



TAX TIME!

Need assistance with taxes?

Crete Library is offering free income tax preparation!

- Saturdays from 1pm-4pm
- By appointment only (30 mins)
- English & Spanish forms available
- Call for an appointment now.
402-826-3809



HOMESTEAD EXEMPTION

Starting Feb. 1st to June 30th

If you filed a homestead exemption in the past, you will receive your forms in the mail.

Please call 402-821-2588
(assessor's) or
402-821-3330 (SCAS)



SCAS Activities for the Month

February Activities

TUESDAY, February 10th — Wilber Senior Lunch at Wilber Care Center at 11:30 a.m.
 Beef Cubes, Mashed Potatoes, Mixed Veggies, Strawberry Shortcake & Bread
***Please call to RSVP your spot by February 6th to 402-821-3330**

TUESDAY, February 17th — Meal at Western. *RSVP to 402.821.3330
 Meal fee of \$5.00

Tuesday, February 24th — 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.
February 11th is National Peppermint Patty Day!
 Come in and grab a treat.

February 2026

MON	TUE	WED	THU	FRI
2	3	4	5	6
9	10 WCC Meal @ 11:30am	11 PEPPERMINT PATTY DAY!	12	13
16 CLOSED Martin Luther King Jr Day	17 Western Meal @ 11:30am	18	19	20
23	24 TOGO Meal @ SCAS 11:30am-1pm	25	26	27

VALENTINE'S DAY

Wordsearch



B B S D E C O R A T E L T T U S Q L R T
 G I R L F R I E N D V Y H O L R E N F C
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WORD LIST

ADMIRER
 AFFECTION
 BE MINE
 BOUQUET
 BOYFRIEND
 CANDY
 CARD
 CELEBRATE

CHOCOLATE
 CRUSH
 CUPID
 DECORATE
 FEBRUARY
 FLOWERS
 FOURTEENTH
 GIFT

GIRLFRIEND
 HEART
 KISS
 LOVE
 PINK
 POEM
 RED
 ROMANCE

ROSE
 SMILE
 SWEETHEART
 TEDDY
 TOGETHER
 VALENTINE

Homemade GIFTS MADE EASY



Something new at SCAS...

We are excited to announce that we are now offering a
TOGO Meal once a month at our office!

Here are the tentative dates we have planned for our
monthly TOGO meals:

February 24th
March 31st
April 28th
May 26th
June 30th
July 28th
August 25th
September 29th
October 27th
November 25th
December 22nd

Please call to RSVP for each meal if you plan to attend.



Cholesterol and Heart Health

How Cholesterol Impacts Your Health and Affects Your Heart

February is National Heart Month and there is no better time to remind ourselves of the benefits of heart health. It is important to understand how cholesterol levels impact our health and what actions we can take to promote heart health and reduce the risk of heart disease and stroke.

For us to understand the role cholesterol has on our body, we must first understand what it is. Cholesterol is a substance that is fat-like and can be waxy, but it has some very important roles. It helps your body make membranes, hormones and Vitamin D. The cholesterol found in your body comes from two direct sources; one is from the food you eat and the other from your liver. Our liver makes the cholesterol our body needs to thrive but how does this effect our heart?

While there are some health benefits to cholesterol, remember there are two sides to every story. Can cholesterol be good and bad? There are two types of cholesterol: HDL "good" and LDL "bad." Each type has specific effects on our body. LDL cholesterol can be a leading factor of heart disease because it causes buildup in the arteries, which has been linked to an increased risk for heart attacks and strokes. On the other hand, HDL cholesterol has an impact in moving the bad cholesterol back to our liver, which excretes it from the body. In return, this may decrease chances of having either a heart attack or stroke.



Both forms of cholesterol can be positively impacted with a healthy diet and lifestyle choices. Certain types of fats, such as saturated and trans fats, have been shown to directly impact cholesterol levels. These types of fats are found in animal products as well as processed foods. Incorporating regular exercise, not smoking and maintaining a healthy weight can also impact cholesterol levels and help maintain a healthy heart.

A lot of these are lifestyle changes and choices we control but for some, treatment may include the use of a cholesterol lowering medication. It is imperative to visit your doctor regularly for optimal health. If you need medication, your doctor may prescribe a drug called a statin, which works to lower the fats in our blood.

What Are Some Dietary Changes?

When considering diet modification to help with managing cholesterol levels nutritional variety is paramount. You'll want to incorporate a wide array of colorful fruit and vegetables, lean proteins, whole grains, and low-fat dairy each day. Fruits and vegetables contain a variety of vitamins, minerals, fiber, and phytochemicals. Choose grain product such as oats, barley, quinoa, bran cereals, brown rice, and other whole grain items as they tend to have higher levels of fiber which is critical for lowering LDL cholesterol. Incorporate lean proteins, such as chicken, turkey, and fish, more often and remember to trim all excess fat off higher-fat type of meats. Limit the consumption of foods that are high in saturated fats and animal fats, such as bacon, sausage, and processed deli meats. Choose fat-free, low-fat, or reduced-fat dairy products such as milk, cheese, and yogurt, which can all add essential protein to your diet while minimizing the intake of unnecessary fats. Limit sodium intake to no more than 1,500 mg/day or less and aim to select products that are labeled as "reduced-sodium" or "no-salt added". Compare the Nutrition Facts Label to determine the healthiest option for you.

Aging Partners Areawide Programs and Nutrition — Devin Mueller and Jill Engel
Material Reviewed by Ann Goshorn, MS, RD, LMNT, CLC

One-leg Stand



A. Start by standing facing the wall, with your arms outstretched and your fingertips touching the wall.

B. Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Gently place your foot back on the floor.

C. Hold the lift for 5 to 10 seconds and perform 3 on each side.

<https://www.nhs.uk/live-well/exercise/balance-exercises/>

Recipe of the Month

Crazy Good Seasoned Pretzels

Ingredients:

- Butter Snap Pretzels
- 1/2 tsp. lemon pepper seasoning
- 1/2 tsp. salt
- 1 tsp garlic powder
- 1 packet buttermilk ranch dressing
- 1 tsp dried dill
- Pinch of cayenne pepper
- 1/2 cup canola oil



Directions:

1. **Preheat the oven:** Set your oven to **225°F (107°C)** and line a baking sheet with parchment paper for easy cleanup.
2. **Season the pretzels:** In a large mixing bowl or re-sealable bag, combine the pretzels, lemon pepper, salt, garlic powder, ranch mix, dill, and cayenne. Toss until evenly coated.
3. **Add the oil:** Pour the canola oil over the seasoned pretzels and stir (or shake the bag) until every piece is well coated.
4. **Bake:** Spread the pretzels in an even layer on the prepared baking sheet. It doesn't have to be perfect, just try not to overcrowd.
5. **Stir and bake:** Bake for **20–30 minutes**, stirring every 10 minutes to ensure even crispiness.
6. **Cool and serve:** Let the pretzels cool completely before snacking or storing in an airtight container.

February's Meal

Please join us
on
Tuesday, February 24th
at
11:30am to 1:00pm
MENU: Chicken Alfredo, Cheesy Broccoli,
Fruit Salad & Chocolate Cake
To Go or Stay & Eat
RSVP by January 20 to 402.821.3330



Bring your appetite!

PLAN AHEAD!



LEGAL CLINIC

**Thursday, March 19th, 2026
@ Saline County Aging Services**

Attorney Sam Baue from Aging Partners will be available to assist with Wills, Power of Attorney, Public Benefits, Public Housing and many other legal aid issues.

**Please call SCAS to reserve a time slot.
402-821-3330**

10 Helpful Tips for Taking an Aging Parent to the Doctor

1. **Call ahead to say you'll be accompanying your parent.** Find out if you'll be allowed in the exam room, and if your parent needs to sign a form so the doctor can speak with you. "Tell the office if your parent has designated you as the health care proxy — the person who'll speak for your parent if they're unable to answer for themselves," Dr. Salamon says. If so, share that document.
2. **Get basic information from your parent.** You'll need to know their medical history to speak knowledgeably with the doctor and office staff. This includes current health conditions, past surgeries, current medications and supplements, and any allergies to medications. If your parent is unable to help, see if another family member has answers.
3. **Fill out paperwork in advance.** Some medical offices want new and even existing patients to fill out paperwork detailing the patient's medical history, insurance, and current symptoms. That's time consuming and challenging for older parents who may have confusion or arthritis that makes writing hard. Ask if paperwork can be mailed or downloaded. Then complete the paperwork before appointment time.
4. **Gather intel to share with the doctor.** "Is your parent taking medications properly? Have you noticed lapses in memory? Are the bills getting paid? Is the garbage being taken out? Does your parent use an assistive walking device or lean on furniture to walk? Is your mom or dad eating, bathing or talking to people every day?" Dr. Salamon asks.
5. **Make a list of concerns.** Create a bullet-point list of your parent's symptoms, questions, and other medical concerns. You can also include symptoms you've noticed in your parent, such as difficulty getting through daily activities. Keep the list brief and to the point. "You can hand it to the doctor at the time of the appointment. It's even more helpful if you send it a few days before," Dr. Salamon says.
6. **Bag up all medicines, vitamins, and other supplements.** Bring these to the appointment so the doctor will know exactly what your parent takes and the doses. "It also helps me check if too many medications are being taken. For example, I've seen two bottles of the same prescription — a brand name and a generic — and the person is taking both and doesn't realize it," Dr. Salamon says.
7. **Decide who's doing the talking.** Before going to the appointment, talk to your mom or dad about how much interaction you should have with the doctor. "Don't go in thinking you'll do all the talking, and don't be silent the whole time. Ask what your parent is comfortable with," Dr. Salamon says. "Is it okay to chime in if there's a gap in information?"
8. **Be respectful of your parent.** Don't treat your parent like a child and don't criticize your parent, especially in front of the doctor. "Use words in a kind, supportive way," Dr. Salamon advises. "If a parent isn't sure about a medication, say, 'Mom, remember you started taking that medicine seven months ago?' Don't say, 'Mom, I can't believe you don't know your own medications!' It's humiliating. Help your parent retain dignity."
9. **Take notes.** Write down the doctor's observations, advice, and instructions. Also, write down the answers to your list of concerns and questions
10. **Follow up.** If the doctor provides instructions, post them in a visible spot in your parent's home. Also, write up or print out your notes and give them to your parent. Make sure your parent gets any prescribed medicines and knows how to take them. Mark upcoming appointments or tests on your parent's calendar.





SCAS CLOSED HOLIDAYS

- 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



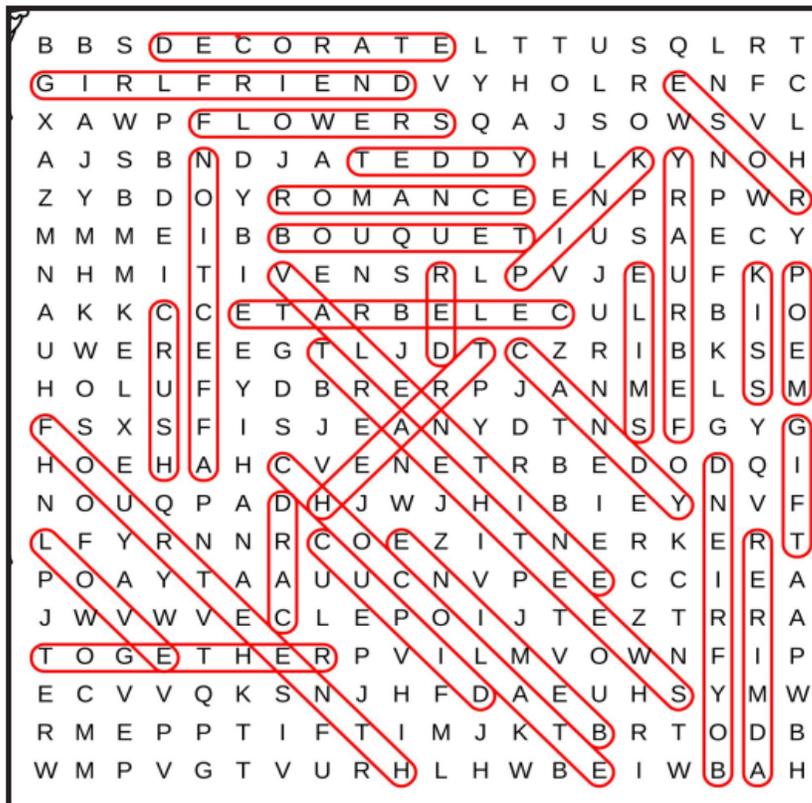
IN NEED OF TRANSPORTATION?

Saline County Area Transit is an affordable option for transportation needs in the area.

402-433-4511



PUZZLE ANSWER KEY



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 did the hamburger buy his sweetheart?

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
JERALD SAURER
the winner of January's riddle:

What are little snowman called?
Answer: Chill-dren

Stop by the office to claim your prize!



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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 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!

- > 8th Annual Saline Shuffle is March 29th!
- > We will have forms for the Shuffle towards the middle of February if you would like to attend.
- > Homestead exemption starts in February.

MARK YOUR CALENDARS:

SCAS NOTICES
Call for Additional Information
402.821.3330

