



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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Inside This Issue . . .

Keep Your Cool in Hot Weather Pg 1-2

Foot Clinic.....Pg 3

Just for Laughs.....Pg 4

Healthy EatingPg 5

COVID19 Pg 6-7,14

Full CirclesPg 8

Exercise/RecipePg 9

Fun Pages Pg 10-11

What's Happening? Pg 12-15

Coloring Contest!Pg 16

Announcements Pg 17-19



Keep Your Cool in Hot Weather!

Learn about heat-related illness and how to stay cool and safe in hot weather.

High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 600 people die from extreme heat every year.

Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

High humidity. When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.

Personal factors. Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness.

Closely monitor people who depend on you for their care and ask these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they need help keeping cool?

..continued on page 2

Keep Your Cool in Hot Weather!

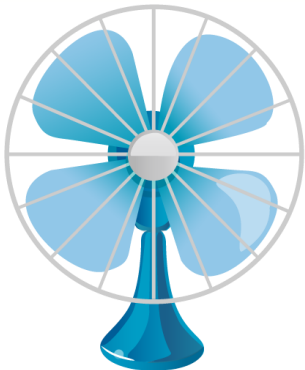
People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as you can. Contact your local health department or locate an air-conditioned shelter in your area. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles.
- Do not rely on a fan as your main cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.

Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather:

- Limit your outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Wear loose, lightweight, light-colored clothing.

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:



- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear loose, lightweight, light-colored clothing and sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.



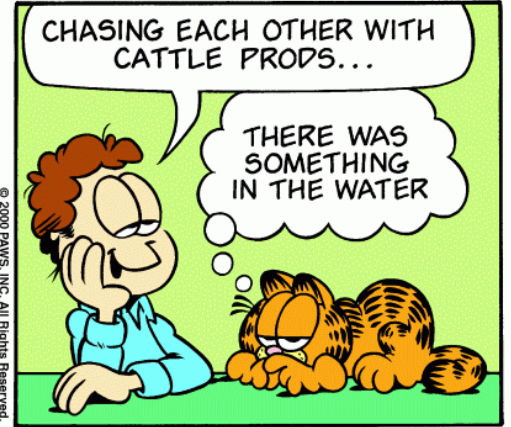
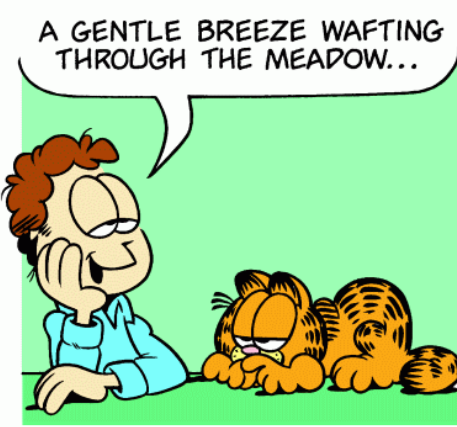
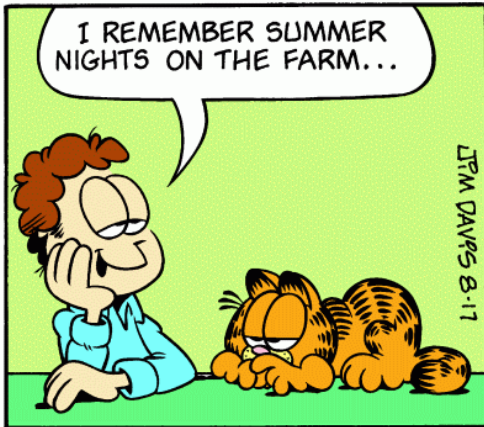
Thank You

Thank you to those who participated in our coloring contest in May. We absolutely loved receiving all of your masterpieces. We included another coloring page for you to do if you would like. It is on page 16! Please mail it back to us and it will be displayed in the front window of the office.

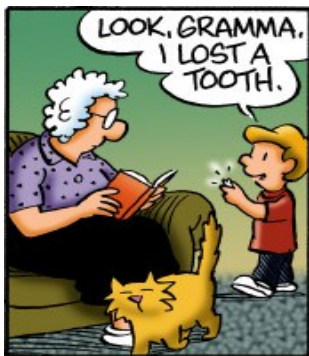


Just For Laughs . . .

THERE ARE TWO TYPES OF PEOPLE:



"When you said you were getting a mobility scooter, Dad, this isn't what I had in mind."





Benefits of Farmers Markets

Learn the benefits of your local Farmers Markets

As the days begin to get longer, we spring our clocks forward as winter weather fades and summer is right around the corner! Most of us probably look forward to grilling, being outside with friends and family, enjoying time at the lake or maybe even just taking a walk at sunset. While all of those are certainly fun, there is another activity that spring signals – your local farmers markets!

These local farmers markets provide such an array of benefits to not only you the consumer, but also to the farmers themselves and the area in which the market is held. These local markets are known for their wide selection of food items ranging from homemade pies to fresh fruits and vegetables. You are getting the absolute freshest version of these items. You are also getting it at the right time (in-season), at a reasonable cost; all while supporting the local economy and your fellow local farmer.

These fresh fruits and veggies are packed with key essential nutrients and vitamins that can sometimes be lost when they are produced on a much larger commercial scale. Factors that can affect large commercial batches of fruits and veggies are:

- how they are picked
- when they are picked
- how are they handled
- how are they stored
- if they are organic, canned, frozen, or if they are considered fresh.

When you go to the local grocery store and pick out your favorite summertime fruit, whether it be strawberries or watermelon, you hope it is fresh but then again you must think!

How much product do these stores have to move? How long has your fruit been sitting there? Is your fruit the freshest in the batch? With your local farmers markets, you are ensured those items are most likely picked that day or even the day before. Farmers markets take the guess work out of how to select the best piece



of produce. If you are uncertain, you can ask the source directly (the farmer who is selling you the selected produce).

Visiting these local markets not only helps you get the freshest produce you are seeking, but it also helps give rise to the local farmer both on a small scale and large scale. By shopping at these markets, you are also helping to support the local economy in that area. Some of these farmers and local shops depend on word of mouth as well as foot-traffic in order to be able to run their businesses.

The next time you are either thinking about going to the grocery store or you are just out and about or have some free time, go out to your local market! You will get fueled and fit while also buying fresh. You will not only do your body good by getting the freshest available food, but you will also feel good knowing you are supporting the local economy with your purchase.

So, get out there and GET LOCAL! Be sure to visit your local farmers markets and see for yourself what the difference is all about!

To speak with a Registered Dietitian Nutritionist (RDN) regarding your specific needs or any questions you may have, please call 402-441-7159!



Staying Connected at Home During COVID-19

For many, the COVID-19 crisis has upended lives and social connections. Physical and social distancing have left many people, including older adults, feeling isolated and lonely with their normal routines disrupted as senior centers, places of worship and local businesses are no longer available. And while physical distancing is important to maintaining health during the crisis, as time at home has lengthened, loneliness has set in for many older adults. Research shows that prolonged social isolation can lead to an increased risk of heart disease, depression and anxiety, and other negative health outcomes.

Given these negative emotional and health impacts, the Eldercare Locator and engAGED: The National Resource Center for Engaging Older Adults have developed this flyer to help older adults find ways to stay engaged in mind and body—and connected to their communities. More suggestions for ways to connect with others can be found at www.engagingolderadults.org.

Creating Connections Without Technology

Reach Out

- **Pick up the phone.** Try to call a family member or friend every day. Whether you swap book, meal or TV recommendations, read a book to a child or plan fun activities for the future, just making the connection is important.
- **Write a note or send a card.** Mailing a short note to a friend or family member is simple to do and can bring a smile to someone's face while cheering you up in the process.

- **Need extra compassion and support?** Many organizations have developed call lines that provide a friendly voice who can offer emotional support. Contact your local Area Agency on Aging to learn whether one is available in your community. If not, call one of the telephone services listed below.

- Institute on Aging's Friendship Line: (800) 971-0016
- AARP Friendly Voices: (888) 281-0145 (English) or (888) 497-4108 (Spanish)

Stay Active, Mentally and Physically

- **Move more and sit less.** Make a point to move frequently during the day, even if it's just a few gentle stretches or laps around your home. If you can walk outside, keeping a 6-foot distance does not exclude talking to neighbors and enjoying the sunshine. Or, turn on the radio and dance!
- **Flex your brain.** Feeling creative? Draw a sketch, write a poem or short story, or start journaling. This is a great time to record what you are seeing, thinking and



SCAS Offers Delivery of Meals

In the midst of the COVID-19 pandemic, Saline County Aging Services is offering qualifying seniors the opportunity to receive home-delivered meals.

“Some seniors may be experiencing reduced resources due to COVID-19, and we want to reach out to let them know that we can help”. Lori Moldenhauer , Saline County Aging Services, Director said.

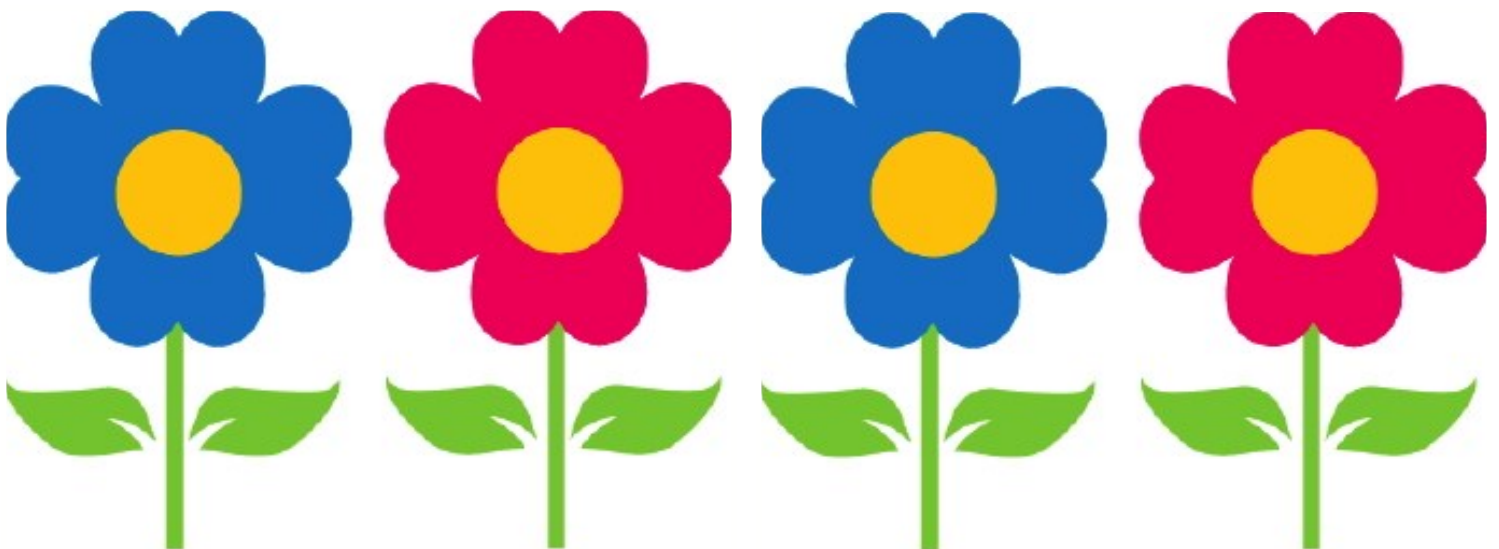
Seniors in need of meal assistance, or know anyone who knows of a senior in need of assistance, is asked to call Saline County Aging Services at 402.821.3330



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 June. 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.



3 Questions to Ask Your Doctor About Exercise

Are you considering adding exercise to your daily routine or significantly increasing your level of activity? Talk to your doctor about the exercises and physical activities that are best for you. During your appointment, you can ask:

1. **Are there any exercises or activities I should avoid?** Your doctor can make recommendations based on your health history, keeping in mind any recent surgeries or ongoing health conditions such as arthritis, diabetes, or heart disease. This would be a great time to check with your doctor about any unexplained symptoms you've been experiencing, such as chest pain or pressure, joint pain, dizziness, or shortness of breath. Your doctor may recommend postponing exercise until the problem is diagnosed and treated.
2. **Is my preventive care up to date?** Your doctor can tell you if there are any tests you might need. For example, women over age 65 should be checked regularly for osteoporosis.
3. **How does my health condition affect my ability to exercise?** Some health conditions can affect your exercise routine. For example, people with arthritis may need to avoid some types of activity, especially when joints are swollen or inflamed. Those with diabetes may need to adjust their daily schedule, meal plan, or medications when planning their activities. Your doctor can talk to you about any adjustments you need to make to ensure that you get the most out of your new exercise routine.



go4life.nia.nih.gov

Recipe of the Month

4 Ingredient Hamburger Casserole

Ingredients:

- 1 lb ground beef
- 2 10oz cans tomato soup
- 1 lb box pasta shells (medium)
- 2 cups cheddar
- 1 cup mozzarella
- 1/2 cup water

Directions:

1. Cook & drain pasta according to the package.
2. Preheat oven to 375 & grease your 9x13 baking dish.
3. In a large skillet, brown hamburger and season to your liking.
4. Add the cooked pasta, tomato soup, half cup of water, and half of the cheese to your skillet with the beef; stir another 2-3 mins over medium heat.
5. Pour the mixture into your greased baking dish and top with the remaining cheese.
6. Cover with foil and bake for 20 mins. Uncover and continue to bake for another 10 mins. Serve immediately.



Pinterest.com

Farm Word Search

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

barn
cat
chicken
cow
dog
donkey
duck
farmer
fence
goat
goose

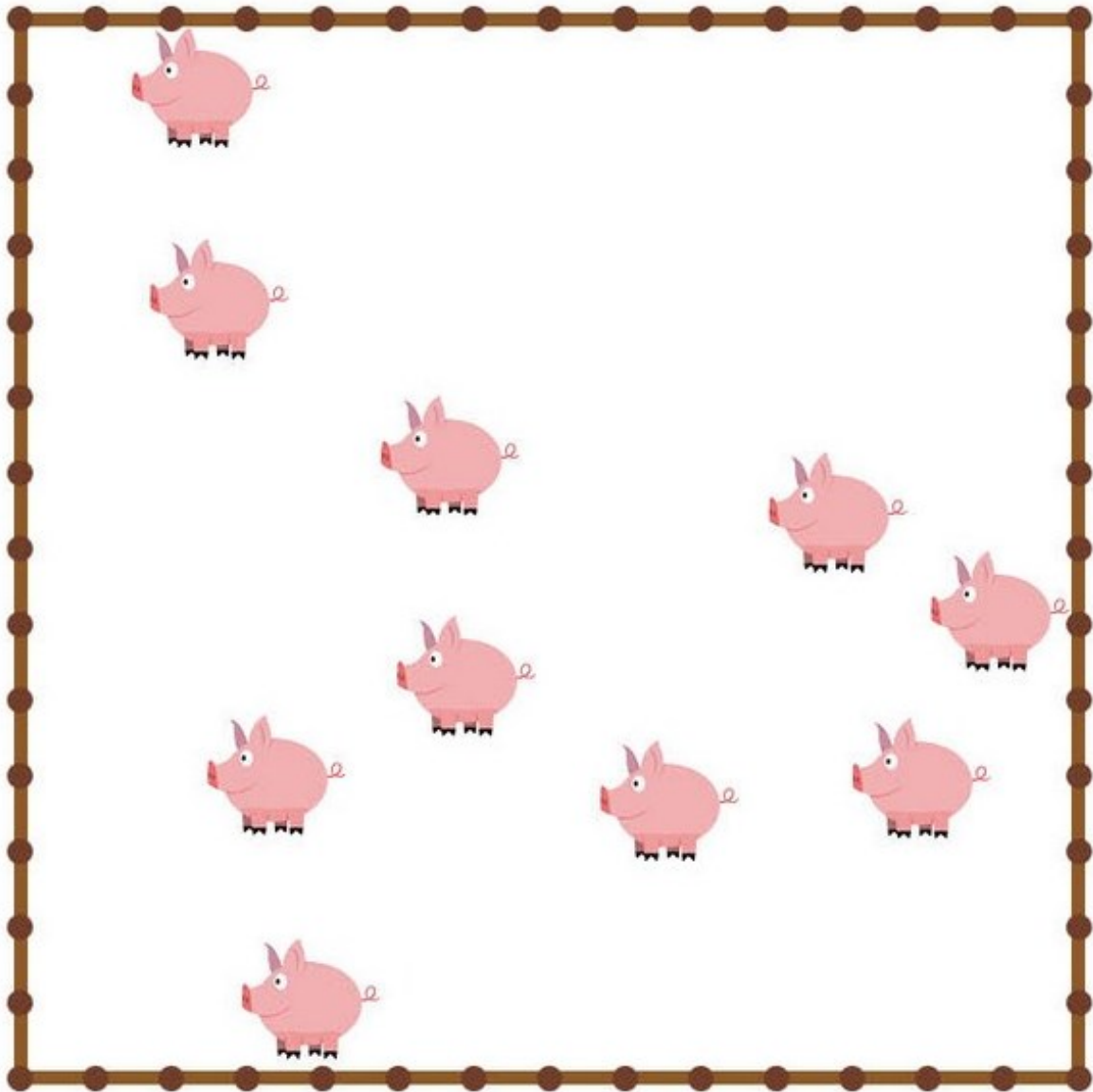


grain
harvest
horse
pasture
pig
rooster
sheep
tractor
trough
turkey
wheat



Farmer Brown's Brain Bender #7

Use four straight lines to separate each of the pigs into their own area.



June Activities

Key:

- Crete
- Dorchester
- Wilber
- Friend
- DeWitt

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:

- We will be offering Meat Packages and Feed America, please come to the door and wait patiently for us to serve you.
- We will also have a limited amount of masks available.
- We will be sanitizing the door after each time somebody comes in.
- Please don't hesitate to call if you are needing any assistance with your census!
- Foot Clinic Appointments — you will receive a call regarding what the plan is for June appointments.

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.




Sandra Cochran
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 May's riddle "What has many teeth but can't bite?"— A comb.



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 June 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.



feeling through different mediums. Why not send a sketch you've drawn to a friend or family member and ask for one in return?

Ways to Create Connections Using Technology

The list below contains just a few of the suggestions that are posted at www.engagingolderadults.org. Visit the website for additional ideas.

- **Use online tools to connect with friends and family.** Need help getting started? "Stuck at Home Guide: How to Get Online," a guide from engAGED partner Senior Planet, contains helpful tips for getting started online, on social media and on Zoom meetings. Visit www.seniorplanet.org/stuck-at-home-guide-get-online.
- **Attend events and concerts or tour museums from home.** During the COVID-19 crisis, many museums have developed virtual tours that help visitors see world-renowned artwork. Theaters,

both large and small, are taking music, dance and other performances online.

- **Read a book online.** Visit www.USA.gov/libraries to find your local library's free offerings. Want to discuss the book? Start an informal book club with friends or family members.
- **Want to help others?** Volunteer and share your skills from home. Develop a virtual mentoring relationship with a student through a local college or connect with your local Area Agency on Aging to find opportunities to help others during the COVID-19 crisis.
- **Stay fit.** Take a virtual exercise class. Many Area Agencies on Aging provide fitness classes. In addition, the YMCA (www.ymca360.org) provides many pre-recorded and live fitness classes that allow you to take things at your own pace.

Looking for assistance with staying engaged and safe at home during the COVID-19 crisis? Your local Area Agency on Aging can help. Area Agencies on Aging provide a direct connection to home-delivered meals and groceries, in-home help with daily needs, transportation, caregiver support and more. To find your local Area Agency on Aging, contact the Eldercare Locator, a national call center that supports older Americans in connecting to local resources, at (800) 677-1116 or eldercare.acl.gov.



Connecting You to Community Services



advocacy | action | answers on aging



The National Resource Center for Engaging Older Adults

This fact sheet was developed by engAGED: The National Resource Center for Engaging Older adults and the Eldercare Locator, which are both administered by the National Association of Area Agencies on Aging (n4a) and funded by the U.S. Administration for Community Living (ACL). This project was supported, in part, by ACL grant numbers 90EEIR001-02-00 and 90EECC0001-02-00. Grantees undertaking projects under government ACL sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

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





© Tim's Printables

Announcements

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).

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).



Congratulations to Madison, our Outreach Coordinator!

She received her degree in Business Administration from Southeast Community College in the beginning of May!

Sarah Browning: Coronavirus will change Farmers Markets

New guidance for farmers market operators was released by the Nebraska Department of Agriculture on April 15. Nebraska farmers markets will be allowed to take place this year if they follow the mandatory guidance requirements, many of which are similar to procedures we are currently seeing in grocery stores.

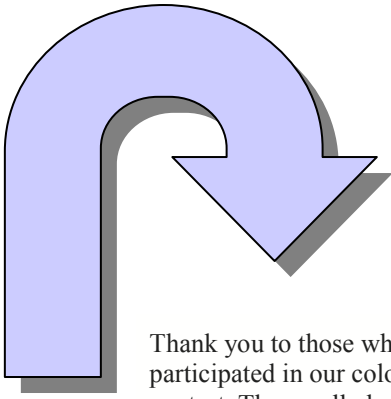
Guidance for markets

Here are a few excerpts from "Guidance for Farmers Markets Operators to Slow the Spread of COVID-19 Virus" the farmers markets you frequent should be following this summer.

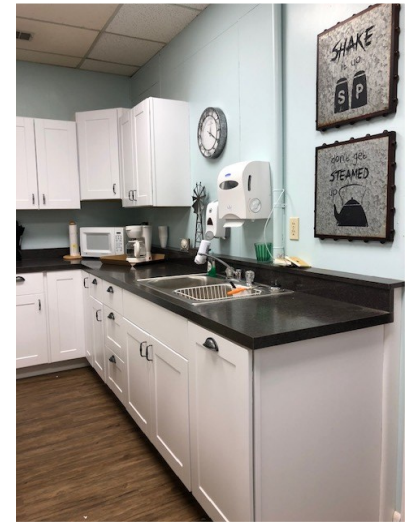
- Increase the footprint of the markets to allow shoppers to maintain a healthy physical distance of at least 6 feet between each other
- Adding chalk/tape lines to keep shoppers at least 6 feet apart. Directional arrows can also be utilized to direct patron flow through the market.
- Allow only producers and their staff to handle products. Customers should shop with their eyes and wait to touch their produce or products until after they have purchased them.
- Separate farm stand spaces with at least 10 feet of distance between the tents, more where possible, to reduce congestion.
- Do not allow the sampling of products at markets or selling of drinks (like cider, coffee, etc.) by the cup.
- Have producers and staff wear protective gloves.
- Ensure that farm stands are using vinyl or plastic table covers for easy sanitizing.
- Encourage producers to sanitize their stands regularly, primarily by wiping down tables, terminals, cash boxes, etc.
- Remind farmers about proper food handling.
- Provide additional hand sanitizers at market stations.
- Discourage the use of reusable bags at this time.

Guidance for shoppers (shoppers should follow good practices too, including):

- Wear a mask
- According to CDC & USDA, the virus doesn't appear to be transmitted through food or food packaging.
- Shop by yourself, and keep the recommended 6 ft distance from others.



Thank you to those who participated in our coloring contest. They really brightened up our window!



EEEEK!! Sneak peak of what has been going on at SCAS. We have had some remodeling going on in our backroom during the last few months. We cannot wait to enjoy it will each and every one of you during future programs, craft days, Full Circles, and Tai Chi Classes.

DeWitt Senior Center



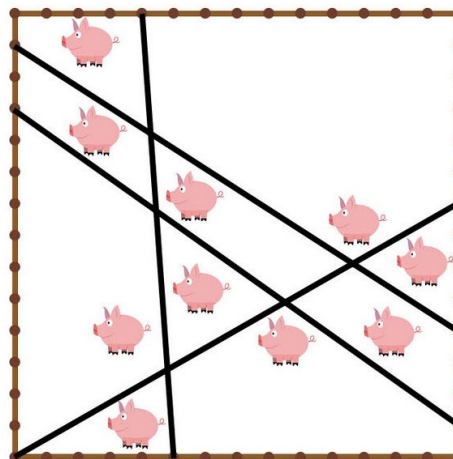
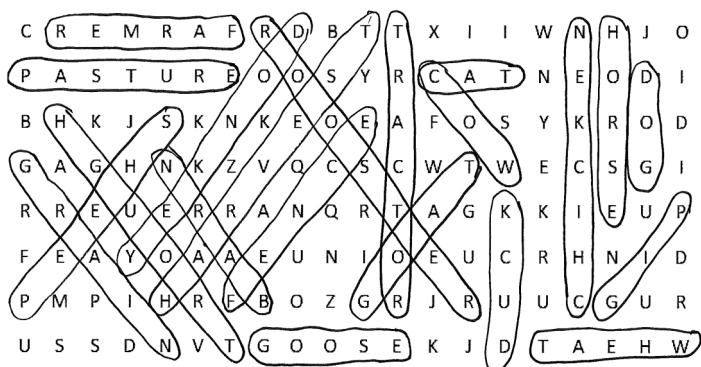
In May, the DeWitt Senior Center was able to have a curbside fundraiser with Memorial Day Floral Arrangements. Thank you to those who supported the fundraiser.



Members of DeWitt Senior Center were able to pick up Feed America food items. Notice the masks & 6 foot distance is the new “normal!”

Announcements

ANSWERS TO THIS MONTHS PUZZLES



Riddle of the Month

What month of the year has 28 days?

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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