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The Value of Trees to a Community

The following are some statistics on just how important trees are in a community setting.

The net cooling effect of a young, healthy tree is equivalent to ten room-size air conditioners operating 20 hours a day. *U.S. Department of Agriculture*

If you plant a tree today on the west side of your home, in 5 years your energy bills should be 3% less. In 15 years the savings will be nearly 12%. *Dr. E. Greg McPherson, Center for Urban Forest Research*

A mature tree can often have an appraised value of between \$1,000 and \$10,000. *Council of Tree and Landscape Appraisers*

Having large trees in yards along streets increases a home's value from 3 percent to 15 percent. *Wolf, Kathleen L, PhD, University of Washington (2007) City Trees and Property Values. Arborist News. 16, 4:34-36.*

Landscaping, especially with trees, can increase property values as much as 20 percent. *Management Information Services/ICMA*

One acre of forest absorbs six tons of carbon dioxide and puts out four tons of oxygen. This is enough to meet the annual needs of 18 people. *U.S. Department of Agriculture*

Trees properly placed around buildings can reduce air conditioning needs by 30 percent and can save 20–50 percent in energy used for heating. *USDA Forest Service*

The planting of trees means improved water quality, resulting in less runoff and erosion. This allows more recharging of the ground water supply. Wooded areas help prevent the transport of sediment and chemicals into streams. *USDA Forest Service*

In laboratory research, visual exposure to settings with trees has produced significant recovery from stress within five minutes, as indicated by changes in blood pressure and muscle tension. *Dr. Roger S. Ulrich Texas A&M University*



Announcements

Farmers' Market Coupons

Saline County Aging Services is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutrition Program (SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.



The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a brief mandatory nutrition presentation.
- Be prepared to show proof of age and income.

At this time, coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services should have coupons available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00 each. (One set is valued at \$48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.

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).**

Exercise Equipment @ SCAS!

Are you wanting to become more active?

Let us help you!

We now offer a Treadmill, NuStep, and various weight sizes.

Call us today, to get your name put on our schedule!



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

Dr. Appointments: Tips for Caregivers

Working with doctors and other healthcare professionals can be an important part of being a caregiver. Some things caregivers may find especially helpful to discuss are: what to expect in the future, sources of information and support, community services, and ways they can maintain their own well-being.

If you go with the person you care for to see his or her doctor, here are a few tips that will help you be an ally and an advocate:

- Bring a list of questions, starting with what is most important to you and the person, and take notes on what the doctor recommends. Ask the person in advance how you can be most helpful during the visit. Both the questions and the notes you write down can be helpful later, either to give information to another caregiver or family member, or to remind the patient what the doctor said.
- Before the appointment, ask the person and the other caregivers if they have any questions or concerns they would like you to bring up.
- Bring a list of ALL medicines and dietary supplements the person is taking, both prescription and over-the-counter, and include the dosage and schedule. If he or she sees several different doctors, one may not necessarily know what another has prescribed.
- When the doctor asks a question, let the person answer unless you have been asked to do so.
- It's easy to get into a two-way conversation between the doctor and yourself—try not to do this. Always include both the person you care for and the doctor when you talk.
- Respect the person's privacy, and leave the room when necessary.
- If you live out of town, talk to the doctor about how you can keep up to date on the person's health since you live out of town.
- Ask the doctor to recommend helpful community resources.
- Larger medical practices, hospitals, and nursing homes may have a social worker on staff. The social worker may have valuable suggestions about community resources and other information.



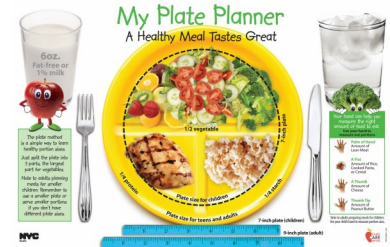
Serving and Portion Sizes

How Much Should I Eat?

Eating a variety of foods from each food group will help you get the nutrients you need.

The Dietary Guidelines describe three USDA Food Patterns, each of which includes slight variations in amounts recommended from different food groups. For example, people 50 or older following the Healthy U.S.-Style Eating Pattern choose foods every day from the following:

- Vegetables — 2 to 3 cups
- Fruits — 1½ to 2 cups
- Grains — 5 to 8 ounces
- Dairy — 3 cups (fat-free or low-fat)
- Protein foods — 5 to 6½ ounces
- Oils — 5 to 7 teaspoons



Does this mean you have to measure or weigh everything you eat? Not really. Some people find it helps to measure things carefully at first, but once you get used to your new eating plan, strict measuring probably won't be necessary. But, what exactly is a serving? And is that different from a portion?

A “serving size” is a standard amount of a food, such as a cup or an ounce. Serving sizes can help you when choosing foods and when comparing like items while shopping, but they are not recommendations for how much of a certain food to eat.

..continued on page 11



Cancer Fighting Nutrition

Cancer can be described simply as a disease that brings about an increase in abnormal cells within the human body. These abnormal cells divide uncontrollably which can negatively affect the organs and the body as a whole. Cancer is the second leading cause of death for both men and women in the United States, behind heart disease. According to the American Cancer society, 18% of cancers in the United States are related to excess body weight, physical inactivity, excess alcohol consumption and/or poor nutrition.

While there is no guaranteed way to prevent cancer, eating well and maintaining a healthy lifestyle may help reduce the risk of developing cancer or can help to support the treatment and recovery process if you are already diagnosed with it. The Academy of Nutrition and Dietetics recommends the following (www.eatright.org):

Maintain or achieve a healthy weight

Certain types of cancer may be directly related to excess body weight. Maintaining a healthy body mass index (BMI) may help reduce the risk of developing certain types of cancer, but can also reduce the risk of other chronic conditions, such as heart disease and high cholesterol and also reduce pressure on the joints.

Include a variety of vegetables, fruits and whole grains while limiting added sugars and solid fats.

Added sugars and solid fats can provide a lot of calories but very few nutrients. This includes sweetened beverages, processed snacks and dessert foods. Aim to include colorful and nutrient dense foods in your meals. These foods provide a variety of vitamins and minerals with less sugar, fat and sodium. Certain fruits and vegetables even contain cancer-fighting phytochemicals which can help boost the body's immune system and slow the growth of cancer cells. Examples of foods that contain phytochemicals are red, orange and dark green fruits and vegetables such as broccoli, spinach, apples, carrots, berries, and bell peppers. Whole grain foods contain a variety of essential vitamins but can help provide a good source of fiber. Fiber helps to maintain a healthy digestive system and can also help reduce the risk of certain types of cancer.

Moderate portions of red and processed meats

Certain processed meats such as ham, bacon and hot dogs have been linked to certain types of cancer. Aim to choose these sparingly and opt for a lean protein option such as poultry and fish more often.

Focus on plant proteins

Not all protein comes from animals. Beans, lentils, tofu and tempeh are all plant based foods that contain a good source of protein, fiber and other nutrients.

Avoid or limit alcohol

The consumption of alcohol has been directly linked to certain types of cancers. Limit alcoholic beverages to no more than one drink per day for women and no more than two drinks per day for men.

Choose food first

There are many types of supplements available and while they may seem like a quick-fix, they may not contain the same nutrients and health benefits as the actual food does. It's important to visit with your health care provider before taking any supplements.

While cancer is a disease with a mind of its own, can strike without warning and be relentless; we can never let our guard down. By following the steps outlined above, along with other healthy lifestyle practices, we can ensure our body and mind are both in tip-top shape to stay free of cancer. Should cancer rear its ugly head, our bodies will be ready by living a life that is healthy in both mind, body and spirit.

(Sources: www.eatright.org and www.cancer.org)

**If you have any questions regarding
"Cancer Fighting Nutrition,"
call Aging Partners at 402-441-7159.**

Exercise of the Month

Exercising with Chronic Pain

Most people living with chronic pain can exercise safely, and it can assist with pain management. In fact, being inactive can sometimes lead to a cycle of more pain and loss of function. Talk to your doctor about what exercises/activities might be right for you. Each type of exercise—endurance, strength, balance, and flexibility—has its own benefits, so a combination may be best.

Exercise can help you maintain a healthy body weight, which may relieve knee or hip pain. Putting on extra weight can slow healing and make some pain worse. Remember to listen to your body when exercising and participating in physical activities. Avoid over-exercising on “good days.” If you have pain, swelling, or inflammation in a specific joint area, you may need to focus on another area for a day or two. If something doesn’t feel right or hurts, seek medical advice right away.

Quick Tip

Pain rarely goes away overnight. Talk with your doctor about how long it may take before you feel better. As your pain lessens, you can likely become even more active.



go4life.nia.nih.gov

Recipe of the Month

Cheesy Tater Tot Casserole

Ingredients:

- 1 lb ground beef
- 1/2 diced yellow onion
- 1 can cream mushroom soup
- 1 can drained green beans
- 2 cups shredded cheese
- 28oz frozen tater tots
- 1tbsp Worcestershire sauce
- Salt, pepper, garlic to taste



Directions:

- Brown the ground beef with diced onion, season beef with salt, pepper, and garlic powder to taste. Remove grease. Mix in Worcestershire sauce; place the mixture into the bottom of the greased baking dish. (9x13)
- Evenly spread cream of mushroom over the top, and top with green beans.
- Sprinkle cheese over the top.
- Layer as many tater tots as you can fit over the top.
- Bake uncovered in the center rack on 375 for 35-40 mins or until the tater tots are cooked thoroughly and become crispy or brown.

Pinterest.com

Just For Laughs...

Crabby Road

4-24-11



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What's Happening Near You?



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*



Sandra Cochran
Of
Friend, NE

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

The answer to February's
riddle, "What kind of running
means walking?" — Running
out of gas



ANSWERS TO THIS MONTHS PUZZLES

SOLUTIONS

SPROUT

S	R	P	O	U	T
T	U	O	R	S	P
P	O	S	U	T	R
U	T	R	P	O	S
O	P	T	S	R	U
R	S	U	T	P	O

BASKET

E	B	T	K	A	S
S	A	K	E	B	T
A	E	B	T	S	K
T	K	S	A	E	B
K	S	A	B	T	E
B	T	E	S	K	A

SPRING

R	P	N	S	I	G
I	G	S	R	P	N
N	I	G	P	S	R
S	R	P	G	N	I
G	S	I	N	R	P
P	N	R	I	G	S

DUCKLINGS

I	C	S	N	K	U	G	L	D
D	G	K	S	L	I	U	C	N
U	L	N	C	G	D	K	I	S
G	I	D	L	U	S	N	K	C
L	S	C	D	N	K	I	G	U
K	N	U	I	C	G	D	S	L
N	K	G	U	S	C	L	D	I
C	U	I	K	D	L	S	N	G
S	D	L	G	I	N	C	U	K

TULIPS

L	P	S	U	I	T
U	T	I	P	S	L
I	L	P	S	T	U
S	U	T	L	P	I
T	S	L	I	U	P
P	I	U	T	L	S

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475
For Wilber & the rest of Saline County
call: 402.821.3330

★HAPPY★ BIRTHDAY!

*A special wish to all of the
April 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 do you get when you cross a rabbit with shellfish?

Please include your name & phone number with your answer!

Easter Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S					T
		O		S	
	T	R	P		
	P				U
					O

BASKET

	B	T			S
	A			B	
			T		K
K		A			
	T	E			

SPRING

		N			
I			R		
				S	
	R		G		I
		I	N		
				G	

DUCKLINGS

	C			U	G	L	
		K	S	L		U	
U		N				I	
						K	C
L					K	I	
K		U					S
					C	L	I
C	U	I	K		L	S	
			G		N		U

TULIPS

			U		T
	T	I		S	
	L				
		T	L		
	I			L	S



Serving and Portion Sizes

The term “portion” means how much of a food you are served or how much you eat. A portion size can vary from meal to meal. For example, at home you may serve yourself two small pancakes in one portion, but at a restaurant, you may get a large stack of pancakes as one portion. A portion size may also be bigger than a serving size. For example, the serving size on the Nutrition Facts label for your favorite cereal may be 1 cup, but you may pour yourself 1½ cups in a bowl. Portion size can be a problem when eating out. To keep your portion sizes under control, try ordering one or two small appetizers instead of a large entrée. Or, you could share an entrée with a friend, or eat just half and ask for a take-out container for the rest. Put the leftovers in the fridge as soon as possible. Then enjoy them the next day for lunch or dinner.

TIP: SNACKING

Snacks are okay, as long as they are smart food choices. If you want an afternoon pick-me-up or after-dinner snack, have a piece of fruit, or spread peanut butter or low-fat cream cheese on whole wheat toast. Don't forget to include snacks in your daily food count. For example, 1 tablespoon of peanut butter spread on a slice of whole wheat toast counts toward the protein foods group and the grains group. Some ideas for healthy snacking include:

- Have an ounce of cheese with some whole grain crackers, a container of low-fat or fat-free yogurt, or a 1-ounce portion of unsalted nuts.
- Put fruit instead of candy in the bowl on your coffee table.
- Keep a container of washed, raw vegetables in the fridge along with hummus or other healthy dips.
- To limit your portion sizes, don't eat from the bag. Count out a serving, and put the bag away.
- When you are out and need a snack, don't be tempted by a candy bar. Instead, take along homemade trail mix in a plastic bag when you go out. If you need to buy a snack while you are on the go, pick up an apple or banana—most convenience stores carry them.



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 *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

