



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



Volume 4, Issue 10

October 2019

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4 Electrical Safety Tips for Farmers

Farmers work in settings that may border on idyllic, but the risks they face are real. In fact, agriculture is America’s most dangerous industry, according to the National Safety Council.

One of the most deadly hazards is an essential part of any modern farming operation: electricity. Just like lightning, man-made electricity has negatively charged particles that draw it to the ground, which is positively charged. Every year, dozens of farmworkers are electrocuted and others are injured when they become electricity’s path to the ground.

1. LOOK UP AND LOOK OUT

A lot of risk comes with utility poles and lines located around farmers’ property, says Krista Lisser, communications director for Safe Electricity, an Illinois-based program of the nonprofit Energy Education Council. “Farmers are often driving huge machinery and think they have enough clearance when they don’t,” she explains. “We want people to be aware where utilities are located on their property.”

If the equipment you’re handling comes into contact with a power line – or even gets too close to it – it can become energized. Safe Electricity recommends keeping all equipment at least 10 feet away from overhead power lines, in all directions. Remember to take that minimum clearance into account when raising and lowering farm equipment, and always lower extensions to the lowest setting when moving loads.

Many electrical accidents occur because farmers, focused on the task at hand, fail to look up and around. A second set of eyes can make all the difference.

.....continued on pg 2

4 Electrical Safety Tips For Farmers

“Use a spotter when operating large machinery near power lines or moving augers and other long equipment around on the ground,” says Lisser, recalling the tragic case of a Minnesota father and son who were electrocuted in 2016 as they lifted a portable auger and it came into contact with a power line.

2. STAY IN THE CAB



As the size of the machinery used by farmers grows, so do electrical risks.

“Farm machinery is getting bigger and it’s loaded with technology, but some GPS units will not recognize a utility line,” cautions Lisser. “We see a lot of instances where tractors run into utility poles and the driver steps out and is shocked or electrocuted because the line is still energized.”

Sadly, that is exactly what happened to central Illinois farmer Jim Flach after an arm of the crop sprayer he was operating became tangled with an overhead power line. Climbing down from the cab, Flach stepped down from the metal ladder to the ground and inadvertently became the electricity’s path to the ground. He suffered severe electrical burns that would claim his life six months later.

If the machinery you are driving comes into contact with a power line, the safest place to be is in the cab.

“Stay in the cab, call 911, and report to the dispatcher that a power line is down. Then wait until utility crews arrive to make sure the line is de-energized,” says Lisser.

3. KEEP FEET TOGETHER

If a fire forces you to exit the vehicle, jump clear, keeping your feet together. Then, shuffle or hop away from the scene, with feet together. If you attempt to walk away, you could step into two different voltage levels and become a path for electricity to travel through. Even if it’s not arcing or sparking, never assume a downed power line is dead.

Busy farmers often feel there aren’t enough hours in a day. But hurrying can put them on a fast track to danger. Lisser offers this powerful reminder: “Slow down, look up, and make sure you’re clear of power lines.”



4. KNOW WHAT’S BELOW

While looking out for overhead power lines, farmers should also be mindful of hidden hazards underground. Call 811 to have underground gas facilities located and marked before digging.



HALLOWEEN FUN FACTS



- Dressing up in costumes was once a way to hide from ghosts.
- Jack-o-lanterns were originally carved into turnips.
- Cats have been a part of the history of Halloween for centuries, and have been used to predict the future.
- The “bon” in bonfire is a reference to bones.
- The color orange is seen through autumn’s changing leaves and is a symbol of strength and endurance.
- The color black is typically a symbol of death.

Grandma Driving the Speed Limit

Ethel, Martha, and Myrtle got into Ethel's car for a routine trip into town. Ethel needed some cat foot for Elvis, and Martha and Myrtle wanted to stop by the pharmacy and grocery store for their Tumeric and Glucosamine refills, and some fresh blueberries. *(On sale for \$1.99 a pint this week)*

As they got closer to town they passed a Highway Patrolman at a speed trap. When they passed by he noticed they were impeding traffic, driving much slower than the posted 55 mph speed limit. He pulled out to investigate, knowing some driving very slow is just as dangerous as someone driving fast.

He came up to the car and turned his lights on, and tapped his siren once, just a brief moment to get their attention.

Ethel promptly signaled to turn off at the right side of road, and stopped on the edge of the road.

As the officer stepped out of his car and approached, he said Ethel, the driving, sitting up very straight, very prim and proper. And she had both hands on the steering wheel.

He looked into the car. All three ladies were in the front seat. And they all had on their seat belts. And that's when he noticed Martha and Myrtle.

They looked liked they'd seen a ghost or something. Each of them was clutching their purses in their laps. Actually, more like directly in front of their bodies. Like they had protecting themselves from something.

"Ma'am, may I see your driver's license." The officer said.

Ethel replied, "Why yes, of course officer. Is there something wrong?"

"Well, yes Ma'am. It's about the speed limit." "You need to understand that driving significantly lower than the speed limit is also dangerous as other drivers do not expect it."

"But officer," Ethel stated, "I was driving the posted speed limit of 25 mph."

"Actually, the speed limit on this stretch of road is 55 mph Ma'am." said the officer. "This is U.S. Route 25. You know, the name of the highway."

He continued, "Are your friends okay Ma'am? They look as white as a sheet. And they're knuckles are red from clutching their purses so tightly."

"Oh I'm sure they are fine." Ethel intoned. "We just turned on to this road recently off Highway 107."





Building Yourself Up With a Better Breakfast

Having a good start to your morning is probably the best thing you can do for yourself to make your day great! Starting your day with a nutritious breakfast can be the single most important decision you make! Having a rich, hearty, healthy breakfast can have many positive impacts. Breakfast is definitely the most important meal of the day and it should be a staple for everyone!

You have probably thought to yourself that breakfast is not all that important, so I can miss a few days here and there, right? You may also say to yourself, “If I don’t have time to eat breakfast, am I really even missing out? I mean, what makes it so important?”

The biggest impact from a good breakfast is sustainable energy. It can help increase physical and mental performance throughout the day. In older adults, breakfast can give you the energy to power through your daily activities and errands! It can also give you energy for an active lifestyle with your friends and family, including your ever-busy grandkids. Breakfast can help improve alertness, general mood/well-being, and even attention span. Eating breakfast regularly as an adult can help with general function at work and could potentially help curb your snack cravings.

Current research suggests that individuals who eat breakfast on a regular basis have a more healthy diet. Your morning breakfast should include items from at least three of the food groups:

- Grains – toast, Cream of Wheat® or cereal
- Fruits – banana, orange juice, grapefruit or berries
- Vegetables – spinach, onions, green or red peppers
- Dairy – cheese, yogurt or milk
- Proteins – eggs, turkey sausage or peanut butter

Some general breakfast tips:

- Plan your breakfast schedule ahead of time to ensure that you eat breakfast regularly.
- Keep it simple and prepare the night before (get out bowls, utensils, etc.).
- Choose whole-grains and cereals that are low in sugar.
- If possible, prepare and eat breakfast at home rather than picking up a convenient and quick breakfast.
- Get up 15 minutes earlier.
- Stock your kitchen with quick to fix yet wholesome breakfast foods.



If you have any questions regarding your nutritional needs or would like further information on your specific needs, please call 402-441-7159 to speak with an Aging Partners Registered Dietitian Nutritionist today!



MEDICARE HEALTH INSURANCE

Name/Nombre

JOHN L SMITH

Medicare Number/Número de Medicare

1EG4-TE5-MK72

Entitled to/Con derecho a

HOSPITAL (PART A)

MEDICAL (PART B)

Coverage starts/Cobertura empieza

03-01-2016

03-01-2016

5 things to know about your Medicare card

1. Your card has a Medicare Number that's unique to you, instead of your Social Security Number. This helps to protect your identity.
2. Your card is paper, which is easier for many providers to use and copy.
3. If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare—you should still keep and use it whenever you need care. And, if you have a Medicare drug plan, be sure to keep that card as well. Even if you use one of these other cards, you also may be asked to show your Medicare card, so keep it with you.
4. Only give your Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
5. If you forget your card, you, your doctor or other health care provider may be able to look up your Medicare Number online.

WATCH OUT FOR SCAMS

Scam artists may try to get personal information, like your Medicare Number. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227)

Are you in need of pretty fingernails?

Where: Saline County Aging Services

When: October 29th, 2019

Time: 10:00am-12:00 pm

Please call to RSVP! 402.821.3330



WILBER

Date: October 25th, 2019

Time: 2:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Coffee & Pumpkin Dessert

Please RSVP by October 23rd!

402.821.3330



CRETE

Date: October 25th, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: BBQ Beef Bowl; Shredded Roast Beef, Potatoes, Corn & BBQ sauce over the top or on the side, Cookie or Fruit & Drink

Please RSVP to receive the special of the day by October 18th!

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: October 18th, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Sloppy Joes, Potato Chips, Baked Beans, & Pumpkin Dessert

Please RSVP by October 11th!

402.821.3330

\$5 fee for anyone attending the meal.

FRIEND

Date: October 17th, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Hot Roast Beef, Mashed Potatoes, Gravy, Green Beans & Dessert

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

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 Circles — Join us for some Halloween BINGO with prizes!



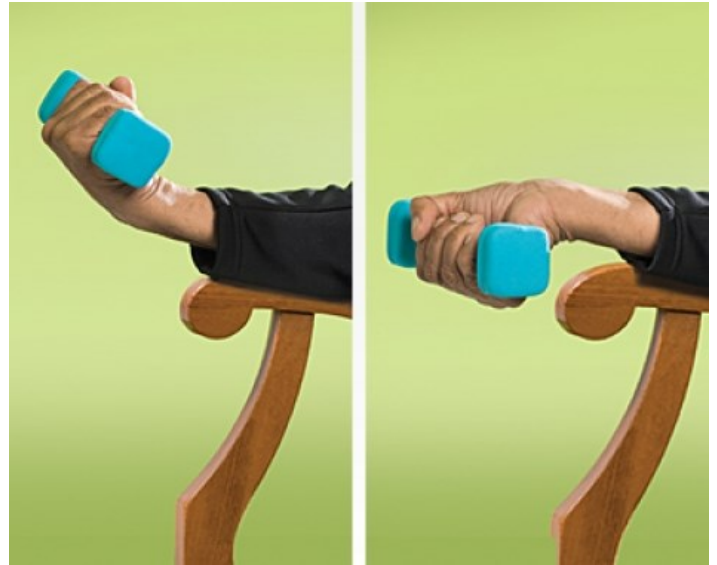
Exercise of the Month — Wrist Curl

TARGETED MUSCLES: Wrist

WHAT YOU NEED: Hand-held weight

This exercise will strengthen your wrists. It also will help ensure good form and prevent injury when you do upper body strength exercises.

1. Rest your forearm on the arm of a sturdy chair with your hand over the edge.
2. Hold weight with palm facing upward.
3. Slowly bend your wrist up and down.
4. Repeat 10-15 times.
5. Repeat with other hand 10-15 times.
6. Repeat 10-15 more times with each hand.



go4life.nia.nih.gov

Recipe of the Month

BUSY DAY SOUP

Ingredients:

- 1 lb Ground Beef
- 1 28oz can Tomatoes
- 2 packages onion soup mix
- 1 cup macaroni
- 1 3/4 cup mixed frozen vegetables
- 5 cups water

Directions:

1. In a large soup pot, brown ground beef. Drain fat.
2. Pour in water, onion soup mix and tomatoes with juice. Simmer for 1 hour on medium low.
3. Add macaroni and frozen vegetables. Cook 15 minutes longer on medium heat. Serve hot.



[Pinterest.com](https://www.pinterest.com)

Halloween Sudoku

Fill in the grids so that each column, row, and box contains one and an only one of the letters from the given word.

	D				
S					H
W			O		S
O		S			D
D					W
				H	

SHADOW

	P		I		
S		E			
D		P			
			P		R
			D		E
		R		I	

SPIDER

	I				M
	Z	O			I
E				Z	
	B				Z
I			Z	M	
Z				I	

ZOMBIE

			N	E	
R		O			
					O
N					
			R		G
	G	A			

ORANGE

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Riddle of the Month

Why did the golfer wear two pairs of pants?

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 **name & phone number** with your answer!





Happy Halloween



AMULET
 APPARITION
 BATS
 BLACK CAT
 BOO
 BRIMSTONE
 CACKLE
 CAULDRON
 COBWEB

CONJURE
 EERIE
 FRIGHTFUL
 GHOST
 GOOSE BUMPS
 JACK-O-LANTERN
 MOON
 MYSTERIOUS
 PHANTOM

POTION
 PUMPKIN
 SKELETON
 SPELL
 SPOOKY
 TRICK OR TREAT
 TWILIGHT
 WITCH



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October Activities

<p>Key: Crete Dorchester Wilber Friend DeWitt</p>		<p>1 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 National Home-made Cookie Day</p>	<p>2 Foot Clinic Lunch 12:00 p.m.</p>	<p>3 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>4 Taco Day</p> 	<p>5 Rhode Island Day</p> 
<p>6 Noodle Day</p> 	<p>7 Frappe Day</p> 	<p>8 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>9 Foot Clinic Lunch 12:00 p.m. Foot Clinic</p>	<p>10 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 National Angel Food Day</p>	<p>11 Sausage Pizza Day</p> 	<p>12 Farmers Day</p> 
<p>13 Train Your Brain Day</p> 	<p>14 Dessert Day</p> 	<p>15 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>16 Lunch 12:00 p.m.</p>	<p>17 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>18 National Chocolate Cupcake Day</p> 	<p>19 Kentucky Day</p> 
<p>20</p>	<p>21 Pumpkin Cheesecake Day</p> 	<p>22 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>23 Lunch 12:00 p.m. Flu Shot Clinic</p>	<p>24 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>25 National Pumpkin Day</p> 	<p>26</p>
<p>27 Black Cat Day</p> 	<p>28 Chocolate Day</p> 	<p>29 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>30 Lunch 12:00 p.m.</p>	<p>31 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</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>	<p>**Visit us at SCAS on our National Holidays in red.</p>

What's Happening Near You?

DeWitt Senior Center Meal Schedule

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

WEDNESDAY, October 2nd

Program— Malco DVD by DeWitt Village
Menu— Grilled Chicken Thigh, Stuffing, Green Bean Casserole,
Bread, Fruit & Milk

WEDNESDAY, October 9th

Program— Are You a Good Listener? by June
Menu— Tuna Salad Sandwich, Macaroni Salad,
Marinated Tomatoes, Fruit & Milk
FOOT CLINIC with Ruth Majors by Appointment

MONDAY, October 14th

Work Day 1:30-3:30 Making floral bricks & wreaths

WEDNESDAY, October 16th

Program— Wood Carving by Erna Beach
Menu— Pork Cutlet, Sweet Potatoes, Cream
Corn, Bread, Fruit & Milk

WEDNESDAY, October 23rd

Program— Hear from Senator Tom Brandt
Menu— Turkey Melt Sliders, Tomato Soup, Tater
Tots, Fruit & Milk
FLU SHOT CLINIC

WEDNESDAY, October 30th

Program— A Spooky Halloween (Wear Black!)
Menu— Foot Loaf, Scream Beans, Monster Mashed
Potatoes, Freaky Fruit, Mushy Milk, & Bashed Bread



**Lois Dittbrenner
of
Western**

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 September's
riddle "What is the proper length
for a lady's skirt?" — Above 2
feet



Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475
For Wilber & the rest of Saline County
call: 402.821.3330

**HAPPY
BIRTHDAY!**

*A special wish to all of the
October birthdays out there from
Saline County Aging Services!*

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, October 24th, 2019, in the Wilber Care Center's Activity Room. Please RSVP by September 19th, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

What's Happening Near You?

It's that time of year again...

MEDICARE D

Crete: October 22, 2019 10:00am-3:00pm

Friend: October 30, 2019 10:00am-3:00pm

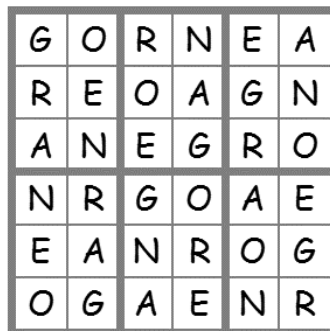
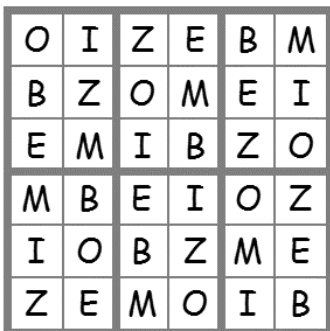
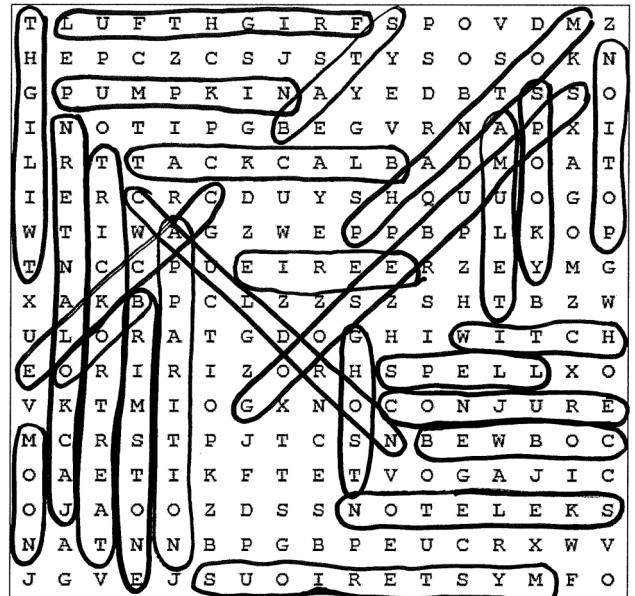
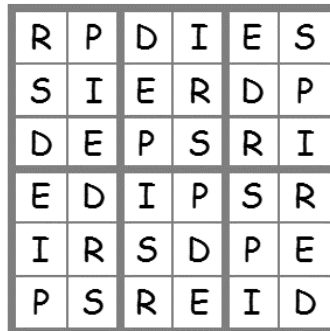
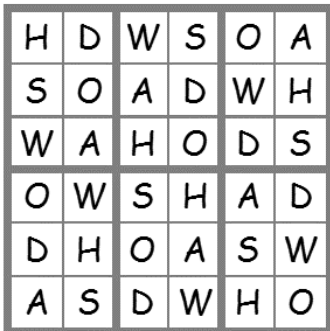
Western: November 6, 2019 10:00am-3:00pm

Wilber: November 8, 2019 10:00am-3:00pm

DeWitt: November 13, 2019 10:00am-3:00pm

If you are interested in seeing a comparison, please fill out the Medicare D enrollment sheet on pages 17-18. You can either mail it into us at 109 W. 3rd St, Wilber, NE 68465, or drop it off at our office. First come, first served! If none of these times work for you, you can always call to make an appointment. 402.821.3330

Answers to this months puzzles



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



What's going on at SCAS?



AUGUST

Shown in the photos above, Chantel Collier taught attendee's about hospice & palliative care, and the Friend EMT's presented their Lucas Machine and showed us how it worked. In the top right photo, Mary Wilson presented legal issues, we had a wonderful turnout! In the bottom right photo, some of our afternoon Tai Chi ladies modeled "Clatonia Cardinal" t-shirts, that were donated from the Wilber Trading Post.



What's going on in DeWitt?



Cowboy decorations, Roy Rogers drinks, guitar music, and quilts galore make for fun times at DeWitt Senior Center!

Medicare Part D Personal Information Worksheet

Use this worksheet to help gather all the information you need to choose a Medicare drug plan that meets your needs.
Please fill out as much of the information on this worksheet as possible.

Complete the following personal information

Currently I have a: Medicare Part D Drug Plan Medicare Advantage Health Plan Neither

Name: _____ Date of Birth: ____-____-____

Address: _____ County: _____

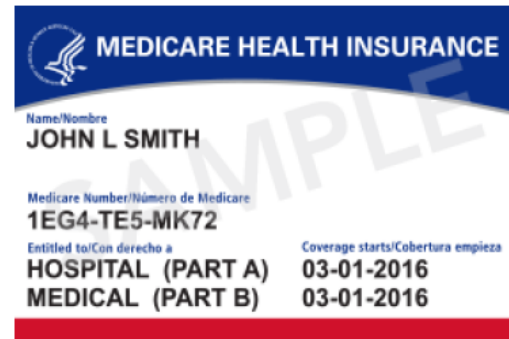
City: _____ State: _____ Zip Code: _____

Telephone Number: (____) ____-____

Medicare Claim Number: _____

Part A Effective Date: ____-____-____

Part B Effective Date: ____-____-____



My income and assets are below the following guidelines:

Individual: Monthly Gross Income: \$1,581
Assets: \$14,390

Married Couple: Monthly Gross Income: \$2,134
Assets: \$28,720

Please list the prescriptions you are taking and your pharmacy the back of this sheet

If you have a current list of your prescriptions, you **DO NOT** need to recopy them; simply include your list with this sheet.

Read and sign below

By signing below, I acknowledge that I am making my enrollment decision freely and voluntarily. While I may receive information from a counselor with the Nebraska Senior Health Insurance Information Program (SHIIP), the final decision will be made of my own free will and choice. I understand that the counselor who assists me may be a volunteer and will only provide me with information to assist me in my decision. **I further understand that drug prices available on the www.medicare.gov are only an estimate and subject to change.** I hereby release any and all liability that may possibly be attributable to the volunteer counselor and agree not to pursue any legal action against the counselor and/or SHIIP for actions taken in their capacity as a counselor.

I HEREBY GIVE SHIIP, SHIIP'S COUNSELOR(S) AND VOLUNTEER COUNSELOR(S) THE ABILITY TO ASSIST IN THE CREATION OF OR CREATE ON MY BEHALF A MYMEDICARE.GOV ACCOUNT. I FURTHER UNDERSTAND THAT THIS ACCOUNT CONTAINS PERSONAL, IDENTIFIABLE HEALTH INFORMATION THAT I AM ALLOWING, FOR THE PURPOSE STATED ABOVE, SHIIP TO ACCESS IN ORDER TO CREATE AND ACCESS THE MYMEDICARE.GOV ACCOUNT.

Signature: _____ Date: _____



ARE YOU INTERESTED IN TAI CHI?

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



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 is now trained for this course, and she would like to start a class in January.

If you are interested in Tai Chi or Stepping On, please call SCAS at 402.821.3330 to put your name on the list.

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!



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

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