



# Saline County Aging Services

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

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## Driver Safety for Seniors:

After she pondered the fact that she learned how to drive as a teenager, 72-year-old Marjorie Butler Norrie signed up for the AARP Driver Safety Program refresher course.

“We think that we’re driving like we used to drive, but [I learned] our reactions have slowed down so much, not realizing that we don’t react as well as we used to,” says Butler Norrie, who resides in Wenatchee, Wash.

In the class, Butler Norrie learned about senior driver safety and age-related changes that can affect her driving abilities. Perhaps these shifts are why she had already begun to limit her driving. She rarely travels on big city freeways, and she didn’t drive for a month last winter, saying snowy conditions kept her off the road.

This self-restriction and self-assessment are common and healthy practices for older drivers. Examining your own driving proficiency can keep you safe. After age 75, the risk of being in a collision increases for every mile a person drives, according to the Insurance Institute for Highway Safety. Statistically, this age group falls just below teenagers for the number of fatal crashes. Although this ominous fact is linked to an older person’s ability to endure injury, older drivers-and their loved ones-need to pay attention to driving skills and make the appropriate adjustments, whether that means adapting their driving habits or hanging up their car keys for good.

### A SELF-ASSESSMENT TOOL

The AAA Roadwise Review, available on CD-ROM from AAA.com, measures functional abilities shown to be the strongest predictors of crash risk among older drivers:

- Leg strength and general mobility
- Head/neck flexibility



## Driver Safety for Seniors Continued...

- High- and low-contrast visual acuity
- Working memory
- Visualization of missing information
- Visual search
- Useful field of view



### AGE-RELATED CHANGES

As people age, the following can affect their driving abilities and impact senior driver safety:

- **Vision and Hearing Loss**

Vision declines with age due to physiologic changes and to diseases such as glaucoma. Regular hearing check-ups are imperative, since safe driving means hearing emergency sirens, honking, and sounds such as bells at railroad crossing.

- **Cognition**

When you drive, you need to integrate several skills at the same time, including memory, visual processing, and attention. Both our speed of processing and judgment can become impaired, jeopardizing driving skills.

- **Motor Function**

As people age, their joints become stiffer, muscles weaken and flexibility lessens. Turning your head to view traffic, using the steering wheel, and operating the gas and brake pedals can become more difficult..

- **Medications**

Certain medications can reduce driving skills, including antihistamines, sleep aids, and medications for depression, diabetes, and pain reduction. Always ask your doctor how new medications will affect your driving.

- **Medical Condition**

ALS, Alzheimer's disease, dementia and memory disorders, diabetes, head trauma, high- or low-blood pressure, multiple sclerosis, nervous system disorders, Parkinson's disease, severe arthritis, severe elderly depression, sleep disorders, stroke effects, surgery after effects, thyroid disease, and the use of medical devices including automatic defibrillators and pacemakers.

But age also reaps experience. "Older drivers have wisdom that may make them much better drivers. Teenagers don't have years of driving behind them," says Lissa Kapust, the Clinical Coordinator of DriveWise, a driving fitness evaluation program at Boston's Beth Israel Deaconess Medical Center. "Older drivers who do self-monitoring-if they are tired or the weather is bad-this can be a critical factor in maintaining safety."

### DRIVING CLASSES

Taking a class is a good way to assess your own skills and stay safe on the road. Elderly resources like the AARP Driver Safety Program refresher course is the first and largest course created for adults 50 and older. The 8-hour low-cost course is usually taught in two four-hour sessions, or people can complete an online course in a 30-day timeframe (call toll-free at (888) 227-7669). Upon completion, most auto insurance companies provide a discount. "We assess our health from time to time; we should assess our driving from time to time and make adjustments based on our assessment of our own driving," says Brian Greenberg, Coordinator for the AARP Driver Safety Program. "Just think of it as a driver tune-up."

The class looks at 15 warning signals that might mean a person should limit or stop driving. According to Greenberg, the following five warning signs signal the need for a formal driving assessment:

1. Frequent dents or scrapes on the car or on fences, garage doors, curbs, etc.
2. More traffic tickets or warnings in the last year or two
3. Having crashes, minor accidents, or almost crashing
4. Trouble paying attention to or missing signals, road signs, and pavement markings
5. Difficulty staying in the lane of travel or changing lanes



### PROFESSIONAL ASSESSMENTS: RESOURCES FOR ELDERLY DRIVERS

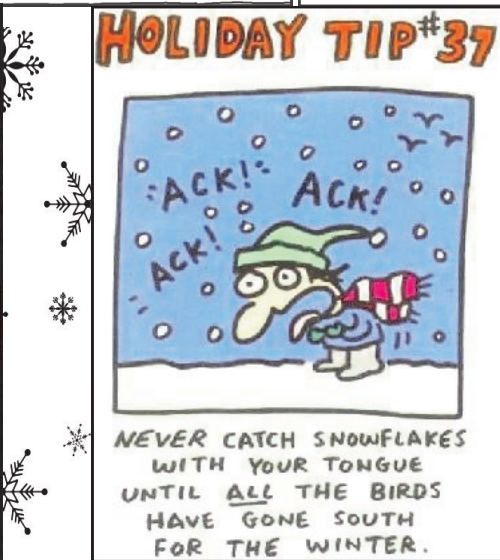
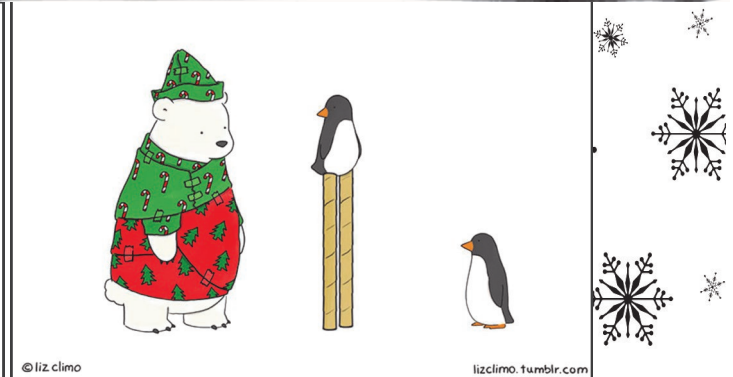
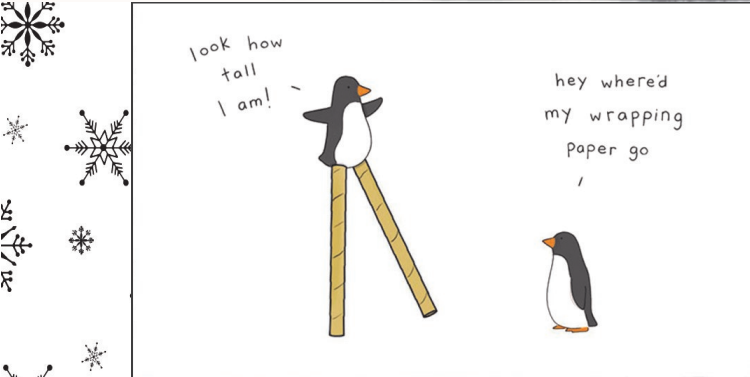
Perhaps you have noticed a loved one's deteriorating driving abilities, but she denies any problem during conversations. An independent, objective evaluation can both judge driving competence and give a voice of authority to a decision. Completed at rehabilitation centers, hospitals, and Veterans Administration Medical Centers, these tests are usually administered by occupational therapists or driver rehabilitation specialists. Because medical providers realize they can test a patient's hearing and vision but cannot judge his driving skills, your loved one's doctor may be able and willing to give you a referral for a senior driver safety assessment. "It's such an important decision, physicians don't want to err on the side of prematurely taking away a license, and they don't want to wait until it's too late," says Kapust. "One's license is the most important marker for self esteem in the elderly. The loss of the license really marks the entrance into old age."



Because people fear the end of driving, a person very rarely comes in voluntarily to a place like DriveWise. Doctors, adult children, community agencies, or a driving registry often refer people, says Kapust. A social worker begins the evaluation, discussing reasons for the referral and how the loss of driving would affect the patient. A short neuropsychological exam is given; an occupational therapist assesses the person's vision, flexibility, strength, and cognition; and a road test is taken. Two weeks later, the patient meets with the social worker to review the DriveWise recommendations.

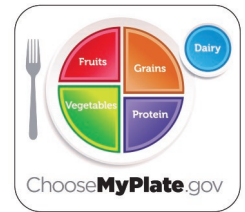
After an assessment, a driver often works with an occupational therapist that provides rehabilitation to strengthen skills used in driving. Often the therapist helps fit the car around the person. Devices include parabolic mirrors that yield a panoramic view; knobs or a spinner wheel on the steering wheel; and hand controls for the accelerator and brakes. Often people learn safe driving rules, such as:

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# Eating Healthy During the Holidays



The holiday season is a wonderful time to gather with friends and family. Often times these gatherings are surrounded by delicious food which may make it difficult to maintain your diet. Following the 2010 Dietary Guidelines can help us stay on track and maintain a healthy diet.

## Control Portion Size

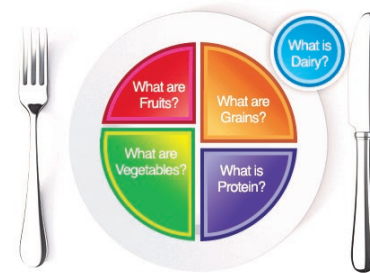
Maintaining appropriate portion control can be difficult during the holidays. There is so much good food and it can be easy to overload your plate. We also may eat so quickly that our stomach does not have time to digest the food before we have finished. A good rule of thumb is to only eat until you are satisfied and no longer hungry. Choosing a smaller plate such as a salad plate will help to control the amount of food that is eaten. Visualizing MyPlate and attempting to mimic this plate setup will help establish a healthy plate.



## Balance Calories with Physical Activity

Finding a balance between calories consumed and physical activity will help with weight control during the holiday season. Choosing foods that are nutrient dense such as fruits, vegetables, and whole grains will help deliver a variety of nutrients to our body without the extra calories, fat, or sugar. Nutrient-dense foods will also help to keep our stomachs fuller for longer, which can have a positive impact on weight management.

Regular physical activity is also important. Aim to consume at least 30 minutes of physical activity each day. Physical activity does not have to be overly strenuous and should be individualized to what works for you. It does not have to occur all at one time and can be broken down into smaller time frames, such as three 10-minute walks per day.



## Pay Attention to Mindless Eating

Mindless eating occurs when we eat more than we realize and may occur due to social or emotional influences. We may eat more when we are watching television or while socializing at a party. It is important to ask ourselves whether we are eating because we are truly hungry or whether it is due to other factors.

We often like to pretend that those “tiny” tastes of food at a party don’t count towards our daily calorie intake, but they can quickly add up! For example 3 chocolate covered cherries contain approximately 180 calories while 1 cup of eggnog contains approximately 200 calories. Mindless eating and frequent grazing can quickly increase our calorie intake, without even realizing it! If mindless eating is a common occurrence for you, it is important to re-direct yourself to other activities, such as removing yourself from the environment or going outside for a walk.

**To learn more about eating healthy during the holidays, call an Aging Partners registered dietitian at 402-441-7159.**

# Guide to Elder Care Planning & Family Meetings

Businesses often approach tough issues by scheduling a meeting of those most knowledgeable and concerned. Successful academic departments at every prestigious university hold monthly meetings. Governments can break through imponderable dilemmas via well-planned and appropriately attended meetings.

## OVERCOMING BARRIERS TO HOLDING A FAMILY MEETING

There are various barriers, real and imagined. Geography is a big one—often families are widely dispersed across the country. Lives are already busy and often overscheduled without adding yet another commitment. Paid caregivers might not want to donate their time to ponder the issues; families may feel it is too expensive to pay them for meeting time. Also, it's easy to think, "My sister would never agree to a meeting." But have you asked her? Families can be so heavily burdened by the responsibilities of caregiving that it might be surprising what people will readily agree to if it might be an improvement on the status quo.

Bringing the family and support network together to discuss a loved one's changing situation and available options is a crucial step in elder care planning and making appropriate choices.



## WHY HOLD A MEETING?

Whether or not there are specific problems to solve, sharing information and airing thoughts will be productive. Often family members may feel that they aren't doing enough, when in fact an individual might be doing too much. It is also typical for siblings or other caregivers to feel that individually they are doing more than his or her share and someone else is not.

Often these roles are influenced by culture, gender, and birth order. For example an adult son may be quite willing to mow mom's lawn and totally turned off by the idea of bathing and toileting her—that's woman's work! In fact it's easy for almost anyone to handle yard care but it takes significant physical and emotional strength to help a disabled person with personal care. It's also more difficult for a man to help a woman and vice versa with intimate tasks such as bathing.

Caring for a frail older person is never easy. Holding a caregiver/care receiver meeting is almost always going to improve the situation if it is well planned, well attended, and conducted appropriately.

## WHO TO INVITE

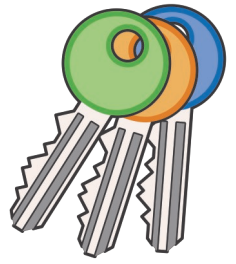
Invite at least three or four (confirmed attendees) and a maximum of approximately ten. Of course an important person to include is the loved one concerned, even if it means holding the meeting in a hospital room or with a person with profound Alzheimer's. Issues such as hearing loss, dementia, or reluctance to acknowledge or discuss the problems are special challenges.

Some families may consider it inappropriate to include the loved one concerned, perhaps because the disabilities of that person make it difficult to discuss the situation in front of him or her. In addition, American culture has a tendency to leave out older people, just as you might exclude a child from financial discussions. Also, in some families cultural or traditional taboos, such as discussing death in front of the dying person, preclude inviting him or her.

However, I personally prefer to respect the choices, dignity, and autonomy of individuals, regardless of age or frailty, and believe that including the loved one concerned would produce the most informed and beneficial outcome. Each family is different, so you must decide what works within your family dynamic, but it's important not to assume that a meeting about a person means that that person should not be there.

.....continued on page 8

- Don't drive with the radio on or converse with your passengers or use cell phones
- Keep your car in the best shape, with tune-ups, good windshield wipers, aligned headlights, etc
- Always wear seatbelts
- Drive with your headlights on
- Make sure there is enough space between both the cars in front of you and the car behind you



### WHEN TO HANG UP THE KEYS

Sometimes an assessment means the driver is told she needs to stop driving. Or perhaps a person has come to the decision on his own, realizing driving is too stressful, and it's time to retire the car keys. "Often we hear from patients and families it's a loss that they never get over. They may have a memory loss but they don't forget that somebody has taken away their keys," says Kapust.

She points out that few people will drive until they die and actively involving the person in the decision to stop driving helps. People link the cessation of driving to an end of independence, so it's important to keep people engaged in activities they enjoy, and to emphasize that retiring from driving is a normal part of aging.

Richard Hackel, a former DriveWise patient, made the decision to stop driving on his own. He suffers from ALS or Lou Gehrig's disease, and the muscles that would normally hold his left leg straight are not functional. At age 64, he worried about controlling the car in an emergency situation. "I want to live as long as I can and minimize the possibility that I could cause injury to anyone else," says Hackel, who lives in Brookline, Mass. "That loss of independence is an adjustment that everybody has to make, but I'd rather be alive and able to enjoy life than driving and risk hurting myself or someone else."

*Article is from aPlaceforMom.com*

Direct professional caregivers are sometimes overlooked or excluded. It's possible that the housekeeper who cleans once a week may know the most about relevant issues, such as incontinence, which the family is totally unaware of.

Perhaps invite neighbors and old friends, as well as all available family members. For geographically wide-spread friends and family, you might consider setting a date near a holiday or birthday, so folks have time to fly and also share a Thanksgiving or 4<sup>th</sup> of July.

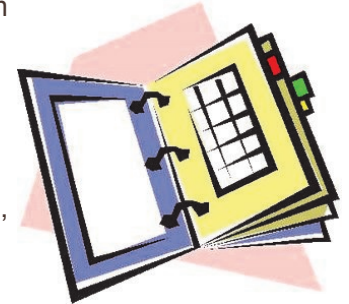
Depending on your family's spiritual beliefs, it can be helpful to include a religious advisor such as a rabbi, priest, or chaplain.

Every family is unique and while some may benefit from the services of trained professionals such as a case manager or social worker, it is not essential. The most important consideration is to be as inclusive as possible and not overlook current or potential resources to help your family.

### WHAT TO COVER

Again, be as inclusive as possible with your agenda. Everyone will have wildly divergent ideas of what is important and just recognizing that one fact will be useful in itself. Be sure to give the main character-your loved one needing care-a starring role.

For example, when you ask your mom, "What are your biggest problems you're having right now?" you may expect her to say "My failing health." Instead, she is more likely to say "You are all trying to get me to move-that's my biggest problem!" You might consider rephrasing the agenda item to say, "Pros and cons of mom moving." This might lead to a discussion of "why we want you to move." Be frank-"We are afraid you'll fall and not be able to get up." This might lead to a discussion of all the possible solutions, including personal alert systems, cell phones, a daily phone call or visitor, as well as the benefits and potential drawbacks of an actual move.



Review the elder care planning agenda in advance with all concerned. Use email, phone, mail, or whatever is convenient for your group. Don't forget to set a date for the next meeting. It could be in a week or a year-but setting a time to reconvene is useful.

### PRIOR TO THE MEETING

After your agenda is complete, be sure to assign a neutral person to the role of facilitator. Another person might be designated to be the note taker and yet another to be the time keeper, both to limit the length of time of the meeting as well as to try to make sure that people share "air time," that is, no one gets to speak more frequently or longer than another.

Arrange a comfortable physical environment with food and beverages and comfortable seating where everyone can make eye contact.

### COMMUNICATION

An enormous obstacle to a successful family meeting is family history, especially family conflicts. Even the most harmonious family has had huge fights in the past, and multiple slights, insults, and injuries-and most families aren't harmonious. Mothers and daughters, sons and fathers, brothers and sisters are traditionally at odds with each other. Now add in-laws, aunts, and a grandparent and you have a recipe for a messy stew. Keep in mind this is normal family dynamics. But this meeting is not about the past, it is about the future. Say so.

Disparate viewpoints will emerge at this meeting. Assure everyone that there is no perfect answer and no solution will please everyone. Compromise, compromise, compromise.

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## Exercise of the Month — Thigh (standing)



1. Stand behind a sturdy chair with your feet shoulder-width apart and your knees straight, but not locked.
2. Hold on to the chair for balance with your right hand.
3. Bend your left leg back and grab your foot in your left hand. Keep your knee pointed to the floor. If you can't grab your ankle, loop a resistance band, belt, or towel around your foot and hold both ends.
4. Gently pull your leg until you feel a stretch in your thigh.
5. Hold position for 10-30 seconds.
6. Repeat at least 3-5 times.
7. Repeat at least 3-5 times with your right

**TARGETED MUSCLES:** Thigh

**WHAT YOU NEED:** Sturdy Chair

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

## Recipe of the Month

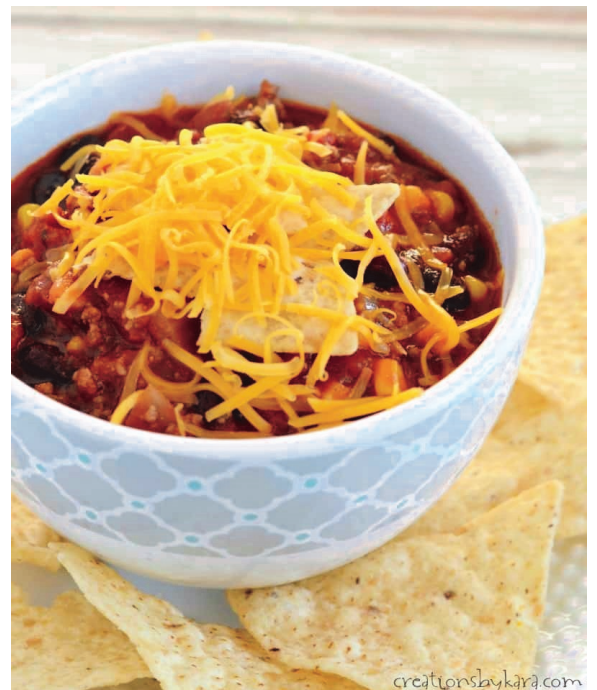
### 7 Can Chicken Taco Soup

#### Ingredients:

- 1 can black beans drained & rinsed
- 1 can pinto beans drained & rinsed
- 1 can petite diced tomatoes do not drain
- 1 can sweet corn drained
- 1 can (12.5 oz) chicken breast drained & flaked
- 1 can (10 oz) green enchilada sauce
- 1 can (14 oz) low-sodium chicken broth
- 1 packet taco seasoning

#### Directions:

- Combine all ingredients into a large soup pot and bring to a boil over medium-high heat. Once boiling reduce heat to low and let simmer for 20-30 mins. Stirring occasionally.
- Serve with tortilla chips, shredded cheese, sour cream and avocado!



Source:

*Pinterest.com*

## REBUS FOR YOU!

Can you solve these visual word puzzles? Put your mind to work & I'm sure you'll find the right answers! Good luck!

1. <b>FACE</b>	2. <b>EGG EGG HAM</b>
3. <b>BUR</b>	4. THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY SHEEP
7. po <b>FISH</b> nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. <b>TIME</b> a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

© puzzles-to-print.com



Unscramble the names of Santa's 9 reindeer!

### Riddle of the Month

### What do Santa's elves learn in school?

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!**

upcdi	
ndonre	
meotc	
sadhre	
udrlohp	
xivne	
zebiltn	
rcneda	
rpnarec	

# The Fun Pages



- |                |             |
|----------------|-------------|
| CANDLES        | ORNAMENT    |
| CANDYCANE      | PIE         |
| CHIMNEY        | POINSETTIA  |
| CHRISTMAS      | PRANCER     |
| CRANBERRYSAUCE | REINDEER    |
| DECEMBER       | SLEIGHBELLS |
| DECORATIONS    | SNOWFLAKE   |
| EGGNOG         | SNOWMAN     |
| ELF            | SPIRIT      |
| FAMILY         | STAR        |
| GIFTS          | STOCKING    |
| HOLIDAY        | STUFFERS    |
| MISTLETOE      | TINSEL      |
| NORTHPOLE      | TOYS        |



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



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



Let SCAS know how you like the new puzzles!



## December Events

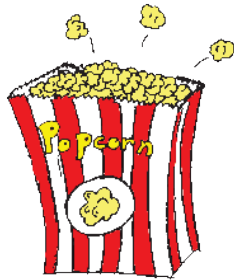
**Do you have all your Christmas shopping done?**

**We can help you out!**

On December 1st we will be down at the Hometown Holiday event at Sokol Hall. We are selling Colby Ridge Popcorn for \$2 per bag.

**Can't make it? No Problem!**

We will also be selling the popcorn on December 7th, for the Chamber of Commerce Tree Lighting Ceremony.



**We will also be serving Hot Cocoa!**



While you are shopping at the Hometown Holiday Event at Sokol Hall on December 1st, you may grab a cup of Hot Cocoa with toppings of your choice!

**ALL PROCEEDS GO TOWARDS OUR RENOVATION!**

## Full Circle



In Friend, on Thursday, December 13

Join us for a lunch of

Chicken Strips, Potato Wedges, Corn, Dinner Roll & Dessert to be served in the cafeteria

at Friend Community Healthcare System at **noon.**

You must RSVP by December 4th to attend this event!

402.821.3330

\*\*You may still attend the event even if you do not RSVP in time, we just ask that you bring a sack lunch.

*For those over age 60: \$4.50 suggested contribution for the meal.*

*For those under age 60: \$5.00 fee*

In Wilber, on Thursday, December 17th

Join us for

**Christmas Music Fun!**

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

Wanda Rademacher will be joining us

to play "Name That Tune" & Christmas carols!

Join us for coffee & Holiday Spirit!

Please RSVP by December 13th to attend this event!

402.821.3330

In Western, on Thursday, December 20th

Join us for a lunch of

Ham loaf, Sweet Potatoes, Green Beans

& Cooks Choice of Dessert to be served

at the Saline County Area Transit Building at **noon.**

**Come help us get into the Holiday Spirit with games & fun!**

Please RSVP by December 12th to attend this event!

402.821.3330

## 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 calendars are now available for purchase at  
SCAS 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, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of \$5 for the entire years worth of newsletters! That is less than \$0.42 per issue!

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

THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!

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

Sometimes it is very hard to understand our voicemail extensions!

Extension 1: Lori  
Extension 2: Laura  
Extension 3: Madison  
**402-821-3330**



Contact us!

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!

## Questions You Can Ask Your Doctor

Today, patients take an active role in their health care. You and your doctor will work in partnership to achieve your best possible level of health. An important part of this relationship is good communication. Here are some questions you can ask your doctor to get your discussion started:



### ABOUT MY DISEASE OR DISORDER

- What is my diagnosis?
- What caused my condition?
- Can my condition be treated?
- How will this condition affect my vision now and in the future?
- Should I watch for any particular symptoms and notify you if they occur?
  - Should I make any lifestyle changes?

### ABOUT MY TREATMENT

- What is the treatment for my condition?
  - When will the treatment start, and how long will it last?
  - What are the benefits of this treatment, and how successful is it?
  - What are the risks and side effects associated with this treatment?
- Are there foods, drugs, or activities I should avoid while I'm on this treatment?
- If my treatment includes taking a medication, what should I do if I miss a dose?
  - Are other treatments available?

### ABOUT MY TESTS

- What kinds of tests will I have?
  - What do you expect to find out from these tests?
    - When will I know the results?
- Do I have to do anything special to prepare for any of the tests?
  - Do these tests have any side effects or risks?
    - Will I need more tests later?

**Understanding your doctor's responses is essential to good communication. Here are a few more tips:**

- If you don't understand your doctor's responses, ask questions until you do understand.
- Take notes, or get a friend or family member to take notes for you. Or, bring a tape-recorder to assist in your recollection of the discussion.
- Ask your doctor to write down his or her instructions to you.
- Ask your doctor for printed material about your condition.
- If you still have trouble understanding your doctor's answers, ask where you can go for more information.
- Other members of your health care team, such as nurses and pharmacists, can be good sources of information. Talk to them, too.



Article is from *aPlaceforMom.com*

Recognize that safety may not trump all other variables in elder care planning. Most individuals desire a good quality of life, which may trump quantity of life. For example, some older people prefer the safety of living where they need not use stairs; others find the risk (and healthy exercise) of stairs, especially in a beloved and familiar environment, worth the risk of a fall.

### NEXT STEPS

Distribute the notes to all concerned, even people who could not attend but wanted to be there. Honor and follow up on what was decided at the meeting. Be flexible in case the situation changes. Your loved one may be fine at home now with the new support systems set in place as a result of the meeting, but even without saying so, families usually recognize that the situation will most likely change and probably not for the better.

Elder care planning experts suggest having a list of potential fall-back positions, for example three retirement communities where mom might consider moving. Plan a visit with mom to each and consider advising her to put her name on the waiting lists. It doesn't mean she must move when her name comes up. It is a "Plan B" in case the situation changes.

Whatever the outcome of the family meeting, try to remember that it may not solve every problem. Sometimes just being able to mitigate some dilemmas and clear the air is a step in the right direction.

Many families engage a social worker or case manager to be part of the team. Where do you find such a person? One web site is the Eldercare Locator at <http://www.eldercare.gov>; 1-800-677-1116.

*Article is from aPlaceforMom.com*

# December Activities

<p>Key:</p> <p>Crete Dorchester Wilber Friend DeWitt</p>						<p>1 Hometown Holidays @ Sokol Hall in Wilber</p> 
2	<p>3 Roof Over Your Head Day</p> 	<p>4 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>5 Foot Clinic Lunch 12:00 p.m.</p>	<p>6 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>7 Cotton Candy Day</p> 	<p>8 Santa in DeWitt/ Cinnamon Rolls &amp; Coffee for Seniors 9-11 @ the Senior Center</p>
<p>9 Christmas Card Day</p> 	10	<p>11 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>12 Foot Clinic Lunch 12:00 p.m.</p> 	<p>13 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle</p>	<p>14 Alabama Day</p> 	<p>15 Wear your Pearls Day</p> 
<p>16 Chocolate Covered Anything Day</p> 	<p>17 Full Circle Syrup Day</p> 	<p>18 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>19 Lunch 12:00 p.m.</p> 	<p>20 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle @ Western</p>	<p>21 Ugly Christmas Sweater Day</p> 	22
23	<p>24 SCAS CLOSED</p> 	<p>25 SCAS CLOSED</p>	<p>26 Lunch 12:00 p.m.</p>	<p>27 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner</p>	<p>28 Senior Luncheon-Friend Christian Assembly</p>	29
<p>30 Bacon Day</p> 	<p>31 New Years Eve</p> 		<p><b>All foot clinics are by appointment only.</b></p>	<p>Interested in a foot clinic appointment Call us at 402.821.3330</p>	<p>For DeWitt Foot Clinic 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, December 5th</b></p>
<p><b>Program—</b> Ghost Hauntings in Beatrice by Lauren Riedesel  <b>Menu—</b>Meatloaf, Mashed Potatoes, Corn, Fruit, &amp; Milk</p>
<p><b>WEDNESDAY, December 12th</b></p>
<p><b>Program—</b> What YOU can do in Emergencies by Kerry Thornburg  <b>Menu—</b> Spaghetti with Meat Sauce, Garlic Bread, Salad, Fruit &amp; Milk</p>
<p><b>WEDNESDAY, December 19th</b></p>
<p><b>Program—</b> Christmas Music &amp; Singalong by Trinity Lutheran Choir  <b>Menu—</b> Baked Chicken Thigh, Baked Potatoes, Peas, Fruit &amp; Milk</p>
<p><b>Senior Center is closed Dec. 24th through Dec. 28th.</b></p>



Paul Biggs  
of  
Wilber

received a \$5 gift card to Subway!  
 Get your answers in by the 15th  
 for this month's riddle so you can  
 be the next winner!

The answer to November's  
 riddle was: He jumps from one  
 spot to another!



**HAPPY BIRTHDAY!**

*A special wish to all of the  
 December 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

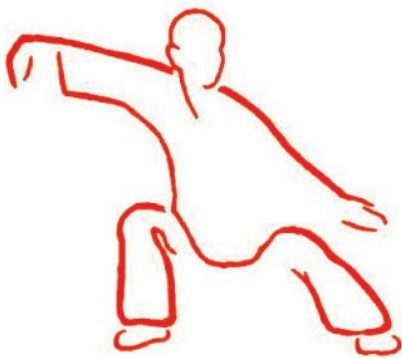


**COMMUNITY SUPPER:** Join community members of all ages and walks of life at the Methodist Lutheran Church in Wilber every Monday at 5:30 p.m. for a meal and fellowship. No cost, open to everyone regardless of age.

**SENIOR CITIZENS DINNER:** Come to the noon dinner on Thursday, December 27, 2018, in the Wilber Care Center's Activity Room. Please RSVP by December 21, 2018 to one of the following numbers: 821-2014, 821-2271 or 821-3259.

# Service Spotlight

On October 29th & 30th, Lori and Madison attended Tai Chi training in Lincoln. They are now Certified instructors! Watch for a new class schedule.

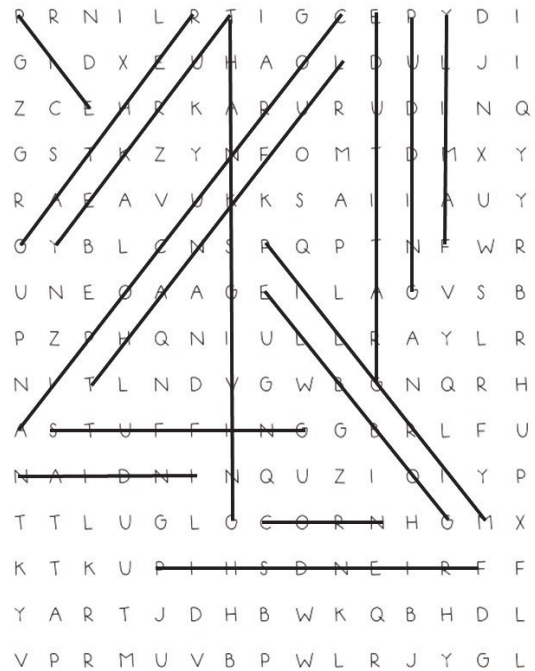
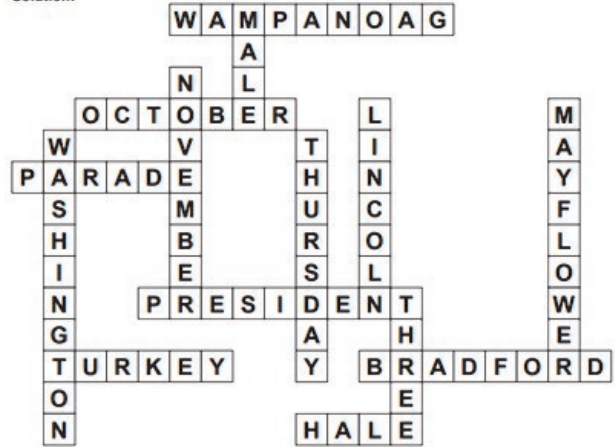


Like our page on Facebook to see upcoming events!  
*Saline County Aging Services*

## Answers to last months puzzles.

### Thanksgiving Crossword Puzzle

Solution:



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



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



Cut this slip out, fill the information in below, and mail it to  
**Saline County Aging Services– PO Box 812– Wilber, NE 68465**  
or bring it into our office at 109 W. 3rd Street in Wilber  
or call us at 402-821-3330.



Name:

Mailing Address:



If you would rather have it sent via email, please provide your email address, printing carefully



As we all know 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 is closed because of bad weather.
- And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to re-schedule your appointment.



Be safe this winter and know what the driving conditions are like before you try to go out an 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.



### **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

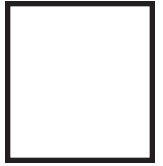
Nov. 23 Day after Thanksgiving

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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