



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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April 2020

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10 Scientific Reasons Spring Is the Most Delightful Season

Summer, winter, and fall may have their fans, but spring is clearly the most lovable of the four seasons. Not convinced? Here are 15 scientific reasons why spring is great:

1. TEMPERATURES ARE MODERATE.

Spring marks the end of blistering winter and the transitional period to scorching summer. In many places, the season brings mild temperatures in the 60s and 70s. People tend to be most comfortable at temperatures of about 72°F, research shows, so the arrival of spring means you can finally ditch the heavy winter layers and still be comfortable.

2. THERE IS MORE DAYLIGHT.

Following the spring equinox, days begin lasting longer and nights get shorter. Daylight Saving Time, which moves the clock forward starting in March, gives you even more light hours to get things done. Those extra hours of sun can be a major mood-booster, according to some research. A 2016 study of students in counseling at Brigham Young University found that the longer the sun was up during the day, the less mental distress people experienced.

3. THE BIRDS RETURN.

Many animals migrate south during the winter, then head north as temperatures rise. For relatively northern regions, there is no better indicator of spring than birds chirping outside your window. Their northward migration can start as early as mid-February and last into June, meaning that throughout the spring, you can expect to see a major avian influx. In addition to the satisfaction of marking species off your bird-watching checklist, seeing more of our feathered friends can make you happy. In 2017, a UK study found that the more birds people could see in their neighborhoods, the better their mental health.

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7 Benefits of Exercise for the Elderly

4. THERE ARE BABY ANIMALS EVERYWHERE.

Many animals reproduce in the spring, when temperatures are warmer and food is plentiful. Baby bunnies, ducklings, chipmunks, and other adorable animals abound come spring. Studies have found that seeing cute animals can have positive effects on humans. For instance, one small study in 2012 found that when college students looked at cute images of baby animals, they were better at focusing on a task in the lab. Being able to watch fluffy baby squirrels frolic outside your office window might make spring your most productive season of the year.

5. YOU'RE SAFER.

In 2015, a pair of public policy researchers discovered a hidden upside to "springing forward" for Daylight Saving Time. It reduced crime. When the sun set later in the evening, the study published in the *Review of Economics and Statistics* found, robbery rates fell. After Daylight Saving Time started in the spring, there was a 27 percent drop in robberies during that extra hour of evening sunlight, and a 7 percent drop over the course of the whole day.

6. YOU CAN GO OUTSIDE.

Warmer temperatures mean you can spend more time outside without freezing your feet off, which is great for mental health. Across the seasons, research has found that taking walks in nature slows your heart rate and makes you more relaxed, but some research indicates that there is something special about spring's effect on your brain. A 2005 study from the University of Michigan linked spending 30 minutes or more outside in warm, sunny spring weather to higher mood and better memory. But the effect reverses when spring ends, since being outside in the warmest days of summer is usually pretty uncomfortable.

7. IT MAKES YOU MORE CREATIVE.

That same University of Michigan study found that spending time outside in the sunny spring weather isn't just a mood booster, it actually can change the way people think. The researchers found that being outdoors broadened participants' minds, leaving them more open to new information and creative thoughts.

8. THE LEAVES COME BACK.

Spring brings green growth back to plants and trees. Depending on where you live, trees may begin sporting new leaves as early as mid-March. That successful spring leaf growth ensures a cool canopy to relax under during the hot summer—a hugely important factor in keeping cities comfortable. According to researchers, vegetation plays a big role in mitigating the urban heat island effect. When trees release water back into the air through evapotranspiration, it can cool down the areas around them by up to 9°F, according to the EPA.

9. GROWING PLANTS ABSORB CARBON DIOXIDE.

It's amazing what a little sun can do for plants and grass. Through photosynthesis, plants convert sunlight, carbon dioxide, and water into food, releasing oxygen in the process. That means as plants start to grow in the spring, they pull carbon out of the atmosphere, providing an important environmental service. Plants take in roughly 25 percent of the carbon emissions humans produce, absorbing more than 100 gigatons of carbon through photosynthesis each growing season. Because of this, the amount of carbon dioxide in the atmosphere drops each spring and summer. (Unfortunately, it rises in the winter, when most plants aren't growing.)

10. IT'S EASY TO FIND FRESH PRODUCE.

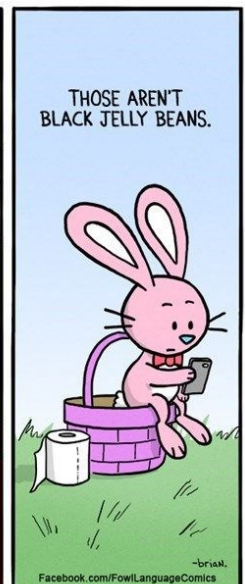
Many vegetables and some fruits are harvested in the spring. 'Tis the season to get your local asparagus, greens, peas, rhubarb, and other fresh produce. Getting more fruits and vegetables into your diet isn't just good for the body; it's good for the soul. A 2016 study of more than 12,000 Australians found that when people increased the amount of fruits and vegetables in their diet, they felt happier and had higher rates of life satisfaction. If they increased their intake by eight portions a day (a tall order, we know) the psychological gains were equivalent to the change in well-being people experience when they go from being unemployed to having a job, the researchers found.

<https://www.mentalfloss.com/article/55573/15-scientific-reasons-spring-most-delightful-season>

FOOT CLINIC

We will notify you concerning your foot clinic appointment for the month of April. Be on the lookout for a phone call regarding what decision has been made.
For emergencies, please call us. 402-821-3330





Facebook.com/FowlLanguageComics FowlLanguageComics.com ©Brian Gordon

Crabby Road 4-24-11



Crabby Road 4-6-12





Kitchen Tips and Tricks

Whether we consider ourselves a pro or a beginner in the kitchen, discovering new tips and tricks can help save us time, effort and frustration!

Ripening fresh fruit: Transform a hard peach to ready-to-eat by placing it in a paper bag. The concentrated ethylene gas helps the fruit ripen faster. Don't seal the bag too tightly or use a plastic bag, as too much moisture may contribute to mold growth. Storing fruit next to or near apples can also help speed up the ripening process, as apples contain a higher amount of ethylene gas.

Roasting vegetables: Place a cookie sheet in the oven to preheat. This will help to evenly distribute the heat on the vegetables without having to flip them.

Prevent pots from boiling over: Place a wooden spoon across the top of the pot to help prevent over-boiling. Wood is not a good material for conducting heat and the hot water stays away from the handle.

Repel bugs: Place a bay leaf in a container of flour, pasta or rice to help repel bugs.

Making soup less salty: Add a wedge of raw potato or apple to help absorb excess salt. Simmer for 10 minutes and then remove the wedges.

Skim the fat: Spoon off excess fat from stews and sauces by cooling in the refrigerator and then skimming off the grease. If you're short on time, add a few ice cubes and remove as soon as you see the grease sticking to them.

Scoop up pieces of a broken egg shell in food by gently scooping up with half of an eggshell. The shell acts as a magnet to draw up other shell pieces without wasting too much egg.

Removing egg shells: Add baking soda to water when boiling eggs for easy shell removal. This will help the egg whites separate from the shell and make it easier to peel.

Save fresh herbs for later use: Place herbs on a baking sheet and freeze. Once frozen, seal in a Ziploc bag (make sure to push all the air out) and label. You can also chop or blend herbs and freeze them in an ice cube tray with olive oil. This is a great addition to the flavor of your meals!

Fresh Eggs: Is you're unsure of how fresh an egg is, see how it floats! Fresh eggs sink, bad ones float.

Prevent brown sugar from hardening: Even in an airtight container, brown sugar can turn hard. Toss a few marshmallows in an airtight container with the sugar to help it stay soft and scoop better. Keeping brown sugar in the freezer can also help prevent hardening. If the sugar is already hard, try putting a wet paper towel in with the sugar and microwave for 20 seconds. The water

will add moisture back into the sugar and help soften.

Extend produce freshness: Line the bottom of your refrigerator's crisper drawer with paper towels. They will absorb the excess moisture that causes the produce to go bad.

There are several kitchen gadgets that can help make the prepping and cooking process easy, painless and even fun!

Apple Core/Slicer: We've all heard the saying "an apple a day keeps the doctor away," but this may be difficult if we don't have the right tools. An apple slicer is a great way to get in our daily apple in a safe and easy way. Simply place the slicer on top of the apple and press down. Enjoy your apple raw or top with cinnamon and microwave!

Vegetable Spiralizer: Spiralized vegetables is a fun and creative way to get in more fruit and vegetables. Use on zucchini, carrots, potatoes, cucumbers, apples and more! Spiralizers usually contain three blades: a round one for spaghetti, a small flat blade for ribbons, and a large wide blade for spiral strands. Spiralized vegetables are great to use as an alternative to pasta or as an addition to a soup or stir-fry!

Vegetable Chopper: Chopping vegetables can be a daunting, time consuming and difficult task. A vegetable chopper is an ideal way to get diced vegetables without all the blood, sweat and tears (onions, anyone?) Vegetable choppers usually come with several different blades, giving a range of cutting and dicing options. This is a great option for dicing vegetables such as peppers, onions and tomatoes but also other foods such as cheese and eggs.

Food Thermometer: Seeing is not believing! A food thermometer is the only reliable way to ensure the safety and "doneness" of meat, poultry and egg products. There are different types of food thermometers available with the most common being the digital instant-read, dial instant-read and the oven thermometer. Place the food thermometer in the thickest part of the meat or casserole, making sure not to touch the bottom or side of the pan.



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!

Coronavirus Disease 2019 (COVID-19): General Guidance and Testing Information for Nebraskans

Background:

Coronavirus disease 2019 (COVID-19) is a respiratory disease caused by a new virus strain that can spread from person to person, causing severe illness including pneumonia in some people.

Symptoms can appear 2 to 14 days after exposure to the virus. The most common symptoms reported are:



Note to the Public: Public health officials, health care providers, and laboratories are working daily to increase our capacity to test more people for COVID-19. Currently, testing supplies are limited, just like some supplies at local stores and online. Local, state, and federal partners are working to expand testing supplies and the ability to test people experiencing symptoms as quickly as possible. While we work to increase supplies and testing, we are screening people to test those who have the highest likelihood of being exposed to or having COVID-19. As we are able to test more people, we'll provide additional information on where Nebraskans can receive testing. The Nebraska Department of Health and Human Services (DHHS) will be updating our website to include the most up-to-date information at www.dhhs.ne.gov/coronavirus.

Purpose of Guidance:

To help you as quickly as possible, this document is intended to provide information on testing capacity, how to get tested, and what to expect before and after testing.

Could I have COVID-19?

The most common symptoms of COVID-19 are fever, cough, and shortness of breath. If you have any of these symptoms, but have NOT been around anyone who you know has COVID-19 or have NOT recently traveled to an area with community spread, the likelihood that you have COVID-19 is fairly low. Other respiratory illnesses, like flu, in Nebraska actively circulating have similar symptoms. Health care providers will likely conduct testing to rule out common illnesses first before testing for COVID-19. At this time, we are aware that there is community transmission of COVID-19 in Nebraska, specifically in Omaha. We continue to be vigilant in monitoring cases and we are committed to slowing down the spread and increasing testing capacity as quickly as possible.

"Helping People Live Better Lives"

What To Do?

While sitting at home wondering when this craziness is going to pass over, here is a list of things you can do to keep you busy!

- Go through your bills carefully.
- Make a bunch of meals and freeze them.
- Deep clean throughout your home, or go through closets.
- Complete puzzles.
- Start a journal about something that interests you.
- Write letters to family and friends that you haven't seen in awhile.
- Read a good book.
- Go through the newspaper and find words that relate to you.
- Watch old films.
- Take a nice bath.
- Color in coloring books. (They're not just for kids!)
- Throw away old makeup products that are expired.
- Look through old photo albums
- Organize your spice rack alphabetically.



For Full Circles in April

Wilber & Western– Attorney Generals office will join us to present awareness of scams and fraud.

Crete & Friend– *We will not be having a Full Circle for the month of April at the locations of Crete and Friend. Residents of both of these towns are welcome to join us at either Wilber or Western. Sorry for the inconvenience!*

WILBER

Date: April 17th, 2020

Time: 9:30 a.m.

Location: 'The Back Room' -SCAS

Meal: Coffee & Rolls

Please RSVP by April 15th.

402.821.3330

\$5 fee for anyone attending the meal.

WESTERN

Date: April 17th, 2020

Time: 12:00 p.m.

Location: Saline County Area Transit Building

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

Please RSVP by April 15th.

402.821.3330

\$5 fee for anyone attending the meal.

Front Arm Raise Exercise

TARGETED MUSCLES: Shoulders

TALK TO YOUR DOCTOR: Hand-held weights

This exercise for your shoulders can help you put things up on a shelf or take them down more easily.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



go4life.nia.nih.gov

Recipe of the Month

4 Ingredient (Gluten Free) Peanut Butter

Ingredients:

- 1 cup peanut butter
- 1 cup sugar
- One tsp vanilla
- Single egg

Directions:

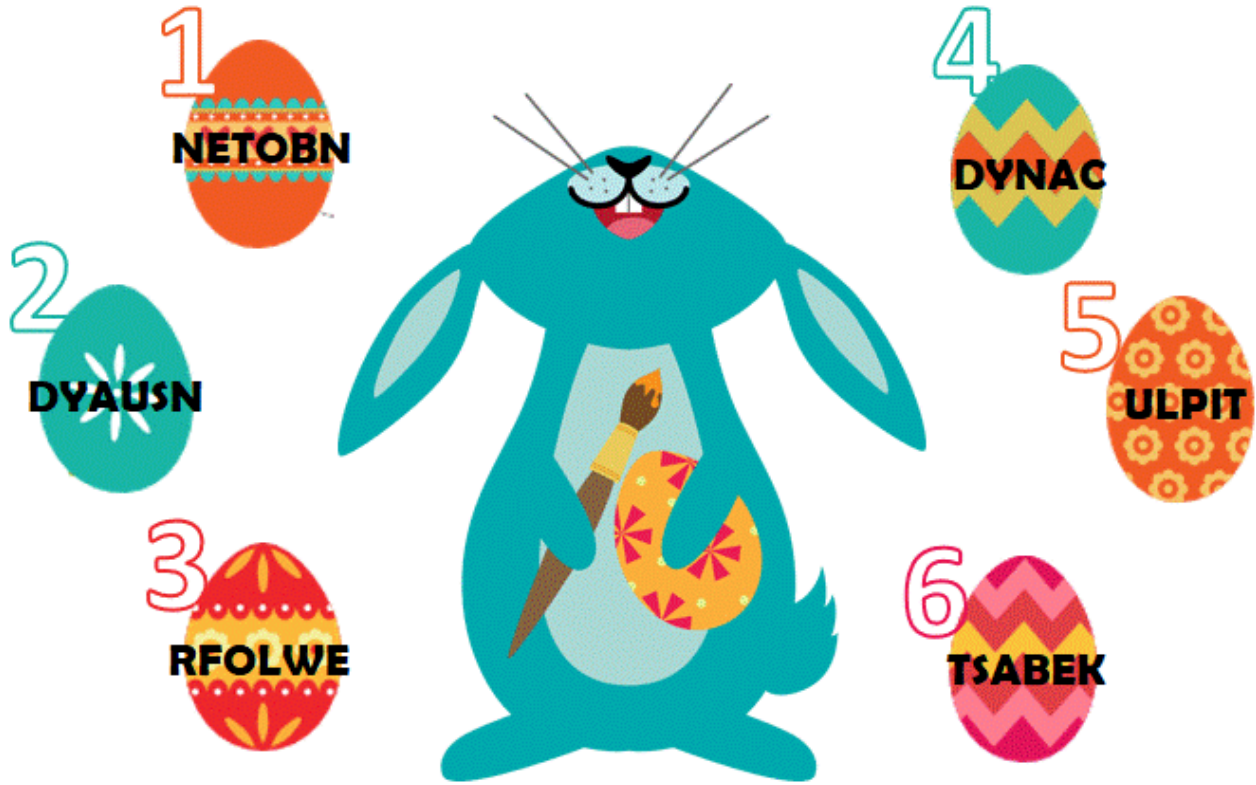
1. Preheat oven to 325.
2. Pour all of the ingredients into large bowl and mix well.
3. Roll into 1 inch balls and place on an ungreased baking sheets.
4. Push down slightly with the tines of a fork.
5. Bake at 325 for 15 mins.



Pinterest.com

Happy Easter Word Scramble

The Easter Bunny decorated some of his eggs with words, but when he delivered them, they got a little scrambled. Can you unscramble the words and find the answer to his favorite riddle?



1. _ _ _ 1 2 _ _ _

2. _ _ 3 4 _ _ 5

3. 6 _ _ _ _ _

4. _ _ _ 7 _ _ 8

5. _ _ 9 _ _ _

6. 10 11 _ _ _ _

What do you call a rabbit who tells good jokes?

11 6 3 2 7 8 10 9 1 4 5

Easter Word Search

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



Basket
 Bonnet
 Bunny
 Candy
 Chicks
 Chocolate
 Daffodil
 Decorate
 Ducks



Dye
 Easter
 Egg Hunt
 Eggs
 Family
 Flowers
 Grass
 Happy
 Jellybeans

Lily
 Parade
 Peeps
 Rabbit
 Spring
 Sunday
 Tradition
 Tulips



April Activities

Key: Crete Dorchester Wilber Friend DeWitt		Don't hesitate to call if you have questions about a change in the schedule!	1 Meal cancelled due to COVID19.	2	3	4
5	6	7 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	8 Foot Clinic Lunch 12:00 p.m.	9 Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	10	11
12	13	14 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	15 Foot Clinic Lunch 12:00 p.m.	16 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	17	18
19	20	21 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	22 Lunch 12:00 p.m.	23 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	24 SCAS CLOSED 	25
26	27	28 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	29 Lunch 12:00 p.m.	30 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	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	

What's Happening Near You?

<p>DeWitt Senior Center Meal Schedule For meal reservations, call Bev at 683-6475 or 520-0873</p>
<p>WEDNESDAY, April 1st</p>
<p>CANCELLED! Due to COVID19.</p>
<p>WEDNESDAY, April 8th (TENTATIVE)</p>
<p>Program— Home Bound These Days? Check out our library! Menu— BBQ Chicken Sandwich, Macaroni Salad, Mixed Veggies, Fruit & Milk</p>
<p>MONDAY, April 15th</p>
<p>Program— Easter Sing Along (Wear a Bonnet or hat) Menu— Tuna Noodle Casserole, Green Beans, Fruit & Milk</p>
<p>WEDNESDAY, April 22nd</p>
<p>Program— Panama Canal by Dorothy Zimmerman Menu— Ham n Sweet Potatoes, Baked Corn, Fruit, Bread & Milk</p>
<p>WEDNESDAY, April 29th</p>
<p>Program— Meet & Greet Pastor Panning Menu— Lasagna, Corn, Bread Stick, Fruit & Milk</p>



Diane Burianek
of
Pleasant Dale

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 March's riddle "Why do leprechauns enjoy recycling?"— Leprechauns like to go green



Interested in Home Delivered Meals??

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



The Village of DeWitt has closed the DeWitt Senior Center until April 3rd.

★ HAPPY BIRTHDAY! ★

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

COMMUNITY SUPPER: The Monday meal at the Methodist Church in Wilber on the first Monday of every month at 5:30 p.m. has been cancelled until further notice.

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.

What to Expect in a Residential Care Home

Tucked into regular neighborhoods, residential care homes provide non-medical custodial care for elderly adults. Typically in a single family residence, residential care homes usually serve between two and ten patients, depending on specific state laws. “They offer a home-like setting for people who need assisted living but might be intimidated by larger communities,” says Charlotte S., A Place for Mom’s former West Coast regional manager.

RESIDENTIAL CARE HOME SERVICES

Also called board and care homes, adult family homes, and residential care facilities for the elderly, this is a live-in housing and care option for people who do not have skilled medical needs, such as a feeding tube or daily injections. Generally, a residential care home provides the following:

- A room, either private or shared
- Meals
- Varying levels of assistance with daily living activities, such as toileting, bathing, and even money and health care management
- Custodial care, such as laundry, housekeeping, and transportation to doctor appointments
- Reminders to take medications or actual medication administering.



Adult family homes “are wonderful for individuals who are looking for a smaller-home-like setting,” says Charlotte. “They’ll eat home-cooked meals in the kitchen. [The home] will have a front porch or back porch and a garden. [It] will offer lots of one-on-one tender loving care.”

SMALL, TIGHT-KNIT COMMUNITY



This family-like atmosphere is fostered by a high staff-to-patient ratio, which is typically higher than the same ratio in a nursing home or assisted living community. Most often there is one caregiver for every three or four residents. “If my mom is in a nursing home and she can’t walk under her own steam, it could take 30 to 45 minutes to have someone take care of her after she pushes the call button,” says Jerry G., a former Senior Living Advisor for A Place for Mom.

For a senior citizen who is very active, though, a residential care home may not offer enough stimulation. A larger assisted living community has a wider array of social activities, such as on-site aerobics or outings to near-by events. A residential care home is a better fit for a frailer adult who can benefit from more individual care, says Charlotte.

Researching potential adult family homes for loved ones is complicated by the fact that there are no federal standards for these communities. Each state follows its own regulations and licensing rules. (Some states have no set standards.) For states that license residential care homes, surveys on each home are available at local licensing offices. Homes usually must provide this survey if asked by potential clients. To find a local licensing agency, contact the state’s department of aging.

Just as every house on a block is different, residential care homes are not all styled the same. Some are modest, while others feature crystal chandeliers and granite countertops. “It depends on how potential residents have been living their lives,” says Jerry G. “They are going to be more comfortable in a home like they have been living.”

Adult family homes are run by all kinds of individuals, from registered nurses to recent immigrants. Sometimes the homeowner lives in the facility, while others are run like a business with shifts of caregivers. “They [usually] have nursing oversight, but the nurse is not onsite at all times,” says Jerry. Because residential care homes vary so greatly, it’s vital to assess the needs of the future resident, deciding if they need around-the-clock staff attention, for example. It’s also important to visit several homes, comparing and contrasting to find the best fit.

..continued on page 18

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



February & March have been crazy busy at SCAS! We got our front office complete, and will be starting on the back room soon!

Thank you to FCHS for coming to present their services at all Full Circle events in February. Lots of great info!

Last, but not least, thank you to all the sponsors who helped us make the Shamrock Shuffle so successful.



DeWitt Senior Center



Eldon shared his hobby.

Foot Clinic in progress.



Quilters hard at work.

African Mission Trip Program.



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 30th.

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).

What to Expect in a Residential Care Home

The price tag for a living in a residential care community is often half the cost of nursing home care, and in some states, it is even more affordable than assisted living community care. Although prices vary vastly, care usually costs \$3,500 to \$4,500 per month, although some cost as little as \$1,500 each month. Some charge \$5,000 to \$6,000 per month; these are typically homes that specialize in dementia care.

Some long-term care insurance policies pay for residential care home costs. Medicaid-health insurance that helps pay for medical and long-term care for people with low income-often covers fees for people who can't afford the cost of private care. "Most [residential care homes] want you to pay privately for a year or two before you convert to Medicaid," says Jerry. Some residences don't accept Medicaid at all. Since Medicare doesn't pay for custodial care, it doesn't usually cover residential care home fees.

This type of care home is a good fit for many elderly adults. Many of them can provide care until the end of a life, and helps residents feel like they are living in their own homes, says Jerry.



aPlaceforMom.com

Answers to this months puzzles



Happy Easter Word Scramble

SOLUTION

1. BONNET
2. SUNDAY
3. FLOWER
4. CANDY
5. TULIP
6. BASKET

Answer: A FUNNY BUNNY

Check out the new location of our monthly riddle.
This adds more room for our puzzles!



Riddle of the Month

Why shouldn't you tickle an Easter egg?

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!

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



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