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## 10 Hot Weather Safety Tips For Working in the Heat

1. **Stay hydrated.** Drink plenty of fluids; drink about 16 ounces before starting and 5 to 7 ounces every 15 or 20 minutes.
2. **Avoid dehydrating liquids.** Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
3. **Wear protective clothing.** Lightweight, light-colored and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated.
4. **Pace yourself.** Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
5. **Schedule frequent breaks.** Take time for rest periods and water breaks in a shaded or air conditioned area.
6. **Use a damp rag.** Wipe your face or put it around your neck.
7. **Avoid getting sunburn.** Use sunscreen and wear a hat if working outside.
8. **Be alert to signs of heat-related illness.** Know what to look for and check on other workers that might be at high risk.
9. **Avoid direct sun.** Find shade or block out the sun if possible.
10. **Eat smaller meals.** Eat fruits high in fiber and natural juice. Avoid high protein foods.

# Clean, Separate, Cook, Chill

Following four simple steps at home—Clean, Separate, Cook, and Chill—can help protect you and your loved ones from food poisoning.

### Clean: Wash your hands and surfaces often.

- Germs that cause food poisoning can survive in many places and spread around the kitchen
- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
- Rinse fresh fruit and vegetables under running water.

### Separate: Don't cross-contaminate.

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.
- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.

### Cook to the right temperature.

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture (except for seafood).
- Use a food thermometer to ensure foods are cooked to a safe internal temperature. Check this chart for a detailed list of temperatures and foods, including shellfish and pre-cooked ham external icon.
- Whole cuts of beef, veal, lamb, and pork, including fresh ham (raw): 145°F (then allow the meat to rest for 3 minutes before carving or eating)
- Fish with fins: 145°F or cook until flesh is opaque
- Ground meats, such as beef and pork: 160°F
- All poultry, including ground chicken and turkey: 165°F
- Leftovers and casseroles: 165°F
  - Microwave food thoroughly:
- Know your microwave's wattage. Check inside the door, owner's manual, or manufacturer's website. Lower wattage external icon means longer cooking time.
- Follow recommended cooking and standing times, to allow for additional cooking after microwaving stops. Letting food sit for a few minutes after microwaving allows cold spots to absorb heat from hotter areas and cook more completely.
- When reheating, use a food thermometer to make sure that microwaved food reaches 165°F.



### Chill: Refrigerate promptly.

Bacteria can multiply rapidly in left at room temperature or in the “Danger Zone” between 40 degrees and 140 degrees.

- Keep your refrigerator at 40 degrees or below, your freezer at 0 degrees or below, and know when to throw food out.
- Divide warm foods into several clean, shallow containers so they will chill faster.
- Refrigerate perishable food within 2 hours. If the food is exposed to temperatures above 90 degrees, refrigerate it within 1 hour.
- Thaw frozen food safety in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter because bacteria multiplies quickly in parts of the food that reach room temperature.

### What is the Recommended Daily Nutrition for Seniors

The **USDA Food Patterns** recommends that people 50 or older choose healthy meals every day from the following:

- **Fruits — 1½ to 2 ½ cups**

What is the same as ½ cup of cut-up fruit? A 2-inch peach or ¼ cup of dried fruit.

- **Vegetables — 2 to 3½ cups**

What is the same as one cup of cut-up vegetables? Two cups of uncooked leafy vegetables.

- **Grains — 5 to 10 ounces**

What is the same as one ounce of grains? A small muffin, a slice of bread, a cup of flaked, ready-to-eat cereal, or ½ cup of cooked rice or whole-grain pasta usually equal one ounce of grains.

- **Protein foods — 5 to 7 ounces**

What is the same as one ounce of meat, fish or poultry? One egg, ¼ cup of cooked beans or tofu, ½ ounce of nuts or seeds or one tablespoon of peanut butter.

- **Dairy foods — 3 cups of fat-free or low-fat milk**

What is the same as one cup of milk? One cup of yogurt or 1½ to 2 ounces of cheese. One cup of cottage cheese is the same as ½ cup of milk.

- **Oils — 5 to 8 teaspoons**

What is the same as oil added during cooking? Foods such as olives, nuts, and avocado have a lot of oil in them.

- **Solid fats and added sugars (SoFAS) — keep the amount of SoFAS small**



*aPlaceforMom.com*

## What's going on?

### SIGN UP TIME FOR FARMERS MARKET COUPONS

Saline County Aging Services (SCAS) 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.

To qualify for SFMNP coupons, Saline County residents must:

Be 60 years of age or older.

Meet income guidelines. Households cannot exceed the following:

—1 person household \$25,142 per year

—2 person household \$33,874 per year

Attend a mandatory, but brief, nutrition presentation.

Be prepared to show proof of age and income.



**Coupons will be given out on a first come, first served basis. SCAS will receive a limited amount of coupons. This year SCAS are only getting 35 sets. People will be put on a waiting list for extra coupons if/when they become available.**

The coupons will become available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00/coupon or \$48.00/set. 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.

People who have called to reserve a set of coupons will be notified of the days/times available to attend the nutrition presentation and receive their coupons.

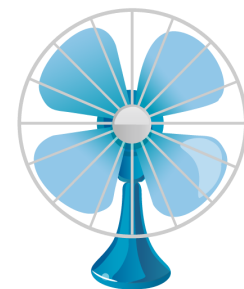
The SFMNP is a partnership between the USDA, the State of Nebraska, Farmers' Markets, and Area Agencies on Aging.

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.



## JUNETEENTH

Saline County Aging Services  
will be closed on June 20th in  
observance of Juneteenth.



### Hosanna Home Care

*"We believe your loved ones can stay at home."*

- Companionship
- Personal Care
- Meal Preparation
- Homemaking
- Transportation
- End-of-life Care

1327 Main Avenue  
Crete, NE 68333

Angie: 402-890-1584  
Jasmine: 402-826-7148

### Hot Summer Months Are Approaching Us!

Those in the LIHEAP program are eligible for  
a fan.

Fan Program from June 1st—August 31st

Please contact SCAS to receive a fan if you are  
in need.

**402-821-3330**



# Oh, so much fun!



**When:** Wednesday, June 15th, 2022  
@ 10:00am

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

**Coffee & Rolls Provided!!**

**Program:** Tonja Vyhnaelek with Wilber Fire Department will be joining us to speak on home safety tips!

**When:** Thursday, June 23th, 2022  
@ 11:30am

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

**Meal: Lasagna!**

**Program:** Build a DIY birdseed feeder!



# Camping



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

air mattress  
 animals  
 batteries  
 cabin  
 campfire  
 campsite  
 canoeing  
 chipmunk

compass  
 flashlight  
 hammock  
 hiking  
 insect repellent  
 island  
 kayak  
 lantern

marshmallow  
 memories  
 mosquitoes  
 mountains  
 nature  
 outdoor cooking  
 raccoon  
 reservation

roasting sticks  
 s'mores  
 sleeping bag  
 summer  
 swimming  
 tent  
 trailer  
 vacation



## Exercise of the Month — Elbow Extension Exercise

### TARGETED MUSCLES: Shoulders

**TALK TO YOUR DOCTOR:** Hand-held weights or household items (soup cans, bottles of water)

This exercise will strengthen your upper arms. If your shoulders aren't flexible enough to do this exercise, try the Chair Dip.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weight in one hand with palm facing inward. Raise that arm toward ceiling.
4. Support this arm below elbow with other hand. Breathe in slowly.
5. Slowly bend raised arm at elbow and bring weight toward shoulder.
6. Hold position for 1 second.
7. Breathe out and slowly straighten your arm over your head. Be careful not to lock your elbow.
8. Repeat 10-15 times.
9. Repeat 10-15 times with other arm.
10. Repeat 10-15 more times with each arm



*go4life.nia.nih.gov*

## Recipe of the Month

### Zesty Slow Cooker BBQ Chicken Sandwiches

#### Ingredients:

- 2-3 lbs chicken breast ( 4-6 breasts)
- 1 12oz bottle BBQ sauce
- 3/4 cup Italian dressing
- 1/4 cup brown sugar
- 2 tbsp Worcestershire sauce
- Sandwich buns
- Coleslaw

#### Directions:

1. Place everything into your slow cooker (except for the sandwich buns and coleslaw) and cook on low for 6-8 hours or until the chicken shreds easily.
2. Shred the chicken and mix around in the sauce. Allow to absorb the sauce for an additional 15+ mins.
3. Serve on toasted bun with coleslaw.



*Pinterest.com*

# What is Marriage, According to Kids?

## What is Marriage?

"Marriage is when you get to keep your girl and don't have to give her back to her parents." - Eric, age 6

"If marriage is anything like spelling, I don't want it. It's too hard." Marty, age 7

"Hey, I'm just a kid. It gives me a headache to think about things like marriage." William Robert, age 5

"Marriage is a real good thing I think, but baseball is pretty good too." - Ralphie, 9

"Marriage is what happens when two people are in love, and they go out to eat, and they like talking to each other so much their food gets cold and they don't care." - Pamela, age 7



## What is the Proper Age to Get Married?

"Once I'm done with kindergarten, I'm going to find me a wife." - Bert, 5

"I'm not sure how old you need to be, but I think you gotta start with being handsome. Just look at me. I'm handsome, but I'm not married yet." - Brian, 6

"I think 82 is the right age to get married. That way you can hold hands to keep each other from falling over, and nobody knows that's what you're doing." - Steven, 7

"I don't want to rush into marriage. It's hard enough just getting through the fourth grade." - Ashley Marie, age 9

"One of you has to be old enough to write checks, 'cause when you get married there's lots of bills to pay." - Dillon, age 10

## How Do You Know Who to Marry?

"You flip a nickel." "Heads, you keep him." "Tails, you find another boy." - Kelley, 9

"You get shot with an arrow. I don't know just how it works 'xactly, but I don't think it's supposed to hurt, then you feel all squishy when you're with 'em. - Bruce, 10

"If you have freckles, you should find someone else who has freckles." Robin, 7

"That's a good question. I've been trying to hide from love and marriage since I was 5 years old, but girls keep trying to find me." - David, age 8

"When you go on a date with a boy and he pays the whole bill at the restaurant, then you know it's okay to marry him." - Madeline, age 11



## 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

**Monday/Wednesday/Friday** — Water Aerobics @ DeWitt Swimming Pool from 5:00 pm– 6:00 pm  
**\$2 / session**

**Memorial Bricks for sale** — \$15 / piece. *Contact Melissa if you are interested! 402-239-1015*

#### Answers to the Puzzle

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

### 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!

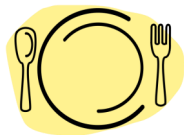
#### Why do bananas use sun cream?

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



Donnis Aksamit of Hallam was the winner of May's Riddle.

The answer to May's riddle,  
**"What has 4 wheels and flies?"**  
— Garbage Truck

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:



# Oral Health



While your mouth, teeth and gums are very important for eating, that is not their only role. All these things are critical for chewing food so that it can be swallowed more efficiently. These two processes are regarded as the first few steps in the digestion process for the human body. Look at your mouth as the point of first contact where you meet food and its nutrients. What you put in your mouth impacts your general health, including your gums and teeth. Research shows that if you have poor overall nutrition, the first signs of issues will usually show in your mouth. Let us look at what the American Dental Association (ADA) says about what you eat and how it impacts your dental health.

## Food That Damages Your Teeth

When it comes to foods that can pose a risk to your teeth, it is best to be well informed so you can limit your risks and improve your dental health! There are foods that can harm your teeth. The following types of foods can harm your teeth, so be sure to be aware of what you are putting in your mouth.

Hard candies and ice can both be harmful to your teeth, especially if you are chewing on them. Hard candies are considered empty calories with no nutritional value and can pose a risk due to the exposure of high sugar levels. The ADA recommends trying sugarless gum in place of hard candies. Be sure to look for the ADA seal when purchasing sugarless gum. Along with hard candies, chewing on ice can also be damaging to your teeth. Chewing ice may be a mindless habit for some but the ice can damage the tooth's enamel, the protective covering.

There are types of food that are enjoyable due to their taste, but it's important to watch your intake levels. Foods that are strong with citrus, like lime or lemon, can erode your teeth, which can lead to possible decay over time. Coffee drinkers often add in sugars for taste, but they may want to start skipping that step. Sugar that is added to coffee can lead to cavities, which can lead to tooth pain and issues in the future. Foods that are sticky are not ideal for your teeth. These foods can be imbedded into your teeth and can be hard to remove. Starchy snacks and trail mixes taste good, but are a no-go according to the ADA. These types of snacks can be trapped in and on your teeth. If you choose to consume these foods, remember to drink water and floss every day to prevent tooth problems.

The last type of food that should be avoided are soda pops, alcohol and sport drinks. Carbonated drinks, like soda, can attack your teeth with their acidity. Alcoholic beverages consumed on a regular basis can lead to decreased saliva production. This can lead to not only decay of your teeth, but also gum disease. Heavy intake of alcoholic beverages can lead to an increased risk of oral cancer. Finally, keep the sport drinks for the athletes as these are loaded with sugars.

## Foods That Are Good for Dental Health

Let's look at the brighter side and go over foods that are good for our health and well-being. Water is the undisputed champion and always will be. The fluoride found in water helps make teeth stronger against the attack that acid can have on our teeth.

Foods considered good for your teeth include dairy, cheese, yogurt, various types of meats, fruits and vegetables. Dairy, cheese and yogurt can be low in sugar and loaded with calcium, which helps strengthen your teeth. Foods like meat, poultry, milk and eggs are rich in phosphorus, which can make your teeth stronger. Fruits and vegetables are high in water and fiber; a good balance to the sugars you consume. Fruits and vegetables also help clean your teeth while you chew, which can lead to the production of more saliva to help wash away the acids and food particles that might be taking a free ride on your teeth!

This last food is one that you might not think about, but nuts are as important as anything when it comes to nutrition and our oral health. Nuts contain minerals and protein which are both important to, not only your overall health, but also to your oral health. Nuts are low in carbohydrates, so they don't pose any unnecessary risk for causing cavities to your teeth. Nuts usually require lots of chewing and research has shown that increased production of saliva is linked to increased chewing. Having more saliva can lead to a decreased risk of tooth decay, which can help keep your teeth strong and happy for many years to come!

*Material Created and Prepared By –Devin Mueller  
Material Reviewed and Approved By – Ann Goshorn,  
MS, RD, LMNT, CLC*

*Source: [www.mouthhealthy.org](http://www.mouthhealthy.org)*



### 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)**.

