

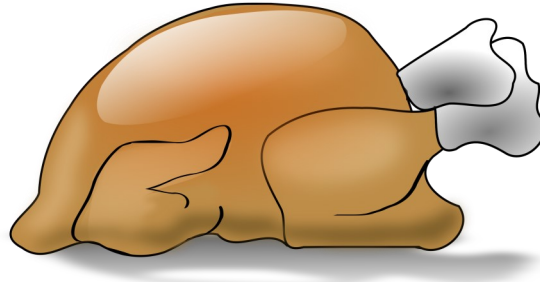


Volume 8, Issue 11

November 2022

Inside This Issue . . .

Handling Turkey..... Pg 1  
 Medicare D Form..... Pg 2  
 Daily Nutrition ..... Pg 4  
 Comics ..... Pg 5  
 Nut. Ed, Exercise, Recipe ..... Pg 6-7  
 Humor, Riddle, Answer Key ..... Pg 8-9  
 Healthy Eating.....Pg 10  
 Thanksgiving Facts..... Pg 11



Handling a Turkey for Thanksgiving

HOW TO THAW A TURKEY SAFELY

There are a few ways you can thaw a turkey for your Thanksgiving feast.

- **We always say that the quickest way to thaw a whole turkey is in a bath of cold water.** Thawing in cold water takes about 30 minutes per pound. One thing to know is that you will need to refresh the water every 30 minutes or so. We also will often add ice to the water to ensure that the water is very cold.
- **Another way to thaw your turkey is in the fridge.** Set the turkey on a cookie sheet because this will catch any liquid that could drip off your turkey while thawing. Be sure to have about 1 day of refrigeration for every 5 pounds of the turkey.

HOW TO PREP THE TURKEY:

Once your turkey is thawed, remove the packaging from the turkey.

Remove the giblet packets (they contain the gizzard and heart) and the neck is there too. *Check both ends of your turkey for these packets because it is often found in the neck and end cavities.*

**STOP! There is no need to rinse your turkey – all that it will do is contaminate your sink. The bacteria you are trying to rinse off will die when it cooks in the oven.**

Pat the turkey dry with paper towels.

WAYS TO COOK THE TURKEY:

- Air Fryer
- Instant Pot
- Slow Cooker
- Oven

# 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: \_\_\_\_\_

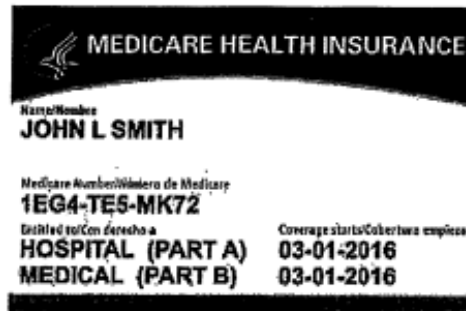
Telephone Number: (\_\_\_\_) \_\_\_\_ - \_\_\_\_

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

Tuesday, November 15th @ 10:00am –3:00pm

Dorchester Community Center

Monday, November 7th @ 10:00am—3:00pm

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

Friend Community Healthcare System

Tuesday, November 1st @ 1:00pm -3:00pm

Thursday, December 1st @ 10:00am—3:00pm

Western SCAT

Thursday, November 3rd @ 10:00am– 3:00pm

Thursday, November 6th @ 10:00am-3:00pm

Thursday, November 17th @ 10:00am-3:00pm

Wilber SCAS

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



# How to Avoid Scam Websites



## Check the URL

Secure websites begin with "HTTPS" and padlock symbol in the URL.

## Check Domain

Look for a domains like .com, .gov, .org, or .edu. Research domains you don't know.

## Check Address

Look for a physical address and working phone number. Scam businesses often have neither.

## Mind the Grammar

Scam websites commonly include frequent spelling and grammar mistakes.

## Payment Methods

Authentic websites use common payment methods like VISA, Mastercard, PayPal, etc.

## Watch for Warnings

If your browser warns you that the site is dangerous, leave the website.

## Check for Security

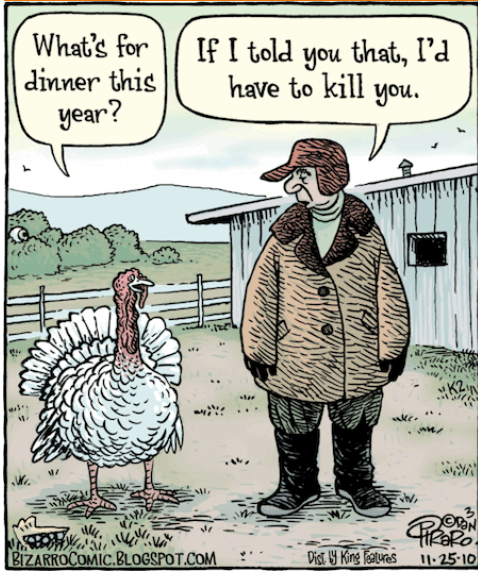
Secure websites often display badges from well-known security companies to protect personal information.

## Read Reviews

Check a company's reviews on search engines or social media. Read complaints filed with the Better Business Bureau.

Verify as many items on this checklist as possible to avoid scams.





Happy Thanksgiving



# Thanksgiving Day Parade

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

- BALLOONICLE
- BALLOONS
- BANDS
- BROADWAY
- CHRISTMAS
- DEPARTMENT STORE
- FALLOON
- FLOATS
- HELIUM
- HERALD SQUARE
- LIVE MUSIC
- MACYS
- MANHATTAN
- NBC
- NEW YORK CITY
- PARADE
- RIGGING
- ROCKETTES
- SANTA CLAUS
- SESAME STREET
- THANKSGIVING
- THREE HOURS
- TRADITION



# Endurance

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Climbing stairs or hills
- Playing tennis or basketball



Increase your endurance or “staying power” to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

*go4life.nia.nih.gov*

## Recipe of the Month

# Paula Deen's Corn Casserole

### Ingredients:

- 14.75 oz creamed corn
- 15.25 oz whole kernel sweet corn, drained
- 8.5 oz Jiffy corn muffin mix
- 8 oz sour cream
- 1 stick butter
- 1 cup cheddar cheese



### Directions:

1. Preheat oven to 350.
2. Combine all ingredients except for the cheddar cheese.
3. Pour into a greased 9 x 13 casserole dish or 10 inch cast iron skillet.
4. Bake uncovered for 45 minutes.
5. Top with shredded cheddar. Bake for additional 10-15 mins until the top begins to brown.
6. Let stand for 5 mins prior to serving.

*Pinterest.com*

### How the Aging Brain Affects Thinking

The brain controls many aspects of thinking — remembering, planning and organizing, making decisions, and much more. These cognitive abilities affect how well we do everyday tasks and whether we can live independently.

Some changes in thinking are common as people get older. For example, older adults may:

- Be slower to find words and recall names
- Find they have more problems with multitasking
- Experience mild decreases in the ability to pay attention

Aging may also bring positive cognitive changes. For example, many studies have shown that older adults have more extensive vocabularies and greater knowledge of the depth of meaning of words than younger adults. Older adults may also have learned from a lifetime of accumulated knowledge and experiences. Whether and how older adults apply this accumulated knowledge, and how the brain changes as a result, is an area of active exploration by researchers.

Despite the changes in cognition that may come with age, older adults can still do many of the things they have enjoyed their whole lives. Research shows that older adults can still:

- Learn new skills
- Form new memories
- Improve vocabulary and language skills

#### Changes in the Aging Brain

As a person gets older, changes occur in all parts of the body, including the brain.

- Certain parts of the brain shrink, especially those important to learning and other complex mental activities.
- In certain brain regions, communication between neurons (nerve cells) may not be as effective.
- Blood flow in the brain may decrease.
- Inflammation, which occurs when the body responds to an injury or disease, may increase.

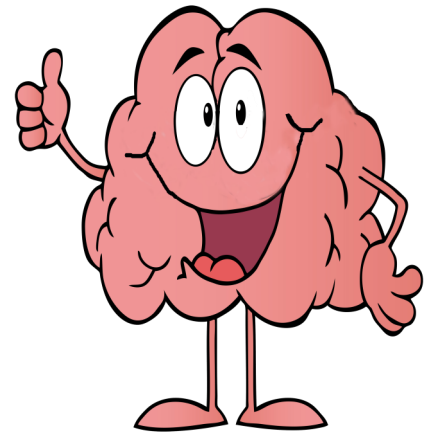
These changes in the brain can affect mental function, even in healthy older people. For example, some older adults may find that they don't do as well as younger individuals on complex memory or learning tests. However, if given enough time to learn a new task, they usually perform just as well. Needing that extra time is normal as we age. There is growing evidence that the brain maintains the ability to change and adapt so that people can manage new challenges and tasks as they age.

#### The Secrets of Cognitive Super Agers

Some people in their 80s, 90s, and beyond defy the common assumption that cognitive decline goes hand in hand with aging. These people, called cognitive super agers, have memory performance comparable to people 20 – 30 years younger. Research is ongoing to understand what sets these people apart to help others prevent (or reverse) age-related cognitive decline.

Talk with your doctor if you're concerned about changes in your thinking and memory. He or she can help you determine whether the changes in your thinking and memory are normal, or whether it could be something else.

There are things you can do to help maintain your physical health and that may benefit your cognitive health, too. Learn more about cognitive health and take steps to help you stay healthy as you age.





# Announcements

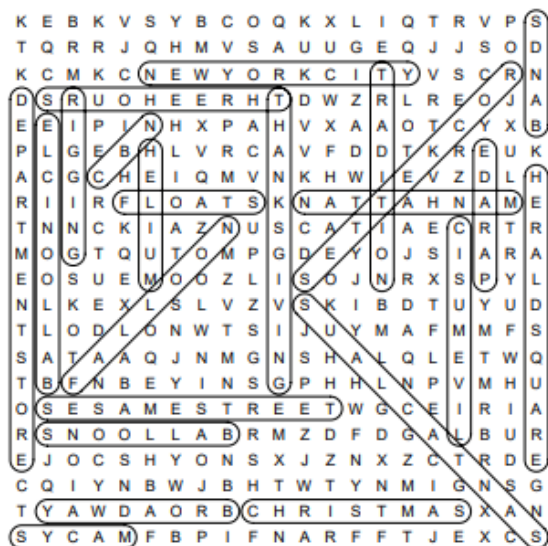
## DeWitt Senior Center Schedule

**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!

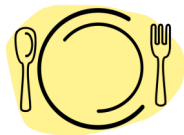
Please include your name & phone number with your answer!

### What smells the best every Thanksgiving Dinner?



### Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:  
402.821.3330



Jerald Saurer  
was the winner of October's Riddle.

The answer to August's riddle,  
**"When is it bad luck to see a black cat?"**  
— when you are a mouse

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:

# Reducing Food Waste

Our food choices can affect our health and well-being, but it can also have an enormous impact on our environment! If you are conscious about spending, it might surprise you to hear that between 30 to 40 percent of food purchased in American is either wasted or thrown out annually. The Department of Agriculture estimates that the financial value of our wasted food is about 133 billion pounds, which equals almost \$161 billion in value.

## Where does food loss occur?

Food loss occurs at every juncture in the food supply chain, not just in our households. It can range from food production to the actual consumption of the product itself, and everywhere in-between. Some specific examples of how food loss occurs can be as simple as food spoilage during storage and transport. During this time, food might be exposed to insects, bacteria, rodents and even mold. Food loss can also occur when a product is not “perfect,” such as when it is misshapen or has blemishes. On top of wasting food, there is also wasted labor, land usage, fertilizer and energy which all are used to produce those food products.

## What steps can you take?

There is no guarantee that if you do X, Y and Z you will extend your food use and have less waste. Here are strong recommendations that can help.

### 1. Take an inventory

Take a quick look at what you have on hand in your pantry, fridge and freezer. You will want to do this before you go to the grocery store to prevent overbuying.

### 2. Create a meal plan

To ensure you get a few good quality meals each week, it is especially important to plan some of those meals. Planning out what you will eat during the week can also help against overbuying. You should consider coordinating your meals so you are not using completely different ingredients and components for every recipe you make.

### 3. Save and eat leftovers safely

Leftovers can be a great and convenient way to eat pre-planned meals, but be sure to store them safely! If you are not planning to eat these leftovers within three days, label and store them in the freezer. You will want to keep your freezer organized so food does not become lost and subsequently thrown out when it goes bad.

### 4. Store food appropriately

One of the most common reasons people may say things like “I don’t like fresh fruits and vegetables because when I buy them, they go bad, and I throw them all out.” To help get the most out of those items, buy only what you can eat in any one week. You can store greens with a paper towel in a plastic container in the crisper drawer, tomatoes and bananas on the counter, potatoes and onions in a cool, dark place, and fresh herbs in a glass of water. It would be wise to have some frozen fruits and vegetables on hand in case you eat all your fresh produce before you go shopping next.

### 5. Consider buying “ugly” foods

Sometimes you can stretch your dollar by purchasing foods that are oddly shaped, such as with fruits and vegetables. Some companies will even deliver the not so perfect produce to your door for a fee. You can even try going to a Farmers Co-op or attending your local farmers market. Do not buy any food that is either bruised or spoiled!

### 6. Compost

If you really want to make sure nothing goes to waste – yes even those annoying vegetable peels – you can try composting. Backyard composting can be a great and effective way to minimize food waste and keep unnecessary food items out of the landfill. Composting can even help your garden flourish! You can also find small composting containers that you can keep inside your home!

### 7. Be creative with how you use leftovers

Discover ways to use food rather than toss it in the trash. Scraps from vegetable peels can be made into the stock for your soup. Fruits, such as blueberries and apples that are soft, can be a perfect addition to your oatmeal. Freeze produce before it spoils. If you have stale bread on hand you can use it to make egg strata or croutons. Vegetables that are slightly wilted can go right into those stir-fries or soups! Soup is one of the best things to make, as you can make it out of anything and everything!

### FUN FACTS TO SHARE WITH YOUR FAMILY

- The day after thanksgiving is the busiest day of the year for plumbers.
- Americans eat 704 million pounds of turkey every thanksgiving.
- Native Americans had many uses for the cranberry.
- Female Turkeys don't gobble.
- Tofu is the most hated Thanksgiving dish.
- Jingle Bells was originally a thanksgiving song.
- The first Thanksgiving lasted three days.
- The Macy's Thanksgiving Day Parade balloons used to be just let go after the show.
- About 50 million people watch the Macy's Thanksgiving Day Parade annually.
- The first national Thanksgiving was declared by George Washington.
- Minnesota raises the most turkeys in the US.



*bestlifeonline.com*

