



# 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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## St. Patrick's Day

Saint Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Many legends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts.

It was emigrants, particularly to the United States, who transformed St. Patrick's Day into a largely secular holiday of revelry and celebration of things Irish. Cities with large numbers of Irish immigrants, who often wielded political power, staged the most extensive celebrations, which included elaborate parades. Boston held its first St. Patrick's Day parade in 1737, followed by New York City in 1762. Since 1962 Chicago has colored its river green to mark the holiday. (Although blue was the color traditionally associated with St. Patrick, green is now commonly connected with the day.) Irish and non-Irish alike commonly participate in the "wearing of the green"—sporting an item of green clothing or a shamrock, the Irish national plant, in the lapel. Corned beef and cabbage are associated with the holiday, and even beer is sometimes dyed green to celebrate the day. Although some of these practices eventually were adopted by the Irish themselves, they did so largely for the benefit of tourists.

Article is from [www.britannica.com](http://www.britannica.com)

### Home Health vs Home Care

Home care and home health are distinct types of care which are both provided in a home setting, but most people aren't aware of the differences and use these terms interchangeably. The key difference is that "home care" is non-clinical care and "home health" is clinical care.

#### HOME HEALTH CARE

Home health care is clinical medical care provided by an registered nurse, occupational therapist, physical therapist or other skilled medical professionals, and is often prescribed as part of a care plan following a hospitalization.

#### HOME HEALTH SERVICES

Home health care services include:

- Therapy and skilled nursing services
- Administration of medications, including injections
- Medical tests
- Monitoring of health status
- Wound care



#### WHEN TO USE HOME HEALTH

Situations in which home health is prescribed include:

- Following an inpatient hospitalization, rehabilitation, or a stay at a skilled nursing facility – to help the senior transition back to independence
- When a senior has had a recent medication change, in order to monitor for side effects and assure a new medication is effective
- When seniors experience an overall decline in functioning – in order to help them to regain independence through therapy or learning new skills to compensate for their deficit

#### HOW TO PAY FOR HOME HEALTH

Since it is considered medical care, home health is covered by medical insurance, including Medicare and Medicaid.

- Covered by Medicare when prescribed by a physician
- It is covered by Medicaid for qualified individuals
- Private pay (in rare cases when home health is not prescribed, but a senior desires such services)

#### HOME CARE

Home care is provided by caregivers, usually called home care aides, who are trained to understand the nuances of senior care. Home care aides can help older adults with activities of daily living, or just offer some friendly companionship. Unlike home health, home care is classified as personal care or companion care and is considered "unskilled" or "non-clinical."

#### WHEN TO USE HOME CARE

You might consider hiring a home care aide for older adults who:

- Need assistance with activities of daily living ranging from grooming to meal preparation
- Do not drive and require transportation
- Live alone, may be at risk for social isolation and need companionship

....continued on pg. 6

## St Patrick's Day Facts

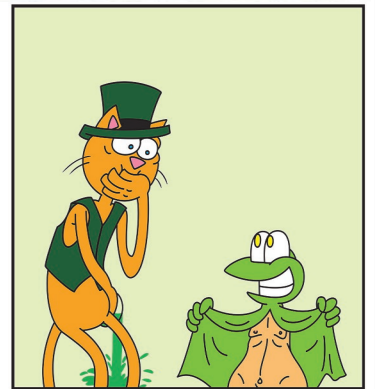
- ♣ The first St. Patrick's Day Celebration in the United States was held in Boston in 1737.
- ♣ Shamrocks are the national flower/emblem of Ireland.
- ♣ The color of St. Patrick's Day was originally blue.
- ♣ Beer is one of the most widely consumed beverages consumed on St. Patrick's Day.
- ♣ Legends say that each leaf of the clover has a meaning: Hope, Faith, Love and Luck.
- ♣ Your odds of finding a four-leaf clover are about 1 in 10,000.
- ♣ To celebrate St. Patrick's Day, Chicago dyes the river green for a few hours.
- ♣ Shamrock shakes are very popular & tasty!



*Facts are from [www.proflowers.com](http://www.proflowers.com)*



Just For Laughs . . .





# What is the DASH Diet?

The Dietary Approaches to Stop Hypertension, also known as the DASH Diet, was originally recommended for individuals diagnosed with hypertension as a way to lower blood pressure. Research has shown that the DASH Diet also has positive effects on lowering blood pressure and cholesterol levels, decreasing the risk of developing diabetes, and helping to maintain/lose weight. The DASH Diet is now being recommended for all individuals, regardless of whether they have been diagnosed with hypertension.

The DASH Diet is a well-balanced diet that incorporates an abundance of fruits, vegetables, whole grains, and low-fat dairy. It aims to decrease total fat, saturated fat, cholesterol, sodium, and sugar intake. It also recommends limiting sodium intake to less than 1,500 mg per day. Excess sodium in our diet can lead to

**For a 2,000 calorie diet, the DASH Diet recommends to consume:**

- 7 to 8 servings of grains (1/2 whole grains) per day
- 4 to 5 servings fruit per day
- 4 to 5 servings vegetables per day
- 2 to 3 servings of dairy (non-fat or low-fat) per day
- 6 ounces or less of meat, poultry, or fish per day
- 2 to 3 servings of fats and oils per day
- 1/2 to 1 serving of seeds, nuts, and legumes per day

high blood pressure, which increases the risk of heart disease. The DASH Diet is high in potassium, a mineral that works in our body to lessen the effects of sodium. Potassium is found in a variety of fruits and vegetables such as bananas, broccoli, spinach, potatoes, and squash.

The DASH Diet emphasizes consumption of whole foods. Whole foods such as fruits, vegetables, whole grains, and low-fat dairy are considered to be “nutrient dense”, meaning they provide a variety of nutrients with relatively few calories. Whole foods also tend to be low in sodium and fat. They also tend to be high in fiber, which helps keep our stomach fuller for longer.

Processed foods such as frozen dinners and potato chips are considered to be “energy dense” foods, meaning that they tend to be high in calories but provide very few nutrients. Processed foods are often high in calories, fat, and sodium.

The Nutrition Facts Label provides information on the nutritional content of a particular food. Reading the Nutrition Facts Label will help us determine how much sodium a product contains as well as allowing us to become more knowledgeable regarding our sodium intake. Comparing the Nutrition Facts Label

on similar products will help us determine the healthier choice. Remember to also look at the serving size and adjust the calories, fat, sodium, etc. levels accordingly.

Nutrition Facts		Amount per Serving	% Daily Value	% Daily Value for Sodium
Serving Size 1 Box				
Amount per Serving				
Calories		100	20%	100%
Total Fat		2g	4%	2%
Saturated Fat		1g	2%	1%
Cholesterol		0mg	0%	0%
Sodium		200mg	40%	100%
Total Carbohydrate		20g	40%	20%
Protein		5g	10%	5%

**To learn more about how nutrition affects your health call Aging Partners at 402-441-7159 to speak with a registered dietitian.**

Article is from Aging Partners



## Home Health vs Home Care Continued..

### HOW TO PAY FOR HOME CARE

- Private pay
- Long-term care insurance
- Medicaid for qualified low-income seniors

### HOME CARE SERVICES

Services provided by home care aides may include:

- Meal preparation
- House cleaning
- Helping dressing, bathing and grooming
- Transportation
- Reminders to take medicine
- Help with bill paying



### HOME HEALTH & HOME CARE COMPARISON

The charts below highlight some of the differences between home health and home care, both in terms of services provided and method of payment:

#### SERVICES COMPARISON

<b>Services Typically Offered</b>	<b>Home Health</b>	<b>Home Care</b>
Therapy towards rehabilitation	Yes	No
Administers medications	Yes	No
Performs medical tests	Yes	No
Formally monitors health status	Yes	No
Meal preparation or delivery	No	Yes
House cleaning	No	Yes
Help with bathing, dress, and grooming	No	Yes
Transportation	No	Yes
Reminders to take medicine	Yes	Yes
Skilled nursing	Yes	No
Pain management	Yes	No
Wound care	Yes	No
Prescription medication management	Yes	No
IV Therapy / Injections	Yes	No
Incontinence care	No	Yes
Toileting help	No	Yes
Companionship	No	Yes

## Home Health vs Home Care Continued..

### PAYMENT OPTIONS COMPARISON

<b>Payment Methods</b>	<b>Home Health</b>	<b>Home Care</b>
<b>Covered by Medicare</b>	Yes	No
<b>Covered by Medicaid or Medicaid Waiver Program</b>	Yes (details vary by state)	Usually (details vary by state)
<b>Private health insurance</b>	Yes	No
<b>Private pay</b>	Yes, but unusual	Yes
<b>Long-term care insurance</b>	No	Yes (if specified in policy)

### COMBINING SERVICES

Home health and home care are not mutually exclusive services. Many families find that utilizing these services in tandem best help a senior who, for example, is recovery after a hospitalization. The home health staff address clinical and rehabilitative needs during the transition home, while a home care aide can help with personal care-giving and household chores that the senior requires assistance with during his or her recovery.

*Article is from aPlaceforMom.com*

# WILBER

Friday, March 22nd

Join us for  
Breakfast Casserole & A Fruit Salad to be served  
in 'The Back Room' -SCAS 9:30 a.m.

Following the breakfast will be

**An interactive presentation by Tracie Foreman on  
'Laughing Matters'. She is a Community Health  
Educator at Aging Partners and has been with them  
for 28 years.**

You must RSVP by March 15th to attend this event!  
402.821.3330

*\$3 fee for anyone attending the breakfast.*



# WESTERN

Friday, March 22nd

Join us for a lunch of  
Pork Chops, Cheesy Potatoes, Salad, Dinner Rolls  
& Dessert be served at  
the Saline County Area Transit Building  
at noon.

Following the meal will be

**An interactive presentation by Tracie Foreman on  
'Laughing Matters'. She is a Community Health  
Educator at Aging Partners and has been with them  
for 28 years.**

You must RSVP by March 15th to attend this event!  
402.821.3330

*\$5 fee for anyone attending the meal.*



# FRIEND

Thursday, March 21st

Join us for a lunch of  
BBQ Ribs, Cheesy Hash Browns, Carrots, Fresh Baked  
Bread, and Dessert to be served  
at Friend Community Healthcare System  
at noon.

Following the meal will be a presentation on

**Laughter and Happiness!**

You must RSVP by March 12th 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***





# 5-INGREDIENT CHICKEN PARMESAN

### INGREDIENTS:

- 8 ounces rigatoni pasta noodles, cooked al dente
- 1 (24-ounce) can spaghetti sauce, divided
- 3/4 cup shredded mozzarella cheese
- 4 boneless, skinless chicken breasts (cut into cubes, if preferred)
- 1/4 cup shredded parmesan

### INSTRUCTIONS:

1. Preheat oven to 350 degrees. Mix together the rigatoni, 3/4 of the spaghetti sauce can, mozzarella, salt and pepper to taste. Place in the bottom of a deep dish baking pan. Place the chicken breast on top of the pasta, cover with the remaining spaghetti sauce and Parmesan.
2. Bake for 30 minutes, until the chicken is cooked through. Serve!

*Recipe is from Pinterest.com*

## Exercise of the Month — Lower Back

**TARGETED MUSCLES:** Lower Back

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

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

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both arms and shoulders flat on the floor throughout the stretch.
2. Keeping knees bent and together, slowly lower both legs to one side as far as you comfortably can.
3. Hold position for 10-30 seconds.
4. Bring legs back up slowly and repeat toward other side.
5. Continue alternating sides for at least 3-5 times on each side.



ST. PATRICK'S DAY WORD SEARCH



- LEPRECHAUN
- LUCKY
- POT OF GOLD
- IRISH
- RAINBOW
- GREEN
- SHAMROCK
- CLOVER
- GOLD
- MARCH



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

Riddle of the Month

**Why can't you borrow money from a leprechaun?**

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

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

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

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# Rebus Puzzles

line read line	noon good	G N I K C A B	march april — ICU home
play words	pants pants	SHgetAPE	O N L

science-lakes.com

## March Crossword

**ACROSS**

- 1 3rd month of the year
- 4 Metal that is yellow in color
- 5 Vegetable consisting of thick leaves
- 7 Instrument used to play folk music
- 8 Patron Saint of Ireland

The crossword puzzle grid is as follows:

- 1 Across: 4 squares
- 2 Down: 4 squares
- 3 Down: 3 squares
- 4 Across: 4 squares
- 5 Across: 6 squares
- 6 Down: 4 squares
- 7 Across: 6 squares
- 8 Across: 10 squares

**DOWN**

- 2 Four leaf
- 3 Beliefs from generation to generation
- 6 Nationality of someone from Ireland



Western

Friend

Wilber



We would like to give a special thanks to Jill Engel for joining us at the Wilber & Friend Full Circle Events! Fun was had by all.

Medical Equipment

Are you or a loved one in need of medical equipment?



As some of you may know...

We have a wide variety of medical equipment that we are more than willing to lend, to anyone that is in need of it! We lend out the equipment for 3 months. Hopefully this is enough time for recovery or to purchase your own equipment if you will be needing it 24/7. We will extend time on a case by case basis.

\*\* Thank you to those that have returned their equipment!

COMING SOON!!!

We have been working very hard painting our new durable medical equipment building! We will be able to show off our equipment and let the borrowers pick out what they are in need of. It will be very helpful for us, as our equipment is not easily accessed in the basement.



## 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 Ext. 2 to make an appointment near you!



\*\*2019 calendars are still available for purchase at  
SCAS for a suggested contribution of \$5!  
(so you can offer us less!)

### 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!

# Foot Health Information

Mobility is a vital component of independence, making the foot ailments that often plague the elderly especially worrisome. While it may not spring to mind as a top health concern, poor foot health can severely impact a person's ability to live alone, work and participate in social activities.

According to the US National Center for Health Statistics (NCHS), impairment of the lower extremities is a leading cause of activity limitation in older people. Foot problems can also lead to knee, hip and lower back pain, which also undermine mobility. The NCHS says 25% of all nursing home patients cannot walk at all, and another 15% can walk only with assistance.

### FOOT HEALTH MIRRORS GENERAL HEALTH

The human foot has been called the "mirror of health." Foot doctors, or doctors of podiatric medicine (DPMs), are often the first doctors to see signs of such systemic conditions as diabetes, arthritis, and circulatory disease in the foot. Among these signs are dry skin, brittle nails, burning and tingling sensations, feelings of cold, numbness, and discoloration. Always seek professional care when these signs appear.

### FOOT PROBLEMS CAN BE PREVENTED

For reasons that are difficult to fathom, many people, including a lot of older people, believe that it is normal for the feet to hurt, and simply resign themselves to enduring foot problems that could be treated.

There are more than 300 different foot ailments. Some can be traced to heredity, but for an aging population, most of these ailments stem from the cumulative effect of years of neglect or abuse. However, even among people in their retirement years, many foot problems can be treated successfully, and the pain of foot ailments relieved.

Whether due to neglect or abuse, the normal wear and tear of the years causes changes in feet. As people age, their feet tend to spread, and lose the fatty pads that cushion the bottom of the feet. Additional weight can affect the bone and ligament structure. Older people, consequently, should have their feet measured for shoe sizes more frequently, rather than presuming that their shoe sizes remain constant. Dry skin and brittle nails are other conditions older people commonly face. Finally, it's a fact that women, young and old, have four times as many foot problems as men, and high heels are often the culprits.

Observing preventive foot health care has many benefits. Chief among them are that it can increase comfort, limit the possibility of additional medical problems, reduce the chances of hospitalization because of infection, and lessen requirements for other institutional care.

### FOOT HEALTH TIPS FOR SENIORS

Here are some tips for keeping feet healthy

- **Wear Shoes That Fit:** A surprising number of people wear ill-fitting shoes. Shopping for shoes in the afternoon can prevent choosing shoes that are too small for feet that swell during the day.
- **Walk Regularly:** Walking is the best exercise for your feet.
- **Wear Seam-Free Socks:** This can prevent skin irritations from developing.
- **Have Corns & Calluses Professionally Treated:** Never cut corns and calluses with a razor, pocket knife or other such instrument; use over-the-counter foot products only with the advice of a podiatrist.
- **Bathe & Inspect Feet Daily:** Use lukewarm (not hot) water and mild soap to keep feet free of debris. If you notice any redness, swelling, cracks in the skin or sores, consult your podiatrist.
- **Keep Nails in Shape:** Trim or file your toenails straight across.
- **Have Regular Exams:** It's best to have your feet examined by a DPM at least twice a year.



Copyright 2008, American Podiatric Medical Association, Inc., [www.apma.org](http://www.apma.org) (Original title:Foot Health and Aging)

*Article is from aPlaceforMom.com*

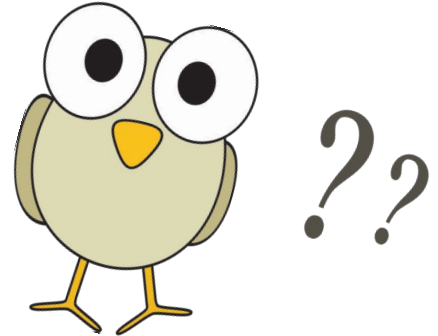


### Assisted Living Checklist

It's important to be prepared when calling and touring assisted living centers. Each community is unique, if you've seen one assisted living facility, you've seen one assisted living facility. Download the checklist below to stay organized, compare communities and ask the right questions to help you decide on the community that's right for your loved one.















#### QUESTIONS TO ASK WHEN YOU CALL OR VISIT

- What is your staff-to-resident ratio?
- What kind of experience and training does your staff possess?
- How many staffers are on duty overnight?
- Can staff administer medications?
- Do you have a nurse on staff 24/7?
- Do you have any experience with (issues or diagnosis of your care recipient)?
- Do you do an initial assessment prior to admission?
- What types of apartments are available?
- What is the monthly cost per apartment type?
- If there is a wait list, how many are on it and what is the policy?
- Tell me about some of the current residents.
- Do you have any outdoor space?
- What is your discharge policy?
- What additional services are available if the needs of a resident change?
- What are your billing and payment policies?
- Are all services included in the monthly fee? If not, what and how much are additional services?



*Article is from aPlaceforMom.com*

# March Activities

<p>Key:  <span style="color: red;">Crete</span>  <span style="color: blue;">Dorchester</span>  <span style="color: purple;">Wilber</span>  <span style="color: green;">Friend</span>  <span style="color: blue;">DeWitt</span></p>					<p>1 National Pig Day</p> 	<p>2</p>
<p>3 I Want You To Be Happy Day</p> 	<p>4 Grammar Day</p> 	<p>5  <span style="color: green;">Foot Clinic</span>  <span style="color: blue;">Tai Chi 9-10</span>  <span style="color: blue;">Quilting 1-5</span>  <span style="color: blue;">TaiChi 930-1030</span>  <span style="color: blue;">TaiChi1030-1130</span>  <span style="color: blue;">TaiChi 2:00-3:00</span></p>	<p>6  <span style="color: blue;">Foot Clinic</span>  <span style="color: blue;">Lunch 12:00 p.m.</span></p>	<p>7  <span style="color: blue;">Tai Chi 9-10</span>  <span style="color: blue;">Quilting 1-5</span>  <span style="color: blue;">TaiChi 930-1030</span>  <span style="color: blue;">TaiChi1030-1130</span>  <span style="color: blue;">TaiChi 2:00-3:00</span></p>	<p>8 Oregon Day</p> 	<p>9 Barbie Day</p> 
<p>10 Return of Daylight Savings</p> 	<p>11 Napping Day</p> 	<p>12  <span style="color: red;">Foot Clinic</span>  <span style="color: blue;">Tai Chi 9-10</span>  <span style="color: blue;">Quilting 1-5</span>  <span style="color: blue;">TaiChi 930-1030</span>  <span style="color: blue;">TaiChi1030-1130</span>  <span style="color: blue;">TaiChi 2:00-3:00</span></p>	<p>13  <span style="color: blue;">Foot Clinic</span>  <span style="color: blue;">Lunch 12:00 p.m.</span></p>	<p>14  <span style="color: blue;">Foot Clinic</span>  <span style="color: blue;">Tai Chi 9-10</span>  <span style="color: blue;">Quilting 1-5</span>  <span style="color: blue;">TaiChi 930-1030</span>  <span style="color: blue;">TaiChi1030-1130</span>  <span style="color: blue;">TaiChi 2:00-3:00</span></p>	<p>15 Dress in Blue Day</p> 	<p>16 Panda Day</p> 
<p>17 St. Patrick's Day</p> 	<p>18 Let's Laugh Day</p> 	<p>19  <span style="color: blue;">Tai Chi 9-10</span>  <span style="color: blue;">Quilting 1-5</span>  <span style="color: blue;">TaiChi 930-1030</span>  <span style="color: blue;">TaiChi1030-1130</span>  <span style="color: blue;">TaiChi 2:00-3:00</span></p>	<p>20  <span style="color: blue;">Lunch 12:00 p.m.</span></p>	<p>21  <span style="color: blue;">Tai Chi 9-10</span>  <span style="color: blue;">Quilting 1-5</span>  <span style="color: blue;">TaiChi 930-1030</span>  <span style="color: blue;">TaiChi1030-1130</span>  <span style="color: blue;">TaiChi 2:00-3:00</span>  <span style="color: green;">Full Circle @ 12</span></p>	<p>22  <span style="color: blue;">Full Circle @ 9:30 a.m.</span>  <span style="color: blue;">Full Circle @ 12 in Western</span></p>	<p>23 Chip &amp; Dip Day</p> 
<p>24</p>	<p>25</p>	<p>26  <span style="color: blue;">Tai Chi 9-10</span>  <span style="color: blue;">Quilting 1-5</span>  <span style="color: blue;">TaiChi 930-1030</span>  <span style="color: blue;">TaiChi1030-1130</span>  <span style="color: blue;">TaiChi 2:00-3:00</span></p>	<p>27  <span style="color: blue;">Lunch 12:00 p.m.</span>  <span style="color: blue;">Foot Clinic</span></p>	<p>28  <span style="color: blue;">Tai Chi 9-10</span>  <span style="color: blue;">Quilting 1-5</span>  <span style="color: blue;">TaiChi 930-1030</span>  <span style="color: blue;">TaiChi1030-1130</span>  <span style="color: blue;">TaiChi 2:00-3:00</span>  <span style="color: blue;">Senior Dinner</span></p>	<p>29 Nevada Day</p> 	<p>30 Doctors Day</p> 
<p>31 Prom Day</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, March 6th</b></p>
<p><b>Program—</b> Celebrate Mardi Gras (Wear gold, green or purple) <b>Menu—</b> Chicken Alfredo, Green Beans, Garlic Bread, Fruit &amp; Milk</p>
<p><b>WEDNESDAY, March 13th</b></p>
<p><b>Program—</b> Happenings in the Village of DeWitt by Randy Badman &amp; Erin Riemer &amp; Homemade Breads <b>Menu—</b> Scalloped Potatoes &amp; Ham, Corn, Fruit, Bread &amp; Milk</p>
<p><b>WEDNESDAY, March 18th</b></p>
<p><i>Work Day for Memorial Bricks and Wreathes 1:30-4</i></p>
<p><b>WEDNESDAY, March 20th</b></p>
<p><b>Program—</b> Tips on Goal Setting &amp; Healthy Foods Wheel of Fortune by Saline County Aging Services <b>Menu—</b> Meatloaf, Mashed Potatoes, Mixed Vegetables, Fruit, Bread &amp; Milk</p>
<p><b>WEDNESDAY, March 25th</b></p>
<p><i>Ice Cream at the DeWitt Quick Shop</i></p>
<p><b>WEDNESDAY, March 27th</b></p>
<p><b>Program—</b> St. Patrick's Accordion Music by RoseAnn Parade <b>FOOT CLINIC</b> by appointment <b>Menu—</b> BBQ Pork Sandwich, Cole Slaw, Chips, Fruit &amp; Milk</p>



Cheryl Jindra  
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 February's  
riddle was: An onion ring



**HAPPY BIRTHDAY!**

*A special wish to all of the  
March 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 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, March 28, 2019, in the Wilber Care Center's Activity Room. Please RSVP by January 24th, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.



# Shamrock Shuffle

## SALINE COUNTY AGING SERVICES IS HOSTING: **SHAMROCK SHUFFLE**

5K (3.1 miles) or 1 Mile Fun Run/Walk

**Saturday, March 16th, 2019**  
**@ Legion Park, Wilber, NE**  
**Registration from 9:00-9:45 A.M.**  
**Start Time: 10:00 A.M. SHARP**



**ENTRY FEES:**

5K- \$20.00 Pre-Registered; \$25.00 after & day of race  
 1 mile- \$15.00 Pre-Registered; \$20.00 after & day of race  
 Students 12 & Under: \$10.00 Pre-Registered; \$15.00 after & day of race  
 ANYONE OVER 60: \$15 Pre-Registered & day of race



PRE -REGISTER NOW AT:  
 SALINE COUNTY AGING SERVICES,  
 FIRST STATE BANK, or  
 WILBER PHYSICAL THERAPY

**PARTICIPANTS DO NOT HAVE TO RUN THIS RACE! EVERYONE IS WELCOME TO PARTICIPATE AT THEIR OWN PACE.**

**\*\* ALL proceeds help Saline County Aging Services and Wilber-Clatonia Public Schools TCBY Program!**

### Answers to Februarys Puzzles

line read line	noon good	G N I K C A B	march april — ICU home
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read between the lines    good afternoon    backing up    may I see you home

play words	pants pants	SHgetAPE	O N L
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a play on words    a pair of pants    get in shape    flipped out

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



M A R C H

3 T R

4 G O L D

5 C A B B A G E

6 I R I

7 F I D D L E

8 S t . P A T R I C K

H O N

R I L K E U F L E P R E C H A U N T D S Y O

L M O K R G H U I M B D S O U C E R T H N M

L O F R K I U G B S C E N H A P J R E J M D

V N C H E I S D N K L I M R I S W N I K W E

T L N E S R R I M D O K F E S R R O Y J O D P

R A S T L N U E B R I V E S T E N I M O S L O

A R H P A Y R E C K E D R E D F G S L A S T

I B L E O T S O N S R A M R C H I L H P T O

N Y O R T B K L I S R E N M P R E M S T F

B G R E B R S P T L U C K Y N E Y S R S E G

O T N E K F A N K R A P T W R L B N O M S O

W A L D B O J A O T S C K E X T F W R O H L

S U V A C M E R A C I O N T P W M K A P Y D

F G K O P L C I W N T F R T L S N A C K T H

E R U I S K N T Y O D E A V D E R G O R D I

N A R M A R C H N I K I S W T R M O N R R C K

M O K R G H A B Y J O D F L N X E L I F D E

O F R K I U D E M O S L N L S L G T A S J

U M O B L G T S M R E U I L T J O S B Y U D

S T L N A S H A M R O C K R R F A N K R A Y

## 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 2019 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.

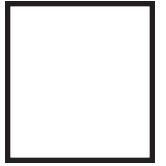
Jan. 1 New Year's Day  
Jan. 21 Martin Luther King Day  
Feb. 18 Presidents' Day  
Apr. 26 Arbor Day  
May 27 Memorial Day  
July 4 Independence Day

Sept. 2 Labor Day  
Oct. 14 Columbus Day  
Nov. 11 Veterans' Day  
Nov. 28 Thanksgiving  
Nov. 29 Day after Thanksgiving  
Dec. 24 Closing @ 12 on Christmas Eve  
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.



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

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