



# 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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## 7 Benefits of Exercise for the Elderly

*Its important to stay fit and healthy, especially as you get older. Here is how you keep active however old you are...*

We all know that exercise is good for us, but some people think that with each passing year they should try to do less and take it easy. Wrong. Health experts advise that regular exercise for the elderly offers great benefits, including extending lifespan. But alarmingly, only one in four people between the ages of 65 and 74 exercise regularly.

According to the National Institute for Ageing, exercise is good for people of any age and can ease symptoms of many chronic conditions. And contrary to popular belief, weakness and poor balance are actually linked to inactivity, rather than age.

At SweetTree, a leading UK care provider, they are ‘passionate about exercise’ and have seen the benefits first hand on many of their clients.

“We encourage our carers to get active with clients wherever possible (with the consent of a medical professional) as the positive impact on their health and wellbeing is clearly evident,” says Nicki Bones, Operations Director at SweetTree Home Care Services.

“Increased fitness, strength, confidence, coordination and mood are just some of the positive affects experienced by our clients.

Whether a stroll to the high street or simple stretches and exercise routines in the home, our clients and carers alike find it rewarding and enjoyable.”

Here are SweetTree’s 7 reasons for golden oldies to get going...

*...continued on pg 2*

### 1. Live longer

According to the World Health Organization, leading a sedentary lifestyle is one of 10 leading causes of death and disability. Even gentle, regular exercise such as walking or swimming can increase lifespan by around three to five years.

### 2. Prevent falls

Improving muscle strength and bone density can be helpful in reducing the risk of falls as it can also improve balance. The WHO say regular exercise can reduce the risk of having a hip fracture by 40%.



### 3. Reduced risk of stroke or heart attack

Regular cardiovascular exercise, such as brisk walking, cycling or light housework – anything that raises the heart rate - will increase blood flow to the heart and boost your overall health.

### 4. Better bone density

Weight-bearing exercise such as walking or jogging can help increase the strength of bones and reduce the risk of developing osteoporosis and fractures. According to The National Osteoporosis Society, one in two women and one in five men will break a bone due to osteoporosis.

### 5. Reduced risk of developing dementia

Being sedentary in later years can increase the risk of developing dementia, according to a recent study published in the Journal of Alzheimer's Disease. The study, which analysed more than 1,600 older adults over five years, found that those who did not exercise were more likely to develop dementia than those who did.

### 6. Prevent or delay disease

Exercise is an effective remedy for many chronic conditions. Studies show that people with arthritis, heart disease, or diabetes benefit from regular activity. It can also help in management of high cholesterol; keeping cholesterol levels within a healthy range can help to reduce the risk of heart disease and stroke.



### 7. More confidence and independence

A study by the Journal of the American Geriatrics Society examined exercise in the elderly and found that training led to improvements in functional reach and balance and reduced participants' fear of falling.



## The Special Advantages that Come with Age

- Your supply of brain cells is finally down to a manageable size.
- You can quit trying to hold in your stomach no matter who walks into the room.
- Your joints are more accurate meteorologists than the guy on the television.
- You can sing along with elevator music.
- There is nothing left anymore to learn the hard way.
- Things that you buy now won't wear out.
- You no longer think of the speed limit as a challenge.
- People call you at 9 p.m. and ask, "Did I wake you???? "
- Your investment in health insurance is finally paying off.
- You can sing along with elevator music.*(That sounds familiar)*
- Your eyes won't get too much worse.
- Kidnappers are not very interested in you.
- You can eat dinner at 4:00 in the afternoon.
- In a hostage situation you are the most likely to be released first.
- You can sing along with elevator music.*(Boy that sounds familiar)*
- No one expects you to run -- anywhere.







# Changes to the Nutrition Facts Label

The U.S. Food and Drug Administration have updated the Nutrition Facts Label to help consumers easily identify and make informed food choices. There are several changes to this label with updated scientific information, including the link between diet and chronic diseases.

## Servings

The number of “servings per container” and the “serving size” are larger and bolder in font. Serving sizes are required to accurately portray the amount people generally consume and data shows that certain foods need to be revised. For example, the serving size for ice cream was previously listed as 1/2 cup but has now been increased to 2/3 cup. This makes it easier for consumers to identify how much they are actually eating.

Keep in mind the difference between a portion size and a serving size. A portion size is the amount of food you choose to put on your plate (think P for Plate) while the serving size is the general amount that people consume.

## Calories

The amount of calories per serving is now listed in a larger and bolder font. This makes it easier to identify how many calories are listed in the serving size.

## Fats

The previous Nutrition Facts Label included “calories from fat.” This information has now been removed due to new research showing that the type of fat consumed is more important than the amount.

Continue to pay attention to the types and amount of various fats that are listed on the label. Saturated and trans fats have been shown to negatively impact heart health and increase the risk of certain chronic diseases. Aim to choose lean meats (which will naturally have less saturated fat) and limit the total amount of trans fats consumed.

## Added Sugars

The amount of “added sugars” has been added to the Nutrition Facts Label. This includes sugars that are added during processing as well as those from syrups, honey and concentrated juices. For example, canned fruit will contain natural sugars from the fruit itself but may also include added sugars if it is packed in syrup. Consuming too much added sugar can make it difficult to meet other nutrient needs, such as dietary fiber and other essential vitamins, and stay within the recommended calorie limits.

Sugars that are added during processing will have both the **Percent Daily Value** and the number of grams of added sugars on the label. Single-ingredient sugars (honey, maple syrup) will only have the **Percent Daily Value** listed.

NEW LABEL / WHAT'S DIFFERENT

<p>Servings: larger, bolder type</p> <p>New: added sugars</p> <p>Change in nutrients required</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2">Nutrition Facts</th> </tr> <tr> <td colspan="2">8 servings per container</td> </tr> <tr> <td colspan="2">Serving size 2/3 cup (55g)</td> </tr> <tr> <td colspan="2">Amount per serving</td> </tr> <tr> <td colspan="2"><b>Calories 230</b></td> </tr> <tr> <td colspan="2">% Daily Value*</td> </tr> <tr> <td>Total Fat 10g</td> <td>16%</td> </tr> <tr> <td>Saturated Fat 1g</td> <td>5%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> <tr> <td>Sodium 160mg</td> <td>7%</td> </tr> <tr> <td>Total Carbohydrate 51g</td> <td>13%</td> </tr> <tr> <td>Dietary Fiber 4g</td> <td>14%</td> </tr> <tr> <td>Total Sugars 12g</td> <td></td> </tr> <tr> <td>Includes 10g Added Sugars</td> <td>20%</td> </tr> <tr> <td colspan="2"><b>Protein 3g</b></td> </tr> <tr> <td>Vitamin D 2mcg</td> <td>10%</td> </tr> <tr> <td>Calcium 200mg</td> <td>20%</td> </tr> <tr> <td>Iron 5mg</td> <td>65%</td> </tr> <tr> <td>Potassium 230mg</td> <td>6%</td> </tr> </table> <p><small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.</small></p>	Nutrition Facts		8 servings per container		Serving size 2/3 cup (55g)		Amount per serving		<b>Calories 230</b>		% Daily Value*		Total Fat 10g	16%	Saturated Fat 1g	5%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 160mg	7%	Total Carbohydrate 51g	13%	Dietary Fiber 4g	14%	Total Sugars 12g		Includes 10g Added Sugars	20%	<b>Protein 3g</b>		Vitamin D 2mcg	10%	Calcium 200mg	20%	Iron 5mg	65%	Potassium 230mg	6%	<p>Serving sizes updated</p> <p>Calories: larger type</p> <p>Updated daily values</p> <p>Actual amounts declared</p> <p>New footnote</p>
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Look for products that contain “no added sugars” and compare different Nutrition Facts Labels. Aim for less than 10 percent of your total daily calories from added sugars.

## Nutrients

Vitamin D and potassium have been added to the label. Research has found that many Americans do not get the recommended amounts of these nutrients. Not getting enough vitamin D and Potassium has been linked to an increase in certain diseases. The actual amount (in milligrams or micrograms) must also be listed for vitamin D, calcium, iron and potassium.

## Footnote

The footnote at the bottom of the label has been designed to better explain the **Percent Daily Value** (%DV). The DV shows how much of a nutrient a serving of food contributes to the total daily recommendation (based off a 2,000 calorie/day diet). This is a useful tool to determine if a food is considered to be high or low in a specific nutrient. As a general guide, five percent DV or less of a nutrient per serving is considered low and 20 percent or more of a nutrient is considered high.

The updates to the Nutrition Facts Label provide more information and awareness, but it is up to the consumer to decide the best options based on individual needs and/or preferences. The new label is starting to appear on products nationwide but manufacturers have until January 2021 to implement all the required changes.

Source: [www.fda.gov](http://www.fda.gov)

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!

Approximately half of Americans aged 65 and older take five or more medications daily, and many mix prescription drugs, OTC medications and herbal supplements, according to a report from the University of Florida College of Nursing.

While anyone who takes both dietary supplements and medicines runs the risk of experiencing an interaction, changes associated with aging make seniors more susceptible, says clinical consultant pharmacist Lawrence Lemchen, who specializes in geriatrics in Bellevue, Washington.

“I’ve filled prescriptions for 17 medications [for one elderly person],” says Lemchen. “When you’re combining that many drugs and you add anything else to the mix, the likelihood increases that you are to cause an interaction of some sort.”

In addition to herbal supplements, certain foods can interact poorly with prescription medications. Other types of non-herbal supplements, such as melatonin and S-adenosylmethionine, can also interfere with prescription medications, according to the American Council on Science and Health.

“Basically, a person who has significant medical problems needs to be very careful when they take any over-the-counter medication or herbal supplement because it definitely has the potential to interact with prescription medication,” says Lemchen. “The important thing is just to be cautious.”

### HOW DO FOOD & DRUG INTERACTIONS HAPPEN?

When a drug is taken orally, it usually travels from the stomach to the liver. Here, specific enzymes then break down and metabolize the drug (or, in other words, process the chemicals and remove them from your body). Introducing new substances at the same time can potentially interfere with these enzymes. When this happens, your medications can be rendered ineffective or their effects can be unintentionally increased.

“You can potentially saturate the enzyme system so there’s not enough enzyme left over to metabolize your drug. Then you’re raising your dose without anyone knowing it,” explains outpatient pharmacist Howard Crabtree at Harborview Medical Center in Seattle. “Or there’s the opposite scenario in which drugs, herbal products and foods act as enzyme inducers. Then you get an abundance of enzymes that chew up everything in their path, causing sub-therapeutic doses of both agents.”

Although the Federal Drug Administration (FDA) released a public health advisory in 2000 about the risk of potential drug interactions with St. John’s wort, for the most part its studies have focused almost exclusively on the effects of mixing different prescription drugs—which means that food and drug interactions caused by dietary and herbal supplements are not well understood. And while the potential risks of interactions should certainly not be dismissed, it’s worth noting that there is some disagreement as to the extent to which vitamins and herbal supplements are dangerous.

One 2004 study of conducted by the University of Pittsburgh, for example, found that 94% of food and drug interactions did not have serious consequences—a conclusion that surprised many health care professionals. A more recent study published in the March 2006 medical journal *Geriatric Nursing*, however, tracked 58 elderly women, who reported taking at least one herbal product while using over-the-counter or prescription medications, and discovered more alarming results. The study detected 136 drug interactions among the women—41% of which were deemed high risk and 58% moderate risk. Despite their different findings, researchers in both cases came to a similar conclusion: because limited information on food and drug interactions exists, communication between caregivers and patients is essential.

### WHICH HERBS & FOODS CAN CAUSE INTERACTIONS?

The following are just a few of the foods, herbs, and vitamins that have been known to cause interactions with prescription medications:

#### HERBAL SUPPLEMENTS

A recent Institute of Medicine Report, sponsored by the FDA, found that Americans spend close to \$16 billion a year on dietary supplements. And while the use of herbal products among Americans 65 and older has risen dramatically since the late '90s, a 2005 national study found that 49% of elderly patients taking herbal remedies had not reported their use of supplements to their doctors.

“It can get very confusing, especially for seniors,” says Lemchen. “It’s already hard to keep track of as many as nine or ten medications, then you see ads for these herbal remedies that make all sorts of promises.”



*..continued on pg. 7*

Herbal supplements are the most worrisome potential interaction agents, adds Crabtree, primarily because they are very loosely regulated in the United States. “At least with grapefruit juice, for example, you know what it is and you know what the concentration is in a given product because it’s regulated by FDA,” he says. “Herbal supplements come in any number of dosage forms and concentrations and can vary from batch to batch. The box right next to another on a shelf could have a totally different concentration.”

In order to minimize potential dosage variations, Lemchen and Crabtree both stress the importance of buying supplements from reputable brands. There are a variety of herbs and herbal supplements that can harbor potential risks, but common interaction-causing culprits include St. John’s wort, ginkgo biloba, goldenseal, kava, ephedra, and garlic. Individuals taking high blood pressure medications, anticoagulants, diabetes medications, heart medications, monoamine oxidase inhibitors (MAOIs), and drugs that affect the liver should be particularly cautious when taking these supplements.

### **GRAPEFRUIT JUICE**

The exact chemical or chemicals in grapefruits that cause interactions are unknown, but the citrus fruit’s pulp, peel, and juice can interfere with your enzymes and essentially increase the dosage levels of certain drugs. Avoid grapefruit juice if you are taking certain anti-seizure medications, antidepressants, benzodiazepines, calcium channel blockers, anti-arrhythmic drugs, pain medications, and impotence drugs, among others.

### **VITAMIN K & VITAMIN E**

Vitamin K (found in vegetables such as spinach, kale, broccoli, and Brussels sprouts) and Vitamin E (also in leafy green vegetables, as well as vegetable oils and nuts) produce blood-clotting substances and can reduce the effectiveness of anticoagulants such as warfarin (Coumadin®). Because warfarin is highly sensitive to interactions and changes in diet, adds Lemchen, it is particularly important for individuals taking the medication to monitor their dietary intake.

*aplaceformom.com*

**For Full Circles in March**

Wilber & Western– A presentation of Tools for Health & Happiness by Ann Heydt from Aging Partners.

Crete & Friend– Tracy Foreman from Aging Partners is presenting Transformative Power of Music.

# CRETE

Date: March 19th, 2020

Time: 12:00 p.m.

Location: Crete Area Medical Center

Meal: Pizza, Garlic Bread, Roasted Green Beans, & Cookie or Fruit

Please RSVP to receive the special of the day by March 11th.

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: March 26th, 2020

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: BBQ Ribs, Oven Roasted Potatoes, Broccoli & Dessert

Please RSVP to receive the special of the day by March 18th.

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: March 27th, 2020

Time: 2:00 p.m.

Location: 'The Back Room' -SCAS

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

Please RSVP by March 25th.

402.821.3330

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

# WESTERN

Date: March 20th, 2020

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Pork Roast with Carrots & Potatoes, Fruit & Dessert

Please RSVP by March 18th.

402.821.3330

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



## Lower Back Exercise

**TARGETED MUSCLES:** Lower Back

**TALK TO YOUR DOCTOR:** If you've had hip or back surgery, talk with your doctor before trying this stretch.

This exercise stretches the muscles of your lower back. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both arms and shoulders flat on the floor throughout the stretch.
2. Keeping knees bent and together, slowly lower both legs to one side as far as you comfortably can.
3. Hold position for 10-30 seconds.
4. Bring legs back up slowly and repeat toward other side.
5. Continue alternating sides for at least 3-5 times on each side.



go4life.nia.nih.gov

## Recipe of the Month

### Two Timing Pasta

**Ingredients:**

- Penne Pasta
- 1 jar Alfredo Sauce
- 1 jar Marinara Sauce
- Mozzarella Cheese
- Parmesan Cheese
- Baking Dish

**Directions:**

This is a quick and easy recipe! Cook your pasta completely. Preheat oven to 350 degrees. While your pasta is cooking, in a big bowl, put all your alfredo sauce and the all your marinara sauce. Mix together. Add in 2 cups of Mozzarella cheese. After pasta is done, add pasta to the bowl. Place the entire mixture into your baking dish. Bake for 20 minutes. When done, sprinkle Parmesan cheese all over top.



Pinterest.com

# St Patrick's Day Word Ladder



Make your way from the leprechaun **trap** to the **luck** o' the Irish by changing just one letter on each step to make a new word! There are 7 steps in this word ladder.

**T R A P**

Leprechaun catcher.

--	--	--	--

Streetcar.

--	--	--	--

A group with the same goal.

--	--	--	--

Fancy hardwood.

--	--	--	--

Top of a mountain.

--	--	--	--

To poke with a beak.

--	--	--	--

Rubber ice hockey disk.

**L U C K**

Good fortune.

## Riddle of the Month

Why do leprechauns enjoy recycling?

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!



# Saint Patrick's Day Word Search

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



celtic	dublin	green
ireland	irish	legend
leprechaun	limerick	patrick
potofgold	rainbow	saint
shamrock	snakes	



# March Activities

Key: Crete Dorchester Wilber Friend DeWitt						
1	2	3 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	4 Foot Clinic Lunch 12:00 p.m.	5 Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	6 Oreo Cookie Day 	7
8	9	10 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	11 Foot Clinic Lunch 12:00 p.m.	12 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	13 National Potato Chip Day 	14 Shamrock Shuffle 
15	16	17 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	18 Lunch 12:00 p.m.	19 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00 Crete Full Circle National Chocolate Caramel Day	20 Western Full Circle	21
22	23	24 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	25 Lunch 12:00 p.m.	26 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00 Friend Full Circle	27 Wilber Full Circle	28
29	30	31	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, March 4th</b></p>
<p><b>Program</b>— Dine with Jim Hinz's Music  <b>Menu</b>— Ham n Beans, Cornbread, Fried Potatoes, Fruit &amp; Milk</p>
<p><b>WEDNESDAY, March 11th</b></p>
<p><b>Program</b>— Learn More About Eldon's Animal Hobby  <b>Menu</b>— Mexican Bake Casserole, Chips &amp; Salsa, Fruit &amp; Milk</p>
<p><b>MONDAY, March 16th</b></p>
<p><b>Work Day 1:30-3:00!</b></p>
<p><b>WEDNESDAY, March 18th</b></p>
<p><b>Program</b>— Woodworking with Dr. Kennedy  <b>Menu</b>— Chicken Broccoli Casserole, Cottage Garden Salad, Fruit &amp; Milk</p>
<p><b>WEDNESDAY, March 25th</b></p>
<p><b>Program</b>— Positive Thinking with Mrs. Wheelchair NE  <b>Menu</b>— Cheesy Baked Fillet of Fish, California Mixed Veggies, Baked Potatoes, Fruit &amp; Milk</p>
<p><b>MONDAY, March 30th</b></p>
<p><b>Quick Shop Pizza, Snacks &amp; Visiting 3:00-4:00</b></p>



**Larry Quackenbush  
Of  
DeWitt**

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 February's riddle "What fastens 2 people yet touches only one?"— Wedding Ring



### 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  
March 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:  
**2<sup>nd</sup> Annual Shamrock Shuffle**

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

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

Day of Race 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 or Sponsors Business Locations*

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

**Pre-registration DUE by Wednesday, March 4th, 2020**

**Gratefully Sponsored by:** First State Bank Nebraska, Heath Sports, WM&E Spa-Boutique, Wilber Physical Therapy  
Downtown Family Vision, Farmers & Merchants Bank, Fox Hole Tavern, Madison+Barrett, 202 Hairdo, Food Mesto,  
Wilber Plumbing & Heating, Karpisek's Market.

Entry Fees:

1 Mile Fun Run/5K:

**\$15 adult SHORT sleeve**

**\$20 adult LONG sleeve**

**12 & under; \$10 SHORT Sleeve Only.**

(Pre-Entry Fee Includes: T-Shirt, Water, After Race Snack, One Free Beer or Soft Drink at the Foxhole)

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

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

**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 # \_\_\_\_\_

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

Female/Male Long Sleeve T-Shirt Size: S M L XL XXL

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



## Saline County Aging Services

If you have not attended one of our craft days, you're missing out! We have so much fun creating our own unique master pieces!

In February, we made heart canvas's, as shown in the top right photo. We stuck a paper heart down on the canvas, painted around the outside of it, then pulled the heart off.

We also take requests, if you are wanting to make something specific, let us know!



## DeWitt Senior Center



DeWitt has been busy, busy!  
They enjoyed decorating cookies, and celebrating Valentine's Day. They also had the opportunity to pet babies bunnies & create Memorial Day arrangements.

### INCOME TAX FILING ASSISTANCE

There are several programs that offer free income tax filing assistance in Beatrice, York, and Lincoln. We have a list of the sites, dates, and times.

If you need help filing your income tax, please call us (402.821.3330).

### Farmers' Market Coupons



Saline County Aging Services is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutrition Program (SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a brief mandatory nutrition presentation.
- Be prepared to show proof of age and income.

At this time, coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services should have coupons available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00 each. (One set is valued at \$48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.

### DON'T FORGET HOMESTEAD EXEMPTION DEADLINE

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30<sup>th</sup>.

If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, **but please call ahead for an appointment:**

- Saline County Aging Services, Wilber, (402-821-3330),
- Anita Meyer, Friend, (402-947-2301).



## Have You Moved?



## ATTENTION!

Have you moved or changed your phone number?

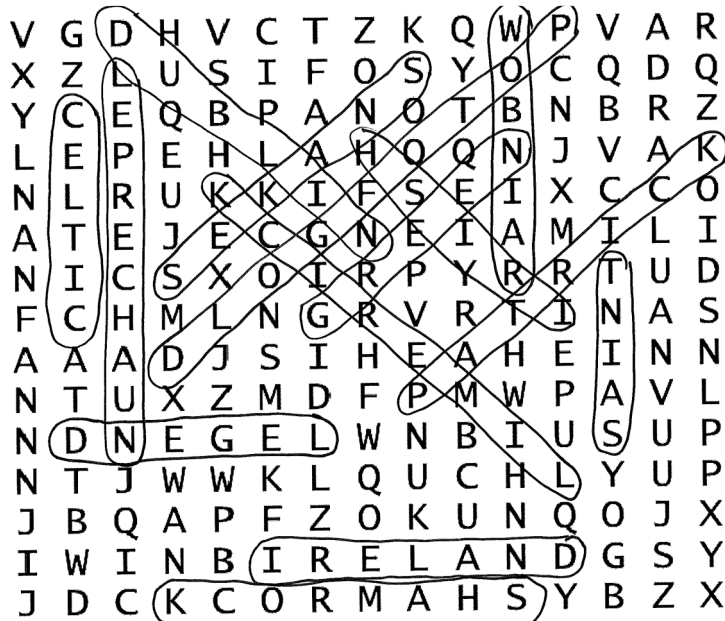
Please let us know.

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.

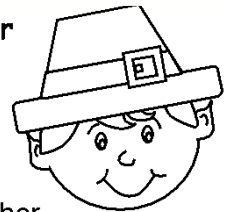
thank  
you!

## Answers to this months puzzles



### St Patrick's Day Word Ladder

Make your way from the leprechaun **trap** to the **luck** o' the Irish by changing just one letter on each step to make a new word! There are 7 steps in this word ladder.



- T R A P    Leprechaun catcher.
- T R A M    Streetcar.
- T E A M    A group with the same goal.
- T E A K    Fancy hardwood.
- P E A K    Top of a mountain.
- P E C K    To poke with a beak.
- P U C K    Rubber ice hockey disk.
- L U C K    Good fortune.





### 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

