



Volume 12, Issue 1

January 2026

Happy New Year from SCAS!



We had so many fun memories in 2025.

We enjoyed many meals, craft classes, programs and exercise classes.

Our addition to our building was completed and we added some new exercise equipment to our office.

Come check it out!

2025 MEMORIES

SCAS Activities for the Month

January Activities

TUESDAY, January 13 — Wilber Senior Lunch at Wilber Care Center at 11:30 a.m.
Sloppy Joes, Chips, Cottage Cheese, Pears, Brownie & Drink

***Please call to RSVP your spot by January 10 to 402-821-3330**

TUESDAY, January 20 — Meal at Western. *RSVP to 402.821.3330
Meal fee of \$5.00

WEDNESDAY, January 27th — SCAS Office Soup Meal
To Go or Stay & Eat

***Please call to RSVP your spot by January 20 to 402-821-3330**

Saline County Aging Services hosts these events.

January 23rd is National Pie Day!

Come in and enjoy a slice of pie.



January 2026

MON	TUE	WED	THU	FRI
			1 CLOSED New Years Day	2
5	6	7	8	9
12	13 WCC Meal @ 11:30am	14	15	16
19 CLOSED Martin Luther King Jr Day	20 Western Meal @ 11:30am	21	22	23 PIE DAY!
26	27 Soup Meal @ SCAS 11:30-1:00pm	28	29	30



ABCMouse[®]
#1 Most Downloaded Kids' App

Winter Word Scramble

Intermediate

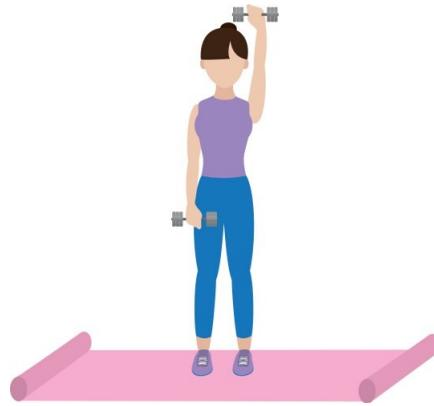
Unscramble the letters to reveal each word.



- TEWRASE _____
- TNEISTM _____
- LNAFELN _____
- FALKSENOW _____
- ZLZBAIRD _____
- BEGRAINGRED _____
- GIDDLENS _____
- NUPIGEN _____
- BARNCRYER _____
- TATPISEOIN _____
- STORMSNWO _____
- RYTWIN _____
- BAGGONOT _____
- URAWLS _____
- PEAFRLCIE _____
- MALMSWHOLAR _____
- MUFFSARE _____
- RABUOIC _____
- REDIC _____
- SHCTTNEUS _____



Answer key on page 9!



NEW year, NEW you!

Upcoming Exercise Classes Starting First week of February 2026:

Gentle Yoga Class

Chair Yoga

Strong Bodies– Beginner Class

Bingocize

Tai Chi—Beginner Class

We are currently making a list for each class.

The number will determine if we will offer the class!

Please call SCAS for details regarding any of the following classes! 402-821-3330



Helpful Tips for Good Digestion

Changes to the digestive system can be more common as we age. Sometimes the digestive process will slow down, potentially causing changes in the frequency of bowel movements or even constipation. These changes may be due to the aging process but may also be a combination of other factors such as medications, physical inactivity and not drinking enough fluids. There are several ways we can ensure our digestive system stays healthy and regular.

Fiber

Fiber is an essential part of a healthy diet. Fiber will not only help keep your digestive system regular, but it can also lower cholesterol levels, promote heart health and manage blood sugar levels.

Most Americans do not consume the recommended amount of fiber. The recommendations for fiber include:

- Men under age 50 = 38 grams per day
- Men over age 50 = 30 grams per day
- Women under age 50 = 25 grams per day
- Women over age 50 = 21 grams per day



Fiber is mostly found in fruits, vegetables, legumes and whole grains. Reading the Nutrition Facts label is important to determine how much fiber a food actually contains. A high fiber food will consist of 5 grams or more per serving. Aim to choose foods that have at least 3 or more grams of fiber per serving as these choices would be considered good sources of fiber.

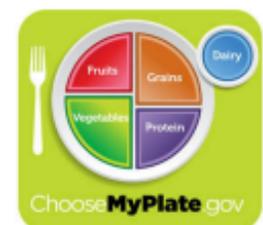
When increasing fiber, it is best to do it gradually over time. Adding in too much fiber at once can cause an upset stomach. Adequate water intake is also very important. Water helps push along the food in the digestive system. If your water intake is low, your digestion may be slower and may have an increased likelihood of constipation.

Prebiotics and Probiotics

Prebiotics and probiotics have become more popular in the past several years. A prebiotic is a plant fiber that nourishes the “good” bacteria in the gut and helps to maintain a balance between the “good” and “bad” bacteria. A probiotic provides “good” bacteria to the gut while working to protect your body from harmful bacteria.

Prebiotics include bananas, onions, garlic, asparagus and whole wheat foods. Probiotics include yogurt, kefir products, aged cheese, tempeh and sauerkraut. When prebiotics and probiotics are combined together, it is a win-win. This is called synbiotics. Together they work to restore and improve digestive health. Examples of synbiotics include bananas mixed into yogurt or feta cheese and onions on a salad.

MyPlate recommends having half of your plate be fruits and vegetables and incorporating a serving of whole grains. By following these recommendations, you should be consuming enough fiber for your body’s needs. It is best to get fiber and probiotics through food. Supplementation is available but you should consult your doctor or registered dietitian to determine if it is the right option for you.



600 S. 70th St., Lincoln, NE 68510 ● lincoln.ne.gov/Aging ● 402-441-7070 ● 800-247-0938

UPD 12/8/2025

Cat-Cow Chair Yoga



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

Sit tall with your hands on your knees or the arms of the chair. Move into cat position by dropping your chin toward your chest and rounding your back like a Halloween cat. Then draw your shoulders back and open up and forward through the chest as you move into cow position, arching your back and letting your pelvis tilt forward. Repeat two more times.

Recipe of the Month

2 Ingredient Cinnamon Roll Apple Cobbler

Ingredients:

- 1 tube Pillsbury Cinnamon Rolls
- 1 (20oz) can of apple pie filling
- Vanilla Ice Cream (optional)



Directions:

1. Preheat oven to 375° F and grease a 2-quart baking dish.
2. Cut each cinnamon roll into 4 bite-sized pieces and toss them with the apple pie filling.
3. Place the mixture into your prepared dish and bake uncovered in the center rack of your oven for 20-25 minutes, or until the cinnamon rolls are cooked through and golden brown.
4. Remove from the oven and spread the frosting that came with the tube of cinnamon rolls all over the top.
5. Enjoy warm with vanilla ice cream.

Please join us
on
Tuesday, January 27th
at
11:30 to 1:00
for some Lasagna Soup & Garlic Bread!

To Go or Stay & Eat
RSVP by January 20 to 402.821.3330

Bring your appetite!



The Subaru [#ShareTheLove](#) Event is back to help deliver meals and support to America's seniors! For every new vehicle purchased or leased between November 16 and January 2, Subaru and its retailers will donate a minimum of \$300 to charity.

Through the Subaru Share the Love® Event beginning in 2008, Subaru and its retailers have helped the Meals on Wheels network provide more than 4.3 million meals and friendly visits to seniors in need.

Subaru is the largest automotive donor to Meals on Wheels America, and its commitment to older adults is extraordinary.

Thank you to the ladies and gentleman that were willing to read about this event and take photos!



Stay healthy and safe this Winter Season!

Comparing Cold, Flu, Allergies, and COVID-19

Symptoms	Cold	Flu	Airborne Allergy	COVID-19
Fever	Rare	Usual, high (100–102 °F), sometimes higher, especially in young children); lasts 3–4 days	Never	Common
Headache	Uncommon	Common	Uncommon	Common
General Aches, Pains	Slight	Usual; often severe	Never	Common
Fatigue, Weakness	Sometimes	Usual, can last up to 3 weeks	Sometimes	Common
Extreme Exhaustion	Never	Usual, at the beginning of the illness	Never	Common
Stuffy, Runny Nose	Common	Sometimes	Common	Common
Sneezing	Usual	Sometimes	Usual	Rarely
Sore Throat	Common	Sometimes	Sometimes	Common
Cough	Common	Common, can become severe	Sometimes	Common, dry cough
Chest Discomfort	Mild to moderate	Common	Rare, except for those with allergic asthma	Common; can cause trouble breathing or persistent pain or pressure in the chest that calls for immediate emergency care
Loss of Taste or Smell	Rarely	Rarely	Rarely	Common
Treatment	Get plenty of rest. Stay hydrated. (Drink plenty of fluids.) Decongestants. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches and pains	Get plenty of rest. Stay hydrated. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches, pains, and fever. Antiviral medicines (see your doctor)	Avoid allergens (things that you're allergic to) Antihistamines Nasal steroids Decongestants	NIH has developed guidance on treatment of COVID-19, which is regularly updated. The FDA has approved one drug, remdesivir, to treat COVID-19.*
Prevention	Wash your hands often. Avoid close contact with anyone who has a cold.	Get the flu vaccine each year. Wash your hands often. Avoid close contact with anyone who has the flu.	Avoid allergens, such as pollen, house dust mites, mold, pet dander, cockroaches.	Get the COVID-19 vaccine, recommended for everyone age 5 and older. Wear a mask in indoor public places. Avoid crowds. Wash your hands often and avoid touching your eyes, nose, and mouth. Get tested if you think you might have COVID-19.
Complications	Sinus infection middle ear infection, asthma	Bronchitis, pneumonia; can be life-threatening	Sinus infection, middle ear infection, asthma	Pneumonia, respiratory failure, acute respiratory distress syndrome (fluid in lungs), sepsis, cardiac events (e.g., heart attack and stroke), multiple organ failure, inflammation of the heart, brain, or muscle tissue, death



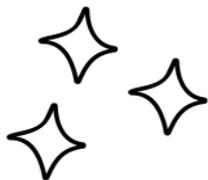
SCAS CLOSED HOLIDAYS

- January 1— New Years
- January 19 — Martin Luther King Jr. Day
- February 16 — President's Day
- April 24— Arbor Day
- May 25— Memorial Day
- June 19— Juneteenth
- July 4th— Independence Day
- Sept. 7— Labor Day
- Oct. 12— Columbus Day
- Nov. 11— Veterans Day
- Nov. 26th & 27th — Thanksgiving
- Dec. 25th— Christmas Day



Answer Key

- SWEATER
- MITTENS
- FLANNEL
- SNOWFLAKE
- BLIZZARD
- GINGERBREAD
- SLEDDING
- PENGUIN
- CRANBERRY
- POINSETTIA
- SNOWSTORM
- WINTRY
- TOBOGGAN
- WALRUS
- FIREPLACE
- MARSHMALLOW
- EARMUFFS
- CARIBOU
- CIDER
- CHESTNUTS



Riddle of the Month

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

Please include your name & phone number with your answer!

What are little snowman called?

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



Congrats to

the winner of December's riddle:

What did the snow woman do to the snowman when she was upset with him?
Answer: Gave him the cold shoulder



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 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 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!

- ◆ 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!

MARK YOUR CALENDARS:

SCAS NOTICES
Call for Additional Information
402.821.3330