



Volume 8, Issue 12

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Christmas Fun Facts

- The tallest Christmas tree was displayed in Seattle Washington and measured 221 ft tall.
When the candy cane was invented in Germany, it was made into a J for Jesus. The red stripes symbolize his blood.
1 in 3 men wait until Christmas eve to do their Christmas shopping.
Christmas trees usually grow for close to 15 years before they can be sold.
It only took 6 weeks for Charles Dickens to write "A Christmas Carol".
Visa Cards are used about 6,000 times every minute during the Christmas season.
In 1980, the highest selling Christmas toy was a Rubik's cube for \$1/99. It now retails for \$10.
More than 400,000 illnesses are caused by spoiled Christmas leftovers.
It is a tradition in Japan to eat KFC for Christmas. Orders must be placed two months in advance.
"Rockin Around the Christmas Tree" was recorded by a 13-year-old.
Artificial Christmas trees were once made into goose feathers.
Americans expect to spend around \$837 on Christmas gifts this year.
"Home Alone" is the highest-grossing Christmas movie of all time.
Tens of thousands of people go to the ER each year with decorating-related injuries.
Thomas Edison and his business partner invented Christmas lights.
If you gave all gifts listed in the "Twelve Days of Christmas," it would equal 364 presents.



https://www.berries.com
https://bestlifeonline.com/

### Pneumonia in Elderly Adults

Pneumonia is an infection of the lungs that can be serious in older adults. In the U.S., nearly 150,000 people are hospitalized with pneumonia each year, according to the Centers for Disease Control and Prevention.

Because our immune systems weaken as we age, seniors are at higher risk for complications and death. A short-term stay at an assisted living community after a pneumonia hospitalization can be beneficial to seniors and their families, as caregivers are around at all times to help seniors recover and can better address any medical needs that may arise.

Learn the facts about this potentially severe respiratory infection and how to prevent pneumonia in elderly adults. If you suspect your elderly loved one has pneumonia, see a doctor right away.

#### What is pneumonia?

Pneumonia is a respiratory infection that causes inflammation in the air sacs in the lungs, called alveoli. The alveoli may fill with fluid or pus, making it difficult for oxygen to flow through the bloodstream. This may cause breathing problems along with fever, chills, and other symptoms.

Pneumonia can affect one or both lungs. When it affects both lungs, it's called double pneumonia. The symptoms of double pneumonia aren't different or more severe. The severity of the infection depends on age, overall health, and what caused the infection.

#### What are the symptoms of pneumonia?

Signs and symptoms of pneumonia may include:

- Chills
- Productive cough with phlegm
- Shortness of breath
- Chest pain when breathing or coughing
- Fatigue
- High fever



Sometimes, symptoms of pneumonia may be different in seniors. Elderly adults with pneumonia may have a low-grade fever or even a normal temperature. They may also be less alert, show signs of confusion, or experience changes in mental awareness. If you suspect your aging loved one has pneumonia, see a doctor promptly.

#### How serious is pneumonia in elderly adults?

Adults 65 and older are more susceptible to pneumonia than younger people are. Seniors with pneumonia are also at increased risk for hospitalization, complications, and death.

Pneumonia in elderly adults can often be serious and progress quickly. In fact, pneumonia is the second leading cause for hospitalization of Medicare beneficiaries, and most of the people who die from pneumonia each year are elderly adults, according to the American Lung Association (ALA). The death rate among elderly adults with severe pneumonia is as high as 20%.

Researchers and doctors don't fully understand why pneumonia is more aggressive in seniors. They believe it has to do with the normal aging process, which weakens the immune system and decreases lung function. Older adults may also have other underlying health conditions that can make the infection more severe, including asthma, chronic obstructive pulmonary disease (COPD), and heart disease.

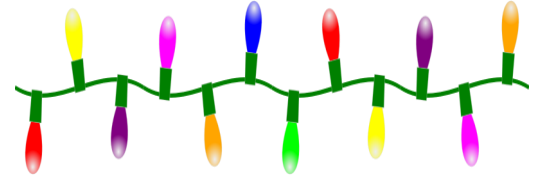
#### What causes pneumonia in elderly adults?

Viruses, bacteria, fungi, and other organisms entering the lungs can cause pneumonia, according to the National Heart, Lung, and Blood Institute. The Institute also reports that, in the U.S., pneumonia in the elderly is usually caused by bacteria or a virus, including SARS-CoV-2, the virus responsible for COVID-19.

The influenza virus is the most common cause of viral pneumonia in adults. Pneumonia caused by the influenza virus can be severe and even deadly, especially in people with other health conditions such as heart or lung disease.

*...continued on pg 10*

# UPCOMING EVENTS



**Friday, December 2nd** — Craft Day @ SCAS, 9:00am  
Coffee & Rolls provided) *Contributions are welcome to cover the supplies.*

**Tuesday, December 6th**— Craft Day @ Western, 9:00am  
Coffee & Rolls provided) *Contributions are welcome to cover the supplies.*

**Friday, December 16th** — Victorian Christmas Presentation by Sue McClain @ SCAS, 2:00pm  
(Coffee & Dessert Provided) *Contributions are welcome.*

**Thursday, December 22nd** — Victorian Christmas Presentation by Sue McClain @ Western,  
11:30am (\$5 meal)

*Please call ahead of time to RSVP! 402-821-3330*

# Holiday Rum Cake Recipe

"I'd like some rum cake." Some of our favorite rum cake recipes are a bit stronger than others, if you know what I mean. Well, you get the idea. It's not just the secret ingredient, it the amount of that rum and how you include it while preparing your rum cake.

Holiday Rum Cake Recipe

## Ingredients:

- 1 or 2 quarts of rum
- 1 cup of butter
- 1 tsp. of sugar
- 2 large eggs
- 1 cup dried fruit
- 1 tbsp baking powder
- 1 tsp soda
- a squeeze of lemon juice
- 1/2 cup brown sugar
- 1 1/2 cup flour
- 1/2 cup of pecans



Before you start, sample the rum to check for quality. Good, isn't it? Now, go ahead. Select a large mixing bowl and get your measuring cup ready. Check the rum again. It must be JUST RIGHT.

To be sure the rum is of the highest quality, pour one level cup of rum into a glass and drink it as fast as you can. Repeat. With an electric mixer, beat 1 cup of butter in a large fluffy bowl, add 1 sea-spoon of thugar, and beat again. Meanwhile, make sure the rum is of the finest quality. Try another cup. Open second quart, if necessary.

Add two arge legs, 2 cupps fried druit, and beat till high. If druit gets stuk in beatters, just pry it loose with a drewscraver. Simple the rum again, checking for tonscisticity. Next, sift 1/2 pint of lemon joice. Fold in chopped butter and strained nuts. Add 1 babblespoon of brown thugar or wathever color you can find. Wix mel. Grease oven and turn cake pan to 350 gredees. Now pur the whole mess into the coven and ake. Check the rum again, and bo to ged.

~ By Bill Worrell



## SHARING THE LOVE WITH AMERICA'S SENIORS

The commitment of Subaru to homebound seniors is extraordinary. Thanks to the Subaru Share the Love Event, Meals on Wheels has delivered nearly 4 million meals and friendly visits to seniors facing hunger and isolation.

From November 17th, 2022 through January 3rd, 2023 Subaru of America and its retailers will donate \$250 for every new vehicle purchased or leased to the customer's choice of participating charities including Meals on Wheels.

# Christmas Carols Cryptogram

Here is a list of 18 Christmas carols whose titles have all been written in the same secret code. Can you figure out what the titles are? (Hint:replace the letter P with a C.)

- 1.Q PQOR WYY VR JWFNSJBY
- 2.AFYRUN UFTSN, SQYV UFTSN
- 3.IRPZ NSR SWYYA DFNS MQBTSA QJ SQYYV
- 4.SWXZ! NSR WUTRYA AFUT
- 5.NSR JFXAN UQRY
- 6.DR DFAS VQB W ORXXV PSXFANOWA
- 7.FN PWOR BLQU NSR OFIUFTSN PYRWX
- 8.F'Ø IXRWOFUT QJ W DSNR PSXFANOWA
- 9.WDWM FU NSR OWUTRX
- 10.AWUNW PYWBA FA PQOFUT NQ NQDU
- 11.AFYERX MRYYA
- 12.YFNMYR IXBOORX MQV
- 13.TQI XNAN VR ORXXV TRUNYRORU
- 14.XBIQYLS NSR XRI UQARI XRFUIRRX
- 15.F AWD ØØØØV ZFAAFUT AWUNW PYWBA
- 16.KFUTYR MRYYA
- 17.SWER VQBXARYJ W ORXXV YFNMYR PSXFANOWA
- 18.Q PSXFANOWA NXRR





# Flexibility

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway.

### Examples of flexibility exercises

Try the calf stretch exercise. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart. Step forward with the right leg and bend the right knee. Keeping both feet flat on the floor, bend the left knee slightly until you feel a stretch in your left calf muscle. Hold the position for 10 to 30 seconds, and then return to the starting position. Repeat with the left leg.



Try the ankle stretch exercise. Sit securely toward the edge of a sturdy, armless chair. Stretch your legs out in front of you. With your heels on the floor, bend your ankles to point the toes toward you. Hold the position for 10 to 30 seconds. Bend your ankles to point toes away from you and hold for 10 to 30 seconds.

*go4life.nia.nih.gov*

## Recipe of the Month

### Quick & Easy Artichoke Spinach Pinwheels Christmas Tree

#### Ingredients:

- 8 oz croissant dough or pizza dough
- 1 1/2 cup spinach
- 1/4 cup red pepper finely chopped
- 2 medium artichoke heart finely chopped
- 1/3 cup ricotta cheese
- 1-2 garlic cloves
- 1/2 tsp red chili flakes
- 1-2 tablespoon parmesan cheese
- Salt & Pepper

#### Directions:

1. Preheat oven to 375. Line the baking sheet with parchment paper.
2. In a medium bowl, add spinach, red pepper, artichoke hearts, ricotta cheese, minced garlic, salt, chili flakes and pepper. Mix well to combine.
3. Roll the dough into about 12 x 8" thick regular sheet.
4. Then roll up the sheet to form swirls of the ricotta-spinach mixture.
5. Carefully cut the roll into 1/2"-3/4" slices. Arrange these slices on the lined baking sheet into a Christmas tree shape.
6. Bake for the 20 min or until well done.
7. Sprinkle some finely grated



*Pinterest.com*

# Pears



Pears are a mild tasting and nutrient-dense fruit that are popular around the world. Pears are one of the world's oldest cultivated fruits. They are bell shaped in structure and come in many varieties. In the United States, they are grown mostly in the states of Washington and Oregon with over 900 growers/producers in these two states alone.

Since Washington and Oregon are the main producers of pears, they benefit from them greatly. Oregon's official state fruit and number one tree fruit crop is the pear. They rank second in U.S. production and second in fresh production. The state of Washington produces the largest fresh pear production in the entire United States. In the end, these two states produce a lot of pears, about 442,000 tons per year, and they export about 35 percent of their total production yearly to over fifty different countries.

## Different varieties

Pears come in many diverse types and varieties with about 100 different main kinds, though some reports say that there are upwards of 3,000 with the color variations. The most common and popular types of pears are Bartlett, Bosc and D'Anjou.

- Bartlett comes in two colors, yellow and red. When ripe, this pear is overly sweet with a texture that is soft and juicy.
- Bosc comes in one color, dark yellow to almost brown. When ripe, this pear is on the spectrum of being crisper and is perfectly sweet.
- D'Anjou comes in two colors, green and red. When ripe, this pear may be more on the overly sweet side with a texture that is soft and juicy.



Bartletts

## Health benefits

These nutritionally packed fruits have some amazing health benefits which can help support both our overall health and longevity. They are an excellent source of fiber, which is a nutrient most Americans do not get enough of. Pears are also a good source of vitamin C and potassium. They are filled with powerful antioxidants, which help reduce the number of damaging oxidants that can affect our cells and DNA. Pears are also fat and cholesterol free, with only 100 calories per serving!

## Tips to include in your diet

Here are some great ways to enjoy pears:

- Swap out with your usual morning fruit and/or add to your favorite afternoon snack
- Mix in with other fruits to make a fruit salad
- Pear slices with plain yogurt or diced on top
- Swap out your usual fruits in a fruit cobbler
- Sub out normal applesauce and make your own pear-sauce
- Try adding a thinly sliced pear to your next peanut butter and jelly sandwich
- If you like homemade pizzas, just add crushed or diced pears as a topping
- Try pears baked
- Add pears to your next fruit kabob



D'Anjous



# 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

**December 3rd** — Christmas tour of homes

**December 10th** — Christmas Crafts with kids

*For questions regarding DeWitt Senior Center, Contact Melissa @ 402-239-1015*

### Answers to the Puzzle

1. 0 COME ALL YE FAITHFUL
2. SILENT NIGHT, HOLY NIGHT
3. DECK THE HALLS WITH BOUGHS OF HOLLY
4. HARK! THE ANGELS SING
5. THE FIRST NOEL
6. WE WISH YOU A MERRY CHRISTMAS
7. IT CAME UPON THE MIDNIGHT CLEAR
8. I'M DREAMING OF A WHITE CHRISTMAS
9. AWAY IN THE MANGER
10. SANTA CLAUS IS COMING TO TOWN
11. SILVER BELLS
12. LITTLE DRUMMER BOY
13. GOD REST YE MERRY GENTLEMEN
14. RUDOLPH THE RED NOSED REINDEER
15. I SAW MOMMY KISSING SANTA CLAUS
16. JINGLE BELLS
17. HAVE YOURSELF A MERRY LITTLE CHRISTMAS
18. 0 CHRISTMAS TREE

### 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!

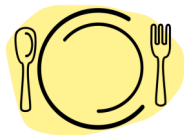
Please include your name & phone number with your answer!

**What does Santa Claus use when he has trouble walking?**



### Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:  
402.821.3330



Jerald Saurer  
was the winner of November's Riddle.

The answer to August's riddle,  
**"What smells the best every Thanksgiving Dinner?"**  
— your nose

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:

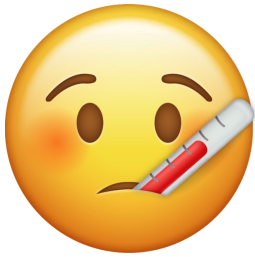
# Pneumonia in Elderly Adults

## Effects of COVID-19 on pneumonia

COVID-19 can cause a severe type of double pneumonia that can lead to long-lasting lung damage. It may take several months to recover. Pneumonia associated with COVID-19 can sometimes be fatal, especially in high-risk populations like elderly adults

One way to prevent this double pneumonia is by getting the COVID-19 vaccine. As seniors are already more susceptible to pneumonia in general and have an increased risk of hospitalization, getting vaccinated can be one more step to preventing an infection. If your senior parents or relatives are hesitant, here are seven tips for talking about the vaccine.

## Understanding bacterial pneumonia



Bacteria is another common cause of pneumonia, and certain groups are more at risk of catching bacterial pneumonia:

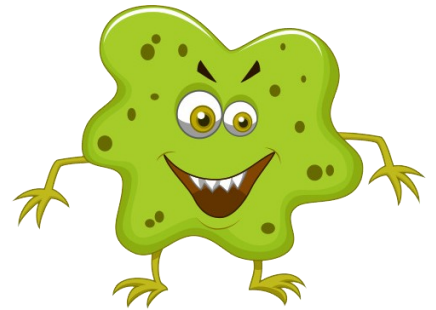
- Adults 65 and older
- People with a weakened immune system
- Patients recovering from surgery
- People with other respiratory conditions or viral infections

Pneumococcal pneumonia is the most common type of bacterial pneumonia, affecting more than 900,000 Americans each year, according to the ALA. This type of pneumonia is caused by a germ called *Streptococcus pneumoniae*. It can occur on its own or after someone has a cold or the flu.

## Complications of pneumonia in elderly adults

Older adults are at risk for complications of pneumonia, including:

- **Bacteremia**, a potentially fatal infection that enters the bloodstream from the lungs and can spread to other organs
- **Pleurisy**, an inflammation of the membrane that covers the lungs (pleura), which may require surgery or drainage of the infected fluid in the lungs
- **Lung abscess**, a pus-filled cavity that can develop in the infected lung area
- **Acute respiratory distress syndrome (ARDS)**, which occurs when pneumonia severely injures the lungs, leading to respiratory failure, and may require the use of a mechanical ventilator to help with breathing



## How is pneumonia treated?

Treatment for pneumonia depends on what caused it. The goal is to eliminate the infection, prevent any complications, and treat symptoms to help your aging loved one feel better.

Viral pneumonia doesn't respond to antibiotics. If your aging relative's pneumonia is from a virus, the doctor may prescribe antiviral medication. However, in some cases, rest and treatment to help relieve symptoms is all that's needed.

Viral pneumonia usually heals in a few weeks, but if your loved one's symptoms start to get worse, it's important to see the doctor. Bacterial pneumonia is a possible complication of viral pneumonia.

Bacterial pneumonia is treated with antibiotics. The doctor may run tests to determine which antibiotic medicine will work best for the type of bacteria causing your loved one's pneumonia.

It's important to take all the medicine as prescribed by the doctor, even if your loved one starts to feel better after a few days. Not taking the full course of antibiotics as prescribed can cause the infection to come back and the bacteria to become resistant to the medicine. This will make it more difficult to treat your loved one's pneumonia.

# Pneumonia in Elderly Adults

## Preventing pneumonia in older adults

You can help your aging loved one prevent pneumonia by encouraging them to follow these steps:

- **Get the pneumococcal vaccine.** Talk to the doctor about what type of pneumococcal vaccine is right for your aging parent.
- **Get the flu shot each year.** Pneumonia can be a secondary infection after an initial bout of influenza. People who get the flu shot have a lower risk of developing pneumonia as a complication of the flu.
- **Stay up to date on the COVID-19 vaccination.** Coronavirus and pneumonia can be a deadly combination of infections. In addition to any of the three options for the initial vaccination shots, receiving your COVID-19 booster shot is a great way to further prevent the risk of a double infection.
- **Wash hands thoroughly and often.** Washing your hands before and after preparing food, before eating, and after using the restroom can help reduce the risks of illness.
- **Practice good health habits.** Stay physically active, and eat a diet rich in fruits, vegetables, whole grains, and lean proteins.
- **Manage chronic conditions.** Underlying health conditions like asthma, COPD, and diabetes can worsen pneumonia.
- **Don't smoke.** If your loved one is a smoker, talk to them and their doctor about learning ways to quit smoking.



*Aplaceformom.com*

