

### Inside This Issue . . .

Easter Eggs..... Pg 1  
SCAS Pics..... Pg 2  
April Meals.....Pg 3  
Music Therapy ..... Pg 4-5  
Nut. Ed, Exercise, Recipe ..... Pg 6-7  
Humor, Riddle, Answer Key ..... Pg 8-9  
Printable Puzzle.....Pg 10  
Homestead Exemption ..... Pg 11



## How To Dye Easter Eggs With Rice & Food Coloring

### What you will need:

- Boiled eggs
- Food coloring primary and neon colors both work great
- 3-4 Cups Dry rice
- 2-3 Teaspoons Vinegar

### Equipment needed:

- 6-8 plastic zipper sandwich bags
- Measuring cup
- Tray or plate lined with paper towel
- Optional: gloves



1. Open a plastic zip top for each color of egg you would like to have.
2. Fill each bag with 1/2 cup of rice.
3. Add 10-12 drops of food coloring to each bag. Choose one color per bag or mix the colors up to see what you come up with.
4. Roll the egg in a small bowl of vinegar (1/4 cup works). This will help to set the colors on both the egg and the rice.
5. Add one hard boiled egg to each bag and close tightly.
6. Add about 1/2 teaspoon vinegar to each bag. This will help to set the colors on both the egg and rice.
7. Gently roll the egg around in the rice using both hands and cover the egg until covered completely. You can also gently shake the bag but make sure the bag is closed before you shake.
8. You may find you want more food coloring for certain colors. Simply open the bag and add a few more drops of food coloring. More food coloring will give you brighter eggs, but add food coloring a few drops at a time. A little food coloring goes a long way.
9. Remove each egg from bag and set on tray to dry.
10. Repeat this process for all remaining eggs. You can reuse the used rice to color the eggs. Just add more drops of food coloring into the bag to color more eggs!

## What's going on at SCAS?

In March, we had Aging Partners join us for a legal clinic. They presented info on Living Wills, Power of Attorney, Simple Wills & more. What great info was shared with all who attended!



In January, we started 2 new Tai Chi classes. We had 8 attend the 9:00am class and 10 attend the 10:15am class. Starting March 21, we combined the two classes to make one!

Our class is being held at the Wilber City Office, we appreciate them allowing us to use their space!



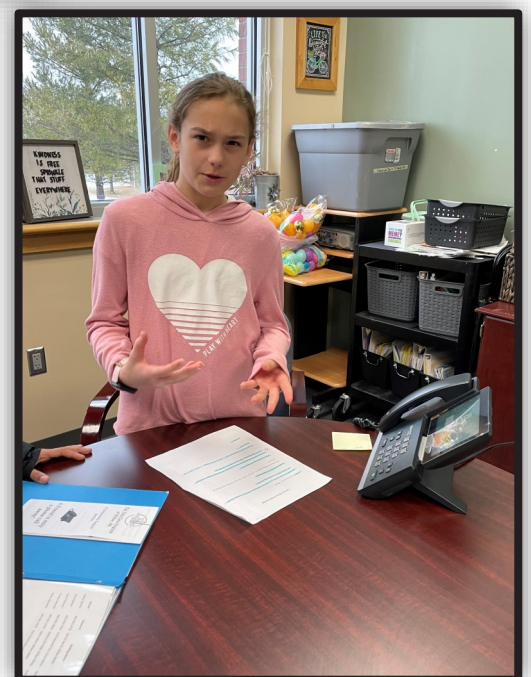
Are you living alone and wanting somebody to check up on you throughout the week?

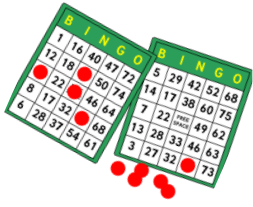
WE have just the right thing for you!

On Monday, Wednesday & Friday every week, the Wilber-Clatonia Students make a quick phone call around 8:00am.

If this is something that interests you, please give us a call. We would be happy to give you more details and put your name on their list!

SCAS — 402-821-3330





# Come Join Us!!



**When:** Thursday, April 21, 2022  
@ 11:30am

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

**Meal:** *Wilber Wieners, Macaroni Salad,  
& Beans*

**Program:** Music Bingo with The Music Bingo People! Tunes from the 40's & 60's will be played . Don't miss out on the fun!

**When:** Thursday, April 28, 2022  
@ 11:30am

**Where:** Saline County Area Transit,  
Western, NE

**Meal:** TBA

**Program:** Aging Partners is coming to discuss benefits, tips, and types of foods that can be frozen! Recipes included!

## 5 Benefits of Vitamin D for Elderly Adults

Vitamin D is a crucial component of healthy aging, so much so that dosage recommendations increase with age. However, many older adults don't get enough of this essential nutrient, leading to bone softening, nausea, cognitive difficulties, and other health issues. To avoid these problems, older adults should aim for the recommended dose of vitamin D for seniors: 15 micrograms for those under the age of 71, and 20 micrograms for those 71 and older.

Learn about the benefits of vitamin D for seniors, common sources, and how the vitamin can protect aging adults' mood, bone health, and overall wellness.

### 1. Vitamin D boosts senior happiness and mental health

Vitamin D improves senior mental health, combating prevalent issues like elderly depression. A 2017 study of more than 5,600 older adults found a link between lower levels of vitamin D and depressive symptoms, such as loneliness, lack of enjoyment, and restless sleep.

Study participants with the least amount of vitamin D reported more pronounced mental health concerns. As a result of this emerging science, researchers continue to investigate a potential vitamin D antidepressant.

### 2. Vitamin D promotes bone health in the elderly

Osteoporosis, a condition that causes bones to become brittle and weak, affects 16% of all seniors, according to the Centers for Disease Control. The condition carries serious health risks, potentially leading to falls and other dangerous home safety situations. The clear connection between vitamin D and bone health in the elderly helps seniors defend against bone softening.

For added effectiveness, older adults should pair the recommended vitamin D dosage for seniors with calcium. A 2019 American Medical Association analysis of 49,000 participants found that seniors who combined adequate vitamin D levels with sufficient calcium intake reduced their risk of hip fractures by 16%.

### 3. Vitamin D helps prevent cancers and infections

Seniors who want to be proactive about their health should turn to vitamin D. Scientists cite the important nutrient as a preventive treatment for everything from colon cancer to the flu.

Because of vitamin D's ability to manage immune cells, taking the recommended dose of vitamin D for seniors can decrease the risks of colon cancer and blood cancers, specifically. Recent research from the University of Eastern Finland also suggests reduced mortality among some cancer patients treated with vitamin D.

In addition to fending off life-threatening and chronic diseases, vitamin D can help boost a senior's immune system to defeat more everyday illnesses like colds, the flu, and other respiratory conditions. A global study incorporating 25 clinical trials reported that vitamin D promotes "natural antibiotic-like substances" in the lungs.



### 4. Vitamin D protects oral health

Often, aging makes dental care more difficult to manage. While getting older brings an increased likelihood of gum disease and tooth decay, vitamin D provides a strong defense.

In a study of 67 dental patients, those with higher vitamin D levels exhibited a lower likelihood of contracting oral-health diseases — the most prominent cause of senior tooth decay and loss. This research has been reaffirmed by many other studies, all of which note the link between vitamin D and the body's ability to absorb calcium. Calcium deficiency, a symptom of vitamin D deficiency in elderly adults, puts seniors at an increased risk for gum disease.

### 5. Vitamin D may lower Parkinson's risks

Parkinson's disease, which occurs when neurons in the brain deteriorate and cause muscle tremors and rigidity, is more common among older adults. In fact, aging stands out as the number one risk factor for Parkinson's, with 5% of adults over the age of 85 developing the condition.

## 5 Benefits of Vitamin D for Elderly Adults

Getting the recommended dose of vitamin D for seniors may help elderly adults reduce their risk of being diagnosed with Parkinson's, and it can even help alleviate Parkinson's symptoms after diagnosis. A study of 182 patients with Parkinson's and 185 people without the condition found that Parkinson's patients had significantly lower levels of vitamin D than their healthy peers did.



### How to get the recommended dose of vitamin D for seniors

When it comes to vitamin D for seniors, dosage recommendations increase after the age of 71: from 15 micrograms to 20 micrograms. Older adults have a greater need for vitamin D due to being at a higher risk for conditions like osteoporosis, cardiovascular disease, and cancer.

There are several ways for older adults to supplement vitamin D naturally:

- Sunshine is one of the best natural sources of vitamin D. Take an afternoon walk or invest in a UV lamp for colder months.
- One tablespoon of cod liver oil supplements 170% of daily vitamin D.
- Four or five sliced white mushrooms make up half of the needed vitamin D intake.
- Three ounces of cooked salmon accounts for more than 80% of necessary vitamin D. Tuna, oysters, and shrimp also contain high amounts of vitamin D.

Highly absorbable forms of vitamin D in pill, gummy, or liquid form are also available at your local health food store. After ruling out medication interactions or other health risks, a doctor or dietitian may recommend a vitamin D supplement beyond natural sources.

aPlaceforMom.com



# Easter Story

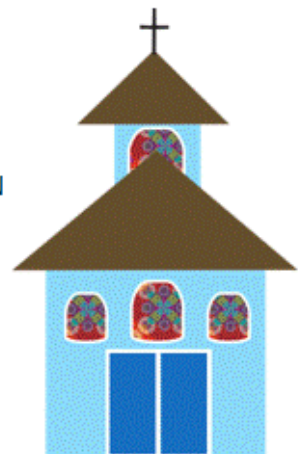
## Word Search

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 K A A P O D V G V A R E J O I C E  
 J R V M S P R A Y E R W C B V F S  
 Y N O I X I F I C U R C T R M L E  
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APOSTLES  
 BETRAYAL  
 CAVE  
 CHURCH  
 CROSS  
 CROWN  
 CRUCIFIXION  
 DISCIPLES  
 FAITH  
 GOOD FRIDAY

JESUS CHRIST  
 JUDAS  
 LAMB  
 LAST SUPPER  
 LENT  
 MARY  
 MIRACLE  
 PASSOVER  
 PENANCE  
 PENTECOST

PRAYER  
 REDEMPTION  
 REJOICE  
 RESURRECTION  
 RISEN  
 SAVIOR  
 SON  
 THORNS  
 TOMB



### **TARGETED MUSCLES:** Shoulders **TALK TO YOUR DOCTOR:** Hand-held weights

This exercise for your shoulders can help you put things up on a shelf or take them down more easily.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



*go4life.nia.nih.gov*

## Recipe of the Month

### Classic Macaroni Salad

#### **Ingredients:**

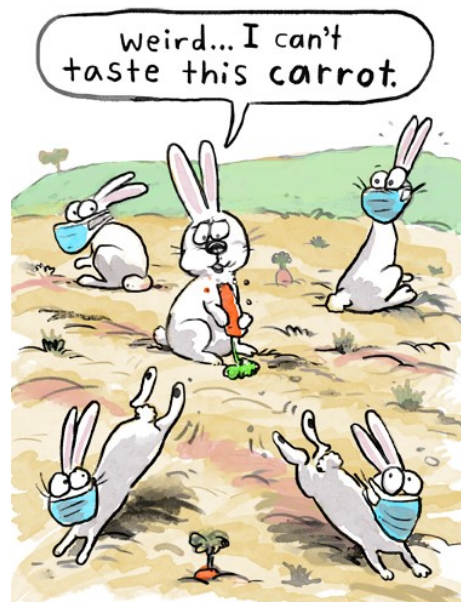
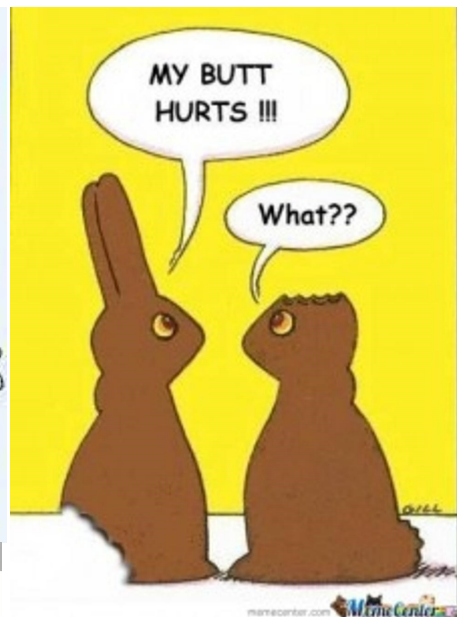
1 pound Elbow Macaroni	1 cup Red Onion
1 cup Mayonnaise	1 cup Red Bell Pepper
1/4 cup White vinegar	1 cup Celery
1 tablespoon Sugar	1/2 teaspoon Salt
2 tablespoons Mustard	1/4 teaspoon Pepper
2 tablespoons Sweet pickle relish	



#### **Directions:**

1. Cook elbow macaroni according to package instructions. Make sure to salt your water for flavor.
2. Once pasta is al dente, drain the water and rinse under cold water. Let the pasta drain thoroughly before proceeding to the next step.
3. While the macaroni is draining combine the mayonnaise, white vinegar, sugar, mustard, and sweet relish in a small bowl and whisk together.
4. Add the cooked macaroni, red onion, red bell pepper, and celery to a large bowl.
5. Pour the mayonnaise mixture over everything and gently toss together until well coated.
6. Add salt & pepper to taste.
7. Store in an airtight container in the refrigerator for at least 1 hour to let chill.
8. Enjoy!

*Pinterest.com*



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# Announcements

## DeWitt Senior Center Schedule

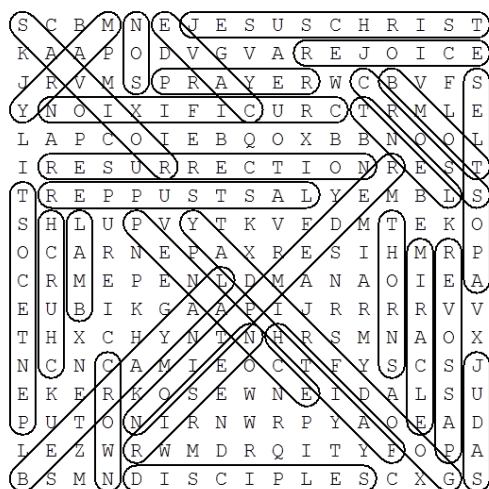
**Tuesdays & Thursdays** — Tai Chi from 9:00 am—10:00am, Quilting from 1:00 pm– 5:00 pm

**EVERY Wednesday** — Congregate Meals, Program, Cards & Games @ 12:00pm



**Saturday, April 2nd @ DeWitt Community Center** —  
Taco Bar from 6-7pm, Music Bingo following the meal.

### Answers to the Puzzle



## 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!

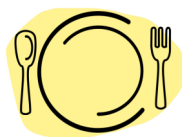
### What kind of beans won't grow in your garden?

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



Elaine Vlasin from Crete was the winner of March's Riddle.

The answer to March's riddle,  
**"What baseball position do leprechauns play?"**  
— Short Stop.

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:

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

## Celebrate a World of Flavors

Enjoying different flavors of the world is a chance to learn more about your own food culture as well as those that may be new to you. Familiar ingredients can be presented in new ways and new foods may remind you of things you already know and love. You may also come across ingredients and flavors you've never experienced before.

Trying foods and recipes from various cultures is one way to include different flavors into your healthy eating routine. Many cuisines offer dishes which include foods from each food group, so it's possible to plan meals that are nutritious, well-balanced, and bursting with flavor.

Trying new flavors and foods from around the world can also help you increase the variety in the foods you eat. Choosing a variety of nutritious foods from all of the food groups (fruits, vegetables, grains, dairy, and protein foods) and in the recommended amounts will help you get the nutrients that are needed for good health.

Incorporate your favorite cultural foods and traditions, as you "Celebrate a World of Flavors" during National Nutrition Month® and throughout the year. These are a few ways to embrace global cultures and cuisines when planning your meals and snacks:

**Vary your breakfast (or first meal of the day) to include favorites from around the world.**

*Healthful options are available, even if time is limited. These are just a few examples for on-the-go or when more time is allowed for eating.*

- A smoothie with low-fat yogurt or buttermilk and tropical fruits, like papaya or mango.
- Za'atar mixed with a little olive oil and spread on whole wheat pita bread, then topped with tomato slices, olives, cucumber, and fresh mint.
- Scottish oatmeal or bulgur with low-fat or fat-free milk or fortified soymilk with a topping of fruit and nuts or nut butter.
- Congee, a Chinese rice porridge, that can be served plain or with vegetables and a protein food, such as cooked chicken, meat or fish.
- Vegetable upma, an Asian Indian dish, that can be made with semolina or rice, spiced with ginger and other seasonings.
- A Spanish omelet with potatoes and other veggies, topped with a sprinkle of cheese.
- Or, an omelet filled with fried rice, known as omurice in Japan.





### 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 30<sup>th</sup>.

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)**.

