



Volume 8, Issue 3

March 2022

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Spring Cleaning Checklist

After a long winter, spring has finally sprung! But before you open the windows to let in that fresh spring air, you must clean them first. Yes, we're talking about spring cleaning! But don't worry, we've got a spring cleaning checklist to make this daunting task seem a little more manageable.

All Room Spring Cleaning List

Start with tasks that apply to all rooms, then hit each room one-by-one for more specific cleaning.

- Dust ceiling fans and light fixtures
- Clean windowsills and window tracks
- Vacuum curtains and window blinds
- Wipe down baseboards and shoe molding and dust corners for cobwebs
- Test batteries in all your smoke detectors
- Disinfect doorknobs, cabinet handles and light switches

Kitchen Spring Cleaning

Clean all large appliances, small appliances, and surfaces in your kitchen:

- Wipe down your microwave, coffeemaker and other small appliances
- Empty the crumb tray in your toaster and toaster oven
- Empty the refrigerator and defrost the freezer

- Clean refrigerator shelves (they may fit in the dishwasher!)
- Clean behind and beneath the refrigerator (those coils get dusty!)
- Clean your oven and scrub the stovetop
- Clear out cabinets and wash the shelves
- Sanitize the sink and clean the inner rim of your sink guard

Bedroom Spring Cleaning List

- Organize drawers and closets
- Wash bedding & pillows
- Rotate your mattress

Bathroom Spring Cleaning List

- Organize cabinets and drawers
- Properly dispose of old medicine and toiletries
- Scrub the shower and bathtub
- Wash the shower curtain and floormat
- Scrub the toilet and tile around the toilet

Saline County Aging Services is hosting:
4th Annual Shamrock Shuffle
5K (3.1M) OR 1 MILE FUN RUN/WALK

Saturday, March 26th, 2022

Day of Race Registration from 9:15 AM – 9:45 AM

Start time: 10:00AM SHARP

Location: Legion Park, Wilber, NE

Post Celebration and Door Prizes: Wil-Bol

Pre-Register NOW at:

Saline County Aging Services or Sponsors' Business Locations

Or: Mail registration with check to SCAS, P.O. Box 812, Wilber, NE 68465

Or: Dropbox by SCAS front door

Pre-registration DUE by Wednesday, March 16, 2022 to guarantee T-Shirt

Gratefully Sponsored by: First State Bank Nebraska, Heath Sports, Rose Refinery, Wilber Chiropractic, Downtown Family Vision, Farmers & Merchants Bank, Fox Hole Tavern, Madison+Barrett, 202 Hairdo, Food Mesto, Wilber Plumbing & Heating, Karpisek's Market, C & G Auto, Wil-Bol Lanes, Vyhnalek Insurance, Hoov's Home Improvement, Wilber Hotel, Western United Mutual Insurance, Farmer's Cooperative, Kovar's Sale & Service, Pioneer Hi Bred-Russ Kovar, Maddy n June.

Entry Fees: 1 Mile Fun Run or 5K: \$15 adult 12 & under \$10 Strollers Welcome!!

(Pre-Entry Fee Includes: T-Shirt, Water, After Race Snack, One Free Drink at Wil-Bol Lanes)

****ONLY PRE-REGISTRANTS ARE GUARANTEED A T-SHIRT.**

****Proceeds will benefit Saline County Aging Services and W-C Schools TCBY Program!****

Early Packet Pick-Up at SCAS: Thursday, March 24th or Friday, March 25th or Race Day

Prizes will be awarded to 1st & 2nd places in the age categories of:

4-11, 12-18, 19-30, 31-50, 51 & up

2022 Registration Form

Name _____ **Phone #** _____

Age _____ **Male or Female** **Circle one: 5K or 1 Mile**

YOUTH T-Shirt Size: S M L Female/Male ADULT T-Shirt Size: S M L XL XXL XXXL

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Saline County Aging Services, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the person's name in the waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (if under 18-parent/guardian)

Date

COME JOIN US!

When: **Thursday, March 17th @ 10:00am**

Where: ***Saline County Aging Services, Wilber***

Program: **Legal Clinic** regarding legal aid, power of attorney, living wills, simple wills & more. Bring any questions or concerns that you may have!

Appointments will be available following the presentation!



Everything You Need to Know About Residential Care Homes

When your senior loved one begins to need regular help with their daily tasks and can no longer live alone safely, it may be time to consider senior living options. We know that this decision is a difficult one for families, but the safety of your loved one may depend on getting the proper care. Residential care homes are a great place to begin your search, especially if their needs require full-time supervision.

Residential care homes are intended for seniors who would benefit from full-time assistance. Safety and health care needs of residents are met at these homes in a family-like environment. Homes are often tucked into neighborhoods and provide increased supervision and structure. This is a great option for seniors who enjoy a homelike atmosphere, value close relationships, and prefer a quieter lifestyle.

Just as every house on the block is different, no two residential care homes for the elderly are styled or managed the same way. Some offer vibrant activities, while others are more low-key. All residential care homes for seniors should provide high-quality housing, care services, meals, and companionship. Read on to learn more about what's provided in elderly care homes, including the services, staffing, costs, and more.

What services are included in residential care homes?

Relaxation, companionship, and a quieter lifestyle are all hallmarks of the residential care home experience. Generally, care homes offer a private or shared room and include assistance with **activities of daily living**, which can cover all day-to-day and long-term needs of residents.

The following services can also be found at residential care homes:

- Home-cooked meals
- Laundry and housekeeping
- Transportation
- Medication administration and management
- Planned activities, events, and outings

When you're considering care homes — sometimes referred to as *adult family homes* — it's important to note their distinct differences from other types of senior living care options.

“Adult family homes can have a higher level of care than **assisted living**,” says Cindy Nelson, a Senior Living Advisor at A Place for Mom. “It's usually the next step when someone requires more supervision and attention.”

What are some other names for residential care homes?

There are many other terms used to talk about residential care homes. Depending on where you live, these homes might be called the following:

- Elder care home
- Purpose-built home
- Adult family home
- Foster care home
- Private care home
- Personal care home
- Private assisted living
- Board and care home
- Home for the aged
- Adult care home
- Group home



What's the atmosphere like in residential care homes?

"Residential care homes for the elderly are usually quieter than assisted living facilities and offer a smaller, homelike family setting for seniors," says Nelson.

It's important to note the **differences between care homes and assisted living communities**. Care home residences are typically located in traditional neighborhood homes and are equipped to care for a small number of residents, usually between two and 10. These homes are also a good option for seniors with memory-loss-related conditions who may become overwhelmed in high-energy, larger spaces.

Each senior living option is specially designed to meet the unique needs of their residents and can vary greatly between care. Make sure to have a conversation about what your loved one is looking for and what kind of lifestyle they'd feel most comfortable in.

Is this type of care best for my senior loved one?

Finding the right care involves matching your loved one's unique needs and preferences with an atmosphere and a staff that's best equipped to assist them. Just like each senior has a unique set of requirements, each home has a different environment, so don't get discouraged if you have to tour more than one.

aPlaceforMom.com

Saint Patrick's Day Word Search

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



CELTIC	DUBLIN	GREEN
IRELAND	IRISH	LEGEND
LEPRECHAUN	LIMERICK	PATRICK
POTOFGOLD	RAINBOW	SAINT
SHAMROCK	SNAKES	



Exercise of the Month

Lower Back Exercise

TARGETED MUSCLES: Lower Back

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

This exercise stretches the muscles of your lower back. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both arms and shoulders flat on the floor throughout the stretch.
2. Keeping knees bent and together, slowly lower both legs to one side as far as you comfortably can.
3. Hold position for 10-30 seconds.
4. Bring legs back up slowly and repeat toward other side.
5. Continue alternating sides for at least 3-5 times on each side.



go4life.nia.nih.gov

Recipe of the Month

St. Patrick's Day Snack Mix

Ingredients:

- 4 cups lucky charms cereal
- 3 cups pretzels
- 2 cups peanuts
- 1 cup green M&M's
- 1/2 lb almond bark

Directions:

1. line baking sheet with wax paper.
2. Layer cereal pretzels and peanuts.
3. Gently toss so that the ingredients get well mixed together.
4. In a microwave-safe bowl, place almond bark and heat according to package directions until melted.
5. Pour melted bark over the cereal mixture and gently toss until coated.
6. Immediately sprinkle M&M's over the top and lightly toss.
7. Let the snack mix sit for 20-25 mins or until bark is set and completely firm.



Pinterest.com



A Story of Four Worms

A minister carefully selected four worms, night-crawlers to be exact, for a visual demonstration to add emphasis to his Sunday sermon. For this demonstration, he watered his lawn in the evening, then when night time approached, visited his back yard with flashlight in hand.

The Four Worms were Placed into Four Separate Jars

The FIRST WORM was put into a container of alcohol.

The SECOND WORM was put into a container of cigarette smoke.

The THIRD WORM was put into a container of chocolate.

The FOURTH WORM was put into a container of good clean soil.

What Happened to the Four Worms?

At the conclusion of the sermon, the Minister reported the following results:

The FIRST WORM in the jar with alcohol - was DEAD.

The SECOND WORM in the jar with cigarette smoke - was DEAD.

The THIRD WORM in the jar with chocolate - was DEAD.

The FOURTH WORM in the jar of good clean soil - was ALIVE!

So the Minister Asked the Congregation:

What can you learn from this demonstration?

From the back of the church, came the response:

"As long as you drink, smoke and eat chocolate, you won't have worms!"

That pretty much ended the service . . .

Announcements

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

Answers to the Puzzle

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

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!

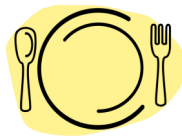
What baseball position do leprechauns play?

Please include your name & phone number with your answer!



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
 402.821.3330



Darlene Zalesky from Wilber was the winner of February's Riddle.

The answer to February's riddle, **"Why did the horse chew with his mouth open?"**
 — Because he had bad stable manners.

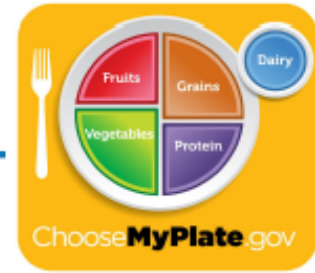
Cut this slip out, fill the information in below, and mail it to
Saline County Aging Services— PO Box 812— Wilber, NE 68465
 or bring it into our office at 109 W. 3rd Street in Wilber
 or call us at 402-821-3330.

Name:

Email or Mailing Address:



Nutrition as We Age



Healthy eating habits are important throughout our life and there are times when our nutritional needs may change. Enjoying a variety of foods from each food group helps provide our body with the specific nutrients we need as we age. Healthy eating and exercise habits may also help reduce the risk of chronic disease, maintain a healthy weight, and improve mental and social well-being.

There are unique nutritional needs that develop as we age. Some of these needs are due to physical and physiological changes. Some changes may occur in how our body breaks down and absorbs nutrients. Other changes may occur in our ability to taste, smell or chew food. Understanding how these factors influence our eating habits helps us be more aware of the types of foods we are including in our diets.

Changes in nutritional needs

Protein is an important nutrient that helps maintain muscle mass. The recommendations for women over 60 years of age are between 5 to 6 oz. daily and for men 5.5 to 6.5 oz. daily. Aim to incorporate a variety of lean proteins such as poultry and fish while also getting a variety of non-meat protein sources such as beans, nuts and lentils. Beans and nuts are also good sources of fiber and help promote digestive health.

Focus on foods that are good sources of calcium, Vitamin D, Potassium, Vitamin B12 and dietary fiber. Changes in how our body breaks down, absorbs and processes these nutrients can change with age and it's important to ensure that we are eating a variety of fruits, vegetables, whole grains and low-fat dairy products to get the nutrients our body needs.

Hydration is especially important as our sense of thirst may decrease with age, and we may be more prone to dehydration. We often hear to follow the 8-by-8 guidelines, which state that we should drink eight 8-fluid ounce glasses of liquid each day. Water needs may vary by person so another good way to ensure you are getting enough is to drink enough fluids to go to the restroom every 2 to 4 hours. Other liquids and foods can contribute towards total water intake, but water is the golden ticket. Maintaining adequate hydration can help to promote digestive health, regulate body temperature and maintain a healthy metabolism.

Changes in taste or smell can also impact our food choices. Try various seasonings and cooking methods. Consider incorporating softer foods, such as canned or frozen fruits and vegetables, which may be easier to chew compared to fresh fruits and vegetables.

Food Safety

Practicing food safety is one of the easiest and most important ways to prevent the onset of food-borne illnesses. Older adults are at a higher risk of developing food-borne illnesses due to physical changes in the body, effects of certain medications, or compromised immune systems.

- **Clean:** Wash hands, utensils and surfaces often.
- **Separate:** Separate raw meat, poultry, fish and eggs in the refrigerator as well as on cutting boards. Make sure to wash cutting boards and knives when going from raw meat to other foods such as produce.
- **Cook:** Cook foods to the proper temperature. This reduces the risk of food-borne illness.
- **Chill:** Refrigerate foods immediately. Bacteria grows best in the Temperature Danger Zone, which is between 40 degrees and 140 degrees.
- Using a food thermometer is the best way to ensure that foods are cooked to a proper internal temperature.

Make meals fun!

Make meals social by dining with friends, family or neighbors. Set the table, light some candles, and turn on some of your favorite music to help set the mood. Get creative with different spices and seasonings as well as different cooking methods. Enjoy a variety of foods from each food group and aim to include a variety of colorful entrees and side dishes.

Written by: Jill Engel, Aging Partners

Reviewed by: Ann Goshorn, MS, RD, LMNT, CLC

*Sources: www.foodsafety.gov
www.myplate.gov
www.nutrition.gov*



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)**.

