



# 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

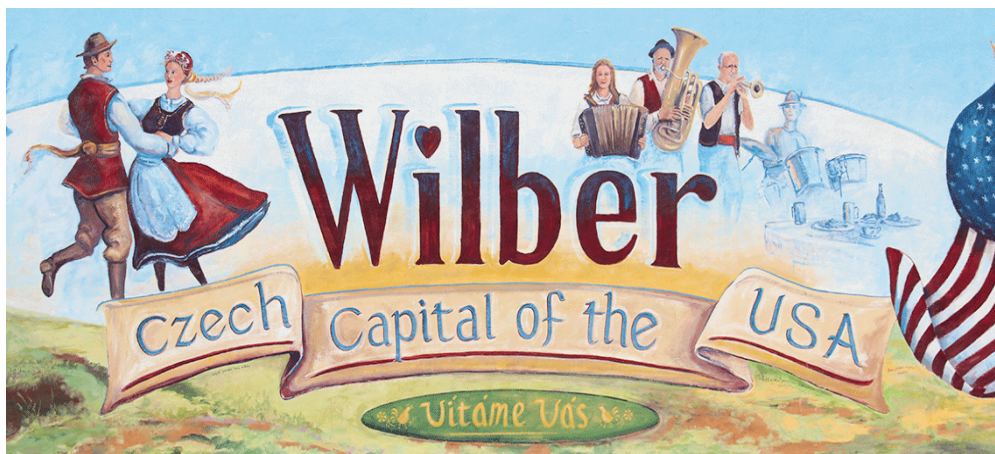


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August 2019

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## The Nebraska Czechs of Wilber

In February 1962 four citizens of Wilber, Nebraska, Senator Joe T. Vosoba, Judge Eugene Zajicek, Pastor William Temps, and Walter A. Baer conceived the idea of forming a Wilber Czech organization for the purpose of (1) perpetuating Czech culture and tradition, (2) making Wilber the Czech Capital of Nebraska, (3) providing a tourist attraction by holding an annual Czech Festival, and (4) building a museum for the preservation of Czech literature, culture, and artifacts.

That group of four men was expanded to a committee of seven, adding Josef J. Novak, Ray Houska, and Josef Horacek. This committee then added six women: Mrs. Milo (Arlene Sobotka) Korinek; Mrs. Ed (Rose Svoboda) Prucha; Mrs. Edward (Lulu Nespory) Kohel; Mrs. Emil (Alice Svehlak) Kostka, Mrs. Nelson (Blanche Novak) Searcy; and Mrs. Walter (Helene Novak) Baer.

Each group met separately and discussed plans for organization, a Czech Festival, and general activities. Pastor Temps and Helene Baer consolidated the decision of the two groups and drew up general plans and committees for the First Annual Czech Festival for 3-4/August/1962.

The decision that came from these groups were that the organization was to be called "The Nebraska Czechs," that any citizen indicated his desire to be a member by signing the official roster, that no membership dues be required, and that Senator Vosoba draw up Articles of Incorporation and By Laws.

On April 7, 1962 these articles and By-Laws were approved at a joint meeting of the thirteen committee members and the organization became "The Nebraska Czechs, Incorporated."

The Nebraska Czechs, Inc., held its first meeting at the Sokol Hall in Wilber with Senator Vosoba presiding. He summarized the Articles of Incorporation and the By-Laws and explained the purposes of the organization. Officers elected for the year were Joe T. Vosoba, president; Eugene Zajicek, vice-president; Helene Novak Baer, secretary; and Charles Hroch, treasurer Ray Houska, Mary Bartos Menne and Bertha Bednar Pospisil were elected directors.

## Nebraska Czechs of Wilber

Governor Frank Morrison, guest speaker, told the meeting that organizations such as the Nebraska Czechs would help benefit tourism in Nebraska and help build the entire country by use of “common sense, understanding, friendship, and appreciation of all people.” Joe Seacrest, Editor of the Lincoln Journal, emphasized the tourist advantages which could come from a Czech museum and other cultural projects. He stressed the proud heritage of the Czech people and the need for preserving this heritage. Dr. Vladimir Kucera spoke to the group in Czech stressing the need for preserving things of Czech culture. Mayor-elect Walter A. Baer spoke of the benefits that this activity would bring to the local level of Wilber.

The evening’s program included a group of local dancers in Czech costumes who danced three Czech folk dances. The nine couples were Mr. and Mrs. Joe T. Vosoba, Mr. and Mrs. Josef Horacek, Mr. and Mrs. Milo Korinek, Mr. and Mrs. Edward Kohel, Mr. and Mrs. Eugene Zajicek Mr. and Mrs. Glen Zajicek, Pastor and Mrs. William Temps, Mrs. George Hynek, Mr. Edward Kohel, Jr., and Mr. and Mrs. Walter Baer. Mr. George Hynek was the accordionist. An outgrowth from these original dances was the interest in reviving the Czech National dance, the Beseda, and other folk dances, all of which became integral features of the following annual Festivals.

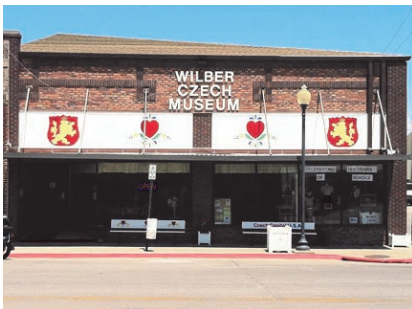


Approximately 400 people attended this meeting. Interest in the organization was indicated by representation from Crete, De Witt, Dorchester, Brainard, Fairbury, Dwight, Milligan, Beatrice, and Lincoln. Three hundred four people signed the charter membership roster.

Wilber launched its First Annual Czech Festival in August 1962. It was a success. The organizational planning was so successful that it attracted 20,000 people. This success was possible because of the typical Czech willingness for hard work and a cooperative spirit for a common goal. That cooperation has grown in the five years of this organization until in August 1966 the Fifth Annual Wilber Czech Festival achieved a new high in attendance, 60,000 people in two days.

Through these Festivals, Czech folk songs and music have been revived and become popular. A souvenir program provides for perpetuating Czech handcraft and the Czech arts. A Nebraska Czech seal on each article assures the buyer that each article is made by local Nebraska Czechs. The Nebraska Czech costume, locally made and designed, is worn by many Czechs and non-Czechs alike, adding to the color of the Festival. Czech history is portrayed by a pageant written by Judge Stanley Bartos. The pageant is produced each year by local talent and starts with the mythical beginning of the Czech people. A new chapter is added each year to bring the story up to the present day. An extravaganza by local talent and contests stress Czech music and dancing.

The Festival is nonprofit and most of the entertainment is free. It is a family “get-together” type of festival with no carnival-type attraction. Family reunions are very popular and friends who might not have seen each other for years relive their youth together and discuss their family’s contribution to Nebraska’s history.



Wilber was designated the Czech Capital of Nebraska by Governor’s proclamation in 1963. In 1965 a state historical marker was dedicated in Wilber to the Nebraska Czechs for their organization and to their Nebraska ancestry. In addition the Nebraska Czechs of Wilber received a memorial gift from local citizens. Mr. and Mrs. Milo Stastny donated a building in Wilber to be used as a Czech museum and Czech cultural center. The City received land and money from the same donors for a library which is to be a repository and research center of Czech life in the United States.

The enthusiasm which is growing in other Czech towns in Nebraska and in other states for Festivals of their own indicates the need that existed for additional Czech organizations to perpetuate Czech culture and handcrafts and to record historical contributions of the Czech people. One of the great contributions that the Nebraska Czech of Wilber has made is instilling in its youth a pride in its Czech heritage.

[nebraskaczechsofwilber.com](http://nebraskaczechsofwilber.com)

# Interesting Facts About Everything!

- McDonalds once made bubblegum– flavored broccoli
- The first oranges weren't orange.
- The letter Q is the only one letter that doesn't appear in any U.S. state name.
- A cow-bison hybrid is called a “beefalo”.
- Armadillo shells are bulletproof.
- Firefighters use wetting agents to make water wetter.
- Octopuses lay 56,000 eggs at a time.
- Cats have fewer toes on their back paws.

*www.rd.com*

# Memories

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down.' she says.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'

Nothing enhances the good old days more than a poor memory.





# Tofu... Oh So Good!



## What is it?

Tofu, also known as bean curd, is coagulated soy milk that has been pressed into a firm block. Tofu is an excellent complete protein source containing all the same essential amino acids as meat. Just ½ a cup of tofu contains 10 grams of protein! This makes tofu a great vegetarian protein source.

## Preparation Ideas



Tofu has a very mild flavor making it an excellent addition to most meals because it molds around any flavors you're cooking with, both sweet and savory! Its delegate texture is comparable to the mouth feel of soft cheeses.

**Tofu Scramble:** This recipe makes for a great egg substitution for breakfast meals. Chunk up an extra-firm tofu block. Sprinkle with cumin, salt, pepper, and preferred veggies that you'd use when preparing breakfast eggs (such as diced onions, peppers, and mushrooms). Toss tofu and vegetables in hot oil on stovetop until vegetables are tender and tofu has crisped slightly. Serve hot.

**Tofu Smoothie:** Lactose intolerant? Use silken tofu to get a creamy smoothie with a powerful punch of protein!

**Stir-fry:** Try replacing meat with tofu in your favorite stir-fry recipes.

**Sandwich Spread:** Drain 1 pound tofu block and place into food processor. Add ½ cup mayonnaise and 1 package (1 ounce) dry Ranch Dressing seasoning. Blend until all ingredients well combined and tofu is smooth.



## More Health Benefits

Tofu is not only versatile but healthy! Besides being a great vegetarian protein source, it's high in calcium and iron while at the same time being a low calorie and low fat food!

### ½ Cup Tofu Contains

Calories	94
Protein	10 grams
Fat	6 grams
Carbs	2.3 grams
Iron	36% Daily Value
Calcium	43% Daily Value

## A Brief History

- Soy Bean cultivation and Tofu preparation dates as far back as 1600 B.C. in China.
- The building block of Tofu is Bean Curd which took off with widespread production during the Han Dynasty spanning 206 B.C. to 220 A.D.
- Buddhist monks brought soy beans and bean curd recipes from China to Japan.
- Soy Bean plants came to the United States by way of a sailor named Samuel Bowen in 1765 which he planted near Savannah, Georgia.

To learn more about how nutrition affects your health, call an Aging Partners registered dietitian at 402-441-7159.

## Tips for Safe Senior Travel

Utah-based tour director Doreen Barnes, who leads groups of seniors ranging in age from 55 to over 90, says senior travel is booming, and the travel industry has stepped up to the plate to ensure their special needs are met. In Barnes' experience, most minor disabilities and special needs can be easily accommodated.

"Some of our people do take oxygen. We always encounter some walkers and occasionally a wheelchair, and we're happy to accommodate anybody on our trips," says Barnes, who is 76. Many of her clients receive some elder assistance from a child or friend.

### PLANNING TRIPS FOR SENIORS

According to Barnes, successful trips require a little extra planning. For instance, she seeks out hotel rooms designed for people with limited mobility and other special needs, she says, and always asks for rooms close to the elevator for those people who can't walk very far. Many hotels and cruise lines offer accessible rooms, some with ceiling-track lifts. Even bed-and-breakfasts and quaint inns are upgrading their accessibility to attract the senior travel clientele.

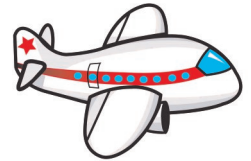
Seemingly insurmountable senior travel challenges are becoming a thing of the past, thanks to niche businesses catering to seniors and people with disabilities. One such service is specialized medical transport and escort services for elderly people, who wouldn't normally be able to travel long distances without some elder assistance.

And for the more able-bodied older traveler, the sky's the limit.

Barnes' groups travel to destinations such as Branson, Missouri, Alaska, Las Vegas and Hawaii. They travel mostly by bus, but also by plane, cruise ship and train. They go for short overnights as well as extended stays well over a week.

### SPECIAL TSA PROGRAMS

The Transportation Security Administration, which screens all airline passengers, has established a special program for screening people with disabilities and their mobility aids, devices and other medical equipment. But advance notice needs to be provided to the airline or travel agent. A gate pass can also be obtained for anybody accompanying a person with special needs. The limit of one carry-on and one personal item does not apply to medical supplies, equipment, mobility aids and assistive devices.



If your loved one has a pacemaker or other medical device on the interior or exterior of their body, ask his or her doctor to find out whether it's safe to go through the metal detector or to be hand-wanded and if not, make arrangements for an alternate screening method.

Travelers ought to keep all medical supplies with them, along with personal identification, to avoid necessary items being lost with luggage.

The TSA asks that medications be packed in their own carry-on bag and that all medication be clearly identified. Packing medications in checked bags is discouraged, as not to expose them to X-rays. Larger quantities of medications can always be sent to a destination.

### MANAGING MEDICATIONS WHILE TRAVELING

It's important that senior travelers have enough medication with them for the duration of their trip. Bring original prescription bottles to answer any questions that might arise about them. Those bottles also quickly reveal what medications a loved one has been taking if there's a medical emergency.



"Medications are a lifeline for many travelers. But safely transporting them is most often last on people's packing lists," says Dr. Byron Thames, an AARP board member.

Thames recommends thinking in terms of "just in case." Bring an extra week's supply because travel arrangements could change; bring copies of prescriptions, because medication could be lost or stolen. Be sure that your loved one's doctor includes both the brand and generic version.

## Tips for Safe Senior Travel

If needles are used in dispensing a medication, a doctor's note explaining why a loved one is in possession of that medication and paraphernalia can be helpful. When traveling abroad, check whether any medications are restricted: an over-the-counter drug in the U.S. might be considered a controlled substance elsewhere, particularly if it contains codeine.

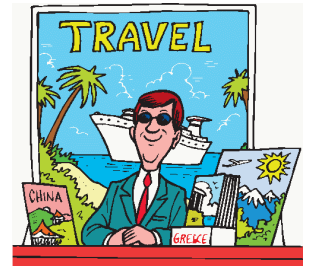
### TRAVELING WITH SUPPLEMENTAL OXYGEN

Each airline has its own policy for on-board oxygen transport and in-flight oxygen usage. Contact the individual airline for its current oxygen policies.

Personal supplemental oxygen will need to undergo screening. Ask a doctor whether disconnection can be done safely. If it can't, a security officer can conduct an alternate inspection process. Also, if an oxygen supplier is needed to meet a loved one at the gate, caregivers must check with the airline well in advance of departure to make arrangements.

### ARRANGING SPECIAL TRANSPORTATION

Similarly, if your loved one has limited mobility, take advantage of special transportation services offered by airlines, cruise lines, and trains to board and alight safely, often via wheelchair. Call ahead to check whether the service is available, and if it is, make a reservation.



*aPlaceforMom.com*

# WILBER

Date: Wednesday, August 28th, 2019

Time: 1:00-3:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Coffee & Dessert

Please RSVP by August 23rd!  
402.821.3330

*No fee to attend.*

**LEGAL CLINIC**  
*See page 18 for details!*

# CRETE

Date: Friday, August 16th, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: Orange Chicken, Rice & Vegetables, Egg Roll or Crab Rangoon & Fruit.

Please RSVP to receive the special of the day  
by August 9th!  
402.821.3330

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

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

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

# WESTERN

Date: Friday, August 23rd, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Spaghetti & Meatballs, Garlic Bread & Corn

Please RSVP by August 16th !  
402.821.3330

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

# FRIEND

Date: Thursday, August 22nd, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

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

Please RSVP to receive the special of the day  
by August 14th!  
402.821.3330

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

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

Chantel Collier, a board certified nurse practitioner at Complete Rural Medicine will be discussing hospice and palliative care. She will also discuss the importance of a living will and assigning power-of-attorney.



## Recipe of the Month

# HAM, EGG, AND CHEESE BISCUIT WAFFLEWICHES

### INGREDIENTS:

- 1 (16.3-ounce) package Pillsbury Grands! Flaky Layers Refrigerated Biscuits
- 6 eggs lightly scrambled (soft scrambled)
- 8 slices cheddar cheese
- 8 pieces thinly sliced smoked ham

### INSTRUCTIONS:

1. Preheat a waffle iron to medium heat and lightly spray it with nonstick cooking spray.
2. Open the biscuits and separate each biscuit in half. Stretch the layers thin to about 5-6 inches in diameter. Top one half of the biscuit with a piece of cheese, a slice of ham, and a generous heaping tablespoon of scrambled eggs. Top with the other half of the biscuit and pinch to seal the edges closed.
3. Place in the waffle iron and close. Cook 4 to 5 mins or until the biscuit is golden brown and cooked through. Store the prepared wafflewiches in a warm oven until the others are finished. Serve warm.



*Recipe is from Pinterest.com*

## Exercise of the Month — Wall Push Up

**TARGETED MUSCLES:** Arms, shoulders, and chest

**WHAT YOU NEED:** These push-ups will strengthen your arms, shoulders, and chest. Try this exercise during a TV commercial break.

1. Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.
4. Hold the position for 1 second.
5. Breathe out and slowly push yourself back until your arms are straight.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



[go4life.nia.nih.gov](http://go4life.nia.nih.gov)

# Riddle of the Month

**What kind of room has no doors or windows?**

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!**



Solve these visual word puzzles by looking for clues in the placement, color, or number of words!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat 2 aa
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER

# Hot Summer Days

## Word List

- BARE FEET
- BEACH
- BOAT
- FLIP FLOPS
- FLOWERS
- ICE CREAM
- LEMONADE
- POOL
- STRAWBERRIES
- SUMMER
- SUNSCREEN
- SUNSHINE
- SWIMMING
- UMBRELLA
- WATERMELON

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



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# Top Signs of Elder Abuse

As seniors age and become more dependent on others for care, they also become more vulnerable to abuse, neglect and exploitation. Most people find the thought of harming a vulnerable elderly person abhorrent, but that doesn't mean the possibility can be ignored. Elder abuse can occur when you least suspect it. In fact, according to the National Center on Elder Abuse (NCEA), "most cases of elder abuse are perpetrated by known and trusted others, particularly family members." Elder abuse can also occur in institutional settings, including nursing homes and assisted living communities.

## TYPES OF ELDER ABUSE

Elder advocates have outlined the following types of elder abuse:

- Abandonment
- Emotional Abuse
- Financial Exploitation
- Neglect
- Physical Abuse
- Sexual Abuse



Unfortunately, different types of elder mistreatment often occur concurrently. For example, a senior who is being neglected may also be exploited financially.

## COMMON SIGNS OF ELDER ABUSE



Here are some of the most common signs of elder abuse. These signs don't automatically show that abuse is occurring, but are clues that you should look further into your loved one's well-being:

- Bruises, cuts, abrasions, burns and other physical signs of trauma
- Sudden social withdrawal, confusion or depression
- Witnessing a family member or caregiver verbally belittling or yelling at the senior
- Senior's finances suddenly change for the worse
- Bedsores, poor hygiene and weight loss

There are often other explanations for these indications, but any changes in your loved one's personality, behavior, or physical condition should be investigated thoroughly.

## WHAT IF YOU SUSPECT ELDER ABUSE?

If you believe a senior may be in immediate danger, call 9-1-1. Otherwise, call the National Domestic Violence Hotline 24/ hours a day/7 days a week: 1-800-799-SAFE (7233), or 1-800-727-3224 (TTY). The local number for DHHS is 1-800-652-1999.



### 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.



Stepping On is class that is proven to help reduce the risk of fall injuries. This 7 week class can make you stronger and steadier to keep you doing the things you love to do!

Lori & Madison will be getting trained for this course, and they are interested in seeing how many are willing to participate in a class this fall.

Please let us know!  
402.821.3330

### 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!

What's going on at SCAS?



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HOT DOG DAY



CRAFT DAY

What's going on in DeWitt?



Nifty Fifties fun program!



Float Decorating for DeWitt Days.



Watching Cortland my musical jam session.

Float Decorating for DeWitt Days.

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DeWitt Senior Center has several different activities that they do throughout the week. On Tuesdays and Thursdays, they offer Tai Chi from 9-10 in the morning and quilting from 1-5 in the afternoon. Every Wednesday at 12, they have a meal that includes a program! For any questions regarding the DeWitt Senior Center, call Bev Plihal at 402.520.0873 or 402.683.6475

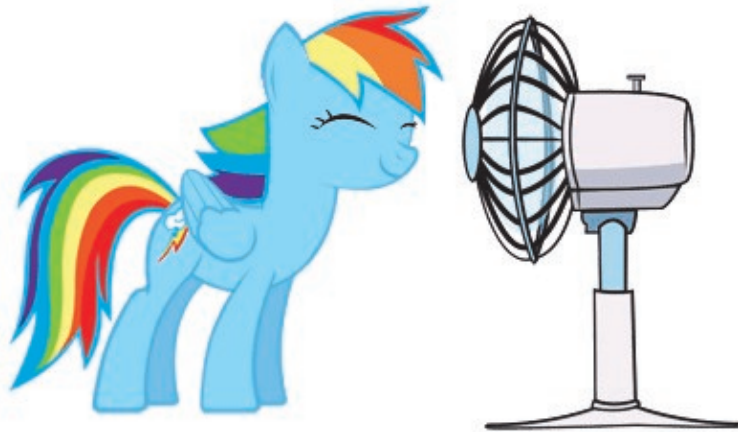
## Fan Program

**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.



# August Activities

<p>Key:  <b>Crete</b>  <b>Dorchester</b>  <b>Wilber</b>  <b>Friend</b>  <b>DeWitt</b></p>				<p>1  Raspberry Cream  Pie Day</p> 	<p>2  Coloring Book  Day</p> 	<p>3  Mustard Day</p> 
<p>4  Chocolate Chip  Cookie Day</p> 	<p>5  <b>SCAS CLOSED</b></p> 	<p>6  <b>Foot Clinic</b>  Tai Chi 9-10  Quilting 1-5  TaiChi 930-1030  TaiChi1030-1130  TaiChi 2:00-3:00</p>	<p>7  Foot Clinic  Lunch 12:00 p.m.</p>	<p>8  Tai Chi 9-10  Quilting 1-5  TaiChi 930-1030  TaiChi1030-1130  TaiChi 2:00-3:00</p>	<p>9  Rice Pudding  Day</p> 	<p>10  S'mores Day</p> 
<p>11  Son's &amp;  Daughter's Day</p> 	<p>12  Middle Child Day</p> 	<p>13  <b>Foot Clinic</b>  Tai Chi 9-10  Quilting 1-5  TaiChi 930-1030  TaiChi1030-1130  TaiChi 2:00-3:00</p>	<p>14  Foot Clinic  Lunch 12:00 p.m.</p> <p>National  Creamsicle Day</p> 	<p>15  <b>Foot Clinic</b>  Tai Chi 9-10  Quilting 1-5  TaiChi 930-1030  TaiChi1030-1130  TaiChi 2:00-3:00</p>	<p>16  Tell a Joke Day</p> 	<p>17  Honey Bee Day</p> 
<p>18  Fajita Day</p> 	<p>19  Soft Ice Cream  Day</p> 	<p>20  Tai Chi 9-10  Quilting 1-5  TaiChi 930-1030  TaiChi1030-1130  TaiChi 2:00-3:00</p> <p>National  Lemonade Day</p>	<p>21  Lunch 12:00 p.m.</p>	<p>22  Tai Chi 9-10  Quilting 1-5  TaiChi 930-1030  TaiChi1030-1130  TaiChi 2:00-3:00</p>	<p>23  Sponge Day</p> 	<p>24  Waffle Day</p> 
<p>25  Banana Split Day</p> 	<p>26  Dog Day</p> 	<p>27  Tai Chi 9-10  Quilting 1-5  TaiChi 930-1030  TaiChi1030-1130  TaiChi 2:00-3:00</p>	<p>28  Lunch 12:00 p.m.</p> <p>National Cherry  Turnovers Day</p> 	<p>29  Tai Chi 9-10  Quilting 1-5  TaiChi 930-1030  TaiChi1030-1130  TaiChi 2:00-3:00</p>	<p>30  Toasted  Marshmallow  Day</p> 	<p>31  Trail Mix Day</p> 
		<p>Visit us at  <b>SCAS</b> on  our National  Holidays in  Purple!</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?

### DeWitt Senior Center Meal Schedule

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

WEDNESDAY, August 7th

Program— Getting to Know All About You!

Menu— Breaded Chicken Sandwich, Baked Beans, Dill  
Spear, Fruit & Milk

WEDNESDAY, August 14th

Program— Are You Fit & Trim? By LAA

Menu— Sloppy Joe, Pea Salad, Chips, Fruit & Milk

WEDNESDAY, August 21st

Program— Dine to Music with Tom Shutts

Menu— Glazed Ham, Scalloped Potatoes, Vegetable, Fruit,  
Homemade Bread & Milk

MONDAY, August 26th

Day Trip to Oak Ridge Boys at NE State Fair courtesy of  
Travels by Doris.

WEDNESDAY, August 28th

Program— Dessert Day & Celebrate August Birthdays

Menu— Lemon Pepper Fish, Baked Potato, Carrots, Fruit,  
Bread & Milk



Ron Hayek  
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 July's  
riddle "Why did Momma Pig leave her  
husband?" is because he was a boar.



★ **HAPPY** ★  
**BIRTHDAY!**

*A special wish to all of the  
August 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, August 29th, 2019, in the Wilber Care Center's Activity Room. Please RSVP by August 22nd, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.



On August 28th,  
Come join us for a  
Legal Clinic  
at 1:00-3:00pm

**CRAFT DAY!**

On August 21st, at 2:00pm  
Come join us for some fun!

We will be creating a sunflower decoration and enjoying some snacks!

*ALL contributions are welcome to go towards the cost of craft materials.*

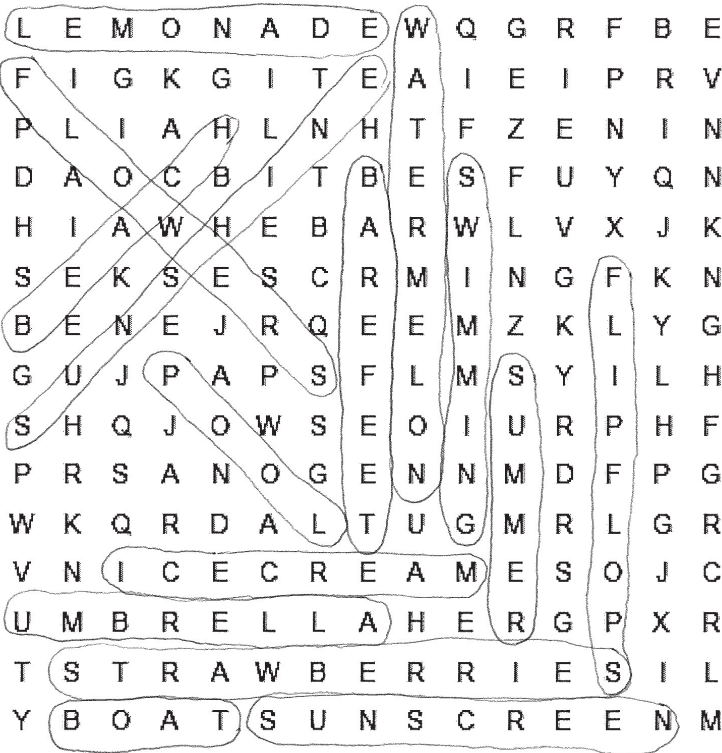


Mary Wilson, an attorney from Aging Partners will be presenting on Legal Aging Issues. The program will inform you on the power of attorney, living wills, or any other legal issues that you have as a concern.

Appointments will be available following the presentation.

Coffee and Refreshments provided!

Answers to the Puzzles



1. Adding insult to injury.	2. A bit under the weather.
3. The ball is in your court.	4. Let the cat out of the bag.
5. Beat around the bush.	6. No one to blame.
7. Yellow belly.	8. Take from the rich and give to the poor.
9. Three blind mice.	10. A green eyed monster.

**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.

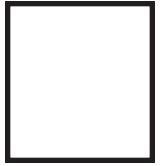
- Jan. 1 New Year's Day
- Jan. 21 Martin Luther King Day
- Feb. 18 Presidents' Day
- Apr. 26 Arbor Day
- May 27 Memorial Day
- July 4 Independence Day

- 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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