles Treaty is signed [at the end of the war], Congress is forced to sign a repeal to quell the revolt from the farm lobby, it’s that potent a lobby,” says Downing.

There wouldn’t be another national Daylight Saving Time policy until 1942, for the duration of World War II, but New York City, however, continued to observe a metropolitan Daylight Saving Time all along. Because of the city’s position as a financial capital, other places followed. The result, Downing says, was “cities observing Daylight Saving Time surrounded by rural areas that are not, and no one can tell what time it is anywhere.” In fact, TIME’s letters department received a poem from an Ohio man about just that topic: “To miss a train or business deal, / Because our clocks are without keel / Can cause a nation loss of gold / E’en worse than all the misers hold.”



By 1966, the confusion was bad enough to prompt the Uniform Time Act. Signed by President Lyndon B. Johnson, the first peacetime Daylight Saving Time law said that the United States policy would be to observe six months of Daylight Saving Time and six months of Standard Time. It required states to either adopt Daylight Saving Time entirely or opt out, avoiding the patchwork of cities and counties that had been so problematic, according to Downing. For example, Arizona opted out because an extra hour of daylight in the summer doesn’t make sense when it’s over 100 degrees already, as a March 1969 *Arizona Republic* editorial explained.

In 1973, shortly after the oil embargo went into effect, President Richard Nixon called for year-round Daylight Saving Time. A brief trial ended—partly because of fears that children would get hit by cars in the dark—but Daylight Saving Time has nevertheless grown. In 1986, the U.S. started observing seven months of it—an extra month that the golf industry and manufacturers of barbecue equipment claimed was worth between \$200 million and \$400 million. And since 2005, the U.S. has been observing eight months of Daylight Saving Time.



By now, the original stated purpose of the idea—saving energy—has been called into question. While a 2008 U.S. Department of Energy report found a 0.5% decrease in total electricity use per day since the

## Daylight Savings Continued...

2005 extension, other studies have found that Daylight Saving may actually fuel energy usage. For example, a 2011 study by economists Matthew J. Kotchen and Laura E. Grant found that, after some Indiana counties began observing Daylight Saving, overall residential electricity consumption increased as much as 4%.

But Willett's original point holds true: an extra hour of daylight is, generally, enjoyable—and as Daylight Saving ends and darkness begins earlier, the U.S. will once again look forward to spring to see all that sunlight in person.

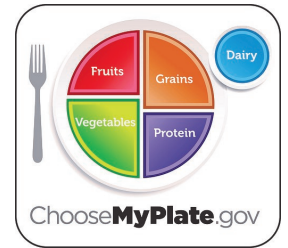


*Article is from Time.com*

March Madness



# National Nutrition Month 2018



March is National Nutrition Month! This nutrition education and information campaign is celebrated annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Each year, the Academy picks a fun, new theme to encourage well-balanced eating. The theme for 2018 is "Go Further with Food." It encourages us to get the benefits of healthy eating, but also to reduce food loss and waste. Managing food resources at home can help save time, money, and ensure that you are receiving the most nutrients for your health.

## **Include a variety of healthy foods from all food groups on a regular basis.**

Eat a variety of fruits and vegetables, especially dark-green, red and orange colored. Choose lean proteins and incorporate more beans and peas. Switch to low-fat or fat-free dairy. Incorporate more whole grain products and aim for 20-35 grams of fiber each day. The foods you choose to fuel your body with can have a big impact on how you feel!



## **Consider the foods you have on hand before buying more at the store.**

Plan your meals around foods you already have and include meals with common ingredients. Keep staples in the house such as beans, brown rice, pasta and other canned goods. Reduce food waste by incorporating the same ingredient at more than one meal.

## **Buy only the amount that can be eaten or frozen within a few days and plan to use leftovers later in the week.**

Incorporate leftovers into other meals during the week. Freeze casseroles to have on hand for days you don't feel like cooking. Many other foods can also be frozen

such as meats, breads, cheese, milk and butter.

## **Be mindful of portion sizes. Eat and drink the amount that is right for you.**

MyPlate is a visual reminder to make healthy food choices at meals. Aim to have ½ of the plate fruits and vegetables, ¼ of the plate protein, ¼ of the plate whole grains and one serving of dairy for each meal.

## **Continue to use good food safety practices.**

Practice good food safety by always washing your hands before preparing or eating. Use separate cutting boards when preparing produce and meat products. Use a food thermometer to ensure that foods are cooked thoroughly to a safe temperature.

## **Find activities that you enjoy and be physical active most days of the week.**

Pick activities that you enjoy and start by doing what you can. The health benefits increase as the activity increases. If you are currently inactive, start off gradually and increase the duration over time.

## **Realize the benefits of healthy eating by consulting with a Registered Dietitian Nutritionist.**

Everyone has different nutritional needs and a Registered Dietitian can provide sound, easy-to-follow nutrition advice to meet your lifestyle, preferences and health-related needs.

*Article is from Aging Partners*



# The Caregiver Bill of Rights



**I have the right...**to take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.

**I have the right...**to seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.

**I have the right...**to maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.



**I have the right...**to get angry, be depressed, and express other difficult feelings occasionally.

**I have the right...** to reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/or depression.



**I have the right...**to receive consideration, affection, forgiveness, and acceptance from my loved one for what I do, for as long as I offer these qualities in return.

**I have the right...**to take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.



**I have the right...**to protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.

**I have the right...**to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

Article is from [aplaceformom.com](http://aplaceformom.com)



## 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.



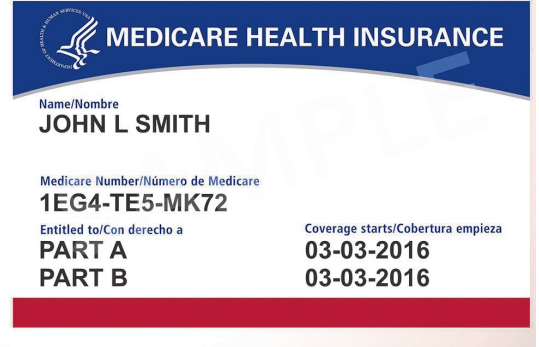
*What if I get a call about the new cards?*

- **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*

### New Medicare Card



# A Table for One: Hidden Dangers of Eating Alone

Eating alone is increasingly common for all age groups, but may be of particular concern for seniors. Cooking for one person can be harder because they have to scale down recipes, and it's also not as much fun. Instead of stimulating dinner conversation, the television becomes the other person at the table.

"Unfortunately a lot of meal choices turn out to be what's quick and easy to obtain," explains Anne Linge, a dietician at the University of Washington Medical Center in Seattle.

While many seniors are very active, others don't have the energy or ability to prepare meals for themselves. Some may have never set foot in the kitchen, or they're no longer physically able to prepare complex meals.



## WEIGHT LOSS

After her grandmother lost a considerable amount of weight in just a few months, Gretchen Kenney insisted that she move in with her and her husband, David, in Shoreline, Washington.

"She lost like 40 pounds, she just stopped eating," Kenney explains. "Part of it was her health, her arthritis; she couldn't get around very easily. She was just depressed and didn't want to eat."

After moving in with the Kenneys, her grandmother slowly put some of that weight back on.

"I make sure that she gets a much better balance," Kenney says. "Given what she wants, she would be happy with sweets and carbohydrates. She will ask for vegetables mostly because she thinks she should have them."

## TIPS FOR ENCOURAGING SENIORS TO EAT

- Make sure they have a comfortable place to eat; set out a nice placemat and linen napkin, or fresh flowers.
- Have a picnic in the park.
- Find a neighbor or friend for your loved one to eat with on a regular basis—have them take turns cooking the meal or cook together.
- Start (or have your loved one start) a potluck dinner club.
- If finances are not an issue, hire a personal chef to create a week's worth of meals for the fridge and freezer, or contact a gourmet meal delivery service.
- Have your loved one join a mall walker program (they often have breakfast with others in the group after their walks).
- Have breakfast for dinner, or dinner for breakfast.
- When cooking, make extra, then freeze in single servings. Make sure to label not only what it is, but cooking instructions as well, so no one has to go hunting for cooking or reheating instructions later.
- Keep a list of what's in the freezer or fridge on the refrigerator door; it's easier to plan a meal when your loved one knows what she has.
- Encourage your loved one to eat congregated meals at the local senior center
- Sign up for elderly programs like Meals on Wheels [www.mowaa.org/](http://www.mowaa.org/)



**If your loved one has trouble chewing, puree several pieces of fruit, and add a little protein powder, for a shake full of vitamins, minerals, and fiber. Make more than one serving and put the rest in the freezer for later.**

*Continued on page 14*



## Exercise of the Month — Toe Stand



This exercise will help make walking easier by strengthening your calves and ankles. For an added challenge, you can modify the exercise to improve your balance.

**TARGETED MUSCLES:** Calves and ankles  
**WHAT YOU NEED:** Sturdy chair

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly stand on tiptoes, as high as possible.
3. Hold position for 1 second.
4. Breathe in as you slowly lower heels to the floor.
5. Repeat 10-15 times.
6. Rest; then repeat 10-15 more times.

**TIP:** As you progress, try doing the exercise standing on one leg at a time for a total of 10-15 times on each leg.

## Recipe of the Month

### Lunch Lady Brownies

#### **Brownie Ingredients:**

1 cup butter, melted  
1/2 cup unsweetened cocoa powder  
2 cups all-purpose flour  
2 cups granulated sugar  
4 large eggs  
4 teaspoons vanilla extract

#### **Chocolate Frosting Ingredients:**

1/4 cup butter, softened  
1/4 cup milk  
1/4 cup unsweetened cocoa powder  
3 cups powdered sugar

\*Yields: 12 large brownies or 24 small brownies



#### **Instructions:**

1. Preheat oven to 350° F. Line a 9x13-inch baking dish with foil and spray foil with non-stick spray. Set aside.
2. In the bowl of an electric stand-mixer, add the melted butter and cocoa powder. Using the paddle attachment, blend until smooth.
3. Add the flour and sugar. Beat together then add eggs and vanilla. Mix just until combined. Don't over mix. (Batter will be thick.)
4. Pour batter into prepared baking dish and spread out evenly. Bake 25-30 minutes or until toothpick inserted in center comes out clean. Remove brownies from oven and let stand 15 minutes before frosting. You want the brownies still warm, when you frost them!
5. **For Chocolate Frosting:** Beat together all the frosting ingredients until smooth. Pour and spread over warm brownies. Let cool completely before cutting and serving.

*Article is from life-in-the-lofthouse.com*



# Visiting Ireland



- Adare
  - Armagh
  - Belfast
  - Blarney
  - Boyne Valley
  - Bundoran
  - Clare
  - Clifden
  - Connemara
  - Cork
  - Derry
  - Dingle
  - Donegal
  - Doolin
  - Downpatrick
  - Dublin
  - Galway
  - Ireland
- Kenmare
  - Kerry
  - Kildare
  - Kilkenny
  - Killarney
  - Kinsale
  - Limerick
  - Listowel
  - Roundstone
  - Saint Andrews
  - Shannon
  - Sligo
  - Tipperary
  - Waterford
  - Westmeath
  - Westport
  - Wicklow

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



## Riddle of the Month

**What starts with the letter 't', is filled with 't' and ends in 't'?**

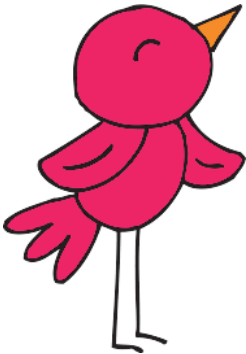
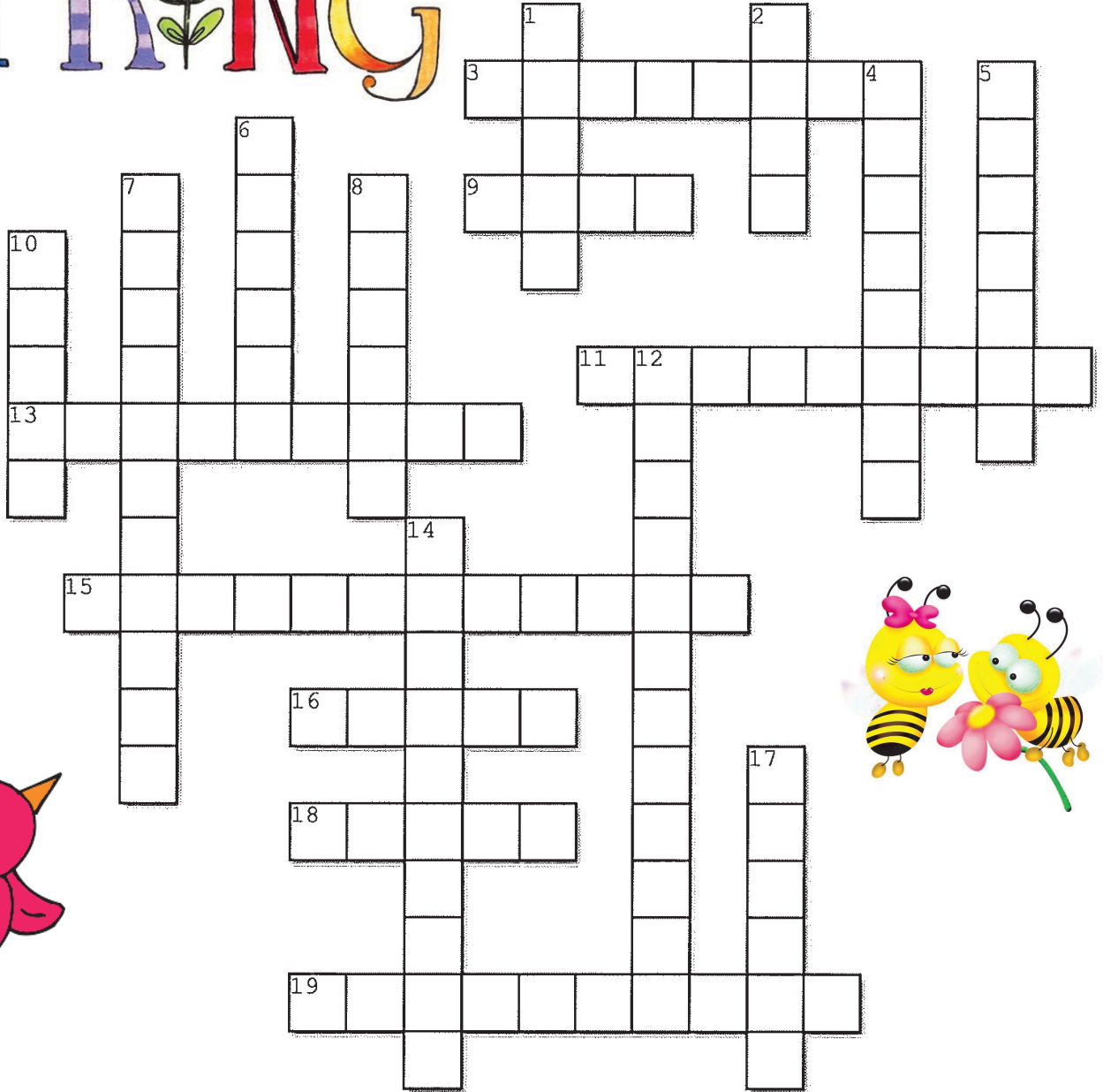
Answer the riddle correctly by the 15th of the month at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

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



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

# SPRING



**Across**

- 3. You do this when you complete all of your classes in high school
- 9. Insects that like flowers
- 11. Yellow springtime flower
- 13. Stops sunburn
- 15. Two teams hurling a disc to score goals
- 16. A type of spring flower that grows from a bulb
- 18. A bird with a red stomach
- 19. Eye protection from sunlight

**Down**

- 1. Color of spring grass
- 2. If March enters like a lion, it leaves like this
- 4. A day to think about the environment
- 5. Two-wheeled, manual-powered mode of transportation
- 6. Eating outside using a basket
- 7. A week without classes when students go on trips
- 8. Place where seeds are planted to grow vegetables
- 10. Everyone is a wee bit of this on St. Patrick's day
- 12. These bring May flowers
- 14. Type of chewy candy sold during spring
- 17. This irritates allergies

MAY YOUR TROUBLES  
 ☘ BE LESS ☘  
 and your  
 Blessings  
 be MORE  
 AND NOTHING BUT  
**HAPPINESS**  
 come through your  
 door  
 IRISH BLESSING

FIVEheartHOME

happy  
**St. Patrick's**  
 day!

Yours in Service,

Katie & Laura

Full Circle



On Tuesday, March 20th we will celebrate

'Your Heritage'

Presentation by Susan Clement

Come to 'The Back Room' - SCAS 1:00 PM

Snacks Provided

Please RSVP by Monday, March 19th to attend this event!

402.821.3330

On Thursday, March 22nd celebrate

'Your Heritage'

with us

Presentation by Susan Clement

Join us for a lunch of

BBQ ribs, cheesy hash browns, carrots & bread

to be served in the cafeteria

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

You must RSVP by Tuesday, March 14th 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**



## Announcements



**PLEASE PLEASE PLEASE**....Call to make an appointment if you are needing one of the staff members' attention for any matter. Due to staff changes we can not guarantee that we will be in the office or have time at the moment you come in. Thank you so much for your understanding!

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!



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 Laura you will press 2.

To leave a message for Katie, you will 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!



### CONTRIBUTING FACTORS TO MALNUTRITION

Inadequate nutrition can lead to a weakening of the immune system, increasing the risk of illness or infections, or contributing to mental confusion. And continued malnutrition could lead to depression, which in turn could lead to a loss of appetite—a vicious cycle.

For the elderly, other factors can contribute to malnutrition, including lack of money to buy adequate food, or transportation to the grocery store.

Linge had a client who lived directly across the street from a grocery store—but on the third floor. "She was trapped in her building because of her physical abilities and she couldn't get what she needed," Linge says. "So,

when you think about your parents and their needs, think not only do they have enough income to purchase what they need, but, secondly, is shopping something they are able to do?"

### EASING THE BURDEN

Be sure to ask them if they are having difficulty with chewing or swallowing, if food tastes too bland, or if they've lost their appetite (it could be because of medications they may be taking, or possibly depression, which can have serious consequences). Also, check their refrigerator and see what kinds of food are in there, and whether any have passed the expiration date. Ask your loved one if they would prefer that you bring in groceries for them to cook, or that you cook for them.

To alleviate the burden of cooking for one, grocery store delis have a wide variety of nutritious, pre-cooked foods, such as roasted chicken and salads with raw vegetables. A whole chicken can last a senior for several meals (but it's best not to keep it for more than three or four days; after that, it may spoil). Buy a package of vegetables or meat already cut up for stir-fry, or a pre-made meatloaf that just needs to go in the oven. If they think food is too bland, enhance the flavor with olive oil, vinegars, garlic, or spices (but not salt). Cinnamon, cloves, ginger, and turmeric are also good for the digestion.



### EATING IS A SOCIAL ACT

Getting together with other people—whether seniors or not—can make cooking and eating more fun.

"Sometimes seniors have been really creative and have gotten together with other seniors in their neighborhood or their building and said 'Let's get together and today I'll make the meal and tomorrow you'll make the meal,'" Linge says.

Finding a neighborhood hangout is also a good idea. "There are cafes in any community where seniors tend to gather. They will have their regulars in there who will be in there almost daily," Linge says. "Even if you're a party of one, you can see other people."

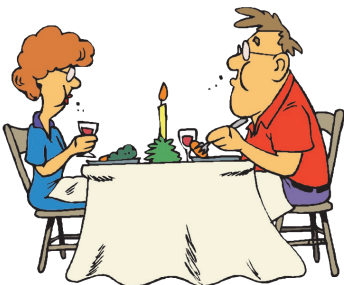
Living in a retirement home or assisted living community may help some seniors eat better.

"It makes a huge difference when you get residents sitting at a table together," explains gerontologist Ashley Kraft, the "Life's Neighborhood" Director at Aegis at Northgate a Seattle assisted living facility with Alzheimer's and dementia care. "It brings back the memories of eating with your family. What happens, especially with dementia, is they forget about the things we take for granted, knowing that we're hungry, knowing that we're thirsty, or they don't know how to explain that feeling."

While many people may not eat as well when eating alone as they would sitting down at a family meal, there are many options to ensure adequate nutrition.

Whether by finding friends to eat with, using easy-to-prepare recipes, or making a change in the living situation, your loved one can still stay healthy with your help and encouragement.

*Article is from aplaceformom.com*



## Don't Forget!!!

### DON'T FORGET HOMESTEAD EXEMPTION DEADLINE

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30<sup>th</sup>.

If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, ***but please call ahead for an appointment:***

- Saline County Aging Services, Wilber, (402-821-3330),
- Georgene Eggebraaten, Crete, (402-826-3829),
- Anita Meyer, Friend, (402-947-2301).

### **INCOME TAX FILING ASSISTANCE**

There are several programs that offer free income tax filing assistance in Beatrice, York, Lincoln, Tecumseh, and Marysville. We have a list of the sites, dates, and times.

If you need help filing your income tax, please call us (402.821.3330).

# March Activities

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
|   |   |   |   | 1<br>Tai Chi 9-10<br>Quilting 1-5<br>Tai Chi 930-1030<br>Tai Chi 2:00-3:00  | 2<br>Banana Cream<br>Pie Day<br> | 3<br>National<br>Anthem Day<br>                |
| 4<br>Marching Music<br>Day<br>      | 5<br>Bridge 10:30-230   | 6<br>Foot Clinic<br>Tai Chi 9-10<br>Quilting 1-5<br>Tai Chi 930-1030<br>Bridge 10:30-230<br>Tai Chi 2:30-3:30 | 7<br>Foot Clinic<br>Lunch 12:00 p.m.<br>Cereal Day<br> | 8<br>Tai Chi 9-10<br>Quilting 1-5<br>Tai Chi 930-1030<br>Tai Chi 2:00-3:00  | 9<br>Barbie Day<br>              | 10<br>Mario Day<br>                            |
| 11<br>Johnny<br>Appleseed Day<br> | 12<br>Work Day<br>Plant a<br>Flower Day<br> | 13<br>Foot Clinic<br>Tai Chi 9-10<br>Quilting 1-5<br>Tai Chi 930-1030<br>Tai Chi 2:00-3:00                    | 14<br>Foot Clinic<br>Bridge 10:30-230<br>Lunch 12:00 p.m.   | 15<br>Foot Clinic<br>Tai Chi 9-10<br>Quilting 1-5<br>Tai Chi 930-1030<br>Tai Chi 2:00-3:00                                | 16<br>Panda Day<br>             | 17<br>  |
| 18<br>Oatmeal Cookie<br>Day<br>   | 19<br>Poultry Day<br>                      | 20<br>Tai Chi 9-10<br>Quilting 1-5<br>Tai Chi 930-1030<br>Tai Chi 2:00-3:00<br>Full Circle-1p.m.              | 21<br>Lunch 12:00 p.m.<br>Strawberry Day<br>         | 22<br>Tai Chi 9-10<br>Quilting 1-5<br>Tai Chi 930-1030<br>Tai Chi 2:00-3:00<br>Full Circle-12pm<br>Senior Dinner          | 23<br>Senior Luncheon-<br>Friend Christian<br>Assembly<br>Lunch Bunch<br>Outing                                     | 24<br>Chocolate<br>Covered Raisin<br>Day<br> |
| 25<br>Medal of Honor<br>Day<br>   | 26<br> epilepsy<br>awareness               | 27<br>Tai Chi 9-10<br>Quilting 1-5<br>Tai Chi 930-1030<br>Tai Chi 2:00-3:00<br>Senior Dinner                  | 28<br>Bridge 10:30-230<br>Lunch 12:00 p.m.  | 29<br>Vietnam War<br>Veterans Day<br> | 30<br>Go for a Walk<br>Day<br> | 31<br>Crayon Day<br>                         |
| Key:<br>Crete<br>Dorchester<br>Wilber<br>Friend<br>DeWitt   |   |   | <b>All foot<br/>clinics are by<br/>appointment<br/>only.</b>  | Interested in a<br>foot clinic<br>appointment<br>for Wilber,<br>Crete or Friend<br>Call us at<br>402.821.3330             | For DeWitt call<br>Bev Plihal at<br>402.683.6475<br>or<br>402.520.0873  |   |



## What's Happening Near You?

|  |
|--|
| <p><b>DeWitt Senior Center Meal Schedule</b><br/>                 For meal reservations,<br/>                 call Bev at 683-6475 or 520-0873</p>   |
| <p><b>WEDNESDAY, March 7th</b></p>   |
| <p><b>Program—</b>Music by Homestead Dulcimer Club<br/> <b>Menu—</b>Baked Chicken Thighs, Baked Beans, Baby Carrots, Fruit &amp; Milk</p>  |
| <p><b>WEDNESDAY, March 14th</b></p>  |
| <p><b>Program—</b> Gardening with Tri County FFA<br/> <b>Menu—</b> Hot Beef, Mashed Potatoes, Corn, Fruit &amp; Milk</p>   |
| <p><b>WEDNESDAY, March 21st</b></p>  |
| <p><b>Program—</b> What's in Your Pantry by Aging Partners<br/> <b>Menu—</b> Breaded Pollock, Jacket Fries, Mixed Vegetables, Fruit &amp; Milk</p>   |
| <p><b>WESNESDAY, March 28th</b></p>  |
| <p><b>Program—</b> U.S. Stamps Tell a Story sponsored by Humanities Nebraska &amp; First State Bank<br/> <b>Menu—</b>Pulled Pork, Mac n Cheese, Coleslaw, Fruit Cocktail Cake &amp; Milk</p> |



Paul Biggs  
of  
Wilber

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 February's  
 riddle was UMBRELLA.



**HAPPY BIRTHDAY!**

*A special wish to all of the  
 March 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, March 22, 2018, in the Wilber Care Center's Activity Room. Please RSVP by March 16th to one of the following numbers: 821-2014, 821-2271 or 821-3259.



## 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.

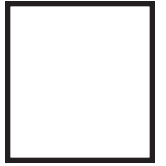
Jan. 1 New Year's Day  
Jan. 15 Martin Luther King Day  
Feb. 19 Presidents' Day  
Apr. 27 Arbor Day  
May 28 Memorial Day  
July 4 Independence Day

Sept. 3 Labor Day  
Oct. 8 Columbus Day  
Nov. 12 Veterans' Day  
Nov. 22 Thanksgiving  
Nov. 23 Day after Thanksgiving  
Dec. 25 Christmas Day

# 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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