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Fun Halloween Options for Trick or Treaters

Halloween is approaching! Not sure what to hand out this year? Here are a few fun options!

Food Options

- *Yogurt Raisins*
- *Granola Bars*
- *Craisins*
- *Fruit*
- *Fruit Snacks*
- *Juice Pouches*
- *Gold Fish*
- *Pretzels*
- *Trail Mix*
- *Water Bottles*
- *Trail Mix*
- *Popcorn*

Non-Food Options

- *Spider Rings*
- *Airplanes*
- *Temporary Tattoos*
- *Glow Sticks*
- *Balloons*
- *Pencils*
- *Stamps*
- *Play Doh*
- *Bubbles*

Doctor's Appointments: Tips for Caregivers

Working with doctors and other healthcare professionals can be an important part of being a caregiver. Some things caregivers may find especially helpful to discuss are: what to expect in the future, sources of information and support, community services, and ways they can maintain their own well-being.

If you go with the person you care for to see his or her doctor, here are a few tips that will help you be an ally and an advocate:

- Bring a list of questions, starting with what is most important to you and the person, and take notes on what the doctor recommends. Ask the person in advance how you can be most helpful during the visit. Both the questions and the notes you write down can be helpful later, either to give information to another caregiver or family member, or to remind the patient what the doctor said.
- Before the appointment, ask the person and the other caregivers if they have any questions or concerns they would like you to bring up.
- Bring a list of ALL medicines and dietary supplements the person is taking, both prescription and over-the-counter, and include the dosage and schedule. If he or she sees several different doctors, one may not necessarily know what another has prescribed.
- When the doctor asks a question, let the person answer unless you have been asked to do so.
- It's easy to get into a two-way conversation between the doctor and yourself—try not to do this. Always include both the person you care for and the doctor when you talk.
- Respect the person's privacy, and leave the room when necessary.
- If you live out of town, talk to the doctor about how you can keep up to date on the person's health since you live out of town.
- Ask the doctor to recommend helpful community resources.
- Larger medical practices, hospitals, and nursing homes may have a social worker on staff. The social worker may have valuable suggestions about community resources and other information.



Nia.nih.gov

Look ahead to get the following dates/locations marked down on your calendar.

We would love to see new faces!

Wilber SCAS

October 3rd — Medica Cost Plan Presentation by Jones Group Insurance @ 1:30pm

December 16th — Yesterday's Lady, Victorian Christmas @ 2:00pm

Western SCAT

October 27th — Meal @ 11:30am

November 17th — Meal @ 11:30am

December 22nd — Yesterday's Lady, Victorian Christmas & Meal @ 11:30am



Nebraska SHIP Personal Information Worksheet

Use this worksheet to help gather all the information you need to choose a Medicare drug plan that meets your needs. Please fill out as much of the information on this worksheet as possible.

Complete the following personal information

Name: _____ Date of Birth: ____ - ____ - ____

Address: _____ County: _____

City: _____ State: _____ Zip Code: _____

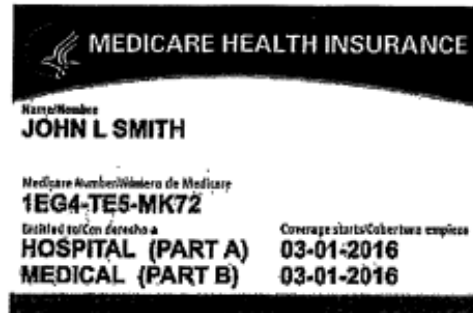
Telephone Number: (____) _____ - _____

Email: _____

Medicare Claim Number: _____

Part A Effective Date: ____ - ____ - ____

Part B Effective Date: ____ - ____ - ____



If your income and assets fall within the below range, you may be able to save money on your prescriptions. Just ask your counselor for more information!

Individual:
 Monthly Gross Income: \$1,630 or less
 Assets: \$14,790 or less

Married Couple:
 Monthly Gross Income: \$2,198 or less
 Assets: \$29,520 or less

Did you know fraud costs Medicare billions of dollars each year and damages the Medicare program. It is vitally important to root out fraud, and Medicare needs your help!



PROTECTING your personal information is the best line of defense in the fight against Medicare fraud and abuse.

DETECT fraud by examining both the Medicare Summary Notice (MSN) you receive from Medicare and the Explanation of Benefits (EOB) you receive from your Part D or Medicare Advantage Plan.

If you suspect fraud in your healthcare,
REPORT IT to the Nebraska SHIP!

PROTECT Personal Information | **DETECT** Fraud and Scams | **REPORT** Your Concerns

Medicare D Appointment Times/Locations

Must RSVP for Medicare D appointments at these locations!!

Call 402-821-3330 to RSVP your time and location.

Crete— Crete Library

Monday, October 24th @ 10:00am—3:00pm
Tuesday, November 15th @ 10:00am –3:00pm

DeWitt Senior Center

Tuesday, October 25th @ 9:30am—3:00pm

Dorchester Community Center

Monday, November 7th @ 10:00am—3:00pm
Thursday, November 10th @ 1:00pm—3:00pm

Friend Community Healthcare System

Tuesday, October 18th @ 10:00am –3:00pm
Tuesday, November 1st @ 1:00pm -3:00pm
Thursday, December 1st @ 10:00am—3:00am

Western SCAT

Friday, October 21st @ 10:00am—3:00pm
Thursday, November 3rd @ 10:00am– 3:00pm
Thursday, November 17th @ 10:00am-3:00pm

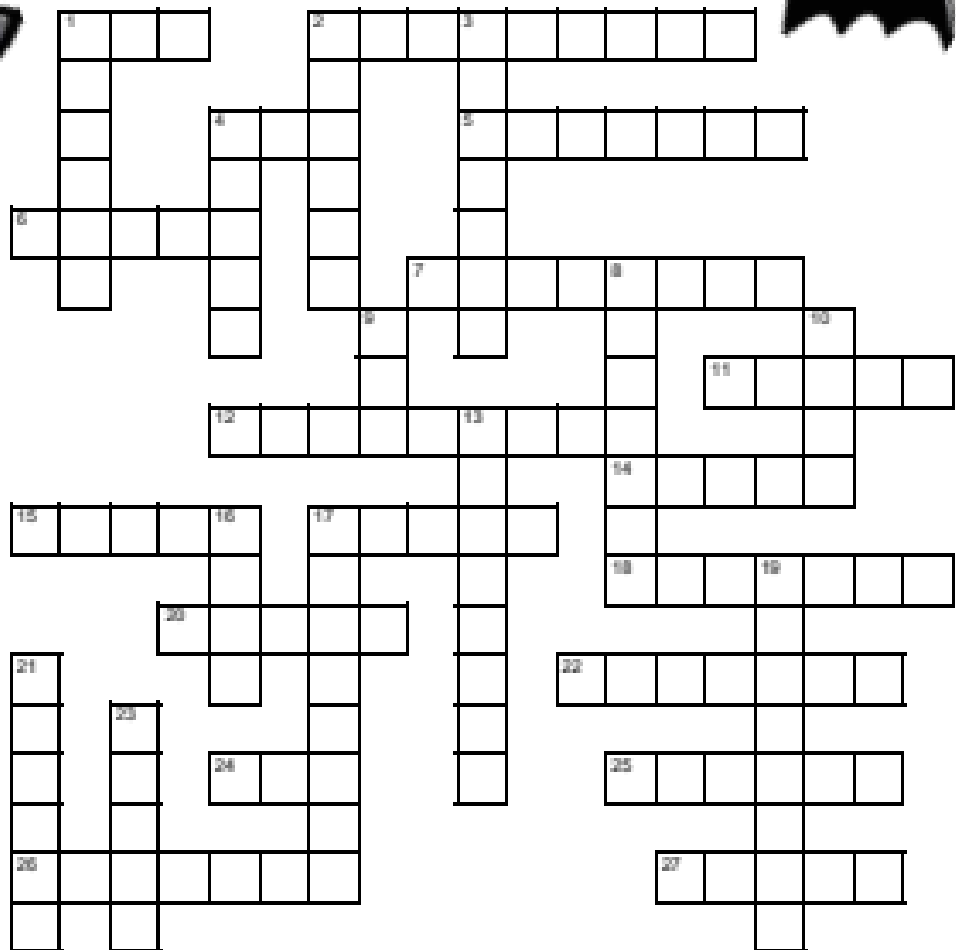
Wilber SCAS

Thursday, October 20th @ 9:00am– 3:00pm
Wednesday, November 16th @ 9:00am– 3:00pm





Halloween



Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. ____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. ____ stories.

Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. ____ house.

9. Whoa? Whoa?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and ____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.



Exercise of the Month

Exercising with Arthritis

For people with arthritis, exercise can reduce joint pain and stiffness. It can also help with losing weight, which reduces stress on the joints.

Flexibility exercises such as upper- and lower-body stretching and tai chi can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities.

Strengthening exercises, such as overhead arm raises, will help you maintain or add to your muscle strength to support and protect your joints.

Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Try activities that don't require a lot of weight on your joints, such as swimming and biking.

If you have arthritis, you may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, for example, you may need to focus on another area for a day or two.



go4life.nia.nih.gov

Recipe of the Month

Quick Pumpkin Muffins

Ingredients:

- 15 oz can of pumpkin
- Super Moist Spice Cake
- Mini Chocolate Chips



Directions:

1. Add the can of pumpkin to the dry spice cake mix.
2. Add 1 cup mini choc chips and stir until combined.
3. Bake at 350 for 20 mins.
4. Enjoy!

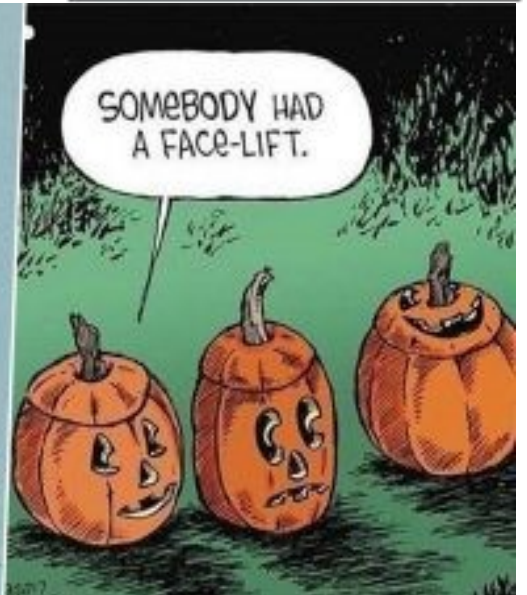
Pinterest.com

Just For Laughs...

WHY WITCHES ONLY HANG OUT WITH BLACK CATS



SHOP.LINGVISTOV.COM



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

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

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!

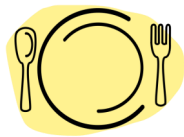
Please include your name & phone number with your answer!

When is it bad luck to see a black cat?



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Bob Kasl of Wilber was the winner of September's Riddle.

The answer to September's riddle,
What did one leaf say to the other?
— I'm falling for you

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:



Food Safety and You!

Each year, roughly 48 million Americans get sick from food they eat. Of those, 128,000 are hospitalized and 3,000 die from foodborne diseases. Reducing foodborne illness by just 1 percent would keep about 500,000 Americans from getting sick each year. The causes of foodborne illness are generally bacteria or viruses that contaminate foods or food preparation surfaces or utensils. Most can be stopped by following these four food safety practices:

Clean

Bacteria can spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food.

Wash your hands with warm water and soap for at least 20 seconds before and after handling food.

Wash your dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food or task.

Rinse fresh fruits and vegetables under running water, including those with skins and rinds that are not eaten.

Rub firm-skin fruits and vegetables under running water or scrub with a clean vegetable brush while rinsing with running tap water.

Remember to wash the probe of the food thermometer after each use!

Separate

Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination.

Separate raw meat and eggs from other foods in your grocery shopping cart, grocery bags and in your fridge.

Use one cutting board for fresh produce and a separate one for raw meats.

Never place cooked food on a plate that previously held raw meat or eggs.

Keep chemicals and cleaning products away from food items.

Cook

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. To make sure food is cooked to a safe internal temperature, use a food thermometer to measure the internal temperature of cooked meat, poultry and egg dishes.

- Fish to 145°F
- Roasts and steaks to 145°F
- Ground meat to 160°F
- Poultry to 165°F

- Re-heated leftovers to 165°F
- Sauces, soups, gravies to a boil
- Cook eggs until firm, not runny

Color is not an indicator of doneness. Always check the internal temperature at the thickest part with a food thermometer.

Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave. For best results, cover food, stir and rotate for even cooking.

Chill

Refrigerate foods quickly because cold temperatures slow the growth of bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. The freezer temperature should be 0°F or colder.

Refrigerate or freeze meat and other perishables as soon as you get them home from the store.

Never let raw meat, eggs, cooked food or cut fresh fruits and vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).

Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold running water and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Remember – when in doubt, throw it out!

Source: www.fsis.usda.gov
www.puzzlemaker.discoveryeducation.com

In Loving Memory Of Evelyn Dvorak



In August, we lost our sweet Evelyn.
In her memory we purchased a coffee bar.
Come enjoy a cup of coffee and reminisce the
memories you have of her!

We would like to thank the family of Evelyn for making
the memorial money out to us at SCAS.
She was a special lady and we will miss her dearly.

