



# 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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## What are the Benefits of Sunlight?

### Sunlight and Serotonin

We're used to hearing about how too much of the sun's warm rays can be harmful to your skin. But did you know the right balance can have lots of mood-lifting benefits?

Sunlight and darkness trigger the release of hormones in your brain. Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. Serotonin is associated with boosting mood and helping a person feel calm and focused. At night, darker lighting triggers the brain to make another hormone called melatonin. This hormone is responsible for helping you sleep.

Without enough sun exposure, your serotonin levels can dip. Low levels of serotonin are associated with a higher risk of major depression with seasonal pattern (formerly known as seasonal affective disorder or SAD). This is a form of depression triggered by the changing seasons.

A mood boost isn't the only reason to get increased amounts of sunlight. There are several health benefits associated with catching moderate amounts of rays.

### Sunlight and Mental Health

Decreased sun exposure has been associated with a drop in your serotonin levels, which can lead to major depression with seasonal pattern. The light-induced effects of serotonin are triggered by sunlight that goes in through the eye. Sunlight cues special areas in the retina, which triggers the release of serotonin. So, you're more likely to experience this type of depression in the winter time, when the days are shorter.

*..continued on page 2*

## What are the Benefits of Sunlight?

Due to this connection, one of the main treatments for depression with seasonal pattern is light therapy, also known as phototherapy. You can get a light therapy box to have at home. The light from the box mimics natural sunlight that stimulates the brain to make serotonin and reduces excess melatonin.

Exposure to sunlight can also benefit those with:

- Other types of major depression
- Premenstrual dysphoric disorder (PMDD)
- Pregnant people with depression

Anxiety-related disorders and panic attacks have also been linked with changing seasons and reduced sunlight.

### Additional Sunlight Benefits

Getting anywhere from 5-15 minutes of sunlight on your arms, hands, and face two to three times a week is enough to enjoy the vitamin D-boosting benefits of sun.

The sun's benefits go beyond fighting stress. The following are some of the other reasons to catch some rays:

### Building Strong Bones

Exposure to the ultraviolet-B radiation in the sun's rays causes a person's skin to create vitamin D. According to one study from 2008<sup>Trusted Source</sup>, in a 30-minute period while wearing a swimsuit, people will make the following vitamin D levels:

- 50,000 international units (IUs) in most Caucasian people
- 20,000 to 30,000 IUs in tanned people
- 8,000 to 10,000 IUs in dark skinned people

The vitamin D made thanks to the sun plays a big role in bone health. Low vitamin D levels have been linked to rickets in children and bone-wasting diseases like osteoporosis and osteomalacia.



### Cancer Prevention

Although excess sunlight can contribute to skin cancers, a moderate amount of sunlight actually has preventive benefits when it comes to cancer.

According to researchers, those who live in areas with fewer daylight hours are more likely to have some specific cancers than those who live where there's more sun during the day. These cancers include:

- colon cancer
- Hodgkin's lymphoma
- ovarian cancer
- pancreatic cancer
- prostate cancer

### Healing Skin Conditions

According to the World Health Organization (WHO)<sup>Trusted Source</sup>, sun exposure might help treat several skin conditions, too. Doctors have recommended UV radiation exposure to treat:

- psoriasis
- eczema
- jaundice
- acne

*..continued on page 14*

## Coloring Contest

Who doesn't love the chance to win a prize?

Here is your chance!

On page 16, there is a coloring page. Color it to the best of your abilities and when you are all finished, mail it into us and you will be put in a drawing.

Good Luck!

*Please mail your coloring page to:*

**Saline County Aging Services**

**PO Box 812**

**Wilber, NE 68465**

The winner will be chosen on May 29th.

## The Perfect Ham Sandwich

How do you define gourmet? It sorta rolls off the tongue: Gourmet. GoooooRR-Mayyyyyyy. Sounds delicious. And for the perfect ham sandwich, gourmet mustard is a must. It adds that spice and flavor that makes it so mouthwatering



## Ham Sandwich with Gourmet Mustard

As ham sandwiches go, it was perfection. A thick slab of smoked ham, a fresh hoagie bun, crisp lettuce and plenty of expensive, light brown, gourmet mustard.

The corners of my jaw aching in anticipation, I carried it to the picnic table in our backyard, picked it up with both hands, and was ready for the first, mouthwatering bite.

Suddenly I was stopped by my wife with a sense of urgency.

"Hold Joshua while I get my sandwich," she said. (Joshua was six months old).

I carefully balanced him between my left elbow and shoulder, and began reaching for my perfect ham sandwich again, when I noticed a streak of that gourmet mustard on my fingers.

I love mustard. I really love gourmet mustard!

I had no napkin.

I did what comes natural. I licked it off.

It was not mustard.

No man ever put a baby down faster. It was the first and only time I have sprinted with my tongue protruding. With a washcloth in each hand, I did the sort of routine shoeshine boys do, only I did it on my tongue.

Later (after she stopped crying from laughing so hard), my wife said,

"Now you know why they call that mustard 'Poupon'.

*atimetolaugh.org*



# Making Every Sip Count

Staying hydrated is essential for our bodies to stay alive and healthy. Our bodies are made of up 45-60% water and it's important that we replenish it regularly! Water has several purposes in our body such as controlling body temperature, heart rate, and blood pressures; removing waste and maintaining a healthy metabolism.

## How much?

We often hear to follow the 8-by-8 guidelines, which state that we should drink eight 8-fluid ounce servings of liquid each day. Water needs may vary by person so another good way to ensure you are getting in enough water is to follow this rule: Drink enough liquid so you go to the bathroom every two to four hours.

## What counts?

Water is not the only liquid that counts towards hydration. Coffee, tea, juice, milk, and soda all count towards total liquid intake. Even some foods have higher water content such as soups, yogurt, melons, citrus fruits, leaf salad, and celery. Although other foods and liquids can contribute to staying hydrated, water is the gold standard for adequate hydration.

## Dehydration

Thirst is not always the best indicator of dehydration. When you start to feel thirsty, often times your body is already dehydrated. Other signs of dehydration include headaches; altered behavior such as anxiety, confusion or not being able to stay awake; faintness that is not relieved by lying down, trouble standing or walking; and a weak, rapid pulse.

Causes of dehydration include diarrhea, vomiting, fever, excessive sweating, increased urination, and acute and chronic illness. Older adults have a lower volume of water in the body and may be taking medications or develop conditions that can increase the risk of dehydration. The color of your urine is also a good indicator of hydration. If the urine is clear, then your body is well hydrated. If the urine is a dark yellow, then your body is dehydrated and needs more water.



## HOW MUCH WATER DO YOU NEED?

## Tips for increasing water intake

- Make it convenient: Carry a water bottle with you to make available wherever you go.
- Set visual reminders: Set hourly alarms on your phone or watch. There are Apps on your phone that can send you reminders.
- Make it taste good: Add flavored packets or infuse with lemon, limes, mint, etc.
- Drink water with all meals: Drink a full glass of water with meals and when taking medications.
- Set goals: Increase your water intake by setting attainable and realistic goals.

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!

1/3/2020

**COVID-19**

# ***10 actions Nebraskans should be taking now***

1. Stay six feet away from others.
2. Stay at home. Grocery shop once per week alone.
3. Wear a cloth face covering when you can't stay 6 feet away from other people like at grocery stores/pharmacies.
4. Work from home.
5. Hold meetings through teleconference instead of in person.
6. Stay home if you or someone in your house has a sudden onset of cough or shortness of breath or a fever.
7. Wash hands often with soap and water. If soap and water aren't available, use an alcohol-based sanitizer.
8. Wash hands right before you eat.
9. Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.
10. Clean and disinfect frequently touched objects and surfaces, especially counters, handles, doorknobs, tabletops, remotes and keyboards.

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

### **Bored at home? Stay busy doing some of the things listed below!**

1. Organize and go through Tupperware, matching lids, and tossing any lonely pieces!
2. Go through your junk drawer!
3. Try on all of your clothes and determine what needs to stay and what needs to go.
4. Grab some yarn and learn how to braid.
5. Go through your pantry and find expired items.
6. Sort through old magazines/newspapers and toss any that are unnecessary!
7. Clean your refrigerator and freezer out. We all know how stuff can get pushed to the back!
8. Plant a garden or pretty flowers!

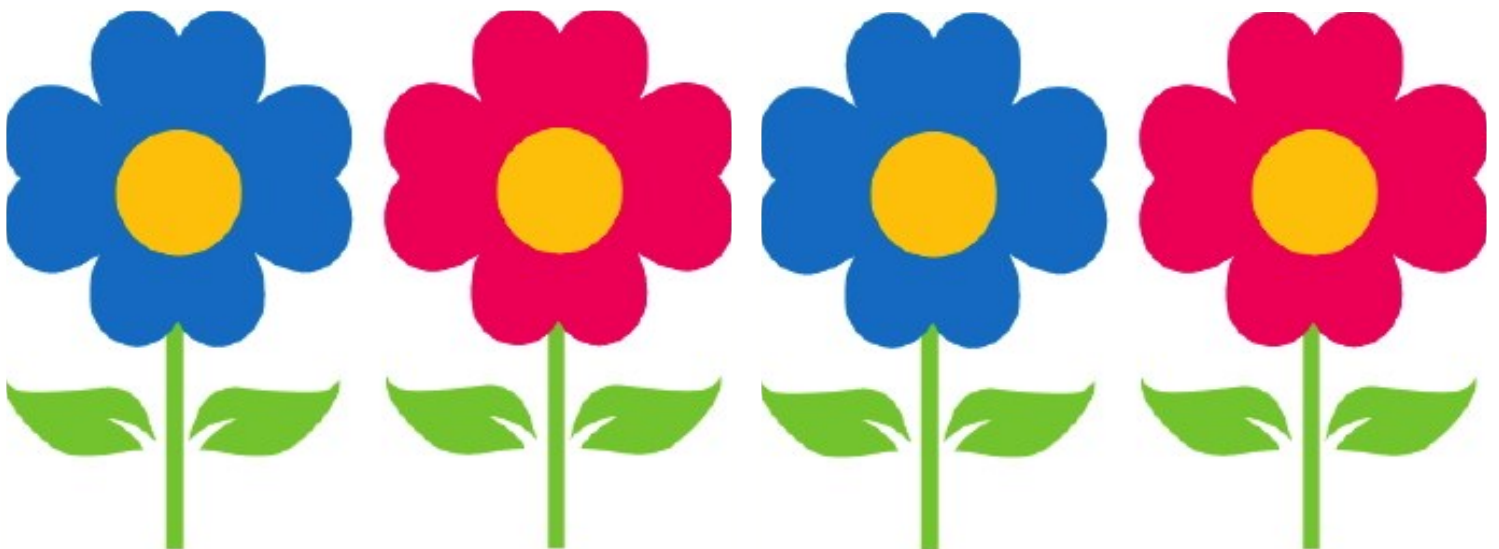


It is very important that you get some outside time, during the nice days, to get some fresh air. Even if it is for 30 mins!  
Not only is it good for the soul, but the sunshine helps us stay in a better mood!

# Full Circle Notice

Due to COVID-19, we are unsure if we will be able to have our Full Circle Events for the month of May. If we are able to return to normal, you will receive a flyer in the mail regarding when/where we will be having the Full Circle for the month.

Until we are able meet again, stay safe and healthy! We miss seeing all of your lovely faces and cant wait until we are able to meet again! If you need anything, don't hesitate to give us a call.





## Back Exercise 1

**TARGETED MUSCLES:** Back

**WHAT YOU NEED:** Sturdy, armless chair

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

This exercise is for your back muscles. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Sit securely toward the front of a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Slowly bend forward from your hips. Keep your back and neck straight.
3. Slightly relax your neck and lower your chin. Slowly bend farther forward and slide your hands down your legs toward your shins. Stop when you feel a stretch or slight discomfort.
4. Hold for 10-30 seconds.
5. Straighten up slowly all the way to the starting position.
6. Repeat at least 3-5 times.



*go4life.nia.nih.gov*

## Recipe of the Month

### Easy Hamburger Casserole Recipe

**Ingredients:**

- 1 lb beef
- 2 (10oz) cans tomato soup
- 1 (1lb) box pasta shells
- 2 cups cheddar
- 1 cup mozzarella
- 1/2 cup water
- Garlic, salt & pepper to taste

**Directions:**

1. Cook pasta according to package directions
2. Preheat oven to 375 degrees and grease baking dish
3. Brown hamburger with garlic, salt & pepper
4. Add cooked pasta, tomato soup, half cup of water, and half of the cheese. Stir well.
5. Pour mixture into your greased dish and top with cheese.
6. Cover with foil and bake for 20 mins. Uncover and bake additional 10 mins. Serve immediately!



*Pinterest.com*

# State Capitals Word Scramble 1

All of the scrambled words below are names of state capitals. Can you put the letters in the right order to spell the 25 different state capital names correctly? Careful! Some of the names are made up of two words.

EUAJUN	
ANSNGIL	
UABOGERNTO	
EPRIER	
ATSNIU	
VOEDR	
OXPIEHN	
ESNIOSDME	
CMUIOBLA	
OELRENTMIP	
HRDRATFO	
ALNAATT	
SLAEM	
SALPANUIT	
KIMARCBS	
ASONCJK	
LLOINNC	
CRDOCNO	
CSTELHNARO	
MHOICDRN	
OERANAMSTC	
BCOSLUUM	
HALGRIE	
ATNEAFS	
NAYLBA	

# State Capitals Word Scramble 2

All of the scrambled words below are names of state capitals. Can you put the letters in the right order to spell the 25 different state capital names correctly? Careful! Some of the names are made up of two words.

HIGBRUSARR	
EONTGRYMOM	
LAAISDNIOINP	
TKLTSLAAICEY	
EIILSPNDGRF	
ORFTNAKRF	
ATEKOP	
ERONTNT	
NPNOAAISL	
LSTALHASEAE	
LLETTKOCIR	
EISBO	
NECNEYEH	
RCVDIENOEP	
SAONDMI	
NYRSICJEETFFO	
OBNST	
HUONLLUO	
KOITHMLAOYAC	
SUGUATA	
MOIPYAL	
ENAEHL	
RENDEV	
INACYOSTRC	
IELLSAHVN	

# May Activities

Key: Crete Dorchester Wilber Friend DeWitt					1	2
3	4	5	6	7	8	9
<p>Due to COVID-19, we are unsure when we will be able to have our activities again. Until then, here are a few of the services we will be offering:</p> <ul style="list-style-type: none"> <li>We will be offering Meat Packages and Feed America, please come to the door and wait patiently for us to serve you.</li> <li>We will also have a limited amount of masks available.</li> <li>We will be sanitizing the door after each time somebody comes in.</li> </ul>						
10						
17						
<ul style="list-style-type: none"> <li>Please don't hesitate to call if you are needing any assistance with your census!</li> <li>Foot Clinic Appointments — you will receive a call regarding what the plan is for May appointments.</li> </ul>						
24	25	26	27	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	

# What's Happening Near You?

## DeWitt Senior Center Meal Schedule

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

Program—  
Menu—

Program—  
Menu—


Program—  
Menu—

Program—  
Menu—

Program—  
Menu—

The DeWitt Senior Center will still continue to be closed until further notice. With any questions regarding DeWitt Senior Center, please give Bev Plihal a call. 402-520-0873

Bev also has masks! Contact her if you are interested.




Gale Miller  
of  
Friend, NE

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 April's riddle "Why shouldn't you tickle an Easter Egg?"— Because it will crack up!



### 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 May 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 are the Benefits of Sunshine?

While light therapy isn't for everyone, a dermatologist can recommend whether light treatments will benefit your specific skin concerns.

### Additional Conditions



Research studies have revealed preliminary links between sunlight as a potential treatment for several other conditions. These include:

- rheumatoid arthritis (RA)
- systemic lupus erythematosus
- inflammatory bowel disease
- thyroiditis

However, more studies need to be conducted before researchers can conclude that sunlight can be a treatment for these and other conditions.

### Sunlight and Moderation

A person is more likely to get a sunburn going outside when the sun's rays are more direct. This usually takes place around 10 a.m. to 4 p.m.

While there are a lot of good reasons to get sun, the sun emits ultraviolet (UV) radiation. UV radiation can penetrate the skin and damage cell DNA. This can lead to skin cancer.

Researchers don't always have an exact measurement for how long you should stay outside to reap the benefits of sunlight. But defining an excess amount of sun exposure depends on your skin type and how direct the sun's rays are.

People with fair skin typically get a sunburn more quickly than those with darker skin. Also, you're more likely to get a sunburn going outside when the sun's rays are more direct. This usually takes place between 10 a.m. and 4 p.m.

According to WHO Trusted Source, getting anywhere from 5 to 15 minutes of sunlight on your arms, hands, and face 2-3 times a week is enough to enjoy the vitamin D-boosting benefits of the sun. Note that the sun must penetrate the skin. Wearing sunscreen or clothing over your skin won't result in vitamin D production.

But if you're going to be outside for more than 15 minutes, it's a good idea to protect your skin. You can do that by applying sunscreen with a sun protection factor (SPF) of at least 15. Wearing a protective hat and shirt can also help.

### Outlook

From treating skin conditions to improving mood, sunlight has many benefits. If you live in higher latitudes with little sunlight, a light box may provide some of its mood-boosting benefits.

Because excess sun exposure is linked with increased skin cancer risk, don't stay outside too long without sunscreen. If you're going to be outside for longer than 15 minutes or so, you'll need a sunscreen with an SPF of at least 15.



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.

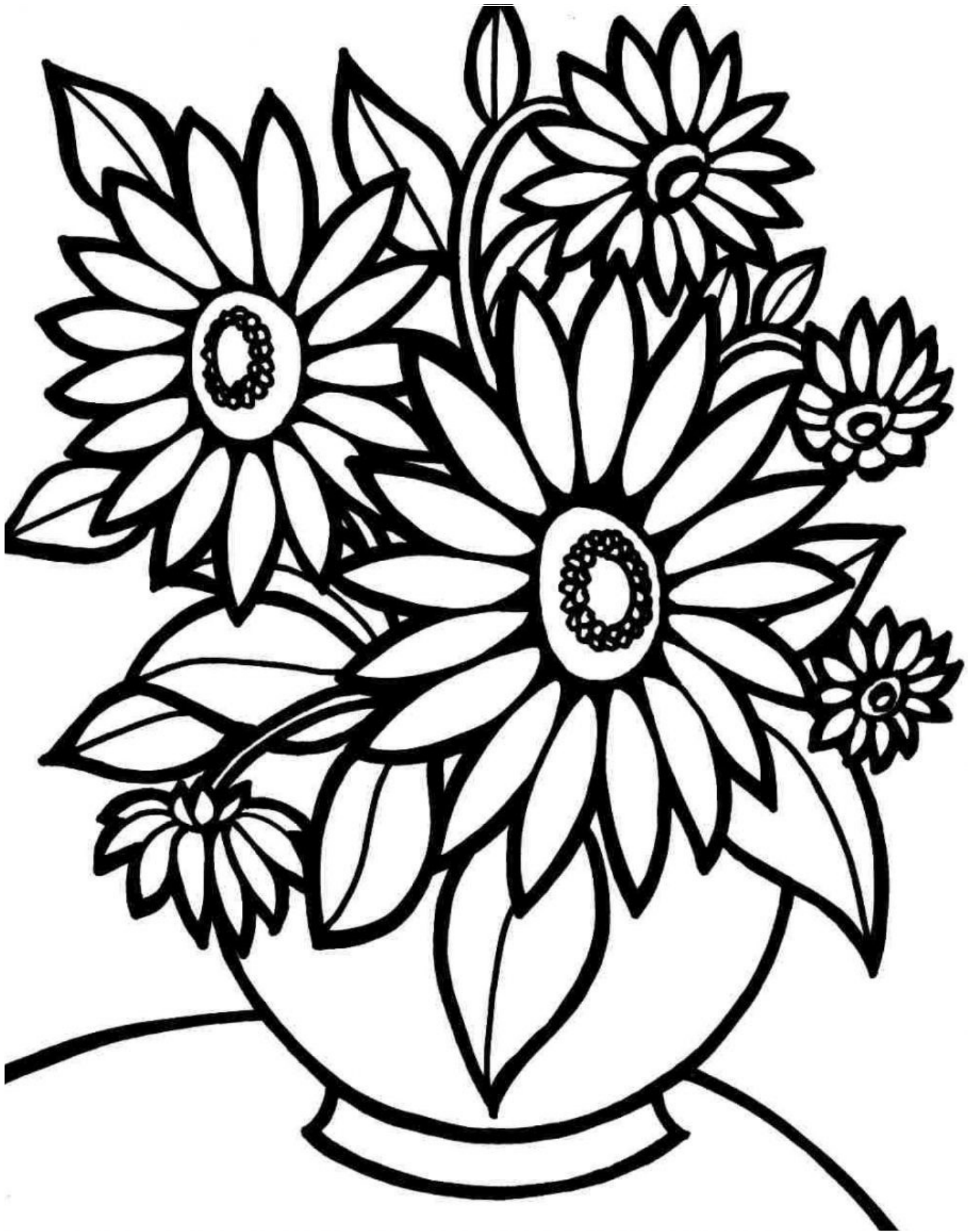


Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully







### **INCOME TAX FILING ASSISTANCE (Deadline Postponed until July 15th)**

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).

# Saline County Area Transit



## Update from Saline County Area Transit

As everyone is taking precautions, SCAT is doing their best to provide their services to you as well as keep everyone safe. During Covid-19, the schedule for SCAT will look like the following:

- Lincoln Route is only Monday, Wednesday, Friday.
- Crete Route is 5:00am-3:00pm.
- Less frequent routes continue to run as scheduled.

If residents need assistance with grocery or pharmacy deliveries, please contact Scott Bartels. You may be able to make special arrangements that allow you to meet your needs without leaving home.

Saline County Area Transit would like to thank you for cooperating with their drivers. They appreciate the opportunity to continue to serve the community.

## Answers to this months puzzles

### State Capitals Word Scramble 1

SOLUTION

EUAJUN	JUNEAU
ANSGIL	LANSING
UABOGERNTO	BATON ROUGE
EPRIER	PIERRE
ATSNIU	AUSTIN
VOEDR	DOVER
OXPIEHN	PHOENIX
ESNIOSDME	DES MOINES
CMUIOBLA	COLUMBIA
OELRENTMIP	MONTPELIER
HRDRATFO	HARTFORD
ALNAATT	ATLANTA
SLAEM	SALEM
SALPANUIT	SAINT PAUL
KIMARCBS	BISMARCK
ASONCJK	JACKSON
LLOINNC	LINCOLN
CRDOCNO	CONCORD
CSTELHNARO	CHARLESTON
MHOICDRN	RICHMOND
OERANAMSTC	SACRAMENTO
BCOSLUUM	COLUMBUS
HALGRIE	RALEIGH
ATNEAFS	SANTA FE
NAYLBA	ALBANY

Find more fun [word scrambles](#).

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### State Capitals Word Scramble 2

SOLUTION

HIGBRUSARR	HARRISBURG
EONTGRYMOM	MONTGOMERY
LAAISDNIOINP	INDIANAPOLIS
TKLTSLAAICEY	SALT LAKE CITY
EIILSPNDGRF	SPRINGFIELD
ORFTNAKRF	FRANKFORT
ATEKOP	TOPEKA
ERONTNT	TRENTON
NPNAAISL	ANNAPOLIS
LSTALHASEAE	TALLAHASSEE
LLETTKOCIR	LITTLE ROCK
EISBO	BOISE
NECNEYEH	CHEYENNE
RCVDIENOEPE	PROVIDENCE
SAONDMI	MADISON
NYRSICJEETFFO	JEFFERSON CITY
QOBNST	BOSTON
HUONLLUO	HONOLULU
KOITHMLAOYAC	OKLAHOMA CITY
SUGUATA	AUGUSTA
MOIPYAL	OLYMPIA
ENAEHL	HELENA
RENDEV	DENVER
INACYOSTRC	CARSON CITY
IELLSAHVN	NASHVILLE

Find more fun [word scrambles](#).

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

### Riddle of the Month

**What has many teeth but can't bite?**

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**



# 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

