



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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Be Prepared to Stay Safe and Healthy in Winter

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults.

Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe and healthy when temperatures start to fall.

Take These Steps for Your Home

Staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- Winterize your home.
 - * Install weather stripping, insulation, and storm windows.
 - * Insulate water lines that run along exterior walls.
 - * Clean out gutters and repair roof leaks.
- Check your heating systems.
 - * Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
 - * Inspect and clean fireplaces and chimneys.
 - * If you do not have a working smoke detector, install one. Test batteries monthly and replace them twice a year.
 - * Have a safe alternate heating source and alternate fuels available.
 - * Prevent carbon monoxide (CO) emergencies.
- Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
- Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Don't Forget to Prepare Your Car

Get your car ready for cold weather use before winter arrives.



- Service the radiator and maintain antifreeze level.
- Check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded.

The kit should include:

- * cell phone, portable charger, and extra batteries;
- * blankets;
- * food and water;
- * booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
- * compass and maps;
- * flashlight, battery-powered radio, and extra batteries;
- * first-aid kit; and
- * plastic bags (for sanitation).

Equip in Advance for Emergencies

Be prepared for weather-related emergencies, including power outages.

Stock food that needs no cooking or refrigeration and water stored in clean containers.

- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
 - Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
 - extra batteries;
 - first-aid kit and extra medicine;
 - baby items; and
 - cat litter or sand for icy walkways.
- Protect your family from carbon monoxide.
- Keep grills, camp stoves, and generators out of the house, basement and garage.
- Locate generators at least 20 feet from the house.
- Leave your home immediately if the CO detector sounds, and call 911.

● Take These Precautions Outdoors

Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches. (Come into SCAS for a bottle of free Cat Litter)
- Learn safety precautions to follow when outdoors.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Carry a cell phone.



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Craft Day

Come join us for a Craft Day!

When: Friday, January 10th, 2019

Where: Saline County Aging Services

Time: 1:30 pm

Please RSVP by January 8th.

Snacks & Coffee Provided.

ALL contributions, will be put towards future craft days!

(We will be making a wooden snowman.)

402.821.3330





Top 10 Things Learned in 50 Years

1. Never take a sleeping pill and a laxative on the same night.
2. There can be a fine line between "hobby" and "mental illness."
3. You should never confuse your career with your life.
4. No matter what happens in life, somebody will find a way to take it too seriously.
5. Nobody cares if you can't dance well. Just get up and dance.
6. Never lick a steak knife.
7. Take out the fortune before you eat the cookie.
8. The most destructive force in the universe is gossip.
9. Nobody can give me a clear and compelling reason why we observe daylight savings time.
10. A person who is nice to you but rude to the waiter is not a nice person.

Time for My Annual Physical

"I went to the doctor for my annual physical last week"

"The nurse asked me how much I weighed. I told her I weighed 135 pounds. Then she weighed me and the scale said 160."

"She asked me how tall I was. I said, '5 feet, 5 inches.' She measured me and I was only 5 feet, 3 inches tall"

"Then she took my blood pressure and told me it was high."

"Of course my blood pressure is high," I said.

"When I came in here I was tall and slender."

"Now I'm short and fat!"



atimetolaugh.org



Vitamin D

Vitamin D is a fat-soluble vitamin that is necessary for body function on a daily basis. Vitamin D builds and develops strong and healthy bones. This is especially important in the elderly community. The elderly need to be protected from bones becoming weak and fragile. It also has a vital role in helping to make sure the muscles, heart, lungs and brain function properly. Vitamin D also carries a defense mechanism against infection, which is important for the elderly.

Sunshine is the leading source of how our bodies obtain and get the adequate amount of vitamin D. Now that the weather is nicer and offers more sun, your body will obtain the vitamin D through direct contact such as relaxing outside, doing yard work, going for a walk or participating in a sport. Experts say that 10 to 15 minutes is all that is needed for adequate exposure without needing sunscreen. Although, sunscreen is important to protect your skin, it can hinder the absorption of vitamin D by to 90 percent.

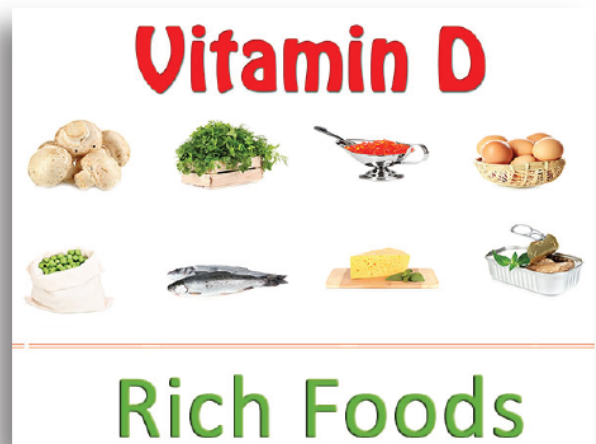
During cold winter months, the time we spend outside dwindles and we find ourselves staying inside or limiting our outside activities. This is why it is important to have a diet that supplies enough vitamin D.

Foods that contain vitamin D are fatty fish such as salmon, tuna and sardines; poultry products such as eggs and in such supplements as cod liver oil. Some foods can also be enriched (enhanced amounts of vitamin D) or fortified (vitamin D is artificially added in for a nutritional benefit). Some fortified and enriched foods that contain vitamin D are milk, yogurt, orange juice, some cereals, snack bars, soy milk and oatmeal. When selecting an enriched or fortified food source, check the nutritional facts label as it will state if vitamin D is added into the product in higher amounts (enriched) or added in for your benefit (fortified).

The recommend dietary/daily intake (RDI); there is no “one shoe fits all” amount for everyone. All of us have different needs and thus all of our bodies require different amounts; however experts are able to somewhat categorize the amounts. Professionals suggest adults up to age 70 to consume 600 international units (IU) daily and they are encouraged to consume 800 IU daily. To know exactly how much is in some foods be sure to verify any questions via the nutritional food label! Try a variety of meat sources in your diet, get some daily sun and always be sure to consult your primary care doctor for any questions.

A vitamin D deficiency is the result of not consuming enough vitamin D on a daily basis. Some factors that could affect your intake or cause a deficiency would be living in a cold climate that does not get enough sun, northern states or northern parts of the world are also affected. People living in states and locations with sustained long winter months are at risk. Especially individuals above age 70.

Signs and symptoms of vitamin D deficiency include but are not limited to potential bone pain, general muscle weakness and frequent infections. Some research suggests another sign could be general depression or long withstanding bad mood. If you are unsure if you might have these signs or symptoms please reach out to a medical professional such as your primary care doctor as soon as possible. They might be able to do a blood test to determine if a vitamin D supplementation regime could be beneficial for you.



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!

The Active Brain: Strategies for Preventing Memory Loss

“Will I forget my family members and loved ones as I grow older?”

“Is there a way to stop the memory loss-forgetting names or why I went to the grocery store-that I’ve begun to experience?”

“Am I destined to lose memory as I age?”

These questions strike at the heart of the most terrifying aspect of Alzheimer’s disease and other forms of dementia-that memory loss affects the core of personal identity. But there’s good news: Not everyone susceptible to dementia eventually succumbs to it. Though memory loss is often associated with older age, scientists have discovered that memory doesn’t necessarily diminish with time. Recent medical research has shown that preventing memory loss can happen with the right combination of physical and mental activity, and in some cases cognitive decline (or memory loss) can be delayed or even prevented.

HOW MEMORY LOSS OCCURS



Estimates by neuroscientists have shown that by late middle age the brain loses an average of 1 percent of its brain cells every year. Memory loss occurs when the synapses (or neural connections between brain cells) that facilitate the transfer and storage of information in the brain are weakened. The more connections between brain cells, the better the brain’s ability to transmit, store, and retrieve information. But as subtle decay in brain mass eventually takes its toll, memory loss can begin to set in.

“The number of memory complaints goes up with age,” explains Dr. George Rebok, a professor of psychiatry in the Johns Hopkins Bloomberg School of Public Health. Rebok says that memory loss first affects everyday activities, like the ability to remember appointments or the names of other people, particularly people one has recently met.

In addition to the loss of physical brain mass, scientists have developed a number of theories to explain why memory changes with age. With increasing age, there is simply more information stored in one’s brain, making it more difficult to access. Another explanation suggests that some memory loss is affected by lifestyle changes later in life. Without daily work or regular activity, much of the mental data stored in the brain no longer has a meaningful structure to support it. In turn, that information can become far more difficult to access. But in spite of all these explanations for memory loss, the fact is that not all seniors lose memory at the same rate-or even at all.

WHO EXPERIENCES MEMORY LOSS?

Perhaps the most surprising thing about memory loss is how it affects different population groups. Even identical twins who share the same genes have been shown to experience cognitive decline at different rates, which suggests that memory loss is affected by our environment at least as much as by genetics. Dr. Zaldy Tan, a professor at the Harvard Medical School Division of Aging, notes that an individual’s education level and occupation appear to play a significant role in the onset of memory loss.

People with high levels of education or whose jobs require complex mental functions-doctors, engineers, and university professors, for instance-are less likely to develop Alzheimer’s disease. “People with higher education and intelligence have more brain connections, and therefore, have greater brain reserves,” Tan says. “Their brain can take more hits, so to speak, before they develop dementia, whereas people with less reserves can take less hits.”

Rebok describes excess brain capacity as a “cognitive reserve”—an abundance of connections between brain cells that keeps the brain and memory functioning well, even as some neural connections weaken with age. Cognitive reserve offers the best explanation for why those with advanced educations-and thus a more highly developed “back-up memory”—are less likely to fall victim to Alzheimer’s.

The advantages of cognitive reserve, however, are not necessarily limited to the well-educated. According to Rebok, research in the last ten to twenty years has shown that not only can one brain connection take over for another, but that the brain can create new connections between cells. “It isn’t just a matter of losing neurons as you get older,” Rebok says. The brain not only creates new connections between neurons, but can actually grow new brain cells that transmit information. “There’s a great deal of plasticity in the brain,” he adds. Rebok points out that this new understanding of brain capacity shows that people, regardless of educational or occupational background, who engage in a more active lifestyle can improve certain areas of their mental functioning, potentially delaying or preventing memory loss.

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Do This When You Plan to Travel

www.cdc.gov



When planning travel, be aware of current and forecast weather conditions.

- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
 - Follow these safety rules if you become stranded in your car.
- Make your car visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing), and turn on the inside overhead lights (when your engine is running).
- Move anything you need from the trunk into the passenger area. Stay with your car unless safety is no more than 100 yards away.
- Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets, or newspapers. Huddle with other people if you can.
- Stay awake and stay moving. You will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.

Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

CRETE



Date: January 23, 2020

Time: 12:00 p.m.

Location: Crete Area Medical Center

Meal: BBQ Pork Sandwich, Curly Fries, Coleslaw,
Cookie or Fruit & Drink

Please RSVP to receive the special of the day
by January 15th!
402.821.3330

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

For those under age 60: \$5.00 fee

FRIEND



Date: January 16th, 2020

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Meal TBA

Please RSVP to receive the special of the day
by January 8th!
402.821.3330

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

For those under age 60: \$5.00 fee



WILBER



Date: January 17th, 2020

Time: 9:30 a.m.

Location: 'The Back Room' -SCAS

Meal: Breakfast & Coffee

Please RSVP by January 15th!
402.821.3330

\$3.00 fee for anyone attending the breakfast.



WESTERN

Date: January 17th, 2020

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Chili, Salad & Cinnamon Rolls

Please RSVP by January 15th!
402.821.3330

\$5 fee for anyone attending the meal.



**For Full Circles in January — Join us for a presentation over
Fraud and Awareness of the Latest Scams by the Attorney
Generals Office.**

Exercise of the Month — Ankle Stretch

WHAT YOU NEED: Sturdy, armless chair

This exercise stretches your ankle muscles. You can stretch both ankles at once or one at a time.

1. Sit securely toward the edge of a sturdy, armless chair.
2. Stretch your legs out in front of you.
3. With your heels on the floor, bend your ankles to point toes toward you.
4. Hold the position for 10-30 seconds.
5. Bend ankles to point toes away from you and hold for 10-30 seconds.
6. Repeat at least 3-5 times.



go4life.nia.nih.gov

Recipe of the Month

Pumpkin Chocolate Cake

Ingredients:

- 1 15 oz can pumpkin puree or 2 cups fresh pumpkin that has been cooked and mashed
- 1 15.25 oz chocolate cake mix box

Directions:

1. In a large mixing bowl, combine cake mix & pumpkin.
2. Either spread mixture in a greased 13x9 pan, or make cupcakes.
3. Bake according to cake mix package directions.
4. Let cool completely.
5. Serve as is, or with whipped cream or frosting



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

REBUS FOR YOU!

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

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

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Riddle of the Month

What bites with no teeth?

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!



WINTER WORD SEARCH





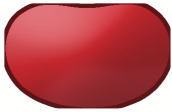

















W	E	A	T	H	E	R	W	G	S	F	P	S	F	M
O	H	J	V	O	L	J	O	N	J	V	H	N	J	J
K	F	R	A	C	S	M	E	O	K	O	L	O	M	G
D	R	H	B	P	T	T	D	P	V	B	P	W	W	N
I	E	L	J	Q	T	O	I	E	L	J	Q	F	O	I
W	E	P	N	I	W	K	L	I	P	N	S	L	K	T
S	Z	Q	M	W	Q	D	S	D	Q	M	F	A	D	A
N	I	A	K	S	B	I	U	W	A	K	F	K	I	K
A	N	S	L	I	D	E	I	S	S	L	U	E	W	S
M	G	W	J	C	D	L	L	A	W	J	M	D	S	W
W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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

January Activities

<p>Key: Crete Dorchester Wilber Friend DeWitt</p>			<p>1 SCAS CLOSED</p> 	<p>2 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>3 Chocolate Covered Cherry Day</p> 	<p>4 Spaghetti Day</p> 
<p>5 Whipped Cream Day</p> 	<p>6 Bean Day</p> 	<p>7 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>8 Foot Clinic Lunch 12:00 p.m. Foot Clinic</p>	<p>9 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>10 Bittersweet Chocolate Day</p> 	<p>11 Milk Day</p> 
<p>12 Kiss a Ginger Day</p> 	<p>13 National Sticker Day</p> 	<p>14 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>15 Foot Clinic Lunch 12:00 p.m. National Bagel Day</p> 	<p>16 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>17 Bootleggers Day</p> 	<p>18 Winnie The Pooh Day</p> 
<p>19 National Popcorn Day</p> 	<p>20 SCAS CLOSED Martin Lutheran King Jr Day</p>	<p>21 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 National Granola Bar Day</p>	<p>22 Lunch 12:00 p.m.</p>	<p>23 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>24 Peanut Butter Day</p> 	<p>25 Irish Coffee Day</p> 
<p>26 Peanut Brittle Day</p> 	<p>27 Chocolate Cake Day</p> 	<p>28 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 SCAS CLOSED</p>	<p>29 Corn Chip Day</p> 	<p>30 Croissant Day</p> 	<p>31 National Hot Chocolate 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>	<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, January 1st

Senior Center Closed... Happy New Year!

WEDNESDAY, January 8th

Program— NE Strong, even in the face of adversity!

Menu— Tater Tot Casserole, Cottage Garden Salad, Fruit & Milk

WEDNESDAY, January 15th

Program— Fun on the Farm with Holly & Sean Loos

Menu— Swiss Steak, Roasted Potatoes, Carrots, Fruit, Bread &

WEDNESDAY, January 22nd

Program— Name That Tune Bingo (Bring a fruit or sweet treat)

Menu— Tuna Noodle Casserole, Mixed Vegetables, Bread, Fruit & Milk

WEDNESDAY, January 29th

Program— Dine Along to Music by Jim Hinz

Menu— Glazed Ham, Dressing, Peas, Bread, Fruit & Milk



Sophie Flaska
of
Crete

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 Decembers
riddle "If a lion had a christmas
music album, what would it be
called?"— Jungle Bells



Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County
call: 402.821.3330



*A special wish to all of the
January 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 on the first Monday of every month (January 6th) at 5:30 p.m. for a Potluck and fellowship. No cost, open to everyone regardless of age. Please bring a dish as you are able, if you are unable to provide a dish, you are still welcome to come.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

PREVENTING MEMORY LOSS

Improvements in memory, however, can be gained through everyday activity. Mental activity as simple as regular reading or playing board games stimulates brain connections and contributes to the delay and prevention of cognitive decline. In effect, more active lifestyles allow the brain to continually re-wire itself. Tan notes that physical inactivity, especially in older age, can contribute to cognitive decline. "If you're homebound, watching television, reheating food in the microwave, [those activities] don't require higher cognitive function," he says.

In his book "Age-Proof Your Mind: Detect, Delay, and Prevent Memory Loss-Before It's Too Late" Tan cites a number of leisure activities as particularly effective in helping the brain protect itself against mental decline:

- **Reading Regularly:** In an age when people spend so much time passively watching television, reading provides an opportunity for active mental engagement. And such habits as making predictions about a story's plot and recalling details from what was read can further enhance the benefits of reading on one's memory.
- **Playing Board Games:** An avenue for much-needed social interaction, board games also encourage critical thinking.



- **Playing Musical Instruments:** The mental discipline required to learn a new hobby or skill helps ensure that more areas of the brain remain active.
- **Dancing:** For those who are physically able, dancing provides a combination of physical and mental activity, especially the hard work of remembering all those dance steps!
- **Doing Crossword Puzzles:** Tan notes that someone who completes the New York Times crossword puzzle four days per week reduces the risk of developing Alzheimer's disease by 50 percent compared to someone who does the puzzle only once per week.

In addition to simple everyday activities, another option for preventing memory loss is the practice of memory exercises. Well over 300 studies on memory training with normally functioning older adults suggest that while not all participants benefit to the same degree, memory training can help. "In some cases, those improvements last weeks, months, even up to several years," Rebok says. "[Improvement in memory] doesn't go away once you stop the memory training."

Rebok has led a large study in which participants learn memory interventions that stimulate the brain's memory-making abilities. An example of a memory intervention used in the study is the acronym MOVA, which stands for:

- Meaningfulness
- Organization
- Visualization
- Association

The idea behind MOVA, according to Rebok, is that information is easier to remember when it's meaningful, when it's logically organized, when one can visualize it, and when one can associate it with something that is already familiar. Tasks in the study included memorizing a grocery list (organizing items into categories like dairy or produce) and remembering stories from the newspaper (visualizing the narrative and associating it with common experiences).

It should be noted that increased mental activity is no cure-all. For some people, cognitive decline and dementia will occur, regardless of educational background or mental lifestyle. But for many people who adopt a direct approach to mental activity, preventing memory loss can work. Tan and Rebok both emphasize that with early signs of memory loss, preventing more serious cognitive decline is still possible with lifestyle change, which is often as simple as taking steps toward increased social activity and some new hobbies. But even more important is adopting a lifestyle of mental activity at a younger age. "Aging is a process that doesn't start when you're 65 or 70," says Rebok. "A lot of the choices you make earlier in life have profound consequences for your life as an [older] adult."

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 had a 'GNOME'tastic time at our craft day in December. This was our largest turnout yet! We welcome everyone to join us at our craft day in January. You won't be disappointed!



What's going on in DeWitt?



DeWitt is enjoying Tri County FFA Students celebrating 50th anniversary activities, a little fencing, & a Mexican Menu!

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.

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WINTER WEATHER

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.



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402-821-3330

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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

