



# Saline County Aging News

Volume 1, Issue 1

August 2015

## Saline County Aging Services

### Not Just Your Grandma's Eldercare!!

While most people who read this newsletter may already be aware of Saline County Aging Services (formerly Saline Eldercare), we hope to also reach some individuals who may not.

When founded, Eldercare was named for the "Eldercare Grant" that was awarded to start a county aging services agency. In 1993, the term "elder care" was a relatively new buzzword, but adequately described what our program planned to do. Driven by caring, Eldercare set out to advocate for and provide services for Saline County residents who are approaching retirement age. Over the years, Saline County Eldercare has changed and grown. Our services now include: (but are not limited to)

- Foot care clinics throughout the county
- Home delivered meals through the Wilber Care Center
- Medicare Part D comparison counseling
- Homestead Exemption filing assistance
- Medicare & Social Security enrollment assistance



We are very proud of the work that we do and welcome the chance to continue to provide services that support our seniors! At the same time, however, we have to respect the fact that the face of aging is changing! The services that supported my grandmother are not the same that my mother needs, nor will they all be the same that I need. Aging is not one size fits all. With advances in technology and healthcare, we are living longer and healthier lives. According to a study done by XYZ University, "an estimated 78 million Baby Boomers will file for retirement benefits over the next 20 years – an average of 10,000 per day. The aging of this huge cohort of Americans (40% of the total U.S. workforce are Baby Boomers) will dramatically change the composition of the country." In time, it will also dramatically change the face of Aging Services.

This being said, we are looking for new ways to support our "younger seniors" or "retirees" as I like to call them. Keep an eye on us for new and exciting programs coming soon!

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## National Farmers Market Week- August 2nd-8th



According to [farmersmarketcoalition.org](http://farmersmarketcoalition.org) farmers markets do more than just give options of fresh produce to the community, they provide a variety of services like: preserve America's rural livelihood and farmland, stimulate local economies, increase access to fresh, nutritious food, support healthy communities, and promote sustainability. By the end of 2014 there were more than 8,200 farmers markets in the U.S. The farmers market coalition of Southeast Nebraska contributes to this number by having 8 of our own farmers markets in the area. If you have not been to one this summer make sure to stop by and support the local growers. Also, make sure to use the farmers market coupons if you have any! These coupons are given out by the USDA to support both the growers and consumers. Most markets will run until October.

<b>Beatrice</b>	Thursday 4-6:30pm
<b>Crete</b>	Thursday 2:30-6pm
<b>Dorchester</b>	Friday 4:30-6:30pm
<b>Fairbury</b>	Wednesday 4:30pm-sellout Saturday 8am-sellout
<b>Friend</b>	Saturday 8am-noon
<b>Geneva</b>	Thursday 5-7pm
<b>Wilber</b>	Tuesday 4-6:30pm
<b>Wymore</b>	Tuesday 4-7pm

## National Memory Screening Program

This September Saline County Aging Services will be a site for the National Memory Screening Program. The memory screenings are "healthy brain check-ups" that are completely confidential. The check-up includes a series of questions/ tasks that take around 10 minutes to complete. This test is open for anyone who could be at risk for dementia, has current memory concerns, or wants to see how their memory is now. If you would like more information please go to [www.alzprevention.org](http://www.alzprevention.org). More information will be available in August!



## Be Active Every Day!



*Go4Life* is the national exercise and physical activity campaign for people 50+ from the National Institute on Aging at NIH, part of the U.S. Department of Health and Human Services. September will be the kick-off for *Go4Life* month and we want YOU to join us! The goal of this campaign is to, "entice, encourage, and enable older adults to incorporate physical activity into their everyday lives." Changing behavior can be a big task, so everyone is invited to participate and get the word out. Saline County Aging Services is still

in the process of coming up with event ideas we will host, but get excited for a month of exercise ideas, tips sheets, success stories, and motivation/ support to start your journey to a healthier lifestyle!



## Food for Thought



Who doesn't love a good grill-out in the summer?! It's a time when family can come together and consume delicious food. A lot of this food is high in calories and fat, but there are ways to keep these numbers low and still enjoyable. The American Heart Association is all about helping people make smarter choices when it comes to meals. Below you will find some of their tips and tricks to making your next BBQ a health success!

Let's start with the main dishes, like the meats. Hotdogs and hamburgers are most times the #1 choice, but have you ever thought of grilled chicken breasts, fish, or even turkey burgers? Grilled fish is high in heart-healthy omega-3 fatty acids while the chicken breasts and turkey burgers can be an alternative to the darker meats. If you insist on the red meat that's okay too, try to find the words loin and round/choice or select written on the package!

Next on the menu are the side dishes. These can include, but aren't limited to chips, pasta salads, potato salad, and don't forget the dips! Here are a few new items to try to help cut back on those calories. Cut up your favorite veggies and load them onto a kabob stick to grill. This is a simple and easy way to get your vegetable servings in for the day. Next time you make pasta salads or dips try and use less dressing or even the low-fat versions. Plain Greek yogurt can also make an awesome substitution for things like butter, mayonnaise, or sour cream.

Last but not least, dessert. Instead of buying store bought cookies and cakes try making your own version using healthier substitutions. Fruit is always a good way to go as well. Cut up your favorite fruits and throw them into a fruit salad, try grilling some, or even just grab a bowl and top it with whipped cream!



**Portions can make or break a meal! Take the time to figure out how big portion sizes really should be!**

## Caregiver's Corner



### Who are Caregivers?



The short answer is most of us, at some point in our lives, will serve as a caregiver to someone else. In fact, right now you could be a caregiver to your mother, father, husband, wife, daughter, son, grandchild, partner, niece, nephew, cousin, neighbor, or friend and not even realize it.

A caregiver can be the person who:

- Buys groceries, cooks, cleans house or does laundry for someone who needs special help.
- Helps a family member get dressed, take a shower, and take medicine.
- Makes medical appointments and drives to the doctor and drugstore.
- Helps with in-home medical procedures such as changing dressings or setting up pill boxes.
- Talks with the doctors, care managers and others to understand what needs to be done.
- Spends time at work handling a crisis or making plans to help a family member who is sick.
- Is the designated “on-call” family member for problems.

*In small doses, these jobs are manageable but having to juggle competing caregiving demands with the demands of your own life on an ongoing basis can be challenging.*

Caregiving roles and demands are impacted by a number of other factors, including:

- Type of illness. Caring for someone with Alzheimer's disease, other dementias, or other brain-impairing disorders can be more stressful than caring for someone with a physical impairment due to the unpredictability of the care recipient's behavior.
- Long-distance caregiving. Long-distance caregiving is usually defined by a caregiver living more than an hour away from the care recipient. Long distance caring is difficult both emotionally and logistically. In these cases, the caregiver's role is not as much “hands-on” as it is gathering information about available resources, coordinating services and putting together a “team” of family, friends and paid help that can meet the care recipient's needs.
- Urban versus rural settings. Caregivers living in rural settings face unique challenges. These include fewer available formal services, fewer physicians and health education services, transportation difficulties, weather problems in winter, geographic distance and isolation.

For some people, caregiving occurs gradually over time. For others, it can happen overnight. Caregivers may be full- or part-time. They may live with their loved one or provide care from a distance. Caregivers provide a wide range of services, from simple help such as grocery shopping, to complex medical procedures. For many individuals, being a caregiver is an important part of their personal identity. For others, it is an overlooked facet of their personality. Either way, most caregivers need support or assistance at some point in their caregiving journey.

At Saline County Aging Services, we are here to help not only 60+ individuals, but their caregivers too!!

Please call on us for resources and support!

## What's Happening Near you

### DeWitt Senior Center Meal Schedule

For meal reservations, call Bev at 683-6475 or 520-0873

WEDNESDAY, AUGUST 5

#### Program– How Well Do You Know NE?

Menu– Roast Beef

Bridge & Cards

WEDNESDAY, AUGUST 12

#### Program-Hankies & More Hankies By: Rose Ann Parde

Menu-Tuna & Noodles

WEDNESDAY, AUGUST 19

#### Program– Legal Issues for Seniors By: Fred Swartz

Menu– BBQ Meatball

Bridge & Cards

WEDNESDAY, AUGUST 26

#### Program– Check Your Bone Density By: LAA

Menu– Haddock

#### Interested in Home Delivered Meals?

For DeWitt, call:402.683.6475

For Wilber, call: 402.821.2331

All others call: 402.821.3330



### Food Pantry



Although Saline County Aging Services houses and administers the Community Food Pantry, the pantry actually “belongs” to the churches of Wilber. While we tend to the day to day business of ordering food, stocking shelves, receiving donations and serving clients, the pastors pay any bills, assist clients with other emergency needs and plan, host, and coordinate the annual fundraiser.

The pantry provides assistance to individuals in need throughout the county. Blue Valley Community Action covers the northern portion of the county, while the Community Food Pantry covers the south portion of the county. We serve a variety of individuals and families, as there is no age requirement for this program. The pantry is ran, for the most part, by donations of food and money from the communities it serves. Our pantry has grown to the point that we must take appointments to ensure that we have the staff or volunteers available to adequately meet our clients' needs.

#### PANTRY NEEDS:

Laundry Soap      Toothpaste

Dish Soap      Juice

Macaroni and Cheese      Pancake Mix

Toilet Paper      Kleenex

Paper Towels

## Other Happenings around the County

### Community Supper

Join community members of all ages and walks of life at United Methodist Church in Wilber every Monday at 5:30 for a meal and fellowship. No cost, open to everyone regardless of age.

### Important Dates to Remember:

Czech Days: July 31– August 2nd

National Memory Screening Program: Coming September

Go4Life: Coming September

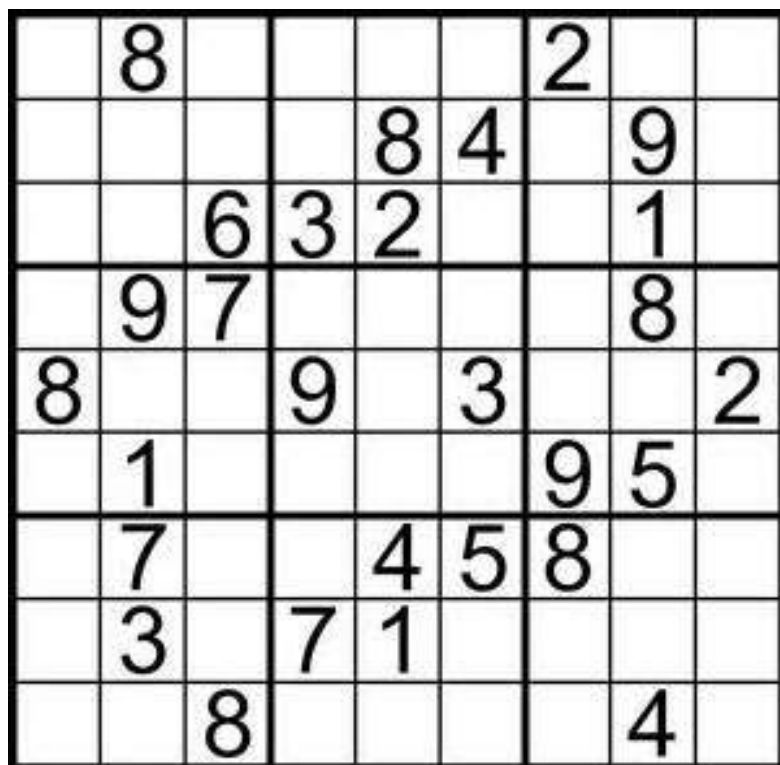
Medicare Part D Open Enrollment: October 15– December 7th



# August 2015

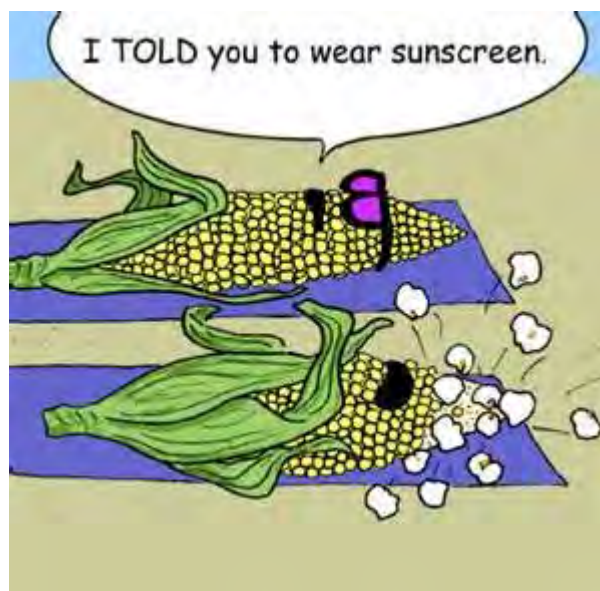
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Czech Days
2 Czech Days 	3 	4 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	5 Dewitt Senior Center Program	6 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	7 	8 
<b>Farmer's Market Week (Aug. 2nd- 8th)</b>						
9	10 National S'mores Day	11 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	12 Dewitt Senior Center Program	13 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	14	15
16	17	18 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	19 Dewitt Senior Center Program	20 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	21 National Senior Citizen Day	22
23	24	25 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	26 Dewitt Senior Center Program	27 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	28	29
30	31 Quick Shop Ice Cream 4:00pm					

# The Fun Page



## SUMMER WORD SEARCH

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



ANTS	JULY
AUGUST	JUNE
BARBECUE	MOSQUITOES
BASEBALL	NO SCHOOL
BEACH	PICNIC
BEES	ROLLER BLADES
BICYCLE	SANDALS
BLUE SKY	SKATEBOARD
BOATING	SOCCER
BREEZE	SOLSTICE
CAMPING	SPRINKLES
FISHING	SUNBURN
FLIES	SUN GLASSES
FLOWERS	SUNSCREEN
GARDENING	SUNSHINE
GOLF	SUNTAN
GREEN GRASS	SWEAT
HAT	SWIMMING
HIKING	U V RAYS
HOLIDAYS	WASPS
HOT	WATER FIGHTS
ICE CREAM	WATERMELON

# Service Spotlight



*Saline Eldercare makes free, short term loans of durable medical equipment to any Saline County Resident, regardless of age!?!*

Our loan program is perfect for individuals :

- recovering from illness or injury
- recuperating from surgery
- attending events, doctor's appointments or day trips
- trying a new device before buying one
- students with sports injuries or recovering from sprains, strains or breaks

*We also take  
equipment  
donations!*

## Our Equipment

Walkers	Grab Bars
Wheelchairs	Crutches
Toilet Risers	Canes— Regular and Quad
Shower/ Tub Chairs, Stools and Benches	Portable Commodes

## Friendly Visitor's Program is Back!!

The Friendly Visitor Program connects screened and trained volunteers to homebound seniors.

The purpose of this *free* program is to help alleviate the risk of loneliness and isolation of seniors while providing a link to community resources to preserve their independence.

To receive a Friendly Visitor seniors must: be 60 and over, mainly homebound and able to interact socially.

Volunteer and senior matches are based on shared interests, geography, volunteer availability and personality as much as possible.

Activities that our Friendly Visitors may provide include:

A friendly chat over a meal  
Reading aloud  
Games and Puzzles  
Telephone conversations  
Out shopping or to a local coffee shop

Friendly Visitors **DO NOT** provide:

House Cleaning  
Furniture Moving  
Bathing/Manicures or other Personal Care  
Cooking, Laundry, and other chores  
Gardening and Yard Work

Need a Friendly Visitor for yourself or a loved one? Like to be a Friendly Visitor? Please call us at 402.821.3330



# Service Spotlight

## Mom's Meals come to Saline County!

Through a contract brokered between Mom's Meals and Aging Partners, Saline County Aging Services (SCAS) is pleased to announce a new pilot program for home delivered meals within Saline County.

SCAS currently only contracts with two entities to provide meals, the Wilber Care Center and the DeWitt Senior Center. Our pilot program will attempt to meet the needs of individuals who live outside of those services areas. Crete, Dorchester, Friend, Swanton, Tobias, Western, rural Wilber and rural DeWitt.

Mom's Meals is a family owned, fresh food preparation and delivery service dedicated to providing great tasting, wholesome meals direct to customers doorsteps". Having served individuals for 14 years, Mom's Meals make all of their meals from scratch, utilizing a Dietician to ensure meals are nutritionally complete. The unique thing about this program? Choice! Customers can customize their own menus by making selections based on personal taste.



### Special health specific menus available:

- **Heart Healthy**
- **Diabetic Friendly**
- **Renal**
- **Gluten Free**
- **Pureed**
- **Vegetarian**

If you or a loved one thinks that they may qualify for this program, please call Saline county Aging Services at 1.402.821.3330 or 1.800.778.3309 Please note, spaces are limited at this time, so please call for information.



## Saline County Aging Services Foot Care Clinics

It is critical, as individuals age, that their toenails are kept in good shape. Ironically, this is one of the first areas of personal care that people find difficult to maintain because of the physical strain associated with bending over.

### Our Foot Care Clinics are:

- **By appointment only**
- **Are currently held monthly throughout the County**
- **Sites include Crete, Dorchester, Friend and Wilber**
- **Each clinic is conducted by licensed RNs**
- **A suggested contribution of \$10.00 is requested**



## Contact Information



# Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330



If you would like to  
have an advertisement  
or story in the next  
issue of  
*Saline County Aging  
News*  
do not hesitate to call  
the office!

*Saline County Aging Services is dedicated  
to providing programming to all Saline  
County individuals over 60 and their care-  
givers.*

*Saline County Aging Services is commit-  
ted to ensuring that no person is excluded  
from participation, denied benefits, or oth-  
erwise subjected to discrimination under  
any program or activity, on the basis of  
race, color, national origin, sex, age, or dis-  
ability.*





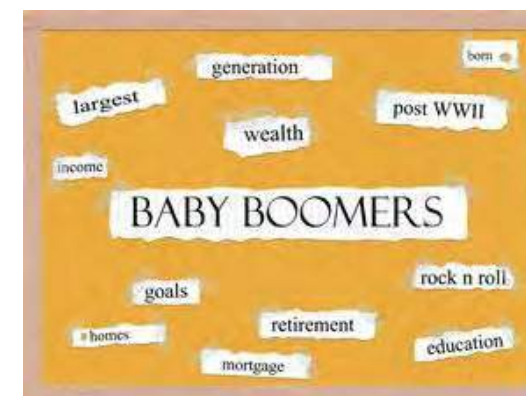
## What's "The Boom" All About??

On August 15th we celebrated National Senior Citizen Day. While I was looking up information on this day a statistic caught my eye, "44.7 million Americans are aged 65 and above, and this number is expected to multiply to 98.2 million by 2060." After seeing that fact it made me curious as to why that number is supposed to increase so much over the years, which led me to the "Baby Boomers". According to the History Channel more babies were born in 1946 (3.4 million) than any other year before. It continued to grow with 3.8 million in 1947, 3.9 million in 1952, and more than 4 million were born every year from 1954 until 1964. By the end of the boom there were 76.4 million baby boomers, which made up about 40% of the nation's population.

So why was there such a big interest in starting families all of a sudden? From what I found there was two reasons that could explain why so many babies were born during this time. It was right after World War II and people were tired of the depression and war, so it was a great time to have hope and comfort in the future. Another reason came from the campaign to fight communism from the Cold War with the goal being to outnumber the communists. Either way I am thankful for those boomers and their parents because without them the world would be a dull and boring place...plus I wouldn't have a job. 😊

What are those baby boomers up to now?

2011 was the first year the baby boomers reached "retirement age". Now for the next 18 years they will be reaching 65 at a rate of 10,000 per day contributing to the 98.2 million aged 65 or older by 2060, according to aarp.org. Just because you reach 65 though does not necessarily mean retirement. It seems like everyday the "retirement age" gets higher and higher. Working or not at the age of 65, life does not end at this point, says columnist Al Martinez. *"It's a time to take stock of the situation and realize the good life is just beginning."*



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## Fall Prevention Day

According to the American Occupational Therapy Association, falls are the leading cause of emergency injuries, hip fractures, and more than half of fatal head injuries! It is important to do what you can to help prevent an accident like this to happen. September 23rd, 2015 is recognized as National Falls Prevention Awareness Day. The theme this year is to “Take A Stand To Prevent Falls”. It is important to recognize this day because more than 1/3 of adults 65 and older fall each year in the United States. Along with the physical damage falls cause, they also cause psychological problems. The fear of falling or falling itself can lead to depression, hopelessness, loss of mobility, and the loss of functional independence.

I do have good news about this issue though: **FALLS ARE PREVENTABLE!** With a little extra caution the numbers of falls could really decrease. Exercising regularly can increase your strength, flexibility, and balance. Getting your eyes checked once a year by doctors can help discover problems with your sight. The right shoes can also be very helpful. Shoes should fit your feet, have low heels, non-slip soles, and lace up all the way or have fabric fasteners.

Below are a few more tips on ways to keep your home safe from falls!

1. Keep pathways clear
2. Be aware of uneven surfaces
3. Keep frequently used items close by
4. Light your way
5. Add supports in the bathroom
6. Make sure handrails are properly installed on the stairs



## Exercise of the Month– Ankle Raises

Here is an exercise to strengthen your ankles which can help in the prevention of falling.

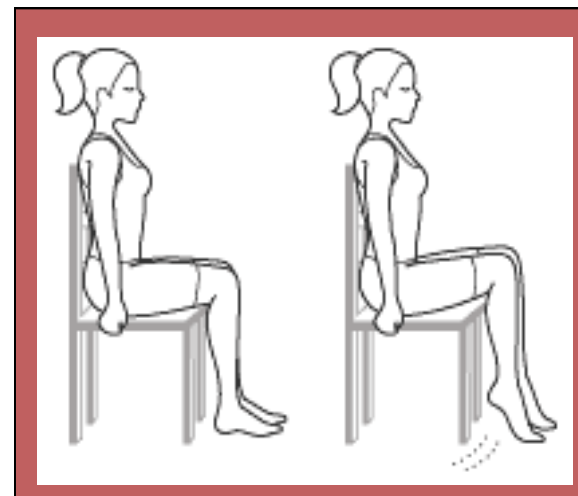
### How to preform exercise

1. Sit back on a chair, feet flat on the ground (hands on lap or holding onto side of chair)
2. Slowly raise heels off the ground, until on tip-toes
3. Lower heels back to ground

Do 10 of these in a row, rest 2 minutes then complete 2 more times

Try to do this full exercise once a day!

*If you would like more exercises or need help with the one listed please contact Macey at Saline County Aging Services!*



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Out shopping or to a local coffee shop	Gardening and Yard Work

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Food for Thought



Eating Well As You Get Older

Eating well is important no matter what age you are. A good thing about the food we eat is that we can change it whenever we want! If you have not made the best choices in the past, that does not mean you cannot try to make them in the future. Taking it one small step at a time can make a huge difference in the long run! The benefits of eating well can go on and on, from the way you look to how you feel. Nihseniorhealth.gov has their own list of how eating well can affect you...

- Eating Well Promotes Health**
  - Reduces risk of heart disease, stroke, type 2 diabetes, bone loss, some cancers, and anemia
  - If you have one of these diseases it can manage them
- Eating Well Promotes Energy**
  - Eating the right amount of calories gives you the fuel you need to keep energy up
  - The number of calories you need can vary
- Food Choices Can Affect Weight**
  - Consuming the right amount of calories can help you control weight
  - Extra weight can be a concern because it increases the risk for Type 2 Diabetes
- Food Choices Affect Digestion**
  - Not enough fiber or fluids can lead to constipation
  - Eating whole-grain foods, fruits and veggies can help with this
- Make One Change at a Time**
  - Healthy eating is a lifestyle, slowly adapt to changes so you can stick to them
  - One example: Take the salt shaker off your table to slowly adjust to less sodium
- Check With Your Doctor**
  - As always, if you have a medical condition check with your doctor to see what foods you can or cannot have!







## Caregiver's Corner

### Who Cares for the Caregiver?

By: Amy Hansen



If you have ever flown, you have sat through the flight attendant's speech about using your chair cushion as a flotation device, where the exits are, how to use the oxygen masks, the fine for "smoking in or tampering with the smoke detectors in the lavatory", etc. I remember when my daughter was 10 months old, my husband and I flew with her to Florida. Having never paid too much attention to the flight attendant's safety speech (My plan was to follow the throng of people to the emergency exit), it occurred to me that this time, I had better pay attention. After all it's not just me anymore; I have a little life relying on me. So as I listened intently, the flight attendant told us to put on our oxygen masks before helping others with theirs. My first thought was, "She must not have kids". However, as I mulled this over, the reason occurred to me. If I didn't put mine on first, I wouldn't be able to put hers on! I was no good to her or my husband if I DIDN'T take care of myself! Just like a parent finds it hard to put their needs in front of their children, caregivers have the same struggles.

Caregiving can be so stressful and take such a toll physical and emotionally on the caregiver, there is often not the time or energy left to care for themselves. According to author, speaker, columnist and eldercare consultant Carol Bradley Bursack, "Rough statistics show that 30% of caregivers die before those they are caring for. Some studies show deaths higher... caregivers often don't find time to go to their own doctor appointments... they are too busy, or are just plain sick of sitting in clinics with their loved ones. Then things like breast cancer, which could be caught at an early stage, aren't found until the illness is much worse or even life threatening. **Caregivers are as important as the people they care for. If they abuse their bodies, minds and spirits while caring for others, no one wins.**" Still, caregivers often labor under a sense of obligation. Many caregivers do not even identify themselves as caregivers. I can't tell you how many times I hear caregivers say, "oh, well, mom took care of me" or "For better or worse, you know- sickness and health". Or "I would ask the kids to help, but they have jobs and families."

My friend Julie shared her story with me. "I am the primary caregiver to my 74 year old mother who suffers from crippling anxiety and may be showing early signs of dementia. Mom does not need the level of care of someone with a chronic illness; however, she has become demanding and impatient and caring for her can be emotionally taxing. As a mother, I learned that I have to set boundaries. So why as a caregiver did I struggle? Looking back, I think it was out of a sense of obligation or respect.

For a while, I suffered from horrible guilt. Not knowing what to do, I did nothing. Every time the phone rang, I cringed. My blood pressure rose, whether I answered it or not. My mom felt abandoned and I felt guilty and knew I was setting a horrible example for my children. I adore my mom, but our relationship suffered and it was not fair to either of us. I soon realized that for my sanity and mom's emotional wellbeing, things had to change.

## The Fun Pages

Answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing! At the end of the month one lucky winner will receive a prize! You can give her the answer by calling, emailing, or coming in the office.

Riddle of the month!

You'll sometimes find this fellow  
In a field of grain  
Or on a yellow brick road  
Wishing he had a brain!

## Autumn Word Search

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

ACORN  
BEAUTIFUL  
CORNUCOPIA  
FOOTBALL  
LEAVES  
OCTOBER  
RAKE  
SCENIC  
SQUIRREL  
YELLOW

APPLE  
BONFIRE  
CRISP  
HARVEST  
MIGRATION  
ORANGE  
RIPE  
SEASON  
SUNFLOWER

AUTUMN  
BROWN  
FOLIAGE  
HAYRIDE  
NOVEMBER  
PUMPKIN  
SCARECROW  
SEPTEMBER  
SUNSHINE



The Fun Pages



Across

- 2. Tool with a long handle and tines
- 3. Fruit that fell on Newton's head (Plural)
- 5. Knitted garment worn when it is cold
- 6. There are lots of these in a rainbow
- 7. Hot apple drink
- 10. Plural form of goose

Down

- 1. Color indicating caution on a traffic light
- 4. Placed in a field to discourage birds (Plural)
- 8. Another name for Autumn
- 9. Traditional color of a rose

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				8			9	7
4		1						
3				1				
1			8	5	7	6		
		7		9		8		
		5	3	2	1			9
				7				3
						2		5
5	8			4				



Continued from pg. 4

I realized that:

- I HAD to set boundaries: During work hours, she could not call me 10 times for (non-emergency) reassurance. It's ok to call me when you can't find your car and are scared. But can we talk about how much your neighbors drive you nuts tonight?
- I HAVE to compromise and so does she. I can't leave work to visit because she is lonely, but we can get together after work/weekends and have supper and visit. (And I will leave for emergencies!)
- I AM NOT an only child. I have 2 sisters who are retired with adult children. I called them and shared what was going on. Not only did they step up, they call her nearly every day and have offered to take her "panic attack calls".

I CAN take care of and look out for myself. It's ok for me to say, "Mom, I really just need a day to myself, can we do that tomorrow or can Darla or Nancy look that for you?" Mom and I are rebuilding our relationship, and our time together is fun and meaningful. And best of all, my children are getting to know their 'real nana'."

When Julie shared her story with me, I knew I had to share it! I hope that it strikes a chord with all of the caregivers out there!

Remember: Put your oxygen masks on before helping others with theirs!

National Memory Screening Program Update

In the last issue it was listed that Saline County Aging Services would conduct memory screenings sometime at the office in September. Since then a date has been finalized, November 3rd and 5th, 2015. The screenings will still be the same free, "healthy brain check-ups", that will take around 10 minutes to complete. It will include a series of questions/tasks and is open for anyone who may be at risk for dementia, has current memory concerns, or wants to see how their memory is now. Call Saline County Aging Services at 402-821-3330 to schedule your appointment for the screenings today! In the mean time here are a few tips provided by the Alzheimer's Foundation of America to exercise your brain: study a new language, learn a musical instrument, join a book club, discuss current events, write letters to old friends, do jigsaw or cross-word puzzle, play board games, visit a museum, or even practice memorizing lists!





# September 2015

SUN	MON	TUE	WED	THU	FRI	SAT
		1 At DeWitt Senior Center Tai-Chi 9-10am Quilting 1-5pm	2	3 At DeWitt Senior Center Tai-Chi 9-10am Quilting 1-5pm	4	5
6	7 Labor Day SCAS Closed	8 At DeWitt Senior Center Tai-Chi 9-10am Quilting 1-5pm	9	10 At DeWitt Senior Center Tai-Chi 9-10am Quilting 1-5pm	11	12
13	14	15 At DeWitt Senior Center Tai-Chi 9-10am Quilting 1-5pm	16	17 At DeWitt Senior Center Tai-Chi 9-10am Quilting 1-5pm	18 DeWitt Senior Center Appreciation Breakfast 8-10am	19
20 Holy Cross Fundraiser for DeWitt	21	22 At DeWitt Senior Center Tai-Chi 9-10am Quilting 1-5pm	23 Falls Prevention Awareness Day	24 Wilber Care Center Senior Dinner 12pm At DeWitt Senior Center Tai-Chi 9-10am Quilting 1-5pm	25	26
27	28 DeWitt Quick-Shop Ice Cream 4pm	29 At DeWitt Senior Center Tai-Chi 9-10am Quilting 1-5pm	30 Wilber United Methodist Church SSP Fundraiser 12pm			

## What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, SEPTEMBER 2nd
<b>Program– Go Big Red</b> Menu– Meatloaf & Scalloped Potatoes Bridge & Cards
WEDNESDAY, SEPTEMBER 9th
<b>Program-Saline County Aging Services Update-Macey Moore</b> Menu– Beef Stroganoff
WEDNESDAY, SEPTMEBER 16th
<b>Program– ABCs of CPR by Public Health Solutions</b> Menu– Pork Roast Bridge & Cards
WEDNESDAY, SEPTEMBER 23rd
<b>Program– Country Music by Ed &amp; Ida Agena</b> Menu– Ham & Sweet Potatoes
WEDNESDAY, SEPTEMBER 30th
<b>Program– Sleep Well by Jen Cox</b> Menu– Smothered Steak

**Interested in Home Delivered Meals?**

For DeWitt, call:402.683.6475  
For Wilber, call: 402.821.2331  
All others in Saline County call: 402.821.3330



### Food Pantry



**PANTRY NEEDS:**

Kleenex  
Pancake Mix and Syrup  
Dish & Laundry Soap  
Toothpaste  
Jelly



*Soup, Sandwich, and Pie  
Fundraiser*

**At the Wilber United Methodist Church**

**September 30th, 2015  
4:30-7:00pm**

Free Will Donation

Liver and Dumplings, chicken noodle soup,  
sandwiches, pies, and beverages

## Other Happenings around the County

### Community Supper

Join community members of all ages and walks of life at United Methodist Church in Wilber every Monday at 5:30 for a meal and fellowship. No cost, open to everyone regardless of age.

### Important Dates to Remember:

Holy Cross Fundraiser for DeWitt: September 30th  
Wilber United Methodist Church Fundraiser: September 30th 4:30-7pm  
Medicare Part D Open Enrollment: October 15– December 7th  
National Memory Screening Program: November 3rd and 5th



# Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330



*Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.*

*Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.*



## Saline County Aging News

Volume 1, Issue 3

October 2015



### The Many Ways of Coffee



You know that brown stuff you drink every morning? Yeah, that stuff that seems to go up in price every other day? The stuff that started off as a simple concept, but is now so complex when you try to order just a regular cup at a coffee shop the barista has no idea what you are talking about? If you have not guessed it by now I am talking about coffee. The beloved substance we have become so accustomed to that people cannot function without at

trash, but did you know there are many uses for those used coffee grounds? I did a little researching over the internet and found a few of the most common uses for them.



1. Plants Love Coffee. Sprinkle some of the grounds on the soil around your plants for a homemade fertilizer.
2. Dumpster Deodorizer. Coffee grounds can absorb the strong odors in your garbage. Fill up an old pair of pantyhose with dry coffee grounds and hang the mixture outside of the lid.
3. Food Breakdown. Putting grounds in your compost pile helps stabilize the pH level, which helps the food break down faster.
4. Step Aside Store Bought Drain Cleaner. The gritty texture and strong scent help unplug and deodorize a sink. Boil a cup of grounds in some water and pour down the sink.



least a full pot in the morning. After that full pot of coffee is gone what happens to the grounds that were used to make it? Well, usually they end up going to the

5. Coffee Flavored Cookies for your Coffee? Add a small amount of grounds to chocolate baked goods for more flavor.
6. Skin So Soft. Take the grounds and add them to a little coconut oil and brown sugar. Massage the mixture on in the shower and rinse with warm water for soft skin.

Instead of throwing your grounds away next time save them and try one of these out!

#### Inside this issue:

Caregiver's Corner	2
Halloween Facts	4
SCAS Interview	6
Fun Pages	10
Service Spotlight	14



# Caregiver’s Corner: 7 Scams Family Caregivers Need to be Aware Of!

By: Amy Hansen

Every year, billions of dollars are lost to scam artists. Older adults are seen as having a “nest egg,” owning their homes, and/or having excellent credit, and because of this scam artists often target them. The “Greatest Generation” (born 1930-1960) was generally raised to be polite and trusting, so con artists seek to exploit their trust and kindness for financial gain. Scammers also know that older Americans are less likely to report a fraud due to embarrassment or fear that relatives may think they are incapable of handling their own finances. Often times, older Americans may not even know who to report the scam to or might not even realize that have been scammed.



The best way for a caregiver to help is keeping their eyes and ears open. Having financial awareness, maintaining an open line of communication, and watching for unusual banking transactions (including purchasing money orders, prepaid credit cards and wiring money) can help a caregiver stay on top. Additionally, educating themselves and their loved ones about popular scams are a few of the ways to protect them. People often think that it will not happen to them or “not in my town”, but we have seen/heard of several scams in our state and our area! With roughly 10,000 boomers retiring daily, there is no doubt that these so called “senior” scams will continue to become prevalent among crooks and more sophisticated in nature.

In this 3 part series, we’ll cover:

- Part 1: The most popular scams and scams seen in our area,
- Part 2: Medicaid, Medicare & other fake government scams and protecting your information, and
- Part 3: Quickly growing scams to watch out for and what to do if you or a loved one has been scammed

## Part One: Popular Scams and Scams Seen in Our Area

### GRANDPARENTS or EMERGENCY SCAM

How it works: caller pretends to be the person’s grandchild, in need of emergency money. The authorities are unsure how they are getting the names of these people; but many times, it’s easy enough to say “Hi, Grandma, do you know who this is?” and the senior guesses which child it is. The “grandchild” then tells them that they are in trouble, begs them to wire them money, but not to tell their parents. By the time the emergency money is wired it’s too late.



## Advertising with Saline County Aging News

Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the *Saline County Aging News*. To make sure your information will be in the newsletter of that month, please have the article to Saline County Aging Services by the

2nd to last Friday of the month. This will ensure there is plenty of time to add and make the articles fit. If you have pictures from a recent or upcoming celebration, like birthdays or anniversaries, and would like to have them featured in *Saline County Aging News* we would love to do that for you! To be in November’s newsletter contact Macey

by October 23rd with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!



## Looking to Expand Friendly Visitors Program

The Friendly Visitor Program connects screened and trained volunteers to homebound seniors.

The purpose of this *free* program is to help alleviate the risk of loneliness and isolation of seniors while providing a link to community resources to preserve their independence.

To receive a Friendly Visitor seniors must: be 60 and over, mainly homebound and able to interact socially.

Volunteer and senior matches are based on shared interests, geography, volunteer availability and personality as much as possible.

### Friendly Visitors **DO NOT** provide:

- House Cleaning
- Furniture Moving
- Bathing/Manicures or other Personal Care
- Cooking, Laundry, and other chores
- Gardening and Yard Work

### Activities that our Friendly Visitors may provide **include:**

- A friendly chat over a meal
- Reading aloud
- Games and Puzzles
- Telephone conversations
- Out shopping or to a local coffee shop
- Any other activity that friends enjoy!





**55+ Seniors Values-Businesses Offer Senior Discounts**

*From Lincoln 55+ Paper*

<b>** Amigos (55+ Seniors) - 10% off</b> <b>Arby's (60+) Small Drink - \$.35 with meal</b> <b>** BackYard Burgers (55+) - 10% off anytime;</b> <b>25% off entire ticket - All day on Weds.</b> <b>Braeda Fresh Express Cafe (55+) ** 10% off</b> <b>Burger King (57+) 10% Off</b> <b>Chill's Grill &amp; Bar (55+) 10% off, 6730 S. 27th</b> <b>** CiCi's Pizza ** (55+) \$4.89 Buffet,</b> <b>College of Hair Design (55+)</b> <b>10% of services on T - W - Th</b> <b>Culver's ** (60+) - 5% off</b> <b>** DaVinci's ** (60+) - 10% off - 475-1111</b> <b>Deer Springs Winery (55+) - 10% off Cases</b> <b>(15% off with military ID)</b> <b>Dickey's (55+) 10% off</b> <b>Doozy's (55+) 10% Off 101 North 14th</b> <b>DQ Grill &amp; Chill ** (55+) 10% off - North 27th</b> <b>Egg &amp; I (60+) 10% off 6891 A St.</b> <b>Godfather's Pizza (55+) 10% Off \$4</b> <b>Wednesday</b> <b>Goodwill (55+) 20% Off on Tues and Sundays</b>	<b>** Golden Corral ** (60+) -10:45-4 M-F \$7.69</b> <b>Includes beverage. 3940 North 26th St.</b> <b>Greenfield (55+) 10% off 7900 South 87th</b> <b>Green's Plumbing ** (55+) Be sure to ask!</b> <b>10% residential service - \$10 max.</b> <b>** IHOP (55+) 10% - 4501 North 27th</b> <b>Joseph's College of Beauty - Senior prices,</b> <b>5801 O Street</b> <b>Kentucky Fried Chicken ( Ask - 55+ or 65+ ) -</b> <b>10% discount</b> <b>Long John Silver's (55+) - 20% off Weds.</b> <b>** Lied Center for Performing Arts ** -</b> <b>10% to 20% Group discount - 472-4747</b> <b>Marcus Theaters (60+)\$5 all day Tues, -</b> <b>\$5 &lt; 11:00 am - any day and Fri. &lt; 5:30 pm</b> <b>Nebraska Brass - (55+) \$12 per event</b> <b>Season \$54 402-477-7899</b> <b>Orscheln Farm &amp; Home - (55+) 5% off every</b> <b>Wednesday (with card)</b> <b>** Perkins Restaurants (55+) - Senior Menu</b>	<b>Piezano's (55+ Seniors &amp; guests) - 10% off -</b> <b>Dine-in only</b> <b>Popeye's (55+) - 10% off</b> <b>** Runza (55+) - 10% off</b> <b>Serenity Health Massage (55+)</b> <b>Seniors --&gt; \$45 per hour, M, T AM 617-3604</b> <b>Schlitzsky's Delli (60+) 10% off - 4320 N. 27th</b> <b>Supercuts (55+) Supercut Sr. - \$11</b> <b>Taco Bell / Taco Bueno / Taco Inn</b> <b>(55+) Taco John's (62+) - 10% off</b> <b>** Valentino's Pizza (65+) 10% off at buffet.</b> <b>25% off buffet All Day Monday</b> <b>70th and Van Dorn</b> <b>** Village Inn (60+) - 10% off</b> <b>Wendy's (55+) - Free value Drink w meal</b> <b>Zoup - (55+) Try Two Combo 2801 Pine Lake Rd</b>  <b>** Look for Lincoln 55+ Newspapers **</b> <b>at Locations notated with ** stars **</b> <b>Please mention the Lincoln 55+ Seniors</b> <b>discount listing when you visit.</b>
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What you need to know: These scammers may or may not know your grandkids names.

How to protect yourself: If asked, "Do you know who this is?" Make up a name, one that belongs to NO family member. If they say, yes, then you know they are fake, hang up. If they know it is a fake name, tell them that you will have to get the money together, take the info, then call around and ask about that grandkid.

**SWEEPSTAKES OR LOTTERY SCAMS**

How it works: This scam is simple and commonly used. The con will tell their victim that they've won a lottery or sweepstakes of some kind, and need to make a payment to get the full prize. By the time the person realizes the prize check is a fake, if they receive one at all, their personal money is long gone.

What you need to know: You should never, never, ever, never, have to pay for something you won and if it sounds too good to be true, yep, it more than likely is!! Some scammers have been known to string it along, until the losses are in the tens of thousands of dollars.

How to protect yourself: Hang up! Delete the email! You can't win something you did not enter.

**COMPUTER VIRUS SCAMS**

How it works: A "computer technician" claiming to be from a reputable company (often Microsoft), calls to tell you that your computer is infected with a virus. They will "fix" it for you for \$200. They will often guide you through your computer to show you "viruses" that are actually harmless errors. This scam works two ways: 1.They scam you out of a bogus repair fee and 2.They will often put software on your computer that will "mine" personal and financial information.

What you need to know: Computer companies are never going to call you. These crooks just cold call people (of all ages) looking to get lucky. One of my favorite stories comes from an older friend who told the scammer, "That's weird, I don't even own a computer!" To which they heard, "**click**".

How to protect yourself: Hang up! Don't allow anyone you do not know to access your computer. If you use the internet, make sure that you have virus protection. There are several good, free programs out that will protect you or, there are many inexpensive versions as well.

It's sad but true, while I like to try to give people the benefit of the doubt, these people are not looking out for anyone's interest but their own. Remember, If you did not call them, hang up. If you did not enter, you cannot win!

*To be continued.....Next month, we will discuss Medicare, Medicaid and other fake Government scams.....*



# 12 Interesting Facts About Halloween

1. The first Jack O’Lanterns were actually made from turnips

2. Halloween is the second highest grossing commercial holiday after Christmas

3. The word “witch” comes from the Old English *wicce*, meaning “wise woman.” In fact, *wiccan* were highly respected people at one time. According to popular belief, witches held one of their two main meetings, or *sabbats*, on Halloween night

4. The largest pumpkin ever measured was grown by Norm Craven, who broke the world record in 1993 with a 836 lb. pumpkin

5. Stephen Clarke holds the record for the world’s fastest pumpkin carving time: 24.03 seconds, smashing his previous record of 54.72 seconds. The rules of the competition state that the pumpkin must weigh less than 24 pounds and be
- carved in a traditional way, which requires at least eyes, nose, ears, and a mouth

6. Trick-or-treating evolved from the ancient Celtic tradition of putting out treats and food to placate spirits who roamed the streets at Samhain, a sacred festival that marked the end of the Celtic calendar year

7. Black and orange are typically associated with Halloween. Orange is a symbol of strength and endurance and, along with brown and gold, stands for the harvest and autumn. Black is typically a symbol of death and darkness and acts as a reminder that Halloween once was a festival that marked the boundaries between life and death

8. Scarecrows, a popular Halloween fixture, symbolize the ancient agricultural roots of the holiday
9. According to tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight

10. [Mexico](#) celebrates the Days of the Dead (Días de los Muertos) on the Christian holidays All Saints’ Day (November 1) and All Souls’ Day (November 2) instead of Halloween. The townspeople dress up like ghouls and parade down the street

11. The National Retail Federation expects consumers in 2010 to spend \$66.28 per person—which would be a total of approximately \$5.8 billion—on Halloween costumes, cards, and candy. That’s up from \$56.31 in 2009 and brings spending back to 2008 levels

12. In many countries, such as France and Australia, Halloween is seen as an unwanted and overly commercial American influence.



# What’s Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, OCTOBER 7th
Program– Out with Bedbugs by Ext.
Menu– Swiss Steak
Bridge & Cards
WEDNESDAY, OCTOBER 14th
Program–Lee’s Legendary Marble
Menu– Beef & Noodles
WEDNESDAY, OCTOBER 21st
Program– TC Staff
Menu– Chicken Filet
Bridge & Cards
WEDNESDAY, OCTOBER 28th
Program– Sloane Holtmeiers’s Popcorn Project
Menu– Haddock & Baked Potatoes

**Interested in Home Delivered Meals?**  
For DeWitt, call:402.683.6475  
For Wilber, call: 402.821.2331  
All others in Saline County call: 402.821.3330



- Food Pantry**
- PANTRY NEEDS:**
- Peanut Butter & Jelly
  - Pancake Mix and Syrup
  - Dish & Laundry Soap
  - Toothpaste
  - Shampoo



**Winner of September's riddle:**  
**Merle Fikar**

Merle received a \$5 gift card to Subway! Make sure to get your answers in for this month's riddle so you can be the next winner!

## Other Happenings around the County

**Community Supper**

Join community members of all ages and walks of life at United Methodist Church in Wilber every Monday at 5:30 for a meal and fellowship. No cost, open to everyone regardless of age.

### Important Dates to Remember:

- Flu Shots at DeWitt Senior Center: October 7th from 10-2
- Foot Clinic at DeWitt Senior Center: October 14th by appointment
- Medicare Part D Open Enrollment:: October 15– December 7th
- National Memory Screening Program: November 3rd and 5th
- Bone Density Screening: November 4th





# October 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 @ DeWitt Tai Chi 9-10 Quilting 1-5 Board Mtg 5:30	2  <u>World Smile Day</u>	3
4  <u>National Taco Day</u>	5	6 @ DeWitt Tai Chi 9-10 Quilting 1-5	7 Flu Shots @ DeWitt Senior Center 10-2	8 @ DeWitt Tai Chi 9-10 Quilting 1-5	9	10
11	12 Columbus Day SCAS Closed  @ DeWitt Work Day 1-4:00	13 @ DeWitt Tai Chi 9-10 Quilting 1-5 <b>New Tai Chi Class @ 10</b>	14 Foot Clinic @ DeWitt Senior Center By Appointment  <u>National Dessert Day</u>	15 Open Enrollment Begins  	16  <u>National Boss's Day</u>	17
18 DeWitt Methodist Chicken & Biscuit Dinner @ Noon	19	20 @ DeWitt Tai Chi 9-10 Quilting 1-5 <b>New Tai Chi Class @ 10</b>	21	22 @ DeWitt Tai Chi 9-10 & 10 Quilting 1-5	23	24  <u>National Bologna Day</u>
25 DeWitt Kid's Halloween Trick-or-Trunk  FIREMAN'S DINNER	26 @ DeWitt Work Day 1-4:00  Quick Shop for Ice Cream 4:30	27 @ DeWitt Tai Chi 9-10 & 10 Quilting 1-5	28  <u>National Chocolate Day</u>	29 @ DeWitt Tai Chi 9-10 & 10 Quilting 1-5	30	31 

## Open Enrollment for Medicare D

*IT'S THAT TIME AGAIN?!?*

## MEDICARE D OPEN ENROLLMENT

WILL SOON BE HERE

October 15 - December 7.

Saline County Aging Services recommends that Medicare participants check their plan each year!



In any given year plans may:

- Change the way they cover or stop covering certain meds
- Raise deductibles, co-pays or premiums
- Add new plans that are more cost effective and competitive!

## There are TWO ways to check your plan:

1. Attend the SHIP Event at the Dvoracek Memorial Library on Friday, November 6.  
SHIP Counselors from the Nebraska Dept. of Insurance will do comparisons for free.
2. Meet individually with a Saline County Aging Services (SCAS) staff member. They are also trained SHIP Counselors and will offer non-biased assistance. \*\*

*Either way, call SCAS to make an appointment.  
The number is 402-821-3330 or 800-778-3309.*

\*SCAS, a non-profit organization, asks you to consider giving a contribution of any amount to offset the cost of doing open enrollment comparisons.



# National Memory Screening Program

Join Saline County Aging Services **November 3rd and 5th** for the *National Memory Screening Program*. Stop by the office or call in to schedule your appointment! Appointments are available all day long during the 2 days. The screens offer free, confidential memory screenings to individuals concerned about memory loss with the objective of early detection and intervention. Each screen consists of questions/tasks that take around 10 minutes to complete. It is not a diagnosis of any particular illness, but is a safe and

healthy “brain check-up”. It is important to have these screenings done so you can talk with your doctor to identify and treat or slow down the condition causing memory problems.



The Alzheimer’s Foundation of America launched the memory screening program in 2003 and since then has grown. Their mission is to provide optimal care and services to individuals confronting dementia, and to their caregivers and families-through member organizations dedicated to improving quality of life. If you would like more information on healthy aging go to [www.alzprevention.org](http://www.alzprevention.org) or come into the office for a brochure! See you November 3rd and 5th!

## Exercise of the Month

### Side Leg Raise

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out slowing and lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second
4. Breathe in as you slowly lower your leg.
5. Repeat 10-15 times
6. Repeat 10-15 times with other leg
7. Do this 7-10 times more with each leg



# The Fun Pages

I like to stay just out of sight.  
If you see me, I might be white.  
I float through houses in the black of night.

Riddle of the month!

What am I?



Answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!



APPLES  
AUTUMN  
BLACK CAT  
CANDY  
CIDER  
CORNMAZE

COSTUMES  
GHOSTS  
GHOULS  
GRAVEYARD  
HALLOWEEN  
HALLOWSEVE

HARVEST  
HAUNTED  
HAYRIDE  
JACKOLANTERN  
LEAVES  
MASKS

PUMPKIN  
SQUIRREL  
TREAT  
TRICK  
WITCHES  
ZOMBIES



The Fun Pages



Across

- 2. Frightening
- 4. He hates garlic
- 6. Frankenstein had one
- 9. The Count
- 12. Where a vampire sleeps
- 14. \_\_\_\_ or treat
- 15. Scare
- 17. A skeleton is just a bunch of these
- 18. Mr. O'Lantern

Down

- 20. What the pot might call the kettle
- 21. \_\_\_\_ stories
- 22. A boney sort of fellow
- 24. Found in Egypt
- 25. Lives in the belfry
- 27. Whoo? Whoo?
- 28. Playground for ghosts
- 29. What a spider spins

- 1. When something makes our skin crawl, it's this
- 3. \_\_\_\_ house
- 5. Makes a popular pie
- 7. When ghosts come out to play
- 8. Fire burn, and \_\_\_\_ bubble
- 10. Samantha for example
- 11. Evil or mischevous creature
- 13. Comes out on full moon nights
- 16. October 31st
- 17. Witch transportation
- 19. Disguise
- 23. Incey wincey is one of these
- 24. Might be full, half, or new
- 26. He swallowed the canary

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Food for Thought



<div>12 oz. Can of Coke</div> <div></div> <div>140 Calories 1.57 Miles 3,140 Steps</div>	<div>Naked Juice Blue Machine</div> <div></div> <div>170 Calories 1.91 Miles 3,820 Steps</div>
<div>Snickers Bar</div> <div></div> <div>215 Calories 2.42 Miles 4,840 Steps</div>	<div>Beef Chalupa Supreme</div> <div></div> <div>360 Calories 4.04 Miles 8,080 Steps</div>
<div>Shake Shack Chocolate Shake</div> <div></div> <div>740 Calories 8.31 Miles 16,620 Steps</div>	<div>Five Guys Cheeseburger</div> <div></div> <div>840 Calories 9.44 Miles 18,880 Steps</div>

Have you ever wondered how many miles it would take to burn off that cheeseburger you just ate from your favorite fast food chain? A columnist from Yahoo was interested in this and took commonly consumed foods and drinks and set out to see how many miles/steps it takes to burn them off. He averaged around 2,000 steps per mile and 89 calories burned per mile. Estimates will vary based on height, weight, gender, atmosphere, etc. This is still a good predictor on how much walking around you would need to do in order to burn that last meal off. To the left are some of the foods he chose and underneath each picture is how many calories the food/drink has in it, how many miles it would take to burn off, and how many steps those miles are equal to. The bottom cheeseburger is what really got me, 9.44 miles to burn off just the cheeseburger alone! Don't get me wrong, a little splurge on a meal here and there is okay, but when the caloric intake is that high maybe it's time to take the healthier route more often than not. Restaurants and fast food chains are starting to put healthier alternatives on their menus. So next time you don't want to feel all that guilt that comes with the cheeseburger, maybe get the chicken breast sandwich and go light on the condiments!



# Get To Know Saline County Aging Services!

A new addition to the Saline County Aging News is getting to know the employees, volunteers, and people who use our services! Each month there will be someone new that answers a few questions so you can get to know them better!



What is your full name?

Evelyn Irene Dvorak

How long have you been volunteering at Saline County Aging Services?

Around 7 years 

What is your favorite color?

Brown 

What is your favorite time of the year?

Fall 

If you won the lottery what is the first thing you would do?

Share it with my family 


What is your favorite part of Saline County Aging Services?

Working with my co-workers 

Would you rather go to a play or musical?

Either or both 

What 3 things would you bring with you if you were stranded on a desert island?

Pictures of my family, a boat, and a life jacket 

What is your best piece of advice?

Just try to get along with everyone. We can't all be perfect! 

# Bone Density Screening

How long has it been since you last had your bone density screened? The Sahara Bone Density check is an easy way to check out the bone density in your calcaneus or heel area. In less than a minute ultrasound technology is used to do this measurement. Participants are encouraged to share the results with their health care professional. A low bone density in the heel could indicate there is possible bone loss in other parts of your body. This screening can help doctors monitor osteoporosis, determine your risk for

broken bones, or identify decreases in bone density before you break a bone.

Aging Partners offers this service at no cost for people over age 60. There is a \$5 fee for people under age 60.

Wednesday  
November 4  
9-12 am  
Call for appointments!  
402-821-3330



# Recipe of the Month

## Easy Pumpkin Chocolate Chip Muffins

Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

### Ingredients

- 1 Can of Cooked Pumpkin Puree
- 1 Box Spice Cake Mix
- 1 Cup Chocolate Chips

### Directions

1. Preheat oven to 350 Degrees
2. Combine cake mix and pumpkin puree with mixer, add in chocolate chips, stir well
3. Scoop into muffin tin either greased or with cupcake liners
4. Bake for 8-10 minutes or until a toothpick inserted in the center comes out clean

### Tip

Add a sprinkle of brown sugar to the tops of the muffins before baking them!





## Veteran's Day: A Holiday Dedicated to American Veterans of All Wars

World War I known as "The Great War" officially ended June 28, 1919 when the Treaty of Versailles was signed. 7 months earlier the fighting was ceased when an armistice between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. That is why November 11, 1918 is generally regarded as the end of "the war to end all wars." In November of 1919 President Wilson proclaimed November 11th as the first commemoration of Armistice Day. After World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.

According to [usmilitary.about.com](http://usmilitary.about.com), it is very common to get Veterans Day and Memorial Day confused. Memorial Day is to honor American service members who died in service to their country or as a result of injuries incurred during battle. Veterans Day pays tribute to all American veterans-living or dead-but especially gives thanks to living veterans who served their country honorably during war or peacetime. The purpose of Veterans Day is to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. While it is important to recognize Veterans on November 11th we should honor our veterans year-round. The easiest way to do this is ex-



pressing thanks. If you see someone in uniform just saying a few words of gratitude or doing acts of kindness to show how much their service means to you can go a long way.

To all of the Veterans: we deeply appreciate the sacrifices you have made to keep our country free!



### Inside this issue:

Diabetes Month	2
Caregiver's Corner	4
Happiness Journey	6
Fun Pages	10
Service Spotlight	14



## Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330



*Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.*

*Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.*





## American Diabetes Month 2015

American Diabetes month takes place during November and is a time to come together as a community to stop Diabetes! The American Diabetes Association's vision is a life free of diabetes and all of its burdens by raising awareness of the growing disease. Did you know that Diabetes affects nearly 30 million children and adults in the U.S. today? Another 86 million people have prediabetes and are at risk for developing type 2 diabetes. Diabetes is the leading cause of kidney failure and nearly doubles the risk for heart attack and death from heart disease. Recent estimates project that as many as 1 in 3 American adults will have diabetes by 2050 unless we take the steps to stop diabetes!

This year the Association will be celebrating its 75th anniversary and wants to share their message that eating well is one of life's greatest pleasures, and enjoying delicious, healthy foods helps with diabetes management. The

whole month of November the Association plans on showing the nation how easy and joyful healthy eating can be. Each week the Association is going to share nutritious recipes from noted chefs and cookbook authors for every meal of the day on their website! Saline County Aging Services Facebook page will also be posting these tips and recipes! Everyone deserves to enjoy food that makes them feel happy, strong, and empowered, and the Association will inspire people to eat well while also successfully managing their diabetes.



## Exercise of the Month– Upper Body

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Keeping your back straight, slowly walk your hands up the wall until your arms are above your head.
4. Hold your arms overhead for about 10-30 seconds.
5. Slowly walk your hands back down.
6. Repeat at least 3-5 times.



\*\*As you progress, the goal is to reach higher.

\*\*This exercise is to increase the flexibility of your arms, chest, and shoulders. It will help you reach items on the upper shelves of your closet or kitchen.

## Want Saline County Aging News sent to your door???

Cut this slip out, fill the information in below, and send it to  
**Saline County Aging Services- 109 West 3rd Street– Wilber, NE 68465**  
or bring it into our office.

Name:

Address:

If you would rather have it send via email please provide email address:

## Still Time to Sign Up for Bone Density and Memory Screenings!

### Bone Density Screening

Wednesday

November 4th

9am-3pm

### Memory Screening

Tuesday and Thursday

November 3rd and 5th

All Day Long

Both services are free to people over the age of 60 and held at Saline County Aging Services. If you are under 60 years there is a \$5 charge for the Bone Density Screenings.

Please Call for appointments!

402-821-3330





## Advertising with Saline County Aging News

Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the *Saline County Aging News*. To make sure your information will be in the newsletter of that month, please have the article to Saline County Aging Services by the

2nd to last Friday of the month. This will ensure there is plenty of time to add and make the articles fit. If you have pictures from a recent or upcoming celebration, like birthdays or anniversaries, and would like to have them featured in *Saline County Aging News* we would love to do that for you! To be in November's newsletter contact Macey

by October 23rd with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!



**Saline County Aging Services makes free, short term loans of durable medical equipment to any Saline County Resident, regardless of age!?**

Our loan program is perfect for individuals :

- Recovering from illness or injury
- Recuperating from surgery
- Attending events, doctor's appointments or day trips
- Trying a new device before buying one
- Students with sports injuries or recovering from sprains, strains or breaks



## Our Equipment

Walkers	Grab Bars
Wheelchairs	Crutches
Toilet Risers	Canes- Regular and Quad
Shower/ Tub Chairs, Stools and Benches	Portable Commodes



## Food for Thought



Is there a way to eat right and still enjoy Thanksgiving dinner?!?

With Thanksgiving coming up this month we all know we are about to consume thousands of extra calories in one meal. It is hard to not indulge during this time as the kitchen fills with wonderful smells, everyone brings their favorite casserole dish, and the pumpkin pie is tempting you from the corner. Mmmm, I am getting hungry just thinking about it! But, if you are looking for a way to not end up so miserable with a full tummy before you go black Friday shopping this year, here are a few tips to try out!

1. Drink lots of water before Thanksgiving dinner and also during the meal. Water boosts the metabolism and helps you feel full!
2. Use a smaller plate. Studies show that if we use a smaller plate we will end up eating less!
3. Wait 15 minutes before you go back for seconds. It takes a little time to feel full.
4. Opt for healthier sides. Maybe suggest having regular green beans alongside of the green bean casserole or other substitutes like that.
5. Take smaller portions. If you want to try every casserole that was made, take smaller scoops so you can still get a taste of it all without over doing it!
6. Go light on the gravy. Gravy can be loaded with extra fat, calories, and sodium.

7. Save all of your calories for dinner. During the holidays it is easy for snack trays to be laying around before the big meal is served. Try to avoid these so you can save the calories for the main course!
8. Have a few bites of dessert. There is no need to have a big piece of EVERY single pie. Find someone to share it with or cut the serving size in half.
9. Plan a walk after the meal or go outside and play with your grandchildren.
10. **DON'T FEEL GUILTY!** Thanksgiving only comes around once a year and it is a special time to spend with family and loved ones. If you end up trying every casserole and pie, well it happens! Don't let it get you down...instead enjoy the day and make a plan for how you will eat the following week!





## Caregiver’s Corner

### 7 Scams Family Caregivers Need To Be Aware Of!

*Part 2: Medicaid, Medicare & other fake government scams & protecting personal information.*

When we left off last month, we had discussed a few of the more popular scams and scams we have seen in our area. This month we will cover the scariest of all scams; Medicare, Medicaid and other “Benefit” scams!

Since every U.S. citizen or permanent resident over age 65 qualifies for Medicare, there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. Senior citizens are most vulnerable to health care scams and Social Security, due to the fact that not only is their health a concern for them; they have to maintain their insurance and protect their money.

Here are some of the most popular Medicare, Medicaid and other fake Government “Government” scams:

#### NEW SOCIAL SECURITY CARD SCAM:

Victims receive a call from a fake Social Security agent and they inform you that a newly issued Social Security card is in the mail. All they need is your Social Security and bank account numbers to have your funds deposited directly into your bank account. Callers may ask victims to verify their identity in order to receive the new card.

#### FAKE IRS CALLS:

Victims receive calls from fake IRS agents claiming they owe back taxes. They threaten arrest, lawsuits, loss of their driver's license and more. They often demand immediate payment through a prepaid credit card. OR: Fake

IRS agents call to inform victims or unclaimed refunds or rebates to glean personal information from you.

#### FAKE MEDICAID CALLS:

Scammers posing as representatives from Medicaid call victims to tell them there is a problem with their Medicaid. They then say that they need the recipient’s social security and bank account numbers to fix the problem. OR: Scammers claiming to be from the Energy Assistance Program (LIHEAP) call to inform you that due to the recent cold snap/heat wave you will get “extra assistance”. All you have to do is give the caller your banking information so the “extra assistance” can be deposited into your account.

#### MEDICARE SCAMS/HEALTH INSURANCE SCAMS:

Cons claiming to be from Medicare to get older people to give them their personal information. Scammers will provide bogus services for elderly people at makeshift mobile clinics then bill Medicare and pocket the money, thereby duping seniors into becoming unwitting accomplices.

Other health-related scams not directly linked to Medicare include:

Offers of “free” equipment or supplies, with charges hidden in the fine print of a document you must sign, and tests, including ones for diabetes, that are either unnecessary or unreliable.

#### What you need to know:

Don’t fall for these attempts, hang up. You can always call a reputable number for Social Security, Medicare, Medicaid or the IRS and double check on any problems.

## What’s Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, NOVEMBER 4TH
<b>Program– Homestead Dulcimers</b>
Menu– Meatloaf
Bridge & Cards
WEDNESDAY, NOVEMBER 11TH
<b>Program–Jonny Appleseed/Apple Desserts</b>
Menu– Steak Sandwich & Soup
Dominos or Cards & Veteran’s Day
WEDNESDAY, NOVEMBER 18TH
<b>Program– Coloring Isn’t Just For Kids</b>
Menu– Hamburger Steak
Bridge & Cards
WEDNESDAY, NOVEMBER 25TH
<b>Program– Help Aids for Hearing Impaired</b>
Menu– Turkey & Dressing
Celebrate Birthdays

#### Interested in Home Delivered Meals?

For DeWitt, call:402.683.6475

For Wilber, call: 402.821.2331

All others in Saline County call: 402.821.3330



**HAPPY BIRTHDAY!**



Norman E. Plouzek will be celebrating his 80th birthday November 18th! You can send cards to 2315 Boswell-Crete, NE 68333

Happy Birthday Norman!



**Winner of October's riddle:**

**Mary Ann Reiss**

Mary received a \$5 gift card to Subway! Make sure to get your answers in for this month's riddle so you can be the next winner!

### Other Happenings around the County

#### Community Supper

Join community members of all ages and walks of life at United Methodist Church in Wilber every Monday at 5:30 for a meal and fellowship. No cost, open to everyone regardless of age.

#### Important Dates to Remember:

National Memory Screening Program: November 3rd and 5th

Bone Density Screening: November 4th

Medicare Part D Open Enrollment:: October 15– December 7th

Pancake Feed at DeWitt: November 20th





# November 2015

SUN	MON	TUE	WED	THU	FRI	SAT
1 Daylight Savings Time Ends	2	3 Memory Screening All Day @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	4 Bone Density Screening 9-3	5 Memory Screening All Day @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	6 National Nachos Day	7
8 National Cappuccino Day	9	10 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	11 Veterans Day SCAS CLOSED	12 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	13	14
15 DeWitt Craft Show 9-3:00	16	17 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	18	19 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	20 PANCAKE FEED	21
22	23	24 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	25	26 Thanksgiving SCAS CLOSED	27 SCAS CLOSED	28
29	30					

Medicare, Medicaid, Social Security and the IRS do not randomly call your home! If they need to contact you, they will send you a letter requesting that you contact them. Social security will only call if “you (have) filled out an application for Extra Help and there is missing information. (And then) they’ll only ask you for the missing information.”

Likewise, they will never ask you for your personal information over the phone or for bank account numbers. Since these are all programs where the recipient initiates enrollment, they will have all of the information that they need to serve you.

If any monies are owed, say in the instance of the IRS, you should have received a statement in writing, laying out what is due and how to take care of it. Never give out your Social Security, Medicare, Medicaid, or Bank account numbers over the phone! When in doubt, ask for written confirmation of changes or monies owed.

The government will never demand payment over the phone and especially not with a prepaid (untraceable) card.

**Beware:** some cons can manipulate caller ID’s to reflect the IRS or Medicare is calling.

**Protect your loved one and help them protect their information!**

Only give personal information to:

- Doctors, other health care providers, and plans approved by Medicare.
- Any insurer who pays benefits on your behalf.
- Trusted people in the community who work with Medicare, like

your Senior Health Insurance Information Program (SHIIP) or Social Security.

- Never send any banking or personally identifying information to anyone you don’t know. Whether they call or come to your home uninvited (esp. to get you to join a Medicare plan) or over the Internet.
- Don’t carry your Social Security card around in your wallet. A lost or stolen card can lead to identity theft.
- Only give information to doctors or other providers approved by Medicare.
- Invest in a shredder (preferably one that shreds cards) to shred all financial documents, bank statements, credit card solicitations, and documents (including mail) that contain any type of personal information.
- Shred or cut up unused credit cards, and old insurance cards.
- Never keep your PIN number with your debit card.

Education and sharing news and information with your loved ones, friends and neighbors can go a long way in helping combat scams and fraud!



Next month, we will have our third and final part: *Quickly growing scams to watch out for and what to do if you or a loved one has been scammed.*

## The Happiness Journey



Like many, I am guilty of leading my life lately by dwelling on the negatives rather than embracing the positives. I get so caught up wanting something I don't have or thinking this person has it way better than me that I completely forget the fact that my life is pretty great too!!! I am giving up my own happiness for things, that in all reality, are pretty silly when you think about it.

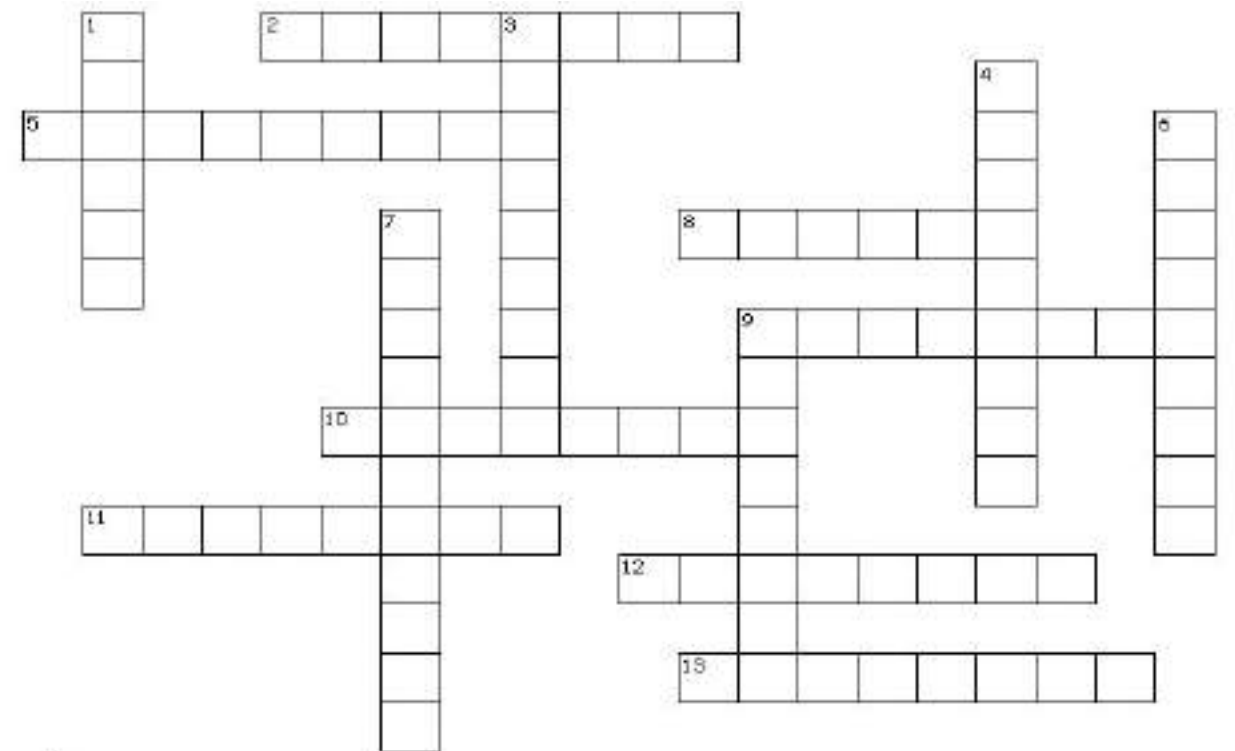
According to [findhappiness.org](http://findhappiness.org), in order to really feel happiness a person needs to rid themselves from negative thoughts and self doubts that can lead to depression, fear, worry, dissatisfaction, boredom, and grief. But everyday we are faced with negative things that happen to us, so how do we just rid ourselves from these? Many times **we let** these instances cause negative reactions. If someone says something to us and it makes us have a "bad day" that's because **we let** them do that to us. If we get caught up so much in another person's life and get jealous of what they have, it's because **we let** ourselves feel that way. In every situation **we** have the choice to let outside behaviors influence us or not. No one can ever **MAKE** us feel something, that is up to **us**. It is up to us to make conscious efforts to tell ourselves we are going to be happy and that no one has the right to take that away. This is easier said than done though and cannot just happen overnight. It takes **time and effort** to respond differently in situations. In the end it is definitely worth it to choose happiness and regain control over your emotions and be able to live a happier and healthier life! I challenge you to take the journey of happiness with me and focus more on the positives in life rather than the negatives.

*This life we live is actually pretty great and once we start complaining less and appreciating more we see the world in a whole new light! Find what makes you happy and go do it. Stop focusing on forcing yourself to be happy and challenge yourself to **do** what makes you happy. Here are a few ways I find happiness...*



- ♦ Smiling: Smiling is contagious and also a beautiful thing. If you ever feel down just make yourself smile, it helps. :)
- ♦ Doing Good for Others: When I take the extra time to do something special for someone else it gives me an indescribable feeling of joy and instantly puts me in a good mood.
- ♦ Let Go of the Uncontrollable: When things do not go your way, let it go, time to focus on something else! Do not waste your time on what you cannot control.
- ♦ Laugh: A good laugh can go a long way. Read the comics in the paper or think back on an instance that really made you laugh and revisit that thought in your mind if you're having a bad day.
- ♦ Hobbies: I have found many hobbies I really enjoy that make me feel good. Find something that you enjoy and go do it!
- ♦ Practice Daily Gratitude: I recently heard this saying, "Gratitude determines our attitude." If we practice gratitude everyday it will be easier to find the beauty in the small things of life, like a good book or a cozy sweater.

## The Fun Pages



### Across

2. The month of Thanksgiving.
5. This fruit is used to make a red jellied side dish.
6. One of the four seasons.
9. They feasted with the Native Americans.
10. Thanksgiving is always on this day of the week.
11. Sport watched on Thanksgiving Day.
12. This gets cooked inside the turkey.
13. Remember what we are \_\_\_\_\_ for.

### Down

1. Main course for Thanksgiving dinner.
3. Pilgrims sailed over on this boat.
4. Yellowish type of bread.
6. Dark meat on a turkey.
7. You'll find this on top of sweet potatoes.
9. Famous "cock" where the Mayflower landed.



DAVE GRANLUND © www.davegranlund.com

do more  
of what  
makes you  
happy



The Fun Pages

Riddle of the month!



If April showers bring May flowers, what do May Flowers bring?



Answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!  
Please include your phone number with your answer!

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

word list

Harvest  
Indians  
Pilgrims  
Thanksgiving  
Pumpkin pie  
November  
Turkey  
Family  
Corn  
Bounty

Ceremony  
Worship  
Tradition  
Holiday  
Gobble  
Yams  
Feast  
Colony  
Sail  
Harvest



Daylight Savings Time Ending

The National Fire Protection Agency recommends that when Daylight Savings Time ends it's a good time to check and test your smoke alarms. Roughly two-thirds of home fire deaths occur in homes with no smoke alarms or working smoke alarms. When smoke alarms fail to work but should have worked, it is usually because batteries were missing, disconnected, or dead. The National Fire Protection Agency has a few guidelines concerning smoke alarms: along with checking after daylight saving's time, test the smoke alarms at least once a month using the test button, make sure everyone in the home understands the sound of the smoke alarm and knows how to respond, replace all smoke alarms when they are 10 years old, and replace the smoke

alarm immediately if it does not respond properly when tested. These little steps could make a big difference!



Daylight Savings Time Ends: Sunday, November 1, 2015

Open Enrollment for Medicare D

*IT'S THAT TIME AGAIN?!?* MEDICARE D OPEN ENROLLMENT IS NOW HERE!  
October 15 - December 7 Saline County Aging Services recommends that Medicare participants check their plan each year!



- In any given year plans may:
- Change the way they cover or stop covering certain meds
  - Raise deductibles, co-pays or premiums
  - Add new plans that are more cost effective and competitive!

There are TWO ways to check your plan:

1. Attend the SHIP Event at the Dvoracek Memorial Library on Friday, November 6. SHIP Counselors from the Nebraska Dept. of Insurance will do comparisons for free.
2. Meet individually with a Saline County Aging Services (SCAS) staff member. They are also trained SHIP Counselors and will offer non-biased assistance. \*\*

*Either way, call SCAS to make an appointment.  
The number is 402-821-3330 or 800-778-3309.*

\*SCAS, a non-profit organization, asks you to consider giving a contribution of any amount to offset the cost of doing open enrollment comparisons.



## Get To Know Saline County Aging Services!

A new addition to the Saline County Aging News is getting to know the employees, volunteers, and people who use our services! Each month there will be someone new that answers a few questions so you can get to know them better!

What is your full name?

*Merle Darlene Fikar*

How long have you been volunteering at Saline County Aging Services?

*2 years*

②

What is your favorite color?

*Green*



If you had a boat what would you name it?

*Mattie*



Where do you want to travel, but have never been?

*Washington State*



What is your favorite time of the year?

*Spring*



If you won the lottery what is the first thing you would do?

*Divide it between my kids*



What is your favorite part of Saline County Aging Services?

*Meeting people*



What 3 things would you bring with you if you were stranded on a desert island?

*My iPad, pictures of my kids and husband, and my pills*



What is your best piece of advice?

*Don't worry about anything you can't fix!*



## 8 Fun Facts About Thanksgiving

1. Americans eat roughly 535 million pounds of turkey on Thanksgiving.
2. They celebrated the first Thanksgiving Day in the fall of 1621.
3. The first Thanksgiving celebration lasted three days.
4. Californians are the largest consumers of turkey in the United States.
5. The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.
6. About 20% of all cranberries that are consumed in the U.S. per year are eaten on Thanksgiving.
7. It was not until 1941, that congress declared Thanksgiving as a national holiday.
8. More than 40 million green bean casseroles are served on Thanksgiving Day.



## Recipe of the Month

### Apple Dump Cake

Prep Time	Cook Time	Total Time
10 mins	60 mins	1 hr 10 min

### Ingredients

- 4 Cups Chopped Apples
- 1 Box Yellow Cake Mix
- 3/4 Cups Butter, Melted

### Directions

1. Preheat oven to 350 Degrees. Spray bottom of 13x9-inch pan with cooking spray
2. Place chopped apples in pan.
3. Top with dry cake mix, and pour melted butter over top, making sure to cover top with butter as much as you can
4. Bake 45 to 50 minutes or until bubbly Serve warm. Enjoy!

### Tip

Try drizzling caramel over the top and adding whipped cream before serving!







## Ways To Give Back This Holiday Season

Nothing makes me feel better than being able to do something for someone else. It is the little things in life that matter the most. Here is a list of simple things you can do this holiday season to give back to someone you may know or maybe even surprise a stranger! Many of these acts do not cost much or involve much time, but it is the thought that counts.

1. Paying it forward at the drive-thru: This seems to be a classic around the holiday season. If you find yourself in the drive-thru of a fast-food place and see a line of cars behind you, tell the cashier you would like to pay for the person's order behind you. When that person gets up to pay for their order they will be pleasantly surprised and may even pass the act on themselves!
2. Make care packages for the homeless: Take gallon size zip lock bags and fill them up with essentials that a person may need. This can include a bottle of water, a couple granola bars, travel size toothbrushes, Band-Aids, hand sanitizer, tissues, a comb, any other food snacks you can fit, or a five dollar bill. Get creative! Put anything in this bag that you think a person could benefit from. Then keep them in your car and the next time you see a homeless person hand them one.
3. Donate your money: If you cannot get out

and about but still want to give back maybe consider donating money to a charity. The amount does not matter, because any dollar helps! Here are a few of my favorite charities: American Heart Association, Make-A-Wish-Foundation, The Humane Society, and Huntington Christmas. Take a look around your town and see if there is anyway to donate locally. There may be more places than you think!



More ideas to give back to the community this holiday season will be continued on the next page...

### Inside this issue:

Stepping On	3
Exercise of the Month	5
Caregiver's Corner	7
Fun & Games	11
What's Going On	13



## Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330



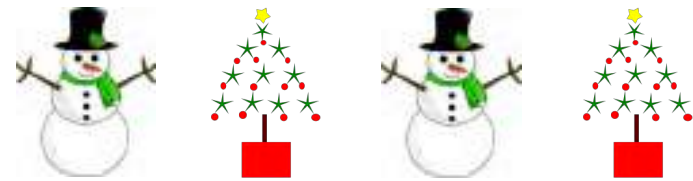
*Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.*

*Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.*



4. Adopt a family: The Salvation Army along with other stores do a program called adopt a family. This is where you sign up to provide Christmas gifts to a family who may be going through a difficult time over the holidays. If you want to feel like Santa here is your chance!

5. Donating clothes: This time of year is a good time to go through your closet and pick out things you do not wear anymore. Make sure they are gently used and in good condition, you do not want to give someone something that has holes in it! Coats, hats, scarves, and mittens are especially helpful during the cold months! Take these clothes to a local shelter or donate them to a family who may need them.



I hope these ideas inspire you to give back this holiday season and remember that we have so much to be thankful for! All of us from Saline County Aging Services would like to take the time to wish everyone a happy and safe holiday season, may your days be merry, bright, and filled with lots of happiness!



## Open Enrollment for Medicare D

**IT'S THAT TIME AGAIN?!? MEDICARE D OPEN ENROLLMENT IS NOW HERE!**  
**DEADLINE IS DECEMBER 7th!!**

Saline County Aging Services recommends that Medicare participants check their plan each year!



In any given year plans may:

- Change the way they cover or stop covering certain meds
- Raise deductibles, co-pays or premiums
- Add new plans that are more cost effective and competitive!

**You can still check your plan by:**

Meeting individually with a Saline County Aging Services (SCAS) staff member. They are trained SHHIP Counselors and will offer non-biased assistance. \*\* Make sure to call SCAS to make an appointment. The number is 402-821-3330 or 800-778-3309.

\*SCAS, a non-profit organization, asks you to consider giving a contribution of any amount to offset the cost of doing open enrollment comparisons.



**Want Saline County Aging News sent to your door???**



Cut this slip out, fill the information in below, and send it to  
**Saline County Aging Services- 109 West 3rd Street– Wilber, NE 68465**  
 or bring it into our office.

Name:

Address:

If you would rather have it send via email please provide email address:



## Winter Weather Closings

Soon we will be approaching another Nebraska winter. Even though Nebraska weather can be very unpredictable at times we are pretty certain that we will experience snow and bad driving conditions at some point. When this happens there are a few things you should be aware of...

- If the Saline County Courthouse is closed, Saline County Aging Services will be closed.
- If Wilber-Clatonia Public Schools closes for a snow day because of bad weather, Saline County Aging Services will also be closed.
- If either of these happens to fall on a foot clinic day, the foot clinics will be cancelled for the day, but we will work to reschedule your appointment.



Be safe this winter and know what the driving conditions are like before you try to go out and about! If you are not sure if Saline County Aging Services will be open or not do not hesitate to call 402-821-3330 and find out!



## Advertising with Saline County Aging News

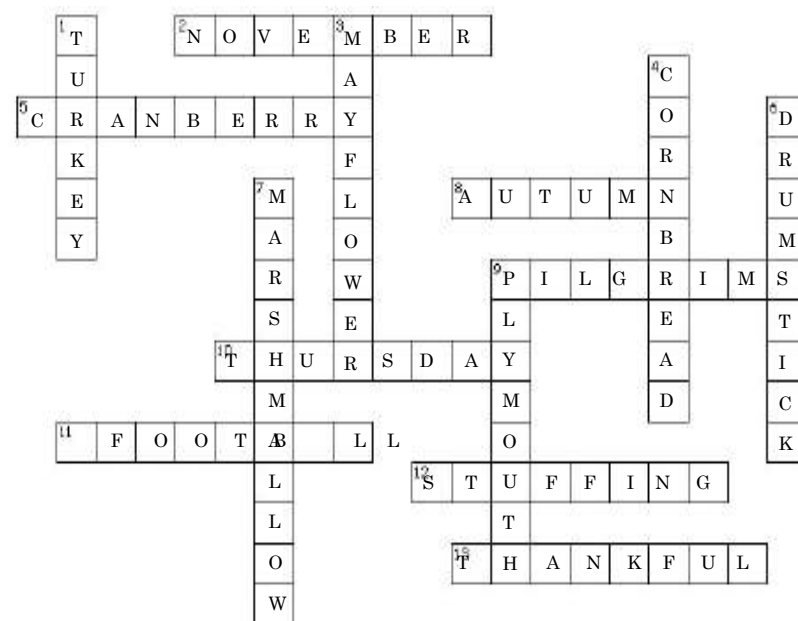
Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the *Saline County Aging News*. To make sure your information will be in the newsletter of that month, please have the article to Saline County Aging Services by the

2nd to last Friday of the month. This will ensure there is plenty of time to add and make the articles fit. If you have pictures from a recent or upcoming celebration, like birthdays or anniversaries, and would like to have them featured in *Saline County Aging News* we would love to do that for you! To be in January's newsletter contact

Macey by December 18th with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!



## Answers to Last Month's Puzzles





# December 7, 1941 “A date which will live in infamy”

December 7, 1941 Japanese planes attacked the Naval Base at Pearl Harbor. Franklin D. Roosevelt declared this day as,

“A date that will live in infamy.”

The attack only lasted about 2 hours, but it destroyed around 20 American naval vessels, which included eight battleships, and almost 200 airplanes. More than 2,000 American soldiers and sailors lost their lives and another 1,000 were wounded in the attack. The day after the attack the US declared war on Japan and so entered WWII.

Since the Attacks December 7th is now known as Pearl Harbor Remembrance Day. Memorials have also been built to honor the lives lost on this day. The USS Arizona Memorial in Pearl Harbor is a marble memorial built over the sunken USS Arizona. Another

memorial is the USS Utah, which was a battleship that was attacked and sunk. In 1972 a memorial to honor the crew was dedicated on the northwest shore of Ford Island.

Wherever you are and whatever you are doing on December 7th this year make sure you take a little time to remember and honor the lives lost at Pearl Harbor.

Pictured below is the USS Arizona



## Exercise of the Month– Neck Stretch

This stretch can help relieve tension in your neck. Try to stretch after any activity that makes you feel stiff, like sitting at a desk or riding in a car for a long time.

- 1. You can do this while standing or sitting in a sturdy chair.
- 2. Keep your feet flat on the floor, shoulder-width apart.
- 3. Slowly turn your head to the right until you feel a slight stretch. Be careful not to tip or tilt your head forward or backward, but hold it in a comfortable position.
- 4. Hold the position for 10-30 seconds.
- 5. Turn your head to the left and hold the position for 10-30 seconds.
- 6. Repeat at least 3-5 times.



# What’s Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, DECEMBER 2ND
Program– Making of our Stars and Stripes by Peggy
Menu– Lasagna
Bridge & Cards
WEDNESDAY, DECEMBER 9TH
Program-Not So Newlyweds
Menu– Goulash
Cards or Dominos
WEDNESDAY, DECEMBER 16TH
Program– Christmas Gift Bingo
Menu– Ham & Potato Casserole
Bridge & Cards
WEDNESDAY, DECEMBER 23RD
Program-Christmas Sing A Long by Linda Colgrove
Menu-Smothered Pork Chop
Cards or Dominos
WEDNESDAY, DECEMBER 30TH
CLOSED

Interested in Home Delivered Meals?

For DeWitt, call:402.683.6475

For Wilber, call: 402.821.2331

All others in Saline County call: 402.821.3330

## Other Happenings around the County

Community Supper

Join community members of all ages and walks of life at United Methodist Church in Wilber every Monday at 5:30 for a meal and fellowship. No cost, open to everyone regardless of age.

### Important Dates to Remember:

Medicare Part D Open Enrollment:: ENDS DECEMBER 7th!

Stepping On: Coming Soon in March!



Winner of November's riddle:

Frances Obosla

Frances received a \$5 gift card to Subway! Make sure to get your answers in for this month's riddle so you can be the next winner!

The answer to November's riddle was Pilgrims.



# December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5  National Day of Giving	<b>2</b>	<b>3</b> @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>  National Pearl Harbor Remembrance Day	<b>8</b> @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	<b>9</b>	<b>10</b> @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	<b>11</b>	<b>12</b> DeWitt Christmas Celebration 9-11:00  National Gingerbread House Day
<b>13</b>  National Cocoa Day	<b>14</b>	<b>15</b> @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	<b>16</b>	<b>17</b> @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>  Crossword Puzzle Day	<b>22</b> @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	<b>23</b>	<b>24</b> SCAS Closed @ Noon 	<b>25</b> Christmas Day SCAS Closed 	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> NO TAI CHI	<b>30</b>  Bacon Day	<b>31</b> New Year's Eve 		



## Food for Thought



### EASY CHRISTMAS GIFTS YOU CAN EAT!

Christmas gifts do not always have to be something store bought, sometimes a homemade gift can do just the trick! If you are looking for something fun and creative this year try one of these quick presents in a mason jar!

#### 1. M & M Cookies in a Jar

*What you will need*

- 1/4 cup sugar
- 1 1/4 cups M&Ms
- 2 cups sifted flour
- 1/2 teaspoon baking soda
- 3/4 cups brown sugar
- 1/4 teaspoon baking powder



Mix flour, baking soda and powder.

Layer flour mixture, brown sugar, granulated sugar, and M&Ms in jar.

Pack firmly.

Cut a 7 inch circle from cotton fabric.

Top each jar with fabric and tie with a ribbon that has the recipe attached to it saying..

*“Empty cookie mix into a bowl and blend thoroughly. Add 1/2 cup butter, 1 beaten egg, and 1 teaspoon vanilla. Mix until blended. Roll into 1 inch balls and place 2 inches apart on cookie sheet. Bake @ 375 degrees for about 12-14 minutes. Enjoy and Merry Christmas!”*

#### 2. Hot Chocolate In A Jar

*What you will need*

- 3/4 cups granulated sugar
- 1/2 cup unsweetened cocoa powder
- 3 cups powdered milk
- 1/2 teaspoon salt
- 1/2 cup miniature chocolate chips
- 1/2 cups miniature marshmallows



Mix powdered milk, sugar, cocoa powder, and salt in a bowl. Pour 1/2 of the mixture into the mason jar and place 1/2 of the marshmallows and

chocolate chips on top. Layer the other 1/2 of the mix in next and layer the remaining marshmallows and chocolate chips on top of that.

Cut a 7 inch circle from cotton fabric.

Top each jar with fabric and tie with a ribbon that has the recipe attached to it saying...

*“To prepare combine 1 to 2 tablespoons of mix with 8 ounces of boiling water. Enjoy and Merry Christmas!”*



7 scams family caregivers need to be aware of! Part 3

When we left off last month, we had discussed Medicare, Medicaid and other fake Government scams. This month, we will discuss quickly growing (or quickly reemerging) scams to watch out for and what to do if you or a loved one has been scammed.

HOME REPAIR SCAM

How it works: A person identifying themselves as a repair expert or contractor knocks on your door and tells you they noticed your home needs a repair and they would love to do the work for you! Unfortunately you could end-up the victim of shoddy workmanship or an unfinished job that didn’t need to be done at all.

How to protect yourself:

Ask them to come back at a later date. Then:

- When they return have someone with you, like your insurance agent or an officer of the law. OR;
- Have a trusted contractor examine the roof and give you a “written report”.

One of our volunteers had an out of town contractor show up at her doorstep to inform her that her roof was damaged. Knowing that her roof was only three years old, she called her insurance agent, who met her at her house at the appointed time. When the contractor returned, he approached the house, met the agent and immediately turned and left!

WATER LINE INSURANCE

How it works: Victims receive a mailer informing them that they are responsible for maintaining and repairing the water service line connecting to their houses under their property, claiming these repairs are not typically covered by homeowners (insurance) and could cost thousands of dollars. They then offer them additional coverage for potential repairs of their water lines. The insurance is cheap, (one example was \$64.08 a year or \$5.30 a month for \$6,000 coverage) What they do not tell

you? While it is your responsibility to repair broken water lines, these types of repairs are very rare.

How to protect yourself: Throw out the mailer or show it to your insurance agent.

SECRET SHOPPER SCAM

How it works: This scam works through the internet, email and the mail. You receive “notification” that you have been selected to be a secret/mystery shopper. The “company” sends you a large check or money order (often \$900 or more) with these instructions:

- Cash the check or money order sent
- Go to the designated store and make a small purchase
- Keep \$100 or so for yourself
- Mail the rest of the money back to the company with your report on the store

What you need to know: Once you cash the check/ money order it will be your responsibility to pay the funds back. There are very reputable Secret/ Mystery Shopping companies out there, but they typically do not contact you, you must apply.

How to protect yourself: If it sounds too good to be true, it generally is! With all scams it is important to remember:

- If you didn’t seek out this opportunity, it is more than likely bogus.
- If anyone sends you a large sum of money and asks you send some back, it is a huge red flag!

JUNK MAIL SCAMS

This is not only an occasional scam but often a gateway to scams!

What you need to know: Dangerous junk mail arrives in mailboxes daily. Many are simple to identify as junk mail like credit card offers or “free Hawaiian trips”. Some are not so readily discernable. I see a lot of clients come in questioning letters that look (at first blush) very official.

Riddle of the month!

I am known for having pointy ears  
And for making Christmas toys  
Which are delivered by Santa to  
All of the good girls and boys.

What Am I?

Answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month! **Please include your phone number with your answer!**

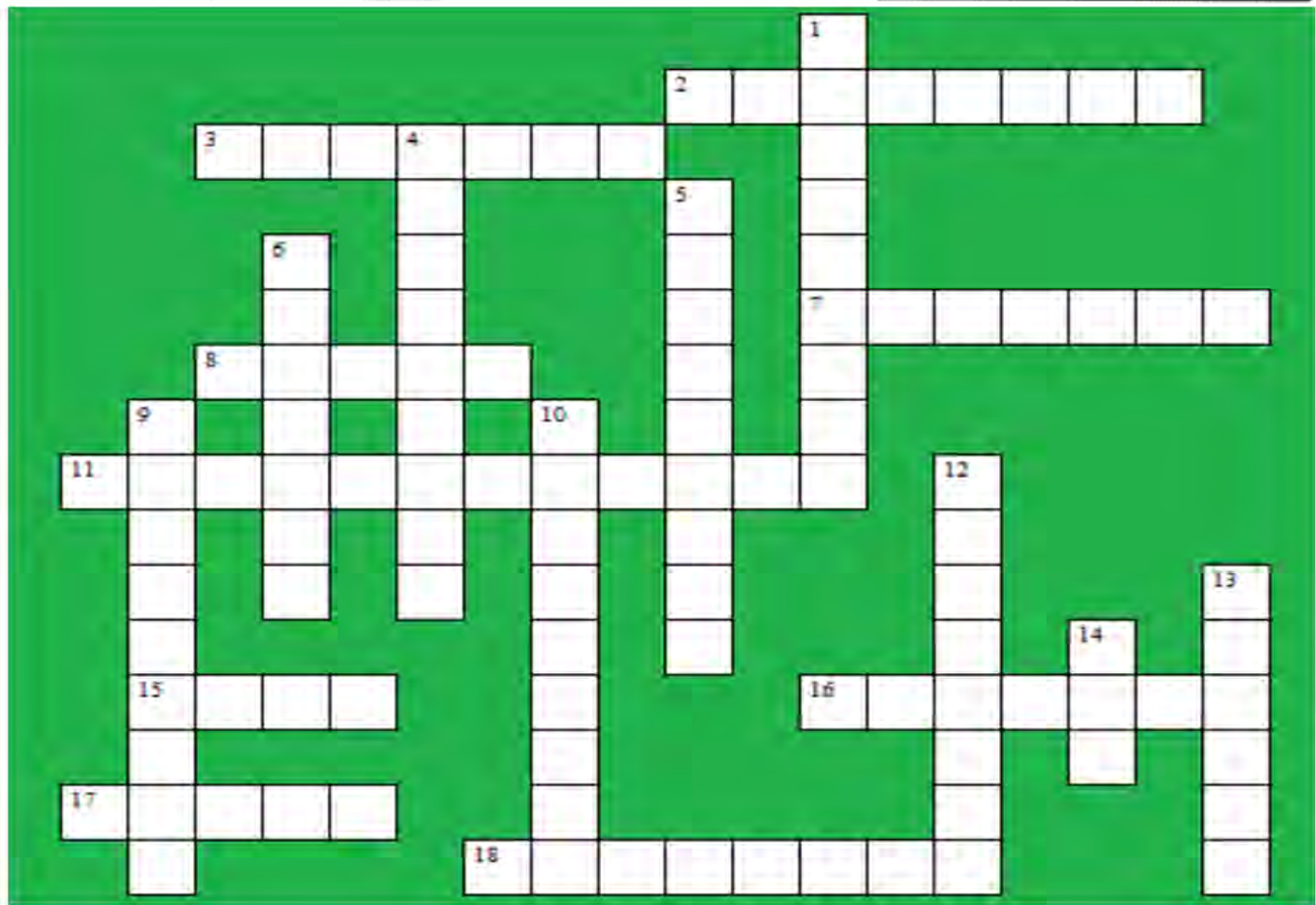


- |           |           |             |         |
|-----------|-----------|-------------|---------|
| angels    | gifts     | north pole  | snow    |
| birth     | grinch    | ornaments   | star    |
| christmas | holy      | presents    | tinsel  |
| december  | lights    | rudolph     | tree    |
| elves     | manger    | santa claus | wisemen |
| frosty    | mistletoe | sleigh      | wreath  |





The Fun Pages



ACROSS

- 2 Giant socks that might get filled with presents
- 3 Santa gets in your house through this
- 7 The only reindeer whose name begins with the letter p
- 8 Deck the halls with boughs of this
- 11 The night before Christmas
- 15 What's in Santa's bag?
- 16 Reindeer with the red nose
- 17 Person who brings gifts to good children
- 18 Christmas falls in this month

DOWN

- 1 Where Santa lives
- 4 If you stand under this, you might get kissed.
- 5 Things you hang on a Christmas tree
- 6 A snack you leave out for Santa
- 9 December 25th
- 10 Yummy red and white candy
- 12 Eight of these pull Santa's sleigh
- 13 Santa says this
- 14 A helper who makes toys

These are troubling in two ways. Not only do people often think that they are official and require an answer, but then your information is confirmed and you are placed on a mailing list.

As I was researching these letters, I found a website that actually sells the letter forms to insurance companies! They came in a variety of topics, such as: Medicare, Long Term Care, Final Expenses, Veterans, and Annuities, with each one sounding scary, official or too good to be true.

Examples include:

- “The President has announced the guidelines for Medicare Reforms. How will this change your benefits?”
- “New Medicare legislation has been passed by Congress which changes benefits including Part D Prescription Drugs”
- “You may not be getting all of the Medicare benefits for which you are entitled”

All of these are designed to catch the attention of the recipient and often scare them into returning the “postage paid free card” for more information or pique their interest in a free brochure. Victims can be duped into buying coverage they do not need. But the biggest problem comes in when the card is returned. Even if you do not buy anything, you are now on their mailing list. Many companies in turn sell mailing lists, so while you may have been on a legitimate company’s mailing list, your name has been bought and sold so many times, and who knows where the mail originated from. This is where the scams can thrive relatively unnoticed.

How to protect yourself:

- Don’t return those cards.
- If you have questions regarding Medicare you can call:
  - Medicare at 1-800-Medicare
  - Saline County Aging Services at 402-821-3330
  - Senior Health Insurance Information Program (SHIIP) at 1-800-234-7119
  - A trusted insurance agent who sells Medicare

Supplements will most likely have up to date information as well

WHAT TO DO IF YOU OR A LOVED ONE IS SCAMMED

So now we now more about the scammers preying on us and our loved ones. Even the most informed person can fall victim to a scam! If you or a loved one has, or thinks they have been scammed, the best thing to do is to call the police, here are some important steps to take:

- File a report with your local police department. Get a copy of the police report. You may need that documentation to support your claims to credit bureaus, creditors, debt collectors or other companies. If you are unable to obtain a copy of the police report, be sure to get the report number.
- For fraud involving bank accounts or credit cards file a fraud report with their fraud department.
- For fraud involving Medicare or Medicaid, call SHIIP or the Senior Medicare Patrol. (numbers below)

I also suggest calling the Nebraska Attorney General’s Office and Saline County Aging Services to get the word out warning other seniors.

Nebraska Attorney General’s Senior Hotline 888-287-0778

State Health Insurance Information Program (SHIIP) 800-234-7119

Senior Medicare Patrol (SMP) 800-942-7830 (Medicare/Medicaid Fraud Waste)

Adult Protective Services 800-652-1999

Saline County Aging Services 402-821-3330

It is important to remember and reinforce to our loved ones that ANYONE, regardless of age, sex, education level, financial situation or where they live, is a potential victim—including seniors. Unfortunately, scams have become very sophisticated and common place, and victims are not alone and should not be embarrassed! Encourage loved ones to speak up, they should not feel shame or fear in telling a family member or the police. And it may go a long way to help others!



# Get To Know Saline County Aging Services!

What is your full name?

David James Fikar

How long have you been volunteering at Saline County Aging Services?

About 1.5 years

1.5

What is your favorite color?

Husker Red

N

What is your favorite time of the year?

Spring



Where do you want to travel, but have never been?

South America



If you won the lottery what is the first thing you would do?

Pinch Myself



What is your favorite part of Saline County Aging Services?

Talking with people and having a new audience for my old jokes



What is something interesting about you?

I walked across the U.S.A. in 1982



What 3 things would you bring with you if you were stranded on a desert island?

Water, Food, and a big motor boat



What is your best/ favorite piece of advice?

“Never be a perpetrator, never be a victim, never be a bystander.”

— Yehuda Bauer, Holocaust Scholar



# Gingerbread House History

The first known recipe for gingerbread came from Greece in 2400 B.C. The cookies were staples at Medieval Fairs in England, France, Holland, and Germany. It was Queen Elizabeth who had the idea of decorating the cookies. The festivals turned into gingerbread fairs and the cookies they served were called “fairings”. Gingerbread was used for all seasons and the shapes of the cookies changed with the seasons.

Gingerbread houses came onto the scene in Germany during the 16th century. These cookie wall houses were associated with a Christmas Tradition. Gingerbread houses became even more popular after the Brothers Grim wrote the story of Hansel and Gretel.

The current record for the biggest gingerbread house was constructed at Traditions Gold Club in Bryan, Texas. It required a building permit because it was about 40,000 cubic feet and took 4,000 gingerbread bricks. If a person wanted to make something this size out of gingerbread they would need 1,800 pounds of butter and 1,080 ounces of ginger! That might take a few shopping carts to get all of that from the grocery store!



# Recipe of the Month

## Christmas Crunch

Prep Time	Cool Time	Total Time
15 mins	30 mins	45 mins

## Ingredients

- 2 Bags White Popcorn
- 12 oz. Bag of Vanilla Candy Melts or White Chocolate
- 1/3 Cup of Broken Pretzel Pieces
- 12 oz. Bag of Red and Green M&Ms

## Directions

1. Put popcorn, pretzel pieces, and M&Ms into a big bowl.
2. Melt Vanilla Chips or White Chocolate at 30 second intervals, stirring each time, until melted and smooth.
3. Drizzle half of the chocolate over the popcorn mixture, and toss a few times with spatula. Pour remaining chocolate on the mixture and stir until evenly coated.
4. Pour mixture onto a pan covered in wax paper. Allow to cool and harden before putting into containers.

## Tip

Add red and green sprinkles to the mix after you place it on the wax paper, before the chocolate cools!

