Saline County Aging Services

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

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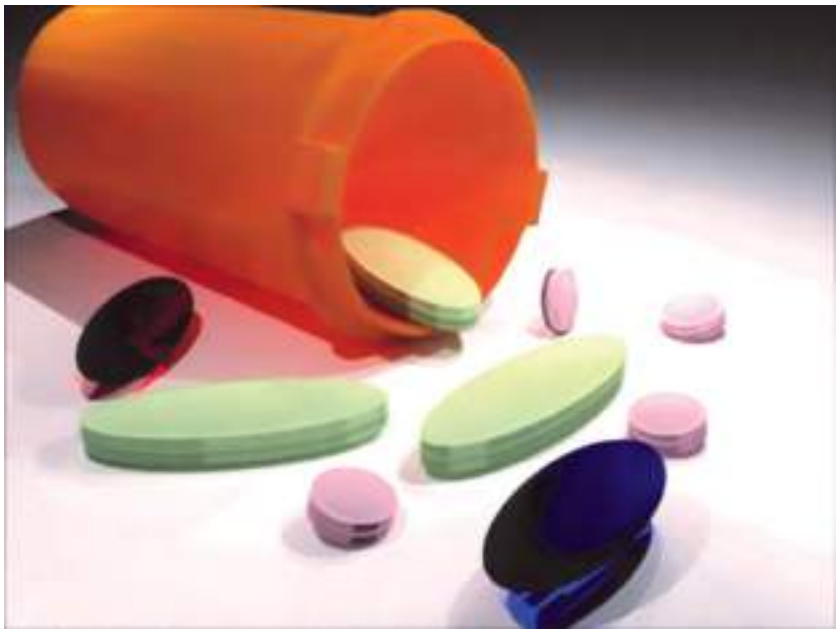
Volume 4, Issue 1 January 2019

Inside This Issue . . .



Importance of Taking Medications Correctly

We all know about the rising costs of health care, and how expensive prescription medicines can be, especially for seniors. But do you know how much it can cost if you don't properly take your medications?

According to government estimates, each year in the United States more than 125,000 people die from a failure to properly take their medications, adding approximately $100 billion in preventable additional hospitalization, emergency room, and repeat physician visit costs to the health care system. At least 10% of all hospital admissions are a result of this problem. For seniors, the statistics are particularly alarming:

- Up to 23% of nursing home admissions may be due to an elderly person's inability to self-manage her prescription medications at home.
- Over 21% of all drug-related health complications are caused by patients failing to adhere to their medication regimens, whether by accident, negligence, or intent.
- Up to 58% of all seniors make some kind of error when taking their medications, with 26% making mistakes with potentially serious consequences.
- In studies of elderly patients on long-term cholesterol-lowering statin therapy, researchers found that 57% had stopped taking them after 6 months, and 74% had stopped by the end of five years.

MEDICATION MANAGEMENT

There are lots of reasons why people neglect to take their drugs properly. The most common reason is that they just forget, which seems innocent enough. The average senior takes about seven different medications (both prescribed and over-the-counter) every day, so it's little wonder that it can be difficult to remember and keep track of them.

…..continued on page 2

Importance of Taking Medications Correctly Continued...

Numerous devices and strategies have been developed to help seniors keep track of their medications. You can find some of the relatively inexpensive "reminding gadgets" at your local drugstore, devices that help you organize your pills and/or remind you when to take them with visual and sounding alarms. You can also find very sophisticated reminding/dispensing systems that can cost hundreds of dollars, as well as services that will telephone you to remind you. Even the drug companies themselves are getting into the act, as some have set up free programs in which company representatives, usually a nurse, will contact patients who are taking their proprietary brands of medications and encourage them to finish and refill their prescriptions.

It always helps to have a caregiver present who can ensure that someone is taking his prescriptions on time and on dose, but that's not always possible. Some retirement communities and most assisted living communities provide senior living with medications management as a service to their residents, which may be a good option for those who don't have family members nearby to check on them for their medications (among other things). But even the best care and the most vigilant monitoring will be undermined if the patient himself is not willing to take the medications.

NONCOMPLIANCE & PATIENT EDUCATION

You might find it strange or foolish that someone would intentionally disregard the importance of taking medications, and yet it's a common problem. For example, people may think that they feel better and discontinue treatment prematurely. Or perhaps the medicine doesn't seem to have an immediate effect so they decide it's not working and stop. Or perhaps it seems to work very well so they decide to take more of it per dose, or the prescribed dose more often. Or they stop because there may be bothersome side effects that they don't like, or because they just don't really believe that they actually need the medications. Or they may find the costs too burdensome and try to "save" the medication by taking it less often. Do any of the above examples describe your situation or that of your loved one?

The reasons for "noncompliance" (as it's known in the medical world) can be as varied and individual as each patient, but when people willfully change their dosages or discontinue their medications, it's usually not because they're uncooperative or "just stubborn." Instead, it's usually because they don't fully understand how the medications work and what the health consequences are when you don't follow the regimen correctly or discontinue it altogether.

Patient education is not as simple as it sounds, because the responsibility lies as much with the patient as with the healthcare professional. People need to become more actively involved with their own healthcare, but that doesn't mean deciding things on their own based on erroneous beliefs or limited information. What will make a difference is proper communication of all your questions and concerns when a doctor prescribes something for you. Don't just wait for the doctor to tell you how and when to take it, because they won't always tell you everything you need to know. Here's a short list of basic questions to always ask:

- What is this medication called?
- How does it work?
- What are the possible side effects?
- Exactly how many times do I take this every day and at what intervals?
- Are there any dangerous interactions with other drugs or with certain foods?
- How long do I have to take this?
- How do I store it?
- How much does it cost (with or without insurance)?

People are often reluctant to demand a detailed explanation of their medication regimen for various reasons. They may be afraid of appearing pushy, or of questioning the doctor's authority. Or they may be afraid of appearing uneducated or unsophisticated. Or they may still be mentally processing the diagnosis (which they may have just received a few minutes before) and are filled with anxiety. All of these are understandable and reasonable fears, but it may help to either call the doctor (or the nurse who works with the doctor) afterward so that your questions can be answered.

The importance of taking medications properly cannot be overemphasized, because the consequences of not following a prescribed medication regimen are especially serious for seniors, but it's not just about possibly losing one's life because of drug complications or mistakes. With each hospitalization and emergency room visit that may happen as a result of the resulting declining health, the risk of being prematurely forced into a nursing home increases. And that can cause the loss of something every senior would like to keep for as long as possible-one's independence. *Article is from aPlaceforMom.com*

Did You Know?

Some Interesting Facts About New Years Resolutions:

- On average, about 45% of Americans consistently make a resolution for the new year.
- Every year over 1 MILLION people gather in Times Square, NY to watch the famous ball drop to ring in the new year + welcome in their resolutions – but a whopping 1 BILLION people are estimated to watch it on television!
- The most common resolution made is to increase the amount of exercise that one gets (it is estimated that 37% of resolutions are this one!)
- Unfortunately, about 22% of resolutions fail after about a week, 40% after a month, 50% after 3 months, and 60% after 6 months. Not you – you're in it to win it!
- Tradition says that the more leafy greens a person eats on new year's day signifies prosperity that is to come for them.
- Americans alone drink an estimated 360 MILLION bottles of champagne which is ironic considering that cutting back on alcohol consumption is consistently the second most popular resolution made.
- Around 38% of people claim to NEVER make a resolution.
- Of those achieving their resolutions, about 40% were successful on the first try. The rest took multiple attempts with as much as 17% taking over 6 tries.
- The number one reason for failed resolutions? Lack of a clear goal.

Facts are from tipsywriter.com


EARL, ARE YOU EVER GOING TO GET THIS PILE OF YOUR OLD WINTER CLOTHES OFF THE FLOOR?
YOUR MESS IS GETTING IN MY WAY.
WELL, YOUR WAY IS GETTING IN MY MESS.
SHE NEVER HAS APPRECIATED MY SNAPPY COMEBACKS.


IT'S NOT WORTH IT, ROY! LET'S JUST GIVE HIM OUR NOSES & LET HIM GO!


UMM... EXCUSE ME, BUT MY COALS ARE UP HERE!
©2013 Scott Hilburn Distributed by Universal Uclick


I LOVE THE QUALITY OF LIGHT IN THE WINTER.
IT SEEMS TO BRING EVERYTHING INTO CRISP FOCUS.
THE WHOLE WORLD TAKES ON A KIND OF MAGICAL HUE.
YEAH, IT REALLY MAKES THE DUST ON YOUR FURNITURE SPARKLE.
1/14

AGING PARTNERS
A Pioneering Area Agency on Aging

Facts About Sodium

Choose Whole Foods

Incorporating whole foods into our diet is another way to help monitor sodium intake. Whole foods such as fruits, vegetables, whole grains, and low-fat dairy tend to be low in calories, fat, and sodium. Whole foods also tend to contain higher amounts of potassium. Potassium works in our body to lessen the e-ects of sodium. Potassium can be found in a variety of foods such as bananas, potatoes, spinach, squash, broccoli, yogurt, and beans.

Read the Nutrition Facts Label

Reading the Nutrition Facts Label is an important component to reducing sodium intake. Any product that contains 20% or more of the Daily Value (DV) for sodium is considered to be a high-sodium product. Any product that contains 5% or less of the DV is considered to be a low-sodium product. **The DV refers to the recommendation for the general public of 2,300 mg of sodium per day** Compare labels on similar products to determine which is the healthier choice.

Try Different Types of Seasonings

Salt is an acquired taste that is developed over time. We become accustomed to the salty taste and being to crave it more often. More companies are now introducing “low sodium” and “reduced sodium products” such as with canned soups and vegetables. Salt substitutes are another option but these often contain high amounts of potassium. Talk to your doctor before starting a potassium-based salt substitute as it can be harmful for people taking certain medications or with certain diseases.

Spice and Herb Tips

• Add lemon or vinegar (red or white) to sh, meat, or vegetables.
• Season meat with dry mustard, garlic powder, ginger, green pepper, onion, marjoram, sage, and tarragon. Cook with fresh mushrooms and unsalted tomato sauce.
• Season vegetables with basil, onion, oregano, mint, ginger, dill seed, parsley, green pepper, thyme, or fresh mushrooms.

To learn more about how sodium affects your health, call an Aging Partners registered dietitian at 402-441-7159.

Article is from Aging Partners

Moving Seniors: Settling in to Senior Care

By Jeannette Franks, PhD

Moving seniors is never as simple as we'd like. You may think your job is done once the move date for your loved one is set. But your involvement will only continue, as she or he transitions to a new home and adjusts to the new surroundings. Whether nearby or at a distance, you are still one of the primary caregivers, regardless of the living arrangement. I'd like to offer some suggestions and guidelines that can significantly smooth the transition and promote harmonious living in a retirement or long-term care community.

PLANNING THE MOVE & SETTING UP THE NEW ENVIRONMENT

Most parents benefit more when you provide the actual physical assistance in packing and unpacking rather than your dos and don'ts about what to take and what to leave. Creating a new home can be a highly personal and potentially emotional process, and ensuring choices rather than issuing mandates about possessions is one method that may foster a better sense of identity and comfort for mom or dad in the new location.

It may be helpful to encourage a meaningful farewell from whatever place mom or dad is leaving. Whether it is the family home of many decades or a hasty move from assisted living to a higher level of care, your parent has established relationships with people and some sense of continuity of place in the familiar setting.

My friend Elaine M.[1], a Seattle grief counselor in practice for many years, created her own ceremony when she moved. She held a dinner party in her house with family and a few close friends, and then they visited each room by candlelight, remembering special events, commenting on the changes over time, and saying goodbye. For her, this helped start a better beginning in the new community.

ESTABLISHING A FAMILIAR ENVIRONMENT

When in doubt about what to take, it may be good to err on the side of hanging on to "stuff" a bit longer, even if space is tight, as it often is in a new setting. Possessions can be discarded later, after thoughtful contemplation. Don't rush these decisions when moving seniors, especially if they seem difficult. I remember one retired university professor, Henry L., who ruthlessly culled his books, donating many valuable volumes to a library. He later lamented his decision and mourned his missing books. Even though he knew he may never have opened some of them again, they were long-time companions and he missed them profoundly.

When moving seniors, establishing a familiar environment, rather than buying the perfect new couch or carpet, can ease the adjustment. When my father moved to assisted living, I helped him arrange his bedroom so that when he awoke, his gaze met the same bookshelves, books, souvenirs, and family photos he had first seen when he awakened in the family home of 20 years. The living room was set up with the same old recliner, TV, pictures, and ornaments. He felt immediately at home, and it especially helped keep him oriented in the difficult process of mid-stage Alzheimer's.

WHAT TO PACK WHEN MOVING TO ASSISTED LIVING

As mentioned, establishing a familiar environment for your parent is important for nostalgia purposes. However, you also have to consider that your parent will most likely be moving to a much smaller location, so you'll have to identify what's truly important to keep. And no one knows your loved one better than you, so make sure you bring their favorite belongings.

Try to recreate the look and feel of what they enjoy with their beloved pictures, decor and books – but avoid clutter. Take the living space size and layout into consideration, and gift or donate items to friends, family or the community if you don't think your parent will need or use them.

Remember that simplicity is the name of the game. You don't need to waste money on new furniture. Recreate the look and feel of your loved ones' previous home with the furniture and accessories they already own that fit well in the new space. *…….continued on page 8*

THANK YOU FOR YOUR SUPPORT!

AND IF YOU'RE IN THE MARKET FOR A CAR, WE HOPE YOU'LL SHARE THE LOVE.

Over the past ten years, Subaru and its retailers have helped the Meals on Wheels network deliver nearly 2 MILLION MEALS to homebound seniors across the country. You can help that number grow when you buy or lease a new Subaru during the 2018 Subaru Share the Love Event, November 15, 2018, through January 2, 2019. During this year-end sales event, Subaru of America will donate $250 to your selected charity, and we hope you'll choose Meals on Wheels.

LEARN MORE AT
WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE.

Here's a list of items to possibly bring with your parent to assisted living:

Basic Furniture

- Sofa
- Chairs
- End tables
- Nightstand
- Coffee table
- Lamps

Decor

- Picture Frames
- Keep-sakes
- Artwork
- Clock
- Vase of flowers

Clothing

- Casual clothing
- Pajamas
- Sweaters
- Jackets/Coats
- Formal clothing (if there is an occasion)

Of course your parent's toiletries are also a must. Let them help you decide what they can and cannot live without (within reason, of course!).

Read 15 Decorating Tips for Assisted Living for more insight into what to pack when moving your parent into assisted living.

WORKING WITH STAFF

Often, what's your job, what's their job, and what's somewhere in between is unclear. You and your parent may have carefully reviewed a lengthy contractual document full of legalese, yet are uncertain as to the difference between a nurse, an aide, and a resident assistant, for example. Most of you who are moving seniors are dealing with a retirement community or long-term care community for the first time and it is not intuitively obvious what a social worker does or what the duties of an activities director are.

DESIGNATING A PRIMARY POINT PERSON

Ask your initial contact, often a marketing director, who your primary liaison person will be. I've visited almost 300 different retirement and long-term care communities, and personnel in all of them vary considerably, depending on number of employees and number of residents, style of elder care services, budget, and acreage.

You probably don't want to stop the first person you see in the hall to take care of a housekeeping issue or to fix a leaky faucet. Find out who the main "point person" is. In many communities, the general manager or second in command to the top administrator will be that person. He or she can explain to you who to talk to in various circumstances. It might even be helpful to ask for an organization chart and even job descriptions, if available.

Conversely, it is important that the office staff knows who the primary "point person" within your family is. You want to be clear about whom to contact in case of emergency and who would be the backup to that family member, in case the primary family contact cannot be reached or lives at a distance.

MEDICATION MANAGEMENT

In some communities, elder care services such as obtaining emergency medications are handled by staff. In other situations this may be up to a family member. Assisted living can be defined quite differently from state to state, and sometimes quite differently within the same city.

Try not to get a reputation for being "the difficult daughter" if you can possibly help it. I remember my dear friend Mary who was working hard to help her mother settle in comfortably to an assisted living community. The third day there she complained to one of the housekeeping staff that some soiled linens had not yet been removed from the bathroom. However, many communities provide fresh linens only on a weekly basis. Find out what the norm is for their elder care services.

Ask staff what you can do to help them do their jobs well. For example, taking my father out to lunch on the day they cleaned his room helped housekeeping to discharge their duties more quickly and efficiently. Then, if an unexpected mess occurred on a different day, they would have more time and good will to deal with it. *...continued on page 9*

Caregivers Corner Continued...

In a nursing home with round-the-clock staff, elder care services are not usually provided 24/7. The people on graveyard shift are there for emergencies and for routine care that must be provided in the middle of the night-for example, repositioning a resident in bed to prevent or to help heal bed sores. It's usually unrealistic to expect staff to provide room service if mom wants a midnight snack. Find out what can be expected and what is considered above and beyond the call of duty.

Some residents in long-term care communities might benefit from an advocate, especially if you live at a distance and cannot be there on a regular basis. The national long-term care ombudsman program provides trained volunteers in every county who visit every facility on a regular basis (see http://www.ltcombudsman.org).

Your family member might desire a paid companion who has the time and motivation to make certain that your mom or dad has the best possible quality of life. I was visiting my mother-in-law once in a Florida nursing home with exceptionally high standards of care. But during my visit I heard a woman, undoubtedly with one of the dementias, calling out, "Help me-please help me!" I went in and held her hand, asking how I could help. She immediately became calmer and soon fell peacefully asleep. This was a busy skilled care facility and the staff simply did not have the time to just sit and hold someone's hand. I did.

Get to know the staff who work directly with a family member-often the CNAs (certified nursing assistants), aides, and resident assistants or caregivers-and learn their names and what they do, both officially and unofficially. Thank them for a job well done at every opportunity. Written thank you notes are especially appreciated. When someone does an excellent job, I have sent that staff person a letter and a copy to their supervisor and sometimes nominated them for a caregiver award. The local Alzheimer's Associations, State Pioneer Networks (see http://www.pioneernetwork.org/) and organizations such as the associations for homes for the aging (see http://www.aahsa.org/) for your state usually have recognition events, which are important because they help to improve care for everyone.

...continued on page 15

Recipe of the Month/ Exercise of the Month — Calf

5 Ingredient Italian Pasta Salad

Ingredients:

- 1 12oz package of tri-color rotini
- 1 6oz can medium pitted ripe olives
- 1 small package of sliced pepperoni
- 1/2 cucumber
- 1 16 oz bottle of Italian dressing

Instructions:

1. Cook the rotini until soft, drain water, and place in large mixing bowl
2. Dice the pepperoni, olives, and cucumber and add to the large mixing bowl containing the noodles
3. Add ¾ bottle of Italian dressing
4. Cover and place in fridge for 2-3 hours
5. Add remaining ¼ bottle of Italian dressing

Source: *Pinterest.com*

TARGETED MUSCLES: CALF

Because many people have tight calf muscles, it's important to stretch them.

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Step forward with right leg and bend right knee. Keeping both feet flat on the floor, bend left knee slightly until you feel a stretch in your left calf muscle. It shouldn't feel uncomfortable. If you don't feel a stretch, bend your right knee until you do.
4. Hold position for 10-30 seconds, and then return to starting position.
5. Repeat with left leg.
6. Continue alternating legs for at least 3-5 times on each leg.

New Year's Word Search

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

BABY
BEGINNING
BUBBLES
CELEBRATION
CLOCK
COLD
CORK
DANCE
END
JANUARY
LOUD
MIDNIGHT
MUSIC
NEW
OLD
PARTY
PUNCH
RESOLUTION

Happy New Year!

Riddle of the Month

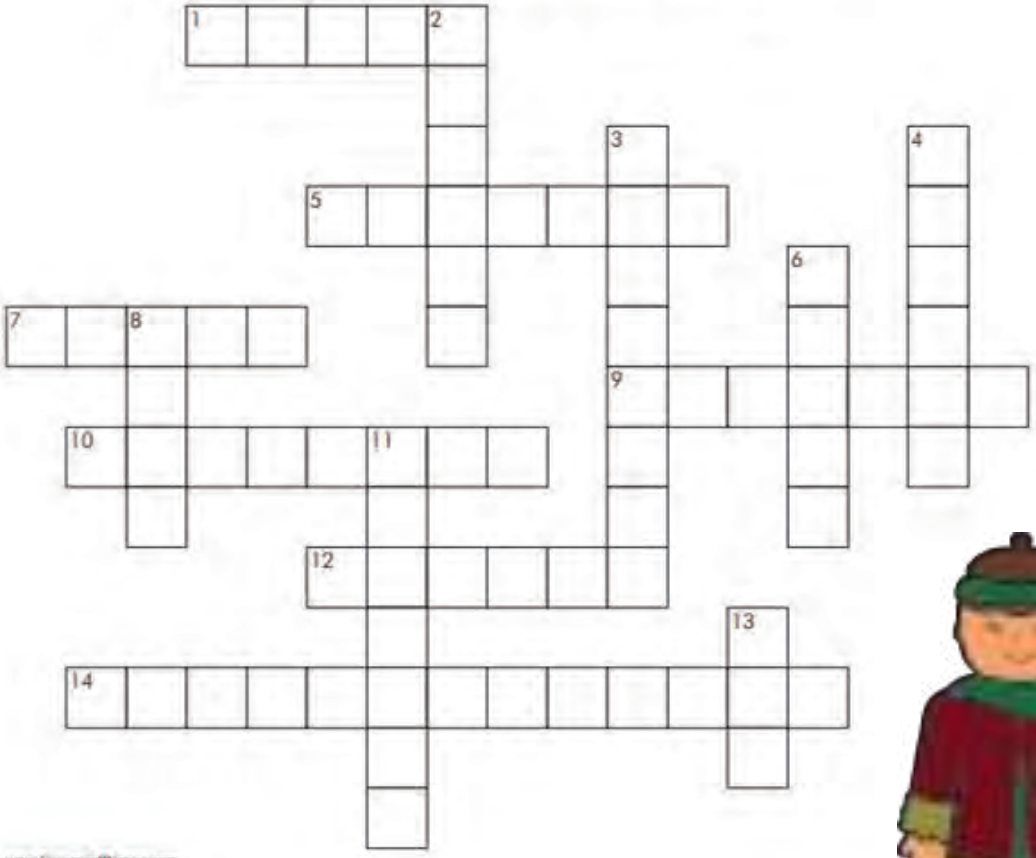
What do snowmen eat for breakfast?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

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

Winter Clothing



ACROSS

1 You wear me on your feet. I'm rhyme with "flutes."
5 You wear me on your hands. I rhyme with "kittens."
7 You wear me on your feet and legs. I rhyme with "box."
9 You wear me on your upper body. You may wear me inside. I rhyme with "better."
10 I keep your ears warm. My second syllable rhymes with "huffs" and "puffs."
12 I am short and light. I usually have a zipper. You wore me outside. I rhyme with "racket."
14 You wear me under your clothing. I cover all of your body except your feet, hands, and head. My last syllable rhymes with "bear."

DOWN

2 You wear these instead of shoes when you visit an ice rink. They rhyme with "plates."
3 Young children wear me when they play in the snow. I am thick, warm, and waterproof. My last syllable rhymes with "fruit."
4 You wear me on your hands. I have a place for every finger. I rhyme with "doves."
6 You wear me around your neck. I rhyme with "wharf."
8 I am long and heavy. I usually have buttons. You wore me outside. I rhyme with "boat."
11 I am a soft, warm type of cloth used to make shirts, sheets, and blankets. I rhyme with "channel."
13 You wear me on your head. I rhyme with "map."

WE still have

SCAS attended the Hometown Holiday Event at Sokol Hall in December. We sold Colby Ridge Popcorn & Hot Cocoa. Due to the weather conditions, our fundraiser didn't go as planned!

The following flavors are what we have remaining:
Cheddar, Candy Coated, Caramel, Plain, & Kettle

$1.00 PER BAG

(This is half price of what we sold them for!)

Happy New Year!!!

Where did 2018 go? Time flies when you are having fun! We just want to express how much we enjoy serving you all and looking forward to 2019. Our New Year's resolution is to grow our services for those that matter to us the most... YOU! We encourage you to come in and see us anytime!!

Wishing you a safe, healthy and happy 2019!

—Lori, Laura & Madison

Full Circle

In Friend, on Thursday, January 24th
Join us for a lunch of
Baked Potato Bar & Dessert
at Friend Community Healthcare System at **noon.**
You must RSVP by January 15th to attend this event!
Special Speaker Jill Engel form Aging Partners will be joining us for
Healthy Goals for Healthy Eating

402.821.3330

**You may still attend the event even if you do not RSVP in time, we just ask that you bring a sack lunch.

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

In Wilber, on Thursday, January 24th
Join us for

Healthy Goals for Healthy Eating

Come to 'The Back Room' -SCAS 9:30 am

Jill Engel from Aging Partners will be joining us
To talk about Healthy Eating for the New Year!

Please RSVP by January 17th to attend this event!
402.821.3330

In Western, on Thursday, January 17th
Join us for a lunch of
Chili, Cornbread, A Relish Tray, & Brownies
at the Saline County Area Transit Building at **noon.**

Join us for tips on Healthy Eating in the New Year!

Please RSVP by January 10th to attend this event!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

Interested in coming to one of our foot clinics?
We have clinics in
Dorchester, Crete, Friend and Wilber.
Call Laura at 402.821.3330 to make an appointment near you!

**2019 calendars are now available for purchase at SCAS for a suggested contribution of $5!

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!

Essential Document Locator Checklist

Adult children of aging parents are often caught without the essential documents their parents need in an emergency situation. Knowing where the official records are located as well as having copies of these important financial, legal and health documents can save you thousands of dollars and countless hours of time spent tracking down records.

Here are the documents you'll need to keep copies of:

- Birth certificate
- Driver's license
- Social Security card
- Medicare / Medicaid / insurance coverage card
- Organ donor card
- Marriage certificate
- Credit cards
- Mortgage records
- Military records
- Legal Power of Attorney, Healthcare Proxy, Living Will, Advance Directives

CREATE A LIST OF WHERE TO FIND ORIGINAL DOCUMENTS

You'll also need to know the location of the following documentation and other essentials:

- Safe-deposit box and key, along with a list of the contents and names of anyone who has access to it
- Any letter of instruction listing personal property not disposed of by will and wishes for distribution
- Receipts and appraisals for valuables
- Trust, banking and loan information
- Tax returns
- Insurance policies
- Stocks, bonds, real estate and other investments
- Living will, medical directives or Durable Power of Attorney
- Birth certificate, Social Security card, marriage and divorce certificates, education and military records
- Burial plots and desired funeral arrangements.

CREATE A LIST OF IMPORTANT CONTACTS & ACCOUNTS

You'll need contact information for the following contacts, as appropriate:

- Clergy members
- Attorney, financial planner, tax advisor, broker and/or anyone else with knowledge of or control over trusts, wills and finances
- Beneficiaries
- Bank account, loan and credit card contacts
- Insurance agents

Article is from aPlaceforMom.com

Most senior housing communities forbid or discourage tipping for their elder care services. Usually there is a scholarship or Christmas fund to which you can contribute. I have also bought holiday or birthday gifts for the people I felt were doing the most.

Every family is as different as a fingerprint and what works well for one might not work well in yours. Some families need additional help. If you find yourself needing guidance with the process of moving your loved one, there is a profession dedicated to assisting older adults and their families with the emotional and physical aspects of relocation. Senior Move Managers® have significant expertise in resources and approaches, personalizing their services to meet a loved one's needs and preferences. You can find one in your area here.

Most importantly, planning ahead when moving elderly parents and seniors and understanding the environment will always help families enjoy the community and maintain happy family ties.

Jeannette Franks, PhD, is a passionate gerontologist who teaches at University of Washington and Bastyr University; she is the author of a book on assisted living and numerous articles.

[1] All names in this article have been changed to protect privacy.

Article is from aPlaceforMom.com

January Activities

Key: Crete Dorchester Wilber Friend DeWitt		1 **SCAS CLOSED** 	2 Foot Clinic Lunch 12:00 p.m.	3 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	4 Spaghetti Day 	5 Bird Day 
6 Bean Day 	7 Bobble Head Day 	8 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	9 Foot Clinic Lunch 12:00 p.m.	10 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	11 Milk Day 	12
13 Rubber Ducky Day 	14 Dress Up Your Pet Day 	15 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	16 Lunch 12:00 p.m.	17 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle @ 12 in Western	18 Winnie The Pooh Day 	19 Popcorn Day 
20 Cheese Lovers Day 	21 **SCAS CLOSED** **Martin Luther King Jr. Day** 	22 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	23 Foot clinic Lunch 12:00 p.m.	24 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle @ 9:30 Full Circle @ 12	25	26 Florida Day 
27 Chocolate Cake Day 	28 Have Fun At Work Day 	29 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	30 Lunch 12:00 p.m.	31 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner		
			All foot clinics are by appointment only.	Interested in a foot clinic appointment Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	

DeWitt Senior Center Meal Schedule For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, January 2nd
Program— Show & Share a favorite Christmas ornament or decoration Menu— Creamy Chicken & Noodles, Mixed Vegetables, Biscuits, Fruit & Milk
WEDNESDAY, January 9th
Program— Randy & Pam Kozeal on Azheimers.. Then & Now Menu— Ham, Sweet Potatoes, Mixed Vegetables, Bread Fruit & Milk
WEDNESDAY, January 16th
Program— Elaine Pieper's African Fabric Quilts & Baskets Menu— Cheeseburger, Vegetable Soup, Fruit & Milk
WEDNESDAY, January 23rd
Program— Bread Tasting for National Bread Making Month Menu— Fish, Fried Potatoes, Green Beans, Breads, Fruit & Milk
WEDNESDAY, January 30th
Program— Ghost Towns Near & Far by Dennis Zabel Menu— Beef Stroganoff, Carrots, Fruit, Bread & Milk

Deloris Scott
of
Friend

received a $5 gift card to Subway! Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to December's riddle was: The Elfabet

A special wish to all of the December birthdays out there from Saline County Aging Services!

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

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

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, January 31st, 2018, in the Wilber Care Center's Activity Room. Please RSVP by January 24th , 2019 to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Answers to January puzzles.

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

Answers to December puzzles.

1. Red in the face	2. Green Eggs and Ham
3. Backrub	4. All thumbs
5. Two left feet	6. Black sheep of the family
7. Big fish in a little pond	8. Tennis shoes
9. Long time, no see	10. All in a day's work

upcdi	Cupid
ndonre	Donner
meotc	Comet
sadhre	Dasher
udrlohp	Rudolph
xivne	Vixen
zebiltn	Blitzen
rcneda	Dancer
rpnarec	Prancer

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

Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to

Saline County Aging Services– PO Box 812– Wilber, NE 68465

or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.

Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

As we all know too well, Nebraska weather can be very unpredictable. So please remember that Saline County Aging Services will be closed when:

- The Saline County Courthouse is closed.
- Wilber-Clatonia Public Schools is closed because of bad weather.
- And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to re-schedule your appointment.

Be safe this winter and know what the driving conditions are like before you try to go out an 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.

LIST of 2019 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance of the following County holidays.
If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day
Jan. 21 Martin Luther King Day
Feb. 18 Presidents' Day
Apr. 26 Arbor Day
May 27 Memorial Day
July 4 Independence Day

Sept. 2 Labor Day
Oct. 14 Columbus Day
Nov. 11 Veterans' Day
Nov. 28 Thanksgiving
Nov. 29 Day after Thanksgiving
Dec. 25 Christmas Day

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.

Like us on facebook

Saline County Aging Services

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Volume 4, Issue 2 February 2019

Inside This Issue . . .

Therapy Dogs & Elderly Services

By Steve Duno – *Veteran pet behaviorist and author Steve Duno lives in Seattle with his family and an ever-changing assortment of rescued pets, and has authored seventeen books and numerous articles for magazines and the Internet.*

The wide-ranging tasks dogs perform for us never ceases to amaze me. From search-and-rescue, herding, and seeing-eye work, to cancer and epilepsy detection, they are truly one of nature's most adaptable, willing creatures.

A role they have taken on with great success is that of therapy dog. Trained to visit hospitals, nursing homes, assisted living facilities, and other care-giving institutions, these friendly, gentle canines bring joy and good health to those no longer able to care for their own dogs.

Back in the 1990s, while working at a renowned canine training facility near Seattle, I had the opportunity to help train several companion dogs for the handicapped. These dogs turn on and off lights, open refrigerators, retrieve dropped items from the floor-anything the owner cannot easily do. It was challenging work that depended as much on my skills as a trainer as it did on the dog's personality, intelligence, and desire to perform.

Motivated by the experience, I decided to explore what it would take to train dogs to work as therapy dogs at an assisted-living facility. At the time, a few persons with gentle dogs were making the rounds to nursing homes, hospitals, and assisted-living facilities, but national organizations dedicated to these elderly services were not yet in the forefront. All I knew was that, if I lived in a retirement facility, I'd yearn for the company of a dog.

I had already been entertaining pre-school children with my four year-old Shepherd mix Louie, a big, lovable soul who adored people of all ages; why not cover the other end of the age spectrum? Louie was perfect for the job-a kind, impeccably-trained

dog with a genuine empathy for those in need. After speaking to the director of the training facility I worked for, we agreed to prepare Louie and two other affable dogs for therapy work.

We first had to acclimate the dogs to conditions that might occur at a home. Wheelchairs, walkers, motorized beds, crutches and canes, for instance, can be disconcerting, even to the most congenial dog. So over a period of several weeks, we desensitized the dogs to these items, and to unpredictable grabbing, petting, and even vocal outbursts. All the dogs were confident animals; by associating the items in question with treats and praise, they quickly accepted them as just part of their day.

In less than a month they were ready. Nearby was a private nursing home with a director who was open to our request; his patients, incapable of caring for a resident dog or cat, had repeatedly voiced regret at not having any contact with pets. So, after an initial visit to check out the logistics, we brought three therapy dogs in on a bright, sunny spring day.

A dozen eager residents were waiting for us in the recreation hall. Some sat in wheelchairs, while others stood with walkers or were seated. I was glad we'd done all that desensitization work beforehand! They had formed a semicircle, leaving the center of the room open; evidently we were expected to put on an impromptu demonstration instead of simply going from resident to resident and letting them spend a few minutes with each animal. Louie and the other two dogs we'd brought were all hams at heart; all knew many tricks, which they performed to the delight of all.

After Louie performed, I took the opportunity to watch the faces of the residents. They weren't just happily watching, they were revisiting dogs from their pasts, pets they had owned, trained, loved. A burly, aged man pantomimed hand signals in chorus with one of the other trainers; a slight woman with vibrant blue eyes and delicate fingers mouthed the word "speak" as my friend's terrier eagerly barked on command. They were all pet lovers, people who'd no doubt owned many dogs over the decades but could no longer, due to circumstance.

While the last dog performed, my dog sidled over to the burly man seated in a wheelchair beside me. Louie lay his head atop the man's arm and looked up at him with his big, coffee-brown eyes, daring him to pet him. Grinning, the man rubbed Louie's head with his beefy hand, and Louie lifted a paw and placed it atop the man's leg. "You can bring this one around anytime," the man said, rubbing Louie's head over and over like a lucky charm.

On the way home I thought about why a short, simple visit from a dog could invoke such joy amongst a group of seniors. Dogs were a connection to the past, to family, to children and grandchildren, to summers off, to a less complicated time when just teaching your dog to fetch a ball was a major triumph. Dogs are about camaraderie, loyalty, and faith. They are dependable, upbeat, and forever young, despite being with us for only a flash of time. And they remind us of what it means to love unconditionally, despite the pressures of the day or the burdens of age.

Two years ago Louie passed on at the ripe old age of 16, ancient for such a big dog. A friend and kindred soul, he'd brought happiness to both young and old. Though in the end he'd have to endure his own discomfitures of age, he never lost his spirit, or failed to appreciate the kindnesses of those who cared for him during his own senior years. I like to think he knew how special he was and how much he is missed, not only by me, but by those he'd touched with his gentle paws.

Today, many elderly services organizations dedicate themselves to uniting gentle therapy dogs and other animals with pet-loving residents in assisted-living facilities across the nation. The Delta Society (www.deltasociety.org), Pets On Wheels, Therapy Dogs International (www.tdi-dog.org), and others train volunteers and their pets to provide seniors, hospital patients, children, and the cognitively or physically-challenged with the company of pets, be they dogs, cats, birds, or guinea pigs. In doing so, they improve the mental and physical health of all they visit, helping to extend lives and inspire hope.

I'm currently training a new puppy to be a therapy dog. Named Rico, he's a Shepherd mix with a habit of plopping his head down into your lap and gently placing a meaty paw onto your thigh.

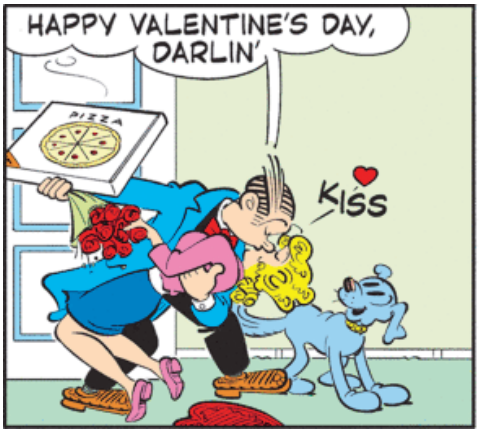
Article is from aPlaceforMom.com

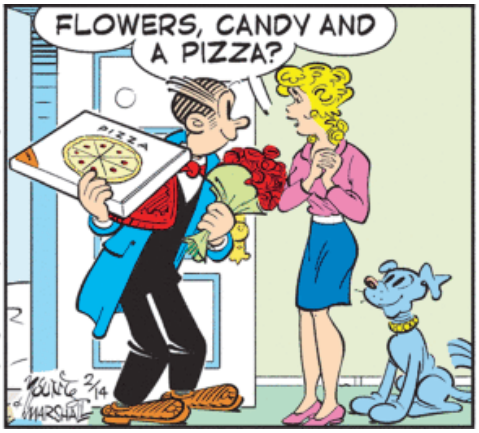
Valentines Day Facts You Probably Didn't Know

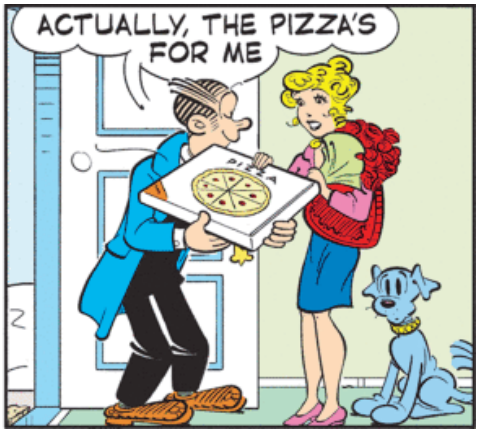
- Valentine's Day started with the Romans.
- Passing out Valentines is a 600-year-old tradition.
- Esther Howland is the first manufacturer of Valentines.
- Today, millions of greeting cards are purchased every year.
- The chocolate box has been around for more than 140 years.
- People consider pink and red the colors of love.
- Candy hearts were originally medical lozenges.
- Roses are the flowers of love.
- Valentine's Day is a popular holiday to get engaged.
- Caramels are the most popular flavor in chocolate

Facts from womansday.com

Just For Laughs . . .







Power Packed Snacks

Do you want to jumpstart healthier eating habits? Healthy snacks can be just the thing you need to add to your diet for the new and improved you! Healthy snacks are a great, easy way to round out a balanced diet. Some people are not breakfast eaters or others don't have the appetite for three full meals a day and that's fine.

However, you do want to make sure you are eating a full and balanced diet. Snacks can be a great addition to your day to make sure you are consuming adequate amounts of calories, fiber, nutrients, vitamins and protein to keep your body functioning at its best and prevent onset of and/or improve chronic diseases such as heart disease, diabetes and cancer.

What Makes for a "Good" Snack?

A healthy snack is going to be nutrient dense which means it provides multiple vitamins, minerals, and protein with lower amounts of calories, fats and added sugars. Snacks can actually help with weight management. First if you're not a breakfast eater, a mid-morning snack will help keep your metabolism revved up. Also research shows that people who consume a morning meal tend to weigh less.
An afternoon snack can prevent overeating at supper time due to an extended period of hunger. Finally, snacking can encourage ones appetite if a person doesn't "feel" like eating. Some people lose their desire to eat due to illness, emotional trauma or loneliness and snacks will help trigger the bodies hunger mechanism which will aid in a proper hunger response.

Healthy Snack Ideas

- Low-fat or fat-free Greek yogurt
- Low-fat or fat-free cheese slices on whole wheat crackers
- Apple slices with peanut butter
- Any fresh fruit like grapes, apple, banana or pears
- Carrot sticks and pepper slices dipped in humus or low-fat dressing
- Dark chocolate covered almonds or other nuts
- Make a homemade trail mix with mixed nuts, dried fruit, and coconut shreds
- Low-fat or fat-free cottage cheese topped with canned peaches or pears (canned in light syrup or in its own juice)
- Lightly salted popcorn
- Refried bean dip with cucumber slices or whole wheat baked chips
- A bowl of fortified whole grain cereal with Low-fat or fat-free milk
- Hard-boiled egg
- Reduced-sodium deli-sliced turkey on a whole-wheat tortilla with cheese and salsa (heat or enjoy cold!)

What to Avoid

Limit snacks that include high amounts of fat, sugar, and calories. Also avoid snacks lacking in nutrients including vitamins and protein. This would include:

- Sugary sodas, energy drinks, and sports drinks
- Candies and chocolates
- Sweet baked goods like cakes and cookies
- Processed foods
- Fast-food items
- Fried items

Avoid mindless munching. Always measure out appropriate portions and never eat directly from a large container like ice cream or chips. Calories needed vary by individual and don't let snacks become a way for you to overeat and consume more calories than your body needs.

If you find yourself feeling hungry after snacking or a meal try drinking a glass of water. Thirst can sometimes be mistaken for hunger. Also don't snack too close to regular mealtimes. Snacking too close to meal time can "ruin your appetite" as the saying goes.

To learn more about how nutrition affects your health, call Aging Partners at 402-441-7159 to speak with a registered dietitian.

Article is from Aging Partners

Tax Tips for Senior and Caregivers

HOW TO CLAIM CAREGIVER TAX DEDUCTIONS

By nature, tax rules are complex. It's important to consult a tax attorney or accountant versed in eldercare tax issues about your specific situation before finalizing your taxes. The AARP also offers free assistance and tax tips for seniors through its Tax-Aide Program. The following tax information has been reviewed and is accurate for the 2017 tax year in the United States.

DEDUCTING MEDICAL EXPENSES

Whether you are a senior citizen or a caregiver for one, tax season means accounting for the past year's medical expenses. The Internal Revenue Service (IRS) states, "medical expenses are the costs of diagnosis, cure, mitigation, treatment, or prevention of diseases, and the costs for treatments affecting any part or function of the body." Both individuals and people who care for qualifying relatives can claim deductions and credits for a range of out-of-pocket expenditures such as:

- Dental treatments
- Cost of transportation to get to a medical appointment
- Health insurance premiums
- Qualified long-term care services

For a full list of allowable medical expenses, see IRS Publication 502 at www.irs.gov. Read on about the rules that govern deductions and for more tax tips for seniors and their caregivers.

CAREGIVER IRS TAX RULES

To qualify for caregiver tax deductions and credits the person you are caring for must be a spouse, dependent, or qualifying relative, as well as a United States citizen or resident of the U.S., Canada, or Mexico. A qualifying relative includes a parent, stepparent, father-in-law or mother-in-law, or any other person who lived with you all year as a member of your household. The caregiver and medical expense tax rules have several important qualifications:

DEPENDENCY DEDUCTIONS

To qualify for a dependency deduction, you must pay for more than 50% of your qualifying relative's support costs. The relative only qualifies as a dependent if he or she meets the gross income and the joint-return test: s/he must not have a gross income in excess of $4,050 and cannot file a joint tax return. If your relative doesn't qualify as a dependent because of these tests, you cannot claim a dependency deduction, but you can still claim his or her medical expenses.

For more information, read page 11-23 of the IRS Publication 501 on tax exemptions.

DEDUCTING LONG-TERM CARE MEDICAL EXPENSES

Long-term care medical expenses (including but not limited to diagnostic, preventive, therapeutic, curing, treating, mitigating, rehabilitative, as well as maintenance and personal care services) are deductible if the services are required by a chronically-ill individual and a licensed healthcare practitioner prescribes the care. An individual is chronically ill if unable to perform at least two of six activities of daily living (eating, toileting, transferring, bathing, dressing, and continence). An individual who is cognitively impaired and requires substantial supervision is also considered chronically ill.

Nursing services performed in a nursing home, an assisted living facility, or similar care facility are also deductible expenses if the person is receiving care principally for medical reasons. However, if a person is staying at a nursing home, an assisted-living facility, or similar care facility only for custodial reasons, only medical expenses are deductible (i.e. in this instance, meals and lodging are not deductible). If the stay is only for custodial care, a staff member should be able to state what percentage of received care qualifies as medical care, says Nagle. Similarly, nursing services performed at home may qualify as deductible expenses.

DEDUCTING LONG-TERM CARE INSURANCE

Senior citizens and caregivers should be aware that premiums paid for qualified long-term care insurance contracts may qualify as deductible medical expenses if they meet the Adjusted Gross Income (AGI) threshold. The Tax Reform Act of 2017 changed the AGI threshold for medical expenses from 10% to 7.5% for 2017.

According to the IRS, the contract must:

- Be guaranteed renewable
- Not provide a cash surrender value
- Not pay costs that are covered by Medicare, except where Medicare is a second payer or the contract makes per diem or other periodic payments without regard to expenses.
- Provide that refunds, other than refunds upon death, surrender, or cancellation of the contract, and dividends are used only to reduce future premiums or increase medical benefits.

The amount of long-term care premiums you can include is limited and the amount you can expense as medical expenses varies by age. See IRS Publication 502 for more information.

Many state governments also offer tax credits and deductions for caregivers on state income tax forms, so it pays to know your individual state's rules.

Article is from aPlaceforMom.com

WILBER

Friday, February 22nd

Join us for

Heart Healthy & Valentines Day Fun!

Come to 'The Back Room' - SCAS 2:00 pm

SCAS Staff will present facts on Healthy Hearts and play Valentines Day games!

You must RSVP by February 15th to attend this event!
402.821.3330

WESTERN

Friday, February 15th

Join us for a lunch of
Pork Chops, Cheesy Potatoes, Salad, & Dinner Rolls
to be served at
the Saline County Area Transit Building
at **noon.**

Following the meal will be a presentation on

Heart Healthy & Valentines Day Fun!

SCAS Staff will present facts on Healthy Hearts and play Valentines Day games!

You must RSVP by February 8th to attend this event!
402.821.3330

$5 fee for anyone attending the meal.

FRIEND

Thursday, February 21st

Join us for a lunch of
Chicken Strips, Potato Wedges, Corn, Dinner Roll, and Dessert to be served
at Friend Community Healthcare System
at **noon.**

Following the meal will be a presentation on

Healthy Hearts & Valentines Day Fun!

SCAS Staff will present facts on Healthy Hearts and play Valentines Day games!

You must RSVP by February 12th to attend this event!
402.821.3330

**You may still attend the event even if you do not RSVP in time, we just ask that you bring a sack lunch.

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

Recipe of the Month

CHEESY PEPPERONI PIZZA STICKS

INGREDIENTS:

- 1 tube Pillsbury pizza crust
- 40 pepperoni slices
- 10 mozzarella cheese sticks
- 2 tbsp butter
- 1/2 tsp garlic powder
- 1/2 tsp dried parsley
- *Optional: marinara sauce for dipping*

Source: *Pinterest.com*

INSTRUCTIONS:

1. Preheat oven to 450 degrees F.
2. Spread pizza dough out on a lightly greased baking sheet. Cut the dough into 10 equal size rectangles.
3. Arrange 4 pepperoni slices on each rectangle and top with a mozzarella cheese stick.
4. Roll up the pizza dough, enclosing the cheese stick, pinching the seams closed.
5. Melt the butter and add the garlic powder and dried parsley. Brush the pizza sticks with the butter.
6. Bake for 10 to 12 minutes or until golden brown. Enjoy warm with a side of marinara sauce for dipping if desired.

Exercise of the Month — Hip

TARGETED MUSCLES: Hip and inner thigh
TALK TO YOUR DOCTOR: If you've had hip or back surgery, talk with your doctor before trying this

This exercise will stretch your hip and inner thigh muscles. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both shoulders on the floor throughout the stretch.
2. Slowly lower one knee as far as you comfortably can. Keep your feet close together and try not to move the other leg.
3. Hold position for 10-30 seconds.
4. Bring knee back up slowly.
5. Repeat at least 3-5 times.
6. Repeat at least 3-5 times with your other leg.

Valentine's Day Word Search Puzzle

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

ARROW
BOW
CARDS
CHOCOLATE
CUPID
DANCES
DINNER
FAMILY
FEBRUARY
FLOWERS
FRIENDSHIP
FUN
GIFTS
HEARTS
HUGS
KISSES
LOVE
RINGS
ROSES
TEDDIES
VALENTINES

Riddle of the Month

What did the hamburger buy his sweetheart?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

Valentines Day Word Scramble

EB MNIE _____

COHALCOTE _____

EHATRS _____

EFRBRUAY _____

UCIDP _____

SEROS _____

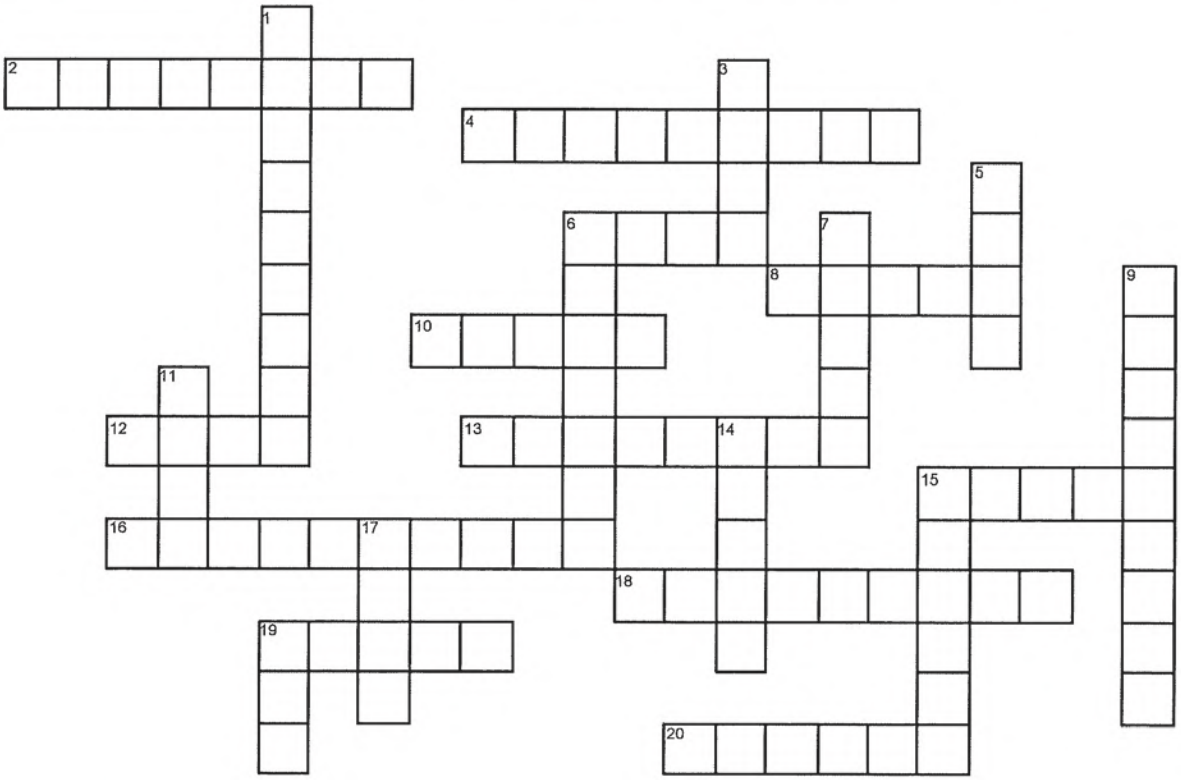
TSWTHREAEE _____

LVANEINTE _____

EDR _____

NPKI _____

Valentine's Day Crossword Fun



ACROSS

2 A piece of jewelry worn around one's neck.

4 _____ and girlfriend.

6 "Be _____."

8 School children often exchange these on Valentine's Day.

10 He shoots invisible arrows to make people fall in love.

12 The most popular flower for Valentine's Day.

13 Valentine's Day falls on _____ 14.

15 "_____ Valentine's Day!"

16 A safe place to store jewelry. (Two words.)

18 My friend gave me heart-shaped box full of _____.

19 Bees make this substance, which is also a nickname for someone who is loved.

20 St. Valentine is known as the patron saint of _____.

DOWN

1 "Will you be my _____?"

3 Husband and _____.

5 In "XOXOXOX," an X represents this action.

6 Did the mail carrier leave any Valentines in your _____?

7 School children sometimes celebrate with a Valentine's Day _____.

9 A stuffed animal often given as a Valentine's gift. (Two words.)

11 "I _____ you."

14 Bow and _____.

15 Children may read and eat candy _____.

17 A man usually gives a woman a _____ when he asks her to marry him.

19 In "XOXOXOX," an O represents this action.

 http://www.theholidayzone.com/

What's New at SCAS

As some of you may have noticed..

We were very thrilled to purchase a glass front refrigerator for our Feed America Program! We are now able to keep items for a longer amount of time.

A big thank you to the St. Wenceslaus Parish Council for this lovely gesture. It has been very beneficial!

Thank You To Evelyn For Sharing!

Old Folks Liked Humorous Essay

Dear Abby

Some years ago, you published a piece from a senior citizen who was bragging about the boyfriends she had. It included such characters as "Ben Gay," "Arthur-itis" and others.

Both my wife and I enjoyed it immensely, and we try to quote it on occasion. Unfortunately, we can't remember the entire piece. Would you kindly run it again? Others may enjoy it, too.

The Clarence Jacobsens
Elmont, N.Y.

Dear Mr. and Mrs. Jacobsen: The piece was sent to me several years ago from a reader who clipped it from a church bulletin, author unknown. And here is "Old Folks Are Worth a Fortune":

Dear Abby

By Abigail Van Buren

Old folks are worth a fortune: With silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs.

I have become a lot more social with the passing of the years; some might even call me a frivolous old gal. I'm seeing five gentlemen every day.

As soon as I wake, Will Power helps me get out of bed. Then I go to see John. Then Charley Horse comes along, and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. (He doesn't like to stay in one place very long, so he takes me from joint to joint.) After such a busy day, I'm really tired and glad to go to bed — with Ben Gay. What a life!

P.S. The preacher came to call the other day. He said that at my age, I should be thinking about the hereafter. I told him I do, all the time. No matter where I am — in the parlor, upstairs in the kitchen or down in the basement — I ask myself, "Now, what am I here after?"

Interested in coming to one of our foot clinics?
We have clinics in
Dorchester, Crete, Friend and Wilber.
Call Laura at 402.821.3330 to make an appointment near you!

**2019 calendars are still available for purchase at SCAS for a suggested contribution of $5!

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!

Durable Power of Attorney vs. Living Wills

Seniors should make their wishes about medical care known in case they become incapacitated and are unable to communicate due to illness or injury. No family wants to be left guessing about their loved one's wishes during a medical crisis.

LIVING WILL VS HEALTH CARE DIRECTIVE

A living will is about making your wishes known, whatever those wishes may be. Your living will should summarize your general wishes about your care in addition to clarifying specific preferences regarding:

- Feeding and hydration while in an irreversible coma or in a terminal condition
- CPR or defibrillation after cardiac arrest
- Organ and tissue donation
- Use of a ventilator when unable to breathe independently
- Other medical treatments

DNR = DO NOT RESUSCITATE

You may have heard of seniors or people who are terminally ill who have put in place a "DNR." A DNR tells medical professionals and family members that you do not want heroic measures to be attempted if your heart were to stop. But a DNR is just one possible wish that can be made in a Health Care Directive. You could just as easily direct that all feasible medical treatments should be attempted during a medical emergency.

PUTTING SOMEONE IN CHARGE: DURABLE POWER OF ATTORNEY

When you create a living will, you may also want to designate a trusted loved one to make health care decisions on your behalf through a legal document called a Durable Power of Attorney for Health Care. The person you designate in your Durable Power of Attorney for Health Care will have the authority to make medical decisions during a medical emergency, and it is his or her job to make sure that health care providers carry out the wishes you have made in your Health Care Directive. You may also consider creating a Durable Power of Attorney for Financial Care. You may choose to designate the same trusted loved one to make both medical and financial decisions on your behalf.

CONSULT AN ATTORNEY

Each state has its own health care directive form, and regulations regarding these directives also vary state by state, so make sure you fill out the correct form and understand your state's rules. You can get the appropriate paperwork to file a health care directive and designate a health care proxy from your local Area Agency on Aging office, which you can locate at www.eldercare.gov. You can also pick up form at your local agency.

Because these documents are literally a matter of life and death, you should consult with an elder attorney if you have any questions or need assistance.

Article is from aPlaceforMom.com

COMING SOON!

Tuesday, February 12, 2019

We will be starting a new Tai Chi Class in “The Back Room” - SCAS
Our spots are going fast! Call 402.821.3330 to register for your spot today!

What is Tai Chi?

Tai Chi: Moving for Better Balance is an evidenced based program to decrease falls by improving balance and flexibility.

Tai Chi has been shown to reduce stress, lower blood pressure, and help with fibromyalgia and Parkinson’s. Also, participants have experienced improved muscular strength and endurance.

Though based on traditional Tai Chi, the moves in this class have been modified for a variety of physical abilities, and can be done sitting or standing.

February Activities

Key: Crete Dorchester Wilber Friend DeWitt					1 Bubble Gum Day 	2 Groundhog Day 
3	4 Homemade Soup Day 	5 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	6 Foot Clinic Lunch 12:00 p.m.	7 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	8 Kite Flying Day 	9 Pizza Day 
10 Umbrella Day 	11 Don't Cry Over Spilled Milk Day 	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	13 Foot Clinic Lunch 12:00 p.m.	14 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	15 Full Circle @ 12 in Western	16 Almond Day 
17 Cabbage Day 	**18** Drink Wine Day 	19 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	20 Foot clinic Lunch 12:00 p.m.	21 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle @ 12	22 Full Circle @ 2	23 Dog Biscuit Day 
24 Tortilla Chip Day 	25 Chocolate Covered Nut Day 	26 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	27 Lunch 12:00 p.m.	28 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner		
			All foot clinics are by appointment only.	Interested in a foot clinic appointment Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	

DeWitt Senior Center Meal Schedule For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, February 6th
Program— Alzheimer's– Then & Now by Randy & Pam Kozeal (Rescheduled) Menu— Salisbury Steak, Mashed Potatoes, Green Beans, Bread, Fruit & Milk
WEDNESDAY, February 13th
Program— Love Makes the World Go Round With Greg Wells/Happy Valentines Menu— Chicken Spaghetti, Corn, Garlic Bread, Fruit & Milk
WEDNESDAY, February 20th
Program— Happenings at Tri-County by Tri– County Administration Menu— Pork Loin, Rice, Mixed Vegetables, Fruit, Bread & Milk
WEDNESDAY, February 27th
Program— Laughter With Red Skelton Menu— Fish, Fried Potatoes, 3-Bean Salad, Bread, Fruit & Milk

Judy Bartels
of
Tobias

received a $5 gift card to Subway! Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to December's riddle was: Snowflakes

A special wish to all of the February birthdays out there from Saline County Aging Services!

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

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

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, February 28, 2019, in the Wilber Care Center's Activity Room. Please RSVP by January 24th , 2019 to one of the following numbers: 821-2014, 821-2271 or 821-3259.

COMING SOON!

SALINE COUNTY AGING SERVICES IS HOSTING:

SHAMROCK SHUFFLE

5K (3.1 miles) or 1 Mile Fun Run/Walk

Saturday, March 16th, 2019
@ Legion Park, Wilber, NE
Registration from 9:00-9:45 A.M.
Start Time: 10:00 A.M. SHARP

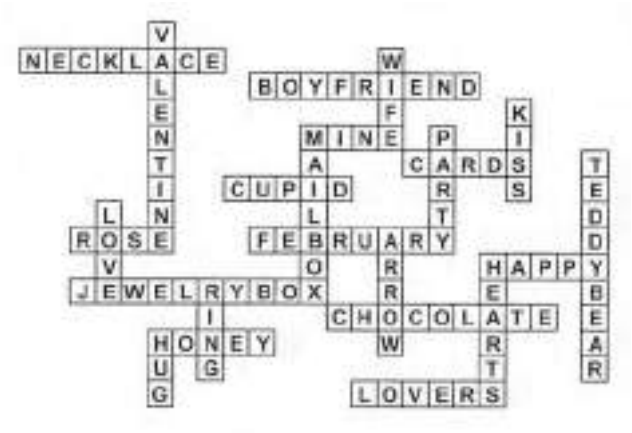
ENTRY FEES:
5K- $20.00 Pre-Registered; $25.00 after & day of race
1 mile- $15.00 Pre-Registered; $20.00 after & day of race
Students 12 & Under: $10.00 Pre-Registered; $15.00 after & day of race
ANYONE OVER 60: $15 Pre-Registered & day of race

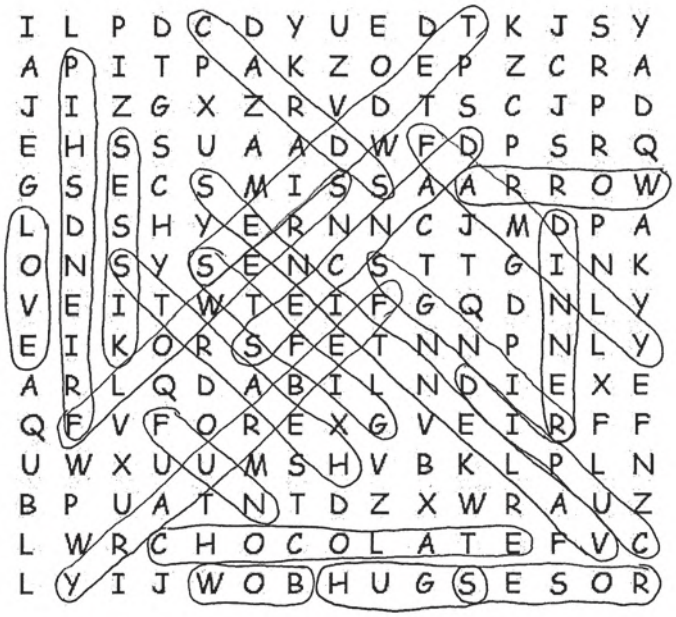
PRE -REGISTER NOW AT:
SALINE COUNTY AGING SERVICES,
FIRST STATE BANK, or
WILBER PHYSICAL THERAPY

PARTICIPANTS DO NOT HAVE TO RUN THIS RACE! EVERYONE IS WELCOME TO PARTICIPATE AT THEIR OWN PACE.

** ALL proceeds help Saline County Aging Services and Wilber-Clatonia Public Schools TCBY Program!

Answers to Februarys Puzzles





EB MNIE	BE MINE
COHALCOTE	CHOCOLATE
EHATRS	HEARTS
EFRBRUAY	FEBRUARY
UCIDP	CUPID
SEROS	ROSES
TSWTHREAEE	SWEETHEART
LVANEINTE	VALENTINE
EDR	RED

Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to

Saline County Aging Services– PO Box 812– Wilber, NE 68465

or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.

Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

As we all know too well, Nebraska weather can be very unpredictable. So please remember that Saline County Aging Services will be closed when:

- The Saline County Courthouse is closed.
- Wilber-Clatonia Public Schools is closed because of bad weather.
- And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to re-schedule your appointment.

Be safe this winter and know what the driving conditions are like before you try to go out an 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.

LIST of 2019 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance
of the following County holidays.
If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day
Jan. 21 Martin Luther King Day
Feb. 18 Presidents' Day
Apr. 26 Arbor Day
May 27 Memorial Day
July 4 Independence Day

Sept. 2 Labor Day
Oct. 14 Columbus Day
Nov. 11 Veterans' Day
Nov. 28 Thanksgiving
Nov. 29 Day after Thanksgiving
Dec. 24 Closing @ 12 on Christmas Eve
Dec. 25 Christmas Day

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.

Like us on facebook

Saline County Aging Services

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Volume 4, Issue 3 **March 2019**

Inside This Issue . . .

St. Patrick's Day

Saint Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britainin the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Many legends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts.

It was emigrants, particularly to the United States, who transformed St. Patrick's Day into a largely secular holiday of revelry and celebration of things Irish. Cities with large numbers of Irish immigrants, who often wielded political power, staged the most extensive celebrations, which included elaborate parades. Boston held its first St. Patrick's Day parade in 1737, followed by New York City in 1762. Since 1962 Chicago has colored its river green to mark the holiday. (Although blue was the color traditionally associated with St. Patrick, green is now commonly connected with the day.) Irish and non-Irish alike commonly participate in the "wearing of the green"—sporting an item of green clothing or a shamrock, the Irish national plant, in the lapel. Corned beef and cabbage are associated with the holiday, and even beer is sometimes dyed green to celebrate the day. Although some of these practices eventually were adopted by the Irish themselves, they did so largely for the benefit of tourists.

Article is from www.britannica.com

Home Health vs Home Care

Home care and home health are distinct types of care which are both provided in a home setting, but most people aren't aware of the differences and use these terms interchangeably. The key difference is that "home care" is non-clinical care and "home health" is clinical care.

HOME HEALTH CARE

Home health care is clinical medical care provided by an registered nurse, occupational therapist, physical therapist or other skilled medical professionals, and is often prescribed as part of a care plan following a hospitalization.

HOME HEALTH SERVICES

Home health care services include:

- Therapy and skilled nursing services
- Administration of medications, including injections
- Medical tests
- Monitoring of health status
- Wound care

WHEN TO USE HOME HEALTH

Situations in which home health is prescribed include:

- Following an inpatient hospitalization, rehabilitation, or a stay at a skilled nursing facility – to help the senior transition back to independence
- When a senior has had a recent medication change, in order to monitor for side effects and assure a new medication is effective
- When seniors experience an overall decline in functioning – in order to help them to regain independence through therapy or learning new skills to compensate for their deficit

HOW TO PAY FOR HOME HEALTH

Since it is considered medical care, home health is covered by medical insurance, including Medicare and Medicaid.

- Covered by Medicare when prescribed by a physician
- It is covered by Medicaid for qualified individuals
- Private pay (in rare cases when home health is not prescribed, but a senior desires such services)

HOME CARE

Home care is provided by caregivers, usually called home care aides, who are trained to understand the nuances of senior care. Home care aides can help older adults with activities of daily living, or just offer some friendly companionship. Unlike home health, home care is classified as personal care or companion care and is considered "unskilled" or "non-clinical."

WHEN TO USE HOME CARE

You might consider hiring a home care aide for older adults who:

- Need assistance with activities of daily living ranging from grooming to meal preparation
- Do not drive and require transportation
- Live alone, may be at risk for social isolation and need companionship

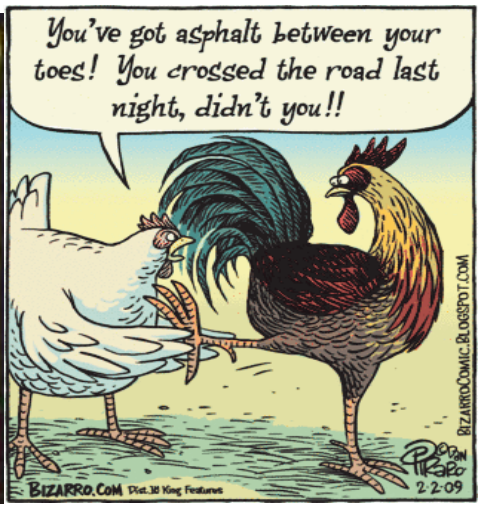
….continued on pg. 6

St Patrick's Day Facts

- The first St. Patrick's Day Celebration in the United States was held in Boston in 1737.
- Shamrocks are the national flower/emblem of Ireland.
- The color of St. Patrick's Day was originally blue.
- Beer is one of the most widely consumed beverages consumed on St. Patrick's Day.
- Legends say that each leaf of the clover has a meaning: Hope, Faith, Love and Luck.
- Your odds of finding a four-leaf clover are about 1 in 10,000.
- To celebrate St. Patrick's Day, Chicago dyes the river green for a few hours.
- Shamrock shakes are very popular & tasty!

Facts are from www.proflowers.com

Just For Laughs . . .



What is the DASH Diet?

The Dietary Approaches to Stop Hypertension, also known as the DASH Diet, was originally recommended for individuals diagnosed with hypertension as a way to lower blood pressure. Research has shown that the DASH Diet also has positive effects on lowering blood pressure and cholesterol levels, decreasing the risk of developing diabetes, and helping to maintain/lose weight. The DASH Diet is now being recommended for all individuals, regardless of whether they have been diagnosed with hypertension.

The DASH Diet is a well-balanced diet that incorporates an abundance of fruits, vegetables, whole grains, and low-fat dairy. It aims to decrease total fat, saturated fat, cholesterol, sodium, and sugar intake. It also recommends limiting sodium intake to less than 1,500 mg per day. Excess sodium in our diet can lead to high blood pressure, which increases the risk of heart disease. The DASH Diet is high in potassium, a mineral that works in our body to lessen the effects of sodium. Potassium is found in a variety of fruits and vegetables such as bananas, broccoli, spinach, potatoes, and squash.

For a 2,000 calorie diet, the DASH Diet recommends to consume:

- 7 to 8 servings of grains (1/2 whole grains) per day
- 4 to 5 servings fruit per day
- 4 to 5 servings vegetables per day
- 2 to 3 servings of dairy (non-fat or low-fat) per day
- 6 ounces or less of meat, poultry, or fish per day
- 2 to 3 servings of fats and oils per day
- 1/2 to 1 serving of seeds, nuts, and legumes per day

The DASH Diet emphasizes consumption of whole foods. Whole foods such as fruits, vegetables, whole grains, and low-fat dairy are considered to be "nutrient dense", meaning they provide a variety of nutrients with relatively few calories. Whole foods also tend to be low in sodium and fat. They also tend to be high in fiber, which helps keep our stomach fuller for longer.

Processed foods such as frozen dinners and potato chips are considered to be "energy dense" foods, meaning that they tend to be high in calories but provide very few nutrients. Processed foods are often high in calories, fat, and sodium.

The Nutrition Facts Label provides information on the nutritional content of a particular food. Reading the Nutrition Facts Label will help us determine how much sodium a product contains as well as allowing us to become more knowledgeable regarding our sodium intake. Comparing the Nutrition Facts Label on similar products will help us determine the healthier choice. Remember to also look at the serving size and adjust the calories, fat, sodium, etc. levels accordingly.

To learn more about how nutrition affects your health call Aging Partners at 402-441-7159 to speak with a registered dietitian.

Article is from Aging Partners

HOW TO PAY FOR HOME CARE

- Private pay
- Long-term care insurance
- Medicaid for qualified low-income seniors

HOME CARE SERVICES

Services provided by home care aides may include:

- Meal preparation
- House cleaning
- Helping dressing, bathing and grooming
- Transportation
- Reminders to take medicine
- Help with bill paying

HOME HEALTH & HOME CARE COMPARISON

The charts below highlight some of the differences between home health and home care, both in terms of services provided and method of payment:

SERVICES COMPARISON

Services Typically Offered	Home Health	Home Care
Therapy towards rehabilitation	Yes	No
Administers medications	Yes	No
Performs medical tests	Yes	No
Formally monitors health status	Yes	No
Meal preparation or delivery	No	Yes
House cleaning	No	Yes
Help with bathing, dress, and grooming	No	Yes
Transportation	No	Yes
Reminders to take medicine	Yes	Yes
Skilled nursing	Yes	No
Pain management	Yes	No
Wound care	Yes	No
Prescription medication management	Yes	No
IV Therapy / Injections	Yes	No
Incontinence care	No	Yes
Toileting help	No	Yes
Companionship	No	Yes

PAYMENT OPTIONS COMPARISON

Payment Methods	Home Health	Home Care
Covered by Medicare	Yes	No
Covered by Medicaid or Medicaid Waiver Program	Yes (details vary by state)	Usually (details vary by state)
Private health insurance	Yes	No
Private pay	Yes, but unusual	Yes
Long-term care insurance	No	Yes (if specified in policy)

COMBINING SERVICES

Home health and home care are not mutually exclusive services. Many families find that utilizing these services in tandem best help a senior who, for example, is recovery after a hospitalization. The home health staff address clinical and rehabilitative needs during the transition home, while a home care aide can help with personal care-giving and household chores that the senior requires assistance with during his or her recovery.

Article is from aPlaceforMom.com

WILBER

Friday, March 22nd

Join us for
Breakfast Casserole & A Fruit Salad to be served
in 'The Back Room' -SCAS 9:30 a.m.

Following the breakfast will be

An interactive presentation by Tracie Foreman on 'Laughing Matters'. She is a Community Health Educator at Aging Partners and has been with them for 28 years.

You must RSVP by March 15th to attend this event!
402.821.3330

$3 fee for anyone attending the breakfast.

WESTERN

Friday, March 22nd

Join us for a lunch of
Pork Chops, Cheesy Potatoes, Salad, Dinner Rolls
& Dessert be served at
the Saline County Area Transit Building
at **noon.**

Following the meal will be

An interactive presentation by Tracie Foreman on 'Laughing Matters'. She is a Community Health Educator at Aging Partners and has been with them for 28 years.

You must RSVP by March 15th to attend this event!
402.821.3330

$5 fee for anyone attending the meal.

FRIEND

Thursday, March 21st

Join us for a lunch of
BBQ Ribs, Cheesy Hash Browns, Carrots, Fresh Baked
Bread, and Dessert to be served
at Friend Community Healthcare System
at **noon.**

Following the meal will be a presentation on

Laughter and Happiness!

You must RSVP by March 12th to attend this event!
402.821.3330

**You may still attend the event even if you do not RSVP in time, we just ask that you bring a sack lunch.

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

Recipe of the Month

5-INGREDIENT CHICKEN PARMESAN

INGREDIENTS:

- 8 ounces rigatoni pasta noodles, cooked al dente
- 1 (24-ounce) can spaghetti sauce, divided
- 3/4 cup shredded mozzarella cheese
- 4 boneless, skinless chicken breasts (cut into cubes, if preferred)
- 1/4 cup shredded parmesan

INSTRUCTIONS:

1. Preheat oven to 350 degrees. Mix together the rigatoni, 3/4 of the spaghetti sauce can, mozzarella, salt and pepper to taste. Place in the bottom of a deep dish baking pan. Place the chicken breast on top of the pasta, cover with the remaining spaghetti sauce and Parmesan.
2. Bake for 30 minutes, until the chicken is cooked through. Serve!

Recipe is from Pinterest.com

Exercise of the Month — Lower Back

TARGETED MUSCLES: Lower Back
TALK TO YOUR DOCTOR: If you've had hip or back surgery, talk with your doctor before trying this stretch.

This exercise stretches the muscles of your lower back. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both arms and shoulders flat on the floor throughout the stretch.
2. Keeping knees bent and together, slowly lower both legs to one side as far as you comfortably can.
3. Hold position for 10-30 seconds.
4. Bring legs back up slowly and repeat toward other side.
5. Continue alternating sides for at least 3-5 times on each side.

ST. PATRICK'S DAY WORD SEARCH

LEPRECHAUN	LUCKY
POT OF GOLD	IRISH
RAINBOW	GREEN
SHAMROCK	CLOVER
GOLD	MARCH

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

Riddle of the Month

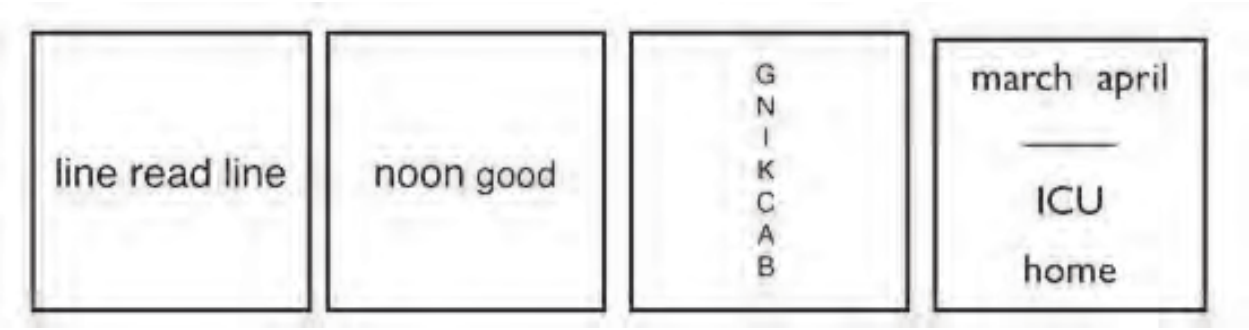
Why can't you borrow money from a leprechaun?

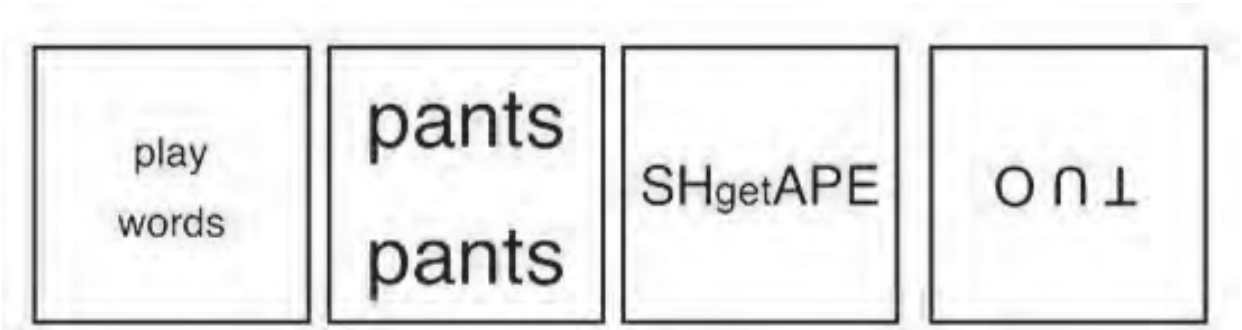
Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

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

Rebus Puzzles

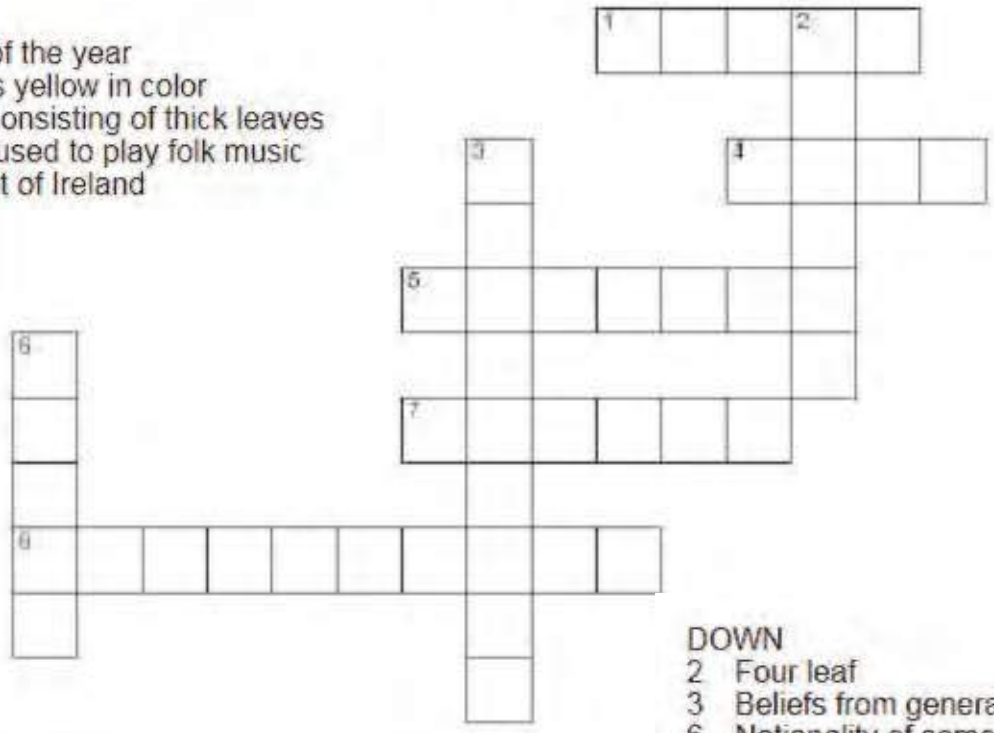




science-lakes.com

March Crossword

ACROSS
1 3rd month of the year
4 Metal that is yellow in color
5 Vegetable consisting of thick leaves
7 Instrument used to play folk music
8 Patron Saint of Ireland



DOWN
2 Four leaf
3 Beliefs from generation to generation
6 Nationality of someone from Ireland

January Full Circle Fun

We would like to give a special thanks to Jill Engel for joining us at the Wilber & Friend Full Circle Events! Fun was had by all.

Medical Equipment

Are you or a loved one in need of medical equipment?

As some of you may know…
We have a wide variety of medical equipment that we are more than willing to lend, to anyone that is in need of it! We lend out the equipment for 3 months. Hopefully this is enough time for recovery or to purchase your own equipment if you will be needing it 24/7. We will extend time on a case by case basis.

** Thank you to those that have returned their equipment!

COMING SOON!!!

We have been working very hard painting our new durable medical equipment building! We will be able to show off our equipment and let the borrowers pick out what they are in need of. It will be very helpful for us, as our equipment is not easily accessed in the basement.

Interested in coming to one of our foot clinics?
We have clinics in
Dorchester, Crete, Friend and Wilber.
Call Laura at 402.821.3330 Ext. 2 to make an appointment near you!

**2019 calendars are still available for purchase at SCAS for a suggested contribution of $5!
(so you can offer us less!)

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!

Foot Health Information

Mobility is a vital component of independence, making the foot ailments that often plague the elderly especially worrisome. While it may not spring to mind as a top health concern, poor foot health can severely impact a person's ability to live alone, work and participate in social activities.

According to the US National Center for Health Statistics (NCHS), impairment of the lower extremities is a leading cause of activity limitation in older people. Foot problems can also lead to knee, hip and lower back pain, which also undermine mobility. The NCHS says 25% of all nursing home patients cannot walk at all, and another 15% can walk only with assistance.

FOOT HEALTH MIRRORS GENERAL HEALTH

The human foot has been called the "mirror of health." Foot doctors, or doctors of podiatric medicine (DPMs), are often the first doctors to see signs of such systemic conditions as diabetes, arthritis, and circulatory disease in the foot. Among these signs are dry skin, brittle nails, burning and tingling sensations, feelings of cold, numbness, and discoloration. Always seek professional care when these signs appear.

FOOT PROBLEMS CAN BE PREVENTED

For reasons that are difficult to fathom, many people, including a lot of older people, believe that it is normal for the feet to hurt, and simply resign themselves to enduring foot problems that could be treated.

There are more than 300 different foot ailments. Some can be traced to heredity, but for an aging population, most of these ailments stem from the cumulative effect of years of neglect or abuse. However, even among people in their retirement years, many foot problems can be treated successfully, and the pain of foot ailments relieved.

Whether due to neglect or abuse, the normal wear and tear of the years causes changes in feet. As people age, their feet tend to spread, and lose the fatty pads that cushion the bottom of the feet. Additional weight can affect the bone and ligament structure. Older people, consequently, should have their feet measured for shoe sizes more frequently, rather than presuming that their shoe sizes remain constant. Dry skin and brittle nails are other conditions older people commonly face. Finally, it's a fact that women, young and old, have four times as many foot problems as men, and high heels are often the culprits.

Observing preventive foot health care has many benefits. Chief among them are that it can increase comfort, limit the possibility of additional medical problems, reduce the chances of hospitalization because of infection, and lessen requirements for other institutional care.

FOOT HEALTH TIPS FOR SENIORS

Here are some tips for keeping feet healthy

- **Wear Shoes That Fit**: A surprising number of people wear ill-fitting shoes. Shopping for shoes in the afternoon can prevent choosing shoes that are too small for feet that swell during the day.
- **Walk Regularly**: Walking is the best exercise for your feet.
- **Wear Seam-Free Socks**: This can prevent skin irritations from developing.
- **Have Corns & Calluses Professionally Treated**: Never cut corns and calluses with a razor, pocket knife or other such instrument; use over-the-counter foot products only with the advice of a podiatrist.
- **Bathe & Inspect Feet Daily**: Use lukewarm (not hot) water and mild soap to keep feet free of debris. If you notice any redness, swelling, cracks in the skin or sores, consult your podiatrist.
- **Keep Nails in Shape**: Trim or file your toenails straight across.
- **Have Regular Exams**: It's best to have your feet examined by a DPM at least twice a year.

Article is from aPlaceforMom.com

Assisted Living Checklist

It's important to be prepared when calling and touring assisted living centers. Each community is unique, if you've seen one assisted living facility, you've seen one assisted living facility. Download the checklist below to stay organized, compare communities and ask the right questions to help you decide on the community that's right for your loved one.

QUESTIONS TO ASK WHEN YOU CALL OR VISIT

- What is your staff-to-resident ratio?
- What kind of experience and training does your staff possess?
- How many staffers are on duty overnight?
- Can staff administer medications?
- Do you have a nurse on staff 24/7?
- Do you have any experience with (issues or diagnosis of your care recipient)?
- Do you do an initial assessment prior to admission?
- What types of apartments are available?
- What is the monthly cost per apartment type?
- If there is a wait list, how many are on it and what is the policy?
- Tell me about some of the current residents.
- Do you have any outdoor space?
- What is your discharge policy?
- What additional services are available if the needs of a resident change?
- What are your billing and payment policies?
- Are all services included in the monthly fee? If not, what and how much are additional services?

Article is from aPlaceforMom.com

March Activities

Key: Crete Dorchester Wilber Friend DeWitt					1 National Pig Day 	2
3 I Want You To Be Happy Day 	4 Grammar Day 	5 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	6 Foot Clinic Lunch 12:00 p.m.	7 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	8 Oregon Day 	9 Barbie Day 
10 Return of Daylight Savings 	11 Napping Day 	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	13 Foot Clinic Lunch 12:00 p.m.	14 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	15 Dress in Blue Day 	16 Panda Day 
17 St. Patrick's Day 	18 Let's Laugh Day 	19 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	20 Lunch 12:00 p.m.	21 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle @ 12	22 Full Circle @ 9:30 a.m. Full Circle @ 12 in Western	23 Chip & Dip Day 
24	25	26 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	27 Lunch 12:00 p.m. Foot Clinic	28 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner	29 Nevada Day 	30 Doctors Day 
31 Prom Day 			**All foot clinics are by appointment only.**	Interested in a foot clinic appointment Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	

DeWitt Senior Center Meal Schedule For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, March 6th
Program— Celebrate Mardi Gras (Wear gold, green or purple) **Menu— Chicken Alfredo, Green Beans, Garlic Bread, Fruit & Milk**
WEDNESDAY, March 13th
Program— Happenings in the Village of DeWitt by Randy Badman & Erin Riemer & Homemade Breads **Menu— Scalloped Potatoes & Ham, Corn, Fruit, Bread & Milk**
WEDNESDAY, March 18th
Work Day for Memorial Bricks and Wreathes 1:30-4
WEDNESDAY, March 20th
Program— Tips on Goal Setting & Healthy Foods Wheel of Fortune by Saline County Aging Services **Menu— Meatloaf, Mashed Potatoes, Mixed Vegetables, Fruit, Bread & Milk**
WEDNESDAY, March 25th
Ice Cream at the DeWitt Quick Shop
WEDNESDAY, March 27th
Program— St. Patrick's Accordion Music by RoseAnn Parade **FOOT CLINIC by appointment** **Menu— BBQ Pork Sandwich, Cole Slaw, Chips, Fruit & Milk**

Cheryl Jindra
of
Friend

received a $5 gift card to Subway! Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to February's riddle was: An onion ring

A special wish to all of the March birthdays out there from Saline County Aging Services!

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

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

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, March 28, 2019, in the Wilber Care Center's Activity Room. Please RSVP by January 24th , 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

Shamrock Shuffle

SALINE COUNTY AGING SERVICES IS HOSTING:

SHAMROCK SHUFFLE

5K (3.1 miles) or 1 Mile Fun Run/Walk

Saturday, March 16th, 2019
@ Legion Park, Wilber, NE
Registration from 9:00-9:45 A.M.
Start Time: 10:00 A.M. SHARP

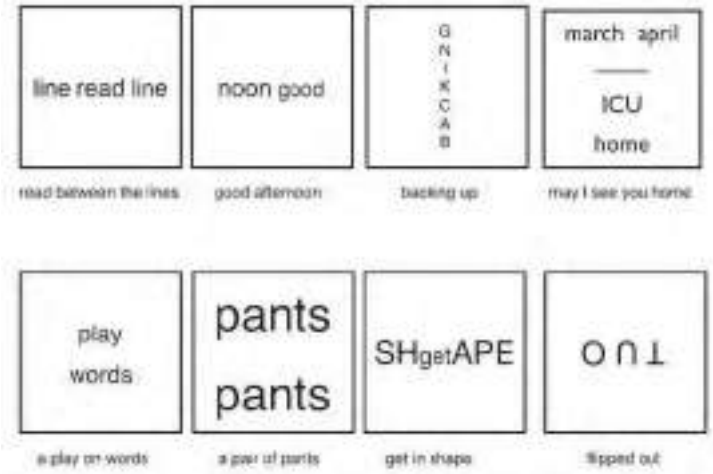
ENTRY FEES:
5K- $20.00 Pre-Registered; $25.00 after & day of race
1 mile- $15.00 Pre-Registered; $20.00 after & day of race
Students 12 & Under: $10.00 Pre-Registered; $15.00 after & day of race
ANYONE OVER 60: $15 Pre-Registered & day of race

PRE -REGISTER NOW AT:
SALINE COUNTY AGING SERVICES,
FIRST STATE BANK, or
WILBER PHYSICAL THERAPY

PARTICIPANTS DO NOT HAVE TO RUN THIS RACE! EVERYONE IS WELCOME TO PARTICIPATE AT THEIR OWN PACE.

** ALL proceeds help Saline County Aging Services and Wilber-Clatonia Public Schools TCBY Program!

Answers to Februarys Puzzles



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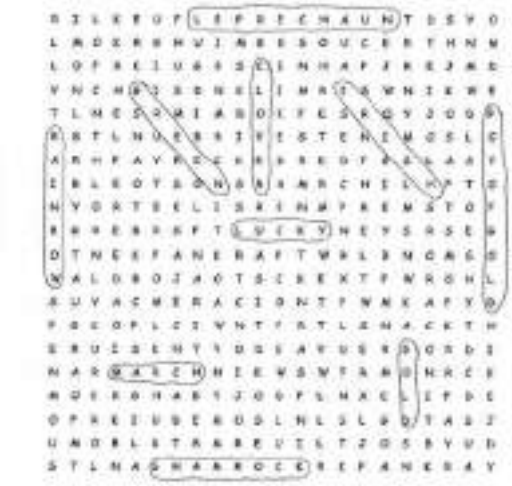
3	2	4	9	8	1	7	5	6
9	5	6	3	2	7	4	1	8



Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to

Saline County Aging Services– PO Box 812– Wilber, NE 68465

or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.

Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

As we all know too well, Nebraska weather can be very unpredictable. So please remember that Saline County Aging Services will be closed when:

- The Saline County Courthouse is closed.
- Wilber-Clatonia Public Schools is closed because of bad weather.
- And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to re-schedule your appointment.

Be safe this winter and know what the driving conditions are like before you try to go out an 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.

LIST of 2019 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance
of the following County holidays.
If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day
Jan. 21 Martin Luther King Day
Feb. 18 Presidents' Day
Apr. 26 Arbor Day
May 27 Memorial Day
July 4 Independence Day

Sept. 2 Labor Day
Oct. 14 Columbus Day
Nov. 11 Veterans' Day
Nov. 28 Thanksgiving
Nov. 29 Day after Thanksgiving
Dec. 24 Closing @ 12 on Christmas Eve
Dec. 25 Christmas Day

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.

Like us on facebook

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

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Volume 4, Issue 4 **April 2019**

Inside This Issue . . .

National Volunteer Month

In the United States, volunteerism is instilled at a young age. In many parts of the country, it is the cornerstone of summer vacation or woven into after school programs. Most organizations in small towns, rural counties and the largest cities would not function without volunteers. In some families, the baton of volunteerism is handed down generation after generation.

Rural fire and ambulance departments remain staffed due to the efforts of volunteers. The underprivileged receive much needed medical care thanks to volunteers. Long overdue repairs and upgrades are made to a senior women's home thanks to an organization's annual call for donations and skilled workers. A woman answers a call on a suicide hotline because she cared enough to give up a few hours to train and listen to someone desperate and alone. A team sets up tables at a soup kitchen every week. Another group delivers meals to men and women who can no longer cook for themselves. Boys and girls sell ice cream sandwiches during a fair to raise money for a homeless shelter.

Volunteers come in all shapes and sizes. They pick a cause and make a difference in someone's life. Sometimes the difference is a drop in the bucket. Other times it creates a tidal wave of change. From the anonymous volunteers who donate their resources to those whose efforts are part of larger national organizations like 4-H, Boy and Girl Scouts of America, or American Red Cross or a local grassroots group, their missions provide valuable support to communities in times of need.

Thank a volunteer! Many volunteers will tell you it is a rewarding experience. You don't have to have a ton of time. Do you have a special talent or skill that may benefit a charity or organization? Offer your services or ask how you can be of help.

April became National Volunteer Month as part of President George H. W. Bush's 1000 Points of Light campaign in 1991.

Article is from NationalDayCalendar.com

Nebraska SHIIP Presents

Medicare Minute

&

Medicare

Join us for a Medicare Minute followed by a quick game of Medicare BINGO!

Where: Saline Eldercare, Wilber

When: April 25, 2019

Time: 2:00 pm

NEBRASKA
Good Life. Great Opportunity.
DEPARTMENT OF INSURANCE

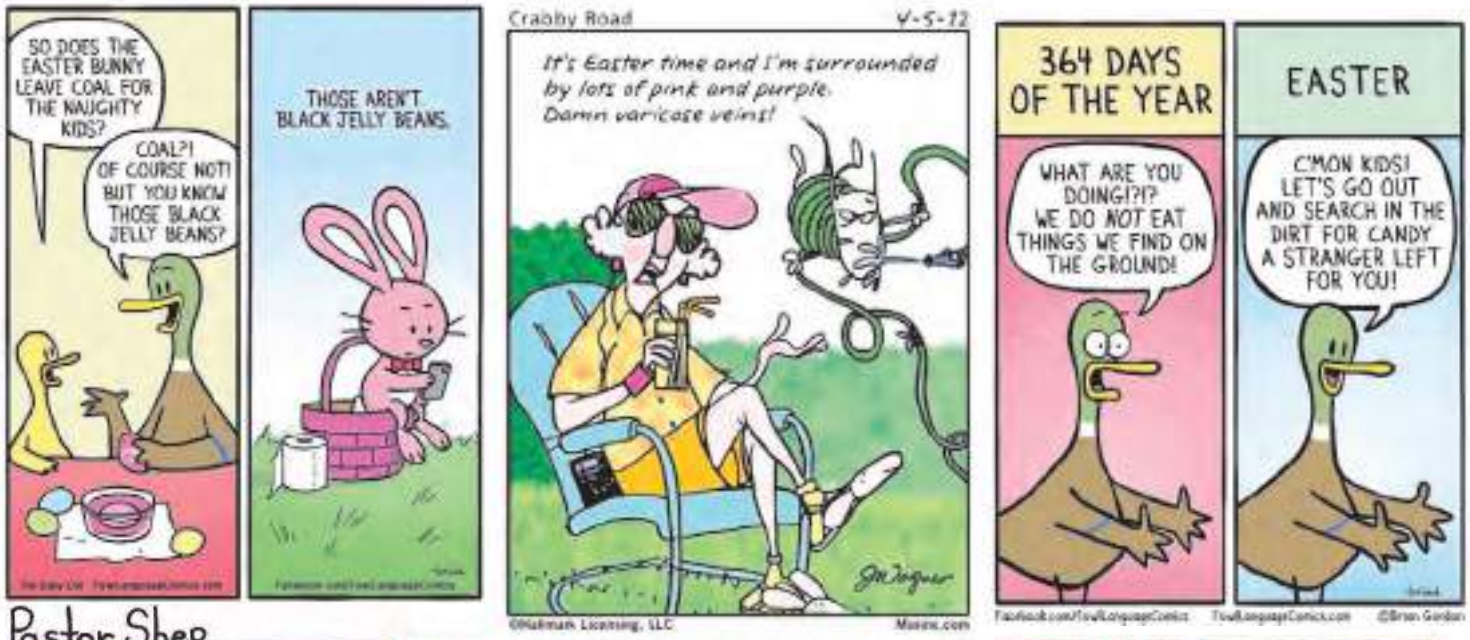
FREE CONFIDENTIAL UNBIASED
SHIIP

Nebraska Senior Health Insurance Information Program (SHIIP) is a division of the Nebraska Department of Insurance.
Nebraska SHIIP does not sell or endorse insurance products or companies.

Easter Fun Facts

- The tallest Easter egg chocolate was made in Italy in 2011, standing at 10.39 meters tall.
- In the United States, only 12 of the 50 states recognize Good Friday as a holiday.
- Americans buy more than 700 million marshmallow peeps during Easter.
- 16 million jelly beans are consumed during this holiday.
- Seventy-six percent of people eat the ears of the chocolate bunny first, 5 percent go for the feet and 4 percent go for the tail.
- Next to Halloween, Easter is the biggest candy-consuming holiday of the year.
- An estimated $14.7 billion is spent in total for Easter in the United States.


A DAY BEFORE VALENTINE'S DAY AND THEY'VE ALREADY GOT THEIR EASTER STUFF OUT. THAT'S JUST CRAZY.
WHAT'S HE TALKING ABOUT? WE'VE HAD EASTER STUFF OUT SINCE THE DAY AFTER CHRISTMAS.
SHH. DON'T EMBARRASS HIM, DONNIE. HE OBVIOUSLY DOESN'T GET OUT MUCH.
©2017 Norman Feuti
Dist. by King Features Syndicate


SO DOES THE EASTER BUNNY LEAVE COAL FOR THE NAUGHTY KIDS?
COAL?! OF COURSE NOT! BUT YOU KNOW THOSE BLACK JELLY BEANS?
THOSE AREN'T BLACK JELLY BEANS.
Crabby Road
4-5-22
It's Easter time and I'm surrounded by lots of pink and purple. Damn varicose veins!
©Hallmark Licensing, LLC
Masonic.com
364 DAYS OF THE YEAR
WHAT ARE YOU DOING!?!? WE DO NOT EAT THINGS WE FIND ON THE GROUND!
EASTER
C'MON KIDS! LET'S GO OUT AND SEARCH IN THE DIRT FOR CANDY A STRANGER LEFT FOR YOU!
©Brian Gordon


Pastor Shep
Did you hear? April Fools' is cancelled today because it's Easter Monday!
What a relief! I was afraid Someone might try to fool me!
oh...well done.
©Susan Mattinson

Fiber

Fiber is an important component to a healthy diet. Fiber works in our body to promote digestive health as well as helping to regulate many other functions of the body. There are two types of fiber: soluble and insoluble. Soluble fiber helps to reduce cholesterol absorption as well as managing blood glucose levels. Soluble fiber is found in foods such as whole grains, legumes and other produce. Insoluble fiber works in the body as tiny scrubbers for the intestinal track that eliminate waste and prevent constipation. Insoluble fiber is found in foods such as wheat bran and fruit skins. Research has shown that men who ate more than 25 grams of fiber per day had a 36 percent lower risk of developing heart disease.

Why We Need Fiber

High fiber foods are considered to be "nutrient-dense" foods, meaning that they provide large amounts of nutrients while being relatively low in calories. Nutrient-dense foods are likely to keep our stomachs full longer, which can have positive effects on our blood sugar levels as well as our waistlines. Fiber also works in our body to promote heart health by helping to lower LDL ("bad") cholesterol levels. Insoluble fiber binds with cholesterol and then removes it from the blood, preventing it from being reabsorbed into our bloodstream. Dietary fiber may also play a key role in preventing certain cancer of the intestines.

How Much?

Often times our diet falls short in fiber intake, with the average American only consuming 16 grams per day. It is recommended to consume approximately 25-35 grams of fiber each day. It is important to gradually increase fiber consumption slowly. Eating too much fiber too quickly can cause unpleasant side effects. When increasing fiber intake, consume plenty of water. Water plays an important role in helping fiber with waste removal. Aim to make at least half of your grains whole grains to enjoy the taste and health benefits that they have to offer!

Good Sources of Fiber

One of the most common questions for consumers is how do I know if the products I buy are a good source of fiber? Next time you're at the grocery store, look at the Nutrition Facts Label of your favorite bread, breakfast cereal and pasta. Packaged items that are considered a "high fiber" source will contain at least 5 grams of fiber per serving. By following the recommended eating patterns set by the USDA shown on MyPlate, good fiber goals are easily met. MyPlate recommends eating 1 1/2 to 2 cups of fruits.

Article is from Aging Partners

Senior Fraud Prevention

Seniors can make easy targets for fraud, whether it's for unbelievable investment returns or fraudulent sweepstakes prizes. Fraud on seniors can happen by phone, mail, in person, or, less commonly, the Internet (because seniors are online in smaller numbers). It can happen to wealthy seniors, and those of limited means. According to the Federal Trade Commission, studies show con artists are more likely to target senior citizens than other age groups because they believe seniors are more susceptible to such scams. The FTC reports that fraudulent telemarketers direct from 56-to-80% of their calls at seniors. The need for senior fraud prevention has become greater than ever.

"Seniors are available because they tend to be retired, they're home, they answer their phones and read their mail. So, some of the offers that come in aren't necessarily more attractive to seniors, but they have the time to read it," Jim Wright, managing director of programs at the National Crime Prevention Council, explains.

"There's still the prevailing idea that seniors grew up in a more polite time when they thought it was rude to hang up on someone," he adds, "and there is the issue of being alone or lonely, so they're more likely to talk to strangers."

According to the NCPC, seniors age 60 and over are targets of 49% of telemarketing scams involving medical care services and products, 41% involving sweepstakes and prizes, and 40% involving magazine sales. The NCPC estimates that each victim of a sweepstakes scheme lost an average of $7,000.

PHONE FRAUD

Fraudulent telemarketers use five basic techniques:

- **Scarcity**: The senior has been identified as the grand prizewinner, but if she doesn't accept the prize immediately (and pay that "handling charge") the runner-up will get the prize instead.
- **Hype**: The telemarketer screams and hollers about how excited he is the senior has won.
- **Authority**: The telemarketer passes the phone to his "boss," so his target will know the offer is "legitimate."
- **Phantom Fixation**: The prize is too good to pass up, and the targeted senior becomes fixated on it.
- **Reciprocity**: The telemarketer explains that she won't receive her commission unless the senior accepts the prize and pays the handling fee. When the senior protests that he doesn't have enough money to pay the fee, the scammer asks how much he can afford, and says she'll accept that smaller amount, just because she's so happy the senior has won the prize.

Wright says fraudsters will change from one persuasion tactic to another if necessary. "The theory is the longer we're on the phone, we're going to do business, legitimate or otherwise," he says.

The NCPC (with Crime Dog McGruff as its spokesdog) has put together a short guide on senior fraud prevention. The guide features five ways to make unwanted telemarketers go away. Tape it by your loved one's phone and he or she will always have a polite-but firm-comeback for unscrupulous come-ons. (Of course, the best way to get rid of someone you don't want to talk to is to simply hang up.)

- **Tip #1**: Never give personal information, such as bank account or social security numbers, to anyone over the phone, unless you initiated the call and know you've reached the right agency.Comeback:"I don't give out personal information over the phone. I'll contact the company directly."
- **Tip #2**: Don't believe it if the caller tells you to send money to cover the "handling charge" or to pay taxes.Comeback:"I shouldn't have to pay for something that's free."
- **Tip #3**: "Limited time offers" shouldn't require you to make a decision on the spot.Comeback:"I'll think about it and call you back. What's your number?"
- **Tip #4**: Be suspicious of anyone who tells you not to discuss the offer with someone else.Comeback:"I'll discuss it with my family and friends and get back to you."
- **Tip #5**: If you don't understand all the verbal details, ask for it in writing.Comeback:"I can't make a decision until I receive written information."

The scammer will most likely keep trying to convince his intended victim, so it's best to hang up after delivering the comeback line.

Practice these comebacks with your loved one. Also, have your loved one tell telemarketers to take his or her name off their call list. If the telemarketers don't, they're breaking the law. Sign up for the National Do Not Call Registry. As a last resort, get your loved one an unlisted phone number.

Fraudulent telemarketers may also use a senior's forgetfulness against them. The scammer may tell her target she's with a well-known charity, and the senior has forgotten to send a check for a pledge.

"Most telemarketers can tell when they've got an older person by the voice or inflection of the voice and they will take advantage of it," Wright says.

MAIL FRAUD

As a caregiver, you also can help monitor your loved ones' mail for potential fraud. Look for stacks of unsolicited mail with various offers for money or prizes. Encourage your loved one to throw that kind of mail straight into the recycle bin. Also, see if your loved one has received packages of cheap costume jewelry or other "gifts." Offer to help balance their checkbooks, and look for any unusual large withdrawals or checks written to companies you've never heard of. Check credit card statements for any unauthorized charges. If you suspect mail fraud, contact the Postal Inspection Service in your city.

HOME REPAIR FRAUD

Another prevalent scam against seniors is for home repairs. For example, someone shows up at the door claiming to have been re-roofing a neighbor's house. The scammer will say that while he was up on that nearby roof, he noticed the senior's home has some shingles loose. He may even climb up a ladder and pull off some perfectly good shingles as "proof." When the senior hires him to fix the roof, the scammer demands payment in advance, makes a lot of noise pretending to fix the roof, leaves for lunch and never comes back.

Scammers also may pose as a utility worker, saying they need to check the phone line inside the house, and then stealing personal information once inside. Or they may simply politely ask to use the bathroom, while an accomplice sneaks in and steals something.

..continued on page 15

WILBER

Friday, April 25th

Join us for
SHIIP Bingo & SCAT Program

Jonathan Burlison from Senior Health Insurance Information Program (SHIIP), will be joining us to play bingo!

Following the Bingo will be a presentation on Saline County Area Transit (SCAT) Services by Scott Bartels

You must RSVP by April 18th to attend this event!
402.821.3330

WESTERN

Friday, April 19th

Join us for a lunch of
Chicken Breast, Cornbread, Baked Beans, Coleslaw, and Dessert be served at
the Saline County Area Transit Building
at **noon.**

Following the meal will be a presentation

Saline County Area Transit (SCAT) Services by Scott Bartels

You must RSVP by April 12th to attend this event!
402.821.3330

$5 fee for anyone attending the meal.

FRIEND

Thursday, April 25th

Join us for lunch
at Friend Community Healthcare System
at **noon.**
At the time of printing the newsletter for this month, the meal was unknown. When you call to RSVP, you will be told the meal.

Following the meal will be a presentation on

Saline County Area Transit (SCAT) Services by Scott Bartels

You must RSVP by April 16th to attend this event!
402.821.3330

**You may still attend the event even if you do not RSVP in time, we just ask that you bring a sack lunch.

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

Recipe of the Month

CHOCOLATE & PB COOKIES
(NO BAKING NEEDED)

INGREDIENTS:

- 1 1/3 cups Peanut Butter, Creamy
- 2 tbsp. Cocoa Powder, Unsweetened
- 2 tsp Vanilla Extract
- 2 cups Coconut Flakes, Unsweetened
- 2 tbsp Butter

These are gluten free, lactose free, and contain no added sugar!

INSTRUCTIONS:

1. Prepare a large baking sheet with parchment paper or a non-stick silicone baking mat.
2. In a large mixing bowl, combine the peanut butter, vanilla extract, melted butter, coconut flakes and cocoa powder and stir until well combined. (If you like your cookies a little sweeter, feel free to add 1-2 teaspoons of your favorite sugar alternative.
3. Scoop batter onto your prepared baking sheet. Use the back of the spoon to gently shape each cookie into a 3" cookie.
4. Place in freezer for 30 mins to set.

Recipe is from Pinterest.com

Exercise of the Month — Buddy Stretch

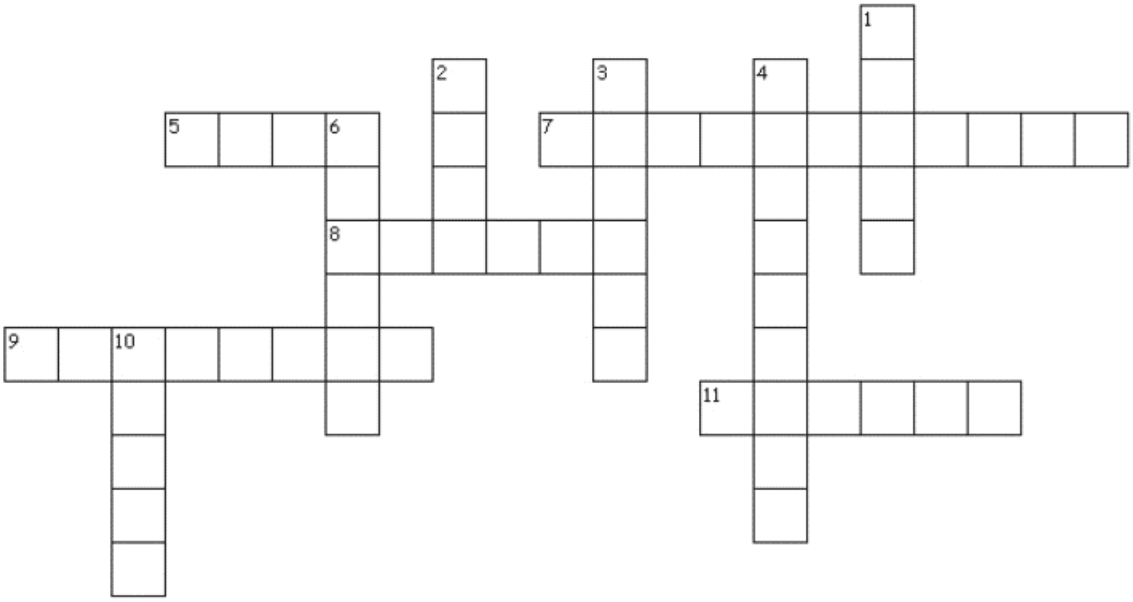
TARGETED MUSCLES: Shoulder, Arm, Back, and Leg
WHAT YOU NEED: A buddy or resistance band or towel
TALK TO YOUR DOCTOR: If you've had hip or back surgery, talk with your doctor before trying this stretch

This is a good over-all stretch that's fun to do with a partner. It stretches your shoulders, arms, back, and legs. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Sit on the floor facing your buddy and place your feet against your partner's feet.
2. Both of you should grab one end of a resistance band or towel. Depending on each person's flexibility, you may need to loop two bands or towels together.
3. Slowly pull the band or towel so that your buddy bends forward and you lean backward.
4. Hold position for 10-30 seconds.
5. Slowly return to starting position.
6. Now it's your buddy's turn to pull the band or towel so that you bend forward and your buddy leans backward. Hold for 10-30 seconds, and then return to starting position.
7. Repeat at least 3-5 times.

go4life.nia.nih.gov

Easter Crossword



Down

1. If you drop an Easter egg, it will ___
2. baby sheep
3. Pale, light colors.
4. Tasty, decadent treat.
6. Easter's season
10. baby chicken

Across

5. Which came first? The chickens or the ___
7. ooey, gooey goodness
8. Animal that brings treats and eats carrots.
9. baby duck
11. Container for collecting eggs at Easter.

Riddle of the Month

What do you call a rabbit with flees?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

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

Volunteer Opportunities Word Search

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





CALENDAR
CLEANUP
COMMUNITY OUTREACH
CONCESSIONS
COSTUMING
EXPERTISE
FLYERS
FUND RAISING
GRANT WRITING
HAIR STYLING
HOSPITALITY
MAKEUP
MARKETING
PHONE TREE
PHOTOGRAPHER
POSTERS
PRESS RELEASES
PROFESSIONAL
PROGRAM DESIGN
PROPERTIES
PUBLICITY
SCHEDULE
SECURITY
SET BUILDING
SNACKS
SOCIAL NETWORKING
STRIKE
TICKET TAKER
USHER
VIDEOGRAPHER

Farmers' Market Coupons

Saline County Aging Services is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutrition Program (SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a brief mandatory nutrition presentation.
- Be prepared to show proof of age and income.

At this time, coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services should have coupons available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of $3.00 each. (One set is valued at $48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.

DON'T FORGET HOMESTEAD EXEMPTION DEADLINE

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30th.

If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, ***but please call ahead for an appointment***:

- Saline County Aging Services, Wilber, (402-821-3330),
- Anita Meyer, Friend, (402-947-2301).

INCOME TAX FILING ASSISTANCE

There are several programs that offer free income tax filing assistance in Beatrice, York, and Lincoln. We have a list of the sites, dates, and times.
If you need help filing your income tax, please call us (402.821.3330).

HOW CONVENIENT!

In the front of our building, located right next to our front door, is a drop box. For some of you that are unable to make it to our office during our open hours, you may place any forms or bills in the box!

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!

Shamrock Shuffle Fun



We would like to give a huge thank you to Wilber Physical Therapy, Madison+Barrett, First State Bank, Food Mesto, Hoov's Home Improvements, 202 Hairdo, WM&E Spa Boutique, Fox Hole Tavern, Farmers & Merchants Bank, and Downtown Family Vision! We could not have done it without the support from all of our sponsors. We were extremely pleased to have our total number of registered participants being 105!










FIGHTING BACK

Educating seniors about the different types of fraud and how to fight back can go a long way toward effective senior fraud prevention. The Illinois Attorney General's Office has an innovative program called Senior Sleuths. It trains senior citizens to educate other seniors about senior fraud prevention. AG staffers teach older citizens how to file complaints with the state's Consumer Fraud Bureau, and how to monitor telemarketing calls and door-to-door solicitations. Senior Sleuths also receive a resource manual with information on various types of scams, how to check a company's background before sending money, and how to file a complaint.

The NCPC's Wright says fraud for all age groups is underreported, partly because the victim is embarrassed. Many seniors are afraid of losing their independence, so they won't tell their loved ones if they were defrauded, because they don't want them to take their checkbook away.

Oftentimes, fraud happens because of a basic human emotion-loneliness. "There used to be somebody sitting across the table in a chair and they're not anymore; there's a void," Wright explains. "And, in many cases, who's filling that void is a telemarketer."

Article is from aPlaceforMom.com

April Activities

Key: Crete Dorchester Wilber Friend DeWitt	1 April Fools Day 	2 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	3 Foot Clinic Lunch 12:00 p.m.	4 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	5 Nebraska Day 	6 Caramel Popcorn Day 
7 No Housework Day 	8 Zoo Lovers Day 	9 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	10 Foot Clinic Lunch 12:00 p.m.	11 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	12 Grilled Cheese Day 	13 Peach Cobbler Day 
14 Pecan Day 	15 Titanic Remembrance Day 	16 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	17 Lunch 12:00 p.m.	18 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	19	20 Cheddar Fries Day 
21 Easter Day 	22 Earth Day 	23 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	24 Lunch 12:00 p.m.	25 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	26 SCAS CLOSED Arbor Day 	27 Babe Ruth Day 
28 Superhero Day 	29	30 Bugs Bunny Day 				
			All foot clinics are by appointment only.	Interested in a foot clinic appointment Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	

DeWitt Senior Center Meal Schedule For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, April 3rd
Program— Creative Musical Instruments by Thomas Schuerman **Menu—** Lasagna, Garlic Bread, Green Beans, Fruit & Milk
MONDAY, April 8th
Lunch at La Herradura Mexican Restaurant in Wilber @ 12 **Work Day for Memorial Bricks & Wreaths from 1:30-3:30**
WEDNESDAY, April 10th
Program— Photos of Places You Never Knew Existed by Dennis Zabel **Menu—** Garlic Herb Chicken, Baked Potato, Broccoli, Fruit, Bread & Milk
WEDNESDAY, April 17th
Program— Easter Music by Doris Peters **Menu—** Tuna Casserole, Peas, Fruit Cobbler, Bread & Milk
WEDNESDAY, April 24th
Program— School Happenings by TC Administration **Menu—** Sausage Gravy over Biscuits, Scrambled Cheesy Eggs, Fruit & Milk
MONDAY, April 29th
Work Day for Memorial Bricks & Wreaths from 1:30-3:30 **Ice Cream at DeWitt Quick at 3:30**

Diane Burianek
of
Pleasant Dale

received a $5 gift card to Subway!
Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to March's riddle was: Because they are always a little short

A special wish to all of the March birthdays out there from Saline County Aging Services!

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

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

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, April 25, 2019, in the Wilber Care Center's Activity Room. Please RSVP by January 24th , 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

Manicures

ATTENTION LADIES!

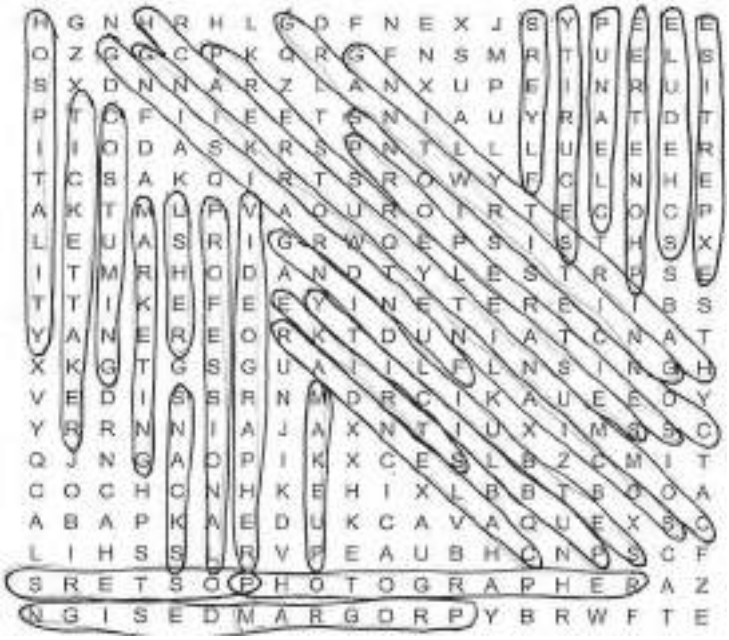
Would you like to have your nails done before the Easter holiday?

Join us on April 18th at 11:00 am in 'The Back Room'- SCAS

SCAS Staff will be available to paint your nails and get you ready for your festivities!

Call SCAS office to make an appointment!
402-821-3330

Answers to the March Puzzles



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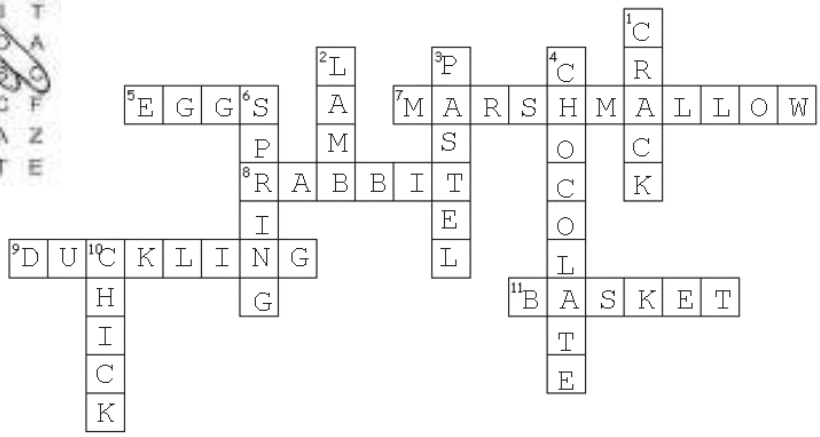
1	6	9	4	5	3	8	7	2



Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to

Saline County Aging Services– PO Box 812– Wilber, NE 68465

or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.

Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

LIST of 2019 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance
of the following County holidays.
If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day
Jan. 21 Martin Luther King Day
Feb. 18 Presidents' Day
Apr. 26 Arbor Day
May 27 Memorial Day
July 4 Independence Day

Sept. 2 Labor Day
Oct. 14 Columbus Day
Nov. 11 Veterans' Day
Nov. 28 Thanksgiving
Nov. 29 Day after Thanksgiving
Dec. 24 Closing @ 12 on Christmas Eve
Dec. 25 Christmas Day

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.

Like us on facebook

Saline County Aging Services

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Volume 4, Issue 5 May 2019

Inside This Issue . . .

Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America. Over two dozen cities and towns claim to be the birthplace of Memorial Day. While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day.

Regardless of the exact date or location of its origins, one thing is clear – Memorial Day was borne out of the Civil War and a desire to honor our dead. It was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.

The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war).

It is now observed in almost every state on the last Monday in May with Congressional passage of the National Holiday Act of 1971 (P.L. 90 – 363). This helped ensure a three day weekend for Federal holidays, though several southern states have an additional separate day for honoring the Confederate war dead: January 19th in Texas; April 26th in Alabama, Florida, Georgia, and Mississippi; May 10th in South Carolina; and June 3rd (Jefferson Davis' birthday) in Louisiana and Tennessee.

usmemorialday.org

Elderly Dehydration

Watching for signs of illness in a loved one can be challenging. Some illnesses show up quite clearly, while others have a more subtle effect on daily living. Dehydration, depending on the severity, sometimes creates only small telltale signs while having a big effect on the body, especially in the elderly.

Dehydration occurs when a person loses more water than they take in. Adequate fluid allows the body to regulate temperature through sweating, maintain blood pressure and eliminate bodily waste. If severe enough, dehydration can lead to confusion, weakness, urinary tract infections, pneumonia, bedsores in bed-ridden patients or even death. Generally speaking, humans can't survive more than four days without water.

CAUSES OF SENIOR DEHYDRATION

Elderly dehydration is especially common for a number of reasons:

- **Medications**

It's not uncommon for seniors to be on several medications at any given time. Some of these may be diuretic, while others may cause patients to sweat more.

- **Decreased Thirst**

A person's sense of thirst becomes less acute as they age. In addition, frail seniors may have a harder time getting up to get a drink when they're thirsty, or they may rely on caregivers who can't sense that they need fluids.

- **Decreased Kidney Function**

As we age our bodies lose kidney function and are less able to conserve fluid (this is progressive from around the age of 50, but becomes more acute and noticeable over the age of 70).

- **Illness**

Vomiting and/or diarrhea can quickly cause elderly dehydration.

THE MYTH OF "8 GLASSES OF WATER" A DAY

"Everybody has a normal state of body water that relates to their weight. Anything below that (normal state) is dehydration; everything above it is hyperhydration," Dr. Larry Kenney, professor of physiology and kinesiology at Penn State University, explains.

That normal level of hydration varies widely from person to person. Contrary to the mantra that everyone should drink eight glasses of water every day, Kenney says there is nothing scientific to back that up. "People misinterpreted that to be, it had to be liquid and it had to be water," he says.

A person's diet can greatly affect hydration levels: fruits (especially watermelon), vegetables, and soups are mostly water-based. "Day in, day out, a lot of people get their water from foods, as well as behavioral attitudes towards food," Kenney explains. "For instance, when we walk by a water fountain, we tend to take a drink, and we tend to drink when we eat."

Kenney also takes issue with the idea of not drinking caffeinated beverages because they're dehydrating. He says the amount of caffeine in a cup of coffee or tea is relatively small, and it's made of mostly water anyway, so it will hydrate you to some degree. The same holds true for beer, he says, but there is a point at which the diuretic effect of caffeine and alcohol kicks in, so moderation is always the key.

In general, larger people need to drink more water, as do athletes and those who perspire heavily, but that may mean more or less than eight glasses a day. "There is no one-size-fits-all remedy," he says.

TRACKING HYDRATION

Instead, he recommends monitoring body weight to keep track of hydration levels. To monitor body weight, one should be weighed every morning. If they've lost two pounds or more from the day before, and especially if they feel thirsty or have a headache, they're probably dehydrated.

Mild dehydration is defined as losing 2 percent of your body weight. Severe dehydration occurs with 4 percent or greater body weight loss. Even mild dehydration can affect a person's health, especially if he already has cardiac or renal problems. "We have measured in the lab cognitive impairment," he says. "With severe dehydration, it puts a greater strain on the heart. Think of a pump trying to pump with less fluid. That would be one of the primary problems."

...continued on pg 6

Mother's Day Facts

- There are 85 million mothers in America.
- One-Fourth of the years floral purchases are made around Mother's Day.
- The average age for first-time mothers in the U.S. is 26.3 years old.
- U.S. consumers spent about $24 million on Mom last year.
- France used to award medals to mothers of large families.

housebeautiful.com

Kindergarten Boots

Did you hear about the teacher who was helping Jason Robert, one of her kindergarten students put on his boots?

He asked for help and she could see why. With her pulling and him pushing, the boots still didn't want to go on. When the second boot was on, she had worked up a sweat.

She almost whimpered when Jason Robert said, "Teacher, they're on the wrong feet." She looked and sure enough, they were.

It wasn't any easier pulling the boots off than it was putting them on.

She managed to keep her cool as together they worked to get the boots back on, this time on the right feet. He then announced, "These aren't my boots."

She bit her tongue rather than get right in his face and scream, "Jason, why didn't you say so?" like she wanted to.

Once again she struggled to help him pull the ill-fitting boots off.

He then said, "They're my brother's boots. My Mom made me wear them today."

She didn't know if she should laugh or cry. She mustered up the grace and courage she had left to wrestle the boots on his feet again.

She said, "Now, where are your mittens Jason?"

Jason Robert said, "I stuffed them in the toes of my boots..."

Her trial starts next week . . .

atimetolaugh.org

AGING PARTNERS
A Pioneering Area Agency on Aging

How do I avoid oversized portions?

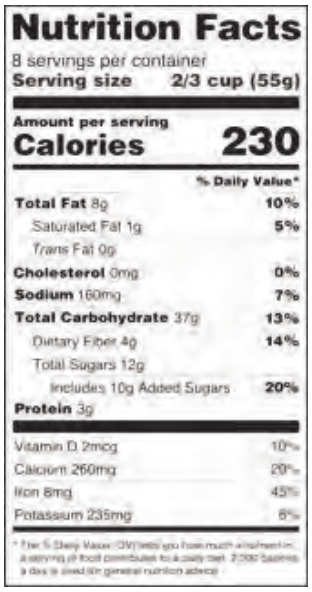
Portion sizes have dramatically increased over the past 40 years. Researchers have suggested that this may be directly related to an increase in calories consumed, which may impact weight management. Being overweight is a risk factor for several chronic conditions, such as diabetes and heart disease. Paying attention to how much food is being consumed can help control portion sizes and may have a positive effect on overall health.

Follow MyPlate

Following MyPlate recommendations is important for portion control. Making half of your plate fruits and vegetables will contribute a variety of nutrients to your body as well as keeping you fuller for longer. Using a smaller dinner plate will help to maintain portion sizes. Incorporate a variety of fruits and vegetables, whole grains, lean protein and low-fat dairy into your diet.

Read the Nutrition Facts Label

Reading the Nutrition Facts Label to determine the serving size will help to know how much food is recommended at one time. It is important to take note of the serving size so that the calories, fat and sodium, can be adjusted accordingly.



Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Eat Only Until You Are Satisfied

Eating until you are satisfied and no longer hungry is a good rule of thumb. Many of us come from the "clean your plate" generation, which may lead us to continue eating even when we are no longer hungry. Another good rule is to eat half of your plate and then stop to determine if you are still truly hungry. Slowing down during meals will help our body recognize when it is full. Eating food too quickly can lead to eating more than is needed or desired.

Estimating Portion Sizes

Estimating appropriate serving sizes is also important when managing portion control. Physically measuring out the foods for a week or so will help obtain a better understanding of appropriate serving sizes. Common household items can also be useful as visual cues to estimate approximate portion sizes. Here are some samples
of portion sizes:

- 1 cup cooked vegetables = baseball size
- 1 cup fruit = baseball size
- 3 oz meat or poultry = deck of cards
- 3 oz -sh = checkbook
- 1 cup cereal = baseball
- ½ cup ice cream = light bulb
- 1 tsp margarine = poker chip

To learn more about dairy and what to look for in yogurt, call an Aging Partners registered dietitian at 402-441-7159.

Kenney says an active 65-year-old who exercises probably doesn't need to weigh herself every day, but a 75-year-old in a nursing home who has had issues with dehydration in the past, or has had cardiac issues, should be weighed every day.

But, don't rely on scales that also claim to measure hydration levels and body mass index. "Their accuracy is very poor; we can't use them even for research purposes," Kenney says.

Complicating matters is that signs of dehydration in younger people don't always show up in the elderly. For example, if a young person was extremely dehydrated, his skin may be wrinkled or sagging. But, that certainly wouldn't be noticed in most cases of elderly dehydration.

Perhaps because of that delay in diagnosis, elderly dehydration is a frequent cause of hospitalization (one of the ten most frequent admitting diagnoses for Medicare hospitalizations, according to the Health Care Financing Administration), and it can be life-threatening if severe enough.

SIGNS OF ELDERLY DEHYDRATION

Signs of dehydration in seniors may include:

- Confusion
- Difficulty walking
- Dizziness or headaches
- Dry mouth
- Sunken eyes
- Inability to sweat or produce tears
- Rapid heart rate
- Low blood pressure
- Low urine output
- Constipation

If you suspect dehydration in an elderly loved one, you can check for a decrease in skin turgor by pulling up the skin on the back of the hand for a few seconds; if it does not return to normal almost immediately, the person is dehydrated.

PREVENTING DEHYDRATION IN SENIORS

To help make sure your loved one doesn't suffer from dehydration, make sure he or she consumes an adequate amount of fluids during the day; eats healthy, water-content foods such as fruit, vegetables and soups; checks that urine color is light and output adequate (dark urine or infrequency of urination is a classic sign of dehydration).

Seniors also need to be educated to drink even when they're not thirsty. Keeping a water bottle next to the bed or their favorite chair could help, especially if they have mobility issues.

If your loved one is in a nursing home or other care facility, make sure that the staff has a hydration program in place that includes assisting residents with drinking, offering a variety of beverages, and providing drinks not only at mealtimes but in between meals. Also make sure that they monitor residents' weight and assess them if their physical condition or mental state changes. If dehydration is an issue, and your loved one takes laxatives or diuretics, speak to his or her doctor about changing medication.

As with most illnesses, prevention is the key. Making sure your loved one stays hydrated now is much easier than treating him or her for dehydration later.

aPlaceforMom.com

New Addition to 'The Back Room'

The Wilber-Clatonia High School Construction Tech Class has been working very hard on projects for our building! In the picture to the left, is our new island that was completed by Connor Schmidt, Mitch Whittington, Noah Jacobson, and instructor Nick Behring. We love it!!

WILBER

Date: Friday, May 24th, 2019

Time: 9:30 a.m.

Location: 'The Back Room' -SCAS

Meal: Foxhole will be catering a Breakfast Sandwich or Breakfast Burrito. If you need a special order, please let us know when you call to RSVP.

Program: Jill Chaloupka Busselman will be joining us to to present "Making a Difference in Africa". She will share with us her work experiences on her mission trip.

Please RSVP your breakfast selection by May 17th!
402.821.3330
$4 fee for anyone attending the meal.

"Making a Difference in Africa"

WESTERN

Date: Friday, May 17th 2019

Time:12:00 p.m.

Location: Saline County Area Transit Building

Meal: Prime Rib Sandwich, Mixed Vegetables, Pasta Salad & Dessert

Program: Jill Chaloupka Busselman will be joining us to to present "Making a Difference in Africa". She will share with us her work experiences on her mission trip.

Please RSVP by May 10th!
402.821.3330

$5 fee for anyone attending the meal.

FRIEND

Date: Thursday, May 23rd, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: BBQ Ribs, Oven Roasted Potatoes, Corn, Dinner Roll & Dessert

Program: Jill Chaloupka Busselman will be joining us to to present "Making a Difference in Africa". She will share with us her work experiences on her mission trip.

Please RSVP to receive the special of the day
by May 16th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

Recipe of the Month

ONE-POT CHEESY TACO PASTA

INGREDIENTS:

- 1 pound ground beef
- 1/2 teaspoon salt
- Pinch of black pepper
- 1 ounce packet taco seasoning or about 3 1/2 tablespoons homemade taco seasoning
- 2 cups water
- 1 cup jarred mild salsa
- 8 ounces uncooked rotini pasta
- 1 1/2 cups shredded Mexican-style cheese
- Optional toppings - chopped tomatoes avocado, crushed tortilla chips, chopped cilantro

INSTRUCTIONS:

1. Preheat a large deep skillet over medium heat.
2. Add ground beef and season with salt and pepper.
3. Cook, stirring occasionally until cooked thoroughly.
4. Drain grease.
5. Stir taco seasoning into ground beef then stir in water, salsa and pasta noodles.
6. Bring mixture to a boil.
7. Stir, cover and reduce heat to a simmer.
8. Cook for about 15 mins until pasta is tender.
9. Turn off heat and stir in cheese.
10. Season with additional salt and pepper if needed.
11. Serve with optional toppings if desired.

Recipe is from Pinterest.com

Exercise of the Month — Yoga and Older Adults

Yoga is a mind and body practice that typically combines physical postures, breathing exercises, and relaxation. Researchers are studying how yoga may help improve health and to learn more about its safe use in older adults.

Recent studies in people in their late 40's have found that yoga is helpful in reducing chronic low-back pain and improving function. However, evidence is not yet available on its effectiveness and safety for older adults.

If you're thinking about practicing yoga, keep the following in mind:

Put safety first. Yoga is generally safe in healthy people. However, if you have special health considerations such as a joint replacement, arthritis, balance problems, high blood pressure, glaucoma, or other health issues, talk with your health care provider before starting yoga. Start with an appropriate yoga class—such as one called Gentle Yoga or Seniors Yoga—in order to get individualized advice and learn correct form.

Look for a well-trained instructor who's attentive to your needs. Ask about the teacher's experience and training. Standards for teacher training and certification differ depending on the style of yoga. The International Association of Yoga Therapists has developed standards for yoga therapy requiring at least 800 hours of training.

Practice mindfully. Be sure to let your yoga teacher know about any medical issues you have and ask about the physical demands of yoga. Listen to your body. Yoga poses should be modified based on individual abilities. Be careful to avoid overstretching. Because older adults are at higher risk of developing strains and

go4life.nia.nih.gov

Mother's Day
Word Search

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

CANDY
CHILDREN
FLOWERS
HOME
HUGS
KISSES
LOVE
MAY
MOTHERS DAY
SMILES

Riddle of the Month

I have keys but no doors. I have space but no rooms, I allow you to enter but you are never able to leave. What am I?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

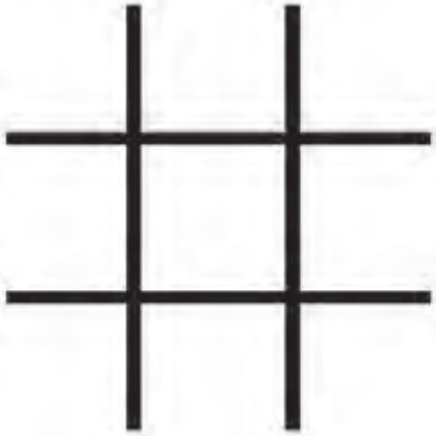
			9		8			2
			3		2	4	6	7
	1		4					8
		6			3	7	8	
		4				9		
	3	8	5			1		
2					1		7	
3	6	1	7		4			
5			2		9			

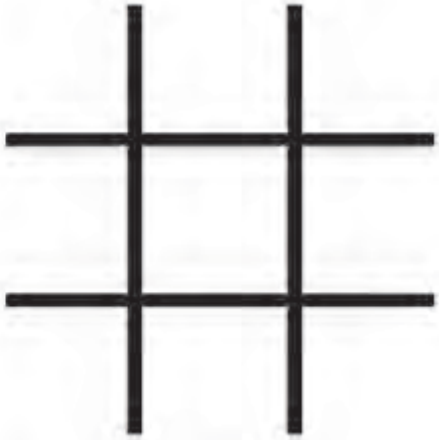
Think Spring!

The words below are scrambled! They all have something to with woods and meadows, mostly Spring items. Can you unscramble them?

1. OFGR __ __ __ __
2. FEUYRBTLT __ __ __ __ __ __ __ __ __
3. SRSGA __ __ __ __ __
4. ORMHTARWE __ __ __ __ __ __ __ __ __
5. SNTGLHUI __ __ __ __ __ __ __ __
6. UDB __ __ __
7. DDNLIAENO __ __ __ __ __ __ __ __ __
8. ORELWF __ __ __ __ __ __
9. EBE __ __ __
10. GLBDYAU __ __ __ __ __ __ __
11. OMLOB __ __ __ __ __
12. ERGEN __ __ __ __ __

Tic Tac Toe





Farmers' Market Coupons

Saline County Aging Services is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutrition Program (SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a brief mandatory nutrition presentation.
- Be prepared to show proof of age and income.

At this time, coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services should have coupons available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of $3.00 each. (One set is valued at $48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.

DON'T FORGET HOMESTEAD EXEMPTION DEADLINE

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30th.

If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, ***but please call ahead for an appointment***:

- Saline County Aging Services, Wilber, (402-821-3330),
- Anita Meyer, Friend, (402-947-2301).

HOW CONVENIENT!

In the front of our building, located right next to our front door, is a drop box. For some of you that are unable to make it to our office during our open hours, you may place any forms or bills in the box!

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!

March Full Circle Fun

Tracy Foreman from Aging Partners joined Wilber & Western in March, for lots of laughter and fun! We joined her for a giggle, a silent laugh, a snort laugh, and a belly laugh. It was hilarious to see everyone's reactions! Thank you Tracie for your time!

Friend enjoyed a game of 'Wheel of Fortune' with funny riddles!

Please join us for a Crete Full Circle!

Date: May 24th, 2019

Location: Crete Hospital

Time: 12:00 p.m.

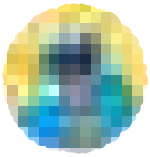
Meal: Meatloaf, Scalloped Potatoes, Baby Carrots, Fruit Cup, or Cookie

Following the meal will be a presentation over what Saline County Aging Services has to offer and future Full Circle Events!

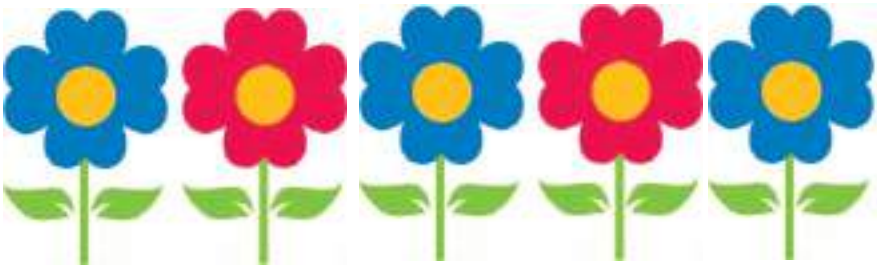
Please RSVP by May 17th to attend this event.

There will be a $5 suggested contribution for anyone attending the meal.

May Activities

Key: Crete Dorchester Wilber Friend DeWitt			1 Lunch 12:00 p.m.	2 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	3 2 Different Colored Shoes Day 	4 Bird Day 
5 Cinco de Mayo 	6 Nurses Day 	7 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	8 Foot Clinic Lunch 12:00 p.m.	9 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	10 Shrimp Day 	11 Eat What You Want Day 
12 Mother's Day 	13 Apple Pie Day 	14 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	15 Foot Clinic Lunch 12:00 p.m.	16 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	17 NASCAR Day 	18 No Dirty Dishes Day 
19 Devil's Food Day 	20 Rescue Day 	21 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	22 Lunch 12:00 p.m.	23 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	24 Wyoming Day 	25 Towel Day 
26 Blueberry Cheesecake Day 	27 Memorial Day 	28 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	29 Lunch 12:00 p.m.	30 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	31 Smile Day 	
			All foot clinics are by appointment only.	Interested in a foot clinic appointment Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	

DeWitt Senior Center Meal Schedule For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, May 1st
Program— Celebrate Cinco de Mayo **Menu— Fish Tacos, Chips & Salsa, Cottage Garden Salad, Fruit & Milk**
MONDAY, May 8th
Program— Bus Bingo **Nail Care with Lana for Mother's Day** **Menu— Chef Salad with Ham & Hard Boiled Eggs, Crackers, Fruit & Milk**
WEDNESDAY, May 15th
Program— Todd Oliver Ventriloquist with his Funny Dogs **Menu— Beef Stroganoff, Green Beans, Fruit, Bread & Milk**
WEDNESDAY, May 22nd
Program— Legion Celebrate 100th Anniversary by Glenn Pieper **Menu— Chicken Sandwich, Broccoli Salad, Chips, Fruit & Milk**
WEDNESDAY, May 29th
Program— Horse Racing with a Twist **Menu— Cheesy Hamburger Macaroni Casserole, Mixed Veggies, Fruit , Bread & Milk**



Alice Brakhage
of
Tobias

received a $5 gift card to Subway!
Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to April's riddle "What do you call a rabbit with flees?" was: Bugs Bunny

A special wish to all of the March birthdays out there from Saline County Aging Services!

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

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

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, May 30, 2019, in the Wilber Care Center's Activity Room. Please RSVP by January 24th , 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

Saline County Area Transit

About SCAT

For the April Full Circle Events, Scott Bartels from Saline County Area Transit came to present SCAT services. For some of you that are not aware of what they have to offer, here are a few fun facts!

- Children 5 and under ride Free!
- Ages 6-10 are half price.
- Saline County….$6.00
- Lincoln……$10.00
- Airport…….Add $1.00
- Fairbury……...$8.00
- Beatrice……$8.00
- Geneva……$8.00
- Individual Route..$.88 per mile
- SCAT offers services to Tobias, Western, Crete, Dorchester, Swanton, DeWitt, Wilber and Friend.
- 6 vehicles, two being handicapped accessible travel to Lincoln, Crete, Geneva, Beatrice, and Fairbury on a weekday schedule.

Answers to the March Puzzles

1. OFGR — F R O G
2. FEUYRBTLT — B U T T E R F L Y
3. SRSGA — G R A S S
4. ORMHTARWE — E A R T H W O R M
5. SNTGLHUI — S U N L I G H T
6. UDB — B U D
7. DDNLIAENO — D A N D E L I O N
8. ORELWF — F L O W E R
9. EBE — B E E
10. GLBDYAU — L A D Y B U G
11. OMLOB — B L O O M
12. ERGEN — G R E E N

Sudoku #3

33	34	10		35		11	12	
13	14	4		5				
15		16		49	36	17	18	
6	37		1	38				19
20	39		21	40	22		41	42
7				43	8		23	9
	44	2	24	45		25		26
				46		27	28	29
	47	3		48		30	31	32

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

Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to
Saline County Aging Services– PO Box 812– Wilber, NE 68465
or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.

Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

ARE YOU INTERESTED IN PLAYING PITCH?

Join us on Friday's in
'The Back Room'- SCAS
11 a.m. – 2 p.m.

Call 402-821-3330 to RSVP your spot today!

(Order lunch from Wilber Meat Market or Fox Hole)

LIST of 2019 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance of the following County holidays.
If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day
Jan. 21 Martin Luther King Day
Feb. 18 Presidents' Day
Apr. 26 Arbor Day
May 27 Memorial Day
July 4 Independence Day
Sept. 2 Labor Day
Oct. 14 Columbus Day
Nov. 11 Veterans' Day
Nov. 28 Thanksgiving
Nov. 29 Day after Thanksgiving
Dec. 24 Closing @ 12 on Christmas Eve
Dec. 25 Christmas Day

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.

Like us on facebook

Saline County Aging Services

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Volume 4, Issue 6 June 2019

Inside This Issue . . .

The Month of June

June is the sixth month of the year, has 30 days, and is named after the Roman goddess Juno. June is the sixth month of the year in our modern day Gregorian calendar.

Juno's Month

June is the sixth month of the year in the Gregorian calendar and its predecessor, the Julian calendar. It is believed that the month is named after the Roman goddess Juno, who is the wife of Jupiter and is also equivalent to the Greek goddess Hera. Another belief is that the month's name comes from the Latin work *iuniores* which means "younger ones".

- Old English –Junius
- Latin name—Junius Mensis—Month of Juno
- Old French—Juin

History of June

June was originally the fourth month of the year in earlier versions of the Roman calendar and consisted of 30 days. It became the fifth month with a length of 29 days following a calendar reform around 450 BCE. In the Julian calendar, June was given a length of 30 days again.

Sixth Month in the Year

June is the sixth month of the year in the Julian and Gregorian calendar and is 30 days long. It is the month that has the most amount of daylight hours of the year in the Northern Hemisphere and shortest amount of daylight hours in the Southern hemisphere.

Many celebrations take place in the month of June, especially marriages. According to one etymology, June is named after the Roman goddess Juno who is the goddess of marriage and a married couple's household. It is considered good luck to get married in this month.

June and May are the only two months that doesn't start on the same day of the week as any other month. June ends on the same day of the week as March every year.

Birth Flower and Stone

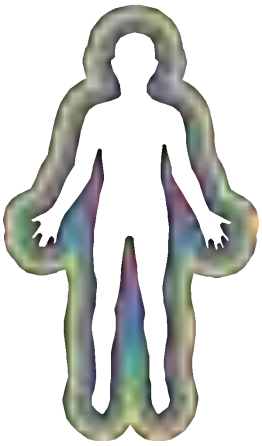
June's birth flower is the rose or the honeysuckle

The birthstones for June are the pearl, the moonstone, and the Alexandrite which all symbolize health and longevity.

www.timeanddate.com

Elderly Bruising

Risk Factors & Prevention



Our bodies undergo a series of natural changes as we age-externally and internally. Our skin cells divide more slowly and skin begins to thin. Skin retains less moisture, causing it to become dry, scaly, and appear wrinkled. It loses its elasticity and instead of springing back, starts to sag. The skin's ability to repair itself diminishes, and wounds are slower to heal. Blood vessels also become more fragile and it becomes more common for the elderly to bruise. Certain conditions, diseases, or medications also play a role in elderly bruising.

Bruises result when trauma or a blow to the body damages or ruptures tiny blood vessels under the skin. In most cases, bruises occur as a result of an injury or a fall, or when people bump into things. Not only are the elderly more prone to bruising, less force is required to cause a bruise. For example, doctor visits involving intravenous (IV) procedures often make their mark in the form of bruises in older patients, while they may not in younger ones. With greater impact, deeper bruises of the muscles or bone can happen, which take longer to heal.

The medical term for a bruise is contusion. Ecchymosis is the visible skin discoloration caused by the ruptured blood vessels in the tissue near the skin's surface. If a bruise increases in size and becomes swollen and hard, it may be a hematoma, a localized collection of blood which becomes clotted or partially clotted.

TIPS ON PREVENTION

It may be difficult to prevent elderly bruising, but Dr. Aarthi Anand, a board certified geriatrician and family medicine practitioner based in Los Angeles, suggests taking the following precautions:

- Remove furniture or other obstacles to create a clear path for your loved one to move around in their personal space so they may potentially avoid bumps or falls.
- Assist loved ones with sitting and standing if they are likely to fall.
- Discuss the use of a cane or walker with a doctor if your loved one appears unstable while walking, or when trying to sit or stand up.
- Install handrails where possible for additional support.

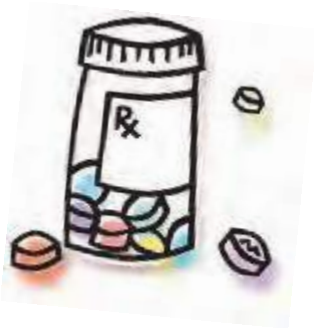
Be alert about potential signs of elder abuse.

TREATING BRUISES

Medical treatment is not usually necessary since the body eventually reabsorbs the blood, and bruises tend to fade away within two to three weeks. Elderly bruising, however, can take several weeks, even months to go away. The pattern is somewhat predictable, beginning with the appearance of a reddish mark as the blood appears under the skin, which turns bluish-black or purple as the red blood cells break down, then yellowish green to a lighter brown before it gradually disappears.

To speed the healing process, Anand says that it is important to apply a frozen compress (for twenty minutes at a time) and elevate the bruised area to a level higher than the heart in the first twenty-four hours to keep swelling and inflammation to a minimum. This can help to reduce the size of a bruise by slowing the amount of blood that leaks into the tissues. "Then apply a warm compress to increase circulation, and rest to reduce the pressure on the affected area," she says.

UNDERSTANDING RELATED CONDITIONS & MEDICATIONS

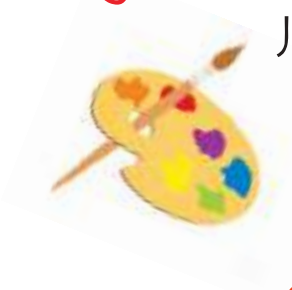


"When bruising is related to a serious medical condition, generally it is other presenting symptoms that an elderly patient comes in for. But it is important to seek medical attention if significant bruising occurs since in some cases it can reveal health issues," Anand says. Leukemia and other diseases that affect the blood and platelets can lead to more severe bruising. Individuals with diseases of the liver may also experience easy bruising since the liver is responsible for producing blood-clotting factors. The risk of blood clots increases with age, as does the likelihood of conditions such as atrial fibrillation (irregular heart rhythms), which is associated with clotting and strokes. Deep vein thrombosis, in which blood clots form in the veins of the lower leg and thigh and travel through the bloodstream and lodge in the brain, lungs, heart, or other areas, can be caused by prolonged sitting or bed rest.

...continued on page 7

Do you enjoy using your imagination?

JOIN US FOR A CRAFT DAY!



When: Monday, June 17th, 2019
Where: SCAS in 'The Back Room'
Time: 2:00 p.m.

COME JOIN US TO MAKE A CRAFT/ DÉCOR FOR THE 4TH OF JULY!

To RSVP your guarantee of a spot at our craft day, please call SCAS @ 402.821.3330!

Ten Dollars is Ten Dollars

George and his wife Bessie went to the county fair every year. This was their "big" event of the year. In fact, it was the closest thing they ever had to a vacation.

And each year George would say to Bessie, "I sure would like to ride in that there crop dustin', acrobatic airplane." And each year Bessie would say, "I know George, but that airplane ride costs ten dollars. And ten dollars is ten dollars.

After many years, George and Bessie went to the fair as usual, and George said, "Bessie, I'm 81 years old. If I don't ride that airplane this year, I may never get another chance."

Bessie replied, "George, that there airplane ride costs ten dollars. And ten dollars is ten dollars."

The pilot overheard them and said, "Folks, I've seen you here year after year. I know you've been wanting to ride in my airplane all that time. I also know that money is pretty important to you, and you don't part with it lightly."

"Tell you what, I'll make you a deal. I'll take you both up for a ride. If you can both keep quiet for the entire ride, and not say one word, I won't charge you a thing. But if you say even one word, it'll cost you ten dollars."

George and Bessie agreed. They got in the plane and took off. The pilot did all kinds of twists, turns, rolls, and dives, but he didn't hear a peep from George or Bessie. He tried his fastest upside roll and it was still quiet from the back.

When they landed, the pilot looked at George: "Well, I don't believe it George, I did everything I could think of to get you to yell, but you didn't."

George replied, "Well, I was going to say something when Bessie fell out of the airplane...."

"But, ten dollars is ten dollars."

atimetolaugh.org

What Are Functional Foods?

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

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

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

Contact an Aging Partners registered dietitian at 402-441-7159 to learn more about functional foods.

AGING PARTNERS
A Pioneering Area Agency on Aging

Functional Foods

• Fatty Fish: Salmon is a fatty - fish that has gained popularity over the past several years. Salmon is considered a good source of lean protein and contributes an adequate amount of Omega-3 fatty acids to our diet. Omega-3 fatty acids have been shown to have positive health benefits on heart health and possibly brain health.

• Berries: Strawberries, blueberries, blackberries, and raspberries contain a large amount of anthocyanins, which is an antioxidant. Antioxidants have been shown to have positive effects on health and may protect against certain types of cancer and other chronic diseases.

• Nuts: Almonds, walnuts, and cashews are considered to be a good source of protein and contain the "healthy" fats that are encouraged. Nuts can provide monounsaturated and polyunsaturated fats to our body, which can help to lower LDL ("bad") cholesterol levels and have a positive effect on heart health. It is recommended to consume ½-1 serving of nuts per day. Be mindful on how much it being consumed, as nuts are often high in calories. Nuts covered in salt or chocolate do not have the health benefits that regular, unsalted nuts do.

• Beans: All beans are a good source of protein and ber. Beans can be incorporated into a variety of entrees such as soups and casseroles. If using canned beans, be sure to rinse before cooking to reduce the sodium content.

Source: Aging Partners

Activities for Dementia Patients

Connecting with others is at the core of being human – and it's something that doesn't change when a person has dementia. We're often asked what are good activities for dementia patients. It's important to know that there are many ways you can continue to form connections and strengthen bonds with your loved one during this time.

12 Ways To Make A Connection

People with dementia often return to long-term memories of childhood. Their minds seem to only recall their younger years, and this is often where connections can be made. The next time you visit with your loved one, try one or more of the following activities to create a connection with them:

Create a Memory Bag

Fill the bag with items reminiscent of their late teens/early twenties. Scented products work well for this, as scents are strongly tied to memory. Try including soap, perfumes and aftershave, or holiday scents like gingerbread, pine and peppermint.

Look Through Photo Albums

Photo albums with pictures from their childhood or young adulthood are best for this. Old periodicals are another good option, particularly those that include many photos such as Life or Time magazines.

Read Out Loud

If your loved one has a favorite book, read it out loud to them and let them hold the book and feel the pages. Encourage them to enjoy the distinctive "old book smell." Reading aloud works especially well with poetry, as the cadence of the words are familiar and calming.

Listen to a Playlist of Favorite Music

Download songs or set up radio to stream that features music from their teenage years. Many internet radio stations include everything from classic rock to big band sounds, their favorite music should be easy to find.

Sing Old Songs

If they grew up going to church, sing old hymns with them. If it's around the holidays, sing holiday carols or other special songs. Class sing-a-longs and music classes were much more common in schools prior to the electronic age. You might be surprised at what songs your loved ones know and remember from elementary school.

Watch Old Movies and TV Shows

Did your parents grow up watching westerns like Gunsmoke or family dramas such as My Three Sons? Perhaps they were more interested in musicals like "The King and I" or "Singing in the Rain." You can find many favorite movies and shows from the 40s, 50s and 60s on Netflix or other streaming services.

Go on a Nature Walk

Use nature to integrate sensory experiences into conversation. Listen to birdsong, touch the wet grass, smell the roses and feel the sunshine on your shoulders. Ask what their favorite outdoor activities were during their youth and try to safely recreate similar scenarios if possible.

Look Through Old Cookbooks

In the past, women spent a great deal of their teenage years learning to cook and young adult years cooking for their families. Discuss origins and variations on old family recipes, or better yet, cook with those old family recipes and share the results with your loved ones.

Enjoy Favorite Treats

Look for candy or other indulgences that were commonplace when your loved one was young. Many companies specialize in nostalgic candy where you can buy old favorites like horehound candy and soft peppermint sticks. Even simple things, like an orange, can be a treat to someone who remembers when you only had them during holidays.

..continued on page 15

Several medications may contribute to elderly bruising. Anticoagulants such as Coumadin® (warfarin) help prevent clotting by thinning the blood, lowering the chances of heart attack and artery blockages that may cause strokes, but also increasing the possibility of bruising. Seniors taking Plavix® (clopidogrel bisulfate) for heart disease and stroke may experience the same effects. Common over-the-counter medications such as ibuprofen, aspirin, antidepressants, asthma medications, and cortisone medications may also increase the chances of bruising.

RECOGNIZING ELDER ABUSE

According to the National Center on Elder Abuse (NCEA), the term “elder abuse” refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable older adult. Statistics compiled by the NCEA indicate that elder abuse is on the rise. Frequent bruises and bruises that appear from rough handling such as deep finger print marks are some signs to watch for. In some cases, the elderly may not remember, or even realize, that they are being abused due to decreased pain perception and possible memory loss. Know the signs of elder abuse.

“Talk to your loved one and be observant of bruises,” suggests Anand. If bruising occurs with unknown cause, particularly if it is severe and extensive, or if a bruise hardens, increases in size, becomes more painful, or does not appear to follow the predictable healing pattern, contact a physician for an evaluation.

aPlaceforMom.com

WILBER

Date: Friday, June 21st, 2019

Time: 9:30 a.m.

Location: 'The Back Room' -SCAS

Meal: Casey's Breakfast Pizza (Meat or Non Meat) & Fruit

Please RSVP your breakfast selection by June 14th!
402.821.3330

$3 fee for anyone attending the meal.

CRETE

Date: Friday, June 21st, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: Meal was TBA when the monthly newsletter was sent out. When you call to RSVP, you will be notified the meal.

Please RSVP by June 14th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

WESTERN

Date: Friday, June 28th, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Soup & Salad Bar, Fresh Bread & Dessert

Please RSVP by June 21st!
402.821.3330

$5 fee for anyone attending the meal.

FRIEND

Date: Thursday, June 20th, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Fried Chicken, Mashed Potatoes, Gravy, Corn, Dinner Roll & Corn

Please RSVP to receive the special of the day
by June 13th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

For ALL Full Circle Events for the month of June—

"Staying Cool When It's HOT"

Christy Geiger from *Caring Friends In Home Care,* will be joining us to present signs of a heat stroke, heat exhaustion and the importance of hydration for seniors. She will also be willing to take blood pressure for those interested!

** ALL who attend the presentation will receive a water bottle and coozie.

Recipe of the Month

BANANA & NUTELLA SUSHI

INGREDIENTS:

- **2 Soft Taco Flour Tortillas**
- **2 Bananas**
- **4 tbsp. Nutella**

INSTRUCTIONS:

1. Microwave tortillas on paper towel for 10 seconds to soften
2. Spread each tortilla with 2 tablespoons Nutella
3. Peel banana and place the banana on top of your Nutella coating
4. Roll tortillas tightly around the banana
5. Slice into half inch pieces like sushi

Recipe is from Pinterest.com

Exercise of the Month — Elbow Extension Exercise

TARGETED MUSCLES: Upper arm (triceps)
WHAT YOU NEED: Hand-held weights or household items (soup cans, bottles of water)

This exercise will strengthen your upper arms. If your shoulders aren't flexible enough to do this exercise, try the Chair Dip.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weight in one hand with palm facing inward. Raise that arm toward ceiling.
4. Support this arm below elbow with other hand. Breathe in slowly.
5. Slowly bend raised arm at elbow and bring weight toward shoulder.
6. Hold position for 1 second.
7. Breathe out and slowly straighten your arm over your head. Be careful not to lock your elbow.
8. Repeat 10-15 times.
9. Repeat 10-15 times with other arm.
10. Repeat 10-15 more times with each arm

go4life.nia.nih.gov

Can you solve these visual puzzles?

1. nerve nerve nerve nerve nerve nerve nerve nerve	2. potato potato potato potato potato potato potato potato
3. PENNIES	4. back
5. b bird b bird bird b b b b b	6. Finger PIE
7. MILONELION	8. Matter
9. funny funny word word word word	10. Not = Cent

Riddle of the Month

What can travel around the world while staying in a corner?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

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

HAPPY Father's Day

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

BARBECUE
BRAVE
CHILDREN
DAD
FAMILY
FATHER
FISHING
GRILLING
HELPFUL
JUNE
KIND
LOVE
MOTIVATIONAL
PARENT
PICNIC
PROTECT
SPORTS
STRONG
SUMMER
TEACHER

THANKSGIVING.COM©

SIGN UP TIME FOR FARMERS MARKET COUPONS

Saline County Aging Services (SCAS) is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutrition Program (SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

To qualify for SFMNP coupons, Saline County residents must:

Be 60 years of age or older.

Meet income guidelines. Households cannot exceed the following:

—1 person household $23,106.50 per year or $1,925.54 per month

—2 person household $31,283.50 per year or $2,606.95 per month

Attend a mandatory, but brief, nutrition presentation.

Be prepared to show proof of age and income.

Coupons will be given out on a first come, first served basis. SCAS will receive a limited amount of coupons. This year SCAS are only getting 35 sets. People will be put on a waiting list for extra coupons if/when they become available.

The coupons will become available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of $3.00/coupon or $48.00/set. These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

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

The SFMNP is a partnership between the USDA, the State of Nebraska, Farmers' Markets, and Area Agencies on Aging.

If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.

DON'T FORGET HOMESTEAD EXEMPTION DEADLINE

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30th.

If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, ***but please call ahead for an appointment***:

- Saline County Aging Services, Wilber, (402-821-3330),
- Anita Meyer, Friend, (402-947-2301).

ARE YOU INTERESTED IN TAI CHI?

SCAS Staff would like to start up a Tai Chi class in Friend.
If you, or somebody you know, would be interested in participating in a class, let us know!

To put your name on the list, please call SCAS at 402-821-3330.
We would like to see how many would be willing to attend our class.

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!

May Full Circle Fun

For the May Full Circles in Western, Wilber & Friend, Jill Chaloupka Busselman joined us to talk about her mission trip to Africa. It was so neat to hear about her experiences. What an awesome program. Thanks, Jill, for your time!

Fan Program

The weather is warming up out there...
Are you in need of a fan?

The Nebraska Department of Health and Human Services (DHHS) will again provide fans to those who qualify by age and income (for those of low income, the elderly, and people with disabilities).

Saline County Aging Services will again be a distribution point for Saline County residents.

Call ahead to qualify for a fan and/or to make an appointment to pick one up by calling 402-821-3330.

Visit and Connect with Animals

People who grew up on farms may enjoy an outing to a petting zoo or family farm where they can touch and talk to horses and other farm animals. Ask questions about animals, old pets, or what it was like to grow up on a farm. This is a great activity to involve grandchildren in, since many kids today are not familiar with farms.

Reminisce Over Childhood Toys

Nothing elicits childhood memories like familiar old toys. Erector sets, kewpie dolls, sock monkeys and marbles were some of the most popular toys during the 40s and 50s. There are many websites dedicated to antique toys. If you have any old toys available, bring them when you visit, ask questions about how they were played with, or, in the case of construction toys, build something together.

Bring Back Old Skills

Did your loved one quilt, crochet or knit? Put a homemade quilt or skein of yarn in their hands and let them feel the weight of the quilt and the scratchiness of the yarn. You may be surprised to find that your loved one can still crochet or knit a little bit, even though they have serious memory or cognitive deficits. Often, the muscles remember what the brain has forgotten.

Your loved one may be different than the person you have always known, but they still long for connection and companionship. You can encourage that connection by using these activities to enrich both of your lives.

aPlaceforMom.com

June Activities

Key: Crete Dorchester Wilber Friend DeWitt						1 Black Bear Day 
2	3 Egg Day 	4 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	5 Foot Clinic Lunch 12:00 p.m.	6 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	7 Chocolate Ice Cream Day 	8 Best Friend Day 
9 Donald Duck Day 	10 Herbs & Spices Day 	11 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	12 Foot Clinic Lunch 12:00 p.m.	13 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	14 Flag Day 	15 Smile Power Day 
16 Fathers Day 	17 Apple Strudel Day 	18 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	19 Lunch 12:00 p.m.	20 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	21 Sea Shell Day 	22 Onion Ring Day 
23 Hydration Day 	24	25 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	26 Foot Clinic Lunch 12:00 p.m.	27 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	28 Alaska Day 	29 Waffle Iron Day 
30 Social Media Day 			**All foot clinics are by appointment only.**	Interested in a foot clinic appointment Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	

DeWitt Senior Center Meal Schedule

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

WEDNESDAY, June 5th

Program— Jill Engel Cooking for 2
Menu— Salmon Loaf, Fried Potatoes, Broccoli, Milk & Bread

WEDNESDAY, June 12th

Program— Nebraska, The Chocolate Life
Menu— BBQ Chicken, Baked Potato, Corn, Fruit, Milk & Bread

TUESDAY, May 18th

Evening outing to the Cortland Jam Session at the Opera House with dining at the Hallam Steak House.
Meet at the Senior Center at 4:30 p.m.
or at the Cortland Opera House at 6:30.
Notify Bev Plihal for a meal reservation at Hallam Steak House.

WEDNESDAY, June 19th

Program— The Beauty of Weaving by Kelly Scusa
Menu— Applewood Pork Loin, Scalloped Potatoes, Green Beans, Fruit, Bread & Milk

WEDNESDAY, June 26th

Program— Nifty Fifties with Elvis
Menu— Chili Dogs, Potato Salad, Watermelon, Root Beer Floats & Milk
FOOT CLINIC by Appointment

Jerald Saurer
of
Friend

received a $5 gift card to Subway! Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to May's riddle "I have keys but no doors. I have space but no rooms, I allow you to enter but you are never able to leave. What am I?" a keyboard

A special wish to all of the June birthdays out there from Saline County Aging Services!

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

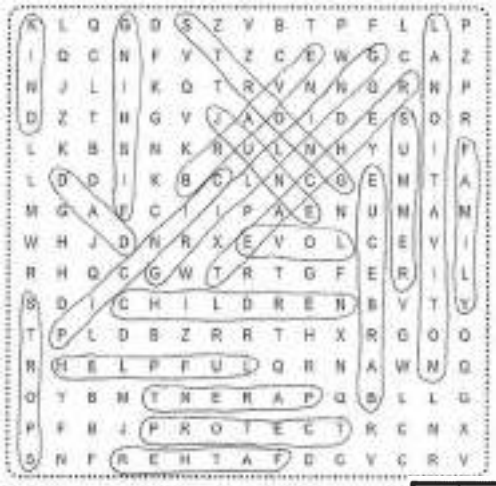
COMMUNITY SUPPER: Join community members of all ages and walks of life at the Methodist Church in Wilber every Monday at 5:30 p.m. for a meal and fellowship. No cost, open to everyone regardless of age.

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, June 27th, 2019, in the Wilber Care Center's Activity Room. Please RSVP by June 20th, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

Older Americans Month

Several clients participated in the window display theme for May— Older Americans Month. We are thinking the flowers brought in the nice spring weather that we have been receiving! Thank you to those who took the time to trace their hand!

Answers to the March Puzzles



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

1. A bundle of nerves	2. Small potatoes
3. Pinching pennies	4. Back on one's feet
5. The birds and the bees	6. A finger in the pie
7. One in a million	8. Grey matter
9. Too funny for words	10. Not worth a red cent

Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to
Saline County Aging Services– PO Box 812– Wilber, NE 68465
or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.

Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

ARE YOU INTERESTED IN PLAYING PITCH?

Join us on Friday's in
'The Back Room'- SCAS
11 a.m. – 2 p.m.

Call 402-821-3330 to RSVP your spot today!

(Order lunch from Wilber Meat Market or Fox Hole)

LIST of 2019 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance of the following County holidays.
If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day
Jan. 21 Martin Luther King Day
Feb. 18 Presidents' Day
Apr. 26 Arbor Day
May 27 Memorial Day
July 4 Independence Day

Sept. 2 Labor Day
Oct. 14 Columbus Day
Nov. 11 Veterans' Day
Nov. 28 Thanksgiving
Nov. 29 Day after Thanksgiving
Dec. 24 Closing @ 12 on Christmas Eve
Dec. 25 Christmas Day

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.

Like us on facebook

Saline County Aging Services

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Volume 4, Issue 7 July 2019

Inside This Issue . . .

Fourth of July– Independence Day

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

A History of Independence Day

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

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

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

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

..continued on page 2

Fourth of July— Independence Day

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

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

Early Fourth of July Celebrations

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

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

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

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

Fourth of July Becomes a Federal Holiday

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

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

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

History.com

We had so much fun in June for our craft day, that we thought we would do one in July too!

On July 15th, 2019
Join us in 'The Back Room' — SCAS
@ 2:00 pm.

So that we are able to continue craft days, we have to charge a fee of $5.

To RSVP to create this super cute watermelon wreath, call SCAS @ 402.821.3330 by July 10th to put your name on the list!

To top it off, we will be serving watermelon to our participants!

Two Old Guys at Dinner

An elderly couple has dinner at another couple's house, and after eating, the wives leave the table and go into the kitchen. The two gentlemen were talking, and one says, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.'

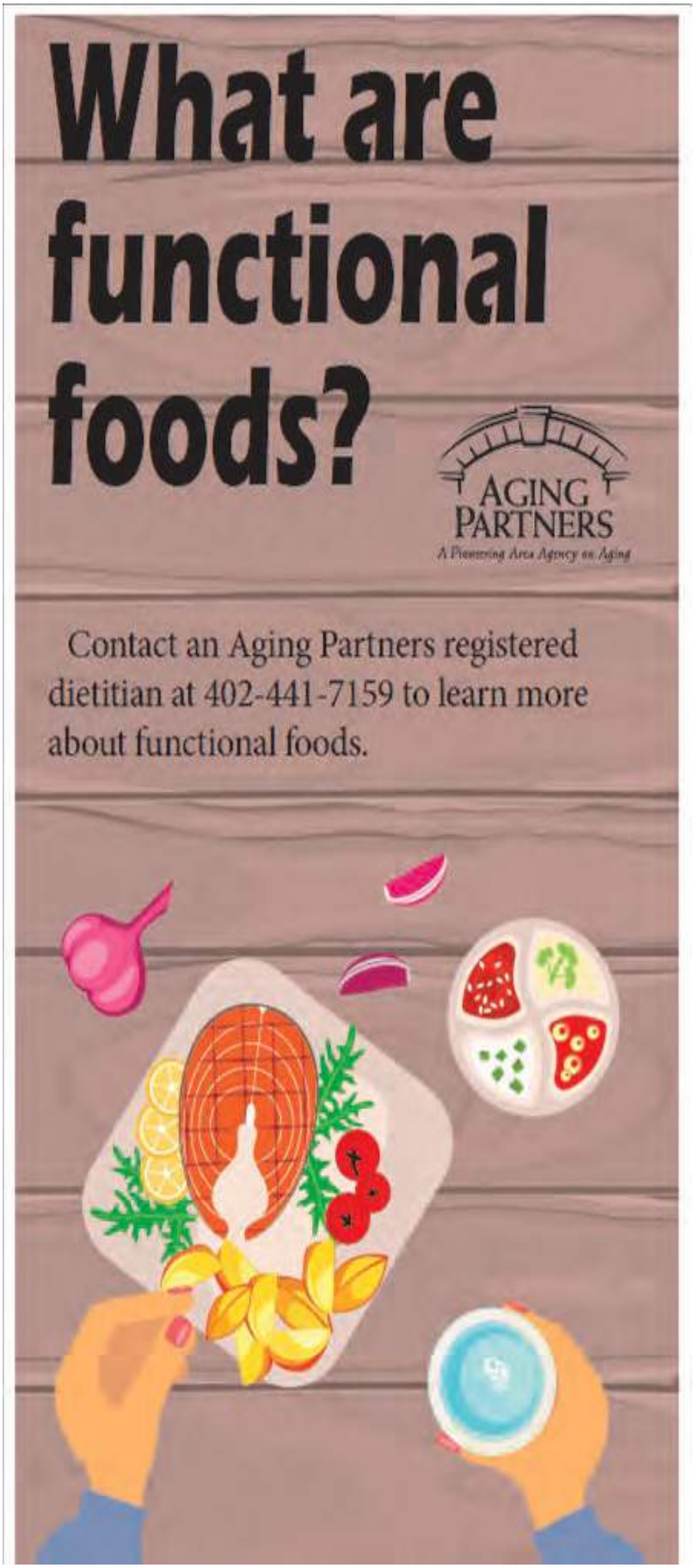
The other man asks, 'What is the name of the restaurant?'

The first man thinks and thinks and finally asks, 'What is the name of that flower you give to someone you love? You know... The one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turns towards the kitchen and yells, 'Rose, what's the name of that restaurant we went to last night?

atimetolaugh.org



Functional foods and their health benefits have recently been a hot topic in the news. The Academy of Nutrition and Dietetics defines a functional food as "one that has the potential to provide beneficial effects on health when consumed as part of a varied diet."
There are several types of functional foods available. Examples include conventional foods and modified foods. Conventional foods include fruits, vegetables, fish, whole grains and nuts. Modified foods include fortified cereals, juices and yogurt. Modified foods are often fortified with nutrients, such as calcium and/or Vitamin D.
Don't rely on the front of the package advertising for nutritional content. For example, just because a cereal states that it is "made from whole grain" does not mean that it is a good source of fiber. Make sure to read the Nutrition Facts Label as well as the Ingredient List to determine how healthy a food is. (Source: www.eatright.org)

Functional Foods

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

Senior Fall Prevention

A simple fall can change your life. Just ask any of the thousands of older men and women who fall each year and break a bone (sometimes called fracture). Getting older can bring lots of changes. Sight, hearing, muscle strength, coordination and reflexes aren't what they once were. Balance can be affected by diabetes and heart disease, or by problems with your circulation, thyroid or nervous system. Some medicines can cause dizziness. Any of these things can make a fall more likely.

Then there's osteoporosis, a disease that makes bones thin and likely to break easily. Osteoporosis is a major reason for broken bones in women past menopause. It also affects older men. When your bones are fragile even a minor fall can cause one or more bones to break. Although people with osteoporosis must be very careful to avoid falls, all of us need to take extra care as we get older.

A broken bone may not sound so terrible. After all, it will heal, right? But as we get older a break can be the start of more serious problems. The good news is that there are simple things you can do to help prevent most falls.

TAKE THE RIGHT STEPS

Falls and accidents seldom "just happen." The more you take care of your overall health and well-being, the more likely you'll be to lower your chances of falling. Here are a few hints:

- Ask your doctor about a special test-called a bone mineral density test-that tells how strong your bones are. If need be, your doctor can prescribe new medications that will help make your bones stronger and harder to break.
- Talk with your doctor and plan an exercise program that is right for you. Regular exercise helps keep you strong and improves muscle tone. It also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing exercise-such as walking, climbing stairs-may even slow bone loss from osteoporosis.
- Have your vision and hearing tested often. Even small changes in sight and hearing can make you less stable. So, for example, if your doctor orders new eyeglasses, take time to get used to them, and always wear them when you should or, if you need a hearing aid, be sure it fits well.
- Find out about the possible side effects of medicines you take. Some medicines might affect your coordination or balance. If so, ask your doctor or pharmacist what you can do to lessen your chance of falling.
- Limit the amount of alcohol you drink. Even a small amount can affect your balance and reflexes.
- Always stand up slowly after eating, lying down, or resting. Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.
- Don't let your home get too cold or too hot…it can make you dizzy. In the summer-if your home is not air-conditioned-keep cool with an electric fan, drink lots of liquids, and limit exercise. In the winter, keep the nighttime temperature at 65° or warmer.
- Use a cane, walking stick, or walker to help you feel steadier when you walk. This is very important when you're walking in areas you don't know well or in places where the walkways are uneven. And be very careful when walking on wet or icy surfaces. They can be very slippery! Try to have sand or salt spread on icy areas.

- Wear rubber-soled, low-heeled shoes that fully support your feet. Wearing only socks or shoes with smooth soles on stairs or waxed floors can be unsafe.
- Hold the handrails when you use the stairs. If you must carry something while you're going up or down, hold it in one hand and use the handrail with the other.
- Don't take chances. Stay away from a freshly washed floor. And don't stand on a chair or table to reach something that's too high-use a "reach stick" instead. Reach sticks are special grabbing tools that you can buy at many hardware or most medical supply stores.
- Find out about buying a home monitoring system service. Usually, you wear a button on a chain around your neck. If you fall or need emergency help, you just push the button to alert the service. Emergency staff is then sent to your home. You can find local "medical alarm" services in your yellow pages.

Most medical insurance companies and Medicare do not cover items like home monitoring systems and reach sticks. So be sure to ask about cost. You will probably have to pay for them yourself.

MAKE YOUR HOME SAFE

You can help prevent falls by making changes to unsafe areas in your home with these home safety tips.

...continued on page 7

Senior Fall Prevention

aPlaceforMom.com

In stairways, hallways, and pathways:

- Make sure there is good lighting with light switches at the top and bottom of the stairs.
- Keep areas where you walk tidy.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- Have handrails on both sides of all stairs-from top to bottom-and be sure they're tightly fastened.

In bathrooms and powder rooms:

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Keep night lights on.

In your bedroom:

- Put night lights and light switches close to your bed.
- Keep your telephone near your bed.

In other living areas:

- Keep electric cords and telephone wires near walls and away from walking paths.
- Tack down all carpets and area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are a good height for you, so that you can get into and out of them easily.

WILBER

Date: Wednesday, July 24th, 2019

Time: 12:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Sandwich Special & Chips or Macaroni Salad, catered from Fox Hole Tavern.

Please RSVP your Sandwich Special by July 17th!
402.821.3330

$6 fee for anyone attending the meal.

CRETE

Date: Thursday, July 25th, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: Pizza, Garlic Bread & Roasted Green Beans

Please RSVP to receive the special of the day
by July 18th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

WESTERN

Date: Friday, July 12th, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Hamburgers, Potato Salad, Baked Beans & Dessert

Please RSVP by July 9tht!
402.821.3330

$5 fee for anyone attending the meal.

FRIEND

Date: Thursday, July 18th, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Fried Chicken, Mashed Potatoes, Gravy, Corn, Dinner Roll, & Dessert

Please RSVP to receive the special of the day
by July 11th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

For ALL Full Circle Events for the month of July—

"Anti-Boredom Month"

SCAS Staff will be speaking about Anti-Boredom Month & playing BINGO!

**Prizes will be given out at the end!

Recipe of the Month

5 INGREDIENT BEEF STROGANOFF

INGREDIENTS:

- **1 lb ground beef**
- **1 tbsp. garlic powder**
- **1 can cream of mushroom soup**
- **1 pkg egg noodles**
- **1 salt and pepper**
- **1/2 cup sour cream**

INSTRUCTIONS:

1. Prepare the egg noodles according to the package.

2. In a separate large skillet over medium heat, sauté the ground beef over medium heat for 5 to 10 minutes, or until browned. Drain the fat and add the soup and garlic powder. Simmer for 10 minutes, stirring occasionally.

3. Remove from heat and combine the meat mixture with the egg noodles. Add the sour cream, stirring well, and season with salt and pepper to taste.

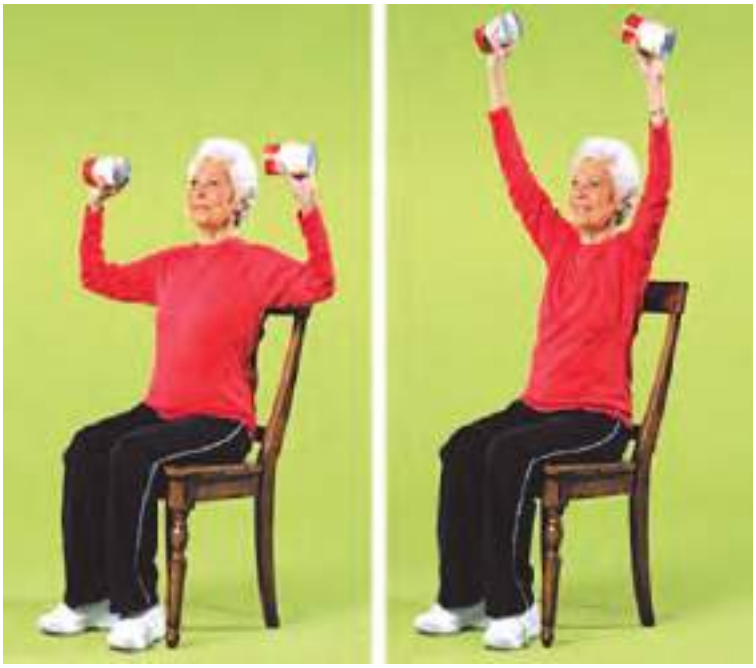
Recipe is from Pinterest.com

Exercise of the Month — Overhead Arm Raise

TARGETED MUSCLES: Shoulders and Arms
WHAT YOU NEED: Weighted objects or hand-held weights

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

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.



go4life.nia.nih.gov

Riddle of the Month

Why did Momma Pig leave her husband?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

Fourth of July Word Scramble

Unscramble the words, then use the highlighted letters to write out the scrambled message.

ASTSET

ENDDEEEPNICN

DEARAP

LUEB

TENIUD

TWEHI

AEQTIULY

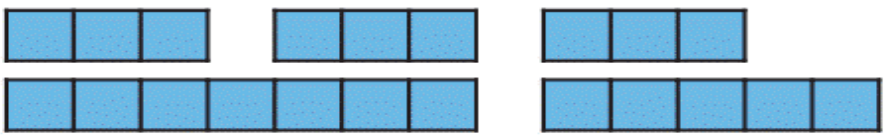
ERIRFKWOS

ARLANCDITEO

FDREOME

DER

ILBEYTR



Patriotic Word Search

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

JULY
FOURTH
STARS
STRIPES
INDEPENDENCE
FIREWORKS
CELEBRATE
PARADE
COOKOUT
AMERICA
SPARKLERS
RED
WHITE
BLUE

Created by superheroesandteacups.com / Graphics from mycutegraphics.com

WILBER

On July 4th, SCAS will be closed in remembrance of Independence Day.

DEWITT SENIOR CENTER

There will be no Tai Chi or quilting on July 4th in remembrance of Independence Day.

You never know what you are going to find!

We have been cleaning out the back of our office, to make room for when we start our renovation.

There are several items that we are giving away that will be on our front table.

Items include: Halloween, Christmas, Easter, & Miscellaneous Decor

DO YOU ENJOY READING?

Come join us on July 31st for a read along at 10:00 am!

Children love being read to, come help them refresh their reading skills before they head back to school! Feel free to bring your grandchildren!

Please RSVP by July 26th to SCAS. 402.821.3330

ARE YOU INTERESTED IN TAI CHI?

SCAS Staff would like to start up a Tai Chi class in Friend.
If you, or somebody you know, would be interested in participating in a class, let us know!

To put your name on the list, please call SCAS at
402-821-3330.

Stepping On

Stepping On is class that is proven to help reduce the risk of fall injuries. This 7 week class can make you stronger and steadier to keep you doing the things you love to do!

Lori & Madison will be getting trained for this course, and they are interested in seeing how many are willing to participate!

Please let us know!
402.821.3330

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

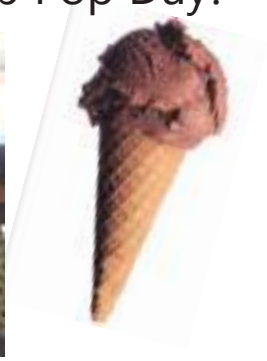
Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!

June National Days

In June at SCAS, we celebrated
National Chocolate Ice Cream Day, Iced Tea Day & Bomb Pop Day!









What's going on in DeWitt?

The ladies are enjoying nail care!


Several ladies and gentleman participated in hat day!

DeWitt Senior Center has several different activities that they do throughout the week.
On Tuesdays and Thursdays, they offer Tai Chi from 9-10 in the morning and quilting from 1-5 in the afternoon.
Every Wednesday at 12, they have a meal that includes a program!
For any questions regarding the DeWitt Senior Center, call Bev Plihal at 402.520.0873 or 402.683.6475

Fan Program

The weather is warming up out there...
Are you in need of a fan?

The Nebraska Department of Health and Human Services (DHHS) will again provide fans to those who qualify by age and income (for those of low income, the elderly, and people with disabilities).

Saline County Aging Services will again be a distribution point for Saline County residents.

Call ahead to qualify for a fan and/or to make an appointment to pick one up by calling 402-821-3330.

July Activities

Key: Crete Dorchester Wilber Friend DeWitt	1	2 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	3 Foot Clinic Lunch 12:00 p.m	4 SCAS CLOSED 	5 Bikini Day 	6 Fried Chicken Day 
7 Macaroni Day 	8 Chocolate Almonds Day 	9 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 National Sugar Cookie Day	10 Foot Clinic Lunch 12:00 p.m.	11 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	12 Full Circle @ Western 12-1	13 Paper Bag Day 
14 Tape Measure Day 	15 I Love Horses Day 	16 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	17 Lunch 12:00 p.m. National Hot Dog Day 	18 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle 12-1	19 Daiquiri Day 	20 Lollipop Day 
21 Ice Cream Day 	22 Hammock Day 	23 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 National Vanilla Ice Cream Day	24 Lunch 12:00 p.m. Full Circle 12-1	25 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle 12-1	26 Coffee Milkshake Day 	27 Cowboy Day 
28 Waterpark Day 	29 Lipstick Day 	30 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	31 Lunch 12:00 p.m.			
		Visit us at SCAS on our National Holidays in Purple!	**All foot clinics are by appointment only.**	Interested in a foot clinic appointment Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	

What's Happening Near You?

DeWitt Senior Center Meal Schedule
For meal reservations,
call Bev at 683-6475 or 520-0873

WEDNESDAY, July 3rd

Program— Damyn & Dylan Weichal, the 19-20 Czech Princes
Menu— Meatloaf, Mashed Potatoes, Corn, Bread, Fruit & Milk
Decorate Float at Strokebrands at 6:00 pm.
Bridge or Dominoes

SATURDAY, July 6th

Volunteers gather at Senior Center at 9:30 to set up for free snow cones and children's games beginning at 10:00.
Senior Center float in DeWitt Parade
at 7:00 with lineup at 6:00

FRIDAY, July 12th

Program— Medicare Minute & Bingo with SHIIP
Menu— Tuna Casserole, Peas, Fruit, Bread & Milk
Bridge or Dominoes

WEDNESDAY, July 17th

Program— Fun with Stamps by Mary Garrison
Menu— Chicken Strips, Baked Beans, Chips, Fruit, Bread & Milk

WEDNESDAY, July 24th

Program— Spelling Wizard Payton Smidt
Menu— Ham n Cheese Slider, Potato Salad, 3 Bean Salad, Fruit & Milk
Cards or Dominoes

WEDNESDAY, July 31st

Program— What You Might Like to Know About the Upcoming Census
Menu— Grilled Philly Sandwich, Doritos, Mixed Vegetables, Pickle Spear, Fruit & Milk
Celebrate June Birthdays

Deloris Scott
of
Friend

received a $5 gift card to Subway! Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to June's riddle "What can travel around the world while staying in a corner?" is a stamp.

A special wish to all of the June birthdays out there from Saline County Aging Services!

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

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

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, July 25th, 2019, in the Wilber Care Center's Activity Room. Please RSVP by June 20th, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

Durable Medical Equipment Show Room

Did you know that we now have a
Durable Medical Equipment Show Room?!

We just made it a lot easier for YOU!!
You are now able to come in and look around for the equipment that you need. We have been slowly moving stuff out of our basement into the building. This building is located on the west side of the Laundromat. SCAS takes gently used equipment that you no longer need anymore. These donations help others in many ways!

Answers to the Puzzles

ASTSET	S T A T E S
ENDDEEEPNICN	I N D E P E N D E N C E
DEARAP	P A R A D E
LUEB	B L U E
TENIUD	U N I T E D
TWEHI	W H I T E
AEQTIULY	E Q U A L I T Y
ERIRFKWOS	F I R E W O R K S
ARLANCDITEO	D E C L A R A T I O N
FDREOME	F R E E D O M
DER	R E D
ILBEYTR	L I B E R T Y

A L L M E N A R E
C R E A T E D E Q U A L

Patriotic Word Search

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

Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to
Saline County Aging Services– PO Box 812– Wilber, NE 68465
or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.

Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

ARE YOU INTERESTED IN PLAYING PITCH?

Join us on Friday's in
'The Back Room'- SCAS
11 a.m. – 2 p.m.

Call 402-821-3330 to RSVP your spot today!

(Order lunch from Wilber Meat Market or Fox Hole)

LIST of 2019 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance of the following County holidays.
If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day
Jan. 21 Martin Luther King Day
Feb. 18 Presidents' Day
Apr. 26 Arbor Day
May 27 Memorial Day
July 4 Independence Day

Sept. 2 Labor Day
Oct. 14 Columbus Day
Nov. 11 Veterans' Day
Nov. 28 Thanksgiving
Nov. 29 Day after Thanksgiving
Dec. 24 Closing @ 12 on Christmas Eve
Dec. 25 Christmas Day

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.

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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

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Volume 4, Issue 8 August 2019

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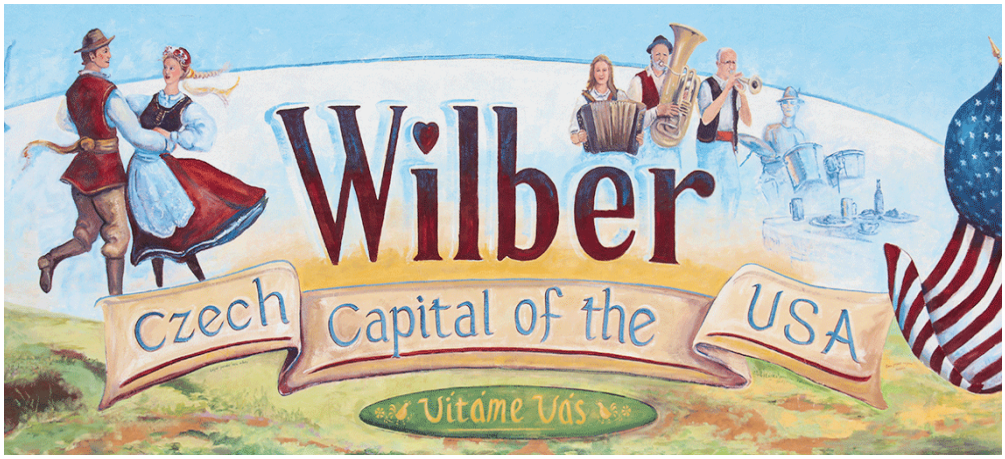

The Nebraska Czechs of Wilber

In February 1962 four citizens of Wilber, Nebraska, Senator Joe T. Vosoba, Judge Eugene Zajicek, Pastor William Temps, and Walter A. Baer conceived the idea of forming a Wilber Czech organization for the purpose of (1) perpetuating Czech culture and tradition, (2) making Wilber the Czech Capital of Nebraska, (3) providing a tourist attraction by holding an annual Czech Festival, and (4) building a museum for the preservation of Czech literature, culture, and artifacts.

That group of four men was expanded to a committee of seven, adding Josef J. Novak, Ray Houska, and Josef Horacek. This committee then added six women: Mrs. Milo (Arlene Sobotka) Korinek; Mrs. Ed (Rose Svoboda) Prucha; Mrs. Edward (Lulu Nespory) Kohel; Mrs. Emil (Alice Svehlak) Kostka, Mrs. Nelson (Blanche Novak) Searcy; and Mrs. Walter (Helene Novak) Baer.

Each group met separately and discussed plans for organization, a Czech Festival, and general activities. Pastor Temps and Helene Baer consolidated the decision of the two groups and drew up general plans and committees for the First Annual Czech Festival for 3-4/August/1962.

The decision that came from these groups were that the organization was to be called "The Nebraska Czechs," that any citizen indicated his desire to be a member by signing the official roster, that no membership dues be required, and that Senator Vosoba draw up Articles of Incorporation and By Laws.

On April 7, 1962 these articles and By-Laws were approved at a joint meeting of the thirteen committee members and the organization became "The Nebraska Czechs, Incorporated."

The Nebraska Czechs, Inc., held its first meeting at the Sokol Hall in Wilber with Senator Vosoba presiding. He summarized the Articles of Incorporation and the By-Laws and explained the purposes of the organization. Officers elected for the year were Joe T. Vosoba, president; Eugene Zajicek, vice-president; Helene Novak Baer, secretary; and Charles Hroch, treasurer Ray Houska, Mary Bartos Menne and Bertha Bednar Pospisil were elected directors.

Nebraska Czechs of Wilber

Governor Frank Morrison, guest speaker, told the meeting that organizations such as the Nebraska Czechs would help benefit tourism in Nebraska and help build the entire country by use of “common sense, understanding, friendship, and appreciation of all people.” Joe Seacrest, Editor of the Lincoln Journal, emphasized the tourist advantages which could come from a Czech museum and other cultural projects. He stressed the proud heritage of the Czech people and the need for preserving this heritage. Dr. Vladimir Kucera spoke to the group in Czech stressing the need for preserving things of Czech culture. Mayor-elect Walter A. Baer spoke of the benefits that this activity would bring to the local level of Wilber.

The evening’s program included a group of local dancers in Czech costumes who danced three Czech folk dances. The nine couples were Mr. and Mrs. Joe T. Vosoba, Mr. and Mrs. Josef Horacek, Mr. and Mrs. Milo Korinek, Mr. and Mrs. Edward Kohel, Mr. and Mrs. Eugene Zajicek Mr. and Mrs. Glen Zajicek, Pastor and Mrs. William Temps, Mrs. George Hynek, Mr. Edward Kohel, Jr., and Mr. and Mrs. Walter Baer. Mr. George Hynek was the accordionist. An outgrowth from these original dances was the interest in reviving the Czech National dance, the Beseda, and other folk dances, all of which became integral features of the following annual Festivals.

Approximately 400 people attended this meeting. Interest in the organization was indicated by representation from Crete, De Witt, Dorchester, Brainard, Fairbury, Dwight, Milligan, Beatrice, and Lincoln. Three hundred four people signed the charter membership roster.

Wilber launched its First Annual Czech Festival in August 1962. It was a success. The organizational planning was so successful that it attracted 20,000 people. This success was possible because of the typical Czech willingness for hard work and a cooperative spirit for a common goal. That cooperation has grown in the five years of this organization until in August 1966 the Fifth Annual Wilber Czech Festival achieved a new high in attendance, 60,000 people in two days.

Through these Festivals, Czech folk songs and music have been revived and become popular. A souvenir program provides for perpetuating Czech handcraft and the Czech arts. A Nebraska Czech seal on each article assures the buyer that each article is made by local Nebraska Czechs. The Nebraska Czech costume, locally made and designed, is worn by many Czechs and non-Czechs alike, adding to the color of the Festival Czech history is portrayed by a pageant written by Judge Stanley Bartos. The pageant is produced each year by local talent and starts with the mythical beginning of the Czech people. A new chapter is added each year to bring the story up to the present day. An extravaganza by local talent and contests stress Czech music and dancing.

The Festival is nonprofit and most of the entertainment is free. It is a family “get-together” type of festival with no carnival-type attraction. Family reunions are very popular and friends who might not have seen each other for years relive their youth together and discuss their family’s contribution to Nebraska’s history.

Wilber was designated the Czech Capital of Nebraska by Governor’s proclamation in 1963. In 1965 a state historical marker was dedicated in Wilber to the Nebraska Czechs for their organization and to their Nebraska ancestry. In addition the Nebraska Czechs of Wilber received a memorial gift from local citizens. Mr. and Mrs. Milo Stastny donated a building in Wilber to be used as a Czech museum and Czech cultural center. The City received land and money from the same donors for a library which is to be a repository and research center of Czech life in the United States.

The enthusiasm which is growing in other Czech towns in Nebraska and in other states for Festivals of their own indicates the need that existed for additional Czech organizations to perpetuate Czech culture and handcrafts and to record historical contributions of the Czech people. One of the great contributions that the Nebraska Czech of Wilber has made is instilling in its youth a pride in its Czech heritage.

nebraskaczechsofwilber.com

Interesting Facts About Everything!

- McDonalds once made bubblegum– flavored broccoli
- The first oranges weren't orange.
- The letter Q is the only one letter that doesn't appear in any U.S. state name.
- A cow-bison hybrid is called a “beefalo”.
- Armadillo shells are bulletproof.
- Firefighters use wetting agents to make water wetter.
- Octopuses lay 56,000 eggs at a time.
- Cats have fewer toes on their back paws.

www.rd.com

Memories

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down.' she says.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'

Nothing enhances the good old days more than a poor memory.

atimetolaugh.org

AGING PARTNERS
A Pioneering Area Agency on Aging

Tofu... Oh So Good!

What is it?

Tofu, also known as bean curd, is coagulated soy milk that has been pressed into a firm block. Tofu is an excellent complete protein source containing all the same essential amino acids as meat. Just ½ a cup of tofu contains 10 grams of protein! This makes tofu a great vegetarian protein source.

Preparation Ideas

I ♥ tofu

Tofu has a very mild flavor making it an excellent addition to most meals because it molds around any flavors you're cooking with, both sweet and savory! It's delegate texture is comparable to the mouth feel of soft cheeses.

Tofu Scramble: This recipe makes for a great egg substitution for breakfast meals. Chunk up an extra-firm tofu block. Sprinkle with cumin, salt, pepper, and preferred veggies that you'd use when preparing breakfast eggs (such as diced onions, peppers, and mushrooms). Toss tofu and vegetables in hot oil on stovetop until vegetables are tender and tofu has crisped slightly. Serve hot.

Tofu Smoothie: Lactose intolerant? Use silken tofu to get a creamy smoothie with a powerful punch of protein!

Stir-fry: Try replacing meat with tofu in your favorite stir-fry recipes.

Sandwich Spread: Drain 1 pound tofu block and place into food processor. Add ½ cup mayonnaise and 1 package (1 ounce) dry Ranch Dressing seasoning. Blend until all ingredients well combined and tofu is smooth.

More Health Benefits

Tofu is not only versatile but healthy! Besides being a great vegetarian protein source, it's high in calcium and iron while at the same time being a low calorie and low fat food!

½ Cup Tofu Contains	
Calories	94
Protein	10 grams
Fat	6 grams
Carbs	2.3 grams
Iron	36% Daily Value
Calcium	43% Daily Value

A Brief History

- Soy Bean cultivation and Tofu preparation dates as far back as 1600 B.C. in China.
- The building block of Tofu is Bean Curd which took off with widespread production during the Han Dynasty spanning 206 B.C. to 220 A.D.
- Buddhist monks brought soy beans and bean curd recipes from China to Japan.
- Soy Bean plants came to the United States by way of a sailor named Samuel Bowen in 1765 which he planted near Savannah, Georgia.

To learn more about how nutrition affects your health, call an Aging Partners registered dietitian at 402-441-7159.

Tips for Safe Senior Travel

Utah-based tour director Doreen Barnes, who leads groups of seniors ranging in age from 55 to over 90, says senior travel is booming, and the travel industry has stepped up to the plate to ensure their special needs are met. In Barnes' experience, most minor disabilities and special needs can be easily accommodated.

"Some of our people do take oxygen. We always encounter some walkers and occasionally a wheelchair, and we're happy to accommodate anybody on our trips," says Barnes, who is 76. Many of her clients receive some elder assistance from a child or friend.

PLANNING TRIPS FOR SENIORS

According to Barnes, successful trips require a little extra planning. For instance, she seeks out hotel rooms designed for people with limited mobility and other special needs, she says, and always asks for rooms close to the elevator for those people who can't walk very far. Many hotels and cruise lines offer accessible rooms, some with ceiling-track lifts. Even bed-and-breakfasts and quaint inns are upgrading their accessibility to attract the senior travel clientele.

Seemingly insurmountable senior travel challenges are becoming a thing of the past, thanks to niche businesses catering to seniors and people with disabilities. One such service is specialized medical transport and escort services for elderly people, who wouldn't normally be able to travel long distances without some elder assistance.

And for the more able-bodied older traveler, the sky's the limit.

Barnes' groups travel to destinations such as Branson, Missouri, Alaska, Las Vegas and Hawaii. They travel mostly by bus, but also by plane, cruise ship and train. They go for short overnights as well as extended stays well over a week.

SPECIAL TSA PROGRAMS

The Transportation Security Administration, which screens all airline passengers, has established a special program for screening people with disabilities and their mobility aids, devices and other medical equipment. But advance notice needs to be provided to the airline or travel agent. A gate pass can also be obtained for anybody accompanying a person with special needs. The limit of one carry-on and one personal item does not apply to medical supplies, equipment, mobility aids and assistive devices.

If your loved one has a pacemaker or other medical device on the interior or exterior of their body, ask his or her doctor to find out whether it's safe to go through the metal detector or to be hand-wanded and if not, make arrangements for an alternate screening method.

Travelers ought to keep all medical supplies with them, along with personal identification, to avoid necessary items being lost with luggage.

The TSA asks that medications be packed in their own carry-on bag and that all medication be clearly identified. Packing medications in checked bags is discouraged, as not to expose them to X-rays. Larger quantities of medications can always be sent to a destination.

MANAGING MEDICATIONS WHILE TRAVELING

It's important that senior travelers have enough medication with them for the duration of their trip. Bring original prescription bottles to answer any questions that might arise about them. Those bottles also quickly reveal what medications a loved one has been taking if there's a medical emergency.

"Medications are a lifeline for many travelers. But safely transporting them is most often last on people's packing lists," says Dr. Byron Thames, an AARP board member.

Thames recommends thinking in terms of "just in case." Bring an extra week's supply because travel arrangements could change; bring copies of prescriptions, because medication could be lost or stolen. Be sure that your loved one's doctor includes both the brand and generic version.

If needles are used in dispensing a medication, a doctor's note explaining why a loved one is in possession of that medication and paraphernalia can be helpful. When traveling abroad, check whether any medications are restricted: an over-the-counter drug in the U.S. might be considered a controlled substance elsewhere, particularly if it contains codeine.

TRAVELING WITH SUPPLEMENTAL OXYGEN

Each airline has its own policy for on-board oxygen transport and in-flight oxygen usage. Contact the individual airline for its current oxygen policies.

Personal supplemental oxygen will need to undergo screening. Ask a doctor whether disconnection can be done safely. If it can't, a security officer can conduct an alternate inspection process. Also, if an oxygen supplier is needed to meet a loved one at the gate, caregivers must check with the airline well in advance of departure to make arrangements.

ARRANGING SPECIAL TRANSPORTATION

Similarly, if your loved one has limited mobility, take advantage of special transportation services offered by airlines, cruise lines, and trains to board and alight safely, often via wheelchair. Call ahead to check whether the service is available, and if it is, make a reservation.

aPlaceforMom.com

WILBER

Date: Wednesday, August 28th,2019

Time: 1:00-3:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Coffee & Dessert

Please RSVP by August 23rd!
402.821.3330

No fee to attend.

CRETE

Date: Friday, August 16th, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: Orange Chicken, Rice & Vegetables, Egg Roll or Crab Rangoon & Fruit.

Please RSVP to receive the special of the day
by August 9th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

LEGAL CLINIC
See page 18 for details!

Jill Chaloupka Busselman will be joining us to present "Making a Difference in Africa". She will share with us her work experiences on her mission trip.

WESTERN

Date: Friday, August 23rd, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Spaghetti & Meatballs, Garlic Bread & Corn

Please RSVP by August 16th !
402.821.3330

$5 fee for anyone attending the meal.

FRIEND

Date: Thursday, August 22nd, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Fried Chicken, Mashed Potatoes & Gravy, Corn, Dinner Roll & Dessert

Please RSVP to receive the special of the day
by August 14th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

Chantel Collier, a board certified nurse practitioner at Complete Rural Medicine will be discussing hospice and palliative care. She will also discuss the importance of a living will and assigning power-of-attorney.

Recipe of the Month

HAM, EGG, AND CHEESE BISCUIT WAFFLEWICHES

INGREDIENTS:

- 1 (16.3-ounce) package Pillsbury Grands! Flaky Layers Refrigerated Biscuits
- 6 eggs lightly scrambled (soft scrambled)
- 8 slices cheddar cheese
- 8 pieces thinly sliced smoked ham

INSTRUCTIONS:

1. Preheat a waffle iron to medium heat and lightly spray it with nonstick cooking spray.
2. Open the biscuits and separate each biscuit in half. Stretch the layers thin to about 5-6 inches in diameter. Top one half of the biscuit with a piece of cheese, a slice of ham, and a generous heaping tablespoon of scrambled eggs. Top with the other half of the biscuit and pinch to seal the edges closed.
3. Place in the waffle iron and close. Cook 4 to 5 mins or until the biscuit is golden brown and cooked through. Store the prepared wafflewiches in a warm oven until the others are finished. Serve warm.

Recipe is from Pinterest.com

Exercise of the Month — Wall Push Up

TARGETED MUSCLES: Arms, shoulders, and chest
WHAT YOU NEED: These push-ups will strengthen your arms, shoulders, and chest. Try this exercise during a TV commercial break.

1. Face a wall, standing a little farther than arm's length away, 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. Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.
4. Hold the position for 1 second.
5. Breathe out and slowly push yourself back until your arms are straight.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

go4life.nia.nih.gov

Riddle of the Month

What kind of room has no doors or windows?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

Solve these visual word puzzles by looking for clues in the placement, color, or number of words!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat a ga
5. T B Bush A H	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER

Hot Summer Days

Word List

BARE FEET
BEACH
BOAT
FLIP FLOPS
FLOWERS
ICE CREAM
LEMONADE
POOL
STRAWBERRIES
SUMMER
SUNSCREEN
SUNSHINE
SWIMMING
UMBRELLA
WATERMELON

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

Get more free activity and coloring pages @ www.theKidzpage.com

Top Signs of Elder Abuse

As seniors age and become more dependent on others for care, they also become more vulnerable to abuse, neglect and exploitation. Most people find the thought of harming a vulnerable elderly person abhorrent, but that doesn't mean the possibility can be ignored. Elder abuse can occur when you least suspect it. In fact, according to the National Center on Elder Abuse (NCEA), "most cases of elder abuse are perpetrated by known and trusted others, particularly family members." Elder abuse can also occur in institutional settings, including nursing homes and assisted living communities.

TYPES OF ELDER ABUSE

Elder advocates have outlined the following types of elder abuse:

- Abandonment
- Emotional Abuse
- Financial Exploitation
- Neglect
- Physical Abuse
- Sexual Abuse

Unfortunately, different types of elder mistreatment often occur concurrently. For example, a senior who is being neglected may also be exploited financially.

COMMON SIGNS OF ELDER ABUSE

Here are some of the most common signs of elder abuse. These signs don't automatically show that abuse is occurring, but are clues that you should look further into your loved one's well-being:

- Bruises, cuts, abrasions, burns and other physical signs of trauma
- Sudden social withdrawal, confusion or depression
- Witnessing a family member or caregiver verbally belittling or yelling at the senior
- Senior's finances suddenly change for the worse
- Bedsores, poor hygiene and weight loss

There are often other explanations for these indications, but any changes in your loved one's personality, behavior, or physical condition should be investigated thoroughly.

WHAT IF YOU SUSPECT ELDER ABUSE?

If you believe a senior may be in immediate danger, call 9-1-1. Otherwise, call the National Domestic Violence Hotline 24/hours a day/7 days a week: 1-800-799-SAFE (7233), or 1-800-727-3224 (TTY). The local number for DHHS is 1-800-652-1999.

aPlaceforMom.com

ARE YOU INTERESTED IN TAI CHI?

SCAS Staff would like to start up a Tai Chi class in Friend.
If you, or somebody you know, would be interested in participating in a class, let us know!

To put your name on the list, please call SCAS at
402-821-3330.

Stepping On

Stepping On is class that is proven to help reduce the risk of fall injuries. This 7 week class can make you stronger and steadier to keep you doing the things you love to do!

Lori & Madison will be getting trained for this course, and they are interested in seeing how many are willing to participate in a class this fall.

Please let us know!
402.821.3330

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!

What's going on at SCAS?




CRAFT DAY

FULL CIRCLE


HOT DOG DAY

What's going on in DeWitt?

Watching Cortland my musical jam session.

Nifty Fifties fun program!

Float Decorating for DeWitt Days.

Float Decorating for DeWitt Days.

J U L Y

DeWitt Senior Center has several different activities that they do throughout the week.
On Tuesdays and Thursdays, they offer Tai Chi from 9-10 in the morning and quilting from 1-5 in the afternoon.
Every Wednesday at 12, they have a meal that includes a program!
For any questions regarding the DeWitt Senior Center, call Bev Plihal at 402.520.0873 or 402.683.6475

Fan Program

The weather is warming up out there...
Are you in need of a fan?

The Nebraska Department of Health and Human Services (DHHS) will again provide fans to those who qualify by age and income (for those of low income, the elderly, and people with disabilities).

Saline County Aging Services will again be a distribution point for Saline County residents.

Call ahead to qualify for a fan and/or to make an appointment to pick one up by calling 402-821-3330.

August Activities

Key: Crete Dorchester Wilber Friend DeWitt				1 Raspberry Cream Pie Day 	2 Coloring Book Day 	3 Mustard Day 
4 Chocolate Chip Cookie Day 	5 SCAS CLOSED 	6 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	7 Foot Clinic Lunch 12:00 p.m.	8 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	9 Rice Pudding Day 	10 S'mores Day 
11 Son's & Daughter's Day 	12 Middle Child Day 	13 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	14 Foot Clinic Lunch 12:00 p.m. National Creamsicle Day 	15 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	16 Tell a Joke Day 	17 Honey Bee Day 
18 Fajita Day 	19 Soft Ice Cream Day 	20 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 National Lemonade Day	21 Lunch 12:00 p.m.	22 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	23 Sponge Day 	24 Waffle Day 
25 Banana Split Day 	26 Dog Day 	27 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	28 Lunch 12:00 p.m. National Cherry Turnovers Day 	29 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	30 Toasted Marshmallow Day 	31 Trail Mix Day 
		Visit us at SCAS on our National Holidays in Purple!	**All foot clinics are by appointment only.**	Interested in a foot clinic appointment Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	

DeWitt Senior Center Meal Schedule

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

WEDNESDAY, August 7th

Program— Getting to Know All About You!
Menu— Breaded Chicken Sandwich, Baked Beans, Dill Spear, Fruit & Milk

WEDNESDAY, August 14th

Program— Are You Fit & Trim? By LAA
Menu— Sloppy Joe, Pea Salad, Chips, Fruit & Milk

WEDNESDAY, August 21st

Program— Dine to Music with Tom Shutts
Menu— Glazed Ham, Scalloped Potatoes, Vegetable, Fruit, Homemade Bread & Milk

MONDAY, August 26th

Day Trip to Oak Ridge Boys at NE State Fair courtesy of Travels by Doris.

WEDNESDAY, August 28th

Program— Dessert Day & Celebrate August Birthdays
Menu— Lemon Pepper Fish, Baked Potato, Carrots, Fruit, Bread & Milk

Ron Hayek
of
Friend

received a $5 gift card to Subway! Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to July's riddle "Why did Momma Pig leave her husband?" is because he was a boar.

A special wish to all of the August birthdays out there from Saline County Aging Services!

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

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

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, August 29th, 2019, in the Wilber Care Center's Activity Room. Please RSVP by August 22nd, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

Legal Clinic/Craft Day

On August 28th,

Come join us for a Legal Clinic

at 1:00-3:00pm

Mary Wilson, an attorney from Aging Partners will be presenting on Legal Aging Issues. The program will inform you on the power of attorney, living wills, or any other legal issues that you have as a concern.

Appointments will be available following the presentation.

Coffee and Refreshments provided!

CRAFT DAY!

On August 21st, at 2:00pm

Come join us for some fun!

We will be creating a sunflower decoration and enjoying some snacks!

ALL contributions are welcome to go towards the cost of craft materials.

Answers to the Puzzles

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

1. Adding insult to injury.	2. A bit under the weather.
3. The ball is in your court.	4. Let the cat out of the bag.
5. Beat around the bush.	6. No one to blame.
7. Yellow belly.	8. Take from the rich and give to the poor.
9. Three blind mice.	10. A green eyed monster.

Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to
Saline County Aging Services– PO Box 812– Wilber, NE 68465
or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.

Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

ARE YOU INTERESTED IN PLAYING PITCH?

Join us on Friday's in
'The Back Room'- SCAS
11 a.m. – 2 p.m.

Call 402-821-3330 to RSVP your spot today!

(Order lunch from Wilber Meat Market or Fox Hole)

LIST of 2019 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance of the following County holidays.
If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day
Jan. 21 Martin Luther King Day
Feb. 18 Presidents' Day
Apr. 26 Arbor Day
May 27 Memorial Day
July 4 Independence Day

Sept. 2 Labor Day
Oct. 14 Columbus Day
Nov. 11 Veterans' Day
Nov. 28 Thanksgiving
Nov. 29 Day after Thanksgiving
Dec. 24 Closing @ 12 on Christmas Eve
Dec. 25 Christmas Day

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.

Like us on facebook

Saline County Aging Services

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Volume 4, Issue 9 September 2019

Inside This Issue . . .

What Is Labor Day? A History of the Workers' Holiday

In the late 1800s, many Americans toiled 12 hours a day, seven days a week, often in physically demanding, low-paying jobs. Children worked too, on farms and in factories and mines. Conditions were often harsh and unsafe.

It was in this context that American workers held the first Labor Day parade, marching from New York's City Hall to a giant picnic at an uptown park on Sept. 5, 1882.

"Working Men on Parade," read The New York Times's headline. The article, which appeared on the last page, reported that 10,000 people marched "in an orderly and pleasant manner," far fewer than the organizers had predicted would attend. The workers included cigar makers, dressmakers, printers, shoemakers, bricklayers and other tradespeople.

Because it wasn't yet an official holiday, many of the attendees risked their jobs by participating in the one-day strike. On their signs, they called for "Less Work and More Pay," an eight-hour workday and a prohibition on the use of convict labor. They were met with cheers.

The American labor movement was among the strongest in the world at the time, and in the years that followed, municipalities and states adopted legislation to recognize Labor Day. New York did so in 1887, and The Times reported that that year's parade was larger than ever, even amid political tension over the role of socialist groups. Parks, shops and bars in the city were full.

"The barrooms were never more resplendent," The Times wrote. "Liquidly, the first legal celebration of Labor Day may go down to history as an unqualified success."

But it took several more years for the federal government to make it a national holiday — when it served a greater political purpose. In the summer of 1894, the Pullman strike severely disrupted rail traffic in the Midwest, and the federal government used an injunction and federal troops to break the strike.

nytimes.com

It had started when the Pullman Palace Car Company lowered wages without lowering rents in the company town, also called Pullman. (It's now part of Chicago.)

When angry workers complained, the owner, George Pullman, had them fired. They decided to strike, and other workers for the American Railway Union, led by the firebrand activist Eugene V. Debs, joined the action. They refused to handle Pullman cars, bringing freight and passenger traffic to a halt around Chicago. Tens of thousands of workers walked off the job, wildcat strikes broke out, and angry crowds were met with live fire from the authorities.

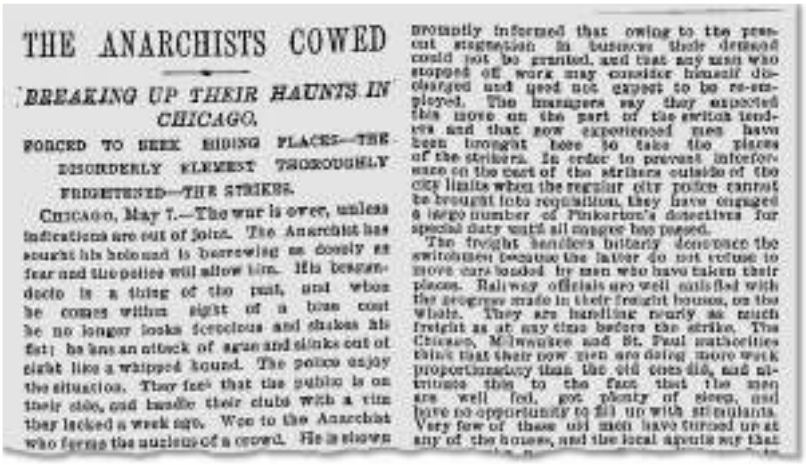
During the crisis, President Grover Cleveland signed a bill into law on June 28, 1894, declaring Labor Day a national holiday. Some historians say he was afraid of losing the support of working-class voters.

"There were many political advantages at that moment to provide recognition for Labor Day," said Joshua B. Freeman, a distinguished professor of history at Queens College and the City University of New York Graduate Center.

But it wasn't the only workingman's holiday on the table. Starting in 1884, the labor movement had called for strikes and protests on May 1 to push for an eight-hour workday. That would-be holiday was called May Day, and it's now celebrated around the world, though it's not officially recognized in the United States.

You might blame the Haymarket affair. On May 4, 1886, a bomb went off at a demonstration in Chicago's Haymarket Square in support of an eight-hour workday and against police killings of protesters. The authorities opened fire in response, and seven officers and four protesters were killed.

The episode made headlines around the world, and the police response in Chicago was fierce. "The Anarchists Cowed," read the headline on a front-page Times article on May 8, with a subtitle, "Forced to Seek Hiding Places — The Disorderly Element Thoroughly Frightened." Eight anarchists were convicted, and four were hanged. Critics argued the trial was conducted poorly, and seven years later, Gov. John P. Altgeld pardoned the three who were still alive.



THE ANARCHISTS COWED

BREAKING UP THEIR HAUNTS IN CHICAGO.

FORCED TO SEEK HIDING PLACES—THE DISORDERLY ELEMENT THOROUGHLY FRIGHTENED—THE STRIKES.

CHICAGO, May 7.—The war is over, unless indications are out of joint. The Anarchist has sought his hole and is burrowing as closely as fear and the police will allow him. His bessandecto is a thing of the past, and when he comes within sight of a club coat he no longer looks scrofulous and shakes his fist; he has an attack of ague and slinks out of sight like a whipped hound. The police enjoy the situation. They feel that the public is on their side, and handle their clubs with a vim they lacked a week ago. Woe to the Anarchist who forms the nucleus of a crowd. He is shown promptly informed that owing to the present stagnation in business their demand could not be granted, and that any man who stopped off work may consider himself discharged and need not expect to be re-employed. The managers say they expected this move on the part of the switch tenders and that now experienced men have been brought here to take the places of the strikers. In order to prevent interference on the part of the strikers outside of the city limits when the regular city police cannot be brought into requisition, they have engaged a large number of Pinkerton's detectives for special duty until all engine has passed.

The freight handlers bitterly denounce the switchmen because the latter do not refuse to move cars loaded by men who have taken their places. Railway officials are well satisfied with the progress made in their freight houses, on the whole. They are handling nearly as much freight as at any time before the strike. The Chicago, Milwaukee and St. Paul authorities think that their new men are doing more work proportionately than the old ones did, and attribute this to the fact that the men are well fed, get plenty of sleep, and have no opportunity to fill up with stimulants. Very few of these old men have turned up at any of the houses, and the local agents say that

In the years that followed, May Day became an occasion for protesting the arrests of socialists, anarchists and unionists. As it became associated with the radical left — and as Labor Day was recognized by more and more states — the latter came to be the dominant holiday in the United States.

In recent decades, Labor Day has been dominated more by barbecues, sales and last-chance beach days than strident labor protests. The labor movement has weakened, and in New York, there are scheduling conflicts, such as out-of-town vacations and the large West Indian American Day Parade in Brooklyn, which takes place on Monday and generally includes a sizable labor contingent.

nytimes.com

- The first US Labor Day was celebrated on September 5th, 1882 in New York City.
- Oregon was the first state to celebrate Labor Day as a legal holiday in 1887.
- Americans worked 12-hour days seven days a week during the 19th century.
- Historians say the expression “no white after Labor Day” comes from when the upper class would return from their summer vacations and stow away their light-weight, white summer clothes as they returned back to school and work .
- The Adamson Act was passed on September 3, 1916 to establish an 8 hour work day.
- There is still a Labor Day parade in New York City, which takes place throughout the 20 blocks north of the 1882 labor march.

THE SENILITY PRAYER:

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

I planted some bird seed. A bird came up. Now I don't know what to feed it.

I had amnesia once -- or maybe twice.

All I ask is a chance to prove that money can't make me happy.

What is a "free" gift? Aren't all gifts free?

They told me I was gullible... and I believed them.

Teach a child to be polite and courteous in the home and when he grows up, he'll never be able to merge his car onto a freeway.

My theory on aging is two can live as cheaply as one, for half as long.

Experience is the thing you have left when everything else is gone.

A flashlight is a case for holding dead batteries.

My weight is perfect for my height -- which varies.

I used to be indecisive. Now I'm not sure.

The cost of living hasn't affected its popularity.

How can there be self-help "groups"?

If swimming is so good for your figure, how do you explain whales?

Is it my imagination, or do buffalo wings taste like chicken?

atimetolaugh.org

AGING PARTNERS
A Planning Area Agency on Aging

BRAT Diet
Bananas / Rices / Applesauce / Toast

The BRAT diet is probably something most of us have heard about at some point in our life – be it from TV, a news article or maybe your primary care doctor. The BRAT diet has been a staple "special" diet for when adults and children are sick, especially with diarrhea, stomach flu or other types of stomach issues. BRAT stands for Bananas / Rice / Applesauce / Toast. This is a diet that is constructed in such a way to still get some nutrients while also being easy to digest on your GI system (stomach).

The nutritional reason why these foods were selected for the BRAT diet is because they all tend to be lower in protein, fat and fiber which allows them to be more easily broken down and consumed by our body. The less work our stomach has to do, the less upset it will be! The banana component in the BRAT diet contains pectin; a starch that can help aid or be of benefit to the GI tract. Besides the staple components of the BRAT diet, there is much more you can add to the diet such as saltine crackers, clear broths in addition to chicken and veggie broths; oatmeal; watermelon; steamed, baked or grilled chicken (without fat); sweet potatoes and regular potatoes (but without butter or cream).

While the BRAT diet has been discussed and recommended for many years, there is some reluctance to endorse it, especially for extended periods of times. Current recommendations are to use the diet for no more than 48 hours (two days). The main reason is because this diet is so low in calories but also in essential vitamins, minerals and nutrients (such as protein, fat, fiber, vitamin A, vitamin B12 and calcium). Due to the potential malnutrition side effects, the BRAT diet is no longer recommended for children according to the American Academy of Pediatrics (AAP). Doctors also suggest keeping hydration fluid intakes high with water being the best bet and readily available. However, adding a sports drink or a rehydration solution with electrolytes (sodium and potassium) can be even better!

If you have any questions regarding your nutritional needs or would like further information on your specific needs, please call 402-441-7159 to speak with an Aging Partners Registered Dietitian Nutritionist today!

7/9/2019

Elderly Urinary Tract Infections

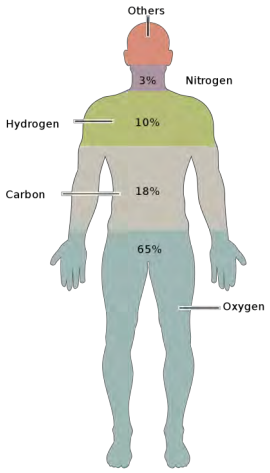
If a 30-year-old woman experiences painful burning when she urinates, it's almost certain she has a urinary tract infection (UTI). But an elderly urinary tract infection rarely causes such clear symptoms and might not involve pain or discomfort at all. "As you get older your immune response changes; it's part of normal aging," says Anna Treinkman, a nurse practitioner at the Rush Alzheimer's Disease Center in Chicago and president of the National Conference of Gerontological Nurse Practitioners.

COMMON WARNING SIGNS

A sudden change in behavior is, in fact, one of the best indicators of a urinary tract infection in older adults. Some common warning signs might include the onset of elderly urinary incontinence, confusion or not being able to do tasks the patient could easily do a day or two before. "Anytime there's a change in an older adult… if one day they're able to dress themselves or feed themselves and then there's a sudden change, a red flag should go up in a caregiver's mind," Treinkman says.

UTIS: THE BODY'S SECOND MOST COMMON INFECTION

Half of all women will develop a urinary tract infection in their lifetimes. Ranking as the body's second-most common infection type, UTIs in women-and less often in men-account for about 8.3 million doctor visits each year, according to the National Center for Health Statistics. Typically, UTIs, also known as bladder infections, are easy to cure. But if left untreated, the infection can spread and develop into far more serious conditions. UTIs, for instance, are a leading cause of *sepsis*, a potentially life-threatening infection of the bloodstream.



"A bladder infection places stress on the body," says Dr. Mary Ann Forciea, an associate clinical professor for the University of Pennsylvania Health System. That stress can result in confusion and abrupt changes in behavior in older adults with an elderly urinary tract infection. And for people suffering from Parkinson's disease, Alzheimer's disease, or other dementia, "any kind of stress, physical or emotional, will often make dementia temporarily worse," Forciea says.

URINARY TRACT INFECTION CAUSES & SYMPTOMS

The kidneys, ureters, bladder and urethra work together to rid the body of urine: the kidneys remove extra liquid and waste from the blood in the form of urine, the ureters carry the urine from the kidneys to the bladder, and the bladder stores the urine until it is emptied through the urethra.

An infection can occur when bacteria cling to the opening of the urethra and begin to multiply. UTIs are thought to be much more common in women because the urethra is shorter in women than in men, giving bacteria-which live in the rectal area and also on a person's skin-an easier route into the body.

ISCYSTITIS

The most common diagnosis is iscystitis, or the infection and inflammation of the bladder, which causes frequent and painful urination. However, other parts of the lower and upper urinary tract system can become infected. As a general rule of thumb: the higher up the infection in the urinary tract system, the worse it is.

URETHRITIS, PYELONEPHRITIS & TOPROSTATITIS

Other common causes of UTIs include the following:

- **Urethritis**: Burning urination is often the result of urethritis, the infection of the urethra. In men, urethritis can also cause penile discharge.
- **Pyelonephritis**: Pyelonephritis occurs when a bladder infection spreads to the kidneys. It can cause upper back and flank pain, shaking, chills, nausea and vomiting.
- **Toprostatitis**: UTIs in men can lead toprostatitis, or enlargement of the prostate gland, the male organ that produces semen, which is located just below the bladder.

Symptoms of a UTI include general discomfort, a feeling of being over-tired, blood in the urine and pain even when not urinating. Men might feel fullness in the rectum. Back and side pain can indicate the infection has reached the kidneys. An elderly person will rarely get a fever, but if an older patient has one it is considered an emergency. “It shouldn’t be taken lightly,” Treinkman says. “If they do have a fever, it’s a serious infection.”

DIAGNOSIS & TREATMENT

In most cases, diagnosing and treating an elderly urinary tract infection is relatively straightforward: a simple urinalysis can confirm the infection’s presence and, for someone in good health, antibiotics are the first choice of treatment. UTIs often clear up in only a few days. But depending on the age and health of the patient–and the severity of the infection–the course of treatment can take weeks and perhaps involve hospitalization for the administration of intravenous antibiotics. A doctor might also decide to “culture” a patient’s urine to determine the type of bacteria that’s growing to prescribe the most effective antibiotic for the condition.

Older adults living in a group setting such as senior communities or nursing homes are more likely to be resistant to the antibiotics most often prescribed for UTIs such as amoxicillin or nitrofurantoin, and might require something stronger, as well as a longer course of antibiotics to combat an elderly urinary tract infection.

Forciea says people suffering from UTIs must drink plenty of fluids to flush the bacteria from their systems. Proper fluid intake makes it harder for bacteria to live and multiply in the urinary tract. She recommends older adults drink four to six 8-ounce glasses of water a day. Drinking cranberry juice or taking cranberry tablets can also make urine less inviting for bacteria, Forciea says.

..continued on pg. 17

WILBER

Date: Friday, September 20th

Time: 2:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Coffee & Dessert

Please RSVP by September 18th!
402.821.3330

Contributions are acceptable!

Come join us for a Craft Day & Karaoke fun!

CRETE

Date: Friday, September 27th, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: Cod Fish, Wild Rice, Baby Carrots & Cookie or Fruit

Please RSVP to receive the special of the day by September 20th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

WESTERN

Date: Friday, September 20th

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Pulled Pork Sandwich, Coleslaw, Waffle Fries & Dessert

Please RSVP by September 13th!
402.821.3330

$5 fee for anyone attending the meal.

FRIEND

Date: Thursday, September 19th

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Hot Roast Beef Sandwich, Mashed Potatoes, Gravy, Carrots & Dessert

Please RSVP to receive the special of the day by September 11th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

For Crete, Western, and Friend Full Circles — Caring Friends in home care will be educating attendees on strategies and resources to reduce fall risk, and a checklist of fall prevention.

Exercise of the Month — Chest Stretch

TARGETED MUSCLES: Chest
WHAT YOU NEED: Sturdy, armless chair

This exercise, which stretches the chest muscles, is also good for your posture.

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing forward.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Hold the position for 10-30 seconds.
6. Repeat at least 3-5 times.

go4life.nia.nih.gov

Recipe of the Month

SLOW COOKER SHREDDED CHICKEN TACOS & BURRITOS

Ingredients:

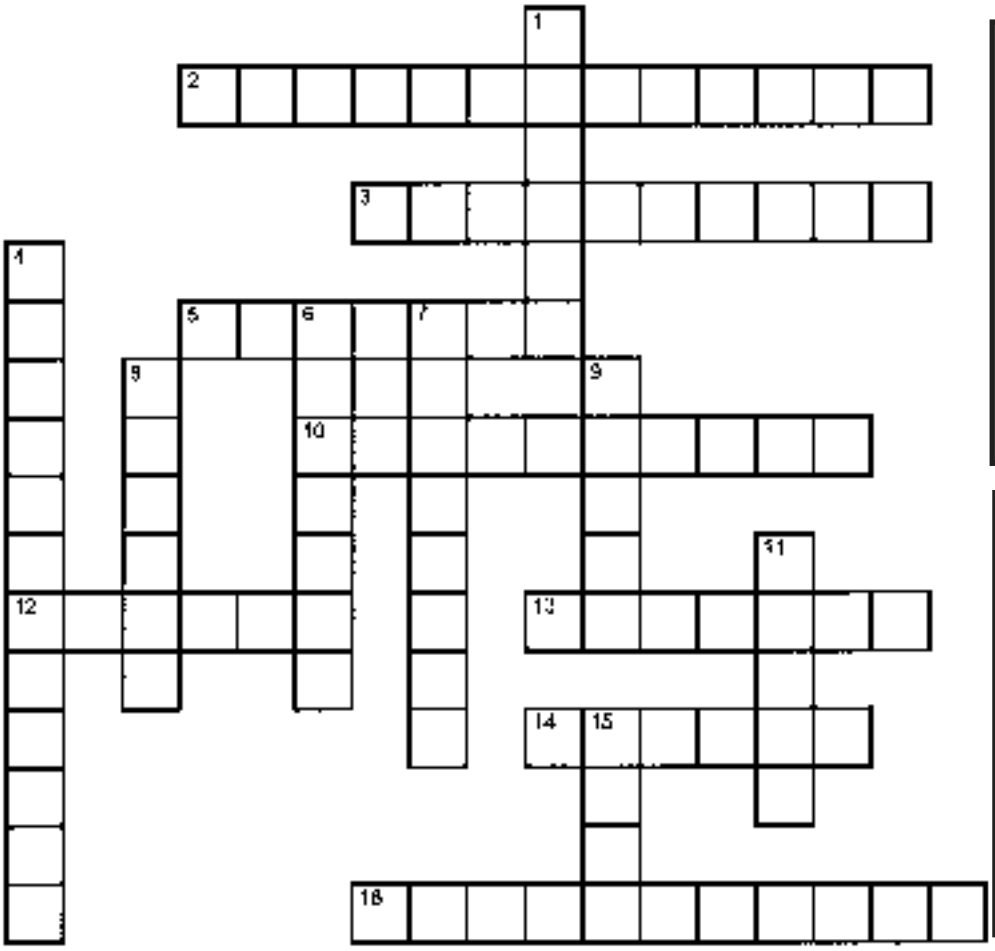
- 1 1/2 boneless skinless chicken breasts
- 10 oz can of Rotel
- 1 packet taco seasoning
- 1 1/4 cups chicken broth
- Taco shells
- Favorite toppings— lettuce, tomato, cheese, olives, sour cream, guacamole, fresh lime, cilantro, hot sauce

Directions:

Lightly spray slow-cooker with non-stick cooking spray. Place chicken in single layer. In a medium size bowl, mix broth, taco seasoning and a can of Rotel. Pour mixture over chicken and cook on low for 6 to 8 hours, or on high for 4 to 6 hours. Cooking times may vary depending on your slow cooker, adjust accordingly. When ready, shred chicken using two forks and serve in shells or tortillas with your favorite toppings.

Pinterest.com

Jobs/Places



Down

1. A _____ looks after sick people.
4. A _____ _____ brings letters.
6. A pilot works at the
7. A doctor and nurse work in the _____.
8. A dentist works in a dental _____
9. A _____ helps a doctor.
11. A ____ flies planes.
15. A _____ cooks food in a restaurant

Across

2. A _____ keeps us safe.
3. A postal worker works in a _____.
5. A _____ works in a school.
10. A chef and waiter work in a _____.
12. A _____ serves food in a restaurant
13. A _____ takes care of teeth.
14. A teacher teaches students in a _____.
16. A _____ puts out fires.

Riddle of the Month

What is the proper length for a lady's skirt?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

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

LABOR DAY

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

barbecue
civic pride
community
end of summer
fair wages
family
federal holiday
honest work
Labor Day
parade
sales at stores
start of school
unions
unity
workers

September Activities

Key: Crete Dorchester Wilber Friend DeWitt						
1	2 Labor Day SCAS CLOSED	3 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	4 Foot Clinic Lunch 12:00 p.m.	5 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	6 Lazy Mom's Day 	7 World Beard Day 
8 Grandparents Day 	9 Teddy Bear Day 	10 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	11 Foot Clinic Lunch 12:00 p.m.	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	13 National Peanut Day 	14 Cream Filled Donut Day 
15 Double Cheeseburger Day 	16 Mayflower Day 	17 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	18 Lunch 12:00 p.m.	19 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	20 National Pecan Cookie Day 	21 Gymnastics Day 
22 White Chocolate Day 	23	24 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	25 Lunch 12:00 p.m.	26 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	27 Chocolate Milk Day 	28 Strawberry Cream Pie Day 
29	30 National Coffee Day 		All foot clinics are by appointment only.	Interested in a foot clinic appointment. Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	**Visit us at SCAS on our National Holidays in purple.

DeWitt Senior Center Meal Schedule
For meal reservations,
call Bev at 683-6475 or 520-0873

WEDNESDAY, September 4th

Program— Memories of Riding the Rails
Menu— Taco Burger, Refried Beans, Spanish Rice,Fruit, & Milk

WEDNESDAY, September 11th

Program— "Boy, Has Quilting Changed" by Liz
Menu— Chicken Fried Chicken, Mashed Potatoes, Corn, Fruit, Bread & Milk

WEDNESDAY, September 18th

Program— Artwork Hobby by Pastor Ed
Menu— Beef Ravioli Casserole, Mixed Vegetables, Fruit, Bread & Milk

FRIDAY, September 20th

One Day Trip to York Marble Museum, Chances R, & Milford's Mainstreet
Transportation by SCAT. Call Bev Plihal for reservations.

WEDNESDAY, September 25th

Program— Ryan Sothan of the Attorney General's office speaks on Nebraska's Newest Scams for Seniors-(A must hear program!)
Menu— Fish Sandwich, Hashbrown Casserole, Broccoli , Fruit, Bread & Milk

Donnis Aksamit
of
Hallam

received a $5 gift card to Subway! Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to August's riddle "What kind of room has no doors or windows" is a mushroom.

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

A special wish to all of the September birthdays out there from Saline County Aging Services!

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

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, September 26th, 2019, in the Wilber Care Center's Activity Room. Please RSVP by September 19th, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

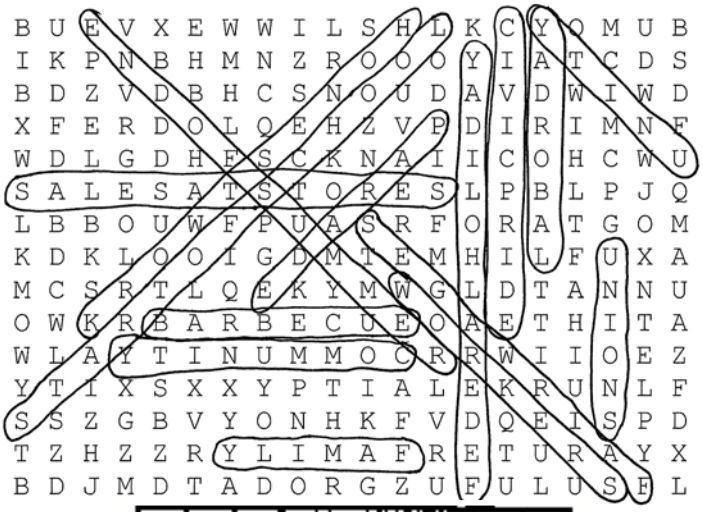
What's Happening Near You?

Medicare Prescription Drug Enrollment

October 15 - December 7

Remember to call and make an appointment! Call SCAS @ 402.821.3330

Answers to this months puzzles



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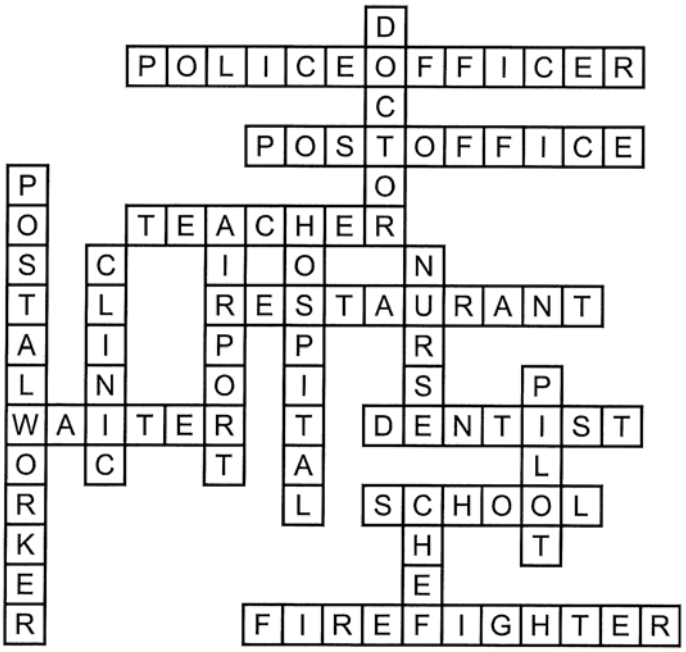


Want the Saline County Aging Services Newsletter Sent To Your Door?

Cut this slip out, fill the information in below, and mail it to

Saline County Aging Services– PO Box 812– Wilber, NE 68465

or bring it into our office at 109 W. 3rd Street in Wilber

or call us at 402-821-3330.

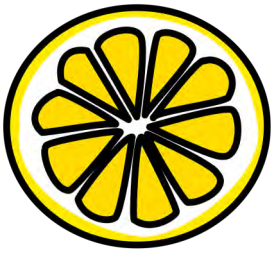
Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

What's going on at SCAS?

We had a very successful Czech Days selling homemade lemonade & limeade. Volunteers from Wilber-Clatonia TCBY were a huge help. Partial Proceeds go to them for all their hard work. Fun was had by all!



What's going on in DeWitt?

Many at DeWitt enjoying bridge & cards.

If your loved one's symptoms are consistent with a bladder infection, it's recommended that his or her healthcare provider be called for an appointment the same day that the symptoms are recognized. If it appears the infection might involve the kidneys, call the healthcare provider immediately to consult on whether a trip to the emergency room is necessary.

RISK FACTORS & PREVENTION

Older adults at greater risk for getting an elderly urinary tract infection include:

- Those who require a catheter in the urethra and bladder
- Those who are diabetics
- Anyone with kidney stones
- Women who've gone through menopause

After menopause, women experience a change in the lining of the vagina and also produce less estrogen, which helps protect against UTIs. Hormone replacement therapy (HRT) can help protect postmenopausal women from UTIs, according to the American Urological Association, but HRT may increase other health risks and so may not be appropriate for all women.

All women who have had a UTI at least once before are also at increased odds of developing the infection again. About 20 percent of women who've had a UTI will experience a second one, and 30 percent of those women will get a third.

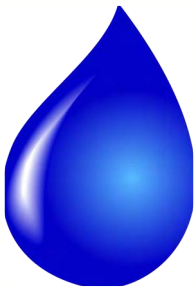
DIAGNOSING A UTI

Here are some common ways to diagnose a UTI:

- **Home Test**: A dipstick is held in the urine stream. Home tests are a convenient way for chronic UTI sufferers to quickly diagnose whether they have an infection. But they should only be used with the support and guidance of a patient's physician.
- **Ultrasound Exam** – Ultrasounds can help evaluate bladder and kidney problems as doctors are able to see whether there are abnormalities in the bladder that could be contributing to the infections.
- **X-ray:** Using a series of x-rays and a contrast dye to highlight abnormalities in the urinary tract can help pin-point abnormalities.
- **CAT Scan**: A CAT scan provides a detailed three-dimensional picture of the urinary tract.

THE IMPORTANCE OF WATER INTAKE

Treinkman says UTIs are also more likely to affect people who attempt to manage stress incontinence by limiting their water intake. "They might limit the water they drink so they don't have to go to bathroom so much," she says. "But it puts them at higher risk because there's a greater chance of bacteria build up… You want to keep your urine clear."



Drinking plenty of water is an important prevention tactic. Some other methods for women include:

- Urinating promptly after the urge arises
- Wiping front to back
- Emptying the bladder shortly before and after intercourse
- Avoiding use of feminine products such as deodorant sprays, douches and powders in the genital area that could irritate the urethra
- Taking showers instead of baths

NOTICING A CHANGE IN BEHAVIOR

Most importantly, Treinkman says that caregivers can't be too careful when they notice a change in behavior in an older adult, no matter how subtle. "Falls, confusion, new onset of incontinence in someone who had been getting to the bathroom, decrease in appetite," she says, "any of these can be a sign of a urinary tract infection. It really requires a detective-like index of suspicion from the caregiver."

aPlaceforMom.com

CRAFT DAY

Come join us for a Craft Day & some Karaoke!

When: Friday, September 20th
Where: SCAS — "The Back Room"
Time: 2:00 pm

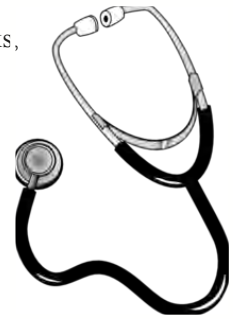
Please RSVP by September 13th!

Health Clinic

Come get your health immunizations!
Public Health Solutions will be offering influenza immunizations, blood pressure checks, VetSet & Emergency Preparedness program.

When: Friday, October 4th
Where: SCAS — "The Back Room"
Time: 1-3 pm

Please call SCAS to RSVP your time! 402.821.3330



Cornhusker United Way at the Brew House in Crete!

Friday, September 13th

The Brew House is donating 10% of their profits from 4-9 pm to Cornhusker United Way.

Thank you for your support in CUW agencies such as SCAS & others!

ARE YOU INTERESTED IN TAI CHI?

SCAS Staff would like to start up a Tai Chi class in Friend.
If you, or somebody you know, would be interested in participating in a class, let us know!

To put your name on the list, please call SCAS at
402-821-3330.

Stepping On

Stepping On is class that is proven to help reduce the risk of fall injuries. This 7 week class can make you stronger and steadier to keep you doing the things you love to do!

Lori will be getting trained for this course, and she is interested in seeing how many are willing to participate in a class this fall.

Please let us know!
402.821.3330

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

Have you moved? Do you have a new phone number? How about a new Emergency Contact?
If any of this information changes please let us know so we can still get ahold of you!

Headline Here

Text

Headline Here

Text

Saline County Aging Services
Improving and enriching the quality of life and independence of older persons in Saline County
PO BOX 812, 105 W. 3rd Wilbur, NE 68393 402.821.3330

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

Volume 4, Issue 10 October 2019

Inside This Issue . . .

4 Electrical Safety Tips for Farmers

Farmers work in settings that may border on idyllic, but the risks they face are real. In fact, agriculture is America's most dangerous industry, according to the National Safety Council.

One of the most deadly hazards is an essential part of any modern farming operation: electricity. Just like lightning, man-made electricity has negatively charged particles that draw it to the ground, which is positively charged. Every year, dozens of farmworkers are electrocuted and others are injured when they become electricity's path to the ground.

1. LOOK UP AND LOOK OUT

A lot of risk comes with utility poles and lines located around farmers' property, says Krista Lisser, communications director for Safe Electricity, an Illinois-based program of the nonprofit Energy Education Council. "Farmers are often driving huge machinery and think they have enough clearance when they don't," she explains. "We want people to be aware where utilities are located on their property."

If the equipment you're handling comes into contact with a power line – or even gets too close to it – it can become energized. Safe Electricity recommends keeping all equipment at least 10 feet away from overhead power lines, in all directions. Remember to take that minimum clearance into account when raising and lowering farm equipment, and always lower extensions to the lowest setting when moving loads.

Many electrical accidents occur because farmers, focused on the task at hand, fail to look up and around. A second set of eyes can make all the difference.

.....continued on pg 2

"Use a spotter when operating large machinery near power lines or moving augers and other long equipment around on the ground," says Lisser, recalling the tragic case of a Minnesota father and son who were electrocuted in 2016 as they lifted a portable auger and it came into contact with a power line.

2. STAY IN THE CAB

As the size of the machinery used by farmers grows, so do electrical risks.

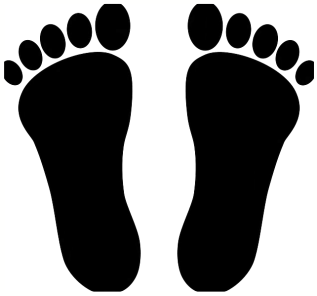
"Farm machinery is getting bigger and it's loaded with technology, but some GPS units will not recognize a utility line," cautions Lisser. "We see a lot of instances where tractors run into utility poles and the driver steps out and is shocked or electrocuted because the line is still energized."

Sadly, that is exactly what happened to central Illinois farmer Jim Flach after an arm of the crop sprayer he was operating became tangled with an overhead power line. Climbing down from the cab, Flach stepped down from the metal ladder to the ground and inadvertently became the electricity's path to the ground. He suffered severe electrical burns that would claim his life six months later.

If the machinery you are driving comes into contact with a power line, the safest place to be is in the cab.

"Stay in the cab, call 911, and report to the dispatcher that a power line is down. Then wait until utility crews arrive to make sure the line is de-energized," says Lisser.

3. KEEP FEET TOGETHER



If a fire forces you to exit the vehicle, jump clear, keeping your feet together. Then, shuffle or hop away from the scene, with feet together. If you attempt to walk away, you could step into two different voltage levels and become a path for electricity to travel through. Even if it's not arcing or sparking, never assume a downed power line is dead.

Busy farmers often feel there aren't enough hours in a day. But hurrying can put them on a fast track to danger. Lisser offers this powerful reminder: "Slow down, look up, and make sure you're clear of power lines."

4. KNOW WHAT'S BELOW

While looking out for overhead power lines, farmers should also be mindful of hidden hazards underground. Call 811 to have underground gas facilities located and marked before digging.

agriculture.com

HALLOWEEN FUN FACTS

- Dressing up in costumes was once a way to hide from ghosts.
- Jack-o-lanterns were originally carved into turnips.
- Cats have been a part of the history of Halloween for centuries, and have been used to predict the future.
- The “bon” in bonfire is a reference to bones.
- The color orange is seen through autumn’s changing leaves and is a symbol of strength and endurance.
- The color black is typically a symbol of death.

Parents.com

Grandma Driving the Speed Limit

Ethel, Martha, and Myrtle got into Ethel's car for a routine trip into town. Ethel needed some cat foot for Elvis, and Martha and Myrtle wanted to stop by the pharmacy and grocery store for their Tumeric and Glucosamine refills, and some fresh blueberries. *(On sale for $1.99 a pint this week)*

As they got closer to town they passed a Highway Patrolman at a speed trap. When they passed by he noticed they were impeding traffic, driving much slower than the posted 55 mph speed limit. He pulled out to investigate, knowing some driving very slow is just as dangerous as someone driving fast.

He came up to the car and turned his lights on, and tapped his siren once, just a brief moment to get their attention.

Ethel promptly signaled to turn off at the right side of road, and stopped on the edge of the road.

As the officer stepped out of his car and approached, he said Ethel, the driving, sitting up very straight, very prim and proper. And she had both hands on the steering wheel.

He looked into the car. All three ladies were in the front seat. And they all had on their seat belts. And that's when he noticed Martha and Myrtle.

They looked liked they'd seen a ghost or something. Each of them was clutching their purses in their laps. Actually, more like directly in front of their bodies. Like they had protecting themselves from something.

"Ma'am, may I see your driver's license." The officer said.

Ethel replied, "Why yes, of course officer. Is there something wrong?"

"Well, yes Ma'am. It's about the speed limit." "You need to understand that driving significantly lower that the speed limit is also dangerous as other drivers do not expect it."

"But officer," Ethel stated, "I was driving the posted speed limit of 25 mph."

"Actually, the speed limit on this stretch of road is 55 mph Ma'am." said the officer. "This is U.S. Route 25. You know, the name of the highway."

He continued, "Are your friends okay Ma'am? They look as white as a sheet. And they're knuckles are red from clutching their purses so tightly."

"Oh I'm sure they are fine." Ethel intoned. "We just turned on to this road recently off Highway 107."

atimetolaugh.org

AGING PARTNERS
A Pioneering Area Agency on Aging

Building Yourself Up With a Better Breakfast

Having a good start to your morning is probably the best thing you can do for yourself to make your day great! Starting your day with a nutritious breakfast can be the single most important decision you make! Having a rich, hearty, healthy breakfast can have many positive impacts. Breakfast is definitely the most important meal of the day and it should be a staple for everyone!

You have probably thought to yourself that breakfast is not all that important, so I can miss a few days here and there, right? You may also say to yourself, "If I don't have time to eat breakfast, am I really even missing out? I mean, what makes it so important?"

The biggest impact from a good breakfast is sustainable energy. It can help increase physical and mental performance throughout the day. In older adults, breakfast can give you the energy to power through your daily activities and errands! It can also give you energy for an active lifestyle with your friends and family, including your ever-busy grandkids. Breakfast can help improve alertness, general mood/well-being, and even attention span. Eating breakfast regularly as an adult can help with general function at work and could potentially help curb your snack cravings.

Current research suggests that individuals who eat breakfast on a regular basis have a more healthy diet. Your morning breakfast should include items from at least three of the food groups:

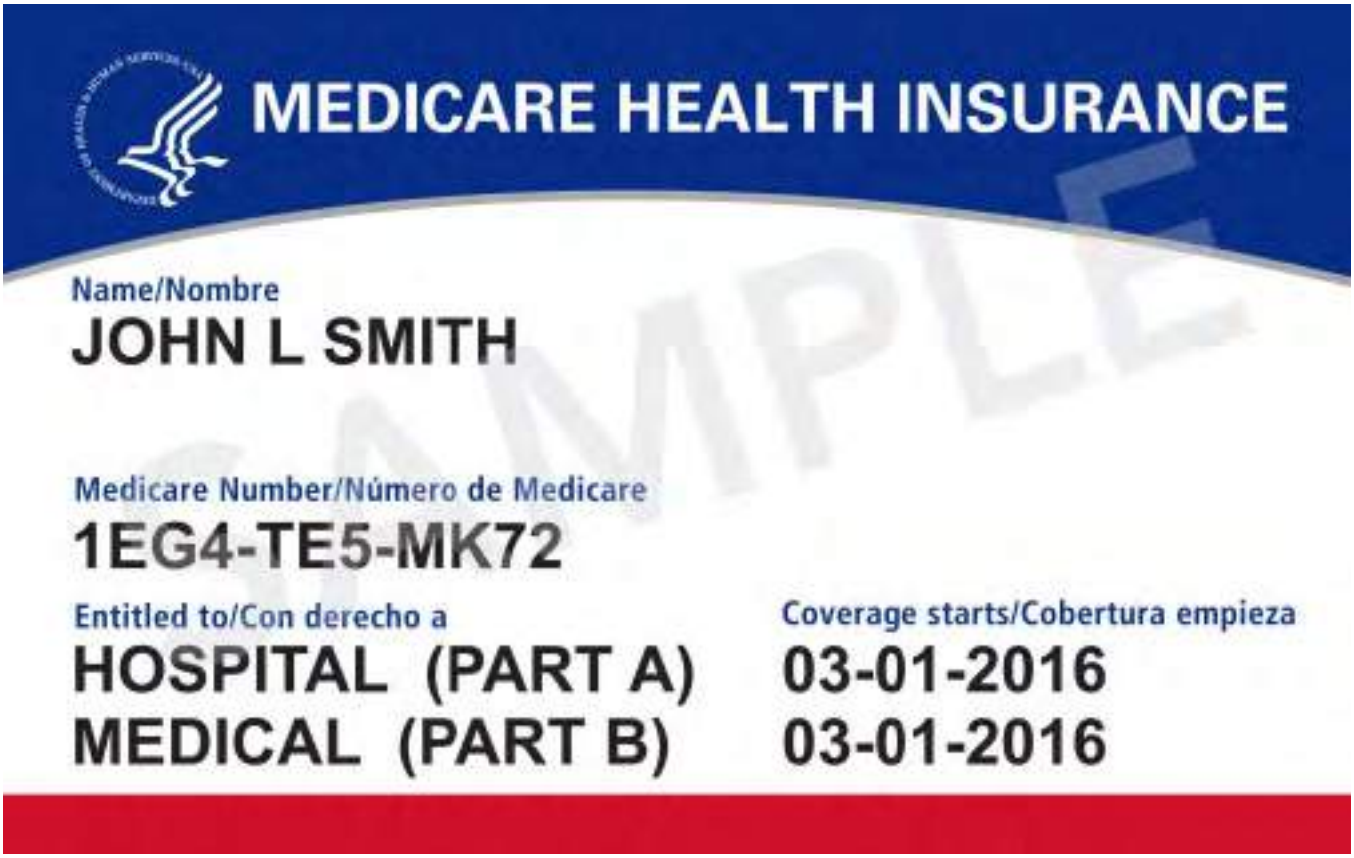
- Grains – toast, Cream of Wheat® or cereal
- Fruits – banana, orange juice, grapefruit or berries
- Vegetables – spinach, onions, green or red peppers
- Dairy – cheese, yogurt or milk
- Proteins – eggs, turkey sausage or peanut butter

Some general breakfast tips:

- Plan your breakfast schedule ahead of time to ensure that you eat breakfast regularly.
- Keep it simple and prepare the night before (get out bowls, utensils, etc.).
- Choose whole-grains and cereals that are low in sugar.
- If possible, prepare and eat breakfast at home rather than picking up a convenient and quick breakfast.
- Get up 15 minutes earlier.
- Stock your kitchen with quick to fix yet wholesome breakfast foods.

If you have any questions regarding your nutritional needs or would like further information on your specific needs, please call 402-441-7159 to speak with an Aging Partners Registered Dietitian Nutritionist today!

7/25/2019



5 things to know about your Medicare card

1. Your card has a Medicare Number that's unique to you, instead of your Social Security Number. This helps to protect your identity.
2. Your card is paper, which is easier for many providers to use and copy.
3. If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare—you should still keep and use it whenever you need care. And, if you have a Medicare drug plan, be sure to keep that card as well. Even if you use one of these other cards, you also may be asked to show your Medicare card, so keep it with you.
4. Only give your Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
5. If you forget your card, you, your doctor or other health care provider may be able to look up your Medicare Number online.

WATCH OUT FOR SCAMS

Scam artists may try to get personal information, like your Medicare Number. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227)

Medicare.gov

Are you in need of pretty fingernails?

Where: Saline County Aging Services
When: October 29th, 2019
Time: 10:00am-12:00 pm

Please call to RSVP! 402.821.3330

WILBER

Date: October 25th, 2019

Time: 2:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Coffee & Pumpkin Dessert

Please RSVP by October 23rd!
402.821.3330

CRETE

Date: October 25th, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: BBQ Beef Bowl; Shredded Roast Beef, Potatoes, Corn & BBQ sauce over the top or on the side, Cookie or Fruit & Drink

Please RSVP to receive the special of the day by October 18th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

WESTERN

Date: October 18th, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Sloppy Joes, Potato Chips, Baked Beans, & Pumpkin Dessert

Please RSVP by October 11th!
402.821.3330

$5 fee for anyone attending the meal.

FRIEND

Date: October 17th, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Hot Roast Beef, Mashed Potatoes, Gravy, Green Beans & Dessert

Please RSVP to receive the special of the day by October 9th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

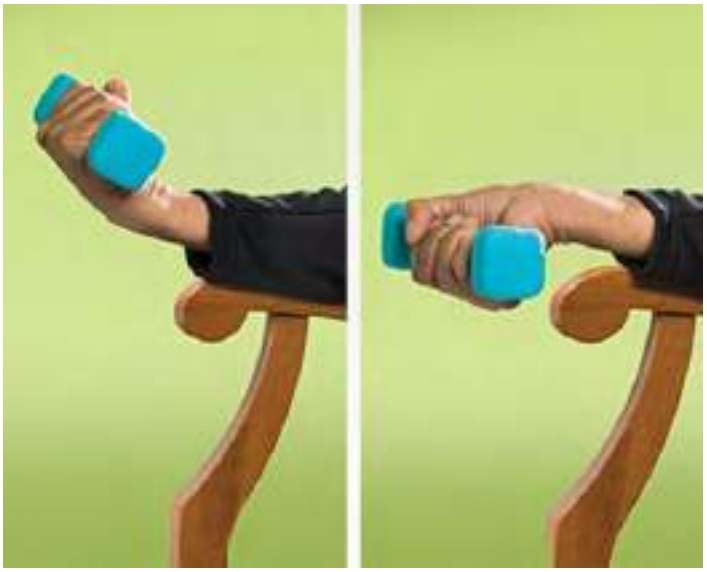
For ALL Full Circles — Join us for some Halloween BINGO with prizes!

Exercise of the Month — Wrist Curl

TARGETED MUSCLES: Wrist
WHAT YOU NEED: Hand-held weight

This exercise will strengthen your wrists. It also will help ensure good form and prevent injury when you do upper body strength exercises.

1. Rest your forearm on the arm of a sturdy chair with your hand over the edge.
2. Hold weight with palm facing upward.
3. Slowly bend your wrist up and down.
4. Repeat 10-15 times.
5. Repeat with other hand 10-15 times.
6. Repeat 10-15 more times with each hand.



go4life.nia.nih.gov

Recipe of the Month

BUSY DAY SOUP

Ingredients:

- 1 lb Ground Beef
- 1 28oz can Tomatoes
- 2 packages onion soup mix
- 1 cup macaroni
- 1 3/4 cup mixed frozen vegetables
- 5 cups water

Directions:

1. In a large soup pot, brown ground beef. Drain fat.
2. Pour in water, onion soup mix and tomatoes with juice. Simmer for 1 hour on medium low.
3. Add macaroni and frozen vegetables. Cook 15 minutes longer on medium heat. Serve hot.

Pinterest.com

Halloween Sudoku

Fill in the grids so that each column, row, and box contains one and an only one of the letters from the given word.

	D				
S					H
W			O		S
O		S			D
D					W
				H	

SHADOW

	P		I		
S		E			
D		P			
			P		R
			D		E
		R		I	

SPIDER

	I				M
	Z	O			I
E				Z	
	B				Z
I			Z	M	
Z				I	

ZOMBIE

			N	E	
R		O			
					O
N					
			R		G
	G	A			

ORANGE

Riddle of the Month

Why did the golfer wear two pairs of pants?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your name & phone number with your answer!

Happy Halloween

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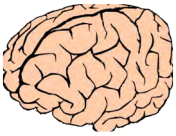
J	G	V	E	J	S	U	O	I	R	E	T	S	Y	M	F	O

AMULET
APPARITION
BATS
BLACK CAT
BOO
BRIMSTONE
CACKLE
CAULDRON
COBWEB
CONJURE
EERIE
FRIGHTFUL
GHOST
GOOSE BUMPS
JACK-O-LANTERN
MOON
MYSTERIOUS
PHANTOM
POTION
PUMPKIN
SKELETON
SPELL
SPOOKY
TRICK OR TREAT
TWILIGHT
WITCH

October Activities

Key: Crete Dorchester Wilber Friend DeWitt		1 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 National Home-made Cookie Day	2 Foot Clinic Lunch 12:00 p.m.	3 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	4 Taco Day 	5 Rhode Island Day 
6 Noodle Day 	7 Frappe Day 	8 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	9 Foot Clinic Lunch 12:00 p.m. Foot Clinic	10 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 National Angel Food Day	11 Sausage Pizza Day 	12 Farmers Day 
13 Train Your Brain Day 	14 Dessert Day 	15 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	16 Lunch 12:00 p.m.	17 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	18 National Chocolate Cupcake Day 	19 Kentucky Day 
20	21 Pumpkin Cheesecake Day 	22 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	23 Lunch 12:00 p.m. Flu Shot Clinic	24 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	25 National Pumpkin Day 	26
27 Black Cat Day 	28 Chocolate Day 	29 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	30 Lunch 12:00 p.m.	31 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 		
			All foot clinics are by appointment only.	Interested in a foot clinic appointment. Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	**Visit us at SCAS on our National Holidays in red.

DeWitt Senior Center Meal Schedule
For meal reservations,
call Bev at 683-6475 or 520-0873

WEDNESDAY, October 2nd

Program— Malco DVD by DeWitt Village
Menu— Grilled Chicken Thigh, Stuffing, Green Bean Casserole, Bread, Fruit & Milk

WEDNESDAY, October 9th

Program— Are You a Good Listener? by June
Menu— Tuna Salad Sandwich, Macaroni Salad, Marinated Tomatoes, Fruit & Milk
FOOT CLINIC with Ruth Majors by Appointment

MONDAY, October 14th

Work Day 1:30-3:30 Making floral bricks & wreaths

WEDNESDAY, October 16th

Program— Wood Carving by Erna Beach
Menu— Pork Cutlet, Sweet Potatoes, Cream Corn, Bread, Fruit & Milk

WEDNESDAY, October 23rd

Program— Hear from Senator Tom Brandt
Menu— Turkey Melt Sliders, Tomato Soup, Tater Tots, Fruit & Milk
FLU SHOT CLINIC

WEDNESDAY, October 30th

Program— A Spooky Halloween (Wear Black!)
Menu— Foot Loaf, Scream Beans, Monster Mashed Potatoes, Freaky Fruit, Mushy Milk, & Bashed Bread

Lois Dittbrenner
of
Western

received a $5 gift card to Subway! Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to September's riddle "What is the proper length for a lady's skirt?" — Above 2 feet

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

A special wish to all of the October birthdays out there from Saline County Aging Services!

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

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, October 24th, 2019, in the Wilber Care Center's Activity Room. Please RSVP by September 19th, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

What's Happening Near You?

It's that time of year again…

MEDICARE D

Crete:	October 22, 2019	10:00am-3:00pm
Friend:	October 30, 2019	10:00am-3:00pm
Western:	November 6, 2019	10:00am-3:00pm
Wilber:	November 8, 2019	10:00am-3:00pm
DeWitt:	November 13, 2019	10:00am-3:00pm

If you are interested in seeing a comparison, please fill out the Medicare D enrollment sheet on pages 17-18.
You can either mail it into us at 109 W. 3rd St, Wilber, NE 68465, or drop it off at our office. First come, first served!
If none of these times work for you, you can always call to make an appointment. 402.821.3330

Answers to this months puzzles

H	D	W	S	O	A
S	O	A	D	W	H
W	A	H	O	D	S
O	W	S	H	A	D
D	H	O	A	S	W
A	S	D	W	H	O

R	P	D	I	E	S
S	I	E	R	D	P
D	E	P	S	R	I
E	D	I	P	S	R
I	R	S	D	P	E
P	S	R	E	I	D

O	I	Z	E	B	M
B	Z	O	M	E	I
E	M	I	B	Z	O
M	B	E	I	O	Z
I	O	B	Z	M	E
Z	E	M	O	I	B

G	O	R	N	E	A
R	E	O	A	G	N
A	N	E	G	R	O
N	R	G	O	A	E
E	A	N	R	O	G
O	G	A	E	N	R

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

Want the Saline County Aging Services Newsletter Sent To Your Door?

Cut this slip out, fill the information in below, and mail it to

Saline County Aging Services– PO Box 812– Wilber, NE 68465

or bring it into our office at 109 W. 3rd Street in Wilber

or call us at 402-821-3330.

Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

What's going on at SCAS?

AUGUST

Shown in the photos above, Chantel Collier taught attendee's about hospice & palliative care, and the Friend EMT's presented their Lucas Machine and showed us how it worked. In the top right photo, Mary Wilson presented legal issues, we had a wonderful turnout! In the bottom right photo, some of our afternoon Tai Chi ladies modeled "Clatonia Cardinal" t-shirts, that were donated from the Wilber Trading Post.

What's going on in DeWitt?

Cowboy decorations, Roy Rogers drinks, guitar music, and quilts galore make for fun times at DeWitt Senior Center!

Medicare Part D Personal Information Worksheet

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

Complete the following personal information

Currently I have a: ☐ Medicare Part D Drug Plan ☐ Medicare Advantage Health Plan ☐ Neither

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

Address: _____ County: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: (_____) _____-_____

Medicare Claim Number: _____

Part A Effective Date: _____-_____-_____

Part B Effective Date: _____-_____-_____

☐ My income and assets are below the following guidelines:

Individual: Monthly Gross Income: $1,581
Assets: $14,390

Married Couple: Monthly Gross Income: $2,134
Assets: $28,720

Please list the prescriptions you are taking and your pharmacy the back of this sheet

If you have a current list of your prescriptions, you **DO NOT** need to recopy them; simply include your list with this sheet.

Read and sign below

By signing below, I acknowledge that I am making my enrollment decision freely and voluntarily. While I may receive information from a counselor with the Nebraska Senior Health Insurance Information Program (SHIIP), the final decision will be made of my own free will and choice. I understand that the counselor who assists me may be a volunteer and will only provide me with information to assist me in my decision. **I further understand that drug prices available on the www.medicare.gov are only an estimate and subject to change.** I hereby release any and all liability that may possibly be attributable to the volunteer counselor and agree not to pursue any legal action against the counselor and/or SHIIP for actions taken in their capacity as a counselor.

I HEREBY GIVE SHIIP, SHIIP'S COUNSELOR(S) AND VOLUNTEER COUNSELOR(S) THE ABILITY TO ASSIST IN THE CREATION OF OR CREATE ON MY BEHALF A MYMEDICARE.GOV ACCOUNT. I FURTHER UNDERSTAND THAT THIS ACCOUNT CONTAINS PERSONAL, IDENTIFIABLE HEALTH INFORMATION THAT I AM ALLOWING, FOR THE PURPOSE STATED ABOVE, SHIIP TO ACCESS IN ORDER TO CREATE AND ACCESS THE MYMEDICARE.GOV ACCOUNT.

Signature: _____ Date: _____

Medicare Part D Sheet

List the pharmacy you prefer to use

Pharmacy Name: _____ Location: _____

Pharmacy Name: _____ Location: _____

List the prescription drugs you are currently taking below

If you have a current list of your prescriptions, you **DO NOT** need to recopy them; simply include your list with this sheet.

Drug Name	Dosage	Taken how often

For SHIIP Use:

Volunteer Name: _____ **Date:** _____

Did You Enroll in Part D Plan? Yes No **Enrollment Confirmation Number:** _____

Old Plan Yearly Cost: $_____ - **New Plan Yearly Cost:** $_____ = **Savings** $_____

Client Contact Completed: ☐ Online ☐ Paper **Follow Up Required:** ☐ Yes ☐ No

OUT05142 Revised 9/19

ARE YOU INTERESTED IN TAI CHI?

SCAS Staff would like to start up a Tai Chi class in January.
If you, or somebody you know, would be interested in participating in a class, let us know!

Stepping On

Stepping On is class that is proven to help reduce the risk of fall injuries. This 7 week class can make you stronger and steadier to keep you doing the things you love to do!

Lori is now trained for this course, and she would like to start a class in January.

If you are interested in Tai Chi or Stepping On,
please call SCAS at 402.821.3330 to put your name on the list.

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

Have you moved? Do you have a new phone number? How about a new Emergency Contact?
If any of this information changes please let us know so we can still get ahold of you!

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

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Volume 4, Issue 11 November 2019

Inside This Issue . . .

November: Beaver Moon

The Full Moon in November is named after beavers who build their winter dams at this time of year. It is also called Frost Moon and Mourning Moon, depending on the winter solstice.

In ancient times, it was common to track the changing seasons by following the lunar month rather than the solar year, which the 12 months in our modern calendar are based on.

For millennia, people across Europe, as well as Native American tribes, named the months after features they associated with the Northern Hemisphere seasons, and many of these names are very similar or identical.

Full Moon Names

Today, we use many of these ancient month names as Full Moon names. A common explanation is that Colonial Americans adopted many of the Native American names and incorporated them into the modern calendar.

However, it seems that it is a combination of Native American, Anglo-Saxon, and Germanic month names which gave birth to the names commonly used for the Full Moon today.

Some years have 13 Full Moons, which makes one of them a Blue Moon, as it doesn't quite fit in with the traditional Full Moon naming system. However, this is not the only definition of a Blue Moon.

Busy Beavers in the Moonlight

According to some sources, the Full Moon for November is named after beavers because this is the time they become particularly active building their winter dams in preparation for the cold season. The beaver is mainly nocturnal, so they keep working under the light of the Full Moon.

Beavers make dams of wood and mud. In the middle, they build dome-shaped homes called lodges with underwater entrances. Beavers continue to grow throughout their lives, and so do their teeth. They constantly gnaw on wood, but because the enamel in a beaver's incisors contains iron, their front teeth never wear down.

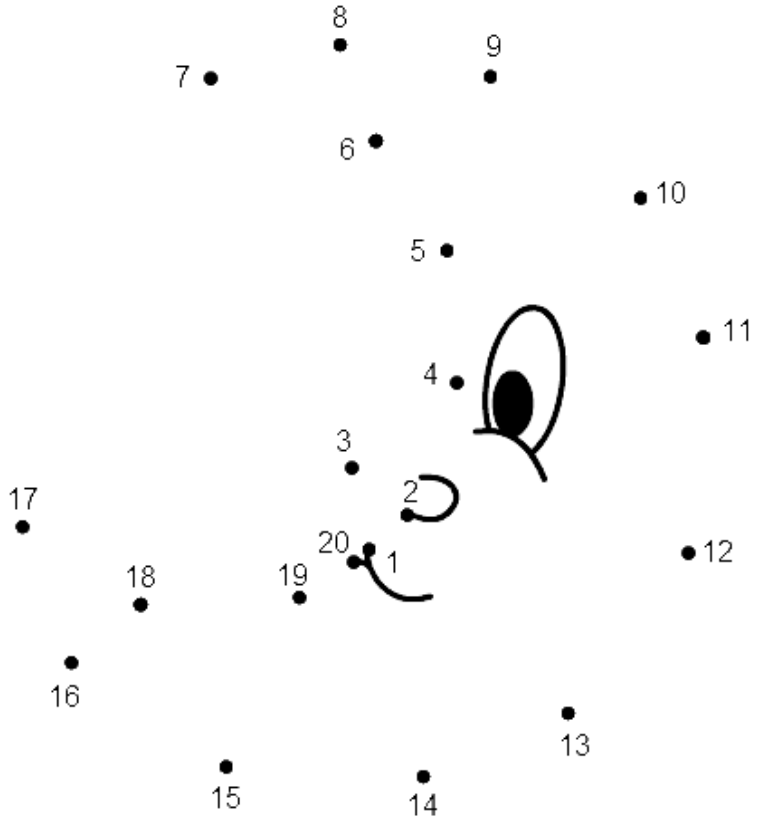
There used to be more than 60 million North American beavers. However, because people have hunted them for fur and their glands for medicine, among other reasons, the beaver population has declined to around 12 million.

Frost or Mourning Moon

Other names for the November Full Moon are Frost Moon, Trading Moon, and Snow Moon, although the latter is more common for the February Full Moon, while Oak Moon can be either the Full Moon in November or December, depending on which source you use.

Traditionally, the last Full Moon before the winter solstice has also been named Mourning Moon.
The astronomical seasons do not match up with the lunar months. Therefore, the month of the Mourning Moon varies. Some years, the Mourning Moon is in November, while other years, it is in December.

www.timeanddate.com



www.belmikri.com

THANKSGIVING FUN FACTS

- The first Thanksgiving was actually a three-day celebration.
- Its unclear if colonists and Native Americans ate turkey at their feast.
- The woman behind "Mary Had a Little Lamb" is also responsible for Thanksgiving's recognition as a national holiday.
- President, Thomas Jefferson refused to declare Thanksgiving as a holiday.
- The first Macy's Thanksgiving Day Parade didn't feature any balloons.
- In 1939, Thanksgiving was celebrated on the third Thursday in November — not the fourth.
- A Thanksgiving mix-up inspired the first TV dinners.
- About 46 million turkeys are cooked for Thanksgiving each year.

goodhousekeeping.com

Martial Harmony

As the young married couple were driving across the state to a family get together, there was some discussion about the importance of making the trip.

Mike: "Tell me why we're spending all this time to see your parents when we just saw them last month over the holidays?"

Janice: "We've been through all of this before. We want to keep the extended family connected, even if we live 245 miles apart."

Mike: "I understand that part, but again, we just saw them for crying out loud!"

Janice: "Don't take that tone of voice with me Michael Raymond!"

Mike: "Oh, so it's Michael Raymond now! Whew!!"

Janice: "That's it, you're impossible!!!"

Silence.

More Silence.

As they continued to drive, it was necessary to move off the Interstate on to County Highway D. A few miles farther down the two lane road, they approached a farm. The aroma. Okay. The ODOR, was powerful. The smell of pigs, goats, and donkeys met them before the farm came into sight around a curve in the road. As they drove past the farm looking at the animals, the silence was broken:

Mike: "Relatives of yours Janice?"

Janice: "Why yes Mike, thanks for asking. They're my In-Laws!"

atimetolaugh.org

AGING PARTNERS
A Pioneering Area Agency on Aging

How do I avoid oversized portions?

Portion sizes have dramatically increased over the past 40 years. Researchers have suggested that this may be directly related to an increase in calories consumed, which may impact weight management. Being overweight is a risk factor for several chronic conditions, such as diabetes and heart disease. Paying attention to how much food is being consumed can help control portion sizes and may have a positive effect on overall health.

Follow MyPlate

Following MyPlate recommendations is important for portion control. Making half of your plate fruits and vegetables will contribute a variety of nutrients to your body as well as keeping you fuller for longer. Using a smaller dinner plate will help to maintain portion sizes. Incorporate a variety of fruits and vegetables, whole grains, lean protein and low-fat dairy into your diet.

Read the Nutrition Facts Label

Reading the Nutrition Facts Label to determine the serving size will help to know how much food is recommended at one time. It is important to take note of the serving size so that the calories, fat and sodium, can be adjusted accordingly.

Eat Only Until You Are Satisfied

Eating until you are satisfied and no longer hungry is a good rule of thumb. Many of us come from the "clean your plate" generation, which may lead us to continue eating even when we are no longer hungry. Another good rule is to eat half of your plate and then stop to determine if you are still truly hungry. Slowing down during meals will help our body recognize when it is full. Eating food too quickly can lead to eating more than is needed or desired.

Estimating Portion Sizes

Estimating appropriate serving sizes is also important when managing portion control. Physically measuring out the foods for a week or so will help obtain a better understanding of appropriate serving sizes. Common household items can also be useful as visual cues to estimate approximate portion sizes. Here are some samples of portion sizes:

- 1 cup cooked vegetables = baseball size
- 1 cup fruit = baseball size
- 3 oz meat or poultry = deck of cards
- 3 oz fish = checkbook
- 1 cup cereal = baseball
- ½ cup ice cream = light bulb
- 1 tsp margarine = poker chip

To learn more about dairy and what to look for in yogurt, call an Aging Partners registered dietitian at 402-441-7159.

Sundowners and Sleep: Tips for Finding Balance

At least 40 million Americans each year suffer from chronic, long-term sleep disorders, and an additional 20 million experience occasional sleeping problems. Sleeping problems occur in almost all people with mental disorders, including those with depression and Alzheimer's. Sleep affects our daily functioning and our physical and mental health in many ways that we are just beginning to understand. Many people who care for those with Sundowner Syndrome believe that difficulty sleeping is central to the problem.

The term sundowners describes a pattern of increased behavior problems with onset usually in the late afternoon and early evening. It can be most frequent in those people that have Alzheimer's or perhaps dementia. This syndrome is also sometimes seen in older people who are in recovery from surgery in a hospital setting. Persons may exhibit increased confusion, agitation, wandering, hallucinations and general disorientation. For those living with or caring for someone exhibiting "sundowning" symptoms it can be quite startling and often intensely frustrating.

Although the following care tips may sound extreme, it has been shared that once a routine is set, life becomes a lot easier when caring for someone with sundowners. Not all of these ideas will work for everyone; through experimentation you may find the right formula for your situation.

CARE TIPS FOR SUNDOWNER SYNDROME

1. Allow for light exposure in the early morning to help set an internal clock.
2. Daytime napping should be discouraged to help regulate the sleep cycle.
3. Encourage exercise throughout the day to expend excess energy.
4. Limit caffeine intake, particularly in the afternoon.
5. Plan activities during the day so there is sufficient time to transition into the evening.
6. Create a private space for relaxing.
7. When you sense agitation coming on, try a five-minute hand massage or just hand holding for a few minutes. It is good to get in front of this and not wait until it progresses.
8. Music or other sounds like ocean waves or singing birds can be calming.
9. Interaction with a pet has also been known to calm agitation.
10. Consider purchasing a bedside commode. Leaving his or her bed to use the restroom can start the cycle all over again, making it hard to get back to sleep.
11. Take precautions to provide a safe space for him or her at night so that you can get a solid night's rest, even if your loved one needs to stay awake and wander.
12. Maintain a comfortable temperature in the bedroom; extreme temperatures may disrupt sleep or prevent one from falling asleep.
13. Talk to your doctor about the many medications on the market that support those with Sundowners.

Intense and visceral frustration for family members and caregivers is not uncommon when dealing with loved ones experiencing episodes of sundowners. Outbursts and strange demands are not unusual and not always under their control, requiring extreme patience on the part of family members and caregivers in order to make it through these episodes. Like pets and kids, you will need to experiment in order to discern the right pattern and methods for your family. Following these tips above may make your life easier by bringing rhythm to your loved one's life, thus positively impacting your life.

aplaceformom.com

The following article is information that will be presented at Full Circles in November.

"Alzheimer's Disease – What we knew then & What we know now."

Alzheimer's, a type of Dementia, is a degenerative neurological disease and has become the 6th leading cause of death in the United States. The disease can effect persons from as young as 30 to as old as late 80's. To date, there is no cure for the disease; there are drugs that slow down the disease process; and there are 5.8 million Americans with the disease and that number continues to grow.

The presentation: "Alzheimer's Disease – What we knew then & What we know now" is meant to help people understand the disease process, how to recognize the signs and symptoms of the disease, provide assistance to Care Givers, understand the Care Options available, and to gain an understanding of the other types of Dementia (Dementia with Lewy Bodies, Vascular Dementia, Frontal Temporal Dementia, and so forth).

Randy and Pam Kozeal, both Certified Dementia Practitioners, are the presenters and have been involved in the field of caring for persons with Alzheimer's for over 25 years. They are presenters on a national, regional and local scale and have published articles in various medical periodicals. The presentation is "down to earth" – presented in layman's terms and relevant to the issues being faced today.

WILBER

Date: November 14th, 2019

Time: 9:30 p.m.

Location: 'The Back Room' -SCAS

Meal: Breakfast & Coffee

Please RSVP by November 13th!
402.821.3330

$3.00 fee for anyone attending the breakfast.

CRETE

Date: November 15th, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: Cod, Wild Rice, Baby Corn, Fruit or Cookie, & Drink

Please RSVP to receive the special of the day
by November 8th!
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

WESTERN

Date: November 22nd, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Thanksgiving Dinner!

Please RSVP by November 15th!
402.821.3330

$5 fee for anyone attending the meal.

FRIEND

Date: November 14th, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Baked Potato Bar, with onion, bacon, butter, sour cream, and broccoli , Dinner Roll, & Dessert.

Please RSVP to receive the special of the day
by November 6th
402.821.3330

For those over age 60: $4.50 suggested contribution for the meal.
For those under age 60: $5.00 fee

For ALL Full Circles —
Randy & Pam Kozeal will be presenting Alzheimer's Disease information.
See page 7 for details!

Exercise of the Month — Stand on One Foot

WHAT YOU NEED: Sturdy chair

You can do this exercise while waiting for the bus or standing in line at the grocery. For an added challenge, you can modify the exercise to improve your balance.

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10-15 times.
4. Repeat 10-15 times with other leg.
5. Repeat 10-15 more times with each leg.

As you progress in your exercise routine, try adding the following challenges to help your balance even more:

- Start by holding on to a sturdy chair with both hands for support.
- When you are able, try holding on to the chair with only one hand.
- With time, hold on with only one finger, then with no hands at all.
- If you are really steady on your feet, try doing the balance exercises with your eyes closed

go4life.nia.nih.gov

Recipe of the Month

Low-Carb Twice Baked Cauliflower

Ingredients:

- 1 large head cauliflower
- 4 oz. cream cheese, cut into cubes
- 1/2 cup sour cream
- 1/4 cup minced green onions
- 1/4 cup freshly grated Parmesan cheese (or more)
- 6 slices bacon (or more), cooked until very crisp, fat blotted with paper towel and then crumbled
- 1 cup grated sharp cheddar cheese

Directions:

1. Preheat oven to 350F/180C. Spray a glass casserole dish with olive oil or non-stick spray. Cut out stem and core from cauliflower, and cut into small pieces. Cook in large pot of boiling salted water until cauliflower is tender, but not overly soft. Drain well and mash with potato masher, leaving some chunks.
2. While cauliflower is cooking, cook the bacon and crumble, slice green onions, cube the cream cheese, measure sour cream, and measure Parmesan. Mix cream cheese, sour cream, green onion, Parmesan, and 3/4 of the crumbled bacon into the drained cauliflower.
3. Spread evenly in a 1.5 Quart Glass Casserole Dish.

Sprinkle with cheddar cheese and reserved bacon. Bake 20-25 minutes covered, or until hot and bubbly. more, or until the cheese is slightly browned. Serve hot.

Pinterest.com

Mayflower Sudoku

© puzzles-to-print.com

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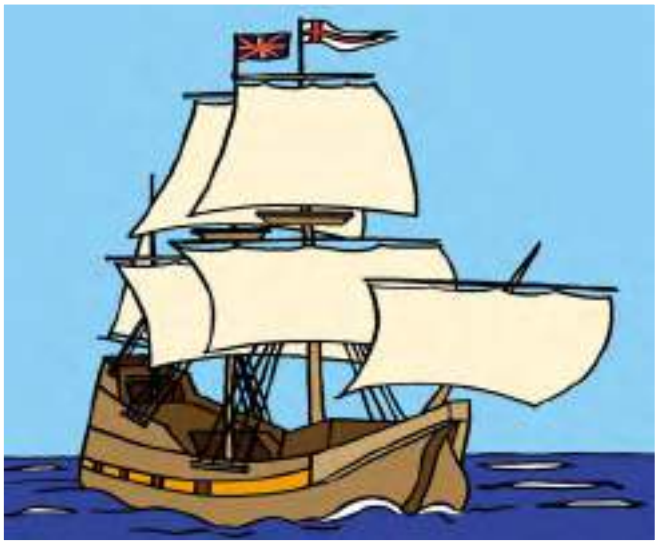
	O	R				F		
	E							
			L	O		R	W	
								A
	M			R	Y			
A			E				O	W
	L				O			R
	R	M	W				E	L

Riddle of the Month

What did one plate say to the other?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your name & phone number with your answer!



Happy Thanksgiving!

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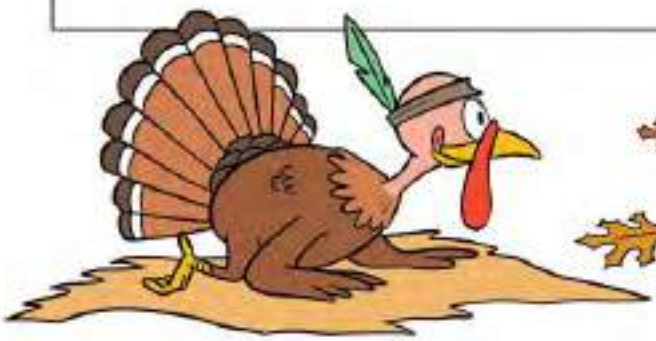
Y	B	Y	L	I	T	A	R	I	E	S	Y	E	N	M	V	X
A	Z	H	I	O	B	Y	S	R	T	J	A	E	M	I	A	J
M	O	F	P	N	C	O	R	N	U	C	O	P	I	A	C	F

NOVEMBER
PLYMOUTH
THANKSGIVING
NATIVES
AUTUMN
CORNUCOPIA
CRANBERRIES
FAMILY
FEAST
COLONY
SETTLERS
POTATOES
BREAD
PILGRIM
HARVEST
AMERICA
PUMPKIN
MAYFLOWER
CORN
TURKEY



www.timvandevall.com

November Activities

Key: Crete Dorchester Wilber Friend DeWitt					1 Calzone Day 	2 Deviled Eggs Day 
3 Daylight Savings Time Ends 	4 National Candy Day 	5 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	6 Foot Clinic Lunch 12:00 p.m. Foot Clinic	7 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	8 Cappuccino Day 	9 Louisiana Day 
10 Sundae Day 	11 National Vanilla Cupcake Day 	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	13 Foot Clinic Lunch 12:00 p.m.	14 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	15 Raisin Bran Cereal Day 	16 Button Day 
17 Take A Hike Day 	18 Princess Day 	19 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	20 Lunch 12:00 p.m.	21 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	22 Cranberry Relish Day 	23 Espresso Day 
24 Sardines Day 	25 Parfait Day 	26 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	27 Lunch 12:00 p.m.	28 SCAS Closed 	29 SCAS Closed 	30 Mason Jar Day 
			All foot clinics are by appointment only.	Interested in a foot clinic appointment. Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	**Visit us at SCAS on our National Holidays in red.

DeWitt Senior Center Meal Schedule
For meal reservations,
call Bev at 683-6475 or 520-0873

WEDNESDAY, November 6th

Program— Pastor Ed's Artwork rescheduled
Menu— Cabbage Rolls, Mashed Potatoes, Carrots, Fruit, Bread & Milk

WEDNESDAY, November 13th

Program— Fencing for Seniors
Menu— Haddock, Fried Potato Wedges, Mixed Vegetables, Fruit, Bread & Milk

THURSDAY, November 14th

BOARD MEETING @ 5:30

FRIDAY, November 15th

LUNCH @ Sheila's Bar & Grill in Clatonia

WEDNESDAY, November 20th

Program— Tri County FFA Students/ 50th Anniversary
Menu— Mexi Chicken Bake, Refried Beans, Homemade Chips & Salsa, Fruit & Milk

WEDNESDAY, November 27th

Program— Members in Pictures/Can You Guess Who?
Menu— Turkey, Stuffing with Gravy, Green Bean Casserole, Bread, Fruit & Milk
Medicare D Reviews by Saline Aging Services 1-3pm by appointment

SCAS will be closed on November 28th & 29th in observance of Thanksgiving. We wish everyone a safe holiday!

Jean Skala
of
Crete

received a $5 gift card to Subway! Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to October riddle "Why did the golfer wear 2 pairs of pants? "— Incase he got a hole in one

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

A special wish to all of the November birthdays out there from Saline County Aging Services!

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

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, November 21st, 2019, in the Wilber Care Center's Activity Room. Please RSVP by September 19th, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

It's that time of year again…

MEDICARE D

Western: November 6, 2019 10:00am-3:00pm

Wilber: November 8, 2019 10:00am-3:00pm

DeWitt: November 13, 2019 10:00am-3:00pm

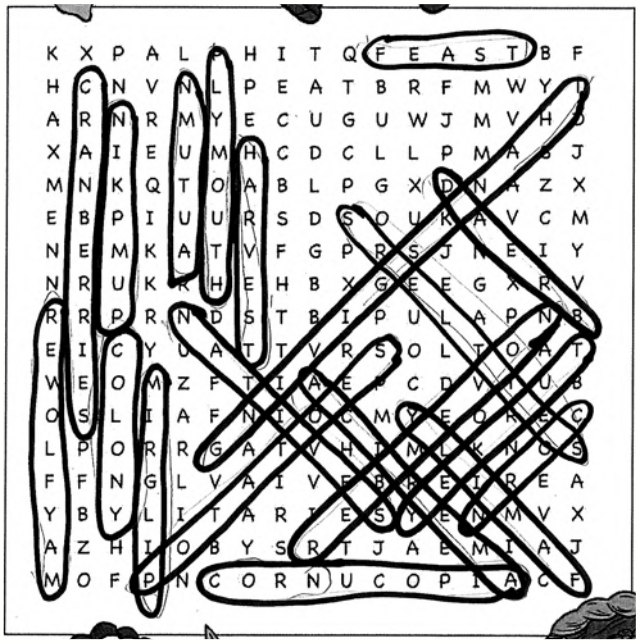
Dorchester: November 19, 2019 10:00am –3:00pm

If you are interested in seeing a comparison, please fill out the Medicare D enrollment sheet on pages 17-18.
You can either mail it into us at 109 W. 3rd St, Wilber, NE 68465, or drop it off at our office. First come, first served!
If none of these times work for you, you can always call to make an appointment. 402.821.3330

SUGGESTED CONTRIBUTION: $5-$10

Answers to this months puzzles

M	W	F	R	Y	E	L	A	O
L	O	R	M	W	A	F	Y	E
Y	E	A	O	F	L	W	R	M
F	A	E	L	O	M	R	W	Y
R	Y	L	F	E	W	O	M	A
W	M	O	A	R	Y	E	L	F
A	F	Y	E	L	R	M	O	W
E	L	W	Y	M	O	A	F	R
O	R	M	W	A	F	Y	E	L



Want the Saline County Aging Services Newsletter Sent To Your Door?

Cut this slip out, fill the information in below, and mail it to

Saline County Aging Services– PO Box 812– Wilber, NE 68465

or bring it into our office at 109 W. 3rd Street in Wilber

or call us at 402-821-3330.

Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

What's going on at SCAS?

In the photo below, is the Friday Pitch Crew. They always have an enjoyable time playing cards from 11:00am-2:00pm. We usually order lunch from Fox Hole or Wilber Meat Market.

In October, we had our Health Clinic. Provided was flu shots, blood pressure checks, eyeglass adjustments, and the Food Bank. Thank you to everyone who volunteered their time to make our Health Clinic so successful.

What's going on in DeWitt?

DeWitt Senior Center has been busy, busy! They had a one day trip to Marble Museum, Cross Makers, Milford Market & Chances R Restaurant. Ryan Sothan came and spoke on senior scams. On work day, many people were great helpers in making the program.

Medicare Part D Personal Information Worksheet

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

Complete the following personal information

Currently I have a: ☐ Medicare Part D Drug Plan ☐ Medicare Advantage Health Plan ☐ Neither

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

Address: _____ County: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: (_____) _____-_____

Medicare Claim Number: _____

Part A Effective Date: _____-_____-_____

Part B Effective Date: _____-_____-_____

☐ My income and assets are below the following guidelines:

Individual: Monthly Gross Income: $1,581
Assets: $14,390

Married Couple: Monthly Gross Income: $2,134
Assets: $28,720

Please list the prescriptions you are taking and your pharmacy the back of this sheet

If you have a current list of your prescriptions, you **DO NOT** need to recopy them; simply include your list with this sheet.

Read and sign below

By signing below, I acknowledge that I am making my enrollment decision freely and voluntarily. While I may receive information from a counselor with the Nebraska Senior Health Insurance Information Program (SHIIP), the final decision will be made of my own free will and choice. I understand that the counselor who assists me may be a volunteer and will only provide me with information to assist me in my decision. **I further understand that drug prices available on the www.medicare.gov are only an estimate and subject to change.** I hereby release any and all liability that may possibly be attributable to the volunteer counselor and agree not to pursue any legal action against the counselor and/or SHIIP for actions taken in their capacity as a counselor.

I HEREBY GIVE SHIIP, SHIIP'S COUNSELOR(S) AND VOLUNTEER COUNSELOR(S) THE ABILITY TO ASSIST IN THE CREATION OF OR CREATE ON MY BEHALF A MYMEDICARE.GOV ACCOUNT. I FURTHER UNDERSTAND THAT THIS ACCOUNT CONTAINS PERSONAL, IDENTIFIABLE HEALTH INFORMATION THAT I AM ALLOWING, FOR THE PURPOSE STATED ABOVE, SHIIP TO ACCESS IN ORDER TO CREATE AND ACCESS THE MYMEDICARE.GOV ACCOUNT.

Signature: _____ Date: _____

Medicare Part D Sheet

List the pharmacy you prefer to use

Pharmacy Name: _____ Location: _____

Pharmacy Name: _____ Location: _____

List the prescription drugs you are currently taking below

If you have a current list of your prescriptions, you **DO NOT** need to recopy them; simply include your list with this sheet.

Drug Name	Dosage	Taken how often

For SHIIP Use:

Volunteer Name: _____ **Date:** _____

Did You Enroll in Part D Plan? Yes No **Enrollment Confirmation Number:** _____

Old Plan Yearly Cost: $_____ - **New Plan Yearly Cost:** $_____ = **Savings** $_____

Client Contact Completed: ☐ Online ☐ Paper **Follow Up Required:** ☐ Yes ☐ No

OUT05142 Revised 9/19

ARE YOU INTERESTED IN TAI CHI?

SCAS Staff would like to start up a Tai Chi class in January.
If you, or somebody you know, would be interested in participating in a class, let us know!

Stepping On

Stepping On is class that is proven to help reduce the risk of fall injuries. This 7 week class can make you stronger and steadier to keep you doing the things you love to do!

Lori is now trained for this course, and she would like to start a class in January.

If you are interested in Tai Chi or Stepping On,
please call SCAS at 402.821.3330 to put your name on the list.

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

Have you moved? Do you have a new phone number? How about a new Emergency Contact?
If any of this information changes please let us know so we can still get ahold of you!

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

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Volume 4, Issue 12 December 2019

Inside This Issue . . .

8 Holiday Health Tips for Seniors

The holiday season is kicking into full-swing, which means time spent with family and friends, giving back, and great food. It can also be a season of over-indulgence and busy travel schedules, which ultimately could leave your waistline and health at risk. Don't miss this essential list of holiday health tips for seniors:

Keep Moving

Whether you're crashing on the couch after Thanksgiving dinner to enjoy some football or watching your favorite Christmas movie with the grandkids, it's easy to find yourself frequently sitting down during the holiday season. You want to burn all the extra energy (calories) you are consuming, make sure to keep moving! That might mean taking a walk after a big dinner, taking stairs instead of elevators, and finding active things to do with family and friends, i.e. go to the local holiday parade and walk around instead of watching it on TV.

Prevent Infection

There are a handful of ways to fortify your immune system against infection during cold and flu season. These include getting appropriate vaccines in a timely manner (for influenza, pneumonia, etc.), as well as practicing above-and-beyond hygiene like washing hands frequently, disinfecting commonly-used surfaces like doorknobs, and taking hand sanitizer and tissues with you on the go.

Avoid Excess

It's not just rich food and countless sweets that can pack on the pounds this holiday season, alcohol can also be a major culprit. You can still enjoy your favorite beverages, just be mindful of how alcohol consumption affects your body - it can dehydrate you, it puts added strain on your liver and kidneys, and it adds hundreds of unnecessary calories to your diet. Practice moderation, keep up with water intake while imbibing, and avoid high-calorie beers and drinks mixed with sugar-laden additives.

Plan for Exercise

It's easy to let your workout routine get sidelined by holiday travel. Whether you're visiting one of your children at their home or staying in a hotel, plan ahead to keep up with some form of physical activity (at least 30 minutes a day for 5 days a week) by scheduling daily walks, packing resistance bands to use at your destination, or taking advantage of the indoor hotel pool. Don't forget to pack the aids which support healthy pain-free exercise too like a brace to manage knee swelling or compression stockings to promote good circulation.

Hydrate Often

Between alcohol consumption at holiday dinners and the cool, dry air outside pulling moisture out of your skin, this season can be a quick ticket to becoming dehydrated. Make sure you are drinking plenty of water throughout each day with smart tips like consuming a full glass of water each time you use the restroom, eating lots of water -rich foods like stews and soups, and carrying a reusable water bottle with you when you leave the house.

Prevent Falls

Getting out and about more during the holidays combined with inclement weather conditions like snow, ice, and sleet can spell disaster for seniors who are at a higher risk of falling. No matter where your holiday fun takes you, make sure you are guarding yourself against falls by utilizing mobility aids recommended by your doctor, asking for assistance when walking over ice or snow, and employing helpful transfer tools when getting in and out of the car (like swivel seats and car caddies).

Stick with Your Sleep Schedule

While it is fun to stay up late catching up with old friends or family, getting off of your regular sleep schedule can be dangerous. Not only has it been shown that even as little as a few nights of sleep deprivation can impair cognitive functioning, but lack of sleep has also been linked to dehydration, high blood pressure, and insulin resistance. As much as possible, stick with your routine bed and wake times and aim to get 7 to 9 hours of quality sleep a night.

Make Healthy Cooking Choices

Salty, sweet, buttery, crispy . . . the descriptions of holiday food, while enticing, also reveal some of the problems they can cause. Over-consumption of salty, sugary, fried, processed and fatty foods can exacerbate existing health conditions, amplify joint inflammation, and lead to unwanted weight gain. Make healthy cooking choices this holiday season by substituting saturated fats (like butter) for unsaturated fats (like olive oil), replacing salt with flavorful spices in savory dishes, and using sugar-free sweeteners like Stevia in your baked goods.

seniordirectory.com/

Christmas Fun Facts

- Rudolph's red nose is probably the result of a parasitic infection of his respiratory system.
- Two weeks before Christmas is the one of the two most popular times for couples to break up.
- Japanese people traditionally eat at KFC for Christmas dinner.
- The first artificial Christmas Tree wasn't a tree at all. It was created out of goose feathers that were dyed green.
- "Jingle Bells" was written for Thanksgiving, not Christmas
- In Armenia, the traditional Christmas Eve meal consists of fried fish, lettuce and spinach.
- The "X" in "Xmas" doesn't take "Christ" out of "Christmas.

www.pastbook.com

Doctor Check Up in December

Four year old Ruthie was visiting her pediatrician for a check-up. When Doctor Wilson looked into her ears with his otoscope, he said:

"Do you think I'll find an elf in here?"

Ruthie was silent.

So Doc Wilson reached for a tongue depressor and looked down her throat. He asked:

"Do you think I'll find Rudolph the Red Nosed Reindeer down there?

Again, Ruthie was silent.

Then Doctor Wilson put on his stethoscope and began listening to her heart beat. And he asked:

"Do you think I'll find Santa in there?"

This time Ruthie replied:

"Oh no."

"Jesus is in my heart."

"Santa is on my underpants."

atimetolaugh.org

AGING PARTNERS
A Planning Area Agency on Aging

Spice Up Your Kitchen

When focusing on your health and well being, eating healthy is not always appealing to each and every one of us. Some of us prefer items such as fish or turkey while others prefer a good steak or chicken. Everyone has his or her own personal preference. Some individuals may never be interested in trying other foods/having a wider variety, including spices can help to flavor up that old bland meal.

When expanding your diet with different foods, most of us are not willing or able to change their food selection overnight. It takes time, patience and most of all getting acquired to a new taste. Acquiring a new taste for certain foods is usually easier said than done; this is where seasonings come in handy and helpful!

Most of us like to use salt as a spice or additive to our food, some of us may even salt everything we eat without knowing exactly how much salt we use. According to the Food and Drug Administration (FDA), the Daily Value (DV) for sodium is less than 2,300mg per day. The American Heart Association (AHA) recommends limiting sodium intake to 1,500mg or less per day. This is beneficial to anyone who has or may have a future experience with high blood pressure, fluid retention (edema), and heart disease. According to the Centers for Disease Control and Prevention (CDC), the average daily consumption of salt by American adults averages about 3,400mg per day.

In today's world there is a variety of seasonings and recommendations from anyone and everyone that you ask. Most individuals look for the salt substitutes; however, these usually contain salt in some amount, just less than regular full salt seasonings. These salt substitutes are not recommended for everyone, especially those who are on a salt free diet or recommendation by their doctor. Salt free seasonings however, are a different type altogether; these swap out the salt component and include a variety of seasonings. The most widely known brand for salt free seasonings is called Mrs. Dash.

When looking to introduce various foods into your diet, look into lean protein such as turkey, chicken, lean beef (90/10 or leaner), fish such as salmon, tilapia and tuna. When seasoning chicken, look for dry rubs that have low sodium, a good one that is enjoyable is bourbon chicken seasoning. It has a little spice to it, while really making the chicken nice and juicy with lots of flavor. For beef or ground turkey, a simple "all seasoning" that is low sodium or salt free is always a good choice. When selecting a flavor for your fish look into ginger seasoning for the salmon, lemon pepper for the tilapia and black ground pepper for the tuna.

If you have any questions regarding your nutritional needs or would like further information on your specific needs, please call 402-441-7159 to speak with a Registered Dietitian Nutritionist today at Aging Partners!

7/23/2019

High Blood Pressure in the Elderly: Causes & Prevention

Blood pressure can be seen as a barometer of overall circulatory health. Someone with high blood pressure is at a significantly greater risk for heart failure, stroke, chronic kidney disease and damage to the arteries (similar to the damage caused by high cholesterol), which can cause heart attack.

It's no different for those reaching their senior years. While nearly one in three Americans suffers from hypertension, as high blood pressure is often called, blood pressure typically increases with age, especially once one has passed middle age. According to the National Heart, Lung, and Blood Institute, someone with healthy blood pressure at age 50 has a 90% chance of developing hypertension later in life.

Fortunately, the senior years are not too late to take an active role in lowering blood pressure. Managing blood pressure can be as simple as increasing physical activity and regulating one's diet. In those cases when a change in lifestyle doesn't significantly impact hypertension, prescription drugs have proven very effective in regulating blood pressure.

BLOOD PRESSURE: WHAT IT IS AND WHY IT'S IMPORTANT

In "The Blood Pressure Book: How To Get It Down and Keep It Down," Dr. Stephen P. Fortmann compares blood pressure to a garden hose. The heart pumps blood throughout the body in a network of arteries. When those arteries become too narrow (often caused by plaque build-up from high cholesterol), the volume of blood that the arteries can handle is restricted. Like water in a narrow garden hose, narrow arteries lead to an increase in blood pressure-and high blood pressure can cause damage to artery walls and the heart itself. Damage to the circulatory system -and the complications that can result from it-is the primary reason to maintain one's blood pressure at a healthy level.

But what is a healthy blood pressure level? The exact range considered acceptable can vary. For those individuals with a family history of hypertension or with related complications, like chronic kidney disease, it's even more important to stay at a low level. A blood pressure reading is composed of two numbers that measure the pressure in your arteries when the heart beats (called systolic pressure) and the pressure in your arteries between heartbeats (called diastolic pressure). A healthy blood pressure should measure below 120/80 (the numbers represent millimeters of mercury). The National Heart, Lung, and Blood Institute provides the following guidelines for understanding normal blood pressure and hypertension:

- **Normal blood pressure range**

120/80, though the risk of heart disease can begin to increase once blood pressure reaches levels of 115/75.

- **Prehypertension**

A systolic pressure range of 120 to 139 and a diastolic pressure range of 80 to 89. Diagnosis with prehypertension provides an opportunity to work hard-through physical activity, diet, and possibly medication-to reduce blood pressure to a healthy level. Within four years of diagnosis with prehypertension, one in three adults ages 35 to 64 will develop definite high blood pressure. One in two adults over age 65 will develop definite high blood pressure.

- **Stage 1 hypertension**

A systolic pressure range of 140 to 159 and a diastolic pressure range of 90 to 99.

- **Stage 2 hypertension**

A systolic pressure of 160 or higher and a diastolic pressure of 100 or higher.

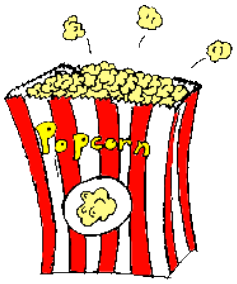
It should also be noted that systolic pressure-the blood pressure measured during heartbeats-becomes increasingly important for those individuals past age 50. The most common form of blood pressure in these individuals is a condition called isolated systolic hypertension.

..continued on page 17

Saturday, December 7th, 2019

Come see us at Sokol Hall, in Wilber, for some Hometown Holiday fun!

We will be selling Colby Ridge Popcorn for $2 per bag.



Flavors:

- Cheddar & Caramel Mix
- Holiday Mix
- Kettle
- White

We will also be serving Hot Cocoa with toppings of your choice!

Craft Day

Come join us for a Christmas Craft Day!

When: Friday, December 13th, 2019
Where: Saline County Aging Services
Time: 1:30 pm

Please RSVP by December 11th.

Snacks & Christmas goodies will be provided.

ALL contributions, will be put towards future craft days!

WILBER

Date: December 19th, 2019

Time: 12:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Foxhole Special — Pork, Dumplings & Kraut, Rye Bread & Drink

Please RSVP by December 12th!
402.821.3330

$3.00 fee for anyone attending the breakfast.

WESTERN

Date: December 20th, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Ham, Scalloped Potatoes, Salad, Dinner Roll & Dessert

Please RSVP by December 13th!
402.821.3330

$5 fee for anyone attending the meal.

For Full Circles in December — Join us for Christmas Bingo with prizes!

**Due to the holiday season being a busy time of year, we will only be having Wilber & Western Full Circles for the month of December.
All are welcome to join us at either location. Sorry for the inconvenience!
Crete & Friend Full Circles will return in January.**

Exercise of the Month — Heel-to-Toe Walk

Having good balance is important for many everyday activities, such as going up and down stairs.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toe of your other foot.
4. Repeat for 20 steps.

go4life.nia.nih.gov

Recipe of the Month

Easy Cinnamon Sugar Pecans

Ingredients:

- 1 pound pecans (and/or almonds)
- 1 cup sugar
- 1 tbsp ground cinnamon
- 2 tsp vanilla extract
- 1 egg white
- 1/2 tsp salt (or your preference
- 2 tsp water

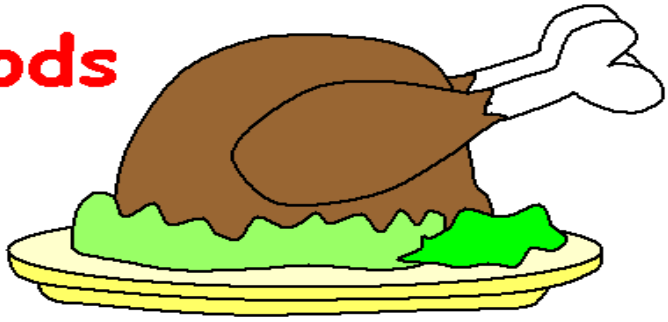
Directions:

1. Preheat oven to 250 degrees.
2. Line a baking sheet with parchment paper or nonstick foil.
3. Mix the sugar, cinnamon and salt in a large Ziploc bag.
4. Whisk the egg white, vanilla and water with a fork in a large bowl until frothy.
5. Add the pecans (or almonds) to the egg white mixture and stir until they are well coated.
6. Pour the pecans into the Ziploc bag, seal and shake until well coated with your cinnamon/sugar mixture.
7. Spread them out on your prepared baking sheet into a single layer.
8. Bake for one hour stirring every 15 mins.
9. Try not to eat them in one sitting.

Pinterest.com

Unscramble the letters to find the words in our

Christmas Foods Anagram



Hidden Word (circled letters):

_____

a b c e e i n r r r s _____

a c c e h l o o t _____

a g r v y _____

a l n s t u w _____

a m s y _____

c e i k o o s _____

d d g i n p u _____

e k r t u y _____

f f g i n s t u _____

i m n s t _____

Riddle of the Month

If a lion had a Christmas music album, what would it be called?

Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your name & phone number with your answer!

Christmas Word Search

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

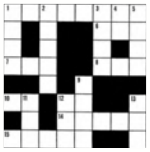
SANTA
CHRISTMAS
COOKIES
MILK
ELF
SNOW

BLITZEN
DANCER
DASHER
SLEIGH
REINDEER
RUDOLPH

CUPID
VIXEN
DONNER
PRANCER
COMET

thismamaslife.com

December Activities

Key: Crete Dorchester Wilber Friend DeWitt						
1 Pie Day 	2 Cyber Monday 	3 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	4 Foot Clinic Lunch 12:00 p.m. Foot Clinic	5 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	6 Microwave Day 	7 Cotton Candy Day 
8 Pastry Day 	9 National Brownie Day 	10 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	11 Foot Clinic Lunch 12:00 p.m.	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	13 Cocoa Day 	14 National Wreath Day 
15 Bill of Rights Day 	16 Chocolate Covered Anything Day 	17 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	18 Lunch 12:00 p.m.	19 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	20 National Ugly Christmas Sweater Day 	21 Crossword Puzzle Day 
22 Date Nut Bread 	23 Roots Day 	24 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 SCAS CLOSED	25 SCAS CLOSED 	26 National Candy Cane Day 	27 Fruitcake Day 	28 Chocolate Candy Day 
29 Tick Tock Day 	30 Bacon Day 	31 New Years Eve 	All foot clinics are by appointment only.	Interested in a foot clinic appointment. Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	**Visit us at SCAS on our National Holidays in red.

DeWitt Senior Center Meal Schedule
For meal reservations,
call Bev at 683-6475 or 520-0873

WEDNESDAY, December 4th

Program— Tri Co FFA Students/50th Anniversary (rescheduled)
Menu— Pork Roast, Mashed Potatoes & Gravy, Carrots, Fruit & Milk

WEDNESDAY, December 11th

Program— Making Marbles by Roger Mohling
Menu— Chicken Cordon Bleu Lasagna, Mixed Veggies, Fruit, Breadsticks & Milk

SATURDAY, December 14th

DeWitt Open Houses, 9-11:00. Crafts for Kids with Coffee & Cinnamon Rolls for Seniors

WEDNESDAY, December 18th

Program— Christmas Singing with Doris Peters
Menu— Beef Barley Soup, Garlic Breadsticks, 3 Bean Salad, Fruit & Milk

WEDNESDAY, December 25th

NO SENIOR DINNER
MERRY CHRISTMAS EVERYONE!

Doris Shriver
of
Wilber

received a $5 gift card to Subway! Get your answers in by the 15th for this month's riddle so you can be the next winner!

The answer to November riddle "What did one plate say to the other? "— Dinner's on me!

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

A special wish to all of the December birthdays out there from Saline County Aging Services!

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

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, December 21st, 2019, in the Wilber Care Center's Activity Room. Please RSVP by September 19th, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.

A few things we learned from Pam & Randy Kozeal at our November Full Circles..

Facts and Figures:

Every 65 seconds someone in the US develops Alzheimer's disease.
Five (5) million people have Alzheimer's in the US.
Fourteen (14) million by the year 2050.
Sixth (6th) leading cause of death in the US.
Alzheimer's can be present up to 20 years before symptoms become apparent.
There is no cure for Alzheimer's Disease.
698 people died from Alzheimer's in the state of Nebraska in 2017.
Number of persons per age group that have Alzheimer's in the state of Nebraska:

65 – 74	4,800
75 – 84	14,000
85 +	34,000

Ten (10) Early Signs and Symptoms of Alzheimer's Disease:

*Memory Loss that disrupts daily life.
*Challenges in planning or solving problems.
*Difficulty in completing familiar tasks.
*Confusion with time or place.
*Trouble understanding visual images or spatial relationships.
*New problems with words in speaking or writing.
*Misplacing things and losing the ability to retrace steps.
*Decreased or Poor judgement.
*Withdrawal from work or social activities.
*Changes in Mood or Personality.

Want the Saline County Aging Services Newsletter Sent To Your Door?

Cut this slip out, fill the information in below, and mail it to

Saline County Aging Services– PO Box 812– Wilber, NE 68465

or bring it into our office at 109 W. 3rd Street in Wilber

or call us at 402-821-3330.

Name:

Mailing Address:

If you would rather have it sent via email, please provide your email address, printing carefully

What's going on at SCAS?

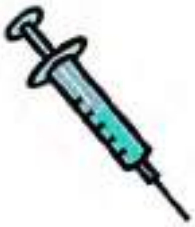
We want to give a huge thank you to Randy & Pam Kozeal, for coming to speak at all of our Full Circle Locations for the month of November. They presented wonderful information!

What's going on in DeWitt?

The ladies in DeWitt have been busy, busy! Wreath making volunteers, work very hard, as each wreath takes over 300 strips to make. Wow!

Halloween was a success, filling 120 treat bags, and still ran out.

Flu shots and blood pressure clinic was offered to the community as well.



WHAT CAUSES HIGH BLOOD PRESSURE IN THE ELDERLY

Surprisingly, there hasn't been a great deal of research that looks at the elderly as a separate population in terms of blood pressure control, says Dr. Suzanne Watnick, a professor of medicine at Oregon Health Sciences University. Watnick advises strict monitoring of prehypertension in order to ensure that it doesn't have a more serious impact on health. She also warns that rising blood pressure is common in the elderly: "For a 70-year-old person, as you age your blood pressure does go up a bit," she says. "People think that it's because your blood vessels are a bit more fibrotic [meaning they develop excess connective tissue] and there's more damage to the blood vessels over time." Above-average blood pressure in the elderly is still a concern, but it should still be considered in the context of age. A 40-year-old with a blood pressure of 150/70 is much more likely to develop complications from hypertension than a 70-year-old with the same blood pressure.

According to Watnick, the risk factors for the elderly are very similar to those for the population at large. "Those at highest risk of high blood pressure are those who suffer from obesity, those suffering from diabetes, and those with chronic kidney disease," she explains. In fact, the risk factors for hypertension are very similar to the risks associated with high cholesterol. Any restrictions or blockages in the circulatory system negatively impact overall heart health. But the kidneys, the primary organ that regulates blood pressure, also become at risk when blood pressure rises. Severe hypertension can cause chronic kidney disease, which in turn limits the kidneys' ability to continue regulating blood pressure. As Watnick says, "It's a chicken or the egg thing. You can have high blood pressure which causes kidney disease. Or you can have kidney disease, and that will cause high blood pressure." But regardless of whether hypertension is simply the result of genetic predisposition or the result of an unhealthy lifestyle, it doesn't have to mean the end of good health.

MAINTAINING A HEALTHY BLOOD PRESSURE

For how confusing hypertension can be, learning how to maintain a healthy blood pressure is surprisingly simple. As with other types of circulatory health, like cholesterol, the first step to lowering blood pressure is lifestyle change. "Whenever you're dealing with hypertension, the first thing you need to deal with is lifestyle change," Watnick explains. "Exercise is essential, weight control is essential. Eating a low-salt diet is quite important." National guidelines recommend at least 30 minutes of exercise each day. For seniors, exercise can involve simple changes to everyday routine, like walking more often and engaging in household chores. In addition to improving overall cardiovascular health and cholesterol, the presence of which can increase blood pressure by narrowing arteries, exercise can also help with weight loss.

Related to weight loss is developing a healthy diet, another essential tool for lowering blood pressure. Healthy nutrition is important for all of the standard reasons (positive cardiovascular health, additional energy, etc.) and a few unique reasons as well. A low salt diet is particularly important for lowering blood pressure, as salt indirectly increases the volume of blood (by adding water to the bloodstream), which in turn increases blood pressure.

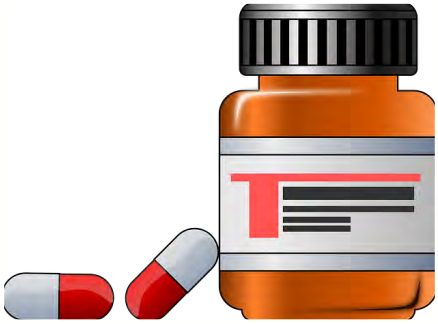
One of the most common diets recommended for those individuals who struggle with hypertension is called the DASH diet, which stands for Dietary Approaches to Stop Hypertension. The DASH diet-a low-sodium, low-fat diet that emphasizes fruits, vegetables, and grains-is the result of a study by the federal government. Compared to two control groups, one that followed a "normal" American diet and the other a traditional diet high in fruits and vegetables, people on the DASH diet reduced their blood pressure by an average of 6 points of systolic pressure and 3 points of diastolic pressure. Those people in the study who already had been diagnosed with hypertension reduced their blood pressure by 11 systolic points and 6 diastolic points. According to Fortmann, the DASH diet shows the importance of diet, especially a significant reduction in salt, to lowering blood pressure. Under the DASH diet, an individual is advised to eat no more than one-quarter teaspoon of salt per day. By comparison, the average American eats about four teaspoons of salt daily, nearly fifteen times more.

But as many people know, diet and lifestyle change can often be very difficult. Medication is also an option for many people, sometimes because an individual has a difficult time achieving significant lifestyle change, and sometimes because hypertension is severe enough to mandate a combination of lifestyle change with medication. For many, treating their high blood pressure with medication can be a difficult subject-one that should always be considered under the guidance of your doctor.

...continued on page 18

High Blood Pressure in the Elderly: Causes & Prevention

According to Dr. Watnick, blood pressure medication can be categorized into three main groups:



- **Thiazidediuretics**

Often the first course of action in terms of drug treatment, these medications focuses on the kidneys by helping the body eliminate sodium, or salt, and water.

- **Beta Blockers**

These medications cause heart to beat slower and with less force, working to reduce blood pressure by focusing on the center of the circulatory system itself. Often beta blockers will be prescribed along with thiazide diuretics (combining drugs is a common practice that can lower blood pressure).

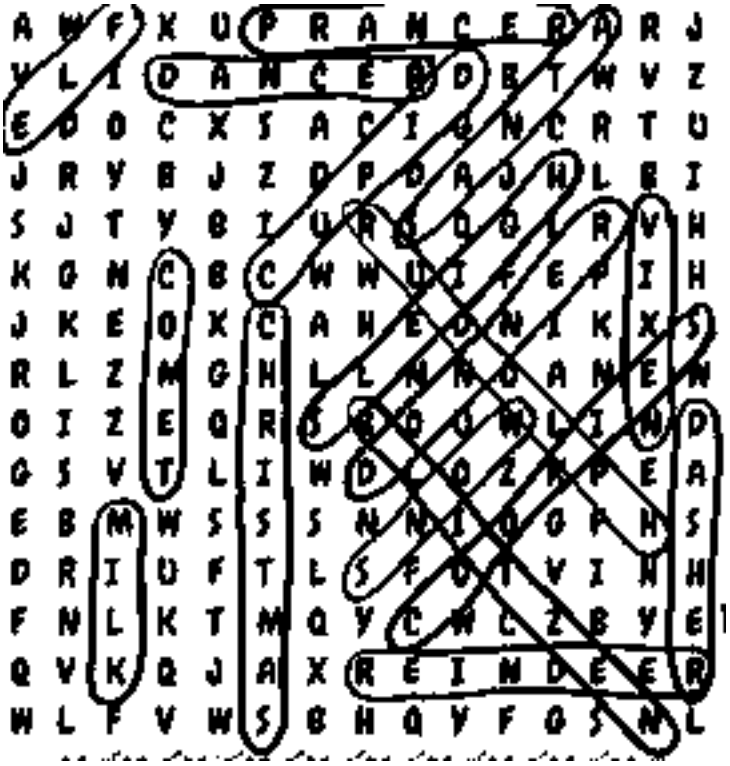
- **Angiotensin-converting Enzyme (ACE) Inhibitors**

Commonly prescribed along with thiazide diuretics, ACE inhibitors counteract a natural chemical that narrows blood vessels, which in turn eases pressure on vessels.
Of course, other types of drugs can be effective against hypertension as well. Finding the right combination varies with each person.

In the fight against hypertension, the best strategy is to recognize one's individual risks-which might include genetic history, obesity or simple physical inactivity-and act accordingly. For the elderly, moderately high blood pressure might be less serious than it is in a middle-aged person. But even when blood pressure rises minimally past age 50, it's still important to take the proper steps to ensure healthy senior years. A normal blood pressure is an important first step toward achieving long-term health. Hypertension might be a common problem-but fortunately it has plenty of solutions.

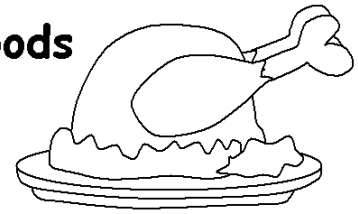
aplaceformom.com

Answers to this months puzzles



Unscramble the letters to find the words in our

Christmas Foods Anagram



Hidden Word (circled letters): candycanes

a b ⓒ e e i n r r r s	cranberries
@ c c e h l o o t	chocolate
@ g r v y	gravy
a l ⓝ s t u w	walnuts
a m s ⓨ	yams
ⓒ e i k o o s	cookies
d ⓓ g i n p u	pudding
ⓔ k r t u y	turkey
f f g i n ⓢ t u	stuffing
i m ⓝ s t	mints

ARE YOU INTERESTED IN TAI CHI?

SCAS Staff would like to start up a Tai Chi class in January.
If you, or somebody you know, would be interested in participating in a class, let us know!

Please call 402.821.3330, to put your name on the list!

As we all know too well, Nebraska weather can be very unpredictable. So please remember that Saline County Aging Services will be closed when:

- The Saline County Courthouse is closed.
- Wilber-Clatonia Public Schools is closed because of bad weather.
- And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to reschedule your appointment.

Be safe this winter and know what the driving conditions are like before you try to go out an 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.

Our newsletter is growing!

Do you enjoy your monthly newsletter?
We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of $5 for the entire years worth of newsletters! That is less than $0.42 per issue!
You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!
THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!
Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

Have you moved? Do you have a new phone number? How about a new Emergency Contact?
If any of this information changes please let us know so we can still get ahold of you!

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