



Saline County Aging Services

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

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



Volume 3, Issue 4

April 2018

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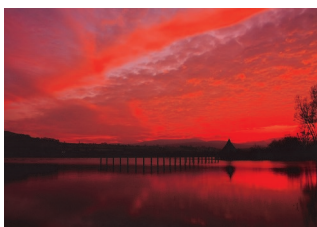


April Showers Bring May Flowers: Weather Sayings and their meanings.

Centuries ago, weather forecasting would be based upon human experience and very little on scientific data, where people would often rely on their own observations as an indication for what the weather will bring. To aid with this task of predicting the weather, sailors, farmers and novice meteorologists would invent sayings from such observations to act as helpful guides. Since then, these sayings can still be found in our daily lives today, with many still accurate indicators of the behavior of weather. See below some of these age-old sayings and whether there is any science behind them.

April showers bring May flowers

This rhyme was originally a short poem. The meaning behind 'April showers bring May flowers' is said to be a reminder that even the most unpleasant occurrences, in this case the heavy rains of April, can bring about positive outcomes – flowers in May. In the UK, 'April showers' is known as the heavy down-pours during the month of April, mostly caused by the position of the jet stream. In early spring, the jet stream begins to travel northwards, making way for large depressions to bring strong winds and rain in from the Atlantic.



Red sky at night shepherd's delight

'Red sky at night, shepherd's delight. Red sky in the morning, shepherd's warning' first emerged in the bible in the Gospel of Matthew. Sometimes used at sunrise or sunset to signal the changing sky, this old weather saying was initially known among shepherds to help prepare them for the next day's weather. Cont. Pg. 2

'Red sky at night, shepherd's delight' can usually be proven true, as a red sky at night generally means high pressure is travelling in from the west, indicating that fair weather is on the way. While 'red sky in the morning, shepherd's warning' suggests high pressure weather systems have already moved east, meaning the good weather has passed and likely making way for a damp and blustery low pressure system.

St Swithun's day

According to tradition, the story behind this day begins with St Swithun, the Bishop of Winchester in the Anglo-Saxon era. Before St Swithun died, he initially requested to be buried outside to be subject to the feet of people passing by and the raindrops pouring down from on high. However more than a century later on July 15, his corpse was transferred to a shrine indoors, where heavy showers suddenly broke out that were said to be caused by the saint's anger at being moved. This rainfall carried on from that day for as long as 40 days and nights, leading to a folklore myth that whatever the weather is like on July 15, will be how will continue for the next 40 days and nights following., Whether there is much scientific truth in this myth, is down to the jet stream. The position of the jet stream after the summer solstice determines the season's weather. If the jet stream is in a southern position then a more unsettled summer is likely. But if the jet stream is in a north facing location, the weather will most likely be brighter and drier during summer. However since records began there hasn't been any occurrence of rain for that extended period of time.



When the wind is out of the East, tis never good for man nor beast

Considering the variety of air masses that impact UK weather, this proverb bares some truth. Air mass that travels in from the north-east flows from the polar continental, where record low temperatures in the UK have been observed from this certain air mass. Originating from areas including Russia and eastern regions of Europe, this air mass affects Britain with icy cold gusts mostly throughout winter, with some warm and dry winds coming in during summer. However it is during winter the country faces such bitter winds the most - between November and April.

Rain before seven, fine by eleven

This saying refers to our weather systems, which tend to change quite quickly and pass through the country with a westerly flow from the Atlantic. Although this can often indicate a low pressure system might have passed by morning, this isn't always the case and rain can, and regularly does, linger for longer than just a morning. As much as this saying can sometimes be true, it should not be classed as reliable.



When halo rings Moon or Sun, rain's approaching on the run

Halo's are often referred to as the bright rings that appear around the sun or the moon, which according to this saying, suggests rainfall is approaching. The halo's we see around the moon and sun are caused by the formation of ice crystals in high clouds. These ice crystals then go on to refract light from

April Showers Continued...

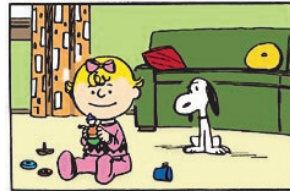
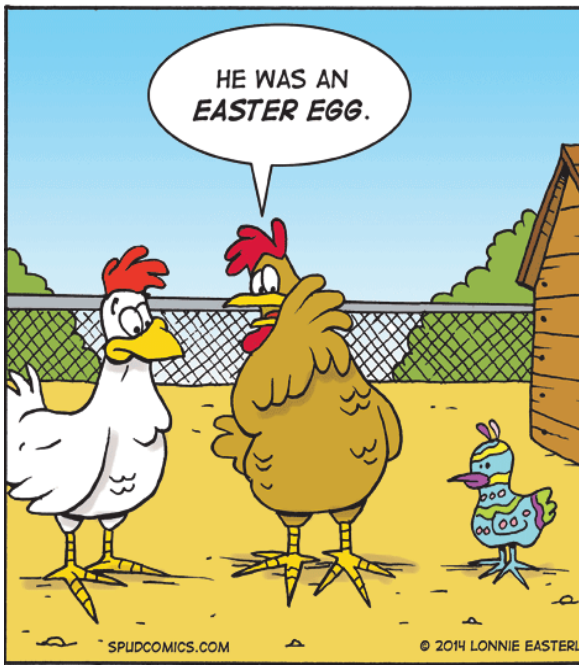
the sun or moon and as the ice crystals travel lower in the sky, the likelihood of precipitation becomes higher. Particularly during summer months, these rings of light can signal incoming storms.

Mackerel sky and mare's tails make tall ships carry low sails

This proverb originates from when various cloud formations were used to indicate whether the sails on boats and ships needed to be lowered or not. Otherwise referred to as simply 'mackerel sky', the phrase is linked to altocumulus clouds. While 'mare's tail' makes reference to cirrus clouds. Both clouds are known to often develop prior to the instance of a storm - which would lead to sailors lowering their ships' sails. When there is a specific level of moisture in the air, altocumulus clouds form, providing an indication that rainfall is drawing closer. The expression 'mackerel sky' derives from the clouds resemblance to the scales of the fish.



Article is from Weather.com



"Somewhere, there's a little league game that won't go into extra innings."

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Phytochemicals and Cancer

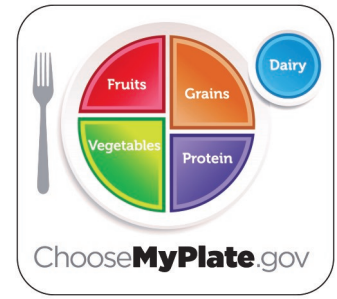
Phytochemicals are naturally occurring chemicals in plants and can be found in a variety of fruits, vegetables,

grains and beans. Phytochemicals have many health benefits on the body, particularly in acting as an antioxidant. Benefits of phytochemicals include:

- Boosting the immune system.
- Reducing inflammation that stimulates cancer growth.
- Preventing substances we eat, drink, and breathe from becoming carcinogens.
- Slowing the growth of cancer cells.
- Reducing oxidative damage to cells that can initiate the growth of cancer.

Flavonoids are another type of phytochemical that work as an antioxidant in the body. They may help to stop inflammation and tumor growth. Foods high in flavonoids include apples, citrus fruits, berries, soybeans, soy products (tofu, soy milk, edamame), coffee and tea.

Resveratrol has the potential to reduce inflammation that can contribute to certain types of cancer and heart disease. Resveratrol can be found in red and purple grapes, blueberries, cranberries, peanuts, green tea and red wine.



Types of Phytochemicals

Carotenoids include beta-carotene, lycopene and lutein. These are found in red, orange and green fruits and vegetables. Carotenoids act as an antioxidant in the body and may work to inhibit cancer cell



growth. They can also help to boost your immune system, vision, skin and bone health. Examples of foods that contain carotenoids include broccoli, kale, carrots, sweet potatoes, spinach, collard greens, winter squash, apricots, oranges and cantaloupe.

Lutein is a type of carotenoid that is found naturally in the macula of our eyes. Foods high in lutein may help to reduce the risk of chronic eye diseases, including macular degeneration and cataracts. Examples of good sources of lutein include spinach, kale, turnips, collard greens, broccoli, eggs and avocados.

What You Can Do

Aim for a diet that is high in fruits and vegetables. This is a great way to ensure you are getting a lot of phytochemicals, but also a wide variety of nutrients! Choose brightly-colored fruits and vegetables, which often have a higher nutritional value and are the best sources of phytochemicals.

Try something new! There are so many fresh fruits and vegetables out there! Try produce you may not have previously liked – your pallet may have changed over time. Make a goal to try something new each week.

Get creative with your cooking methods and seasonings! Lightly steam or roast your vegetables. Most phytochemicals do not do well under high temperatures. Season with a olive oil, fresh lemon, garlic, and any fresh or dried herbs.

Article is from Aging Partners

Having the Tough Conversation with Aging Parents

Talking with a loved one about their current needs and long-term care isn't easy. A successful conversation depends upon the relationship we have with the individual, as well as their mental, emotional and physical condition.

It's easy to put off serious discussions to avoid conflict or awkward conversations. However, not taking the time to understand your loved one's wishes and establish a mutually agreed upon plan may result in more conflict, heartache and suffering for all involved.

Tips for Talking with Elders about Senior Care Needs

- **Share Your Own Feelings** Be honest and open about how you see the current situation evolving and about your own capabilities and needs, especially in terms of your ability to provide care.



- **Emphasize Your Role as an Advocate** Let your loved ones



know that you want to make sure to carry out their wishes as much as possible, and that they can depend on you to act in their best interest. Make it clear that you are not trying to bulldoze your way into their lives and reorganize familiar routines or make all the decisions about their future care.

- **Listen to Concerns** Don't brush off any anxieties your loved ones may expressed. Instead, try making a written list of concerns that will need to be addressed when making plans for care.



- **Discuss How Emergencies Should Be Handled** Don't wait until it's too late to figure out where key financial records, insurance policies and health information is stored. It's also a good idea to discuss the circumstances under which your loved ones would like you to become their Power of Attorney.



To the extent possible, have an open and honest discussion about their wishes, abilities and options. While the thought of such dialogue may be uncomfortable, you will be in a better position to make decisions later when your loved one may not be able to do so.

Article is from 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.



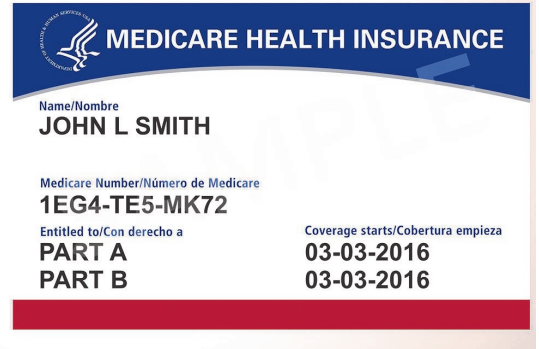
What if I get a call about the new cards?

- **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 SHIIP at 1-800-234-7119.

Information is from Nebraska SHIIP

New Medicare Card

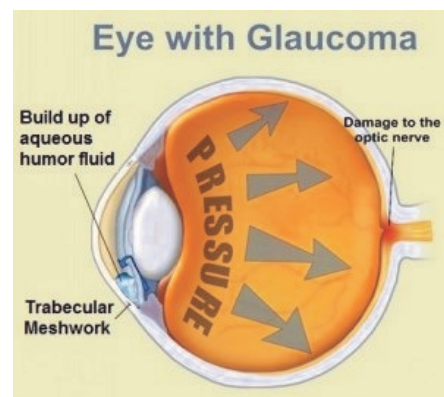


Glaucoma in Seniors

Glaucoma is a cluster of diseases that can damage the eye's optic nerve and result in irreversible vision loss and ultimately can cause total blindness. It is one of the leading causes of legal blindness in the US and probably the most preventable cause of vision loss. Glaucoma tends to run in families and most often occurs in people over the age of 60. As baby boomers age, we can anticipate more and more cases of glaucoma in seniors.

Anyone can get glaucoma, but for reasons that are not fully understood, it is more common in people of African-American and Mexican-American ancestry. In addition to family history, other risk factors include nearsightedness (myopia), previous eye injury, low blood pressure, diabetes and long exposure to cortisone, a steroid hormone.

Our eyes contain fluid which maintains a constant pressure within the eyeball. When the valve that regulates this liquid, and thus the pressure, malfunctions, the optic nerve becomes damaged by the increased pressure in the eye. This process is painless and gradual, and vision usually seems normal as it's happening.



COMMON TYPES OF GLAUCOMA IN SENIORS

There are several types of glaucoma:

- **Isopen-angle Glaucoma:** The most common type of glaucoma, this results in a slow, painless loss of peripheral vision. Approximately 1% of all Americans have this type.
- **Withopen-angle Glaucoma:** With this type, one's field of vision slowly, imperceptibly narrows as peripheral vision deteriorates. Vision damaged this way is often compared to looking through a tunnel, but it is actually more akin to looking at the world through a paper towel tube.
- **Low-tension or normal Tension Glaucoma:** This type is more challenging to detect because the intraocular pressure is within normal parameters. It is thought to be related to impaired blood flow to the optic nerve.
- **From angle-closure Glaucoma:** If intraocular pressure becomes too high, the iris is forced against part of the eye and blocks drainage. When the drainage becomes completely blocked, it will result in an acute glaucoma attack, which can lead to vision loss very quickly.

RARE TYPES OF GLAUCOMA

There are also several rare types of glaucoma that can affect seniors:

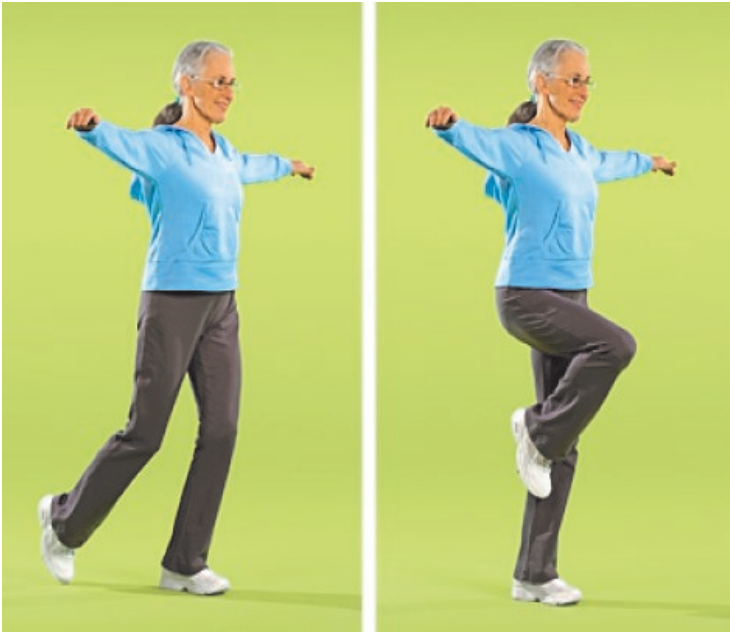
- **Pigmentary Glaucoma:** This most often affects nearsighted people and men more than women. It might begin even in the early twenties or thirties and is particularly threatening to vision over a lifetime.
- **Trauma-related Glaucoma:** This can be caused by any serious blow to the eye, chemical burn, or penetrating injury.

DETECTING GLAUCOMA IN SENIORS

Only a full vision exam, including tonometry, a visual field exam, visual acuity assessment and a dilated eye exam can determine if one has any of these types of glaucoma. Tonometry measures the ocular pressure by determining the resistance of your cornea to indentation, usually by directing a quick, painless puff of air at the eye. A visual field exam tests the full field of vision by asking if you can see a series of objects or flashes of light in various locations, for example on a computer screen. The visual acuity exam starts with the familiar eye chart with the tumbling E's.

Continued on pages 14-15

Exercise of the Month — Balance Walk



1. Raise arms to sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for 1 second before stepping forward.
5. Repeat for 20 steps, alternating legs.

TIP: As you progress, try looking from side to side as you walk, but skip this step if you have inner ear problems. Good balance helps you walk safely and avoid tripping and falling over objects in your way.

Recipe of the Month

Easter Deviled Eggs

Ingredients:

- 12 eggs
- 1/2 cup mayonnaise
- 2 tbsp. sweet pickle relish
- 4 tsp mustard
- Salt and pepper, to taste
- Food coloring



Directions:

1. Place eggs in a pan and cover with cold water.
2. Bring to a boil, cover and turn off heat.
3. Allow to sit for 9 minutes.
4. Fill with cold water to stop cooking
5. Remove shells
6. Slice eggs in half lengthwise
7. Remove yolks and place in a bowl
8. Fill bowls with 1 cup cold water and 6 drops of food coloring
9. Divide cooked egg white halves evenly between the different colors
10. Allow whites to sit for 15 minutes or until desired color is reached
11. Place colored egg whites on paper towels to dry.
12. Mash yolks with a fork and stir in mayonnaise, pickle relish, and mustard.
13. Salt and pepper to taste.
14. Mix until consistency is smooth and creamy
15. Transfer mixture to zippered bag or piping bag and clip the corner for piping.
16. Pipe mixture into cooked egg whites and refrigerate until ready to serve.

Spring Fever

- April
- Baseball
- Birds
- Blossoms
- Buds
- Daffodils
- Easter
- Flowers
- Gardening
- Green
- Growing
- Kite
- Marbles
- March
- May
- Nesting
- Planting
- Puddles
- Rain
- Robin
- Seeds
- Showers
- Sunshine
- Tulip
- Winds

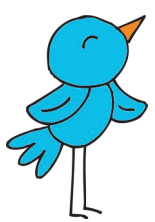
C U K K M F X S R E W O L F U Q T
 I A X I K A O R N R Z G N P U D R
 L T S W T S D E E S E F N G B T A
 R B A L I E E E H T S T F C T S I
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 S X H D G M R I R X A X L A L R S
 U F Y M S O R E T R R O E B E I D
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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



Riddle of the Month

What do you call a pig in the dirt??

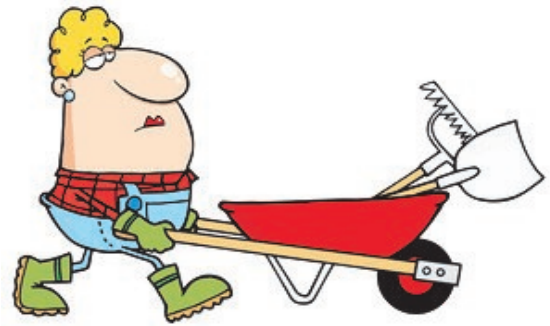
Answer the riddle correctly by the 15th of the month at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!



Please include your phone number with your answer!

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

The Grimacing Gardener



Across:

1. Overuse can lead to runoff that damages surface waters

2. Small pits on tubers indicate this disease (2 words)

5. Noisy unwanted reptile

7. Too much or too little of this is a common problem

10. Plant with edible, tart stalks but poisonous leaves

11. Overuse of this class of weed killer can injure plants

13. Fungus that infects corn plants

14. Shield-shaped insect that gives off an unpleasant odor when crushed (2 words)

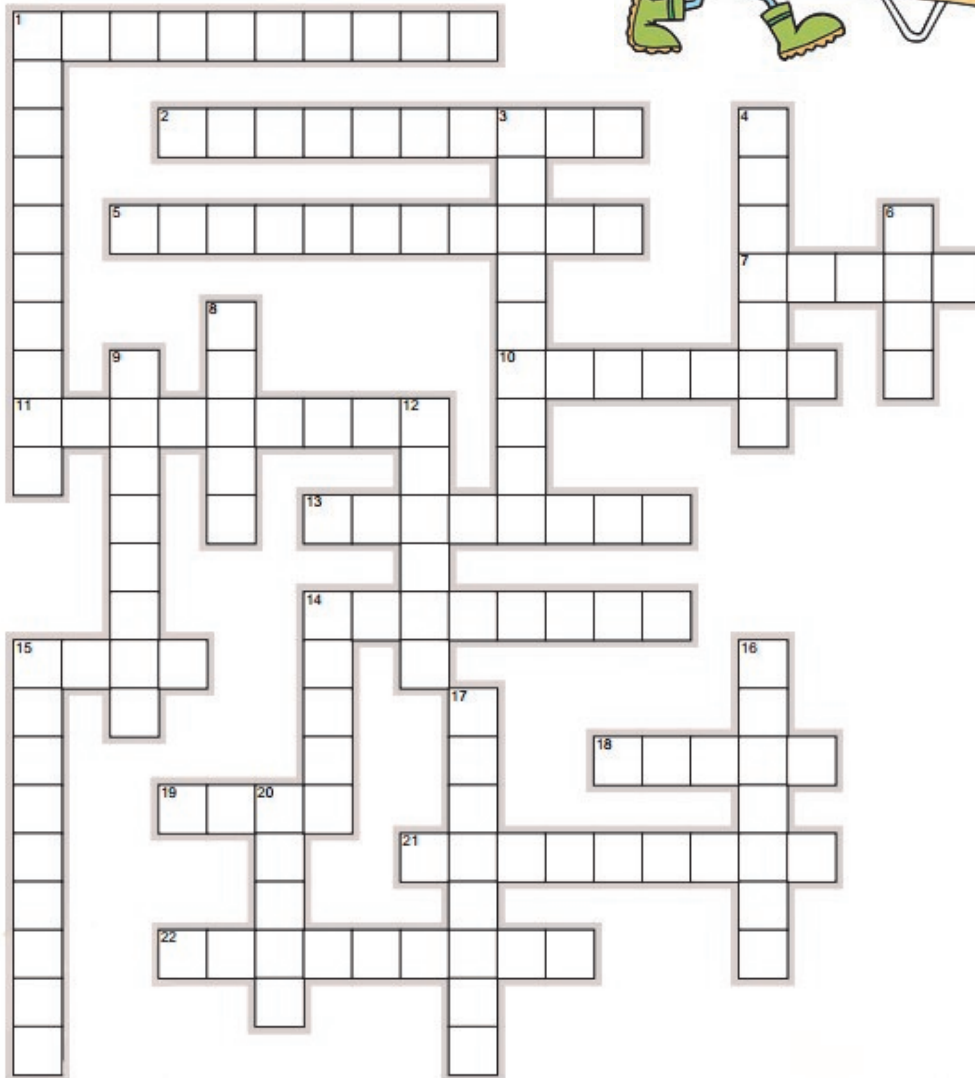
15. Insect-eating underground dwellers

18. Used to suppress weeds, but too much can cause rot

19. This type of soil drains slowly and can cause root damage

21. Showy springtime problem

22. Rash-causing weed (2 words)



Down:

1. Disease that causes scorched-looking new leaves

3. A thick type of unwanted grass

4. Type of caterpillar that cuts off seedlings just above the ground

6. Animal that grazes, leaving damaged woody plants, roses, fruits, and vegetables

8. Prickly plant or shrub

9. Winged annoyance, especially around fresh fruit (2 words)

12. Ugly nocturnal insect that feeds on tender new growth

14. Type of soil that often does not retain water or nutrients

15. Umbrella-shaped fungi

16. Nocturnal animal that loves sweet corn and strawberries

17. Non-native plant type that spreads on its own

20. Prolific insect that sucks the sap from stems and leaves

Staff Notes



Happy Spring everyone!

Katie & Laura

Full Circle



Due to staff changes, we will only be doing Full Circle events every other month, until further notice. Check the May edition of our Newsletter to see what we have planned for the next one!
Hope to see you all in May!

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!



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).



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!

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 30th.

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).

The dilated eye exam is where drops are put in the eyes to dilate (widen) the pupils so that the physician can examine the retina and optic nerve. The drops may cause blurring of vision for several hours, although most people are still able to drive afterwards.

The American Academy of Ophthalmology recommends a full eye exam for everyone under 40 every five to ten years; after the age of 40 every two to four years, and annually after the age of 55. Full exams are recommended annually for those over 50 with a family history of glaucoma.

GLAUCOMA PREVENTION

It is unclear what can prevent glaucoma in seniors. However, a 2007 study in the journal of the American Academy of Ophthalmology found a decrease of intraocular pressure (IOP) in rats on a diet enriched in omega-3 fatty acids and an increase in IOP in rats fed an omega-3 fatty acid deficient diet. Researchers had noted that traditional Western diets are low in omega-3 fatty acids while omega-3 fatty acids are quite high in the fish-rich Japanese diet. IOP increases with age in Western populations, while it actually decreases with age in Japan. Studies on humans at the present time are limited. Wild salmon, tuna, herring, mackerel, anchovies, and sardines are good natural sources of omega-3 fatty acids. Fish oil supplements are also high in omega-3 fatty acids. The single most important thing one can do to prevent vision loss from glaucoma is to have regularly scheduled full eye exams.

GLAUCOMA TREATMENT

There is no cure for glaucoma. All types of glaucoma are controlled with medications (usually eye drops, but can be oral as well) and surgery. Several of the more commonly prescribed medications include:

- Alpha-adrenergic agonists
- Beta blockers
- Carbonic anhydrase inhibitors

It is essential that the medication be taken exactly as prescribed and that the annual exam includes a medication review. Some drugs stop working over time or may have negative interactions with other prescriptions. Only a physician can appropriately monitor glaucoma and glaucoma medications. Often an older person will need help with eye drops because of a tremor or fine motor control issues. Special devices can help make the application of drops easier. Check out the Community Services for the Blind catalogue with the "eye drop guide" (www.sightconnection.com).

Memory problems increase the risk of missing medications dramatically. Remember, vision lost from glaucoma is lost forever; it is irreversible. A family member or trained aide must assist a memory-impaired person with glaucoma medication every day.

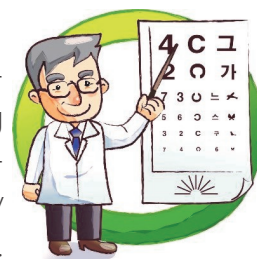
Based on recent reviews by the National Eye Institute and the Institute of Medicine, a task force on complementary therapies found no scientific evidence that proved increased benefits of marijuana use to treat glaucoma compared to the wide variety of prescription medications available. While marijuana does indeed lower intraocular pressure, a person would need to smoke a marijuana cigarette eight to ten times a day. Medical marijuana is still illegal in most of the US.

Laser surgery is another treatment option for glaucoma in seniors. Using a laser, part of the anterior chamber is changed to make it easier for the fluid to exit the eye. Usually the patient will also continue to take glaucoma medications and monitor intraocular pressure with an annual exam.



LOW VISION REHABILITATION

Because vision lost to glaucoma cannot be restored, it is imperative for people with glaucoma-related vision loss to understand and utilize low vision rehabilitation. New training and technology can help make the most of remaining vision. Many community organizations and agencies offer information about low vision counseling, vision and technology training, support groups, and other special services for people with visual impairments. An excellent initial contact to find low vision rehabilitation in your area is the national senior information helpline: 1-800-766-1116 or www.eldercare.gov.

















A physician may say to someone with glaucoma who has experienced permanent vision loss, "You're legally blind, and there's nothing I can do." This is devastating news to anyone, and the person hears, "there's nothing I can do" and thinks that there's nothing more to be done. However, what the doctor should say is, "there's no way I can restore your lost sight, but experts in low vision can help you make the most of the vision you still have."

Legally blind is specifically defined as 20/200 in the best eye with the best corrective lenses. For example, with my lovely new bifocals, I have 20/20 vision. A sign that I can read 200 feet away, a legally blind person with 20/200 vision would need to walk up to the sign until 20 feet away to be able to read it with his or her best glasses. Most people who are thought of as blind have some functional vision.

For people with total blindness, mobility training, instruction in activities of daily living, and social services are also widely available.


Article is from APlaceforMom.com


April Activities

1 	2	3 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30	4 Foot Clinic Lunch 12:00 p.m. 	5 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	6 Caramel Popcorn Day! 	7 No Housework Day! 
8 Zoo Lovers Day 	9	10 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30	11 Foot Clinic Lunch 12:00 p.m. 	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	13 Potluck & Grocery BINGO 	14 Dolphin Day 
15 	16 Work Day 1:30-3:30 	17 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	18 Lunch 12:00 p.m. 	19 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	20 Cheese Fries Day! 	21
22 	23 Picnic Day 	24 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner	25 Lunch 12:00 p.m. 	26 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner	27 Senior Luncheon-Friend Christian Assembly	28 Blueberry Pie Day! 
29	30 Ice Cream @ Quick Shop 3:30 					
Key: Crete Dorchester Wilber Friend DeWitt			All foot clinics are by appointment only.	Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330	For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873	

<p>DeWitt Senior Center Meal Schedule For meal reservations, call Bev at 683-6475 or 520-0873</p>
<p>WEDNESDAY, April 4th</p>
<p>Program— Patio Planting by Nicole of Gage Co. Ext. Menu— Salmon Loaf, Baked Potato, Green Beans, Fruit & Milk</p>
<p>WEDNESDAY, April 11th</p>
<p>Program— DeWitt Village Happenings by Clerk Erin Reimer Menu— Ham, Sweet Potatoes, Broccoli, Fruit & Milk</p>
<p>WEDNESDAY, April 18th</p>
<p>Program— Coming to America Menu— Grilled Chicken, Scalloped Potatoes, Mixed Vegetables, Fruit & Milk</p>
<p>WESNESDAY, April 25th</p>
<p>Program— How Did <u>Your</u> Family Get to Nebraska? Menu— Meatloaf, Mashed Potatoes, Carrots, Fruit & Milk *Celebrate Birthdays, Soft Pretzals</p>








Ed Hudecek
 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 March's
 riddle was TEAPOT.





*A special wish to all of the
 April 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, April 26, 2018, in the Wilber Care Center's Activity Room. Please RSVP by April 20th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Farmers' Market Coupons



Saline County Aging Services is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutrition Program

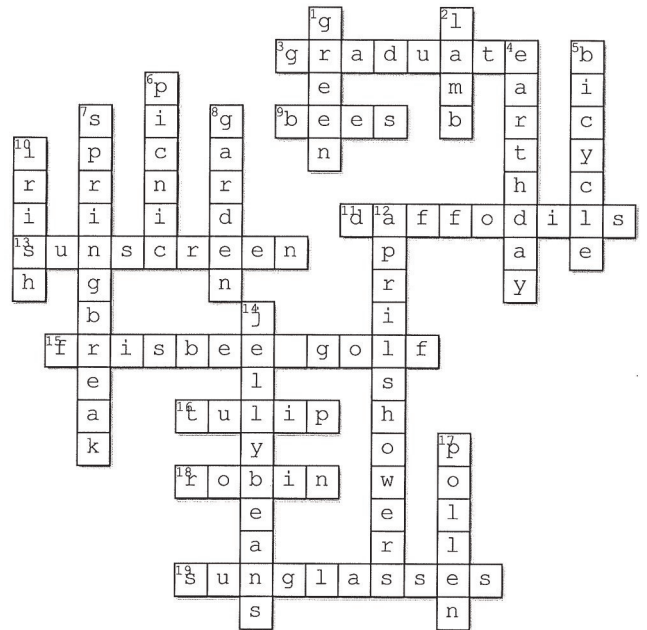
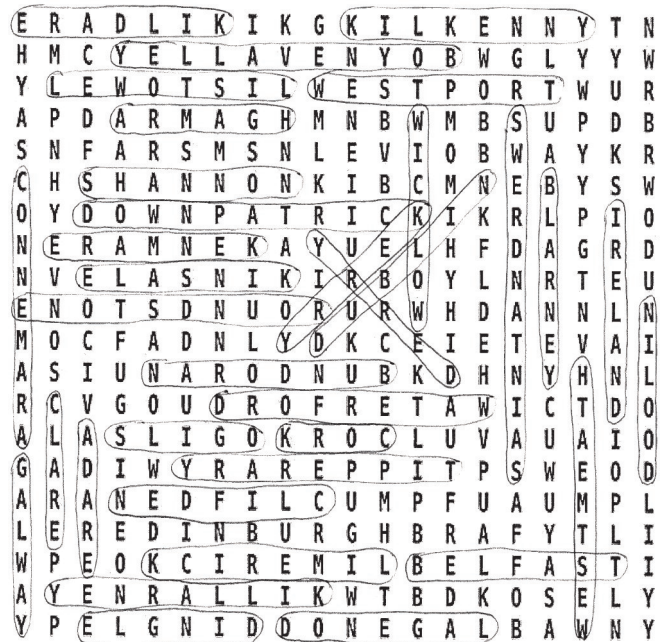
(SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a mandatory but brief nutrition presentation.
- Be prepared to show proof of age and income.

At this time, Coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services should have coupons available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00. (One set is valued at \$48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.



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



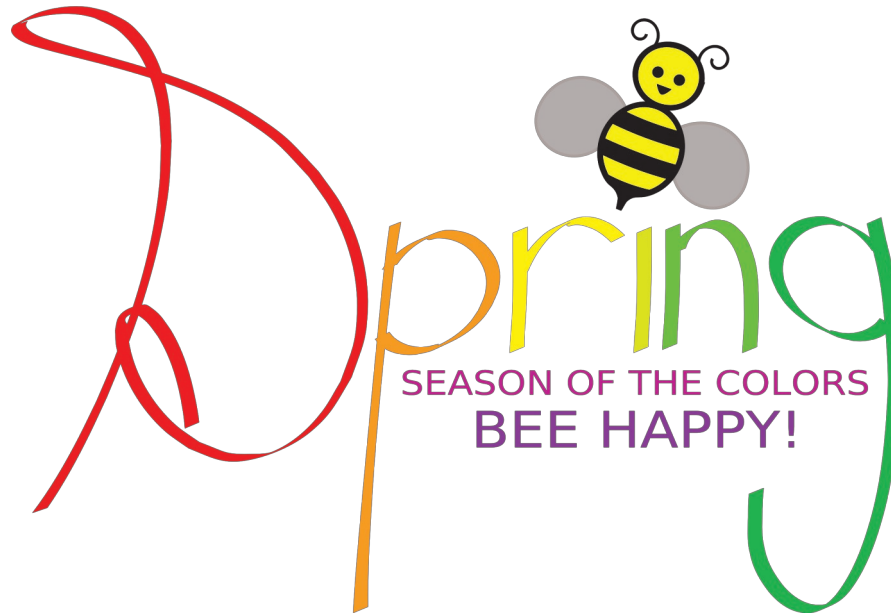
Do you want the Saline County Aging Services Newsletter sent to your door?

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



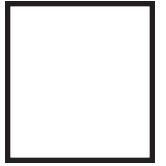
Saline County Aging Services will be closed in observance of the following County holidays.
If in doubt, please call 402-821-3330.

- | | |
|--------------------------------|--------------------------------|
| 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 |

Saline County Aging Services

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

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



Saline County Aging Services is dedicated to providing programs to all Saline County individuals over 60 and their caregivers. Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination on the basis of race, color, national origin, sex, age, or disability.



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

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