



# 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

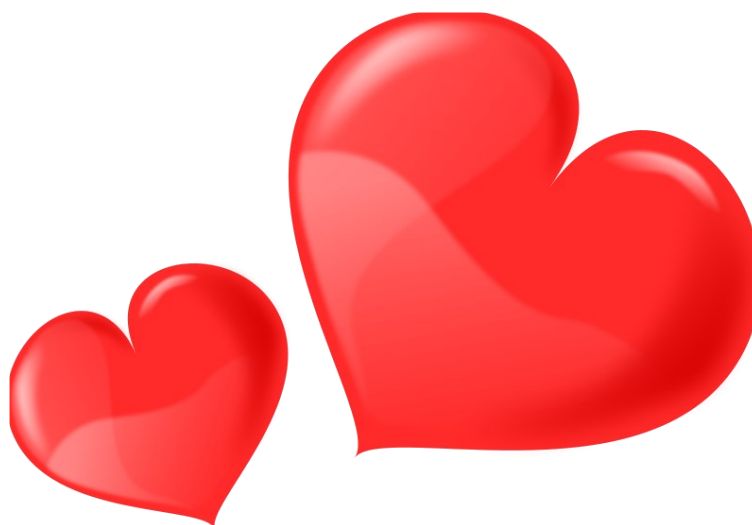


Volume 5, Issue 2

February 2020

## Inside This Issue . . .

- History of Valentines Day ..... Pg 1-2
- Craft Day .....Pg 3
- Just for Laughs .....Pg 4
- Healthy Eating .....Pg 5
- Stroke Information ..... Pg 6-7
- Full Circles .....Pg 8
- Exercise/Recipe .....Pg 9
- Fun Pages ..... Pg 10-11
- What's Happening? ..... Pg 12-15
- SCAS/DeWitt Pics..... Pg 16-17
- Announcements ..... Pg 18-19



## History of Valentine's Day

Valentine's Day occurs every February 14. Across the United States and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and where did these traditions come from? Find out about the history of Valentine's Day, from the ancient Roman ritual of Lupercalia that welcomed spring to the card-giving customs of Victorian England.

### The Legend of St. Valentine

The history of Valentine's Day—and the story of its patron saint—is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He, too, was beheaded by Claudius II outside Rome.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and—most importantly—romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

### Origins of Valentine's Day: A Pagan Festival in February

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial—which probably occurred around A.D. 270—others claim that the Christian church may have decided to place St. Valentine's feast day in the middle of February in an effort to "Christianize" the pagan celebration of Lupercalia. Celebrated at the ides of February, or February 15, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would gather at a sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would sacrifice a goat, for fertility, and a dog, for purification. They would then strip the goat's hide into strips, dip them into the sacrificial blood and take to the streets, gently slapping both women and crop fields with the goat hide. Far from being fearful, Roman women welcomed the touch of the hides because it was believed to make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would each choose a name and become paired for the year with his chosen woman. These matches often ended in marriage.



### Valentine's Day: A Day of Romance

Lupercalia survived the initial rise of Christianity but was outlawed—as it was deemed “un-Christian”—at the end of the 5th century, when Pope Gelasius declared February 14 St. Valentine's Day. It was not until much later, however, that the day became definitively associated with love. During the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of Valentine's Day should be a day for romance. The English poet Geoffrey Chaucer was the first to record St. Valentine's Day as a day of romantic celebration in his 1375 poem “Parliament of Foules,” writing, ““For this was sent on Seynt Valentyne's day / Whan every foul cometh ther to choose his mate.”

Valentine greetings were popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England.) Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

### Typical Valentine's Day Greetings

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the “Mother of the Valentine,” made elaborate creations with real lace, ribbons and colorful pictures known as “scrap.” Today, according to the Greeting Card Association, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (more cards are sent at Christmas). Women purchase approximately 85 percent of all valentines.

# Craft Day

Come join us for a Craft Day!

When: February 10th, 2019

Where: Saline County Aging Services

Time: 1:30 pm

Please RSVP by February 7th.

Snacks & Coffee Provided.

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

**402.821.3330**



## Lets Try Ice Fishing

There were two good ol' boys from southern Georgia who just loved to fish. They wanted to do some ice fishing that they'd heard about in Canada, so they took off to try it.

The lake was frozen nicely, so they stopped just before they got to the lake at a bait shop and got all their bait and tackle.



Bubba Joe said, "We're going to need an ice pick."

After they got their equipment, they took off.

In about two hours, Bubba was back at the shop and said, "We're going to need another dozen ice picks."

He sold him the picks, and the good ol' boy left.

In about an hour, he was back at the shop again and said, "We're going to need all the ice picks you've got."

The shop owner couldn't believe it. "By the way," he asked, "how are you fellows doing?"

"Not very well at all," he said. "We don't even have the stupid boat in the water yet."





## An Ode to Oats

Oatmeal has been a traditional breakfast menu item staple, and with good reason. Oats are a versatile comfort food, prized for their high nutritional value and powerful health benefits such as promoting heart health, managing insulin levels and regulating digestion.

### Health Benefits

Oats are considered to be a whole grain and have a proven positive influence on health. The soluble fiber found in oats, beta-glucan, binds with cholesterol and transports it out of the body. Studies have shown that a daily intake of at least 3 grams of beta-glucan has lowered cholesterol by an average of 12 points. High intakes of whole grain can reduce heart disease by 21 percent. Oatmeal is considered to be a complex carbohydrate, meaning that it takes longer for the body to break it down. This slows the body's insulin response and better controls blood sugar levels. Beta-glucan works to regulate digestion, manage waste and improve certain digestive issues such as diarrhea, constipation and irritable bowel syndrome. ([www.hsph.harvard.edu](http://www.hsph.harvard.edu)).



### Types of Oats

The oats section in the grocery store has exploded with a variety of flavors and types now offered. It can be confusing to know what the difference is and what is your best option.

**Instant oats:** These are oat groats that have been steamed and flaked. It's the fastest cooking oat, often just taking a few minutes in the microwave.

**Rolled oats (regular or old fashioned oats):** These are oat groats that are steamed and rolled into flakes. This type of oats tends to be thicker and takes longer to cook compared to instant oats (about 5 to 10 minutes).

**Steel cut oats (Irish oats):** Contains the whole oat kernel cut-up. These larger pieces take longer to cook (20 to 30 minutes) and may have a slightly chewy texture.

**Scottish oats:** Similar to steel cut oats but ground instead of cut-up. This often gives a porridge-like texture.

**Oat Groats:** Contains the whole oat kernel, neither ground nor cut-up. Oat groats need to be soaked before cooking and may have a chewier texture. This type takes the longest to cook (about 50 to 60 minutes).

Although the different types of oats may differ in texture, cooking time and flavor, the nutritional values are similar. They are all considered to be a whole grain, gluten-free and are a good source of fiber.

**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!**

## Stroke Information

Stroke is the third leading cause of death in the United States and a leading cause of serious, long-term disability in adults. About 600,000 new strokes are reported in the U.S. each year. The good news is that treatments are available that can greatly reduce the damage caused by a stroke. However, you need to recognize the symptoms of a stroke and get to a hospital quickly. Getting treatment within 60 minutes can prevent disability.

### WHAT IS A STROKE?

A stroke, sometimes called a “brain attack,” occurs when blood flow to the brain is interrupted. When a stroke occurs, brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function.

#### What causes a stroke?

There are two major kinds of stroke.



The first, called an ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel or artery in the brain. About 80 percent of all strokes are ischemic. The second, known as a hemorrhagic stroke, is caused by a blood vessel in the brain that breaks and bleeds into the brain. About 20% of strokes are hemorrhagic.

#### What disabilities can result from a stroke?

Although stroke is a disease of the brain, it can affect the entire body. The effects of a stroke range from mild to severe and can include paralysis, problems with thinking, problems with speaking, and emotional problems. Patients may also experience pain or numbness after a stroke.

### KNOW THE SIGNS

Because stroke injures the brain, you may not realize that you are having a stroke. To a bystander, someone having a stroke may just look unaware or confused. Stroke victims have the best chance if someone around them recognizes the symptoms and acts quickly.

#### What are the symptoms of a stroke?

The symptoms of stroke are distinct because they happen quickly:

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

#### What should a bystander do?

If you believe someone is having a stroke—if he or she suddenly loses the ability to speak, or move an arm or leg on one side, or experiences facial paralysis on one side—call 911 immediately.



### ACT IN TIME

Stroke is a medical emergency. Every minute counts when someone is having a stroke. The longer blood flow is cut off to the brain, the greater the damage. Immediate treatment can save people's lives and enhance their chances for successful recovery from stroke.

*..continued on pg. 7*

### Why is there a need to act fast?

Ischemic strokes, the most common type of strokes, can be treated with a drug called t-PA, that dissolves blood clots obstructing blood flow to the brain. The window of opportunity to start treating stroke patients is three hours, but to be evaluated and receive treatment, patients need to get to the hospital within 60 minutes.

### What is the benefit of treatment?

A five-year study by the National Institute of Neurological Disorders and Stroke (NINDS) found that some stroke patients who received t-PA within three hours of the start of stroke symptoms were at least 30% more likely to recover with little or no disability after three months.

### What can I do to prevent a stroke?

The best treatment for stroke is prevention. There are several risk factors that increase your chances of having a stroke:



- High blood pressure
- Heart disease
- Smoking
- Diabetes
- High cholesterol

If you smoke-quit. If you have high blood pressure, heart disease, diabetes, or high cholesterol, getting them under control-and keeping them under control-will greatly reduce your chances of having a stroke.

*aplaceformom.com*



**For Full Circles in February— Valentine’s Day Party!**

**We will also have staff members coming from Friend Community Healthcare Systems to provide a brief update on services available.**

# CRETE

Date: February 21st, 2020

Time: 12:00 p.m.

Location: Crete Area Medical Center

Meal: Szechuan Chicken with Vegetables, Rice, Cookie or Fruit Cup & Drink

Please RSVP to receive the special of the day by February 14th.

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: February 20th, 2020

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Fried Chicken, Cheesy Potatoes, Green Beans & Dessert

Please RSVP to receive the special of the day by February 12th.

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: February 28th, 2020

Time: 2:00 p.m.

Location: ‘The Back Room’ -SCAS

Meal: Dessert & Coffee

Please RSVP by February 26th.

402.821.3330

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

# WESTERN

Date: February 14th, 2020

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Chili, Salad & Cinnamon Rolls

Please RSVP by February 12th.

402.821.3330

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



## Overhead Arm Raise

**TARGETED MUSCLES:** Shoulders & Arms

**WHAT YOU NEED:** Weighted objects or hand-held weights

This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying grandchildren easier.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.



go4life.nia.nih.gov

## Recipe of the Month

### Easy 3 Ingredient Banana Muffins

**Ingredients:**

- 1 box yellow cake mix
- 3 large bananas (or 4-5 small bananas)
- 1/2 tsp cinnamon (totally optional)

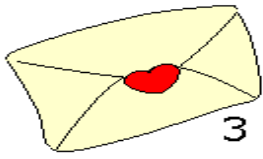



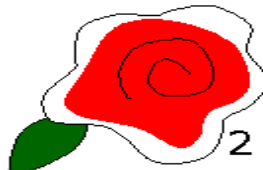

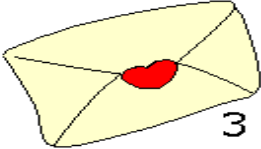

**Directions:**

1. Preheat oven to temperature stated on box. Usually 350.
2. Use 4 medium bananas, or 3 large bananas.
3. Add a box of cake mix, just the cake mix, not any of the stuff that is told to add on the box.
4. Start stirring, it will start to look like dough. It is sticky!
5. Add cinnamon, if you want!
6. Bake for 18 mins, & enjoy!

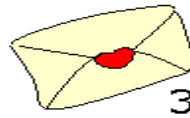


Pinterest.com

# Valentine's Day Sudoku

Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!



## Riddle of the Month

What fastens 2 people yet touches only one?

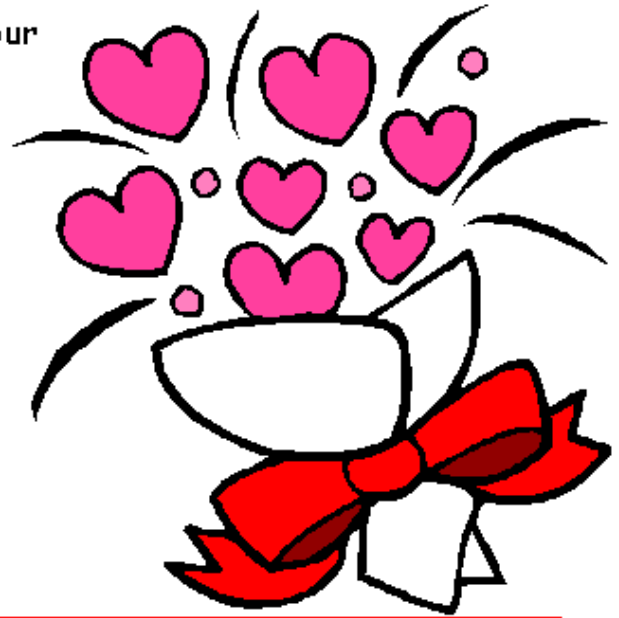
Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

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

Happy Valentine's Day

Unscramble the letters to find the words in our

# Valentine's Day Anagram



Hidden Word  
(solve the circled letters):

\_\_\_\_\_

a c d r

\_\_\_\_\_

e f l o r s w

\_\_\_\_\_

d e r

\_\_\_\_\_

f g i t

\_\_\_\_\_

a c c e h l o o t

\_\_\_\_\_

a c d n y

\_\_\_\_\_

i k n p

\_\_\_\_\_

a e h r t

\_\_\_\_\_

e l v o

\_\_\_\_\_

# February Activities

Key: Crete Dorchester Wilber Friend DeWitt						1
2	3	4 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	5 Foot Clinic Lunch 12:00 p.m. National Pizza Day 	6 Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	7	8
9	10 National Cream Cheese Brownie Day 	11 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	12 Foot Clinic Lunch 12:00 p.m.	13 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	14 Full Circle @ Western 12:00	15
16	17	18 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	19 Lunch 12:00 p.m. National Chocolate Mint Day 	20 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00 Full Circle 12:00	21 Full Circle 12:00	22
23	24 National Banana Bread Day 	25 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	26 Lunch 12:00 p.m.	27 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	28 Full Circle 2:00	29
			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?

<p><b>DeWitt Senior Center Meal Schedule</b>                  For meal reservations,                  call Bev at 683-6475 or 520-0873</p>
<p><b>WEDNESDAY, February 5th</b></p>
<p><b>Program</b>— Presidential Trivia  <b>Menu</b>— Beef Stroganoff, Green Beans, Fruit, Milk &amp; Bread</p>
<p><b>WEDNESDAY, February 12th</b></p>
<p><b>Program</b>— Refreshments &amp; Cherry Desserts for Valentines Day  <b>Menu</b>— Caribbean Pork Loin, Baked Potato, Carrots, Fruit, Milk &amp; Bread</p>
<p><b>WEDNESDAY, February 19th</b></p>
<p><b>Program</b>— Presidential Bingo (Bring a Valentine treat in a bag)  <b>Menu</b>— Fish, Mac &amp; Cheese, Baked Corn, Fruit &amp; Milk</p>
<p><b>WEDNESDAY, February 24th</b></p>
<p style="color: red;">Quick Shoppe Strawberry Sundaes at 3:30</p>
<p><b>WEDNESDAY, February 26th</b></p>
<p><b>Program</b>— Jill Busselman on African Mission Trip  <b>Menu</b>— BBQ Chicken, Potato Salad, Mixed Veggies, Fruit &amp; Milk</p>



Due to difficulties getting the newsletter out for January, nobody 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 January's riddle "What bites with no teeth?"— Frost



### 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 February 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 ( February 3rd) 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.



Saline County Aging Services is hosting:

# Shamrock Shuffle

5K (3.1M) OR 1 MILE FUN RUN/WALK

Saturday, March 14<sup>th</sup>, 2020

Registration from 9:00 AM – 9:45 AM

Start time: 10:00AM SHARP

Location: Legion Park, Wilber, NE

Pre-Registration NOW at:

Saline County Aging Services, First State Bank or  
Wilber Physical Therapy

Or: Mail registration with check to SCAS, P.O. Box 812, Wilber, NE 68465



**Pre-registration DUE by Friday, March 6th, 2020**

**\*\*Proceeds will benefit Saline County Aging Services and Wilber-Clatonia Public Schools TCBY Program!\*\***

Entry Fees: 5K \$20 Pre-registered; \$25 after & day of race

1 mile \$15 Pre-registered; \$20 after and day of race

Students 12 & under \$10 Pre-registered, \$15 after & day of race

(Entry Fee Includes: T-Shirt, Water, After Race Snack, and One Free Drink Card at the Foxhole)

**\*\*ONLY PRE-REGISTRANTS ARE GUARENTEED A T-SHIRT.**

**Early Packet Pick-Up: Thursday, March 12<sup>th</sup> or Friday, March 13<sup>th</sup> or Race Day**

**Prizes will be awarded to 1<sup>st</sup> & 2<sup>nd</sup> places in the age categories of:**

**4-11, 12-18, 19-30, 31-50, 51 & up**

### 2020 Registration Form

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Male or Female Circle one: 5K or 1 Mile

YOUTH T-Shirt Size: S M L

Female/Male ADULT T-Shirt Size: S M L XL XXL XXXL

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Saline County Aging Services, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the person's name in the waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (if under 18-parent/guardian)

DATE

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?



In January, the Attorney General's Office came to present the latest scams and fraud prevention at Friend & Crete locations. Due to weather conditions, we had to cancel Wilber & Western.

If you missed out, don't worry! We plan to have them come back in the spring to present for Wilber & Western. Anyone is welcome to join us at any location.



## Craft Day Success



We had another successful craft day! In January we made snowmen out of wooden spoons. All who attend, always want to join us for the next month of fun. New people are always welcome to come for some crafting & socializing.

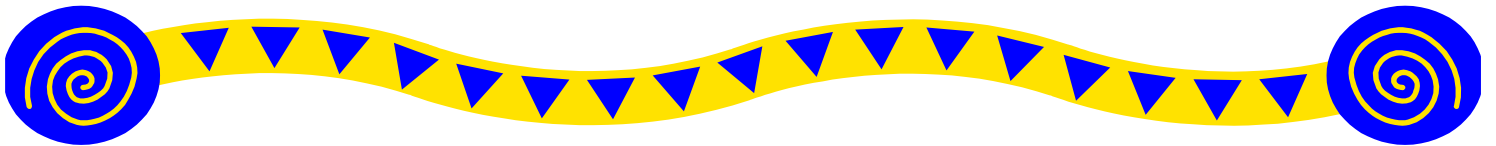


## What's going on at DeWitt Senior Center?

Making marbles by talented Roger Mohling.



NE Strong representatives discuss how to cope and plan ahead for floods or stress.



### A New Tai Chi Class to Begin in DeWitt in February

If you would like to try a Tai Chi Exercise class or refresh your memory if you took a previous class, then come to the DeWitt Senior Center beginning Tuesday, February 11th at 10:15. This 10 week low impact exercise on Tuesdays & Thursdays for seniors helps reduce falls, maintain mobility, improve balance and increase flexibility. This is a research based program recommended and encouraged by many doctors. The class will be taught by Bev Plihal, a certified instructor, and the recommended contribution is \$2.00 for each class. For registration or questions, please call Bev Plihal at 402-520-0873 or the Senior Center at 402-683-6475. Come try out the classes, have fun, and improve your overall physical fitness.

# Have You Moved?



## ATTENTION!

Have you moved or changed your phone number?

Please let us know.

We have had trouble getting ahold of some of our clients who have updated their phone numbers.

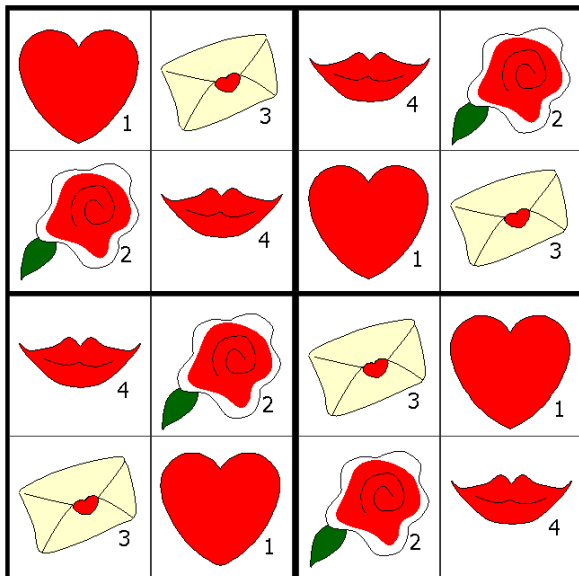
This helps us out when you have appointments with us or have signed up for events.

thank  
you!

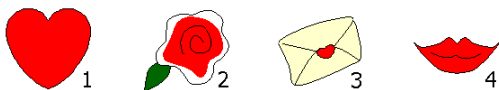
## Answers to this months puzzles

Answer  
key

### Valentine's Day Sudoku



Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!



Unscramble the letters to find the words in our

### Valentine's Day Anagram

Hidden Word  
(solve the circled letters):

valentine \_\_\_\_\_

@ c d r      card

e f l o r s w      flowers

d e r      red

f g i t      gift

a c c e h l o o t      chocolate

a c d n y      candy

i k n p      pink

a e h r t      heart

e l v o      love





### 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.

### 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**



# 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

