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SNOW!




Snow, the solid form of water that crystallizes in the atmosphere and, falling to the Earth, covers, permanently or temporarily, about 23 percent of the Earth's surface.

Snow falls at sea level poleward of latitude 35° N and 35° S, though on the west coast of continents it generally falls only at higher latitudes. Close to the equator, snowfall occurs exclusively in mountain regions—at elevations of about 4,900 meters (16,000 feet) or higher.

Snow cover has a significant effect on climate and on plant, animal, and human life. By increasing the reflection of solar radiation and interfering with the conduction of heat from the ground, it induces a cold climate. The low heat conduction protects small plants from the effects of the lowest winter temperatures; on the other hand, the late disappearance of snow in the spring delays the growth of plants. When snow melts in the spring, the resulting runoff feeds rivers and supplies water for irrigation and other human enterprises. Heavy snowfalls can severely hinder transportation in variable moderate climates but provides a firm surface for travel in remote Arctic, Antarctic, and mountainous areas, using traditional dogsleds or snowshoes or modern snowmobiles.



 Snowflakes are formed by crystals of ice that generally have a hexagonal pattern, often beautifully intricate. The size and shape of the crystals depend mainly on the temperature and the amount of water vapour available as they develop. At temperatures above about -40 °C (-40 °F), ice crystals form around minute particles of dust or chemical substances that float in the air; at lower temperatures, crystals form directly from water vapour. If the air is humid, the crystals tend to grow rapidly, develop branches, and clump together to form snowflakes. In colder and drier air, the particles remain small and compact. Frozen precipitation has been classified into seven forms of snow crystals and three types of particles—graupel (granular snow pellets, also called soft hail), sleet (partly frozen ice pellets), and hail (hard spheres of ice).

The texture and density of fallen snow undergo constant change. Snow on the ground tends to become increasingly dense, and, where it survives spring and summer melting for years, it may turn into ice and form a glacier. On hillsides when temperature changes reduce the coherence of snow particles in the snow cover, gravity and viscosity may overcome friction, causing snow slides and avalanches.





These eight tips can help you to maintain your balance and move confidently across snowy, icy, or wet surfaces:

1. Wear shoes with good traction.
2. Dress warm. If you're warm, your muscles will stay relaxed. Tense muscles can adversely affect your balance.
3. Be careful getting out of your car. Plant both feet firmly on the ground before moving. Steady yourself on the door frame until you have your balance.
4. Don't take shortcuts. Stay on cleared sidewalks and paths, and don't walk between parked cars. Remember that grassy slopes can be as slippery as snowy steps.
5. Take extra time. Don't rush. Take short steps with your toes pointed slightly outward to maintain a stable base of support.
6. Pay attention. Stay aware of the surfaces ahead of you. Look down with your eyes only. If you move your head downward, you may shift your balance.
7. When walking in the dark or in shadowy areas, stay alert for black ice. It is treacherous and extremely slippery.
8. Keep your driveway and walkways clear. Pay someone to do this if necessary.

Newsletter Slip

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

Bedsores

Bedsores — sometimes called pressure ulcers or decubitus ulcers — are the result of long-term pressure on one area of skin. Bedsores are painful, difficult to heal, and may lead to serious skin or bone infections. Up to one in 10 seniors with limited mobility develops bedsore, according to the Centers for Disease Control and Prevention (CDC).

Learn why bedsore in elderly adults are common, how to recognize symptoms, and ways to prevent bedsore at home.

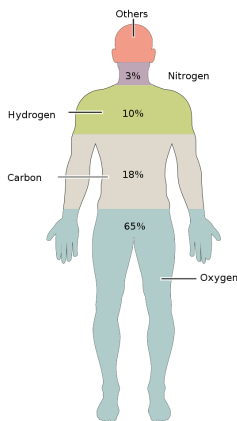
How elderly bedsore form

The human body is normally in constant movement, even while we sleep. We constantly shift positions, unconsciously readjusting ourselves while watching TV, working at a desk, and even lying in bed.

When surgery, injury to the spinal cord, arthritis, or illness reduces mobility in seniors, those movements may stop. Without regular readjustment, the pressure of an immobilized body can reduce blood flow and damage skin.

Bedsore often form in areas with little padding from muscle and fat, near joints or prominent bones. The tailbone (coccyx), shoulder blades, hips, heels and elbows are common sites for bedsore.

Common bedsore causes



Bedsore generally form in seniors who need help moving or spend most of the day sitting or lying down. Three main factors contribute to elderly bedsore:

- **Pressure from limited mobility.** Continued pressure on a body part can reduce blood flow to tissues there. The tissue and skin need blood flow to deliver oxygen and other nutrients — without these, they become damaged and may deteriorate. For seniors with limited mobility, this pressure often happens in areas without much muscle or fat, leading to bedsore.
- **Friction.** When seniors reposition, this moving and rubbing can break down skin. Even gentle assistance can cause a friction wound, especially since skin gets thinner and more fragile with age. Avoid rough clothing and sheets, as these can be bedsore causes, and take care not to use rubbing motions when repositioning loved ones.
- **Shear.** Shear occurs when the skin moves in one direction while the bone moves in another or stays still. For example, slowly sliding down a bed may cause tailbone or shoulder blades to move while skin remains in place. This can cause the skin to stretch and tear.

Bedsore stages and symptoms

Bedsore range from skin irritation to open wounds prone to infection. Early-stage pressure ulcers are more treatable; caregivers should check for bedsore symptoms often. The four stages of bedsore are:

- **Stage 1:** The area of skin is discolored and warm to the touch. It may be red on seniors with lighter skin, or purplish-blue on seniors with darker skin. Older adults may also complain of itching or burning. Stage 1 bedsore will often disappear with regular repositioning and pressure relief.
- **Stage 2:** Skin damage is more visible, and may include an open blister, sore, or scrape, in addition to discoloration. Someone with a stage 2 bedsore may feel serious pain or discomfort.
- **Stage 3:** In addition to spreading discoloration and abrasions, the area takes on a crater-like appearance from damage beneath the skin's surface.
- **Stage 4:** A large wound is present and the skin is significantly, visibly deteriorated. Muscles, bones, and tendons may be damaged or even visible through the hole in the skin. Stage 4 bedsore often lead to serious infection and are hard to manage, even for professional caregivers.

How to treat bedsore

Bedsore treatment varies by stage and severity. Stage 1 bedsore can often be resolved at home, while later-stage pressure ulcers may need medical intervention. Regular doctor's office or home care appointments will be needed to monitor the bedsore closely. Severe pressure ulcers may result in surgery or a hospital stay.



Stage 1: Bedsore treatment at home may work for stage 1 pressure ulcer symptoms. If you notice mild heat and discoloration, adjust positioning, clean skin with mild soap and water, pat dry thoroughly, and apply a moisture-barrier lotion. If bedsore stage 1 symptoms don't improve within 48 hours, contact your loved one's doctor.

Stage 2: Stage 2 pressure ulcers may be treatable by a doctor or prescribed at-home regimen of thorough cleaning, medicated gauze or bandages, and antibiotics.

Stage 3+: Stage 3 or 4 bedsore symptoms may need specialized treatment or surgery from a wound care team. Once damage occurs beneath the skin's surface, bedsore treatment may include:

- Negative pressure wound therapy from a doctor's office or home health service
- Removing damaged skin and tissue (debridement)
- Transplanting healthy skin to the wound area (skin grafting)



Nursing home bedsores

Up to 28% of hospitalized seniors or long-term care residents in nursing homes experience bedsores, according to the CDC. Frail people may live in a nursing home because bedsores and other injuries are so hard to prevent at home. Or they may be transferred from the hospital to a long-term care facility or nursing home after an accident. Nursing home bedsores are made more likely by conditions like advanced dementia, severe diabetes, and paralysis.

This Medicare tool tracks the percentage of residents with bedsores at nursing homes across the country and how each location compares to the national average.

aPlaceforMom.com



SMART Goals for Better Eating



We all strive to live life to the fullest. Part of a full and happy life is taking care of ourselves through sound and healthy eating habits. We all can find ways to improve what we eat, how we eat and our attitude towards food. One way to make better food choices is to implement SMART goals for better eating. The goal is to pick one area in your life and diet that you can improve on. Maybe it's drinking more water, eating more fiber or cutting back on sugary sweets. Regardless of what task you set, this helpful acronym can make setting food goals and any other goal in your life, easier to reach.

S – Goals we set should be **specific**. Any goal should be as specific as possible and be ranked relative to your confidence in completing the goal. Define the goal as clearly as possible and note who is involved (yourself, mentor, registered dietitian, physician). Define what you want the goal to accomplish (lose weight, lower blood pressure, improve diabetic treatment). Record why you've set this as a particular goal to help hold yourself accountable through the process. Lastly, what barriers and/or requirements do you have with this food habit?

M – Goals should be **measurable**. Examples of measurable goals are drinking 64 fluid ounces of liquid each day, cutting out sugary drinks to less than one a day, or eating an extra serving of vegetables each day. Set goals that can be tracked and measured to see progress and goal accomplishment.

A – Goals should be **attainable**. Is the goal reasonable enough to be accomplished? If so, make sure the goal is not out of reach. Some ambitions are not realistically achievable, and it's better to set a less lofty goal rather than strive for something that will only leave you disappointed. Small steps can lead to big accomplishments.

R – Goals should be **realistic**. Goals should always be realistic to your personal health needs. It is not a realistic or healthy goal to cut out all carbohydrates in order to lose weight. However, it would be a realistic goal to cut out refined sugars and make at least half of all grains consumed whole-grain. Goals should always improve your health and not hinder it. To keep goals realistic, consult your physician and a registered dietitian/nutritionist.

T – Goals should be **time-bound**. Goals should always have a start and finish date. Time-bound goals give you a sense of urgency to prompt changes in the right direction. Leaving a time frame too vague can lead to a lack of progress. Goals can always be adjusted and incorporated into a healthy lifestyle choice. However, having a set start and finish date will help guide your goal to success.

Finally, remember to reward yourself for achieving and maintaining goals. This will give you something tangible to look forward to. However, don't use food as your reward unless it will contribute to your overall health plan. Try rewards such as spending extra time with a friend, treating yourself to a movie, or some other hobby you enjoy.

Changing your lifestyle can seem overwhelming, even when making only one or two changes at a time. It can be especially difficult to decide where to start or which change to make first. A registered dietitian can assist by offering nutrition counseling to help you decide the best first steps to renewed health.

If you have any questions regarding "SMART Goals for Better Eating," call Aging Partners at 402-441-7159.



This fact sheet is distributed to help you obtain useful information regarding available community services and is not an inclusive list of providers. The information is subject to change following publication.

Questions to Ask your Doctor about Exercise

Are you considering adding exercise to your daily routine or significantly increasing your level of activity? Talk to your doctor about the exercises and physical activities that are best for you. During your appointment, you can ask:

1. **Are there any exercises or activities I should avoid?** Your doctor can make recommendations based on your health history, keeping in mind any recent surgeries or ongoing health conditions such as arthritis, diabetes, or heart disease. This would be a great time to check with your doctor about any unexplained symptoms you've been experiencing, such as chest pain or pressure, joint pain, dizziness, or shortness of breath. Your doctor may recommend postponing exercise until the problem is diagnosed and treated.
2. **Is my preventive care up to date?** Your doctor can tell you if there are any tests you might need. For example, women over age 65 should be checked regularly for osteoporosis.
3. **How does my health condition affect my ability to exercise?** Some health conditions can affect your exercise routine. For example, people with arthritis may need to avoid some types of activity, especially when joints are swollen or inflamed. Those with diabetes may need to adjust their daily schedule, meal plan, or medications when planning their activities. Your doctor can talk to you about any adjustments you need to make to ensure that you get the most out of your new exercise routine.



go4life.nia.nih.gov

Recipe of the Month

Chicken Pot Pie

Ingredients:

- Refrigerated pie crust (2 pack)
- Can of cream of chicken soup (10.5oz)
- Frozen mixed vegetables (12oz)
- Canned all white meat chicken in water (12.5 oz)

Directions:

1. Preheat oven to 350 degrees.
2. Spray pie plate with non stick spray and place the refrigerated pie crust in the pie pan.
3. Mix together cream of chicken soup, frozen veggies, and drained chicken in a bowl.
4. Pour into pie crust.
5. Top with other pie crust and pinch edges to seal. Make few slices on top to vent.
6. Bake at 350 degrees for 50 minutes.
7. Allow to rest for 5 minutes before slicing and serving.

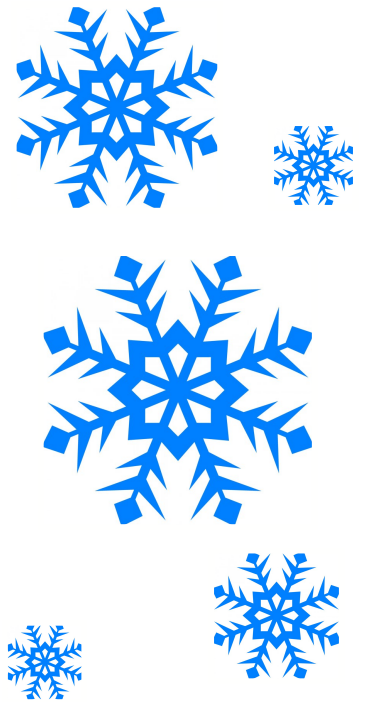


Pinterest.com

THEN:



NOW:





DeWitt Senior Center

Tuesday/Thursday:
Tai Chi Class 9am-10am

Wednesday:
Coffee 9:30am-10:30am

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



Sophie Flaska
Of
Crete, NE
received a \$5 gift card to
Subway in December. Enjoy!

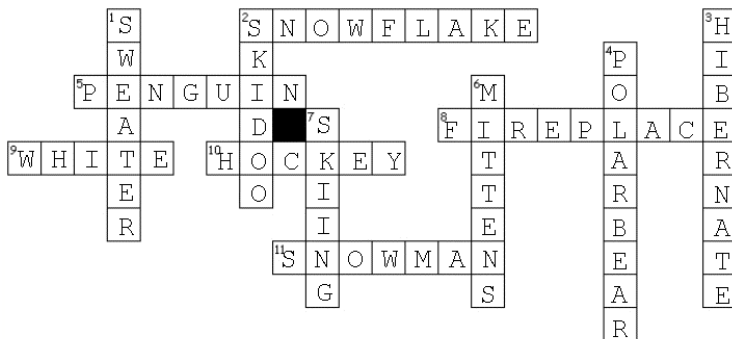
The answer to December's
riddle, "What would an apple
and a Christmas tree get if
they had a baby?" —
Pineapple



**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



*A special wish to all of the
January birthdays out there from
Saline County Aging Services!*

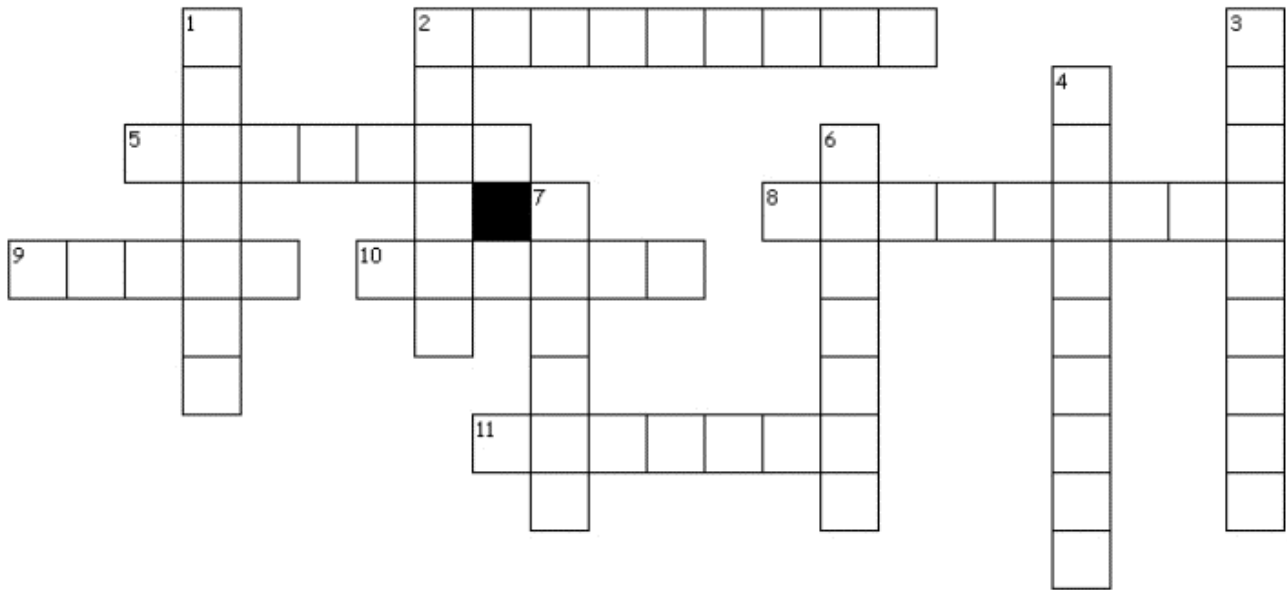
Riddle of the Month

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!

There are 30 cows in a field, and 28 chickens. How many didn't?

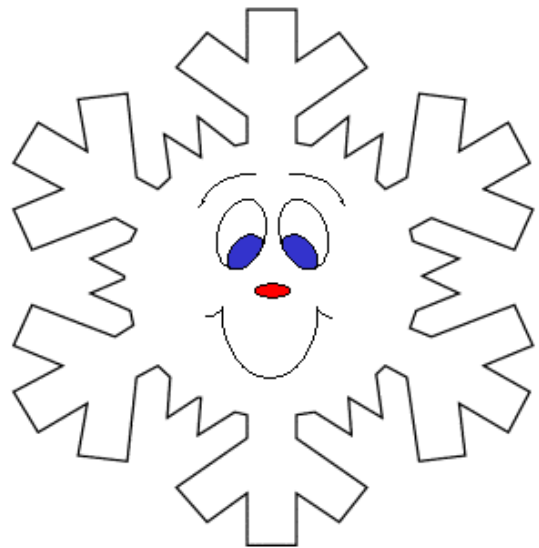
Please include your name & phone number with your answer!

Winter Crossword



Across

2. no two are alike
5. tuxedo with feathers
8. light a fire here to keep warm on chilly days
9. winter's favorite color
10. twelve sticks and one puck
11. frosty fellow with a carrot nose



Down

1. grandma will knit you one to keep you warm
2. winter vehicle for off road travel
3. some animals do this all winter
4. white teddy
6. covers for cozy hands
7. strap two sticks on your feet and swoosh down a hill



**THANK YOU FOR YOUR SUPPORT!
AND IF YOU'RE IN THE MARKET FOR A CAR,
WE HOPE YOU'LL SHARE THE LOVE.**

Over the last twelve years, Subaru and its retailers have helped the Meals on Wheels network deliver **2.3 MILLION MEALS** to homebound seniors across the country. You can help that number grow when you purchase or lease a new Subaru during the 2020 Subaru Share the Love Event, November 19, 2020, through January 4, 2021. During this year-end sales event, Subaru of America will donate \$250 to your selected charity, and we hope you'll choose Meals on Wheels.

**LEARN MORE AT
WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE.**



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

