



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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June 2019

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The Month of June

June is the sixth month of the year, has 30 days, and is named after the Roman goddess Juno. June is the sixth month of the year in our modern day Gregorian calendar.

Juno's Month

June is the sixth month of the year in the Gregorian calendar and its predecessor, the Julian calendar. It is believed that the month is named after the Roman goddess Juno, who is the wife of Jupiter and is also equivalent to the Greek goddess Hera. Another belief is that the month's name comes from the Latin work *iuniores* which means "younger ones".

- Old English –Junius
- Latin name—Junius Mensis—Month of Juno
- Old French—Juin

History of June

June was originally the fourth month of the year in earlier versions of the Roman calendar and consisted of 30 days. It became the fifth month with a length of 29 days following a calendar reform around 450 BCE. In the Julian calendar, June was given a length of 30 days again.

Sixth Month in the Year

June is the sixth month of the year in the Julian and Gregorian calendar and is 30 days long. It is the month that has the most amount of daylight hours of the year in the Northern Hemisphere and shortest amount of daylight hours in the Southern hemisphere.

Many celebrations take place in the month of June, especially marriages. According to one etymology, June is named after the Roman goddess Juno who is the goddess of marriage and a married couple's household. It is considered good luck to get married in this month.

June and May are the only two months that doesn't start on the same day of the week as any other month. June ends on the same day of the week as March every year.

Birth Flower and Stone

June's birth flower is the rose or the honeysuckle

The birthstones for June are the pearl, the moonstone, and the Alexandrite which all symbolize health and longevity.

www.timeanddate.com

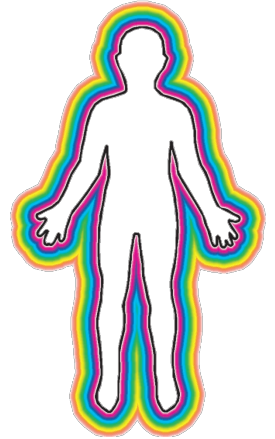
Elderly Bruising

Risk Factors & Prevention

Our bodies undergo a series of natural changes as we age—externally and internally. Our skin cells divide more slowly and skin begins to thin. Skin retains less moisture, causing it to become dry, scaly, and appear wrinkled. It loses its elasticity and instead of springing back, starts to sag. The skin's ability to repair itself diminishes, and wounds are slower to heal. Blood vessels also become more fragile and it becomes more common for the elderly to bruise. Certain conditions, diseases, or medications also play a role in elderly bruising.

Bruises result when trauma or a blow to the body damages or ruptures tiny blood vessels under the skin. In most cases, bruises occur as a result of an injury or a fall, or when people bump into things. Not only are the elderly more prone to bruising, less force is required to cause a bruise. For example, doctor visits involving intravenous (IV) procedures often make their mark in the form of bruises in older patients, while they may not in younger ones. With greater impact, deeper bruises of the muscles or bone can happen, which take longer to heal.

The medical term for a bruise is contusion. Ecchymosis is the visible skin discoloration caused by the ruptured blood vessels in the tissue near the skin's surface. If a bruise increases in size and becomes swollen and hard, it may be a hematoma, a localized collection of blood which becomes clotted or partially clotted.



TIPS ON PREVENTION

It may be difficult to prevent elderly bruising, but Dr. Aarthi Anand, a board certified geriatrician and family medicine practitioner based in Los Angeles, suggests taking the following precautions:

- Remove furniture or other obstacles to create a clear path for your loved one to move around in their personal space so they may potentially avoid bumps or falls.
- Assist loved ones with sitting and standing if they are likely to fall.
- Discuss the use of a cane or walker with a doctor if your loved one appears unstable while walking, or when trying to sit or stand up.
- Install handrails where possible for additional support.

Be alert about potential signs of elder abuse.

TREATING BRUISES

Medical treatment is not usually necessary since the body eventually reabsorbs the blood, and bruises tend to fade away within two to three weeks. Elderly bruising, however, can take several weeks, even months to go away. The pattern is somewhat predictable, beginning with the appearance of a reddish mark as the blood appears under the skin, which turns bluish-black or purple as the red blood cells break down, then yellowish green to a lighter brown before it gradually disappears.

To speed the healing process, Anand says that it is important to apply a frozen compress (for twenty minutes at a time) and elevate the bruised area to a level higher than the heart in the first twenty-four hours to keep swelling and inflammation to a minimum. This can help to reduce the size of a bruise by slowing the amount of blood that leaks into the tissues. "Then apply a warm compress to increase circulation, and rest to reduce the pressure on the affected area," she says.

UNDERSTANDING RELATED CONDITIONS & MEDICATIONS



"When bruising is related to a serious medical condition, generally it is other presenting symptoms that an elderly patient comes in for. But it is important to seek medical attention if significant bruising occurs since in some cases it can reveal health issues," Anand says. Leukemia and other diseases that affect the blood and platelets can lead to more severe bruising. Individuals with diseases of the liver may also experience easy bruising since the liver is responsible for producing blood-clotting factors. The risk of blood clots increases with age, as does the likelihood of conditions such as atrial fibrillation (irregular heart rhythms), which is associated with clotting and strokes. Deep vein thrombosis, in which blood clots form in the veins of the lower leg and thigh and travel through the bloodstream and lodge in the brain, lungs, heart, or other areas, can be caused by prolonged sitting or bed rest.

...continued on page 7

Do you enjoy using your imagination?

JOIN US FOR A CRAFT DAY!

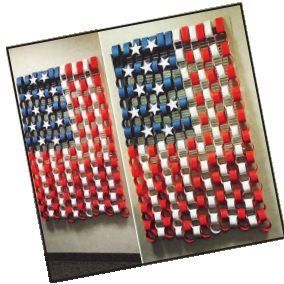


When: Monday, June 17th, 2019

Where: SCAS in 'The Back Room'

Time: 2:00 p.m.

**COME JOIN US TO MAKE A CRAFT/
DÉCOR FOR THE 4TH OF JULY!**



To RSVP your guarantee of a spot at our craft day, please call SCAS @ 402.821.3330!

Ten Dollars is Ten Dollars

George and his wife Bessie went to the county fair every year. This was their "big" event of the year. In fact, it was the closest thing they ever had to a vacation.

And each year George would say to Bessie, "I sure would like to ride in that there crop dustin', acrobatic airplane." And each year Bessie would say, "I know George, but that airplane ride costs ten dollars. And ten dollars is ten dollars."

After many years, George and Bessie went to the fair as usual, and George said, "Bessie, I'm 81 years old. If I don't ride that airplane this year, I may never get another chance."

Bessie replied, "George, that there airplane ride costs ten dollars. And ten dollars is ten dollars."

The pilot overheard them and said, "Folks, I've seen you here year after year. I know you've been wanting to ride in my airplane all that time. I also know that money is pretty important to you, and you don't part with it lightly."

"Tell you what, I'll make you a deal. I'll take you both up for a ride. If you can both keep quiet for the entire ride, and not say one word, I won't charge you a thing. But if you say even one word, it'll cost you ten dollars."

George and Bessie agreed. They got in the plane and took off. The pilot did all kinds of twists, turns, rolls, and dives, but he didn't hear a peep from George or Bessie. He tried his fastest upside roll and it was still quiet from the back.



When they landed, the pilot looked at George: "Well, I don't believe it George, I did everything I could think of to get you to yell, but you didn't."

George replied, "Well, I was going to say something when Bessie fell out of the airplane...."

"But, ten dollars is ten dollars."

What Are Functional Foods?

Functional foods and their health benefits have recently been a hot topic in the news. The academy of Nutrition and Dietetics defines a functional food as “one that has the potential to provide beneficial effects on health when consumed as a part of a varied diet.”

There are several types of functional foods available. Examples include conventional foods and modified foods. Conventional foods include fruits, vegetables, fish, whole grains and nuts. Modified foods include fortified cereals, juices, and yogurt. Modified foods are often fortified with nutrients such as calcium and/or Vitamin D.

Don't rely on the front of the package advertising for nutritional content. For example, just because a cereal states that it is “made from whole grain” does not mean that it is a good source of fiber. Make sure to read the Nutrition Facts Label as well as the Ingredient List to determine how healthy a food is. (Source: www.eatright.org)



Contact an Aging Partners registered dietitian at 402-441-7159 to learn more about functional foods.



Functional Foods

- **Fatty Fish:** Salmon is a fatty fish that has gained popularity over the past several years.

Salmon is considered a good source of lean protein and contributes an adequate amount of Omega-3 fatty acids to our diet. Omega-3 fatty acids have been shown to have positive health benefits on heart health and possibly brain health.



- **Berries:** Strawberries, blueberries, blackberries, and raspberries contain a large amount of anthocyanins, which is an antioxidant. Antioxidants have been shown to have positive effects on health and may protect against certain types of cancer and other chronic diseases.



- **Nuts:** Almonds, walnuts, and cashews are considered to be a good source of protein and contain the “healthy” fats that are encouraged. Nuts can provide monounsaturated and polyunsaturated fats to our body, which can help to lower LDL (“bad”) cholesterol levels and have a positive effect on heart health. It is recommended to consume ½-1 serving of nuts per day. Be mindful on how much it being consumed, as nuts are often high in calories. Nuts covered in salt or chocolate do not have the health benefits that regular, unsalted nuts do.



- **Beans:** All beans are a good source of protein and ber. Beans can be incorporated into a variety of entrees such as soups and casseroles. If using canned beans, be sure to rinse before cooking to reduce the sodium content.



Source: Aging Partners

Activities for Dementia Patients

Connecting with others is at the core of being human – and it’s something that doesn’t change when a person has dementia. We’re often asked what are good activities for dementia patients. It’s important to know that there are many ways you can continue to form connections and strengthen bonds with your loved one during this time.

12 Ways To Make A Connection

People with dementia often return to long-term memories of childhood. Their minds seem to only recall their younger years, and this is often where connections can be made. The next time you visit with your loved one, try one or more of the following activities to create a connection with them:

Create a Memory Bag

Fill the bag with items reminiscent of their late teens/early twenties. Scented products work well for this, as scents are strongly tied to memory. Try including soap, perfumes and aftershave, or holiday scents like gingerbread, pine and peppermint.

Look Through Photo Albums

Photo albums with pictures from their childhood or young adulthood are best for this. Old periodicals are another good option, particularly those that include many photos such as Life or Time magazines.



Read Out Loud

If your loved one has a favorite book, read it out loud to them and let them hold the book and feel the pages. Encourage them to enjoy the distinctive “old book smell.” Reading aloud works especially well with poetry, as the cadence of the words are familiar and calming.

Listen to a Playlist of Favorite Music

Download songs or set up radio to stream that features music from their teenage years. Many internet radio stations include everything from classic rock to big band sounds, their favorite music should be easy to find.



Sing Old Songs

If they grew up going to church, sing old hymns with them. If it’s around the holidays, sing holiday carols or other special songs. Class sing-a-longs and music classes were much more common in schools prior to the electronic age. You might be surprised at what songs your loved ones know and remember from elementary school.

Watch Old Movies and TV Shows

Did your parents grow up watching westerns like Gunsmoke or family dramas such as My Three Sons? Perhaps they were more interested in musicals like “The King and I” or “Singing in the Rain.” You can find many favorite movies and shows from the 40s, 50s and 60s on Netflix or other streaming services.

Go on a Nature Walk

Use nature to integrate sensory experiences into conversation. Listen to birdsong, touch the wet grass, smell the roses and feel the sunshine on your shoulders. Ask what their favorite outdoor activities were during their youth and try to safely recreate similar scenarios if possible.

Look Through Old Cookbooks

In the past, women spent a great deal of their teenage years learning to cook and young adult years cooking for their families. Discuss origins and variations on old family recipes, or better yet, cook with those old family recipes and share the results with your loved ones.

Enjoy Favorite Treats

Look for candy or other indulgences that were commonplace when your loved one was young. Many companies specialize in nostalgic candy where you can buy old favorites like horehound candy and soft peppermint sticks. Even simple things, like an orange, can be a treat to someone who remembers when you only had them during holidays.

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Elderly Bruising

Several medications may contribute to elderly bruising. Anticoagulants such as Coumadin® (warfarin) help prevent clotting by thinning the blood, lowering the chances of heart attack and artery blockages that may cause strokes, but also increasing the possibility of bruising. Seniors taking Plavix® (clopidogrel bisulfate) for heart disease and stroke may experience the same effects. Common over-the-counter medications such as ibuprofen, aspirin, antidepressants, asthma medications, and cortisone medications may also increase the chances of bruising.

RECOGNIZING ELDER ABUSE

According to the National Center on Elder Abuse (NCEA), the term “elder abuse” refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable older adult. Statistics compiled by the NCEA indicate that elder abuse is on the rise. Frequent bruises and bruises that appear from rough handling such as deep finger print marks are some signs to watch for. In some cases, the elderly may not remember, or even realize, that they are being abused due to decreased pain perception and possible memory loss. Know the signs of elder abuse.

“Talk to your loved one and be observant of bruises,” suggests Anand. If bruising occurs with unknown cause, particularly if it is severe and extensive, or if a bruise hardens, increases in size, becomes more painful, or does not appear to follow the predictable healing pattern, contact a physician for an evaluation.

**THERE'S NO EXCUSE
FOR ELDER ABUSE.**

aPlaceforMom.com

WILBER

Date: Friday, June 21st, 2019

Time: 9:30 a.m.

Location: 'The Back Room' -SCAS

Meal: Casey's Breakfast Pizza (Meat or Non Meat) & Fruit

Please RSVP your breakfast selection by June 14th!
402.821.3330

\$3 fee for anyone attending the meal.

CRETE

Date: Friday, June 21st, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: Meal was TBA when the monthly newsletter was sent out. When you call to RSVP, you will be notified the meal.

Please RSVP by June 14th!
402.821.3330

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

For those under age 60: \$5.00 fee

WESTERN

Date: Friday, June 28th, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Soup & Salad Bar, Fresh Bread & Dessert

Please RSVP by June 21st!
402.821.3330

\$5 fee for anyone attending the meal.

FRIEND

Date: Thursday, June 20th, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Fried Chicken, Mashed Potatoes, Gravy, Corn, Dinner Roll & Corn

Please RSVP to receive the special of the day
by June 13th!
402.821.3330

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

For those under age 60: \$5.00 fee

For ALL Full Circle Events for the month of June—

“Staying Cool When It’s HOT”

Christy Geiger from *Caring Friends In Home Care*, will be joining us to present signs of a heat stroke, heat exhaustion and the importance of hydration for seniors. She will also be willing to take blood pressure for those interested!

** ALL who attend the presentation will receive a water bottle and coozie.



Recipe of the Month

BANANA & NUTELLA SUSHI

INGREDIENTS:

- 2 Soft Taco Flour Tortillas
- 2 Bananas
- 4 tbsp. Nutella

INSTRUCTIONS:

1. Microwave tortillas on paper towel for 10 seconds to soften
2. Spread each tortilla with 2 tablespoons Nutella
3. Peel banana and place the banana on top of your Nutella coating
4. Roll tortillas tightly around the banana
5. Slice into half inch pieces like sushi



Recipe is from Pinterest.com

Exercise of the Month — Elbow Extension Exercise

TARGETED MUSCLES: Upper arm (triceps)

WHAT YOU NEED: Hand-held weights or household items (soup cans, bottles of water)

This exercise will strengthen your upper arms. If your shoulders aren't flexible enough to do this exercise, try the Chair Dip.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weight in one hand with palm facing inward. Raise that arm toward ceiling.
4. Support this arm below elbow with other hand. Breathe in slowly.
5. Slowly bend raised arm at elbow and bring weight toward shoulder.
6. Hold position for 1 second.
7. Breathe out and slowly straighten your arm over your head. Be careful not to lock your elbow.
8. Repeat 10-15 times.
9. Repeat 10-15 times with other arm.
10. Repeat 10-15 more times with each arm




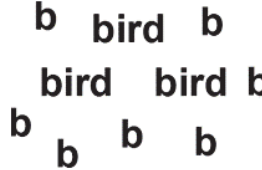

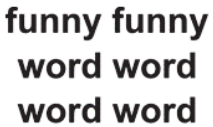


go4life.nia.nih.gov

Can you solve these visual puzzles?

HAPPY FATHER'S DAY



1. 	2. 
3. PENNIES	4. 
5. 	6. 
7. MILONELION	8. Matter
9. 	10. Not = Cent

© puzzles-to-print.com

Riddle of the Month

What can travel around the world while staying in a corner?

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!

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

© 2013 KrazyDad.com

.HAPPY.



Father's Day

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

BARBECUE
BRAVE
CHILDREN
DAD
FAMILY

FATHER
FISHING
GRILLING
HELPFUL
JUNE

KIND
LOVE
MOTIVATIONAL
PARENT
PICNIC

PROTECT
SPORTS
STRONG
SUMMER
TEACHER

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Announcements

SIGN UP TIME FOR FARMERS MARKET COUPONS

Saline County Aging Services (SCAS) 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.

To qualify for SFMNP coupons, Saline County residents must:

Be 60 years of age or older.

Meet income guidelines. Households cannot exceed the following:

—1 person household \$23,106.50 per year or \$1,925.54 per month

—2 person household \$31,283.50 per year or \$2,606.95 per month

Attend a mandatory, but brief, nutrition presentation.

Be prepared to show proof of age and income.



Coupons will be given out on a first come, first served basis. SCAS will receive a limited amount of coupons. This year SCAS are only getting 35 sets. People will be put on a waiting list for extra coupons if/when they become available.

The coupons will become available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00/coupon or \$48.00/set. 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.

People who have called to reserve a set of coupons will be notified of the days/times available to attend the nutrition presentation and receive their coupons.

The SFMNP is a partnership between the USDA, the State of Nebraska, Farmers' Markets, and Area Agencies on Aging.

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).



ARE YOU INTERESTED IN TAI CHI?

SCAS Staff would like to start up a Tai Chi class in Friend. If you, or somebody you know, would be interested in participating in a class, let us know!

To put your name on the list, please call SCAS at 402-821-3330. We would like to see how many would be willing to attend our class.

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!

May Full Circle Fun

For the May Full Circles in Western, Wilber & Friend, Jill Chaloupka Busselman joined us to talk about her mission trip to Africa. It was so neat to hear about her experiences. What an awesome program. Thanks, Jill, for your time!



Fan Program

**The weather is warming up out there...
Are you in need of a fan?**

The Nebraska Department of Health and Human Services (DHHS) will again provide fans to those who qualify by age and income (for those of low income, the elderly, and people with disabilities).

Saline County Aging Services will again be a distribution point for Saline County residents.

Call ahead to qualify for a fan and/or to make an appointment to pick one up by calling 402-821-3330.



Visit and Connect with Animals

People who grew up on farms may enjoy an outing to a petting zoo or family farm where they can touch and talk to horses and other farm animals. Ask questions about animals, old pets, or what it was like to grow up on a farm. This is a great activity to involve grandchildren in, since many kids today are not familiar with farms.

Reminisce Over Childhood Toys

Nothing elicits childhood memories like familiar old toys. Erector sets, kewpie dolls, sock monkeys and marbles were some of the most popular toys during the 40s and 50s. There are many websites dedicated to antique toys. If you have any old toys available, bring them when you visit, ask questions about how they were played with, or, in the case of construction toys, build something together.




Bring Back Old Skills

Did your loved one quilt, crochet or knit? Put a homemade quilt or skein of yarn in their hands and let them feel the weight of the quilt and the scratchiness of the yarn. You may be surprised to find that your loved one can still crochet or knit a little bit, even though they have serious memory or cognitive deficits. Often, the muscles remember what the brain has forgotten.

Your loved one may be different than the person you have always known, but they still long for connection and companionship. You can encourage that connection by using these activities to enrich both of your lives.

aPlaceforMom.com

June Activities

<p>Key: Crete Dorchester Wilber Friend DeWitt</p>						<p>1 Black Bear Day</p> 
<p>2</p>	<p>3 Egg 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 Chocolate Ice Cream Day</p> 	<p>8 Best Friend Day</p> 
<p>9 Donald Duck Day</p> 	<p>10 Herbs & Spices Day</p> 	<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</p>	<p>14 Flag Day</p> 	<p>15 Smile Power Day</p> 
<p>16 Fathers Day</p> 	<p>17 Apple Strudel 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</p>	<p>21 Sea Shell Day</p> 	<p>22 Onion Ring Day</p> 
<p>23 Hydration Day</p> 	<p>24</p>	<p>25 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>26 Foot Clinic 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</p>	<p>28 Alaska Day</p> 	<p>29 Waffle Iron Day</p> 
<p>30 Social Media 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?

DeWitt Senior Center Meal Schedule

For meal reservations,
call Bev at 683-6475 or 520-0873

WEDNESDAY, June 5th

Program— Jill Engel Cooking for 2

Menu— Salmon Loaf, Fried Potatoes, Broccoli, Milk & Bread

WEDNESDAY, June 12th

Program— Nebraska, The Chocolate Life

Menu— BBQ Chicken, Baked Potato, Corn, Fruit, Milk & Bread

TUESDAY, May 18th

Evening outing to the Cortland Jam Session at the Opera House with dining at the Hallam Steak House. Meet at the Senior Center at 4:30 p.m. or at the Cortland Opera House at 6:30. Notify Bev Plihal for a meal reservation at Hallam Steak House.

WEDNESDAY, June 19th

Program— The Beauty of Weaving by Kelly Scusa

Menu— Applewood Pork Loin, Scalloped Potatoes, Green Beans, Fruit, Bread & Milk

WEDNESDAY, June 26th

Program— Nifty Fifties with Elvis

Menu— Chili Dogs, Potato Salad, Watermelon, Root Beer Floats & Milk

FOOT CLINIC by Appointment



Jerald Saurer
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 May's
riddle "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?" a keyboard



HAPPY BIRTHDAY!

*A special wish to all of the
June 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.

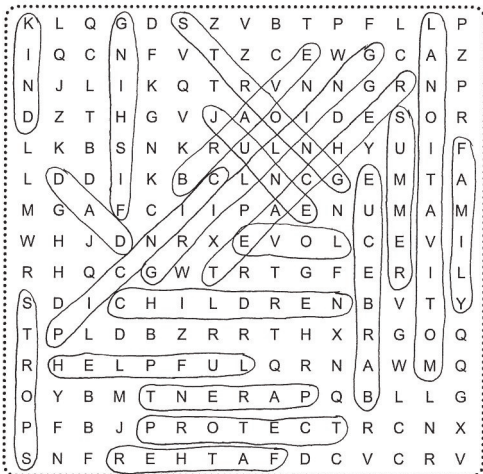
SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, June 27th, 2019, in the Wilber Care Center's Activity Room. Please RSVP by June 20th, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

Older Americans Month



Several clients participated in the window display theme for May— Older Americans Month. We are thinking the flowers brought in the nice spring weather that we have been receiving! Thank you to those who took the time to trace their hand!

Answers to the March Puzzles



1. A bundle of nerves	2. Small potatoes
3. Pinching pennies	4. Back on one's feet
5. The birds and the bees	6. A finger in the pie
7. One in a million	8. Grey matter
9. Too funny for words	10. Not worth a red cent



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

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.

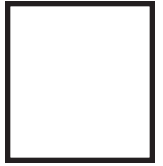
- Jan. 1 New Year's Day
- Jan. 21 Martin Luther King Day
- Feb. 18 Presidents' Day
- Apr. 26 Arbor Day
- May 27 Memorial Day
- July 4 Independence Day

- 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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