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December 2020

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First Day of Winter in 2020

Cooler temperatures are officially on the way! If you're excited for the thought of crisp, cool air, snowflakes dusting the trees, and a mug of steaming hot chocolate, mark your calendar: Monday, December 21, is the first day of winter in the 2020-2021 season.

So what you should expect winter 2020-2021 to be like? Knowing what the season will bring will help you be prepared, whether it's for record low temps, lots of snow days in your near future, or exactly the opposite. According to the Farmers' Almanac, this winter is predicted to have plenty of snow. Everywhere from the Great Lakes and Midwest through the Northeast, Rockies, and New England areas should expect lots of snow come the new year!

The West Coast should, unfortunately, expect a drier winter, and the South is expected to have average precipitation and chilly temps.

You've already noticed wintry weather, you say? You're not wrong. In fact, many argue that winter's official coming-out party should be earlier in the month, even as soon as December 1. This proposed earlier date follows weather patterns instead of astronomy and is known as the meteorological start to the season. The official day (the one that's pre-printed on our calendars as the Winter Solstice) is considered the astronomical start of winter.

Back to that wintry weather...Winter offers an exciting smorgasbord of activities in the great outdoors—sledding, skiing, building snowmen. But if even the idea of walking in a winter festival makes your teeth chatter, you might consider a cozier seasonal to-do list that involves exploring the great indoors. To get started, we recommend stockpiling hot chocolate ingredients, board games, and winter craft supplies to avoid succumbing to that thing known as "cabin fever" (it's real, people!). Just picture all of this indoor winter magic amid the backdrop of a roaring fire. It sounds like a Currier and Ives print, and that's a mighty fine way to brave the cold if you ask us!

Heart Attack in Seniors: Symptoms & Prevention

Charged with pumping blood throughout the entire circulatory system, the heart is also a muscle that reflects the treatment by its host more than any other muscle in the human body. Treat the heart well with frequent exercise, a good diet, and no smoking, and its potential to remain healthy improves dramatically. Treat the heart poorly with a cholesterol-laden, sedentary lifestyle and the chance of heart disease increases.

A heart attack, often caused by a combination of the above, is often confused with sudden cardiac arrest. "It is important to clarify the differences between these two conditions because people frequently lump them together," says Dr. Michael Chen, assistant professor of medicine at the University of Washington in the division of cardiology.

The heart attack is medical shorthand for myocardial infarction and is the more common of the two conditions. Heart attacks occur when one or more of the arteries supplying blood to the heart become blocked from a buildup of cholesterol or other substances. Once often fatal, today victims in the U.S. usually survive heart attacks.

HEART ATTACK SYMPTOMS

Early symptoms of a heart attack often occur days or even weeks before the victim notices that something is wrong. The earliest predictor of a potential heart attack is recurrent chest pain triggered by exertion that is then relieved by rest. Abnormal fluid retention and fatigue are also factors.

The actual heart attack itself may often occur over several hours as the heart tissue is deprived of blood and begins to deteriorate or die.

"Heart attack victims often deny that the sensations they are experiencing are actually a heart attack," Chen says. "They worry that sounding a false alarm will be embarrassing. However, every minute of treatment during a heart attack is important. The sooner blood flow is restored the greater chance that damage to the heart can be reduced or averted."

If the early symptoms go undetected, breathing difficulty increases, the victim may feel a tingling or numbing in the left arm and shoulder and will also often clutch his left chest as the sensation of pressure builds in the chest's center. Women often identify pain in the back of the jaw as well. The victim may also become sweaty, nauseous, and light-headed and feel an impending sense of doom.

HEART ATTACK RISK FACTORS

While congenital heart disease may occur, doctors today agree that a healthy lifestyle, a balanced diet, and reduced stress are three key factors to successfully combating heart attacks.

Conversely, these risk factors increase the likelihood of heart attacks:

- Smoking and long-term exposure to second hand smoke
- High blood pressure (hypertension)
- High cholesterol
- Sedentary lifestyle
- Obesity
- Diabetes
- Stress
- Alcohol
- Family history of heart attacks and heart disease
- Higher levels of homocysteine (a sulfur-containing amino acid), C-reactive protein (a protein involved in acute inflammation), and fibrinogen (a blood clotting protein that helps stop bleeding)



..continued on page 6

FLU

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

***It's important to note that not everyone with flu will have a fever.**

COVID

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

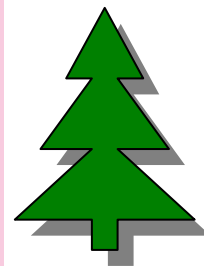
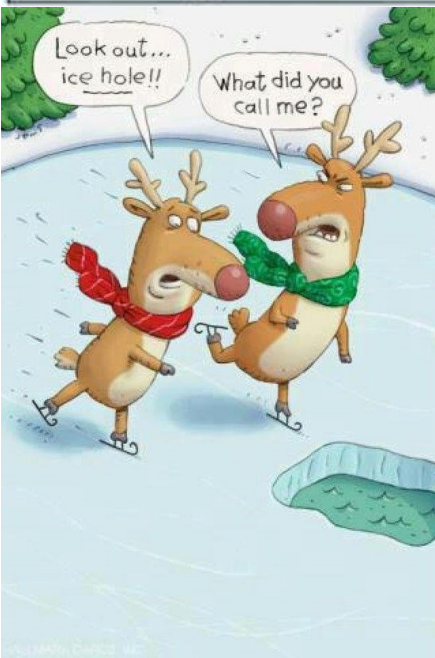
cdc.gov

Just For Laughs . . .



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Eating Your Way to a Restful Night's Sleep



On average, Americans need approximately 7 to 9 hours of sleep per night yet is estimated that nearly half of adults over the age of 65 have difficulty sleeping. While there are many factors that can impact our sleep such as stress, disease and environment; the foods we put into our body can also have an impact. Various research studies have provided clues how certain types of foods can impact the quality of our sleep. The National Sleep Association recommends these foods to help with sleep (visit www.sleepfoundation.org):

Poultry: Chicken and turkey contain tryptophan; an amino acid that helps the body produce serotonin. Serotonin helps produce melatonin. Melatonin is a natural hormone that helps induce and maintain sleep. Other foods high in tryptophan include pumpkin seeds, sesame seeds, eggs, milk and cheese.



Fish: Salmon, tuna and halibut are a good source of Vitamin B6. Vitamin B6 helps produce melatonin, which is normally triggered by being in the dark. Other foods high in Vitamin B6 include poultry, pork, oats, bananas and peanuts.

Dairy: Calcium helps process the breakdown of tryptophan and melatonin. Other foods high in calcium include milk, cheese, kale, collard greens, beans, and some fortified cereals.



Bananas: Bananas are a good source of potassium which helps you stay asleep at night. Bananas also contain tryptophan and magnesium which are both natural sedatives. Other foods high in potassium include leafy green vegetables, beans, potatoes and avocado.

Whole Grains: Whole grains such as whole wheat bread and oats help with insulin production resulting in tryptophan activity in the brain. Whole grains are also a good source of magnesium.

Honey: The glucose in honey helps lower the neurotransmitter in the brain that keeps you alert.

Nuts: Nuts, flax seed, pumpkin seeds and sunflower seeds contain magnesium and tryptophan which help increase serotonin levels. Other sources of magnesium include dark leafy green vegetables, beans and lentils.



Eggs: Eggs contain tryptophan. Breakfast for dinner, anyone?

Aim to avoid caffeine, spicy and acidic foods during the late afternoon and evening. Caffeine is a stimulant and spicy or acidic foods can cause heartburn, keeping you up later at night. Exercise can also help promote better sleep by boosting energy levels during the day and decreasing stress. Before going to bed, make sure you create and follow a nightly routine that works for you. For some it might be reading a book. For others it might be meditating. Some might just like white noise for relaxation. A strong foundation of a healthy diet, consistent exercise, a strong mind and good quality sleep all play essential roles for your body.



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 .



HEART ATTACK TREATMENT

Treatment of the heart attack begins with the first symptoms. If your loved one experiences the symptoms of a heart attack, you should call 9-1-1 immediately. If your loved one has doctor-prescribed nitroglycerin she should take it as instructed while awaiting the EMT. Another reason that immediate treatment is essential is because heart attacks can trigger ventricular fibrillation (sudden cardiac arrest). Once your loved one arrives at the hospital she will likely receive medication, undergo a surgical procedure, or both. Restoring blood flow is the key to keeping heart tissue alive and healthy.

Doctors will prescribe medications based on the patient's personal health history and the cause and severity of his heart attack. Some of the common drugs given to treat and prevent heart attack include: aspirin to prevent clotting, thrombolytics or clot-busters to keep blood flowing; super aspirins, more potent aspirin given in tandem with thrombolytics to prevent clotting; pain relievers; nitroglycerin, designed to open arterial blood vessels; beta blockers to relax the heart muscle, slow heartbeat, and decrease blood pressure; and cholesterol-lowering medications to lower cholesterol and improve survival rates.

In some cases surgery may be warranted, which usually take one of two forms:

- **Coronary Angioplasty:** This procedure involves the insertion of a catheter with a balloon tip that inflates to open a blocked artery, increasing blood flow. A mesh stent may then be inserted as a permanent solution.
- **Coronary Artery Bypass Surgery:** This procedure involves bypassing blocked coronary arteries with a segment of healthy blood vessel taken from another part of the patient's body. Unlike angioplasty, which is most successful when completed immediately after a heart attack, bypass surgery usually occurs after the heart has had time to strengthen.

Doctors will often recommend rehabilitation begin while the patient is completing hospital recovery. Rehabilitation includes new medications, changes in lifestyle, and reductions in stress, often through counseling.

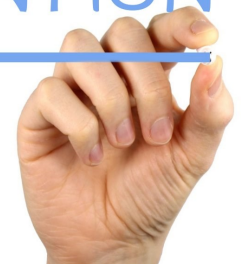
HEART ATTACK PREVENTION

Some of the medications used to treat the aftermath of a heart attack are also the same ones used in the prevention of heart attacks, such as blood thinners, beta blockers, and cholesterol lowering medications. In addition, there are also angiotensin-converting enzyme (ACE) inhibitors that ease blood flow to the heart. Doctors may also recommend changes in lifestyle that include: regular exercise and healthy diet; stopping smoking if the patient is a smoker; maintaining a healthy weight; regular checkups and monitoring of cholesterol and blood pressure; reducing or managing stress; and moderating alcohol consumption.

Heart attacks and sudden cardiac arrest starkly remind us of our physical vulnerabilities, often a consequence of unhealthy lifestyle choices. They are the heart's way of telling us in no uncertain terms that we need to change our routines, if not our entire way of life, if we want to continue living.

Over 25 percent of the deaths in 2003 were the result of heart disease, by far the leading cause of death in the United States. Someone dies from heart disease every forty-six seconds. The onset of heart disease forces people to confront death, an experience that makes most of us feel frightened and helpless. Yet we can make daily decisions to fight heart disease when we choose to exercise, to avoid smoking, and to eat a healthier diet high in fruits and vegetables and low in saturated fats, and encourage those we love to do the same. Modern medical advances, together with our determination to change, can now give us and our loved ones a second chance to fully live our lives for years, even decades, to come.

PREVENTION



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.

5 Fragrant Winter Wreaths that Say “Welcome!”

Whether you’re seeking a fresh way to enhance the holidays or battling mid-winter doldrums, you can use fragrant natural materials to take winter wreaths to new heights. Boost their welcoming effect with these five seasonal scents:

1. **Balsam.** Fresh balsam wreaths are a traditional Christmas decoration. Unlike other aromatics, they aren’t dried before use, but they retain their color and fragrance quite well in cool temperatures. Balsam is traditionally used to cleanse the air, fight viruses and bacteria, alleviate breathing problems and clear the mind. The wreaths tend to last longer outdoors, but warm indoor temperatures encourage them to release more pine scent.



2. **Bayberry.** Bayberry leaves and berries have a refreshing balsam-spice aroma that epitomizes the Christmas season. Part of the American holiday tradition since Williamsburg was founded, an old rhyme declares bayberry will “bring health to the home and wealth to the pocket.” You can craft a wreath from dried leaves or purchase them from select suppliers.

3. **Cinnamon.** For many, cinnamon is the essence of fall and winter. Studies indicate the aroma can increase brain activity, attention span, recall and memory, and some real estate agents find it appeals to potential homebuyers because it conveys hominess, warmth and welcome. Search online and you can find a number of clever cinnamon stick wreaths to make or buy, or decorate a seasonal wreath with a few bundles of cinnamon sticks.

4. **Eucalyptus.** The dried leaves of the eucalyptus tree exude a crisp, clean fragrance that’s slightly reminiscent of pine or mint. Traditionally, eucalyptus was used to cleanse and purify the air, improve breathing and relieve fatigue. The dried leaves retain their aromatic properties for quite some time, and a wreath made with these leaves can survive in a sheltered location.

5. **Lavender.** Dried lavender comes in shades ranging from pale lavender to deep purple. Both the leaves and flowers of lavender emit a scent that’s calming and healing, but the flowers are typically more aromatic. For the maximum aroma, opt for wreaths constructed of dried flower stalks or a mix of flower stalks and leaves. Lavender wreaths aren’t highly weather resistant, so display them indoors or on a protected exterior door.

While some of these fragrances are typically associated with Christmas, don’t hesitate to use them all winter long. If your wreath begins to lose its scent, you can revive its fragrant charm by adding a drop or two of the appropriate essential oil, or do the same with artificial wreaths to boost their welcoming appeal.

Exercise of the Month

Flexibility

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway.

Examples of flexibility exercises

Try the calf stretch exercise. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart. Step forward with the right leg and bend the right knee. Keeping both feet flat on the floor, bend the left knee slightly until you feel a stretch in your left calf muscle. Hold the position for 10 to 30 seconds, and then return to the starting position. Repeat with the left leg.



Try the ankle stretch exercise. Sit securely toward the edge of a sturdy, armless chair. Stretch your legs out in front of you. With your heels on the floor, bend your ankles to point the toes toward you. Hold the position for 10 to 30 seconds. Bend your ankles to point toes away from you and hold for 10 to 30 seconds.

go4life.nia.nih.gov

Recipe of the Month

Lazy Shepherd's Pie

Ingredients:

- 1/2 box mashed potatoes
- 1lb ground beef
- 1 bag frozen vegetables
- 1 can tomato soup
- 1 packet stew mix
- 1/2 cup water
- 1-2 cups shredded cheddar cheese

Directions:

1. Preheat oven to 400 degrees.
2. Prepare the mashed potatoes according to the package directions. (About half of the 13 oz box)
3. Brown ground beef on medium heat in large skillet; drain grease.
4. Add the can of tomato soup, frozen vegetables, beef stew mix, and 1/2 cup of water to the browned beef; stir and simmer for 5-10 mins.
5. Spread the ground beef mix into the bottom of the greased dish, evenly spread the mashed potatoes over the top, and then sprinkle cheese.
6. Bake uncovered in the center rack for about 30 mins or until the cheese starts to brown.



Pinterest.com



CHRISTMAS TREATS

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

BUCHE DE NOËL
 CANDY CANE
 CHOCOLATE
 CLOVES
 COOKIES
 CRANBERRIES
 EGGNOG
 FLAT BREAD

FRUITCAKE
 FUDGE
 GINGERBREAD
 GOOSE
 GRAVY
 HAM
 MINCEMEAT
 NUTS

ORANGES
 PUMPKIN PIE
 SCRUMPTIOUS
 STUFFING
 SUGARPLUMS
 SWEET POTATOES
 TURKEY



Christmas Carol Cryptogram

Here is a list of 18 Christmas Carols whose titles have all been written in the same secret code. Can you figure out what the titles are? (Hint: replace the letter P with a C.)

1. Q PQOR WYY VR JWFNSJBY
2. AFYRUN UFTSN, SQYV UFTSN
3. IRPZ NSR SWYYA DFNS MQBTSA QJ SQYYV
4. SWXZ! NSR WUTRYA AFUT
5. NSR JFXAN UQRY
6. DR DFAS VQB W ORXXV PSXFANOWA
7. FN PWOR BLQU NSR OFIUFTSN PYRWX
8. F'O IXRWOFUT QJ W DSFNR PSXFANOWA
9. WDWV FU NSR OWUTRX
10. AWUNW PYWBA FA PQOFUT NQ NQDU
11. AFYERX MRYYA
12. YFNNYR IXBOORX MQV
13. TQI XРАН VR ORXXV TRUNYRORU
14. XBIQYLS NSR XRI UQARI XRFUIRRX
15. F AWD OQOOV ZFAAFUT AWUNW PYWBA
16. KFUTYR MRYYA
17. SWER VQBXARYJ W ORXXV YFNNYR PSXFANOWA
18. Q PSXFANOWA NXRR



December Activities

Key: Crete Dorchester Wilber Friend DeWitt Western		1	2	3	4 National Cookie Day 	5
6	7	8	9	10	11	12
13	14	15	16 National Chocolate Covered Anything Day 	17	18	19
20	21	22	23	24 Christmas Eve 	25  MERRY CHRISTMAS	26
27	28 National Chocolate Candy Day 	29	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	

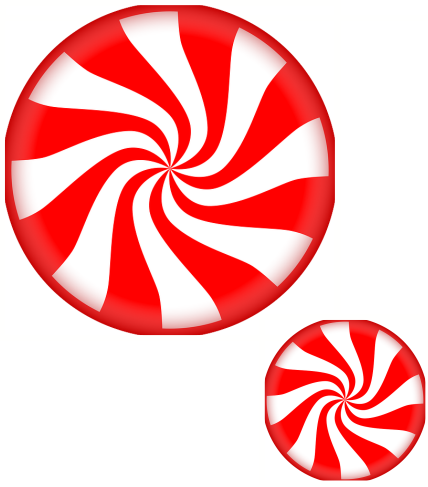
Saline County Aging Services

We have been super busy working away on Medicare D Comparisons during November! In October we enjoyed participating in the Trick or Treat around town with all of the local businesses. During this crazy time in the world, we were very grateful we were able to participate! We had a ton of trick or treaters come through.



HALLOWEEN

Dewitt Senior Center enjoyed Halloween. They participated in the Trunk N Treat in DeWitt. Their booth was decorated in Candyland theme.



Causes and Prevention

Everyone experiences an occasional restless night, but if your aging parent regularly has trouble falling or staying asleep, they're not alone. Insomnia is one of the most common sleep disorders in seniors. In fact, up to 48% of older adults have symptoms of insomnia, according to a study in the *Journal of Clinical Sleep Medicine*.

People with chronic insomnia may have trouble falling asleep. Others wake up several times during the night, or wake up too early and are unable to fall back asleep. During the day, they often feel fatigued, are irritable, and have poor concentration and energy. Chronic insomnia also increases the risk of accidents — such as falls — and other health conditions, like depression, diabetes, heart disease, and cognitive impairment.

Understanding the causes of insomnia in your elderly parent and changing certain habits can help improve sleep. If your loved one regularly has sleep problems, there are steps you can take to help them get better rest at night.

Changes in sleep with aging: What's normal?



Sleep patterns change with age. An older adult's internal clock seems to advance, making seniors get tired earlier in the evening and wake up really early in the morning. This can lead seniors to take more naps during the day, which in turn may make it more difficult for them to fall asleep at night.

A bad sleep routine can become a habit. However, older adults still need the same amount of sleep as younger people to feel restored, according to the National Sleep Foundation. Experts recommend seven to nine hours a night.

Sleep happens in four stages, beginning with light sleep and progressing to deeper sleep. Starting in middle age, adults begin spending less time in the last two stages of sleep. This means sleep becomes less restful as you age.

Research also shows that seniors tend to sleep lighter and for shorter spans. This change may be a part of the normal aging process, but it can also result from other health problems, lifestyle habits, or a side effect of medications.

Causes of insomnia in elderly adults

Many things can cause insomnia in elderly adults, including:

- **Normal changes in sleep patterns** that occur with age
- **Medications**, including antidepressants, medicines to treat high blood pressure, or nasal decongestants
- **Other sleep disorders**, such as sleep apnea or restless legs syndrome
- **Other health conditions**, like dementia, Alzheimer's, chronic pain, diabetes, or respiratory diseases
- **Mental illness**, including depression and anxiety
- **Lifestyle habits**, such as napping or lack of physical activity
- **Caffeine or alcohol** when consumed excessively or before bedtime
- **Smoking**, especially before bed
- **Chronic stress** or stress that lasts for a long time

How to prevent insomnia in seniors: do's and don'ts

It's a good idea to see the doctor if your loved one regularly has sleep problems. If another condition or medication is causing their insomnia, it's important to address it first.

You can also talk to your parent about ways to promote healthy sleeping habits and a soothing environment.

Do

Establish a regular sleep schedule. Go to bed and wake up at the same time each day.
Be physically active each day, but exercise early in the day and no later than four hours before going to bed.
Sleep in a dark, quiet, cool room (between 60 and 67 degrees Fahrenheit).
Before bed, take a warm bath or practice relaxation techniques such as meditation or breathing exercises.
If you can't fall asleep after 20 minutes, get up, go to another room, and do a relaxing activity like listening to calming music.



Don't

Consume caffeine or alcohol three hours before bed.
Eat heavy meals, spicy food before bed.
Drink excessive amounts of liquid before bed. A glass of warm milk is OK.
Nap during the day.
Use bright lights before bedtime. Turn off your TV or cell phone 30 minutes to one hour before bedtime.



Treating insomnia in elderly adults

Treatment for insomnia usually starts with addressing issues that may be causing sleep disruptions — such as medications or other medical conditions — and changing sleep habits to promote better sleep. This may include creating a calm, soothing environment in the bedroom, practicing relaxation techniques, and following a sleep schedule. If these techniques don't help, talk with your loved one's doctor. They may ask if your parent has trouble falling asleep or maintaining sleep at night. The doctor will also consider your loved one's age and overall health condition before prescribing medication for insomnia. However, prescription medicines to treat insomnia have side effects, such as daytime drowsiness. They can increase the risk for falls, hip fractures, and accidents in older adults, so these medicines usually aren't recommended for long periods of time. Talk to your parent's doctor about which prescription medicines are safest.

Over-the-counter sleep aids for elderly adults

Common over-the-counter options — such as Unison, Sominex, and Tylenol PM — are readily available at most pharmacies and may relieve short-term sleep issues. However, these medications have side effects that are bothersome for older adults, including drowsiness, confusion, constipation, and dry mouth.

Your parent can also treat insomnia with certain supplements like melatonin, a hormone that plays a key role in regulating the sleep-wake cycle. Some prescription melatonin medications with few side effects have been cleared by the Food & Drug Administration (FDA) for insomnia. Other melatonin supplements are available over the counter, but those are not regulated by the FDA.

aplaceformom.com

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Christmas Cookies

Christmas cookies: You know you love them. You know they go great with a cold glass of milk. You know you're probably going to eat way too many of them this holiday season. But there's also a lot you might not know about Christmas cookies. Here, a few fun facts to read while chowing down.

1. Queen Elizabeth I invented gingerbread men. Thank Queen Elizabeth I for adorable little gingerbread people. While she didn't actually bake the cookies herself (she was a queen, after all), she did request that her royal bakers create gingerbread cookies shaped like visiting dignitaries in order to honor them.

2. We leave cookies for Santa because of the Great Depression. It wasn't standard practice to leave cookies and milk out for Santa Claus until the 1930s. Historians posit that it was something parents encouraged children to do in order to teach them how to share and be charitable during a time of economic depression. The tradition stuck and Santa's pants have never fit the same.

3. Cookies were originally made to test oven temperature. According to culinary historians, cookies as we know them today were first made not to eat but to test the temperature of an oven. Cooks would take a small dollop of cake batter and bake it as a means of gauging whether the oven was ready or not.

4. Gingerbread men were illegal in some places during the Reformation. Martin Luther was not a fan of Christmas. In response to his anti-saint stance (Luther condemned the practice of praying to saints and instead taught his followers to pray directly to God), the city of Delft in the Netherlands forbade the sale of gingerbread men. Meanwhile, the magistrates of Amsterdam banned all molded cookies, as did the city of Arnhem.

5. Santa Claus eats over 300 million cookies on Christmas Eve. Every Christmas Eve, Santa visits over 500 million homes where he encounters about billion cookies. If you hypothesize that he takes about two bites of each cookie he is given, it means he eats a total of 336,150,386 cookies.



foodandwine.com

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

What would an apple and a Christmas tree get if they had a baby?

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

