



# 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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Tornado Season usually comes with Spring in our area. We're warned as the spring thunderstorms come, so do the tornadoes. And while it's true that the 'season' is usually in the spring/early summer, the fact that twisters can happen year round actually make this a severe weather threat all year long.

Instead of sharing a whole bunch of tornado facts , let's get down to what YOU can do for your family to prepare for Tornado Season (and any severe weather threat – because straight line winds can cause as much damage as a tornado can).

## Basic Tornado Season Preparedness:

### Situational Awareness. Watch the skies.

Be aware of changing weather in your area. Don't wait for the 'green sky' effect to decide that it's time to seek shelter. Know what bad weather looks like and respond accordingly. Keep lines of communication open such as a television station turned to your favorite weather alert channel, your cell phone handy in case the power goes out, and a weather radio tuned into your area's emergency network.

### Have a 72 hour kits handy.

This should be year-round. Having backpacks or totes ready to get you through at least 3 days in the event of having to evacuate your shelter because of severe weather damage to your house should be one of the first things you do. If a tornado does strike your area and your house is damaged, having your **emergency go bags** at the ready can give you some peace of mind until you can get back into your house or to a more permanent shelter.

Continued on page 2-3

### Keep your car at the ready

Keeping your gas tank full, having an **stocked emergency car kit** (full of the same things you might have in your **72 hour kits** for redundancy can get you out of the area if severe weather is needing you to evacuate (think hurricanes or even fires during the height of the dry season).

## Severe Weather Preparedness

### Communications

Have a weather radio of some sort available to listen to, because you may not always have power for the television or your internet connection. We use this weather alert radio at our house and like all of the options it gives. Also make sure you've alerted family who may still be out and about and not aware of the situation, and keep in contact with them about where they are and what help you can give. Have your cellphone loaded with emergency apps that can help you in the case of a power outage.



### Light

Keep flashlights handy in several locations in your house as power outages are more prevalent in severe weather. We keep these flashlights next to our beds, in the bathrooms, at our desks, several in the living area, and one by the front and back doors. We also have large flashlights, oil lamps, camp lanterns and a box of emergency lighting handy as well. For us, the most likely scenario is that we lose power for an extended amount of time, and with living in a dark house, alternative light sources help us tremendously.

### Seek Shelter

Find the room in your house that is centrally located (meaning away from outer walls and windows) that you and your family can hide in. We use the front bathroom as it is centrally located and surrounded by all the plumbing in the house (hopefully giving it a bit more stability than the closet on the outer wall). We have an emergency kit stored under the counter, and have easy access to a mattress that can be thrown over the bathtub for the children.



### Severe Weather Drill

As important as having 'things' to prepare you, having a plan of action is just as important – as well as practicing that plan of action. When threat levels of a tornado kick is unto gear (1-3 times per year for our area), we have a plan of action we immediately begin. The children all know to get their list of things and get to their safe area. I grab those things that are part of my list and store them in their safe spots, and make sure the children are safe, then we hunker down. Do NOT run around the house trying to open all of the windows. You're just wasting precious safety time.

## When you are not at home

### Communications

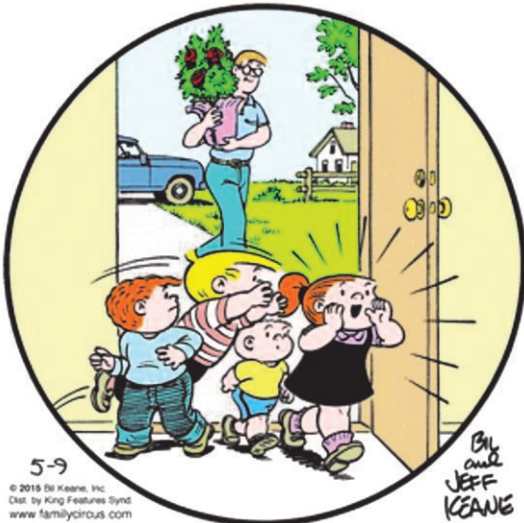
Because you aren't at home, you must really rely on situational awareness to notice the changing weather. Be sure you have your cell phone updated with apps to alert you, and your radio on to listen to local announcements.

### Seek Shelter

Find a safe place to shelter from the cell as it moves through. Not only do you have to worry about the actual tornado, you have to also worry about straight line winds, hail, limited visibility, and the other people on the road who aren't paying attention to any of those things and are creating a nuisance. Your best bet is to find a permanent building to shelter in (fast food restaurant rest rooms or walk-in freezers, storage/utility rooms of larger buildings – always staying as low to the ground as you can, covered, and away from any windows or outside doors).

*\*note: If you are in your car and can get out to a safe building, do so. If you can see the tornado moving, drive off in the opposite direction. If you cannot see it moving (or it gets bigger), you're in the direct path and need to get safe. From The Art of Manliness Blog: When I was a lad I was taught that if a tornado is bearing down on you while you're driving, it's always best to get out of your car and lie down in a ditch or gully, since the twister could turn your vehicle into a deadly plaything. But recent studies have actually shown that most tornadoes aren't capable of hurling your car through the air, and that staying inside it can be safer than getting out. There's still some controversy over which option is best, however. What the Red Cross recommends is getting off the road, parking the car, and slouching down as low in your seat as you can while still keeping your seatbelt on. Duck and lean away from the windows and cover your head with a blanket or coat if you have one. If you see that there's an area below the level of the roadway for you to go, you may decide to get out of the car, lie face down there, and cover your head. The Red Cross helpfully adds, "Your choice should be driven by your specific circumstances." Good luck with that decision! And stay safe out there, men.*

*Continued on page 15*



5-9  
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Bill  
and  
JEFF  
KEANE

"Mommy! Close your eyes and don't peek! We might have a surprise for you tomorrow!"

Love is...



...always feeling appreciated.



5-4  
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JEFF  
and  
Bill  
KEANE

"...But we're not to tell a soul, 'cause it's a secret!"



WHEN WE FIRST GOT MARRIED WE CALLED YOUR GRANDMOTHER "GRANDMA PICKLES."



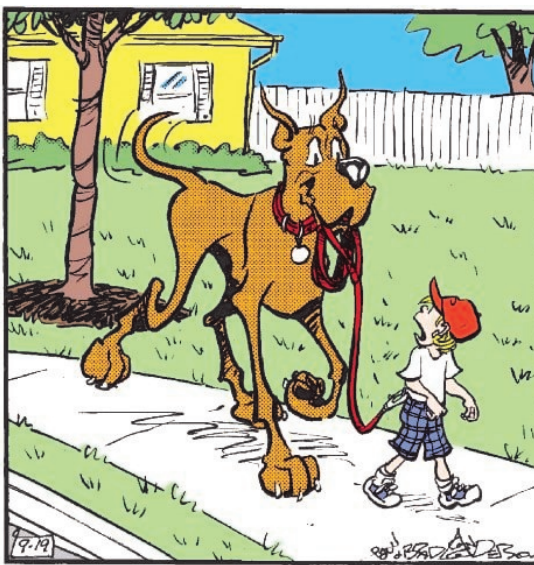
THEN AFTER WE HAD A CHILD, YOUR MOM BECAME "GRANDMA PICKLES."



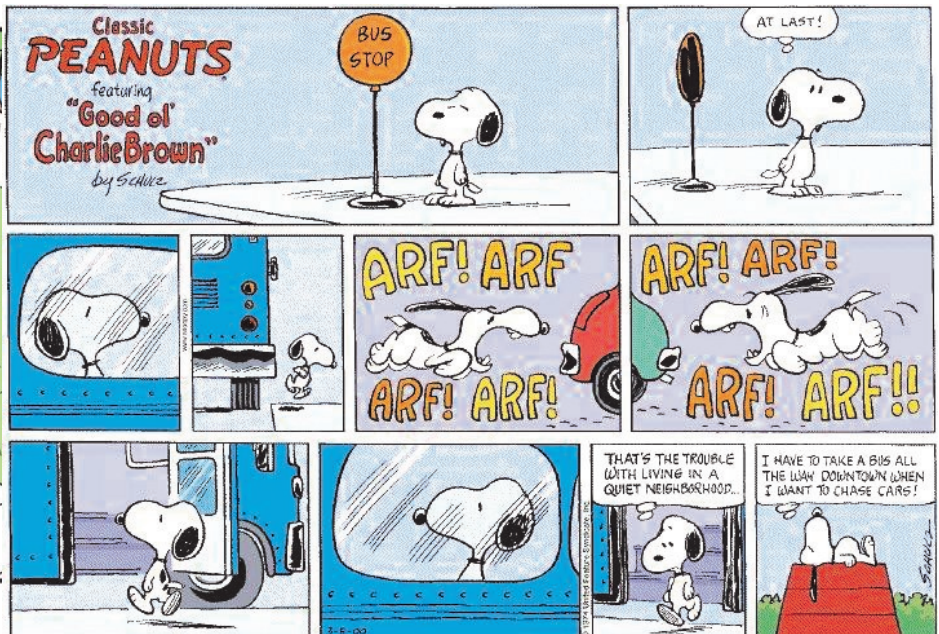
AND THEN OUR DAUGHTER HAD A BABY AND I BECAME "GRANDMA PICKLES."



LIFE IS LIKE ONE BIG GAME OF "TAG, YOU'RE IT!"



"I'm pretty sure Mom asked me to take you for a walk."



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# Osteoporosis

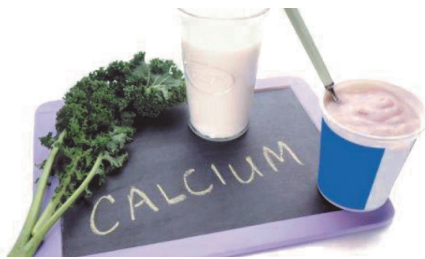
Osteoporosis is sometimes called a “silent killer” with few noticeable changes to your health to indicate you have it. Often, the first sign of osteoporosis is when a bone breaks and the damage is already done.

Osteoporosis can strike at any age, but occurs mostly in people over age 50. By age 70, between 30 and 40 percent of all women have had at least one fracture linked to osteoporosis. While the incidence of osteoporosis is higher among women, more than two million American men also suffer from this disease, according to the National Institutes of Health.

It is important to maintain a healthy diet and exercise routine for strong and healthy bones, especially if you are at-risk or diagnosed with osteoporosis.

## Calcium

Calcium is essential for healthy, strong bones. Most of the calcium in our body is stored in the bones and teeth, but each day we lose calcium through normal body processes. Our bodies cannot produce calcium on its own and is dependent on getting enough through food.



### The recommendations for calcium include:

- Women over age 50 = 1,200 mg/day
- Men under age 70 = 1,000 mg/day
- Men over age 70 = 1,200 mg/day

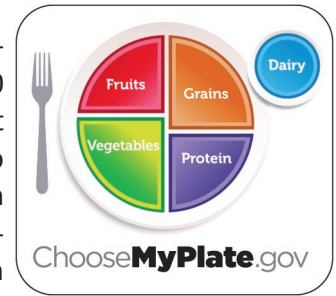
Calcium can be found in dairy products such as milk, yogurt and cheese. It also can be found in some green vegetables such as collard greens, broccoli and kale. Fortified foods such as ready-to-eat cereal, oatmeal and juice often have added calcium to help increase nutritional value.

## Vitamin D

Vitamin D is also essential for bone health, as it helps with the absorption of calcium. It is recommended that

adults age 50 and over consume between 800 to 1,000 IU daily. Sunlight is the most natural way for your body to absorb Vitamin D. It has been suggested that approximately 10 to 30 minutes of sun exposure between 10 a.m. and 3 p.m. two times per week usually leads to sufficient Vitamin D.

Food sources of Vitamin D can be harder to come by. Fatty fish such as salmon, tuna and mackerel are good sources of Vitamin D. There also are fortified foods that contain higher levels of Vitamin D, such as milk, juice and



## Vitamin D

The body makes vitamin D when it is exposed to Ultraviolet (UV) rays from the sun.

### FOOD SOURCES:

- Cheese
- Margarine
- Butter
- Fortified Milk
- Healthy Cereals
- Fatty Fish



ready-to-eat cereals.

It is best to get Calcium and Vitamin D through food sources. Supplementation is available but you should consult your doctor or registered dietitian to determine if it is the right option for you.

## Exercise

It is important to maintain a healthy exercise routine to strengthen bones and improve balance, coordination and flexibility. Weight-bearing exercises such as walking and aerobics can help improve bone strength. Tai Chi and yoga can help strengthen muscles and improve balance and coordination.

If you have osteoporosis, talk with your doctor about which exercises will be best for you.

*Article is from Aging Partners*

## As Fresh As A Daisy: The Basics Of Elderly Personal Hygiene



Personal hygiene is an essential part of every individual's daily routine. You get up, shower, clean your teeth, deodorize and repeat the same steps in the evening to make sure that you stay fresh all day long. Being personally hygienic can make you feel great. However, what if you were to be unable to fully look after yourself and nobody would actually carry out that routine for you? You would go into every day feeling dirty and that would only serve to induce depression and frustration. It is therefore important to establish a hygiene routine whilst caring for the elderly so that you don't miss anything out.

If you are responsible for washing the elderly person that you are caring for then you should pay attention to the routine that you are establishing and talk them through it the first few times so they know what to expect. This will not only build up trust, but may go some way to helping them relax. Many seniors are somewhat reluctant to let anyone administer their personal care, and understandably so. If you rely on someone to do everything for you then you are likely to feel as if you have lost all of the self-respect you had for yourself, as well as your dignity. It is exactly the same for seniors, regardless of illness and mental state, unless they are completely



unaware of what is going on. Some seniors may even react angrily but again this is completely understandable. It may be unpleasant to experience verbal abuse, which you may just get in this situation, but if you put yourself in their shoes you will understand exactly where they are coming from.



If the senior in your care can be encouraged to maintain their personal hygiene and can be trusted then you should always allow them to administer their own personal care. Not only does this promote their independence, but it also gives them a sense of purpose. Even if they can only do one little thing for themselves then it is better than nothing!

The routine that you establish regarding a senior's personal hygiene should include all the basic elements that we include in our own daily routine. Showering, washing all of the nooks and crannies, deodorizing and brushing teeth should always be the integral elements. This should take place every day. However, the routine can incorporate other things. For example, if the female senior in your care likes to put on makeup to feel feminine then you should encourage it as far as possible in order to maintain her identity.



It is also worth noting that maintaining good personal hygiene for the elderly in your care will not only



promote mental well-being, it will also promote physical health. If you are washing someone, then you are likely to note any lumps, bumps and bruises as well as any bodily changes that may spell trouble in the future. By noticing and noting changes in a care plan, you are creating a medical record that may lead to early diagnosis of illnesses. Also, if there is more than one care performing the same role for the elderly people in your care, it may also alert them to any physical changes.

Personal hygiene is undoubtedly one of the most important aspects of caring for the elderly. It can be a sensitive area but, if handled in the right way, it can also form a bond between you. As long as effective hygiene is maintained, the rest will fall into place as far as their appearance is concerned.

*Article is from ElderlyCareAssistance.info*



# Strokes

May is World Stroke Awareness Month! Read on to learn about Strokes.

Stroke is the third leading cause of death in the United States and a leading cause of serious, long-term disability in adults. About 600,000 new strokes are reported in the U.S. each year. The good news is that treatments are available that can greatly reduce the damage caused by a stroke. However, you need to recognize the symptoms of a stroke and get to a hospital quickly. Getting treatment within 60 minutes can prevent disability.

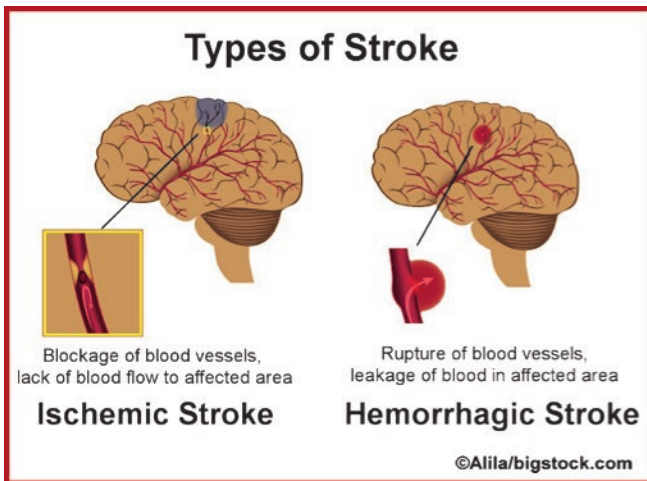


## What is a stroke?

A stroke, sometimes called a "brain attack," occurs when blood flow to the brain is interrupted. When a stroke occurs, brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function.

## What causes a stroke?

There are two major kinds of stroke. The first, called an ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel or artery in the brain. About 80 percent of all strokes are ischemic. The second, known as a hemorrhagic stroke, is caused by a blood vessel in the brain that breaks and bleeds into the brain. About 20% of strokes are hemorrhagic.



## What disabilities can result from a stroke?

Although stroke is a disease of the brain, it can affect the entire body. The effects of a stroke range from mild to severe and can include paralysis, problems with thinking, problems with speaking, and emotional problems. Patients may also experience pain or numbness after a stroke.

## KNOW THE SIGNS

Because stroke injures the brain, you may not realize that you are having a stroke. To a bystander, someone having a stroke may just look unaware or confused. Stroke victims have the best chance

if someone around them recognizes the symptoms and acts quickly.

## What are the symptoms of a stroke?

The symptoms of stroke are distinct because they happen quickly:

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

## SPOT A STROKE

<b>F.</b>	<b>A.</b>	<b>S.</b>	<b>T.</b>
FACE DROOPING	ARM WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL 911

©2013, American Heart Association.

Continued on Page 14



## Exercise of the Month — Back of Leg (Floor)



This exercise stretches the muscles in the back of your legs. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Lie on your back with left knee bent and left foot flat on the floor.
2. Raise right leg, keeping knee slightly bent.
3. Reach up and grasp right leg with both hands. Keep head and shoulders flat on the floor.
4. Gently pull right leg toward your body until you feel a stretch in the back of your leg.
5. Hold position for 10-30 seconds.
6. Repeat at least 3-5 times.
7. Repeat at least 3-5 times with left leg.

**TARGETED MUSCLES:** Back of legs

**TALK TO YOUR DOCTOR:** If you've had hip or back surgery, talk with your doctor before trying this stretch.

## Recipe of the Month

### Strawberry-Peach Pie

#### Ingredients:

- 1 cup sugar
- 1/3 cup all-purpose flour
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1/8 tsp salt
- 4 cups sliced fresh peaches
- 2 cups sliced fresh strawberries
- 2 tsp lemon juice
- Milk, enough for brushing on
- 2 TBSP blanched almonds
- 2 tsp sugar



#### Directions:

1. Heat oven to 375. In a large bowl, combine sugar, flour, cinnamon, nutmeg, and salt.
2. Stir in peaches and strawberries, squeezing lemon juice over before tossing.
3. Spoon filling into prepared pie crust, then top with second crust.
4. Brush top crust lightly with milk and top with almonds and sugar.
5. Bake at 375 for 30-45 minutes. Cool slightly before serving.



- Attic
- Back Yard
- Basement
- Boxes
- Bucket
- Car
- Ceiling
- Clean
- Dryer
- Front Yard
- Garage
- Garbage
- Gloves
- Gutters
- Ladder
- Laundry
- Lawnmower
- Mirrors
- Mop
- Organize
- Paintbrush
- Rake
- Shed
- Sort
- Sponge
- Vacuum
- Water
- Walls
- Wash Machine
- Window Cleaner



Riddle of the Month

**How can a pocket be empty and still have something in it??**

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!**

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

# What State Am I?

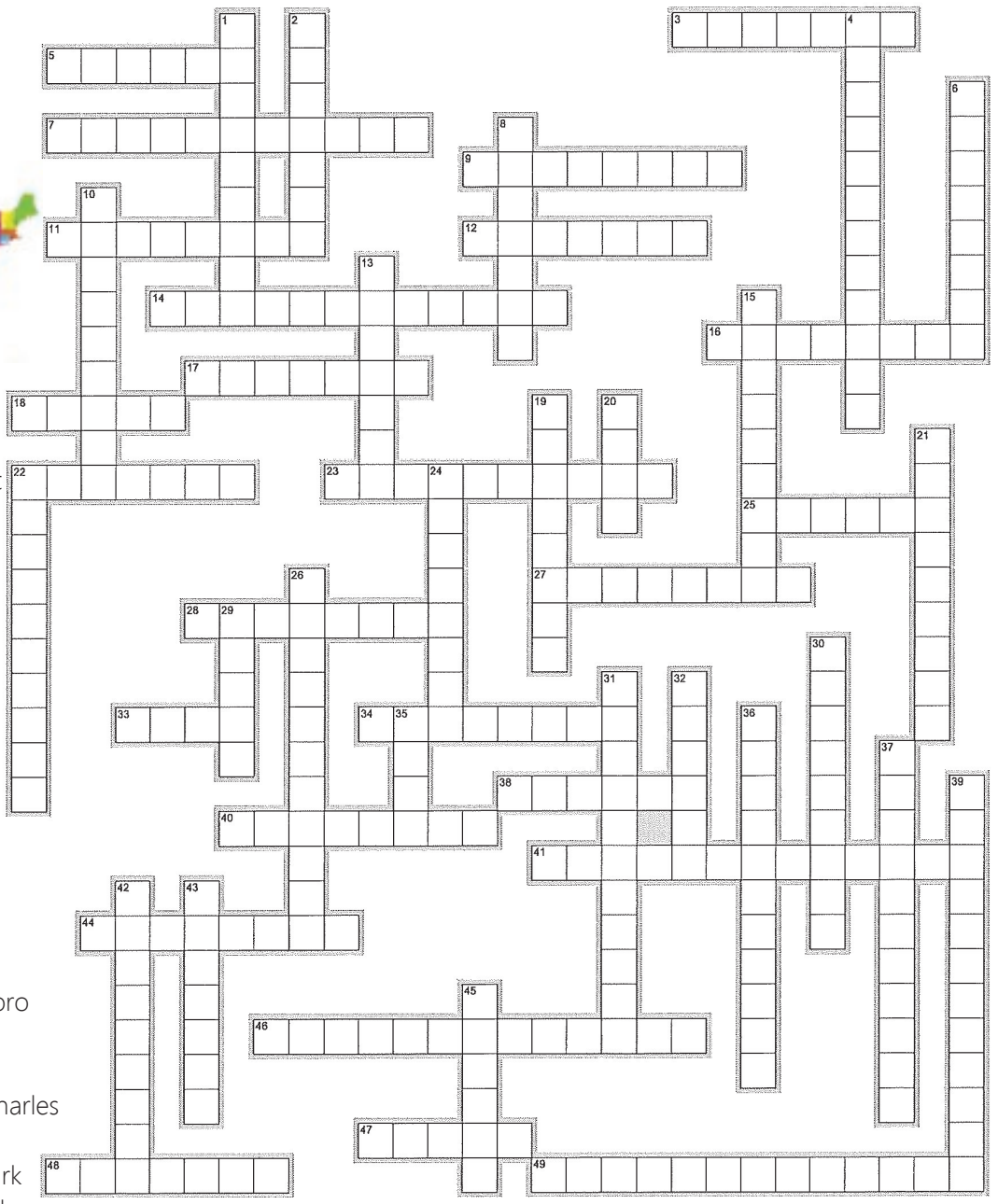


**Across:**

- 3. Burlington, Essex, Brattleboro
- 5. Hilo, Pearl City, Hililani Town
- 7. Stamford, Waterbury, Bridgeport
- 9. Bowling Green, Owensboro, Covington
- 11. North Platte, Grand Island, Omaha
- 12. Tempe, Yuma, Mesa
- 14. Erie, Allentown, Scranton
- 16. Roanoke, Lynchburg, Chesapeake
- 17. Yonkers, Mount Vernon, Schenectady
- 18. Bangor, Portland, Lewiston
- 22. Casper, Gillette, Green River
- 23. San Jose, Anaheim, Santa Ana
- 25. Eugene, Beaverton, Gresham
- 27. Fort Smith, Fayetteville, Jonesboro
- 28. Flint, Grand Rapids, Dearborn
- 33. Provo, Sandy, Ogden
- 34. Independence, Columbia, St. Charles
- 38. Fairbanks, Wasilla, Sitka
- 40. Wilmington, Middletown, Newark
- 41. Worcester, Springfield, Cambridge
- 44. Fort Collins, Aurora, Lakewood
- 46. Charlotte, Greensboro, Asheville
- 47. Corpus Christi, Plano, El Paso
- 48. Huntsville, Tuscaloosa, Mobile
- 49. Greenville, Mount Pleasant, Charleston

**Down:**

- 1. Kenosha, Appleton, Eau Claire
- 2. Evansville, Hammond, Muncie
- 4. Manchester, Derry, Salem
- 6. Norman, Broken Arrow, Midwest City
- 8. Athens, Albany, Marietta
- 10. Las Cruces, Roswell, Carlsbad
- 13. Hollywood, Jacksonville, St. Petersburg
- 15. Bloomington, Coon Rapids, Rochester
- 19. Gaithersburg, Bowie, College Park
- 20. Toledo, Akron, Dayton
- 21. Knoxville, Chattanooga, Murfreesboro
- 22. Vancouver, Yakima, Tacoma
- 24. Rockford, Joliet, Cicero
- 26. Pawtucket, Woonsocket, Warwick
- 29. Twin Falls, Meridian, Moscow
- 30. Paterson, Edison, Elizabeth
- 31. Gulfport, Greenville, Hattiesburg
- 32. Reno, Sparks, Henderson
- 35. Cedar Rapids, Ames, Waterloo
- 36. Rapid City, Aberdeen, Brookings
- 37. Grand Forks, Minot, Mandan
- 39. Morganton, Wheeling, Huntington
- 42. Kenner, Alexandria, Lafayette
- 43. Missoula, Great Falls, Kalispell
- 45. Lawrence, Shawnee, Salina



\*\*\*Match the cities listed with what state they call home.

# welcome



We would like to give a warm welcome to Saline County Aging Services' new Program Manager, Lori Moldenhauer!! If you haven't had a chance to meet her, stop by and introduce yourself! We will be having an open house on Monday, May 7, 2018 from 2p.m.—4p.m. Stop by for cookies and coffee and help her get to know your faces!

Happy Spring everyone!  
Katie, Laura, & Lori

## Full Circle



On Thursday, May 24th we will be doing a Recipe Exchange!

Bring one of your favorites or maybe something you've never made before (and maybe a sample or two). Think of your (or someone you know) biggest cooking or baking disaster story to share!

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

Please RSVP by Wednesday, May 23rd to attend this event!

402.821.3330



On Wednesday, May 23rd we will be doing a

Recipe Exchange!

Bring one of your favorites or maybe something you've never made before (and maybe a sample or two). Think of your (or someone you know) biggest cooking or baking disaster story to share!

Join us for a lunch of

to be served in the cafeteria at Friend Community Healthcare System at **noon**.

You must RSVP by Tuesday, May 15th 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**

*Recipes*

## Announcements



ENGAGE AT EVERY AGE: MAY 2018

Did you know that May is Older American's Month? This year's theme "Engage at Every Age", emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

How will we celebrate? With an open house!!

Come meet our new Program Manager, Lori and let us treat you to some coffee, goodies & gifts!!

Join us

Monday, May 7, 2018

from 2pm—4pm

at our office

We can't wait to see you all there!!

### Our newsletter is growing!

Do you enjoy your monthly newsletter?

We LOVE providing this essential service to all of our wonderful clients.

Our newsletter is growing and getting more popular by the day! Over the course of the last year we have gone from sending out 215 newsletters a month to 350+!

We are so excited that it has gained so much popularity and you all love it so much! Along with its growing popularity comes new cost challenges for our Non-Profit program.

Our postage cost has grown tremendously as well.

While we love and will continue offering this service free of charge, we are hoping that you will be willing to help! Please consider giving a suggested contribution of \$5 for the entire year's worth of newsletters. That's less than \$0.42 per issue!

What is a suggested contribution?

This means that we will accept anything from \$0 to \$1 million+!

You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!

Thank you so much for your continued support of all of our programs at Saline County Aging Services!!

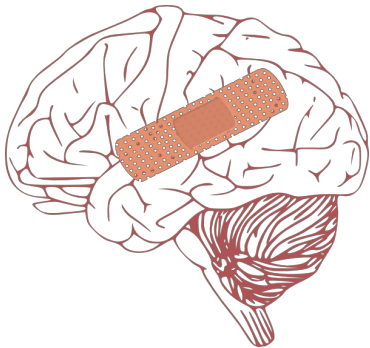
## What should a bystander do?

If you believe someone is having a stroke-if he or she suddenly loses the ability to speak, or move an arm or leg on one side, or experiences facial paralysis on one side-call 911 immediately.



## ACT IN TIME

Stroke is a medical emergency. Every minute counts when someone is having a stroke. The longer blood flow is cut off to the brain, the greater the damage. Immediate treatment can save people's lives and enhance their chances for successful recovery from stroke.



## Why is there a need to act fast?

Ischemic strokes, the most common type of strokes, can be treated with a drug called t-PA, that dissolves blood clots obstructing blood flow to the brain. The window of opportunity to start treating stroke patients is three hours, but to be evaluated and receive treatment, patients need to get to the hospital within 60 minutes.

## What is the benefit of treatment?

A five-year study by the National Institute of Neurological Disorders and Stroke (NINDS) found that some stroke patients who received t-PA within three hours of the start of stroke symptoms were at least 30% more likely to recover with little or no disability after three months.

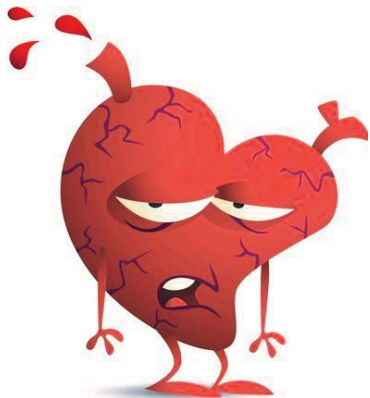


## What can I do to prevent a stroke?

The best treatment for stroke is prevention. There are several risk factors that increase your chances of having a stroke:

- High blood pressure
- Heart disease
- Smoking
- Diabetes
- High cholesterol

If you smoke-quit. If you have high blood pressure, heart disease, diabetes, or high cholesterol, getting them under control-and keeping them under control-will greatly reduce your chances of having a stroke.



Article is from APlaceforMom.com

### The Aftermath

#### Triage

Assess your situation – make sure everyone you are with is okay- or determine their need of emergency care and take care of what you can. Of course, some wounds may need more than you can handle, in which case you need to find help immediately (check your phone and call for help, or be sure to follow the next steps when going out for help).

#### Debris & Power Lines

When try to get remove yourself from your place of hiding, be aware of the debris around you. Structures may not be sound, there is loose wood, metal, nails, broken glass, etc., to bring additional harm. Be careful, but get yourself safe. Be sure to watch for broken power lines or open areas where wiring may have been exposed and damaged or submerged in water.

#### Get to Safety

As quickly as you can, get you and your loved ones to safety. If you can, help those near you to also get to safety, without putting your children at risk. Secure you and your family and your belongings as quickly as possible, get in contact with your families to let them know your status. Are there others that you can help? Be safe when doing so and only try to remove someone from a dangerous position if no other option is available – otherwise keep them calm, dry as possible and be with them until help arrives. Call your Insurance Company to let them know of the damage and arrange for their visit. Be safe!

*Article is from momwithaprep.com*

# May Activities

		<p>1 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:30-3:30</p>	<p>2 Foot Clinic Lunch 12:00 p.m.</p>	<p>3 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>	<p>4 Bird Day</p> 	<p>5</p> 
<p>6 Nurses' Day</p> 	<p>7 Open House @ SCAS office 2pm-4pm</p>	<p>8 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:30-3:30</p>	<p>9 Foot Clinic Lunch 12:00 p.m.</p>	<p>10 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>	<p>11 Twilight Zone Day</p> 	<p>12 Mini Golf Day</p> 
<p>13</p> 	<p>14</p>	<p>15 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>	<p>16 Lunch 12:00 p.m.</p>	<p>17 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>	<p>18 Bike to Work Day</p> 	<p>19</p> 
<p>20 Pick Strawberries Day</p> 	<p>21 American Red Cross Founder's Day</p> 	<p>22 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>	<p>23 Lunch 12:00 p.m. Full Circle-12pm</p>	<p>24 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Full Circle-2p.m. Senior Dinner</p>	<p>25 Missing Children's Day</p> 	<p>26 Blueberry Cheesecake Day</p> 
<p>27 Grape Popsicle Day</p> 	<p>28 Ice Cream @ DeWitt Quick 3:30p.m.</p> 	<p>29 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00 Senior Dinner</p>	<p>30 Lunch 12:00 p.m.</p>	<p>31 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>		
<p>Key: Crete Dorchester Wilber Friend DeWitt</p>			<p><b>All foot clinics are by appointment only.</b></p>	<p>Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330</p>	<p>For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873</p>	



## What's Happening Near You?

<p><b>DeWitt Senior Center Meal Schedule</b>                  For meal reservations,                  call Bev at 683-6475 or 520-0873</p>
<p><b>WEDNESDAY, May 2nd</b></p>
<p><b>Program—</b> Bags of Love with Mary Kostal  <b>Menu—</b>BBQ Chicken Patty, Baked Beans, Chips, Fruit &amp; Milk</p>
<p><b>WEDNESDAY, May 9th</b></p>
<p><b>Program—</b> Cross Makers of Seward  <b>Menu—</b> Teriyaki Pork, Stir Fry Veggies, Rice, Fruit &amp; Milk</p>
<p><b>WEDNESDAY, May 16th</b></p>
<p><b>Program—</b> What Are We To Do in An Emergency Situation?                  By DeWitt Fire Dept. &amp; Emergency Management  <b>Menu—</b> Swiss Steak, Fried Potatoes, Corn, Fruit, &amp; Milk</p>
<p><b>WESNESDAY, May 23rd</b></p>
<p><b>Program—</b> Meet Lori of Saline County Aging Services  <b>Menu—</b> Tuna Casserole, Peas, Fruit &amp; Milk</p>
<p><b>WESNESDAY, May 30th</b></p>
<p><b>Program—</b> Patriotic Music by Doris Peters  <b>Menu—</b> Sweet Mustard Ham, Potato Salad, Broccoli, Fruit &amp; Milk</p>



Ron Hayek  
of  
Friend

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 April's  
 riddle was **GROUNDHOG**.



*A special wish to all of the  
 May 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, May 24, 2018, in the Wilber Care Center's Activity Room. Please RSVP by May 18th 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

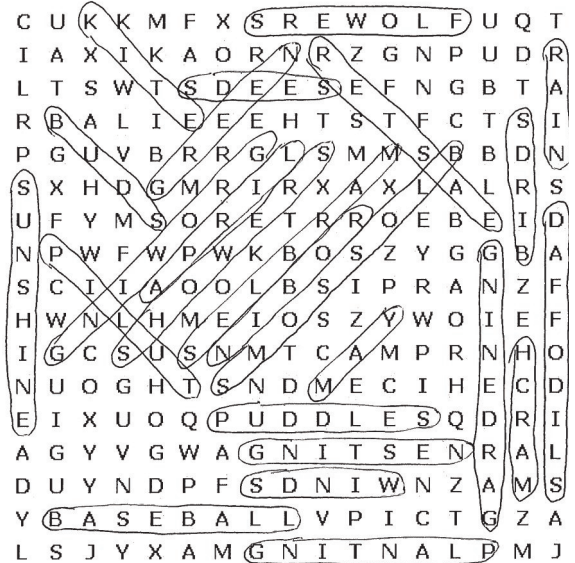
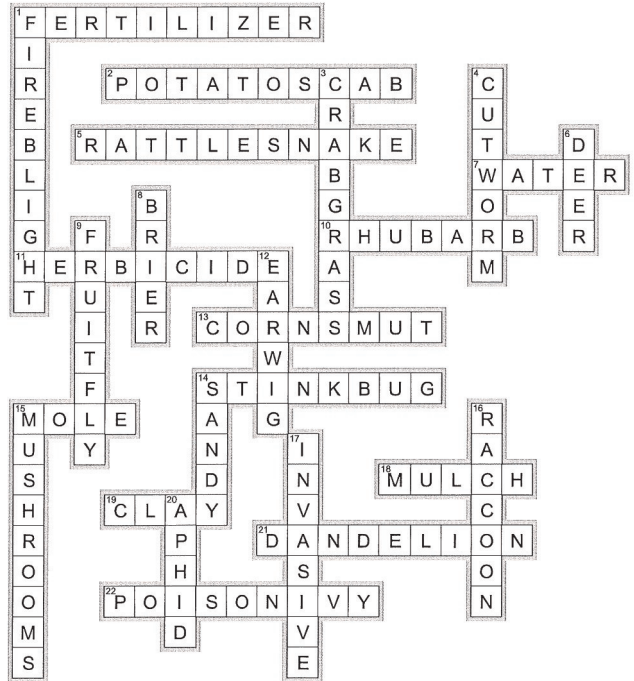
(SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

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

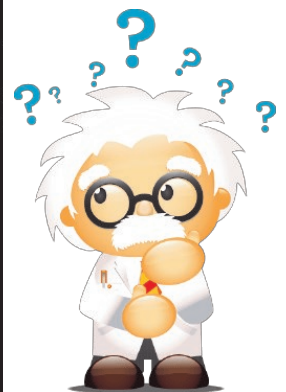
- be 60 years of age or older,
- meet income guidelines,
- AND attend a mandatory but brief nutrition presentation.
- Be prepared to show proof of age and income.

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.



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



## 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



### 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).

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



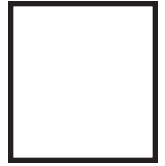
Saline County Aging Services will be closed in observance of the following County holidays.  
If in doubt, please call 402-821-3330.

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.



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