

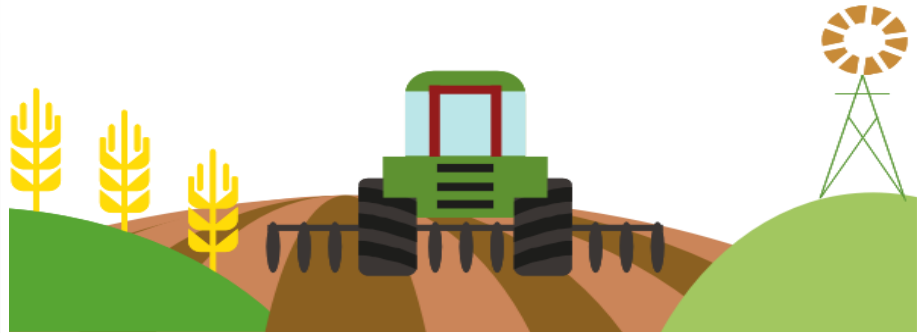


Volume 7, Issue 10

October 2021

Inside This Issue . . .

- Sharing the Road ..... Pg 1
- Announcements ..... Pg 2
- Med D, Caregiver ..... Pg 4-5
- Nut. Ed, Exercise, Recipe ..... Pg 6-7
- Humor, Riddle, Answer Key ..... Pg 8-9
- Printable Puzzle.....Pg 10
- Programs/Meals ..... Pg 11



## Sharing The Road During Harvest

Large farm equipment is traveling on local roads to get harvesting done. As a driver, it's easy to get frustrated when you're stuck behind something going less than 25-miles-per-hour. Both parties should just take a breath and be patient because safety on the road is a shared responsibility.

Bill Field is an ag and biological engineering professor at Purdue University. He says farmers are responsible for contributing to safer highways by how they transport equipment, the times of the day they transport equipment, and that they recognize there are impatient people.

"If you live on a road where most of your rush hour traffic for folks getting home is around 5:00-6:00, I think it's maybe a good consideration to not transport equipment during those hours," says Field. "Those are the times when people are leaving work, and they're a little bit frustrated, and if you look at the data there's a fair amount of incidents that occur during rush hour. In rural communities we don't think there's a rush hour, but most rural people work somewhere else other than their homes."

Motorists – give the farmers a break. They're trying to get their work done.

"If you're living in a rural community and you enjoy all the aspects of living out there in the country, also recognize that there are other parts of that that are maybe inconvenient to you. And that's when these guys are trying to get their work in and they're on the highway. Just give them a little bit more space, avoid trying to pass on double lines, and reduce your speed," he advises. "It's amazing how many of these incidents involve speed."

Farmers, make sure your lights and slow-moving vehicle emblems are in good condition so motorists can easily see you.

# 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:

*On October 29th, bring  
your grandkids to see us!  
We will be participating  
in the Trick or Treat  
around town!*



Robert Kasl

Of

Wilber, NE

received a \$5 gift card to  
Subway in September. Enjoy!

The answer to September's riddle, "What  
kind of band never plays music?"  
— Rubberband

## Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:  
402.821.3330



Come join the fun at our monthly meals!!

Do you have any ideas or suggestions for new things  
that we should offer?

We would love to hear from you!!

## DO YOU ENJOY PLAYING CARDS?

We are looking for individuals to join our pitch crew on Friday's at 11:00 am!

Please give us a call to get your name put on our list!  
We would love for you to join us.



## Puppy Pics!!

Do you have a special fur baby in your life?

We would love to see!!

Mail us in a photo of your pup/pups for a chance to win a mystery gift card!

Maddie's — Gunner & Benji!



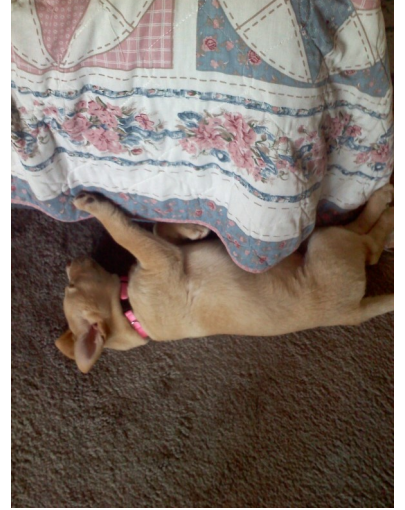
Donna's— Maverick & Yeti



Lori's — Izzy!



Laura's — Sadie!





## Medicare D Open Enrollment

**Check your mail.** You may get important notices from Medicare or Social Security. If you have a Medicare plan, you'll get an annual notice of change (ANOC). Note any 2021 changes to your health coverage or any Extra Help you may get to pay for prescription drugs. You also get health plan marketing materials, like brochures, from insurance companies that offer Medicare health and prescription drug plans. Remember— plans aren't allowed to call or come to your home without an invitation from you.

**Preview 2021 health and prescription drug plans.** [Medicare Plan Finder](#) makes it easy to compare coverage options and shop for health plans. For a personalized search call Saline County Aging Services to schedule an appointment: 402-821-3330

*Compare your Medicare D Prescription Plan!*

### Western SCAT Building

Friday, October 22nd — 10:00am-3:00pm  
Tuesday, November 9th — 10:00am -3:00pm  
Friday, November 19th — 10:00am -3:00pm

### Friend Community Healthcare System

Tuesday, October 19th —10:00am -3:00pm  
Tuesday, November 2nd —10:00am-3:00pm  
Tuesday, November 16th — 10:00am -3:00pm

### Saline County Aging Services (Wilber)

Tuesday, October 26th —9:00am -3:00pm  
Tuesday, November 23rd —9:00am-3:00pm

(For other times call for an appointment)

### Dorchester Community Center

Wednesday, October 27th —9:00am-3:00pm

### Crete Library

Thursday, October 28th —9:30am-3:00pm

### DeWitt Senior Center

Thursday, October 21st —9:30am-3:00pm

**Please call Saline County Aging Services to schedule an appointment for any location listed above! 402.821.3330**



### ADJUSTING TO PARENTS MOVING IN WITH YOU

A few pieces of caregiver advice:

**1. Don't be afraid to ask for help.**

Even short breaks can prevent caregiver burnout. Marty and Lynette eventually hired a home care aide to come once a week to help Mildred shower, a decision that eliminated what was once a daunting task.

**2. Make time for everyone, including yourself.**

Try scheduling regular activities with your aging parent, dates with your partner, and alone time to recharge. "We put her meds out for her, made dinner, and watched *Jeopardy* with her every night," says Lynette. "But after a while, we started getting out on our own, as well."

**3. Accept that some things don't change.**

Lynette had to finally face the fact that she could never transform her mother, who continued to isolate herself at home, into a happy person. She could only make sure her mom was taken care of and safe.

**4. Set boundaries.**

When you're taking care of an elderly parent in your home, they aren't a guest. You can share rules and guidelines with them as members of the family and household. For example, it was good for Mildred to wake up her daughter with medical concerns or emergencies, but resetting clocks could wait until morning. However, this guideline may not work for caregivers of loved ones with dementia or cognitive decline.

**5. Acknowledge that you're doing your best in a tough situation.**

Living with elderly parents can be difficult, so remain aware that you're doing what you can to help your loved one — even if it feels thankless sometimes.



*aPlaceforMom.com*

# My Haunted House Adventure



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

- |         |            |          |
|---------|------------|----------|
| Attic   | Dark       | Mansion  |
| Bat     | Decay      | Midnight |
| Chilly  | Eerie      | Mist     |
| Cobwebs | Flashlight | Moan     |
| Coffin  | Gate       | Moon     |
| Creak   | Ghost      | Owl      |
| Curse   | Hallway    | Raven    |
| Damp    | Lightning  | Scream   |

## Exercise of the Month—Wrist Curl

**TARGETED MUSCLES:** Wrist

**WHAT YOU NEED:** Hand-held weight

This exercise will strengthen your wrists. It also will help ensure good form and prevent injury when you do upper body strength exercises.

1. Rest your forearm on the arm of a sturdy chair with your hand over the edge.
2. Hold weight with palm facing upward.
3. Slowly bend your wrist up and down.
4. Repeat 10-15 times.
5. Repeat with other hand 10-15 times.
6. Repeat 10-15 more times with each hand.



*go4life.nia.nih.gov*

## Recipe of the Month

### Pumpkin Overnight Oats Recipe

**Ingredients:**

- 2 cups oats
- 2 cups milk
- 1/2 pumpkin puree
- 3 tbsp. coconut sugar
- 3 Tbsp. pure maple syrup
- 1 tsp. vanilla extract
- 3/4 tsp. pumpkin pie
- 1/2 cup pecans

**Directions:**

1. Add 1/2 cup oats into 4 separate 6-8 oz mason jars.
2. Pour 1/2 cup milk into each mason jar.
3. In a small bowl, whisk together pumpkin puree, coconut sugar, maple syrup, vanilla extract, and pumpkin pie spice.
4. Add equal amounts of the pumpkin puree mix to each jar. (about 3 tablespoons into each jar.)
5. Refrigerate for at least 2 hours before serving.
6. Just before serving, toast pecans in the oven for 7-10 minutes at 325 degrees.
7. Mix pumpkin puree into oats and top each jar with 2 tablespoons of pecans. Enjoy!



*Pinterest.com*





© Brian Crane.





# What's Happening Near You?

## DeWitt Senior Center Schedule

**Tuesdays & Thursdays** — Tai Chi from 9:00 am—10:00am, Quilting from 1:00 pm– 5:00 pm

**October 8th** — Flu Shot Clinic from 9:00 am—2:00 pm.

**October 20th** —Foot Clinic

**October 21st** — Health Fair, Comparing Medicare D Plans by appointment from 9:30 am –3:00 pm

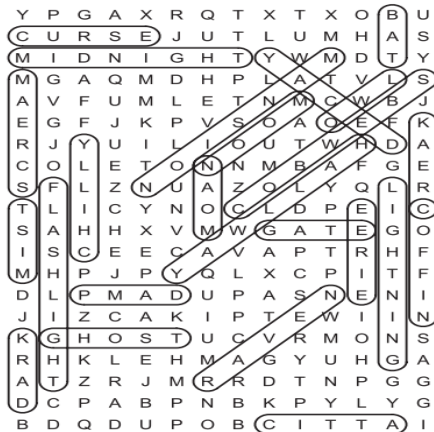
**October 31st** — Trunk N Treat

**EVERY Wednesday** — Congregate Meals, Program, Cards & Games @ 12:00pm

Call Melissa for more info! 402.683.4325



### ANSWERS TO THIS MONTHS PUZZLES



### 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!

**What spends all the time on the floor but never gets dirty?**

Please include your name & phone number with your answer!



# Soup



Roasted red pepper bisque



Seafood Chowder with Shrimp



Chicken broth

Soup is a comfort food that is perfect for a cold day or when you're in a bind at dinner. It is a versatile food that can incorporate a variety of foods such as proteins, legumes, grains and vegetables. Soups can be used as an appetizer, side dish or main entrée. It can be thick and hearty, smooth and creamy, or savory.

## Types of Soup

**Broth based:** Thin soups made of clear stock and often served with vegetables, meat or seafood.

**Bisque:** Traditionally a creamy soup that is made with crustacean such as lobster, shrimp, or crab, that is ground into a paste and stirred into the broth. Recently bisque recipes have evolved to a creamy soup with ingredients blended such as butternut squash or tomato bisque.

**Cream (of):** This type of soup typically starts with a roux and thinned with milk, broth or cream. The base flavor of cream soups typically goes together with the main ingredient such as chicken, mushroom, broccoli or celery.

**Chowder:** Creamy soup that is traditionally made with seafood but can also be vegetable-based. It is typically made with cream or milk and is thickened with a roux, crushed crackers or root vegetable such as potato.

## Health Benefits

The specific ingredients in soups are key to how healthy they can be. Soup broths made with vegetables, meats or bones provide essential vitamins, nutrients and mineral, which means less calories and added fats. Increasing intake of vegetables can limit weight gain and lower chances for Type 2 diabetes, certain cancers and heart disease.

Most soups usually have some sort of vegetable or produce added to them for texture, flavor and nutritional purposes. Eating

soup more frequently may lead to a reduced intake of fat and increase protein and fiber intakes. It may also help to reduce hunger and increase hydration.

## Get Creative!

Get creative with the seasonings and spices. Consider incorporating seasonings such as black pepper, garlic powder, cumin, dill, basil, ginger, bay leaves, coriander and onion. Choose minced or powdered versions of garlic and onion instead of the salted versions.

Aim to choose no-salt added or low sodium broths as well as canned beans and tomatoes. Make sure to read the Nutrition Facts label and compare different products, especially the sodium content. Make healthier substitutions with low-fat cheese and sour cream and whole wheat pastas and rice. Consider substituting plain Greek yogurt for sour cream or adding in mashed legumes as a thickener.

## Let's Get Cooking!

Soups can be a healthy and inexpensive meal and don't require a lot of ingredients. They can be cooked on the stove in less than 30 minutes or simmered in the crockpot during the day.

Keep staple foods onhand that will make it convenient to stirup a batch of soup when you're in a bind. Pantry items include broths, canned tomatoes, tomato paste, whole-wheat pasta, rice, beans, potatoes, onions and olive oil. Refrigerator staples include carrots, milk, cheese, lemons or limes. Freezer foods such as vegetables and leftover cooked meat are great additions and convenient to have onhand.

Refrigerate homemade soups and eat within 3-4 days. Freezing soups is easy and convenient to have later on. Place leftover soup in a freezer bag and lay flat in your freezer. This will help remove excess air and take up less room.

UPD 9/8/21

## October MEALS/PROGRAMS

The attorney generals office will be joining us for a presentation on the latest fraud and scams!

The following dates/towns will be what we are offering for the month of October.  
We hope you can join us! **The meal is \$5.**

Tuesday, October 19th @ 11:30—Friend Hospital  
Join us for lunch! The meal is TBA.

Thursday, October 21st @ 11:30— Fairfield Inn & Suites, Crete  
Join us for lunch! The meal is TBA.

*Please call Saline County Aging Services to RSVP your spot!  
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

