



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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Picking the Perfect Pumpkin for Carving

Whether you're visiting the pumpkin patch or perusing the produce section, it's always fun to find that "perfect" pumpkin. Here are 5 easy tips for selecting a winner!

1. Look for a pumpkin that has a deep orange color.
2. Knock on the pumpkin to check that it is hollow (and therefore ripe).
3. Make sure the bottom of the pumpkin isn't soft and mushy! Also, the bottom should be flat so it doesn't roll.
4. Check that the stem is firm and secure. Never pick a pumpkin up from the stem! It may break, which leads to faster decay.
5. Avoid bruised pumpkins and look for a smooth surface if you're carving. It will be much easier!

Understanding and Minimizing Symptoms of Sundown Syndrome

For many elderly people who suffer from Alzheimer's disease or other forms of dementia, the time of day marked by the sunset can be a time of increased memory loss, confusion, agitation, and even anger. This behavioral shift is called sundown syndrome, otherwise known as sundowners syndrome or sundowning. Doctors aren't sure what causes sundown syndrome, but there are certain triggers to avoid and ways to manage symptoms.

What is sundown syndrome?

There is no clear definition of sundown syndrome. Generally, it's a range of unusual behaviors — often including agitation, confusion and restlessness — that occur during the transition from daylight to darkness. It's typically seen in the early evening but can also sometimes happen in early morning. It primarily affects people with Alzheimer's disease or another form of dementia. In fact, as many as one in five people with Alzheimer's will experience sundowning, according to the Alzheimer's Association. But the elderly recovering from surgery in hospitals or unfamiliar environments will sometimes also experience sundown syndrome.

Sundowning symptoms and behaviors

The symptoms and behaviors of sundown syndrome are unique to the individual. While one person may show several signs at the same time, another may only exhibit one of them.

What are the early signs of sundowning?

At first, symptoms of sundowning can be subtle and easy to overlook. They may also be inconsistent — one night your loved one is a little more confused or weepy at twilight while the next evening they seem slightly irritable. Because the signs are minor and varying, you may not notice a pattern right away.

Here are some of the most typical signs of sundown syndrome:

- Rapid mood changes
- Anxiety
- Anger
- Crying
- Pacing
- Agitation
- Fear
- Depression
- Restlessness
- Stubbornness
- Shadowing caregivers or others
- Repeating questions and interrupting the answerer

For some, symptoms of sundowning become more severe.

- Hallucinating
- Hiding things
- Feeling paranoid
- Acts of violence
- Wandering



...continued on page 6

It's that time of year! Time to get your immunizations. Call to schedule your appointment at either place!

WILBER

Blood Pressure/ Flu Shot Clinic

Where: Saline County Aging Services

When: Friday, October 9th

Please call to schedule an appointment!

402-821-3330



DEWITT

Flu Shot Clinic

Where: DeWitt Senior Center

When: Thursday, October 8th

Please call to schedule an appointment!

402-683-4325 or 402-683-5625

Please bring your medicare card or insurance card.





Let's Get Poppin'!



Popcorn is one of the most popular snack foods and is believed to have been around for thousands of years. It is a whole grain maize product, which is a type of cereal grain originating from wild grass. This particular type of corn is produced mainly across nine states: Illinois, Indiana, Iowa, Kansas, Kentucky, Michigan, Missouri, Nebraska and Ohio. About 45 percent of the nation's popcorn is grown in Nebraska. Since the production process is similar to field corn, a corn plant and a popcorn plant look very similar.

Popcorn is considered a whole grain, meaning that the entire kernel is left intact. The kernel is made of a hull, endosperm, and germ. By leaving the kernel fully intact, the nutrients are not compromised and in their purest form. There are two basic shapes of popcorn: snowflake and mushroom. Snowflake shaped popcorn is used at movie theaters and ball games because it looks and pops bigger. Mushroom shaped popcorn is more often used for candy confections as it doesn't crumble.

Popcorn has many health benefits. It is gluten-free, considered a good source of fiber, and is naturally low in fat and calories. It is also considered to be a complex carbohydrate, which means it takes the body longer to digest and doesn't impact blood sugar levels as significantly compared to simple carbohydrates. With popcorn being a complex carbohydrate and containing over 3 grams of fiber per cup, it is a healthy between-meal snack. It is also naturally low in calories, averaging about 35 calories per cup.

It is estimated that Americans consume more than 15 billion quarts of popcorn per year. Although popcorn is considered to be naturally healthy, what we put on top can significantly change the fat, sugar and sodium content. Aim to choose popcorn that is lightly salted, buttered, or plain (get creative with your seasonings). Also keep in mind the difference between serving size and portion size. The serving size is the recommended amount that is listed on the Nutrition Facts Label. The portion size is what you consume. For example, if a bag of popcorn has three servings and you consume the entire bag, you will need to multiply the nutritional content accordingly.

Sources: www.popcorn.org

Homemade Popcorn Seasoning

- Parmesan Herb: 2 tsp. parsley, 2 tsp. onion powder, 1 tbsp. garlic powder, ½ tsp. turmeric, 2 tbsp. grated parmesan cheese
- Ranch: 2 tbsp. parsley, ¾ tsp. dried dill, 1 ½ tsp garlic powder, ½ tsp. basil, ½ tsp black pepper
- Cinnamon Toast: 1 tbsp. brown sugar, 1 tsp. cinnamon
- Salt and Vinegar: 2 tbsp. butter, 1 tsp. malt vinegar powder, ½ tsp. sea salt. (You may need to visit a spice shop or look online for the malt vinegar powder)
- Everything Bagel: 2 tsp. Everything Bagel seasoning (found in-stores)
- Spicy Taco: 1 tbsp. ground cumin, 1 tsp. paprika, 2 tbsp. chili powder, ½ tsp. garlic powder, ½ tsp. onion powder, ½ tsp salt, ½ tsp dried oregano, ½ tsp. red pepper flakes, 1 tsp. black pepper

Other add-ins: Dried fruits such as apples, raisins, or tropical fruit; nuts, seeds, pretzels, Chex® Mix cereal, chocolate chips

Tip: Try spraying the popcorn lightly with flavorless cooking spray or olive oil before seasoning.

If you have any questions regarding your nutritional needs or would like further information on your specific needs, call Aging Partners at 402-441-7159 to speak with a Registered Dietitian Nutritionist today!

8/26/2020

Preparing for Future Health Care Needs

Many people assume that their family members would automatically be able to make decisions about medical treatments if they were to become incapacitated—for example, if they were unconscious or so ill they were unable to communicate.

Rules vary from state to state, so it is important to have a plan ahead of time to avoid disagreements around treatment issues if you are incapacitated. These planning documents can help ensure that decisions made on your behalf meet your needs and preferences.

- **Advance directive:** A generic term for a document that you use to appoint an agent and/or record your wishes about medical treatment based on your values and preferences. If you have an advance directive, be sure to give those documents to the hospital each time you are admitted.
- **Health care proxy, also called a durable medical power of attorney:** A document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself. This document is considered durable because it remains in force if you are incapacitated.
- **Living will:** A written record of the type of medical care you would want in specific circumstances. It can be used to make treatment decisions if you can no longer communicate your wishes because you are incapacitated by a temporary or permanent injury or illness.
- **Power of attorney:** A document—typically prepared by a lawyer—that names someone you trust as your agent to make property, financial, and other legal decisions on your behalf.



Did you know?

- 1 in 3 adults ages 65 and older fall each year.
- 90% of hip fractures are caused by falling.
- In 2020, the total medical cost of fall injuries = \$52 billion dollars.

We are approaching the end of 2020, which means Medicare Physical Therapy benefits of \$3,010.00 will renew January 1, 2021. Don't wait any longer, call if you are having pain, balance concerns, recovering from surgery, or any other concerns.

Maximize your benefits and take advantage of your allotted Medicare benefits for 2020.

Wilber Physical Therapy

Falls can result in:

- Loss of independence
- Decreased mobility and strength
- Lack of confidence
- Loss of sleep

Stacey Brandt, DPT
209 West 3rd St.
Wilber, NE 68465
402-821-3320
Fax: 402-821-2177



THE RESULTS YOU WANT. THE CARE YOU DESERVE.

Join us for Outdoor Coffee

So that we are following COVID-19 Guidelines, we ask a few favors of all who plan on attending our outdoor coffee event. Please bring your own cup of coffee and lawn chair. We will provide an individually wrapped breakfast pastry.

We have a fun Halloween activity planned!
Please call to RSVP, so that we know how many pastries to provide.
402-821-3330

WILBER

When: Friday, October 16th
Where: Wilber Legion Park
Time: 1:00 pm

WESTERN

When: Friday, October 16th
Where: Western City Park
Time: 9:30 am

Can't wait to see you all!
It has been too long.

If for some reason, the weather is bad, we will give you a call to reschedule or relocate.



Exercise of the Month

Exercising with Arthritis

For people with arthritis, exercise can reduce joint pain and stiffness. It can also help with losing weight, which reduces stress on the joints.

Flexibility exercises such as upper- and lower-body stretching and tai chi can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities.

Strengthening exercises, such as overhead arm raises, will help you maintain or add to your muscle strength to support and protect your joints.

Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Try activities that don't require a lot of weight on your joints, such as swimming and biking.

If you have arthritis, you may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, for example, you may need to focus on another area for a day or two.



go4life.nia.nih.gov

Recipe of the Month

Garlic Butter Shrimp Scampi

Ingredients:

- 8 oz Linguine or other pasta
- 1/4 cup olive oil
- 1/4 cup butter (half stick)
- 1 lb defrosted large shrimp, peeled and deveined
- 1 package McCormic® Garlic Butter Shrimp Scampi Seasoning Mix
- 1 tbsp lemon juice or 2 tbs white wine (optional)

Directions:

1. Cook pasta as directed on package. Drain well.
2. Heat oil and butter in large skillet on medium heat until butter is melted. Add shrimp and seasoning mix; cook and stir 3-4 mins or just until shrimp turns pink. Stir in lemon juice or wine, if desired.
3. Toss with cooked pasta to coat well. Serve with grated parmesan cheese, if desired.



Pinterest.com

Autumn / Fall Sudoku

Fill in the grid with numbers 1 to 9 making sure no number is repeated in every row, every column and within each mini grid.

4			1			5		3
8				5	7		2	4
7	3		6	4		9		
1				7		3		
		2		8		7	6	9
					3	4	8	
2		3			9	1		5
6	4	1	2	3	5			
5		8	7	1				





Witches' Brew

DIRECTIONS: Find and circle the words in the grid. Look for them in all directions, including diagonally and backwards. Use the words to make up the ingredient list for Macbeth's witches' brew.

- ADDER'S, BAT, BLIND
- WORM'S, DOG, DRAGON,
- EYE, FENNY SNAKE, FILET,
- FORK, FROG, HEMLOCK, LEG,
- LIZARD, MUMMY, NEWT,
- ROOT, SALT SEA, SCALES,
- SHARK, SLIP, STING, TOAD,
- TOE, TONGUE, TOOTH,
- WITCH'S, WOLF, WOOL, YEWE









INGREDIENTS

- | | |
|----------|-----------|
| 1. _____ | 9. _____ |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | |



October Activities

Key: Crete Dorchester Wilber Friend DeWitt Western				1	2	3
4	5	6	7	8 Flu Shot Clinic DeWitt Senior Center 	9 Flu Shot/Blood Pressure Clinic Wilber — SCAS 	10
11	12	13	14	15	16 Coffee in the Park Western 9:30am Wilber 1:00pm 	17
18	19	20 Medicare D @ Crete Area Medical Center 	21	22	23	24
25	26	27 Medicare D @ Wilber SCAS 	28	29 Medicare D @ Dorchester Western 	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 at 402.683.6475	

What's Happening Near You?

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



Join DeWitt Senior Center every Wednesday Morning at 9:00-10:00am for outdoor coffee! (Weather permitting) Give them a call for more info.

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



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 September's riddle "I have branches, but no fruit, trunk or leaves?"— A bank

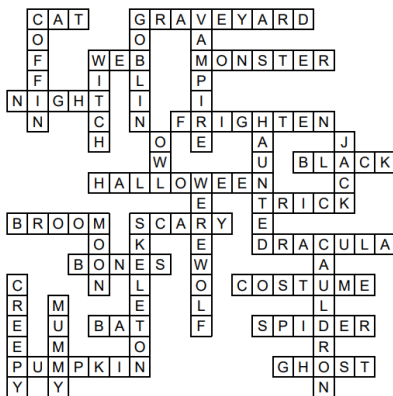


Interested in Home Delivered Meals??

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

ANSWERS TO THIS MONTHS PUZZLES

4	2	6	1	9	8	5	7	3
8	1	9	3	5	7	6	2	4
7	3	5	6	4	2	9	1	8
1	8	4	9	7	6	3	5	2
3	5	2	4	8	1	7	6	9
9	6	7	5	2	3	4	8	1
2	7	3	8	6	9	1	4	5
6	4	1	2	3	5	8	9	7
5	9	8	7	1	4	2	3	6



HAPPY BIRTHDAY!

A special wish to all of the October 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.

Is sundown syndrome temporary? What triggers it?

Sundowning is temporary in that it generally occurs during a certain period of time — usually in the late afternoon or evening — and then passes. As mentioned above, it's not uncommon for perfectly healthy elderly people to behave strangely when recovering from surgeries in which anesthesia has been administered, or during protracted hospital stays. These event-oriented psychoses are usually temporary. It is only when you notice a consistent pattern in behaviors at sundown that signals a syndrome may be developing.

While the cause is unknown, researchers suggest several possible triggers:

- **End-of-day activity**

A flurry of activity toward the end of the day may lead to anxiety and confusion.

- **Fatigue**

End-of-day exhaustion, or lack of things to do after the dinner-hour may also be a contributor.

- **Low light**

As the sun goes down, the quality of available light may diminish and shadows may increase, making already challenged vision even more challenging.

- **Internal imbalance**

Some researchers even think that hormone imbalances or possible disruptions in the internal biological clock that regulates cognition between waking and sleeping hours may be a principal cause.

- **Winter**

In some cases, the onset of winter's shorter days amplifies sundowning. This indicates the syndrome may have something to do with Seasonal Affective Disorder, a common depression associated with shorter hours of daylight.

How to manage sundowning

While there's not one treatment approach that works for everyone, there are a handful of remedies that can minimize the symptoms of sundown syndrome:

- **Establishing a routine**

Routines can help loved ones feel safe by minimizing surprises. Without a routine that fits your loved one's need for regular activity and food, they remain in a constant state of fear or confusion. Try not to schedule more than two major activities per day, as multiple events can start to feel overwhelming. As much as possible, discourage napping, especially if your loved one has problems sleeping.

- **Monitoring diet**

Watch for patterns in behavior linked to certain foods. Avoid giving food or drinks containing caffeine or large amounts of sugar, especially late in the day, as it can disrupt sleep. Do not serve alcoholic drinks, which may add to confusion.

- **Controlling noise**

It can be helpful to reduce noise from televisions, radios and other entertainment devices in the late afternoon or early evening. Avoid having visitors come in the evening hours. Noisy activities should be avoided or kept away from your loved one's bedroom as much as possible. Instead, try playing soft, calming sounds or songs.



- **Letting light in**

Light boxes with full-spectrum lights (light therapy) have been found to minimize the effects of sundowning, dementia and depression. As the evening approaches, keep rooms well-lit so your loved one can see better and surroundings don't seem to shift because of shadows and loss of color. Night-lights can also reduce stress if your loved one needs to get up in the middle of the night.

...continued on page 15

What medications are used for sundown syndrome?

There is limited information about the effectiveness of medication in easing sundowning symptoms. In some cases, especially when symptoms are associated with depression or sleeping disorders, medication may be helpful. However, be sure to discuss possible side effects with your loved one's doctor. Some medicines can increase the chance of dizziness, falls, and confusion, according to the National Institute on Aging.



It's important to remember that sundown syndrome is not something your loved one can help. They're not purposely becoming agitated, angry or afraid. Remaining calm as much as possible will help you and your loved one get through these stressful moments.

Don't be afraid to ask for help. Call your loved one's doctor if the signs become too frequent or difficult to handle. They may be able to pinpoint additional triggers or management techniques.

aPlaceforMom.com

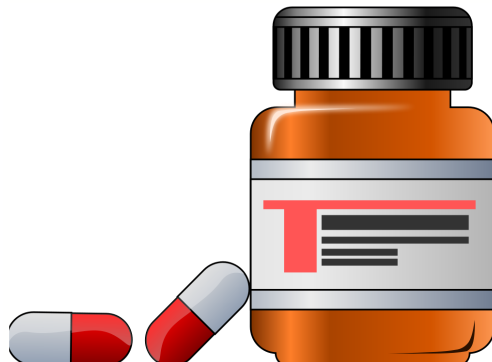
Med D Open Enrollment

Crete:	October 20, 2020
DeWitt:	November 10th, 2020
Dorchester:	October 29th, 2020
Friend:	November 3rd, 2020
Western:	October 29th, 2020 November 5th, 2020
Wilber:	October 27th, 2020 November 17th, 2020

If you are interested in seeing a comparison, please fill out the Medicare D enrollment sheet on pages 17-18. You can either mail it into us at 109 W. 3rd St, Wilber, NE 68465, or drop it off at our office. First come, first served!

If none of these times work for you, you can always call to make an appointment. 402.821.3330

MASKS WILL BE REQUIRED DURING APPOINTMENTS.



Medicare Part D Personal Information Worksheet

Use this worksheet to help gather all the information you need to choose a Medicare drug plan that meets your needs.
Please fill out as much of the information on this worksheet as possible.

Complete the following personal information

Currently I have a: Medicare Part D Drug Plan Medicare Advantage Health Plan Neither

Name: _____ Date of Birth: ____-____-____

Address: _____ County: _____

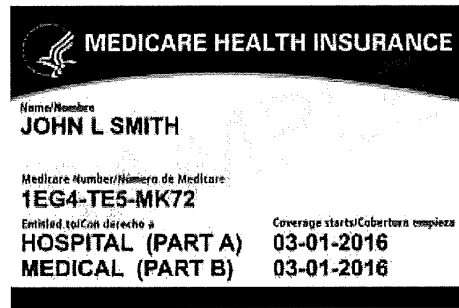
City: _____ State: _____ Zip Code: _____

Telephone Number: (____) ____-____

Medicare Claim Number: _____

Part A Effective Date: ____-____-____

Part B Effective Date: ____-____-____



My income and assets are below the following guidelines:

Individual: Monthly Gross Income: \$1,615
Assets: \$14,610

Married Couple: Monthly Gross Income: \$2,175
Assets: \$29,160

Please list the prescriptions you are taking and your pharmacy the back of this sheet

If you have a current list of your prescriptions, you **DO NOT** need to recopy them; simply include your list with this sheet.

Read and sign below

By signing below, I acknowledge that I am making my enrollment decision freely and voluntarily. While I may receive information from a counselor with Nebraska SHIP, the final decision will be made of my own free will and choice. I understand that the counselor who assists me may be a volunteer and will only provide me with information to assist me in my decision. I further understand that drug prices available on the www.medicare.gov are only an estimate and subject to change. I hereby release any and all liability that may possibly be attributable to the volunteer counselor and agree not to pursue any legal action against the counselor and/or SHIP for actions taken in their capacity as a counselor.

I HEREBY GIVE SHIP, SHIP'S COUNSELOR(S) AND VOLUNTEER COUNSELOR(S) THE ABILITY TO ASSIST IN THE CREATION OF OR CREATE ON MY BEHALF A MYMEDICARE.GOV ACCOUNT. I FURTHER UNDERSTAND THAT THIS ACCOUNT CONTAINS PERSONAL, IDENTIFIABLE HEALTH INFORMATION THAT I AM ALLOWING, FOR THE PURPOSE STATED ABOVE, SHIP TO ACCESS IN ORDER TO CREATE AND ACCESS THE MYMEDICARE.GOV ACCOUNT.

Signature: _____ Date: _____

Announcements

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:

Email or Mailing Address:

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

Riddle of the Month

Why does Europe like a frying pan?

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

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PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330

