



Volume 11, Issue 5

May 2025



OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

In 1963, President John F. Kennedy and the National Council of Senior Citizens declared May as Senior Citizens Month to draw awareness to relevant issues of the time. The country lacked effective resources for healthy aging, with only 17 million Americans living past the age of 65, compared to the 55 million today. Plus, one in three older Americans lived in poverty, a staggering number.

Two years later, President Kennedy renamed it Older Americans Month, and it has remained a national month of recognition to this day with every president since honoring it in a formal proclamation.

Each May, the Administration for Community Living (ACL) leads the country in celebrations, encouraging community members to host ceremonies, events, fairs, speaking engagements, and other activities that honor and uplift older Americans.

The Administration for Community Living (ACL) is part of the United States Department of Health and Human Services. It is headed by the Administrator and Assistant Secretary for Aging, who reports directly to the Secretary of Health and Human Services (HHS). ACL's Principal Deputy Administrator serves as Senior Advisor to the HHS Secretary for Disability Policy.

Growing older can enrich your life in meaningful ways. From improving your mental health to gaining wisdom and having more free time, there are many aspects to look forward to.

Older Americans are the backbone of our nation and our communities. Without them, we wouldn't be where we are today. But with an increase in isolation and loneliness amongst older adults, many feel left out or under-appreciated.

"We should give our elders the respect and dignity they deserve, for they have made our lives possible."

"To care for those who once cared for us is one of the highest honors."

"The best thing about getting older is that you don't lose all the other ages you've been."

"You are never too old to set another goal or to dream a new dream."

"The elderly are a source of wisdom, experience, and stability in a world that is constantly changing."

"The beauty of caring for seniors is realizing that they are heroes in their own right."

"Aging gracefully means being flexible, being open, allowing change, enjoying change, and loving yourself."

SCAS Activities for the Month

May Activities

TUESDAY, May 13 — Wilber Senior Lunch at Wilber Care Center at 11:30 a.m.

***Please call to RSVP your spot by May 9 to 402-821-3330**

Beef Stroganoff, Rice, Peas, Fruit, Cookie & Dinner Roll

Program by Clowning Around (Balloon Art)

To Go or Stay & Eat. Suggested contribution of \$6.00

THURSDAY, May 15 — In honor of Older Americans Month

Free Hot dog & chips lunch at SCAS office from 11:30—1:00

TUESDAY, May 20 — Meal in Western at 11:30 a.m. Cost is \$5.00 *RSVP to 402.821.3330

Program by Tabitha

National Days

Come into SCAS on any of these days for a treat!


Monday, May 1 — May Day Basket

Friday, May 9 — Butterscotch Day

Monday, May 19 — Devil's Food Cake Day

Saline County Aging Services hosts these events.

May 2025

MON	TUE	WED	THU	FRI
			1 MAY DAY!	2
5	6	7	8	9 Butterscotch Day
12	13 Wilber Care Center Meal 11:30 a.m.	14	15 OLDER AMERICANS LUNCH Free Hot Dog & Chips @ SCAS 11:30—1:00	16
19 Devil's Food Cake Day	20 Western Meal 11:30 a.m.	21	22	23
26 CLOSED 	27	28	29	30

Animal True or False Quiz

Are the following statements true or false?

1. A bear has 42 teeth.
2. Spiders are insects.
3. Koalas sleep on average 20 hours per day.
4. All insects have 8 legs.
5. Frogs can't swallow with their eyes open.
6. Dalmatians are born black with no spots.
7. Cows have not upper teeth in front.
8. A hummingbird's heart beats over 1,000 times per minute.
9. The collective name for a group of parrots is pandemonium.
10. There are approximately 5 million insects per person on earth.
11. An iguana can stay underwater for over 30 minutes.
12. The Yorkshire terrier is the smallest dog breed.
13. Approximately 95% of a jellyfish consist of water.
14. A chameleon's tongue is three times as long as its body.
15. Hummingbirds can't walk.
16. Camels are born without humps.





LINCOLN
Aging Partners

Strong Bones As We Age

May is Osteoporosis Awareness and Prevention Month

While everyone would like to age as gracefully as possible, chronic health conditions may impact our lives. Some individuals might deal with health conditions concerning their heart and others might deal with cancer. It is important to strive to do what we can to help live our healthiest lives possible.

While other health conditions might be more prevalent, this next one listed should not be disregarded just because it's not as common as those other health conditions. That condition is called Osteoporosis. You might have a family history of weak bones or feel there is nothing you can do to change the outcome, but let's continue so we can see how much of an impact our personal choices can have on our bone health. Osteoporosis affects those ages 50 and over, impacting women more at 1 in 5 and men less at 1 in 20.

What is Osteoporosis and What Can We Do?

Osteoporosis is a condition where weakening of the bones occur. Usually there are no warning signs of damage being done. Rather, older adults may find out once they fall and break a bone (usually a wrist, spine or hip). When this occurs, the underlying damage that has been accumulating has already caused extensive damage.

Think of your bones as a honeycomb. When the bone regeneration process is working correctly, old bone is broken down while being replaced by new healthy bone. Osteoporosis causes more breaking down of the bone to occur without properly replacing it. The interior thickness (the honeycomb) gets smaller and the spaces grow larger (bone density is increasing). If losing the interior density of your bone

isn't bad enough, the outer wall of the bone is also getting thinner. Now the bone is weakening from the inside as well as the outside.

When it comes to keeping our bones healthy as we age, research shows there are a couple proven plans of action. Doctors recommend eating foods that support bone health, staying active, don't smoke and limit alcohol consumption.

Foods That Support Bone Health

One of the best ways to support your bones as they age is to consume enough calcium, vitamin D, and protein each day. Choose low-fat and fat-free dairy, leafy green vegetables, fish and foods that are fortified such as juices, milk and grains. Foods high in calcium include dairy products, broccoli, kale, almonds, canned salmon with bones, sardines, and soy products such as tofu.

Most of the calcium in our bodies is stored in our teeth and bones, but each day we lose calcium through normal bodily processes. Our bodies are unable to produce calcium on their own and we are dependent on getting enough through our food. The recommendations for calcium include:

Women under age 50 = 1,000 mg/day

Women over age 50 = 1,200 mg/day

Men under age 50 = 1,000 mg/day

Men over age 70 = 1,200 mg/day

Reading the Nutrition Facts Label can help identify foods that are good sources of bone promoting nutrients. Aim to choose more foods that have 20% or more of the daily intake for calcium and vitamin D.



LINCOLN
Aging Partners

Strong Bones As We Age *May is Osteoporosis Awareness and Prevention Month*

Vitamin D is also essential for proper bone health, as it helps with the absorption of calcium. It is recommended that adults age 50 and over should consume between 800 to 1,000 IU daily. Sunlight is the most natural way to get the vitamin D that your body needs. Research suggests about 10 to 30 minutes of sun exposure two times per week will lead to adequate levels of vitamin D.

If you're not out in the sun a lot, you can always turn towards your diet to get the intake you need. Fatty fish such as mackerel, tuna and salmon are good sources. You can also look at fortified foods such as ready to eat cereals, juice and, of course, milk!

While sunlight is the best choice, followed by food, there is supplementation available to those who require it (due to either a restriction from sunlight or dietary limitations). Before beginning any supplements, it is highly recommended to speak to your primary care physician.

Get Active, Stay Active with Exercise

One of the absolute best things you can do for not only your health and well-being, but specifically your bone health, is to be active with exercise. It's critically important to include and maintain a healthy exercise routine in your lifestyle. This routine will help improve balance, overall coordination, flexibility and strengthen bones. The exercises performed should be weight bearing such as walking, weightlifting and aerobics, as these all help to strengthen bones. Tai Chi and yoga can help to increase flexibility, increase muscular strength and improve your balance.

Before starting any form of a regular exercise program, speak with your primary care physician to make sure it is healthy for you to start such a plan. There may even be certain exercises they suggest to include to help support bone health.

Osteoporosis-Fighting Mango Smoothie

www.bonehealthandosteoporosis.org

Ingredients:

2/3 cup mango nectar, 1 cup chunks fresh mango, 1/2 cup plain yogurt (try Greek plain non-fat for even more protein and calcium), 1 small banana cut into chunks, 1 teaspoon fresh lime juice, and honey.

Directions:

Place the mango nectar, fresh mango, yogurt, banana and lime juice in a blender, puree until smooth. Taste, and if you like it sweeter, add some honey, a tablespoon at a time, blending after each addition until it's sweet enough.

Sources

www.nia.nih.gov, www.mayoclinic.org, www.nhs.uk, www.cdc.org, previously approved NUTR Education and NUTR Programs

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Material Reviewed and Approved By: Ann Goshorn, MS, RD, LMNT, CLC



Exercise of the Month

Pigeon Pose Chair Yoga



Start by sitting with both feet flat on the floor.

Lift your right foot off the floor and place your right ankle or calf on your left thigh.

Sitting tall, exhale and hinge at the hips until you feel a deep stretch in the right glute and lower back.

Hold here for a few breaths, hinging forward slightly more with each exhale.

Release to the starting position and repeat on the opposite side.

<https://www.realsimple.com/health/fitness-exercise/stretching-yoga/chair-yoga>

Recipe of the Month

Everything Bagel Greek Yogurt Dip

Ingredients:

- ♥ 8 oz plain Greek yogurt
- ♥ 4 oz low fat cottage cheese
- ♥ 1 1/2 tbs Everything But Bagel seasoning
- ♥ 1 tsp dry ranch dressing mix



Directions:

1. Add Greek yogurt, cottage cheese, everything seasoning, and ranch dressing mix to a small bowl.
2. Stir thoroughly to combine.
3. Refrigerate overnight for best results.

It's the perfect dip to serve with veggies, pita chips, bagel chips, crackers, or pretzels.

FARMER'S MARKET

Fresh Locally Grown

SIGN UP TIME FOR FARMERS MARKET COUPONS

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

To qualify for SFMNP coupons, Saline County residents **must**:

- ♦ Be 60 years of age or older.
- ♦ Meet income guidelines. One set of coupons per household. Households cannot exceed the following:
 - 1 person household \$28,953 per year
 - 2 person household \$39,128 per year
- ♦ Attend a mandatory, but brief, nutrition presentation.
- ♦ Be prepared to show proof of age and income.

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

The coupons will become available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00/coupon or \$50.00/set. These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

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

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

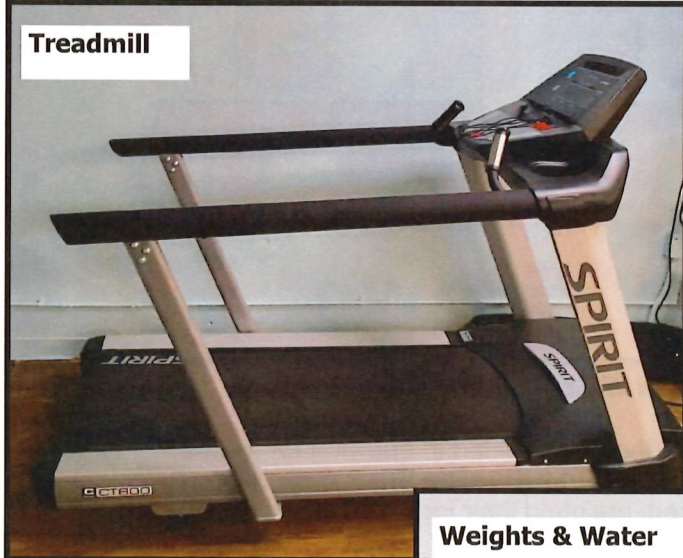
If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.



DON'T FORGET!

If you are wanting to exercise, feel free to come and use our equipment.
We would love to see you!

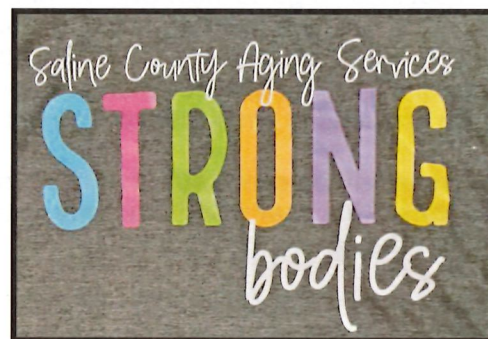
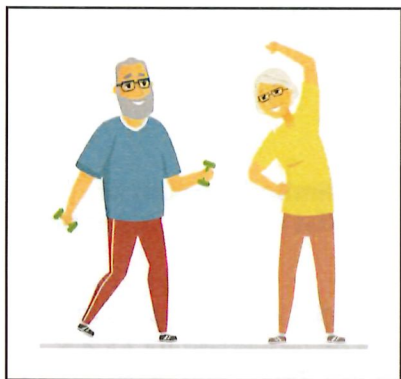
Treadmill



New Step



Weights & Water



Our new back room addition is coming along!
This room will be used for exercise classes, meetings, programs, dinners and much more.



What's going on?



SCAS CLOSED HOLIDAYS

May 26 — Memorial Day
June 19 — Juneteenth
July 4 — Independence Day

Come join our monthly craft day!

Answer Key to Animal True or False Quiz

1. True	9. True
2. False (are arachnids)	10. False
3. True	11. True
4. False (have 6 legs)	12. False (Chihuahua)
5. True	13. True
6. False	14. False (is twice as long)
7. True	15. True
8. True	16. True

COMING SOON!

PICKLE BALL
&
VIRTUAL WALKING

CALL SCAS for more info!



SHIP counselor, Donna Zlab-Kovar, spoke with local Saline county high school students at the Saline County Courthouse during County Government Day about our office and services we provide for our 60+ aged clients in the area.



In celebration of Earth Day, Wilber Plumbing & Heating supplied us with planted marigolds to give to our clients. Thank you!

DeWitt Senior Center Schedule

Tuesdays & Thursdays — Tai Chi from 9:00 am—10:00am,
Quilting from 1:00 pm— 5:00 pm

EVERY Wednesday — Congregate Meals, Program, Cards &
Games @ 12:00pm

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

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!

Why was the computer cold in May?



**Congrats to
Elaine Vlasin**

the winner of April's riddle,

**What did the big flower say
to the little one?
Answer: You're really growing, bud!**



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May

10 | Senior Center | 10

THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!
We couldn't do what we do without all of your support!

Our newsletter mailing list 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! In order to save costs, if anyone has an email that we could send it to, please let us know.
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 year and great 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!

- ♦ Sign up for Farmers Market coupons. Coupons will become available in June and will be given out on a first come, first serve basis. SCAS is only getting 35 sets. People will be put on a waiting list for extra coupons if/when they become available. If you have any questions or would like to apply for the coupons, please call SCAS at 402.821.3330.
- ♦ Tai Chi exercise classes will start again for the Friend area at the Body Shop Wellness Center at 201 Maple Street in 2025. If interested, give us a call.
- ♦ Interested in chair and/or gentle yoga in Wilber? Just let us know!

SCAS NOTICES
Call for Additional Information
402.821.3330