



# 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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## Senior Flu Prevention

Getting the flu can be a nasty experience, no matter what your age or general health, and each year flu shots are a major public health initiative. But, because of the risks to the elderly, senior flu prevention is especially important.

According to the Centers for Disease Control (CDC), each year more than 200,000 people will be hospitalized because of the flu, and 36,000 of them will die.

“Disproportionately it’s the elderly,” explains Debra Beauchaine, MN, ARNP, and geriatric services director at Virginia Mason Medical Center in Seattle. Seniors in their seventies and eighties are at higher risk from the flu than seniors in their sixties, because of declining immunity to illnesses as they age.

### How Flu Spreads

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### Flu Antidotes

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*Continued on page 2*

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### **Flu & Senior Health**

While otherwise healthy adults can be laid low by the flu for a full week, senior citizens are at risk for becoming much sicker. “They are more vulnerable, once they get the flu, to develop complications,” Beauchaine says. “Because the flu is really a pretty severe illness, they may not have as much of what we call ‘physiological reserve’ as a younger adult. So, seniors will feel very sick from a case of the flu and that puts them at greater risk for complications.”

Dr. W. Paul McKinney, associate dean of the School of Public Health at the University of Louisville, explains that one of the more serious complications is primary viral pneumonia or a secondary bacterial pneumonia. Most hospitalizations and deaths from the flu are a consequence of pneumonia and other respiratory disorders. Also, if a senior has any chronic health conditions, such as congestive heart failure, chronic lung disease, even diabetes or renal failure, those could be exacerbated by the flu. And another common complication of the flu is dehydration, so drinking plenty of fluids is especially vital for the elderly.



### **Senior Flu Prevention**

Staying away from work or crowded places while sick is important to prevent spreading the flu to others. But that’s not an option for seniors living in nursing homes or assisted living facilities, making senior flu prevention that much harder at these communities. “When you congregate large numbers of people in close quarters, transmission is a lot easier,” McKinney says.

However, Beauchaine points out that nursing homes usually require all employees to be vaccinated, which is the single most effective way to guard against getting the flu. And, it’s important to get a flu shot every year, because the virus changes slightly from year to year. Getting a flu shot one year and not the next, will not protect someone from that year’s particular strain.

“They should make every reasonable effort to get vaccinated early in flu season,” McKinney says, but don’t do it too early in the season, because occasionally the immunity will wear off before flu season ends, especially if the season lasts into March or April.



According to the U.S. Department of Health and Human Services, seniors covered by Medicare Part B pay no coinsurance or deductible for their flu shot, as long as they receive the shot from a Medicare provider.

What if a senior is otherwise healthy and doesn’t feel they are “at risk?” “There is no reason a healthy senior should defer a vaccine,” McKinney says.

A University of Michigan study found that boosting elderly flu vaccinations could save as many as 6,500 lives over ten years. In fact, research from Johns Hopkins University shows that annual flu shots reduce the number of deaths among hospital patients by one half.

While vaccination is the most important senior flu prevention, it’s only 70 to 90 percent effective, so some people who receive the vaccination will still get the flu.

So, for at-risk populations, it’s especially important that everyone around them also gets vaccinated. That includes everyone involved in taking care of the elderly. And like nursing homes, some hospitals, such as Seattle’s Virginia Mason, require all employees to be vaccinated.

The CDC’s target groups for vaccination keep expanding, recently adding children aged 2-5, and lowering the seniors’ age range from age 65+ to 50+. The CDC estimates 218 million Americans fall into the at-risk groups that should be vaccinated. “That’s over two-thirds of this country,” McKinney says. “This year we’ll have 100 million doses of the vaccine, so we won’t even be able to vaccinate 50 percent.”

## Flu Prevention Continued...

According to McKinney, the U.S. should not face a vaccine shortage this year. "Unless someone is in a very remote, isolated area, there shouldn't be a problem getting the vaccine," he says.

While it's not possible to get the flu from the standard injectable flu vaccine, which is made from a killed virus, some people will experience a sore arm for one to two days, and possibly a fever. (The newer nasal spray vaccine is made from a live attenuated virus and recommended only for healthy, non-pregnant people between the ages of five to forty-nine.)

Although some people believe certain foods or vitamins can ward off illness, Beauchaine says that while they may make you healthier in general, they aren't effective for senior flu prevention.

During flu season, practicing good hygiene can help people avoid catching or spreading the flu. Wash hands frequently, especially after touching door knobs and stair rails in public places. Always cover nose and mouth when coughing or sneezing, and immediately wash hands afterward. And, of course, stay away from people who are sick. People taking care of the elderly especially need to follow this type of common sense senior flu prevention.

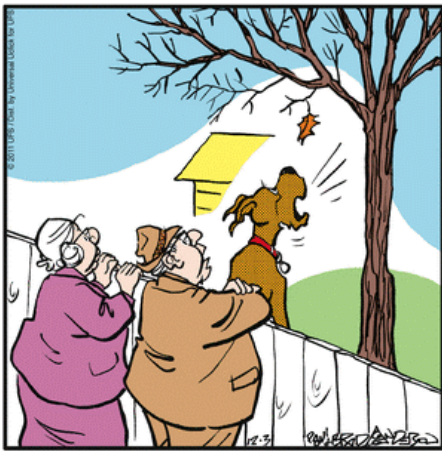
Finally, don't confuse influenza with avian flu. While bird flu gets a lot of press these days, it is extremely rare, occurring when a human has direct contact with infected poultry or surfaces contaminated by secretions or excretions from infected birds. Vaccines to protect against bird flu are being developed, but are not yet available.



*Article is from APlaceforMom.com*



Just For Laughs . . .



"The last leaf of autumn always irritates him."



11-7  
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www.familycircus.com

By  
and  
JEFF  
KEANE

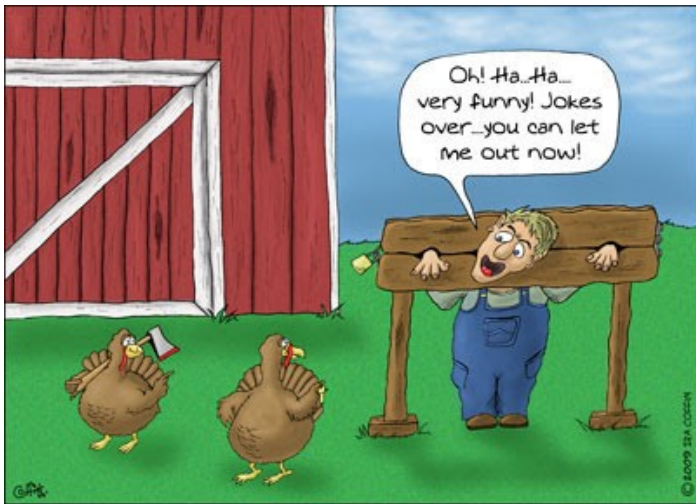
"All our summer shade is falling down!"

Why didn't the Pilgrim want to make the bread?

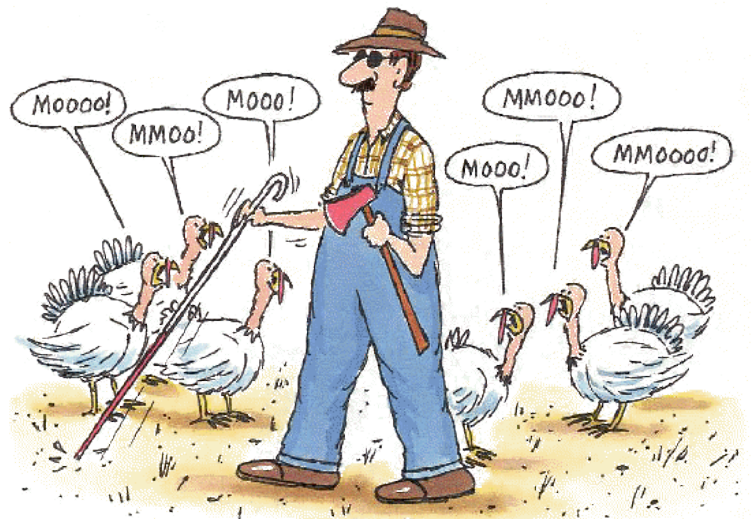
©THEHOLIDAYSPOT.COM



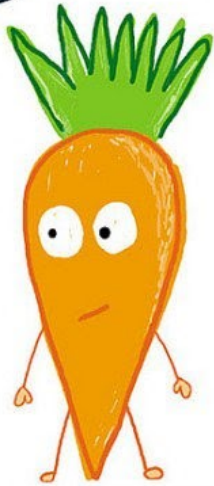
It's a crummy job.



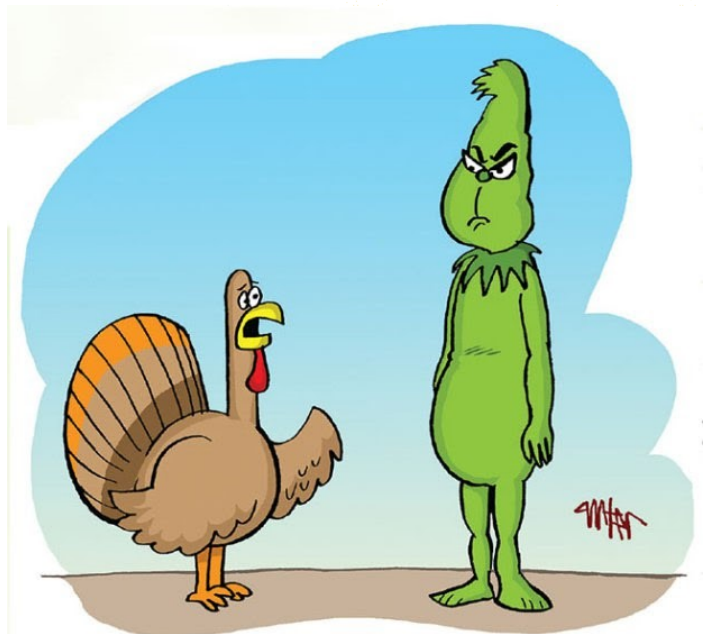
© 2009 2nd COHEN



HOW DO YOU KNOW CARROTS ARE GOOD FOR YOUR EYES?  
YOU NEVER SEE A RABBIT WEARING GLASSES!



MINIPOPTOON.COM



"We'd like to hire you to steal Thanksgiving."



# Oral Health & Nutrition



Your mouth, teeth, and gums are more than just tools for eating. They're essential for chewing and swallowing—the first steps in the digestion process. Your mouth is your body's initial point of contact with the nutrients you consume. So what you put in your mouth impacts not only your general health, but also that of your teeth and gums. In fact, if your nutrition is poor, the first signs often show up in your mouth. Here are a few helpful things to know from the American Dental Association about how what you eat can impact your dental health. Foods that Harm your Dental Health.



## Foods that Harm your Dental Health

Empty calorie foods such as candy (especially hard or sticky candies like lollipops, mints, taffy and caramel); sweets like cookies, cakes and muffins; and snack foods like chips are a cause for dental concern; not only because they offer no nutritional value, but because of the amount and type of sugar they contain that can adhere to teeth. The bacteria in your mouth feed off these sugars, releasing acids, leading to tooth decay and cavities.

Sugar-containing drinks like soda, lemonade, juice and sweetened coffee or tea (iced or hot); are particularly harmful because sipping them causes a constant sugar bath over teeth, which promotes tooth decay.

Nutritious, acidic foods like tomatoes and citrus fruits can have acidic effects on tooth enamel. Eat them as part of a meal, not by themselves. Dried fruits, including raisins, are also good choices for a healthy diet, but since they are sticky and adhere to teeth, the plaque acids they produce continue to harm teeth long after you stop eating them. Opt for a piece of fresh fruit instead.

## Foods that Benefit Dental Health

Cheese, milk, plain yogurt, calcium-fortified tofu, leafy greens and almonds are foods that may benefit tooth health thanks to their high amounts of calcium and other nutrients. Protein-rich foods like meat, poultry, fish, milk and eggs are the best sources of phosphorus. Both of these minerals play a critical role in dental health by protecting and rebuilding tooth enamel.

Fruits and vegetables are good choices for a healthy smile since they are high in water and fiber, which balance the sugars they contain and help clean the teeth. These foods also help stimulate saliva production, which washes harmful acids and food particles away from teeth and helps neutralize acid, protecting teeth from decay. Many contain vitamin C (important for healthy gums and quick healing of wounds) and vitamin A (another key nutrient in building tooth enamel).

Hands down, water—particularly fluoridated water—is the most tooth-friendly beverage. Sugary sodas and energy drinks encourage plaque bacteria to attack your enamel, the hard surface of your tooth. Most carbonated soft drinks, including diet soda, are acidic and bad for your teeth. Caffeinated beverages and alcohol can also dry out your mouth. If you do consume drinks other than water, try to drink water as well.

We all want to keep our teeth as long as possible and in the best of condition. Try implementing some of these smart eating habits to improve your overall oral health. Also keep in mind that poor fitting dentures can lead to mouth sores, weight loss and malnutrition. Work with your dentist to keep your denture plate and/or partial fitting well.

*Article is from Aging Partners*



# Moving Seniors: Settling in to Senior Care

Moving seniors is never as simple as we'd like. You may think your job is done once the move date for your loved one is set. But your involvement will only continue, as she or he transitions to a new home and adjusts to the new surroundings. Whether nearby or at a distance, you are still one of the primary caregivers, regardless of the living arrangement. I'd like to offer some suggestions and guidelines that can significantly smooth the transition and promote harmonious living in a retirement or long-term care community.

## PLANNING THE MOVE & SETTING UP THE NEW ENVIRONMENT

Most parents benefit more when you provide the actual physical assistance in packing and unpacking rather than your dos and don'ts about what to take and what to leave. Creating a new home can be a highly personal and potentially emotional process, and ensuring choices rather than issuing mandates about possessions is one method that may foster a better sense of identity and comfort for mom or dad in the new location.

It may be helpful to encourage a meaningful farewell from whatever place mom or dad is leaving. Whether it is the family home of many decades or a hasty move from assisted living to a higher level of care, your parent has established relationships with people and some sense of continuity of place in the familiar setting. My friend Elaine M.<sup>1</sup>, a Seattle grief counselor in practice for many years, created her own ceremony when she moved. She held a dinner party in her house with family and a few close friends, and then they visited each room by candlelight, remembering special events, commenting on the changes over time, and saying goodbye. For her, this helped start a better beginning in the new community.



© Can Stock Photo

## ESTABLISHING A FAMILIAR ENVIRONMENT

When in doubt about what to take, it may be good to err on the side of hanging on to "stuff" a bit longer, even if space is tight, as it often is in a new setting. Possessions can be discarded later, after thoughtful contemplation. Don't rush these decisions when moving seniors, especially if they seem difficult. I remember one retired university professor, Henry L., who ruthlessly culled his books, donating many valuable volumes to a library. He later lamented his decision and mourned his missing books. Even though he knew he may never have opened some of them again, they were long-time companions and he missed them profoundly.

When moving seniors, establishing a familiar environment, rather than buying the perfect new couch or carpet, can ease the adjustment. When my father moved to assisted living, I helped him arrange his bedroom so that when he awoke, his gaze met the same bookshelves, books, souvenirs, and family photos he had first seen when he awakened in the family home of 20 years. The living room was set up with the same old recliner, TV, pictures, and ornaments. He felt immediately at home, and it especially helped keep him oriented in the difficult process of mid-stage Alzheimer's.

## WHAT TO PACK WHEN MOVING TO ASSISTED LIVING



As mentioned, establishing a familiar environment for your parent is important for nostalgia purposes. However, you also have to consider that your parent will most likely be moving to a much smaller location, so you'll have to identify what's truly important to keep. And no one knows your loved one better than you, so make sure you bring their favorite belongings. Try to recreate the look and feel of what they enjoy with their beloved pictures, decor and books – but avoid clutter. Take the living space size and layout into consideration, and gift or donate items to friends, family or the community if you don't think your parent will need or use them.

Remember that simplicity is the name of the game. You don't need to waste money on new furniture. Recreate the look and feel of your loved ones' previous home with the furniture and accessories they already own that fit well in the new space. Here's a list of items to possibly bring with your parent to assisted living:

### Basic Furniture

- Sofa
- Chairs
- End tables
- Nightstand
- Coffee table
- Lamps

### Décor

- Picture Frames
- Keep-sakes
- Artwork
- Clock
- Vase of flowers

### Clothing

- Casual clothing
- Pajamas
- Sweaters
- Jackets/Coats
- Formal clothing

Of course your parent's toiletries are also a must. Let them help you decide what they can and cannot live without (within reason, of course!).

## WORKING WITH STAFF

Often, what's your job, what's their job, and what's somewhere in between is unclear. You and your parent may have carefully reviewed a lengthy contractual document full of legalese, yet are uncertain as to the difference between a nurse, an aide, and a resident assistant, for example. Most of you who are moving seniors are dealing with a retirement community or long-term care community for the first time and it is not intuitively obvious what a social worker does or what the duties of an activities director are.

*Continued on page 8*

## Manicures



Do you want your nails painted before the holidays?

Students from WCHS will be available  
Wednesday, November 21st  
to paint your nails and get you all ready for your  
festivities!

Call SCAS office to make an appointment!  
402-821-3330

### DESIGNATING A PRIMARY POINT PERSON

Ask your initial contact, often a marketing director, who your primary liaison person will be. I've visited almost 300 different retirement and long-term care communities, and personnel in all of them vary considerably, depending on number of employees and number of residents, style of elder care services, budget, and acreage.

You probably don't want to stop the first person you see in the hall to take care of a housekeeping issue or to fix a leaky faucet. Find out who the main "point person" is. In many communities, the general manager or second in command to the top administrator will be that person. He or she can explain to you who to talk to in various circumstances. It might even be helpful to ask for an organization chart and even job descriptions, if available.

Conversely, it is important that the office staff knows who the primary "point person" within your family is. You want to be clear about whom to contact in case of emergency and who would be the backup to that family member, in case the primary family contact cannot be reached or lives at a distance.



### MEDICATION MANAGEMENT

In some communities, elder care services such as obtaining emergency medications are handled by staff. In other situations this may be up to a family member. Assisted living can be defined quite differently from state to state, and sometimes quite differently within the same city.

Try not to get a reputation for being "the difficult daughter" if you can possibly help it. I remember my dear friend Mary who was working hard to help her mother settle in comfortably to an assisted living community. The third day there she complained to one of the housekeeping staff that some soiled linens had not yet been removed from the bathroom. However, many communities provide fresh linens only on a weekly basis. Find out what the norm is for their elder care services.

Ask staff what you can do to help them do their jobs well. For example, taking my father out to lunch on the day they cleaned his room helped housekeeping to discharge their duties more quickly and efficiently. Then, if an unexpected mess occurred on a different day, they would have more time and good will to deal with it.

In a nursing home with round-the-clock staff, elder care services are not usually provided 24/7. The people on graveyard shift are there for emergencies and for routine care that must be provided in the middle of the night-for example, repositioning a resident in bed to prevent or to help heal bed sores. It's usually unrealistic to expect staff to provide room service if mom wants a midnight snack. Find out what can be expected and what is considered above and beyond the call of duty. Some residents in long-term care communities might benefit from an advocate, especially if you live at a distance and cannot be there on a regular basis. The national long-term care ombudsman program provides trained volunteers in every county who visit every facility on a regular basis (see <http://www.ltombudsman.org>).

Your family member might desire a paid companion who has the time and motivation to make certain that your mom or dad has the best possible quality of life. I was visiting my mother-in-law once in a Florida nursing home with exceptionally high standards of care. But during my visit I heard a woman, undoubtedly with one of the dementias, calling out, "Help me-please help me!" I went in and held her hand, asking how I could help. She immediately became calmer and soon fell peacefully asleep. This was a busy skilled care facility and the staff simply did not have the time to just sit and hold someone's hand. I did.

Get to know the staff who work directly with a family member-often the CNAs (certified nursing assistants), aides, and resident assistants or caregivers-and learn their names and what they do, both officially and unofficially. Thank them for a job well done at every opportunity. Written thank you notes are especially appreciated. When someone does an excellent job, I have sent that staff person a letter and a copy to their supervisor and sometimes nominated them for a caregiver award. The local Alzheimer's Associations, State Pioneer Networks (see <http://www.pioneernetwork.org/>) and organizations such as the associations for homes for the aging (see <http://www.aahsa.org/>) for your state usually have recognition events, which are important because they help to improve care for everyone.

Most senior housing communities forbid or discourage tipping for their elder care services. Usually there is a scholarship or Christmas fund to which you can contribute. I have also bought holiday or birthday gifts for the people I felt were doing the most.

Every family is as different as a fingerprint and what works well for one might not work well in yours. Some families need additional help. If you find yourself needing guidance with the process of moving your loved one, there is a profession dedicated to assisting older adults and their families with the emotional and physical aspects of relocation. Senior Move Managers® have significant expertise in resources and approaches, personalizing their services to meet a loved one's needs and preferences. You can find one in your area here.

Most importantly, planning ahead when moving elderly parents and seniors and understanding the environment will always help families enjoy the community and maintain happy family ties.

Article is from APlaceforMom.com



## Exercise of the Month — Stand on one foot



### What you Need: A Sturdy Chair

You can do this exercise while waiting for the bus or standing in line at the grocery. For an added challenge, you can modify the exercise to improve your balance.

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10-15 times.
4. Repeat 10-15 times with other leg.
5. Repeat 10-15 more times with each leg.

As you progress in your exercise routine, try adding the following challenges to help your balance even more:

- Start by holding on to a sturdy chair with both hands for support.
- When you are able, try holding on to the chair with only one hand.
- With time, hold on with only one finger, then with no hands at all.
- If you are really steady on your feet, try doing the balance exercises with your eyes closed

## Recipe of the Month



### Pumpkin Muffins

#### Ingredients:

Cooking spray or paper muffin liners  
1 3/4 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground cloves  
1/2 teaspoon salt  
6 tablespoons unsalted butter, at room temperature  
1 1/3 cups packed light brown sugar  
2 large eggs  
1 1/3 cups pumpkin purée  
1 teaspoon vanilla extract

#### Directions:

1. **Prep the pan and heat the oven to 350°F.** Arrange a rack in the middle of the oven and heat to 350°F. Meanwhile, grease or line a 12-cup standard muffin tin with paper liners.
2. **Mix the dry ingredients.** Place the flour, baking powder, cinnamon, ginger, nutmeg, cloves, and salt in a medium bowl and whisk to combine; set aside.
3. **Cream the butter and sugar.** Place the butter and sugar in the bowl of a stand mixer fitted with the paddle attachment. (Alternatively, use an electric hand mixer and large bowl.) Beat on medium speed until light and fluffy, 1 to 2 minutes.
4. **Beat in the eggs.** Add the eggs one at a time, beating after each addition until well combined.
5. **Beat in the pumpkin purée and vanilla.** Beat in the pumpkin purée and vanilla extract until well combined.
6. **Add the dry ingredients.** Add the flour mixture and beat on low speed until just combined. Do not overmix.
7. **Transfer the batter to the muffin pan.** Divide the batter evenly among the muffin wells (they will be about 3/4 full).
8. **Bake the muffins for 18 to 22 minutes.** Bake until the muffins are set and a tester inserted into the center one comes out with just a few moist crumbs, 18 to 22 minutes.
9. **Cool the muffins.** Let the muffins cool 10 minutes before removing from the pan. If you greased the pan, run a thin knife around each muffin to loosen it from the pan first if needed. Serve warm or at room temperature.

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



- Pie
- Corn
- Pudding
- Gobble
- Stuffing
- Turkey
- Thanksgiving
- Pilgrim
- Indian
- Gratitude
- Thankful
- Cornucopia
- Family
- Friendship
- Gather

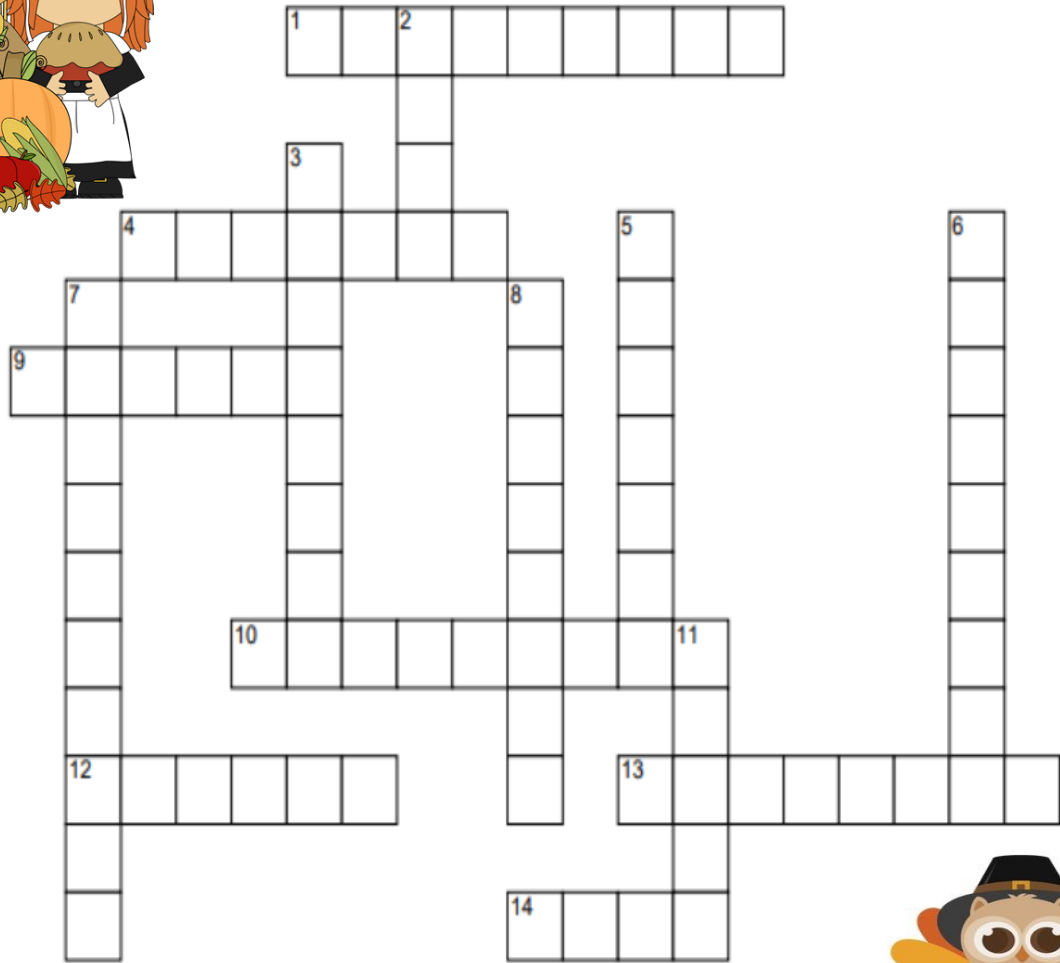
Riddle of the Month

**Which is the only way a leopard can change his spots??**

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!**

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



**ACROSS**

- 1 This is the Native American tribe that was at the first Thanksgiving with the Pilgrims
- 4 Thanksgiving is also celebrated in Canada, but they do it in this month
- 9 Macy's has a famous one each year in New York on Thanksgiving
- 10 Each year, the \_\_\_\_\_ pardons a turkey and spares it from being eaten
- 12 Benjamin Franklin wanted this popular Thanksgiving bird to be the national bird of the United States
- 13 Massachusetts Governor William \_\_\_\_\_ planned a festival to celebrate a good harvest (the first Thanksgiving) in 1621
- 14 Sarah Josepha \_\_\_\_\_ wrote letters for 17 years trying to convince a president to make Thanksgiving a national holiday

**DOWN**

- 2 This gender of turkey is the only one that makes a gobble sound
- 3 Thanksgiving in the United States is in this month
- 5 This president declared a national day of thanksgiving in 1863
- 6 The Pilgrims came to America on this ship
- 7 Even though he didn't make Thanksgiving a national holiday, he was the first president to issue a proclamation for a day of public thanksgiving in 1789
- 8 Thanksgiving in the United States is always on this day of the week
- 11 This is how many days the first Thanksgiving celebration lasted







NEW LOCATION!

Western

December 20th

12:00pm

@New SCAT Building

Join us for Lunch and a  
Christmas Celebration!

Friend

December 13th

12:00pm

@Friend Community  
Healthcare System

Join us for Lunch and a  
Christmas Celebration!

Wilber

December 6th

1:00pm

@WCHS Choir Room

Join us in enjoying the  
Wilber-Clatonia High School  
Music Program!

\*\* More details to follow in December issue. Contact SCAS office to RSVP!

## Announcements

Interested in coming to one of our foot clinics?  
We have clinics in  
Dorchester, Crete, Friend and Wilber.  
Call Laura at 402.821.3330 to make an appointment near you!



2019

**\*\*2019 calendars will be available for purchase  
at SCAS office for \$5.**

### 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!



Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!

# **Fall Clean-Up**

Need help with your  
Fall Yard Clean-Up?  
The Wilber-Clatonia students  
want to help you out this fall!  
Call Saline County Aging Services  
for more details or to sign up!  
402-821-3330



philipmartin.info

















The Knights of Columbus in partnership with Saline County Aging Services would like to extend a helping hand to those who would like, some assistance in getting their clocks adjusted for the time change.

While we are there we can also check and make sure that your smoke detectors are functioning.

Services will be offered on  
**Saturday, November 3, 2018** from **4:00pm to 5:45pm.**  
Please call Saline County Aging Services, at 402-821-3330,  
to have your name put on the list.

# November Activities

				1 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	2 Deviled Egg Day 	3 Knights of Columbus clock changing event 4:00pm-5:45pm 
4 Candy Day 	5 Work Day 1-3:30 	6 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	7 Foot Clinic Lunch 12:00 p.m.	8 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	9 Louisiana Day 	10 Vanilla Cupcake Day 
11 Veterans' Day 	12 SCAS CLOSED	13 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	14 Foot Clinic Lunch 12:00 p.m.	15 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	16 Fast Food Day 	17 Adoption Day 
18 Princess Day 	19 Monopoly Day 	20 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	21 Lunch 12:00 p.m. Manicures! 	22  SCAS	23 Black Friday CLOSED	24 Small Business Saturday 
25 Parfait Day 	26 Cyber Monday 	27 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner	28 Lunch 12:00 p.m.	28 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner	29 Senior Luncheon-Friend Christian Assembly	30 Mason Jar Day 
Key: Crete Dorchester Wilber Friend DeWitt			<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 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, November 7th</b></p>
<p><b>Program—Emergency Help by DeWitt Fire Dept.</b> <b>Menu—Salisbury Steak, Mashed Potatoes, Green Beans, Fruit &amp; Milk</b></p>
<p><b>WEDNESDAY, November 14th</b></p>
<p><b>Program— Little Tuggers by John Vossler</b> <b>Menu— Baked Chicken, Tater Tots, Mixed Vegetables, Fruit &amp; Milk</b></p>
<p><b>WEDNESDAY, November 21st</b></p>
<p><b>Program— Thanksgiving Trivia &amp; Bingo</b> <b>**Bring a Fruit or Vegetable, either fresh or canned</b> <b>Menu— Pork &amp; Rice Casserole, Broccoli, Fruit, Pumpkin Bars &amp; Milk</b></p>
<p><b>WESNESDAY, November 28th</b></p>
<p><b>Program— Be a Supportive Friend or Family Member</b> <b>By Kay Wiens</b> <b>**Celebrate November Birthdays</b> <b>Menu—Fish Sandwich, Friend Potatoes, Carrots, Fruit, &amp; Milk</b></p>



Lucille Fisher  
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 October's  
riddle was A COLD.



**HAPPY BIRTHDAY!**

*A special wish to all of the  
November 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, November 28, 2018, in the Wilber Care Center's Activity Room. Please RSVP by November 23rd 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.

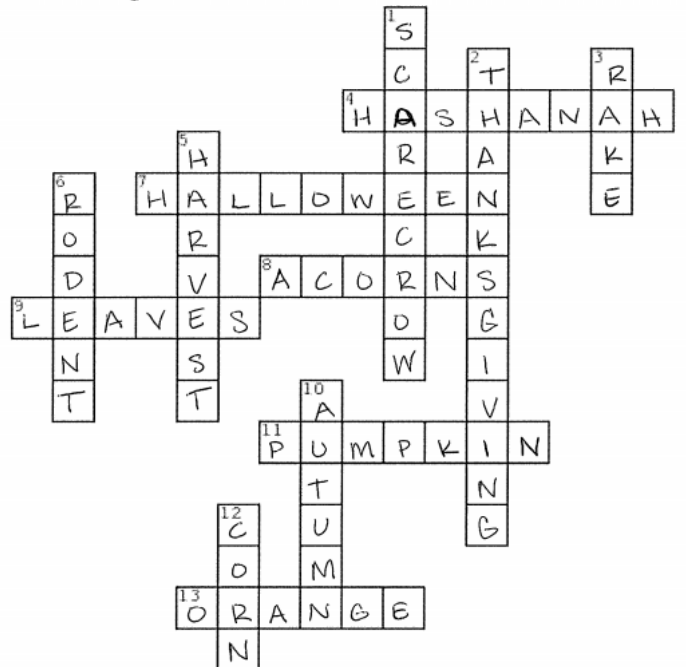
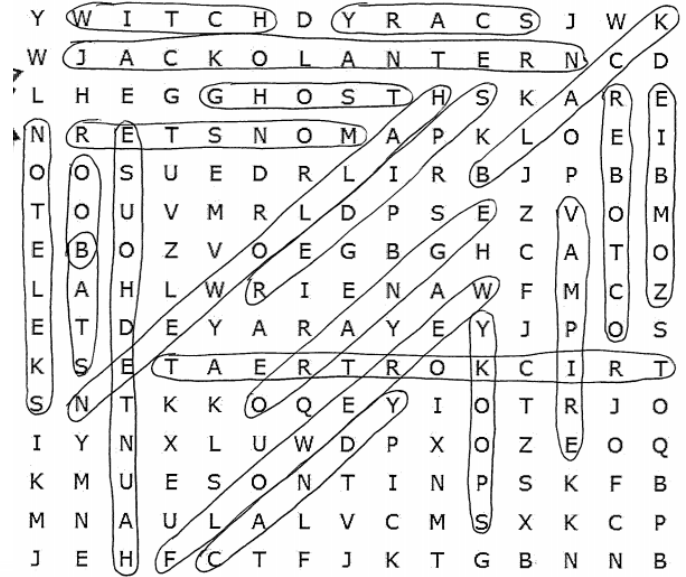
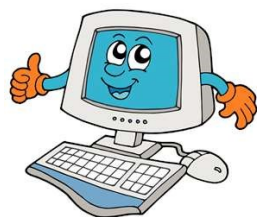
Though based on traditional Tai Chi, the moves in this class have been modified for a variety of physical abilities, and can be done sitting or standing.

## 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.



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



# Do you want the Saline County Aging Services Newsletter

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.

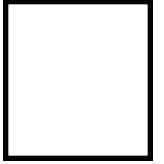
Jan. 1 New Year's Day  
Jan. 15 Martin Luther King Day  
Feb. 19 Presidents' Day  
Apr. 27 Arbor Day  
May 28 Memorial Day  
July 4 Independence Day

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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