



# 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 . . .

- Autumn..... Pg 1
- Fun Facts .....Pg 3
- Just for Laughs.....Pg 4
- Healthy Eating .....Pg 5
- Early Warning Signs.....Pg 2,6
- Fan Program.....Pg 7
- Full Circles .....Pg 8
- Exercise/Recipe .....Pg 9
- Fun Pages ..... Pg 10-11
- What's Happening? ..... Pg 12-15
- Caregivers.....Pg 14,16
- Announcements ..... Pg 17-19



## Autumn

**Autumn**, season of the year between summer and winter during which temperatures gradually decrease. It is often called fall in the United States because leaves fall from the trees at that time. Autumn is usually defined in the Northern Hemisphere as the period between the autumnal equinox (day and night equal in length), September 22 or 23, and the winter solstice (year's shortest day), December 21 or 22; and in the Southern Hemisphere as the period between March 20 or 21 and June 21 or 22. The autumn temperature transition between summer heat and winter cold occurs only in middle and high latitudes; in equatorial regions, temperatures generally vary little during the year. In the polar regions autumn is very short.

# Early Warning Signs

## Memory Loss

Forgetting new information is one of the most common early signs of dementia. General memory loss and forgetting important events and asking for the same information over and over are also common symptoms of early stage Alzheimer's disease. **What's typical?** Forgetting names or appointments occasionally and remembering them later.



## Difficulty Performing Familiar Tasks

People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game. **What's typical?** Occasionally forgetting why you came into a room or what you planned to say.



## New Problems with Writing or Speaking

People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth." **What's typical?** Sometimes having trouble finding the right word.

## Confusion with Time and Place

People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home. **What's typical?** Forgetting the day of the week or where you were going.

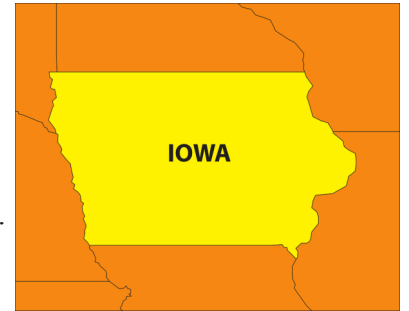


## Poor or Decreased Judgment

Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers. **What's typical?** Making a questionable or debatable decision from time to time.

# IOWA Fun Facts

1. Iowa's sales tax rate is 5%.
2. The largest source of personal income for Iowans is manufacturing.
3. Iowa is the only state bordered by two rivers; the Missouri River & the Mississippi River.
4. One Iowa family farm grows enough food and fiber to feed 279 people.
5. Iowa ranks first in beef, pork, corn, soybean, and grain production.



<http://publications.iowa.gov/>

# Dog Dictionary



**LEASH:** A strap which attaches to your collar, enabling you to lead your person where you want him or her to go.



**DOG BED:** any soft, clean surface, such as the white bedspread in the guest room or the newly upholstered couch in the living room.

**DROOL:** Is what you do when your persons have food and you don't. To do this properly you must sit as close as you can and look sad and let the drool fall to the floor, or better yet, on their laps.

**SNIFF:** A social custom to use when you greet other dogs. Place your nose as close as you can to the other dog and inhale deeply, repeat several times, or until your person makes you stop.

**GARBAGE CAN:** A container which your neighbors put out once a week to test your ingenuity. You must stand on your hind legs and try to push the lid off with your nose. If you do it right you are rewarded with margarine wrappers to shred, beef bones to consume and moldy crusts of bread.



**BICYCLES:** Two-wheeled exercise machines, invented for dogs to control body fat. To get maximum aerobic benefit, you must hide behind a bush and dash out, bark loudly and run alongside for a few yards; the person then swerves and falls into the bushes, and you prance away.

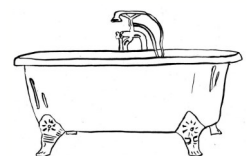
**DEAFNESS:** This is a malady which affects dogs when their person want them in and they want to stay out. Symptoms include staring blankly at the person, then running in the opposite direction, or lying down.

**THUNDER:** This is a signal that the world is coming to an end. Humans remain amazingly calm during thunderstorms, so it is necessary to warn them of the danger by trembling uncontrollably, panting, rolling your eyes wildly, and following at their heels.

**WASTE BASKET:** This is a dog toy filled with paper, envelopes, and old candy wrapper. When you get bored, turn over the basket and strew the papers all over the house until your person comes home.

**SOFAS:** Are to dogs like napkins are to people. After eating it is polite to run up and down the front of the sofa and wipe your whiskers clean.

**BATH:** This is a process by which the humans drench the floor, walls and themselves. You can help by shaking vigorously and frequently.





## All About Avocados

When it comes to avocados, you can mix them, mash them, season them, stuff them, put them on toast and even mix them in with scrambled eggs!

**Hint: Combine with your queso and sour cream as a side of guacamole.**

We all have either heard about avocados or maybe even tried them in some form before. Avocados are full of heart-healthy monounsaturated fats and have numerous health benefits, such as reducing cholesterol, improving overall heart health function and many others!

Avocados contain a rich content of antioxidants, including lutein, which is essential for eye health (specifically vision). Avocados help with the absorption of nutrients in your diet and reduce inflammation in the body (they potentially help with arthritis). The fatty acid content avocados have is rich and can help with skin and even improve healing!

Besides the benefits of heart and eye health, is there anything else that avocados can do to help us health wise? This power-packed super food helps absorb nutrients if plant-based diet aspects are included. There have also been a few studies that suggest avocados might help relieve some of the symptoms of chemotherapy for someone battling cancer. Studies suggest avocados can lead to a lower body weight and overall weight loss if eaten regularly, which might be attractive and important to some.



### Here are some ways we can enjoy our avocados:

- Stuffed with an egg and baked;
- Cut and drizzled with olive oil and baked;
- Diced with your eggs in the morning;
- Used like a spread on your bread!

Anyway you want to use them, there may be a recipe out there, so go and explore for yourself!

<https://www.webmd.com/food-recipes/all-about-avocados>

<https://daa.asn.au/smart-eating-for-you/smart-eating-fast-facts/food-and-food-products/fast-facts-all-about-avocados/>

<https://www.healthline.com/nutrition/12-proven-benefits-of-avocado#1>

<https://www.healthline.com/nutrition/23-ways-to-eat-avocados>

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

## 10 Alzheimer's Warning Signs



### Problems with Abstract Thinking

Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used. **What's typical?** Finding it challenging to balance a checkbook.

### Misplacing Things and Losing the Ability to Retrace Steps

A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl. **What's typical?** Misplacing keys or a wallet, but being able to retrace steps to find it later.

### Changes in Mood or Behavior

Someone with Alzheimer's disease may show rapid mood swings – from calm to tears to anger and aggression – for no apparent reason. They may become extremely confused, anxious, suspicious or dependent on a family member. **What's typical?** Occasionally feeling sad or moody.



### Trouble Understanding Visual Images and Spatial Relationships

For some people, a change in visual processing may be a sign of early Alzheimer's disease. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving. **What's typical?** Vision changes related to cataracts.



### Withdrawing from Social Activities

A person with early stage Alzheimer's disease may avoid being social because of the changes they've experienced. They may remove themselves from sports, social events and hobbies. They may become passive, sitting in front of the TV for hours, sleeping more than usual or not want to perform daily living activities. **What's typical?** Sometimes feeling weary of work or social obligations.

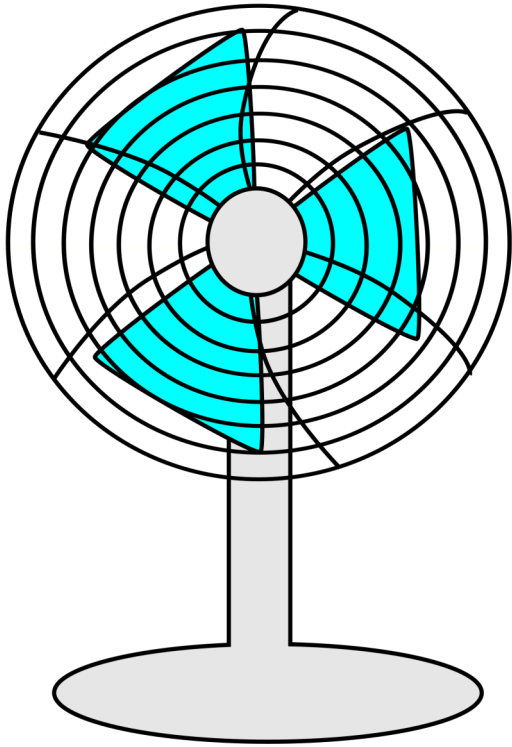
## The difference between Alzheimer's and normal age-related memory changes...

### Dementia Symptoms

- Forgets entire experiences
- Rarely remembers later
- Is gradually unable to follow written/spoken directions
- Is gradually unable to use notes as reminders
- Is gradually unable to care for self

### Normal Age-related Memory Changes

- Forgets part of an experience
- Often remembers later
- Is usually able to follow written/spoken directions
- Is usually able to use notes as reminders
- Is usually able to care for self



### **Are you in need of a fan?**

The Nebraska Department of Health and Human Services (DHHS) will again provide fans to those who qualify by age and income (for those of low income, the elderly, and people with disabilities).

Saline County Aging Services will again be a distribution point for Saline County residents.

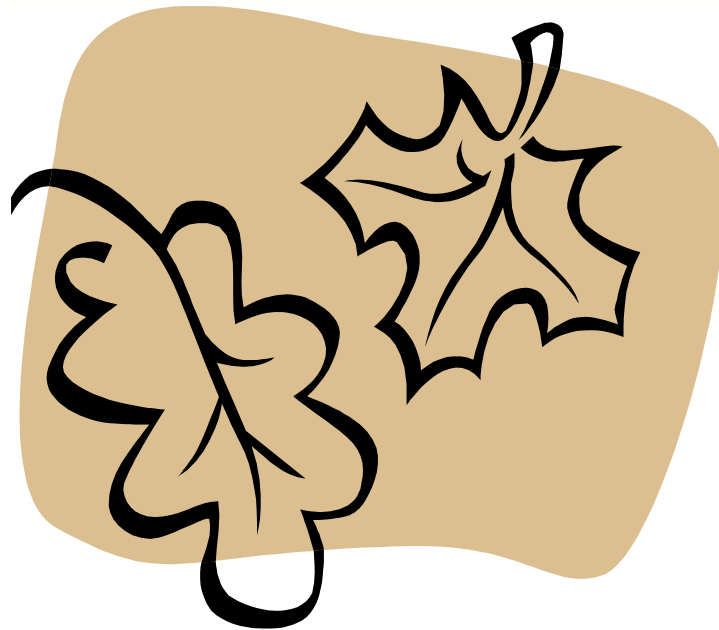
Call ahead to qualify for a fan and/or to make an appointment to pick one up by calling 402-821-3330.

*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 September. 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.





## Exercise of the Month

# STRENGTH

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength “strength training” or “resistance training.”

Strength exercises include lifting weights, even your own body weight, and using a resistance band.

### WEIGHTS

Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don't exercise the same muscle group on any 2 days in a row. If you're just starting, you might need to use 1- or 2-pound weights, or no weight at all. Your body needs to get used to strength exercises. You can use common objects from your home, such as bottled water or soup cans. Or, you can use the strength-training equipment at a fitness center or gym. Use light weights the first week, then gradually add more. Starting out with weights that are too heavy can cause injuries. Use proper form for safety. To prevent injury, don't jerk or thrust weights into position. Use smooth, steady movements. Avoid “locking” your arm and leg joints in a tightly straightened position.



### RESISTANCE BAND

Resistance bands are stretchy elastic bands that come in several strengths, from light to heavy. You can use them in some strength exercises instead of weights. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band when you can do two sets of 10 to 15 repetitions easily. Hold on to the band tightly (some bands have handles) or wrap it around your hand or foot to keep it from slipping and causing possible injury. Do the exercises in a slow, controlled manner, and don't let the band snap back.

*go4life.nia.nih.gov*

## Recipe of the Month

### Cheesy Taco Sticks

#### Ingredients:

- 1 lb. ground beef
- 1 packet taco seasoning mix, or homemade taco seasoning
- 1 tube Pillsbury Pizza Dough
- 5 colby jack and cheddar cheese sticks, halved
- 4 tbsp butter, melted
- 1 tsp garlic powder
- 1 tsp dried parsley

#### Directions:

1. Preheat oven to 425 degrees F.
2. Lightly coat a large baking sheet with non-stick spray and set aside.
3. Cook the ground beef until fully browned and crumbled. Drain any fat and return skillet to stove top. Mix in taco seasoning and stir until fully coated.
4. Spread pizza dough out until its flat and cut in half lengthwise and then 4 cuts up and down, creating a total of 10 small rectangles. Place about a tablespoon of taco meat and a half cheese stick, then roll up the pizza stick.
5. Combine melted butter, garlic, parsley, and brush it on the tops of the sticks. Bake for 10—12 mins.



*Pinterest.com*

# REBUS FOR YOU!

Solve these visual word puzzles by looking for clues in the placement, color, or number of words. Have fun!

<p>1.</p> <p style="text-align: center;">Injury + Insult</p>	<p>2.</p> <p style="text-align: center;">Weather Bit</p>
<p>3.</p> <p style="text-align: center;">yourballcourt</p>	<p>4.</p> <p style="text-align: center;">B Cat 2 aa</p>
<p>5.</p> <p style="text-align: center;">T B Bush A E</p>	<p>6.</p> <p style="text-align: center;">1. 2. Blame 3. Blame</p>
<p>7.</p> <p style="text-align: center;"><b>belly</b></p>	<p>8.</p> <p style="text-align: center;">ri poorch</p>
<p>9.</p> <p style="text-align: center;">mce mce mce</p>	<p>10.</p> <p style="text-align: center;"><b>MONSTER</b></p>



# Word Search

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

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2012

- |              |            |              |              |
|--------------|------------|--------------|--------------|
| 1. LABOR     | 5. WORK    | 9. SUMMER    | 13. AMERICAN |
| 2. DAY       | 6. LONG    | 10. NATIONAL | 14. MONDAY   |
| 3. HOLIDAY   | 7. WEEKEND | 11. USA      | 15. DAY      |
| 4. SEPTEMBER | 8. ENDING  | 12. TRAVEL   | 16. OFF      |

# 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 are 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 at 402.683.6475

# What's Happening Near You?

DeWitt Senior Center Meal Schedule  
For meal reservations, call 683-6475.

Program—  
Menu—

Program—  
Menu—

Program—  
Menu—

Program—  
Menu—

Program—  
Menu—

For questions in regards to  
DeWitt Senior Center,  
please call 402.683.6475



Cheryl Jindra  
of  
Friend, NE

received a \$5 gift card to Sub-  
way! Get your answers in by the  
15th for this month's riddle so  
you can be the next winner!

The answer to August's  
riddle "What question can you  
never answer yes to?"— Are you  
asleep yet? Are you alive?



## 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  
August 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.

# Caring for Elderly Parents: Linda's Story of Taking Care of Her Mom

When Linda's mom fell and broke her hip, life changed in an instant — for both her and her daughter. The fiercely independent 92-year-old woman, whose husband died 47 years earlier, could no longer live alone. Linda, 59, had only four short days to shift roles from self-exiled daughter to daily caregiver and major decision-maker.

Linda's immediate obligation was to find elder care in the form of an assisted living community for a woman who had never asked for help from anyone for anything. Her mother's stern attitude magnified the pressure Linda felt. Given a two-week window when her mom was placed in a nursing home for rehabilitation, Linda contacted Jeannie Darnell, a Senior Living Advisor at A Place for Mom. She helped her find an appropriate assisted living home in their area. This was the first difficult elder-care decision Linda had to make, though it was certainly far from being the last.



## How to cope with caring for aging parents

"My mother and I never enjoyed a 'get together for coffee' type of intimacy," Linda says. "We were all business. This change in our relationship remains monumental for both of us. I don't know what I would have done without Jeannie, who checked in with me every day until we found the right fit."

Below are three common elder-care struggles Linda faced and how she coped:

### Finding balance as a caregiver

Like many children thrust into the new role of caregiver, Linda struggled with boundaries and finding a balance:

- She visited "too often" during the first year, she says, returning home most days physically and emotionally exhausted.
- Her mom didn't establish close friendships in her new home, preferring stubborn self-sufficiency to intimacy with acquaintances. This meant Linda was the only one to endure her mother's frustrations and resentment about losing her home, her independence, and the ability to control the direction of her life.

"I lived in hell for the first year because I couldn't find the balance," Linda recalls. "I would take a memento from the house to cheer her up, and she would be outraged because the token confirmed she was not going home. I know I shouldn't have told her that she was never going home, but sometimes I lose patience."

### Accepting aging parents' limitations

Even though Linda's mom's personality exacerbated her feelings of frustration, she understands that her own reactions are often unfounded and unfair.

"She'll insist that she needs a new toothbrush, implying that I am not taking care of her. So I'll go to the vanity and pull out a brand-new one, one that's even still in its wrapper. I'll want to scream, 'Look Mom, it's right here, your new toothbrush is right here!'" Linda says. "But I know that my mother is fading. The truth is I need to remember she is no longer independent physically or mentally. It's a truth I don't like to admit."

### Finding caregiver support

Linda visits her mom at her assisted living community often and tries to maintain a positive outlook. She likes having dinner with her on Sundays. They sit with a group of women whose company Linda enjoys.

*...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



### Finding caregiver support

Linda visits her mom at her assisted living community often and tries to maintain a positive outlook. She likes having dinner with her on Sundays. They sit with a group of women whose company Linda enjoys.

"I don't always know what to say to my own mother so talking with these other women is a nice break for me, as is hearing them say what a wonderful daughter I am," Linda says.

For many caregivers like Linda, finding support can be a peaceful and assuring reminder that you're not alone as a caregiver. Whether it's through those you meet while visiting your loved one at a senior living community or via caregiver support groups, connecting with others can ease stress.



### Caring for senior parents: A doctor's advice

Watching our parents lose their independence is one of the most challenging realities we face as our parents age, according to Seattle geriatric internist Dr. Elizabeth Kiyasu. "We've witnessed our parents' decision-making our whole lives, important decisions about us, their children, and themselves," Kiyasu explains. "Then their decision-making becomes impaired and we end up making those decisions for them. Even if we rarely doubt ourselves when making decisions for our own children, making decisions while caring for elderly parents remains inherently ambiguous."

Kiyasu stresses that there are individual nuances in every parent-child relationship. "These decisions are never clear-cut for the children. We feel guilty when we admit exhaustion or that the demands of our parents' care fall beyond our skill set. People don't realize they can place their parent in a nursing home for a limited stay, or that assisted living homes come in many different forms and styles."

And because Linda was never close to her mother, her situation has been especially challenging. "She can't rely upon a foundation of intimacy with her mother," Kiyasu observes. "[And] now she is propelled into a very intimate situation, essentially deciding the course of her mother's life without any prior directives."

### Taking care of Mom: Good days and bad days

Caring for elderly parents is never easy, but Linda knows it must be done. Her brother moved away decades ago and rarely visits — she is her mom's sole advocate. She has also come to understand that the logical argument doesn't always succeed.

"My mother sits in a wheelchair all day because she refuses to do physical therapy. The doctors tell her that with therapy she would be able to walk again, but she just wants to get up and walk immediately or not walk at all. I've stopped trying to convince her. There's only so much I can do," Linda admits.

As she becomes accustomed to her caregiver role, Linda says her attitude is improving steadily.

"I now know my mother is going to have good and bad days. I also know my mother doesn't want to be mothered. Who would?" Linda laughs. "It's been very hard to make all of the decisions for another adult. But I am getting it done. And getting it done is the right thing to do."

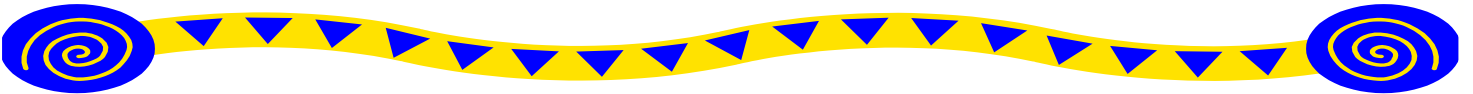
Remember it's typical to feel overwhelmed, like Linda, when suddenly becoming a caregiver. If you need to find senior living immediately or just want to talk about options, our Senior Living Advisors can answer questions and share their knowledge and experience.





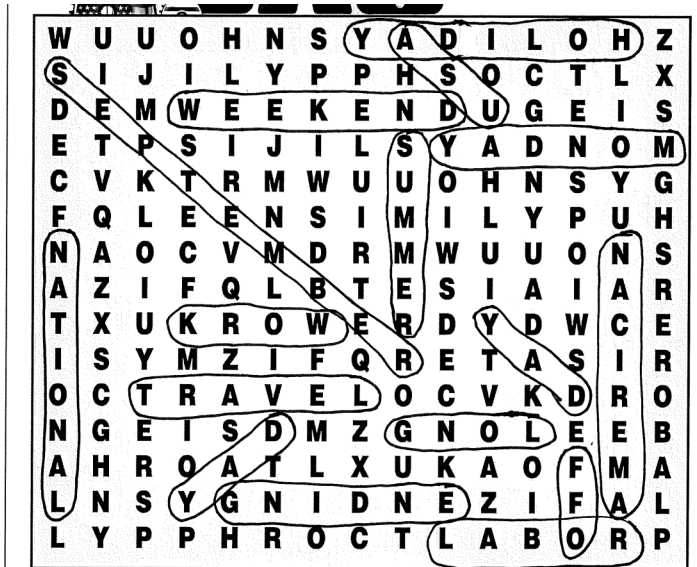
# Medicare Prescription Drug Enrollment

*October 15 - December 7*



ANSWERS TO THIS MONTHS PUZZLES

1. Adding insult to injury.	2. A bit under the weather.
3. The ball is in your court.	4. Let the cat out of the bag.
5. Beat around the bush.	6. No one to blame.
7. Yellow belly.	8. Take from the rich and give to the poor.
9. Three blind mice.	10. A green eyed monster.



What's  
new?

Thank you to Wilber – Clatonia Student, Tad Moldenhauer in the 2019-2020 construction class for building us our new Feed America table in memory of Irvin Fuchs.

If you are driving through town, be sure to check out our front window! We are always changing it up and putting new things in the window!



Medicare

# Medicare D



Be on the lookout for next months newsletter! There will be Medicare forms, a schedule of when we will be at onsite locations in surrounding areas, and where to mail forms.

If you have any questions regarding Medicare D, please give us a call. 402-821-3330



### Riddle of the Month

**I have branches, but no fruit, trunk or leaves. What am I?**

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

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