



# 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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## History of Fireworks

Today, fireworks mark celebrations all over the world. From ancient China to the New World, fireworks have evolved considerably. The very first fireworks — gunpowder firecrackers — came from humble beginnings and didn't do much more than pop, but modern versions can create shapes, multiple colors and various sounds.

### HOW FIREWORKS WORK

Before diving into the history of fireworks, it is important to understand how they work. Each modern firework consists of an aerial shell. This is a tube that contains gunpowder and dozens of small pods. Each of the pods is called a "star." These stars measure about 1 to 1.5 inches (3 to 4 centimeters) in diameter, according to the American Chemical Society (ACA), and hold:

- Fuel
- An oxidizing agent
- A binder
- Metal salts or metal oxides for color

..continued on page 14

### Are Assisted Living Communities Allowing People to Move In?

Yes. In fact, more than 90 percent of A Place for Mom's network of 17,000 communities is accepting new residents, according to a daily survey. When seniors are discharged from the hospital after a fall, stroke, or other health event, it may not be safe for them to return home alone. Family caregivers are a wonderful means of support for some aging loved ones, but they are often their sole lifeline — making it only a matter of time before additional help is needed. Other times, families' work schedule, distance, financial situation, or child-care responsibilities prevent them from being able to give an elderly parent the support they need.

That's where assisted living communities fit in. They're an extension of our national health care network, providing housing and care for millions of older adults who need help with daily necessities and medical monitoring but don't require 24-hour a day skilled nursing care.

#### What safety measures are assisted living communities taking?

There are federal, state, and local COVID-19 guidelines for assisted living communities. Measures include eliminating all nonessential visits, ensuring social distancing and increasing medical, food, and service supplies on hand. Training and testing staff members on infection control best practices is a high priority at many facilities.

Hundreds of communities have the ability to test for the coronavirus on site, with more and more gaining testing abilities each day. If a case is detected, communities should follow strict, local guidelines and act quickly to isolate the person and stop the spread.

The Centers for Disease Control and Prevention (CDC) have outlined detailed recommendations for assisted living facilities to protect residents and staff from the coronavirus. These include:

- Encouraging residents to remain in their rooms as much as possible
- Practicing social distancing
- Not allowing outside visitors
- Wearing a cloth face covering when leaving their rooms (if tolerated)
- Designating a staff member to ensure all residents are checked daily for fever or symptoms of the coronavirus such as sore throat, cough, shortness of breath, or muscle aches
- Delivering meals to rooms, creating a "grab n' go" option for residents, or staggering meal times to accommodate social distancing while dining (e.g., a single person per table)
- Implementing sick leave policies that are flexible and non-punitive
- Providing hand sanitizer, soap, and towels throughout the facility

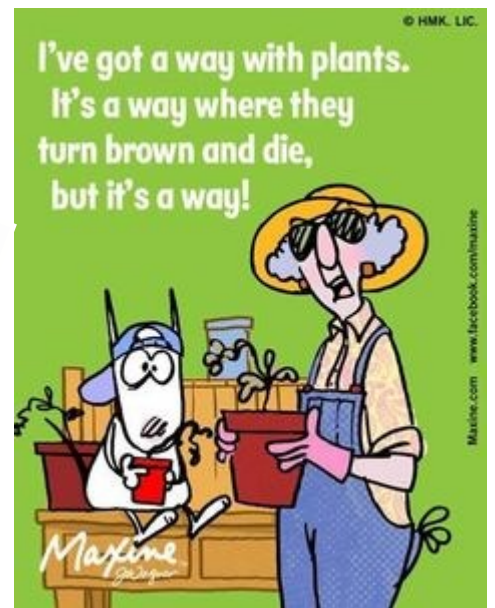


## Do you have any unwanted grocery sacks?

We are running low on our supply. If you come in, please bring your own bag. We will also take any off of your hands that you no longer need.



Just For Laughs . . .





## Spice Up Your Kitchen

When focusing on your health and well being, eating healthy is not always appealing to each and every one of us. Some of us prefer items such as fish or turkey while others prefer a good steak or chicken. Everyone has his or her own personal preference. Some individuals may never be interested in trying other foods/having a wider variety, including spices can help to flavor up that old bland meal.



When expanding your diet with different foods, most of us are not willing or able to change their food selection overnight. It takes time, patience and most of all getting acquired to a new taste. Acquiring a new taste for certain foods is usually easier said than done; this is where seasonings come in handy and helpful!

Most of us like to use salt as a spice or additive to our food, some of us may even salt everything we eat without knowing exactly how much salt we use. According to the Food and Drug Administration (FDA), the Daily Value (DV) for sodium is less than 2,300mg per day. The American Heart Association (AHA) recommends limiting sodium intake to 1,500mg or less per day. This is beneficial to anyone who has or may have a future experience with high blood pressure, fluid retention (edema), and heart disease. According to the Centers for Disease Control and Prevention (CDC), the average daily consumption of salt by American adults averages about 3,400mg per day.

In today's world there is a variety of seasonings and recommendations from anyone and everyone that you ask. Most individuals look for the salt substitutes; however, these usually contain salt in some amount, just less than regular full salt seasonings. These salt substitutes are not recommended for everyone, especially those who are on a salt free diet or recommendation by their doctor. Salt free seasonings however, are a different type altogether; these swap out the salt component and include a variety of seasonings. The most widely known brand for salt free seasonings is called Mrs. Dash.

When looking to introduce various foods into your diet, look into lean protein such as turkey, chicken, lean beef (90/10 or leaner), fish such as salmon, tilapia and tuna. When seasoning chicken, look for dry rubs that have low sodium, a good one that is enjoyable is bourbon chicken seasoning. It has a little spice to it, while really making the chicken nice and juicy with lots of flavor. For beef or ground turkey, a simple "all seasoning" that is low sodium or salt free is always a good choice. When selecting a flavor for your fish look into ginger seasoning for the salmon, lemon pepper for the tilapia and black ground pepper for the tuna.



**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!**

## Are Assisted Living Communities Allowing People to Move In?

### How do families tour communities?

To help families safely but quickly find the right home for their loved one, many communities are using FaceTime, Skype, and other telecommunications for virtual tours to ensure families can effectively explore options. In the same vein, communities are helping residents stay connected virtually by helping them video chat with family members and offering virtual exercise and recreational activities. One resident mentioned being able to talk with her entire family on Zoom at the same time — she said she hadn't had everyone in one place for years.



### What is the move-in process like now?

Senior living communities are updating their move-in policies daily to help prevent the spread of the coronavirus. Many are quarantining new residents who move in.

Other new rules include:

- Limiting moving help to reduce the amount of people inside
- Screening movers prior to entering the facility
- Requiring cloth face coverings or masks
- Requiring furniture and possessions to be sanitized before entering the facility.

### Moving to assisted living during the pandemic: One family's story

Jill Cebenکو's mother-in-law, Marge, was living independently in Allentown, Pennsylvania, with her partner when she fell out of bed. She didn't break anything, but her injuries were serious enough that she needed to go to the hospital. Her doctors ordered short-term rehab. "After the fall, we knew she could not go back home," says Cebenکو. "It was no longer safe for her. With my husband working full-time, five kids to care for, and COVID-19, we weren't sure where to start."

Cebenکو found A Place for Mom online, filled out a form, and Senior Living Advisor Molly Gallagher Bronsberg called her within 15 minutes. "With all the information she shared, I would have spent hours — maybe days — navigating the web," Cebenکو says.

After learning more about Marge's needs and situation, Molly gave Cebenکو a list of eight facilities in the area. While some were allowing in-person visits, the Cebenکوس mostly viewed virtual videos of communities. Cebenکو had several questions about each community. Molly followed up with answers. Ultimately, the family chose Heather Glen Senior Living.

"Moving Marge to her new community was a very intense process in light of COVID-19," says Cebenکو. "The community liaison Jessica Mitchell was kind enough to text me pictures of her room so I could start planning what to bring." They also sent dimensions of Marge's room.

On moving day, three family members were allowed into Marge's room to help set up and decorate. Cebenکو's daughter made a beautiful ribbon board so they could tuck in photos Marge had around the house.

After a few days, Cebenکو's mother-in-law sounded like she was settling in and enjoying her new home. "I was surprised at how quickly she adjusted," says Cebenکو. "She says she likes the food there. We cannot wait to visit her when visiting restrictions are lifted and she can enjoy the fullness of what Heather Glen has to offer."

*aPlaceforMom.com*

# 4th of July Fun Facts



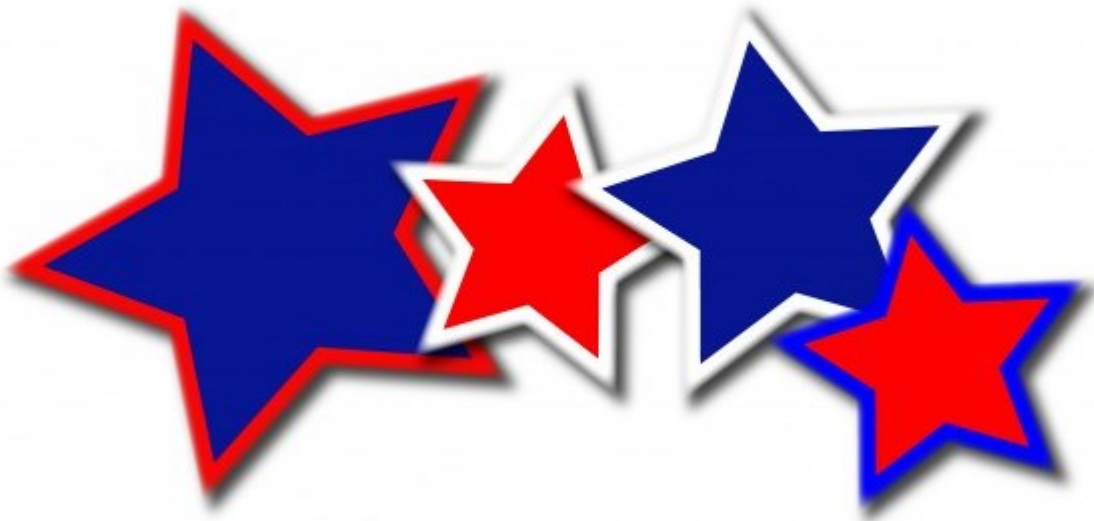
- The declaration of Independence was signed by 56 men from 13 colonies.
- The stars on the original American flag were in a circle so all the colonies would appear equal.
- The first Independence day celebration took place in Philadelphia on July 8th, 1776.
- The White House held its first 4th of July party in 1801.
- Approximately 150 million hot dogs and 700 million pounds of chicken are consumed on this day.

*Acei-global.blog*

# 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 July. 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.





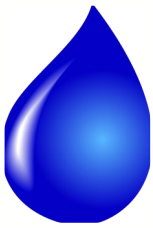
## Tips for Exercising in Hot Weather

Many people enjoy warm-weather outdoor activities like walking, gardening, or playing tennis. Make sure to play it safe in hot weather. Too much heat can be risky for older adults and people with health problems. Being hot for too long can cause hyperthermia—a heat-related illness that includes heat stroke and heat exhaustion.



If you want to be active when it is hot outside:

- Check the weather forecast. If it's very hot or humid, exercise inside with videos online, or walk in an air-conditioned building like a shopping mall.
- Drink plenty of liquids. Water and fruit juices are good options. Avoid caffeine and alcohol. If your doctor has told you to limit liquids, ask what to do when it is very hot outside.



- Wear light-colored, loose-fitting clothes in natural fabrics.
- Dress in layers so you can remove clothing as your body warms up from activity.
- Know the signs of heat-related illnesses and get medical help right away if you think someone has one.

*go4life.nia.nih.gov*

## Recipe of the Month

### 3-Ingredient Soft Pretzels

#### Directions:

1. Preheat the oven to 400 degrees.
2. Combine the self-rising flour & Greek yogurt in a mixing bowl & mix well using the dough hook attachment.
3. Transfer to a well-floured flat surface & work into a ball.
4. Flatten the ball into an 8-10" disk.
5. Cut into 8 equal pieces.
6. Roll each one into a 14" long log.
7. Twist into a pretzel shape & place on a parchment-lined baking sheet.
8. Whisk the egg in a small bowl & then brush over the tops of each pretzel.
9. Sprinkle on the coarse salt- if desired.
10. Bake for 20 minutes or until golden brown.
11. You know they are done when they have a hollow sound when you tap them with your fingernail.

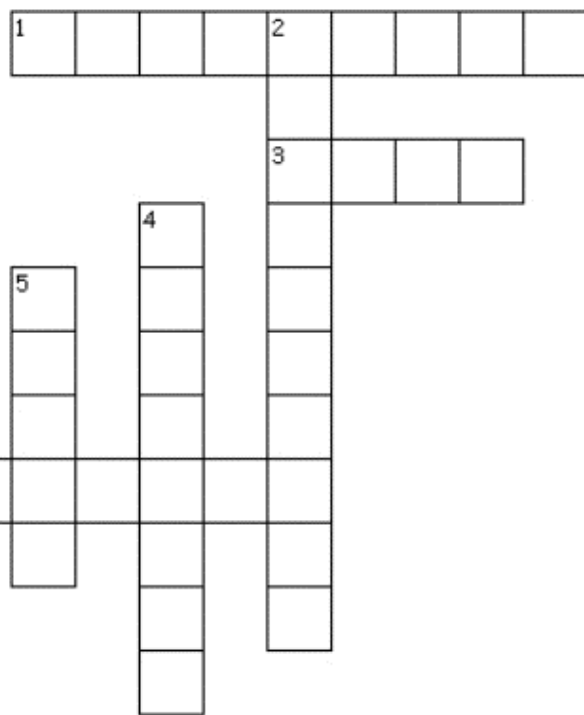
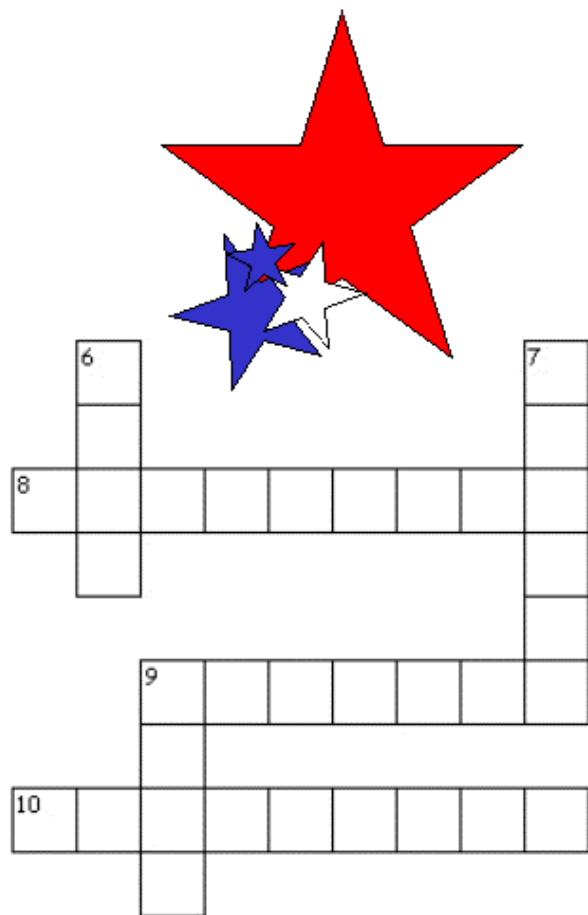
#### Ingredients:

- Self-rising flour
- Greek yogurt
- Egg
- Coarse salt— if desired



*Pinterest.com*

# Fourth of July



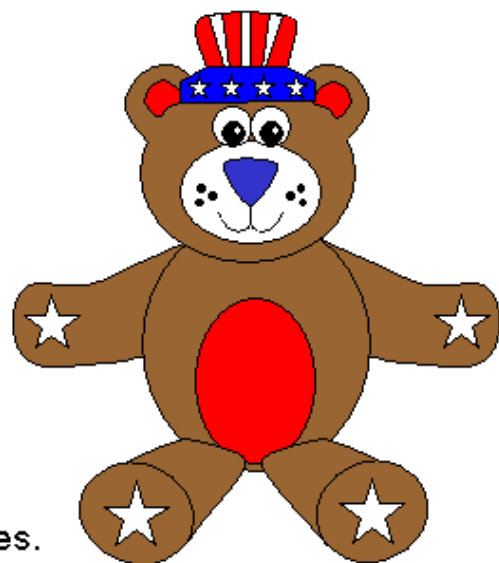
**Word List:** american, baldeagle, fireworks, flag, hamburger, july, justice, parade, patriot, star, washington, white

**Across**

- 1. Exploding nighttime show.
- 3. Geometric shape found on the American flag
- 7. Someone who is devoted to their country.
- 8. BBQ treat in a bun.
- 9. Truth, \_\_\_\_\_, and the American way.
- 10. National bird of the United States.

**Down**

- 2. George or D.C.
- 4. Common name for a citizen of the United States.
- 5. Red, \_\_\_\_\_ and blue.
- 6. flag I wave in the wind.
- 7. Marching bands and costumed people in the streets.
- 9. A patriotic summer month.



# Fourth of July Word Ladder

Make your way from FLAG to FOUR by changing just one letter on each step to make a new word!

F L A G

Cloth symbol.

--	--	--	--

Smelted leftovers.

--	--	--	--

Slimy garden nuisance.

--	--	--	--

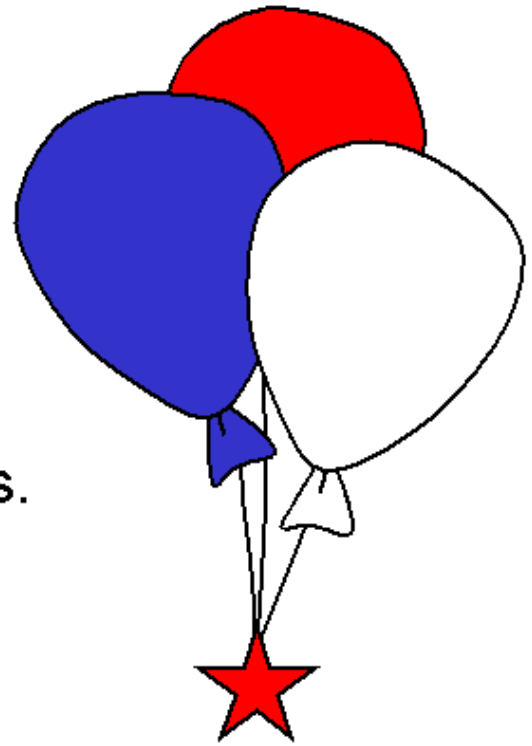
Unclear speech.

--	--	--	--

Rancid taste.

F O U R

Two plus two.



# 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 Clinics will be back to normal.

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.



Bob Kasl  
of  
Wilber, 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 June's riddle "What month of the year has 28 days?"— All months.



### 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 July 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.

A firework also has a fuse that is lit to ignite the gunpowder. Each star makes one dot in the fireworks explosion. When the colorants are heated, their atoms absorb energy and then produce light as they lose excess energy. Different chemicals produce different amounts of energy, creating different colors.

For example, when sodium nitrate is heated, electrons in the sodium atoms absorb the energy and get excited. As the electrons come down from the high, they release their energy, about 200 kilojoules per mole (a unit of measurement for chemical substances), or the energy of yellow light, according to the website of the University of Wisconsin-Madison chemistry professor Bassam Z. Shkhashiri. [How Do Fireworks Get Their Colors?]

According to the ACA, this is how some fireworks colors are made:

- Blues are made with copper-chloride compounds.
- Reds are made with strontium salts, strontium carbonate and lithium salts.
- Purple is made with a mix of blue-producing copper compounds and red-producing strontium compounds.
- Orange is created with calcium salts and calcium chloride.
- Green is made with barium chloride and other barium compounds.

### The beginning of fireworks

Most historians think that fireworks were invented in China, though some argue that the original birthplace was in the Middle East or India. We do know that somewhere around A.D. 800, Chinese alchemists mixed together saltpeter, sulfur and charcoal and created a crude gunpowder, according to the American Pyrotechnics Safety and Education Foundation. This wasn't what they were aiming for. They were actually looking for a recipe for eternal life, but what they created changed the world anyway. Once they realized what they had made, the Chinese came to believe that these explosions would keep evil spirits away.



To create some of the first fireworks, they would pack the new gunpowder into bamboo shoots and throw the shoots into a fire, which created a loud blast. After this, fireworks evolved. Paper tubes replaced bamboo stalks, for example, and instead of throwing the tubes in a fire, people added fuses made from tissue paper.

By the 10th century, the Chinese had figured out that they could make bombs with the gunpowder, and so they attached firecrackers to arrows that they shot at enemies. Within the next 200 years, fireworks were honed into rockets that could be fired at enemies without the help of an arrow. This technology is still used today in firework shows.

### The spread of gunpowder

In 1295, Marco Polo brought fireworks to Europe from Asia. (However, Europeans likely were introduced to gunpowder weaponry during the Crusades a few years earlier, according to the Smithsonian.) Then, around the 13th century, gunpowder and the recipes to create it made their way to Europe and Arabia via other diplomats, explorers and Franciscan missionaries, according to the Smithsonian. From there, the West developed the technology into more-powerful weapons that we know today as cannons and muskets. People in the West still retained the original idea of fireworks, though, and used them during celebrations. Jesters would also entertain crowds with fireworks in medieval England.

*...continued on page 16*

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



In England, rulers used fireworks displays to entertain their followers. The first royal fireworks display is thought to have taken place on Henry VII's wedding day in 1486. In 1685, James II's coronation presentation was so amazing that it earned the fire master a knighthood. Not to be outdone, Czar Peter the Great of Russia put on a 5-hour fireworks show to mark the birth of his son.

### Learning the art of explosions

During the Renaissance, pyrotechnic schools were popping up across Europe, according to [History.com](#). The schools taught eager students how to create elaborate explosions. In Italy, fireworks were particularly popular, and in the 1830s, people in that country incorporated trace amounts of metals and other ingredients to enhance the brightness and to make creative shapes.



They also finally developed more colors for fireworks. Up until then, all fireworks were orange. The Italians created mixtures with various chemicals, producing fireworks displays that are much closer to modern versions. They used strontium for red, barium for green, copper for blue and sodium for yellow.

### Journey to the New World



As Europeans traveled to the New World, so did their fireworks recipes. Some say that Capt. John Smith set off the first American display, in Jamestown, Virginia, in 1608, according to [History.com](#). On July 4, 1777, the first anniversary of the day the Continental Congress adopted the Declaration of Independence, fireworks became a Fourth of July tradition.

The year before, John Adams wrote in a letter, "The day will be most memorable in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade ... bonfires and illuminations [fireworks] ... from one end of this continent to the other, from this time forward forevermore." His prediction was right, and the tradition continued in 1777 and every year since then.

Not everyone liked fireworks, however. Because of some shenanigans, in 1731, Rhode Island outlawed the use of fireworks for "mischievous ends," according to the Smithsonian. In the 1890s, other states and some cities created regulations to control how and where fireworks could be used. Today, many towns and states still have their own laws governing the use of fireworks.

Still in the fireworks business, China produces and exports more fireworks than any other country in the world, according to [History.com](#).



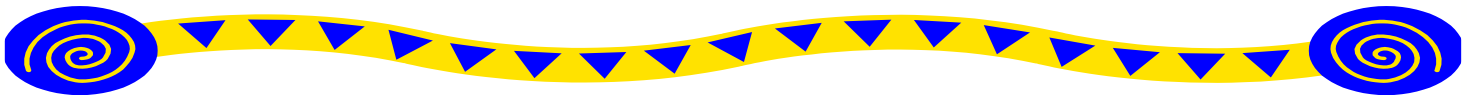
## Announcements

### 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).



We will be closed July 3rd in observance of Independence Day on July 4th. We will return open July 6th. We hope you have a safe and memorable holiday!



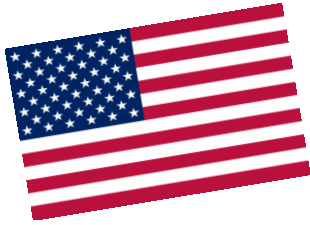
### ANSWERS TO THIS MONTHS PUZZLES

F L A G	Cloth symbol.	
SLAG	Smelted leftovers.	
SLUG	Slimy garden nuisance.	
SLUR	Unclear speech.	
SOUR	Rancid taste.	
F O U R	Two plus two.	

### Fourth of July

The crossword puzzle grid contains the following words:

- 1** FIREWORKS
- 3** SLAG
- 4** SLUG
- 5** SLUR
- 6** SOUR
- 7** PATRIOT
- 8** HAMBURGER
- 9** JUSTICE
- 10** BALDEAGLE



In the picture to the left, check out our new sign on the front of our building. With the help of the Wilber-Clatonia construction class for building the sign, the Mackeprangs for the barnwood, Schuerman's Welding for the tin, K&G Body Shop for transporting the sign, and Hoov's Home Improvement's for hanging the sign up. The middle photo, are some of the coloring pages that we received for the month of June. Lastly, the photo on the right, is our front window display!



## Have you moved?

# Have you moved?

We have been mailing a lot of information lately. We have received quite a few letters back from the post office, for wrong addresses.. If you have moved, please let us know so that we can get it changed in our system!





Riddle of the Month

**What building has the most stories?**

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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