



Volume 7, Issue 12

December 2021

Inside This Issue . . .

- Christmas Facts..... Pg 1
- Announcements ..... Pg 2
- December Meals.....Pg 3
- Senior Arthritis..... Pg 4-5
- Nut. Ed, Exercise, Recipe ..... Pg 6-7
- Humor, Riddle, Answer Key ..... Pg 8-9
- Printable Puzzle.....Pg 10
- Share the Love ..... Pg 11



*Christmas Fun Facts: Did you know?*

**The term 'Xmas' simply means Christmas.**

The use of the term 'Xmas' dates back to the 16th century. The 'X' in the word Xmas comes from the ancient Greek language. In Greek, Christ begins with the letter X. So, Xmas simply means Christmas.

**The Christmas wreath is a symbol of love and eternal life.**

The Christmas wreath is representative of the crown of thorns that Jesus wore. Eventually, the colours of Christmas – red, green, and gold were added. Red is said to represent the blood of Jesus, green is supposed to symbolise life, and gold stands for royalty and light. And the evergreen foliage used to make Christmas wreaths symbolises the continuity of life and nature even in the darkest days of winters.

**The mistletoe is the symbol of love and laughter.**

A mistletoe is supposed to be a symbol of love, laughter, and compassion. And the tradition of a kiss under the mistletoe is supposed to be a way of asking for the blessings of the spirits of Christmas through the mistletoe.

**There's a certain respect for spider webs in Poland!**

Did you know that spider webs or spiders are considered signs of good spirit during Christmas? Yes, in Poland, people believe that a spider wove a blanket for the baby Jesus. Since then, people believe in good luck and good spirit whenever they see a spider in their houses. How amazing that is!

**Christmas trees were first used by ancient Egyptians and Romans.**

The origin or the use of Christmas trees goes way back to ancient Egyptians and Romans. They used evergreen trees like fir or pine trees, wreaths, and garlands. And the use of modern Christmas trees started in Germany in the 16th century. Instead of the glitzy decorations that we see on them today, they were decorated with fruits and nuts.

# 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:



## TAI CHI

We will be starting up a new  
Tai Chi class in January!  
Watch for upcoming details.  
Date and times to be announced.



Marilyn Hayek  
Of  
Friend, NE

received a \$5 gift card to  
Dollar General in November. Enjoy!

The answer to November's riddle, "What  
happened to the turkey who got in a  
fight?"— Got the stuffing knocked out of him.

## Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:  
402.821.3330



## LETS GET FESTIVE!!

With the holiday season upon us,  
we have decided to have some fun!

Please join us for the following dates:

Wednesday, December 8th — Christmas Craft Day @ 2:00pm

Wednesday, December 15th — Christmas Cookie's in a Jar @ 2:00pm

Wednesday, December 22nd — Christmas Carols @ 2:00pm.  
(Wanda Rademacher will be joining us with her keyboard.)

Each activity will be held at Saline County Aging Services. Hope to see you there!

Please call to RSVP — 402.821.3330

## DECEMBER MEALS

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

Thursday, December 16th @ 11:30— *Saline County Area Transit Building, Western*  
Join us for lunch and Christmas Games!

Tuesday, December 21st @ 11:30— *Friend Community Healthcare System, Friend*  
*Meal: Potato Soup, Warm Ham and Cheese & Dessert*  
Join us for lunch and BINGO!

*Please call Saline County Aging Services to RSVP your spot!*  
*402-821-3330*



## Senior Arthritis: Symptoms & Care

Most people commonly think of arthritis as the condition of having painful, stiff joints. In fact, there are many kinds of arthritis, each with different symptoms and treatments. Most types of arthritis are chronic with symptoms lasting years.

Arthritis can attack joints in almost any part of the body. Some forms of arthritis cause changes you can see and feel such as pain, swelling, warmth and redness in your joints. Other types cause less troublesome symptoms, but slowly damage your joints.

Arthritis is one of the most common diseases in this country. Millions of adults and half of all people age 65 and older are troubled by this disease. Older people most often have osteoarthritis, rheumatoid arthritis, or gout.

### OSTEOARTHRITIS

Osteoarthritis (OA) is the most common type of arthritis in older people. OA starts when cartilage begins to become ragged and wears away. Cartilage is the tissue that pads bones in a joint. At OA's worst, all of the cartilage in a joint wears away, leaving bones that rub against each other. You are most likely to have OA in your hands, neck, lower back, or the large weight-bearing joints of your body, such as knees and hips.

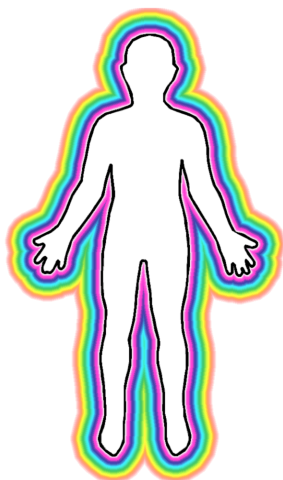
OA symptoms can range from stiffness and mild pain that comes and goes with activities like walking, bending, or stooping to severe joint pain that keeps on even when you rest or try to sleep. Sometimes OA causes your joints to feel stiff when you haven't moved them in a while, like after riding in the car. But the stiffness goes away when you move the joint. In time OA can also cause problems moving joints and sometimes disability if your back, knees, or hips are affected.

What causes OA? Growing older is what most often puts you at risk for OA. Other than that, scientists think the cause depends on which part of the body is involved. For example, OA in the hands or hips may run in families. OA in the knees can be linked with being overweight. Injuries or overuse may cause OA in joints such as knees, hips, or hands.

### RHEUMATOID ARTHRITIS

Rheumatoid Arthritis (RA) is an autoimmune disease. In RA, that means your body attacks the lining of a joint just as it would if it were trying to protect you from injury or disease. For example, if you had a splinter in your finger, the finger would become inflamed-painful, red, and swollen. RA leads to inflammation your joints. This inflammation causes pain, swelling, and stiffness that lasts for hours. This can often happen in many different joints at the same time. You might not even be able to move the joint. People with RA often don't feel well. They may be tired or run a fever. People of any age can develop RA, and it is more common in women.

RA can attack almost any joint in the body, including the joints in the fingers, wrists, shoulders, elbows, hips, knees, ankles, feet, and neck. If you have RA in a joint on one side of the body, the same joint on the other side of your body will probably have RA also. RA not only destroys joints it can also attack organs such as the heart, muscles, blood vessels, nervous system, and eyes.



Gout is one of the most painful forms of arthritis. An attack can begin when crystals of uric acid form in the connective tissue and/or joint spaces. These deposits lead to swelling, redness, heat, pain, and stiffness in the joint. Gout attacks often follow eating foods like shellfish, liver, dried beans, peas, anchovies, or gravy. Using alcohol, being overweight, and certain medications may also make gout worse. In older people, some blood pressure medicines can also increase your chance of a gout attack.

Gout is most often a problem in the big toe, but it can affect other joints, including your ankle, elbow, knee, wrist, hand, or other toes. Swelling may cause the skin to pull tightly around the joint and make the area red or purple and very tender. Your doctor might suggest blood tests and x-rays. He or she might also take a sample of fluid from your joint while you are having an attack.

Other forms of arthritis include psoriatic arthritis (in people with the skin condition psoriasis), ankylosing spondylitis (which mostly affects the spine), reactive arthritis (arthritis that occurs as a reaction to another illness in the body), and arthritis in the temporomandibular joint (where the jaw joins the skull).

### ARTHRITIS SYMPTOMS

Common symptoms include:

- Lasting joint pain
- Joint swelling
- Joint stiffness
- Tenderness or pain when touching a joint
- Problems using or moving a joint normally
- Warmth and redness in a joint

If any of these symptoms lasts longer than two weeks, see your regular doctor or a rheumatologist. If you have a fever, feel physically ill, suddenly have a swollen joint, or have problems using your joint, see your doctor sooner. Your health care provider will ask questions about your symptoms and do a physical exam. He or she may take x-rays or do lab tests before suggesting a treatment plan.

# ARTHRITIS



*aPlaceforMom.com*

# Christmas Vocabulary

DIRECTIONS: Fill in the puzzle grid with the name of each Christmas item following the number and direction indicated. Use the word bank if you get stuck.

19 Christmas-themed illustrations are provided, each with a number and direction in a circle: 1→ (socks), 2↓ (skate), 3↓ (mittens), 4→ (candy cane), 5→ (sweater), 6→ (hat), 7↓ (bell), 8→ (gift), 9→ (ornament), 10→ (reindeer), 11↓ (snowflake), 12↓ (stocking), 13↓ (holly), 14→ (wreath), 15→ (candle), 16→ (snowman), 17→ (rocking chair), 18→ (fire), 19→ (snowman).

BELL	SANTA CLAUS
CANDLE	SCARF
CANDY CANE	SKATE
FIRE	SLEIGH
HAT	SNOWFLAKE
HOLLY	SNOWMAN
MITTENS	STOCKING
ORNAMENT	SWEATER
PRESENT	TREE
REINDEER	WREATH



## Exercise of the Month

### Exercises that help with arthritis— from the article on pages 4-5.

Along with taking the right medicine and properly resting your joints, exercise is a good way to stay fit, keep muscles strong, and control arthritis symptoms. Daily exercise, such as walking or swimming, helps keep joints moving, decreases pain, and makes muscles around the joints stronger.

- **Range-of-motion Exercises:** Dancing and yoga both relieve stiffness, keep you flexible, and help you keep moving your joints.
- **Strengthening Exercises:** Weight training will keep or build muscle strength. Strong muscles support and protect your joints.
- **Aerobic and Endurance Exercises:** Bicycle riding and running make your heart and arteries healthier, help prevent weight gain, and improve the overall working of your body. Aerobic exercise also may decrease swelling in some joints.



*go4life.nia.nih.gov*

## Recipe of the Month

### Cake Batter Christmas Cookies

#### Ingredients:

- 1 Box Yellow Cake Mix
- 1/3 cup vegetable oil
- 2 large eggs
- 1 teaspoon vanilla
- 1/4 cup sugar
- 1/2 cup Christmas sprinkles

#### Directions:

- In a large mixing bowl, combine cake mix, oil, eggs, and vanilla extract.
- Place dough in the fridge to chill for 1 hour.
- Preheat oven to 350 degrees. Prepare baking sheet with parchment paper.
- Roll cooking dough into balls and then roll into sugar and place on your prepared baking sheet.
- Top cookies with sprinkles and bake for 9-10 minutes. Allow to cool for 1 minute on baking sheet and then remove to cool completely on a cooling rack.



*Pinterest.com*





# What's Happening Near You?

## DeWitt Senior Center Schedule

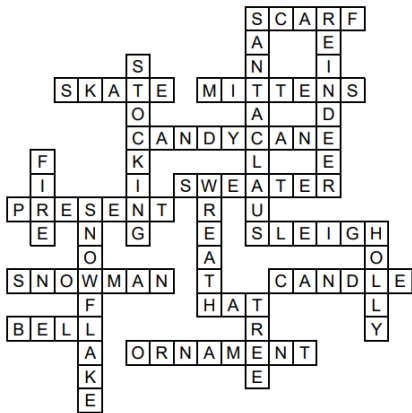
**Tuesdays & Thursdays** — Tai Chi from 9:00 am—10:00am, Quilting from 1:00 pm– 5:00 pm

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

**Wednesday, December 8th** — **Music Bingo Program**

**Wednesday, December 22nd** — **Christmas Party**

### Answers to December's Puzzle



### 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 does the snowman eat for a snack?**

Please include your name & phone number with your answer!



We had a great turnout for our programs in November.

(Top & Bottom left) A huge thank you to Pam and Randy Kozeal for coming to speak about Alzheimer's Awareness and Caregivers Assistance. We had a total of 14 people join us!

(Top right) We enjoyed BINGO and a Thanksgiving dinner at Western! We had a total of 15 people join us! We have not had that many people since before Covid.



(Bottom right) We also enjoyed BINGO and coffee and Czech Village. Fun was had by all!

We would love to grow our programs! Come join us.





## Winter Vegetables: The gifts that keep on giving!

Winter is a season where you may think there are not many fresh fruits and vegetables being grown. In the Midwest this may be true, but in other parts of the county there are fruits and vegetables that thrive in colder temperatures and even in the snow!

What makes these vegetables so strong and able to withstand such harsh conditions is they contain higher amounts of sugar. When sugar is mixed with water it lowers the freezing temperature, allowing these vegetables to freeze at a much lower temperature than their peers.



VEGETABLE	NUTRITION AND HEALTH BENEFITS	ADDING TO YOUR DIET
<i>Kale – leafy green, thrives in cooler temperatures</i>	Excellent source of Vitamin K, which is important for blood clotting. Good source of fiber, antioxidants, and Vitamin A and C.	Relatively mild flavor. Great addition to stir-fry, soups, pasta dishes and smoothies.
<i>Brussels Sprouts – mini cabbage (likes cold temperatures).</i>	High in Vitamin C and K. Good source of fiber and antioxidants.	Great steamed, roasted or grilled. Toss with olive oil, drizzle with honey and roast in the oven!
<i>Carrots – thrives in cold weather.</i>	High in Vitamin A, which helps support eye health. May help protect against certain diseases and cancers.	Available fresh, frozen or canned. Great addition to casseroles, stir-fry, soups or as a quick and easy snack!
<i>Swiss Chard – dark leafy green.</i>	High in Vitamin A, C and K. Good source of magnesium. May help reduce inflammation in the body.	Substitute for spinach in egg dishes, pasta dishes or soup.
<i>Parsnips – like carrots, sweeter at cooler temperatures.</i>	Good source of Vitamin C and K. Also, a good source of fiber. Helps support digestive and heart health.	Compliments well with carrots. Can be baked, boiled, microwaved, roasted or steamed.
<i>Collard Greens – bitter flavor.</i>	High in Vitamin K and calcium.	Create a mini salad with cooked collard greens, bacon crumbles and grilled chicken.
<i>Turnips – thrives in cooler weather.</i>	Excellent source of Vitamin C.	Shred or slice and add to fresh salads. Lightly steam and season with lemon juice, butter and salt.
Oranges	High in Vitamin C. Good source of fiber.	Add to fresh salads, fruit kabobs or as a quick and easy snack. Add to water for a splash of flavor!
Kiwi	High in Vitamin C. Good source of potassium	Add to yogurt, smoothies or waffles.

Purchasing produce when it is in season will help ensure that you are receiving the highest quality product for the lowest price. Incorporating new fruits and vegetables into your diet can be fun! Get creative with your recipes and don't be afraid to try new foods!



UPD 11/10/21



SUBARU  
**share  
the love**<sup>®</sup>  
EVENT



**SHARING THE LOVE FROM**

**November 18, 2021 - January 3, 2022**

The Subaru Share the Love event is underway! When you purchase or lease a new Subaru by Jan. 3, select Meals on Wheels to receive a \$250 donation. Since 2008 Share the Love has helped deliver more than 2.5 meals to seniors in need!

