



# 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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## Inside This Issue . . .

- Holiday Tips for Seniors..... Pg 1-2
- Did You Know? .....Pg 3
- Just for Laughs.....Pg 4
- Healthy Eating .....Pg 5
- High Blood Pressure ..... Pg 6,17-18
- Hometown Holidays .....Pg 7
- Full Circles/Craft Day .....Pg 8
- Exercise/Recipe .....Pg 9
- Fun Pages ..... Pg 10-11
- What's Happening? ..... Pg 12-13
- SCAS/DeWitt Pics.....Pg 16
- Announcements .....Pg 19



## 8 Holiday Health Tips for Seniors

The holiday season is kicking into full-swing, which means time spent with family and friends, giving back, and great food. It can also be a season of over-indulgence and busy travel schedules, which ultimately could leave your waistline and health at risk. Don't miss this essential list of holiday health tips for seniors:

### Keep Moving

Whether you're crashing on the couch after Thanksgiving dinner to enjoy some football or watching your favorite Christmas movie with the grandkids, it's easy to find yourself frequently sitting down during the holiday season. You want to burn all the extra energy (calories) you are consuming, make sure to keep moving! That might mean taking a walk after a big dinner, taking stairs instead of elevators, and finding active things to do with family and friends, i.e. go to the local holiday parade and walk around instead of watching it on TV.

### Prevent Infection

There are a handful of ways to fortify your immune system against infection during cold and flu season. These include getting appropriate vaccines in a timely manner (for influenza, pneumonia, etc.), as well as practicing above-and-beyond hygiene like washing hands frequently, disinfecting commonly-used surfaces like doorknobs, and taking hand sanitizer and tissues with you on the go.

### **Avoid Excess**

It's not just rich food and countless sweets that can pack on the pounds this holiday season, alcohol can also be a major culprit. You can still enjoy your favorite beverages, just be mindful of how alcohol consumption affects your body - it can dehydrate you, it puts added strain on your liver and kidneys, and it adds hundreds of unnecessary calories to your diet. Practice moderation, keep up with water intake while imbibing, and avoid high-calorie beers and drinks mixed with sugar-laden additives.

### **Plan for Exercise**

It's easy to let your workout routine get sidelined by holiday travel. Whether you're visiting one of your children at their home or staying in a hotel, plan ahead to keep up with some form of physical activity (at least 30 minutes a day for 5 days a week) by scheduling daily walks, packing resistance bands to use at your destination, or taking advantage of the indoor hotel pool. Don't forget to pack the aids which support healthy pain-free exercise too like a brace to manage knee swelling or compression stockings to promote good circulation.

### **Hydrate Often**

Between alcohol consumption at holiday dinners and the cool, dry air outside pulling moisture out of your skin, this season can be a quick ticket to becoming dehydrated. Make sure you are drinking plenty of water throughout each day with smart tips like consuming a full glass of water each time you use the restroom, eating lots of water-rich foods like stews and soups, and carrying a reusable water bottle with you when you leave the house.

### **Prevent Falls**

Getting out and about more during the holidays combined with inclement weather conditions like snow, ice, and sleet can spell disaster for seniors who are at a higher risk of falling. No matter where your holiday fun takes you, make sure you are guarding yourself against falls by utilizing mobility aids recommended by your doctor, asking for assistance when walking over ice or snow, and employing helpful transfer tools when getting in and out of the car (like swivel seats and car caddies).

### **Stick with Your Sleep Schedule**

While it is fun to stay up late catching up with old friends or family, getting off of your regular sleep schedule can be dangerous. Not only has it been shown that even as little as a few nights of sleep deprivation can impair cognitive functioning, but lack of sleep has also been linked to dehydration, high blood pressure, and insulin resistance. As much as possible, stick with your routine bed and wake times and aim to get 7 to 9 hours of quality sleep a night.

### **Make Healthy Cooking Choices**

Salty, sweet, buttery, crispy . . . the descriptions of holiday food, while enticing, also reveal some of the problems they can cause. Over-consumption of salty, sugary, fried, processed and fatty foods can exacerbate existing health conditions, amplify joint inflammation, and lead to unwanted weight gain. Make healthy cooking choices this holiday season by substituting saturated fats (like butter) for unsaturated fats (like olive oil), replacing salt with flavorful spices in savory dishes, and using sugar-free sweeteners like Stevia in your baked goods.

# Christmas Fun Facts



- Rudolph's red nose is probably the result of a parasitic infection of his respiratory system.
- Two weeks before Christmas is the one of the two most popular times for couples to break up.
- Japanese people traditionally eat at KFC for Christmas dinner.
- The first artificial Christmas Tree wasn't a tree at all. It was created out of goose feathers that were dyed green.
- "Jingle Bells" was written for Thanksgiving, not Christmas
- In Armenia, the traditional Christmas Eve meal consists of fried fish, lettuce and spinach.
- The "X" in "Xmas" doesn't take "Christ" out of "Christmas."

*www.pastbook.com*

# Doctor Check Up in December

Four year old Ruthie was visiting her pediatrician for a check-up. When Doctor Wilson looked into her ears with his otoscope, he said:

*"Do you think I'll find an elf in here?"*

Ruthie was silent.

So Doc Wilson reached for a tongue depressor and looked down her throat. He asked:

*"Do you think I'll find Rudolph the Red Nosed Reindeer down there?"*

Again, Ruthie was silent.

Then Doctor Wilson put on his stethoscope and began listening to her heart beat. And he asked:

*"Do you think I'll find Santa in there?"*

This time Ruthie replied:

"Oh no."

"Jesus is in my heart."

"Santa is on my underpants."





## Spice Up Your Kitchen

When focusing on your health and well being, eating healthy is not always appealing to each and every one of us. Some of us prefer items such as fish or turkey while others prefer a good steak or chicken. Everyone has his or her own personal preference. Some individuals may never be interested in trying other foods/having a wider variety, including spices can help to flavor up that old bland meal.

When expanding your diet with different foods, most of us are not willing or able to change their food selection overnight. It takes time, patience and most of all getting acquired to a new taste. Acquiring a new taste for certain foods is usually easier said than done; this is where seasonings come in handy and helpful!

Most of us like to use salt as a spice or additive to our food, some of us may even salt everything we eat without knowing exactly how much salt we use. According to the Food and Drug Administration (FDA), the Daily Value (DV) for sodium is less than 2,300mg per day. The American Heart Association (AHA) recommends limiting sodium intake to 1,500mg or less per day. This is beneficial to anyone who has or may have a future experience with high blood pressure, fluid retention (edema), and heart disease. According to the Centers for Disease Control and Prevention (CDC), the average daily consumption of salt by American adults averages about 3,400mg per day.

In today's world there is a variety of seasonings and recommendations from anyone and everyone that you ask. Most individuals look for the salt substitutes; however, these usually contain salt in some amount, just less than regular full salt seasonings. These salt substitutes are not recommended for everyone, especially those who are on a salt free diet or recommendation by their doctor. Salt free seasonings however, are a different type altogether; these swap out the salt component and include a variety of seasonings. The most widely known brand for salt free seasonings is called Mrs. Dash.

When looking to introduce various foods into your diet, look into lean protein such as turkey, chicken, lean beef (90/10 or leaner), fish such as salmon, tilapia and tuna. When seasoning chicken, look for dry rubs that have low sodium, a good one that is enjoyable is bourbon chicken seasoning. It has a little spice to it, while really making the chicken nice and juicy with lots of flavor. For beef or ground turkey, a simple "all seasoning" that is low sodium or salt free is always a good choice. When selecting a flavor for your fish look into ginger seasoning for the salmon, lemon pepper for the tilapia and black ground pepper for the tuna.



**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 a Registered Dietitian Nutritionist today at Aging Partners!**



# High Blood Pressure in the Elderly: Causes & Prevention

Blood pressure can be seen as a barometer of overall circulatory health. Someone with high blood pressure is at a significantly greater risk for heart failure, stroke, chronic kidney disease and damage to the arteries (similar to the damage caused by high cholesterol), which can cause heart attack.

It's no different for those reaching their senior years. While nearly one in three Americans suffers from hypertension, as high blood pressure is often called, blood pressure typically increases with age, especially once one has passed middle age. According to the National Heart, Lung, and Blood Institute, someone with healthy blood pressure at age 50 has a 90% chance of developing hypertension later in life.

Fortunately, the senior years are not too late to take an active role in lowering blood pressure. Managing blood pressure can be as simple as increasing physical activity and regulating one's diet. In those cases when a change in lifestyle doesn't significantly impact hypertension, prescription drugs have proven very effective in regulating blood pressure.

## BLOOD PRESSURE: WHAT IT IS AND WHY IT'S IMPORTANT



In "The Blood Pressure Book: How To Get It Down and Keep It Down," Dr. Stephen P. Fortmann compares blood pressure to a garden hose. The heart pumps blood throughout the body in a network of arteries. When those arteries become too narrow (often caused by plaque build-up from high cholesterol), the volume of blood that the arteries can handle is restricted. Like water in a narrow garden hose, narrow arteries lead to an increase in blood pressure-and high blood pressure can cause damage to artery walls and the heart itself. Damage to the circulatory system -and the complications that can result from it-is the primary reason to maintain one's blood pressure at a healthy level.

But what is a healthy blood pressure level? The exact range considered acceptable can vary. For those individuals with a family history of hypertension or with related complications, like chronic kidney disease, it's even more important to stay at a low level. A blood pressure reading is composed of two numbers that measure the pressure in your arteries when the heart beats (called systolic pressure) and the pressure in your arteries between heartbeats (called diastolic pressure). A healthy blood pressure should measure below 120/80 (the numbers represent millimeters of mercury). The National Heart, Lung, and Blood Institute provides the following guidelines for understanding normal blood pressure and hypertension:

- **Normal blood pressure range**

120/80, though the risk of heart disease can begin to increase once blood pressure reaches levels of 115/75.

- **Prehypertension**

A systolic pressure range of 120 to 139 and a diastolic pressure range of 80 to 89. Diagnosis with prehypertension provides an opportunity to work hard-through physical activity, diet, and possibly medication-to reduce blood pressure to a healthy level. Within four years of diagnosis with prehypertension, one in three adults ages 35 to 64 will develop definite high blood pressure. One in two adults over age 65 will develop definite high blood pressure.

- **Stage 1 hypertension**

A systolic pressure range of 140 to 159 and a diastolic pressure range of 90 to 99.

- **Stage 2 hypertension**

A systolic pressure of 160 or higher and a diastolic pressure of 100 or higher.

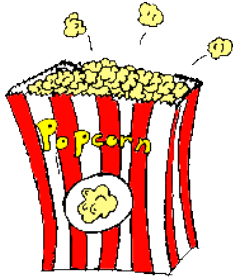
It should also be noted that systolic pressure-the blood pressure measured during heartbeats-becomes increasingly important for those individuals past age 50. The most common form of blood pressure in these individuals is a condition called isolated systolic hypertension.

*..continued on page 17*

## Saturday, December 7th, 2019

Come see us at Sokol Hall, in Wilber, for some Hometown Holiday fun!

We will be selling Colby Ridge Popcorn for \$2 per bag.



Flavors:

- Cheddar & Caramel Mix
  - Holiday Mix
  - Kettle
  - White



We will also be serving Hot Cocoa with toppings of your choice!

# Craft Day

Come join us for a Christmas Craft Day!



When: Friday, December 13th, 2019  
Where: Saline County Aging Services  
Time: 1:30 pm



Please RSVP by December 11th.

Snacks & Christmas goodies will be provided.

**ALL contributions, will be put towards future craft days!**

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## WILBER

Date: December 19th, 2019

Time: 12:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Foxhole Special — Pork, Dumplings & Kraut,  
Rye Bread & Drink

Please RSVP by December 12th!  
402.821.3330

*\$3.00 fee for anyone attending the breakfast.*

## WESTERN

Date: December 20th, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Ham, Scalloped Potatoes, Salad, Dinner Roll &  
Dessert

Please RSVP by December 13th!  
402.821.3330

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

**For Full Circles in December — Join us for Christmas Bingo with prizes!**

Due to the holiday season being a busy time of year, we will only be having  
Wilber & Western Full Circles for the month of December.  
All are welcome to join us at either location. Sorry for the inconvenience!  
Crete & Friend Full Circles will return in January.



## Exercise of the Month — Heel-to-Toe Walk

Having good balance is important for many everyday activities, such as going up and down stairs.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toe of your other foot.
4. Repeat for 20 steps.



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

## Recipe of the Month

# Easy Cinnamon Sugar Pecans

### Ingredients:

- 1 pound pecans (and/or almonds)
- 1 cup sugar
- 1 tbsp ground cinnamon
- 2 tsp vanilla extract
- 1 egg white
- 1/2 tsp salt (or your preference)
- 2 tsp water



### Directions:

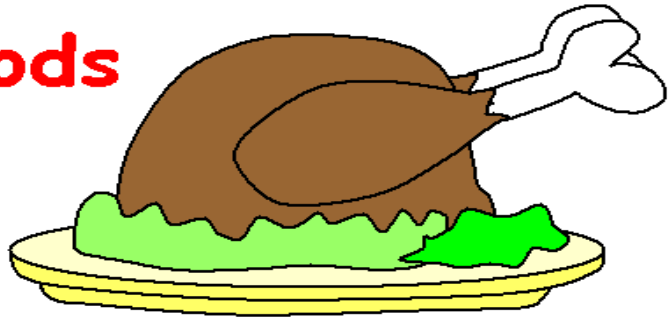
1. Preheat oven to 250 degrees.
2. Line a baking sheet with parchment paper or nonstick foil.
3. Mix the sugar, cinnamon and salt in a large Ziploc bag.
4. Whisk the egg white, vanilla and water with a fork in a large bowl until frothy.
5. Add the pecans (or almonds) to the egg white mixture and stir until they are well coated.
6. Pour the pecans into the Ziploc bag, seal and shake until well coated with your cinnamon/sugar mixture.
7. Spread them out on your prepared baking sheet into a single layer.
8. Bake for one hour stirring every 15 mins.
9. Try not to eat them in one sitting.

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

Unscramble the letters to find the words in our

# Christmas Foods Anagram

Hidden Word (circled letters):



a b **c** e e i n r r r s

**a** c c e h l o o t

**a** g r v y

a l **n** s t u w

a m s **y**

**c** e i k o o s

d **d** g i n p u

**e** k r t u y

f f g i n **s** t u

i m **n** s t

## Riddle of the Month

If a lion had a Christmas music album, what would it be called?

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!



# Christmas Word Search



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



SANTA  
 CHRISTMAS  
 COOKIES  
 MILK  
 ELF  
 SNOW

BLITZEN  
 DANCER  
 DASHER  
 SLEIGH  
 REINDEER  
 RUDOLPH

CUPID  
 VIXEN  
 DONNER  
 PRANCER  
 COMET

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





# December Activities

Key:

Crete  
Dorchester  
Wilber  
Friend  
DeWitt

1 Pie Day 	2 Cyber Monday 	3 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	4 Foot Clinic Lunch 12:00 p.m. Foot Clinic	5 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	6 Microwave Day 	7 Cotton Candy Day 
8 Pastry Day 	9 National Brownie Day 	10 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	11 Foot Clinic Lunch 12:00 p.m.	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	13 Cocoa Day 	14 National Wreath Day 
15 Bill of Rights Day 	16 Chocolate Covered Anything Day 	17 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	18 Lunch 12:00 p.m.	19 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	20 National Ugly Christmas Sweater Day 	21 Crossword Puzzle Day 
22 Date Nut Bread 	23 Roots Day 	24 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 SCAS CLOSED	25 SCAS CLOSED Merry Christmas 	26 National Candy Cane Day 	27 Fruitcake Day 	28 Chocolate Candy Day 
29 Tick Tock Day 	30 Bacon Day 	31 New Years Eve Bring on the NEW YEAR! 	All foot clinics are by appointment only.	Interested in a foot clinic appointment. Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	**Visit us at SCAS on our National Holidays in red.

## What's Happening Near You?

### DeWitt Senior Center Meal Schedule

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

**WEDNESDAY, December 4th**

**Program**— Tri Co FFA Students/50th Anniversary (rescheduled)  
**Menu**— Pork Roast, Mashed Potatoes & Gravy, Carrots, Fruit & Milk

**WEDNESDAY, December 11th**

**Program**— Making Marbles by Roger Mohling  
**Menu**— Chicken Cordon Bleu Lasagna, Mixed Veggies, Fruit, Breadsticks & Milk

**SATURDAY, December 14th**

DeWitt Open Houses, 9-11:00. Crafts for Kids with Coffee & Cinnamon Rolls for Seniors

**WEDNESDAY, December 18th**

**Program**— Christmas Singing with Doris Peters  
**Menu**— Beef Barley Soup, Garlic Breadsticks, 3 Bean Salad, Fruit & Milk

**WEDNESDAY, December 25th**



**NO SENIOR DINNER  
MERRY CHRISTMAS EVERYONE!**



**Doris Shriver  
of  
Wilber**

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 November  
riddle "What did one plate say to  
the other?" — Dinner's on me!



### 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  
December 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, December 21st, 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.



## A few things we learned from Pam & Randy Kozeal at our November Full Circles..

### Facts and Figures:

Every 65 seconds someone in the US develops Alzheimer's disease.

Five (5) million people have Alzheimer's in the US.

Fourteen (14) million by the year 2050.

Sixth (6<sup>th</sup>) leading cause of death in the US.

Alzheimer's can be present up to 20 years before symptoms become apparent.

There is no cure for Alzheimer's Disease.

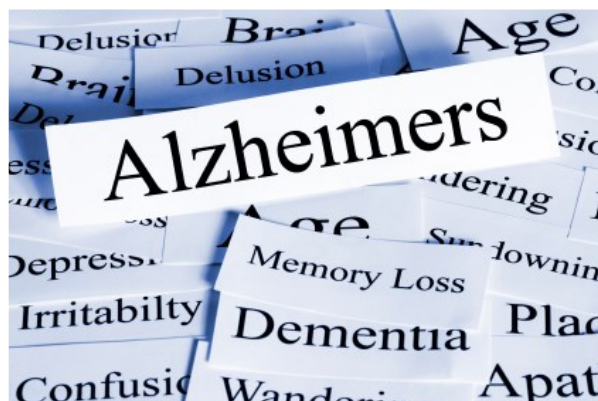
698 people died from Alzheimer's in the state of Nebraska in 2017.

Number of persons per age group that have Alzheimer's in the state of Nebraska:

65 – 74	4,800
75 – 84	14,000
85 +	34,000

### Ten (10) Early Signs and Symptoms of Alzheimer's Disease:

- \*Memory Loss that disrupts daily life.
- \*Challenges in planning or solving problems.
- \*Difficulty in completing familiar tasks.
- \*Confusion with time or place.
- \*Trouble understanding visual images or spatial relationships.
- \*New problems with words in speaking or writing.
- \*Misplacing things and losing the ability to retrace steps.
- \*Decreased or Poor judgement.
- \*Withdrawal from work or social activities.
- \*Changes in Mood or Personality.



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?



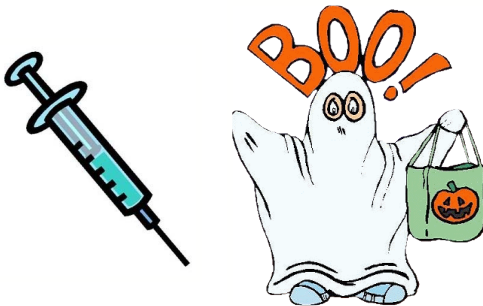
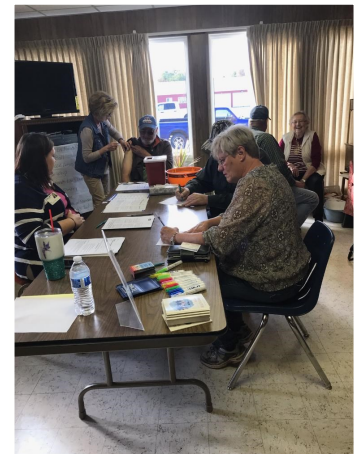
We want to give a huge thank you to Randy & Pam Kozeal, for coming to speak at all of our Full Circle Locations for the month of November. They presented wonderful information!

## What's going on in DeWitt?

The ladies in DeWitt have been busy, busy! Wreath making volunteers, work very hard, as each wreath takes over 300 strips to make. Wow!

Halloween was a success, filling 120 treat bags, and still ran out.

Flu shots and blood pressure clinic was offered to the community as well.





### WHAT CAUSES HIGH BLOOD PRESSURE IN THE ELDERLY

Surprisingly, there hasn't been a great deal of research that looks at the elderly as a separate population in terms of blood pressure control, says Dr. Suzanne Watnick, a professor of medicine at Oregon Health Sciences University. Watnick advises strict monitoring of prehypertension in order to ensure that it doesn't have a more serious impact on health. She also warns that rising blood pressure is common in the elderly: "For a 70-year-old person, as you age your blood pressure does go up a bit," she says. "People think that it's because your blood vessels are a bit more fibrotic [meaning they develop excess connective tissue] and there's more damage to the blood vessels over time." Above-average blood pressure in the elderly is still a concern, but it should still be considered in the context of age. A 40-year-old with a blood pressure of 150/70 is much more likely to develop complications from hypertension than a 70-year-old with the same blood pressure.

According to Watnick, the risk factors for the elderly are very similar to those for the population at large. "Those at highest risk of high blood pressure are those who suffer from obesity, those suffering from diabetes, and those with chronic kidney disease," she explains. In fact, the risk factors for hypertension are very similar to the risks associated with high cholesterol. Any restrictions or blockages in the circulatory system negatively impact overall heart health. But the kidneys, the primary organ that regulates blood pressure, also become at risk when blood pressure rises. Severe hypertension can cause chronic kidney disease, which in turn limits the kidneys' ability to continue regulating blood pressure. As Watnick says, "It's a chicken or the egg thing. You can have high blood pressure which causes kidney disease. Or you can have kidney disease, and that will cause high blood pressure." But regardless of whether hypertension is simply the result of genetic predisposition or the result of an unhealthy lifestyle, it doesn't have to mean the end of good health.



### MAINTAINING A HEALTHY BLOOD PRESSURE

For how confusing hypertension can be, learning how to maintain a healthy blood pressure is surprisingly simple. As with other types of circulatory health, like cholesterol, the first step to lowering blood pressure is lifestyle change. "Whenever you're dealing with hypertension, the first thing you need to deal with is lifestyle change," Watnick explains. "Exercise is essential, weight control is essential. Eating a low-salt diet is quite important." National guidelines recommend at least 30 minutes of exercise each day. For seniors, exercise can involve simple changes to everyday routine, like walking more often and engaging in household chores. In addition to improving overall cardiovascular health and cholesterol, the presence of which can increase blood pressure by narrowing arteries, exercise can also help with weight loss.

Related to weight loss is developing a healthy diet, another essential tool for lowering blood pressure. Healthy nutrition is important for all of the standard reasons (positive cardiovascular health, additional energy, etc.) and a few unique reasons as well. A low salt diet is particularly important for lowering blood pressure, as salt indirectly increases the volume of blood (by adding water to the bloodstream), which in turn increases blood pressure.

One of the most common diets recommended for those individuals who struggle with hypertension is called the DASH diet, which stands for Dietary Approaches to Stop Hypertension. The DASH diet—a low-sodium, low-fat diet that emphasizes fruits, vegetables, and grains—is the result of a study by the federal government. Compared to two control groups, one that followed a "normal" American diet and the other a traditional diet high in fruits and vegetables, people on the DASH diet reduced their blood pressure by an average of 6 points of systolic pressure and 3 points of diastolic pressure. Those people in the study who already had been diagnosed with hypertension reduced their blood pressure by 11 systolic points and 6 diastolic points. According to Fortmann, the DASH diet shows the importance of diet, especially a significant reduction in salt, to lowering blood pressure. Under the DASH diet, an individual is advised to eat no more than one-quarter teaspoon of salt per day. By comparison, the average American eats about four teaspoons of salt daily, nearly fifteen times more.

But as many people know, diet and lifestyle change can often be very difficult. Medication is also an option for many people, sometimes because an individual has a difficult time achieving significant lifestyle change, and sometimes because hypertension is severe enough to mandate a combination of lifestyle change with medication. For many, treating their high blood pressure with medication can be a difficult subject—one that should always be considered under the guidance of your doctor.

*...continued on page 18*

# High Blood Pressure in the Elderly: Causes & Prevention

According to Dr. Watnick, blood pressure medication can be categorized into three main groups:

- **Thiazidediuretics**

Often the first course of action in terms of drug treatment, these medications focuses on the kidneys by helping the body eliminate sodium, or salt, and water.

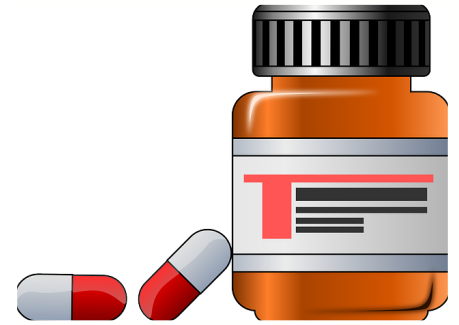
- **Beta Blockers**

These medications cause heart to beat slower and with less force, working to reduce blood pressure by focusing on the center of the circulatory system itself. Often beta blockers will be prescribed along with thiazide diuretics (combining drugs is a common practice that can lower blood pressure).

- **Angiotensin-converting Enzyme (ACE) Inhibitors**

Commonly prescribed along with thiazide diuretics, ACE inhibitors counteract a natural chemical that narrows blood vessels, which in turn eases pressure on vessels.

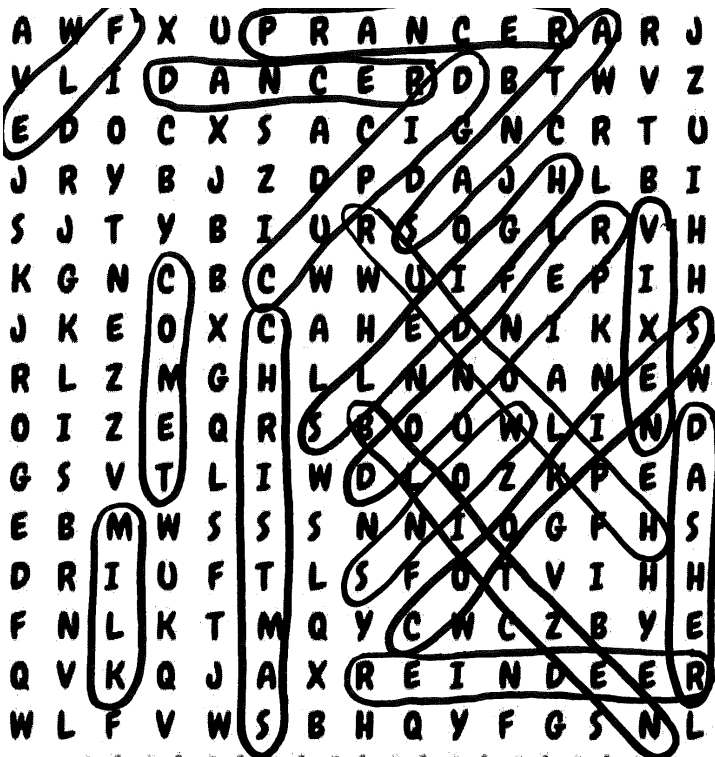
Of course, other types of drugs can be effective against hypertension as well. Finding the right combination varies with each person.



In the fight against hypertension, the best strategy is to recognize one's individual risks-which might include genetic history, obesity or simple physical inactivity-and act accordingly. For the elderly, moderately high blood pressure might be less serious than it is in a middle-aged person. But even when blood pressure rises minimally past age 50, it's still important to take the proper steps to ensure healthy senior years. A normal blood pressure is an important first step toward achieving long-term health. Hypertension might be a common problem-but fortunately it has plenty of solutions.

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

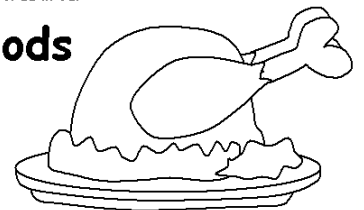
## Answers to this months puzzles



Unscramble the letters to find the words in our

### Christmas Foods Anagram

Hidden Word (circled letters):  
candycanes

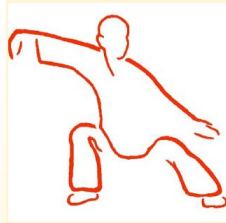


- ab@eeinrrrs cranberries
- @ccehloot chocolate
- @grvy gravy
- al@stuw walnuts
- am s(y) yams
- @eikoos cookies
- d@dginpu pudding
- @krtuy turkey
- ffgin@stu stuffing
- im@st mints



## Announcements

### 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!

Please call 402.821.3330, to put your name on the list!

As we all know too well, Nebraska weather can be very unpredictable. So please remember that Saline County Aging Services will be closed when:

- The Saline County Courthouse is closed.
- Wilber-Clatonia Public Schools is closed because of bad weather.
- And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to reschedule your appointment.

Be safe this winter and know what the driving conditions are like before you try to go out an about! If you are not sure if Saline County Aging Services will be open or not, do not hesitate to call 402-821-3330 and find out.



### 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!



# 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

