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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Inside This Issue . . .

Be Prepared to Stay Safe and Healthy in Winter

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults.

Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe and healthy when temperatures start to fall.

Take These Steps for Your Home

Staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- Winterize your home.
  - Install weather stripping, insulation, and storm windows.
  - Insulate water lines that run along exterior walls.
  - Clean out gutters and repair roof leaks.

- Check your heating systems.
  - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
  - Inspect and clean fireplaces and chimneys.
  - If you do not have a working smoke detector, install one. Test batteries monthly and replace them twice a year.
  - Have a safe alternate heating source and alternate fuels available.
  - Prevent carbon monoxide (CO) emergencies.
- Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
- Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Don't Forget to Prepare Your Car

Get your car ready for cold weather use before winter arrives.

- Service the radiator and maintain antifreeze level.
- Check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded.

The kit should include:

* cell phone, portable charger, and extra batteries;
* blankets;
* food and water;
* booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
* compass and maps;
* flashlight, battery-powered radio, and extra batteries;
* first-aid kit; and
* plastic bags (for sanitation).

Equip in Advance for Emergencies

Be prepared for weather-related emergencies, including power outages.

Stock food that needs no cooking or refrigeration and water stored in clean containers.

- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
- Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
- extra batteries;
- first-aid kit and extra medicine;
- baby items; and
- cat litter or sand for icy walkways.
- Protect your family from carbon monoxide.
- Keep grills, camp stoves, and generators out of the house, basement and garage.
- Locate generators at least 20 feet from the house.
- Leave your home immediately if the CO detector sounds, and call 911.

Take These Precautions Outdoors

Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches. (Come into SCAS for a bottle of free Cat Litter)
- Learn safety precautions to follow when outdoors.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Carry a cell phone.

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Craft Day

Come join us for a Craft Day!

When: Friday, January 10th, 2019
Where: Saline County Aging Services
Time: 1:30 pm

Please RSVP by January 8th.

Snacks & Coffee Provided.

ALL contributions, will be put towards future craft days!
(We will be making a wooden snowman.)
402.821.3330

Top 10 Things Learned in 50 Years

1. Never take a sleeping pill and a laxative on the same night.

2. There can be a fine line between "hobby" and "mental illness."

3. You should never confuse your career with your life.

4. No matter what happens in life, somebody will find a way to take it too seriously.

5. Nobody cares if you can't dance well. Just get up and dance.

6. Never lick a steak knife.

7. Take out the fortune before you eat the cookie.

8. The most destructive force in the universe is gossip.

9. Nobody can give me a clear and compelling reason why we observe daylight savings time.

10. A person who is nice to you but rude to the waiter is not a nice person.

Time for My Annual Physical

"I went to the doctor for my annual physical last week"

"The nurse asked me how much I weighed. I told her I weighed 135 pounds. Then she weighed me and the scale said 160."

"She asked me how tall I was. I said, '5 feet, 5 inches.' She measured me and I was only 5 feet, 3 inches tall"

"Then she took my blood pressure and told me it was high."

"Of course my blood pressure is high," I said.

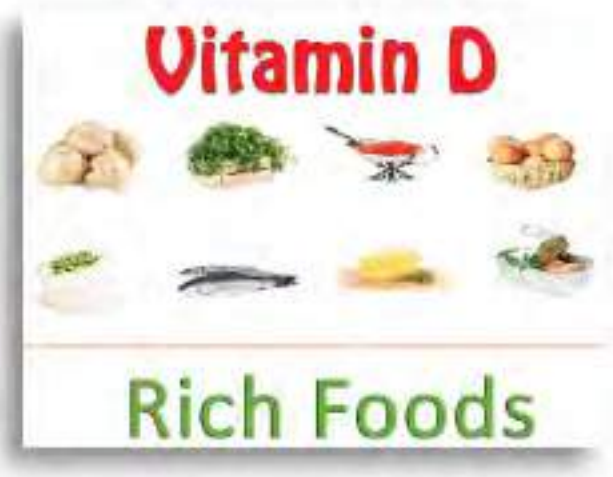
"When I came in here I was tall and slender."

"Now I'm short and fat!"

atimetolaugh.org

AGING PARTNERS
A Planning Area Agency on Aging

Vitamin D



Vitamin D is a fat-soluble vitamin that is necessary for body function on a daily basis. Vitamin D builds and develops strong and healthy bones. This is especially important in the elderly community. The elderly need to be protected from bones becoming weak and fragile. It also has a vital role in helping to make sure the muscles, heart, lungs and brain function properly. Vitamin D also carries a defense mechanism against infection, which is important for the elderly.

Sunshine is the leading source of how our bodies obtain and get the adequate amount of vitamin D. Now that the weather is nicer and offers more sun, your body will obtain the vitamin D through direct contact such as relaxing outside, doing yard work, going for a walk or participating in a sport. Experts say that 10 to 15 minutes is all that is needed for adequate exposure without needing sunscreen. Although, sunscreen is important to protect your skin, it can hinder the absorption of vitamin D by to 90 percent.

During cold winter months, the time we spend outside dwindles and we find ourselves staying inside or limiting our outside activities. This is why it is important to have a diet that supplies enough vitamin D.

Foods that contain vitamin D are fatty fish such as salmon, tuna and sardines; poultry products such as eggs and in such supplements as cod liver oil. Some foods can also be enriched (enhanced amounts of vitamin D) or fortified (vitamin D is artificially added in for a nutritional benefit). Some fortified and enriched foods that contain vitamin D are milk, yogurt, orange juice, some cereals, snack bars, soymilk and oatmeal. When selecting an enriched or fortified food source, check the nutritional facts label as it will state if vitamin D is added into the product in higher amounts (enriched) or added in for your benefit (fortified).

The recommend dietary/daily intake (RDI); there is no "one shoe fits all" amount for everyone. All of us have different needs and thus all of our bodies require different amounts; however experts are able to somewhat categorize the amounts. Professionals suggest adults up to age 70 to consume 600 international units (IU) daily and they are encouraged to consume 800 IU daily. To know exactly how much is in some foods be sure to verify any questions via the nutritional food label! Try a variety of meat sources in your diet, get some daily sun and always be sure to consult your primary care doctor for any questions.

A vitamin D deficiency is the result of not consuming enough vitamin D on a daily basis. Some factors that could affect your intake or cause a deficiency would be living in a cold climate that does not get enough sun, northern states or northern parts of the world are also affected. People living in states and locations with sustained long winter months are at risk. Especially individuals above age 70.

Signs and symptoms of vitamin D deficiency include but are not limited to potential bone pain, general muscle weakness and frequent infections. Some research suggests another sign could be general depression or long withstanding bad mood. If you are unsure if you might have these signs or symptoms please reach out to a medical professional such as your primary care doctor as soon as possible. They might be able to do a blood test to determine if a vitamin D supplementation regime could be beneficial for you.

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

The Active Brain: Strategies for Preventing Memory Loss

"Will I forget my family members and loved ones as I grow older?"

"Is there a way to stop the memory loss-forgetting names or why I went to the grocery store-that I've begun to experience?"

"Am I destined to lose memory as I age?"

These questions strike at the heart of the most terrifying aspect of Alzheimer's disease and other forms of dementia-that memory loss affects the core of personal identity. But there's good news: Not everyone susceptible to dementia eventually succumbs to it. Though memory loss is often associated with older age, scientists have discovered that memory doesn't necessarily diminish with time. Recent medical research has shown that preventing memory loss can happen with the right combination of physical and mental activity, and in some cases cognitive decline (or memory loss) can be delayed or even prevented.

HOW MEMORY LOSS OCCURS

Estimates by neuroscientists have shown that by late middle age the brain loses an average of 1 percent of its brain cells every year. Memory loss occurs when the synapses (or neural connections between brain cells) that facilitate the transfer and storage of information in the brain are weakened. The more connections between brain cells, the better the brain's ability to transmit, store, and retrieve information. But as subtle decay in brain mass eventually takes its toll, memory loss can begin to set in.

"The number of memory complaints goes up with age," explains Dr. George Rebok, a professor of psychiatry in the Johns Hopkins Bloomberg School of Public Heath. Rebok says that memory loss first affects everyday activities, like the ability to remember appointments or the names of other people, particularly people one has recently met.

In addition to the loss of physical brain mass, scientists have developed a number of theories to explain why memory changes with age. With increasing age, there is simply more information stored in one's brain, making it more difficult to access. Another explanation suggests that some memory loss is affected by lifestyle changes later in life. Without daily work or regular activity, much of the mental data stored in the brain no longer has a meaningful structure to support it. In turn, that information can become far more difficult to access. But in spite of all these explanations for memory loss, the fact is that not all seniors lose memory at the same rate-or even at all.

WHO EXPERIENCES MEMORY LOSS?

Perhaps the most surprising thing about memory loss is how it affects different population groups. Even identical twins who share the same genes have been shown to experience cognitive decline at different rates, which suggests that memory loss is affected by our environment at least as much as by genetics. Dr. Zaldy Tan, a professor at the Harvard Medical School Division of Aging, notes that an individual's education level and occupation appear to play a significant role in the onset of memory loss.

People with high levels of education or whose jobs require complex mental functions-doctors, engineers, and university professors, for instance-are less likely to develop Alzheimer's disease. "People with higher education and intelligence have more brain connections, and therefore, have greater brain reserves," Tan says. "Their brain can take more hits, so to speak, before they develop dementia, whereas people with less reserves can take less hits."

Rebok describes excess brain capacity as a "cognitive reserve"-an abundance of connections between brain cells that keeps the brain and memory functioning well, even as some neural connections weaken with age. Cognitive reserve offers the best explanation for why those with advanced educations-and thus a more highly developed "back-up memory"-are less likely to fall victim to Alzheimer's.

The advantages of cognitive reserve, however, are not necessarily limited to the well-educated. According to Rebok, research in the last ten to twenty years has shown that not only can one brain connection take over for another, but that the brain can create new connections between cells. "It isn't just a matter of losing neurons as you get older," Rebok says. The brain not only creates new connections between neurons, but can actually grow new brain cells that transmit information. "There's a great deal of plasticity in the brain," he adds. Rebok points out that this new understanding of brain capacity shows that people, regardless of educational or occupational background, who engage in a more active lifestyle can improve certain areas of their mental functioning, potentially delaying or preventing memory loss.

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Do This When You Plan to Travel

www.cdc.go

When planning travel, be aware of current and forecast weather conditions.

- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
  - Follow these safety rules if you become stranded in your car.
- Make your car visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing), and turn on the inside overhead lights (when your engine is running).
- Move anything you need from the trunk into the passenger area. Stay with your car unless safety is no more than 100 yards away.
- Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets, or newspapers. Huddle with other people if you can.
- Stay awake and stay moving. You will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.

Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

CRETE

Date: January 23, 2020

Time: 12:00 p.m.

Location: Crete Area Medical Center

Meal: BBQ Pork Sandwich, Curly Fries, Coleslaw, Cookie or Fruit & Drink

Please RSVP to receive the special of the day by January 15th!
402.821.3330

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

FRIEND

Date: January 16th, 2020

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Meal TBA

Please RSVP to receive the special of the day by January 8th!
402.821.3330

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

WILBER

Date: January 17th, 2020

Time: 9:30 a.m.

Location: 'The Back Room' -SCAS

Meal: Breakfast & Coffee

Please RSVP by January 15th!
402.821.3330

$3.00 fee for anyone attending the breakfast.

WESTERN

Date: January 17th, 2020

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Chili, Salad & Cinnamon Rolls

Please RSVP by January 15th!
402.821.3330

$5 fee for anyone attending the meal.

For Full Circles in January — Join us for a presentation over Fraud and Awareness of the Latest Scams by the Attorney Generals Office.

Exercise of the Month — Ankle Stretch

WHAT YOU NEED: Sturdy, armless chair

This exercise stretches your ankle muscles. You can stretch both ankles at once or one at a time.

1. Sit securely toward the edge of a sturdy, armless chair.
2. Stretch your legs out in front of you.
3. With your heels on the floor, bend your ankles to point toes toward you.
4. Hold the position for 10-30 seconds.
5. Bend ankles to point toes away from you and hold for 10-30 seconds.
6. Repeat at least 3-5 times.

go4life.nia.nih.gov

Recipe of the Month

Pumpkin Chocolate Cake

Ingredients:

- 1 15 oz can pumpkin puree or 2 cups fresh pumpkin that has been cooked and mashed
- 1 15.25 oz chocolate cake mix box

Directions:

1. In a large mixing bowl, combine cake mix & pumpkin.
2. Either spread mixture in a greased 13x9 pan, or make cupcakes.
3. Bake according to cake mix package directions.
4. Let cool completely.
5. Serve as is, or with whipped cream or frosting

Pinterest.com

REBUS FOR YOU!

Solve these visual word puzzles by looking for clues in the placement, color, or number of words. Have fun!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat a a
5. T B Bush A H	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. IMONSTERI

Riddle of the Month

What bites with no teeth?

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!

WINTER WORD SEARCH

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

1. Snow
2. Snowman
3. Winter
4. Weather
5. Shovel
6. Cold
7. Freezing
8. Snowflake
9. Slippery
10. Slide
11. Sledding
12. Skating
13. Scarf
14. Hat
15. Earmuffs
16. Mittens

January Activities

Key: Crete Dorchester Wilber Friend DeWitt			1 SCAS CLOSED 	2 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	3 Chocolate Covered Cherry Day 	4 Spaghetti Day 
5 Whipped Cream Day 	6 Bean 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. Foot Clinic	9 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	10 Bittersweet Chocolate Day 	11 Milk Day 
12 Kiss a Ginger Day 	13 National Sticker 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. National Bagel Day 	16 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	17 Bootleggers Day 	18 Winnie The Pooh Day 
19 National Popcorn Day 	20 SCAS CLOSED Martin Lutheran King Jr Day	21 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 National Granola Bar Day	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 Peanut Butter Day 	25 Irish Coffee Day 
26 Peanut Brittle Day 	27 Chocolate Cake Day 	28 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 SCAS CLOSED	29 Corn Chip Day 	30 Croissant Day 	31 National Hot Chocolate 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, January 1st

Senior Center Closed… Happy New Year!

WEDNESDAY, January 8th

Program— NE Strong, even in the face of adversity!
Menu— Tater Tot Casserole, Cottage Garden Salad, Fruit & Milk

WEDNESDAY, January 15th

Program— Fun on the Farm with Holly & Sean Loos
Menu— Swiss Steak, Roasted Potatoes, Carrots, Fruit, Bread &

WEDNESDAY, January 22nd

Program— Name That Tune Bingo (Bring a fruit or sweet treat)
Menu— Tuna Noodle Casserole, Mixed Vegetables, Bread, Fruit & Milk

WEDNESDAY, January 29th

Program— Dine Along to Music by Jim Hinz
Menu— Glazed Ham, Dressing, Peas, Bread, Fruit & Milk

Sophie Flaska
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 Decembers riddle "If a lion had a christmas music album, what would it be called? "— Jungle Bells

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 January 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 on the first Monday of every month (January 6th) at 5:30 p.m. for a Potluck and fellowship. No cost, open to everyone regardless of age. Please bring a dish as you are able, if you are unable to provide a dish, you are still welcome to come.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

PREVENTING MEMORY LOSS

Improvements in memory, however, can be gained through everyday activity. Mental activity as simple as regular reading or playing board games stimulates brain connections and contributes to the delay and prevention of cognitive decline. In effect, more active lifestyles allow the brain to continually re-wire itself. Tan notes that physical inactivity, especially in older age, can contribute to cognitive decline. “If you’re homebound, watching television, reheating food in the microwave, [those activities] don’t require higher cognitive function,” he says.

In his book “Age-Proof Your Mind: Detect, Delay, and Prevent Memory Loss-Before It’s Too Late” Tan cites a number of leisure activities as particularly effective in helping the brain protect itself against mental decline:

- **Reading Regularly**: In an age when people spend so much time passively watching television, reading provides an opportunity for active mental engagement. And such habits as making predictions about a story’s plot and recalling details from what was read can further enhance the benefits of reading on one’s memory.
- **Playing Board Games**: An avenue for much-needed social interaction, board games also encourage critical thinking.

- **Playing Musical Instruments**: The mental discipline required to learn a new hobby or skill helps ensure that more areas of the brain remain active.
- **Dancing**: For those who are physically able, dancing provides a combination of physical and mental activity, especially the hard work of remembering all those dance steps!
- **Doing Crossword Puzzles**: Tan notes that someone who completes theNew York Timescrossword puzzle four days per week reduces the risk of developing Alzheimer’s disease by 50 percent compared to someone who does the puzzle only once per week.

In addition to simple everyday activities, another option for preventing memory loss is the practice of memory exercises. Well over 300 studies on memory training with normally functioning older adults suggest that while not all participants benefit to the same degree, memory training can help. “In some cases, those improvements last weeks, months, even up to several years,” Rebok says. “[Improvement in memory] doesn’t go away once you stop the memory training.”

Rebok has led a large study in which participants learn memory interventions that stimulate the brain’s memory-making abilities. An example of a memory intervention used in the study is the acronym MOVA, which stands for:

- Meaningfulness
- Organization
- Visualization
- Association

The idea behind MOVA, according to Rebok, is that information is easier to remember when it’s meaningful, when it’s logically organized, when one can visualize it, and when one can associate it with something that is already familiar. Tasks in the study included memorizing a grocery list (organizing items into categories like dairy or produce) and remembering stories from the newspaper (visualizing the narrative and associating it with common experiences).

It should be noted that increased mental activity is no cure-all. For some people, cognitive decline and dementia will occur, regardless of educational background or mental lifestyle. But for many people who adopt a direct approach to mental activity, preventing memory loss can work. Tan and Rebok both emphasize that with early signs of memory loss, preventing more serious cognitive decline is still possible with lifestyle change, which is often as simple as taking steps toward increased social activity and some new hobbies. But even more important is adopting a lifestyle of mental activity at a younger age. “Aging is a process that doesn’t start when you’re 65 or 70,” says Rebok. “A lot of the choices you make earlier in life have profound consequences for your life as an [older] adult.”

aplaceformom.com

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 'GNOME'tastic time at our craft day in December.
This was our largest turnout yet! We welcome everyone to join us at our craft day in January.
You won't be disappointed!

What's going on in DeWitt?

DeWitt is enjoying Tri County FFA Students celebrating 50th anniversary activities, a little fencing, & a Mexican Menu!

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.

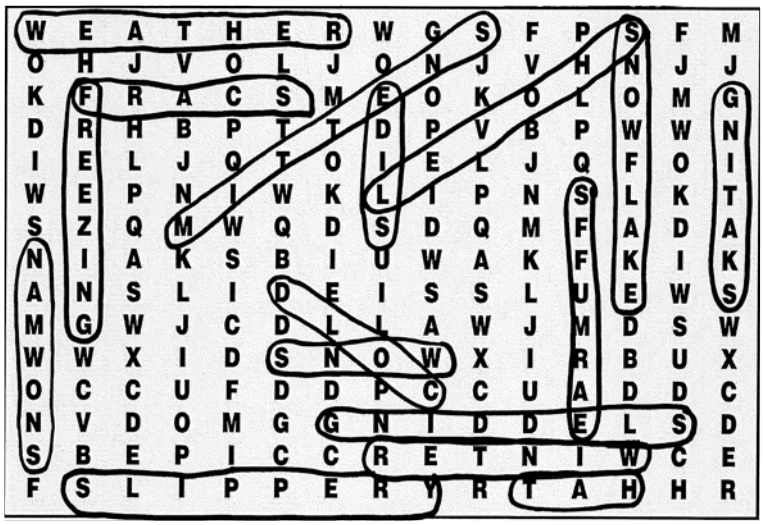
...continued on page 18

Share the Love

Thank you to those who came to see us at Sokol Hall in Wilber on December 7th. We sold popcorn & hot chocolate for our fundraiser. Overall it was a great turnout!

If you're on the market for buying a new car, there's still time until January 2nd to buy or lease a Subaru. Meals on Wheels will receive a $250 donation.

Answers to this months puzzles



REBUS FOR YOU!

SOLUTION

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.

WINTER WEATHER

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

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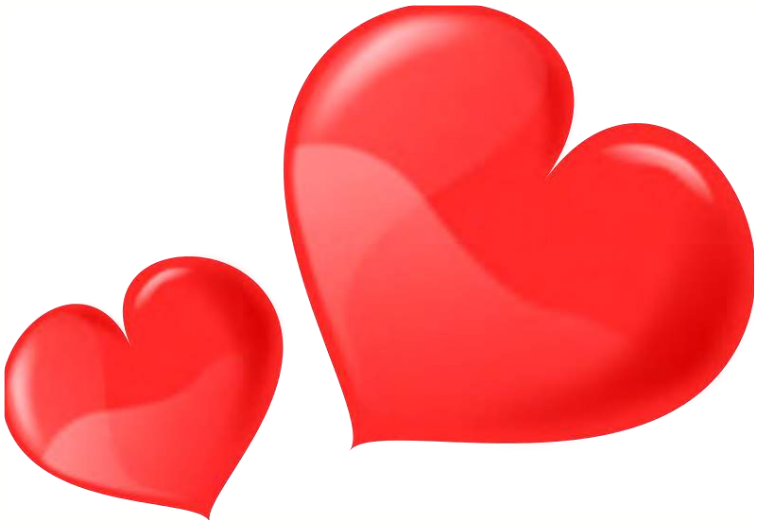
Volume 5, Issue 2 February 2020

Inside This Issue . . .



History of Valentine's Day

Valentine's Day occurs every February 14. Across the United States and in other places around the world, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and where did these traditions come from? Find out about the history of Valentine's Day, from the ancient Roman ritual of Lupercalia that welcomed spring to the card-giving customs of Victorian England.

The Legend of St. Valentine

The history of Valentine's Day–and the story of its patron saint–is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He, too, was beheaded by Claudius II outside Rome.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl–possibly his jailor's daughter–who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and–most importantly–romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

Origins of Valentine's Day: A Pagan Festival in February

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial–which probably occurred around A.D. 270–others claim that the Christian church may have decided to place St. Valentine's feast day in the middle of February in an effort to "Christianize" the pagan celebration of Lupercalia. Celebrated at the ides of February, or February 15, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would gather at a sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would sacrifice a goat, for fertility, and a dog, for purification. They would then strip the goat's hide into strips, dip them into the sacrificial blood and take to the streets, gently slapping both women and crop fields with the goat hide. Far from being fearful, Roman women welcomed the touch of the hides because it was believed to make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would each choose a name and become paired for the year with his chosen woman. These matches often ended in marriage.

Valentine's Day: A Day of Romance

Lupercalia survived the initial rise of Christianity but was outlawed—as it was deemed "un-Christian"–at the end of the 5th century, when Pope Gelasius declared February 14 St. Valentine's Day. It was not until much later, however, that the day became definitively associated with love. During the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of Valentine's Day should be a day for romance. The English poet Geoffrey Chaucer was the first to record St. Valentine's Day as a day of romantic celebration in his 1375 poem "Parliament of Foules," writing, ""For this was sent on Seynt Valentyne's day / Whan every foul cometh ther to choose his mate."

Valentine greetings were popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England.) Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

Typical Valentine's Day Greetings

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 145 million Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year (more cards are sent at Christmas). Women purchase approximately 85 percent of all valentines.

history.com

Craft Day

Come join us for a Craft Day!

When: February 10th, 2019
Where: Saline County Aging Services
Time: 1:30 pm

Please RSVP by February 7th.

Snacks & Coffee Provided.

ALL contributions, will be put towards future craft days!

402.821.3330

Lets Try Ice Fishing

There were two good ol' boys from southern Georgia who just loved to fish. They wanted to do some ice fishing that they'd heard about in Canada, so they took off to try it.

The lake was frozen nicely, so they stopped just before they got to the lake at a bait shop and got all their bait and tackle.

Bubba Joe said, "We're going to need an ice pick."

After they got their equipment, they took off.

In about two hours, Bubba was back at the shop and said, "We're going to need another dozen ice picks."

He sold him the picks, and the good ol' boy left.

In about an hour, he was back at the shop again and said, "We're going to need all the ice picks you've got."

The shop owner couldn't believe it. "By the way," he asked, "how are you fellows doing?"

"Not very well at all," he said. "We don't even have the stupid boat in the water yet."

atimetolaugh.org

AGING PARTNERS
A Planning Area Agency on Aging

An Ode to Oats

Oatmeal has been a traditional breakfast menu item staple, and with good reason. Oats are a versatile comfort food, prized for their high nutritional value and powerful health benefits such as promoting heart health, managing insulin levels and regulating digestion.

Health Benefits

Oats are considered to be a whole grain and have a proven positive influence on health. The soluble fiber found in oats, beta-glucan, binds with cholesterol and transports it out of the body. Studies have shown that a daily intake of at least 3 grams of beta-glucan has lowered cholesterol by an average of 12 points. High intakes of whole grain can reduce heart disease by 21 percent. Oatmeal is considered to be a complex carbohydrate, meaning that it takes longer for the body to break it down. This slows the body's insulin response and better controls blood sugar levels. Beta-glucan works to regulate digestion, manage waste and improve certain digestive issues such as diarrhea, constipation and irritable bowel syndrome. (www.hsph.harvard.edu).

Types of Oats

The oats section in the grocery store has exploded with a variety of flavors and types now offered. It can be confusing to know what the difference is and what is your best option.

Instant oats: These are oat groats that have been steamed and flaked. It's the fastest cooking oat, often just taking a few minutes in the microwave.

Rolled oats (regular or old fashioned oats): These are oat groats that are steamed and rolled into flakes. This type of oats tends to be thicker and takes longer to cook compared to instant oats (about 5 to 10 minutes).

Steel cut oats (Irish oats): Contains the whole oat kernel cut-up. These larger pieces take longer to cook (20 to 30 minutes) and may have a slightly chewy texture.

Scottish oats: Similar to steel cut oats but ground instead of cut-up. This often gives a porridge-like texture.

Oat Groats: Contains the whole oat kernel, neither ground nor cut-up. Oat groats need to be soaked before cooking and may have a chewier texture. This type takes the longest to cook (about 50 to 60 minutes).

Although the different types of oats may differ in texture, cooking time and flavor, the nutritional values are similar. They are all considered to be a whole grain, gluten-free and are a good source of fiber.

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!

11/26/2019

Stroke Information

Stroke is the third leading cause of death in the United States and a leading cause of serious, long-term disability in adults. About 600,000 new strokes are reported in the U.S. each year. The good news is that treatments are available that can greatly reduce the damage caused by a stroke. However, you need to recognize the symptoms of a stroke and get to a hospital quickly. Getting treatment within 60 minutes can prevent disability.

WHAT IS A STROKE?

A stroke, sometimes called a "brain attack," occurs when blood flow to the brain is interrupted. When a stroke occurs, brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function.

What causes a stroke?
There are two major kinds of stroke.

The first, called an ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel or artery in the brain. About 80 percent of all strokes are ischemic. The second, known as a hemorrhagic stroke, is caused by a blood vessel in the brain that breaks and bleeds into the brain. About 20% of strokes are hemorrhagic.

What disabilities can result from a stroke?
Although stroke is a disease of the brain, it can affect the entire body. The effects of a stroke range from mild to severe and can include paralysis, problems with thinking, problems with speaking, and emotional problems. Patients may also experience pain or numbness after a stroke.

KNOW THE SIGNS

Because stroke injures the brain, you may not realize that you are having a stroke. To a bystander, someone having a stroke may just look unaware or confused. Stroke victims have the best chance if someone around them recognizes the symptoms and acts quickly.

What are the symptoms of a stroke?

The symptoms of stroke are distinct because they happen quickly:

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

What should a bystander do?

If you believe someone is having a stroke-if he or she suddenly loses the ability to speak, or move an arm or leg on one side, or experiences facial paralysis on one side-call 911 immediately.

ACT IN TIME

Stroke is a medical emergency. Every minute counts when someone is having a stroke. The longer blood flow is cut off to the brain, the greater the damage. Immediate treatment can save people's lives and enhance their chances for successful recovery from stroke.

..continued on pg. 7

Stroke Information

Why is there a need to act fast?
Ischemic strokes, the most common type of strokes, can be treated with a drug called t-PA, that dissolves blood clots obstructing blood flow to the brain. The window of opportunity to start treating stroke patients is three hours, but to be evaluated and receive treatment, patients need to get to the hospital within 60 minutes.

What is the benefit of treatment?
A five-year study by the National Institute of Neurological Disorders and Stroke (NINDS) found that some stroke patients who received t-PA within three hours of the start of stroke symptoms were at least 30% more likely to recover with little or no disability after three months.

What can I do to prevent a stroke?
The best treatment for stroke is prevention. There are several risk factors that increase your chances of having a stroke:

- High blood pressure
- Heart disease
- Smoking
- Diabetes
- High cholesterol

If you smoke-quit. If you have high blood pressure, heart disease, diabetes, or high cholesterol, getting them under control-and keeping them under control-will greatly reduce your chances of having a stroke.

aplaceformom.com

For Full Circles in February— Valentine's Day Party!

We will also have staff members coming from Friend Community Healthcare Systems to provide a brief update on services available.

CRETE

Date: February 21st, 2020

Time: 12:00 p.m.

Location: Crete Area Medical Center

Meal: Szechuan Chicken with Vegetables, Rice, Cookie or Fruit Cup & Drink

Please RSVP to receive the special of the day by February 14th.

402.821.3330

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

FRIEND

Date: February 20th, 2020

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Fried Chicken, Cheesy Potatoes, Green Beans & Dessert

Please RSVP to receive the special of the day by February 12th.

402.821.3330

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

WILBER

Date: February 28th, 2020

Time: 2:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Dessert & Coffee

Please RSVP by February 26th.

402.821.3330

$3.00 fee for anyone attending the breakfast.

WESTERN

Date: February 14th, 2020

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Chili, Salad & Cinnamon Rolls

Please RSVP by February 12th.

402.821.3330

$5 fee for anyone attending the meal.

Exercise of the Month — Overhead Arm Raise

Overhead Arm Raise

TARGETED MUSCLES: Shoulders & 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.

go4life.nia.nih.gov

Recipe of the Month

Easy 3 Ingredient Banana Muffins

Ingredients:

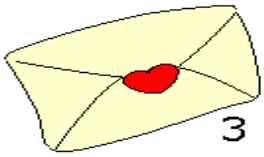
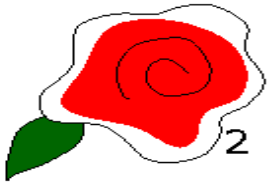
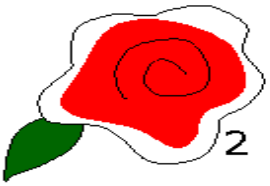
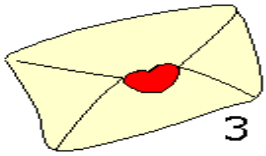
1 box yellow cake mix
3 large bananas (or 4-5 small bananas)
1/2 tsp cinnamon (totally optional)

Directions:

1. Preheat oven to temperature stated on box. Usually 350.
2. Use 4 medium bananas, or 3 large bananas.
3. Add a box of cake mix, just the cake mix, not any of the stuff that is told to add on the box.
4. Start stirring, it will start to look like dough. It is sticky!
5. Add cinnamon, if you want!
6. Bake for 18 mins, & enjoy!

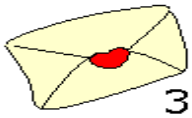
Pinterest.com

Valentine's Day Sudoku

Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!






Riddle of the Month

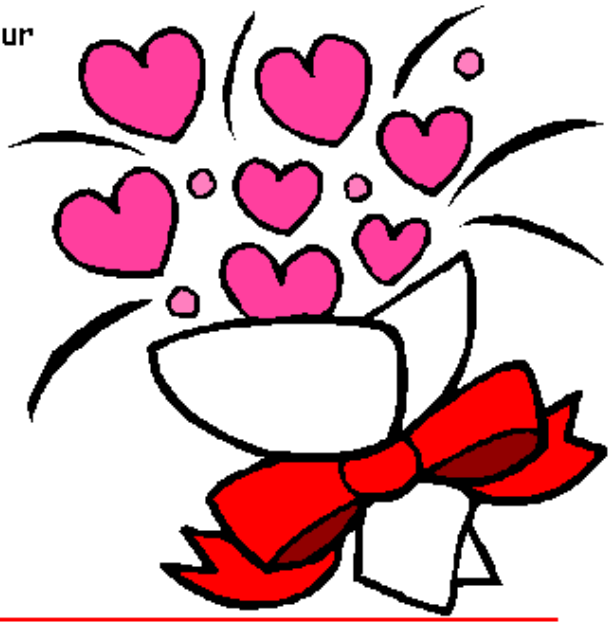
What fastens 2 people yet touches only one?

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!

Unscramble the letters to find the words in our

Valentine's Day Anagram



Hidden Word
(solve the circled letters):

_____

a c d r _____

e f l o r s w _____

d e r _____

f g i t _____

a c c e h l o o t _____

a c d n y _____

i k n p _____

a e h r t _____

e l v o _____

February Activities

Key: Crete Dorchester Wilber Friend DeWitt						1
2	3	4 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	5 Foot Clinic Lunch 12:00 p.m. National Pizza Day 	6 Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	7	8
9	10 National Cream Cheese Brownie Day 	11 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	12 Foot Clinic Lunch 12:00 p.m.	13 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	14 Full Circle @ Western 12:00	15
16	17	18 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	19 Lunch 12:00 p.m. National Chocolate Mint Day 	20 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00 Full Circle 12:00	21 Full Circle 12:00	22
23	24 National Banana Bread Day 	25 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	26 Lunch 12:00 p.m.	27 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	28 Full Circle 2:00	29
			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, February 5th

Program— Presidential Trivia
Menu— Beef Stroganoff, Green Beans, Fruit, Milk & Bread

WEDNESDAY, February 12th

Program— Refreshments & Cherry Desserts for Valentines Day
Menu— Caribbean Pork Loin, Baked Potato, Carrots, Fruit, Milk & Bread

WEDNESDAY, February 19th

Program— Presidential Bingo (Bring a Valentine treat in a bag)
Menu— Fish, Mac & Cheese, Baked Corn, Fruit & Milk

WEDNESDAY, February 24th

Quick Shoppe Strawberry Sundaes at 3:30

WEDNESDAY, February 26th

Program— Jill Busselman on African Mission Trip
Menu— BBQ Chicken, Potato Salad, Mixed Veggies, Fruit & Milk

Due to difficulties getting the newsletter out for January, nobody 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 January's riddle "What bites with no teeth?"— Frost

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 February 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 on the first Monday of every month (February 3rd) at 5:30 p.m. for a Potluck and fellowship. No cost, open to everyone regardless of age. Please bring a dish as you are able, if you are unable to provide a dish, you are still welcome to come.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

Saline County Aging Services is hosting:

Shamrock Shuffle

5K (3.1M) OR 1 MILE FUN RUN/WALK

Saturday, March 14th, 2020

Registration from 9:00 AM – 9:45 AM
Start time: 10:00AM SHARP
Location: Legion Park, Wilber, NE

Pre-Registration NOW at:
Saline County Aging Services, First State Bank or
Wilber Physical Therapy
Or: Mail registration with check to SCAS, P.O. Box 812, Wilber, NE 68465

Pre-registration DUE by Friday, March 6th, 2020
****Proceeds will benefit Saline County Aging Services and Wilber-Clatonia Public Schools TCBY Program!****

Entry Fees: 5K $20 Pre-registered; $25 after & day of race
1 mile $15 Pre-registered; $20 after and day of race
Students 12 & under $10 Pre-registered, $15 after & day of race
(Entry Fee Includes: T-Shirt, Water, After Race Snack, and One Free Drink Card at the Foxhole)
**ONLY PRE-REGISTRANTS ARE GUARENTEED A T-SHIRT.

Early Packet Pick-Up: Thursday, March 12th or Friday, March 13th or Race Day
Prizes will be awarded to 1st & 2nd places in the age categories of:
4-11, 12-18, 19-30, 31-50, 51 & up

2020 Registration Form

Name_____ **Phone #** _____

Address_____ **City/State**_____**Zip**_____

Age_____ **Male or Female** **Circle one: 5K or 1 Mile**

YOUTH T-Shirt Size: S M L

Female/Male ADULT T-Shirt Size: S M L XL XXL XXXL

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Saline County Aging Services, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the person's name in the waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

_____

Signature (if under 18-parent/guardian) **DATE**

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 January, the Attorney Generals Office came to present the latest scams and fraud prevention at Friend & Crete locations. Due to weather conditions, we had to cancel Wilber & Western.

If you missed out, don't worry! We plan to have them come back in the spring to present for Wilber & Western. Anyone is welcome to join us at any location.

Craft Day Success

We had another successful craft day! In January we made snowmen out of wooden spoons. All who attend, always want to join us for the next month of fun. New people are always welcome to come for some crafting & socializing.

Making marbles by talented Roger Mohling.

NE Strong representatives discusses how to cope and plan ahead for floods or stress.

A New Tai Chi Class to Begin in DeWitt in February

If you would like to try a Tai Chi Exercise class or refresh your memory if you took a previous class, then come to the DeWitt Senior Center beginning Tuesday, February 11th at 10:15. This 10 week low impact exercise on Tuesdays & Thursdays for seniors helps reduce falls, maintain mobility, improve balance and increase flexibility. This is a research based program recommended and encouraged by many doctors. The class will be taught by Bev Plihal, a certified instructor, and the recommended contribution is $2.00 for each class. For registration or questions, please call Bev Plihal at 402-520-0873 or the Senior Center at 402-683-6475. Come try out the classes, have fun, and improve your overall physical fitness.

Have You Moved?

ATTENTION!

Have you moved or changed your phone number?

Please let us know.

We have had trouble getting ahold of some of our clients who have updated their phone numbers.

This helps us out when you have appointments with us or have signed up for events.

Answers to this months puzzles

Answer key

Valentine's Day Sudoku

1	3	4	2
2	4	1	3
4	2	3	1
3	1	2	4

Each row, each column and each of the large four squares should have one of each image. Fill in the blanks!

1 2 3 4

Unscramble the letters to find the words in our

Valentine's Day Anagram

Hidden Word
(solve the circled letters):

valentine

(a)c d r	card
(e)f l o r s w	flowers
d(e)r	red
f g(i)t	gift
a c c e h(l)o o t	chocolate
a c d(n)y	candy
i k(n)p	pink
a e h r(t)	heart
e l(v)o	love

WINTER WEATHER

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

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 5, Issue 3 **March 2020**

Inside This Issue . . .

7 Benefits of Exercise for the Elderly

Its important to stay fit and healthy, especially as you get older. Here is how you keep active however old you are…

We all know that exercise is good for us, but some people think that with each passing year they should try to do less and take it easy. Wrong. Health experts advise that regular exercise for the elderly offers great benefits, including extending lifespan. But alarmingly, only one in four people between the ages of 65 and 74 exercise regularly.

According to the National Institute for Ageing, exercise is good for people of any age and can ease symptoms of many chronic conditions. And contrary to popular belief, weakness and poor balance are actually linked to inactivity, rather than age.

At SweetTree, a leading UK care provider, they are 'passionate about exercise' and have seen the benefits first hand on many of their clients.

"We encourage our carers to get active with clients wherever possible (with the consent of a medical professional) as the positive impact on their health and wellbeing is clearly evident," says Nicki Bones, Operations Director at SweetTree Home Care Services.

"Increased fitness, strength, confidence, coordination and mood are just some of the positive affects experienced by our clients.

Whether a stroll to the high street or simple stretches and exercise routines in the home, our clients and carers alike find it rewarding and enjoyable."

Here are SweetTree's 7 reasons for golden oldies to get going…

...continued on pg 2

7 Benefits of Exercise for the Elderly

1. Live longer

According to the World Health Organization, leading a sedentary lifestyle is one of 10 leading causes of death and disability. Even gentle, regular exercise such as walking or swimming can increase lifespan by around three to five years.

2. Prevent falls

Improving muscle strength and bone density can be helpful in reducing the risk of falls as it can also improve balance. The WHO say regular exercise can reduce the risk of having a hip fracture by 40%.

3. Reduced risk of stroke or heart attack

Regular cardiovascular exercise, such as brisk walking, cycling or light housework – anything that raises the heart rate - will increase blood flow to the heart and boost your overall health.

4. Better bone density

Weight-bearing exercise such as walking or jogging can help increase the strength of bones and reduce the risk of developing osteoporosis and fractures. According to The National Osteoporosis Society, one in two women and one in five men will break a bone due to osteoporosis.

5. Reduced risk of developing dementia

Being sedentary in later years can increase the risk of developing dementia, according to a recent study published in the Journal of Alzheimer's Disease. The study, which analysed more than 1,600 older adults over five years, found that those who did not exercise were more likely to develop dementia than those who did.

6. Prevent or delay disease

Exercise is an effective remedy for many chronic conditions. Studies show that people with arthritis, heart disease, or diabetes benefit from regular activity. It can also help in management of high cholesterol; keeping cholesterol levels within a healthy range can help to reduce the risk of heart disease and stroke.

7. More confidence and independence

A study by the Journal of the American Geriatrics Society examined exercise in the elderly and found that training led to improvements in functional reach and balance and reduced participants' fear of falling.

home.bt.com

Craft Day

Come join us for a Craft Day!

When: March 23rd, 2020
Where: Saline County Aging Services
Time: 1:30 pm

Please RSVP by March 18th.

Snacks & Coffee Provided.

ALL contributions, will be put towards future craft days!

402.821.3330

The Special Advantages that Come with Age

- Your supply of brain cells is finally down to a manageable size.
- You can quit trying to hold in your stomach no matter who walks into the room.
- Your joints are more accurate meteorologists than the guy on the television.
- You can sing along with elevator music.
- There is nothing left anymore to learn the hard way.
- Things that you buy now won't wear out.
- You no longer think of the speed limit as a challenge.
- People call you at 9 p.m. and ask, "Did I wake you???? "
- Your investment in health insurance is finally paying off.
- You can sing along with elevator music.*(That sounds familiar)*
- Your eyes won't get too much worse.
- Kidnappers are not very interested in you.
- You can eat dinner at 4:00 in the afternoon.
- In a hostage situation you are the most likely to be released first.
- You can sing along with elevator music.*(Boy that sounds familiar)*
- No one expects you to run -- anywhere.

atimetolaugh.org

AGING PARTNERS
A Pioneering Area Agency on Aging

Changes to the Nutrition Facts Label

The U.S. Food and Drug Administration have updated the Nutrition Facts Label to help consumers easily identify and make informed food choices. There are several changes to this label with updated scientific information, including the link between diet and chronic diseases.

Servings

The number of "servings per container" and the "serving size" are larger and bolder in font. Serving sizes are required to accurately portray the amount people generally consume and data shows that certain foods need to be revised. For example, the serving size for ice cream was previously listed as 1/2 cup but has now been increased to 2/3 cup. This makes it easier for consumers to identify how much they are actually eating.

Keep in mind the difference between a portion size and a serving size. A portion size is the amount of food you choose to put on your plate (think P for Plate) while the serving size is the general amount that people consume.

Calories

The amount of calories per serving is now listed in a larger and bolder font. This makes it easier to identify how many calories are listed in the serving size.

Fats

The previous Nutrition Facts Label included "calories from fat." This information has now been removed due to new research showing that the type of fat consumed is more important than the amount.

Continue to pay attention to the types and amount of various fats that are listed on the label. Saturated and trans fats have been shown to negatively impact heart health and increase the risk of certain chronic diseases. Aim to choose lean meats (which will naturally have less saturated fat) and limit the total amount of trans fats consumed.

Added Sugars

The amount of "added sugars" has been added to the Nutrition Facts Label. This includes sugars that are added during processing as well as those from syrups, honey and concentrated juices. For example, canned fruit will contain natural sugars from the fruit itself but may also include added sugars if it is packed in syrup. Consuming too much added sugar can make it difficult to meet other nutrient needs, such as dietary fiber and other essential vitamins, and stay within the recommended calorie limits.

Sugars that are added during processing will have both the ***Percent Daily Value*** and the number of grams of added sugars on the label. Single-ingredient sugars (honey, maple syrup) will only have the ***Percent Daily Value*** listed.

Look for products that contain "no added sugars" and compare different Nutrition Facts Labels. Aim for less than 10 percent of your total daily calories from added sugars.

Nutrients

Vitamin D and potassium have been added to the label. Research has found that many Americans do not get the recommended amounts of these nutrients. Not getting enough vitamin D and Potassium has been linked to an increase in certain diseases. The actual amount (in milligrams or micrograms) must also be listed for vitamin D, calcium, iron and potassium.

Footnote

The footnote at the bottom of the label has been designed to better explain the ***Percent Daily Value*** (*%DV*). The *DV* shows how much of a nutrient a serving of food contributes to the total daily recommendation (based off a 2,000 calorie/day diet). This is a useful tool to determine if a food is considered to be high or low in a specific nutrient. As a general guide, five percent *DV* or less of a nutrient per serving is considered low and 20 percent or more of a nutrient is considered high.

The updates to the Nutrition Facts Label provide more information and awareness, but it is up to the consumer to decide the best options based on individual needs and/or preferences. The new label is starting to appear on products nationwide but manufacturers have until January 2021 to implement all the required changes.

Source: www.fda.gov

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!

1/3/2020

Food & Drug Interactions

Approximately half of Americans aged 65 and older take five or more medications daily, and many mix prescription drugs, OTC medications and herbal supplements, according to a report from the University of Florida College of Nursing.

While anyone who takes both dietary supplements and medicines runs the risk of experiencing an interaction, changes associated with aging make seniors more susceptible, says clinical consultant pharmacist Lawrence Lemchen, who specializes in geriatrics in Bellevue, Washington.

"I've filled prescriptions for 17 medications [for one elderly person]," says Lemchen. "When you're combining that many drugs and you add anything else to the mix, the likelihood increases that you are to cause an interaction of some sort."

In addition to herbal supplements, certain foods can interact poorly with prescription medications. Other types of non-herbal supplements, such as melatonin and S-adenosylmethionine, can also interfere with prescription medications, according to the American Council on Science and Health.

"Basically, a person who has significant medical problems needs to be very careful when they take any over-the-counter medication or herbal supplement because it definitely has the potential to interact with prescription medication," says Lemchen. "The important thing is just to be cautious."

HOW DO FOOD & DRUG INTERACTIONS HAPPEN?

When a drug is taken orally, it usually travels from the stomach to the liver. Here, specific enzymes then break down and metabolize the drug (or, in other words, process the chemicals and remove them from your body). Introducing new substances at the same time can potentially interfere with these enzymes. When this happens, your medications can be rendered ineffective or their effects can be unintentionally increased.

"You can potentially saturate the enzyme system so there's not enough enzyme left over to metabolize your drug. Then you're raising your dose without anyone knowing it," explains outpatient pharmacist Howard Crabtree at Harborview Medical Center in Seattle. "Or there's the opposite scenario in which drugs, herbal products and foods act as enzyme inducers. Then you get an abundance of enzymes that chew up everything in their path, causing sub-therapeutic doses of both agents."

Although the Federal Drug Administration (FDA) released a public health advisory in 2000 about the risk of potential drug interactions with St. John's wort, for the most part its studies have focused almost exclusively on the effects of mixing different prescription drugs-which means that food and drug interactions caused by dietary and herbal supplements are not well understood. And while the potential risks of interactions should certainly not be dismissed, it's worth noting that there is some disagreement as to the extent to which vitamins and herbal supplements are dangerous.

One 2004 study of conducted by the University of Pittsburgh, for example, found that 94% of food and drug interactions did not have serious consequences-a conclusion that surprised many health care professionals. A more recent study published in the March 2006 medical journal Geriatric Nursing, however, tracked 58 elderly women, who reported taking at least one herbal product while using over-the-counter or prescription medications, and discovered more alarming results. The study detected 136 drug interactions among the women-41% of which were deemed high risk and 58% moderate risk. Despite their different findings, researchers in both cases came to a similar conclusion: because limited information on food and drug interactions exists, communication between caregivers and patients is essential.

WHICH HERBS & FOODS CAN CAUSE INTERACTIONS?

The following are just a few of the foods, herbs, and vitamins that have been known to cause interactions with prescription medications:

HERBAL SUPPLEMENTS

A recent Institute of Medicine Report, sponsored by the FDA, found that Americans spend close to $16 billion a year on dietary supplements. And while the use of herbal products among Americans 65 and older has risen dramatically since the late '90s, a 2005 national study found that 49% of elderly patients taking herbal remedies had not reported their use of supplements to their doctors.

"It can get very confusing, especially for seniors," says Lemchen. "It's already hard to keep track of as many as nine or ten medications, then you see ads for these herbal remedies that make all sorts of promises."

..continued on pg. 7

Food & Drug Interactions

Herbal supplements are the most worrisome potential interaction agents, adds Crabtree, primarily because they are very loosely regulated in the United States. “At least with grapefruit juice, for example, you know what it is and you know what the concentration is in a given product because it’s regulated by FDA,” he says. “Herbal supplements come in any number of dosage forms and concentrations and can vary from batch to batch. The box right next to another on a shelf could have a totally different concentration.”

In order to minimize potential dosage variations, Lemchen and Crabtree both stress the importance of buying supplements from reputable brands. There are a variety of herbs and herbal supplements that can harbor potential risks, but common interaction-causing culprits include St. John’s wort, ginkgo biloba, goldenseal, kava, ephedra, and garlic. Individuals taking high blood pressure medications, anticoagulants, diabetes medications, heart medications, monoamine oxidase inhibitors (MAOIs), and drugs that affect the liver should be particularly cautious when taking these supplements.

GRAPEFRUIT JUICE

The exact chemical or chemicals in grapefruits that cause interactions are unknown, but the citrus fruit’s pulp, peel, and juice can interfere with your enzymes and essentially increase the dosage levels of certain drugs. Avoid grapefruit juice if you are taking certain antiseizure medications, antidepressants, benzodiazepines, calcium channel blockers, anti-arrhythmic drugs, pain medications, and impotence drugs, among others.

VITAMIN K & VITAMIN E

Vitamin K (found in vegetables such as spinach, kale, broccoli, and Brussels sprouts) and Vitamin E (also in leafy green vegetables, as well as vegetable oils and nuts) produce blood-clotting substances and can reduce the effectiveness of anticoagulants such as warfarin (Coumadin®). Because warfarin is highly sensitive to interactions and changes in diet, adds Lemchen, it is particularly important for individuals taking the medication to monitor their dietary intake.

aplaceformom.com

For Full Circles in March

Wilber & Western– A presentation of Tools for Health & Happiness by Ann Heydt from Aging Partners.

Crete & Friend– Tracy Foreman from Aging Partners is presenting Transformative Power of Music.

CRETE

Date: March 19th, 2020

Time: 12:00 p.m.

Location: Crete Area Medical Center

Meal: Pizza, Garlic Bread, Roasted Green Beans, & Cookie or Fruit

Please RSVP to receive the special of the day by March 11th.

402.821.3330

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

FRIEND

Date: March 26th, 2020

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: BBQ Ribs, Oven Roasted Potatoes, Broccoli & Dessert

Please RSVP to receive the special of the day by March 18th.

402.821.3330

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

WILBER

Date: March 27th, 2020

Time: 2:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Sloppy Joes, Baked Beans, Potato Chips & Dessert

Please RSVP by March 25th.

402.821.3330

$5 fee for anyone attending the meal.

WESTERN

Date: March 20th, 2020

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Pork Roast with Carrots & Potatoes, Fruit & Dessert

Please RSVP by March 18th.

402.821.3330

$5 fee for anyone attending the meal.

Exercise of the Month — Lower Back Exercise

Lower Back Exercise

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.

go4life.nia.nih.gov

Recipe of the Month

Two Timing Pasta

Ingredients:

- Penne Pasta
- 1 jar Alfredo Sauce
- 1 jar Marinara Sauce
- Mozzarella Cheese
- Parmesan Cheese
- Baking Dish

Directions:

This is a quick and easy recipe! Cook your pasta completely. Preheat oven to 350 degrees. While your pasta is cooking, in a big bowl, put all your alfredo sauce and the all your marinara sauce. Mix together. Add in 2 cups of Mozzarella cheese. After pasta is done, add pasta to the bowl. Place the entire mixture into your baking dish. Bake for 20 minutes. When done, sprinkle Parmesan cheese all over top.

Pinterest.com

St Patrick's Day Word Ladder

Make your way from the leprechaun **trap** to the **luck** o' the Irish by changing just one letter on each step to make a new word! There are 7 steps in this word ladder.

T R A P	Leprechaun catcher.
	Streetcar.
	A group with the same goal.
	Fancy hardwood.
	Top of a mountain.
	To poke with a beak.
	Rubber ice hockey disk.
L U C K	Good fortune.

Riddle of the Month

Why do leprechauns enjoy recycling?

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!

Saint Patrick's Day Word Search

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

celtic	dublin	green
ireland	irish	legend
leprechaun	limerick	patrick
potofgold	rainbow	saint
shamrock	snakes	

March Activities

Key: Crete Dorchester Wilber Friend DeWitt						
1	2	3 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	4 Foot Clinic Lunch 12:00 p.m.	5 Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	6 Oreo Cookie Day  	7
8	9	10 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	11 Foot Clinic Lunch 12:00 p.m.	12 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	13 National Potato Chip Day 	14 Shamrock Shuffle 
15	16	17 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	18 Lunch 12:00 p.m.	19 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00 Crete Full Circle National Chocolate Caramel Day	20 Western Full Circle	21
22	23	24 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	25 Lunch 12:00 p.m.	26 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00 Friend Full Circle	27 Wilber Full Circle	28
29	30	31	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, March 4th

Program— Dine with Jim Hinz's Music
Menu— Ham n Beans, Cornbread, Fried Potatoes, Fruit & Milk

WEDNESDAY, March 11th

Program— Learn More About Eldon's Animal Hobby
Menu— Mexican Bake Casserole, Chips & Salsa, Fruit & Milk

MONDAY, March 16th

Work Day 1:30-3:00!

WEDNESDAY, March 18th

Program— Woodworking with Dr. Kennedy
Menu— Chicken Broccoli Casserole, Cottage Garden Salad, Fruit & Milk

WEDNESDAY, March 25th

Program— Positive Thinking with Mrs. Wheelchair NE
Menu— Cheesy Baked Fillet of Fish, California Mixed Veggies, Baked Potatoes, Fruit & Milk

MONDAY, March 30th

Quick Shop Pizza, Snacks & Visiting 3:00-4:00

Larry Quackenbush
Of
DeWitt

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 "What fastens 2 people yet touches only one?"— Wedding Ring

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 March 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 on the first Monday of every month (February 3rd) at 5:30 p.m. for a Potluck and fellowship. No cost, open to everyone regardless of age. Please bring a dish as you are able, if you are unable to provide a dish, you are still welcome to come.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

Saline County Aging Services is hosting:

2nd Annual Shamrock Shuffle

5K (3.1MI) OR 1 MILE FUN RUN/WALK

Saturday, March 14th, 2020

Day of Race Registration from 9:00 AM – 9:45 AM

Start time: 10:00AM SHARP

Location: Legion Park, Wilber, NE

Pre-Registration NOW at:

Saline County Aging Services or Sponsors Business Locations

Or: Mail registration with check to SCAS, P.O. Box 612, Wilber, NE 68465

Pre-registration DUE by Wednesday, March 4th, 2020

Gratefully Sponsored by: First State Bank Nebraska, Heath Sports, WM&E Spa-Boutique, Wilber Physical Therapy Downtown Family Vision, Farmers & Merchants Bank, Fox Hole Tavern, Madison-Barrett, 202 Hairdo, Food Mesta, Wilber Plumbing & Heating, Karpisek's Market.

Entry Fees:

1 Mile Fun Run/5K:

$15 adult SHORT sleeve **$20 adult LONG sleeve**

12 & under: $10 SHORT Sleeve Only.

(Pre-Entry Fee Includes: T-Shirt, Water, After Race Snack, One Free Beer or Soft Drink at the Foxhole)

**ONLY PRE-REGISTRANTS ARE GUARENTEED A T-SHIRT.

****Proceeds will benefit Saline County Aging Services and Wilber-Clatonia Public Schools TCBY Program!****

Early Packet Pick-Up: Thursday, March 12th or Friday, March 13th or Race Day

Prizes will be awarded to 1st & 2nd places in the age categories of:

4-11, 12-18, 19-30, 31-50, 51 & up

2020 Registration Form

Name _____ **Phone #** _____

Age_____ **Male or Female** **Circle one: 5K or 1 Mile**

YOUTH T-Shirt Size: S M L Female/Male ADULT T-Shirt Size: S M L XL XXL XXXL

Female/Male Long Sleeve T-Shirt Size: S M L XL XXL

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically and otherwise properly trained. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Saline County Aging Services, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or caused in part by the person's name in the waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

_____

Signature (If under 18-parent/guardian) Date

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

Saline County Aging Services

If you have not attended one of our craft days, you're missing out! We have so much fun creating our own unique master pieces!

In February, we made heart canvas's, as shown in the top right photo. We stuck a paper heart down on the canvas, painted around the outside of it, then pulled the heart off.

We also take requests, if you are wanting to make something specific, let us know!

DeWitt Senior Center

DeWitt has been busy, busy!
They enjoyed decorating cookies, and celebrating Valentine's Day. They also had the opportunity to pet babies bunnies & create Memorial Day arrangements.

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).

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).

Have You Moved?

ATTENTION!

Have you moved or changed your phone number?

Please let us know.

We have had trouble getting ahold of some of our clients who have updated their phone numbers.

This helps us out when you have appointments with us or have signed up for events.

Answers to this months puzzles

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

St Patrick's Day Word Ladder

Make your way from the leprechaun trap to the luck of the Irish by changing just one letter on each step to make a real word. There are 7 steps in this word ladder.

T R A P	Leprechaun catcher.
T R A M	Streetcar.
T E A M	A group with the same goal.
T E A K	Fancy hardwood
P E A K	Top of a mountain.
P E C K	To poke with a beak.
P U C K	Rubber ice hockey disk
L U C K	Good fortune

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 up-coming 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

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 5, Issue 4 **April 2020**

Inside This Issue . . .

10 Scientific Reasons Spring Is the Most Delightful Season

Summer, winter, and fall may have their fans, but spring is clearly the most lovable of the four seasons. Not convinced? Here are 15 scientific reasons why spring is great:

1. TEMPERATURES ARE MODERATE.

Spring marks the end of blistering winter and the transitional period to scorching summer. In many places, the season brings mild temperatures in the 60s and 70s. People tend to be most comfortable at temperatures of about 72°F, research shows, so the arrival of spring means you can finally ditch the heavy winter layers and still be comfortable.

2. THERE IS MORE DAYLIGHT.

Following the spring equinox, days begin lasting longer and nights get shorter. Daylight Saving Time, which moves the clock forward starting in March, gives you even more light hours to get things done. Those extra hours of sun can be a major mood-booster, according to some research. A 2016 study of students in counseling at Brigham Young University found that the longer the sun was up during the day, the less mental distress people experienced.

3. THE BIRDS RETURN.

Many animals migrate south during the winter, then head north as temperatures rise. For relatively northern regions, there is no better indicator of spring than birds chirping outside your window. Their northward migration can start as early as mid-February and last into June, meaning that throughout the spring, you can expect to see a major avian influx. In addition to the satisfaction of marking species off your bird-watching checklist, seeing more of our feathered friends can make you happy. In 2017, a UK study found that the more birds people could see in their neighborhoods, the better their mental health.

..continued on page 2

4. THERE ARE BABY ANIMALS EVERYWHERE.

Many animals reproduce in the spring, when temperatures are warmer and food is plentiful. Baby bunnies, ducklings, chipmunks, and other adorable animals abound come spring. Studies have found that seeing cute animals can have positive effects on humans. For instance, one small study in 2012 found that when college students looked at cute images of baby animals, they were better at focusing on a task in the lab. Being able to watch fluffy baby squirrels frolic outside your office window might make spring your most productive season of the year.

5. YOU'RE SAFER.

In 2015, a pair of public policy researchers discovered a hidden upside to "springing forward" for Daylight Saving Time. It reduced crime. When the sun set later in the evening, the study published in the *Review of Economics and Statistics* found, robbery rates fell. After Daylight Saving Time started in the spring, there was a 27 percent drop in robberies during that extra hour of evening sunlight, and a 7 percent drop over the course of the whole day.

6. YOU CAN GO OUTSIDE.

Warmer temperatures mean you can spend more time outside without freezing your feet off, which is great for mental health. Across the seasons, research has found that taking walks in nature slows your heart rate and makes you more relaxed, but some research indicates that there is something special about spring's effect on your brain. A 2005 study from the University of Michigan linked spending 30 minutes or more outside in warm, sunny spring weather to higher mood and better memory. But the effect reverses when spring ends, since being outside in the warmest days of summer is usually pretty uncomfortable.

7. IT MAKES YOU MORE CREATIVE.

That same University of Michigan study found that spending time outside in the sunny spring weather isn't just a mood booster, it actually can change the way people think. The researchers found that being outdoors broadened participants' minds, leaving them more open to new information and creative thoughts.

8. THE LEAVES COME BACK.

Spring brings green growth back to plants and trees. Depending on where you live, trees may begin sporting new leaves as early as mid-March. That successful spring leaf growth ensures a cool canopy to relax under during the hot summer—a hugely important factor in keeping cities comfortable. According to researchers, vegetation plays a big role in mitigating the urban heat island effect. When trees release water back into the air through evapotranspiration, it can cool down the areas around them by up to 9°F, according to the EPA.

9. GROWING PLANTS ABSORB CARBON DIOXIDE.

It's amazing what a little sun can do for plants and grass. Through photosynthesis, plants convert sunlight, carbon dioxide, and water into food, releasing oxygen in the process. That means as plants start to grow in the spring, they pull carbon out of the atmosphere, providing an important environmental service. Plants take in roughly 25 percent of the carbon emissions humans produce, absorbing more than 100 gigatons of carbon through photosynthesis each growing season. Because of this, the amount of carbon dioxide in the atmosphere drops each spring and summer. (Unfortunately, it rises in the winter, when most plants aren't growing.)

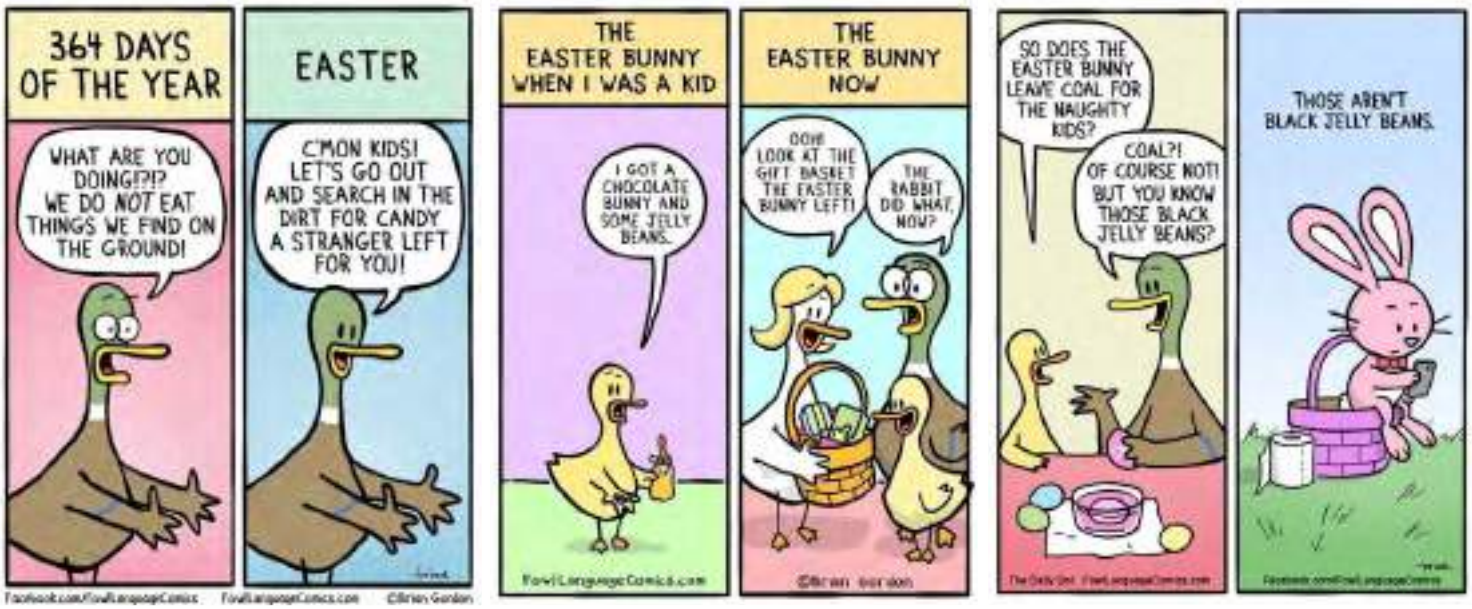
10. IT'S EASY TO FIND FRESH PRODUCE.

Many vegetables and some fruits are harvested in the spring. 'Tis the season to get your local asparagus, greens, peas, rhubarb, and other fresh produce. Getting more fruits and vegetables into your diet isn't just good for the body; it's good for the soul. A 2016 study of more than 12,000 Australians found that when people increased the amount of fruits and vegetables in their diet, they felt happier and had higher rates of life satisfaction. If they increased their intake by eight portions a day (a tall order, we know) the psychological gains were equivalent to the change in well-being people experience when they go from being unemployed to having a job, the researchers found.

https://www.mentalfloss.com/article/55573/15-scientific-reasons-spring-most-delightful-season

FOOT CLINIC

We will notify you concerning your foot clinic appointment for the month of April. Be on the lookout for a phone call regarding what decision has been made.
For emergencies, please call us. 402-821-3330


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!
THE EASTER BUNNY WHEN I WAS A KID
I GOT A CHOCOLATE BUNNY AND SOME JELLY BEANS.
THE EASTER BUNNY NOW
OOH! LOOK AT THE GIFT BASKET THE EASTER BUNNY LEFT!
THE RABBIT DID WHAT, NOW?
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
4-24-11
I won't say my memory's bad, but it's to the point now that I can hide my OWN Easter eggs!
©Hallmark Licensing, Inc.
Maxine.com


Happy Easter


Crabby Road
4-6-12
I saw a 6-foot bunny at the mall yesterday. Either it's almost Easter or my doc screwed up my meds again.
???
©Hallmark Licensing, LLC
Maxine.com


YOUR RÉSUMÉ SAYS YOU'RE THE EASTER BUNNY...
HOW DO I KNOW YOU'RE REALLY THE EASTER BUNNY?
OK. I'M CONVINCED.

©Mike Lester

AGING PARTNERS
A Pioneering Area Agency on Aging

Kitchen Tips and Tricks

Whether we consider ourselves a pro or a beginner in the kitchen, discovering new tips and tricks can help save us time, effort and frustration!

Ripening fresh fruit: Transform a hard peach to ready-to-eat by placing it in a paper bag. The concentrated ethylene gas helps the fruit ripen faster. Don't seal the bag too tightly or use a plastic bag, as too much moisture may contribute to mold growth. Storing fruit next to or near apples can also help speed up the ripening process, as apples contain a higher amount of ethylene gas.

Roasting vegetables: Place a cookie sheet in the oven to preheat. This will help to evenly distribute the heat on the vegetables without having to flip them.

Prevent pots from boiling over: Place a wooden spoon across the top of the pot to help prevent over-boiling. Wood is not a good material for conducting heat and the hot water stays away from the handle.

Repel bugs: Place a bay leaf in a container of flour, pasta or rice to help repel bugs.

Making soup less salty: Add a wedge of raw potato or apple to help absorb excess salt. Simmer for 10 minutes and then remove the wedges.

Skim the fat: Spoon off excess fat from stews and sauces by cooling in the refrigerator and then skimming off the grease. If you're short on time, add a few ice cubes and remove as soon as you see the grease sticking to them.

Scoop up pieces of a broken egg shell in food by gently scooping up with half of an eggshell. The shell acts as a magnet to draw up other shell pieces without wasting too much egg.

Removing egg shells: Add baking soda to water when boiling eggs for easy shell removal. This will help the egg whites separate from the shell and make it easier to peel.

Save fresh herbs for later use: Place herbs on a baking sheet and freeze. Once frozen, seal in a Ziploc bag (make sure to push all the air out) and label. You can also chop or blend herbs and freeze them in an ice cube tray with olive oil. This is a great addition to the flavor of your meals!

Fresh Eggs: Is you're unsure of how fresh an egg is, see how it floats! Fresh eggs sink, bad ones float.

Prevent brown sugar from hardening: Even in an airtight container, brown sugar can turn hard. Toss a few marshmallows in an airtight container with the sugar to help it stay soft and scoop better. Keeping brown sugar in the freezer can also help prevent hardening. If the sugar is already hard, try putting a wet paper towel in with the sugar and microwave for 20 seconds. The water will add moisture back into the sugar and help soften.

Extend produce freshness: Line the bottom of your refrigerator's crisper drawer with paper towels. They will absorb the excess moisture that causes the produce to go bad.

There are several kitchen gadgets that can help make the prepping and cooking process easy, painless and even fun!

Apple Core/Slicer: We've all heard the saying "an apple a day keeps the doctor away," but this may be difficult if we don't have the right tools. An apple slicer is a great way to get in our daily apple in a safe and easy way. Simply place the slicer on top of the apple and press down. Enjoy your apple raw or top with cinnamon and microwave!

Vegetable Spiralizer: Spiralized vegetables is a fun and creative way to get in more fruit and vegetables. Use on zucchini, carrots, potatoes, cucumbers, apples and more! Spiralizers usually contain three blades: a round one for spaghetti, a small flat blade for ribbons, and a large wide blade for spiral strands. Spiralized vegetables are great to use as an alternative to pasta or as an addition to a soup or stir-fry!

Vegetable Chopper: Chopping vegetables can be a daunting, time consuming and difficult task. A vegetable chopper is an ideal way to get diced vegetables without all the blood, sweat and tears (onions, anyone?) Vegetable choppers usually come with several different blades, giving a range of cutting and dicing options. This is a great option for dicing vegetables such as peppers, onions and tomatoes but also other foods such as cheese and eggs.

Food Thermometer: Seeing is not believing! A food thermometer is the only reliable way to ensure the safety and "doneness" of meat, poultry and egg products. There are different types of food thermometers available with the most common being the digital instant-read, dial instant-read and the oven thermometer. Place the food thermometer in the thickest part of the meat or casserole, making sure not to touch the bottom or side of the pan.

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!

Department of Health and Human Services
COVID-19 Coronavirus

NEBRASKA
Good Life. Great Mission.

Coronavirus Disease 2019 (COVID-19): General Guidance and Testing Information for Nebraskans

Background:

Coronavirus disease 2019 (COVID-19) is a respiratory disease caused by a new virus strain that can spread from person to person, causing severe illness including pneumonia in some people.

Symptoms can appear 2 to 14 days after exposure to the virus. The most common symptoms reported are:

Fever

Cough

Shortness of breath or difficulty breathing

Note to the Public: Public health officials, health care providers, and laboratories are working daily to increase our capacity to test more people for COVID-19. Currently, testing supplies are limited, just like some supplies at local stores and online. Local, state, and federal partners are working to expand testing supplies and the ability to test people experiencing symptoms as quickly as possible. While we work to increase supplies and testing, we are screening people to test those who have the highest likelihood of being exposed to or having COVID-19. As we are able to test more people, we'll provide additional information on where Nebraskans can receive testing. The Nebraska Department of Health and Human Services (DHHS) will be updating our website to include the most up-to-date information at www.dhhs.ne.gov/coronavirus.

Purpose of Guidance:

To help you as quickly as possible, this document is intended to provide information on testing capacity, how to get tested, and what to expect before and after testing.

Could I have COVID-19?

The most common symptoms of COVID-19 are fever, cough, and shortness of breath. If you have any of these symptoms, but have NOT been around anyone who you know has COVID-19 or have NOT recently traveled to an area with community spread, the likelihood that you have COVID-19 is fairly low. Other respiratory illnesses, like flu, in Nebraska actively circulating have similar symptoms. Health care providers will likely conduct testing to rule out common illnesses first before testing for COVID-19. At this time, we are aware that there is community transmission of COVID-19 in Nebraska, specifically in Omaha. We continue to be vigilant in monitoring cases and we are committed to slowing down the spread and increasing testing capacity as quickly as possible.

"Helping People Live Better Lives"

What To Do?

While sitting at home wondering when this craziness is going to pass over, here is a list of things you can do to keep you busy!

- Go through your bills carefully.
- Make a bunch of meals and freeze them.
- Deep clean throughout your home, or go through closets.
- Complete puzzles.
- Start a journal about something that interests you.
- Write letters to family and friends that you haven't seen in awhile.
- Read a good book.
- Go through the newspaper and find words that relate to you.
- Watch old films.
- Take a nice bath.
- Color in coloring books. (They're not just for kids!)
- Throw away old makeup products that are expired.
- Look through old photo albums
- Organize your spice rack alphabetically.

For Full Circles in April

Wilber & Western– Attorney Generals office will join us to present awareness of scams and fraud.

Crete & Friend– *We will not be having a Full Circle for the month of April at the locations of Crete and Friend. Residents of both of these towns are welcome to join us at either Wilber or Western. Sorry for the inconvenience!*

WILBER

Date: April 17th, 2020

Time: 9:30 a.m.

Location: 'The Back Room' -SCAS

Meal: Coffee & Rolls

Please RSVP by April 15th.

402.821.3330

$5 fee for anyone attending the meal.

WESTERN

Date: April 17th, 2020

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Pork Roast with Carrots & Potatoes, Fruit & Dessert

Please RSVP by April 15th.

402.821.3330

$5 fee for anyone attending the meal.

Exercise of the Month — Lower Back Exercise

Front Arm Raise Exercise

TARGETED MUSCLES: Shoulders
TALK TO YOUR DOCTOR: Hand-held weights

This exercise for your shoulders can help you put things up on a shelf or take them down more easily.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

go4life.nia.nih.gov

Recipe of the Month

4 Ingredient (Gluten Free) Peanut Butter

Ingredients:

- 1 cup peanut butter
- 1 cup sugar
- One tsp vanilla
- Single egg

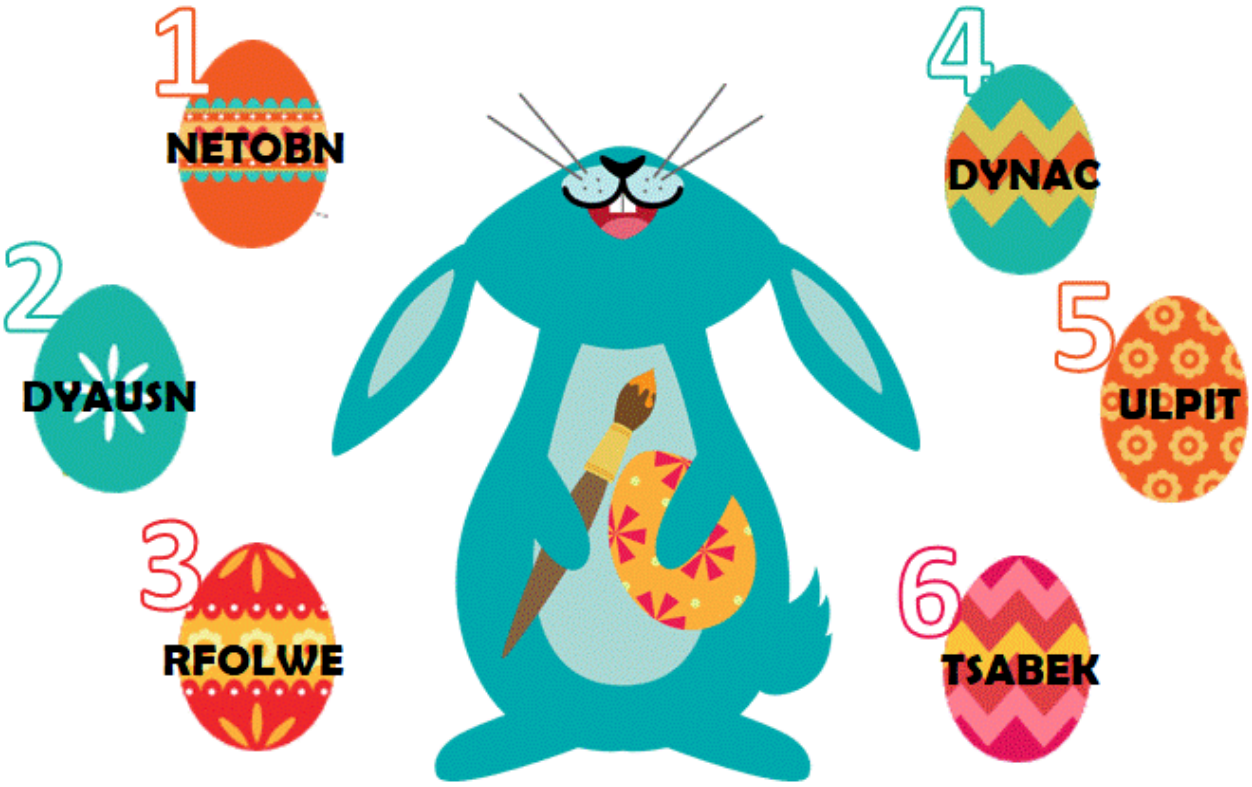
Directions:

1. Preheat oven to 325.
2. Pour all of the ingredients into large bowl and mix well.
3. Roll into 1 inch balls and place on an un-greased baking sheets.
4. Push down slightly with the tines of a fork.
5. Bake at 325 for 15 mins.

Pinterest.com

Happy Easter Word Scramble

The Easter Bunny decorated some of his eggs with words, but when he delivered them, they got a little scrambled. Can you unscramble the words and find the answer to his favorite riddle?



1. _ _ _ _ _ _
   1 2
2. _ _ _ _ _ _
   3 4 5
3. _ _ _ _ _ _
   6
4. _ _ _ _ _
   7 8
5. _ _ _ _ _
   9
6. _ _ _ _ _ _ _ _
   10 11

What do you call a rabbit who tells good jokes?

_ _ _ _ _ _ _ _ _ _ _
11 6 3 2 7 8 10 9 1 4 5

Easter Word Search

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

Basket
Bonnet
Bunny
Candy
Chicks
Chocolate
Daffodil
Decorate
Ducks
Dye
Easter
Egg Hunt
Eggs
Family
Flowers
Grass
Happy
Jellybeans
Lily
Parade
Peeps
Rabbit
Spring
Sunday
Tradition
Tulips

April Activities

Key: Crete Dorchester Wilber Friend DeWitt		Don't hesitate to call if you have questions about a change in the schedule!	1 Meal cancelled due to COVID19.	2	3	4
5	6	7 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	8 Foot Clinic Lunch 12:00 p.m.	9 Tai Chi 9-10 Quilting 1-5 TaiChi 2:00-3:00	10	11
12	13	14 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	15 Foot Clinic Lunch 12:00 p.m.	16 Foot Clinic Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	17	18
19	20	21 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	22 Lunch 12:00 p.m.	23 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	24 SCAS CLOSED 	25
26	27	28 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	29 Lunch 12:00 p.m.	30 Tai Chi 9-10 Tai Chi 10:15-11 Quilting 1-5 TaiChi 2:00-3:00	31	
			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 1st
CANCELLED! Due to COVID19.
WEDNESDAY, April 8th (TENTATIVE)
Program— Home Bound These Days? Check out our library! Menu— BBQ Chicken Sandwich, Macaroni Salad, Mixed Veggies, Fruit & Milk
MONDAY, April 15th
Program— Easter Sing Along (Wear a Bonnet or hat) Menu— Tuna Noodle Casserole, Green Beans, Fruit & Milk
WEDNESDAY, April 22nd
Program— Panama Canal by Dorothy Zimmerman Menu— Ham n Sweet Potatoes, Baked Corn, Fruit, Bread & Milk
WEDNESDAY, April 29th
Program— Meet & Greet Pastor Panning Menu— Lasagna, Corn, Bread Stick, Fruit & Milk

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 "Why do leprechauns enjoy recycling?"— Leprechauns like to go green

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

The Village of DeWitt has closed the DeWitt Senior Center until April 3rd.

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

COMMUNITY SUPPER: The Monday meal at the Methodist Church in Wilber on the first Monday of every month at 5:30 p.m. has been cancelled until further notice.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

What to Expect in a Residential Care Home

Tucked into regular neighborhoods, residential care homes provide non-medical custodial care for elderly adults. Typically in a single family residence, residential care homes usually serve between two and ten patients, depending on specific state laws. “They offer a home-like setting for people who need assisted living but might be intimidated by larger communities,” says Charlotte S., A Place for Mom’s former West Coast regional manager.

RESIDENTIAL CARE HOME SERVICES

Also called board and care homes, adult family homes, and residential care facilities for the elderly, this is a live-in housing and care option for people who do not have skilled medical needs, such as a feeding tube or daily injections. Generally, a residential care home provides the following:

- A room, either private or shared
- Meals
- Varying levels of assistance with daily living activities, such as toileting, bathing, and even money and health care management
- Custodial care, such as laundry, housekeeping, and transportation to doctor appointments
- Reminders to take medications or actual medication administering.

Adult family homes “are wonderful for individuals who are looking for a smaller-home-like setting,” says Charlotte. “They’ll eat home-cooked meals in the kitchen. [The home] will have a front porch or back porch and a garden. [It] will offer lots of one-on-one tender loving care.”

SMALL, TIGHT– KNIT COMMUNITY

This family-like atmosphere is fostered by a high staff-to-patient ratio, which is typically higher than the same ratio in a nursing home or assisted living community. Most often there is one caregiver for every three or four residents. “If my mom is in a nursing home and she can’t walk under her own steam, it could take 30 to 45 minutes to have someone take care of her after she pushes the call button,” says Jerry G., a former Senior Living Advisor for A Place for Mom.

For a senior citizen who is very active, though, a residential care home may not offer enough stimulation. A larger assisted living community has a wider array of social activities, such as on-site aerobics or outings to near-by events. A residential care home is a better fit for a frailer adult who can benefit from more individual care, says Charlotte.

Researching potential adult family homes for loved ones is complicated by the fact that there are no federal standards for these communities. Each state follows its own regulations and licensing rules. (Some states have no set standards.) For states that license residential care homes, surveys on each home are available at local licensing offices. Homes usually must provide this survey if asked by potential clients. To find a local licensing agency, contact the state’s department of aging.

Just as every house on a block is different, residential care homes are not all styled the same. Some are modest, while others feature crystal chandeliers and granite countertops. “It depends on how potential residents have been living their lives,” says Jerry G. “They are going to be more comfortable in a home like they have been living.”

Adult family homes are run by all kinds of individuals, from registered nurses to recent immigrants. Sometimes the homeowner lives in the facility, while others are run like a business with shifts of caregivers. “They [usually] have nursing oversight, but the nurse is not onsite at all times,” says Jerry. Because residential care homes vary so greatly, it’s vital to assess the needs of the future resident, deciding if they need around-the-clock staff attention, for example. It’s also important to visit several homes, comparing and contrasting to find the best fit.

..continued on page 18

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

Saline County Aging Services

February & March have been crazy busy at SCAS! We got our front office complete, and will be starting on the back room soon!

Thank you to FCHS for coming to present their services at all Full Circle events in February. Lots of great info!

Last, but not least, thank you to all the sponsors who helped us make the Shamrock Shuffle so successful.

DeWitt Senior Center

Eldon shared his hobby.

Foot Clinic in progress.

Quilters hard at work.

African Mission Trip Program.

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).

Farmers' Market Coupons

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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).

What to Expect in a Residential Care Home

The price tag for a living in a residential care community is often half the cost of nursing home care, and in some states, it is even more affordable than assisted living community care. Although prices vary vastly, care usually costs $3,500 to $4,500 per month, although some cost as little as $1,500 each month. Some charge $5,000 to $6,000 per month; these are typically homes that specialize in dementia care.

Some long-term care insurance policies pay for residential care home costs. Medicaid-health insurance that helps pay for medical and long-term care for people with low income-often covers fees for people who can't afford the cost of private care. "Most [residential care homes] want you to pay privately for a year or two before you convert to Medicaid," says Jerry. Some residences don't accept Medicaid at all. Since Medicare doesn't pay for custodial care, it doesn't usually cover residential care home fees.

This type of care home is a good fit for many elderly adults. Many of them can provide care until the end of a life, and helps residents feel like they are living in their own homes, says Jerry.

aPlaceforMom.com

Answers to this months puzzles

Happy Easter Word Scramble

SOLUTION

1. BONNET
2. SUNDAY
3. FLOWER
4. CANDY
5. TULIP
6. BASKET

Answer: A FUNNY BUNNY

Check out the new location of our monthly riddle.
This adds more room for our puzzles!

Riddle of the Month

Why shouldn't you tickle an Easter egg?

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!

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 up-coming 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

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Volume 5, Issue 5 **May 2020**

Inside This Issue . . .

What are the Benefits of Sunlight?

Sunlight and Serotonin

We're used to hearing about how too much of the sun's warm rays can be harmful to your skin. But did you know the right balance can have lots of mood-lifting benefits?
Sunlight and darkness trigger the release of hormones in your brain. Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. Serotonin is associated with boosting mood and helping a person feel calm and focused. At night, darker lighting triggers the brain to make another hormone called melatonin. This hormone is responsible for helping you sleep.

Without enough sun exposure, your serotonin levels can dip. Low levels of serotonin are associated with a higher risk of major depression with seasonal pattern (formerly known as seasonal affective disorder or SAD). This is a form of depression triggered by the changing seasons.

A mood boost isn't the only reason to get increased amounts of sunlight. There are several health benefits associated with catching moderate amounts of rays.

Sunlight and Mental Health

Decreased sun exposure has been associated with a drop in your serotonin levels, which can lead to major depression with seasonal pattern. The light-induced effects of serotonin are triggered by sunlight that goes in through the eye. Sunlight cues special areas in the retina, which triggers the release of serotonin. So, you're more likely to experience this type of depression in the winter time, when the days are shorter.

..continued on page 2

Due to this connection, one of the main treatments for depression with seasonal pattern is light therapy, also known as phototherapy. You can get a light therapy box to have at home. The light from the box mimics natural sunlight that stimulates the brain to make serotonin and reduces excess melatonin.

Exposure to sunlight can also benefit those with:

— Other types of major depression
— Premenstrual dysphoric disorder (PMDD)
— Pregnant people with depression

Anxiety-related disorders and panic attacks have also been linked with changing seasons and reduced sunlight.

Additional Sunlight Benefits

Getting anywhere from 5-15 minutes of sunlight on your arms, hands, and face two to three times a week is enough to enjoy the vitamin D-boosting benefits of sun.

The sun's benefits go beyond fighting stress. The following are some of the other reasons to catch some rays:

Building Strong Bones

Exposure to the ultraviolet-B radiation in the sun's rays causes a person's skin to create vitamin D. According to one study from 2008Trusted Source, in a 30-minute period while wearing a swimsuit, people will make the following vitamin D levels:

— 50,000 international units (IUs) in most Caucasian people
— 20,000 to 30,000 IUs in tanned people
— 8,000 to 10,000 IUs in dark skinned people

The vitamin D made thanks to the sun plays a big role in bone health. Low vitamin D levels have been linked to rickets in children and bone-wasting diseases like osteoporosis and osteomalacia.

Cancer Prevention

Although excess sunlight can contribute to skin cancers, a moderate amount of sunlight actually has preventive benefits when it comes to cancer.

According to researchers, those who live in areas with fewer daylight hours are more likely to have some specific cancers than those who live where there's more sun during the day. These cancers include:

— colon cancer
— Hodgkin's lymphoma
— ovarian cancer
— pancreatic cancer
— prostate cancer

Healing Skin Conditions

According to the World Health Organization (WHO)Trusted Source, sun exposure might help treat several skin conditions, too. Doctors have recommended UV radiation exposure to treat:

— psoriasis
— eczema
— jaundice
— acne

..continued on page 14

Coloring Contest

Who doesn't love the chance to win a prize?

Here is your chance!
On page 16, there is a coloring page. Color it to the best of your abilities and when you are all finished, mail it into us and you will be put in a drawing.
Good Luck!

Please mail your coloring page to:
Saline County Aging Services
PO Box 812
Wilber, NE 68465

The winner will be chosen on May 29th.

The Perfect Ham Sandwich

How do you define gourmet? It sorta rolls off the tongue: Gourmet. GoooooRR-Mayyyyyyy. Sounds delicious. And for the perfect ham sandwich, gourmet mustard is a must. It adds that spice and flavor that makes its it so mouthwatering

Ham Sandwich with Gourmet Mustard

As ham sandwiches go, it was perfection. A thick slab of smoked ham, a fresh hoagie bun, crisp lettuce and plenty of expensive, light brown, gourmet mustard.

The corners of my jaw aching in anticipation, I carried it to the picnic table in our backyard, picked it up with both hands, and was ready for the first, mouthwatering bite.

Suddenly I was stopped by my wife with a sense of urgency.

"Hold Joshua while I get my sandwich," she said. (Joshua was six months old).

I carefully balanced him between my left elbow and shoulder, and began reaching for my perfect ham sandwich again, when I noticed a streak of that gourmet mustard on my fingers.

I love mustard. I really love gourmet mustard!

I had no napkin.

I did what comes natural. I licked it off.

It was not mustard.

No man ever put a baby down faster. It was the first and only time I have sprinted with my tongue protruding. With a washcloth in each hand, I did the sort of routine shoeshine boys do, only I did it on my tongue.

Later (after she stopped crying from laughing so hard), my wife said,

"Now you know why they call that mustard 'Poupon'.

atimetolaugh.org

AGING PARTNERS
A Pioneering Area Agency on Aging

Making Every Sip Count

Staying hydrated is essential for our bodies to stay alive and healthy. Our bodies are made of up 45-60% water and it's important that we replenish it regularly! Water has several purposes in our body such as controlling body temperature, heart rate, and blood pressures; removing waste and maintaining a healthy metabolism.

HOW MUCH WATER DO YOU NEED?

How much?

We often hear to follow the 8-by-8 guidelines, which state that we should drink eight 8-fluid ounce servings of liquid each day. Water needs may vary by person so another good way to ensure you are getting in enough water is to follow this rule: Drink enough liquid so you go to the bathroom every two to four hours.

What counts?

Water is not the only liquid that counts towards hydration. Coffee, tea, juice, milk, and soda all count towards total liquid intake. Even some foods have higher water content such as soups, yogurt, melons, citrus fruits, leaf salad, and celery. Although other foods and liquids can contribute to staying hydrated, water is the gold standard for adequate hydration.

Dehydration

Thirst is not always the best indicator of dehydration. When you start to feel thirsty, often times your body is already dehydrated. Other signs of dehydration include headaches; altered behavior such as anxiety, confusion or not being able to stay awake; faintness that is not relieved by lying down, trouble standing or walking; and a weak, rapid pulse.

Causes of dehydration include diarrhea, vomiting, fever, excessive sweating, increased urination, and acute and chronic illness. Older adults have a lower volume of water in the body and may be taking medications or develop conditions that can increase the risk of dehydration. The color of your urine is also a good indicator of hydration. If the urine is clear, then your body is well hydrated. If the urine is a dark yellow, then your body is dehydrated and needs more water.

Tips for increasing water intake

- Make it convenient: Carry a water bottle with you to make available wherever you go.
- Set visual reminders: Set hourly alarms on your phone or watch. There are Apps on your phone that can send you reminders.
- Make it taste good: Add flavored packets or infuse with lemon, limes, mint, etc.
- Drink water with all meals: Drink a full glass of water with meals and when taking medications.
- Set goals: Increase your water intake by setting attainable and realistic goals.

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!

1/5/2020


COVID-19
10 actions Nebraskans should be taking now
1. Stay six feet away from others.
2. Stay at home. Grocery shop once per week alone.
3. Wear a cloth face covering when you can't stay 6 feet away from other people like at grocery stores/pharmacies.
4. Work from home.
5. Hold meetings through teleconference instead of in person.
6. Stay home if you or someone in your house has a sudden onset of cough or shortness of breath or a fever.
7. Wash hands often with soap and water. If soap and water aren't available, use an alcohol-based sanitizer.
8. Wash hands right before you eat.
9. Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.
10. Clean and disinfect frequently touched objects and surfaces, especially counters, handles, doorknobs, tabletops, remotes and keyboards.
NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

Bored at home? Stay busy doing some of the things listed below!

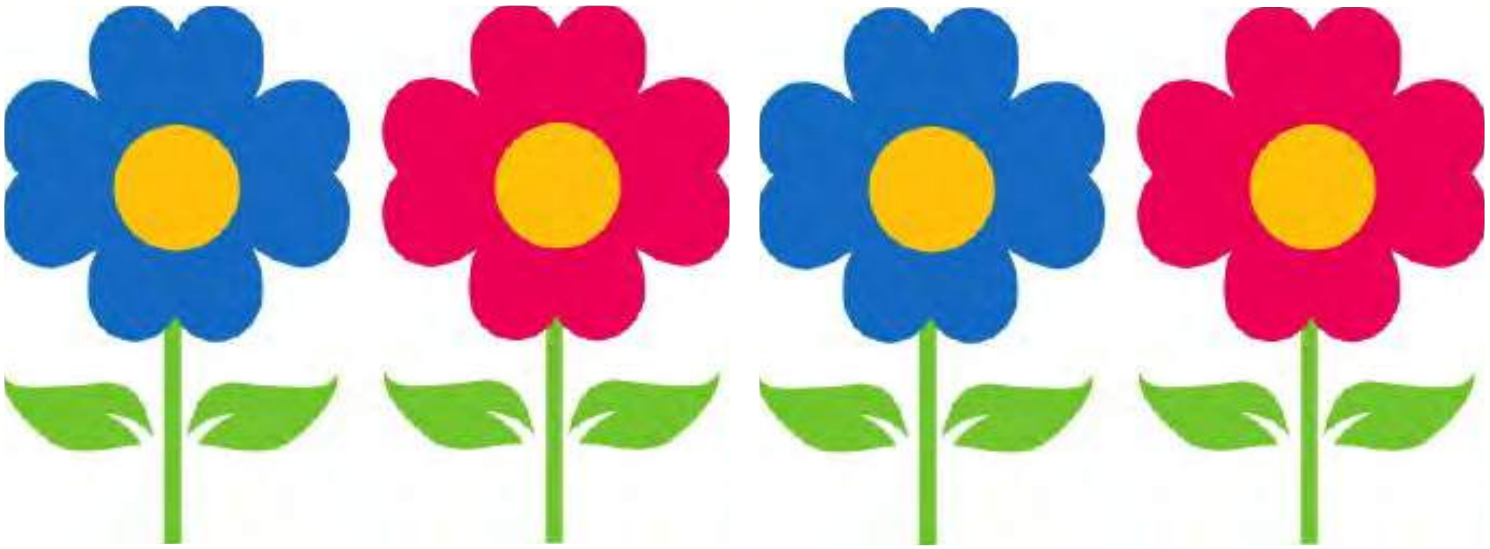
1. Organize and go through Tupperware, matching lids, and tossing any lonely pieces!
2. Go through your junk drawer!
3. Try on all of your clothes and determine what needs to stay and what needs to go.
4. Grab some yarn and learn how to braid.
5. Go through your pantry and find expired items.
6. Sort through old magazines/newspapers and toss any that are unnecessary!
7. Clean your refrigerator and freezer out. We all know how stuff can get pushed to the back!
8. Plant a garden or pretty flowers!

It is very important that you get some outside time, during the nice days, to get some fresh air. Even if it is for 30 mins! Not only is it good for the soul, but the sunshine helps us stay in a better mood!

Full Circle Notice

Due to COVID-19, we are unsure if we will be able to have our Full Circle Events for the month of May. If we are able to return to normal, you will receive a flyer in the mail regarding when/where we will be having the Full Circle for the month.

Until we are able meet again, stay safe and healthy! We miss seeing all of your lovely faces and cant wait until we are able to meet again! If you need anything, don't hesitate to give us a call.



Exercise of the Month — Lower Back Exercise

Back Exercise 1

TARGETED MUSCLES: Back
WHAT YOU NEED: Sturdy, armless chair
TALK TO YOUR DOCTOR: If you've had hip or back surgery, talk with your doctor before trying this stretch.

This exercise is for your back muscles. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Sit securely toward the front of a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Slowly bend forward from your hips. Keep your back and neck straight.
3. Slightly relax your neck and lower your chin. Slowly bend farther forward and slide your hands down your legs toward your shins. Stop when you feel a stretch or slight discomfort.
4. Hold for 10-30 seconds.
5. Straighten up slowly all the way to the starting position.
6. Repeat at least 3-5 times.

go4life.nia.nih.gov

Recipe of the Month

Easy Hamburger Casserole Recipe

Ingredients:

- 1 lb beef
- 2 (10oz) cans tomato soup
- 1 (1lb) box pasta shells
- 2 cups cheddar
- 1 cup mozzarella
- 1/2 cup water
- Garlic, salt & pepper to taste

Directions:

1. Cook pasta according to package directions
2. Preheat oven to 375 degrees and grease baking dish
3. Brown hamburger with garlic, salt & pepper
4. Add cooked pasta, tomato soup, half cup of water, and half of the cheese. Stir well.
5. Pour mixture into your greased dish and top with cheese.
6. Cover with foil and bake for 20 mins. Uncover and bake additional 10 mins. Serve immediately!

Pinterest.com

State Capitals Word Scramble 1

All of the scrambled words below are names of state capitals. Can you put the letters in the right order to spell the 25 different state capital names correctly? Carefull Some of the names are made up of two words.

EUAJUN	
ANSNGIL	
UABOGERNTO	
EPRIER	
ATSNIU	
VOEDR	
OXPIEHN	
ESNIOSDME	
CMUIOBLA	
OELRENTMIP	
HRDRATFO	
ALVAATT	
SLAEM	
SALPANUIT	
KIMARCBS	
ASONCJK	
LLOINNC	
CRDOCNO	
CSTELHNARO	
MHOICDRN	
OERANAMSTC	
BCOSLUUM	
HALGRIE	
ATNEAFS	
NAYLBA	

State Capitals Word Scramble 2

All of the scrambled words below are names of state capitals. Can you put the letters in the right order to spell the 25 different state capital names correctly? Careful! Some of the names are made up of two words.

HIGBRUSARR	
EONTGRYMOM	
LAAISDNIOINP	
TKLTSLAAICEY	
EIIISPNDGRF	
ORFTNAKRF	
ATEKOP	
ERONTNT	
NPNOAAISL	
LSTALHASEAE	
LLETTKOCIR	
EISBO	
NECNEYEH	
RCVDIENOEP	
SAONDVII	
NYRSICJEETFFO	
OOBNST	
HUONLLUO	
KOITHMLAOYAC	
SUGUATA	
MOIPYAL	
ENAEHL	
REN DEV	
INACYOSTRC	
IELLSAHVN	

May Activities

Key: Crete Dorchester Wilber Friend DeWitt					1	2
3	4	5	6	7	8	9
10						
17						
24	25	26	27	28	29	30
31			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	

Due to COVID-19, we are unsure when we will be able to have our activities again. Until then, here are a few of the services we will be offering:

- We will be offering Meat Packages and Feed America, please come to the door and wait patiently for us to serve you.
- We will also have a limited amount of masks available.
- We will be sanitizing the door after each time somebody comes in.
- Please don't hesitate to call if you are needing any assistance with your census!
- Foot Clinic Appointments — you will receive a call regarding what the plan is for May appointments.

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

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—

The DeWitt Senior Center will still continue to be closed until further notice. With any questions regarding DeWitt Senior Center, please give Bev Plihal a call. 402-520-0873

Bev also has masks! Contact her if you are interested.

Gale Miller
of
Friend, NE

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 "Why shouldn't you tickle an Easter Egg?"— Because it will crack up!

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 May birthdays out there from Saline County Aging Services!

COMMUNITY SUPPER: The Monday meal at the Methodist Church in Wilber on the first Monday of every month at 5:30 p.m. has been cancelled until further notice.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

What are the Benefits of Sunshine?

While light therapy isn't for everyone, a dermatologist can recommend whether light treatments will benefit your specific skin concerns.

Additional Conditions

Research studies have revealed preliminary links between sunlight as a potential treatment for several other conditions. These include:

— rheumatoid arthritis (RA)
— systemic lupus erythematosus
— inflammatory bowel disease
— thyroiditis

However, more studies need to be conducted before researchers can conclude that sunlight can be a treatment for these and other conditions.

Sunlight and Moderation

A person is more likely to get a sunburn going outside when the sun's rays are more direct. This usually takes place around 10 a.m. to 4 p.m.

While there are a lot of good reasons to get sun, the sun emits ultraviolet (UV) radiation. UV radiation can penetrate the skin and damage cell DNA. This can lead to skin cancer.

Researchers don't always have an exact measurement for how long you should stay outside to reap the benefits of sunlight. But defining an excess amount of sun exposure depends on your skin type and how direct the sun's rays are.

People with fair skin typically get a sunburn more quickly than those with darker skin. Also, you're more likely to get a sunburn going outside when the sun's rays are more direct. This usually takes place between 10 a.m. and 4 p.m.

According to WHOTrusted Source, getting anywhere from 5 to 15 minutes of sunlight on your arms, hands, and face 2-3 times a week is enough to enjoy the vitamin D-boosting benefits of the sun. Note that the sun must penetrate the skin. Wearing sunscreen or clothing over your skin won't result in vitamin D production.

But if you're going to be outside for more than 15 minutes, it's a good idea to protect your skin. You can do that by applying sunscreen with a sun protection factor (SPF) of at least 15. Wearing a protective hat and shirt can also help.

Outlook

From treating skin conditions to improving mood, sunlight has many benefits. If you live in higher latitudes with little sunlight, a light box may provide some of its mood-boosting benefits.

Because excess sun exposure is linked with increased skin cancer risk, don't stay outside too long without sunscreen. If you're going to be outside for longer than 15 minutes or so, you'll need a sunscreen with an SPF of at least 15.

www.healthline.com

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

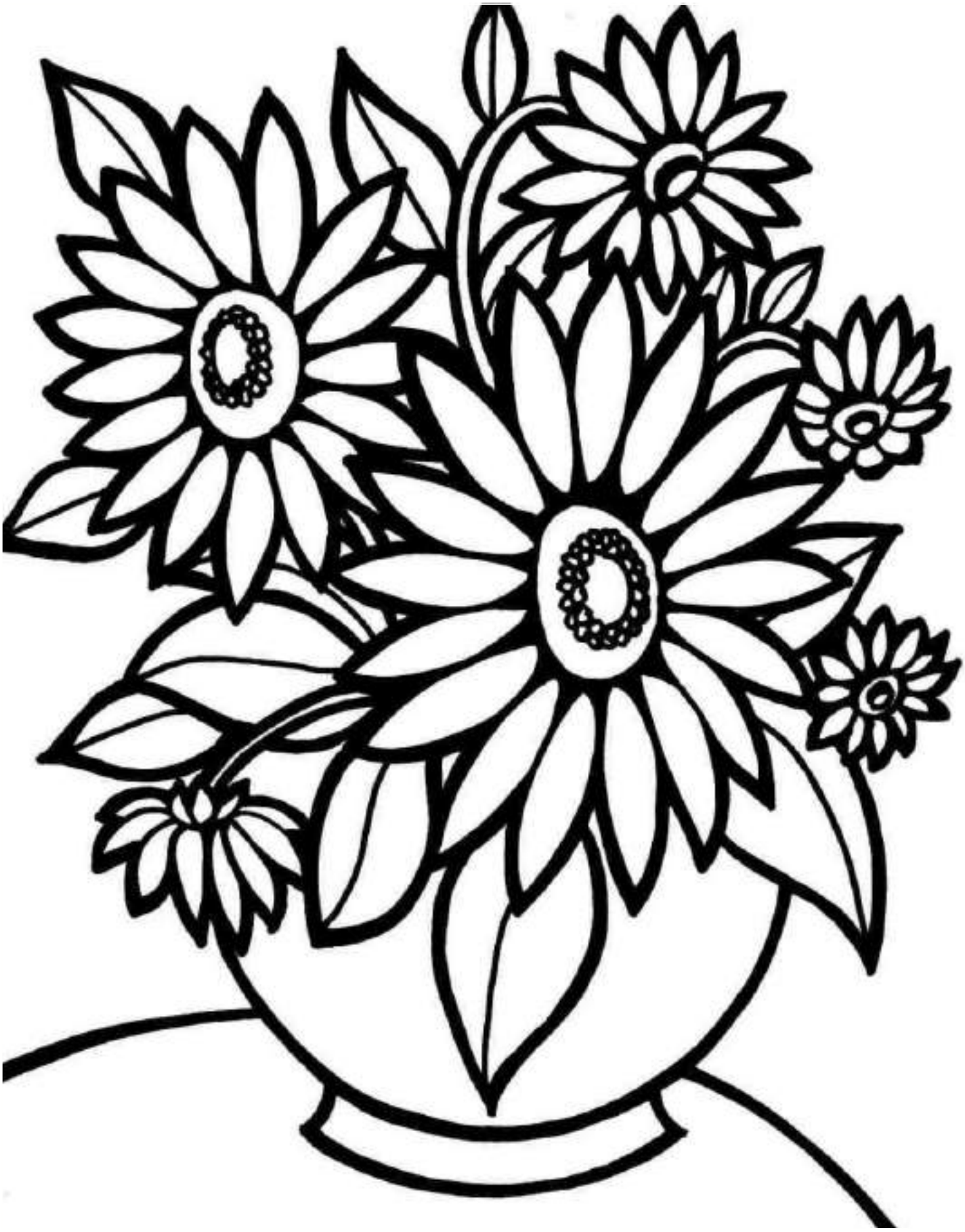
or bring it into our office at 109 W. 3rd Street in Wilber

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



INCOME TAX FILING ASSISTANCE (Deadline Postponed until July 15th)

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).

Farmers' Market Coupons

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- Anita Meyer, Friend, (402-947-2301).

Saline County Area Transit

Update from Saline County Area Transit

As everyone is taking precautions, SCAT is doing their best to provide their services to you as well as keep everyone safe. During Covid-19, the schedule for SCAT will look like the following:

- Lincoln Route is only Monday, Wednesday, Friday.
- Crete Route is 5:00am-3:00pm.
- Less frequent routes continue to run as scheduled.

If residents need assistance with grocery or pharmacy deliveries, please contact Scott Bartels. You may be able to make special arrangements that allow you to meet your needs without leaving home.

Saline County Area Transit would like to thank you for cooperating with their drivers. They appreciate the opportunity to continue to serve the community.

Answers to this months puzzles

State Capitals Word Scramble 1

SOLUTION

EUAJUN	JUNEAU
ANSNGIL	LANSING
UABOGERNTO	BATON ROUGE
EPRIER	PIERRE
ATSNIU	AUSTIN
VOEDR	DOVER
OXPIEHN	PHOENIX
ESNIOSDME	DES MOINES
CMUIOBLA	COLUMBIA
OELRENTMIP	MONTPELIER
HRDRATFO	HARTFORD
ALNAATT	ATLANTA
SLAEM	SALEM
SALPANUIT	SAINT PAUL
KIMARCBS	BISMARCK
ASONCJK	JACKSON
LLOINNC	LINCOLN
CRDOCNO	CONCORD
CSTELHNARO	CHARLESTON
MHOICDRN	RICHMOND
OERANAMSTC	SACRAMENTO
BCOSLUUM	COLUMBUS
HALGRIE	RALEIGH
ATNEAFS	SANTA FE
NAYLBA	ALBANY

Find more fun word scrambles.

State Capitals Word Scramble 2

SOLUTION

HIGBRUSARR	HARRISBURG
EONTGRYMOM	MONTGOMERY
LAAISDNIOINP	INDIANAPOLIS
TKLTSLAAICEY	SALT LAKE CITY
EIILSPNDGRF	SPRINGFIELD
ORFTNAKRF	FRANKFORT
ATEKOP	TOPEKA
ERONTNT	TRENTON
NPNOAAISL	ANNAPOLIS
LSTALHASEAE	TALLAHASSEE
LLETTKOCIR	LITTLE ROCK
EISBO	BOISE
NECNEYEH	CHEYENNE
RCVDIENOEP	PROVIDENCE
SAONDMI	MADISON
NYRSICJEETFFO	JEFFERSON CITY
OOBNST	BOSTON
HUONLLUO	HONOLULU
KOITHMLAOYAC	OKLAHOMA CITY
SUGUATA	AUGUSTA
MOIPYAL	OLYMPIA
ENAEHL	HELENA
RENDEV	DENVER
INACYOSTRC	CARSON CITY
IELLSAHVN	NASHVILLE

Find more fun word scrambles.

Check out the new location of our monthly riddle.
This adds more room for our puzzles!

Riddle of the Month

What has many teeth but can't bite?

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!

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 up-coming 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

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Volume 5, Issue 6 June 2020

Inside This Issue . . .

Keep Your Cool in Hot Weather!

Learn about heat-related illness and how to stay cool and safe in hot weather.

High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 600 people die from extreme heat every year.

Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

High humidity. When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.

Personal factors. Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness.

Closely monitor people who depend on you for their care and ask these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they need help keeping cool?

..continued on page 2

Keep Your Cool in Hot Weather!

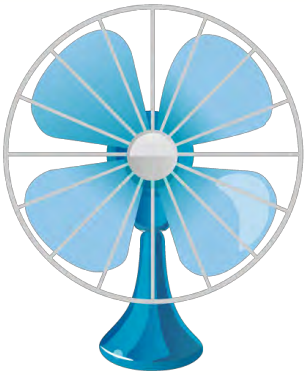
People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as you can. Contact your local health department or locate an air-conditioned shelter in your area. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles.
- Do not rely on a fan as your main cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.

Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather:

- Limit your outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Wear loose, lightweight, light-colored clothing.

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:



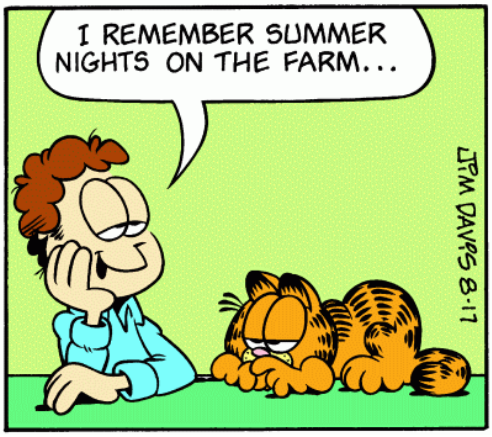
- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear loose, lightweight, light-colored clothing and sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.

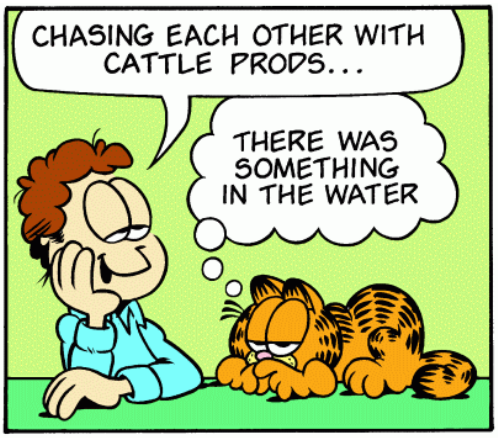
cdc.gov

..continued on page 14

Coloring Contest

Thank you to those who participated in our coloring contest in May. We absolutely loved receiving all of your masterpieces. We included another coloring page for you to do if you would like. It is on page 16! Please mail it back to us and it will be displayed in the front window of the office.





"When you said you were getting a mobility scooter, Dad, this isn't what I had in mind."

AGING PARTNERS
A Planning Area Agency on Aging

Benefits of Farmers Markets

Learn the benefits of your local Farmers Markets

As the days begin to get longer, we spring our clocks forward as winter weather fades and summer is right around the corner! Most of us probably look forward to grilling, being outside with friends and family, enjoying time at the lake or maybe even just taking a walk at sunset. While all of those are certainly fun, there is another activity that spring signals – your local farmers markets!

These local farmers markets provide such an array of benefits to not only you the consumer, but also to the farmers themselves and the area in which the market is held. These local markets are known for their wide selection of food items ranging from homemade pies to fresh fruits and vegetables. You are getting the absolute freshest version of these items. You are also getting it at the right time (in-season), at a reasonable cost; all while supporting the local economy and your fellow local farmer.

These fresh fruits and veggies are packed with key essential nutrients and vitamins that can sometimes be lost when they are produced on a much larger commercial scale. Factors that can affect large commercial batches of fruits and veggies are:

- how they are picked
- when they are picked
- how are they handled
- how are they stored
- if they are organic, canned, frozen, or if they are considered fresh.

When you go to the local grocery store and pick out your favorite summertime fruit, whether it be strawberries or watermelon, you hope it is fresh but then again you must think!

How much product do these stores have to move? How long has your fruit been sitting there? Is your fruit the freshest in the batch? With your local farmers markets, you are ensured those items are most likely picked that day or even the day before. Farmers markets take the guess work out of how to select the best piece

of produce. If you are uncertain, you can ask the source directly (the farmer who is selling you the selected produce).

Visiting these local markets not only helps you get the freshest produce you are seeking, but it also helps give rise to the local farmer both on a small scale and large scale. By shopping at these markets, you are also helping to support the local economy in that area. Some of these farmers and local shops depend on word of mouth as well as foot-traffic in order to be able to run their businesses.

The next time you are either thinking about going to the grocery store or you are just out and about or have some free time, go out to your local market! You will get fueled and fit while also buying fresh. You will not only do your body good by getting the freshest available food, but you will also feel good knowing you are supporting the local economy with your purchase.

So, get out there and GET LOCAL! Be sure to visit your local farmers markets and see for yourself what the difference is all about!

To speak with a Registered Dietitian Nutritionist (RDN) regarding your specific needs or any questions you may have, please call 402-441-7159!

eldercare locator

engAGED
The National Resource Center for Engaging Older Adults

Staying Connected at Home During COVID-19

For many, the COVID-19 crisis has upended lives and social connections. Physical and social distancing have left many people, including older adults, feeling isolated and lonely with their normal routines disrupted as senior centers, places of worship and local businesses are no longer available. And while physical distancing is important to maintaining health during the crisis, as time at home has lengthened, loneliness has set in for many older adults. Research shows that prolonged social isolation can lead to an increased risk of heart disease, depression and anxiety, and other negative health outcomes.

Given these negative emotional and health impacts, the Eldercare Locator and engAGED: The National Resource Center for Engaging Older Adults have developed this flyer to help older adults find ways to stay engaged in mind and body—and connected to their communities. More suggestions for ways to connect with others can be found at **www.engagingolderadults.org.**

Creating Connections Without Technology

Reach Out

- **Pick up the phone.** Try to call a family member or friend every day. Whether you swap book, meal or TV recommendations, read a book to a child or plan fun activities for the future, just making the connection is important.
- **Write a note or send a card.** Mailing a short note to a friend or family member is simple to do and can bring a smile to someone's face while cheering you up in the process.
- **Need extra compassion and support?** Many organizations have developed call lines that provide a friendly voice who can offer emotional support. Contact your local Area Agency on Aging to learn whether one is available in your community. If not, call one of the telephone services listed below.
  - Institute on Aging's Friendship Line: (800) 971-0016
  - AARP Friendly Voices: (888) 281-0145 (English) or (888) 497-4108 (Spanish)

Stay Active, Mentally and Physically

- **Move more and sit less.** Make a point to move frequently during the day, even if it's just a few gentle stretches or laps around your home. If you can walk outside, keeping a 6-foot distance does not exclude talking to neighbors and enjoying the sunshine. Or, turn on the radio and dance!
- **Flex your brain.** Feeling creative? Draw a sketch, write a poem or short story, or start journaling. This is a great time to record what you are seeing, thinking and

SCAS Offers Delivery of Meals

In the midst of the COVID-19 pandemic, Saline County Aging Services is offering qualifying seniors the opportunity to receive home-delivered meals.

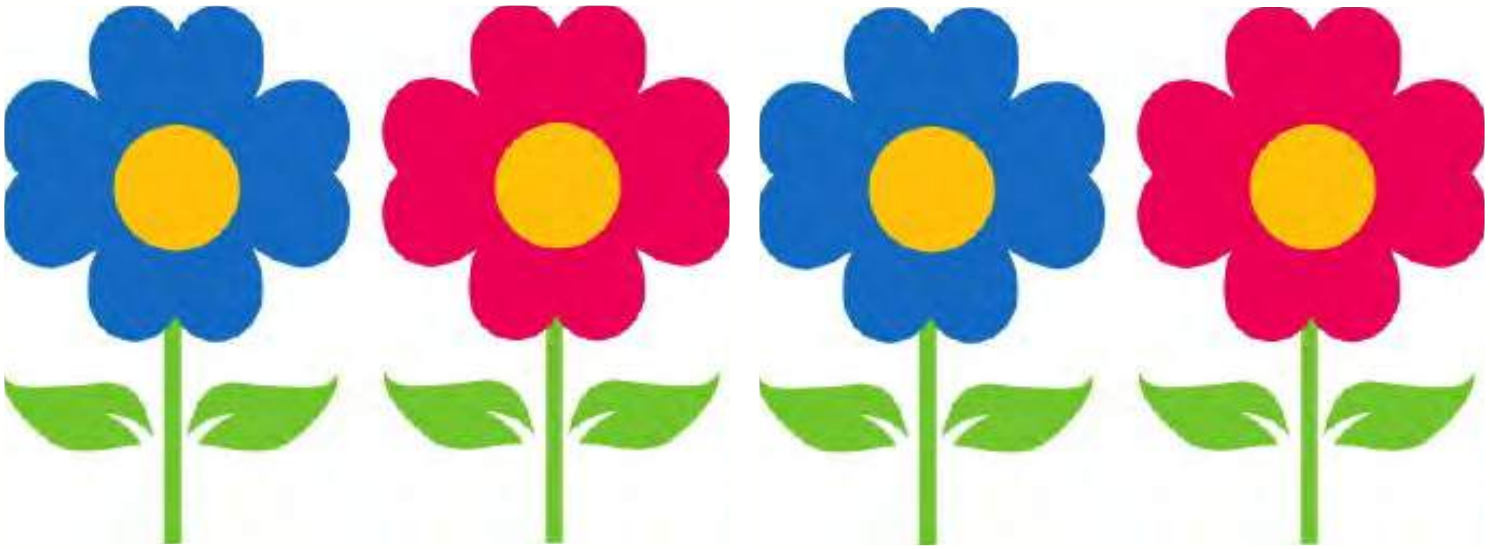
“Some seniors may be experiencing reduced resources due to COVID-19, and we want to reach out to let them know that we can help”. Lori Moldenhauer , Saline County Aging Services, Director said.

Seniors in need of meal assistance, or know anyone who knows of a senior in need of assistance, is asked to call Saline County Aging Services at 402.821.3330

Full Circle Notice

Due to COVID-19, we are unsure if we will be able to have our Full Circle Events for the month of June. If we are able to return to normal, you will receive a flyer in the mail regarding when/where we will be having the Full Circle for the month.

Until we are able meet again, stay safe and healthy! We miss seeing all of your lovely faces and cant wait until we are able to meet again! If you need anything, don't hesitate to give us a call.



Tips on Exercise

3 Questions to Ask Your Doctor About Exercise

Are you considering adding exercise to your daily routine or significantly increasing your level of activity? Talk to your doctor about the exercises and physical activities that are best for you. During your appointment, you can ask:

1. **Are there any exercises or activities I should avoid?** Your doctor can make recommendations based on your health history, keeping in mind any recent surgeries or ongoing health conditions such as arthritis, diabetes, or heart disease. This would be a great time to check with your doctor about any unexplained symptoms you've been experiencing, such as chest pain or pressure, joint pain, dizziness, or shortness of breath. Your doctor may recommend postponing exercise until the problem is diagnosed and treated
2. **Is my preventive care up to date?** Your doctor can tell you if there are any tests you might need. For example, women over age 65 should be checked regularly for osteoporosis
3. **How does my health condition affect my ability to exercise?** Some health conditions can affect your exercise routine. For example, people with arthritis may need to avoid some types of activity, especially when joints are swollen or inflamed. Those with diabetes may need to adjust their daily schedule, meal plan, or medications when planning their activities. Your doctor can talk to you about any adjustments you need to make to ensure that you get the most out of your new exercise routine.

go4life.nia.nih.gov

Recipe of the Month

4 Ingredient Hamburger Casserole

Ingredients:

- 1 lb ground beef
- 2 10oz cans tomato soup
- 1 lb box pasta shells (medium)
- 2 cups cheddar
- 1 cup mozzarella
- 1/2 cup water

Directions:

1. Cook & drain pasta according to the package.
2. Preheat oven to 375 & grease your 9x13 baking dish.
3. In a large skillet, brown hamburger and season to your liking.
4. Add the cooked pasta, tomato soup, half cup of water, and half of the cheese to your skillet with the beef; stir another 2-3 mins over medium heat.
5. Pour the mixture into your greased baking dish and top with the remaining cheese.
6. Cover with foil and bake for 20 mins. Uncover and continue to bake for another 10 mins. Serve immediately.

Pinterest.com

Farm Word Search

C R E M R A F R D B T T X I I W N H J O

P A S T U R E O O S Y R C A T N E O D I

B H K J S K N K E O E A F O S Y K R O D

G A G H N K Z V Q C S C W T W E C S G I

R R E U E R R A N Q R T A G K K I E U P

F E A Y O A A E U N I O E U C R H N I D

P M P I H R F B O Z G R J R U U C G U R

U S S D N V T G O O S E K J D T A E H W

barn
cat
chicken
cow
dog
donkey
duck
farmer
fence
goat
goose

grain
harvest
horse
pasture
pig
rooster
sheep
tractor
trough
turkey
wheat

Farmer Brown's Brain Bender #7

Use four straight lines to separate each of the pigs into their own area.

June Activities

Key:
Crete
Dorchester
Wilber
Friend
DeWitt

Due to COVID-19, we are unsure when we will be able to have our activities again. Until then, here are a few of the services we will be offering:

- We will be offering Meat Packages and Feed America, please come to the door and wait patiently for us to serve you.
- We will also have a limited amount of masks available.
- We will be sanitizing the door after each time somebody comes in.
- Please don't hesitate to call if you are needing any assistance with your census!
- Foot Clinic Appointments — you will receive a call regarding what the plan is for June appointments.

			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

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—

The DeWitt Senior Center will still continue to be closed until further notice. With any questions regarding DeWitt Senior Center, please give Bev Plihal a call. 402-520-0873

Bev also has masks! Contact her if you are interested.

Sandra Cochran
of
Friend, NE

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 "What has many teeth but can't bite?"— A comb.

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 June birthdays out there from Saline County Aging Services!

COMMUNITY SUPPER: The Monday meal at the Methodist Church in Wilber on the first Monday of every month at 5:30 p.m. has been cancelled until further notice.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

feeling through different mediums. Why not send a sketch you've drawn to a friend or family member and ask for one in return?

Ways to Create Connections Using Technology

The list below contains just a few of the suggestions that are posted at **www.engagingolderadults.org**. Visit the website for additional ideas.

- **Use online tools to connect with friends and family.** Need help getting started? "Stuck at Home Guide: How to Get Online," a guide from engAGED partner Senior Planet, contains helpful tips for getting started online, on social media and on Zoom meetings. Visit **www.seniorplanet.org/stuck-at-home-guide-get-online.**
- **Attend events and concerts or tour museums from home.** During the COVID-19 crisis, many museums have developed virtual tours that help visitors see world-renowned artwork. Theaters, both large and small, are taking music, dance and other performances online.
- **Read a book online.** Visit **www.USA.gov/libraries** to find your local library's free offerings. Want to discuss the book? Start an informal book club with friends or family members.
- **Want to help others?** Volunteer and share your skills from home. Develop a virtual mentoring relationship with a student through a local college or connect with your local Area Agency on Aging to find opportunities to help others during the COVID-19 crisis.
- **Stay fit.** Take a virtual exercise class. Many Area Agencies on Aging provide fitness classes. In addition, the YMCA (**www.ymca360.org**) provides many pre-recorded and live fitness classes that allow you to take things at your own pace.

Looking for assistance with staying engaged and safe at home during the COVID-19 crisis? Your local Area Agency on Aging can help. Area Agencies on Aging provide a direct connection to home-delivered meals and groceries, in-home help with daily needs, transportation, caregiver support and more. To find your local Area Agency on Aging, contact the Eldercare Locator, a national call center that supports older Americans in connecting to local resources, at (800) 677-1116 or **eldercare.acl.gov.**

eldercare locator
Connecting You to Community Services

n4a
advocacy | action | answers on aging

engAGED
The National Resource Center for Engaging Older Adults

This fact sheet was developed by engAGED: The National Resource Center for Engaging Older adults and the Eldercare Locator, which are both administered by the National Association of Area Agencies on Aging (n4a) and funded by the U.S. Administration for Community Living (ACL). This project was supported, in part, by ACL grant numbers 90EEIR001-02-00 and 90EECC0001-02-00. Grantees undertaking projects under government ACL sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

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

Announcements

INCOME TAX FILING ASSISTANCE (Deadline Postponed until July 15th)

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).

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).

Congratulations to Madison, our Outreach Coordinator!

She received her degree in Business Administration from Southeast Community College in the beginning of May!

Sarah Browning: Coronavirus will change Farmers Markets

New guidance for farmers market operators was released by the Nebraska Department of Agriculture on April 15. Nebraska farmers markets will be allowed to take place this year if they follow the mandatory guidance requirements, many of which are similar to procedures we are currently seeing in grocery stores.

Guidance for markets
Here are a few excerpts from "Guidance for Farmers Markets Operators to Slow the Spread of COVID-19 Virus" the farmers markets you frequent should be following this summer.

- Increase the footprint of the markets to allow shoppers to maintain a healthy physical distance of at least 6 feet between each other
- Adding chalk/tape lines to keep shoppers at least 6 feet apart. Directional arrows can also be utilized to direct patron flow through the market.
- Allow only producers and their staff to handle products. Customers should shop with their eyes and wait to touch their produce or products until after they have purchased them.
- Separate farm stand spaces with at least 10 feet of distance between the tents, more where possible, to reduce congestion.
- Do not allow the sampling of products at markets or selling of drinks (like cider, coffee, etc.) by the cup.
- Have producers and staff wear protective gloves.
- Ensure that farm stands are using vinyl or plastic table covers for easy sanitizing.
- Encourage producers to sanitize their stands regularly, primarily by wiping down tables, terminals, cash boxes, etc.
- Remind farmers about proper food handling.
- Provide additional hand sanitizers at market stations.
- Discourage the use of reusable bags at this time.

Guidance for shoppers (shoppers should follow good practices too, including):

- Wear a mask
- According to CDC & USDA, the virus doesn't appear to be transmitted through food or food packaging.
- Shop by yourself, and keep the recommended 6 ft distance from others.

Saline County Aging Services

Thank you to those who participated in our coloring contest. They really brightened up our window!

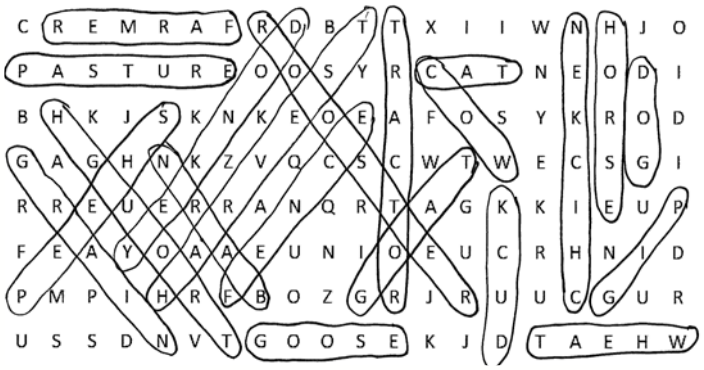
EEEK!! Sneak peak of what has been going on at SCAS. We have had some remodeling going on in our backroom during the last few months. We cannot wait to enjoy it will each and every one of you during future programs, craft days, Full Circles, and Tai Chi Classes.

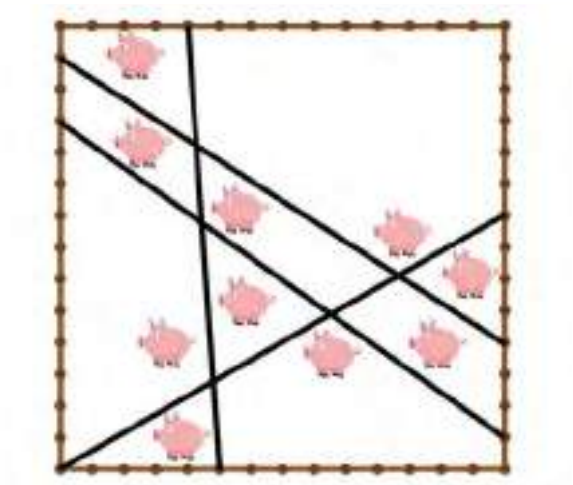
DeWitt Senior Center

In May, the DeWitt Senior Center was able to have a curbside fundraiser with Memorial Day Floral Arrangements. Thank you to those who supported the fundraiser.

Members of DeWitt Senior Center were able to pick up Feed America food items. Notice the masks & 6 foot distance is the new "normal!"

ANSWERS TO THIS MONTHS PUZZLES





Riddle of the Month

What month of the year has 28 days?

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!

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 up-coming 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

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 6, Issue 6 July 2020

Inside This Issue . . .

History of Fireworks

Today, fireworks mark celebrations all over the world. From ancient China to the New World, fireworks have evolved considerably. The very first fireworks — gunpowder firecrackers — came from humble beginnings and didn't do much more than pop, but modern versions can create shapes, multiple colors and various sounds.

HOW FIREWORKS WORK

Before diving into the history of fireworks, it is important to understand how they work. Each modern firework consists of an aerial shell. This is a tube that contains gunpowder and dozens of small pods. Each of the pods is called a "star." These stars measure about 1 to 1.5 inches (3 to 4 centimeters) in diameter, according to the American Chemical Society (ACA), and hold:

- Fuel
- An oxidizing agent
- A binder
- Metal salts or metal oxides for color

..continued on page 14

Are Assisted Living Communities Allowing People to Move In?

Yes. In fact, more than 90 percent of A Place for Mom's network of 17,000 communities is accepting new residents, according to a daily survey. When seniors are discharged from the hospital after a fall, stroke, or other health event, it may not be safe for them to return home alone. Family caregivers are a wonderful means of support for some aging loved ones, but they are often their sole lifeline — making it only a matter of time before additional help is needed. Other times, families' work schedule, distance, financial situation, or child-care responsibilities prevent them from being able to give an elderly parent the support they need.

That's where assisted living communities fit in. They're an extension of our national health care network, providing housing and care for millions of older adults who need help with daily necessities and medical monitoring but don't require 24-hour a day skilled nursing care.

What safety measures are assisted living communities taking?

There are federal, state, and local COVID-19 guidelines for assisted living communities. Measures include eliminating all nonessential visits, ensuring social distancing and increasing medical, food, and service supplies on hand. Training and testing staff members on infection control best practices is a high priority at many facilities.

Hundreds of communities have the ability to test for the coronavirus on site, with more and more gaining testing abilities each day. If a case is detected, communities should follow strict, local guidelines and act quickly to isolate the person and stop the spread.

The Centers for Disease Control and Prevention (CDC) have outlined detailed recommendations for assisted living facilities to protect residents and staff from the coronavirus. These include:

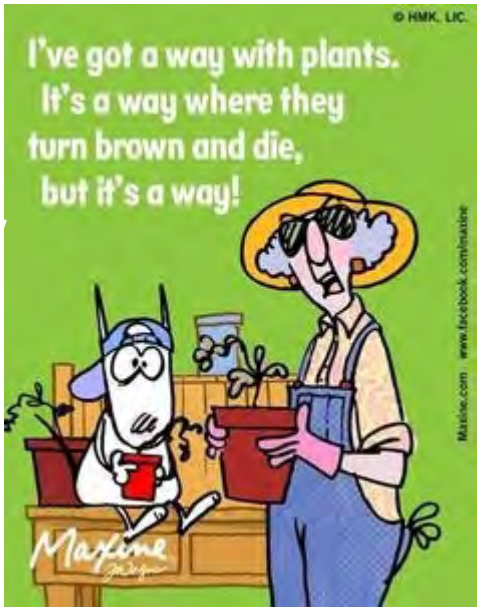
- Encouraging residents to remain in their rooms as much as possible
- Practicing social distancing
- Not allowing outside visitors
- Wearing a cloth face covering when leaving their rooms (if tolerated)
- Designating a staff member to ensure all residents are checked daily for fever or symptoms of the coronavirus such as sore throat, cough, shortness of breath, or muscle aches
- Delivering meals to rooms, creating a "grab n' go" option for residents, or staggering meal times to accommodate social distancing while dining (e.g., a single person per table)
- Implementing sick leave policies that are flexible and non-punitive
- Providing hand sanitizer, soap, and towels throughout the facility

..continued on page 6

Do you have any unwanted grocery sacks?

We are running low on our supply. If you come in, please bring your own bag. We will also take any off of your hands that you no longer need.

Just For Laughs . . .



AGING PARTNERS
A Pioneering 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!

7/25/2019

Are Assisted Living Communities Allowing People to Move In?

How do families tour communities?

To help families safely but quickly find the right home for their loved one, many communities are using FaceTime, Skype, and other telecommunications for virtual tours to ensure families can effectively explore options. In the same vein, communities are helping residents stay connected virtually by helping them video chat with family members and offering virtual exercise and recreational activities. One resident mentioned being able to talk with her entire family on Zoom at the same time — she said she hadn't had everyone in one place for years.

What is the move-in process like now?

Senior living communities are updating their move-in policies daily to help prevent the spread of the coronavirus. Many are quarantining new residents who move in.

Other new rules include:

- Limiting moving help to reduce the amount of people inside
- Screening movers prior to entering the facility
- Requiring cloth face coverings or masks
- Requiring furniture and possessions to be sanitized before entering the facility.

Moving to assisted living during the pandemic: One family's story

Jill Cebenko's mother-in-law, Marge, was living independently in Allentown, Pennsylvania, with her partner when she fell out of bed. She didn't break anything, but her injuries were serious enough that she needed to go to the hospital. Her doctors ordered short-term rehab. "After the fall, we knew she could not go back home," says Cebenko. "It was no longer safe for her. With my husband working full-time, five kids to care for, and COVID-19, we weren't sure where to start."

Cebenko found A Place for Mom online, filled out a form, and Senior Living Advisor Molly Gallagher Bronsberg called her within 15 minutes. "With all the information she shared, I would have spent hours — maybe days — navigating the web," Cebenko says.

After learning more about Marge's needs and situation, Molly gave Cebenko a list of eight facilities in the area. While some were allowing in-person visits, the Cebenkos mostly viewed virtual videos of communities. Cebenko had several questions about each community. Molly followed up with answers. Ultimately, the family chose Heather Glen Senior Living.

"Moving Marge to her new community was a very intense process in light of COVID-19," says Cebenko. "The community liaison Jessica Mitchell was kind enough to text me pictures of her room so I could start planning what to bring." They also sent dimensions of Marge's room.

On moving day, three family members were allowed into Marge's room to help set up and decorate. Cebenko's daughter made a beautiful ribbon board so they could tuck in photos Marge had around the house.

After a few days, Cebenko's mother-in-law sounded like she was settling in and enjoying her new home. "I was surprised at how quickly she adjusted," says Cebenko. "She says she likes the food there. We cannot wait to visit her when visiting restrictions are lifted and she can enjoy the fullness of what Heather Glen has to offer."

aPlaceforMom.com

4th of July Fun Facts

- The declaration of Independence was signed by 56 men from 13 colonies.
- The stars on the original American flag were in a circle so all the colonies would appear equal.
- The first Independence day celebration took place in Philadelphia on July 8th, 1776.
- The White House held its first 4th of July party in 1801.
- Approximately 150 million hot dogs and 700 million pounds of chicken are consumed on this day.

Acei-global.blog

Full Circle Notice

Due to COVID-19, we are unsure if we will be able to have our Full Circle Events for the month of July. If we are able to return to normal, you will receive a flyer in the mail regarding when/where we will be having the Full Circle for the month.

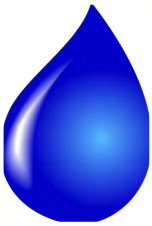
Until we are able meet again, stay safe and healthy! We miss seeing all of your lovely faces and cant wait until we are able to meet again! If you need anything, don't hesitate to give us a call.

Tips for Exercising in Hot Weather

Many people enjoy warm-weather outdoor activities like walking, gardening, or playing tennis. Make sure to play it safe in hot weather. Too much heat can be risky for older adults and people with health problems. Being hot for too long can cause hyperthermia—a heat-related illness that includes heat stroke and heat exhaustion.

If you want to be active when it is hot outside:

- Check the weather forecast. If it's very hot or humid, exercise inside with videos online, or walk in an air-conditioned building like a shopping mall.
- Drink plenty of liquids. Water and fruit juices are good options. Avoid caffeine and alcohol. If your doctor has told you to limit liquids, ask what to do when it is very hot outside.



- Wear light-colored, loose-fitting clothes in natural fabrics.
- Dress in layers so you can remove clothing as your body warms up from activity.
- Know the signs of heat-related illnesses and get medical help right away if you think someone has one.

go4life.nia.nih.gov

Recipe of the Month

3-Ingredient Soft Pretzels

Directions:

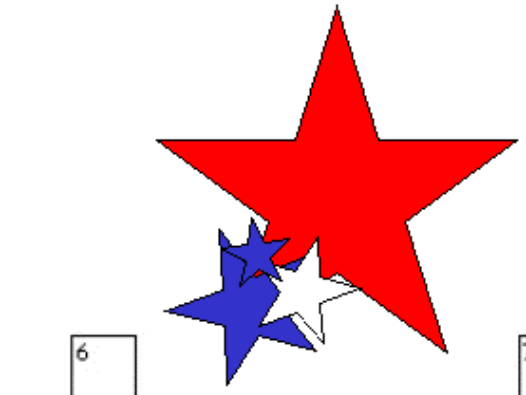
1. Preheat the oven to 400 degrees.
2. Combine the self-rising flour & Greek yogurt in a mixing bowl & mix well using the dough hook attachment.
3. Transfer to a well-floured flat surface & work into a ball.
4. Flatten the ball into an 8-10″ disk.
5. Cut into 8 equal pieces.
6. Roll each one into a 14″ long log.
7. Twist into a pretzel shape & place on a parchment-lined baking sheet.
8. Whisk the egg in a small bowl & then brush over the tops of each pretzel.
9. Sprinkle on the coarse salt- if desired.
10. Bake for 20 minutes or until golden brown.
11. You know they are done when they have a hollow sound when you tap them with your fingernail.

Ingredients:

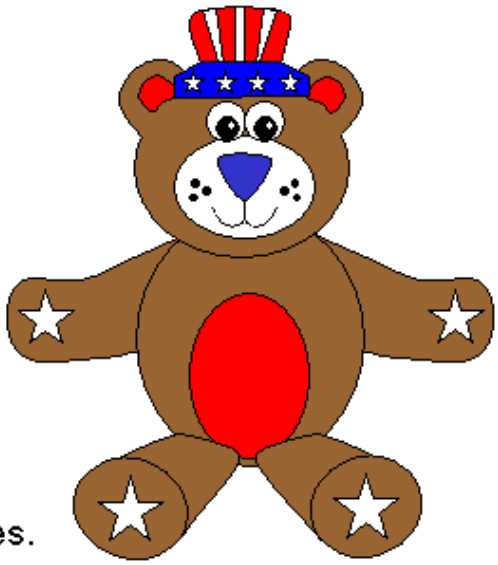
- Self-rising flour
- Greek yogurt
- Egg
- Coarse salt— if desired

Pinterest.com

Fourth of July



Word List: american, baldeagle, fireworks, flag, hamburger, july, justice, parade, patriot, star, washington, white



Across

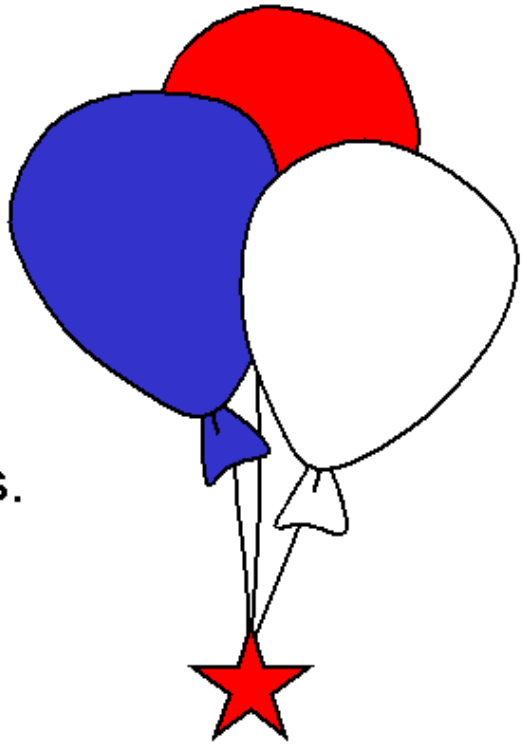
1. Exploding nighttime show.
3. Geometric shape found on the American flag
7. Someone who is devoted to their country.
8. BBQ treat in a bun.
9. Truth, _____, and the American way.
10. National bird of the United States.

Down

2. George or D.C.
4. Common name for a citizen of the United States.
5. Red, _____ and blue.
6. flag I wave in the wind.
7. Marching bands and costumed people in the streets.
9. A patriotic summer month.

Fourth of July Word Ladder

Make your way from FLAG to FOUR by changing just one letter on each step to make a new word!



F L A G Cloth symbol.

Smelted leftovers.

Slimy garden nuisance.

Unclear speech.

Rancid taste.

F O U R Two plus two.

June Activities

Key: Crete Dorchester Wilber Friend DeWitt						
			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	

Due to COVID-19, we are unsure when we will be able to have our activities again. Until then, here are a few of the services we will be offering:

- We will be offering Meat Packages and Feed America, please come to the door and wait patiently for us to serve you.
- We will also have a limited amount of masks available.
- We will be sanitizing the door after each time somebody comes in.
- Please don't hesitate to call if you are needing any assistance with your census!
- Foot Clinics will be back to normal.

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

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—

The DeWitt Senior Center will still continue to be closed until further notice. With any questions regarding DeWitt Senior Center, please give Bev Plihal a call. 402-520-0873

Bev also has masks! Contact her if you are interested.

Bob Kasl
of
Wilber, NE

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 month of the year has 28 days?"— All months.

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 July birthdays out there from Saline County Aging Services!

COMMUNITY SUPPER: The Monday meal at the Methodist Church in Wilber on the first Monday of every month at 5:30 p.m. has been cancelled until further notice.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

A firework also has a fuse that is lit to ignite the gunpowder. Each star makes one dot in the fireworks explosion. When the colorants are heated, their atoms absorb energy and then produce light as they lose excess energy. Different chemicals produce different amounts of energy, creating different colors.

For example, when sodium nitrate is heated, electrons in the sodium atoms absorb the energy and get excited. As the electrons come down from the high, they release their energy, about 200 kilojoules per mole (a unit of measurement for chemical substances), or the energy of yellow light, according to the website of the University of Wisconsin-Madison chemistry professor Bassam Z. Shakhashiri. [How Do Fireworks Get Their Colors?]

According to the ACA, this is how some fireworks colors are made:

- Blues are made with copper-chloride compounds.
- Reds are made with strontium salts, strontium carbonate and lithium salts.
- Purple is made with a mix of blue-producing copper compounds and red-producing strontium compounds.
- Orange is created with calcium salts and calcium chloride.
- Green is made with barium chloride and other barium compounds.

The beginning of fireworks

Most historians think that fireworks were invented in China, though some argue that the original birthplace was in the Middle East or India. We do know that somewhere around A.D. 800, Chinese alchemists mixed together saltpeter, sulfur and charcoal and created a crude gunpowder, according to the American Pyrotechnics Safety and Education Foundation. This wasn't what they were aiming for. They were actually looking for a recipe for eternal life, but what they created changed the world anyway. Once they realized what they had made, the Chinese came to believe that these explosions would keep evil spirits away.

To create some of the first fireworks, they would pack the new gunpowder into bamboo shoots and throw the shoots into a fire, which created a loud blast. After this, fireworks evolved. Paper tubes replaced bamboo stalks, for example, and instead of throwing the tubes in a fire, people added fuses made from tissue paper.

By the 10th century, the Chinese had figured out that they could make bombs with the gunpowder, and so they attached firecrackers to arrows that they shot at enemies. Within the next 200 years, fireworks were honed into rockets that could be fired at enemies without the help of an arrow. This technology is still used today in firework shows.

The spread of gunpowder

In 1295, Marco Polo brought fireworks to Europe from Asia. (However, Europeans likely were introduced to gunpowder weaponry during the Crusades a few years earlier, according to the Smithsonian.) Then, around the 13th century, gunpowder and the recipes to create it made their way to Europe and Arabia via other diplomats, explorers and Franciscan missionaries, according to the Smithsonian. From there, the West developed the technology into more-powerful weapons that we know today as cannons and muskets. People in the West still retained the original idea of fireworks, though, and used them during celebrations. Jesters would also entertain crowds with fireworks in medieval England.

...continued on page 16

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.

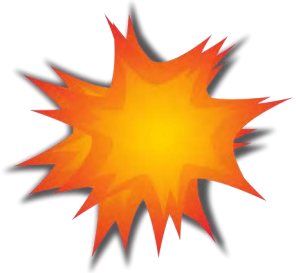
Name:

Mailing Address:

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

In England, rulers used fireworks displays to entertain their followers. The first royal fireworks display is thought to have taken place on Henry VII's wedding day in 1486. In 1685, James II's coronation presentation was so amazing that it earned the fire master a knighthood. Not to be outdone, Czar Peter the Great of Russia put on a 5-hour fireworks show to mark the birth of his son.

Learning the art of explosions



During the Renaissance, pyrotechnic schools were popping up across Europe, according to History.com. The schools taught eager students how to create elaborate explosions. In Italy, fireworks were particularly popular, and in the 1830s, people in that country incorporated trace amounts of metals and other ingredients to enhance the brightness and to make creative shapes.

They also finally developed more colors for fireworks. Up until then, all fireworks were orange. The Italians created mixtures with various chemicals, producing fireworks displays that are much closer to modern versions. They used strontium for red, barium for green, copper for blue and sodium for yellow.

Journey to the New World

As Europeans traveled to the New World, so did their fireworks recipes. Some say that Capt. John Smith set off the first American display, in Jamestown, Virginia, in 1608, according to History.com. On July 4, 1777, the first anniversary of the day the Continental Congress adopted the Declaration of Independence, fireworks became a Fourth of July tradition.

The year before, John Adams wrote in a letter, "The day will be most memorable in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade … bonfires and illuminations [fireworks] … from one end of this continent to the other, from this time forward forevermore." His prediction was right, and the tradition continued in 1777 and every year since then.

Not everyone liked fireworks, however, Because of some shenanigans, in 1731, Rhode Island outlawed the use of fireworks for "mischievous ends," according to the Smithsonian. In the 1890s, other states and some cities created regulations to control how and where fireworks could be used. Today, many towns and states still have their own laws governing the use of fireworks.

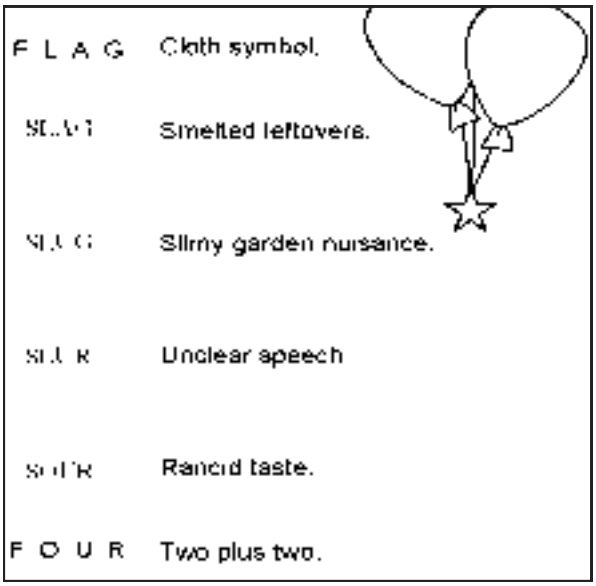
Still in the fireworks business, China produces and exports more fireworks than any other country in the world, according to History.com.

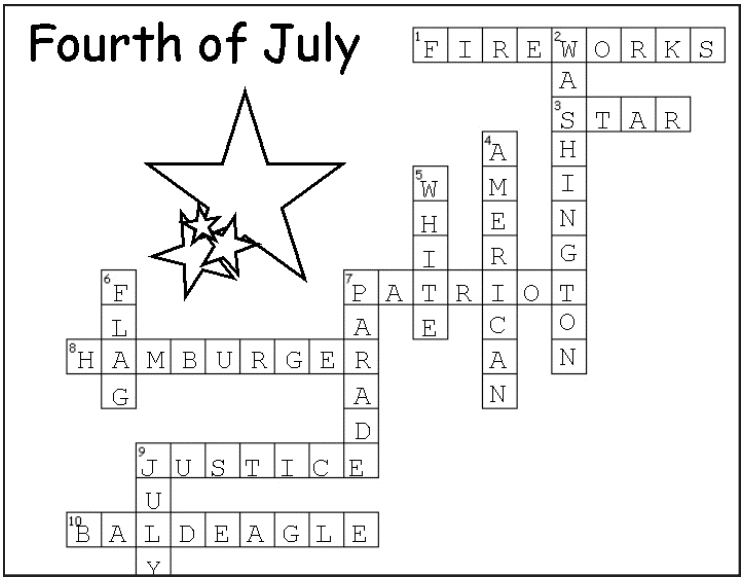
Livescience.com

INCOME TAX FILING ASSISTANCE (Deadline Postponed until July 15th)
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).

We will be closed July 3rd in observance of Independence Day on July 4th.
We will return open July 6th. We hope you have a safe and memorable holiday!

ANSWERS TO THIS MONTHS PUZZLES





In the picture to the left, check out our new sign on the front of our building. With the help of the Wilber-Clatonia construction class for building the sign, the Mackeprangs for the barnwood, Schuerman's Welding for the tin, K&G Body Shop for transporting the sign, and Hoov's Home Improvement's for hanging the sign up.
The middle photo, are some of the coloring pages that we received for the month of June.
Lastly, the photo on the right, is our front window display!

Have you moved?

Have you moved?

We have been mailing a lot of information lately.
We have received quite a few letters back from the post office, for wrong addresses..
If you have moved, please let us know so that we can get it changed in our system!

Riddle of the Month

What building has the most stories?

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!

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 up-coming 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

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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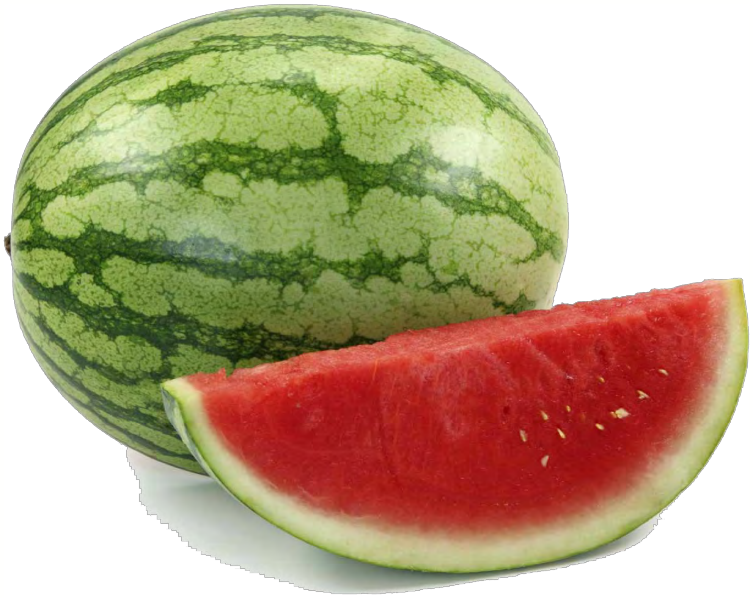
Volume 6, Issue 8 **August 2020**

Inside This Issue . . .



Health Benefits of Watermelon

Watermelon is around 90% water, which makes it useful for staying hydrated in the summer. It can also satisfy a sweet tooth with its natural sugars.

Watermelon also contains antioxidants. These substances can help remove molecules known as free radicals, or reactive species, from the body. The body produces free radicals during natural processes, such as metabolism. They can also develop through smoking, air pollution, stress, and other environmental pressures.

If too many free radicals stay in the body, oxidative stress can occur. This can result in cell damage and may lead to a range of diseases, such as cancer and heart disease.

The body can remove some free radicals naturally, but dietary antioxidants support this process.

Below are some of the ways antioxidants and other nutrients in watermelon may help protect a person's health.

..continued on page 2

Asthma prevention

Some experts believe that free radicals contribute to the development of asthma. The presence of certain antioxidants in the lungs, including vitamin C, may reduce the risk of having asthma.

Studies have not confirmed that taking vitamin C supplements can help prevent asthma, but a diet that is rich in vitamin C may offer some protection.

A cup of watermelon balls weighing around 154 grams (g) provides 12.5 milligrams (mg) of vitamin C, or between 14% and 16% of a person's daily needs.

Blood pressure

In a 2012 study, researchers found that watermelon extract reduced blood pressure in and around the ankles of middle-aged people with obesity and early hypertension. The authors suggested that L-citrulline and L-arginine — two of the antioxidants in watermelon — may improve the function of the arteries.

Lycopene — another antioxidant in watermelon — may help protect against heart disease. A 2017 review suggested that it might do this by reducing inflammation linked with high-density lipoprotein (HDL) or "good" cholesterol.

Phytosterols are plant compounds that may help manage low-density lipoprotein (LDL) or "bad" cholesterol. Some guidelines recommend consuming 2 grams (g) of phytosterols each day. 154 g of watermelon balls provides a small amount, at 3.08 mg.

Reducing LDL cholesterol may help prevent high blood pressure and cardiovascular disease (CVD), but the precise impact of phytosterols on CVD remains unclear.

Cancer

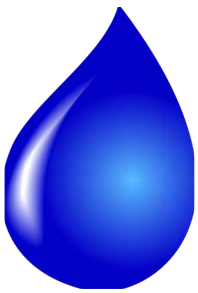
The National Cancer Institute (NCI) note that free radicals can play a role in the development of some types of cancer. The oxidative stress they cause can result in DNA cell damage.

Dietary antioxidants in watermelon, such as vitamin C, may help prevent cancer by combatting free radicals.

Some studies have also linked lycopene intake with a lower risk of prostate cancer.

Digestion and regularity

Watermelon has high water content and also provides some fiber. These nutrients help promote a healthy gut by preventing constipation and promoting regularity of bowel movements.



Hydration

Watermelon is around 90% water and also provides electrolytes, such as potassium. This makes it a healthful choice of snack during the hot summer months.

People can eat watermelon fresh, as juice, or frozen in slices for a tasty cold Popsicle-style snack.

..continued on page 6

NE Fun Facts

1. At one time, Nebraska was once called “The Great American Desert”.
2. The state insect is a honeybee.
3. The birthplace of the Reuben Sandwich is Nebraska.
4. Canned span is produced in Fremont.
5. The largest porch swing is located in Hebron, NE and can sit 25 adults.
6. Sidney, NE was the starting point of the Black Hills Gold Rush.
7. Kearney, NE is located exactly between Boston and San Francisco.
8. State Motto: Equity before the law.

How to Give a Cat a Pill

What you need is a simple step-by-step process to give a cat a pill. You're come to the right place. Following are the instructions you need to safely and effectively give your cat a pill. It can be fun, a bonding experience for you both. Maybe. Perhaps.

1. Grasp your cat firmly in your arms. Cradle its head on your elbow, just as if you were giving a baby a bottle. Coo confidently, "That's a nice kitty." Drop the pill in its mouth.

2. Retrieve your cat from the top of lamp and the pill from under sofa.

3. Follow the same procedure as in Step 1, but hold your cat's front paws down with your left hand and their back paws down with the elbow of your right arm. Poke the pill into its mouth with your right forefinger.

4. Retrieve your cat from under the bed. Get a new pill from the bottle. (resist the impulse to get new cat.)

5. Again proceed as in Step 1, except when you have your kitty cat firmly cradled in the bottle-feeding position, sit on the edge of the chair, fold your torso over your cat, bring your right hand over your left elbow, open your cat's mouth by lifting the upper jaw & pop the pill in - quickly! Since your head is down by your knees, you won't be able to see what you are doing. That's just as well.

6. Leave your cat hanging on the drapes. Leave the pill in your hair.

7. If you are a woman, have a good cry. If you are a man, have a good cry.

8. Now pull yourself together. Who's the boss here anyway? Retrieve your cat & the pill. Assuming position 1 again, say sternly, "Who's the boss here anyway?" Open your cat's mouth, take the pill & ....Oooops!

9. This isn't working, is it? Collapse & think. Aha! Those flashing claws are causing the chaos.

10. Crawl slowly to the linen closet. Drag back a large beach towel. Spread the towel on the floor.

11. Retrieve your cat from the kitchen counter and the pill from the potted plant.

12. Spread your cat on the towel near one end with its head over the long edge.

13. Flatten your cat's front and back legs over its stomach. (resist the impulse to flatten your cat.)

14. Roll your cat in the towel. Work fast; time and tabbies wait for no man - or woman!

15. Resume position 1. Rotate your left hand to your cat's head. Press its mouth at the jaw hinges like opening the petals of a snapdragon.

16. Drop the pill into cat's mouth and poke gently. Voila! It's done!

17. Vacuum up the loose fur (cat's). Apply bandages to the wounds (yours).

AGING PARTNERS
A Planning Area Agency on Aging

All About Avocados

When it comes to avocados, you can mix them, mash them, season them, stuff them, put them on toast and even mix them in with scrambled eggs!

Hint: Combine with sour queso and sour cream as a side of guacamole.

We all have either heard about avocados or maybe even tried them in some form before. Avocados are full of heart-healthy monounsaturated fats and have numerous health benefits, such as reducing cholesterol, improving overall heart health function and many others!

Avocados contain a rich content of antioxidants, including lutein, which is essential for eye health (specifically vision). Avocados help with the absorption of nutrients in your diet and reduce inflammation in the body (they potentially help with arthritis). The fatty acid content avocados have is rich and can help with skin and even improve healing!

Besides the benefits of heart and eye health, is there anything else that avocados can do to help us health wise? This power-packed super food helps absorb nutrients if plant-based diet aspects are included. There have also been a few studies that suggest avocados might help relieve some of the symptoms of chemotherapy for someone battling cancer. Studies suggest avocados can lead to a lower body weight and overall weight loss if eaten regularly, which might be attractive and important to some.

Here are some ways we can enjoy our avocados:

- Stuffed with an egg and baked;
- Cut and drizzled with olive oil and baked;
- Diced with your eggs in the morning;
- Used like a spread on your bread!

Anyway you want to use them, there may be a recipe out there, so go and explore for yourself!

https://www.webmd.com/food-recipes/all-about-avocados
https://dac.asn.au/smart-eating-for-you/smart-eating-fast-facts/food-and-food-products/fast-facts-all-about-avocados/
https://www.healthline.com/nutrition/12-proven-benefits-of-avocado#1
https://www.healthline.com/nutrition/23-ways-to-eat-avocados

To speak with a Registered Dietitian Nutritionist (RDN) regarding your specific needs or any questions you may have, call Aging Partners at 402-441-7159!

7/7/20

Brain and nervous system

Choline is another antioxidant that occurs in watermelon.

It contributes to the following functions and activities:

- muscle movement
- learning and memory
- maintaining the structure of cell membranes
- the transmission of nerve impulses
- early brain development

One theory suggests that choline may help slow the progression of dementia in Alzheimer's disease, but there is not enough evidence to confirm this.

Muscle soreness

Watermelon and watermelon juice may reduce muscle soreness and improve recovery time following exercise in athletes.

In a 2017 study, athletes drank either half a liter of either a placebo or watermelon juice with added L-citrulline, 2 hours before running a half marathon race. Those who consumed the watermelon drink reported less muscle soreness 24–72 hours after the race.

It is unclear whether consuming watermelon juice without added L-citrulline would have the same effect.

Skin

Watermelon contains vitamin C, which the body needs to produce collagen. Collagen is essential for cell structure and immune function. Vitamin C also promotes wound healing.

Studies suggest that vitamin C may help promote healthy skin, including reducing the risk of age-related damage.

Metabolic syndrome

In 2019, researchers published findings indicating that watermelon may improve features of metabolic syndrome, including obesity and cardiovascular measures. In the study, 33 people with overweight or obesity consumed either 2 cups of watermelon or low-fat cookies each day for 4 weeks.

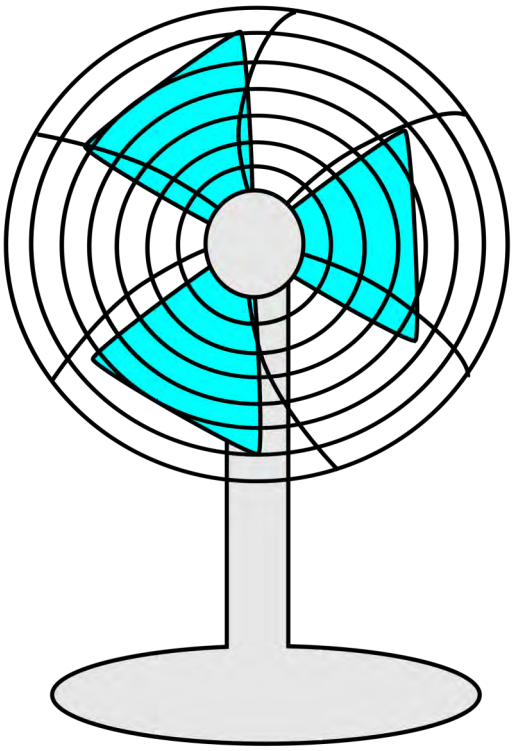
The people who ate watermelon reported feeling less hungry and more satisfied for longer than those who ate the cookies. In addition, after 4 weeks, those who ate watermelon had:

- higher levels of antioxidants in their blood
- lower body weight and body mass index (BMI)
- lower systolic blood pressure
- improved waist-to-hip ratio

Those who ate the cookies had higher levels of oxidative stress than the watermelon group. Their blood pressure and body fat also increased.

The results suggest that watermelon may be a good choice of snack for people with obesity and metabolic syndrome.

medicalnewstoday.com



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.

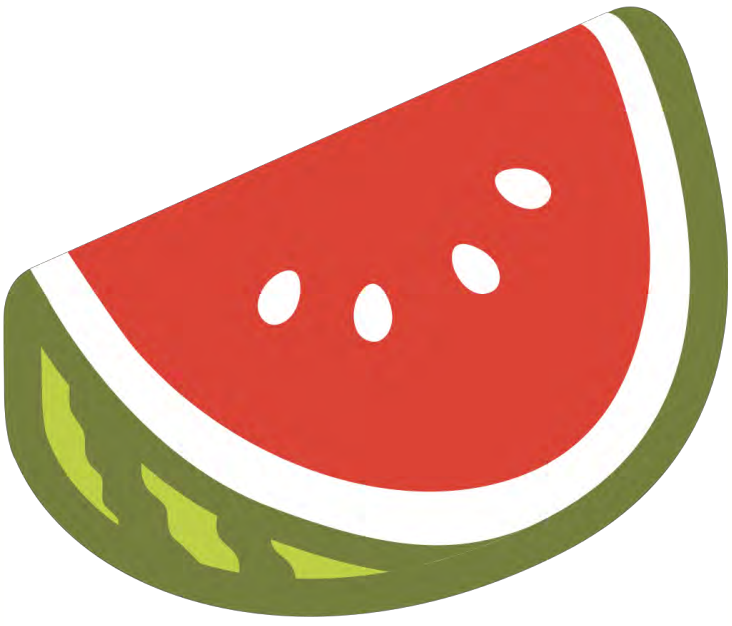
Call ahead to qualify for a fan and/or to make an appointment to pick one up by calling 402-821-3330.

Acei-global.blog

Full Circle Notice

Due to COVID-19, we are unsure if we will be able to have our Full Circle Events for the month of August. If we are able to return to normal, you will receive a flyer in the mail regarding when/where we will be having the Full Circle for the month.

Until we are able meet again, stay safe and healthy! We miss seeing all of your lovely faces and cant wait until we are able to meet again! If you need anything, don't hesitate to give us a call.



Exercise of the Month

ENDURANCE

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

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

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

go4life.nia.nih.gov

Recipe of the Month

Garlic Toast Pizzas

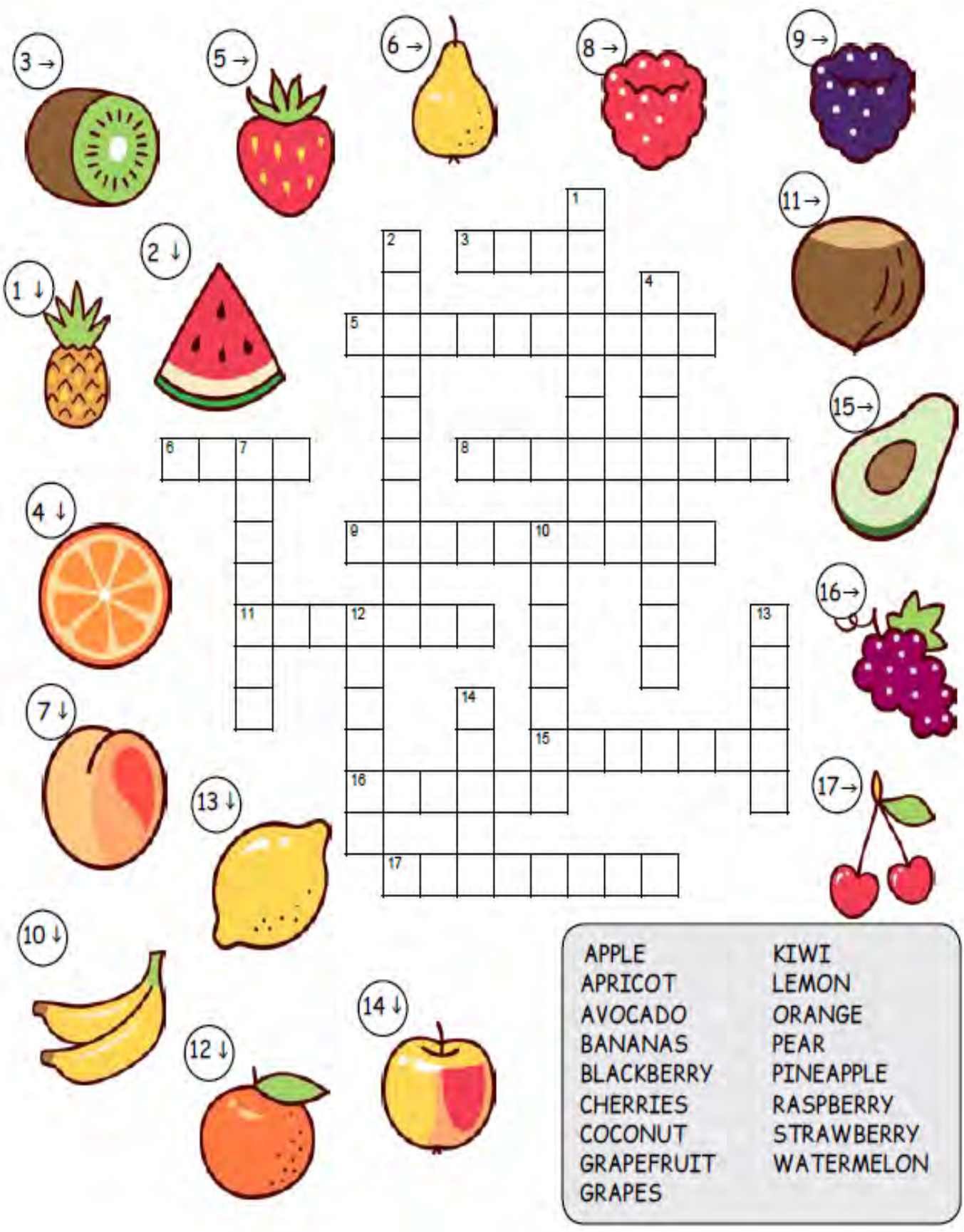
Ingredients:

- frozen garlic toast
- pizza sauce
- shredded mozzarella cheese
- toppings of your choice

Directions:

1. Bake the garlic toast according to the package directions, but pull it out of the oven about 2 minutes before it's finished.
2. Top the almost-done garlic toast with pizza sauce, cheese and the toppings of your choice (use the sauce very sparingly, otherwise the middle can get soggy).
3. Place back in the oven on the broil setting for 2-4 minutes or until the cheese is bubbly and starts to brown.

Pinterest.com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APRICOT
AVOCADO
BANANAS
BLACKBERRY
CHERRIES
COCONUT
GRAPEFRUIT
GRAPES
KIWI
LEMON
ORANGE
PEAR
PINEAPPLE
RASPBERRY
STRAWBERRY
WATERMELON

Summer Ice Cream Word Search!

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

Banana	Chocolate	Peach
Brownie	Coconut	Peppermint
Bubblegum	Coffee	Pistachio
Butterscotch	Mango	Pumpkin
Caramel	Maple	Strawberry
Cherry	Neapolitan	Vanilla

Activities

Key: Crete Dorchester Wilber Friend DeWitt						
			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	

Due to COVID-19, we are unsure when we will be able to have our activities again. Until then, here are a few of the services we will be offering:

- We will be offering Meat Packages and Feed America, please come to the door and wait patiently for us to serve you.
- We will also have a limited amount of masks available.
- We will be sanitizing the door after each time somebody comes in.
- Please don't hesitate to call if you are needing any assistance with your census!
- Foot Clinics will be back to normal.

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

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—

Best Wishes

SCAS wants to thank Bev for all her hard work over the last 10 years! You will be missed! Best wishes!

~~ SCAS Staff

Darlene Zalesky
of
Wilber, NE

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 "What building has the most stories?"— The Library.

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 August birthdays out there from Saline County Aging Services!

COMMUNITY SUPPER: The Monday meal at the Methodist Church in Wilber on the first Monday of every month at 5:30 p.m. has been cancelled until further notice.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

Dementia Patients & Dignity — Respectful Caregiving

When someone close to you has dementia and spends an increasing amount of time in a confused state, it can be difficult to remember the person they were before the disease began to take control. However, it's important to remember that he or she is an adult, not a child, and deserves to be treated as such. Honoring your loved one's wishes, including helping him or her maintain a similar lifestyle to the one they had before they got sick, will bring him or her a lot of comfort and reassurance. Here are some ways to help those with dementia patients maintain a sense of dignity:

DON'T CONDESCEND

When you're actively caring for someone, including helping them through the basic activities of daily life, it can be hard not to take a parental tone. This can come across as condescending, disrespectful, or make the person you are caring for feel like a child. Watch your tone and word choices, and try to speak to your loved one as an equal whenever possible. Avoid using words like the following:

- **Diaper**: Regardless of what form they take, refer to undergarments as underwear. You don't need to call attention to their protective or "special" qualities unless your loved one has specific concerns about making it to the bathroom as needed.
- **Bib**: Call this an apron, or actually use an apron if your loved one needs something to protect his or her clothes during mealtimes.
- **Potty**: Use the words your loved one commonly used pre-dementia to refer to toileting. "Do you need to use the bathroom?" is a perfectly adequate phrase for all stages of life.

ASK LEADING QUESTIONS

Set your loved one up for conversational success by replacing open-ended questions with ones that are easier to answer. For example, says something like "Mom, tell Kathy how much you enjoyed raising your 10 children," instead of "Mom, tell Kathy how many children you have."

USE "THERAPEUTIC FIBBING"

"Therapeutic fibbing" is a concept designed to relieve the guilt that often comes from lying to a loved one, even when that lie may very well be the kindest thing you can say to them in that situation. Those with dementia often struggle with logic, rational thought, sequencing and emotional control. Therapeutic fibbing may be appropriate when telling the truth would cause pain, anxiety or confusion, or when the person with dementia is experiencing life in a different "time zone."

For example, say your wife wants to drive to the grocery store, but you do not believe that she is a safe driver due to her dementia. Instead of telling her that she's no longer safe to drive, you could tell her that the car is in the shop for repair, tell her that you've misplaced your keys or tell her that you'll drive her to the store, since you need to go out anyway.

PLAN SUCCESSFUL OUTINGS

When you care for someone with dementia, it's easy to become isolated out of fear that social situations will be difficult and stressful. This does not have to be the case! With some planning and thought, an outing can be rewarding and a welcome change of pace from the routine of the day.

...continued on page 16

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

Planning an outing

When you have control of an outing, consider the following factors:

- **Distance**: How far away is it? Is this a trip that is tolerable or even enjoyable for everyone?
- **Time of Day**: When does the person you care for tend to be in the best spirits? Is it early morning, lunch-time, or after an afternoon nap? Plan extra time to get there.
- **Setting**: Does the person enjoy watching others, children in particular, in a restaurant or park? Or does the person you care for react negatively to ill-behaved children or extra stimulation?
- **Food Choice**: Does the restaurant have foods that are easy to eat, cut, etc.?

Preparing Your Loved Ones

Some people do well with advance notice of an event, while others will only grow anxious and ask repeatedly when an event is happening. Some will not remember the event, no matter how many times you remind them. Use your best judgment about what your loved one is able to handle.

Preparing Others

Prepare others for the special needs of your loved one. This can be done by calling ahead to the restaurant and speaking to the manager, or by discreetly speaking with the host or hostess before you are seated. You could also make a customized card and bring it with you to the restaurant. Hand the card discreetly to the hostess as you enter the restaurant and ask that they also share the information with the server for your table. Information to include on the card includes things like whether you will be ordering for them, how you would like the server to speak to the person you care for, and any special seating needs.

Relax & Enjoy

If you are nervous about things going well, that anxiety will be projected onto the person with dementia. One of the many effects of dementia is the loss of filters, making them much more affected by the emotions of people around them. If you are able to remain calm and anticipate an enjoyable event, you are more likely to be able enjoy yourself.

aPlaceforMom.com

SHOUT IT OUT!

NEW!

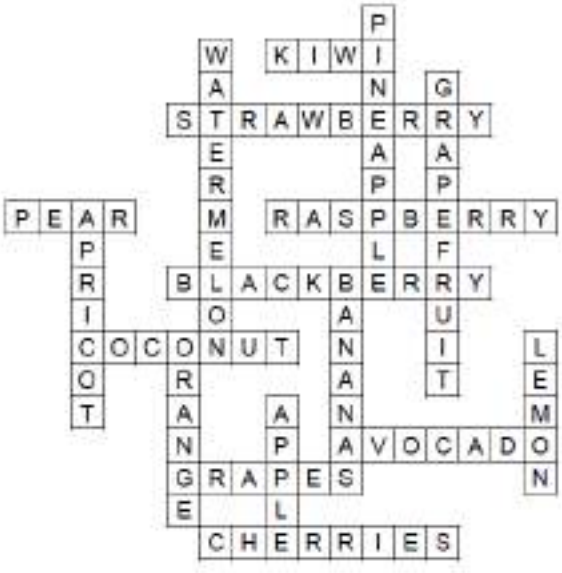
We are going to start something a little different! Since COVID-19 has put a damper on this year, we are wanting to make the most of it.

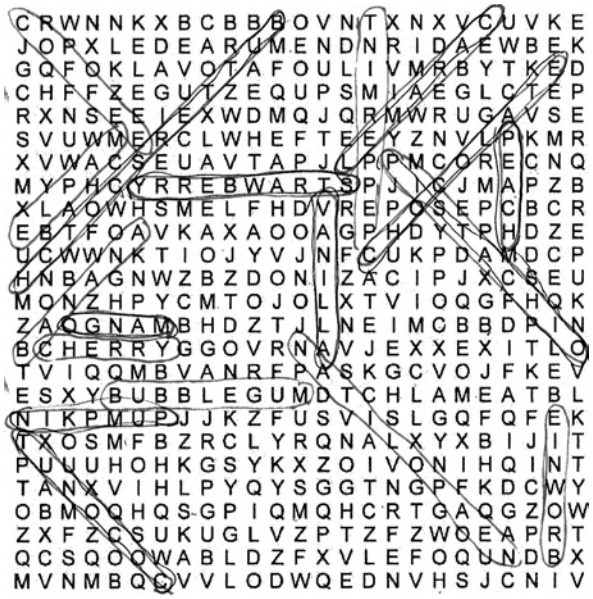
Please mail us your favorite memory you have of Saline County Aging Services! We would love to hear about it.

Upon approval, we will choose one story to share in our next newsletter!

Thanks for your input.

ANSWERS TO THIS MONTHS PUZZLES





Saline County Aging Services

We are excited to announce that we have added 2 new ladies to our team!

Tia Kreshel just graduated from Wilber-Clatonia Public Schools in May. She does various tasks around the office and helps out when needed! She will be with us a few days a week, while she attends SCC-Lincoln starting in the fall.

Sam Cosaert just graduated from Milford Public Schools in May. She will be doing most of our social media stuff including Facebook & Instagram. She will be attending University of Nebraska Kearney in the fall.

T I A

S A M

DeWitt Senior Center

DeWitt Senior Center Update

The Village of DeWitt recently gave permission to partially open the DeWitt Senior Center to activities. Those activities include at this time both Tai Chi and Quilting keeping social distancing in mind, wearing masks, and using hand sanitizers. Every few weeks the activities will again be discussed for changes depending on the increase or decrease of the coronavirus situation.

Other changes at the Center include the resignation of the manager, Bev Plihal. With the recent sudden death of her husband, Galen, she has many added responsibilities that need to be addressed and therefore can no longer perform adequately the needs for the Senior Center. A new manager will be hired to take over the manager position. Bev will however continue leading Tai Chi and participating with the activities of the center when time permits. She thanks everyone for the 10 years of working with the wonderful people involved with the DeWitt Senior Center and Saline Aging Services.



Riddle of the Month

What question can you never answer yes to?

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!

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 up-coming 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

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 6, Issue 9 **September 2020**

Inside This Issue . . .

Autumn

Autumn, season of the year between summer and winter during which temperatures gradually decrease. It is often called fall in the United States because leaves fall from the trees at that time. Autumn is usually defined in the Northern Hemisphere as the period between the autumnal equinox (day and night equal in length), September 22 or 23, and the winter solstice (year's shortest day), December 21 or 22; and in the Southern Hemisphere as the period between March 20 or 21 and June 21 or 22. The autumn temperature transition between summer heat and winter cold occurs only in middle and high latitudes; in equatorial regions, temperatures generally vary little during the year. In the polar regions autumn is very short.

Britannica.com

Early Warning Signs

Memory Loss

Forgetting new information is one of the most common early signs of dementia. General memory loss and forgetting important events and asking for the same information over and over are also common symptoms of early stage Alzheimer's disease. ***What's typical?*** Forgetting names or appointments occasionally and remembering them later.

Difficulty Performing Familiar Tasks

People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game. ***What's typical?*** Occasionally forgetting why you came into a room or what you planned to say.

New Problems with Writing or Speaking

People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth." ***What's typical?*** Sometimes having trouble finding the right word.

Confusion with Time and Place

People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home. ***What's typical?*** Forgetting the day of the week or where you were going.

Poor or Decreased Judgment

Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers. ***What's typical?*** Making a questionable or debatable decision from time to time.

..continued on page 6

IOWA Fun Facts

1. Iowa's sales tax rate is 5%.
2. The largest source of personal income for Iowans is manufacturing.
3. Iowa is the only state bordered by two rivers; the Missouri River & the Mississippi River.
4. One Iowa family farm grows enough food and fiber to feed 279 people.
5. Iowa ranks first in beef, pork, corn, soybean, and grain production.

http://publications.iowa.gov/

Dog Dictionary

LEASH: A strap which attaches to your collar, enabling you to lead your person where you want him or her to go.

DOG BED: any soft, clean surface, such as the white bedspread in the guest room or the newly upholstered couch in the living room.

DROOL: Is what you do when your persons have food and you don't. To do this properly you must sit as close as you can and look sad and let the drool fall to the floor, or better yet, on their laps.

SNIFF: A social custom to use when you greet other dogs. Place your nose as close as you can to the other dog and inhale deeply, repeat several times, or until your person makes you stop.

GARBAGE CAN: A container which your neighbors put out once a week to test your ingenuity. You must stand on your hind legs and try to push the lid off with your nose. If you do it right you are rewarded with margarine wrappers to shred, beef bones to consume and moldy crusts of bread.

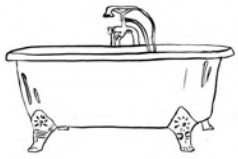
BICYCLES: Two-wheeled exercise machines, invented for dogs to control body fat. To get maximum aerobic benefit, you must hide behind a bush and dash out, bark loudly and run alongside for a few yards; the person then swerves and falls into the bushes, and you prance away.

DEAFNESS: This is a malady which affects dogs when their person want them in and they want to stay out. Symptoms include staring blankly at the person, then running in the opposite direction, or lying down.

THUNDER: This is a signal that the world is coming to an end. Humans remain amazingly calm during thunderstorms, so it is necessary to warn them of the danger by trembling uncontrollably, panting, rolling your eyes wildly, and following at their heels.

WASTE BASKET: This is a dog toy filled with paper, envelopes, and old candy wrapper. When you get bored, turn over the basket and strew the papers all over the house until your person comes home.

SOFAS: Are to dogs like napkins are to people. After eating it is polite to run up and down the front of the sofa and wipe your whiskers clean.



BATH: This is a process by which the humans drench the floor, walls and themselves. You can help by shaking vigorously and frequently.

atimetolaugh.org

AGING PARTNERS
A Planning Area Agency on Aging

All About Avocados

When it comes to avocados, you can mix them, mash them, season them, stuff them, put them on toast and even mix them in with scrambled eggs!

Hint: Combine with your queso and sour cream as a side of guacamole.

We all have either heard about avocados or maybe even tried them in some form before. Avocados are full of heart-healthy monounsaturated fats and have numerous health benefits, such as reducing cholesterol, improving overall heart health function and many others!

Avocados contain a rich content of antioxidants, including lutein, which is essential for eye health (specifically vision). Avocados help with the absorption of nutrients in your diet and reduce inflammation in the body (they potentially help with arthritis). The fatty acid content avocados have is rich and can help with skin and even improve healing!

Besides the benefits of heart and eye health, is there anything else that avocados can do to help us health wise? This power-packed super food helps absorb nutrients if plant-based diet aspects are included. There have also been a few studies that suggest avocados might help relieve some of the symptoms of chemotherapy for someone battling cancer. Studies suggest avocados can lead to a lower body weight and overall weight loss if eaten regularly, which might be attractive and important to some.

Here are some ways we can enjoy our avocados:

- Stuffed with an egg and baked;
- Cut and drizzled with olive oil and baked;
- Diced with your eggs in the morning;
- Used like a spread on your bread!

Anyway you want to use them, there may be a recipe out there, so go and explore for yourself!

https://www.webmd.com/food-recipes/all-about-avocados
https://daa.asn.au/smart-eating-for-you/smart-eating-fast-facts/food-and-food-products/fast-facts-all-about-avocados/
https://www.healthline.com/nutrition/12-proven-benefits-of-avocado#1
https://www.healthline.com/nutrition/23-ways-to-eat-avocados

To speak with a Registered Dietitian Nutritionist (RDN) regarding your specific needs or any questions you may have, call Aging Partners at 402-441-7159!

7/7/20

10 Alzheimer's Warning Signs

Problems with Abstract Thinking

Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used. ***What's typical?*** Finding it challenging to balance a checkbook.

Misplacing Things and Losing the Ability to Retrace Steps

A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl. ***What's typical?*** Misplacing keys or a wallet, but being able to retrace steps to find it later.

Changes in Mood or Behavior

Someone with Alzheimer's disease may show rapid mood swings – from calm to tears to anger and aggression – for no apparent reason. They may become extremely confused, anxious, suspicious or dependent on a family member. ***What's typical?*** Occasionally feeling sad or moody.

Trouble Understanding Visual Images and Spatial Relationships

For some people, a change in visual processing may be a sign of early Alzheimer's disease. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving. ***What's typical?*** Vision changes related to cataracts.

Withdrawing from Social Activities

A person with early stage Alzheimer's disease may avoid being social because of the changes they've experienced. They may remove themselves from sports, social events and hobbies. They may become passive, sitting in front of the TV for hours, sleeping more than usual or not want to perform daily living activities. *What's typical?* Sometimes feeling weary of work or social obligations.

The difference between Alzheimer's and normal age-related memory changes…

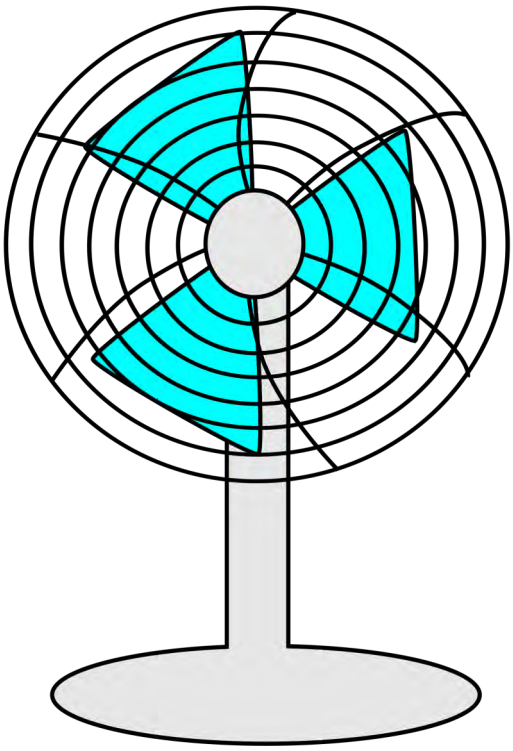
Dementia Symptoms

- Forgets entire experiences
- Rarely remembers later
- Is gradually unable to follow written/spoken directions
- Is gradually unable to use notes as reminders
- Is gradually unable to care for self

Normal Age-related Memory Changes

- Forgets part of an experience
- Often remembers later
- Is usually able to follow written/spoken directions
- Is usually able to use notes as reminders
- Is usually able to care for self

medicalnewstoday.com



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Acei-global.blog

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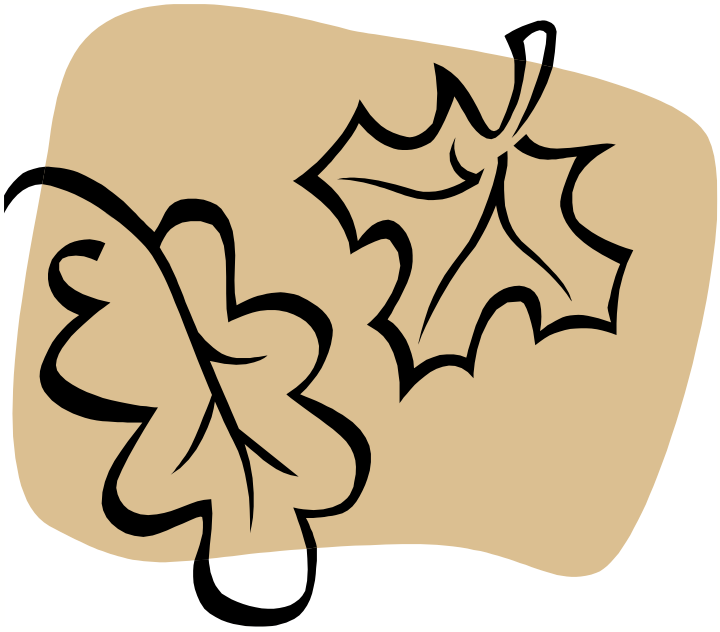


Exercise of the Month

STRENGTH

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength "strength training" or "resistance training."

Strength exercises include lifting weights, even your own body weight, and using a resistance band.

WEIGHTS

Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don't exercise the same muscle group on any 2 days in a row. If you're just starting, you might need to use 1- or 2-pound weights, or no weight at all. Your body needs to get used to strength exercises. You can use common objects from your home, such as bottled water or soup cans. Or, you can use the strength-training equipment at a fitness center or gym. Use light weights the first week, then gradually add more. Starting out with weights that are too heavy can cause injuries. Use proper form for safety. To prevent injury, don't jerk or thrust weights into position. Use smooth, steady movements. Avoid "locking" your arm and leg joints in a tightly straightened position.

RESISTANCE BAND

Resistance bands are stretchy elastic bands that come in several strengths, from light to heavy. You can use them in some strength exercises instead of weights. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band when you can do two sets of 10 to 15 repetitions easily. Hold on to the band tightly (some bands have handles) or wrap it around your hand or foot to keep it from slipping and causing possible injury. Do the exercises in a slow, controlled manner, and don't let the band snap back.

go4life.nia.nih.gov

Recipe of the Month

Cheesy Taco Sticks

Ingredients:

- 1 lb. ground beef
- 1 packet taco seasoning mix, or homemade taco seasoning
- 1 tube Pillsbury Pizza Dough
- 5 colby jack and cheddar cheese sticks, halved
- 4 tbsp butter, melted
- 1 tsp garlic powder
- 1 tsp dried parsley

Pinterest.com

Directions:

1. Preheat oven to 425 degrees F.
2. Lightly coat a large baking sheet with non-stick spray and set aside.
3. Cook the ground beef until fully browned and crumbled. Drain any fat and return skillet to stove top. Mix in taco seasoning and stir until fully coated.
4. Spread pizza dough out until its flat and cut in half lengthwise and then 4 cuts up and down, creating a total of 10 small rectangles. Place about a tablespoon of taco meat and a half cheese stick, then roll up the pizza stick.
5. Combine melted butter, garlic, parsley, and brush it on the tops of the sticks. Bake for 10—12 mins.

REBUS FOR YOU!

Solve these visual word puzzles by looking for clues in the placement, color, or number of words. Have fun!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat a da
5. T B Bush A H	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER

Word Search

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

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

1. LABOR
2. DAY
3. HOLIDAY
4. SEPTEMBER
5. WORK
6. LONG
7. WEEKEND
8. ENDING
9. SUMMER
10. NATIONAL
11. USA
12. TRAVEL
13. AMERICAN
14. MONDAY
15. DAY
16. OFF

Activities

Key: Crete Dorchester Wilber Friend DeWitt						
			All foot clinics are by appointment only.	Interested in a foot clinic appointment. Call us at 402.821.3330	For DeWitt Foot Clinic call at 402.683.6475	

Due to COVID-19, we are unsure when we will be able to have our activities again. Until then, here are a few of the services we will be offering:

- We will be offering Meat Packages and Feed America, please come to the door and wait patiently for us to serve you.
- We will also have a limited amount of masks available.
- We will be sanitizing the door after each time somebody comes in.
- Please don't hesitate to call if you are needing any assistance with your census!
- Foot Clinics are back to normal.

DeWitt Senior Center Meal Schedule
For meal reservations, call 683-6475.

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—

For questions in regards to DeWitt Senior Center, please call 402.683.6475

Cheryl Jindra
of
Friend, NE

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 question can you never answer yes to?"— Are you asleep yet? Are you alive?

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 August birthdays out there from Saline County Aging Services!

COMMUNITY SUPPER: The Monday meal at the Methodist Church in Wilber on the first Monday of every month at 5:30 p.m. has been cancelled until further notice.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

Caring for Elderly Parents: Linda's Story of Taking Care of Her Mom

When Linda's mom fell and broke her hip, life changed in an instant — for both her and her daughter. The fiercely independent 92-year-old woman, whose husband died 47 years earlier, could no longer live alone. Linda, 59, had only four short days to shift roles from self-exiled daughter to daily caregiver and major decision-maker.

Linda's immediate obligation was to find elder care in the form of an assisted living community for a woman who had never asked for help from anyone for anything. Her mother's stern attitude magnified the pressure Linda felt. Given a two-week window when her mom was placed in a nursing home for rehabilitation, Linda contacted Jeannie Darnell, a Senior Living Advisor at A Place for Mom. She helped her find an appropriate assisted living home in their area. This was the first difficult elder-care decision Linda had to make, though it was certainly far from being the last.

How to cope with caring for aging parents

"My mother and I never enjoyed a 'get together for coffee' type of intimacy," Linda says. "We were all business. This change in our relationship remains monumental for both of us. I don't know what I would have done without Jeannie, who checked in with me every day until we found the right fit."

Below are three common elder-care struggles Linda faced and how she coped:

Finding balance as a caregiver

Like many children thrust into the new role of caregiver, Linda struggled with boundaries and finding a balance:

- She visited "too often" during the first year, she says, returning home most days physically and emotionally exhausted.
- Her mom didn't establish close friendships in her new home, preferring stubborn self-sufficiency to intimacy with acquaintances. This meant Linda was the only one to endure her mother's frustrations and resentment about losing her home, her independence, and the ability to control the direction of her life.

"I lived in hell for the first year because I couldn't find the balance," Linda recalls. "I would take a memento from the house to cheer her up, and she would be outraged because the token confirmed she was not going home. I know I shouldn't have told her that she was never going home, but sometimes I lose patience."

Accepting aging parents' limitations

Even though Linda's mom's personality exacerbated her feelings of frustration, she understands that her own reactions are often unfounded and unfair.

"She'll insist that she needs a new toothbrush, implying that I am not taking care of her. So I'll go to the vanity and pull out a brand-new one, one that's even still in its wrapper. I'll want to scream, 'Look Mom, it's right here, your new toothbrush is right here!'" Linda says. "But I know that my mother is fading. The truth is I need to remember she is no longer independent physically or mentally. It's a truth I don't like to admit."

Finding caregiver support

Linda visits her mom at her assisted living community often and tries to maintain a positive outlook. She likes having dinner with her on Sundays. They sit with a group of women whose company Linda enjoys.

...continued on page 16

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

Finding caregiver support

Linda visits her mom at her assisted living community often and tries to maintain a positive outlook. She likes having dinner with her on Sundays. They sit with a group of women whose company Linda enjoys.

"I don't always know what to say to my own mother so talking with these other women is a nice break for me, as is hearing them say what a wonderful daughter I am," Linda says.

For many caregivers like Linda, finding support can be a peaceful and assuring reminder that you're not alone as a caregiver. Whether it's through those you meet while visiting your loved one at a senior living community or via caregiver support groups, connecting with others can ease stress.

Caring for senior parents: A doctor's advice

Watching our parents lose their independence is one of the most challenging realities we face as our parents age, according to Seattle geriatric internist Dr. Elizabeth Kiyasu. "We've witnessed our parents' decision-making our whole lives, important decisions about us, their children, and themselves," Kiyasu explains. "Then their decision-making becomes impaired and we end up making those decisions for them. Even if we rarely doubt ourselves when making decisions for our own children, making decisions while caring for elderly parents remains inherently ambiguous."

Kiyasu stresses that there are individual nuances in every parent-child relationship. "These decisions are never clear-cut for the children. We feel guilty when we admit exhaustion or that the demands of our parents' care fall beyond our skill set. People don't realize they can place their parent in a nursing home for a limited stay, or that assisted living homes come in many different forms and styles."

And because Linda was never close to her mother, her situation has been especially challenging. "She can't rely upon a foundation of intimacy with her mother," Kiyasu observes. "[And] now she is propelled into a very intimate situation, essentially deciding the course of her mother's life without any prior directives."

Taking care of Mom: Good days and bad days

Caring for elderly parents is never easy, but Linda knows it must be done. Her brother moved away decades ago and rarely visits — she is her mom's sole advocate. She has also come to understand that the logical argument doesn't always succeed.

"My mother sits in a wheelchair all day because she refuses to do physical therapy. The doctors tell her that with therapy she would be able to walk again, but she just wants to get up and walk immediately or not walk at all. I've stopped trying to convince her. There's only so much I can do," Linda admits.

As she becomes accustomed to her caregiver role, Linda says her attitude is improving steadily.

"I now know my mother is going to have good and bad days. I also know my mother doesn't want to be mothered. Who would?" Linda laughs. "It's been very hard to make all of the decisions for another adult. But I am getting it done. And getting it done is the right thing to do."

Remember it's typical to feel overwhelmed, like Linda, when suddenly becoming a caregiver. If you need to find senior living immediately or just want to talk about options, our Senior Living Advisors can answer questions and share their knowledge and experience.

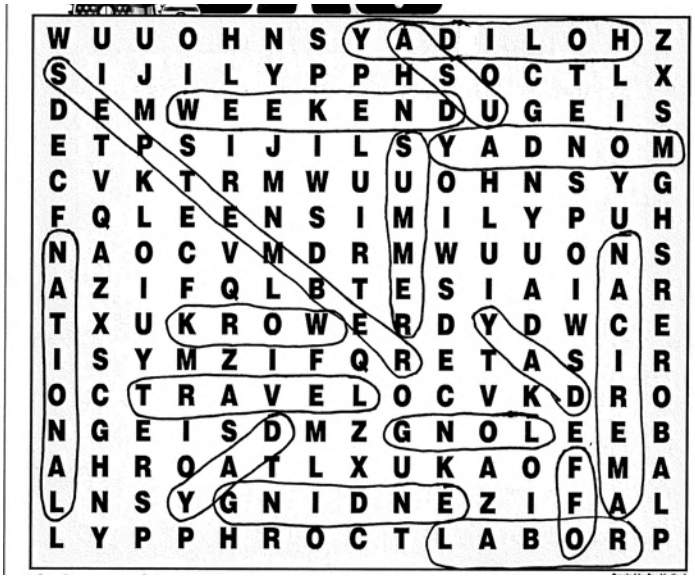
aPlaceforMom.com

Medicare Prescription Drug Enrollment

October 15 - December 7

ANSWERS TO THIS MONTHS PUZZLES

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.



Saline County Aging Services

Thank you to Wilber – Clatonia Student, Tad Moldenhauer in the 2019-2020 construction class for building us our new Feed America table in memory of Irvin Fuchs.

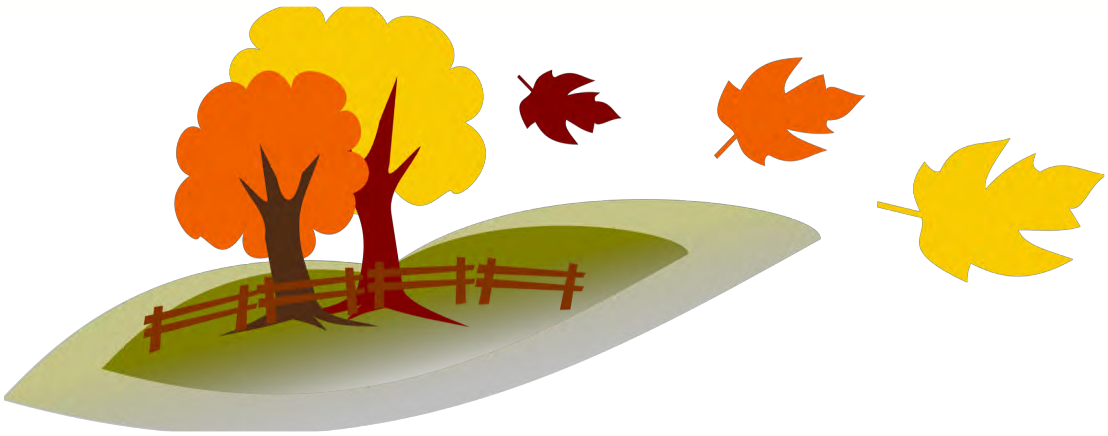
If you are driving through town, be sure to check out our front window! We are always changing it up and putting new things in the window!

Medicare

Medicare D

Be on the lookout for next months newsletter! There will be Medicare forms, a schedule of when we will be at onsite locations in surrounding areas, and where to mail forms.

If you have any questions regarding Medicare D, please give us a call. 402-821-3330



Riddle of the Month

I have branches, but no fruit, trunk or leaves. 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 name & phone number with your answer!

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 up-coming 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

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 6, Issue 10 **October 2020**

Inside This Issue . . .

Picking the Perfect Pumpkin for Carving

Whether you're visiting the pumpkin patch or perusing the produce section, it's always fun to find that "perfect" pumpkin. Here are 5 easy tips for selecting a winner!

1. Look for a pumpkin that has a deep orange color.
2. Knock on the pumpkin to check that it is hollow (and therefore ripe).
3. Make sure the bottom of the pumpkin isn't soft and mushy! Also, the bottom should be flat so it doesn't roll.
4. Check that the stem is firm and secure. Never pick a pumpkin up from the stem! It may break, which leads to faster decay.
5. Avoid bruised pumpkins and look for a smooth surface if you're carving. It will be much easier!

almanac.com

Understanding and Minimizing Symptoms of Sundown Syndrome

For many elderly people who suffer from Alzheimer's disease or other forms of dementia, the time of day marked by the sunset can be a time of increased memory loss, confusion, agitation, and even anger. This behavioral shift is called sundown syndrome, otherwise known as sundowners syndrome or sundowning. Doctors aren't sure what causes sundown syndrome, but there are certain triggers to avoid and ways to manage symptoms.

What is sundown syndrome?

There is no clear definition of sundown syndrome. Generally, it's a range of unusual behaviors — often including agitation, confusion and restlessness — that occur during the transition from daylight to darkness. It's typically seen in the early evening but can also sometimes happen in early morning. It primarily affects people with Alzheimer's disease or another form of dementia. In fact, as many as one in five people with Alzheimer's will experience sundowning, according to the Alzheimer's Association. But the elderly recovering from surgery in hospitals or unfamiliar environments will sometimes also experience sundown syndrome.

Sundowning symptoms and behaviors

The symptoms and behaviors of sundown syndrome are unique to the individual. While one person may show several signs at the same time, another may only exhibit one of them.

What are the early signs of sundowning?

At first, symptoms of sundowning can be subtle and easy to overlook. They may also be inconsistent — one night your loved one is a little more confused or weepy at twilight while the next evening they seem slightly irritable. Because the signs are minor and varying, you may not notice a pattern right away.

Here are some of the most typical signs of sundown syndrome:

- Rapid mood changes
- Anxiety
- Anger
- Crying
- Pacing
- Agitation
- Fear
- Depression
- Restlessness
- Stubbornness
- Shadowing caregivers or others
- Repeating questions and interrupting the answerer

For some, symptoms of sundowning become more severe.

- Hallucinating
- Hiding things
- Feeling paranoid
- Acts of violence
- Wandering

..continued on page 6

Immunization Clinics

It's that time of year! Time to get your immunizations. Call to schedule your appointment at either place!

WILBER

Blood Pressure/ Flu Shot Clinic

Where: Saline County Aging Services

When: Friday, October 9th

Please call to schedule an appointment!

402-821-3330

DEWITT

Flu Shot Clinic

Where: DeWitt Senior Center

When: Thursday, October 8th

Please call to schedule an appointment!

402-683-4325 or 402-683-5625

Please bring your medicare card or insurance card.

Just For Laughs . . .

AGING PARTNERS
A Planning Area Agency on Aging

Let's Get Poppin'!

Popcorn is one of the most popular snack foods and is believed to have been around for thousands of years. It is a whole grain maize product, which is a type of cereal grain originating from wild grass. This particular type of corn is produced mainly across nine states: Illinois, Indiana, Iowa, Kansas, Kentucky, Michigan, Missouri, Nebraska and Ohio. About 45 percent of the nation's popcorn is grown in Nebraska. Since the production process is similar to field corn, a corn plant and a popcorn plant look very similar.

Popcorn is considered a whole grain, meaning that the entire kernel is left intact. The kernel is made of a hull, endosperm, and germ. By leaving the kernel fully intact, the nutrients are not compromised and in their purest form. There are two basic shapes of popcorn: snowflake and mushroom. Snowflake shaped popcorn is used at movie theaters and ball games because it looks and pops bigger. Mushroom shaped popcorn is more often used for candy confections as it doesn't crumble.

Popcorn has many health benefits. It is gluten-free, considered a good source of fiber, and is naturally low in fat and calories. It is also considered to be a complex carbohydrate, which means it takes the body longer to digest and doesn't impact blood sugar levels as significantly compared to simple carbohydrates. With popcorn being a complex carbohydrate and containing over 3 grams of fiber per cup, it is a healthy between-meal snack. It is also naturally low in calories, averaging about 35 calories per cup.

It is estimated that Americans consume more than 15 billion quarts of popcorn per year. Although popcorn is considered to be naturally healthy, what we put on top can significantly change the fat, sugar and sodium content. Aim to choose popcorn that is lightly salted, buttered, or plain (get creative with your seasonings). Also keep in mind the difference between serving size and portion size. The serving size is the recommended amount that is listed on the Nutrition Facts Label. The portion size is what you consume. For example, if a bag of popcorn has three servings and you consume the entire bag, you will need to multiply the nutritional content accordingly.

Sources: www.popcorn.org

Homemade Popcorn Seasoning

- Parmesan Herb: 2 tsp. parsley, 2 tsp. onion powder, 1 tbsp. garlic powder, ½ tsp. turmeric, 2 tbsp. grated parmesan cheese
- Ranch: 2 tbsp. parsley, ¼ tsp. dried dill, 1 ½ tsp garlic powder, ½ tsp. basil, ½ tsp black pepper
- Cinnamon Toast: 1 tbsp. brown sugar, 1 tsp. cinnamon
- Salt and Vinegar: 2 tbsp. butter, 1 tsp. malt vinegar powder, ½ tsp. sea salt. (You may need to visit a spice shop or look online for the malt vinegar powder)
- Everything Bagel: 2 tsp. Everything Bagel seasoning (found in-stores)
- Spicy Taco: 1 tbsp. ground cumin, 1 tsp. paprika, 2 tbsp. chili powder, ½ tsp. garlic powder, ½ tsp. onion power, ½ tsp salt, ½ tsp dried oregano, ½ tsp. red pepper flakes, 1 tsp. black pepper

Other add-ins: Dried fruits such as apples, raisins, or tropical fruit; nuts, seeds, pretzels, Chex® Mix cereal, chocolate chips

Tip: Try spraying the popcorn lightly with flavorless cooking spray or olive oil before seasoning.

If you have any questions regarding your nutritional needs or would like further information on your specific needs, call Aging Partners at 402-441-7159 to speak with a Registered Dietitian Nutritionist today!

8/26/2020

Preparing for Future Health Care Needs

Many people assume that their family members would automatically be able to make decisions about medical treatments if they were to become incapacitated—for example, if they were unconscious or so ill they were unable to communicate.

Rules vary from state to state, so it is important to have a plan ahead of time to avoid disagreements around treatment issues if you are incapacitated. These planning documents can help ensure that decisions made on your behalf meet your needs and preferences.

- **Advance directive:** A generic term for a document that you use to appoint an agent and/or record your wishes about medical treatment based on your values and preferences. If you have an advance directive, be sure to give those documents to the hospital each time you are admitted.
- **Health care proxy, also called a durable medical power of attorney:** A document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself. This document is considered durable because it remains in force if you are incapacitated.
- **Living will:** A written record of the type of medical care you would want in specific circumstances. It can be used to make treatment decisions if you can no longer communicate your wishes because you are incapacitated by a temporary or permanent injury or illness.
- **Power of attorney:** A document—typically prepared by a lawyer—that names someone you trust as your agent to make property, financial, and other legal decisions on your behalf.

NEBRASKA SHIP
Local help for Nebraskans with Medicare

www.doi.nebraska.gov/ship -- 1-800-234-7119 -- 1033 O Street, Suite 307, Lincoln, NE 68501

Did you know?

- 1 in 3 adults ages 65 and older fall each year.
- 90% of hip fractures are caused by falling.
- In 2020, the total medical cost of fall injuries = $52 billion dollars.

We are approaching the end of 2020, which means Medicare Physical Therapy benefits of $3,010.00 will renew January 1, 2021. Don't wait any longer, call if you are having pain, balance concerns, recovering from surgery, or any other concerns.
Maximize your benefits and take advantage of your allotted Medicare benefits for 2020.

Falls can result in:

- Loss of independence
- Decreased mobility and strength
- Lack of confidence
- Loss of sleep

Wilber Physical Therapy

Stacey Brandt, DPT
209 West 3rd St.
Wilber, NE 68465
402-821-3320
Fax: 402-821-2177

THE RESULTS YOU WANT. THE CARE YOU DESERVE.

Join us for Outdoor Coffee

So that we are following COVID-19 Guidelines, we ask a few favors of all who plan on attending our outdoor coffee event.
Please bring your own cup of coffee and lawn chair.
We will provide an individually wrapped breakfast pastry.

We have a fun Halloween activity planned!
Please call to RSVP, so that we know how many pastries to provide.
402-821-3330

WILBER

When: Friday, October 16th
Where: Wilber Legion Park
Time: 1:00 pm

WESTERN

When: Friday, October 16th
Where: Western City Park
Time: 9:30 am

Can't wait to see you all!
It has been too long.

If for some reason, the weather is bad, we will give you a call to reschedule or relocate.

Exercise of the Month

Exercising with Arthritis

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

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

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

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

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

go4life.nia.nih.gov

Recipe of the Month

Garlic Butter Shrimp Scampi

Ingredients:

- 8 oz Linguine or other pasta
- 1/4 cup olive oil
- 1/4 cup butter (half stick)
- 1 lb defrosted large shrimp, peeled and deveined
- 1 package McCormic® Garlic Butter Shrimp Scampi Seasoning Mix
- 1 tbsp lemon juice or 2 tbs white wine (optional)

Directions:

1. Cook pasta as directed on package. Drain well.
2. Heat oil and butter in large skillet on medium heat until butter is melted. Add shrimp and seasoning mix; cook and stir 3-4 mins or just until shrimp turns pink. Stir in lemon juice or wine, if desired.
3. Toss with cooked pasta to coat well. Serve with grated parmesan cheese, if desired.

Pinterest.com

Autumn / Fall Sudoku

Fill in the grid with numbers 1 to 9 making sure no number is repeated in every row, every column and within each mini grid.

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



Witches' Brew

DIRECTIONS: Find and circle the words in the grid. Look for them in all directions, including diagonally and backwards. Use the words to make up the ingredient list for Macbeth's witches' brew.

ADDER'S, BAT, BLIND WORM'S, DOG, DRAGON, EYE, FENNY SNAKE, FILET, FORK, FROG, HEMLOCK, LEG, LIZARD, MUMMY, NEWT, ROOT, SALT SEA, SCALES, SHARK, SLIP, STING, TOAD, TOE, TONGUE, TOOTH, WITCH'S, WOLF, WOOL, YEW

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

Ingredients

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

October Activities

Key: Crete Dorchester Wilber Friend DeWitt Western				1	2	3
4	5	6	7	8 Flu Shot Clinic DeWitt Senior Center 	9 Flu Shot/Blood Pressure Clinic Wilber — SCAS 	10
11	12	13	14	15	16 Coffee in the Park Western 9:30am Wilber 1:00pm 	17
18	19	20 Medicare D @ Crete Area Medical Center 	21	22	23	24
25	26	27 Medicare D @ Wilber SCAS 	28 .	29 Medicare D @ Dorchester Western 	30	31
			All foot clinics are by appointment only.	Interested in a foot clinic appointment. Call us at 402.821.3330	For DeWitt Foot Clinic call at 402.683.6475	

DeWitt Senior Center Meal Schedule
For meal reservations, call 683-6475.

Join DeWitt Senior Center every Wednesday Morning at 9:00-10:00am for outdoor coffee! (Weather permitting) Give them a call for more info.

For questions in regards to DeWitt Senior Center, please call 402.683.6475

Gale Miller
of
Friend, NE

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 "I have branches, but no fruit, trunk or leaves?"— A bank

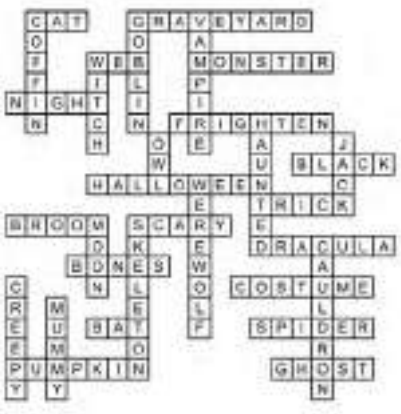
Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

ANSWERS TO THIS MONTHS PUZZLES

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



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

COMMUNITY SUPPER: The Monday meal at the Methodist Church in Wilber on the first Monday of every month at 5:30 p.m. has been cancelled until further notice.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

Is sundown syndrome temporary? What triggers it?

Sundowning is temporary in that it generally occurs during a certain period of time — usually in the late afternoon or evening — and then passes. As mentioned above, it's not uncommon for perfectly healthy elderly people to behave strangely when recovering from surgeries in which anesthesia has been administered, or during protracted hospital stays. These event-oriented psychoses are usually temporary. It is only when you notice a consistent pattern in behaviors at sundown that signals a syndrome may be developing.

While the cause is unknown, researchers suggest several possible triggers:

- **End-of-day activity**
  A flurry of activity toward the end of the day may lead to anxiety and confusion.
- **Fatigue**

End-of-day exhaustion, or lack of things to do after the dinner-hour may also be a contributor.

- **Low light**

As the sun goes down, the quality of available light may diminish and shadows may increase, making already challenged vision even more challenging.

- **Internal imbalance**

Some researchers even think that hormone imbalances or possible disruptions in the internal biological clock that regulates cognition between waking and sleeping hours may be a principal cause.

- **Winter**

In some cases, the onset of winter's shorter days amplifies sundowning. This indicates the syndrome may have something to do with Seasonal Affective Disorder, a common depression associated with shorter hours of daylight.

How to manage sundowning

While there's not one treatment approach that works for everyone, there are a handful of remedies that can minimize the symptoms of sundown syndrome:

- **Establishing a routine**

Routines can help loved ones feel safe by minimizing surprises. Without a routine that fits your loved one's need for regular activity and food, they remain in a constant state of fear or confusion. Try not to schedule more than two major activities per day, as multiple events can start to feel overwhelming. As much as possible, discourage napping, especially if your loved one has problems sleeping.

- **Monitoring diet**

Watch for patterns in behavior linked to certain foods. Avoid giving food or drinks containing caffeine or large amounts of sugar, especially late in the day, as it can disrupt sleep. Do not serve alcoholic drinks, which may add to confusion.

- **Controlling noise**

It can be helpful to reduce noise from televisions, radios and other entertainment devices in the late afternoon or early evening. Avoid having visitors come in the evening hours. Noisy activities should be avoided or kept away from your loved one's bedroom as much as possible. Instead, try playing soft, calming sounds or songs.

- **Letting light in**

Light boxes with full-spectrum lights (light therapy) have been found to minimize the effects of sundowning, dementia and depression. As the evening approaches, keep rooms well-lit so your loved one can see better and surroundings don't seem to shift because of shadows and loss of color. Night-lights can also reduce stress if your loved one needs to get up in the middle of the night.

...continued on page 15

Sundowners Syndrome

What medications are used for sundown syndrome?

There is limited information about the effectiveness of medication in easing sundowning symptoms. In some cases, especially when symptoms are associated with depression or sleeping disorders, medication may be helpful. However, be sure to discuss possible side effects with your loved one's doctor. Some medicines can increase the chance of dizziness, falls, and confusion, according to the National Institute on Aging.

It's important to remember that sundown syndrome is not something your loved one can help. They're not purposely becoming agitated, angry or afraid. Remaining calm as much as possible will help you and your loved one get through these stressful moments.

Don't be afraid to ask for help. Call your loved one's doctor if the signs become too frequent or difficult to handle. They may be able to pinpoint additional triggers or management techniques.

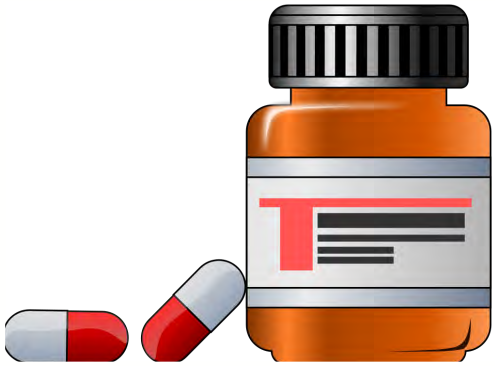
aPlaceforMom.com

Med D Open Enrollment

Crete:	October 20, 2020
DeWitt:	November 10th, 2020
Dorchester:	October 29th, 2020
Friend:	November 3rd, 2020
Western:	October 29th, 2020 November 5th, 2020
Wilber:	October 27th, 2020 November 17th, 2020

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

MASKS WILL BE REQUIRED DURING APPOINTMENTS.



Medicare Part D Personal Information Worksheet

Use this worksheet to help garner 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: _____

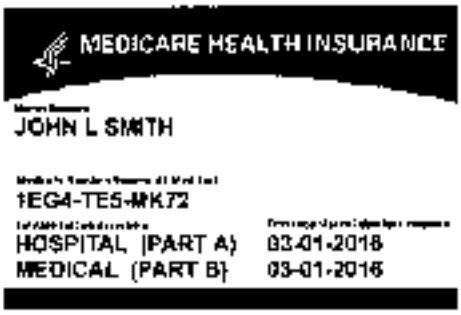
City: _____ State: _____ Zip Code: _____

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: $1,615 Married Couple: Monthly Gross Income: $2,175
Assets: $14,610 Assets: $29,160

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 Nebraska SHIP, 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 SHIP for actions taken in their capacity as a counselor.

I HEREBY GIVE SHIP, SHIP'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, SHIP TO ACCESS IN ORDER TO CREATE AND ACCESS THE MYMEDICARE.GOV ACCOUNT.

Signature _____ Date. _____

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 SHIP 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

SHIP06142 Revised 5/20

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

Name:

Email or Mailing Address:

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

Riddle of the Month

Why does Europe like a frying pan?

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!

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 up-coming 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

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

P.O. Box 812 •109 W 3rd Street

SCAS
Saline County Aging Services
Wilber . Nebraska

Wilber NE 68465 • 402.821.3330

Volume 6, Issue 11 November 2020

Inside This Issue . . .

Where did the domestic turkey come from?

Domestic turkeys come from the Wild Turkey (*Meleagris gallopavo*), a species that is native only to the Americas. In the 1500s, Spanish traders brought some that had been domesticated by indigenous Americans to Europe and Asia. The bird reportedly got its common name because it reached European tables through shipping routes that passed through Turkey. On a continent where fine dining still included eating storks, herons, and bustards, the meaty, succulent turkey was a sensation.

Later on, when English settlers came to America, they were amazed to find the same birds running wild and free, and tasting really good thanks to their natural diet of chestnuts, beechnuts, walnuts, and other native mast. That is probably one of the reasons Ben Franklin wanted the turkey to serve as our national emblem—it's a beautiful, genuinely American bird that tastes wonderful and had enormous economic value for the colonists.

The Wild Turkey is one of just two species of turkey in the world. The other is the Ocellated Turkey (*Meleagris ocellata*) of Mexico and Central America. This turkey is has iridescent plumage of blue, green, and bronze, and a featherless powder-blue head speckled with red and orange fleshy nodules. Males possess a unique cap-like crown that enlarges during breeding season. They make a whistling noise instead of the clucks and gobbles of the Wild Turkey.

allaboutbirds.org

What's the difference?

About 70% of adults 65 and older will need long-term care at some point in their lives, according to the U.S. Department of Health and Human Services. Many will also need special cognitive treatment, or memory care, due to dementia. About 5.8 million Americans live with Alzheimer's disease, the most common form of dementia. That number is projected to grow to nearly 14 million people by 2060.

There are many similarities between senior memory care and assisted living, the two fastest-growing forms of senior care. Both offer housing, meal services, medical monitoring, and help with daily activities such as dressing, mobility, and hygiene.But what are the differences? And what are the most important factors in choosing the best environment for your aging loved one?

What is assisted living?

Assisted living is a long-term care option that combines housing, support services, and some health care if needed. It's designed for seniors who are active, but cannot live independently and may need help with everyday activities such as bathing, dressing, or eating.

Many assisted living communities provide services such as:

- Medication management
- Transportation
- Help with activities of daily living (ADLs) such as bathing, toileting, and grooming
- Housekeeping or laundry services
- Meal services
- Social activities
- Concierge

Assisted living communities typically plan regular activities or events to engage, connect, and entertain residents such as:

- Book clubs
- Bingo
- Special events
- Virtual bowling
- Karaoke
- Field trips

What is memory care?

Memory care is specialized care for seniors who have Alzheimer's, another type of dementia, and other forms of memory loss. It offers many of the same benefits as assisted living, including supervised care, help with ADLs, meal services, and health care as needed.

Memory care differs from assisted living in a few ways:

- Restrictive, 24-hour supervision to prevent wandering
- More comprehensive and detailed staff training
- Smaller staff-to-resident ratio
- Physical layouts generally designed to better suit the needs of people with dementia

Safety features differ by community. For example, some have alarms on all outer doors as well as call units in each room. Others have doors with a system to delay exit.

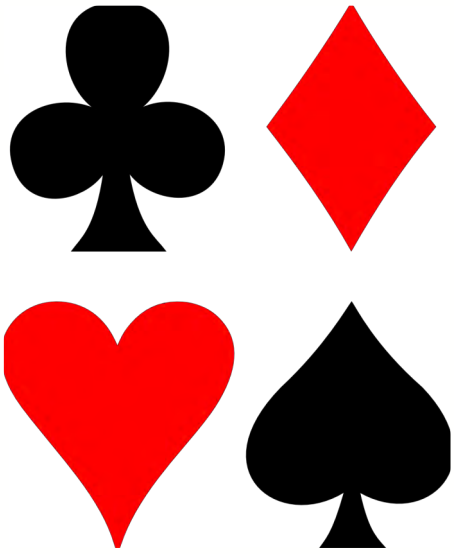
Memory care is offered in a separate wing or building of an assisted living community or in a stand-alone memory care facility. While assisted living communities are regulated by individual states, federal memory care guidelines can apply as well.

Memory care therapies and programs for seniors

Memory care often includes structured activities or programs designed to nurture residents who have Alzheimer's or dementia. For instance, Sunrise Senior Living offers "Reminiscence" neighborhoods. Resident suites are located near living and dining areas to simplify navigation and encourage socialization.

..continued on page 6

Are you ready to get out of the house?



Come join us for an afternoon of pitch every Monday!

Due to COVID, masks are required.

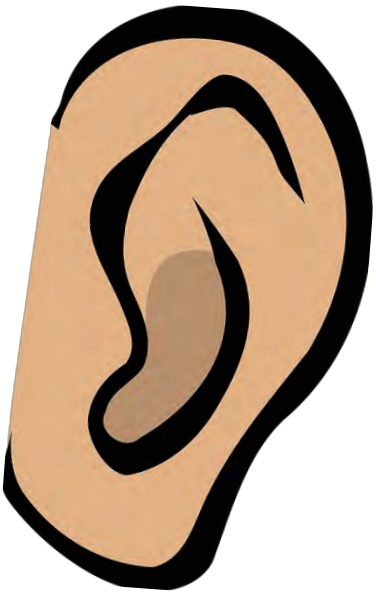
We will start at 11.

We do offer to pickup lunch of your choice for participants, as long as their pay for their meal.

Please give us a call if this is something that interests you. 402-821-3330

Can You Hear Me?

Ralph Greenspan, an elderly gentlemen, and was wondering if his wife Marta had a hearing problem. So one night, he stood behind her while she was sitting in her lounge chair. He spoke softly to her, "Marta, can you hear me?"



There was no response.

So, he moved a little closer and said again, "Marta, can you hear me?"

There was still no response.

Finally he moved right behind her and said, "Marta, can you hear me?"

And she replied,

"For the third time, Yes Ralph! I can hear YOU!"

AGING PARTNERS
A Pioneering Area Agency on Aging

Sweet Potatoes: Yam I am not!

Before you reach for the candied yams this holiday season, keep in mind that they might not even be actual yams! Often times we think of sweet potatoes and yams as the same, without even realizing they are two different and unrelated vegetables.

The sweet potato is considered to be one of the oldest vegetables known, having originated in South or Central America thousands of years ago. It is said that Christopher Columbus even brought sweet potatoes to Europe after his first voyage to the Free World in 1492! Yams are native to Africa and Asia. The term "yam" comes from the West African word that means "to eat." Sweet potatoes are more widely available whereas yams may only be found in specialty stores. It can be confusing to decipher the differences between sweet potatoes and yams, especially since grocery stores often label sweet potatoes and yams the same. Keep in mind that unless you are shopping at a specialty store, you are probably purchasing sweet potatoes.

Yams and sweet potatoes may look similar on the outside but will have color and texture differences on the inside. Yams may have a dark, rough exterior with a purple or white flesh on the inside. Yams also tend to be more starchy and dry. Sweet potatoes have a tan or purple-colored exterior with an orange or white flesh on the inside.

Health Benefits

Sweet potatoes provide many health benefits by providing an abundance of nutrients and antioxidants that help protect the body. Sweet potatoes are an excellent source of Vitamin A, which is rich in beta-carotene. Beta-carotene has positive benefits on supporting eye health. Sweet potatoes are also very high in Vitamin C and manganese, which are also essential for good health and development. They are a good source of fiber and potassium, providing more potassium than a banana! Sweet potatoes provide antioxidants, which have been shown to have positive benefits on protecting the body from free radicals. Purple sweet potatoes have the antioxidant anthocyanin, which may promote heart health.

Sweet potatoes are considered to be a complex carbohydrate, meaning that it takes longer for the body to break down and metabolize. Sweet potatoes are also a good source of fiber, providing approximately 6 grams per medium-sized potato. This high-fiber complex carbohydrate can help

keep you "fuller" longer while also helping to stabilize blood sugars. There has also been recent research that suggests sweet potatoes can increase blood levels of adiponectin, a hormone that helps to support insulin metabolism and is essential for blood sugar regulation.

Adding to Your Diet

Sweet potatoes can be a healthy and delicious addition to any meal. As Dr. Seuss says about Green Eggs and Ham, the same can be applied to sweet potatoes in that "You can eat them here or there; you can eat them anywhere!" They can be steamed, roasted, pureed, mashed or boiled and don't always have to include butter or sugar! Sweet potatoes can simply be substituted for any other potato you would incorporate. Consider adding sweet potatoes into casseroles, soups, egg dishes, or topped on a cold salad. Get creative with your seasonings and oils; add in cinnamon, nutmeg or olive oil for extra flavor and nutrition!

Choose sweet potatoes that are firm and without bruises or cracks. Aim to choose potatoes that are roughly the same size, helping them cook more evenly. Ideally, sweet potatoes (or any other potato) should be stored in a cool, dark, well-ventilated area for up to 10 days. Potatoes should be kept out of the fridge, as this can alter the taste. Sometimes sweet potatoes may be more difficult to cut, especially if they are very large. It may be worth microwaving the potato for 3-5 minutes, then cutting and finishing in the oven.

Keep in mind that although the terms sweet potatoes and yams are sometimes used interchangeably, they are not actually the same vegetable. They both have their own unique textures, taste and colors. Sweet potatoes can be an easy and delicious addition to a meal while providing a variety of health benefits.

Caregiver Bill of Rights

I have the right…to take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.

I have the right…to seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.

I have the right…to maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.

I have the right…to get angry, be depressed, and express other difficult feelings occasionally.

I have the right… to reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/or depression.

I have the right…to receive consideration, affection, forgiveness, and acceptance from my loved one for what I do, for as long as I offer these qualities in return.

I have the right…to take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.

I have the right…to protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.

I have the right…to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

Adapted from the book, CareGiving: Helping an Aging Loved One, by Jo Horne, published in 1985 by the American Association of Retired Persons.

Did you know?

- 4.3 Million Americans are using opioids for non– medical purposes.
- 78 people die each day from prescription pain killer overdose.
- 21.1 years is the average age for first time use of prescription for pain killers in the past year.
- In 2018, 259 million prescription were written for opioids, which is more than enough to give every American Adult—their own bottle of pills.

The Potential side effects of Opioids include:
Depression
Addiction
Overdose
Withdrawal when stopping

5 Physical Therapy Treatment Options for Pain

- Cold Compression Therapy
- Ultrasound/E-Stim
- Therapeutic Exercise
- Dry Needling
- Kinesio Tape

Don't Mask the problem (the pain) try PT First!

Wilber Physical Therapy

Stacey Brandt, DPT
209 West 3rd St.
Wilber, NE 68465
402-821-3320
Fax: 402-821-2177

THE RESULTS YOU WANT. THE CARE YOU DESERVE.

READ YOUR MED D DRUG PLAN INFORMATION!

Every year the PDP's are REQUIRED to send their clients information on how their plan will change or not change for the coming year. EVERYONE on a Medicare D plan (PDP) will get this info from their insurance plan. IT IS IMPERATIVE THAT YOU READ IT!! It is the only way you will know if

--your plan's premium increasing or decreasing,
--your plan is going away,
--your plan will have a new name, or
--your plan's deductible changed.

The Saline County Aging Services (SCAS) staff found out during their SHIP (Senior Health Insurance Information) training that all these things are happening with plans in 2021. One plan's premium is increasing by 58%. Plus there is a new plan with the $7.30/month premium, and there will be some plans that will only charge $35/month for insulin.

So it's really important that you read any literature your PDP sends you. If you don't mind the 2021 premium and deductible, make sure that the drugs you are currently taking are going to be priced (tiered) the same and will be covered next year. If you are on insulin, you might want to check to see if the plans offering $35/month insulin will be cost effective for you. If you don't have too many meds, you might want to see if the new $7.30/per month will work for you.

The SCAS staff will be doing Medicare D PDP comparisons in towns in Saline County and at the office during Medicare D Open Enrollment (Oct. 15-Dec.7). If you want a comparison done, please call SCAS for more information at 402-821-3330.

Check out page 16 to see if we will be headed to your town! Also, if you plan to get a comparison done, please fill out pages 17-18 and mail it back to us.

Exercise of the Month

Endurance

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

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

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

go4life.nia.nih.gov

Recipe of the Month

Hamburger Casserole

Ingredients:

- 1 (1lb) box medium pasta shells
- 1lb ground beef
- 2 (10oz) cans tomato soup
- 2 cups shredded cheddar
- 1 cup shredded mozzarella
- 1/2 cup water
- garlic, salt & pepper to taste

Directions:

1. Cook & Drain Pasta
2. Preheat oven to 375 degrees and grease 9x13 baking dish.
3. In a large skillet, brown and chop the ground beef with garlic powder, salt & pepper.
4. Add cooked pasta, tomato soup, a half cup of water and half of the cheese to your skillet with browned beef and stir.
5. Pour the mixture into greased dish and top with cheese.
6. Cover with foil and bake for 20 mins. Uncover & continue baking for 10 additional minutes.
7. Serve immediately.

Pinterest.com

Thanksgiving Sudoku

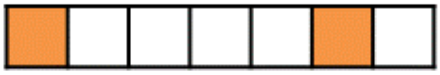
							A	
	O	R				F		
	E							
			L	O		R	W	
								A
	M			R	Y			
A			E				O	W
	L				O			R
	R	M	W				E	L

Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA

ETRSHVA



MEVRNOEB

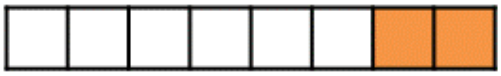
ILIGPMR

KUTEYR

BCNERRRAY

YRAOMEFWL

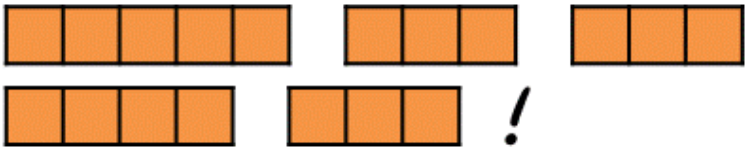
TMOLPYUH



AYHLIOD

GWNMPAAAO

INKPMUP



November Activities

Key: Crete Dorchester Wilber Friend DeWitt Western						
1	2	3 Medicare D @ FCHS 	4	5 Medicare D @ Western 	6	7
8	9	10 Medicare D @ DeWitt Senior Center 	11	12	13	14
15	16	17 Medicare D @ SCAS 	18	19	20	21
22	23	24	25	26 CLOSED 	27 CLOSED	28
29	30		All foot clinics are by appointment only.	Interested in a foot clinic appointment. Call us at 402.821.3330	For DeWitt Foot Clinic call at 402.683.6475	

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Jerald Saurer
of
Friend, NE

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's riddle "Why does Europe like a frying pan?"— It has Greece at the bottom.

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For Wilber & the rest of Saline County call: 402.821.3330

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

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

COMMUNITY SUPPER: The Monday meal at the Methodist Church in Wilber on the first Monday of every month at 5:30 p.m. has been cancelled until further notice.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

Assisted Living vs. Memory Care

Memory care facilities also use specialized technology and trained staff to assist with different types of dementia-related therapy and activities:

- Art therapy
- Pet therapy
- Light therapy
- Music therapy
- Aromatherapy
- Sensory stimulation
- Storytelling

These unique memory care therapies have been found to be beneficial to those with memory loss.

Design features for Alzheimer's care

Certain design elements in memory care facilities can help ease anxiety and agitation common in those with dementia. Some of these special elements include:

- Clearly defined shared spaces
- Color-coded walls to help those with memory loss find their way easier
- Outdoor gardens to prevent patients from feeling trapped
- Memory boxes outside residents' doors with personalized memorabilia to guide them and make them feel at home

Comparing cost and payment options

The costs of assisted living and memory care are both subject to similar variables: geographic location, size of room, whether a space is shared, and what services are needed. Beyond this, costs are figured a little differently for the two types of care.

- **Assisted living communities** generally charge a base monthly rate, which covers room and board with two to three meals per day. The average cost for a one-bedroom assisted living apartment is $3,300 per month depending on your location. Some facilities cover housekeeping, laundry, and other services in their base rate, while others charge extra — so it's important to get a cost breakdown for each facility you're looking at.
- **Memory care communities or units** offer specialized care and nursing services that regular assisted living does not. The cost tends to be a bit higher because of its specialized staff and treatments. On average, this type of care costs around $5,000 per month. However, cost varies based on the community — it can generally range anywhere from $2,000 to $7,000 per month.

The location of the community will significantly affect the price. Be sure to use our Elder Care Cost Comparison tool and explore our Senior Living Cost Index to help you compare the cost of long-term care types in your area.

Combining memory care and assisted living

The majority of — but not all — assisted living communities offer memory care in what are called "specialized care units (SCUs)." These units usually provide 24-hour supervised care in a separate wing or floor of a residential facility.

Is memory care or assisted living better for my loved one?

Start by asking yourself these questions to determine the best fit:

1. Does my loved one seek exits or wander frequently?
2. Does my loved one show combative behavior such as yelling or hitting?
3. Does my loved one need a lot of direction throughout the day?
4. Does my loved one take things that don't belong to them?
5. Does my loved one need 24-7 supervision?
6. Is my loved one experiencing Sundown Syndrome?
7. What is my loved one's level of mobility? Do they walk independently, or do they require a walker or wheelchair?
8. Is my loved one getting lost in familiar territory?
9. Does my loved one know their phone number and address?
10. Does my loved one forget to lock or shut doors?

...continued on page 15

11. Do they leave on stoves or other fire hazards?
12. Does my loved one substitute words that make no sense or forget everyday words, such as “fork” or “toothbrush”?
13. Does your loved one’s judgment become impaired to the point where they’re inappropriate in their dress, speech, or behavior?
14. Does your loved one become withdrawn?
15. Do they continuously misplace objects or have to retrace their steps?

If you answered “yes” to most of these questions, or if you feel that your loved one may be a flight risk, then memory care is probably the better option.

Assisted living is a good option if memory loss is not an immediate concern. It’s ideal for seniors who are relatively independent and social but require extra care. If cognitive issues are an issue, however, an assisted living facility with 24-hour supervision via a secured memory care unit or a separate memory care community are options to consider.

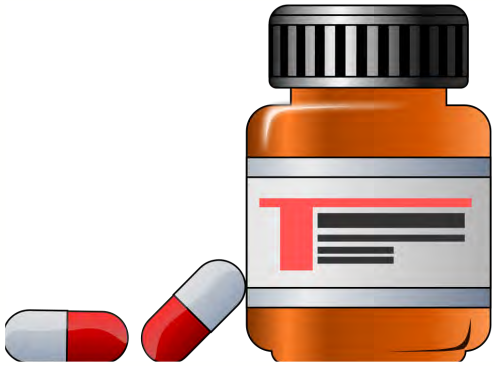
aPlaceforMom.com

Med D Open Enrollment

DeWitt:	November 10, 2020
Dorchester:	November 12, 2020
Friend:	November 3, 2020
Western:	November 5, 2020
Wilber:	November 17, 2020

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

MASKS WILL BE REQUIRED DURING APPOINTMENTS.



Medicare Part D Personal Information Worksheet

Use this worksheet to help garner 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: _____

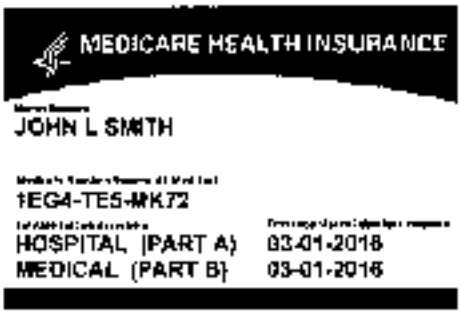
City: _____ State: _____ Zip Code: _____

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: $1,615 Married Couple: Monthly Gross Income: $2,175
Assets: $14,610 Assets: $29,160

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 Nebraska SHIP, 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 SHIP for actions taken in their capacity as a counselor.

I HEREBY GIVE SHIP, SHIP'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, SHIP TO ACCESS IN ORDER TO CREATE AND ACCESS THE MYMEDICARE.GOV ACCOUNT.

Signature _____ Date. _____

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 SHIP 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

SHIP06142 Revised 5/20

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

Name:

Email or Mailing Address:

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

Riddle of the Month

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

Please include your name & phone number with your answer!

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 up-coming 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

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 402.821.5550

P.O. Box 812 •109 W 3rd Street

Wilber NE 68465 • 402.821.3330

Volume 6, Issue 12 December 2020

Inside This Issue . . .

First Day of Winter in 2020

Cooler temperatures are officially on the way! If you're excited for the thought of crisp, cool air, snowflakes dusting the trees, and a mug of steaming hot chocolate, mark your calendar: Monday, December 21, is the first day of winter in the 2020-2021 season.

So what you should expect winter 2020-2021 to be like? Knowing what the season will bring will help you be prepared, whether it's for record low temps, lots of snow days in your near future, or exactly the opposite. According to the Farmers' Almanac, this winter is predicted to have plenty of snow. Everywhere from the Great Lakes and Midwest through the Northeast, Rockies, and New England areas should expect lots of snow come the new year!

The West Coast should, unfortunately, expect a drier winter, and the South is expected to have average precipitation and chilly temps.

You've already noticed wintry weather, you say? You're not wrong. In fact, many argue that winter's official coming-out party should be earlier in the month, even as soon as December 1. This proposed earlier date follows weather patterns instead of astronomy and is known as the meteorological start to the season. The official day (the one that's pre-printed on our calendars as the Winter Solstice) is considered the astronomical start of winter.

Back to that wintry weather...Winter offers an exciting smorgasbord of activities in the great outdoors—sledding, skiing, building snowmen. But if even the idea of walking in a winter festival makes your teeth chatter, you might consider a cozier seasonal to-do list that involves exploring the great indoors. To get started, we recommend stockpiling hot chocolate ingredients, board games, and winter craft supplies to avoid succumbing to that thing known as "cabin fever" (it's real, people!). Just picture all of this indoor winter magic amid the backdrop of a roaring fire. It sounds like a Currier and Ives print, and that's a mighty fine way to brave the cold if you ask us!

allaboutbirds.org

Heart Attack in Seniors: Symptoms & Prevention

Charged with pumping blood throughout the entire circulatory system, the heart is also a muscle that reflects the treatment by its host more than any other muscle in the human body. Treat the heart well with frequent exercise, a good diet, and no smoking, and its potential to remain healthy improves dramatically. Treat the heart poorly with a cholesterol-laden, sedentary lifestyle and the chance of heart disease increases.

A heart attack, often caused by a combination of the above, is often confused with sudden cardiac arrest. “It is important to clarify the differences between these two conditions because people frequently lump them together,” says Dr. Michael Chen, assistant professor of medicine at the University of Washington in the division of cardiology.

The heart attack is medical shorthand for myocardial infarction and is the more common of the two conditions. Heart attacks occur when one or more of the arteries supplying blood to the heart become blocked from a buildup of cholesterol or other substances. Once often fatal, today victims in the U.S. usually survive heart attacks.

HEART ATTACK SYMPTOMS

Early symptoms of a heart attack often occur days or even weeks before the victim notices that something is wrong. The earliest predictor of a potential heart attack is recurrent chest pain triggered by exertion that is then relieved by rest. Abnormal fluid retention and fatigue are also factors.

The actual heart attack itself may often occur over several hours as the heart tissue is deprived of blood and begins to deteriorate or die.

“Heart attack victims often deny that the sensations they are experiencing are actually a heart attack,” Chen says. “They worry that sounding a false alarm will be embarrassing. However, every minute of treatment during a heart attack is important. The sooner blood flow is restored the greater chance that damage to the heart can be reduced or averted.”

If the early symptoms go undetected, breathing difficulty increases, the victim may feel a tingling or numbing in the left arm and shoulder and will also often clutch his left chest as the sensation of pressure builds in the chest’s center. Woman often identify pain in the back of the jaw as well. The victim may also become sweaty, nauseous, and light-headed and feel an impending sense of doom.

HEART ATTACK RISK FACTORS

While congenital heart disease may occur, doctors today agree that a healthy lifestyle, a balanced diet, and reduced stress are three key factors to successfully combating heart attacks.

Conversely, these risk factors increase the likelihood of heart attacks:

- Smoking and long-term exposure to second hand smoke

High blood pressure (hypertension)
High cholesterol

- Sedentary lifestyle
- Obesity
- Diabetes
- Stress
- Alcohol
- Family history of heart attacks and heart disease
- Higher levels of homocysteine (a sulfur-containing amino acid), C-reactive protein (a protein involved in acute inflammation), and fibrinogen (a blood clotting protein that helps stop bleeding)

..continued on page 6

COVID-19 & Flu Differences

FLU

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

***It's important to note that not everyone with flu will have a fever.**

COVID

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.** People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

cdc.gov

Just For Laughs . . .

AGING PARTNERS
A Pioneering Area Agency on Aging

Eating Your Way to a Restful Night's Sleep

On average, Americans need approximately 7 to 9 hours of sleep per night yet is estimated that nearly half of adults over the age of 65 have difficulty sleeping. While there are many factors that can impact our sleep such as stress, disease and environment; the foods we put into our body can also have an impact. Various research studies have provided clues how certain types of foods can impact the quality of our sleep. The National Sleep Association recommends these foods to help with sleep (visit www.sleepfoundation.org):

Poultry: Chicken and turkey contain tryptophan; an amino acid that helps the body produce serotonin. Serotonin helps produce melatonin. Melatonin is a natural hormone that helps induce and maintain sleep. Other foods high in tryptophan include pumpkin seeds, sesame seeds, eggs, milk and cheese.

Fish: Salmon, tuna and halibut are a good source of Vitamin B6. Vitamin B6 helps produce melatonin, which is normally triggered by being in the dark. Other foods high in Vitamin B6 include poultry, pork, oats, bananas and peanuts.

Dairy: Calcium helps process the breakdown of tryptophan and melatonin. Other foods high in calcium include milk, cheese, kale, collard greens, beans, and some fortified cereals.

Bananas: Bananas are a good source of potassium which helps you stay asleep at night. Bananas also contain tryptophan and magnesium which are both natural sedatives. Other foods high in potassium include leafy green vegetables, beans, potatoes and avocado.

Whole Grains: Whole grains such as whole wheat bread and oats help with insulin production resulting in tryptophan activity in the brain. Whole grains are also a good source of magnesium.

Honey: The glucose in honey helps lower the neurotransmitter in the brain that keeps you alert.

Nuts: Nuts, flax seed, pumpkin seeds and sunflower seeds contain magnesium and tryptophan which help increase serotonin levels. Other sources of magnesium include dark leafy green vegetables, beans and lentils.

Eggs: Eggs contain tryptophan. Breakfast for dinner, anyone?

Aim to avoid caffeine, spicy and acidic foods during the late afternoon and evening. Caffeine is a stimulant and spicy or acidic foods can cause heartburn, keeping you up later at night. Exercise can also help promote better sleep by boosting energy levels during the day and decreasing stress. Before going to bed, make sure you create and follow a nightly routine that works for you. For some it might be reading a book. For others it might be meditating. Some might just like white noise for relaxation. A strong foundation of a healthy diet, consistent exercise, a strong mind and good quality sleep all play essential roles for your body.

If you have any questions regarding your nutritional needs or would like further information on your specific needs, call Aging Partners at 402-441-7159 .

11/12/2030

HEART ATTACK TREATMENT

Treatment of the heart attack begins with the first symptoms. If your loved one experiences the symptoms of a heart attack, you should call 9-1-1 immediately. If your loved one has doctor-prescribed nitroglycerin she should take it as instructed while awaiting the EMT. Another reason that immediate treatment is essential is because heart attacks can trigger ventricular fibrillation (sudden cardiac arrest). Once your loved one arrives at the hospital she will likely receive medication, undergo a surgical procedure, or both. Restoring blood flow is the key to keeping heart tissue alive and healthy.

Doctors will prescribe medications based on the patient's personal health history and the cause and severity of his heart attack. Some of the common drugs given to treat and prevent heart attack include: aspirin to prevent clotting, thrombolytics or clot-busters to keep blood flowing; super aspirins, more potent aspirin given in tandem with thrombolytics to prevent clotting; pain relievers; nitroglycerin, designed to open arterial blood vessels; beta blockers to relax the heart muscle, slow heartbeat, and decrease blood pressure; and cholesterol-lowering medications to lower cholesterol and improve survival rates.

In some cases surgery may be warranted, which usually take one of two forms:

- **Coronary Angioplasty**: This procedure involves the insertion of a catheter with a balloon tip that inflates to open a blocked artery, increasing blood flow. A mesh stent may then be inserted as a permanent solution.
- **Coronary Artery Bypass Surgery**: This procedure involves bypassing blocked coronary arteries with a segment of healthy blood vessel taken from another part of the patient's body. Unlike angioplasty, which is most successful when completed immediately after a heart attack, bypass surgery usually occurs after the heart has had time to strengthen.

Doctors will often recommend rehabilitation begin while the patient is completing hospital recovery. Rehabilitation includes new medications, changes in lifestyle, and reductions in stress, often through counseling.

HEART ATTACK PREVENTION

Some of the medications used to treat the aftermath of a heart attack are also the same ones used in the prevention of heart attacks, such as blood thinners, beta blockers, and cholesterol lowering medications. In addition, there are also angiotensin-converting enzyme (ACE) inhibitors that ease blood flow to the heart. Doctors may also recommend changes in lifestyle that include: regular exercise and healthy diet; stopping smoking if the patient is a smoker; maintaining a healthy weight; regular checkups and monitoring of cholesterol and blood pressure; reducing or managing stress; and moderating alcohol consumption.

Heart attacks and sudden cardiac arrest starkly remind us of our physical vulnerabilities, often a consequence of unhealthy lifestyle choices. They are the heart's way of telling us in no uncertain terms that we need to change our routines, if not our entire way of life, if we want to continue living.

Over 25 percent of the deaths in 2003 were the result of heart disease, by far the leading cause of death in the United States. Someone dies from heart disease every forty-six seconds. The onset of heart disease forces people to confront death, an experience that makes most of us feel frightened and helpless. Yet we can make daily decisions to fight heart disease when we choose to exercise, to avoid smoking, and to eat a healthier diet high in fruits and vegetables and low in saturated fats, and encourage those we love to do the same. Modern medical advances, together with our determination to change, can now give us and our loved ones a second chance to fully live our lives for years, even decades, to come.

aPlaceforMom.com

Did you know?

- 4.3 Million Americans are using opioids for non– medical purposes.
- 78 people die each day from prescription pain killer overdose.
- 21.1 years is the average age for first time use of prescription for pain killers in the past year.
- In 2018, 259 million prescription were written for opioids, which is more than enough to give every American Adult—their own bottle of pills.

The Potential side effects of Opioids include:
Depression
Addiction
Overdose
Withdrawal when stopping

5 Physical Therapy Treatment Options for Pain

- Cold Compression Therapy
- Ultrasound/E-Stim
- Therapeutic Exercise
- Dry Needling
- Kinesio Tape

Don't Mask the problem (the pain) try PT First!

Wilber Physical Therapy

Stacey Brandt, DPT
209 West 3rd St.
Wilber, NE 68465
402-821-3320
Fax: 402-821-2177

THE RESULTS YOU WANT. THE CARE YOU DESERVE.

5 Fragrant Winter Wreaths that Say "Welcome!"

Whether you're seeking a fresh way to enhance the holidays or battling mid-winter doldrums, you can use fragrant natural materials to take winter wreaths to new heights. Boost their welcoming effect with these five seasonal scents:

1. **Balsam.** Fresh balsam wreaths are a traditional Christmas decoration. Unlike other aromatics, they aren't dried before use, but they retain their color and fragrance quite well in cool temperatures. Balsam is traditionally used to cleanse the air, fight viruses and bacteria, alleviate breathing problems and clear the mind. The wreaths tend to last longer outdoors, but warm indoor temperatures encourage them to release more pine scent.

2. **Bayberry.** Bayberry leaves and berries have a refreshing balsam-spice aroma that epitomizes the Christmas season. Part of the American holiday tradition since Williamsburg was founded, an old rhyme declares bayberry will "bring health to the home and wealth to the pocket." You can craft a wreath from dried leaves or purchase them from select suppliers.

3. **Cinnamon.** For many, cinnamon is the essence of fall and winter. Studies indicate the aroma can increase brain activity, attention span, recall and memory, and some real estate agents find it appeals to potential homebuyers because it conveys hominess, warmth and welcome. Search online and you can find a number of clever cinnamon stick wreaths to make or buy, or decorate a seasonal wreath with a few bundles of cinnamon sticks.

4. **Eucalyptus.** The dried leaves of the eucalyptus tree exude a crisp, clean fragrance that's slightly reminiscent of pine or mint. Traditionally, eucalyptus was used to cleanse and purify the air, improve breathing and relieve fatigue. The dried leaves retain their aromatic properties for quite some time, and a wreath made with these leaves can survive in a sheltered location.

5. **Lavender.** Dried lavender comes in shades ranging from pale lavender to deep purple. Both the leaves and flowers of lavender emit a scent that's calming and healing, but the flowers are typically more aromatic. For the maximum aroma, opt for wreaths constructed of dried flower stalks or a mix of flower stalks and leaves. Lavender wreaths aren't highly weather resistant, so display them indoors or on a protected exterior door.

While some of these fragrances are typically associated with Christmas, don't hesitate to use them all winter long. If your wreath begins to lose its scent, you can revive its fragrant charm by adding a drop or two of the appropriate essential oil, or do the same with artificial wreaths to boost their welcoming appeal.

www.superpages.com

Exercise of the Month

Flexibility

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

Examples of flexibility exercises

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

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

go4life.nia.nih.gov

Recipe of the Month

Lazy Shepherd's Pie

Ingredients:

- **1/2 box mashed potatoes**
- **1lb ground beef**
- **1 bag frozen vegetables**
- **1 can tomato soup**
- **1 packet stew mix**
- **1/2 cup water**
- **1-2 cups shredded cheddar cheese**

Directions:

1. Preheat oven to 400 degrees.
2. Prepare the mashed potatoes according to the package directions. (About half of the 13 oz box)
3. Brown ground beef on medium heat in large skillet; drain grease.
4. Add the can of tomato soup, frozen vegetables, beef stew mix, and 1/2 cup of water to the browned beef; stir and simmer for 5-10 mins.
5. Spread the ground beef mix into the bottom of the greased dish, evenly spread the mashed potatoes over the top, and then sprinkle cheese.
6. Bake uncovered in the center rack for about 30 mins or until the cheese starts to brown.

Pinterest.com

Christmas Treats

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

BUCHE DE NOËL
CANDY CANE
CHOCOLATE
CLOVES
COOKIES
CRANBERRIES
EGGNOG
FLAT BREAD
FRUITCAKE
FUDGE
GINGERBREAD
GOOSE
GRAVY
HAM
MINCEMEAT
NUTS
ORANGES
PUMPKIN PIE
SCRUMPTIOUS
STUFFING
SUGARPLUMS
SWEET POTATOES
TURKEY

Christmas Carol Cryptogram

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

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

December Activities

Key: Crete Dorchester Wilber Friend DeWitt Western		1	2	3	4 National Cookie Day 	5
6	7	8	9	10	11	12
13	14	15	16 National Chocolate Covered Anything Day 	17	18	19
20	21	22	23	24 Christmas Eve 	25  	26
27	28 National Chocolate Candy Day 	29	30	31		
			All foot clinics are by appointment only.	Interested in a foot clinic appointment. Call us at 402.821.3330	For DeWitt Foot Clinic call at 402.683.6475	

DeWitt Senior Center Meal Schedule
For meal reservations, call 683-6475.

Join DeWitt Senior Center every Wednesday Morning at 9:00-10:00am for outdoor coffee! (Weather permitting) Give them a call for more info.

For questions in regards to DeWitt Senior Center, please call 402.683.6475

Nobody received a $5 gift card to Subway in November, the riddle was accidently left out.

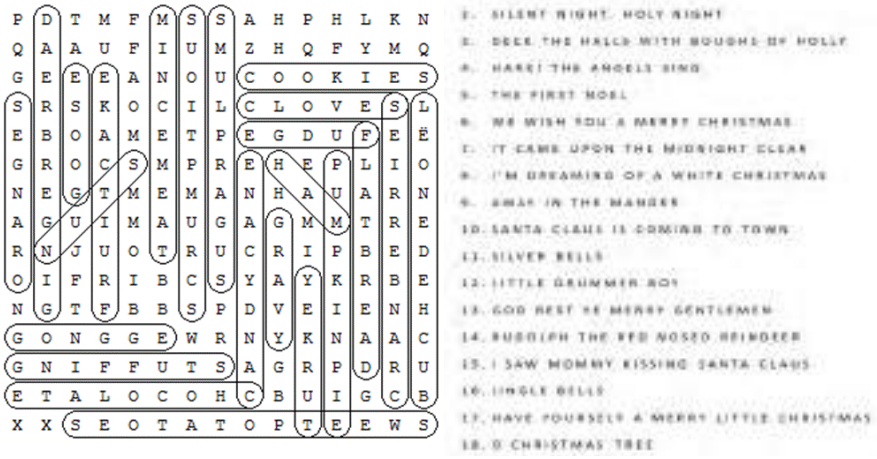
Sorry for the inconvenience!

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

ANSWERS TO THIS MONTHS PUZZLES



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

COMMUNITY SUPPER: The Monday meal at the Methodist Church in Wilber on the first Monday of every month at 5:30 p.m. has been cancelled until further notice.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

Saline County Aging Services

We have been super busy working away on Medicare D Comparisons during November! In October we enjoyed participating in the Trick or Treat around town with all of the local businesses. During this crazy time in the world, we were very grateful we were able to participate! We had a ton of trick or treaters come through.






HALLOWEEN

DeWitt Senior Center

Dewitt Senior Center enjoyed Halloween. They participated in the Trunk N Treat in DeWitt. Their booth was decorated in Candyland theme.

Causes and Prevention

Everyone experiences an occasional restless night, but if your aging parent regularly has trouble falling or staying asleep, they're not alone. Insomnia is one of the most common sleep disorders in seniors. In fact, up to 48% of older adults have symptoms of insomnia, according to a study in the Journal of Clinical Sleep Medicine.

People with chronic insomnia may have trouble falling asleep. Others wake up several times during the night, or wake up too early and are unable to fall back asleep. During the day, they often feel fatigued, are irritable, and have poor concentration and energy. Chronic insomnia also increases the risk of accidents — such as falls — and other health conditions, like depression, diabetes, heart disease, and cognitive impairment.

Understanding the causes of insomnia in your elderly parent and changing certain habits can help improve sleep. If your loved one regularly has sleep problems, there are steps you can take to help them get better rest at night.

Changes in sleep with aging: What's normal?

Sleep patterns change with age. An older adult's internal clock seems to advance, making seniors get tired earlier in the evening and wake up really early in the morning. This can lead seniors to take more naps during the day, which in turn may make it more difficult for them to fall asleep at night.

A bad sleep routine can become a habit. However, older adults still need the same amount of sleep as younger people to feel restored, according to the National Sleep Foundation. Experts recommend seven to nine hours a night.
Sleep happens in four stages, beginning with light sleep and progressing to deeper sleep. Starting in middle age, adults begin spending less time in the last two stages of sleep. This means sleep becomes less restful as you age.

Research also shows that seniors tend to sleep lighter and for shorter spans. This change may be a part of the normal aging process, but it can also result from other health problems, lifestyle habits, or a side effect of medications.

Causes of insomnia in elderly adults

Many things can cause insomnia in elderly adults, including:

- **Normal changes in sleep patterns** that occur with age
- **Medications**, including antidepressants, medicines to treat high blood pressure, or nasal decongestants
- **Other sleep disorders**, such as sleep apnea or restless legs syndrome
- **Other health conditions**, like dementia, Alzheimer's, chronic pain, diabetes, or respiratory diseases
- **Mental illness**, including depression and anxiety
- **Lifestyle habits**, such as napping or lack of physical activity
- **Caffeine or alcohol** when consumed excessively or before bedtime
- **Smoking**, especially before bed
- **Chronic stress** or stress that lasts for a long time

How to prevent insomnia in seniors: do's and don'ts

It's a good idea to see the doctor if your loved one regularly has sleep problems. If another condition or medication is causing their insomnia, it's important to address it first.
You can also talk to your parent about ways to promote healthy sleeping habits and a soothing environment.

Do

Establish a regular sleep schedule. Go to bed and wake up at the same time each day.
Be physically active each day, but exercise early in the day and no later than four hours before going to bed.
Sleep in a dark, quiet, cool room (between 60 and 67 degrees Fahrenheit).
Before bed, take a warm bath or practice relaxation techniques such as meditation or breathing exercises.
If you can't fall asleep after 20 minutes, get up, go to another room, and do a relaxing activity like listening to calming music.

Don't

Consume caffeine or alcohol three hours before bed.
Eat heavy meals, spicy food before bed.
Drink excessive amounts of liquid before bed. A glass of warm milk is OK.
Nap during the day.
Use bright lights before bedtime. Turn off your TV or cell phone 30 minutes to one hour before bedtime.

Treating insomnia in elderly adults

Treatment for insomnia usually starts with addressing issues that may be causing sleep disruptions — such as medications or other medical conditions — and changing sleep habits to promote better sleep. This may include creating a calm, soothing environment in the bedroom, practicing relaxation techniques, and following a sleep schedule.
If these techniques don't help, talk with your loved one's doctor. They may ask if your parent has trouble falling asleep or maintaining sleep at night. The doctor will also consider your loved one's age and overall health condition before prescribing medication for insomnia.
However, prescription medicines to treat insomnia have side effects, such as daytime drowsiness. They can increase the risk for falls, hip fractures, and accidents in older adults, so these medicines usually aren't recommended for long periods of time. Talk to your parent's doctor about which prescription medicines are safest.

Over-the-counter sleep aids for elderly adults

Common over-the-counter options — such as Unison, Sominex, and Tylenol PM — are readily available at most pharmacies and may relieve short-term sleep issues. However, these medications have side effects that are bothersome for older adults, including drowsiness, confusion, constipation, and dry mouth.

Your parent can also treat insomnia with certain supplements like melatonin, a hormone that plays a key role in regulating the sleep-wake cycle. Some prescription melatonin medications with few side effects have been cleared by the Food & Drug Administration (FDA) for insomnia. Other melatonin supplements are available over the counter, but those are not regulated by the FDA.

aplaceformom.com

Sources:
Choosing Wisely. "Insomnia and anxiety in older people." https://www.choosingwisely.org/patient-resources/treating-insomnia-and-anxiety-in-older-people/.

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Christmas Cookies

Christmas cookies: You know you love them. You know they go great with a cold glass of milk. You know you're probably going to eat way too many of them this holiday season. But there's also a lot you might not know about Christmas cookies. Here, a few fun facts to read while chowing down.

1. Queen Elizabeth I invented gingerbread men. Thank Queen Elizabeth I for adorable little gingerbread people. While she didn't actually bake the cookies herself (she was a queen, after all), she did request that her royal bakers create gingerbread cookies shaped like visiting dignitaries in order to honor them.

2. We leave cookies for Santa because of the Great Depression. It wasn't standard practice to leave cookies and milk out for Santa Claus until the 1930s. Historians posit that it was something parents encouraged children to do in order to teach them how to share and be charitable during a time of economic depression. The tradition stuck and Santa's pants have never fit the same.

3. Cookies were originally made to test oven temperature. According to culinary historians, cookies as we know them today were first made not to eat but to test the temperature of an oven. Cooks would take a small dollop of cake batter and bake it as a means of gauging whether the oven was ready or not.

4. Gingerbread men were illegal in some places during the Reformation. Martin Luther was not a fan of Christmas. In response to his anti-saint stance (Luther condemned the practice of praying to saints and instead taught his followers to pray directly to God), the city of Delft in the Netherlands forbade the sale of gingerbread men. Meanwhile, the magistrates of Amsterdam banned all molded cookies, as did the city of Arnhem.

5. Santa Claus eats over 300 million cookies on Christmas Eve. Every Christmas Eve, Santa visits over 500 million homes where he encounters about billion cookies. If you hypothesize that he takes about two bites of each cookie he is given, it means he eats a total of 336,150,386 cookies.

foodandwine.com

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

Name:

Email or Mailing Address:

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

Riddle of the Month

What would an apple and a Christmas tree get if they had a baby?

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!

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 up-coming 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

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 402.821.5550