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Fourth of July– Independence Day

The Fourth of July – also known as Independence Day or July 4th – has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

A History of Independence Day

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical.

By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the best-selling pamphlet “Common Sense,” published by Thomas Paine in early 1776.

On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies’ independence.

Amid heated debate, Congress postponed the vote on Lee’s resolution, but appointed a five-man committee – including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York – to draft a formal statement justifying the break with Great Britain.

..continued on page 2 societyinsurance.com

Fourth of July— Independence Day

On July 2nd, the Continental Congress voted in favor of Lee's resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 "will be celebrated, by succeeding Generations, as the great anniversary Festival" and that the celebration should include "Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other."

On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

Early Fourth of July Celebrations

In the pre-Revolutionary years, colonists had held annual celebrations of the king's birthday, which traditionally included the ringing of bells, bonfires, processions and speechmaking. By contrast, during the summer of 1776 some colonists celebrated the birth of independence by holding mock funerals for King George III, as a way of symbolizing the end of the monarchy's hold on America and the triumph of liberty.

Festivities including concerts, bonfires, parades and the firing of cannons and muskets usually accompanied the first public readings of the Declaration of Independence, beginning immediately after its adoption. Philadelphia held the first annual commemoration of independence on July 4, 1777, while Congress was still occupied with the ongoing war.

George Washington issued double rations of rum to all his soldiers to mark the anniversary of independence in 1778, and in 1781, several months before the key American victory at Yorktown, Massachusetts became the first state to make July 4th an official state holiday.

After the Revolutionary War, Americans continued to commemorate Independence Day every year, in celebrations that allowed the new nation's emerging political leaders to address citizens and create a feeling of unity. By the last decade of the 18th century, the two major political parties – the Federalist Party and Democratic-Republicans – that had arisen began holding separate Fourth of July celebrations in many large cities.

Fourth of July Becomes a Federal Holiday

The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is "The Star-Spangled Banner," the national anthem of the United States.



What can I do if I am having trouble eating healthy?

Sometimes health issues or other problems can make it hard to eat healthy. Here are some tips that might help:

- If you are tired of eating alone, try organizing some potluck meals or cooking with a friend. You can also look into having some meals at a nearby senior center, community center, or religious facility.
 - If you are having trouble chewing, see your dentist to check for problems
 - If you are having trouble swallowing, try drinking plenty of liquids with your meal. If that does not help, check with your health care provider. A health condition or medicine could be causing the problem.
 - If you're having trouble smelling and tasting your food, try adding color and texture to make your food more interesting
 - If you aren't eating enough, add some healthy snacks throughout the day to help you get more nutrients and calories
 - If an illness is making it harder for you to cook or feed yourself, check with your health care provider. He or she may recommend an occupational therapist, who can help you find ways to make it easier.
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- *NIH: National Institute on Aging*

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.

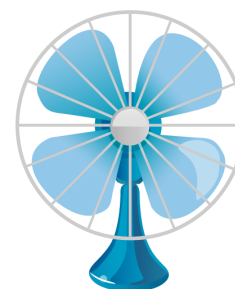
People who have called to reserve a set of coupons will be notified of the days/times available to attend the nutrition presentation and receive their coupons.

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.



Saline County Aging Services will be closed on July 4th in observance of Independence Day.



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

Join us for some Summer fun!

July

July 11 @ 2pm – Czech Brewery
Presentation by Kim Anderson, Brewery
President

July 20 @ 11:30am - Western Picnic
lunch and activity at SCAT

July 29 @ 2pm - Dessert and Czech
Accordion Music with Collin Kohout WC
8th grader Wilber SCAS backroom

RSVP to SCAS 402-821-3330

August

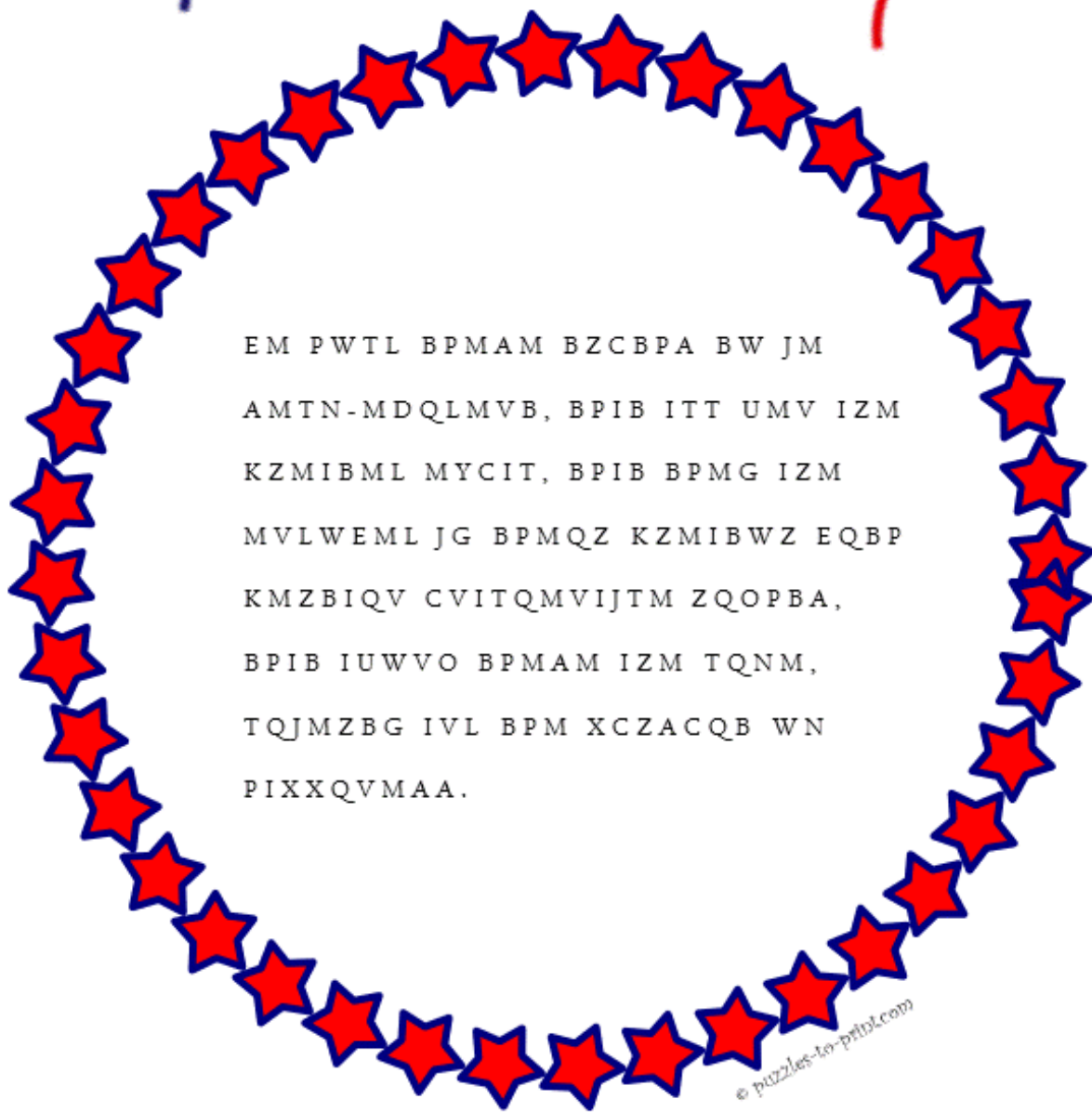
Yesterday's Lady out of Beatrice — Pre-
sented the history of the swimsuit "Back
to the Beach"

August 17 @ 2:00 Dessert with
presentation following in Wilber SCAS
backroom

August 25 @ 11:30 Meal with
presentation following in Western at
SCAT



Fourth of July Cryptogram



EM PWTL BPMAM BZCBPA BW JM
AMTN-MDQLMVB, BPIB ITT UMV IZM
KZMIBML MYCIT, BPIB BPMG IZM
MVLWEML JG BPMQZ KZMIBWZ EQBP
KMZBIQV CVITQMVIJTM ZQOPBA,
BPIB IUWVO BPMAM IZM TQNM,
TQJMZBG IVL BPM XCZACQB WN
PIXXQVMAA.

© puzzles-to-print.com

Directions: Unscramble the above word puzzle to answer the Cryptogram about the Fourth of the July.

TARGETED MUSCLES: Shoulders and Arms

WHAT YOU NEED: Weighted objects or hand-held weights

This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying grandchildren easier.

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 weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.



go4life.nia.nih.gov

Recipe of the Month

4th of July Firecracker Dogs

Ingredients:

- 1 can refrigerated breadstick dough
- 2 pkgs — 16 hotdogs
- 16 thick slices Colby cheese
- 16 skewers

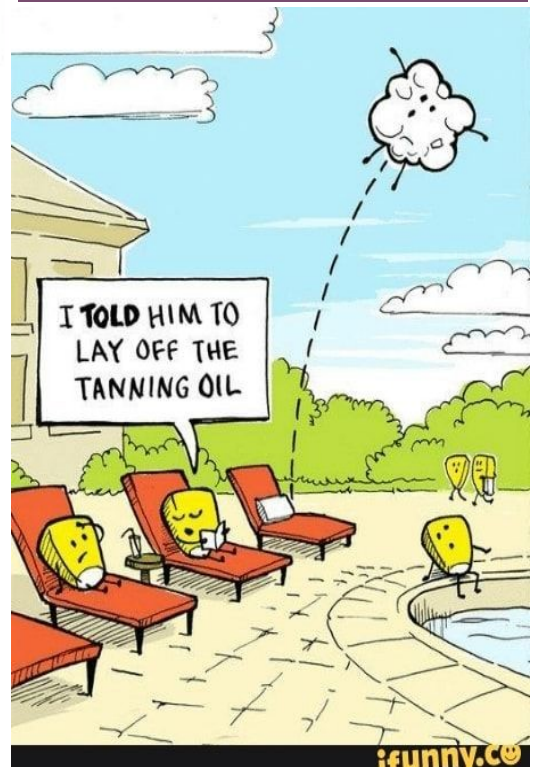
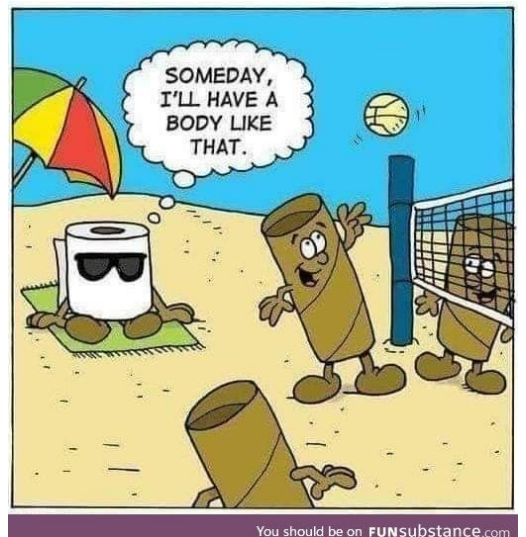


Directions:

1. Take your skewers and stick them all the way through your hotdogs leaving about an inch and a half exposed out of the top of each hotdog.
2. Take a piece of breadstick dough and wrap it around the hot dog until you get to the top.
3. Place the hotdogs on a non stick baking liner and bake according to the breadstick dough directions. Usually about 20 mins at 350.
4. While hotdogs cook, take your cheese slices and use a small star cookie cutter to cut out your stars. The key is to have thicker sliced cheese.
5. After the hotdogs have cooled, stick the star through the skewer at the top.

Pinterest.com

Just For Laughs...



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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

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

WE HOLD THESE TRUTHS TO BE
SELF-EVIDENT, THAT ALL MEN ARE
CREATED EQUAL, THAT THEY ARE
ENDOWED BY THEIR CREATOR WITH
CERTAIN UNALIENABLE RIGHTS,
THAT AMONG THESE ARE LIFE,
LIBERTY AND THE PURSUIT OF
HAPPINESS.

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!

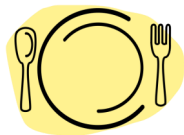
What is the smartest state?

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



was the winner of June's Riddle.
Sophie Flaska

The answer to June's riddle,
"Why do bananas use sun cream?"
— so they don't peel

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:

What are functional foods?



If you have questions regarding your nutritional needs or would like further information, call Aging Partners at 402-441-7159.



Functional foods and their health benefits have recently been a hot topic in the news. The Academy of Nutrition and Dietetics defines a functional food as “one that has the potential to provide beneficial effects on health when consumed as part of a varied diet.”

There are several types of functional foods available. Examples include conventional foods and modified foods. Conventional foods include fruits, vegetables, fish, whole grains and nuts. Modified foods include fortified cereals, juices and yogurt. Modified foods are often fortified with nutrients, such as calcium and/or Vitamin D.

Don't rely on the front of the package advertising for nutritional content. For example, just because a cereal states that it is “made from whole grain” does not mean that it is a good source of fiber. Make sure to read the Nutrition Facts Label as well as the Ingredient List to determine how healthy a food is. (Source: www.eatright.org)

Functional Foods

- **Fatty Fish:** Salmon is a fatty fish that has gained popularity over the past several years. Salmon is considered a good source of lean protein and contributes an adequate amount of Omega-3 fatty acids to our diet. Omega-3 fatty acids have been shown to have positive health benefits on heart health and possibly brain health.
- **Berries:** Strawberries, blueberries, blackberries, and raspberries contain a large amount of anthocyanins, which is an antioxidant. Antioxidants have been shown to have positive effects on health and may protect against certain types of cancer and other chronic diseases.
- **Nuts:** Almonds, walnuts, and cashews are considered to be a good source of protein and contain the “healthy” fats that are encouraged. Nuts can provide monounsaturated and polyunsaturated fats to our body, which can help to lower LDL (“bad”) cholesterol levels and have a positive effect on heart health. It is recommended to consume ½-1 serving of nuts per day. Be mindful on how much it being consumed, as nuts are often high in calories. Nuts covered in salt or chocolate do not have the health benefits that regular, unsalted nuts do.
- **Beans:** All beans are a good source of protein and fiber. Beans can be incorporated into a variety of entrees such as soups and casseroles. If using canned beans, be sure to rinse before cooking to reduce the sodium content.

Area 5th graders partner with seniors in SCAS Telecare Program

SCAS partnered with Wilber-Clatonia 5th grade students this past school year connecting students with area seniors. The students made morning calls to seniors in the Saline County area to see how they were doing and if they needed anything. This program allowed for a friendly and familiar voice for those who live alone, while giving students the opportunity to learn about social services and develop communication skills. This program will continue next year and SCAS is hoping to expand into other school districts in Saline County. If you are interested in participating, let us know.

