



Volume 7, Issue 8

August 2021

Inside This Issue . . .

Facts/Czech Days Pg 1
Announcements Pg 2
Caregivers Pg 4
Nut. Ed, Exercise, Recipe Pg 6-7
Humor, Riddle, Answer Key Pg 8-9
Printable Puzzle.....Pg 10
Serving & Portion Sizes Pg 5,11



Random Facts!

- The first person convicted of speeding was going 8 mph.
• The "New Car Smell" is the scent of dozens of chemicals.
• The worlds smallest reptile was first reported in 2021.
• Goosebumps are meant to ward off predators.
• Pineapple works as a natural meat tenderizer.
• A wood frog can hold its pee for up to eight months.
• Your nostrils work one at a time.
• The "M's" in M&Ms stand for "Mars" and "Murrie"
• Chewing gum boost concentration.
• Some people have an extra bone in their knee.
• Pringles aren't actually potato chips.
• Dolphins have been trained to be used in wars.
• Children's medicine once contained to morphine.
• Water makes different pouring sounds depending its temperature.
• A tick bite can make you allergic to red meat.

Bestlifeonline.com

Will you be attending the Czech Festival in Wilber this year?

We will be providing shaded seating to 60 and above! The seating will be in front of the SCAS building. We all know how the heat is during the festival, hopefully this helps you enjoy the festival and parades away from the fierce heat of the sun!



DeWitt Senior Center Schedule

5:00pm — Every Monday, Wednesday, and Friday: Water Areobics @ DeWitt Swimming Pool

7:30am — Every Monday, Wednesday, and Friday: Walking Club

August 18th — Foot Clinic — Call Melissa for Appointment

August 25th — Music Bingo 12:30 –1:30

August 29th— Rose Theatre (Leaving Center @ 9:00am)

EVERY Wednesday — Congregate Meals @ 12:00pm — DeWitt Senior Center

DAY TRIP WITH SCAS TO SALINE COUNTY MUSEUM!!

September 15th, 2021

Details:

- 9:15am**— Arrive at Saline County Aging Services
- 9:30am**— SCAT Bus Arrives to pick us up.
- 10:00am**— Tour of the Saline County Museum in Dorchester.
- 12:00pm**— Eat at City Slickers Bar & Grill
- 1:30pm**— Head back to Wilber.



There will be a \$6 fee for the bus. The museum is free of cost, but they do welcome donations. You will be responsible for your meal cost.

Please call SCAS to RSVP by September 8, 2021

Come join us!

We started up meals in May, at Wilber and Western. We would love to expand our numbers. We enjoy providing the meal and a fun atmosphere for all to socialize. Give us a call to RSVP your spot for this month!



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

Are you looking for a way to give back to your community? Southeast Nebraska CASA is always looking for caring individuals to help give a voice to an abused or neglected child in the court system. Contact us today to learn more about becoming an advocate for a child, or to become a board member. 402-643-3695



SOUTHEAST NEBRASKA CASA BOARD OF DIRECTORS



Is Board service the right fit for me?

CASA Board Members are expected to...



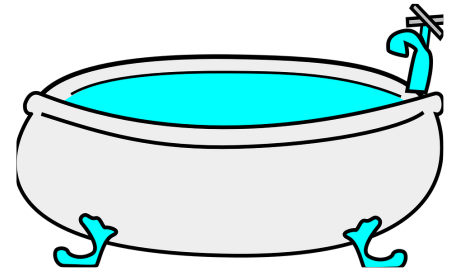
QUESTIONS? VISIT SOUTHEASTNEBRASKACASA.ORG
FOR MORE INFORMATION!

Activities of Daily Living (ADL)

ADLs are basic tasks a person needs to be able to do on their own to live independently. Health issues and aging may make it difficult for seniors to complete certain everyday self-care tasks that are essential to keep them healthy and safe.

The Katz Index of Independence in Activities of Daily Living is an effective tool used to assess overall health and functional status of older adults and those with disabilities. Basic ADLs include six essential skills:

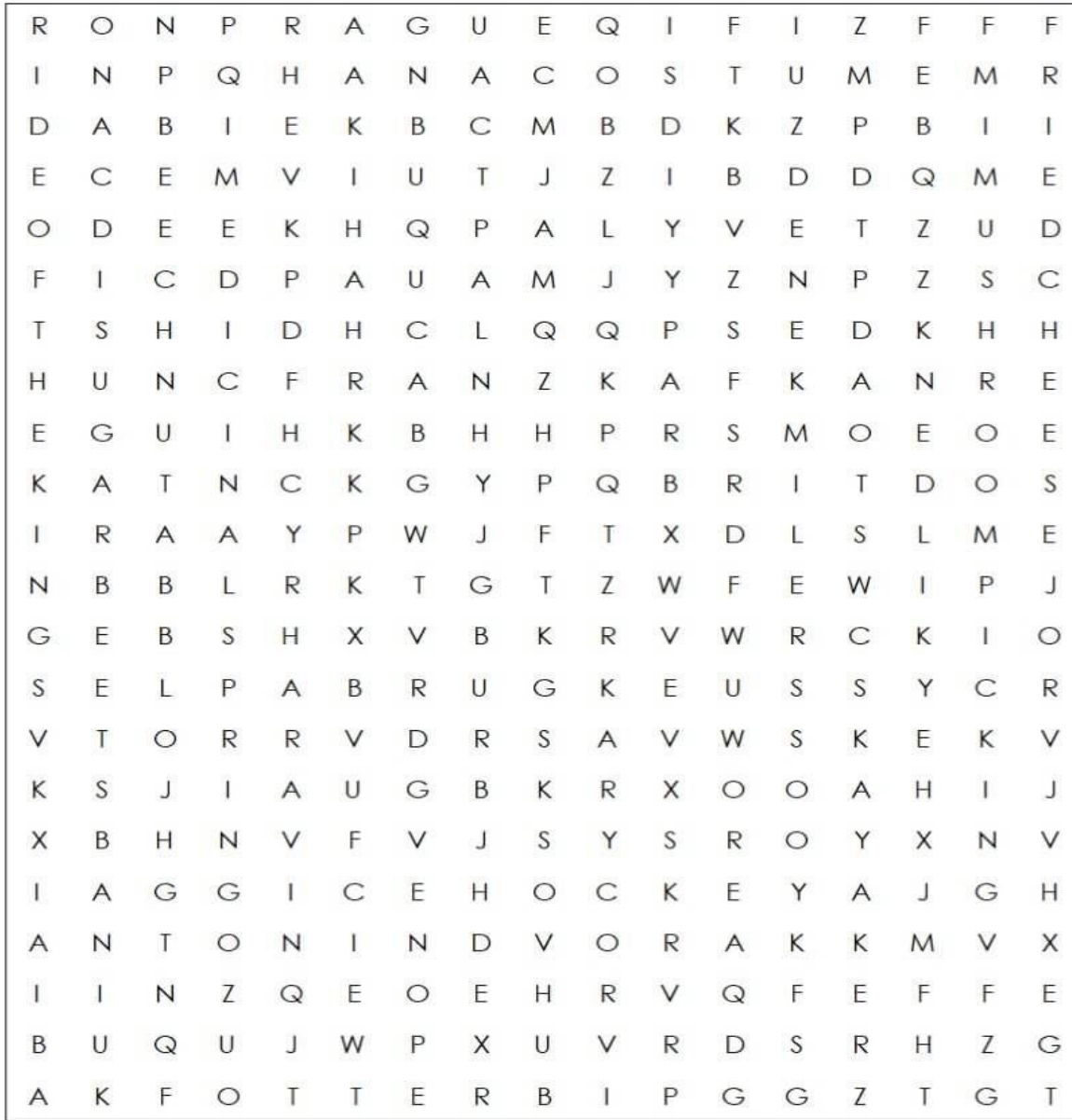
1. **Bathing and showering:** the ability to bathe self and maintain dental, hair, and nail hygiene
 2. **Continence:** having complete control of bowels and bladder
 3. **Dressing:** the ability to select appropriate clothes and outerwear, and to dress self independently
 4. **Mobility:** being able to walk or transfer from one place to another, specifically in and out of a bed or chair
 5. **Feeding (excluding meal preparation):** the ability to get food from plate to mouth, and to chew and swallow
- Toileting:** the ability to get on and off the toilet and clean self without assistance



aPlaceforMom.com

Name: _____

Czech Republic Word Search



- | | | |
|----------------|-------------------|------------------|
| PRAGUE | RIDE OF THE KINGS | HANA COSTUME |
| ZDENEK MILER | KNEDLIKY | OTTER |
| FRANZ KAFKA | FRIED CHEESE | MUSHROOM PICKING |
| ANTONIN DVORAK | BEECHNUT | MEDICINAL SPRING |
| ICE HOCKEY | KAYAKER | SUGAR BEETS |



© Monsterwordsearch.com

Novice



Exercise of the Month—Buddy Stretch

Targeted Muscles: Shoulder, Arm, Back, and Leg

TALK TO YOUR DOCTOR: If you've had hip or back surgery, talk with your doctor before trying this stretch

This is a good over-all stretch that's fun to do with a partner. It stretches your shoulders, arms, back, and legs. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Sit on the floor facing your buddy and place your feet against your partner's feet.
2. Both of you should grab one end of a resistance band or towel. Depending on each person's flexibility, you may need to loop two bands or towels together.
3. Slowly pull the band or towel so that your buddy bends forward and you lean backward.
4. Hold position for 10-30 seconds.
5. Slowly return to starting position.
6. Now it's your buddy's turn to pull the band or towel so that you bend forward and your buddy leans backward. Hold for 10-30 seconds, and then return to starting position.
7. Repeat at least 3-5 times.



go4life.nia.nih.gov

Recipe of the Month

5 Ingredient Ground Beef Casserole

Ingredients:

- 1.5—2 lbs ground beef
- 10.5 can cream of condensed mushroom soup
- 10.5 can cream of cheddar soup
- 3 cups cubed frozen potatoes
- 1 cup shredded cheddar cheese (divided)
- Salt and pepper to taste
-

Directions:

1. Preheat oven to 350 degrees.
2. Cook the ground beef, drain the grease and add to a large mixing bowl.
3. Add the can of cream of mushroom and cream of cheese.
4. Add the frozen cubed potatoes to the bowl.
5. Add 1/2 cup of the shredded cheese to the bowl.
6. Add a pinch of salt and pepper and mix everything together.
7. Pour into a greased 9x13 casserole dish and sprinkle remainder of cheese on top. Cover with foil.
8. Bake for 30 mins and carefully remove foil. Bake 30 more minutes.



Pinterest.com

Me after I eat all of my quarantine snacks in one night



TODAY HAS BEEN



RUFF

WHEN YOU'RE ON A DIET



AND SOMEONE BRINGS DONUTS

ARE YOU SURE



THE SPIDER IS GONE?



It's for your own good. You have to stop touching your face.



JUST LEARNED TO TIE MY SHOE



NOW I HAVE TO DO IT MYSELF FOR THE REST OF MY LIFE

YOU HAVE CAT TO BE



KITTEN ME RIGHT MEOW

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 Melissa 402.683.4325*



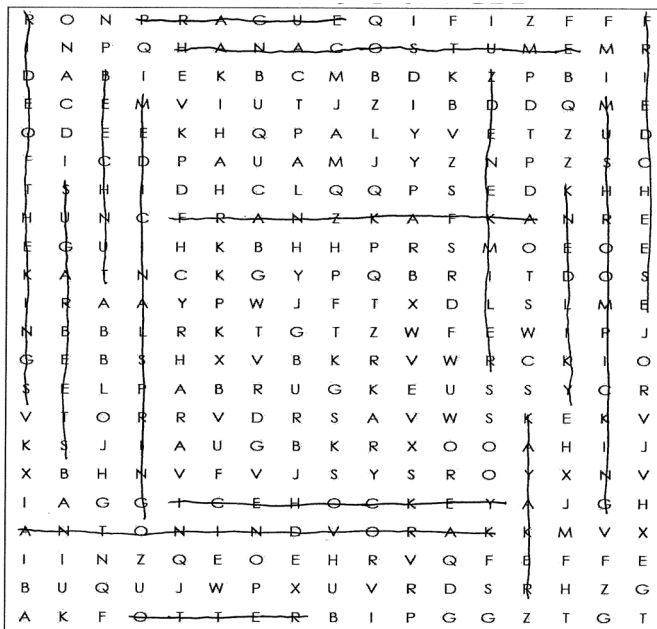
Imogene Hostetler
Of
Adams, NE

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

The answer to June's riddle,
"What would you say if every-
one in the country
sneezed at the same time?"
— God Bless America!



ANSWERS TO THIS MONTHS PUZZLES



Interested in Home Delivered Meals??

For DeWitt call: 402.683.4325
For Wilber & the rest of Saline County
call: 402.821.3330



*A special wish to all of the
August 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 has legs, but doesn't walk?

Please include your name & phone number with your answer!



Berry Fun



Berries are fun for everyone! They come in many different sizes, shapes, colors and tastes; there is literally a berry for all. All berries come packed with nutrients and health benefits which allow you to live a healthier and happier life. Let us take a plunge and see what fun awaits us on our very berry fun adventure.

Some of the most common berries are blueberries, raspberries, blackberries and strawberries. Each of these berries contain not only unique tastes and textures, but more importantly they contain unique chemical properties that positively affect our health. Since berries are so different between each other, how you select and store them is also important.

Blueberries:

Blueberries are sweet in taste, smooth in texture and a perfect addition to a breakfast smoothie or lunch-time salad. They are rich in protective plant compounds such as anthocyanins and antioxidants. These compounds can help fight inflammation within the body. Blueberries can also be responsible for improving the functioning of the eyes, brain and heart. These berries also can help reduce your chances of cancer.

Choose blueberries that are plump, firm, uniform shape and have a blue color with a slight dusty appearance. Avoid those that show signs of mold, are soft or shriveled. Blueberries can be stored in the fridge for up to approximately 10 days. Make sure to wash any berries prior to eating, but not in advance or they will mold.

Raspberries:

Raspberries can be sweet yet tart and are great additions to a side of ice cream, sweet desserts and as an extra splash of flavor in water. These brightly colored berries are packed with fiber and polyphenol compounds; both playing a unique role in limiting your chances of cancer. One cup of these delicious berries contains eight grams of fiber, which can help lower the risk of heart disease and is a nutrient of concern among older adults.

Choose raspberries that are firm, dry, and plump and avoid berries that are either wet or moldy.

Raspberries can be kept in your fridge for one or two days but remember to only wash them when they are ready to be eaten.



Blackberries:

Blackberries can have a unique combination of juicy flavors ranging from sweet to tart, depending on your personal tasting palate. Throw these splendid berries on top of your salad greens or paired with nuts as part of a healthy snack. Blackberries are packed with fiber and Vitamin C. One cup of these contains eight grams of fiber and 100 grams of Vitamin C (35% of the Recommended Daily Allowance).

Choose blackberries that are shiny in appearance and avoid those that are bruised or leaking juice. Store in your fridge for three to six days and wash only when ready to eat.

Strawberries:

Strawberries are probably the most popular of all the berries and are even the most widely grown fruit crop! These berries are a triple combination offering variety in the tastes of sweet and tart. Strawberries add great flavor and can complement any meal or snack. They pack an excellent source of Vitamin C and are rich in plant polyphenols, which help promote and protect the immune system.

To get the most berry goodness for your buck, choose strawberries that are firm, have a bright red color, and are shiny. The green tops should appear fresh, be fully intact, and have a nice green color. Avoid those that are leaking, mushy or shriveled. While they may last up to one week in your fridge, the quality will be best within three days. Remember, as is the rule with most berries, do not wash them until they are ready to be eaten.

When storing, don't let one bad berry spoil the rest. Once you have purchased your berries, check for damaged ones and dispose of them immediately before they spoil the rest. Strawberries, blueberries and raspberries last longer if stored in the coldest place in the fridge, often in the produce drawers.

Berries can also be frozen so you can enjoy them long after the season is over. Simply spread them on a baking sheet and place in the freezer. Once they are frozen, transfer them to a freezer-safe storage bag to enjoy later on. When berries aren't in season, consider frozen ones without added sugar.

As you can see from just a small sampling, berries are packed with fantastic nutrients and compounds to aid in our health and well-being. There are a variety of ways that we can incorporate them into our diets. There are many more berries available. Next time you are at the store, spend a little more time and have yourself a very berry adventure.

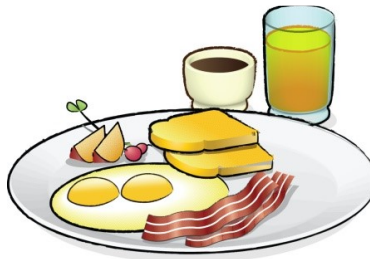
AUGUST MEALS/PROGRAMS

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

Tuesday, August 24 @ 9:30 —Wilber
Join us for breakfast and coffee!

Thursday, August 26, @ 9:30 — Western
Join us for breakfast and coffee!

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

