



Volume 7, Issue 3

March 2021

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March Fun Facts & Tidbits

Ah, March, in like a lion, out like a lamb, or so the saying goes. That’s not the only saying attributed to the moody month. For the Northern Hemisphere, March ushers in spring. That was even true back in the days of the Julian calendar when there were only 10 months and March started off the year. Sayings such as “A bushel of March dust is worth a King’s ransom,” and “March many weathers,” remind us of the swiftly changing and windy weather March brings.

The first three days in March were once considered bad luck. They called them the blind days. No one would plant, enter into an agreement or a journey during these days. March is also known for its borrowing days. Though the story has changed through the ages, the month is no stranger to tumultuous weather. Hundreds of years ago the borrowing days were known to be any wild weather day in March. In later years, the days came to be assigned to the last three days in March.

Historically, planting and war go hand in hand in March. Named for the Roman god of War, Mars, March became a time when armies began to march again and farmers tilled their soil. While farming and the military have both dramatically changed since Roman times, March and spring still holds a power over both of them.

March is the month of spring and with it come a lot of activity in nature. Birds migrate. Animals begin to mate. (They give us the phrase, “Mad as a March hare,” too.) Plants begin to grow. Even the full moon gets involved. The full moon in March is called the Worm Moon. It earns this name because of all the insects beginning to hatch.

- Birth Flowers – Daffodile and jonquil
- Birth Stone – Aquamarine
- Zodiac Signs – Pisces and Aries

March Madness kicks into high gear as basketball enthusiasts cheer on their favorite teams. Whether cheering on a local high school team or their college and professional players, fans wear their colors and watch every nail-biting game.

Day light saving time also adds an element of tradition and rancor to the season as many (though not all) spring forward and change their clocks one hour.

Are you interested in receiving the COVID-19 Vaccination?



Give us a call, or stop in! We can help you get registered.

HOMESTEAD EXEMPTION STARTED IN FEBRUARY



Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30th.

If you have signed up for Homestead Exemption in the past, you should receive this years forms in February. If you wish to apply for Homestead Exemption for the first time, please the County Assessors office for the forms.

If you have questions or need assistance filing for HE, call the **County Assessor's office (402-821-2588)** or **Saline County Aging Services (402-821-3330)**.

The 3rd Annual Shamrock Shuffle is upon us..

If you are interested in participating in the fun run/walk, let us know and we can get you signed up.



Get FREE Tax Prep Help!

Crete Public Library
1515 Forest Avenue
Crete, NE 68333

February 2, 2021-April 2, 2021

MWF— 10:00am - 4:30pm
T/TH — 10:00am - 6:30pm
Saturday — 10:00 - 3:30pm

COMING SOON!

We will soon be offering workout equipment at SCAS!

Stay tuned..

This will be a great addition to our services!



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



Beware of SHIP Imposter Scam Involving Your Medicare

The Nebraska Department of Insurance and the State Health Insurance Assistance Program (SHIP) have received a report of an individual posing as a SHIP teammate. The imposter asked for money to assist with processing an application for Medicare.

The scam reportedly was attempted through a text message using a SHIP teammate's obsolete cell phone number.

A consumer who asks for assistance from SHIP will never be charged for SHIP services. SHIP provides **free** assistance and counseling on Medicare issues for Nebraskans. Trained volunteers across the State also assist during open enrollment for Medicare Part D Prescription Drug Plans. SHIP is entirely funded by federal funds and is overseen by the Department of Insurance.

SCAM? LEGITIMATE COMMUNICATION?

Scammers pretend to be someone you trust. The whole purpose of scam calls, texts, emails, or other electronic communication is to obtain personal information, whether that is a Medicare card number, Social Security number, or banking information. Scammers now have the technological ability to make a call appear on caller ID as if it is coming from an official place. Emails and other forms of electronic communication can appear as though they are from a known source. They often sound legitimate. And, in some instances, imposters have done their homework to use information that will add credibility to gain an individual's trust in order to obtain information.

Remember—Never give Medicare or other personal information to anyone asking for it over the phone or through any electronic communication. Unless you initiated the contact, Medicare will **NEVER** call you or try to sell you anything over the phone. They can't even enroll you over the phone unless you called first.

MORE INFORMATION

If you suspect you have been contacted by a Nebraska SHIP imposter, please try to save the communication. Report the information to Nebraska SHIP at alicia.jones@nebraska.gov.

Facts & Questions

Sometimes called “comfort care,” the goal of palliative medicine is to improve the quality of life for those suffering from life-threatening or serious chronic health issues. Typically managed separately from primary treatment, palliative care focuses on pain relief, symptom reduction, and general physical and spiritual comfort. Below are answers to some common questions about palliative care:



What Is The Difference Between Palliative Care And Hospice?

Essentially, hospice care is a sub-category of palliative medicine. Hospice care is designed for those in the end stages of terminal illness, while palliative care is for anyone who needs help managing a major health crisis. Choosing to receive palliative care does not mean that you have chosen to stop curative treatment.

Which Symptoms Can Palliative Care Relieve?

Palliative care helps patients manage stress, anxiety, and depression, as well as physical symptoms such as pain, shortness of breath, nausea, immobility, insomnia, and chronic fatigue. Once patients feel comfortable and functional, caregiver stress-levels also tend to drop.

Who Typically Receives Palliative Care?

Palliative care is often part of treatment for those suffering from diseases such as cancer, congestive heart failure, kidney failure, stroke, Alzheimer’s, Parkinson’s, multiple sclerosis, and many other similar conditions.

..continued on pg. 11



Making Every Bite Count

The Dietary Guidelines for Americans is updated every five years to provide science-based advice on what to eat and drink to promote health, reduce risk of chronic disease, and meet the nutritional needs of Americans. The 2020-2025 Guidelines emphasize the importance of “Making Every Bite Count” and has four main points.

Guideline #1 – Follow a healthy dietary pattern at every life stage.

It’s never too late to eat healthy. Almost everyone, no matter their age or health status, can benefit from making healthy food and beverage choices. What we consume on a regular basis can influence our health in a variety of ways. Aim to choose nutrient-dense foods from a variety of groups and be mindful of portion sizes. Reading and comparing Nutrition Facts Labels can help better understand the sodium, saturated fat, calories and added sugars.

Guideline #2 – Customize and enjoy nutrient-dense food and beverage choices.

Eating should be enjoyable and it’s important to keep in mind personal preferences, cultural traditions and budget. Keep healthy foods on hand that you enjoy and consider trying new foods. Preparing food ahead of time can allow for a quick and convenient meal or snack. Spices and herbs can enhance the flavor of your meals without the extra salt and can add to the cultural experience of certain dishes.

Eating healthy doesn’t have to be expensive, but it is important to keep budget in mind. Planning meals ahead of time; making grocery lists including a variety of fresh, frozen, and canned options; and getting creative with leftovers can all help to create delicious and healthy meals on a budget.

Guideline #3 – Focus on meeting the needs of each food group.

MyPlate is a valuable tool that can help us better visualize how to balance out our meals and include a variety of colorful and nutrient-dense foods. Aim to incorporate



the following into your diet on a regular basis:

Vegetables: dark green, red/orange, beans, peas, lentils and starch

Fruits: whole fruits or 100% fruit juice: fresh, canned, frozen or dried

Grains: half of your intake should come from whole grain; if refined, should be enriched with vitamins and minerals

Dairy: either non-fat or low-fat milk, yogurt and cheese

Protein: lean meats like chicken and turkey: fresh, frozen or canned; limit hot dogs, sausages, ham and lunch meats

Cooking Oils: vegetable, avocado and olive oils (virgin or extra virgin) in place of butter, shortening and coconut oil

Beverages: calorie free (water) or those that contribute beneficial nutrients (fat-free/low-fat milk, 100% fruit juice) should be main choices

Guideline #4 – Limit food/beverages that are higher in added sugars, saturated fats and sodium.

Small simple changes can add up and yield big results. Consider these simple substitutions:

- Substitute brown rice instead of white rice. Swap out enriched pasta for whole grain pasta.
- Try no-salt-added canned goods
- Switch to low-fat or fat-free dairy products such as milk, sour cream and cheese.
- Get creative with different cooking methods. Try roasting, grilling or baking instead of sautéing or frying.

Eating healthy doesn’t have to be complicated. Making small gradual changes over time can help to establish healthy eating habits and positively impact your health.

(Source: Dietary Guidelines for American 2020-2025)

If you have any questions regarding “Making Every Bite Count,” call Aging Partners at 402-441-7159.

Exercise of the Month

Why is Physical Activity Important?

Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. In fact, studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Including all 4 types of exercise (endurance, strength, balance, flexibility) can benefit a wide range of areas of your life. Staying active can help you:

- Keep and improve your strength so you can stay independent
- Have more energy to do the things you want to do and reduce fatigue
- Improve your balance and lower risk of falls and injuries from falls
- Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer
- Sleep better at home
- Reduce levels of stress and anxiety
- Reach or maintain a healthy weight and reduce risk of excessive weight gain
- Control your blood pressure
- Possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks or plan an activity
- Perk up your mood and reduce feelings of depression



go4life.nia.nih.gov

Recipe of the Month

No Bake Energy Balls

Ingredients:

- 1 1/2 cups no stir creamy peanut butter
- 1/2 cup honey
- 1 1/3 cups old fashioned oats (rolled oats)
- 1/2 cup vanilla protein powder
- 1/8 teaspoon salt
- 1/2 cup mini dark chocolate chips



Directions:

1. Add the no stir creamy peanut butter, honey, rolled oats, vanilla protein powder, salt, and mini dark chocolate chips to a mixing bowl and use a rubber spatula to mix until the batter is combined
2. Use a mini cookie scoop or a spoon to drop energy balls with a spoon onto a wax paper covered cookie sheet. They should be around 1 inch in size.
3. Roll the energy balls with your hands to form the shape
4. Place cookie sheet with the energy bites on it in the fridge for 1 hour, or until the balls are hardened
5. Transfer energy balls to a ziploc bag and store in the freezer

Pinterest.com

Clues that Accepting Your New Job was a Mistake

Two hours into my first professional job, my new boss introduced me to a group as "Lauren, who worked at company X for seven years." I looked at her funny and said I'd never worked there. "My God!" she shrieked, "I hired the wrong person!"

First day on the job, the boss asks you to write down your list of hobbies, because he wants to hand them back at the end of the year, to remind you of what you used to do when you had free time.

You put your lunch in the office refrigerator and notice all the other lunches are in steel containers with padlocks, with the names of the owners stenciled in larger printers type.

At the end of your first week of work, enough "old timers" have quit that you have the most seniority in your department.

When I came in the second day my new boss looked at me and gleefully said "Oh good! You came back!!"

The guy who hired you is fired the next day.

You ask your cube mate how long they have worked here, and they say, "counting today?"

When you actually know all there is to know by day two, and your co-workers are asking you for instructions.

Your boss comes around on your first Friday and work and says, ""Hello Peter, whats happening? Ummm, I'm gonna need you to go ahead come in tomorrow. So if you could be here around 9 that would be great, mmmk... oh oh! and I almost forgot ahh, I'm also gonna need you to go ahead and come in on Sunday too, kay."

"Sorry, we forgot you were starting today. Here is a folding chair and table. We'll try to get you a phone by next week."

You ask your new sales associate how long they've been with the company, and they reply, "ever since they threatened to fire me."

The sign above the water cooler says, "Don't You Have Something Better to Do?" "Get Back to Work!"





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*



Ron Hayek
Of
Friend

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

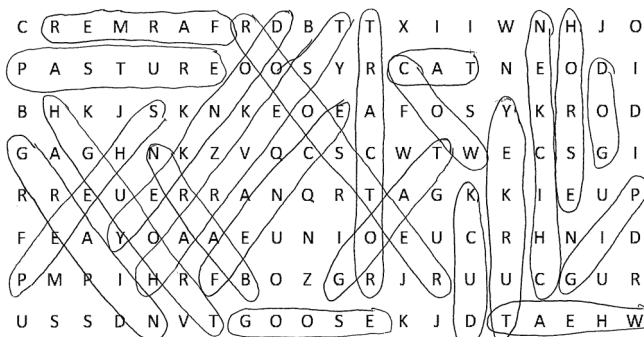
The answer to February's
riddle, "What two things can
you never eat for breakfast?"
— Lunch & Dinner



**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
March 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!

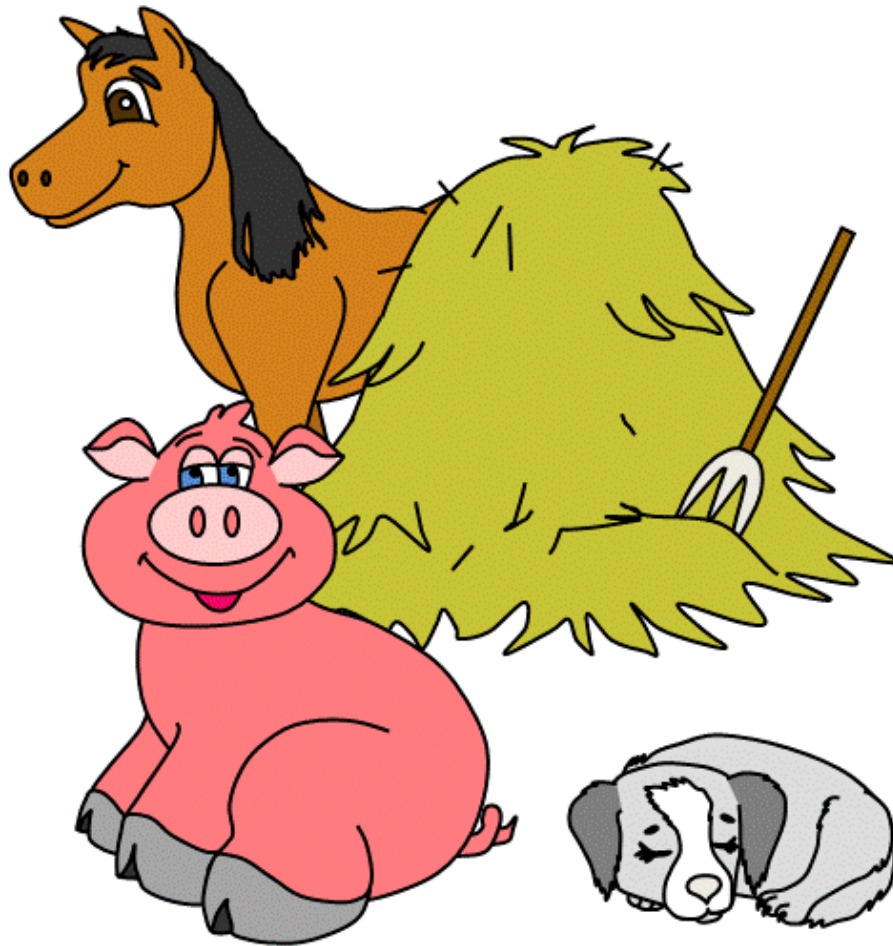
What kind of running means walking?

Please include your name & phone number with your answer!

Farm Word Search

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

barn
cat
chicken
cow
dog
donkey
duck
farmer
fence
goat
goose



grain
harvest
horse
pasture
pig
rooster
sheep
tractor
trough
turkey
wheat

Who Provides Palliative Care?

In addition to the patient and his or her loved ones, palliative care teams typically consist of the patient's primary doctor, a palliative doctor, nurses, and other professionals such as chaplains, social workers, psychologists, physical therapists, and dietitians on an as-needed basis.

Where Is Palliative Care Provided?

Most hospitals and long-term care facilities have palliative care teams on staff. Many outpatient clinics and home health services can also provide palliative care.

When Can I Start Palliative Care?

You can make arrangements for palliative care as soon as you receive a diagnosis that may warrant it. You don't have to wait for your symptoms to progress to a point of crisis.

Who Should I Talk To About Palliative Care?

The first step toward making palliative care plans is to talk to your primary care doctor, or to the doctor who's currently supervising your treatment. He or she can help you quickly find the resources you need.

 *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

