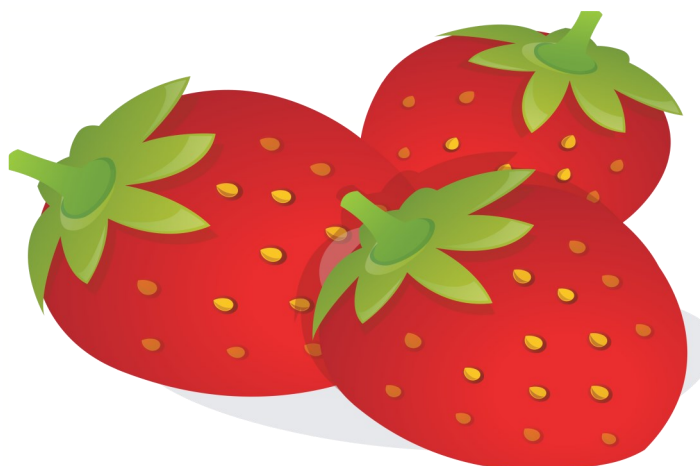




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National Strawberry Month

Sweet and bright, National Strawberry Month beckons in May.

We eat them fresh out of the garden, blend them in smoothies, add them to parfaits and bake them into pies. Strawberries tantalize us in ice cream and milkshakes, too. We create preserves with them and give them to our sweethearts covered in chocolate or whipped cream.

These slightly tart berries aren't even berries. Strawberries belong to the rose family and reproduce from runners, not seeds. There are over 400 different varieties, and each berry produces approximately 200 seeds on the outside of the fruit.

They're nutritious, too. Strawberries are low in sugar and excellent sources of vitamins C and K.

Strawberry Fun Facts:

- The average strawberry has 200 seeds.
- Strawberries are the first fruit to ripen in the spring.
- Peak harvesting season in California is from April to June.
- The perfect temperature for strawberry plants is between 55 and 78 degrees.
- Every plant is hand picked about every 3 days.
- Majority of the roots are located in the top 3 inches of soil.

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

What's the difference?

Senior living communities come in many shapes and sizes, and there's no universal approach for aging loved ones. Many people think of "senior living" and "nursing home" as synonymous, but over the past 30 years the terms have grown apart, and "nursing home" isn't the senior care catch-all it used to be.

In fact, A Place for Mom surveyed 100 families who contacted us seeking "nursing homes" for their relatives. After consulting with our Senior Living Advisors, 89 of those families determined that a nursing home wasn't the right choice for their aging family member, and they selected a more moderate senior living environment.

So what are the different senior care types, and which fits your loved one's needs? Let's take a closer look at the differences between assisted living and nursing homes.

Comparing assisted living and nursing homes

Assisted living communities are a unique option for older adults who are mostly independent but require some assistance with day-to-day living. Nursing homes are generally designed for seniors who require 24-hour medical supervision due to physical or mental conditions that leave them unable to care for themselves.



What is assisted living?

Assisted living is a great housing choice for seniors who are no longer capable of living alone but want to maintain a social, active lifestyle. Considering these communities' 93% satisfaction rate, it's safe to say that assisted living isn't what your aging loved one is picturing when they say they don't want to move into "a home."

Assisted living communities may offer:

- **Restaurant-style dining, happy hours, and activities** based on resident interest
- **Outings and transportation** to local stores, theaters, and museums
- **Help with laundry, housekeeping, and activities of daily living** — like medication management, bathing, and grooming — that may become daunting to elderly loved ones
- **Suites with mini-kitchens**, or larger apartments that allow couples to age together

The median cost of assisted living in the United States in 2019 was \$4,051 per month. As you consider housing options for your aging loved one, you should also know that assisted living communities often have health standards for admitting new residents. For instance, one might have to be able to feed himself, or transfer between a bed and a wheelchair without assistance.

Who can benefit from assisted living?

Assisted living may be a good option for your aging loved one who:

- Needs minor nursing assistance or medication but doesn't require full-time medical care
- Needs help with daily activities like dressing and bathing
- Is interested in a maintenance-free lifestyle without lawn care or home repairs
- Desires an active life but doesn't have access to transportation
- Is looking for new friends or social activities
- Wants to pursue their passions, like golf, art, or religious studies, in a specially focused lifestyle community
- Is currently in good health but knows they'll need more help soon

What is a nursing home?

Nursing homes — also called convalescent homes, or sometimes skilled nursing facilities — are for seniors who require 24-hour monitoring and medical assistance.

Typical nursing home residents suffer from severe, debilitating physical or mental conditions that leave them unable to live independently. They may be bedridden, wheelchair-bound, or in need of daily skilled nursing care. Nursing homes always require a physician's prescription and physical examination before accepting new residents.

The goal of a nursing home is to ensure the safety and comfort of older adults who need round-the-clock care. Nursing homes offer:

- Ongoing palliative and preventative long-term care
- Assistance with laundry, housekeeping, and activities of daily living
- Prescription medication management and administration, including injections
- Specialized rehabilitative services, such as speech, occupational, physical, respiratory, cognitive, and vocational therapy
- Emergency and routine dental services in all state-funded nursing homes
- Meal options that must meet the daily nutritional requirements and the unique dietary needs of each resident

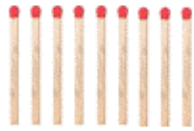


Nursing home care can be expensive: the average cost in the United States in 2019 was \$247 per day, or \$7,512 per month. However, not-for-profit nursing homes can often be paid for using government assistance for lower-income residents.

aPlaceforMom.com

Matchstick Puzzles - #5

1. Can you make five triangles from just nine matchsticks?



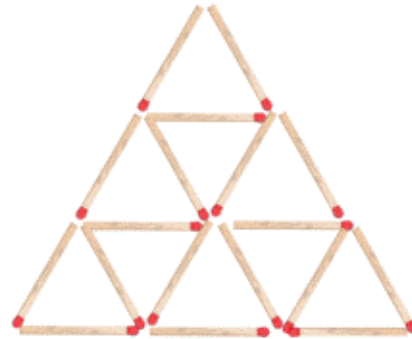
4. Can you make two triangles from just five matchsticks?



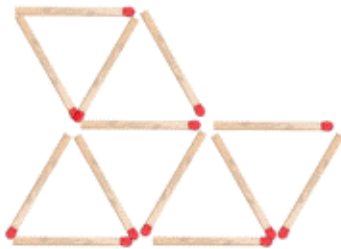
2. Can you move just two of these matchsticks to form four triangles?



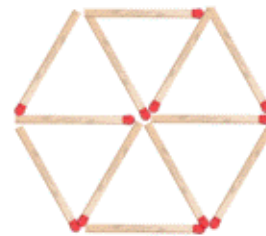
5. This arrangement forms thirteen triangles (nine small, three medium, and a large one). Can you remove just three matchsticks to leave just four triangles?



3. Can you remove four of these matchsticks to leave just three triangles?



6. Move four matchsticks to make three equilateral triangles.



Calf Stretch

Targeted Muscles: Calf

Because many people have tight calf muscles, it's important to stretch them.

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Step forward with right leg and bend right knee. Keeping both feet flat on the floor, bend left knee slightly until you feel a stretch in your left calf muscle. It shouldn't feel uncomfortable. If you don't feel a stretch, bend your right knee until you do.
4. Hold position for 10-30 seconds, and then return to starting position.
5. Repeat with left leg.
6. Continue alternating legs for at least 3-5 times on each leg.



go4life.nia.nih.gov

Recipe of the Month

Ham and Cheddar Crescent Roll-Ups

Ingredients:

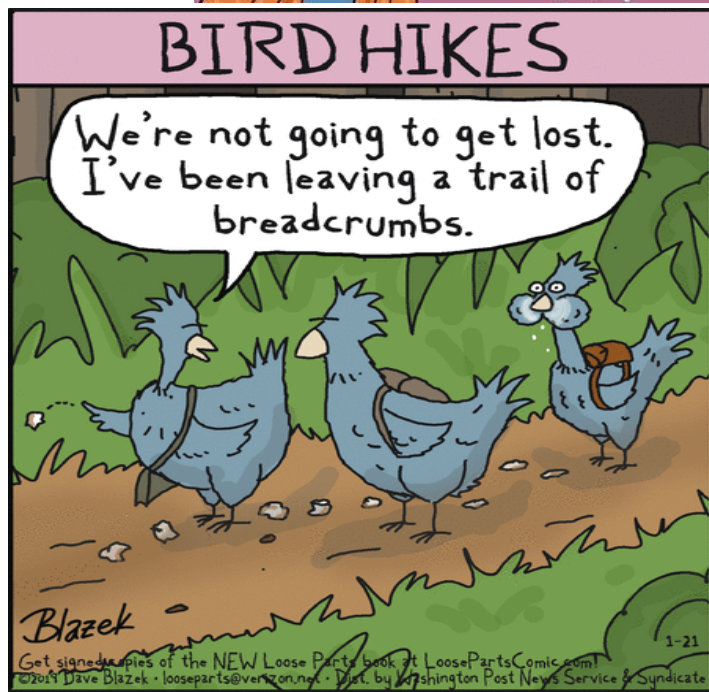
- 1 tube crescent roll dough
- 3 tbsp butter, melted
- 16 ham slices (deli)
- 1/4 tsp garlic powder
- 8 cheddar cheese slices
- 1 tsp parsley

Directions:

- Preheat oven to 375 degrees.
- Roll out the crescent dough pieces.
- Lay down two pieces of deli ham, leaving margin of dough on both ends.
- Place a piece of cheese on top of the ham.
- Roll up the crescent dough from the widest end, with the ham and cheese in the inside.
- Place on parchment paper lined baking sheet.
- Mix together the melted butter, garlic, and parsley.
- Brush the mixture over the top of the rolls.
- Bake for 8-10 mins, or until the tops of the rolls are golden brown.
- Remove from the oven and let rest for 5 mins.



Pinterest.com



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*



Barb Kruger
Of
Wilber, NE

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

The answer to April's riddle,
"What do you get when you
cross a rabbit with a shell-
fish?" — Oyster Bunny

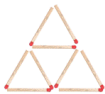


ANSWERS TO THIS MONTHS PUZZLES

Matchstick Puzzles - #5

SOLUTIONS

1. Can you make five triangles from just nine matchsticks?



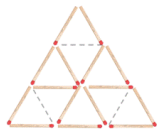
4. Can you make two triangles from just five matchsticks?



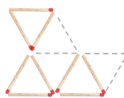
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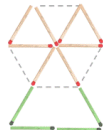
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3. Can you remove four of these matchsticks to leave just three triangles?



6. Move four matchsticks to make three equilateral triangles.



© puzzles-to-ponder.com

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
May 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 goes up and down but can't move?

Please include your name & phone number with your answer!



May is National BBQ Month

Nutrition Education

The days get longer and the weather gets nicer as we move into the spring and summer months. We spend more time outside doing yard work, gardening, cleaning the house, visiting with family and friends. We will also be grilling more for our meals! Let's dive in and learn about everything BBQ, your health, and how to make BBQ healthy!

Cooking meats at higher temperatures, especially on the grill can produce cancer causing chemicals that are called heterocyclic amines (HCAs). If you like your food on the grill really charred there is a higher chance of having HCAs in that piece of food. When fat drips into the flames it produces a cancer-causing chemical known as polycyclic aromatic hydrocarbons (PAHs). While it is true that individuals who consume more red meats that are heavily charred have higher incidents of cancer, let us keep everything in perspective.

While grilling might be a tradition, there are a couple of things to keep in mind for healthy grilling habits. Be mindful of protein portion sizes and limit your use of heavily processed meats, such as hot dogs, sausages, bacon, lunch meats, and ham. Aim to incorporate leaner proteins, such as seafood options, like salmon, shrimp, trout, and scallops. Leaner proteins, especially fish, are less likely to contain those nasty cancer-causing chemicals known as HCAs and PAHs, so this allows you to grill more! And if you just need a piece of your favorite BBQ, just grill in moderation and not every day.

So now that we know that eating red meats especially those that are grilled, charred, and smoked can lead to higher chances of getting cancers like pancreatic, colorectal, and prostate cancers. We need to look at ways we can make it healthy. Below are some steps we can take to make our grilling more health friendly.

1. Keep the grill surface clean and use aluminum foil to stop fat from dripping.
2. Choose cuts of meat that are thinner, thus requiring less time cooking.
3. Trim as much fat off the meat as possible before grilling, so you lessen your chances of having smoky flare-ups.

4. Making a skewer with small pieces of meat and seafood is a quick and easy way to have thinner cuts of meats while having the meat on the grill less.
5. Pass on burnt ends or any cut of meat that is overly charred from grilling.
6. If you must have your red meat, try opting to not cook it till it is well done.
7. Give the surf instead of the turf a try for once!
8. Grilled fruits and vegetables can spruce up your plate with color but can also make the meal healthier overall. Try tomatoes, onions, bell peppers, pineapple, mango, pears, and apples.
9. Flip your meat more often (every 30 to 60 seconds) and try not to use such high cooking temperatures.
10. Some studies have shown that marinating the meat you want to grill beforehand can cut down on the amount of cancer-causing chemicals that are released during cooking.
11. You can also try microwaving your meats before throwing them on the grill. Studies suggest putting the meat(s) in the microwave for two minutes before grilling can make it healthier.

While grilling is a tradition that helps us enjoy the spring and summer months, remember we must keep everything in moderation and do our best to make every selection of ours healthy. Healthy choices breed healthy habits, which helps create healthy lifestyles for all.

**If you have any questions regarding
"National BBQ Month,"
call Aging Partners at 402-441-7159.**

May Activities



Wow, 2020 was a long year!



We are so excited to be starting up programs again!

The following dates/towns will be what we are offering for the month of May, as a soft opening to the public. We hope you can join us!

Wednesday, May 19th @ 11:30 —Wilber
Lunch: Spaghetti, Salad, & Garlic Bread

Friday, May 21st @ 11:30 — Western
Lunch: Spaghetti with Meatballs, Salad, & Dessert

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

