



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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Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America. Over two dozen cities and towns claim to be the birthplace of Memorial Day. While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day.

Regardless of the exact date or location of its origins, one thing is clear – Memorial Day was borne out of the Civil War and a desire to honor our dead. It was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.

The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war).

It is now observed in almost every state on the last Monday in May with Congressional passage of the National Holiday Act of 1971 (P.L. 90 – 363). This helped ensure a three day weekend for Federal holidays, though several southern states have an additional separate day for honoring the Confederate war dead: January 19th in Texas; April 26th in Alabama, Florida, Georgia, and Mississippi; May 10th in South Carolina; and June 3rd (Jefferson Davis' birthday) in Louisiana and Tennessee.

Elderly Dehydration

Watching for signs of illness in a loved one can be challenging. Some illnesses show up quite clearly, while others have a more subtle effect on daily living. Dehydration, depending on the severity, sometimes creates only small telltale signs while having a big effect on the body, especially in the elderly.

Dehydration occurs when a person loses more water than they take in. Adequate fluid allows the body to regulate temperature through sweating, maintain blood pressure and eliminate bodily waste. If severe enough, dehydration can lead to confusion, weakness, urinary tract infections, pneumonia, bedsores in bed-ridden patients or even death. Generally speaking, humans can't survive more than four days without water.

CAUSES OF SENIOR DEHYDRATION

Elderly dehydration is especially common for a number of reasons:

- **Medications**

It's not uncommon for seniors to be on several medications at any given time. Some of these may be diuretic, while others may cause patients to sweat more.

- **Decreased Thirst**

A person's sense of thirst becomes less acute as they age. In addition, frail seniors may have a harder time getting up to get a drink when they're thirsty, or they may rely on caregivers who can't sense that they need fluids.

- **Decreased Kidney Function**

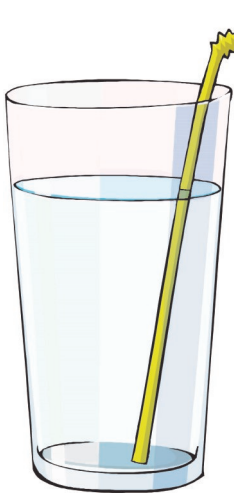
As we age our bodies lose kidney function and are less able to conserve fluid (this is progressive from around the age of 50, but becomes more acute and noticeable over the age of 70).

- **Illness**

Vomiting and/or diarrhea can quickly cause elderly dehydration.



THE MYTH OF “8 GLASSES OF WATER” A DAY



“Everybody has a normal state of body water that relates to their weight. Anything below that (normal state) is dehydration; everything above it is hyperhydration,” Dr. Larry Kenney, professor of physiology and kinesiology at Penn State University, explains.

That normal level of hydration varies widely from person to person. Contrary to the mantra that everyone should drink eight glasses of water every day, Kenney says there is nothing scientific to back that up. “People misinterpreted that to be, it had to be liquid and it had to be water,” he says.

A person's diet can greatly affect hydration levels: fruits (especially watermelon), vegetables, and soups are mostly water-based. “Day in, day out, a lot of people get their water from foods, as well as behavioral attitudes towards food,” Kenney explains. “For instance, when we walk by a water fountain, we tend to take a drink, and we tend to drink when we eat.”

Kenney also takes issue with the idea of not drinking caffeinated beverages because they're dehydrating. He says the amount of caffeine in a cup of coffee or tea is relatively small, and it's made of mostly water anyway, so it will hydrate you to some degree. The same holds true for beer, he says, but there is a point at which the diuretic effect of caffeine and alcohol kicks in, so moderation is always the key.

In general, larger people need to drink more water, as do athletes and those who perspire heavily, but that may mean more or less than eight glasses a day. “There is no one-size-fits-all remedy,” he says.

TRACKING HYDRATION

Instead, he recommends monitoring body weight to keep track of hydration levels. To monitor body weight, one should be weighed every morning. If they've lost two pounds or more from the day before, and especially if they feel thirsty or have a headache, they're probably dehydrated.

Mild dehydration is defined as losing 2 percent of your body weight. Severe dehydration occurs with 4 percent or greater body weight loss. Even mild dehydration can affect a person's health, especially if he already has cardiac or renal problems. “We have measured in the lab cognitive impairment,” he says. “With severe dehydration, it puts a greater strain on the heart. Think of a pump trying to pump with less fluid. That would be one of the primary problems.”

...continued on pg 6

Mother's Day Facts

- ◆ There are 85 million mothers in America.
- ◆ One-Fourth of the years floral purchases are made around Mother's Day.
- ◆ The average age for first-time mothers in the U.S. is 26.3 years old.
- ◆ U.S. consumers spent about \$24 million on Mom last year.
- ◆ France used to award medals to mothers of large families.

housebeautiful.com

Kindergarten Boots

Did you hear about the teacher who was helping Jason Robert, one of her kindergarten students put on his boots?

He asked for help and she could see why. With her pulling and him pushing, the boots still didn't want to go on. When the second boot was on, she had worked up a sweat.

She almost whimpered when Jason Robert said, "Teacher, they're on the wrong feet." She looked and sure enough, they were.

It wasn't any easier pulling the boots off than it was putting them on.

She managed to keep her cool as together they worked to get the boots back on, this time on the right feet. He then announced, "These aren't my boots."

She bit her tongue rather than get right in his face and scream, "Jason, why didn't you say so?" like she wanted to.

Once again she struggled to help him pull the ill-fitting boots off.

He then said, "They're my brother's boots. My Mom made me wear them today."

She didn't know if she should laugh or cry. She mustered up the grace and courage she had left to wrestle the boots on his feet again.

She said, "Now, where are your mittens Jason?"

Jason Robert said, "I stuffed them in the toes of my boots..."

Her trial starts next week . . .



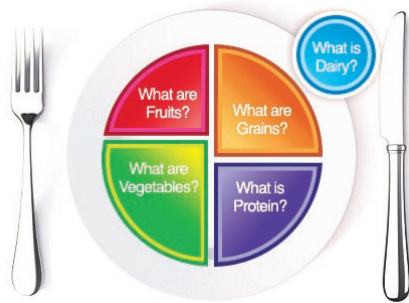
atimetolaugh.org



How do I avoid oversized portions?

Portion sizes have dramatically increased over the past 40 years. Researchers have suggested that this may be directly related to an increase in calories consumed, which may impact weight management. Being overweight is a risk factor for several chronic conditions, such as diabetes and heart disease. Paying attention to how much food is being consumed can help control portion sizes and may have a positive effect on overall health.

Follow MyPlate



Following MyPlate recommendations is important for portion control. Making half of your plate fruits and vegetables will contribute a variety of nutrients to your body as well as keeping you

fuller for longer. Using a smaller dinner plate will help to maintain portion sizes. Incorporate a variety of fruits and vegetables, whole grains, lean protein and low-fat dairy into your diet.

Read the Nutrition Facts Label

Reading the Nutrition Facts Label to determine the serving size will help to know how much food is recommended at one time. It is important to take note of the serving size so that the calories, fat and sodium, can be adjusted accordingly.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Eat Only Until You Are Satisfied

Eating until you are satisfied and no longer hungry is a good rule of thumb. Many of us come from the “clean your plate” generation, which may lead us to continue eating even when we are no longer hungry. Another good rule is to eat half of your plate and then stop to determine if you are still truly hungry. Slowing down during meals will help our body recognize when it is full. Eating food too quickly can lead to eating more than is needed or desired.

Estimating Portion Sizes

Estimating appropriate serving sizes is also important when managing portion control. Physically measuring out the foods for a week or so will help obtain a better understanding of appropriate serving sizes. Common household items can also be useful as visual cues to estimate approximate portion sizes. Here are some samples of portion sizes:

- 1 cup cooked vegetables = baseball size
- 1 cup fruit = baseball size
- 3 oz meat or poultry = deck of cards
- 3 oz -sh = checkbook
- 1 cup cereal = baseball
- ½ cup ice cream = light bulb
- ♦ 1 tsp margarine = poker chip

To learn more about dairy and what to look for in yogurt, call an Aging Partners registered dietitian at 402-441-7159.

Elderly Dehydration Prevention & Treatment Continued..

Kenney says an active 65-year-old who exercises probably doesn't need to weigh herself every day, but a 75-year-old in a nursing home who has had issues with dehydration in the past, or has had cardiac issues, should be weighed every day.

But, don't rely on scales that also claim to measure hydration levels and body mass index. "Their accuracy is very poor; we can't use them even for research purposes," Kenney says.

Complicating matters is that signs of dehydration in younger people don't always show up in the elderly. For example, if a young person was extremely dehydrated, his skin may be wrinkled or sagging. But, that certainly wouldn't be noticed in most cases of elderly dehydration.

Perhaps because of that delay in diagnosis, elderly dehydration is a frequent cause of hospitalization (one of the ten most frequent admitting diagnoses for Medicare hospitalizations, according to the Health Care Financing Administration), and it can be life-threatening if severe enough.

SIGNS OF ELDERLY DEHYDRATION

Signs of dehydration in seniors may include:

- Confusion
- Difficulty walking
- Dizziness or headaches
- Dry mouth
- Sunken eyes
- Inability to sweat or produce tears
- Rapid heart rate
- Low blood pressure
- Low urine output
- Constipation



If you suspect dehydration in an elderly loved one, you can check for a decrease in skin turgor by pulling up the skin on the back of the hand for a few seconds; if it does not return to normal almost immediately, the person is dehydrated.

PREVENTING DEHYDRATION IN SENIORS

To help make sure your loved one doesn't suffer from dehydration, make sure he or she consumes an adequate amount of fluids during the day; eats healthy, water-content foods such as fruit, vegetables and soups; checks that urine color is light and output adequate (dark urine or infrequency of urination is a classic sign of dehydration).

Seniors also need to be educated to drink even when they're not thirsty. Keeping a water bottle next to the bed or their favorite chair could help, especially if they have mobility issues.

If your loved one is in a nursing home or other care facility, make sure that the staff has a hydration program in place that includes assisting residents with drinking, offering a variety of beverages, and providing drinks not only at mealtimes but in between meals. Also make sure that they monitor residents' weight and assess them if their physical condition or mental state changes. If dehydration is an issue, and your loved one takes laxatives or diuretics, speak to his or her doctor about changing medication.

As with most illnesses, prevention is the key. Making sure your loved one stays hydrated now is much easier than treating him or her for dehydration later.

New Addition to 'The Back Room'



The Wilber-Clatonia High School Construction Tech Class has been working very hard on projects for our building! In the picture to the left, is our new island that was completed by Connor Schmidt, Mitch Whittington, Noah Jacobson, and instructor Nick Behring.

We love it!!

WILBER

Date: Friday, May 24th, 2019

Time: 9:30 a.m.

Location: 'The Back Room' -SCAS

Meal: Foxhole will be catering a Breakfast Sandwich or Breakfast Burrito. If you need a special order, please let us know when you call to RSVP.

Program: Jill Chaloupka Busselman will be joining us to to present "Making a Difference in Africa". She will share with us her work experiences on her mission trip.

Please RSVP your breakfast selection by May 17th!
402.821.3330

\$4 fee for anyone attending the meal.

"Making a Difference in Africa"



WESTERN

Date: Friday, May 17th 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Prime Rib Sandwich, Mixed Vegetables, Pasta Salad & Dessert

Program: Jill Chaloupka Busselman will be joining us to to present "Making a Difference in Africa". She will share with us her work experiences on her mission trip.

Please RSVP by May 10th!
402.821.3330

\$5 fee for anyone attending the meal.

FRIEND

Date: Thursday, May 23rd, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: BBQ Ribs, Oven Roasted Potatoes, Corn, Dinner Roll & Dessert

Program: Jill Chaloupka Busselman will be joining us to to present "Making a Difference in Africa". She will share with us her work experiences on her mission trip.

Please RSVP to receive the special of the day
by May 16th!
402.821.3330

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

For those under age 60: \$5.00 fee



Recipe of the Month



ONE-POT CHEESY TACO PASTA

INGREDIENTS:

- 1 pound ground beef
- 1/2 teaspoon salt
- Pinch of black pepper
- 1 ounce packet taco seasoning or about 3 1/2 tablespoons homemade taco seasoning
- 2 cups water
- 1 cup jarred mild salsa
- 8 ounces uncooked rotini pasta
- 1 1/2 cups shredded Mexican-style cheese
- Optional toppings - chopped tomatoes avocado, crushed tortilla chips, chopped cilantro

INSTRUCTIONS:

1. Preheat a large deep skillet over medium heat.
2. Add ground beef and season with salt and pepper.
3. Cook, stirring occasionally until cooked thoroughly.
4. Drain grease.
5. Stir taco seasoning into ground beef then stir in water, salsa and pasta noodles.
6. Bring mixture to a boil.
7. Stir, cover and reduce heat to a simmer.
8. Cook for about 15 mins until pasta is tender.
9. Turn off heat and stir in cheese.
10. Season with additional salt and pepper if needed.
11. Serve with optional toppings if desired.

Recipe is from Pinterest.com

Exercise of the Month — Yoga and Older Adults

Yoga is a mind and body practice that typically combines physical postures, breathing exercises, and relaxation. Researchers are studying how yoga may help improve health and to learn more about its safe use in older adults.

Recent studies in people in their late 40's have found that yoga is helpful in reducing chronic low-back pain and improving function. However, evidence is not yet available on its effectiveness and safety for older adults.

If you're thinking about practicing yoga, keep the following in mind:

Put safety first. Yoga is generally safe in healthy people. However, if you have special health considerations such as a joint replacement, arthritis, balance problems, high blood pressure, glaucoma, or other health issues, talk with your health care provider before starting yoga. Start with an appropriate yoga class—such as one called Gentle Yoga or Seniors Yoga—in order to get individualized advice and learn correct form.

Look for a well-trained instructor who's attentive to your needs. Ask about the teacher's experience and training. Standards for teacher training and certification differ depending on the style of yoga. The International Association of Yoga Therapists has developed standards for yoga therapy requiring at least 800 hours of training.

Practice mindfully. Be sure to let your yoga teacher know about any medical issues you have and ask about the physical demands of yoga. Listen to your body. Yoga poses should be modified based on individual abilities. Be careful to avoid overstretching. Because older adults are at higher risk of developing strains and



go4life.nia.nih.gov

Mother's Day

Word Search

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

CANDY
CHILDREN
FLOWERS
HOME
HUGS

KISSES
LOVE
MAY
MOTHERS DAY
SMILES

Riddle of the Month

I have keys but no doors. I have space but no rooms, I allow you to enter but you are never able to leave. What am I?

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

Please include your phone number with your answer!

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

Think Spring!

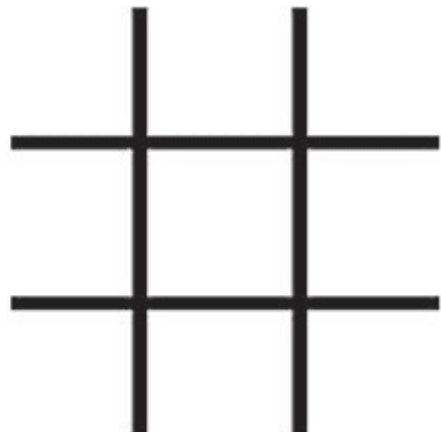
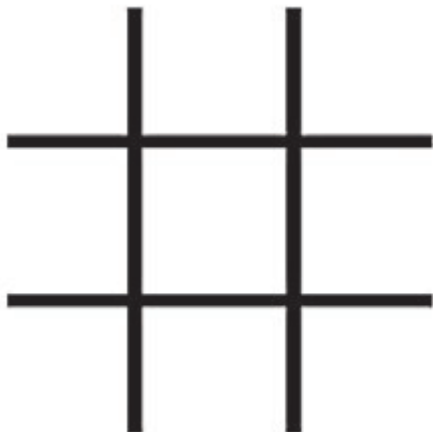
The words below are scrambled! They all have something to with woods and meadows, mostly Spring items. Can you unscramble them?



- 1. OFGR _ _ _ _
- 2. FEUYRBTLT _ _ _ _ _ _ _ _
- 3. SRSGA _ _ _ _
- 4. ORMHTARWE _ _ _ _ _ _ _ _
- 5. SNTGLHUI _ _ _ _ _ _ _ _
- 6. UDB _ _ _
- 7. DDNLIAENO _ _ _ _ _ _ _ _
- 8. ORELWF _ _ _ _ _
- 9. EBE _ _ _
- 10. GLBDYAU _ _ _ _ _ _ _
- 11. OMLOB _ _ _ _
- 12. ERGEN _ _ _ _

© puzzle-to-print.com

TIC TAC TOE





Farmers' Market Coupons

Saline County Aging Services is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutrition Program (SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a brief mandatory nutrition presentation.
- Be prepared to show proof of age and income.

At this time, coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services should have coupons available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00 each. (One set is valued at \$48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.



If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.

DON'T FORGET HOMESTEAD EXEMPTION DEADLINE

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30th.

If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, **but please call ahead for an appointment**:

- ☐ Saline County Aging Services, Wilber, (402-821-3330),
- ☐ Anita Meyer, Friend, (402-947-2301).



HOW CONVENIENT!

In the front of our building, located right next to our front door, is a drop box. For some of you that are unable to make it to our office during our open hours, you may place any forms or bills in the box!

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!

March Full Circle Fun

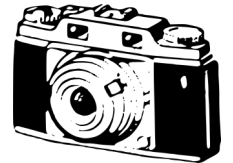


FRIEND

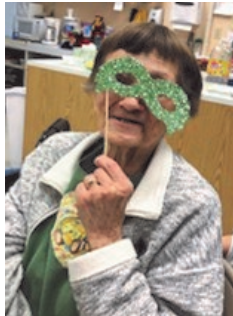
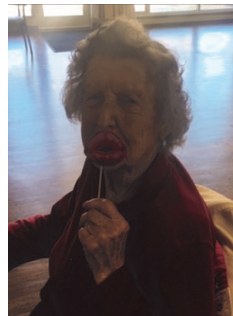
Tracy Foreman from Aging Partners joined Wilber & Western in March, for lots of laughter and fun! We joined her for a giggle, a silent laugh, a snort laugh, and a belly laugh. It was hilarious to see everyone's reactions! Thank you Tracie for your time!



WILBER



WESTERN



Friend enjoyed a game of 'Wheel of Fortune' with funny riddles!



Please join us for a Crete Full Circle!

**LOOK
WHAT'S
NEW!**

Date: May 24th, 2019

Location: Crete Hospital

Time: 12:00 p.m.

Meal: Meatloaf, Scalloped Potatoes, Baby Carrots, Fruit Cup, or Cookie



Following the meal will be a presentation over what Saline County Aging Services has to offer and future Full Circle Events!

Please RSVP by May 17th to attend this event.

There will be a \$5 suggested contribution for anyone attending the meal.

May Activities

<p>Key: Crete Dorchester Wilber Friend DeWitt</p>			<p>1 Lunch 12:00 p.m.</p>	<p>2 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>3 2 Different Colored Shoes Day</p> 	<p>4 Bird Day</p> 
<p>5 Cinco de Mayo</p> 	<p>6 Nurses Day</p> 	<p>7 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>8 Foot Clinic Lunch 12:00 p.m.</p>	<p>9 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>10 Shrimp Day</p> 	<p>11 Eat What You Want Day</p> 
<p>12 Mother's Day</p> 	<p>13 Apple Pie Day</p> 	<p>14 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>15 Foot Clinic Lunch 12:00 p.m.</p>	<p>16 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>17 NASCAR Day</p> 	<p>18 No Dirty Dishes Day</p> 
<p>19 Devil's Food Day</p> 	<p>20 Rescue Day</p> 	<p>21 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>22 Lunch 12:00 p.m.</p>	<p>23 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>24 Wyoming Day</p> 	<p>25 Towel Day</p> 
<p>26 Blueberry Cheesecake Day</p> 	<p>27 Memorial Day</p> 	<p>28 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>29 Lunch 12:00 p.m.</p>	<p>30 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>31 Smile Day</p> 	
			<p>All foot clinics are by appointment only.</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>DeWitt Senior Center Meal Schedule</p> <p>For meal reservations, call Bev at 683-6475 or 520-0873</p>
<p>WEDNESDAY, May 1st</p>
<p>Program— Celebrate Cinco de Mayo Menu— Fish Tacos, Chips & Salsa, Cottage Garden Salad, Fruit & Milk</p>
<p>MONDAY, May 8th</p>
<p>Program— Bus Bingo Nail Care with Lana for Mother's Day Menu— Chef Salad with Ham & Hard Boiled Eggs, Crackers, Fruit & Milk</p>
<p>WEDNESDAY, May 15th</p>
<p>Program— Todd Oliver Ventriloquist with his Funny Dogs Menu— Beef Stroganoff, Green Beans, Fruit, Bread & Milk</p>
<p>WEDNESDAY, May 22nd</p>
<p>Program— Legion Celebrate 100th Anniversary by Glenn Pieper Menu— Chicken Sandwich, Broccoli Salad, Chips, Fruit & Milk</p>
<p>WEDNESDAY, May 29th</p>
<p>Program— Horse Racing with a Twist Menu— Cheesy Hamburger Macaroni Casserole, Mixed Veggies, Fruit , Bread & Milk</p>



Alice Brakhage
of
Tobias

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 April's
 riddle "What do you call a rabbit
 with flees?" was: Bugs Bunny



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, May 30, 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.

About SCAT

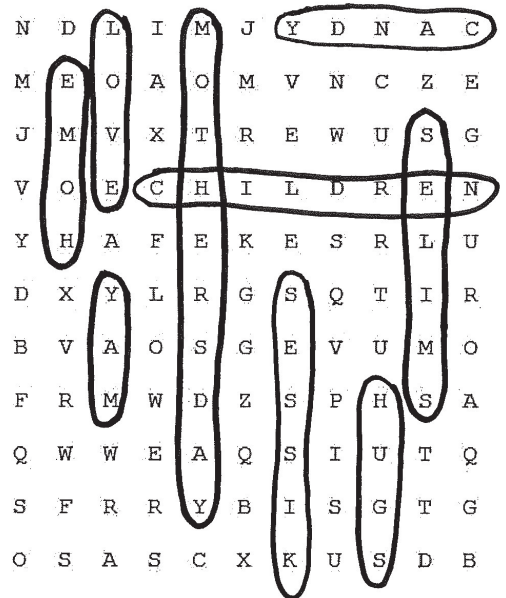
For the April Full Circle Events, Scott Bartels from Saline County Area Transit came to present SCAT services. For some of you that are not aware of what they have to offer, here are a few fun facts!

- Children 5 and under ride Free!
- Ages 6-10 are half price.
- Saline County....\$6.00
- Lincoln.....\$10.00
- Airport.....Add \$1.00
- Fairbury.....\$8.00
- Beatrice.....\$8.00
- Geneva.....\$8.00
- Individual Route..\$.88 per mile
- SCAT offers services to Tobias, Western, Crete, Dorchester, Swanton, DeWitt, Wilber and Friend.
- 6 vehicles, two being handicapped accessible travel to Lincoln, Crete, Geneva, Beatrice, and Fairbury on a weekday schedule.



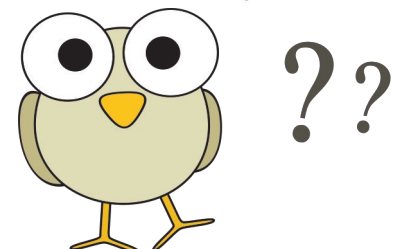
Answers to the March Puzzles

1. OFGR F R O G
2. FEUYRBTLT B U T T E R F L Y
3. SRSGA G R A S S
4. ORMHTARWE E A R T H W O R M
5. SNTGLHUI S U N L I G H T
6. UDB B U D
7. DDNLIAENO D A N D E L I O N
8. ORELWF F L O W E R
9. EBE B E E
10. GLBDYAU L A D Y B U G
11. OMLQB B L O O M
12. ERGEN G R E E N



Sudoku #3

33	34	10		35		11	12	
13	14	4		5				
15		16		49	36	17	18	
6	37		1	38				19
20	39		21	40	22		41	42
7				43	8		23	9
	44	2	24	45		25		26
				46		27	28	29
	47	3		48		30	31	32



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



**ARE YOU INTERESTED IN
PLAYING PITCH?**

Join us on Friday's in
'The Back Room'- SCAS
11 a.m. – 2 p.m.

*Call 402-821-3330 to RSVP
your spot today!*

(Order lunch from Wilber Meat Market or Fox Hole)

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.

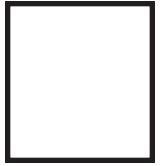
- Jan. 1 New Year's Day
- Jan. 21 Martin Luther King Day
- Feb. 18 Presidents' Day
- Apr. 26 Arbor Day
- May 27 Memorial Day
- July 4 Independence Day

- 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.



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