



# Saline County Aging Services

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

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## Elderly Pneumonia

In 2010, pneumonia, combined with influenza, was the eighth leading cause of death in the United States, according to the National Center for Health Statistics. On top of this, 1 out of 20 adults who get pneumonia dies, according to the Centers for Disease Control. This makes preventing pneumonia in the elderly a serious matter.

"Pneumonia is an inflammation of the lungs usually caused by bacteria, viruses, fungi or other organisms," says Dr. Norman Edelman, the chief medical officer for the American Lung Association. This inflammation causes an outpouring of fluid in the infected part of the lungs, affecting either one or both lungs. The blood flow to the infected portion of the lung (or lungs) decreases, meaning oxygen levels in the bloodstream can decline. "This decline is more likely to happen in an elderly, sick, and/or debilitated 85-year-old. The body attempts to preserve blood flow to vital organs and decrease blood flow to other parts of the body such as the GI tract," says Dr. Joseph Mylotte, a professor of medicine at the School of Medicine and Biomedical Sciences at the University of Buffalo. "The effects [of pneumonia] are widespread even though the infection is localized to the lung." The complications of pneumonia in the elderly can be life-threatening, from low blood pressure and kidney failure to bacteremia, an infection that spreads to the bloodstream.



### PNEUMONIA SYMPTOMS

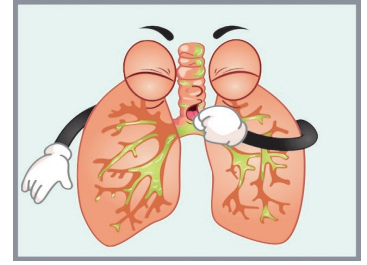
Elderly people are more susceptible to pneumonia for several reasons. Often they already suffer from co-morbid conditions such as heart disease, which means they don't tolerate infection as well as younger people, says Mylotte. Age also causes a decrease in an older person's immune system response, so his defenses are weaker. "Some virulent organisms can cause infection in younger people, but the infections can be worse in older people," says Mylotte.

*Continued on page 2*

## Pneumonia Continued...

Pneumonia is caused by more than thirty types of organisms; these different strains mean that symptoms can vary from case to case. However, the following symptoms can signal a bout of pneumonia:

- Malaise or feeling weak
- Cough
- Green or yellow sputum
- Pain in the chest
- Confusion
- Fever
- Chills
- Shortness of Breath



Often, a person may think she is simply suffering from the cold or flu. Also, it is widely believed that the signs of pneumonia in the elderly can differ from the general population. An older patient might not have a fever. "The symptoms and signs are sometimes not as specific. They may be more sleepy and lethargic, or lose their appetites, or they may suffer from dizziness and fall. If there is underlying dementia, they might not be able to tell you how they feel. But it's all related to something going on in the lung," says Mylotte.

People are often exposed to the organisms that cause this disease, but the lungs' defense mechanisms usually protect people from infection. Sometimes these organisms break through a person's immune system, infecting the lungs' air sacs. Each lung has a major airway (bronchus) that divides into twenty-two tubes; these tubes further divide into more than one hundred thousand tiny tubes (bronchioles) that end in clusters of tiny air sacs (alveoli), where the transfer of oxygen to the body's bloodstream takes place. When a patient has pneumonia, the affected air sacs become inflamed and filled with fluid. This leads to breathing problems, a lack of blood flow to the infected sections of the lungs, and a decrease in the bloodstream's oxygen level.

### **PNEUMONIA CAUSES & DIAGNOSIS**

Simple diagnostic tests can confirm a case of pneumonia in the elderly. A doctor who listens to a patient's lungs may hear bubbling sounds called rales and rattling sounds called rhonchus, which signal infection and inflammation in the lungs. A pulse oximetry test computes the blood's oxygen levels. A chest x-ray or CT scan is often the definitive diagnosis, telling the physician where the infection is and the degree of the illness. Sometimes a doctor will have the patient's phlegm or blood analyzed to decipher which organism is responsible for the infection.

Although pneumonia can be caused by more than two dozen organisms, pneumonia in the elderly is usually caused by bacteria or viruses. The streptococcus (or pneumococcal) pneumonia bacteria is responsible for an estimated forty thousand deaths every year, according to the Centers for Disease Control. The elderly are more likely to catch this strain of pneumonia. Streptococcus pneumonia can come on slowly or suddenly. It can damage the lungs, cause bacteremia in the bloodstream, and meningitis in the brain.

Viruses also trigger this disease, and are thought to cause about 50 percent of pneumonia infections in the general population. Usually viral pneumonia is less severe, but complications can include bacterial pneumonia.

Atypical pneumonia-causing organisms-such as mycoplasma and chlamydia-rarely cause pneumonia in the elderly. In the nursing home population, a small percentage of people suffer from severe pneumonia strains caused by organisms such as Gram-negative bacteria and Staphylococcus aureus, which can quickly end in death or with the patient on a respirator, says Mylotte.

### **PNEUMONIA TREATMENT & MANAGEMENT**

Patients are treated for pneumonia depending upon which organism triggered the disease. Your loved one's medical provider can ascertain this through analyzing a phlegm or blood sample. For a case of viral pneumonia, some patients may receive antiviral medications, but these are not commonly prescribed. And antibiotics are not used because they aren't effective against viruses. Bouts of viral pneumonia usually heal without medication, provided the patient rests, eats healthy food, and takes in plenty of fluids. If new symptoms arise, it is important to contact your loved one's doctor, as bacterial pneumonia is a possible complication.



Bacterial pneumonia is always treated with antibiotics. If a patient is in the hospital, it is typical for the hospital to follow strict treatment guidelines. These guidelines are part of pay-for-performance programs, meaning the doctor will get paid a better rate if she follows the guidelines, says Mylotte. Both the American Thoracic Society ([www.thoracic.org](http://www.thoracic.org)) and the Infectious Diseases Society of America ([www.idsociety.org](http://www.idsociety.org)) have standard treatment guidelines available on their respective websites. These are based on where the patient acquired the disease-in the community, in the nursing home, in the hospital-and these guidelines can be found on each organization's website. Whether at home or in the hospital,

## Pneumonia Continued...

patients are usually administered a once-a-day therapy. Effective antibiotic treatments include respiratory fluoroquinolones such as moxifloxacin, says Mylotte, although there are several antibiotic therapies that work as well as these.

Treating bacterial pneumonia has become more complicated due to antibiotic resistance: The organisms that cause this disease mutate and can become resistant to drug treatment. This is one reason that it is important for a patient to finish her entire course of antibiotics; stopping treatment early actually encourages antibiotic resistance. Up until a few years ago, antibiotic resistance associated with bacterial pneumonia had been increasing, but it has recently decreased, according to Mylotte.

Both mycoplasma and chlamydia pneumonias are also treated with antibiotics. Mycoplasma pneumonia is also known as walking pneumonia. If your loved one has this strain, he or she usually will have milder symptoms, but it can take four to six weeks to heal completely.

Most pneumonia patients heal at home. About 15 to 20 percent of people with community-acquired pneumonia are treated in the hospital, while about 20 to 30 percent of people with nursing-home acquired pneumonia are also admitted to a hospital, according to Mylotte.

Whether a patient stays at home or in a hospital, she may take medications to ease fever, aches, and coughing bouts. Because coughing actually helps rid lung infection, this action shouldn't be entirely reduced. However, if the patient isn't getting any sleep, a low-dose cough suppressant can be prescribed. Patients with severe strains may need oxygen therapy to increase blood-oxygen levels. Caregivers should make sure a loved one is receiving proper hydration, eating at least a small amount of healthy food, and reporting worsening or new complications, says the American Lung Association's Edelman.

Complications that can arise from pneumonia include:

**Bacteremia:** The possibly deadly infection invades the bloodstream and can infect the body's organs.

**Pleurisy and Empyema:** With pleurisy, the membrane that covers the lungs (pleura) becomes inflamed. Empyema occurs when fluids causing inflammation become infected.

**Lung Abscess:** A pus-filled cavity can develop in the infected lung area.

**Acute Respiratory Distress Syndrome (ARDS):** When the lungs become severely injured due to pneumonia, respiratory failure can occur. Treatment includes the use of a mechanical ventilator (vent) and supplemental oxygen. *Continued on page 7*



Just For Laughs . . .



By the time a plugger finds his "misplaced" hearing aid, his wife has forgotten what she was going to say.

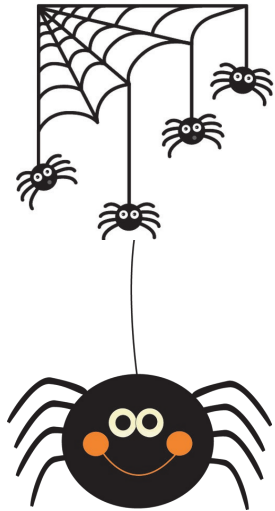


"Aha! The neighbors were expecting Marmaduke this Halloween."



DOGS OF C-KENNEL

BY MICK & MASON MASTROIANNI



For Better or For Worse

by Lynn Johnston



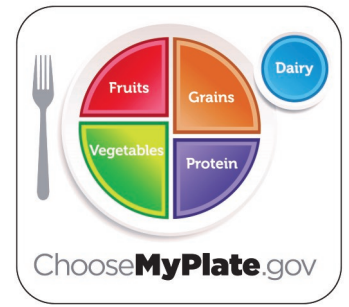
WILL YOU PLEASE PICK UP ALL YOUR CLOTHES?







# Inflammation & Diet



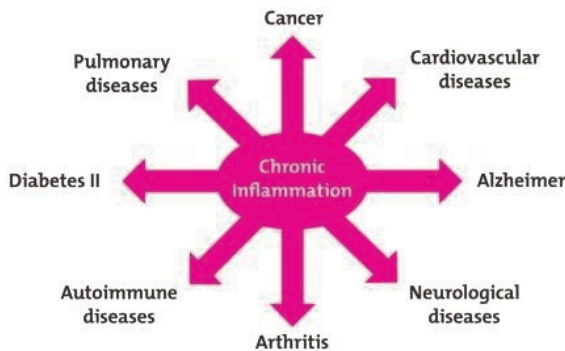
## What is Chronic Inflammation?

Chronic (or ongoing) inflammation occurs when the immune system attacks the body's healthy cells causing swelling and/or irritation. This can lead to autoimmune diseases like rheumatoid arthritis and other "itis" conditions. Underlying chronic inflammation also may play a role in heart disease, diabetes and Alzheimer's disease as well.

Also opt for plant-based sources of protein like beans, nuts and seeds.

Swap heart-healthy fats for not so healthy ones. Olive oil, avocados, nuts and seeds are a few delicious choices. Choose fatty fish like salmon, sardines and anchovies to get a heart-healthy dose of omega-3 fatty acids. Also walnuts and flax seeds are high in Omega-3 fatty acids. Omega-3, in doses of 3 grams or more per day, has been found effective for those with rheumatoid arthritis, reducing morning stiffness and the number of joints that are tender or swollen, according to a review of the research on omega-3 fatty acids and health in *American Family Physician*.

### Chronic Inflammation Can Lead To...



Season your meals with fresh herbs and spices. They pack a flavorful and antioxidant-rich punch. Both curry and ginger are both strong natural anti-inflammatory spices.

Evidence supporting the impact of specific foods on inflammation in the body is limited; however, we know that some foods have the ability to suppress inflammation. The exact amount and frequency of consuming these inflammation suppressant foods needed is not yet known.

## Eating to Reduce Inflammation

An overall nutritious, balanced diet will help improve inflammation. In particular, swap processed foods and foods high in trans and saturated fats for foods high in antioxidants and omega-3 fatty acids. Let fruits and vegetables make up at least half your plate at meals.

Be sure to eat a variety of vegetables, including leafy greens like kale, chard and Brussels sprouts.

## What Foods to Avoid

Research has shown to improve inflammation avoid regular consumption of trans fats and saturated fats. These fats work as a switch that may turn on the inflammatory process. To reduce intake of trans and saturated fats avoid regular and excessive consumption of saturated fat from meats, butter, cream sauces, fried foods and trans fat found in many processed foods such as store bought pastries. Check the Nutrition Facts Label on food items before you purchase them for trans or saturated fats-also any word that includes the words *hydrogenated* or *partially hydrogenated oils*.



Article is from Aging Partners

## Getting Elder Care Help

Amanda's Aunt Anna had a big influence on her life when she was growing up.

"It was always special when I got to spend time with Aunt Annie," says Amanda of her mother's sister, who had no children of her own. "As a child, I would visit her on weekends sometimes, and we always had so much fun."

As Amanda grew into adulthood, she remained close to her favorite aunt, visiting her as often as she could. The journey to Anna's Massachusetts home wasn't easy, but Amanda knew that the long trip from her home on Peaks Island, Maine, was worth every minute.

### ANNA'S DECLINE

During the Christmas season of 2004, Amanda made her usual trek to her aunt's home, but this time, something didn't seem right. Anna, now in her late seventies, was normally sociable and engaged, but that day she seemed distant and forgetful. Perhaps the most disturbing discovery for Amanda, however, was her aunt's physical appearance. Aunt Annie," she gasped. "You've lost a lot of weight!"

Unsure of what to do, Amanda drove home after the holidays, but she couldn't help but feel terrified. What if Aunt Annie stops eating? she thought. What if she can't call for elder care help? I was worried she wasn't going to make it," she recalls. It was a terrible feeling being so far away."

So, the next morning, Amanda drove back down to Massachusetts. "I realized I needed to go back to get her some help," she says. This time, she played detective-tactfully asking questions about her aunt's health and surveying the home. As it turned out, bills hadn't been paid, the phone company had sent a shut-off notice, and the cat was missing.

"Where's the cat?" Amanda asked.

"It died," her aunt replied. Later, Amanda found the cat-indeed dead-crammed into a plastic bag in the bathroom, next to a toilet that had been plugged and left in disrepair for weeks. Even more alarming was the state of Anna's nutrition. "I started counting bananas," explains Amanda. "She said she ate one every morning with breakfast, but I would bring five over on Monday, and by Friday there were still five bananas on the counter."

Other people had been in her house, Amanda thought to herself, why hadn't they noticed the smell, or been alerted to Aunt Annie's health problems?" I wrestled with why nobody else was doing anything to help her," she remembers. But there wasn't time to point fingers; it was time for action. "Nobody else was stepping up, so I did," she declares. "It was an elder care emergency."

### FINDING THE RIGHT CARE

Even despite her aunt's protesting, Amanda encouraged her to see a doctor. But when she arrived to pick her aunt up for the appointment, she was met with anger and frustration. "What are you doing?" Anna asked, with a horrified look on her face. "Are you taking me to a nursing home?"

"No, I'm not taking you to a nursing home," Amanda reassured her. "But we have to talk about this. Someday we'll all have to move away from our homes, even me, and we have to talk about it because I don't know what you want." "Well, I don't want to move," Anna replied emphatically, closing the door to further discussion.

At the doctor's appointment, the physician examined the elderly woman and decided that she was suffering from the early stages of Alzheimer's disease. While her mind suffered, her body wasn't much better off. "Her teeth were in terrible shape," says Amanda. "They were smelly and infected." As a result, the doctor encouraged her to have a dentist remove her teeth, and he warned her, "If you lose any more weight, you'll need to be hospitalized."

Amanda knew there was a tough decision ahead. "I realized she needed to leave her home," she says. Prepared for a protest, Amanda called the local police department and spoke to an elder affairs officer. "I wanted to know what my rights were and what hers were," she explains. "If she didn't want to move, I wasn't sure what I was going to do. I thought maybe she would cooperate with someone in a professional role."

*Continued on page 8*



### **PNEUMONIA PREVENTION**

Pneumonia in the elderly as well as younger people occurs when a person's immune system is weakened. Although it can be transmitted via the air or hand-to-hand contact, if a person's immune system is strong he can fight off this infection. Preventing this disease with the following steps can keep it at bay:

**Pneumococcal Vaccine:** This vaccine helps prevent twenty-three different strains of bacterial pneumonia (although there are many more strains of bacterial pneumonia out there). "It doesn't always engender a good immune response in adults, so it doesn't always work well," says Mylotte. He also points out the vaccine is effective for a shorter amount of time in older people. Experts recommend getting your first dose when you are in your 50s and your second dose at age 65, and then a new dose should be administered every five years.

**Influenza Vaccine:** This vaccine is just as important as the pneumococcal vaccine. It doesn't work as well in elderly people, says Mylotte, but if an older vaccinated person gets the flu, it is usually a milder case. Pneumonia is often a secondary infection after an initial bout of influenza; people who receive this vaccine have less risk of developing pneumonia as a flu complication. Older adults should get a flu shot every year.

**Hand Washing:** "I always tell people to wash their hands as much as they can. If your hands aren't raw in the wintertime, you are not doing a good job," says Mylotte.

**Dental Hygiene:** Pneumonia infections can occur around infected teeth, says Edelman, so dental work should be kept in good repair.

**Good Health Habits:** Exercise, rest and healthy eating can all increase resistance to pneumonia.

Edelman also recommends that frail elderly people who are already susceptible to infection should stay away from anyone who has the flu or a bad cold. Of course, preventing pneumonia in the elderly is always preferable to treating it. But if you suspect your loved one is suffering from pneumonia, quick intervention can be a life-saving occurrence.

*Article is from aPlaceforMom.com*

## Caregiver's Corner Continued...

But in the end, that kind of tough love wasn't necessary. "You took care of me when I was little, Aunt Annie, and now it's my turn to look out for you," Amanda explained. "I just want you to be in a safe, healthy environment." To her surprise, Anna agreed to move into an assisted living facility after her teeth-removal surgery.

### A PLACE FOR MOM'S HELP

While half the battle was over, Amanda was now faced with the challenge of finding the right home for her aunt. A Meals on Wheels employee who brought periodic meals to Anna's home told Amanda about the kind of elder care help offered by A Place for Mom. Shortly after, she connected with A Place for Mom Senior Living Advisor Donna Bruno. "At first I was skeptical," recalls Amanda. For so long she had been managing her aunt's needs on her own. Could she trust this person to help her find the right home for Anna? she wondered.

"Amanda was hesitant because she did not know what we were all about," Donna remembers. "I explained our elder care referral service to her and did not push her, just offered to help. Amanda's situation was difficult because she lives in Maine, and her aunt was in Massachusetts. We decided to look at all communities close to the highway between the two locations. I also chose properties that would meet her aunt's clinical needs."

Amanda toured the facilities, and settled on one, Hearthstone-a small, 21-bed assisted living facility that specialized in Alzheimer's patients. Donna says that seeing a concerned family member through the initial skepticism, worry, and fear is what makes her job so rewarding. "This was a great example of a very hesitant family with a very real need," she notes. "With a little patience and perseverance, I was able to help them find a solution."

"I felt like I could call Donna and share any issues I had, and she would point me in the right direction," Amanda says. "It was great to have that kind of help." After moving into her new residence, Anna's health has made significant progress, along with her quality of life. "She's gained weight, she jokes with the residents and staff, and she is no longer sitting at home and moping around the house," Amanda says.

Looking back, Amanda believes Anna's come a long way. "I used to cry on my way home from visiting my aunt," she says. "I thought I was losing her. She was changing, and I knew what we were coming to." But thanks to a determined spirit-and elder care help from A Place for Mom- she says the outcome has been better than expected.

Today, Amanda offers advice to others in similar situations, whether caring for a parent or other loved one. "Just jump in," she says. "Once you do, the pieces just fall together. I couldn't have lived with myself if something happened to my aunt. It may be scary, but you just have to do it. And there are people out there who can help."

*Article is from aPlaceforMom.com*

## SCAM ALERT!!



We have received several reports of a couple of different scams lately and wanted to pass on the warning to all of you!

### **Free Medical Braces**

Several of our clients have received these calls about "free medical braces". They act as though they've talked to Dr. Miller (or whomever their primary doctor is), and he has "agreed to prescribe" a brace of some sort. What they do is trick you into agreeing to get a brace, and then they try to pressure the doctor into signing a prescription so they can bill Medicare a ridiculous amount.

### **Free Medical Alert System**

The other is phone calls promising a "free medical alert system". They then get all of your information to "secure your spot in their program" and then charge you monthly.

Please be careful and if you receive any of these types of calls let the SCAS office and the local police know!



## Exercise of the Month — Shoulder and Upper Arm



This exercise to increase flexibility in your shoulders and upper arms will help make it easier to reach for your seatbelt. If you have shoulder problems, talk with your doctor before trying this stretch.

1. Stand with feet shoulder-width apart.
2. Hold one end of a towel in your right hand.
3. Raise and bend your right arm to drape the towel down your back. Keep your right arm in this position and continue holding on to the towel.
4. Reach behind your lower back and grasp the towel with your left hand.
5. To stretch your right shoulder, pull the towel down with your left hand. Stop when you feel a stretch or slight discomfort in your right shoulder.
6. Repeat at least 3-5 times.
7. Reverse positions, and repeat at least 3-5 times.

**TARGETED MUSCLES:** Shoulders and upper arms

**WHAT YOU NEED:** Towel

**TALK TO YOUR DOCTOR:** If you have shoulder problems, talk with your doctor before trying this stretch.

## Recipe of the Month

### Creamy Potato Soup

#### Ingredients:

- 2lbs russet potatoes peeled and diced
- 6 bacon slices
- 1 onion chopped
- 10 garlic cloves minced
- 2 cups whole milk
- 2 cups water
- 1 cup shredded cheddar cheese
- 1/4 cup all-purpose flour
- 1TBSP chopped fresh chives
- 1 tsp salt
- 1/4 tsp pepper

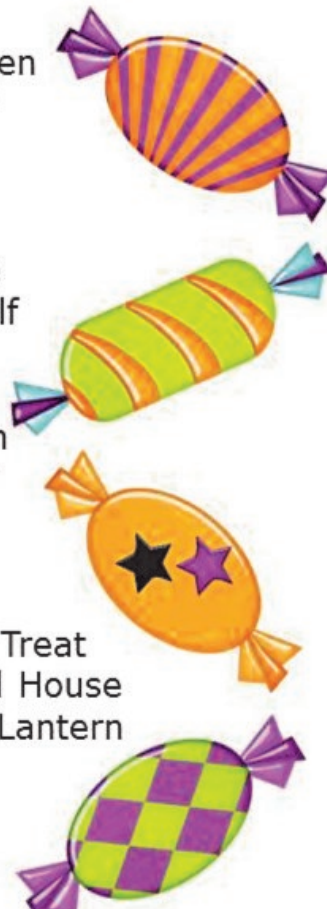


#### Directions:

1. Heat a large pot over medium heat. Add bacon to the pot and cook until crispy, 10-15 min. Transfer to a paper towel to drain. When cool, crumble into small pieces.
2. Add onions to the pot with the bacon grease and cook until they soften, about 5 minutes, stirring occasionally.
3. Add potatoes, garlic, salt, and pepper to the pot. Cook for a few minutes, stirring frequently.
4. Add flour to the pot, and stir until the ingredients are well-mixed, a few minutes.
5. Add water and stir until well-mixed. Add milk and stir, Bring to a boil over high heat, and then reduce heat to medium-low to simmer until the potatoes are cooked, about 15 minutes, stirring occasionally to prevent potatoes from sticking to the pan's bottom.
6. Serve in bowls topped with crumbled bacon, shredded cheddar, and chopped chives.

# HALLOWEEN WORD SEARCH

- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



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

Chicken Scratch NY

## Riddle of the Month

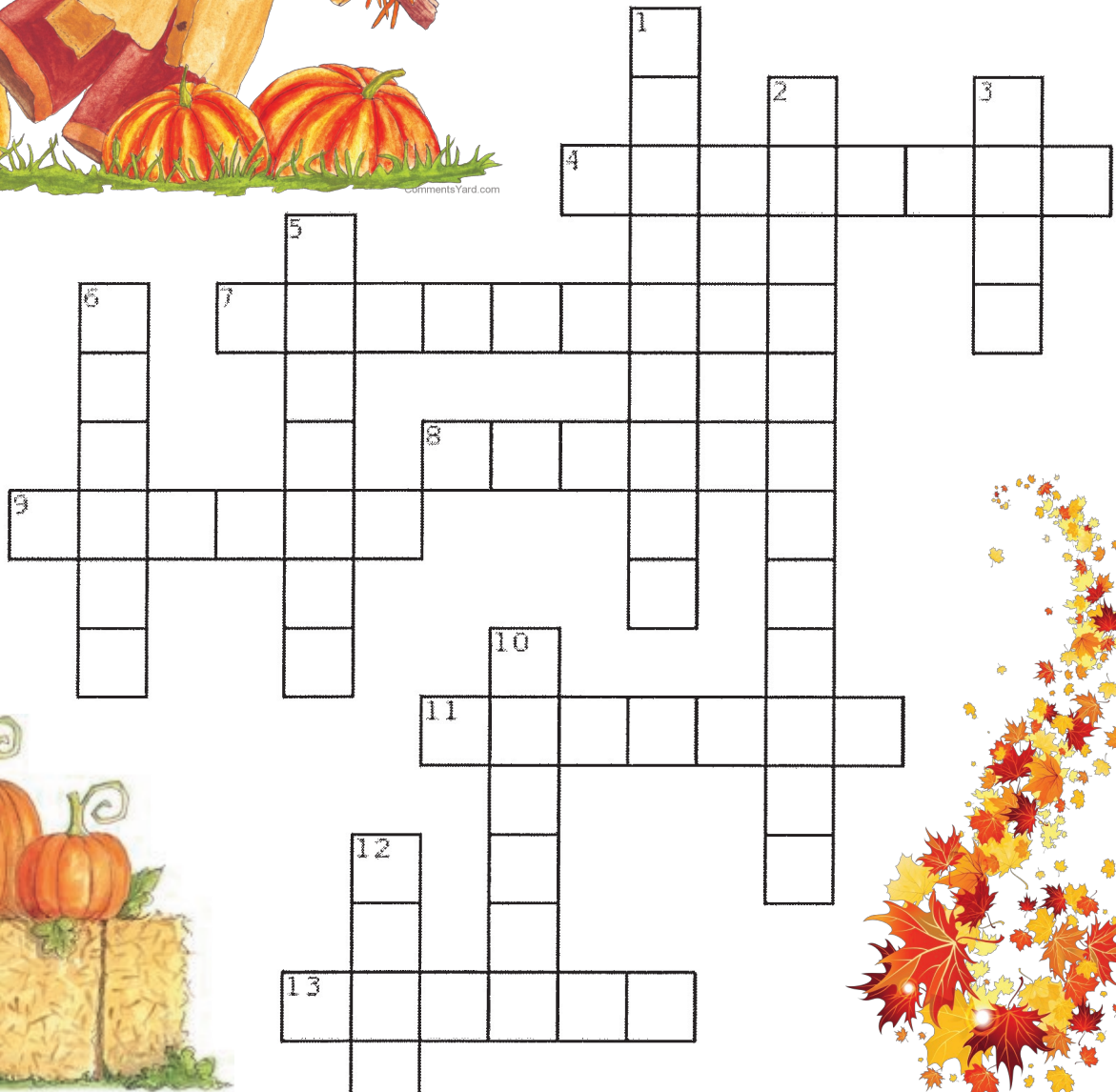
**What can you catch but not throw??**

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

**HAPPY  
FALL**



**Across**

- 4. Jewish Holiday, Rosh \_\_\_\_\_
- 7. Scary Holiday
- 8. Fall from oak trees
- 9. Change colors
- 11. For carving and pie
- 13. Color

**Down**

- 1. Used to frighten birds
- 2. Feast Holiday
- 3. Tool to clean the grass of leaves
- 5. Marks the end of the growing season
- 6. Squirrel
- 10. Another name for Fall
- 12. Grows on stalks





Do you like to play cards?

We've started a new Pitch group and we want YOU to join us!

Games will be  
every Friday  
in  
'The Back Room' at SCAS  
from  
11am to 3pm

Call SCAS office for more information!

Full Circle



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

Hope to see you all in May!

## Announcements

Interested in coming to one of our foot clinics?

We have clinics in  
Dorchester, Crete, Friend and Wilber.

**Current openings in WILBER**

Call Laura at 402.821.3330 to make an appointment near you!



### 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 it's 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!!

**\*\*THANK YOU SO MUCH FOR ALL OF THE DONATIONS WE HAVE RECEIVED!\*\***

We couldn't do what we do without all of your support!

As we know all too well, Nebraska weather can be very unpredictable.

So please remember that Saline County Aging Services will be closed when:

**\*\* The Saline County Courthouse is closed.**

**\*\* Wilber-Clatonia Public Schools closes because of bad weather.**

**\*\* We will come in late if the Wilber-Clatonia Public schools are having a late start because of weather.**

**\*\* And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to reschedule your appointment.**



Be safe this winter and know what the driving conditions are like before you try to go out and about! If you are not sure if Saline County Aging Services will be open or not, do not hesitate to call 402-821-3330 and find out!

# Nebraska SHIIP Presents

## Medicare Minute &



Join us for a Medicare Minute followed by a quick game of  
Part D BINGO!

Where: Saline Eldercare Senior Center

When: October 3, 2018

Time: 2:00 pm



Nebraska Senior Health Insurance Information Program (SHIIP) is a division of the Nebraska Department of Insurance.





\*\*SHIIP @ Wilber Library—November 1st from 9am—3pm

\*\*SHIIP @ Crete Library—October 23rd from 10am—3pm

\*\*SCAS Office—call for appointment!



# Medicare Prescription Drug Enrollment

*October 15 - December 7*

Call SCAS office to schedule your ap-  
pointment for any of these events!  
402-821-3330

# October Activities

<p>1 Fire Pup Day</p> 	<p>2 <b>Foot Clinic</b> Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>3 Foot Clinic SHIIP Bingo 2pm Lunch 12:00 p.m</p>	<p>4 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>5</p> 	<p>6 Mad Hatter Day</p> 
<p>7 Frappe Day</p> 	<p>8  <b>Columbus Day</b></p>	<p>9 <b>Foot Clinic</b> Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>10 Foot Clinic Lunch 12:00 p.m. Foot Clinic</p>	<p>11 <b>Foot Clinic</b> Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>12 Farmers' Day</p>  <p>13 <i>Happy Birthday to our US Navy!</i></p> 
<p>14 Dessert Day</p> 	<p>15 I Love Lucy Day</p> 	<p>16 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>17 Lunch 12:00 p.m.</p> 	<p>18 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>19 Mammography Day</p>  <p>20 Brandied Fruit Day</p> 
<p>21 Pumpkin Cheesecake Day</p> 	<p>22 Color Day</p> 	<p>23 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>24 Lunch 12:00 p.m. FLU SHOTS by BCH 10a-2p</p> 	<p>25 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner</p>	<p>26 <b>Senior Luncheon-Friend Christian Assembly</b></p> <p>27 Black Cat Day</p> 
<p>28 Chocolate Day</p> 	<p>29  <b>WORLD STROKE day</b></p>	<p>30 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 <b>Senior Dinner</b></p>	<p>31 Lunch 12:00 p.m.</p>  <p><b>HAPPY HALLOWEEN</b></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, October 3rd</b></p>
<p><b>Program—A Touch of the Past by Doris Peters</b>  <b>Menu—Chicken w/Mushroom &amp; Parmesan Sauce,                  Noodles, Green Beans, Fruit &amp; Milk</b></p>
<p><b>WEDNESDAY, October 10th</b></p>
<p><b>Program— Costa Rica Trip</b>                  by Savannah Gerlach &amp; Taylor Cammack  <b>Menu— Roasted Turkey, Mashed Potatoes, Corn, Fruit                  &amp; Milk</b></p>
<p><b>WEDNESDAY, October 17th</b></p>
<p><b>Program— Manicures &amp; Pedicures</b>                  by Joseph's College of Beauty  <b>Menu— Chili, Cinnamon Rolls, Cheese &amp; Crackers,                  Fruit &amp; Milk</b></p>
<p><b>WESNESDAY, October 24th</b></p>
<p><b>Program— United Nations' Day</b>                  by June Knudsen &amp; Ted Browne  <b>Menu—Polish Sausage w/Cabbage &amp; Carrots,                  Fruit &amp; Milk</b></p>
<p><b>WESNESDAY, October 31st</b></p>
<p><b>Program— Halloween Party (wear a funny hat or shirt!)                  Celebrate Birthdays</b>  <b>Menu—Mexican Beef Casserole, Chips &amp; Salsa, Rice,                  Fruit &amp; Milk</b></p>





**Phyllis Svehla**  
 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 September's  
 riddle was HE WAS A BIG HAM.

**HAPPY BIRTHDAY!**

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



# Service Spotlight

# Answers to last months puzzles.

## TAI CHI

Tai Chi: Moving for Better Balance is an evidenced based program to decrease falls by improving balance and flexibility.



Tai Chi has been shown to reduce stress, lower blood pressure, and help with fibromyalgia and Parkinson's. Al-so, participants have experienced improved muscular strength and endurance.

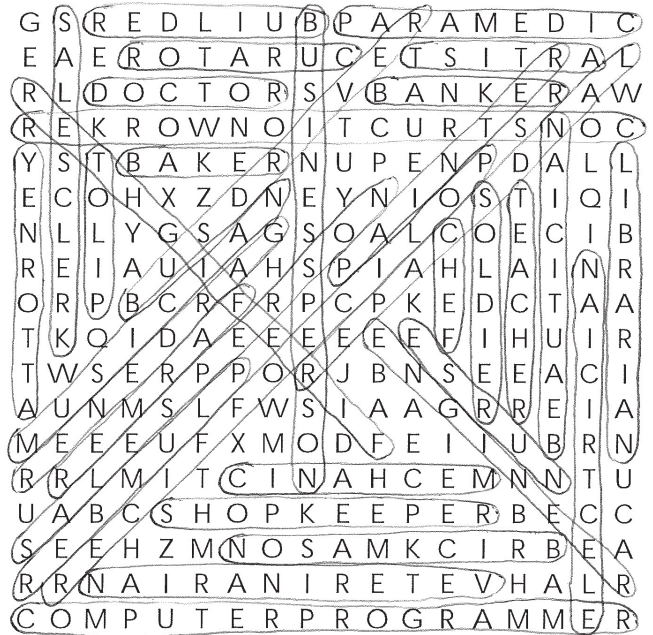
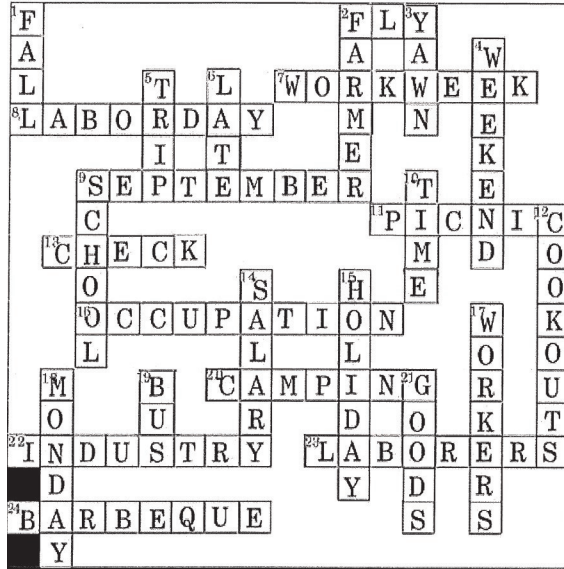
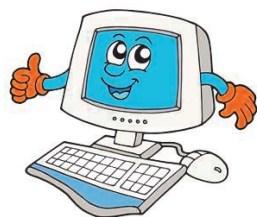
Though based on traditional Tai Chi, the moves in this class have been modified for a variety of physical abilities, and can be done sitting or standing.

## LUMOSITY

Good brain health includes good health and physical fitness, eating right, and staying mentally and socially active. The Alzheimer's Association web-site states that mentally challenging activities, along with learning a new skill or hobby, may have short and long -term benefits for your brain.



The Lumosity.com website has many games to challenge the mind. Plus the games are just plain fun. The web-site charges a fee to use their site. SCAS has paid this fee, so it is free to those who come into the SCAS office and play Lumosity on the SCAS laptops.



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

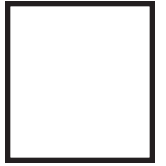
Jan. 1 New Year's Day  
Jan. 15 Martin Luther King Day  
Feb. 19 Presidents' Day  
Apr. 27 Arbor Day  
May 28 Memorial Day  
July 4 Independence Day

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

# Saline County Aging Services

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

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



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



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