



Volume 6, Issue 11

November 2020

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Where did the domestic turkey come from?

Domestic turkeys come from the Wild Turkey (*Meleagris gallopavo*), a species that is native only to the Americas. In the 1500s, Spanish traders brought some that had been domesticated by indigenous Americans to Europe and Asia. The bird reportedly got its common name because it reached European tables through shipping routes that passed through Turkey. On a continent where fine dining still included eating storks, herons, and bustards, the meaty, succulent turkey was a sensation.

Later on, when English settlers came to America, they were amazed to find the same birds running wild and free, and tasting really good thanks to their natural diet of chestnuts, beechnuts, walnuts, and other native mast. That is probably one of the reasons Ben Franklin wanted the turkey to serve as our national emblem—it’s a beautiful, genuinely American bird that tastes wonderful and had enormous economic value for the colonists.

The Wild Turkey is one of just two species of turkey in the world. The other is the Ocellated Turkey (*Meleagris ocellata*) of Mexico and Central America. This turkey is has iridescent plumage of blue, green, and bronze, and a featherless powder-blue head speckled with red and orange fleshy nodules. Males possess a unique cap-like crown that enlarges during breeding season. They make a whistling noise instead of the clucks and gobbles of the Wild Turkey.

What's the difference?

About 70% of adults 65 and older will need long-term care at some point in their lives, according to the U.S. Department of Health and Human Services. Many will also need special cognitive treatment, or memory care, due to dementia. About 5.8 million Americans live with Alzheimer's disease, the most common form of dementia. That number is projected to grow to nearly 14 million people by 2060.

There are many similarities between senior memory care and assisted living, the two fastest-growing forms of senior care. Both offer housing, meal services, medical monitoring, and help with daily activities such as dressing, mobility, and hygiene. But what are the differences? And what are the most important factors in choosing the best environment for your aging loved one?

What is assisted living?

Assisted living is a long-term care option that combines housing, support services, and some health care if needed. It's designed for seniors who are active, but cannot live independently and may need help with everyday activities such as bathing, dressing, or eating.

Many assisted living communities provide services such as:

- Medication management
- Transportation
- Help with activities of daily living (ADLs) such as bathing, toileting, and grooming
- Housekeeping or laundry services
- Meal services
- Social activities
- Concierge

Assisted living communities typically plan regular activities or events to engage, connect, and entertain residents such as:

- Book clubs
- Bingo
- Special events
- Virtual bowling
- Karaoke
- Field trips

What is memory care?

Memory care is specialized care for seniors who have Alzheimer's, another type of dementia, and other forms of memory loss. It offers many of the same benefits as assisted living, including supervised care, help with ADLs, meal services, and health care as needed.

Memory care differs from assisted living in a few ways:

- Restrictive, 24-hour supervision to prevent wandering
- More comprehensive and detailed staff training
- Smaller staff-to-resident ratio
- Physical layouts generally designed to better suit the needs of people with dementia

Safety features differ by community. For example, some have alarms on all outer doors as well as call units in each room. Others have doors with a system to delay exit.

Memory care is offered in a separate wing or building of an assisted living community or in a stand-alone memory care facility. While assisted living communities are regulated by individual states, federal memory care guidelines can apply as well.

Memory care therapies and programs for seniors

Memory care often includes structured activities or programs designed to nurture residents who have Alzheimer's or dementia. For instance, Sunrise Senior Living offers "Reminiscence" neighborhoods. Resident suites are located near living and dining areas to simplify navigation and encourage socialization.

..continued on page 6

Are you ready to get out of the house?

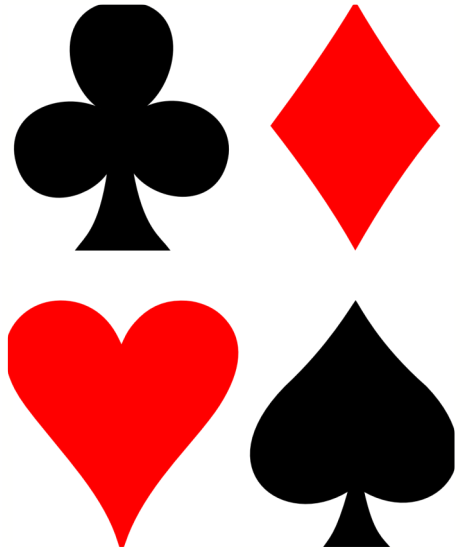
Come join us for an afternoon of pitch every Monday!

Due to COVID, masks are required.

We will start at 11.

We do offer to pickup lunch of your choice for participants, as long as they pay for their meal.

Please give us a call if this is something that interests you. 402-821-3330



Can You Hear Me?

Ralph Greenspan, an elderly gentleman, was wondering if his wife Marta had a hearing problem. So one night, he stood behind her while she was sitting in her lounge chair. He spoke softly to her, "Marta, can you hear me?"

There was no response.

So, he moved a little closer and said again, "Marta, can you hear me?"

There was still no response.

Finally he moved right behind her and said, "Marta, can you hear me?"

And she replied,

"For the third time, Yes Ralph! I can hear YOU!"





Sweet Potatoes: Yam I am not!

Before you reach for the candied yams this holiday season, keep in mind that they might not even be actual yams! Often times we think of sweet potatoes and yams as the same, without even realizing they are two different and unrelated vegetables.

The sweet potato is considered to be one of the oldest vegetables known, having originated in South or Central America thousands of years ago. It is said that Christopher Columbus even brought sweet potatoes to Europe after his first voyage to the New World in 1492! Yams are native to Africa and Asia. The term “yam” comes from the West African word that means “to eat.” Sweet potatoes are more widely available whereas yams may only be found in specialty stores. It can be confusing to decipher the differences between sweet potatoes and yams, especially since grocery stores often label sweet potatoes and yams the same. Keep in mind that unless you are shopping at a specialty store, you are probably purchasing sweet potatoes.

Yams and sweet potatoes may look similar on the outside but will have color and texture differences on the inside. Yams may have a dark, rough exterior with a purple or white flesh on the inside. Yams also tend to be more starchy and dry. Sweet potatoes have a tan or purple-colored exterior with an orange or white flesh on the inside.

Health Benefits

Sweet potatoes provide many health benefits by providing an abundance of nutrients and antioxidants that help protect the body. Sweet potatoes are an excellent source of Vitamin A, which is rich in beta-carotene. Beta-carotene has positive benefits on supporting eye health. Sweet potatoes are also very high in Vitamin C and manganese, which are also essential for good health and development. They are a good source of fiber and potassium, providing more potassium than a banana! Sweet potatoes provide antioxidants, which have been shown to have positive benefits on protecting the body from free radicals. Purple sweet potatoes have the antioxidant anthocyanin, which may promote heart health.

Sweet potatoes are considered to be a complex carbohydrate, meaning that it takes longer for the body to break down and metabolize. Sweet potatoes are also a good source of fiber, providing approximately 6 grams per medium-sized potato. This high-fiber complex carbohydrate can help

keep you “fuller” longer while also helping to stabilize blood sugars. There has also been recent research that suggests sweet potatoes can increase blood levels of adiponectin, a hormone that helps to support insulin metabolism and is essential for blood sugar regulation.

So, which is which?



Yams

Dry, starchier flesh,
darker bark-like skins.



Sweet Potatoes

Moist flesh, gold or
copper skins.

Adding to Your Diet

Sweet potatoes can be a healthy and delicious addition to any meal. As Dr. Seuss says about Green Eggs and Ham, the same can be applied to sweet potatoes in that “You can eat them here or there; you can eat them anywhere!” They can be steamed, roasted, pureed, mashed or boiled and don’t always have to include butter or sugar! Sweet potatoes can simply be substituted for any other potato you would incorporate. Consider adding sweet potatoes into casseroles, soups, egg dishes, or topped on a cold salad. Get creative with your seasonings and oils; add in cinnamon, nutmeg or olive oil for extra flavor and nutrition!

Choose sweet potatoes that are firm and without bruises or cracks. Aim to choose potatoes that are roughly the same size, helping them cook more evenly. Ideally, sweet potatoes (or any other potato) should be stored in a cool, dark, well-ventilated area for up to 10 days. Potatoes should be kept out of the fridge, as this can alter the taste. Sometimes sweet potatoes may be more difficult to cut, especially if they are very large. It may be worth microwaving the potato for 3-5 minutes, then cutting and finishing in the oven.

Keep in mind that although the terms sweet potatoes and yams are sometimes used interchangeably, they are not actually the same vegetable. They both have their own unique textures, taste and colors. Sweet potatoes can be an easy and delicious addition to a meal while providing a variety of health benefits.

Caregiver Bill of Rights

I have the right...to take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.

I have the right...to seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.

I have the right...to maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.

I have the right...to get angry, be depressed, and express other difficult feelings occasionally.

I have the right... to reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/or depression.

I have the right...to receive consideration, affection, forgiveness, and acceptance from my loved one for what I do, for as long as I offer these qualities in return.

I have the right...to take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.

I have the right...to protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.

I have the right...to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

Adapted from the book, CareGiving: Helping an Aging Loved One, by Jo Horne, published in 1985 by the American Association of Retired Persons.

Did you know?

- 4.3 Million Americans are using opioids for non-medical purposes.
- 78 people die each day from prescription pain killer overdose.
- 21.1 years is the average age for first time use of prescription for pain killers in the past year.
- In 2018, 259 million prescriptions were written for opioids, which is more than enough to give every American Adult—their own bottle of pills.

The Potential side effects of Opioids include:

Depression
Addiction
Overdose
Withdrawal when stopping

5 Physical Therapy Treatment Options for Pain

- Cold Compression Therapy
 - Ultrasound/E-Stim
 - Therapeutic Exercise
 - Dry Needling
 - Kinesio Tape

Don't Mask the problem (the pain) try PT First!

Wilber Physical Therapy

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.

READ YOUR MED D DRUG PLAN INFORMATION!

Every year the PDP's are REQUIRED to send their clients information on how their plan will change or not change for the coming year. EVERYONE on a Medicare D plan (PDP) will get this info from their insurance plan. IT IS IMPERATIVE THAT YOU READ IT!! It is the only way you will know if

- your plan's premium increasing or decreasing,
- your plan is going away,
- your plan will have a new name, or
- your plan's deductible changed.

The Saline County Aging Services (SCAS) staff found out during their SHIP (Senior Health Insurance Information) training that all these things are happening with plans in 2021. One plan's premium is increasing by 58%. Plus there is a new plan with the \$7.30/month premium, and there will be some plans that will only charge \$35/month for insulin.

So it's really important that you read any literature your PDP sends you. If you don't mind the 2021 premium and deductible, make sure that the drugs you are currently taking are going to be priced (tiered) the same and will be covered next year. If you are on insulin, you might want to check to see if the plans offering \$35/month insulin will be cost effective for you. If you don't have too many meds, you might want to see if the new \$7.30/per month will work for you.

The SCAS staff will be doing Medicare D PDP comparisons in towns in Saline County and at the office during Medicare D Open Enrollment (Oct. 15-Dec.7). If you want a comparison done, please call SCAS for more information at 402-821-3330.

Check out page 16 to see if we will be headed to your town! Also, if you plan to get a comparison done, please fill out pages 17-18 and mail it back to us.



Exercise of the Month

Endurance

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Climbing stairs or hills
- Playing tennis or basketball



Increase your endurance or “staying power” to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

go4life.nia.nih.gov

Recipe of the Month

Hamburger Casserole

Ingredients:

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

Directions:

1. Cook & Drain Pasta
2. Preheat oven to 375 degrees and grease 9x13 baking dish.
3. In a large skillet, brown and chop the ground beef with garlic powder, salt & pepper.
4. Add cooked pasta, tomato soup, a half cup of water and half of the cheese to your skillet with browned beef and stir.
5. Pour the mixture into greased dish and top with cheese.
6. Cover with foil and bake for 20 mins. Uncover & continue baking for 10 additional minutes.
7. Serve immediately.



Pinterest.com

Thanksgiving Sudoku

							A	
	O	R				F		
	E							
			L	O		R	W	
								A
	M			R	Y			
A			E				O	W
	L				O			R
	R	M	W				E	L

Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA



ETRSHVA



MEVRNOEB



ILIGPMR



KUTEYR



BCNERRRAY



YRAOMEFWL



TMOLPYUH



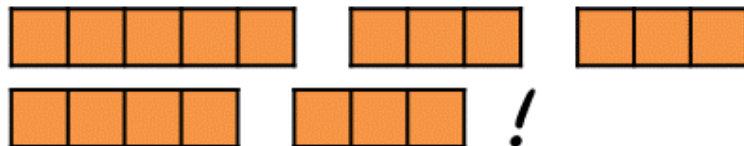
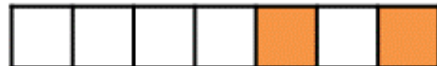
AYHLIOD



GWNMPAAAO



INKPMUP



November Activities

Key:

- Crete
- Dorchester
- Wilber
- Friend
- DeWitt
- Western

1	2	3 Medicare D @ FCHS 	4	5 Medicare D @ Western 	6	7
8	9	10 Medicare D @ DeWitt Senior Center 	11	12	13	14
15	16	17 Medicare D @ SCAS 	18	19	20	21
22	23	24	25	26 CLOSED 	27 CLOSED	28
29	30		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



Jerald Saurer
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 October's riddle "Why does Europe like a frying pan?"— It has Greece at the bottom.



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

M	W	F	R	Y	E	L	A	O
L	O	R	M	W	A	F	Y	E
Y	E	A	O	F	L	W	R	M
F	A	E	L	O	M	R	W	Y
R	Y	L	F	E	W	O	M	A
W	M	O	A	R	Y	E	L	F
A	F	Y	E	L	R	M	O	W
E	L	W	Y	M	O	A	F	R
O	R	M	W	A	F	Y	E	L

ICUONROPCA	C	O	R	N	U	C	O	P	I	A
ETRSOVA	H	A	R	V	E	S	T			
MEVRNOEB	N	O	V	E	M	B	E	R		
ILIGPMR	P	I	L	G	R	I	M			
KUTEYR	T	U	R	K	E	Y				
BCNERRRAY	C	R	A	N	B	E	R	R	Y	
YRAOMEFWL	M	A	Y	F	L	O	W	E	R	
TMOLPYUH	P	L	Y	M	O	U	T	H		
AYHLIOD	H	O	L	I	D	A	Y			
GWNMPAAAO	W	A	M	P	A	N	O	A	G	
INKPMUP	P	U	M	P	K	I	N			

THANK YOU FOR
THIS DAY!

HAPPY BIRTHDAY!

A special wish to all of the November 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.

Assisted Living vs. Memory Care

Memory care facilities also use specialized technology and trained staff to assist with different types of dementia-related therapy and activities:

- Art therapy
- Pet therapy
- Light therapy
- Music therapy
- Aromatherapy
- Sensory stimulation
- Storytelling



These unique memory care therapies have been found to be beneficial to those with memory loss.

Design features for Alzheimer's care

Certain design elements in memory care facilities can help ease anxiety and agitation common in those with dementia. Some of these special elements include:

- Clearly defined shared spaces
- Color-coded walls to help those with memory loss find their way easier
- Outdoor gardens to prevent patients from feeling trapped
- Memory boxes outside residents' doors with personalized memorabilia to guide them and make them feel at home

Comparing cost and payment options

The costs of assisted living and memory care are both subject to similar variables: geographic location, size of room, whether a space is shared, and what services are needed. Beyond this, costs are figured a little differently for the two types of care.



- **Assisted living communities** generally charge a base monthly rate, which covers room and board with two to three meals per day. The average cost for a one-bedroom assisted living apartment is \$3,300 per month depending on your location. Some facilities cover housekeeping, laundry, and other services in their base rate, while others charge extra — so it's important to get a cost breakdown for each facility you're looking at.
- **Memory care communities or units** offer specialized care and nursing services that regular assisted living does not. The cost tends to be a bit higher because of its specialized staff and treatments. On average, this type of care costs around \$5,000 per month. However, cost varies based on the community — it can generally range anywhere from \$2,000 to \$7,000 per month.

The location of the community will significantly affect the price. Be sure to use our Elder Care Cost Comparison tool and explore our Senior Living Cost Index to help you compare the cost of long-term care types in your area.

Combining memory care and assisted living

The majority of — but not all — assisted living communities offer memory care in what are called “specialized care units (SCUs).” These units usually provide 24-hour supervised care in a separate wing or floor of a residential facility.

Is memory care or assisted living better for my loved one?

Start by asking yourself these questions to determine the best fit:

1. Does my loved one seek exits or wander frequently?
2. Does my loved one show combative behavior such as yelling or hitting?
3. Does my loved one need a lot of direction throughout the day?
4. Does my loved one take things that don't belong to them?
5. Does my loved one need 24-7 supervision?
6. Is my loved one experiencing Sundown Syndrome?
7. What is my loved one's level of mobility? Do they walk independently, or do they require a walker or wheelchair?
8. Is my loved one getting lost in familiar territory?
9. Does my loved one know their phone number and address?
10. Does my loved one forget to lock or shut doors?

...continued on page 15

Assisted Living vs. Memory Care

11. Do they leave on stoves or other fire hazards?
12. Does my loved one substitute words that make no sense or forget everyday words, such as “fork” or “toothbrush”?
13. Does your loved one’s judgment become impaired to the point where they’re inappropriate in their dress, speech, or behavior?
14. Does your loved one become withdrawn?
15. Do they continuously misplace objects or have to retrace their steps?

If you answered “yes” to most of these questions, or if you feel that your loved one may be a flight risk, then memory care is probably the better option.



Assisted living is a good option if memory loss is not an immediate concern. It’s ideal for seniors who are relatively independent and social but require extra care. If cognitive issues are an issue, however, an assisted living facility with 24-hour supervision via a secured memory care unit or a separate memory care community are options to consider.

aPlaceforMom.com

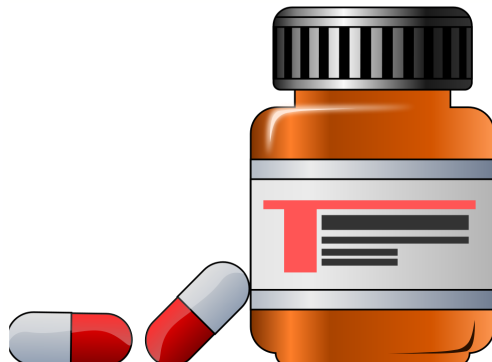
Med D Open Enrollment

DeWitt:	November 10, 2020
Dorchester:	November 12, 2020
Friend:	November 3, 2020
Western:	November 5, 2020
Wilber:	November 17, 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: _____

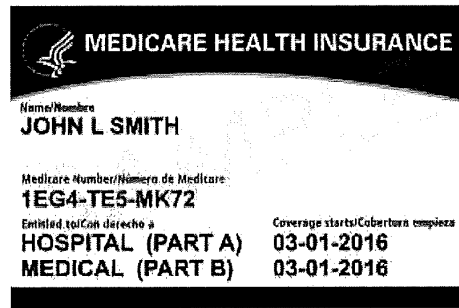
City: _____ State: _____ Zip Code: _____

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

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your name & phone number with your answer!

OUR NEWSLETTER IS GROWING!

Do you enjoy your monthly newsletter?

We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of \$5 for the entire years worth of newsletters! That is less than \$0.42 per issue!

You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!

THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!

We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!

Extension 1: Lori

Extension 2: Laura

Extension 3: Madison

402-821-3330

 *Saline County Aging Services*

Improving and enriching the quality of life and independence of older persons in Saline County

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

