



# 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 6

June 2018

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## The History of Flag Day

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'. In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14 as 'Flag Birthday', or 'Flag Day'.

On June 14, 1889, George Balch, a kindergarten teacher in New York City, planned appropriate ceremonies for the children of his school, and his idea of observing Flag Day was later adopted by the State Board of Education of New York. On June 14, 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on June 14 of the following year, the New York Society of the Sons of the Revolution, celebrated Flag Day.

Following the suggestion of Colonel J Granville Leach (at the time historian of the Pennsylvania Society of the Sons of the Revolution), the Pennsylvania Society of Colonial Dames of America on April 25, 1893 adopted a resolution requesting the mayor of Philadelphia and all others in authority and all private citizens to display the Flag on June 14th.

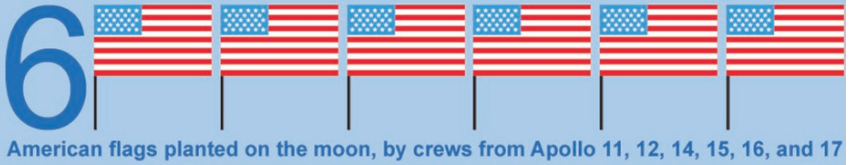
*Continued on page 2*

## History of Flag Day Continued...

Leach went on to recommend that thereafter the day be known as 'Flag Day', and on that day, school children be assembled for appropriate exercises, with each child being given a small Flag.

Two weeks later on May 8th, the Board of Managers of the Pennsylvania Society of Sons of the Revolution unanimously endorsed the action of the Pennsylvania Society of Colonial Dames. As a result of the resolution, Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held on June 14, 1893 in Independence Square. School children were assembled, each carrying a small Flag, and patriotic songs were sung and addresses delivered.

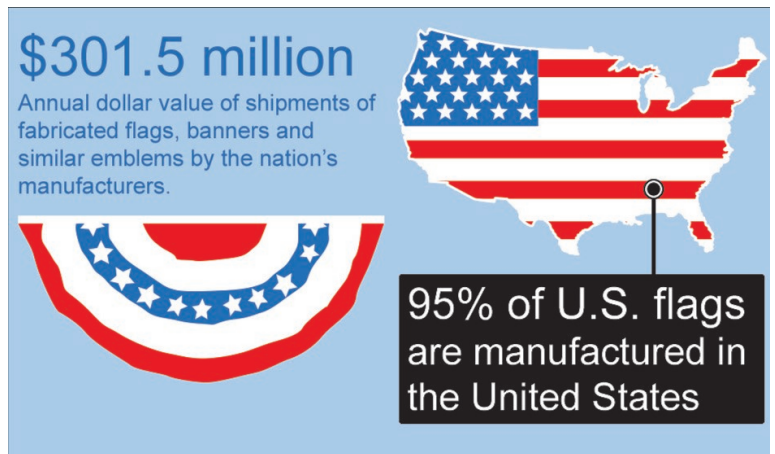
Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on May 30th, 1916



In 1894, the governor of New York directed that on June 14 the Flag be displayed on all public buildings. With BJ Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known as the American Flag Day Association, was organized for the purpose of promoting the holding of Flag Day exercises. On June 14th, 1894, under the auspices of this association, the first general public school children's celebration of Flag Day in Chicago was held in

Douglas, Garfield, Humboldt, Lincoln, and Washington Parks, with more than 300,000 children participating.

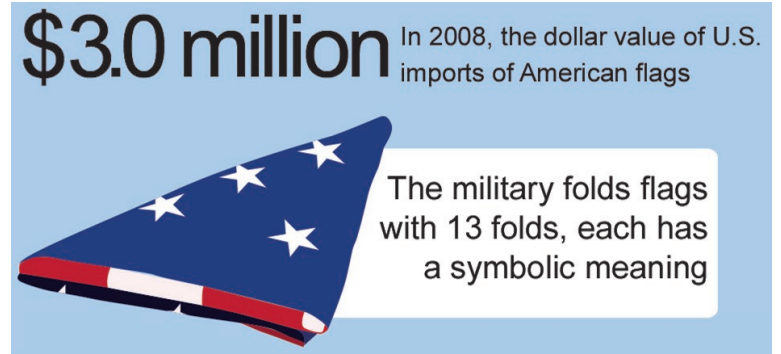
Adults, too, participated in patriotic programs. Franklin K. Lane, Secretary of the Interior, delivered a 1914 Flag Day address in which he repeated words he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself."



## History of Flag Day Continued...

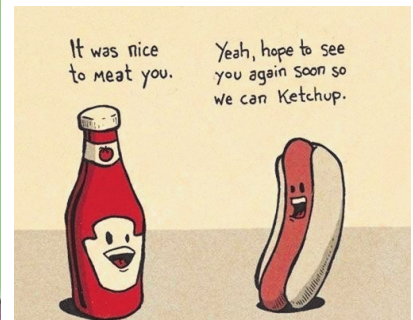
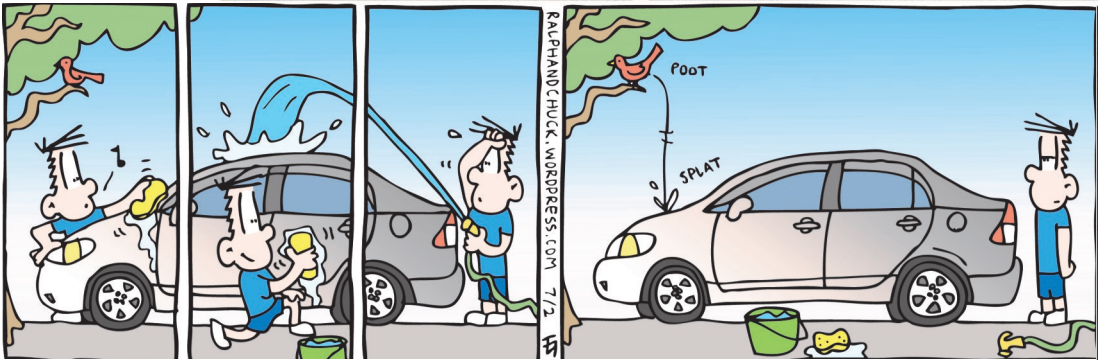
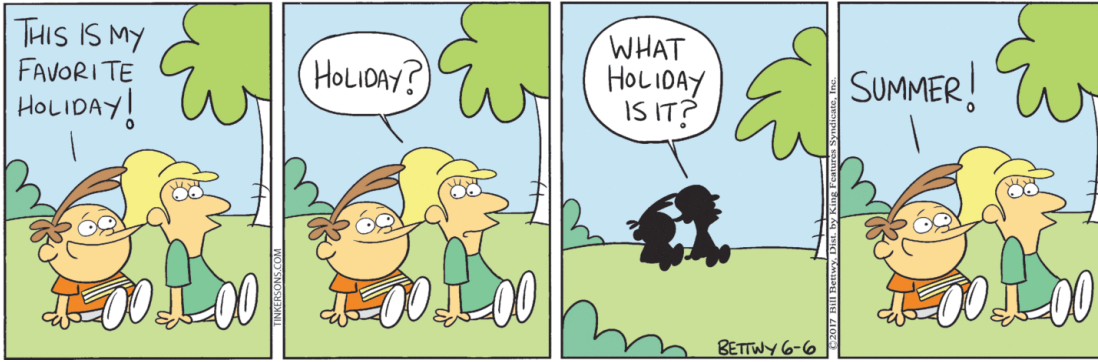
Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially *established* by the Proclamation of President Woodrow Wilson on May 30th, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Truman signed an Act of Congress designating **June 14th** of each year as **National Flag Day**.

*Article is from usflag.org*





Just For Laughs . . .

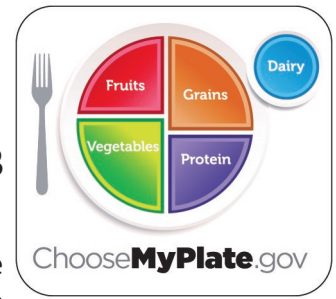






*A Pioneering Area Agency on Aging*

# Brain Health



Our brain is one of the most important organs in our body—it is the control center of everything we do. As we age, we may start to notice changes in our mental sharpness and memory. There are many factors that can influence these changes such as genetics, and environmental and lifestyle factors.

We all know that the food we eat affects our bodies and how they function. More research has been done in the past several years that explores how our brain is also affected by the food we eat.

## Eat Your Veggies

Vegetables provide many benefits for our body, including our brain. Cruciferous vegetables such as broccoli, kale, cabbage and dark leafy green vegetables contain an abundance of antioxidants and phytochemicals. A 2012 study from the American Journal of Clinical Nutrition shows that two of these phytochemicals, Isothiocyanate and Lutein, can accumulate in the brain and provide protection against free radicals and age-related cognitive decline.

Adding in cruciferous vegetables to your diet doesn't have to be complicated. Incorporate some broccoli into your scrambled eggs or omelet. Substitute kale and cabbage for your lettuce salad. Add in some broccoli and cauliflower to your favorite soup or pasta dish.

## Load Up on Berries and Cherries

Not only are berries and cherries sweet and delicious, they are packed full of anthocyanins and other flavonoids. These flavonoids give the berries their dark red and purple color. Anthocyanins may help boost memory function and protect the body against damage from free-radicals. Add in fresh berries to your oatmeal, yogurt and lettuce salads, or blend into a delicious smoothie!



## Fish and Omega-3 Fatty Acids

Omega 3 fatty acids are a type of polyunsaturated fat and are essential for good brain health. The DHA (Docosahexaenoic Acid) is the most abundant fatty acid in the brain and higher levels will help the brain function more efficiently. Research has shown that a higher concentration of DHA can improve cognition in older adults and work to prevent age-related cognitive decline.



The body cannot make omega-3 fatty acids on its own and must rely on food sources. Omega 3 fatty acids are most prevalent in fatty fish such as salmon, halibut and fresh

tuna. Substitute fish for meat a few times a week. Get creative with your cooking methods and seasonings – try grilling, roasting or baking with fresh lemon, dill and garlic.

## Walnuts

Walnuts also contain a significant amount of the omega-3 DHA, which can have benefits on brain function and cognition. Walnuts can be great as a snack, to top off your salad, mix into some oatmeal or throw into some yogurt.



These foods are not just beneficial for the brain but for the entire body as well. Eating a balanced diet will help support lifelong good health.

*Article is from Aging Partners*



## Develop Your Skills To Care For The Elderly: Wound Care

If you care for an elderly member of your family, you will fully understand that maintaining his or her health is extremely hard work and you will often feel like you are fighting an uphill battle that you have absolutely no chance of winning! It takes dedication and sheer hard work to gain the advantage sometimes and even then something will inevitably crop up to send you back to stage one again. Seniors are like children in many ways as a result. They are frequently getting into situations that see them come away with some sort of minor injury. This applies to every senior with a mental or physical disability. One of the main reasons behind it is that elderly people who need constant care lose sight of their own mortality and do not have realistic attitudes towards what they can do. It is essential, therefore, that any caregiver has a basic knowledge of wound care.



Cuts and scrapes are perhaps the most common results of accidents amongst the elderly in care. They can be pretty innocuous and barely penetrate the consciousness of the elderly on the receiving end. However, all cuts and scrapes can easily become infected if they are not treated as soon as they occur. All wounds should be cleaned, disinfected and dressed as soon as they happen. It is no good leaving them until a few hours or days later because the damage can already be done by then. I know that this sounds pretty serious, but also ridiculous at the same time. After all, we are just talking about cuts, grazes and

scrapes. However, it is often the small things that are overlooked and come back to haunt you. It is therefore important to remember that any physical injury that a senior sustains can become serious if given the opportunity. As a result, caregivers must be extremely vigilant and administer first aid and general care as and when required.

Any caregiver should attend a basic first aid course very early on in their role. Community colleges often provide basic first aid courses that cover all of the information that you need to know about administering it at a moment's notice in any situation. Some of the content of these courses is common sense, but if an instructor stresses it to you, you are more likely to remember it when you are called upon. It never hurts to refresh information that you have learnt previously either. Even if you have been on a course in the last couple of years, you should look into taking another one that is more specific for your new role. Any course will include wound care as a basic requirement.





## Caregiver's Corner Continued...

Another important element of wound care is ensuring that the elderly individual in your care is completely up to date with any necessary shots. Tetanus is especially important because it is perhaps the easiest serious infection to contract. The bug only needs a small open wound to spread through the body via the bloodstream. This fact also serves to reinforce the point that infection control through wound care cannot be underestimated and dismissed as an unimportant concern.



Wound care is easy enough to learn for any caregiver and there is very little practice required in order for you to get it right. It therefore demands little of you time but can pay dividends when you look at how devastating any number of infections and bugs can be.



*Article is from [ElderlyCareAssistance.info](http://ElderlyCareAssistance.info)*



# Living Wills vs. Durable Power of Attorney

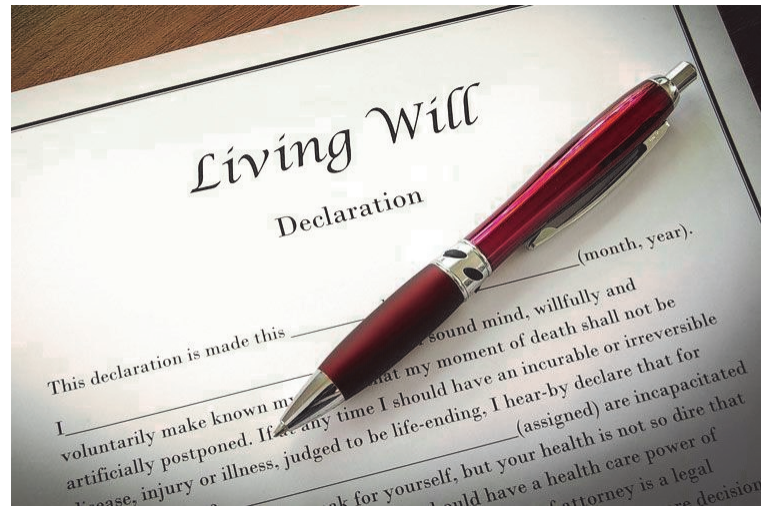
Seniors should make their wishes about medical care known in case they become incapacitated and are unable to communicate due to illness or injury. No family wants to be left guessing about their loved one's wishes during a medical crisis.

## LIVING WILL VS HEALTH CARE DIRECTIVE

A living will is about making your wishes known, whatever those wishes may be. Your living will should summarize your general wishes about your care in addition to clarifying specific preferences regarding:

- Feeding and hydration while in an irreversible coma or in a terminal condition
- CPR or defibrillation after cardiac arrest
- Organ and tissue donation
- Use of a ventilator when unable to breathe independently
- Other medical treatments

The document that specifies your wishes with regard to medical care is referred to as a living will, also known as a Health Care Directive or advanced directive.



## DNR (Do Not Resuscitate)

You may have heard of seniors or people who are terminally ill who have put in place a "DNR." A DNR tells medical professionals and family members that you do not want heroic measures to be attempted if your heart were to stop. But a DNR is just one possible wish that can be made in a Health Care Directive. *You could just as easily direct that all feasible medical treatments should be attempted during a medical emergency.*

## PUTTING SOMEONE IN CHARGE: DURABLE POWER OF ATTORNEY

When you create a living will, you may also want to designate a trusted loved one to make health care decisions on your behalf through a legal document called a Durable Power of Attorney for Health Care.

*Continued on page 14*



## Exercise of the Month — Getting Down on the Floor



TIP: You don't have to use your left side. You can use your right side, if you prefer.

To Get Down on the Floor:

1. Stand facing the seat of a sturdy chair.
2. Put your hands on the seat, and lower yourself down on one knee.
3. Bring the other knee down.
4. Put your left hand on the floor. Leaning on your hand, slowly bring your left hip to the floor. Put your right hand on the floor next to your left hand to steady yourself, if needed.
5. You should now be sitting with your weight on your left hip.
6. Straighten your legs.
7. Bend your left elbow until your weight is resting on it. Using your right hand as needed for support, straighten your left arm. You should now be lying on your left side.
8. Roll onto your back.

## Recipe of the Month

### Cheeseburger Tater Tot Casserole

Ingredients:

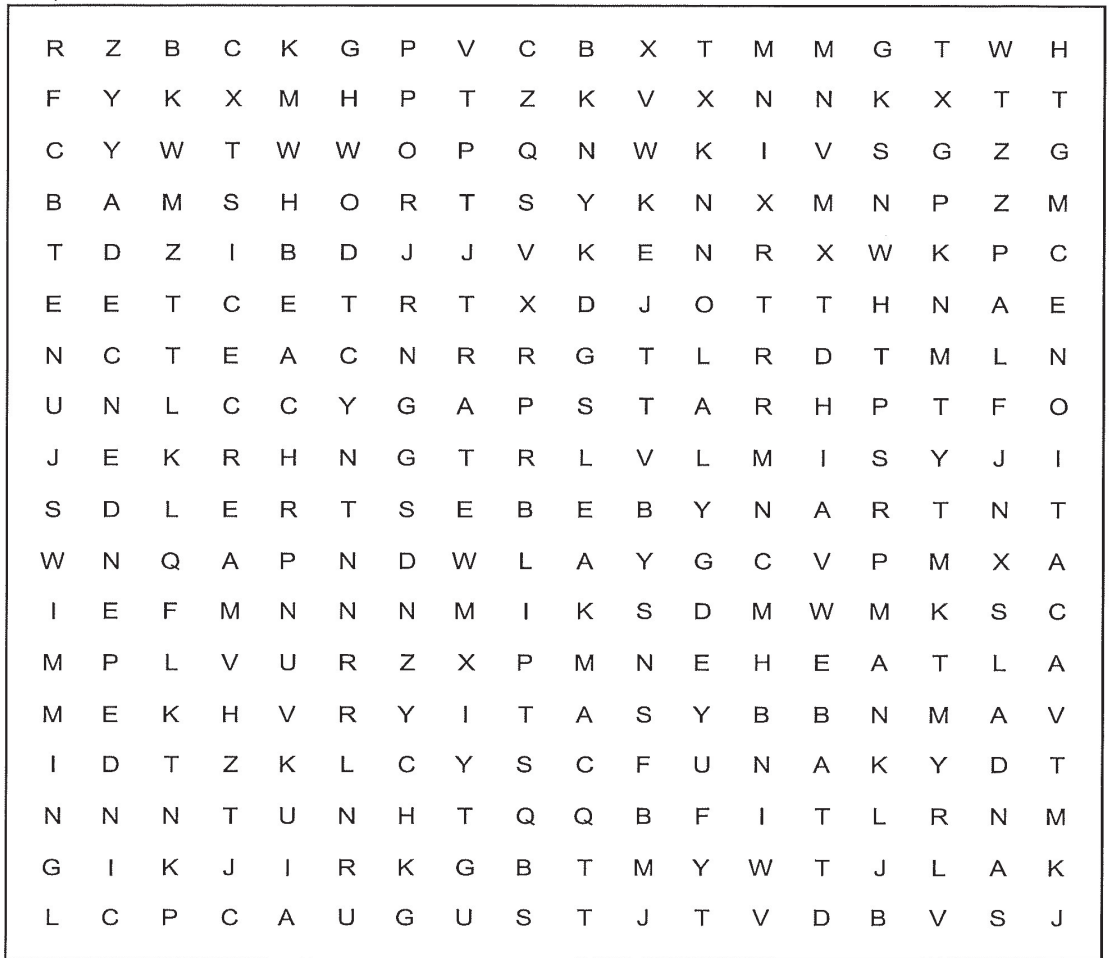
- 2 lbs of ground beef
- 1/2 onion
- 1/8 cup of Worcestershire sauce
- 1 TBSP steak seasoning
- 1/2 tsp of salt
- 1/2 tsp of pepper
- 1 bag of tater tots (32 oz)
- 8 oz of shredded Monterey jack cheese
- 8 oz of shredded cheddar cheese



Directions:

1. Brown the ground beef. Add in the chopped onions and cook until soft.
2. Stir in the steak seasoning, salt, pepper, and Worcestershire sauce
3. Place at the bottom of the greased 9x13 pan.
4. Spread out the Monterey jack cheese over the ground beef.
5. Place one layer of tater tots over the casserole.
6. Bake at 375 degrees for 25 minutes uncovered.
7. Sprinkle with the shredded cheddar cheese & put back in the oven until melted.
8. Serve immediately with your favorite burger toppings.
9. Add more onions, tomatoes, back, or pickles! The possibilities are endless!!

- August
- Baseball
- Beach
- Camping
- Gardening
- Heat
- Hot
- Ice cream
- Independence Day
- July
- June
- Picnic
- Sandals
- Sandcastle
- Shorts
- Swimsuit
- Swimming
- Travel
- Vacation
- Thunderstorms



Summer Vacation



Riddle of the Month

**A dad & his son were in a car accident and taken by ambulance to two different hospitals. The man's son was in the operating room and the doctor said, "I can't operate on him. He is my son." How is that possible?**

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!

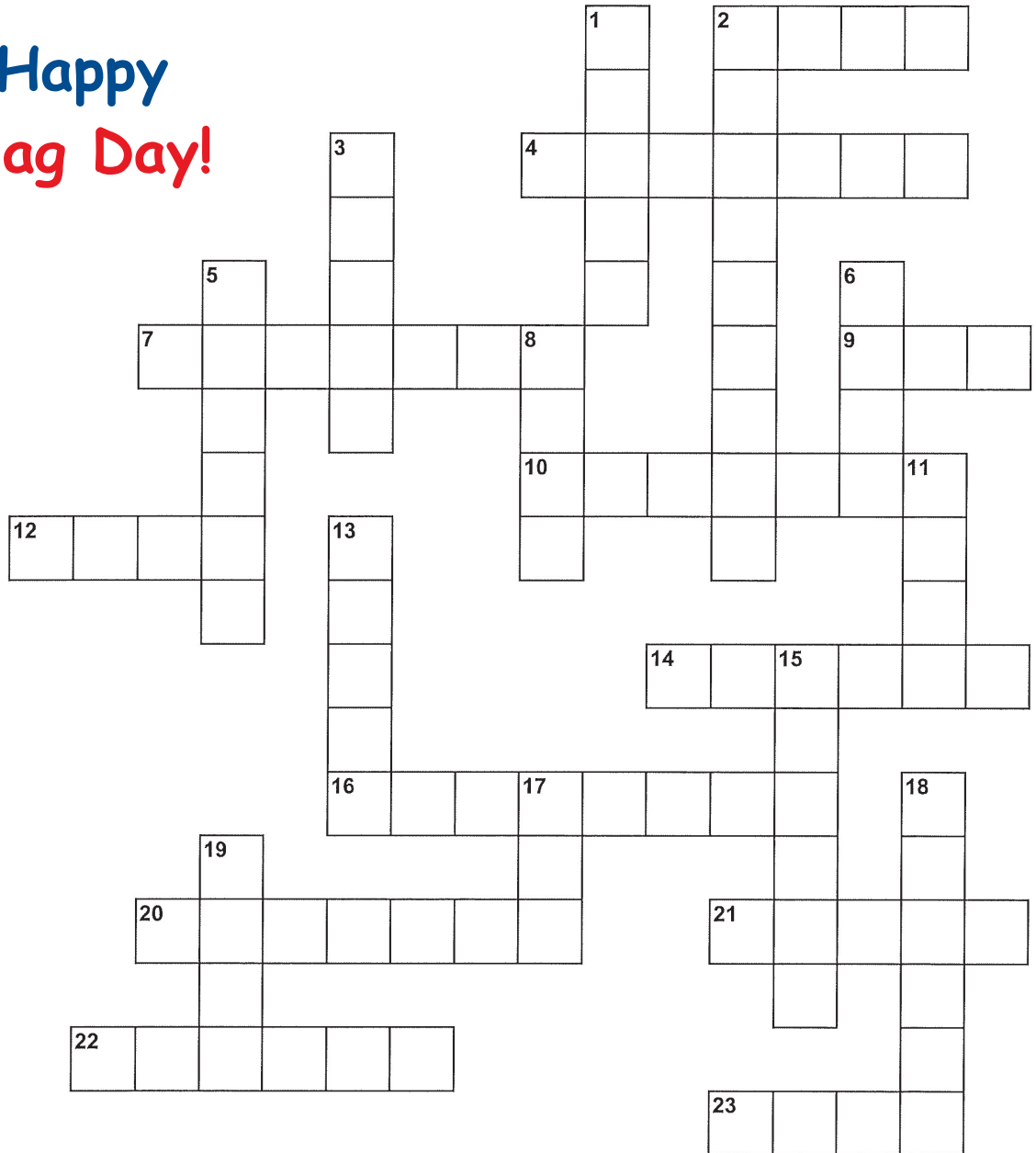
**Please include your phone number with your answer!**

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





# Happy Flag Day!



**Across:**

- 2. Long round post or rod
- 4. Chronological narrative of past events
- 7. Wave rapidly back and forth in the wind
- 9. United States of America
- 10. Stars & \_\_\_\_\_
- 12. Rectangular cloth used as a symbol of a country
- 14. Release from a rolled position
- 16. Number of stripes on USA flag
- 20. Rope for lowering a flag
- 21. Bird of prey used as national emblem
- 22. \_\_\_\_\_ of Allegiance
- 23. Background color for star field

**Down:**

- 1. Flag stripe color
- 2. Love for and loyalty to one's country
- 3. Number of stars on USA flag
- 5. Oath
- 6. Sixth month of the Gregorian calendar
- 8. Betsy \_\_\_\_\_
- 11. Symbol with five points
- 13. Lift or hoist up
- 15. Decorative element on pole that point upward
- 17. Color of blood
- 18. Military gesture to show respect
- 19. Moving swell along the surface of a flag

# Summer

Hoping you are all having a wonderful summer!!  
Lori, Laura, and Katie



## 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!!

## Full Circle



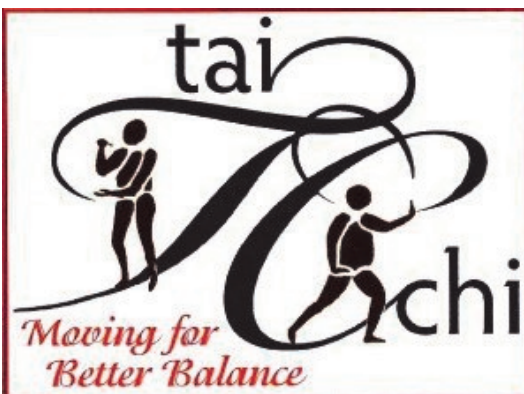
Due to staff changes, we will only be doing Full Circle events every other month, until further notice.

Check the July edition of our Newsletter to see what we have planned for the next one!



Congratulations to Katie Keller and her husband, David, on the birth of their baby girl! Nellie Dean Keller was born April 30, 2018, at 9:12 PM. She was 5 lbs 12 oz & 19 1/2 inches long. Mommy and baby are doing well!!

## NEW TAI CHI CLASS STARTING IN WILBER



One in three adults over 65 fall each year, and 20-30% of the falls result in moderate to severe injuries, such as bruises, hip fractures, and head traumas.

Tai Chi: Moving for Better Balance is a program that has been shown to reduce the risk of older adults falling by 47-55%.

Tai Chi has also been shown to improve balance, increase leg strength, reduce the fear of falling, improve mobility and flexibility, and improve psychological health.

New classes will be held in Wilber starting Tuesday, June 19th. Tai Chi classes will be held twice a week for 12 weeks with each class lasting about 60 minutes. *The place and time are to be announced.*

If you have questions or are interested in attending this new session of classes, please call Saline County Aging Services at 402-821-3330.



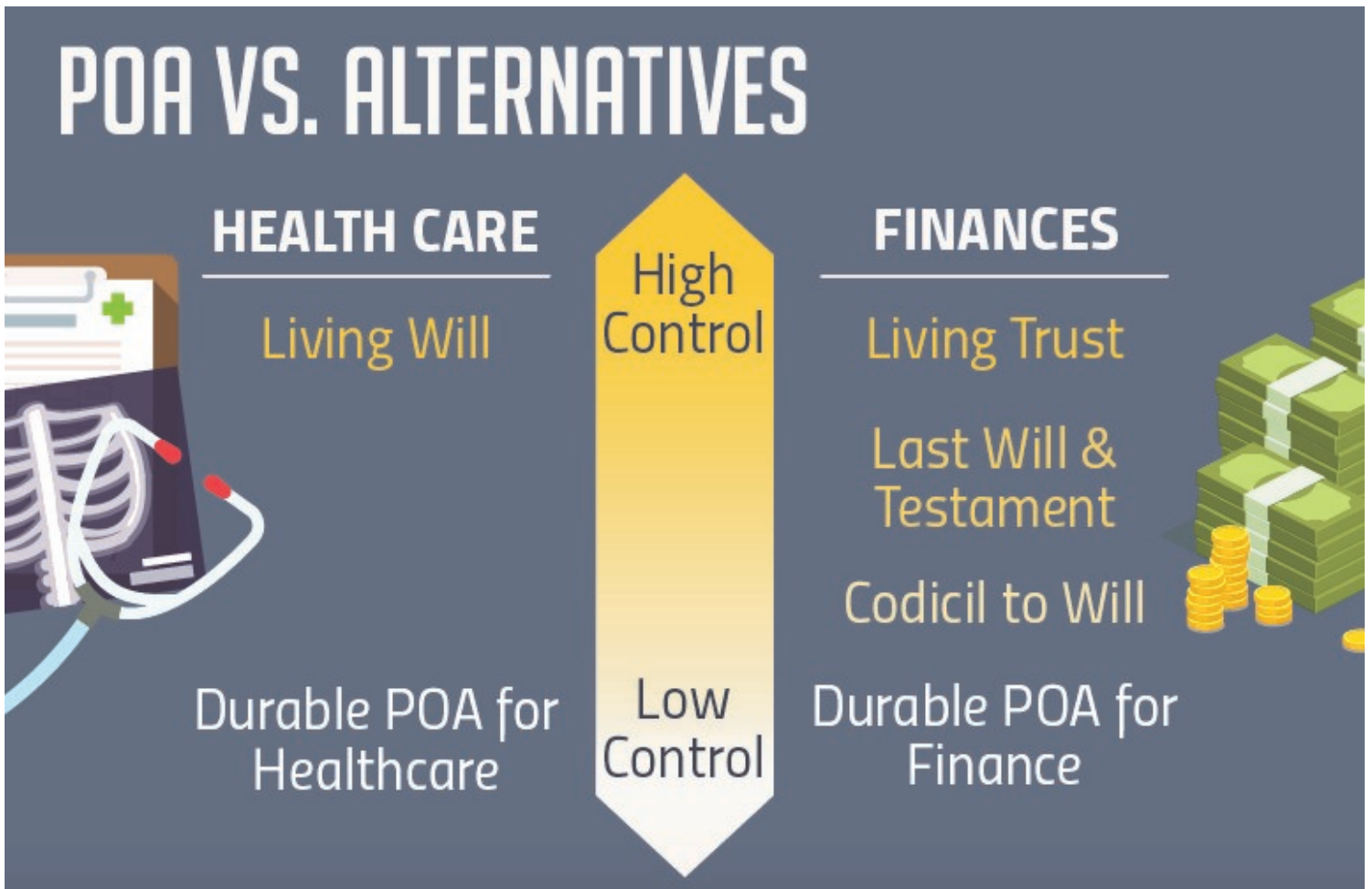
The person you designate in your Durable Power of Attorney for Health Care will have the authority to make medical decisions during a medical emergency, and it is his or her job to make sure that health care providers carry out the wishes you have made in your Health Care Directive. You may also consider creating a Durable Power of Attorney for Financial Care. You may choose to designate the same trusted loved one to make both medical and financial decisions on your behalf.

### CONSULT AN ATTORNEY

Each state has its own health care directive form, and regulations regarding these directives also vary state by state, so make sure you fill out the correct form and understand your state's rules. You can get the appropriate paperwork to file a health care directive and designate a health care proxy from your local Area Agency on Aging office, which you can locate at [www.eldercare.gov](http://www.eldercare.gov).

Because these documents are literally a matter of life and death, you should consult with an elder attorney if you have any questions or need assistance.

*Article is from APlaceforMom.com*
















## Farmer's Markets in Saline County



Market Name	Market Location	Day of Market	Months Active	Hours of Operation	Does it have vendors that accept the Coupons?
Crete Farmers Market	930 Main Ave	Thursdays	May—November	2:30 p.m.—6:00 p.m.	YES
Dorchester Farmers Market	Fire Hall Lot 512 Washington Ave	Wednesdays	June—September	4:00p.m.—6:00 p.m.	YES
Friend Farmers Market	Green Top Café 1515 1st St	Tuesdays	June—October	4:30 p.m.—8:30 p.m.	NO
Wilber Farmers Market	SE corner of 3rd & S. Harris	Tuesdays	June—October	4:00 p.m.—8:30 p.m.	YES

# June Activities

					1 	2 Black Bear Day 
3 Cancer Survivor's Day 	4 Cheese Day 	5 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30	6 Foot Clinic Lunch 12:00 p.m.	7 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1030-1130 Tai Chi 2:00-3:00	8 Best Friends Day 	9 Donald Duck Day 
10 Black Angus Day 	11	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1030-1130 Tai Chi 2:00-3:00	13 Foot Clinic Lunch 12:00 p.m.	14 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1030-1130 Tai Chi 2:00-3:00	15 <b>DAY TRIP</b> to Holy Family Shrine, etc. via SCAT, leaving 8:30 a.m. RSVP by the 12th by calling 402-520-0873.	16 Fudge Day 
17 	18 Go Fishing Day 	19 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00  <i>NEW Tai Chi Class Starts!! See page 13.</i>	20 Lunch 12:00 p.m.	21 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	22 Take Your Dog to Work Day 	23 Pink Day 
24 Pralines Day 	25 Ice Cream at Shop Qwik at 3:30 PM	26 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 <b>Senior Dinner</b>	27 Lunch 12:00 p.m.	28 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00  <b>Senior Dinner</b> See page 17.	29 Camera Day 	30 Meteor Day 
Key: Crete Dorchester Wilber Friend DeWitt	<b>JULY 2</b> <b>HOMESTEAD EXEMPTION APPLICATIONS DUE!!</b> See page 18.		<b>All foot clinics are by appointment only.</b>	Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330	For foot clinics in DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873	



## 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, June 6th</b></p>
<p>Program—West End Farm by Katie Jantzen                  Menu—Lasagna, Corn, Garlic Bread, Fruit &amp; Milk</p>
<p><b>WEDNESDAY, June 13th</b></p>
<p>Program— Law Tidbits for Seniors by Atty. Mary Wilson                  (See page 19!)                  Menu— Grilled Chicken Sandwich, Baked Beans,                  Chips, Fruit &amp; Milk</p>
<p><b>WEDNESDAY, June 20th</b></p>
<p>Program— Fun with the Senioresses                  Menu— Tator Tot Casserole, Tossed Salad, Fruit &amp;                  Milk</p>
<p><b>WESNESDAY, June 27th</b></p>
<p>Program— Let's Hear About Your Family Tree Part 2                  Menu—Pulled Pork Sandwich, Cole Slaw, Cheesy                  Hash browns, Fruit &amp; Milk</p>





**Roger Kramer**  
 of  
 Crete  
 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 May's  
 riddle was **THERE IS A HOLE IN IT.**

**HAPPY BIRTHDAY!**

*A special wish to all of the  
 June 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, June 28, 2018, in the Wilber Care Center's Activity Room. Please RSVP by June 22nd to one of the following numbers: 821-2014, 821-2271 or 821-3259.

# Service Spotlight

# Answers to last months puzzles.



## Farmers' Market Coupons

Saline County Aging Services (SCAS) will be disbursing Farmers' Market Coupons starting in June, to those who

qualify by age and income, on a first come first served basis.

SCAS only receives a limited amount of coupons, which can be redeemed through Senior Farmers Market Nutrition Program (SFMNP) vendors. They can be used for locally grown fruits, vegetables, and honey.

Call SCAS at 402-821-3330 if you have questions or would like to participate.

## Fan Program



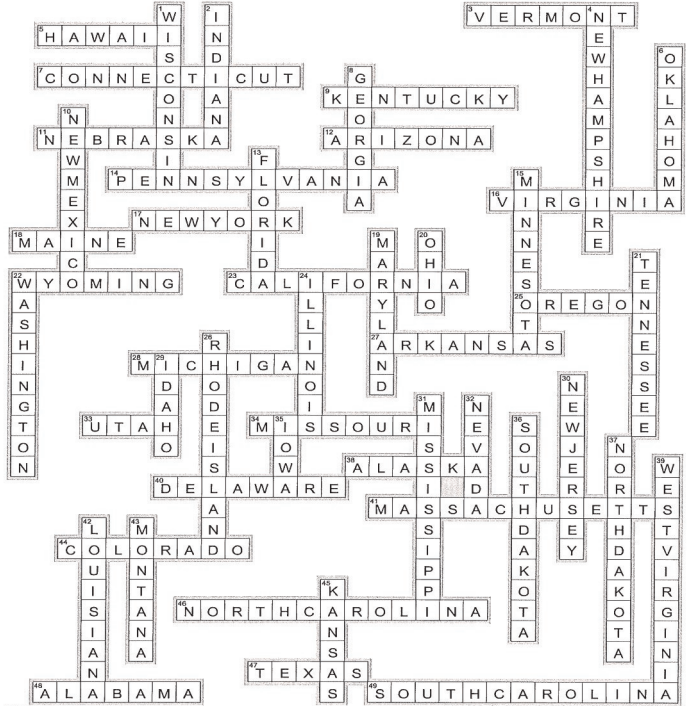
The Nebraska Department of Health and Human Services (DHHS) will again provide fans to those who qualify by age and income (for those of low income, the elderly, and people with disabilities).

Saline County Aging Services will again be a distribution point for Saline County residents.

Because we are short staffed, please call ahead to qualify for a fan and/or to make an appointment to pick one up by calling 402-821-3330.

## HE DEADLINE!!

Because the deadline for Homestead Exemption (HE), June 30, falls on a Saturday this year, **the last date to file for HE will be JULY 1!!**



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



**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



***Attorney Mary Wilson to Present Program in DeWitt***

Attorney Mary Wilson will be the featured program speaker at the Wednesday, June 13, 2018, DeWitt Senior Center meal.

Her program, “Law Tidbits for Seniors” will cover such topics as Power of Attorneys, Health Care Power of Attorneys, Living Wills, POD’s, Transfer on Death Deeds, and other topics as requested.

Please RSVP to Bev at 683-6475 or 520-0873 for reservations.

**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.

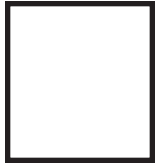
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|--------------------------------|--------------------------------|
| Jan. 1 New Year’s Day          | Sept. 3 Labor Day              |
| Jan. 15 Martin Luther King Day | Oct. 8 Columbus Day            |
| Feb. 19 Presidents’ Day        | Nov. 12 Veterans’ 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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