Saline County Mging Services

109 W. 3<sup>rd</sup> PO Box 812 Wilber NE 68465

Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330





Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.



## Happy New Year!

Welcome to 2016! I hope you all had a wonderful and blessed holiday season and are ready to begin the new year. The beginning of the new year is a time to sit back and reflect on all that has happened the year before. Many people vow to make changes in the new year or set goals to attain by a certain date. It is a great time to get a "fresh start" or try something new you have been wanting to do for awhile. I encourage you all to do something like this, something that makes you happy or challenges you a little. Make a goal to yourself that this year is going to be the year of you. No, this is not a selfish act, it is a time to focus on you and what your body, mind, and spirit needs to be healthy and thrive. Sometimes we get so caught up in caring for others or worrying about everyday life we forget to take care of ourselves and take the time we need to nourish our bodies and minds. Now I am not saying to completely

My wish for you is to have a Joyous January, a Fabulous A NEW YEAR FOR A NEW YOU. NEW February, a Magical March, ADVENTURES. NEW EXPERIENCES. an Anxiety Free April, a LET GO OF ALL YOUR PAST MISTAKES. Meaningful May, a Jubilant FORGET ALL THE NEGATIVITY. A YEAR June, a Jolly July, an Awe-TO FOCUS ON ALL THE POSITIVE some August, a Sensational THINGS. A YEAR TO CREATE NEW September, an Optimistic FRIENDSHIPS. A YEAR TO BELIEVE IN October, a Nourishing November, and a Dazzling De-YOURSELF. YOUR BEST YEAR YET! cember, bring on 2016 we forget about everyone else in are ready for you!

forget about everyone else in this new year, just make sure you take a little extra time for yourself. Find a quote or a word that is going to set the tone for your year. Take a picture of it or hang it where you walk by each day. Every time you walk by it remember why you chose that word or saying and think to yourself if you are following through with it. Below are a few quotes that I really enjoyed!

"Change doesn't come in nickels and dimes. It comes in dedication and sweat."— Toni Sorenson

"A person who never made a mistake never tried anything new."— Albert Einstein

# Saline County Aging News

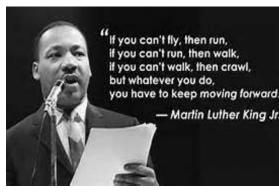
January 2016



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## Martin Luther King Jr. Day

Martin Luther King Jr. was a Baptist minister and social activist who played a key role in the American civil rights movement. His goal was equality for African Americans, the economically disadvantaged, and victims of injustice through peaceful protests. He was the force behind the Montgomery Bus Boycott, the March on Washington, and other freedom marches. The March on Washington was where he gave his most famous address, "I Have a Dream."



This march was also known as a major factor that helped in the passage of the Civil Rights Act of 1964. Later in 1964 he received the Nobel Peace Prize and was named Man of the Year by TIME magazine. A couple years

later he was assassinated while standing on a balcony of a motel in Memphis where he was supporting a sanitation workers' strike.

Today we celebrate Martin Luther King Jr. Day which is every 3rd Mon-

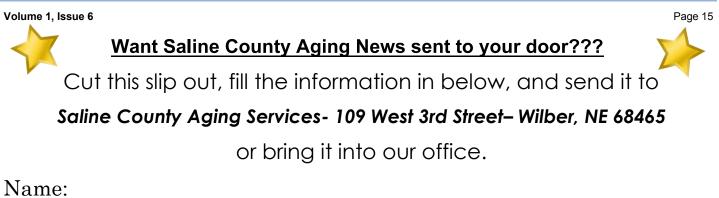
day in January. The day is set aside to remember Dr. King's life and hard work. The holiday was meant to honor his legacy by making the day a day of community service. It should be "a day on, not a day off".

## **Exercise of the Month– Elbow Extension**

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



This exercise will strengthen your upper arms.



Address:



## Winter Weather Closings

Soon we will be approaching another Nebraska winter. Even though Nebraska weather can be very unpredictable at times we are pretty certain that we will experience snow and bad driving conditions at some point. When this happens there are a few things you should be aware of...

- If the Saline County Courthouse is closed, Saline County Aging Services will be closed.
- If Wilber-Clatonia Public Schools closes for a snow day because of bad weather, Saline County Aging Services will also be closed.
- for the day, but we will work to reschedule your appointment.

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

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If you would rather have it send via email please provide email address:





• If either of these happens to fall on a foot clinic day, the foot clinics will be cancelled

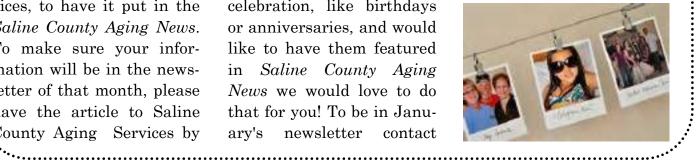
Saline County Aging News

## **Advertising with Saline County Aging News**

.... Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the Saline County Aging News. To make sure your information will be in the newsletter of that month, please have the article to Saline County Aging Services by

the 2nd to last Friday of the month. This will ensure there is plenty of time to add and make the articles fit. If you have pictures from a recent or upcoming celebration, like birthdays or anniversaries, and would like to have them featured in Saline County Aging News we would love to do that for you! To be in January's newsletter contact

Macey by December 18th with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!



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## **Answers to Last Month's Puzzles**

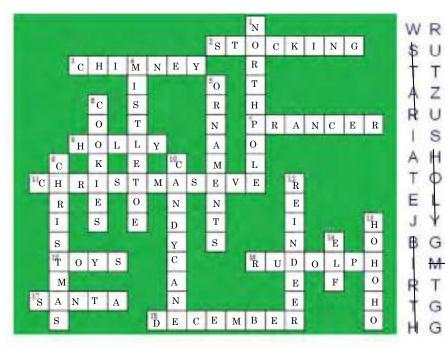
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DOWN

### ACROSS

- 2 Giani tooks that might get filled with presents
- 3 Santa gets in your house through this 7 The only reindeer whose name begins
- with the letter p 8 Deck the halls with beaghs of this
- 11 The aight before Christmas
- 15 What's an Santa's bag?
- 16 Reindoer with the red nose
- 17 Person who brings gifts to good children 18 Christmas fells in this month

1	Where Santu lives				
4	If you stand under	this,	you	might	ge

- kissad
- 5 Things you hang on a Christmas tree 6 A snack you leave out for Santa
- 9 December 25th
- 10 Yummy red and white caudy
- 12 Eight of these pull Santa's sleigh
- 13 Santa says than 14 A heiper who makes toys

angels	gifts	north pole	SHOW	
birth	grinch	ornaments	star	
<del>christmas</del>	-holy-	presents	tinsel	
december	lights	rudolph	tree	
elves	manger-	santa claus	wisemen	
frosty	mistletoe	-sleigh	wreath	





The Sandwich Generation is not referring to food, but is considered the people who are sandwiched between their aging parents who need help/ care and their own children/ grandchildren. According to the Retirement Re-Set study nearly half of Americans 55 and older say they expect to provide support for aging relatives and adult children. This can make things hard when you are having enough trouble paying your own bills or trying to save for retirement. You find yourself stuck in the middle, literally, because you do not want to see your loved ones suffer. But maybe it is not just your money that is being taken from you, it can be your time as well. In order to take care of your loved ones you might have to take a day off of work, or spend your evening time, that used to be to yourself, taking care of someone else. Sometimes there is no way of avoiding this from happening, but there are ways to make it an easier path when the time does come.



### 5 ways you can help yourself

- diploma.

3. Do not hide your personal

Page 3

## **Food for Thought**



The Sandwich Generation

1. Be proactive: If this sounds like something that may happen to you in a few years, start making plans today! Talk to your parents now about estate planning needs. Talk to your children about financial preparations for college before they get their high school

2. Choose retirement over college savings: The best financial gift you can give your children is to not financially burden them in the future. This may mean you cannot pay for as much of your child's education, but this will help your retirement and bills in the long run.

responsibilities from your employer: Do not try to juggle more than you can handle. If you have demands to take care of both your parents and children discuss this with your supervisor. If you are open about this there is a better chance the both of you can be flexible and work something out.

- 4. Maintain an emergency fund: It is completely reasonable to save up to have at least 3 months of living expenses in your savings account. If something goes wrong you can rely on this money to help you out during a tough financial time.
- 5. Involve your siblings: You should not have to take this burden on yourself. Your siblings need to take a role in providing care to your parents. Take the time now to discuss it with them so you will have it covered if it happens in the future. If everyone gets involved this will make the burden smaller.

Depressed senior loved ones

Focused on talking about

people who have died

• Disinterested in previous

festivities

highest risk.

ings of isolation.

Ideas can include:

book store.

enjoyments, including

holiday traditions and

Self-neglectful, not show-

ering, cleaning, or even

ignoring bill paying

Older people with mental

with significant physical

health problems face the

How can you help?

One of the best ways to help

is to get him or her out of

the house and interacting

with others to alleviate feel-

• Taking a senior to lunch

• If the senior is mobile,

or walking through a

help them connect with

their local senior center.

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## What's Happening Near You

**DeWitt Senior Center Meal Schedule** 

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

### WEDNESDAY, JANUARY 6TH

Program- Megann Freese/ Go Big Red Band

Menu-BBQ Meatballs

Bridge & Cards

WEDNESDAY, JANUARY 13TH

Program- Foot Clinic Program- Connie of DeWitt Quick

Menu-Beef and Noodles

### WEDNESDAY, JANUARY 20TH

Program-History for those over 60

Menu-Pork Loin

Bridge & Cards

WESNESDAY, JANUARY 27TH

Program- Kathy's Sweden Trip

Menu- Ham and Sweet Potato Casserole

### Interested in Home Delivered Meals? For DeWitt, call:402.683.6475 For Wilber, call: 402.821.2331 All others in Saline County call: 402.821.3330

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

### **Important Dates to Remember:**

SCAS Closed: January 1st

SCAS Closed: January 18th

Stepping On: Coming Soon in March!

## **Caregiver's Corner**

readily reveal or be able to identify that they are feeling post-holiday blues, making it easy for depression to creep in. It is exceedingly important for adult children and caregivers to know their for signs of seasonal depression.



Signs of seasonal depression may include:

- Decreased levels of energy
- Difficulty concentrating
- Fatigue
- Increased/decreased appetite
- Increased desire to be alone and not make, answer, or return phone calls
- Increased need for sleep
- Increased anxiousness, irritability

may become: • More anxious • More irritable • Less joyful or quieter than they once were

senior loved one and watch



Year's Day is often known

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as "Blue Monday" because the general population is particularly susceptible to bouts of sadness. The ending of the holidays can leave many senior adults to feel disappointed, stressed, and sad. Older adults may feel fatigue as a result of traveling, family gatherings or shopping, along with shorter days and harsher weather conditions. Familiar schedules or routines may be off kilter, contributing to feelings of sadness. Additional stressors may rise from holiday purchases, memories of lost loved ones, yearning for the way things "used to be" or health struggles. Moreover, extremely fragile seniors may have anticipated gatherings with family and friends with great excitement and feel melancholy when they are over.

As the holiday season winds down, decorations are carefully wrapped and stored, loved ones travel home again and we settle back into our of daily life, it is common for many people (regardless of age) to experian emotional "let ence down." Seniors may not

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Frances Obosla turned 96 on December 30th

and

Clara Witter will turn 96 on January 20th

Saline County Aging Services would like to wish the both of you a Happy Birthday! If you see these special ladies around make sure to tell them Happy Birthday!



maurceme

Janet McIntosh

Janet received a \$5 gift card to Subway! Make sure to get your answers in for this month's riddle so you can be the next winner!

The answer to December's riddle was Elf



### Other Happenings around the County

**Community Supper** 

# January 2016

SUN	MON	TUE	WED	THU	FRI	SAT
					1 New Year's Day SCAS CLOSED	2
3	4	5 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	6	7 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	8	9
10	11	@ DeWitt Tai Chi 9-9:45 Quilting 1-5	13	14 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	15	16
17	18 Martin Luther King Jr. Day SCAS CLOSED	@ DeWitt Tai Chi 9-9:45 Quilting 1-5	20	21 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	22	23
24	25 Rolls at DeWitt Quick @ 9:30	26 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	27	28 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	29	30
31						

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- Find a local senior exercise class or video tape they may enjoy. Exercise provides endorphins that lift the spirits. Physical limitations of most elderly make this hard. Try simple exercises and work your way up to more complicated ones with time.
- Church Activities If you or the elderly person is a church goer, churches are filled with activities that need volunteers.
- Vacation Make it simple or complicated, visit family or even stay in town and see the sites as if you've never been.
- Volunteering Remember to find something that fits the physical limitations of the elderly person. If they love kids, visit a children's hospital. Feeding the homeless can be fun and humbling.
- Ballet or a concert- This is a beautiful night out that any soul can appreciate.
- Introduce foods with better nutrition - Some depression can be caused in whole or in part by lack of good nutrition. Intro-

duce and share food with the elderly that are high in Vitamins and Minerals. Remember that some foods can affect medications and spark flair ups of symptoms in certain ailments.

Getting a treatment- A great haircut or hot shave can make you feel wonderful. A pedicure is a bonus for both men and women, most salons also do a leg massage during the pedicure.

Friends - It is easy to neglect friends throughout your life, the same happens with the elderly, especially those who rely on a caregiver. Calling their friends and getting them together regularly can be a big help. No one relates better to the elderly, then the elderly. They are a great support system and can recommend items and products to each other to help with their needs.

Feelings - It can be as simple as asking how are you feeling internally? Not everyone can tell you, most elderly don't want to burden their caregivers and loved ones. That doesn't mean

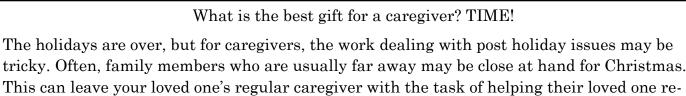
you shouldn't ask.

- Fresh Air and Sunshine -Cold or warm, sunshine and fresh air is good for the soul, it also helps with Vitamin D.
- In more severe cases of depression, it may be best to accompany the older adult to a visit to a mental health professional.

The thing to remember is this: families and caregivers need to be extra vigilant in watching for signs of depression in older relatives, especially at the holidays when they have a chance to get together and spend some time. And if your loved one needs help, don't be afraid to speak up and reach out as there are many resources available to help your loved one and to help you thrive in your role as a caregiver.



Continued on the next page



This can leave your loved one's regular caregiver with the task of helping their loved one reacclimate to "normal life". As a wife, mother and caregiver, I challenged myself to think up as many ideas as I could for how I would spend a "gift" of 20 minutes. (Keep in mind, what works for one, might not work for you). What would you, as a caregiver do?

### If I had 20 minutes all to myself. I could:

- Watch a half an hour show on my DVR
- Journal, listen to music or pray
- Visualize, meditate or do breathing exercises
- Do Tai Chi: Movement for Better Balance
- Enjoy a cup of hot tea while watching the world go by my window
- Take a short bubble bath or long shower
- Read my favorite blog

- Are you looking to go to a

doctor's appointment, shopping, or just to run some errands, but do not want to drive there/ not capable of driving there? Let the Saline County Area Transit (SCAT) bus help you out! Their services are available to people who live in Tobias, Western, Crete, Dorchester, Swanton, DeWitt, Wilber, and Friend. They have 6 vehicles, two that are handicap accessible, that travel to Lincoln, Crete, Geneva, Beatrice, and Fairbury on a weekday schedule. Rides are offered to all public, but when children ride with adults those under 5 ride free and ages 6-10 ride

half price.



If you would like to make a reservation please call by noon at least one business day in advance. The pick up times are determined by routing requirements and the weather.

If you have a specific need for transportation that is not met by their schedule they will do their best to help you out!

Please call 402-433-4511 or toll free 888-433-7228 or visit their website a t www.salinecat.com.

- Crochet a few rows on my current project
- Google my next project. Pinterest anyone?
- Text a friend or my sister
- Take a cat nap or a walk
- Play with my dogs
- Look at home videos or scrapbooks/pictures
- Write a haiku

## **Need A Lift?**

### Service Hours:

Saline County Aging News

Monday- Friday 8 a.m. to 5:30 p.m.

## **Office Hours:**

Monday- Thursday 7:45 a.m. to 3 p.m.

Friday–7:45 to noon

### **Round Trip Fares**

In Saline County \$6.00

Lincoln \$10.00

Airport Add \$1.00

Fairbury \$8.00

Beatrice \$8.00

Geneva \$8.00 Individual, unshared routes

\$.88 per mile

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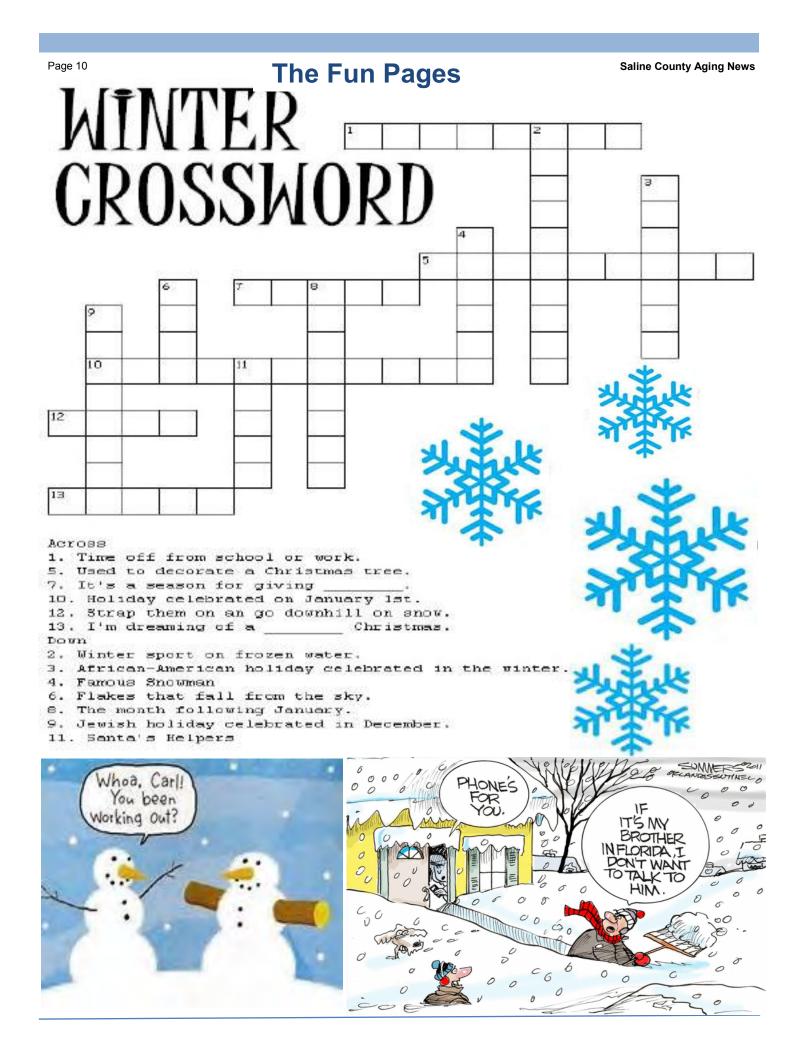
## **The Fun Pages**



## Winter Word Search Puzzle

FSKATINGHOCK OL VUSB JTMPW ΡΤΝΡΒΟΟΤS F Y S SNOWMANYC С S T TZLSE Ι R RU W SF MLEELY E 0 y y EOOMEMIAU Μ A V F в S w OP S в Ι W В AN н V В Ρ M Ρ Α OBBENNL OL LIL FDE DURDOQ V UN XIN Е D в w J κ NIE ZL D T D L RKTF R D FS V V Ι L TSCRAPERJWWH Page 11

Е	У	v	BOOTS	SKATING
Т	D	W	DRIFT	SKIING
Α	L	Т	FISHING	SLIDING
0	R	Μ	FLAKES	SLIPPERY
L	F	S	FLURRIES	SNOWBALL
D	Ν	E	FUN	SNOWBLOWER
0	Ι	R	HOCKEY	SNOWMAN
G	н	U	ICY	SNOWMOBILE
Ν	S	Т	PLAY	STORM
I	κ	Ρ	PLOW	WHITE
н	Ι	L	SALT	
S	Ι	υ	SAND	
I	N	С	SCRAPER	
F	G	S	SCULPTURE	
Ι	Т	E	SHOVEL	



Volume 1, Issue 6

## **Coming Soon! Stepping On**

## **Building Confidence and Reducing Falls**

Sponsored by Saline County Aging Services & Aging Partners

### Where can I attend?

Wilber Care Center 611 N Main Street Thursdays 9:30-11:30 March 3—April 21, 2016



(Will not meet on the 24th of March)

## What is Stepping On?

Stepping On is a community based falls prevention program aimed at educating participants and building confidence to reduce or eliminate falls.

## Why Should I be concerned about falling?

- More than 1/3 of adults 65 or older will fall each year.
- Falls are the leading cause of injury, hospital admission for trauma and death among older adults.
- 35% of people who fall become less active and independent.

## Who can best learn from Stepping On?

Anyone who is 60 years or over and has had a fall in the past year or is fearful of falling would benefit from Stepping On. Stepping On is designed for people living in a home or apartment and not suffering from dementia.

### \$3 per class suggested contribution

## What will I learn if I participate?

- Simple and fun balance and strength exercises.
- The role vision plays in keeping your balance.
- How medications can contribute to falls.
- Ways to stay safe when out and about in the community.
- What to look for in safe footwear.

## What are the benefits of participating in Stepping On workshops?

- Learn the most up-to-date information about falls prevention.
- Learn with people your own age.
- Become more aware of fall hazards and learn how your fall risk can be reduced.
- Learn to step outside with confidence.
- Help others be sharing what has worked for you.



For more details about the upcoming Stepping On workshop or to sign up for the workshop please contact Macey Moore at Saline County Aging Services by phone 402-821-3330 or mmoore@lincoln.ne.gov.

# Get To Know Saline County Aging Services!

What is your full name? Macey Serina Moore

How long have you been working at Saline County Aging Services?

5 months

What is your favorite color? K-State Purple

5

What is your favorite time of the year? Winter (I was born in a blizzard and love the snow, just not driving in it!)

Where do you want to travel, but have never been? Alaska, Greece, Brazil, or Montana

If you won the lottery what is the first thing you would do? Pay off those student loans of mine...



What is your favorite part of Saline County Aging Services? Hearing all of the stories and advice from the ADVIC variety of people I get to interact with each day

What is something interesting about you? I studied abroad for 5 months in Edinburgh, Scotland during college



What 3 things would you bring with you if you were stranded on a desert island?

A water purifier, my IPad, and my cheetah pillow



What is your best/ favorite piece of advice?

God grant me the strength to accept the things I cannot change,

the courage to change the things I can, and the wisdom to know the difference



### Volume 1. Issue 6



- 45% of Americans make New Year's resolutions, 25% of those are given up by the end of January.
- Tradition says the more leafy greens a person eats on New Year's will result in a more prosperous New Year.

.....

## New Year's Fun Facts

- Day.

## **Recipe of the Month**

### Texas Toast Pizza Prep Time **Total Time Bake Time** 10 minutes 10 minutes 20 minutes *Ingredients* Box of Texas Toast Bag of Mozzarella Cheese Pizza Sauce Toppings of your choice (peperoni, hamburger, peppers, onions, etc.) Directions 1. Bake Texas Toast at 425 degrees for 2 minutes on each side. 2. Add sauce, cheese, and toppings. 3. Broil on low until heated through (about 2-3 minutes). Tip Enjoy!

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Americans drink close to 360 million glasses of champagne during New Year's Eve/ New Year's

Around 1 million people gather in New York City's Times Square to watch the ball drop.

The ball dropped in New York City is covered in 2,688 crystals, is lit by 32,000 LED lights, weighs 11,875 pounds and is 12 feet in diameter.

• Poet Robert Burns wrote Auld Land Syne in 1788, the message of this song is to remember your loved

ones, dead or alive, and keep them close to your heart.

- The first New Year's celebration dates back to 4,000 years ago when Julius Caesar declared Januarv 1st as a national holiday.
- According to statistics from the National Insurance Crime Bureau more vehicles are stolen on New Year's Day than any other holiday.
- Baby New Year is the most common symbol associated with New Year's.



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## Is Physical Activity really THAT Big of a Deal?

YES! Regular exercise and physical activity don't take care of your body, who will?" This are important to the physical and mental saving is true even as we age. Yes, we may health of almost everyone, INCLUDING oldnot be able to get around as fast and as often er adults. If you are physically active it can as we used to, but that does not mean we can't get out at all! There are many ways to help you keep doing the things you enjoy and keep you independent as you age. Around get out and about during the day. Some peothis time of year many people are starting ple like to do a little here and there throughnew "diets" or changing their habits to be out their days to spread it apart, while othhealthier in hopes of fulfilling the saying, ers want to set aside a time during the day "New year, new me." This saying can only go and get it done in one shot. so far because it is not really an achievable There is a difference between physical activigoal. What exactly does "new me" mean? If ty and exercise. Physical activity is anything you are trying to make changes set goals that gets your body going, like taking the that are achievable and realistic. Do not stairs instead of the elevator. Exercise is a think you are going to lose 50 pounds in one planned, structured activity that is repetimonth, that's just not realistic. Maybe try tive like tai chi or weight training. something like I plan on walking 3 days a Regular exercise and physical activity can week, I will stop eating out so much, or help reduce the risk of developing some disswitching a not so healthy food to a healthier eases that people can develop as they age. It version. Small changes may take longer, but can also be an effective treatment for people in the long run they can really add up.

When it comes to exercise, it's all about YOU. Everyone experiences a different journey with exercise because people are at different starting points and abilities. What works for one person may not work for another, it is up to you to find what works and what you like. Exercise can be a scary word too. When some people hear the word "exercise" they think they need to go to a crowded gym and lift really heavy weights. Well... this is just not the case. Exercise should be fun, enjoyable, but also a priority in your life. I like the saying, "If you

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February 2016

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with arthritis, heart disease, diabetes, high blood pressure, balance problems, or difficulty walking. So whatever you chose to do, as long as it gets your body moving, can benefit you in the long run!

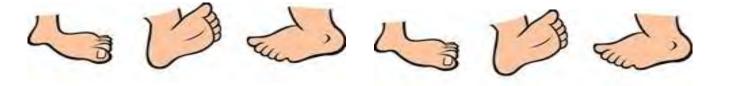


## **Foot Clinic Openings**

Years of wear and tear on your feet can really add up and start to cause damage. As we get older it is extremely important to remember to take good care of our feet. People need to look at the bottoms of their feet often for cuts, blisters, and ingrown toenails, especially if you are diabetic. Along with cuts and blisters people can experience corns and calluses, warts, bunions, neuromas (built up tissue around an inflamed nerve in the foot), hammertoe, spurs, and swollen feet. Taking the proper preventative measures can help people avoid being in serious pain which could result in the loss of being able to walk.

Saline County Aging Services is fortunate enough to be able to offer foot care clinics. We have registered nurses come to Friend, Wilber, Crete, and Dorchester to provide basic toenail care and maintenance as well as education to clients. There is a suggested contribution of \$10 requested and you must make an appointment for the foot clinic.

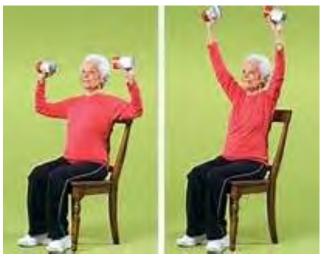
Currently we have openings for new clients in Friend, Wilber, and Dorchester (there is a waiting list in Crete). If you are interested in learning more about the clinic or would like to reserve an appointment please call the office and we will get you one set up!



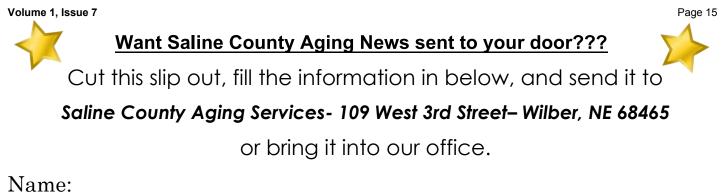
## **Exercise of the Month– Overhead Arm Raise**

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

Tip: You can use cans instead of weights if you do not have any!



This exercise will strengthen your shoulders and arms. It will make things like lifting and carrying around grandchildren easier.



Address:



## **Winter Weather Closings**

Soon we will be approaching another Nebraska winter. Even though Nebraska weather can be very unpredictable at times we are pretty certain that we will experience snow and bad driving conditions at some point. When this happens there are a few things you should be aware of...

- If the Saline County Courthouse is closed, Saline County Aging Services will be closed.
- If Wilber-Clatonia Public Schools closes for a snow day because of bad weather, Saline County Aging Services will also be closed.
- for the day, but we will work to reschedule your appointment.

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

Page 2

If you would rather have it send via email please provide email address:





• If either of these happens to fall on a foot clinic day, the foot clinics will be cancelled

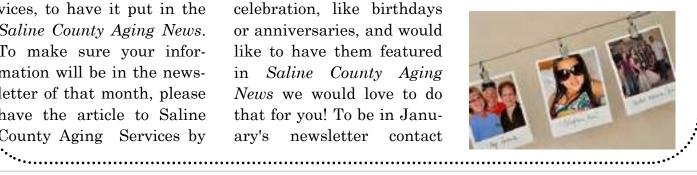
Saline County Aging News

## Advertising with Saline County Aging News

Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the Saline County Aging News. To make sure your information will be in the newsletter of that month, please have the article to Saline County Aging Services by

the 2nd to last Friday of the month. This will ensure there is plenty of time to add and make the articles fit. If you have pictures from a recent or upcoming celebration, like birthdays or anniversaries, and would like to have them featured in Saline County Aging News we would love to do that for you! To be in Januarv's newsletter contact

Macey by December 18th with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!



## **Answers to Last Month's Puzzles** Winter Word Search

FOGNI		E E A W C V E B E	N I D P B P	Y E U B F	0	Y Y A V F W	0 I	R
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<b>4</b> 5 6	2 9 8	7 3 1	9 <b>8</b> 4	3 6	1 7 5	3 5 4 7	4 6 1 3	6 <b>8</b> 2 9



Volume 1, Issue 7





Have you ever wanted to lower your blood sugar or blood presstop sure. weight gain or

The dietitian will be at Saline County Aging weight loss, pro-Services for appointments February 10th, mote strength, March 2nd, and April 13th from 9:30-3:30. or prevent dia-Initial appointments will last around an hour betes? If any of and follow ups should take about 30 minutes these have crossed your mind then maybe it to complete. She can also arrange for in home is time to talk to a dietitian/ nutritionist. A visits if you cannot make it out and about or nutritional screening can help detect nutriwould feel more comfortable in your own tional problems that increase hospital visits home. If you would like to schedule an apand health care costs and help people manpointment please give us a call at 402-821age chronic disease such as Diabetes, COPD, 3330. heart disease, high blood pressure, obesity, or unintended weight loss.

Saline County Aging Services is now partnering with Aging Partners in Lincoln to offer free dietitian/ nutritionist visits. The visits are one on one, confidential, and specific to individual needs. A visit can improve your chances of success in reaching your goals!

The dietitian/ nutritionist is not here to judge you or tell you everything you have been doing wrong. They are there to help guide you in a direction so you can start making positive changes and start seeing results that can help with your overall well-"It is health that is real wealth and being. Do not be afraid or ashamed to schednot pieces of gold and silver." ule an appointment! You will only walk away — Mahatma Gandhi with valuable and useful information that

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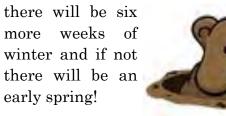
will help you in the long run. Dietitian and nutritionists offer support and motivation to help you achieve and maintain health goals. They are also there to give you expert advice on any questions or concerns you may have.



## **Groundhog Day**

How did we ever become so dependent on a marmot to tell us when spring is coming and for how much longer we must endure the cold, winter months? According to The History Channel, February 2nd is a significant day in many ancient and modern traditions. The Celts celebrated a pagan festival, called Imbolc, that marked the first day of spring. Imbolc turned into Candlemas which was a feast that commemorated the presentation of Jesus at the holy temple in Jerusalem. A sunny Candlemas meant 40 more days of cold and snow. The German's were the ones to say that day was only "sunny" if the badgers or other animals saw their shadows. When German immigrants came to Pennsylvania during the 18th and 19th centuries they brought this tradition with them and dubbed the groundhog as the main attraction.

The first Groundhog Day celebration took place in Punxsutawney, Pennsylvania. It came from Clymer Freas, a local newspaper editor, who told the idea to some businessman and groundhog hunters better known as the Punxsutawney Groundhog Club. Today the celebration still takes place in Punxsutawney but it is ran by local dignitaries known as the Inner Circle. The famous groundhog who does the forecast is named Punxsutawney Phil. If he sees he shadow



If you would like

to watch the telecast of this moment you can go to the Pennsylvania tourism website on February 2nd and click on the link to stream.

While I was doing a little research on this topic I found a few fun facts most people do not know about Phil:

- Phil communicates his yearly prediction in "grondhogese" to the head of the Inner Circle who is also fluent in the language. What he says is then translated for the rest of the world to understand.
- Phil is actually pretty sassy, during prohibition he threatened 60 more weeks of winter unless Punxsutawney let him have a drink.
- Most groundhogs live for 6 to 8 years. Not Phil. He drinks the "elixir of life" every summer and it magically gives him seven more years of life! He has been doing this for 125 years now!
- Phil is 100% accurate all of the time.

## Lumosity Beginning February 8th



Do you enjoy playing/ doing games and puzzles that challenge your brain? If so, you might be interested in the new, free program Saline County Aging Services is of-

fering. Lumosity is a leading brain training and neuroscience research company. They take neuropsychological and cognitive research tasks and work with game designers to come up with cognitive games that are fun, yet challenging for people of all ages! Once you are logged in you will use the simple online tool to train core cognitive abilities. This service is FREE, available during our office hours, and begins February 8<sup>th</sup>. We have a time sheet in place to reserve spots, so if you are interested give us a call or stop by the office to see if we have a computer open. We encourage you to come try it at least once to see how Lumosity has transformed Science into delightful games!

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## What's Happening Near You

Interested in Home Delivered Meals? For DeWitt, call:402.683.6475 For Wilber, call: 402.821.2331 All others in Saline County call: 402.821.3330

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

### **Important Dates to Remember:**

February 15th: SCAS closed for President's Day Stepping On: Starting March 3rd





The answer to January's riddle was Polar Bear



## Other Happenings around the County

**Community Supper** 

Volume 1, Issue 7

## **President's Day**

The backstory of President's Day began in workers in order to reduce overall absentee-1800 after George Washington passed away ism. The Act also combined Washington's in 1799. His birthday, February 22nd, bebirthday with Lincoln's. The name finally came a day of remembrance because he was changed to President's Day in the early considered the most important figure in 2000s. Even though Lincoln and Washington American History at the time. In the late were the first two to be recognized on this 1870s is when Washington's birthday became day, it is now seen as a day to recognize the a federal holiday. This holiday initially aplives and achievements of all of America's plied to only the District of Columbia, but in chief executives. NT OF T President's Day is

1885 it was expanded to the whole country. similar to Inde-The 1960s is when Washington's birthday bependence Day began its shift to President's Day. It started cause they are when Congress proposed the measure known both viewed as a as the Uniform Monday Holiday Act. This Act time of patriotic was to shift the celebration of federal holicelebration and redays to predetermined Mondays. The change membrance. was made to give more 3 day weekends to

## **Stepping On**

Stepping On is a community based falls prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Did you know that more than 1/3 of adults 65 or older will fall each year? Falls are the leading cause of injury, hospital admission for trauma, and death among older adults. 35% of people who fall become less active and independent after their fall. Did you also know that falls are NOT a normal part of aging and CAN be prevented?

We are so fortunate to be able to offer this workshop to the residents of Saline County. The workshop will teach simple and fun balance exercises, the role vision plays in keeping your balance, how medica-



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tions contribute to falls, ways to stay safe when out and about in the community, and what to look for in safe footwear...plus so much more! People who will benefit from this program the most are those 60 years or older and has had a fall in the past year, is fearful of falling, or just wants to learn preventative steps from falling. *Stepping On* is designed for people living in a home or apartment and not suffering from dementia.

The workshop will be held at the Wilber Care Center Thursdays 9:30 -11:30, March 3rd- April 21st (no class March 24th). Space is limited so if you would like a spot please call to get one reserved! A \$3 per class contribution is suggested.

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## Caregiver's Corner By: Amy Hansen



Ok, so let's talk about the elephant in a caregiver's room: hospice. People seemingly have either a great hospice story or a bad hospice story. Now before you write me off, just hear me out! I have come to the conclusion that hospice agencies are like doctors and nurses. Sometimes you "click" and sometimes you don't. That just means you seek out a different one.

I'd like to share my hospice experience with you:

It was a warm June evening in 2013 when I received the call. My mom is on the other end, dazed and confused. "Dad was just placed on hospice," she said. "What does that even mean?" Fighting back tears, I replied, "I'll be right there." I then proceeded to travel to my parent's home in Fairbury. Along the way, between crying jags, I pondered the implications of hospice:

When did this happen? He only received a week of home health care now he's on hospice? He's only 88? (Yes, I know people always remark 'ONLY 88?!?!?' But you had to

have known my dad!) Will he die before I get there? Will there be time to say goodbye and tell him how much I love him?

When I arrived, I found dad propped up in bed, smiling, tired and watching CNN, as usual. He didn't seem sick and mom wasn't able to tell me any details, she was so shaken. But dad and I had a long, wonderful visit.

When I returned the next day, he was unresponsive. That week, I slept on an air mattress in mom's dining room and helped her care for dad. Hospice came in every day and were not only attentive to my dad, but to my mother as well. (And looking back, I realized that they even looked after me.)

The nurse treated Dad with such dignity, even in his unresponsive state; telling him what they were doing and talking to him. They spoke at length with us, never making us feel rushed, answering every question honestly and gently, no matter how painful the answers might be. They prayed with us and hugged us. We felt as though we were their only priority, even though I found out later they were caring for several people.

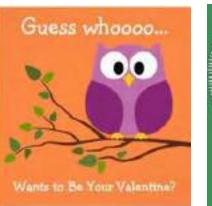
On June 15<sup>th</sup>, 2013, at 3:30, Dad slipped away. We called hospice, which in turn took care of the awkwardly painful phone calls to the mortuary, etc. Mom and I were stunned and exhausted, when there was a knock on the door. The hospice nurse, who had just been here an hour ago, was at the door. She was halfway home to Tecumseh, when she received the news and came back to be with us. She listened and comforted us and again answered questions patiently and kindly.

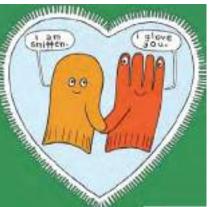
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Ν	U	г	Q	C	М	Z	Z	A	Q	т	в	Y	V

## Word Bank

ARROW	BALLOONS
CAPDS	CHOCOLATE
FEBRUARY	FLOWERS
GIFT	HEART
NECKLACE	PINK
VALENTINE	

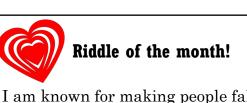
BEAR CINNAMON FOURTEENTH HUGS RED





**The Fun Pages** 

VKDXW EGIET EOVM SBIM ΓΥΑUV WQAC INIC EGNCW HNADI ARLGC SEDK GOWT LUEOY SHWQB UARY JZYRE CYPLH VVIAJ



I am known for making people fall in love.

I fly in the sky with my arrows, looking down from above.

Who Am I?

Call in or stop by the office to answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month! **Please include your** <u>phone number</u> with your answer!



"Y'THINK I COULD HAVE A VALENTINE'S DAY HUG?"



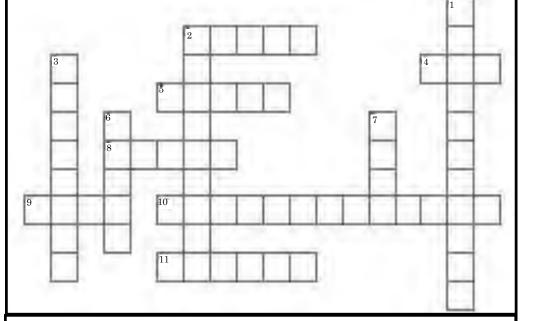
"SURE ... IF WE CAN FIND, SOMEONE WHO'S WILLING."

CANDY CUPID FRIEND LOVE ROSES WHITE

## **The Fun Pages**

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





### ACROSS

- 2. Shoots arrows at people.
- 4. Favorite Valentine's Day color.
- 5. Favorite flower for Valentine's Day. 8. Cupid shoots this and people fall in love.

9. Many people send one to a friend on Valentine's Day.

- 10. The name of this holiday is
- 11. Expression often said on Valentine's Day

### DOWN

- 1. Heart shaped candy with words 2. "Kisses" is one kind of this type of candy
- 3. The month of Valentine's Day 6. Kids love Valentine's Dav because they want to eat a lot of 7. Valentine's Day is the day of



Saline County Aging News

### Volume 1, Issue 7

Without hospice, I do not know how we would comfort and quality of life. have navigated this final chapter in Dad's Instead of focusing on curative care, hospice life. Hospice allowed my father to die as he focuses on pain and symptom management. lived, on his own terms, at home with love Hospice doctors, nurses, and others are speand respect and his dignity intact. Yet, there cially trained to provide highly specialized are so many misconceptions regarding hosand individually tailored pain management pice. I encourage you to remember, like each plans, while still keeping the patient awake of our births, our deaths are uniquely ours. and alert whenever possible. Patients are en-Everyone handles the death of a loved one couraged to do the things they enjoy, do something they have always wanted to do, differently, has different emotions, experiencand live life to the fullest. In some cases, paes, etc. tients begin to feel better after starting hospice care because they are free of pain and What should you expect from can spend time doing things they enjoy. hospice care?

Hospice is not a place, but rather a philoso-In addition, hospice provides whatever emophy of care that provides medical, emotional, tional and spiritual support is desired to the and spiritual care while focusing on comfort dying person and the loved ones, including and quality of life. The majority of hospice bereavement support for the family after the care takes place in the home, where the perdeath. son can be surrounded by family and familiar settings. Hospice is also available in nursing Unfortunately, there is one down side that I found. I have found the most common statement made by families who chose hospice for

homes, assisted living facilities, and even hospitals-wherever the patient lives and considers home. their loved one (including mine) is, "we wish Hospice puts patients and families at the cenwe had known/thought about hospice sooner." ter of care. Trained professionals provide I believe that the biggest misconception is guidance and encourage open, honest commuthat hospice is only for those situations nication about individual wishes and choices. where death is imminent. Had we realized. Programs provide training and support for we may have enjoyed a little more lucid time family members to care for their loved ones. with dad. But as it is, I am grateful for the A caregiver is not alone – being able to conlast conversation we shared, which turned sult with skilled providers on their regular out to be my father's final lesson for me: to visits and by telephone at all times. not fear death and to live with dignity and grace until the last possible moment!

Hospice care is not focused solely on death, but rather living as fully as possible, surrounded by family and friends, ensuring the highest quality of life possible to live each day until the end. When a cure is no longer possible hospice provides the type of care most people say they want at the end of life--



Volume 1. Issue 7

Get To Know Saline County Aging Services!

What is your full name? Laura Agnes Mackeprang

How long have you been working at Saline County Aging Services? Since 2006



What is your favorite color? Now how do you decide that? I know! Rainbow! I like all colors.

What is your favorite time of the year? Fall– It's like the end of the hard day before going to bed.

Where do you want to travel, but have never been? Alaska



### If you won the lottery what is the first thing you would do?

Wonder who bought me a ticket as I never do. Then pay my bills, put some away for my old age (which is fast approaching), and give the rest away as fast as possible.

## What is your favorite part of Saline County Aging Services?

I love helping people find a less expensive Medicare D drug plan. It's like finding a really good bargain when you go shopping.

## What is something interesting about you?

1. I have not lived an interesting life- just normal. 2. But, I like to quilt 3. I'd love to learn how to make the guilts that are like the paintings/ pictures, even though I'm not very artistic.



## What 3 things would you bring with you if you were stranded on a desert island?

Assuming I'd be there awhile: The book "How to Survive on a Desert Island for Dummies", a survival kit to go with it, and a radio that gets good reception.



## What is your best/ favorite piece of advice?

You are NEVER to old to learn or to try something new, big or small, even just once. It keeps you young. Gets you out of your box. Gives you a sense of accomplishment- A good, "Look what I did" feeling.



### About 1 billion Valentine's Day cards a exchanged in the US each year.

- About 3% of pet owners will give the pets Valentine's Day gifts.
- Worldwide over 50 million roses are give for Valentine's Day each year.
- Richard Cadbury invented the first Va entine's Day candy box in the late 1800s
- Many people believe the X symbol becom synonymous with the kiss in medieval times. People who could not write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.
- Physicians of the 1800s commonly advised their patients to eat chocolate to sooth their heartbreak.

## **Stuffed Green Peppers**

·				
Prep Time	Bake Time		Total 7	
10 minutes	50 minutes		1 hour	
Ingredients				
- 6 tomatoes, chopp	- 2 teaspoons sa			
- 1 onion, chopped	- 1/	2 teaspoon p		
- 8 oz. tomato sauce	- 4	green peppe		
- 1 C water	- 1	lb. lean grou		
- 1 C instant rice, c	ooked	- 1	teaspoon dri	

## Directions

- tomato sauce. Spoon some sauce over the peppers.

Cover and let simmer in the oven for 40-45 minutes or until beef is cooked and peppers are tender. 3.

## Tip

Top with a little mozzarella cheese and enjoy!

Page 8

## **Valentine's Day Fun Facts**

re	•	15% of U.S. women send themselves flow-
		ers on Valentine's Day.
eir	•	The red rose was the favorite flower of
		Venus, the Roman goddess of love.
en	•	In addition to the U.S., Valentine's Day is
		celebrated in Canada, Mexico, United
ıl-		Kingdom, France, Australia, Denmark,
•		and Italy.
ne	•	Teachers will receive the most Valentine's
		Day cards, followed by children, mothers,
		wives, sweethearts, and pets.





alt

pepper

 $\mathbf{rs}$ 

und beef

ied basil



1. In a saucepan combine tomatoes, onion, tomato sauce, water, 1 tsp of salt and 1/4 teaspoon pepper. Bring to boil, then reduce and simmer for 10-15 minutes. During this cut tops off of green peppers and remove seeds. In a bowl combine beef, rice, basil, and remaining salt and pepper. Fill peppers with beef mixture and place in

Saline County Mging Services

109 W. 3<sup>rd</sup> PO Box 812 Wilber NE 68465

Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330





Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.





Volume 1. Issue 8

## Spring is Coming!

Who is ready for March 20th to get here... that do not observe daylight saving time. aka Spring?! I know I am. I really hope that The benefits of daylight saving time can be Puxatony Phil was right and our weather decreased electricity consumption, slightly will be warmer leading up to Spring! But I lower numbers of traffic accidents and crime, guess we do live in Nebraska, where one day increased outside time in the afternoons, it's 80 degrees out and the next it's snowing, and boosts in the economy. A lot of people do so I won't hold my breath. No matter the not think that we benefit much from changweather though, I love the month of March. ing our clocks 2 times a year, but when it Part of it might come from that we are finalgives more hours of light during the day I ly getting over the winter blues and people am okay with it! just get in better moods when there is a This Spring keep your eye on Sachance of warmer weather, even if it does line County Aging Services. We snow the next day. (; It could also come from have some great events happening the fact that the days get longer and we have that start in March and a few more sunlight throughout them. For me more in the when the sun is shining and it is staying works. We light out until 7 in the evening it is hard for are excited me to be in a bad mood.

Speaking of Spring and longer days, on March 13th do not forget to set your clocks 1 hour ahead for daylight saving time! The whole idea of daylight saving time came from wanting to take advantage of the longest summer days by gaining an extra hour of daylight and shortening the days in winter. The idea was introduced by Benjamin Franklin in 1784. In 1916 Germany and its allies were the first countries to use daylight saving time. Out of the 196 countries only 70 use it to this day. Some areas in Arizona and Hawaii, and American Samoa, Guam, Puerto Rico, and Virgin Islands are the only States and Territories of the United States

# Saline County Aging News

March 2016

to be able to offer these new programs to and you hope you are able to

take part in a few with us! If you ever have any questions about what we offer or would like to see something new happen, please contact us and let us know. In the mean time enjoy the longer days!

Inside this iss	ue:
Immunization Clinic	2
Exercise of the Month	4
Caregiver's Corner	6
Get To Know	8
Fun & Games	10



## **Easter Traditions**

Easter has always held a special place in my heart when it comes to traditions with the family. Every Easter weekend we would make the trip to Juniata, Nebraska along with the rest of my cousins. The night before Easter Sunday we would spend all evening coloring eggs; making sure everyone in the family got one with their name written on it. The next day we would wake up really, really early, dress up in our Easter outfits and head to the hill for the sun rise service. We would get back and have to wait around for lunch to be served because we all knew the best part



of the day happened after that. Once all of the dishes were done all of us couswould ins make our way upstairs and

have to wait while the Easter Bunny came to visit and hide our eggs for us. After the Easter Bunny got done hiding the eggs we had to

take a few group cousin pictures and then the countdown began! Once the parents said, "GO!" the 9 of us were on the lose to find the most eggs. Along with the eggs were also colorful Easter bunny beanie babies hidden, one for each cousin to find (this was my favorite part). Before we knew it all of the eggs would be found and it was time to sit down in the front yard and see what treasures we collected. It's safe to say that Easter is one of the holidays that holds some of the most special memories for me. I asked around a little to see if anyone had any special Easter traditions here are a few:

- Always buying the kids special Easter outfits that included hats, dresses, and gloves that all matched.
- Taking the kids to community Easter Egg Hunts and going to church.
- Going to grandma's house for Easter dinner. She would always make Rosettes and a special kind of shortcake dessert and of course kolaches! :)

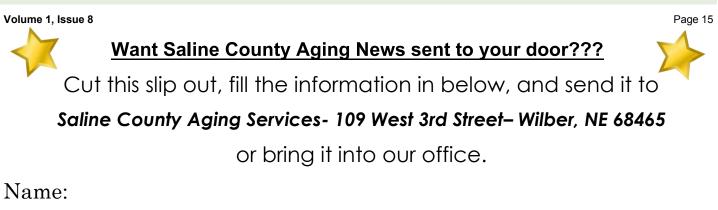
## **Immunization Clinic**



Saline County Aging Services in partnership with Public Health Solutions will be hosting an Immunization Clinic March 9, 2016 from 10am-12pm. This clinic is open to all Saline

County Residents 60 years of age or older and their spouses. Immunizations for the prevention of shingles, pneumonia, flu, tetanus, and

whooping cough will be available. There is no cost for any of the immunizations (MUST bring your insurance, Medicaid, or Medicare card if available). To obtain a pneumonia or shingles immunization, you MUST call Saline County Aging Services by March 2<sup>nd</sup> (These shots are ordered, not on hand, and require some brief information on any past immunizations.) For more information about the clinic, the immunizations offered, or to reserve a shot please call Saline County Aging Services at 402-821-3330.



Address:



## Winter Weather Closings

Soon we will be approaching another Nebraska winter. Even though Nebraska weather can be very unpredictable at times we are pretty certain that we will experience snow and bad driving conditions at some point. When this happens there are a few things you should be aware of...

- If the Saline County Courthouse is closed, Saline County Aging Services will be closed.
- If Wilber-Clatonia Public Schools closes for a snow day because of bad weather, Saline County Aging Services will also be closed.
- for the day, but we will work to reschedule your appointment.

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

If you would rather have it send via email please provide email address:





• If either of these happens to fall on a foot clinic day, the foot clinics will be cancelled

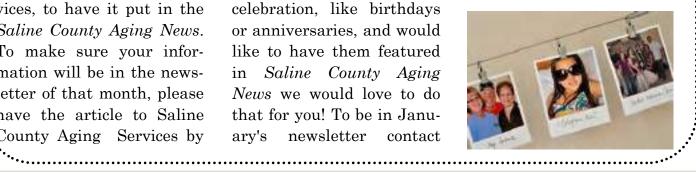
Saline County Aging News

## Advertising with Saline County Aging News

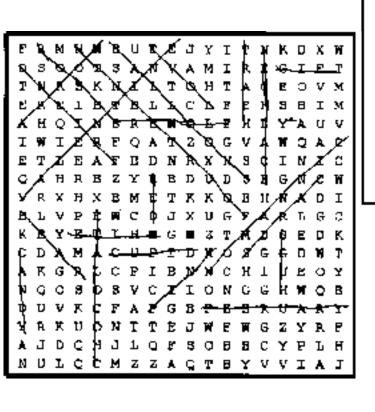
Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the Saline County Aging News. To make sure your information will be in the newsletter of that month, please have the article to Saline County Aging Services by

the 2nd to last Friday of the month. This will ensure there is plenty of time to add and make the articles fit. If you have pictures from a recent or upcoming celebration, like birthdays or anniversaries, and would like to have them featured in Saline County Aging News we would love to do that for you! To be in Januarv's newsletter contact

Macey by December 18th with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!



## **Answers to Last Month's Puzzles**



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## **Food for Thought**



National Nutrition Month is a nutrition educome in a variety of ways, each a little different for each person. Just because you are trycation and information campaign that was ing to eat a little healthier does not mean designed to focus attention on the importance of making informed food choices and developthat it has to taste bad. I feel like a lot of peoing sound eating and physical activity habits. ple get this confused and think they have to It is also a way of promoting the Academy of sacrifice taste for eating better. Nutrition and Dietetics to the public as the If you have not already I also recommend most valuable and credible source of timely, seeing the dietitian that will be visiting Sascientifically-based food and nutrition inforline County Aging Services for appointments mation. If you go to www.eatright.org you March 2nd, and April 13th from 9:30-3:30. will be linked to an abundance of information Initial appointments will last around an hour for kids- seniors. There is information on and follow ups should take about 30 minutes wellness, nutrition, vitamins, supplements, to complete. She can also arrange for in home as well as some yummy, healthy recipes to visits if you cannot make it out and about or try out. If you are looking for a little advice or would feel more comfortable in your own help in a specific nutrition area I would rechome. If you would like to schedule an apommend giving their website a try to see if pointment please give us a call at 402-821you can find what you need there. 3330.

The theme of National Nutrition Month this Let's get back on track in March with Nationyear is, "Savor the Flavor of Eating Right". al Nutrition Month and remember that we This is to encourage everyone to take the need to enjoy our food while giving our body time to enjoy food traditions and appreciate the proper nutrients it needs to run!

Page 3



## March is National Nutrition Month!

the pleasures, great flavors, and social experiences food can add to our lives. How, when, why, and where we eat are just as important as what we eat. The Academy of Nutrition and Dietetics motto for this month is to develop a mindful eating pattern that includes nutritious and flavorful foods- that's the best way to savor the flavor of eating right!

So during this month of March I challenge you to develop your own eating pattern that includes nutritious and flavorful foods, while enjoying them at the same time! This can

## **Homestead Exemption**

It's that time of the year again! Homestead Exemption time! You have from February 1, 2016-June 30, 2016 to get your completed application to your County Assessor to file for your Exemption.

The homestead exemption program is a property tax relief program for certain qualifying homeowners:

1. Persons over age 65

2. Veterans totally disabled by a nonserviceconnected accident or illness

3. Qualified disabled individuals

4. Qualified totally disabled veterans and their widow(er)s

5. Veterans whose home was substantially contributed to by (DVA) and their widow(er)s

6. Un-remarried widow(er)s of a service member who died on active duty

7. Individuals who have a developmental disability

There are income limits and homestead value requirements for categories 1, 2, 3, 6, and 7.

The income limits are on a sliding scale. There are no income limits and homestead value requirements for categories 4 and 5. The State of Nebraska reimburses counties and other governmental subdivisions for the reduction in tax revenue as a result of approved homestead exemptions.

Need more info? Call the county assessor, Saline County Aging Services, or go here to get your guide: http://revenue.nebraska.gov/ info/96-299.pdf



## **Exercise of the Month– Wall Push-Up**

- 1. Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.
- 2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulderwidth apart.
- 3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.
- 4. Hold the position for 1 second.
- 5. Breath out and slowly push yourself back until your arms are straight.
- 6. Repeat 10-15 times.
- 7. Rest; then repeat the 10-15 reps 2 more times.



These push-ups will strengthen your arms, shoulders, and chest. Try this exercise during a TV commercial break.

This exercise is part of Go4Life from the National Institute on Aging.

Volume 1, Issue 8

**DeWitt Senior Center Meal Schedule** For meal reservations, call Bev at 683-6475 or 520-0873 WEDNESDAY, MARCH 2ND Program- Carlyn Koenig Putting Walmart Bags to Use Menu- Hamburger Steak Bridge & Cards WEDNESDAY, MARCH 9TH Program- NE Capitol Masterpiece Menu- Sloppy Jo & Salad Cards or Dominos WEDNESDAY, MARCH 16TH Program- Music by Jim Hinz Menu- Swiss Steak & Baked Potato Bridge & Cards WESNESDAY, MARCH 23RD Program- This or That in Nutrition by Aging Partners Menu- Haddock & Scalloped Potatoes WEDNESDAY, MARCH 30TH Program- Keep Your Joints Moving by Kathy Menu-Meatloaf

### **Interested in Home Delivered Meals?**

For DeWitt, call:402.683.6475

For Wilber, call: 402.821.2331

All others in Saline County call: 402.821.3330

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

### **Important Dates to Remember:**

Stepping On: Starting March 3rd

Homestead Exemption: Now until June 30th



## Other Happenings around the County

**Community Supper** 

Volume 1, Issue 8

## **Lumosity Lab**



tive games that are fun, yet challenging for people of all ages! Once you are logged in you will use the simple online tool to train core cognitive abilities. This service is FREE, available during our office hours, and you can start now! We have a time sheet in place to reserve spots, so if you are interested give us a call or stop by the office to see if we have a computer open. We encourage you to come try it at least once to see how Lumosity has transformed Science into delightful games!

Do you enjoy playing/ doing games and puzzles that challenge your brain? If so, you might be interested in the new, free program Saline County Aging Services is offering. Lumosity is a leading brain training and neuroscience research company. They take neuropsychological and cognitive research tasks and work with game designers to come up with cogni-



Did vou know St. cohol was actually banned in Ireland until Patrick was not 1970 on this day. The tradition came to even born in Ire-America in the early 1700s when Irish immiland?! St. Patrick grants brought it over with them. When it was born in Britain came to the U.S. it began to be celebrated as in the late 4th cenall things "Irish" which included consuming tury. His real name many pints of Guinness and the color green. was Maewyn Succat The first St. Patrick's Day parade was celebrated in 1737 in Boston and now there are and he was captured and made a over 100 parades across the U.S. In Chicago slave by Irish raidthey use 40lbs of green dye to turn the river ers. Years later he green each year. In New York City the parade is the most attended with around 2 million was able to escape back to Britain people coming to watch each year. 34 million where he joined the Americans claim to be of Irish ancestry, so it makes sense why this holiday is so largely celebrated!

Catholic Church. It was during this time when he changed his name to Patricia Sir Patrick. A few years later he went back to Ireland as a Christian missionary where he spent 30 years converting the Irish. He died circa 461 and became the Patron Saint of Ire-Fun Fact: The shamrock is associland, even though he was from Britain. In ated with St. Patrick's Day be-1903 St. Patrick's Day became a national holcause of the legend of St. Patrick iday. The holiday is celebrated on March 17th explaining the Holy Trinity with because this was the day of St. Patrick's one. He would use the three leaves of the nadeath. St. Patrick's day was originally celetive Irish clover to explain the Father, Son, brated with a feast and attending church, aland Holy Spirit.

Saline County Aging News





March 2016

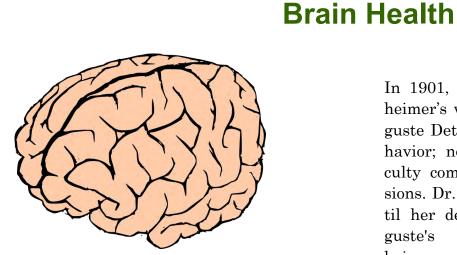
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		1 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	2	3 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	4	5
				Stepping On 9:30-11:30	National Pound Cake Day	
6	7	8 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	9	10 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On	- 11	12
National Frozen Food Day			National Crab Meat Day	9:30-11:30		Plant A Flow Day
13	14	15 @ DeWitt Tai Chi 9-10:00	16	17 <sub>@ DeWitt</sub> Tai Chi 9-10:00	18	19
Daylight Saving	π	Quilting 1-5		Quilting 1-5 Stepping On 9:30-11:30	-	National
Time Begins	Pi Day			St. Patrick's Day		Poultry Day
20	21	22 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	23	24 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	25 Good Friday	26
Palm Sunday	National French Bread Day		National Puppy Day	Stepping On 9:30-11:30	International Waffle day	
27	28	29 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	30	31 @ DeWitt Tai Chi 9-10:00 Quilting 1-5		
Easter Sunday				No Stepping On		

### Page 12

## St. Patrick's Day

Volume 1, Issue 8

Spring Words



Everything you wanted to know about brain health, but didn't know who to ask.....

In this 2 part series, we will look at Dementia, Alzheimer's Disease and what we can do to increase brain health and mental capacity in our loved ones and ourselves.

### Understanding Dementia: Does Dementia always mean Alzheimer's?

Many people use the words "dementia" and "Alzheimer's disease" almost interchangeably. However, they are **not** the same thing.

Dementia is not a disease; it is a set of symptoms caused by deterioration in the brain that affects daily functioning. Alzheimer's disease is just one type of dementia and the most common. There are many different causes of dementia: vascular dementia; Parkinson's disease dementia; Lewy Body Dementia.

In other words, Alzheimer's disease is dementia, but not all dementia is Alzheimer's disease.

### Alzheimer's Disease

In 1901, German psychiatrist Aloysius Alzheimer's was asked to help 51 year old Auguste Deter who was exhibiting very odd behavior; not remembering things, having difficulty communicating and was having delusions. Dr. Alzheimer observed her closely until her death in 1906. While studying Au-

guste's brain Alzheimer made a monumental discovery; significant amounts of amyloid plaques and neurofibrillary tangles (buildups of protein). These buildups, a part of the normal aging process, build up far greater in Alz-

**Caregiver's Corner** 

By: Amy Hansen

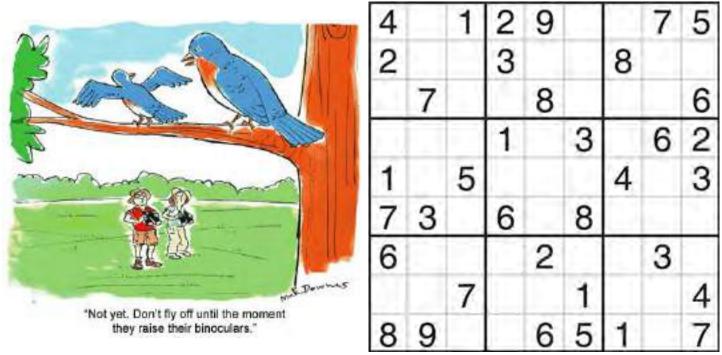


heimer's dementia. Today, they are seen as the unmistakable signs of Alzheimer's disease and remain at the center of Alzheimer's disease research today.

### Normal memory changes vs. dementia

Most physical changes of aging can be seen by the eye: skin wrinkles, greying hair, etc. However, inside the brain shrinks, memory recall 'glitches' and mental speed slows. While occasionally frustrating, most mild and gradual memory loss is normal. Severe and rapid memory loss is definitely not. Forgetfulness, a rather common complaint from seniors, is not the same thing as dementia.

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## **The Fun Pages**





Page 11

## The Fun Pages



### **Riddle of the month!**

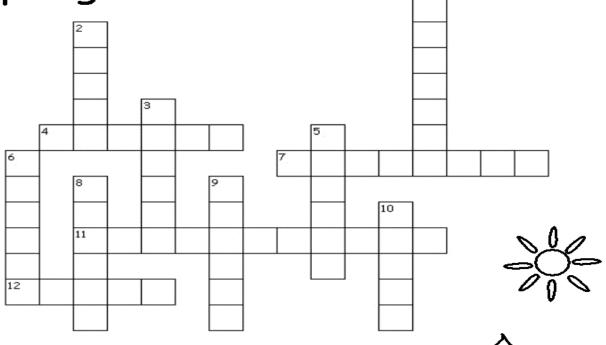
He has a red beard And green clothing I am told. He's always on the lookout For coins and his pot of gold.



### Who Am I?

Call in or stop by the office to answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month! Please include your phone number with your answer!





### Across

- 4. To begin to grow and give off shoots or buds.
- 7. Baby duck.
- 11. Larval form of a butterfly.
- 12. Sow these in the ground in spring to get a harvest in the autumn.

### Down

- 1. Yellow flower that makes a nice spring bouquet.
- 2. Dutch springtime flower.
- 3. Wear this on your head to fancy picnics or parades.
- 5. A small pool of water.
- 6. Fragrant bunches of purple flowers that grow on a bush.
- 8. Wear this to keep warm
- 9. The season between winter and summer.
- 10. Break out of an egg.

### Volume 1, Issue 8

Saline County Aging News

### Normal age-related forgetfulness:

- Occasionally 'losing' your glasses or keys.
- Forgetting why you walked into a room.
- Having information right on "the tip of your tongue."
- Occasionally forgetting an appointment.
- Forgetting names of acquaintances or blocking one memory with a similar one, such as calling a nephew by your brother's name.
- Becoming easily distracted.

### So when is memory loss not normal?

This list of symptoms mean that it is time to speak to your doctor, as something more serious may be indicated:

- Difficulty performing easy, daily tasks (paying bills, dressing appropriately, washing up) or forgetting how to do things you've done many times.
- Unable to recall or describe instances where memory loss has caused problems.
- Getting lost or disoriented even in familiar places or unable to follow directions.
- Words frequently being forgotten, misused, or garbled.
- Repeating phrases and stories in same conversation.
- Trouble making choices, inappropriate social behavior or poor judgement.



### Yeah, but when I get old, my memory automatically goes, right?

The brain is capable of producing new brain cells at any age, so significant memory loss is not an inevitable result of aging. However, you have to use it or lose it. Whatever your age, there are many ways you can improve your cognitive skills, prevent memory loss, and protect your grey matter. In fact, many people preserve their brainpower as they get older by staying mentally and physically active and making other healthy lifestyle choices.

Next month, we'll talk about ways to preserve and strengthen you and your loved one's mental capacity and brain health.



If you are interested in improving your cognitive skills and keeping your brain health up, stop by the office to try out our new program called:

## LUMOSITY

You can read more about this program on page 5.

## **Town Hall Meeting**

Do you have any comments or concerns about Saline County. This event is open to all resithe services provided to the aging population dents of Saline County. Refreshments will be of Saline County? If so, attending the town provided. We hall meeting coming up would be great for hope to see you you to be able to voice those! Saline County there! Any Aging Services in collaboration with Aging questions about Partners invite you to attend a Town Hall this event may Meeting to discuss the aging needs in Saline be directed to County on March 8, 2016 from 5:30-7:30pm Amy Hansen, at the Saline County Extension Office in Wil-Saline County ber-306 W. 3<sup>rd</sup> St. Your input is valuable Aging Services and we want your suggestions and comments Director at 402to move forward in providing quality services 821-3330. to our current and future aging population in

### **Recipe of the Month** .....

## Italian Chicken & Veggies Foil Wrap

Prep Time	Bake Time	Total '
15 minutes	40 minutes	55 minu

### Ingredients

- 4 aluminum foil sheets	- 1 yellow onion
- 4 boneless chicken breasts halves	- 1 red bell pepp
4 teaspoons olive oil	- 8 small carrot
- salt and pepper to taste	- 4 large basil le
- 2 garlic cloves, chopped	- 1/3 cup zesty I

- Directions
- each breast and add salt and pepper.
- Spoon 1-3 tablespoons of dressing over the chicken and veggies.
- sheet and bake for 35-40 minutes or until the chicken is fully cooked.

## Tip

Add your favorite veggies! Enjoy!

## Get To Know Saline County Aging Services!

### What is your full name? Amy Beth Hansen, née Baisley

### How long have you been working at Saline County Aging Services?

Five years. I started the Monday after Czech Days, 2010, so it will be six years this Czech Days.

What is your favorite color? Purple, especially plum.



### What is your favorite time of the year?

I love fall. There is always something about the crisp air and crunching leaves that gives a feeling as though anything is possible.

### Where do you want to travel, but have never been?

There are too many to name! Stateside: I'd love to travel through wine country in Califor-Inia, and see the Pacific Northwest States (and Alaska). Abroad, I would love to see Venice, and Florence, and especially Rome to see all of the sights in "Roman Holiday". I would also love to see the Louvre in Paris.

### If you won the lottery what is the first thing you would do?

I would get a lawyer and a financial planner, and claim the money! (I would take the yearly annuity so it'll last!) Then I would give some to my church, put a huge contribution in my daughter's college fund, pay off my house, build a senior center in Wilber, and build a new home with a little bungalow in back for my mom to live. I would keep working though, because I love my job. (And this way I can tell people, "I don't have to work; I work because I enjoy it!)

### What is your favorite part of Saline County Aging Services?

Our clients! Besides that, I always tell people that it is very satisfying to have a job where I can make a difference, but makes a difference in me!



### What is something interesting about you?

I was born in Connecticut and raised in Florida and have only <sup>1</sup> been in Nebraska since age 17. (I'm pretty boring!)

What 3 things would you bring with you if you were stranded on a desert island? Hmmm, that's a hard one. I would bring an inflatable life raft, a ham radio, and a crate of flares. Love the beach, hate the heat.

### What is your best/ favorite piece of advice?

I once felt sorry for myself that I had no shoes, until I met a man who had no feet. Always be worth more alive than you are dead! (That way you won't end up the subject of a Lifetime Movie!)

\_\_\_\_\_













### Time

utes

- n. thinly sliced
- per, sliced
- eaves
- 1/3 cup zesty Italian dressing

.....



1. Preheat oven to 375. Place one chicken breast on each sheet of foil, then drizzle a teaspoon of olive oil over

Arrange chopped garlic, slices of onion, peppers and carrots on top. Place a basil leaf on each chicken breast.

Fold the sides of the foil over the chicken, covering completely; seal the packages closed. Transfer to a baking

Saline County Mging Services

109 W. 3<sup>rd</sup> PO Box 812 Wilber NE 68465



Improving and enriching the quality of life and independence of older persons in Saline County PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330





Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.





Volume 1. Issue 9

## **April Showers Bring May Flowers**

Spring has sprung! I hope you all had blessed Easter and are ready to take on wha the rest of this Spring has to offer. I know am ready for the nicer weather and wh doesn't love a good rain storm now and again They do say, "April showers bring May flowers!"

March seemed to fly by somehow, so I am hoping this next month goes a little slower. There are a few new programs starting in May that I am excited to announce. A *Tai Chi* class will be starting in Wilber and a Step*ping On* class in Friend, you can read more about these inside of the newsletter.

Since we are now officially in the Spring season I thought I would share some fun facts that I found interesting about Spring.

- 1. The first day of Spring (March 20th) is called the vernal equinox. The term vernal is Latin for "spring" and equinox is Latin for "equal night."
- 2. The reason we have more daylight during the rivals. this time is because the earth's axis tilts 9. It is said that children actually grow fasttoward the sun at this time of year. er in the spring than during other times of 3. The first spring flowers are typically daffothe year.
- Inside this issue: dils, dandelions, lilies, tulips, iris, and li-10. Every year, allergies **Stepping On Friend** lacs. (Do you have any of these flowers at are what constitute your house?) Exercise of the week over 17 million outpatient office visits. **Caregiver's Corner** mostly in the spring Get To Know and fall. Fun & Games 10



# Saline County Aging News

April 2016

a	4.	Spring fever is not just a saying.
ıt		Experts say the body's makeup
Ι		changes due to different diets,
0		hormone production and temper-
۱.		ature.



- 5. There are many holidays that happen over the course of Spring: Easter, Passover, April Fool's Day, Earth Day, Arbor Day, Mother's Day, Father's Day, Cinco De Mayo, and Holi (festival of colors in India).
- 6. The myth that it is possible to balance an egg on its end on the spring equinox is just that: a myth. Trying to balance an ovalshaped object on its end is no easier on the spring equinox than on any other day of the year.
- 7. For the Japanese the blooming of the cherry blossom (Japan's national flower) in March or April signals the start of spring.
- 8. During the spring, birds are more vocal as they sing to attract mates and warn away

## **Stepping On Class Starting in Friend**

Stepping On is a community based falls prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Did you know that more than 1/3 of adults 65 or older will fall each year? Falls are the leading cause of injury, hospital admission for trauma, and death among older adults. 35% of people who fall become less active and independent after their fall. Did you also know that falls are NOT a normal part of aging and CAN be prevented?

The Stepping On class in Wilber has been so well received we are expanding and starting a class in Friend. This class is going to start Thursday, May 5th and run through June 23rd (not meeting on May 19th) from 9-11am at the Friend Friendship Terrace (class is on every Thursday of the week). There is a \$3

per class suggested contribution. This class is open to ANYONE who is 60 years or over, has had a fall in the past year/ is fearful of falling, is living in a home or apartment and not suf-



fering from dementia. The workshop will teach simple and fun balance exercises, the role vision plays in keeping your balance, how medications contribute to falls, ways to stay safe when out and about in the community, and what to look for in safe footwear...plus so much more! For more details or if you are interested in signing up please call Saline County Aging Services at 402-821-3330 to reserve a spot! We look forward to seeing you there.

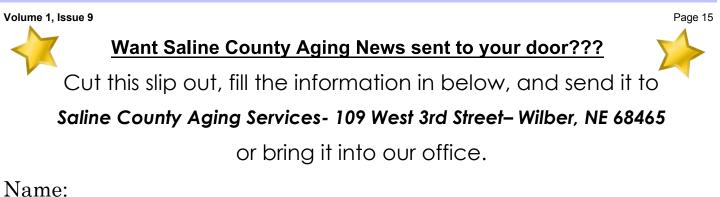
## **Tai Chi: Moving for Better Balance**



Tai Chi: Moving for Better Balance teaches participants balance skills and good body alignment by using coordinated and flowing move-The ments.

course is designed for older adults who can walk with or without walking aids or who have fallen or are afraid of falling. Participants will feel stronger, have better balance, greater flexibility, and feel more confident after completing the Tai Chi program. This

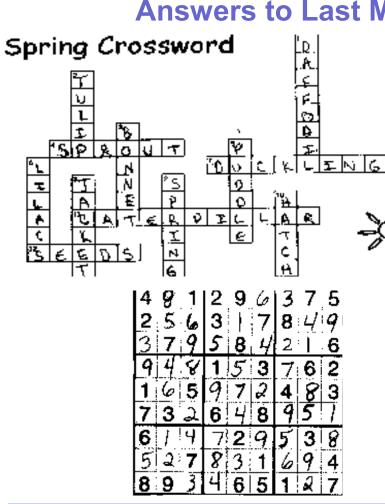
effective program was developed by Fuzong Li, PhD of the Oregon Research Institute with funding from the Centers for Disease Control and Prevention. The program is 12 weeks long and starts May 24th. Class will meet every Tuesday and Thursday from 2-3pm at the Wilber Dvoracek Library for 12 weeks. There will be 3 separate weeks where we will meet on a Tuesday and Friday, dates to be determined. The suggested contribution is \$2 per session and it is recommended that you try to make it to every session for the most benefit. Spots are limited, so if you are interested please call Saline County Aging Services to sign up or get more information at 402-821-3330.



Address:

If you would rather have it send via email please provide email address:





Page 2



## **Answers to Last Month's Puzzles**

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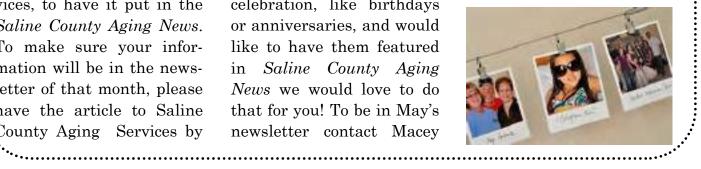
Saline County Aging News

### Advertising with Saline County Aging News

Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the Saline County Aging News. To make sure your information will be in the newsletter of that month, please have the article to Saline County Aging Services by

the 2nd to last Friday of the month. This will ensure there is plenty of time to add and make the articles fit. If you have pictures from a recent or upcoming celebration, like birthdays or anniversaries, and would like to have them featured in Saline County Aging News we would love to do that for you! To be in May's newsletter contact Macey

by April 25th with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!





Friday, April 8th, the Wilber United Methodist Church is hosting Kraft Pillow Service to clean pillows. All types of pillows are welcomed: feather, foam, down, fiber fill, etc. They will completely renovate and add new ticking (outer fabric or material used on pillow) to your pillows. If you bring in the pillows they will be ready the same day to get them back on your bed by time you go to sleep! The service will last from 8:30-2pm and pricing varies. If there are any questions or concerns please contact Kraft Pillow Service at 712-378-2918 or go to their website www.kraftpillowservice.com.



Saturday, April 9th, the First Lutheran Church in Wilber is sponsoring a Czech Meal. After the meal will be music from the Nebraska Brass Band. The Meal is free-will donation and tickets for the Brass Band are \$10 for seniors, \$12 for adults, and free for students. The meal and music will be located at the Fellowship Hall, Meal Time: 5:00pm Concert: 7:30pm.



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## Eating Well On A Budget

How many times have you gone into the grominding your budget at the same time!

game and see if you can get out of the cery store for a couple things and walked out store with JUST what you wrote down. If with way more then what you need? I know I you practice this every time you go shophave been there a few times! What frusping it can cut down the a time you spend in the trates me the most about this is I always end store and your bill at up with a bunch of junk that I do not need, that does not last me very long. Many people the end! think that in order for their dollar to stretch **Choose Store Brands:** the most they cannot buy healthy foods. I did If you have the choice a little research and found out some tips and between a store brand tricks that can help you eat healthy while and name brand product I would go with the store brand. Usually these are just as good of quality as the name brands and will cost a little less. 1. Plan Ahead: Try planning out your meals and snacks for the week before you 5. Buy What You Need: At the end of the week do you ever catch yourself throwing go to the store. Write down what you need for each meal and then make a list out something you did not use in time? If and get just those items. This can help this happens to you try to cut down the you stay accountable with your meals next time you go shopping. Only get what



budget. 2. Check Flyers: Sometimes certain stores will

have sales on their fresh produce and meats. Make

sure you check these ads If you are on a fixed income and need a little before you go shopping to help making ends meet stop by or call the see if you could use any of these items in office to see if The Farmers' Market Coupons your meals and see if you can price match or the SNAP program would be anything you any of the good deals at another store. might qualify for or be interested in! Being able to eat healthy and not break the bank is 3. Take A List: This takes a little discia rewarding feeling for both your body and pline. Like mentioned in #1 make a list your wallet. With a little effort, determinabefore you go shopping, but STICK WITH tion, and following these five steps you can IT. Try to make your grocery shopping a start seeing for yourself!

Page 3

## **Food for Thought**



and on track with your you are going to eat. You can always go back to the store if you need more, there's not much you can do once something goes bad. This is especially true of perishable foods like: meats, poultry, eggs, milk, fish and fresh fruits and vegetables.

## **Celebrate National Volunteer Week**



Are you tired of sitting at home all day with nothing to do? Or maybe you are looking to get more involved with your community? If either of these statements

apply to you maybe you should consider volunteering. Unpaid volunteers are often the glue that holds communities together and make them a better place. Volunteering also has many benefits associated with it like:

- Making new friends
- Helping the community
- Increasing your social and relationship skills
- Giving you a sense of purpose
- Helping you stay physically healthy and

active

• Could even help with combating depression

The great thing about volunteering is doing it around your own schedule. If you can only handle a couple days a week for a few hours, that is okay! People will take all of the help they can get and really appreciate your time and effort. The Wilber Czech Museum, Wilber Czech Craft Shop, and the Wilber Dvoracek Library are all places in Wilber that are currently seeking volunteers. If you would be interested in giving your time or have questions on what hours/ jobs they are looking for in volunteers, you can contact Doris Ourecky at 402-499-0737 or 402-821-2574 to get more information. With National Volunteer Week being in April, now is a good time to start something new!

"Volunteers are not paid— not because they are worthless, but because they are priceless.'

## **Exercise of the Month– Chest Stretch**

- 1. You can do this stretch while standing or sitting in a sturdy, armless chair.
- 2. Keep your feet flat on the floor, shoulder—width apart.
- 3. Hold your arms to your sides at shoulder height, with palms facing forward.
- 4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
- 5. Hold the position for 10-30 seconds.
- 6. Repeat at least 3-5 times.

This exercise, which stretches the chest muscles, is This exercise is part of Go4Life from the National Institute on Aging. also good for your posture!



### Volume 1, Issue 9

## What's Happening Near You

**DeWitt Senior Center Meal Schedule** For meal reservations, call Bev at 683-6475 or 520-0873 WEDNESDAY, APRIL 6TH Program– Flood Recovery by Tim Menu- Deli Sandwich and Potato Salad Bridge & Dominos WEDNESDAY, APRIL 13TH Program- Name That Tune Bingo By Bev & Linda Menu- Hamburger Steak and Baked Potato Foot Clinic WEDNESDAY, ARPIL 20TH Program- Prairie Sound- Special Music Menu- Chick Filet & Mashed Potato Bridge & Dominos WESNESDAY, APRIL 27TH Program- Turkey Creek Memorabilia by Dale C. Menu- Pork Roast & Scalloped Potato Cards or Dominos

### Interested in Home Delivered Meals? For DeWitt, call:402.683.6475 For Wilber, call: 402.821.2331 All others in Saline County call: 402.821.3330

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

### **Important Dates to Remember:**

Homestead Exemption: Now until June 30th Pillow Cleaning: April 8th Czech Meal & Brass Band: April 9th SCAS Closed: April 29th Stepping On in Friend: Starting May 5th Tai Chi in Wilber: Starting May 24th



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

## Other Happenings around the County

**Community Supper** 

**April 2016 SUN** MON TUE WED THU FRI SAT 2 3 5 <sub>@ DeWitt</sub> 7 @ DeWitt Δ 8 0 6 First Lutheran Tai Chi 9-10:00 Tai Chi 9-10:00 Church Czech Quilting 1-5 Quilting 1-5 Meal & Brass Band 5pm Stepping On **Pillow Cleaning** 入 9:30-11:30 United Methodist National Chocolate Mousse Church Wilber National Walking 8:30-2pm Day Day 10 11 12 13 15 16 14 National @ DeWitt @ DeWitt Volunteer Week Tai Chi 9-10:00 Tai Chi 9-10:00 10-16th Quilting 1-5 Quilting 1-5 Stepping On National Eggs 9:30-11:30 Benedict Day 17 20 22 23 18 19 21 @ DeWitt @ DeWitt Earth Day Tai Chi 9-10:00 Tai Chi 9-10:00 Quilting 1-5 Quilting 1-5 Stepping On Animal Crackers 9:30-11:30 Day 27 29 24 25 26 28 30 @ DeWitt @ DeWitt SCAS CLOSED Tai Chi 9-10:00 Tai Chi 9-10:00 ARBOR DAY Quilting 1-5 Quilting 1-5 United Methodist Church hosting Senior Citizen Pet Parents Day Meal

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## **Lumosity Laptops**

lumosity

Do you enjoy playing/ designers to come up with cognitive games that are fun, yet challenging for people of all ages! Once you are logged in you will use the simple online tool to train core cognitive abilities. This service is FREE, available during our office hours, and you can start now! We have a time sheet in place to reserve spots, so if you are interested give us a call or stop by the office to see if we have a computer open. We encourage you to come try it at least once to see how Lumosity has transformed Science into delightful games!

doing games and puzzles that challenge your brain? If so, you might be interested in the new program Saline County Aging Services is offering. Lumosity is a leading brain training and neuroscience research company. They take neuropsychological and cognitive research tasks and work with game

## Earth Day and Arbor Day—What's the Difference?

It seems like Earth Day and Arbor Day could almost be the same thing, right? One is dealing with the Earth and there are trees on the Earth, so why couldn't they be the same thing? These two days are very significant in their own ways and have helped us become more environmentally conscious with our eve-

ryday decisions. lieved that Nebraska's landscape and economy would benefit from the wide-scale plant-In the 1960s Americans were becoming aware ing of trees. He planted many trees on his of the effects of pollution own property, but really made a difference on the environment. At when he became a member of Nebraska's the time Senator Gaylord state board and proposed to set aside a day Nelson was determined to that was dedicated to planting trees and inconvince the federal govcreasing the awareness of the importance of ernment that the planet trees. This was such a great success that was at risk. Because of his many states caught on and now all 50 states efforts, the first Earth Day celebrate Arbor Day (some dates may vary in happened April 22, 1970. It was founded on keeping with local climate). It was not until being a day of education about environmental 1970 that Arbor Day was recognized at the issues. It began as the "national teach-in on federal level and Nixon proclaimed the last the environment" and was held April 22nd to Friday of April as National Arbor Day and is maximize the number of students that could now celebrated in other countries.



be reached on university campuses. Since then Earth Day celebrations have grown and Now that you know the difference make sure gone global. There are around 200 million you take the time to recognize these impeople in over 140 nations participating. portant days and maybe plant a tree or two!

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The first Arbor Day happened April 10, 1872 in Nebraska. Julius Sterling Morton was behind this day as it was his passion to improve agricultural techniques around the U.S. Morton be-

## **Caregiver's Corner**

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7. A flower

8. Another month of Spring

11. The season after winter

## **By: Amy Hansen**

Last time, we discussed the basics of Alzheimer's including signs and symptoms, normal memory changes vs. dementia, and how all Alzheimer's is dementia but not all dementia is Alzheimer's. This month, our focus is on preserving and strengthening the mental capacity and brain health of you and your loved ones.

There are healthy habits that we can develop to maintain (and possibly improve) our physical and brain health as we age. They include: physical health and exercise, diet and nutrition, and cognitive activity and social engagement. According to the Alzheimer's Association, "Research has suggested that combining good nutrition with mental, social and physical activities, may have a greater benefit in maintaining or improving brain health than any single activity."

So, looking for some quick and painless ways to overhaul your habits?

Physical health and exercise: Whether it is a financial concern, or a matter of location, it is not always feasible to join a gym. But that is ok! There are plenty of ways to work exercise into your daily routine!

- Walk the dog.
- Work in the yard or garden
- Go grocery shopping—bonus points if you park at the far side of the lot!
- Play hide and seek with grandchildren
- Go swimming
- Play tennis
- Take a bike ride around the neighborhood
- Go fishing
- Take the stairs instead of the elevator
- Volunteer at a community event

It doesn't matter what you do-just get moving!

**Diet and Nutrition:** Yes, I know, I groaned while typing this out. I know we are all tired of hearing about our eating habits, but what if I told you that there were foods that were scientifically proven to increase mental capacity (and were yummy)?

- Blueberries- Studies have also shown that diets rich in blueberries significantly improved both the learning capacity and motor skills of aging rats, making them mentally equivalent to much younger rats.
- Fish- Fatty fish, including wild salmon, sardines, lake trout, herring and tuna, are rich in omega-3 essential fatty acids, which are essential for brain function.



<sup>&</sup>quot;I toss and turn all night and you won't count that as an eight-hour aerobic workout?!

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## **The Fun Pages**

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- rst month of Spring
- day for playing tricks
- small pool of water
- Precipitation
- is the perfect windy day 10. Flying a
- activity



### Earth Day Word Search Puzzle

TUCCYTENALPCTEQRPPYA



NO NOTE FROM MY TEACHER TODAY."

"APRIL FOOL."

ENBOIGUCAGBXLQEYRITK Q D E S N P R V O D G B N D X N E G I Z HAYMGSIETLACUQEOSOLX EHBNTVESNDOCGNJIELIP ZRLPRIJRAEEGVEETRKBH RKUUPLMRVFEIYVSUVLIM MESTBBGMWARLTMULARSC RWVVUERHOOTMBFELTDNO VFACDFTCNCGIPAROILON V X D O R R E M G M U P O X W P O T P C CLIMATECHANGENHENDSE IBVEONRECYCLEIAANEER SNOITARENEGERUTUFERN WJLXDRETAWNAELCJANRJ

biodegradable clean water climate change commitment concern conservation

earth ecology environment future generations planet pollution preservation

recycle reduce renewable energy responsibility reuse survival

### Volume 1, Issue 9

- cognitive decline as you get older.
- Avocados- lower blood pressure levels which is known to benefit the brain. Lower blood pressure is linked to an increase in cognitive abilities and I.Q.
- Spinach-Spinach is literally brain food and feeds the brain vital nutrients and enzymes that it needs to strengthen synapses and produce healthy levels of neurotransmitters.
- Eggs- Eggs are known to enhance many executive brain functions and have always remained high on the "brain-food" chain.

**Cognitive activity and social engagement:** Here is really where the adage "use it or lose it" could be argued. There are many studies out that have shown the benefits of "using it".

Neuroscientists have discovered that "stimulant-rich" environments and problem solving puzzles could be a contributing factor in preventing or delaying the onset of Alzheimer's disease in some people. Some activity ideas to keep your brain active and alert:

- Hobbies: Drawing, reading, painting, photography, woodworking, etc.
- Games: Dominoes, card games, scrabble, chess, etc.
- Puzzles: Jigsaw, crossword, word search, Sudoku, etc.
- Crafts: Scrapbooking, knitting, origami, coloring, etc.

And don't discount social engagement!

On average, humans are social creatures who crave a sense of connection or belonging. Researchers have found that feeling isolated from others can: disrupt sleep, elevate blood pressure, increase morning rises in the stress hormone cortisol, increase depression, and lower overall subjective well-being...all of these issues conspire to disrupt optimal brain function, connectivity, and reduce cognitive function. Also, studies have shown that chronic stress and high levels of cortisol can damage the brain. The good news? Researchers found that people with the most active social lives had the slowest rate of memory decline.

As caregivers, we are always looking for ways to keep our care recipient healthy and happy. Bonus, this is something you and your care recipient can do together! Embrace lifestyle habits that improve your overall health, such as eating right, exercising, and staying cognitively and socially active while supporting brain health! It's never too late or early to address being proactive about brain health.

\* Never start an exercise routine or program without first checking with your doctor. And never do anything to put yourself in risk of illness or injury. These exercise ideas are simply fun ideas to encourage movement and not meant as medical advice.



• Nuts and seeds - Nuts and seeds are a good source of vitamin E, which correspond with less

Dark chocolate- Dark chocolate has powerful antioxidant properties and contains a high content of flavanol that facilitates blood supply to the brain and enhances cognitive skills.

## **Prairie Sounds at the DeWitt Senior Center**

The DeWitt Senior Cencounty fairs and other special events in NE as well as the surrounding states. It features Classic Country music and Country Gospel with tidbits of humor mixed into their set. Julie Couch plays rhythm guitar and Barbara Ross adds her sweet harmonies to make a delightful entertainment pair. The senior center is extremely fortunate to be able to bring this group to perform for them. If you would like to reserve a meal and a spot for the program please contact Bev Plihal at the DeWitt Senior Center, 402-683-4325.

ter will be hosting Prairie Sounds as the program with their meal Wednesday, April 20th. The meal will be served at noon (chicken filet with mashed potatoes) with the group to perform after. Prairie Sounds is a duet from Norfolk NE that has performed at various

Slow Cooker	r Chicken Faji	tas
Prep Time	Bake Time	Total Ti
15 minutes	3-4 hours	3-4 hours
Ingredients		
- 2lbs Boneless Chi	cken Breasts - 1	Tsp Honey
- 3/4 Tsp Coriander	- 2	Tsp Lime Juic
- 4 Cloves Garlic	- 2	1/2 Tsp Chili I
- 1 Can Tomatoes	- 1	Tsp Paprika
- 1 Yellow Onion	- 3	/4 Tsp Pepper
- 1 Tsp Salt	- 2	Tsp Cumin
Directions		
	can tomatoes in the slo e garlic in and top with	
over chicken br	ogether chili powder, c easts, flip chicken and emaining onions and p	sprinkle remai

gether lime juice and honey with salt to taste. Gently toss.

## Tip

Serve in a warm tortilla with sour cream, cheese, salsa or guacamole! Enjoy! .....





How long have you been with Saline County Aging Services/ what is your position? I have served for four years and I'm currently the Chairman.

What's your favorite color?



What is your favorite time of the year?



Where do you most want to travel, but have never been? The western states of the USA.



Get To Know Saline County Aging Services!

If you won the lottery what is the first thing you would do? Hire a good lawyer to set up a trust. 🛝

What is your favorite part of Saline County Aging Services? That they help seniors live independently at home for as long as possible.



!What is something interesting about you?

I'm an electrical engineer who used to ride New construction Trident

submarines to certify their SONAR systems.



What 3 things would you bring with you if you were stranded on a desert island? Knife, magnifying glass and golf clubs.

What is your best/ favorite piece of advice? Treat others the way you want to be treated.

## **Recipe of the Month**

### lime

s and 15 minutes

Powder



spread into an even layer. Top with half of peppers and sts.

, coriander, salt and pepper. Sprinkle half of the seasoning aining mix on other side. Top with the remaining tomatoes

Cover and cook on HIGH heat for 3-4 hours or low heat 6-8 hours, until chicken is cooked. Remove the chicken and cut into strips or shred. Ladle out 1 cup of broth in slow cooker and discard. In another bowl whisk to-

Saline County Mging Services

109 W. 3<sup>rd</sup> PO Box 812 Wilber NE 68465





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## May Day

Happy May! Have any of you started to see your "May flowers" bloom yet? I do enjoy seeing flowers that start popping up around my yard and seeing them in other's vards as well. I was out for a walk a couple days ago and saw a brilliant tulip garden. It

made me stop in my tracks to admire the flowers' beauty and enjoy the little things in life. Another thing these flowers made me think about is how every May my mom and I would make up May Day baskets for neighbors, teachers, and friends. We would spend all evening making popcorn, trail mix, and decorating Styrofoam cups with markers and pipe cleaners. I remember I would get so excited to deliver the baskets to everyone the next day! Do you have any memories like this? I did a little research on how the May Day basket came to be.

During the 19th and 20th centuries May Day baskets would by hung on the doors of friends, neighbors, and loved ones on May 1st. In some cases this was a way a person could express a love interest in another. If the person hanging the basket got caught by the receiver it was the receiver's job to try and

Intervices Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330





Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.

# Saline County Aging News

May 2016

steal a kiss! Some reports say, "If a boy hangs a May basket on a girl's door and the girl catches him, it's a disgrace. If a girl is the hanger, it is a disgrace if the boy does not catch her."



Another story reports of a man in May of 1889 who got up at the crack of dawn to deliver his basket to his love interest. After he walked the mile and a half to her house, he found that there was already another May Day basket at her door...poor guy!

Even though the May Day traditions have changed overtime and are seen mostly in schools now, it is still a fun memory to think about. The moral of this story I am trying to

make though is that next time vou see some pretty flowers, take the time to admire them. They might bring you a nice memory that takes you back to your childhood that you get to share with others!

**Inside this issue:** Exercise of the month Mother's Day History **Caregiver's Corner** Get To Know Fun & Games 10

## **Exercise of the Month–Wrist Curl**

- 1. Rest your forearm on the arm of a sturdy chair with your hand over the edge.
- 2. Hold weight with palm facing upward.
- 3. Slowly bend your wrist up and down.
- 4. Repeat 10-15 times.
- 5. Repeat with other hand 10-15 times.
- 6. Repeat 10-15 more times with each hand.

This exercise will strengthen your wrists. It will also help ensure good form and prevent injury when you do upper body strength exercises.

\*\*If you do not have any weights you can use a canned item.



This exercise is part of Go4Life from the National Institute on Aging.

## **Tai Chi: Moving for Better Balance**



Tai Chi: Moving for Better Balance teaches participants balance skills and good body alignment by using coordinated and flowing move-The ments.

course is designed for older adults who can walk with or without walking aids or who have fallen or are afraid of falling. Participants will feel stronger, have better balance, greater flexibility, and feel more confident after completing the Tai Chi program. This

effective program was developed by Fuzong Li, PhD of the Oregon Research Institute with funding from the Centers for Disease Control and Prevention. The program is 12 weeks long and starts May 24th. Class will meet every Tuesday and Thursday from 2-3pm at the Wilber Dvoracek Library for 12 weeks. There will be 3 separate weeks where we will meet on a Tuesday and Friday, dates to be determined. The suggested contribution is \$2 per session and it is recommended that you try to make it to every session for the most benefit. Spots are limited, so if you are interested please call Saline County Aging Services to sign up or get more information at 402-821-3330.

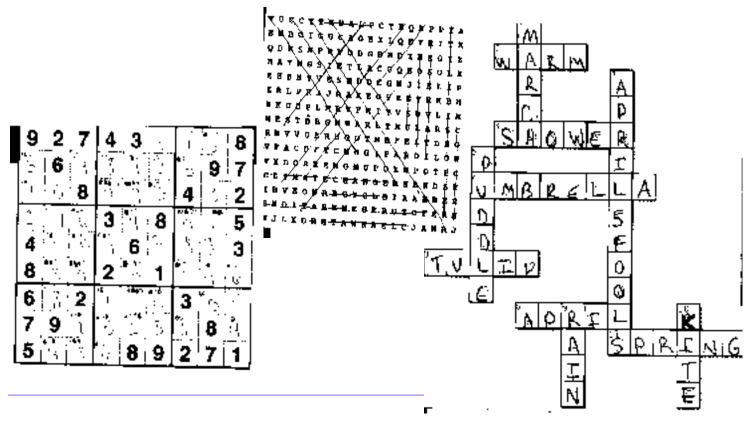
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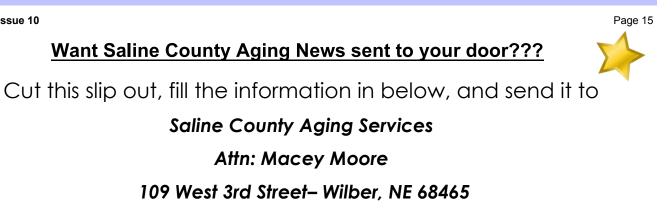
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## **Answers to Last Month's Puzzles**



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or bring it into our office.

If you would rather have it send via email please provide email address:



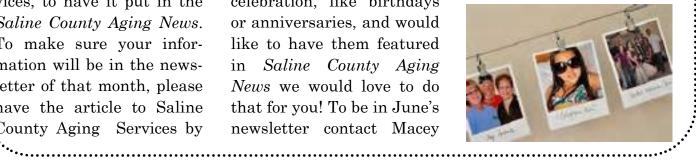
Saline County Aging News

Advertising with Saline County Aging News

Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the Saline County Aging News. To make sure your information will be in the newsletter of that month, please have the article to Saline County Aging Services by

the 2nd to last Friday of the month. This will ensure there is plenty of time to add and make the articles fit. If you have pictures from a recent or upcoming celebration, like birthdays or anniversaries, and would like to have them featured in Saline County Aging News we would love to do that for you! To be in June's newsletter contact Macey

by May 23rd with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!





### The Wilber Farmer's Market is starting back up!

It will run every TUESDAY beginning May 24th and will run through October from 4-6:30pm.

If you would like to become a vendor please contact Pat Hudecek at 402-821-3258.





### This picture was taken from the last day of the Stepping On class in Wilber.

Mary Corder and Macey Moore taught the class at the Wilber Care Center. There was a great turn out with valuable information learned and shared during each class. Be on the lookout for more Stepping On classes coming to other towns in Saline County. Thanks for such a great class!

Volume 1, Issue 10



# **Food for Thought**





How much added sugar are you consuming grams of sugar, which is close to the sugar when you reach for certain drinks? Is the amount in 12 Hershey's Kisses. Gatorade can taste of that particular drink worth all of the be a great tool to replace lost electrolytes after extra calories and sugar? I'm guilty of cona hard workout, but consuming this just to suming each one of these drinks a time or quench your thirst could cost you around 56 two...or three in my lifetime, but I know I grams of sugar, the same amount in 5 Reese's simply cannot drink these empty calories all Peanut Butter Cups! This Dunkin Donuts of the time. I am a visual learner and seeing Iced Carmel Latte has 37 grams of sugar, drinks compared to sugary foods can be which is close to the sugar in  $3 \frac{1}{2}$  donuts. If alarming! The information here came from you get an iced coffee AND a donut for break-CNN in an article titled, "Sweet comparisons: fast, we are talking about a sugar overload! The last picture is a 20oz bottle of Pepsi How much sugar is in that drink?" which contains a whopping 69 grams of sugar! The apple juice pictured contains 49 grams of This is comparable to the amount of sugar in sugar, which is about the same amount as the 5 Swiss Rolls. Now, this article is not meant sugar in 10 Oreos! The next picture of the Nato say you cannot ever have these drinks, but ked juice might seem like a "healthy" alternathe next time you reach for something to tive, but when you really look at the nutrition think it over if it's really worth it or not! Walabel you will see there's about 29 grams of ter is always a safe bet to go with and has sugar, which is equivalent to 8 Chips Ahoy! more benefits than you may think! If you Cookies. When you reach for that bottled iced don't like the taste try adding some sugar free tea on a hot day you are consuming around 32 Crystal Light or lemon/ lime juice.

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## What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 5
WEDNESDAY, MAY 4TH
Program- Meet the new Village Clerk
Menu– Ham & Potato Casserole
Bridge & Dominos
WEDNESDAY, MAY 11TH
Program- Look Out for Scams!
Menu– Goulash, Salad, & Corn
Cards or Dominos
WEDNESDAY, MAY 18TH
Program- Touch of the Netherlands by Bev
Menu– Reuben, Potato Salad
Bridge & Dominos
WESNESDAY, MAY 25TH
Program- The Whole Story of Dedication Day/ Mer
Dayby Glen
Menu– Smothered Steak

**Interested in Home Delivered Meals?** 

For DeWitt, call:402.683.6475

For Wilber, call: 402.821.2331

All others in Saline County call: 402.821.3330

## Other Happenings around the County

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

### **Important Dates to Remember:**

Homestead Exemption: Now until June 30th Stepping On in Friend: Starting May 5th Tai Chi in Wilber: Starting May 24th Wilber Farmer's Market Starting: May 24th

## **Memorial Day– May 30th**

Memorial Day is an American holiday that is observed on the last Monday of May each year. It is observed to honor the men and women who died while serving in the U.S. military. This day was originally known as Decoration Day and came years after the Civil War. On the first Decoration Day General James Garfield made a speech at Arlington National Cemetery where 5,000 people decorated 20,000 graves of the Union and Confederate soldiers buried there. After WWI, only honoring the people who were lost while fighting in the Civil War changed to commemorate American military personnel who died in all wars. In 1966, Waterloo, New York became the birthplace of Memorial Day. Waterloo held its first celebration May 5, 1866 and each year since hosts an annual, community-wide event where businesses are closed and residents decorate the graves of soldiers with flowers and flags. Memorial Day became an official federal holiday in 1971.

There are many Memorial Day traditions across the United States every year. It is very common

for parades to have military personnel and members of veterans' organiza tions in them. You



can find some of the biggest parades taking place in Chicago, New York, and Washington D.C. People will often visit cemeteries and memorials on this day bringing flowers to decorate with. People also throw parties and barbecues during this time, because it "unofficially marks the beginning of summer."

## **Mother's Day History**



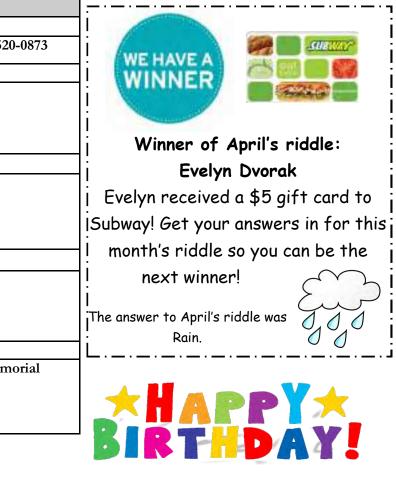
There have been celebrations of mothers and motherhood that goes back to the ancient Greek and

Romans. The clearest precedent for Mother's Day is seen in the Christian festival known as "Mothering Sunday". This usually fell on the 4th Sunday of Lent and was a time when the faithful would go back to their "mothering church" for a special service. Mothering Sunday was practiced in the United Kingdom and

parts of Europe. Overtime the tradition turned into children presenting their mothers with flowers and gifts of appreciation.

Over in America Ann Jarvis was organizing "Mother's Day Work Clubs and "Mother's Friendship Day". This club and day happened to teach mothers how to properly care for their children and gathered mothers with former Union and Confederate soldiers to promote reconciliation. Julia Howe was also on this list of women who helped form Mother's Day. In 1870 she wrote the "Mother's Day Proclamation" that had mothers come together for world peace. The official Mother's Day as a holiday came from Anna Jarvis, Ann Jarvis's





A special wish to all of the May Birthday's out there from Saline County Aging Services!

Community Supper

						County Aging News
		Ma	y 20	)16		
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	4	5 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Friend Stepping On 9:00-11:00	6 International Tuba Day	7
8 Mother's Day	9	10 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	11 School Nurses Day	12 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @Friend Stepping On 9:00-11:00	13	14 Dance Like a Chicken Day
15	16 View of the Day	17 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	18	19 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	20 National Bike to Work Day	21
22	23	24 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	25	26 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Friend Stepping On 9:00-11:00 @ Wilber Tai Chi 2-3:00	27	28 International Jazz Day
29	30 SCAS CLOSED MEMORIAL DAY	31 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	-			

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daughter. According to the History Channel, became sick of the idea it had become. She after her mom passed in 1905 she was conwas disgusted with how the holiday was comvinced that Mother's Day should be all about mercialized and tried to get people to stop the sacrifices mothers made for children. A buying flowers and cards in support of the day. By the time she passed away in 1948 she department store sponsored her so she was able to hold the first official celebration at a had disowned the holiday she created and Methodist church in Grafton, West Virginia lobbied the government to get it removed in May of 1908. An interesting fact about Anfrom the American calendar. na Jarvis is that she was unmarried and Mother's Day today is celebrated by giving childless her whole life, but was persistent in mothers and women a day off from cooking/ making Mother's Day have its own day. It all cleaning and showering them with gifts and paid off in 1914 when President Woodrow flowers. There was a time in the 1970s that Wilson signed a measure that officially made groups of women would use this time to raise the second Sunday in May, "Mother's Day". awareness to the need for equal rights and While Mother's Day grew in popularity, Anna access to childcare.

Magic Cook	ie Bars		
Prep Time	Bake Time		Total 7
15 minutes	30 minutes		45 minu
Ingredients			
-Non-stick cookin	g spray		1/2 Cups gr imbs
-1/2 Cup butter, r	nelted	- 1	can sweeter
-1 Cup chocolate	chips	- 1	1/2 Cups M
-1 1/3 Cups flake	d coconut		ptional: 1 C pecans

#### Directions

- 1. Heat oven to 350 degrees. Coat 13x9 baking pan with non-stick spray.
- nuts.
- 3. Press down firmly with fork.

#### Tip

If there is a holiday going on pick the holiday version on the M&Ms to make it fit the time of year! You could also try to use Reese's Pieces if you enjoy peanut butter. Enjoy! 

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### **Recipe of the Month**

#### Time

utes + cooling time

raham cracker

ened condensed mill

A&M candies

Cup nuts like walnuts



2. Combine graham cracker crumbs and butter in a small bowl. Press into the bottom of pan. Pour sweetened condensed milk evenly over crumbs. Layer with coconut, chocolate chips, M&Ms, and

4. Bake 25-30 minutes or until lightly browned. Allow to cool for one hour before cutting into squares.

### **Caregiver's Corner**

Saline County Aging News

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To the world you may be one person. But to one person you may be the world.

I find it hard sometimes to get organized myself, let alone for another person I am providing care to. By being a caregiver your plate is probably overflowing with responsibilities, deadlines, appointments, trying to find time to fit everything in, the list could go on and on. One way to help this overwhelming process is by trying to stay or becoming organized to tackle all of the tasks you need to get done in a day for yourself and the person you are providing care to. Each day of caregiving is not like any other. Sometimes you will have good days where everything seems to

run smoothly and other days everything could go wrong. Just like how no two days in caregiving are the same, no two ways of becoming organized are the same either. What works for one person may not work for another, but there are still a few basic guidelines to go by, you just have to find out what works best for you! In this article I am going to share with you some tips on how to stay organized for an ordinary day and for a potential emergency.

#### Organizing for an ordinary day:

• Setting up medications

Sometimes there can be instances when the timing of insurance companies and a care receiver's need for medication do not match up. To keep this from happening it is a good idea to have at least a week of reserve medication in case of illness, weather, or any thing else that can keep you from picking up the medication when you need it.

• Enhancements to the daily routine

Be on the lookout for items that can make the person you are giving care to life easier. A few examples given in the article I read talk about plates that keep meals warm for slow eaters and two handle mugs to give more stability and independence.

Being ready to handle an emergency

During the winter time this could mean having warm clothes and blankets ready for both you and your loved one. For times when you know there might be bad weather it is a good idea to pack a bag of medications and supplies so if something happens you are ready to go.

• Keep a written journal of a care receiver's current needs

If this is kept up daily this could save a person time in an emergency. This could also be useful if you have to transfer care to someone else for your loved one.

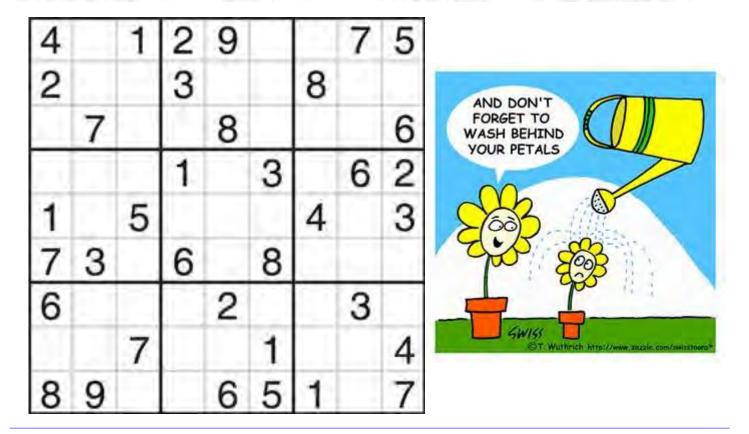
• A second journal for yourself

Journaling can help relieve frustrations, clear thoughts, and keep track of how YOU are doing. Buying yourself a nicer looking journal may help you want to write more.



**Budding trees** Caterpillars Chipmunks Flowers blooming Ice melting

Kites Lilacs Longer days Nesting



### **The Fun Pages**

GILISSSLLSSWJWT NVCDNEILKYIEAU SIENONLANANCRR UDSMUWAABUDDNMK RREOGRCTMROAEE DIELSOCSFPEWDRY BWTRNLNOIGSKWS NGOIEELBSHNOCEC GNHNWSITSCOPOAA TISGOTHRTRLECTL RGMJMIDYOIENDHL NUTNNNLDBPWOE EIXIWGASNGIEORN S SSDACSETIKNWLG SRALLIPRETACSXF

Robins Lawnmower sounds Sandhill cranes Showers Singing birds Snow gone

Softball Turkeys calling Warmer weather Windows open Woodcock dance

### **The Fun Pages**



#### **Riddle of the month!**

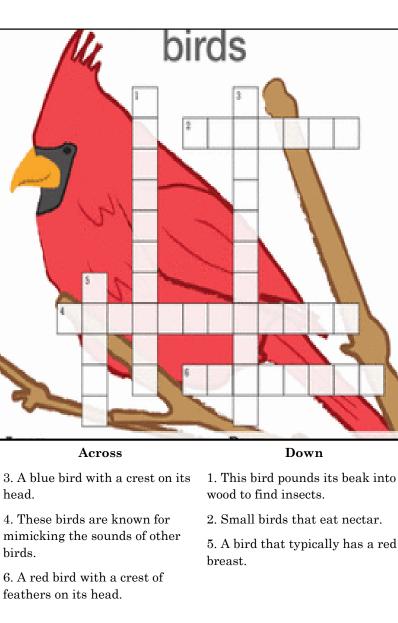
I am red, white, and blue and fly high in the sky. A lot of people wear me on their shirts, during the 4th of July.

#### What Am I?

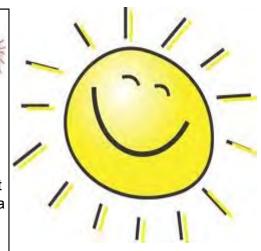
Call in or stop by the office to answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month! Please include your phone number with your answer!







#### Saline County Aging News



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• A dedicated calendar

This should be a place where you have appointments and engagements that are for your loved one. If you would like to have your own engagements on there as well this can be helpful. It is all about what works best for you and your loved one.

Reduce clutter

This may seem like a daunting task to accomplish, but can be very beneficial in the long run. When you first get an important piece of paper of document organize it early on so you can save time in case of an emergency.

- Allow for diminishing capacity of your care receiver
  - ide the care they need.
- Find a way to do something you enjoy time" where you can see some friends and enjoy yourself.

#### Organizing for a potential emergency:

• Back up relief

If you become temporarily incapacitated it is good to have someone in mind who can re lieve you. Make sure you have this in line before this were to happen. Call a neighbor or a friend and talk to them about if they could help with an emergency.

- Stay prepared for the most likely emergency sional assistance.
- Keep an information folder in an obvious place • personnel.

In most cases the person you are giving care to is not going to get well. Because of this it is important to look into future needs even if you never plan on using them. Getting to know the best in-home care agencies, adult care facilities, and assisted living and nurs ing homes can save a lot of hassle if the day were to come when you could no longer prov

The little things include listening to the music you enjoy, reading a book, or spending time on the computer with a support group. You should also take the time for some "me

If your loved one has seizures, frequent falling, or diabetic issues do your best to prevent these from happening, but also know what you can do in case you need to call for profess

This can include but is not limited to: phone numbers to the doctor's office, the clinic's off-hours, nurse number, prescription names, a list of emergency family and friend con tacts, copies of insurance and medical cards, a list of allergies, power of attorney for health care and any other important/ essential information for yourself or emergency

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### **Community Food Pantry to Move**



Saline County Aging Seruse our funding this way. *Every cent* we revices would like to anceive from the local churches, civic groups, nounce that we are giving schools and citizens goes toward the care of the **Community** Food pantry clients (as it should). This means that Pantry back to commusome of our funding, meant to provide aging nity. We will however be services, is used for the administration of the continuing to offer the pantry. "Meat Package Program"

and Feed America food. Over the last decade, we have had steady growth in the number of participants and The pantry was founded by Rev. Jim caregivers served and programs offered. Last Helgren, former pastor of the First Evangeliyear we increased the number of clients cal Lutheran Church, in collaboration with served by 9%! Moving the pantry would give the churches in Wilber. At the time, 'Saline us back half of our building so we no longer Eldercare' was under Blue Valley Communihave to arrange other venues for our proty Action (BVCA). Although our focus has algrams (like Tai Chi and Stepping On). ways been on our 60+ population, and the food pantry serves all ages, it made sense at We realize that this is not a popular decision the time for the pantry to be housed here. with some, but please know that this deci-

sion was not made lightly. However, through our Town Hall meeting and 100+ In 2007 we became a county program under surveys, we found that a very large portion of Saline County. A few years later, we became Saline County Aging Services to better identhe 60+ people we spoke with indicated that tify ourselves. Our focus, from the day Elderthey would like to see a senior center here care was originally founded, was always (including cards, coffee groups, and other someant to be on the 60+ population and their cial activities). caregivers. The food pantry is not who we This has led us to believe that are or what we do. It is a community program that is housed and administered we are acting in our building. in the best interest of our The reasons for giving the pantry back are clients and adsimple. Our funding is from federal, state hering to our and local governments. The bulk of our mission.

funding is Federal and comes with regulations that require us to be provide "Senior Center" type activities: meals, nutrition education, health education, presentations, exercise programs, etc. In other words, we need more programs that support our mission and fulfill our funding obligations.

We receive no outside funding for administration of the food pantry and can no longer

# Get To Know Saline County Aging Services!

What's your full name? **Beverly Jane Plihal** 

How long have you been with Saline County Aging Services and what is your position?

Five and a half years now

and the manager of the DeWitt Senior Center.



What's your favorite color? Probably purple right now...I love purple hydrangeas and lilacs, purple clothes, and purple pansies too.

What is your favorite time of the year?

I think spring, because the brown fields and lawns turn green and flowers pop up everywhere, especially dandelions and tulips!

! Where do you most want to travel, but have never been?

We just returned from and awesome river cruise in the Netherlands, so my next bucket list trip would be New Zealand and Australia (if I can handle another very LONG flight!)

. If you won the lottery what is the first thing you would do? Take that trip to New Zealand and Australia with my whole family, but we would go first class all the way!

; What is your favorite part of Saline County Aging Services? Talking to the over 60 crowd to have them tell me about the interesting years that they have experienced prior to age 80 or 90.

#### What is something interesting about you?

Perhaps that I spent some time living with an African American single mom with five adorable children in Milwaukee, Wisconsin while I tutored and set up programs for some underprivileged families in the VISTA (Volunteers in Service to America) program after college.

What 3 things would you bring with you if you were stranded on a desert island? My toothbrush, matches, and a satellite dish so I could use my ipad for reading.

What is your best/ favorite piece of advice?

Make sure you meet people with a smile each day as smiles are contagious and they will pass it on to the next person they meet, making the day a little









#### Page 8



We are reaching out, hoping someone will be inspired to take over the program. Otherwise, it may need to move out of town or close completely. Anyone with any questions or suggestions on where to move the pantry, please call Amy Hansen at Saline County Aging Services (402) 821-3330.

Saline County Mging Services

109 W. 3<sup>rd</sup> PO Box 812 Wilber NE 68465





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### **Emergency Response Plan**

We have reached the time of the year when severe weather can happen anytime. Severe weather includes damaging winds, torna does, large hail, flooding, and oth

er hazardous conditions that could resu from thunderstorms. Whether you are livin alone, with another person, or have a who family to consider it is always a good idea have an emergency response plan in place This emergency plan should contain at least basic disaster supply kit and a communication tion plan.



According to Ready.gov a basic disaster sup ply kit should include:

- Water (one gallon of water per person pe day for at least 3 days)
- Food (at least a 3 day supply of nor perishable food)
- Battery-powered or hand crank radio an a NOAA Weather Radio with tone alex and extra batteries
- Flashlight with extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated a

Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330



Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.

# Saline County Aging News

and plastic sheeting and duct tape to shel-

June 2016

ter-in-place	
• Moist towelettes, ga tic ties for personal s	rbage bags, and plas- anitation
• Wrench or pliers to t	urn off utilities
• Manual can opener f	or food
• Local maps	
• Cell phones with chalar charger	argers, inverter or so-
Once you have some of might be a good idea to al items that could be h cy.	think about addition-
<ul> <li>Prescription mediand glasses/ contact solution</li> </ul>	cations ets and
• Pet food and extra w your pet	ater for //////////////////////////////////
• Cash or traveler's ch	eck and change
insurance polices, id	cuments like copies of entification, and bank waterproof/ portable
• Sleeping bag or	Inside this issue:
warm blanket for each person	Exercise of the month 2
each person	Mother's Day History 4
• Complete change of clothing and a pair of sturdy shoes	Caregiver's Corner  6 Get To Know  8
	Fun & Games 10

- Household chlorine bleach and medicine dropper—If diluted, nine parts water to one part bleach, bleach can be used as a disinfectant
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels, and plastic utensils
- Paper and pencil/ pen

For adults you may want to consider denture needs, extra eye glasses, and preparing a weeks worth of medicines in a portable container. You may need to ask your doctor about storing certain medications.

#### Saline County Aging News



Once your kit is ready it's time to make a communication plan. Each plan is going to be specific to each fam-

ily. Here are a few questions you may want to think about when coming up with your own plan. How will my family/ household get emergency alerts and warnings? How will they get to safe locations for relevant emergencies? How do we stay communicated if there is no cell phone, internet, or the landline does not work? How do I let my loved ones know I am safe? Where will be our safe meeting place after the emergency?

These are important questions to consider especially if your family does not happen to be together when disaster strikes. It can never hurt to be prepared in case of an emergency!

### **Exercise of the Month– Stand on One Foot**

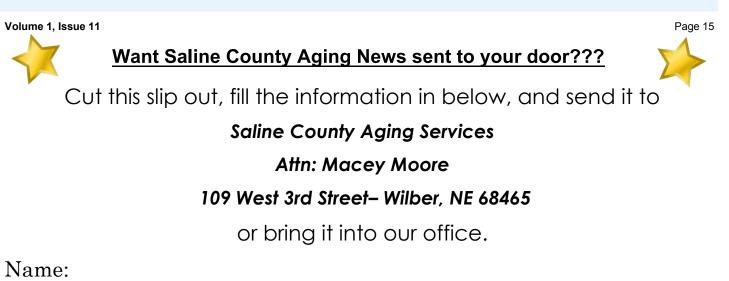
- 1. Stand on one foot behind a sturdy chair, holding on for balance.
- 2. Hold position for up to 10 seconds at a time.
- 3. Repeat 10-15 times.
- 4. Repeat 10-15 times with other leg.
- 5. Repeat 10-15 more times with each leg.

If this becomes too easy try holding your pose for longer than 10 seconds. Still too easy? Don't use the chair for support, but still have it close by just in case! Still too easy?! Try closing your eyes while standing, this can make it a lot more challenging!

This exercise will help improve your balance. You can do this anywhere you have a firm support in front of you!



This exercise is part of Go4Life from the National Institute on Aging.



Address:

If you would rather have it send via email please provide email address:



# **Answers to Last Month's Puzzles** birds

Dovo Actual A shock of a transmission of the bard providents leader wood to and upwork NUM Secoli barea shat and second 4 These Understeiler Ranges for to making the sounds of runer 5. A bird that to scalls have ond berginger. a A red and with outer of Sathers under Sy60



SSLESSWJWT NEILKYIISAU ONLIANANGRA WAABUDDINMK GROTMROIAEE OGSEFREWORY		5	1	23	9	67	ः 8	7 4	5 1
NLEND'IIG (BIKIWS ELLENSHNOCE BILLSCOPPOAA THRATALEIGTL	Ŷ	4	र कि <b>5</b> र	フ 1 行 6	<b>8</b> 5 7 4	T 3 4 2	τ <mark>√</mark> Γ΄ <b>4</b> 6	។ ទី ទ	0 2 3
IDYONKNOHL NNLDBANOEI GABNGILOBN CSETLBANNIG IPREIACSXF	6 5 8	<u> </u> ス 9	f 7 3	17 (8)4-	2	1 5	5	3 ਾ ਹ	β 4 7



- individuals :
- Recovering from illness or injury
- Recuperating from surgery
- Attending events, doctor's ap-

or breaks



lar and Quad Shower/ Tub Portable Chairs, Stools Commodes and Benches

# ANNOUNCEMENTS



Even the second basic toenail care and maintenance. They are done by registered nurses and there is a \$10 suggested contribution each time you come. If you would like an appointment please call 402-821-3330!

Saline County Aging Services has an ongoing rain gauge fundraiser. They are a clear green color with our logo placed on the front. The cost is 1 for \$3 or 2 for \$5. You can stop by the office anytime to pick some up. Thank you for the support!





June 17th join Saline County Aging Services to celebrate Eat All Your Vegetables Day! The event will last from 2-3pm and will be held in Saline County Aging Services' back room. Space is limited to the first 15 people to sign up. Please call to reserve a spot!

Due to the recent storms the Wilber Farmer's Market will move its starting date to June 7th! Hopefully by doing this more produce will be able to make an appearance for you to buy!





# **National Eat All Your Vegetables Day**

June 17th is National Eat Your Vegetables To make this day fun and entertaining, while Day! According to a study conducted by Huhighlighting the importance of vegetables, mana and Reader's Digest fewer than 26% of Saline County Aging Services will be hosting American adults eat the recommended 3-5 a program in the afternoon dedicated to vegeservings of vegetables per day. This is an tables! You might be shaking your head right alarming amount! In order to make people now thinking, "How can vegetables be fun!?" more aware of the amount of veggies they are Well, we have a fun presentation, BINGO eating, National Eat Your Vegetables Day with prizes, recipes to make vegetables more was created. This is 24 hours dedicated to enjoyable, veggie trays with homemade dips, focusing on putting more veggies in your and much more! Please read the ad below to mouth and less junk food. find out more information. We hope to see you there!!!

Did you know that vegetables are full of health benefits? Here are just a few from Come celebrate choosemyplate.gov: Eat All Your Vegetables Day with Saline County Aging Services • Most vegetables are low in fat and calories. • Vegetables are great sources of nutrients like potassium, dietary fiber, folic acid, vitamin A, and vitamin C. What: An hour full of food and fun! We will • Diets rich in potassium can help maintain have BINGO, a short presentation, recipes, blood pressure. veggie trays to snack on, and more! Fiber from vegetables can reduce blood When: June 17th from 2-3pm cholesterol levels. Where: Saline County Aging Services • Folic acid helps the body form red blood (Back Room) cells. Why: June 17th is National Eat All Your • Vitamin A keeps eyes and skin healthy to Vegetables Day. We want to share with you reduce risk of infections. the benefits of vegetables in a fun and enter-• Vitamin C aids in iron absorption. taining way. • Eating a diet rich in vegetables as part of Space is limited to the first 15 people to a healthy diet could reduce risk of heart sign up! Call 402-821-3330 to reserve a disease. spot!

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**Food for Thought** 

Volume 1, Issue 11

### What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or .
WEDNESDAY, JUNE 1ST
Program– ABCs of A Fib
Menu– BBQ Meatballs
Bridge & Dominos
WEDNESDAY, JUNE 8TH
Program– Migration of the Monarchs
Menu– Fish & Baked Potato
Cards or Dominos
WEDNESDAY, JUNE 15TH
Program- Benefits of Art by Orange Owl
Menu– Ham & Sweet Potato Casserole
Bridge & Dominos
WESNESDAY, JUNE 22ND
Program- Cute Collectibles by Lela Dike
Menu– Pork Roast
Cards or Dominos
WESNESDAY, JUNE 29TH
Program– Grape Vines & Wine by Pfingstens
Menu– Ham & Potato Casserole
Cards or Dominos
Interested in Home Delivered Meals?
For DeWitt, call:402.683.6475
For Wilber, call: 402.821.2331

All others in Saline County call: 402.821.3330

**Important Dates to Remember:** 

Eat All Your Vegetables Day: June 17th

Tai Chi in Wilber: Until August

Homestead Exemption: Now until June 30th

**Health Benefits of Laughter** I recently read an article on how laughter can cause health benefits. A study done by Dr. Michael Miller at the University of Maryland Medical center found that laughter can: decrease blood pressure, increase muscle flexion,

improve cardiac performance, increase blood flow and oxygenation, and relieve stress. Dr. Madan Kataria says, "Laughter is the ultimate exercise. Any person can do it, and no training is necessary." There have been studies that show how even fake laughter can still have benefits. Have you ever just started laughing, even when something wasn't funny? Pretty soon you're going to be laughing at yourself for laughing about nothing and boosting your immune system without even

knowing it! Make it a priority to laugh at least once a day. This can be on your own, with a friend, while you're watching a funny TV show, or maybe even at something silly a pet has done. The great thing about laughter is that it is free and has no side effects. There are medications that are shown to improve your moods, but why not try it the natural way? Plus, if you start laughing and someone else catches you they might giggle themselves a little too, which will put them in a good mood for the rest of their day! After you read this article I want you to start laughing. Go

read a funny joke or think of a funny memory whatever you do keep laughing and don't ever give that up!



### **Steps to Stop Annoying Phone Calls and Junk Mail**



The DeWitt Senior Center recently hosted a presentation on scams done by the Attorney General's Office. There are a few ways you can reduce the amount of junk mail and phone calls you get from companies. While these will

not entirely eliminate the annoving solicitations it is a start to reduce them!

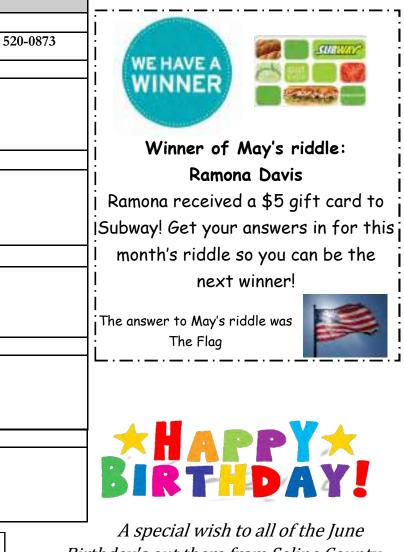
The first is to fill out a "Registration Form for Mailing Preferences". When you fill this out and mail it back with a \$1 check or money order payable to the DMA you can reduce the amount of national advertising mail you get.

If you would like one of these forms we have them in our office and would love to give you some! You do not have to send in the \$1 if you complete the form online. Go to www.DMAchoice.org to find this. To reduce the amount of pre-screened credit and insurance offers you receive by mail go to www.optoutprescreen.com or call (888) 5- OUTPUT. This service is free and offered by the major credit bureaus to reduce the amount of mail you get.

There is a checklist you can run through to protect yourself from telemarketers:

• When telemarketers call request them to remove you from their list. All you have to say is, "Remove this number from your list."

Page 4



Birthday's out there from Saline County Aging Services!

### Other Happenings around the County

**Community Supper** 

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

#### Page 12 **JUNE 2016 SUN** MON TUE WED THU FRI SAT 2 3 @ DeWitt @ Wilber Tai Chi 9-10:00 Tai Chi 2-3:00 Quilting 1-5 @ Friend Stepping On 9:00-11:00 Hug Your Cat Dav $9_{@DeWitt}$ 10 5 6 8 11 @ DeWitt Tai Chi 9-10:00 Tai Chi 9-10:00 Quilting 1-5 Quilting 1-5 @Friend @ Wilber Stepping On Tai Chi 2-3:00 9:00-11:00 National Corn on the Cob @ Wilber Day Tai Chi 2-3:00 16<sub>@ DeWitt</sub> 12 13 15 17 18 14 @ DeWitt Tai Chi 9-10:00 Tai Chi 9-10:00 Quilting 1-5 Quilting 1-5 @Friend @ Wilber Stepping On Tai Chi 2-3:00 9:00-11:00 Eat Your Sewing Machine @ Wilber Vegetables Day Day Tai Chi 2-3:00 22 25 19 23 @ DeWitt 20 21 24 @ DeWitt Tai Chi 9-10:00 **DeWitt Senior** Tai Chi 9-10:00 Quilting 1-5 Center Trip to Quilting 1-5 Lincoln Capitol @Friend and Sunken Gar Stepping On @ Wilber dens 9am Tai Chi 2-3:00 9:00-11:00 @ Wilber First Day of Father's Day Log Cabin Day Tai Chi 2-3:00 Summer! 29 30 26 27 28 @ DeWitt Quilting 1-5 Tai Chi 9-10:00 Quilting 1-5

@ Wilber

Tai Chi 2-3:00

Sun Glasses Dav

@ Wilber

Tai Chi 2-3:00

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- Call 888-382-1222 or visit donotcall.gov to put your landline/ cell phone on the federal government's Do Not Call Registry. Doing this will stop most calls but not all of them. Political organizations, charities, and telephone surveyors are still permitted to call. If after 30 days you are still receiving calls file a complaint with the Nebraska Department of Justice Attorney General.
- If you get a warranty or product registration card do not fill them out and send them back. These are not needed for warranties but get used by marketing agencies to add your name, address, and telephone number to lists.
- If you make a donation to a charity in-

#### **Crunchy Hawaiian Chicken Wrap Prep** Time **Bake Time** Total None! 20 minutes 20 minu *Ingredients* 2-3 oz. Plain Greek Yogurt 2 Tablespoons Sugar Substitute 1 Teaspoon Garlic Powder 1 Teaspoon Chili Powder 1/2 C. Shredded Carrots 1/2 Can Crushed Pineapple Drained 3-4 Whole Tortillas Directions

1. Mix yogurt, vinegar, sugar, poppy seeds, onion, garlic, and chili powder. Mix well. 2. Combine broccoli, carrots, spinach, and pineapple. Mix into dressing and add chicken. 3. Scoop mixture into tortilla. Roll into form of a burrito. Cut in half and serve! Tip

After making the wraps try refrigerating for an hour before eating. Add seasonings to taste! Enjoy!

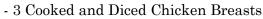
clude a note that asks them to not share. sell, or rent your name to any other organizations.

If you would like to learn more information or look at the material we received from the presentation please stop by or call the office and we can help assist you (402) 821-3330. You can also contact the Nebraska Attorney General, Doug Peterson, (402) 471-2682. If you have a computer you can visit ago.nebraska.gov or protectthegoodlife.nebraska.gov to find out more information. Scammers are out there and trying to find new ways everyday to get your money! It's in your best interest to stay alert, aware, and NEVER give your personal information out over the phone!

#### **Recipe of the Month** ••••

Time	
tes	

- 1 Tablespoon White Vinegar - 1/2 Teaspoon Poppy Seeds - 1 Teaspoon Onion Powder - 1/2 C. Shredded Broccoli - 1/2 C. Chopped Spinach





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### **Caregiver's Corner**

### **6 Signs of Caregiver Burnout**

As we know being a caregiver can put us in some stressful situations that can really take a toll on our lives. Sometimes it seems like there is not enough time in the day to get everything done and by time the day is over we are completely drained. You are in a tough situation because you want to give your loved one the best possible care and attention, but you also have to look out for yourself. When you forget about "me" time and stop doing the things you enjoy because you are too busy taking care of someone else you may start to experience "burnout".

According to AgingCare.com, if you have ever thought or said these things you might be experiencing caregiver's burnout:

1. I just don't feel like talking to or seeing anyone today—even my friends. When you stop wanting to interact with people this could be a sign that the care you are giving to your loved one is too draining.



2. I used to really enjoy reading books, but for some reason even my favorites do not interest me anymore. If your favorite hobbies and past times do not interest you anymore it might be a time to take a break and start doing something you love again.

3. Sometimes taking care of my loved one is too much—I feel like I want to end it all. If you ever feel this way you should seek help from a mental health professional right away. If you are having thoughts of suicide or hurting someone this could be signs of extreme burnout or depression.

4. I've had weird eating habits lately. An abnormal diet (eating too much or not eating enough) can be a sign of extreme stress.

5. I've been sleeping weird or not at all. This can include not being able to go to sleep at night or get up in the morning. Both can indicate having too much responsibility on your plate.

6. It's been several weeks and I cannot seem to get rid of this cold I've had. Stress can have negative implications on your immune system. If a cold lasts longer than the normal course this could be a sign of reduced immune system functioning that could come from all of the duties you are to preform.

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### **The Fun Pages**

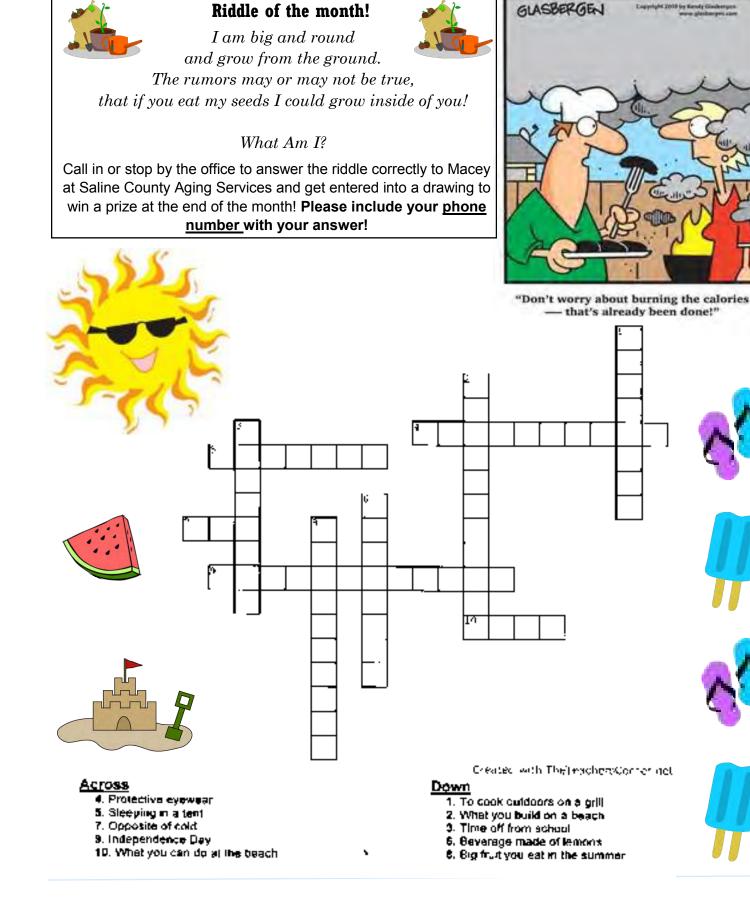
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### **The Fun Pages**

Saline County Aging News



#### Volume 1, Issue 11

Many of these thoughts and actions can come from extreme stress, depression, too much responsibility, and draining duties you have to fulfill. There are ways you can try to beat burnout: *Being honest with yourself and others*. This can be a hard concept to grasp but once you do a heavy weight could be lifted off your shoulders.

Just like how last month's article talked about the importance of being organized, it can also be helpful to make a plan on how you are going to start taking better care of yourself. One of the first things you need to do is to sit down and have a honest conversation. Try to be as real and truthful with your answers as you can. Lying to yourself about what is really wrong will only take you back a couple steps instead of forward.

A few questions you can start with are: How am I feeling today? What is it about my situation that is making me feel this way? What things are causing most of my stress? What things are stressful, but manageable?

After you have answered these questions openly and honestly it is time to make a plan of attack! What are going to be the steps that I have to take to start to manage my stress levels? Do I enjoy yoga? Getting coffee with an old friend? Taking my dog out for a walk? Sitting on the couch and watching my favorite TV show?

#### Next: What do I have to do to get that time for myself?

This might mean asking for a little extra help every once in awhile. Now, this could be one of the hardest things we have to do as a caregiver. Making our own needs known and then asking for assistance with them may make you feel like you have failed, but that should not be the case. There are people in your life that would probably be more than willing to help out if you would ask them to. It is okay to ask for help every once in awhile, you do NOT have to take this journey by yourself. If you do not tell someone your thoughts and feelings how are they going to know what is going on? Do not be afraid to reach out when you need it! Expressing yourself in a calm and productive way will not only benefit you, but could also end up benefitting your loved one as well.

The main goal here is to prevent burnout and realize when you are taking on too much. It cannot be stressed enough that as a caregiver you need to take time for yourself every once in awhile to do the things you enjoy. After you finally get to the point where you can get some "me" time, do not feel guilty about it! Sit back and relax, you deserve it!

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# Get To Know Saline County Aging Services!

What's your full name? Kathryn (Kathy) Rose Leefers Stokebrand

How long have you been with Saline County Aging Services and what is your position? In the early 1980s I was employed by Home Health an Agency of Beatrice Community Hospital. They had clients in Southern Saline County and we needed more services for clients after dismissal from Home Care. Saline County had no Area Agency for Aging so we began planning education for our county and thus Saline County Eldercare—later becoming Saline County Aging Services was born. I serve on advisory boards for Saline County Area Agency and the State of Nebraska Unit on Aging.



What's your favorite color?

Blue

What is your favorite time of the year? Spring–Easter/ flowers Winter- Christmas time



Where do you most want to travel, but have never been? My family has traveled England, Germany, Holland, and Mexico so I guess there would be a lot of local attractions i.e., Homestead



If you won the lottery what is the first thing you would do?

National Monument that I should attend.

Be very surprised as I buy very few lottery tickets and then call my family and hire an attorney.

What is your favorite part of Saline County Aging Services?

They have a great challenge to plan for the future aging population so I believe we need to plan for the future, educate our young senior

population to keep us all healthy physically and mentally and keep our independence.

j What is something interesting about you?

i My famous relative is Samuel F. B. Morse and he was an artist who i has a painting in the U.S. Capitol! Samuel also invented the telegraph.



What 3 things would you bring with you if you were stranded on a desert island?

Bible, water/ food. (chocolate candy)



What is your best/ favorite piece of advice?

Keep active in all/ as many activities that you can. My uncle who was dying of cancer I told me to keep dreaming. He said, "Life isn't worth living if you can't dream." He was a World War II veteran and was a prisoner of the war.



June 30th will be the last day that the emergency food pantry will be housed at Saline County Aging Services. There is still time if someone wishes to provide the pantry a new home, to keep it up and running in Wilber.

Saline County Aging Services is funded to serve the over 60 population of the entire county. Although housed at our building for quite some time, the food pantry belongs to the three Wilber Churches. When we first agreed to house the pantry, we were under Blue Valley Community Action, who serves a different (broader) population and it made sense. Our programs have grown so much that we now need our space back to continue to provide current and future services. Our current services (which our funding is based on) include: nutritional education, Tai Chi, Stepping On, Lumosity, home delivered meals, homestead exemption filing assistance, Medicare and Medicaid counseling, caregiver resources, durable medical equipment loans, toe nail clinics. Farmers Market Coupons, information and referrals and our meat package program (to name a few). This past year we became an Alzheimer's screening site, partnered with Aging Partners to offer bone density screenings and one on one visits with a dietitian and partnered with public health solutions to offer blood pressure screenings, pneumonia shots, and flu shots.

We will be turning our back room into a senior center type setting. We plan to expand our services with more health screenings, more brain health/memory activities, meals, caregiver retreats, exercise classes, Wii bowling, education (like computer lessons or tablet lessons) and more. We also hope to offer educational presentations on relevant topics, such as scams and fraud, Medicare, etc. We also hope to have social activities, such as coffee hours, card players, and more.

We hope that the community understands that this was a difficult decision to make. When we passed out surveys and later held the town hall meeting, we discovered that people want more senior center activities. Since this is what we are funded to do, we are moving in this direction. I hope you will join us in our excitement and plans for the future. In the meanwhile, if anyone has questions or wishes to step forward and take the Food Pantry, please call Saline County Aging Services at 402.821.3330 or toll free at 800.778.3309.

Respectfully yours, Amy Hansen Director

### **Note from Amy**

Saline County Mging Services

109 W. 3<sup>rd</sup> PO Box 812 Wilber NE 68465

Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330





Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.





Happy July and happy soon to be 4th of July! If you get this issue in time, I hope you are able to beat this heat and get out and enjoy your town's festivities for the 4th of July weekend. Speaking of heat it has been a hot one lately in Saline County and surrounding areas. With heat can come some dangers to our bodies. It is crucial to stay hydrated and keep drinking water even when you do not feel thirsty. Staying on top of your water intake could prevent a visit to the hospital later. Because I believe so much in prevention I have included some articles in this month's newsletter on how you can beat the heat.

In other news I cannot believe half of the year is almost over! There have been some exciting things happening at Saline County Aging Services and we are planning even more for the next half of the year. With that being said though if you ever want something in your area of Saline County do not hesitate to let us know. We are open to suggestions and ideas on how we can best serve our clients.

I would like to start off this month with a few fun facts about July.

• July starts on the same weekday as April every year.



• On average it is the coldest month in the much of the Southern hemisphere and warmest in the Northern hemisphere.

# Saline County Aging News

**July 2016** 

### **Bring On July!**

#### In America it is Baked Beans Month, Ice Cream Month, Hot Dog Month, and Blueberries Month.

- July is one of the seven months with 31 days in it.
- In the Roman calendar July was original ly called Quintilis which means fifth. This was because July was once the fifth month of the year until Julius Caesar added two months to the start of the year.
- July is named after Julius Caesar. He not only moved the position of the month but also added an extra day to it.
- The gem for July is the ruby and the flower for July is the Larkspur.
- Idaho became the 43rd state on July 3, 1890.

So there is a little fun information for you to read while you are inside and beating the heat! As always if you have any questions or concerns please do not hesitate to call the office and let us know!





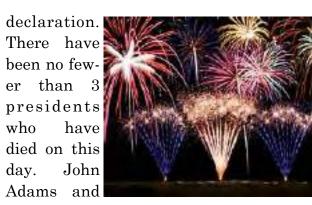




**Independence Day** 

Independence Day has only been a United States federal holiday since 1941, but the tradition goes back to the 18th century and the American Revolution. July 4th of 1776 is when the continental congress approved the Declaration of Independence. This was a revolutionary document that announced the 13 American colonies were free from British rule. The History Channel says that some people think we should celebrate Independence Day on July 2nd instead because this is the day the delegates actually voted on the declaration, they just did not have the written document completed and printed until the 4th.

The History Channel has a few more facts you may not know about Independence Day. The famous liberty bell in Philadelphia was not actually rung on July 4, 1776, but July 8, 1776 to honor the first public reading of the



Thomas Jefferson died a few hours apart on July 4, 1826 and 5 years later James Monroe passed July 4, 1831.

One thing that has not gone out of style when celebrating the Fourth of July is fireworks. There are more than 14,000 firework displays across the nation. The largest one is held in New York City at Macy's 4th of July Spectacular. They use around 75,000lbs of fireworks to put on a show for the 2 million people who come to watch.

### Exercise of the Month– Heel-to-Toe Walk

- 1. Position the heel of one foot in front of the toes of the other foot. Your heel and toes should touch or almost touch.
- 2. Chose a spot ahead and focus on it as you walk.
- 3. Take a step and put one heel just in front of your toes of the other foot.
- 4. Repeat for 10-20 steps.

Make sure you are next to a wall or counter while doing this exercise so you have something to hold onto. If putting your heel in front of your toe is too challenging put your heel of one food by the middle of the other. Take the rest of your steps like this.



This exercise is part of Go4Life from the National Institute on Aging.

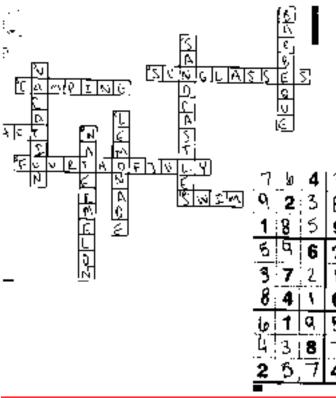
Volume 1. Issue 12 Want Saline County Aging News sent to your door??? Cut this slip out, fill the information in below, and send it to Saline County Aging Services Attn: Macey Moore 109 West 3rd Street-Wilber, NE 68465 or bring it into our office. Name:

Address:

If you would rather have it send via email please provide email address:

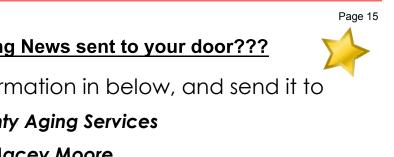


### **Answers to Last Month's Puzzles**



Page 2

This exercise will help improve your balance.





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- Recuperating from surgery
- Attending events, doctor's ap-



# ANNOUNCEMENTS



Saline County Aging Services has an ongoing rain gauge fundraiser. They are a clear green color with our logo placed on the front. The cost is 1 for \$3 or 2 for \$5. You can stop by the office anytime to pick some up. Thank you for the support!

# Friend Community **Healthcare System**

Friend Community Healthcare System will be hosting a Lunch and Learn the first Tuesday of every month. July's Topic is Chronic Obstructive Pulmo-

nary Disease (COPD). Speaker Heidi Cochran, Registered Respiratory Therapist from Fillmore County Hospital will be speaking along with Don Kuehler, COPD Nebraska State Leader/ Champion and Karolyn Glenn, COPD Champion. The Lunch and Learn is Tuesday, July 5th from 11:45–1:00. There is a complimentary lunch if you RSVP to 402-947-2541 by July 1st. The speaker for August is yet to be determined, but you can always call the hospital to find out more information and RSVP. Hope to see you there!

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# **Food for Thought** 5 Common Food-Drug Interactions

Grapefruit is not the only food that can cause says you do not need to give up greens all toa food-drug interaction. Steve Plogsted, BS, gether but should not significantly increase PharmD, BCNSO, CNSC has an article talkor decrease the amount, rather keep it coning about the 5 most common foods that will sistent. interact with medications.

#### 1. Grapefruit Juice



Grapefruit juice increases the absorption of certain drugs. This can happen with some, but not all cholesterol-lowering statins.

That is one reason why Medi-Digoxin (heart failure medication) can be afnePlus recommends avoiding grapefruit juice fected by this. Other medication like Coumaif you are taking statins. Grapefruit juice can din can increase the body's clotting mechaalso interact is by causing the body to metabnism if glycyrrhiza is consumed. Artificially olize drugs abnormally, which can result in flavored black licorice does not contain lower or higher than normal blood levels of glycyrrhiza and is not a concern, only in the the drug. If you are taking antihistamines, natural form. blood pressure drugs, thyroid replacement drugs, birth control, stomach acid-blocking 4. Salt Substitutes drugs, and the cough suppressant dextrome-People who take digoxin or ACE inhibitors need to be cautious with salt subthorphan it is best to avoid grapefruit because these are affected the most. If you are stitutes. With increased amounts of San potassium consumed the effectiveness curious as to why grapefruit juice is concerning and other citrus juices are not it is beof these medications can be decreased. cause grapefruit juice has a class of compounds called furanocoumarins in it that al-5. Tyramine-Containing Foods ter medications. Orange juice and other cit-High blood levels of the amino acrus juices do not have these. id tyramine can increase blood

#### 2. Green Leafy Vegetables



mine are monoamine oxidase in-When a person eats too many hibitors, and drugs used to treat symptoms of Parkinson's disease. If you are taking those it is recommended to stay away from foods that are rich in tyramine: chocolate, aged and mature cheeses, smoked and aged/fermented meat, hot dogs, some processed lunch meats, fermented soy products, and draft beers.

green leafy vegetables it can decrease the ability of bloodthinning drugs like Coumadin (warfarin) to prevent clotting. This is because Coumadin can interfere with vitamin K -dependent clotting factors and green leafy vegetables are high in vitamin K. Plogsted

#### 3. Natural Black Licorice (Glycyrrhiza)



Glycyrrhiza is the natural ingredient used to make black licorice. This can deplete the body of potassium while causing an increased retention of sodium.





pressure. Medications that interfere with the breakdown of tyra-

### **Beating Nebraska Heat**

We sure have been blessed with some warm weather in June. If this continues into July and August, which I have a good feeling it will, it is important

to remember how dangerous heat can be if we are not taking proper care of our bodies. According to Centers for Disease Control and Prevention people aged 65 years or older are less likely to sense and respond to changes in temperature. It is important to keep these things in mind:

- Stay in air- conditioned buildings as much as possible.
- Do not rely on just a fan as a primary cooling device during extreme heat.
- Drink more water than usual. DO NOT

### **Difference Between Heat Exhaustion & Heat Stroke**

There is a difference between heat exhaustion and heat stroke. Knowing the difference can help prevent worsening conditions and getting the help you may need right away.

Signs of Heat Exhaustion:

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

In these situations you should move to a cooler location as soon as you can, lie down and loosen your clothing, apply cool, wet clots to as much of your body as possible, sip water, and if you vomiting continues seek medical attention right away.

WAIT UNTIL YOU ARE THIRSTY TO DRINK.

- Check on a friend or neighbor and have them do the same for you.
- Try to stay away from using the stove or oven to cook, as this can make your home hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check the news for any local safety updates.
- Seek medical care immediately if you have or know someone who has any heat related illness like muscle cramps, headaches, nausea, or vomiting.

#### Signs of Heat Stroke:

- High body temperature above 103 degrees
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

In this situation you need to call 911 immediately, because this is an medical emergency. After you call get the person into a cooler place, reduce the body temperature with cool cloths or a cool bath, and do NOT give fluids.

All of these facts and information come from the Centers for Disease Control and Prevention. For more information please contact the website.

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### What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 5
WEDNESDAY, JULY 6th
Program– Know Your Flag
Menu– Sloppy Joes & Potato Salad
Bridge & Dominos
WEDNESDAY, JULY 13th
Program- Fun With Veggies by Macey Moore
Menu- Codfish & Baked Potato
Cards or Dominos
WEDNESDAY, JULY 20th
Program- Name That Tune by Linda
Menu– Meatloaf
Bridge & Dominos
WESNESDAY, JULY 27th
Program- How's Your Sweet Tooth?
Menu– Beef Stroganoff
Cards or Dominos

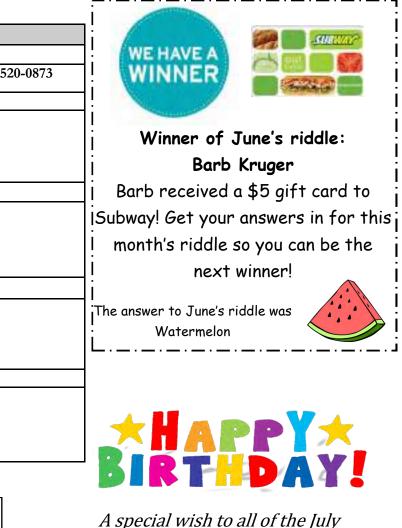
Interested in Home Delivered Meals?
For DeWitt, call:402.683.6475
For Wilber, call: 402.821.2331
All others in Saline County call: 402.821.3330

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

#### **Important Dates to Remember:**

Lunch and Learn @ FCHS: July 5th 11:45-1:00 Ice Cream Social @ SCAS: July 22nd 2-3pm Tai Chi in Wilber: Until August Wilber Farmer's Market: Running until October





Birthday's out there from Saline County Aging Services!

### Other Happenings around the County

**Community Supper** 

Page 12					Saline	County Aging News							
	<b>July 2016</b>												
SUN	MON	TUE	WED	THU	FRI	SAT							
	Ice Cream Month				1 American Zoo Day	2							
3 Eat Beans Day	4 SCAS Closed Independence Day	@ Wilber Tai Chi 2-3:00	6 National Fried Chicken Day	7 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	8 @ Wilber Tai Chi 2-3:00	9 National Sugar Cookie Day							
10	11 National Rainier Cherries Day	12 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	13	14 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	15 Shark Awareness Day	16							
17 Jisneyland's Anniversary	18	19 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	20 P National Lollipop Day	21 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	22 Ice Cream Social @ SCAS Back Room 2-3pm	23 Gorgeous Grandma Day							
24	25 Ice Cream @ DeWitt Quick Shop 3:30	26 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	27	28 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	29 National Lasagna Day	30							
31													

#### Volume 1, Issue 12

## **Need Help Cooling Off This Summer?**



Saline County Aging Services is again participating in DHHS's fan program! This program is funded by the Low Income Heating Energy Assistance Program (LIHEAP) and provides free fans to low income families, the elderly, or the disabled.

If you feel you qualify and are in need of a fan, please stop in the office or call 402-821-3330!

Yummy Frozen Fruit Cups						
Prep Time	Freezing Time	Total				
20 minutes	1 hour	1 hour				

### Ingredients

- 1 can (8oz) unsweetened crushed pineapple
- 1 can (8oz) apricot or peach halves
- 1 cup sliced fresh strawberries
- 1 medium firm banana, sliced
- 1/4 cup sugar
- 2 tablespoons water

#### Directions

- dium-high heat for 2-3 minutes until the sugar dissolves. Cool for 5 minutes.

#### Tip

Use your favorite fruits in this dish to help cool off this summer! Enjoy!

# **Recipe of the Month**

#### Time

& 20 minutes



1. Drain pineapple and apricots/ peaches, saving the juices. Cut the apricot/ peaches into bite-sized pieces; set aside. In a small saucepan combine the sugar, water, and juices; cook and stir over a me-

2. Stir in the pineapple, apricots/ peaches, strawberries, and bananas. Pour into four 6oz disposable plastic cups. Cover and freeze until solid. Remove from the freezer 40-50 minutes before serving.

# **Caregiver's Corner**

### **Caregiving as a Business**

Have you ever thought about what life would be like if you set up your caregiving responsibilities as a business? An

article I found from agingcare.com talks about the benefits that can result from setting up a business plan.

Caregiving is a job, plain and simple, so why not start treating it like a job as well? Ms. Laverty who is a caregiver advocate and founder of The Care Company and The Cindy Laverty caregiving talk show says, "Running caregiving like a business empowers you and helps you secure a sense of control." If you were going to start a new business there would be a few things you would think through before you dove in. Caregiving should be treated like this as well and certain aspects need to be organized before getting started.

#### **Business Plan**

The first step is developing a business plan. This includes a solid care plan to help keep you on task, better manage your time, and to be more productive and efficient in accomplishing your goals. It is important to try to lay out and analyze all components of the caregiving process before you start. This can happen by brainstorming all possible scenarios that could occur. Some of this may include managing your parent's finances, safety-proofing the home, organizing a power of attorney while getting legal documents in place, figuring out who will do the transportation to appointments, and coordinating medical care.

Saline County Aging News

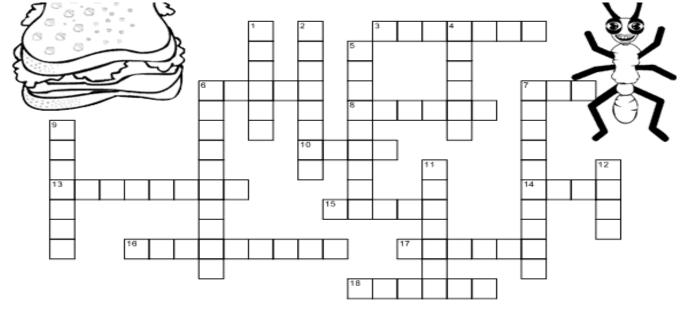
#### Hierarchy

The next step is establishing a hierarchy. In the article the "primary caregiver" is considered the CEO. Even though you are the CEO that does not mean you need to do everything yourself. An effective CEO knows to delegate tasks and find the right resources needed to get the job done. If it is possible divide up tasks whenever you can. Maybe your sister has a better schedule to transport your loved one to appointments and maybe your brother has a strong finance knowledge and can take over making sure all the bills get paid. Whatever you can do will help not let the burden fall directly on you. There is no shame when it comes to asking for extra help when you need it, especially if someone is offering to help you.

#### **Outside Help**

If family or friends are not able or not wanting to help it may be time to bring in some outside resources. These outside resources may be someone like a home health care worker or a geriatric care manager. It is important to remember that these options are not free, but could save you quite a bit on your emotional health and well-being, which is worth more than any amount of money.

Setting up caregiving as a business is not going to take away troubles you may face. There will still be those difficult times where everything seems to go wrong. By being organized it can help you find time for yourself, ensure that your loved one is getting the best care possible, and preserve your sanity.



#### ACROSS

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- A fun picnic game played with a disc shaped toy.
- Coleslaw is a type of \_\_\_\_\_
- A popular round-shaped baked dessert that is cut into wedges to serve.
- One type of container used to carry picnic goodies.
- 10. It's yummy on the cob.
- This comes in black lumps and is sometimes used on a picnic grill.
- 14. This type of weather can often ruin a picnic.
- Tall and leafy, these provide shady places for your picnic blanket.
- A bright evening show that sometimes follow a picnic.
- A square of cloth or paper used to keep things clean when eating your picnic meal.
- 18. Grilled wiener on a bun.

#### Copyright 2(



### **The Fun Pages**



#### DOWN

- 1. A picnic container that keeps food cold.
- Two pieces of bread stuffed with meat, cheese, or other good stuff.
- Most popular season of the year for picnics in North America.
- 5. A ground beef patty on a bun.
- 6. Eye protection from the sun.
- 7. A fun area for kids inside some parks.
- 9. Red condiment made from tomatoes.
- Yellow sauce sometimes used on hamburgers and hotdogs.
- 12. Tiny picnic invaders.

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	8		9		1		6	
	1		4	3	6		5	

### **The Fun Pages**



### **Riddle of the month!**

I like to wiggle through the dirt, if you pick me up I won't hurt.

Sometimes you put me on a hook, to catch fish at the nearby brook.

What Am I?

Call in or stop by the office to answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month! Please include your phone number with your answer!





#### Saline County Aging News

# 111111111 it.

seventh leading cause of death in the United States. Smart Moves is a lifestyle change program of the National Diabetes Prevention Program. This program is proven to help people with prediabetes make lasting and healthy changes and cut their risk of type 2 they have diabetes. Individuals that have a family his-Prediabetes tory of diabetes, are overweight, get little or no exercise or if they are 65 years or older are at a high risk for prediabetes. Could you be at risk? Contact lifestyle coach Kerry Hagemeier at 402-821-7483 (if no answer, leave message), or pick up a brochure at Saline County Aging Services to learn more. If enough interest is expressed a class could be starting in Crete and Wilber.

Do vou have prediabetes? 86 million adults have prediabetes. 9 out of 10 people with prediabetes do not even know that means your blood sugar is high, but not high enough to be considered diabetic. It also means that you are at a high risk of becoming diabetic. 15-30% of people with prediabetes will develop type 2 diabetes within 3 to 5 years. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the

### Mark Your Calendars for Care As We Age

Crete Area Medical Center is teaming up with VetSet. Public Health Solutions. Saline County Aging Services and Tabitha to present a series of community talks – Care As We Age.

Each facility is presenting on a different subject in regards to the aging process. The series was put together after Crete Area Medical Center CEO Rebekah Mussman was approached at a Community Breakfast by a concerned Crete citizen who had navigated through the aging process with his mother and was now in the middle of things himself.

All of the presentations will be held at the Crete Area Medical Center conference rooms as either a Lunch and Learn or a midmorning talk. Reservations are only necessarv for the Lunch & Learns. If interested in attending a Lunch & Learn please RSVP to the agency who is hosting the event.

Here is the schedule for the presentations:

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### **Smart Moves Program in Saline County**

- July 7th 12-1pm: VetSET Nebraska, Lunch & Learn
- August 10th 12-1pm: PHS, Fall Prevention, Lunch & Learn
- September 8th 10-11am: Get to Know Saline County Aging Services and Learn About Scams Targeting Seniors, Refreshments provided
- September 15th 12-1pm: Tabitha, Undergoing Hospice Care, Lunch & Learn



- Public Health Solutions
- A Saline County Aging Services
  - ABITHA our answer for Elder Care

### Note from the Director

As we wrap up our fiscal year, it is a slightly bittersweet time. While we are sad that the food pantry will be closing, we are excitedly looking forward to the year to come. With our space in the back, we can focus on more services and programs to better serve you! We also hope to bring our services on the road to other towns and villages....but that's still in the works!

This last month, we had our first "home" event, celebrating "National Eat all your Veggies day". Participants enjoyed fresh veggie trays, freshly made dips and vegetable bingo, complete with garden themed prizes, of course!

We sincerely hope that each and every one of you will find an upcoming program or event to enjoy and look forward to seeing you! Friday, July 22nd we will be hosting an ice cream social in the back room. Please come and join us for a cool treat to see and learn more about our plans for the back room.



Get To Know Saline County Aging Services!

#### What's your full name?

Except for business that requires my legal name, only my Mother and a few of my very best friends know my full name. Everyone else just knows me by Scott Bartels.

#### <sup>1</sup>How long have you been with Saline County Aging Services and what is your position?

Ever since I started working full time at Saline County Area Transit, which was fall of 1999. Currently I am a board member.

#### What's your favorite color?

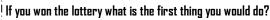
There are so many to choose from! Today I'll say cobalt blue



Spring when everything is turning green and the winter cold is losing its grip. And fall when the foliage is such a brilliant array 🏅 of contrasting colors.

#### Where do you most want to travel, but have never been?

Well again, I have two answers! I would like to go to South America – like Peru. My nephew has an acreage down there in the tropical jungle and I would LOVE to see it. It is so remote and unspoiled by human development. The second place would be through Canada to Alaska to see the glaciers before they all disappear.



Tithe. Set up a foundation to provide relief funds. There is so much good that could be accomplished if funding were available. I would probably focus on medical needs and the financial stress that illness and disease causes. Next would be providing opportunities for youth.

#### What is your favorite part of Saline County Aging Services?

Very simply the caring nature and respect that our programs provide for the elderly.

#### What is something interesting about you?

I am with me every day, so everything about me seems pretty mundane and boring. If you can find anyone that finds me interesting, you better ask them this question. Perhaps you I should also intervene and tell them to "get a life!"

#### What 3 things would you bring with you if you were stranded on a desert island?

| Drinking water, food and fire. But if I knew they were coming soon to rescue me, I'd take a hammock, umbrella, and full supply of marguerites!



#### What is your best/ favorite piece of advice?

I am always fearful of giving advice. I prefer to help people look at the facts and then help guide them to the best decision for the most favorable outcome in their situation. That way they still own the end result. That's kind of how my parents handled me as I was growing up and making mistakes – I had to deal with the situation I created. I feel that I passed that on to my children and they have become very capable, independent individuals.



#### Page 8



Saline County Mging Services

109 W. 3<sup>rd</sup> PO Box 812 Wilber NE 68465

Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330





Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.



# **Come Visit Us!** Ways the Back Room has been utilized! Inside this issue: **Olympics in Rio** Γop right and left are from the The Back Room Ice Cream Social. Middle left and bottom left are from Veg-**Caregiver's Corner** gie Day, while the ladies are busy concentrating on veggie Get To Know bingo! The bottom right is one

of our volunteers testing out

Wii bowling!

WE ARE OPEN! Okay, so we never closed, but our "Back Room" is now open for use. The process has been long and we are not 100% where we would like to be aesthetics wise, but we are ready for business. With this being said our "Back Room" is for YOU we want to provide activities and programs that YOU would like to see. The goal is to bring Wilber a space that can be used for a variety of activities. While we are still in the process of reorganizing and adding some personal touches to the Back Room people are more than welcome to stop by and either take a look at what we have set up, or better yet, start using it out! If you have a group or club that needs a spot to meet, this is the place. If you want to get a group of friends together to come play cards, bunco, or board games, this is the place. If you just want a place you can come and have a cup of coffee in the morning and visit with others, guess what... this is the place for you! We also have our new laptops up and running that can be used to play Lumosity or look up anything on the Internet you may need. Recently we got out our Wii and hooked it up to the projector. Our volunteers have had a blast trying out the games and would love a little challenge! The Back Room will be open during our regular business hours. We do ask that if people have a group coming in to call ahead so we can accommodate the needs of any setting up. We look forward to having the community come and use our space. So grab a friend or two and come check out the Back Room!



August 2016

Fun & Games 10

### 2016 Olympics in Rio

The ancient Olympic Games began in Greece, in the Peloponnese around 3,000 years ago. The first games were celebrated in 776 BC in Olympia. These games were dedicated to the Greek god Zeus and took place in the same place every four years which

became known as an "Olympiad". The exact reasons why the games began is unknown but there are three theories behind it. The first is that the Olympic Games were the invention of Heracles of Ida, one of the Daktylos. Second is that the games were brought up by Zeus himself in memory of his battle with Kronos. Finally, it is thought that Heracles organized them to honor Zeus after his victorious expedition against Augias, King of Elis.

In order to compete in these Olympic Games you had to be a male, of Greek origin, and freeborn. If you were a woman (unless you owned a horse), a slave, or a foreigner you could not compete. The sporting events were also limited to: running, wrestling, boxing, pankration (a primitive form of martial arts), the equestrian competitions, the pentathlon (running, long jump, discus, javelin, and wrestling), and boys' events. After the competition ended a winner was immediately announced. A palm leaf would be placed in his hands and a ribbon of red wool would be tied around his head and hands as a sign of victory. There was also an overall winner of the whole Olympic Games. This person would be announced during a large ceremony and a crown made of olive branches would be placed on his head. This person was welcomed back to his hometown as a hero and was given advantages the rest of his life. He even was able to have a statue erected to show he was a famous athlete.



This year the Olympics is being held in Rio de Janerio, Brazil. The emblem this year is inspired by organizers' vision which is: "All Brazilians uniting to deliver the greatest festival on earth and proudly advancing our na-

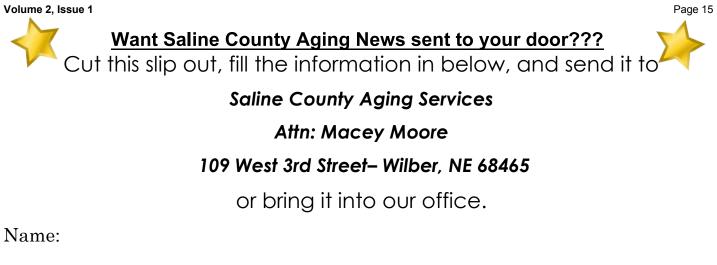
tional promise of progress". This symbol is not only a symbol of Rio's and Brazil's hopes for the Games, but for the future of the city and country as well.

There are a few rituals and symbols that have stayed over the years like the Olympic

flag and torch and the opening and closing ceremonies. Today there are over 13,000 athletes who compete in the Summer and Winter



Olympic Games. This year the United States sent 530 athletes to the Games. There are 261 men and 269 women who will be competing in 25 different sports. This is the first time in Olympic history that the United States has been represented by more female than male athletes. In total for the Games there is around 33 different sports with nearly 400 events. The Olympics begin August 5th and run until August 21st.



Address:

If you would rather have it send via email please provide email address:





Page 2



### **Answers to Last Month's Puzzles**

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Saline County Aging Services is again participating in DHHS's fan program! This program is funded by the Low Income Heating Energy Assistance Program (LIHEAP) and provides free fans to low income families, the elderly, or the disabled.

If you feel you qualify and are in need of a fan, please stop in the office or call 402-821-3330!

**Dates** 

August 25th

October 27th

September 29th

#### **Senior Dinners**

Come join the Catholic, Lutheran, and Methodist churches of Wilber for a noon meal at the Wilber Care Center. The meals are once a month. If you plan on attending please call one of the following numbers to RSVP: 402-821-2014 or 402-821-2271 or 402-821-3259.

### **Stepping On Coming to Crete**



Saline County Aging Services and Public Health Solutions will be partnering to bring Stepping On to Crete. If you

are interested in participating in Stepping On in Crete please call the office to be put on the

waiting list. The dates will be set in stone the first or second week of August. Stepping On is an evidence based class that decreases falls and improves confidence. Classes will meet once a week, for two hours, for a total of seven weeks. For more information and to be put on the list please call 402-821-3330.

Volume 2, Issue 1



# **Food for Thought** A Fruit of the Season



They are round, sweet, an orange/yellow like color, and oh so good! They can be eaten alone, cooked in a sweet treat. in

• Peach ripeness: The flesh of a peach used ิล should have a smoothie. or slight give, but used to complement chicken and pork dishes. use your whole I am talking about peaches! I recently stumhand vs. fingerbled across an article adapted from tips to check WebMD.com that really tested mv since the fruit knowledge! I am sure you have had your fair bruises so easily. share of peaches, but do you know these fun, Also, check for healthy facts about them?! an even coloring

- **Peach origins:** The fuzzy peach is actuof golden or creamy yellow. ally a member of the rose family and originated in China.
- **Peach nutrition:** A large peach has fewer than 70 calories and contains 3 grams Peach varieties: You can buy two main of fiber. It's also a good source of vitamins varieties of peaches: *clingstone* (the flesh A and C. sticks to the stone) and freestone (the **Energy-Yielding Nutrients:** Most of the stone is easily separated from the flesh).
- **Peach colors:** The peach can have yellow

or white flesh which sweeter and acidic less than its more traditional golden coun terpart.



Top peach growers: China is the largest producer of peaches, followed by Italy.



November & December TBA

#### Page 3



- Biggest peach cobbler: "The world's largest peach cobbler" is made every year in Georgia, which is known as the Peach State. That cobbler measures 11 feet by 5 feet.
- **Peach season:** Peaches are best from June to the end of August.



- calories are provided by 17 grams of carbohydrate on the form of fruit sugars. There are 1.5 grams of protein and .4 grams of fat in one large peach.
- Vitamins/ Minerals: One large peach contains vitamin A, and vitamin C, potassium, calcium, phosphorus, magnesium, iron, and zinc in the average peach.
- Fiber: One fresh, large peach provides 2 grams of fiber. Most of the fiber is in the skin.

Volume 2. Issue 1

**DeWitt Senior Center Meal Schedule** 

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

WEDNESDAY, AUGUST 3RD

Program- A Love of Birds by Ted & June

Menu- Salmon Loaf & Watermelon Day

Bridge & Dominos

WEDNESDAY, AUGUST 10TH

Program- Memory of Vietnam/ Fred M

Menu- Smothered Steak

Cards or Dominos

WEDNESDAY, AUGUST 17TH

Program- Vietnam Honor Flight by Leon Hagan

Menu– Chick Filet & Baked Potato

#### WESNESDAY, AUGUST 24TH

#### Program-Zimmerman's Farmstead

Menu- Smothered Pork Chop

Bridge or Dominos

WESNESDAY, AUGUST 31ST

Program- Hymns by Jan Dunn

Menu- Chef Salad, Soup, Garlic Roll

#### **Interested in Home Delivered Meals?**

For DeWitt, call:402.683.6475

For Wilber, call: 402.821.2331

All others in Saline County call: 402.821.3330

### Other Happenings around the County

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

#### **Important Dates to Remember:**

Lunch and Learn @ FCHS: August 2nd 11:45-1:00 Tai Chi in Wilber: Until August Wilber Farmer's Market: Running until October

A "Time to Heal" is a 12 -week holistic rehabilitation program that is designed to help cancer survivors regain their physical, emotional, and

spiritual health after treatment for any type of cancer. This program is offered in two formats.

Breast Cancer: open to women diagnosed with any form of breast cancer.

All Cancer: open to men and women diagnosed with any type of cancer. Each participant is welcome to bring a caregiving family member or friend to participate.

People who have completed surgery and/or chemotherapy and/or radiation following the first diagnosis and who are in stable health are eligible to participate. People with recurrent or metastatic disease are welcome to attend if their health permits.

### A Time to Heal

daily life.

tact:



Meetings will take place in the fall at Crete Area Medical Center on Thursdays from 6-9p.m. beginning August 25-November 10th.

What's Happening in The Back Room?

In honor of the Olympics being held this month we will be hosting our own Saline County Aging Services (SCAS) Olympics in the Back Room, August 24th from 2-3pm! Come tour some of the countries that you will have seen participate in the Olympics this year. Sample "authentic" food from some of the countries. Once we are done touring, let the games begin! Don't worry there is no training necessary! The games will all be completed sitting down, so everyone can participate. Prizes will be awarded for the team with the best team name, and the team with the best overall score. Teams will be established upon arrival.

Come for fun, food, and fellowship and don't forget to bring your A game! Spots are limited so please call ahead to let us know if you will be attending.

This program involves group meetings for

about three hours once per week. Each week

begins with gentle stretching designed to pro-

mote flexibility, clearer thinking, and physi-

cal strength. The group will explore a variety

Regular attendance is essential to get the full

benefit of the program. Enroll when you feel

able to attend most of the sessions. You are

This program is FREE to participants thanks

to sponsors and benefactors. If you would like

Karen Morris at (402) 826-3353 or

Brenda Roth at (402) 826-0397

Deadline: August 15, 2016

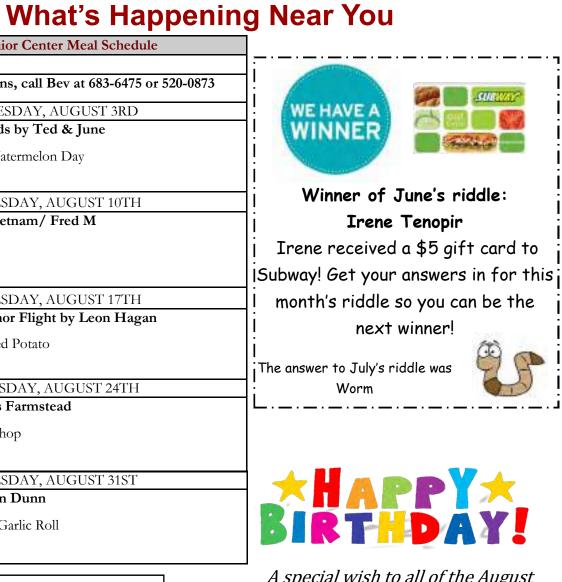
to enroll or get more information please con-

free to end participation at any time.

of topics and how to incorporate those into



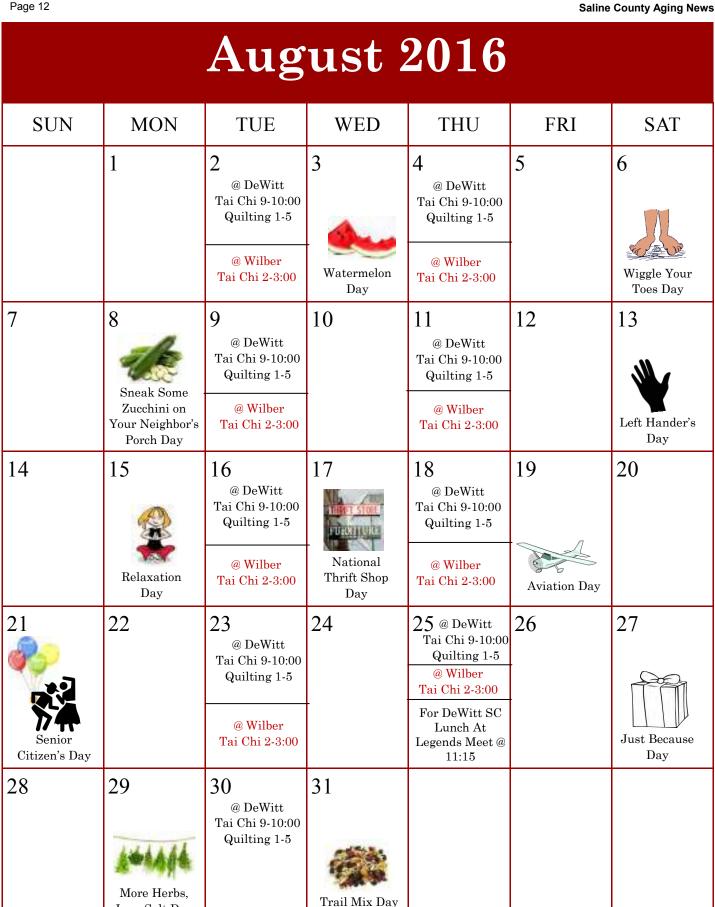
What: SCAS Olympics When: August 24th from 2-3pm Where: The Back Room Please RSVP to 402-821-3330



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A special wish to all of the August Birthday's out there from Saline County Aging Services!

Community Supper



Less Salt Day

Volume 2, Issue 1

### **Exercise of the Month–Ankle Flexibility**

- 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.
- \*\* This will stretch your ankle muscles. You can do one or both at a time.

	Recipe of							
Zucchini, Black Bean, and Rice S								
	Prep Time	Total Time	Servi					
	25 minutes	30 minutes	4					

### Ingredients

-1 tablespoon olive oil

3/4 cups water

· 1/2 cup shredded cheese blend

1 can whole black beans, drained and rinsed

### Directions

1. Heat oil in large skillet over medium heat. Add zucchini and bell pepper, cook 5 minutes, stirring occasionally. Add beans, undrained tomatoes, and water. Increase heat and bring to a boil.

Add rice: stir well. Cover; remove from heat and let stand for 7 minutes or until liquid is absorbed. Sprinkle with cheese.

Tip

Add chicken or beef for extra protein! Use plain Greek yogurt as a sour cream substitute!



This exercise is part of Go4Life from the National Institute on Aging.

### the Month .....

illet	The second se
ings	at the second
	Carlos and
	-1 can diced tomatoes
	- 1 cup instant brown rice, uncooked
	- $1/2$ cup diced green bell pepper
	- 1 1/2 cups quartered lengthwise, sliced zucchini

### **Caregiver's Corner Downsizing the Home**

#### **Planning Ahead**

Sometimes a move comes up unexpectedly from a recent life event or just needs to happen right away. If this is your case skip ahead to the next paragraph to learn more on where you



can start. Other times you may know you might be moving in 6 months or so or you know that now would be a great time to downsize while you still can. It is never too early to start downsizing for yourself or the person you are giving care to, if they are willing. Set a few days and times out of the week that you will spend going through old items. If you are doing this with someone you are giving care to make sure not to overdue it and keep it relaxing, if you have the time there is no need to add extra stress. Start small by going through items like cancelled checks, outdated food or medications, clothes, or extra household items that take up space. Make sure to keep together important papers like: deeds, wills, Durable Powers of Attorney, medical records, military records, diplomas and degrees, birth certificates, passports, etc. Place these in a safe spot that can be locked. If it is possible try not to let grown children store their items at the home or have them come by to collect their possessions.

#### Where to Start

Start a notebook for the move and keep it with you for everything you do move related. Make to-do lists, a timeline, things you may forget, questions about where you/ the person is moving to, or any other remarks you may think of during the process. If it is in the budget get estimates from moving companies. This could save a lot of headache when it comes to moving boxes. Get a floorplan of the new place to see what furniture will fit and where it will go. After you know what will fit get rid of the extra things that would take up extra space.

#### **Paperwork to Consider**

Before the move actually happens it is important to remember to do a complete address change at the post office. You may also want to take things into consideration like: credit cards, bank accounts, investments, Medicare and Social Security, voter's registration, family and friends, driver's license/ car registration, any subscriptions, social clubs and places of worship, and to notify your lawyer, accountant, insurance agent, etc.

#### Sorting

Start by sorting first and not packing. Begin



with the easiest room and divide the room into four categories: 1. Definitely save 2. Possibly save 3. Donate, sell, or give to friend/ family 4. Discard. Get separate boxes and

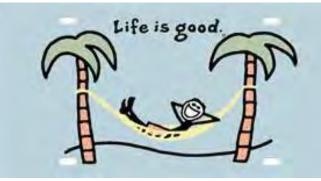
Saline County Aging News

label each one to make it easier to sort. If there are pictures, scrapbooks, or paperwork put them in a keep box and move on. This can end up being extremely tiring work and can also be done when you are moved into the new place. If you are a caregiver helping with the move make sure you allow for reminiscing time. This can be an extremely important time to go over memories and special moments.

З 8 9 5 8 7 4 3 9 6 3 5 2 5



"Chasing the ice cream truck does not count as a summer fitness program."



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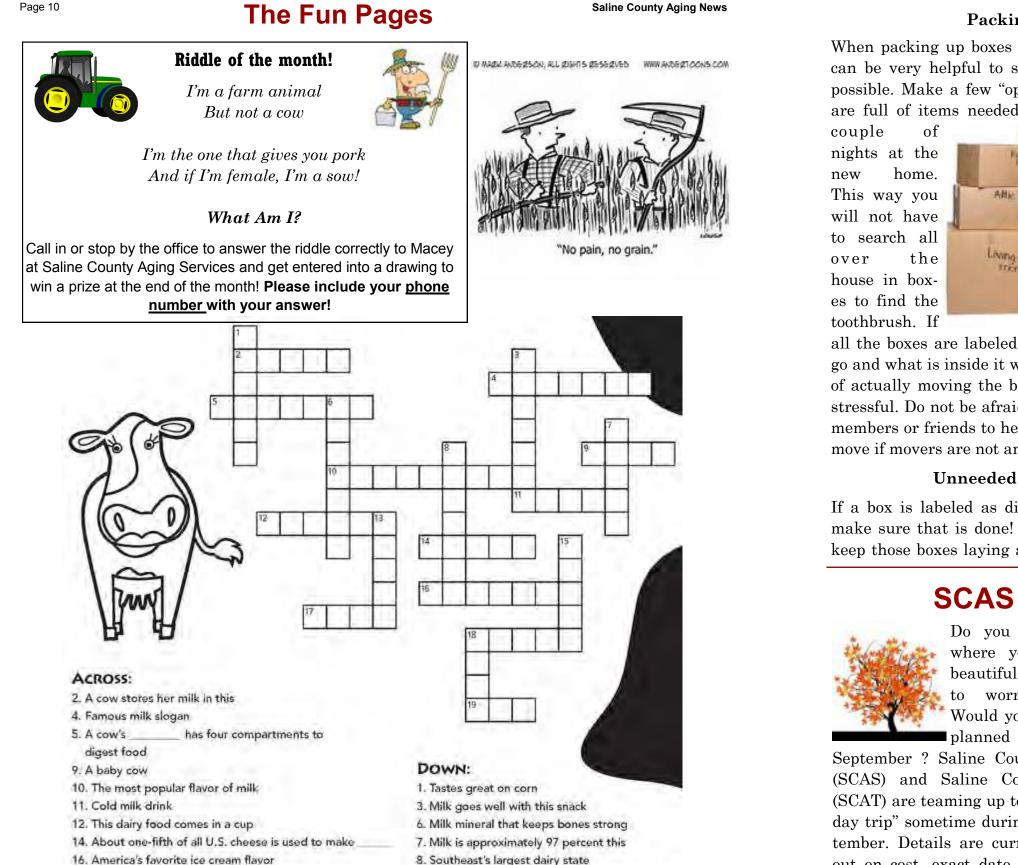
### **The Fun Pages**





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Copyright 1996 John R. Potter John's Word Search Puzzles http://www.thepotters.com/puzzles.html



13. Get

15. Cows graze on

18. Non-fat milk is also called

servings of dairy every day

- 16. America's favorite ice cream flavor 17. This month is Dairy Month
- 18. 'Holey' cheese
- 19. Cow talk

Volume 2, Issue 1

#### Packing

When packing up boxes and moving them it can be very helpful to stay as organized as possible. Make a few "open first" boxes that are full of items needed to get by the first



all the boxes are labeled where they need to go and what is inside it will make the process of actually moving the boxes easier and less stressful. Do not be afraid to get other family members or friends to help out the day of the move if movers are not an option!

#### **Unneeded Items**

If a box is labeled as discard or give away, make sure that is done! There is no need to keep those boxes laying around. If any items

Do you enjoy taking trips where you get to enjoy a beautiful place, but not have worry about driving?

Would you be interested in a formation when plans are set, please call 402planned trip sometime in 821-3330 to be put on the list! We will make September ? Saline County Aging Services phone calls to the people on this list first ex-(SCAS) and Saline County Area Transit plaining the trip details when we have them. (SCAT) are teaming up to offer a "fall themed Spots will be limited and reservations will be day trip" sometime during the month of Sepon a first come first serve basis. We are looktember. Details are currently being worked ing forward to this fun opportunity to share out on cost, exact date, and where the trip with the residents of Saline County! Be on the lookout for more information and details would be to. If you are interested in this upcoming trip and would like to hear more into come. We hope you will consider joining us!

Saline County Aging News

are going to be sold make sure to take them to get an appraisal first if they may have any value. Any other left over items can be donated to charities or thrift stores.

#### Moving and Settling In

If you have a moving company coming make sure there is a written contract for the coverage of lost or stolen items. Get a firm arrival time and see what kind of payments they accept. Try to have someone at the new residence to direct where boxes and furniture need to go. Realize that just like packing, unpacking is going to take some time. If the person you are giving care to is the one that has moved make sure you are frequently checking in on them to see how they are doing. A move like this can hold a range of mixed emotions!

So even though moving can be a high-stress life event, it can also be the start of new opportunities and a way to "lighten up" clutter. Whether you are moving or you are moving your loved one to a new space these helpful tips from caregiver.org can help ease the new transition.

# SCAS & SCAT Day Trip in September



# Get To Know Saline County Aging Services!

What's your full name? Darlene Pribyl

How long have you been with Saline County Aging Services and what is your position?



Around 8 years and I am a RN who works at the foot clinics.

What's your favorite color? I have two- red or blue.



### What is your favorite time of the year?

Fall for beautiful colors of nature and spring for waking up nature after winter sleep.

Where do you most want to travel, but have never been? There are some areas of NE that I would like to visit, no special place.

If you won the lottery what is the first thing you would do? Good guestion-pick myself up from the floor.



What is your favorite part of Saline County Aging Services? Helping the people and hope that I am contributing in some small way.



What is something interesting about you? Good question.



What 3 things would you bring with you if you were stranded on a desert island? Water, a way to start fire, and a knife.

What is your best/ favorite piece of advice? Think positive and keep smiling!





The dog days of summer have us Our objective is to bring our services to each town excitedly hosting events in "The at least once a month. We plan to tailor each Back Room". In June we celebrattown's program to the needs and desires of that ed "Eat All Your Veggies" day town by working with the residents to hear their with fresh and healthy dips and input on how they'd like the program to grow. veggies. Guest played vegetable bingo complete with garden The program will be based on our current ser-

themed prizes and noshed on vummy snacks! In vices, including nutritional education, Tai Chi, July, we celebrated "National Ice Cream" month, Stepping On, Lumosity, homestead exemption filwith an ice cream social. Guests sampled ice ing assistance, Medicare and Medicaid counseling, cream, frozen yogurt, and a variety of toppings caregiver resources, and information and referwhile learning how to "healthy-up" their sweet rals. We plan to expand our services with health treats. Curious about what we have going on in screenings, brain health/memory activities, meals, August? Check it out on page 4 of the newsletter! caregiver retreats, Wii bowling, exercise classes, technology classes (like computer lessons or tablet We are excited to announce the launch of our new lessons), and more. We also plan to offer educapilot program *Full Circle*. *Full Circle* is a service tional presentations on relevant topics, such as model that we are developing to allow us to exhealth, wellness, and nutritional, scams and pand our services in each of the towns within our fraud, and Medicare, etc. We hope to have social county. The name Full Circle actually holds a activities, such as coffee hours, card players, and double meaning. Not only will services focus on more. Please join us in Friend for our launch! the well-being of the whole individual, body,

mind, and soul, but are meant to serve clients throughout the whole county as well. As of now, We will be at Friend Community Healthcare System (FCHS) August 31st, from 2:00 -3:00 pm in we are planning to launch this pilot program in the cafeteria. We will be having an ice cream so-Friend on August 31st and in Crete during Sepcial, followed by a short presentation about Saline tember. We will be adding the other towns as County Aging Services, and a brief survey and wrinkles get ironed out. Q&A about our services. Please feel free to call 402.821.3330 or 800.778.3309 for more information.





### Note from the Director

Also, if you are in town on Czech Days, come "Czech" us out at our booth in front of our office! We will be providing tent space for our clients to watch the parade in the shade, water to beat the heat and fun giveaways!

We will be there: Friday: 5 until parade end Saturday & Sunday: Noon until parade end Hope to see you there!

Saline County Mging Services

109 W. 3<sup>rd</sup> PO Box 812 Wilber NE 68465

Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330





Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.



### Ready, Steady, Balance: Prevent Falls in 2016

The summer is quickly coming to an end with Many efforts have been made and programs fall right around the corner. Do you know produced to address this concern and help why Autumn's full moon is called "The Harothers prevent falls. vest Moon"? Before farmers had artificial Saline County Aging Services offers a few evilight they needed this full moon in order to dence based classes to help prevent falls: complete their harvest. The full moon would Stepping On and Tai Chi. Make sure you are allow them to be able to stay in their fields on the look out in the newsletter for the newlong after sundown to get their work done. est Stepping On workshop coming to Crete! Two equinoxes occur throughout the year, one To celebrate Falls Prevention Awareness being in the fall. The autumn equinox occurs Week we will be hosting a "Back Room Event" on September 22nd where both day and night Tuesday, September 27th from 2-3pm with are equal in length. Apparently, fall temperathe focus on fall prevention. Join us for fall tures, which are usually cooler, help you sleep themed snacks, information on preventing longer and naturally make you more likely to falls, and a game of fall BINGO! fall in love! Who would have guessed? Anoth-More information below: er important day that occurs in the fall is Falls Prevention Awareness Day.

The 9th annual Falls Prevention Awareness Prevent Falls during Fall! Day is September 22nd, ironically on the first Tuesday, September 27th, 2-3pm day of fall! This day is aimed at educating people on how to prevent fall-related injuries At Saline County Aging Services' Back Room among older adults. As you see above, the Come for fellowship, fall themed treats, a theme for this year is Ready, Steady, Balance: short presentation on fall prevention, and Prevent Falls in 2016. Falls Prevention BINGO!!!! Awareness Day actually starts Fall Prevention Awareness Week which will run from Please join us! Due to limited space in the September 22-28th. backroom we will need you to call in advance.

RSVP to 402-821-3330. According to the National Council on Aging, Inside this issue: (NCOA) a fall, with or without injury, can re-See you September 27th Labor Day sult in a fear of falling which leads to limiting for some activities and social engagements. Once these fun! Stepping On are limited further physical decline, depres-**Caregiver's Corner** sion, social isolation, and feelings of helpless-Get To Know ness can result. Falling DOES NOT have to be a normal part of aging, in fact, with proper Fun & Games 10 measures it can be prevented or reduced.

# Saline County Aging News

September 2016

### **BACK ROOM EVENT**



### **United Way Kickoff**

Each year, the Cornhusker United Way hosts a Campaign Kick-Off event in an effort to raise awareness and funds for the many local program it benefits. To thank the community for 33 years of support, free coffee and kolaches will be provided on Wednesday, September 7, from 8:30-10-30 a.m. at Crete Custom Cookies (107 West 14th). Businesses and community members are encouraged to attend.

Along with the campaign kick-off, community members can show their support by shopping at New Beginnings in downtown Crete on United Way Day. New Beginnings will be donating all profits generated between 5 and 8 p.m. to Cornhusker United Way. If businesses would like to join and offer payroll deductions or a percentage of sales revenue on United Way Day, please contact Scott at salinecat@hotmail.com or 402-433-4511.

Cornhusker United Way serves Saline, Butler, Polk, Fillmore Jefferson, Thayer, Seward, Saunders, and rural York Counties. Donations support a wide variety of causes and organizations that work tirelessly to improve the lives of people in the communities.

### Labor Day

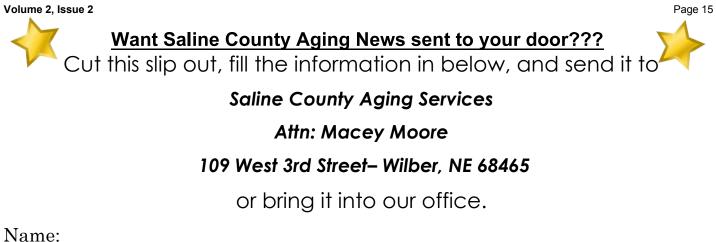
During the Industrial Revolution in the United States the av-American erage worked a 12-hour workday, seven days a week, just to make

a basic living. Some children aged 5-6 worked in mills, factories, and mines only earning a fraction of what adults were making. People of all ages, and especially the poor, had to deal with unsafe working conditions and insufficient access to fresh air. sanitary facilities and breaks. During this time labor unions started to become more vocal by organizing strikes and rallies to protest working conditions. Unfortunately, many of these events would end up in violence.

One of the most known was the Haymarket Riot of 1886, where several Chicago policemen and workers ended up being killed. The idea for a "workingmen's holiday" came from when 10,000 workers in 1882 took unpaid time off to march from City Hall to Union

Square in New York City. Other industrial centers caught onto this idea and would celebrate the holiday on the first Monday in September. Even though many areas were celebrating congress would not pass it as a legal holiday. This all changed on May 11, 1894 when employees of the Pullman Palace Car Company in Chicago went on strike. On June 26th the strike went even further when all Pullman railway cars were boycotted, resulting in the railroad suffering a great deal. In order to break the strike the Chicago government dispatched troops, which resulted in many deaths. In order to repair ties and help control what had just happened, Congress passed an act that made Labor Day a legal holiday in the District of Columbia and the territories.

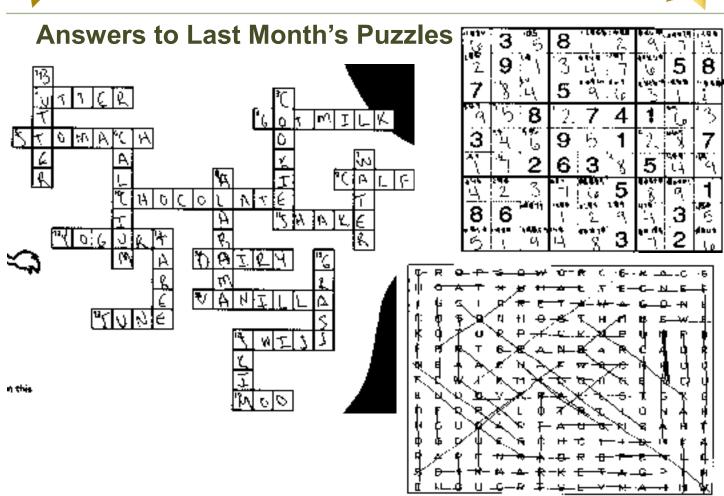
Today Labor Day is celebrated with parades, picnics, barbeques, fireworks displays and other gatherings. For children and adults this day usually represents the end of summer and the start of the back-to-school season. All information from this article came from history.com.



Address:

If you would rather have it send via email please provide email address:

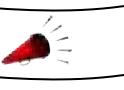








# ANNOUNCEMENTS



#### **Attention Farmer's Market Coupon Recipients!**

If you received farmer's market coupons earlier this summer and have not returned the attached survey, please do by the end of September. These surveys help make the program stronger each year. You can mail the surveys into Saline County Aging Services or drop them off at the office. Thank you!





#### **Foot Clinic Openings in Crete**

We have openings for the Crete foot clinics located at Crete Area Medical Clinic. If you are located around the Crete area and would like to participate in this program please call 402-821-3330 to schedule your appointment. The foot clinics are done by registered nurses that come once a month. The clinics provide basic toenail care and maintenance as well as education to clients. A suggested contribution of \$10.00 is requested.

#### **Senior Dinners**

Come join the Catholic, Lutheran, and Methodist churches of Wilber for a noon meal at the Wilber Care Center. The meals are once a month. If you plan on attending please call one of the following numbers to RSVP: 402-821-2014 or 402-821-2271 or 402-821-3259.

#### Dates

September 29th

October 27th

November & December TBA



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make, but just make sure the label says "100% gluten-free". Some cereals worth trying if that is your go to breakfast are corn and rice cereals, but once again you need to double check the label! Pure oats is a food that people with celiac disease can handle in small quantities. A person should be cautious though because gluten can get into oats that are used in commercial food during growing, harvesting, and processing. Look for varieties that are made from rice, corn, or guinoa flour if you enjoy eating pasta. Finally, sweet treats and snacks can still be enjoyed, but a little effort needs to go into looking for the right ones. Browsing down the baking aisle there will probably be a section that is gluten -free which includes cakes, pies, and other treats for your enjoyment! Popcorn is fortunately a gluten-free snack, but beware of beer, many hot dogs, and deli meats because gluten can be found in these products!

It is very common to see multiple items at a store labeled "Gluten Free". Gluten is a specific type of protein found in wheat, rye, and barley. Having a gluten -free diet is essential for most people that have gluten allergies or celiac disease. (Celiac disease is a condition which causes intestinal damage when gluten is eaten.) Living a gluten-free lifestyle can be challenging because it is more than just breads, cereal, pasta, pizza, and beer. It can be found in frozen vegetables, sauces, soy sauce, foods made with "natural flavorings", vitamin and mineral supplements, some medications, and even toothpaste! So if you want to go completely gluten-free there are some things to be aware of: gluten can be hidden in more items than you think!

First thing to be aware of is the labels on foods. If you are on a gluten-free diet, label As a general rule of thumb just make sure to reading is crucial in making sure your foods ALWAYS check the label if you are gluten-Nutrition Facts free. Many grocery stores have do not contain gluten. Sometimes it can be realized this is a problem obvious to see if the terms wheat, wheat glu-ALC: NOTICE A ten, barley or rye are mentioned. Hidden faced by many so have includtal Pat by ed a good variety of glutenterms though could include malt (which is internet in the made from barley) and hydrolyzed vegetable free foods on their shelves. al distanting data protein (it often contains wheat). Oats are Here are some gluten-free another ingredient to be cautious of because plant foods: arrowroot, buckeven though they do not contain gluten they wheat, flax, lentils, tapioca, still could increase symptoms. potato, sago, soy, and wild Long Carl rice. Other foods that are nat-Breads, cereals, oats, pastas, sweet treats urally gluten-free are fruits, and snacks are usually "red-flags" for the

vegetables, beef, poultry, fish, gluten intolerant. The good news is though nuts, and eggs. It is possible to go glutenthat many of these products have gluten-free free, but it might take a little research and versions. If you walk down the bread aisle work at first! there is going to be many choices for you to

### **Food for Thought** What it means to be Gluten-Free





<sup>\*\*</sup>All information in this article came from Aging Partner's handout on Gluten.

### **Stepping On Workshop Coming to Crete**



Did you know that more than 1/3 of adults 65 and older will fall each year? Falls are the leading cause of injury, hospital admission for

trauma, and death among older adults and 35% of people who fall will become less active and independent. The good news is that falls are not a normal part of aging and can be prevented! Saline County Aging Services and Public Health Solutions will be partnering to provide a Stepping On workshop in Crete. Stepping On is a 7 week course of 2 hour classes given one time a week. The workshop dates will be 1-3pm Thursday, September 29th- November 10th at the Crete Centennial Terrace, 1600 Grove Ave. Crete, NE 68333.

Stepping On is a community based falls prevention program aimed at educating participants and building confidence to reduce falls. This class is designed for anyone who is 60 years or older, has had a fall in the past year/ is fearful of falling, is living in a home or apartment, and not suffering from dementia. The courses will teach simple and fun balance exercises, the role vision plays in keeping your balance, how medications contribute to falls, ways to stay safe when out and about in the community, and what to look for in safe footwear. During the workshop you will learn the most up-to-date information about falls prevention, learn with people your own age, become more aware of fall hazards and learn how your risk can be reduced, and help others by sharing what has worked for you.

There is a suggested contribution of \$3 per class. If you have questions, or would like to register for the workshop please call 402-821-3330.

### Meals on Wheels Volunteers in Friend

Friend Community Healthcare System is Looking for volunteers to deliver Meals on Wheels to the Friend community!

#### If you are interested here is what you need know:

- Volunteers can sign up for an entire month, or just one week at a time
- Meals are delivered Monday Saturday (no Sunday delivery)
- If you have questions or would like to sign up, call Donna Jensen at 402-947-2541

Thank you in advance for considering volunteering!







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### What's Happening Near You

DeWitt Senior Center Meal Schedule	
For meal reservations, call Bev at 683-6475 or 5	52
WEDNESDAY, SEPTEMBER 7TH	
Program– Sertoma Donates Hearing Device to Chl	0
Menu- Hamburger Steak	
Bridge & Dominos	
WEDNESDAY, SEPTEMBER 14TH	
Program– All About Cattlemans by Linda S.	
Menu– Swiss Steak	
Cards or Dominos	
WEDNESDAY, SEPTEMBER 21ST	
Program- Do You Know NE Bird Calls by June/T	'e
Menu– Sloppy Jo, Soup & Salad	
Bridge & Dominos	
WESNESDAY, SEPTEMBER 28TH	
Program-Effects of Ash Borer by Extension Office	•
Menu– Cream Chicken and Biscuit	
Bridge or Dominos	
Interested in Home Delivered Meals?	
For DeWitt, call:402.683.6475	
For Wilber, call: 402.821.2331	
All others in Saline County call: 402.821.3330	
Other Happeni	- r

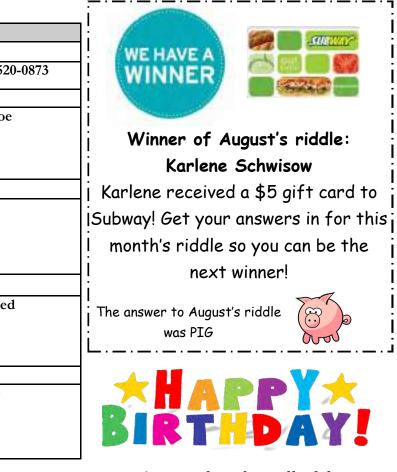
### Other Happenings around the County

**Community Supper** 

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

#### **Important Dates to Remember:**

Lunch and Learn @ FCHS: September 6th 11:45-1:00 SCAS Presentation at CAMC: September 8th 10-11am Full Circle in Crete: September 15th 10-11am AppleJack Festival: September 17th Concerning the Caregiver: September 21st 9-3:30pm Back Room Event: September 27th 2-3pm Stepping On starting in Crete: September 29th 1-3pm



A special wish to all of the September Birthday's out there from Saline County Aging Services!

Saline County Aging News

# September 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 International Bacon Day	3
4	5 Labor Day SCAS CLOSED	6 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	7 Day	8 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 SCAS Presentation at CAMC 10-11am	9	10 EEEE Sewing Machine Day
11 911 Remembrance	12	13 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	14 Crème-Filled Donut Day	15 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Full Circle in Crete 10-11am	16	17 AppleJack Festival
18	19 International Talk Like A Pirate Day	@ DeWitt Tai Chi 9-10:00 Quilting 1-5	21 Concerning the Caregiver	@ DeWitt Tai Chi 9-10:00 Quilting 1-5	23	24 International Rabbit Day
25 25 2000 National Comic Book Day	26	27 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Back Room Event "Fall Prevention" 2-3pm		29 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On in Crete 1-3pm	30	

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### Exercise of the Month– Overhead Arm Raise

- 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. Rest then repeat 10-15 times more.

### Flourless Chocolate Cake

Prep Time	Total Time	Serv
15 minutes	65 minutes	8

### Ingredients

8oz semisweet chocolate squares, chopped

· 1/2 cup butter

3/4 cup white sugar

3 eggs, beaten

- 1 teaspoon vanilla extract

### Directions

- 1. Preheat oven to 300 degrees. Grease an 8 in round cake pan.
- from heat, and stir in sugar, eggs, and vanilla. Pour into prepared pan.
- completely.

### Tip

Slices can be reheated for 20-30 seconds before serving.

Dust the cake with cocoa powder or powdered sugar before serving for a nice presentation! i.....

Page 5



This exercise is part of Go4Life from the National Institute on Aging.

If you don't have weights, use soup cans!

# **Recipe of the Month**

vings



2. In top of a double boiler over lightly simmering water, melt chocolate and butter. Remove

Bake for 40 minutes. Let cool in pan for 10 minutes then turn out onto a wire rack and cool

Volume 2. Issue 2

### **Caregiver's Corner**

### Concerning the Caregiver: A day for rejuvenation

"It is so important as a caregiver not to become so enmeshed in the role that you lose yourself. It's neither good for you nor your loved one." - Dana Reeve

Caregivers are people who put their heart and soul into another person, often times forgetting about themselves. Over time this neglect to the self can take a toll on overall wellbeing.

People can be caregivers without even knowing it or considering it as an option. This can happen when people do not define themselves as a "caregiver" because they are just helping out a loved one. Some duties a "caregiver" may preform: cooking meals for a loved one, caring for the housekeeping duties in a loved one's home, providing transportation to a loved one unable to transport themselves, paying bills and handling other financial matters, caring for the lawn and other outdoor maintenance for a loved one's home, providing companionship to a loved one who has lost social connection, getting prescriptions filled and picked up for a loved one, and providing a loved one with reminders for medication and other tasks throughout the day just to name a few. If you are doing any or all of these tasks for a loved one than you are considered a caregiver!

Taking a day to yourself is not a selfish act, but rather a very needed one! In order to provide the best care for your loved one, you need to care for yourself as well! We welcome caregivers for a day of fun, fellowship, and relaxation. Sessions will include a variety of topics and activities that promote self-care. So take the day to enjoy yourself and spend time with us as we remind you how to remember the importance of taking care of yourself!



### **Concerning the Caregiver:** A day for rejuvenation

#### When

Wednesday, September 21st from 9:00 a.m. – 3:30 p.m.

#### Where

Wilber Dvoracek Memorial Library, 419 W 3rd St.

#### Cost

Free for family caregivers 60+ and \$5.00 for caregivers under 60

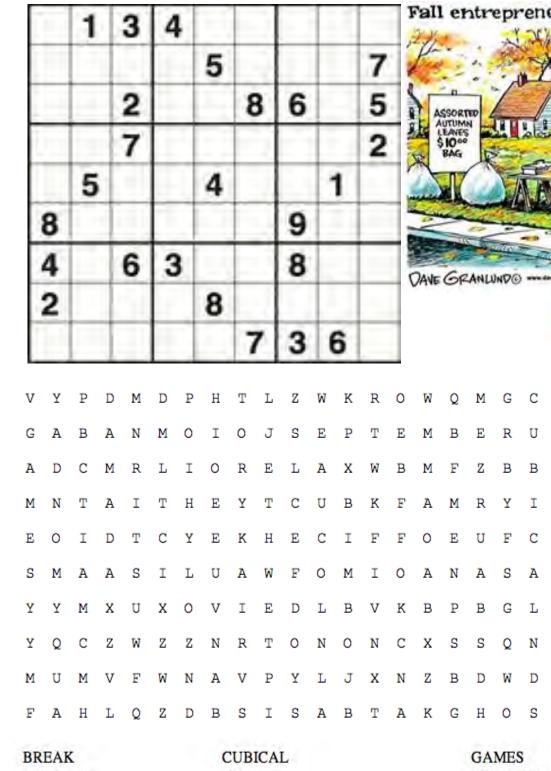
### What's Included

Continental breakfast, lunch, and a variety of sessions and activities that promote self-care.

#### **Registration Deadline**

September 16th

To register or for more detailed information, please call Saline County Aging Services at 402-821-3330.



BREAK	CUBICAL
HOLIDAY	JOB
OFFICE	PARTY
SCHOOL	SEPTEMBER
TRIP	VACATION

### **The Fun Pages**



MONDAY RELAX SUMMER WORK

Winners of Czech Days Giveaway!

Shirley Mathy of Pickrell, NE

Carol Fictum of Wilber. NE

Sue Cline of Cortland, NE

Mary Naish of Wymore, NE

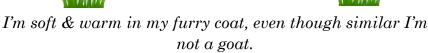
Thank you to all who entered and stopped by our booth! We had a great Czech Days and hope you did too!



### The Fun Pages



**Riddle of the month!** 



I live in a herd which is a large mass, and during the day I eat lots of grass! Farmers trim me, they turn and pull, They don't stop until they get all my wool!

#### What Am I?

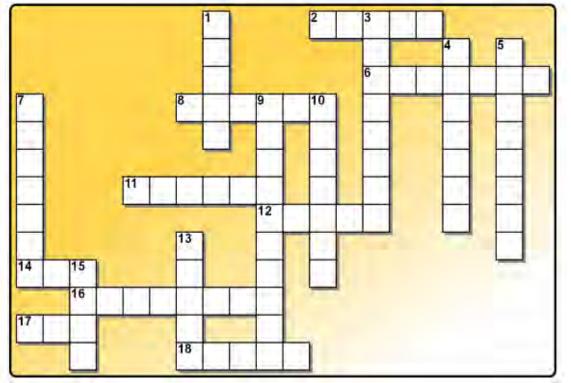
Call in or stop by the office to answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!



Saline County Aging News

THIS NOT WORK? PEOPLE LOVE FREE STUPP



#### ACROSS

- 2. Midday Meal
- 6. Person you learn from
- 8. Tool for writing; has an eraser
- 11. Time when you just have fun
- 12. A little meal
- 14. Get some exercise in this class
- 16. a, b, c, ...
- 17. Class where you make pretty things
- 18. Helps you if you are sick or hurt

#### DOWN

- 1. Measure with this
- 3. Blank book to write in
- 4. Class that involves experimenting
- 5. Book you learn from
- 7. Tell stories on paper
- 9. Fellow students
- 10. Place with lots of books
- 13. You are in school to \_\_\_
- 15. Class that involves equations

#### Volume 2, Issue 2

# Saline County Aging Services Presenting at Crete Area Medical Clinic

On Thursday, September 8th from 10-11am come join Macey, at Crete Area Medical Clinic. She will be presenting in the Care As We Age series that has been going on the past few months at the hospital. Her presentation will be over "Getting to Know More About Saline County Aging Services" and "Learning More About Scams Targeting Seniors". Refreshments will be provided. Come to hear about what Saline County Aging Services has planned, the services we offer, as well as learning how to protect yourself from scams!

The final presentation for Care As We Age will take place September 15th from 12-1pm. Tabitha will be speaking on Undergoing Hospice Care. This is a Lunch & Learn so please call Tabitha to reserve your spot.

# **AppleJack Festival Day Trip**

AppleJack Festival in Nebraska City Saturday, September 17th Departure: 8 a.m. Return: Leave festival around 2:30 p.m. to arrive home around 5:00 p.m.

**Cost:** \$20 per person (pays for ride to and from Nebraska City)



The day begins with a drive down to Nebraska City to enjoy the AppleJack Festival. Nebraska City's historic AppleJack Festival annually draws between

60,000 and 80,000 people to Nebraska City to celebrate the kickoff of the apple harvest. Once we arrive at the festival you are free to go do/see whatever you please. Lunch will be on your own, look around at the vendors to find something to your fancy or bring a sack



lunch. At the festival you can enjoy apple pie, apple cider, apple cider donuts, candy apples, caramel apples, apple fritters, apple salad, or pretty much anything apple you could imagine! Along with everything apple to eat, there are 6 craft fairs, a parade, carnival, apple orchids, and a variety of food vendors to enjoy! After your tummies and memoires are full of all things apple we will hit the road for home!

### Your reservation and payment are due by Wednesday, September 7th to SCAT.

Bring extra money if you would like to purchase lunch, crafts, or goodies at the festival.

For details or to make reservations call SCAT at 402-433-4511.



Yellow

Spring

Faint

Hobart, Tasmania

#### Saline County Aging News

Volume 2. Issue 2

### Note from the Director

People will occasionally jokingly tell me they one's life journey is different. We should all don't like the word 'aging' in Saline County embrace that! Aging Services. I generally tell them, "I like it You may have heard about our new program, better than 'senior'. We are all aging every-"Full Circle". We are working to create what day but not all of us are seniors". I'll let you is called a 'pop-up Senior Center'. Pop-up, in on a secret: I really, really hate the word means just that, we will 'pop-up' in different Senior, especially when used to refer to a communities at different times and days. We whole segment of the population. Don't get will advertise in the paper, our newsletter, me wrong, I understand the sentiment that and on our Facebook page! We wish to offer a the word is meant to evoke, older adults have variety of services that appeal to a broad 'seniority' and should be revered and treated spectrum of ages, 60+. From education to enwith respect. I completely agree. What ruffles tertainment, health concerns to caregiver my feathers is what the word has come to support, "Full Circle" supports the well-being mean in society today. of individuals: body, mind, and soul. Focusing on the individual, serving the whole county!

Old family photographs are proof! We are not aging the same as our grandparents or even As I write this, we are planning to be in Friend, 'launching' Full Circle. Next month we will be in Crete on Thursday, September 15th, from 10-11am at Centennial Terrace (1600 Grove Ave. Crete, NE 68333). There will be coffee and donuts provided! We hope you will join us at one of our upcoming events or stop by to see us at the office!

our parents! We are living longer, aging better, and remaining active and vital members of our communities much later into life. We can thank better available nutrition, medical advances, and the Boomers for that! Although you and I know this, unfortunately, society has not quite caught up with the

Please, Don't Forget My SENIOR SCOUN know, I don't look old enough

times. Although my sister, at age 53, giggles when she gets an occasional 'senior discount'. sometimes it is frustrating that everyone from the age of 60 to 100+ are lumped into one category. People aged 1-30 have dif-

ferent needs and desires at different ages, as do people aged 30-60. So why do we expect people aged 60+ to be any different? 'Senior' does not mean that everyone 60+ is a shuffle board playing, blue plate special eating, bingo playing old person dressed in the same polyester they bought in the 1970's. (Not that there is anything wrong with that!). Every-





Saline County Mging Services

109 W. 3<sup>rd</sup> PO Box 812 Wilber NE 68465

# Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330





Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.



## Don't Get Spooked Into A Scam!

October is known for being one of the "spookier" months of the year with the haunted houses, scary masks, and all things creep-

crawly. Something else that can be even spookier than all of those things are SCAMS! Consumers Digest says that at least 5 million cases of elder financial abuse happen in the United States each year, but only 1 out of 25 cases are ever reported



to law enforcement...scary! There are so many scams out there today, with many of them sounding legitimate, that it can be hard to tell the difference. Saline County Aging Services is here to educate and help you when it comes to deciding what is a scam or not! If you EVER are questioning a phone call or letter you received asking for personal information, please call or come into the office so we can decide if this is something you need to act upon or not! You should never feel embarrassed or ashamed if you are the target of a scam. Scammers are all over the place, targeting people of all ages! The best we can do is become more aware of what types of scams are

If you would like more information on how to out there and what we can do to protect ourprotect yourself from Inside this issue: selves from them. scams please come in **Back Room Event** Here are a few tips that could help you when and see us! We are it comes to scams. here to take the spook **Full Circle** out of this scary topic  $\Rightarrow$  If it sounds too good to be true, than it **Caregiver's Corner** and help keep these probably is! If you did not enter the lottery scams from happening Get To Know or put your name in for a trip or sweepto you. stakes the chances are you did NOT win Fun & Games 10 something like that.

## Saline County Aging News

October 2016

 $\Rightarrow$  Social Security, the IRS, Medicaid, and Medicare will NOT randomly call your home. If they need something they will send you a letter requesting that you call them. Social Security will ONLY call your home if you have filled out an application for Extra Help and there is information missing. They will NEVER ask for personal or bank account information over the phone.

- $\Rightarrow$  Only give personal information to doctors or other health care providers, any insurer who pays benefits on your behalf, or people who you know and trust.
- $\Rightarrow$  Never send ANY banking or personal information to anyone you do not knoweither on the phone, over the Internet, or if they come to your home.
- $\Rightarrow$  Invest in a shredder to shred any documents that may contain personal information.
- $\Rightarrow$  Do not carry your Social Security card around in your wallet or keep your PIN number with your debit card.



## **Back Room Event**

## COME HANG OUT WITH US!

We are having a Halloween party!

Monday, October 31st from 2-3pm Back Room at Saline County Aging Services

Wear your best costumes, or just come as you are! We will be having games, treats, and some Halloween fun!

Prizes will be given out for best costumes! RSVP to Saline County Aging Services to let us know you are coming! 402-821-3330

## **Halloween Fun Facts**

Can you believe it, we have already entered October?! Where has the time gone this year, I feel like it was not too long ago that we were celebrating Halloween! Halloween is such a fun time of the year though, from the kids costumes, to going to pumpkin patches, and you cannot forget all the candy! Here are a few fun facts about Halloween that may surprise you...

- ♦ The first Jack O'Lanterns were actually made out of turnips.
- Halloween comes in 2nd place, next to  $\diamond$ Christmas, with the highest grossing commercial holiday.
- Samhainophobia is the fear of Halloween.  $\diamond$
- The largest pumpkin ever grown was by Norm Craven in 1993 weighing in at 836 pounds.

- $\diamond$  Ireland is known to be the birthplace of Halloween.
- Black and Orange are commonly known as the colors of Halloween. Black is a symbol of death and darkness

that is a reminder that Halloween once was a festival that marked boundaries between life and death and orange symbolizes strength and endurance.

- The most Jack O'Lanterns light at once  $\diamond$ was 30,128 and Boston, Massachusetts holds this record.
- ♦ According to tradition, if a person wears their clothes inside out and then walks backwards on Halloween they will see a witch at midnight.



Attn: Macey Moore

Saline County Aging Services 109 West 3rd Street–Wilber, NE 68465

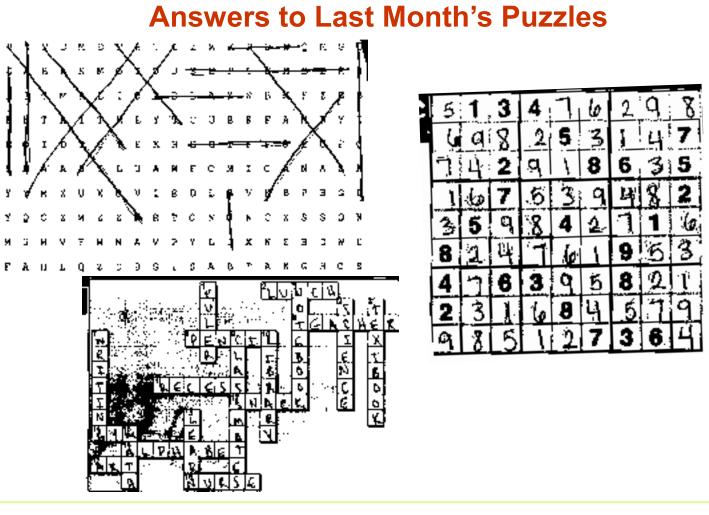
or bring it into our office.

Name:

Address:

If you would rather have it send via email please provide email address:





Page 2





#### Meals on Wheels in Dorchester

Do you live in Dorchester? Would you like to receive a nutritious meal to your door during lunch from Monday-Saturday? If so than you are in luck! Friend Community Healthcare System has started offering Meals on Wheels to the Dorchester community since September 19th! Meals on Wheels provides nutritious meals, prepared by the dietary



department. The cost of one meal is \$5.50 (for Dorchester residents) and are available Monday-Saturday for lunch. To sign up or get a menu for the month, call 402-947-2541 and ask for Ashley (Dietary Manager) or Donna (Social Services).



#### **Foot Clinic Openings**

If you would like to schedule a foot clinic appointment please call 402-821-3330 to see where we have openings and schedule your appointment. The foot clinics are done by registered nurses that come once a month. The clinics provide basic toenail care and maintenance as well as education to clients. A suggested contribution of \$10.00 is requested.

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## **Food for Thought** What is the difference between **Probiotics and Prebiotics?**



Probiotics are the good bacteria that line the digestive tract. They are shown to aid a wide variety of digestive issues and yeast overgrowth in the body. Examples of probiotics are beneficial bacteria

that can be found in fermented foods like yogurt, miso, Sauerkraut, soft cheeses, and pickled foods.

Prebiotics are complex, non-digestible foods that pass through the stomach to the colon "feeding" the good bacteria already living in your system. These "feed" the Probiotics in

our bodies. Prebiotics can be found in asparagus, Jerusalem artichokes, bananas, oatmeal, red wine, honey, maple syrup, and legumes.



It has been researched that some digestive disorders can happen when the balance of friendly bacteria in the intestines is disturbed. This usually happens after an infection or taking antibiotics. If the lining of the intestines is damaged intestinal problems can happen as well. Probiotics are still being studied but they have shown to help with many specific illnesses. They are listed below.

- Treating ulcerative colitis
- Preventing antibiotic-associated diarrhea and infectious diarrhea



- Preventing pouchitis, and inflammation of intestines that can follow intestinal surgery
- Treating and preventing eczema
- Helping the immune system
- Treating symptoms of irritable bowel syndrome
  - Treating diarrhea caused by C. difficile bacteria
- Treating Crohn's disease
- More examples of Probiotics
- Keifer (sour drink made from cow's milk fermented with certain bacteria)
- Kombucha (a beverage produced by fermenting sweet tea with a culture of yeast and bacteria)
- Pickles  $\Diamond$
- Kimchi (a spicy pickled cabbage)  $\diamond$
- ♦ Fermented veggies

More examples of Prebiotics

- $\diamond$  Raw chicory root
- ◊ Raw dandelion greens
- $\diamond$  Raw garlic
- ♦ Raw leek
- $\diamond$  Raw/ cooked onion

<sup>\*\*</sup>All information in this article came from Aging Partner's handout on Probiotics and Prebiotics

Volume 2. Issue 3

## **Full Circle in Friend**





## **WII BOWLING TOURNAMENT**

## TUESDAY, OCTOBER 18TH

Friend Community Healthcare System Cafeteria

Join us for pizza, root beer and a Wii bowling tournament! Prizes will be given to winners. Please RSVP for the meal by Wednesday, October 12th to Saline County Aging Services at 402.821.3330.

## **DeWitt Senior Center News New Doors & Country Line Dancing!**

The DeWitt Senior Center has recently had the facility become more handicap accessible. Two new doors have been installed, curbing removed, and an electric door opener added for easier and safer access. They would like to thank Aging Partners, Norris Public Power District Goodwill Fund, Saline County Tourism Advisory Committee, and memorial funds for making these improvements possible. Make sure you stop by the Senior Center in the near future so you can see the doors in action. While your there stay for a program and enjoy a meal!

Starting Tuesday, October 4th at the DeWitt Senior Center country line dancing lessons will begin from 5-5:30 p.m. Chris Roesler will be teaching simple line dances for four weeks (October 4th, 11th, 18th and 25th). There is a

suggested contribution of \$2 per person per session. If you are interested please call Bev Plihal at 402-520-0873 or 402-683-4325. Come join them for fun and exercise to countrv music!



**DeWitt Senior Center Meal Schedule** 

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

WEDNESDAY, OCTOBER 5TH

Program- Flu Shots Nurse as speaker

Menu- Mac & Cheese

Bridge & Dominos

WEDNESDAY, OCTOBER 12TH

Program-Food Safety by Extension Office

Menu- Soup and Chicken Salad

Cards or Dominos

WEDNESDAY, OCTOBER 19TH

Program- Tri County Administration

Menu-BBQ Meatball

Bridge & Dominos

WESNESDAY, OCTOBER 26TH

Program- Check Out the Czechs with Doris O

Menu- Chicken Filet

Bridge or Dominos

Interested in Home Delivered Meals?

For DeWitt, call:402.683.6475

For Wilber, call: 402.821.2331

All others in Saline County call: 402.821.3330

### Other Happenings around the County

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

#### **Important Dates to Remember:**

Lunch and Learn @ FCHS: October 4th 11:45-1:00 DeWitt Center Line Dancing: Beginning October 4th 5-5:30 SCAS Closed: October 10th Open Enrollment begins: October 17th Full Circle in Friend: October 18th at Noon Health Fair in Back Room: October 27th 9:30-12:30 Back Room Event: October 31st 2-3pm Stepping On starting in Crete: Every Thursday 1-3pm

## What's Happening Near You



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

**Community Supper** 

# October 2016

SUN	MON	TUE	WED	THU	FRI	SAT 1
						National Homemade Cookies Day
2	3	4 Lunch & Learn at FCHS 12-1pm @ DeWitt	5	6 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	7	8
Name Your Car Day		Tai Chi 9-10:00 Quilting 1-5 Line Dancing 5-5:30	Do Something Nice Day	Stepping On in Crete 1-3pm	World Smile Day	
9 Moldy Cheese Day	10 Columbus Day SCAS Closed	11 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Line Dancing 5- 5:30	12	13 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On in Crete 1-3pm	14	15 Volume THE Sweetest Day
16 BEST BOSSE Day	17 Open Enrollment Begins!	18 Full Circle in Friend Noon Meal @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Line Dancing 5- 5:30	19 V Evaluate Your Life Day	20 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On in Crete 1-3pm	21 National Pumpkin Cheese- cake Day	22 Vational Nut Day
23	24 National Bologna Day	25 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Line Dancing 5- 5:30	26	27 Health Fair in the Back Room 9:30-12:30 Stepping On in Crete 1-3pm	28	29 National Frankenstein Day
30	31 Halloween SCAS Backroom Event 2-3pm					

#### Volume 2, Issue 3

## **Exercise of the Month– Back Stretch**

- 1. Sit up toward the front of a sturdy chair with armrests. Stay as straight as possible. Keep your feet flat on the floor, shoulder width apart.
- 2. Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and hold on to the left arm of the chair. Place your right hand on the outside of your left thigh. Twist further, if possible.
- 3. Hold the position for 10-30 seconds.
- 4. Slowly return to face forward.
- 5. Repeat on the right side.

6. Repeat at least 3-5 more times.

## **Recipe of the Month**

### Slow Cooker Chicken Tortellini Soup Prep Time **Total Time** Servings 15 minutes 6 hours 20 minutes *Ingredients* - 1 1/2 lbs boneless chicken breasts 3 stalks celery, diced 3 cloves garlic, minced - 1 cup water - 1 teaspoon Italian seasoning chopped fresh parsley (for serving) Directions

- 2. Remove the cooked chicken from the slow cooker and shred and then add back.

.....

- Add in tortellini and cook for 15 minutes or until cooked all the way.
- 4. Season with salt and pepper. Discard bay leaves and serve immediately. Tip

Add chopped parsley on top, if desired! Make extra for leftovers!

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This exercise is part of Go4Life from the National Institute on Aging.

4

- 3 medium carrots, diced
- 1 medium onion, diced
- 6 cup low sodium chicken broth
- 2 bay leaves
- 2 cups cheese tortellini
- -salt and pepper to taste

1. Add all of ingredients to a slow cooker except for the tortellini and cook on low for 6 hours.



## **Caregiver's Corner**

Saline County Aging News

Volume 2. Issue 3

10 Early Signs and Symptoms of Alzheimer's



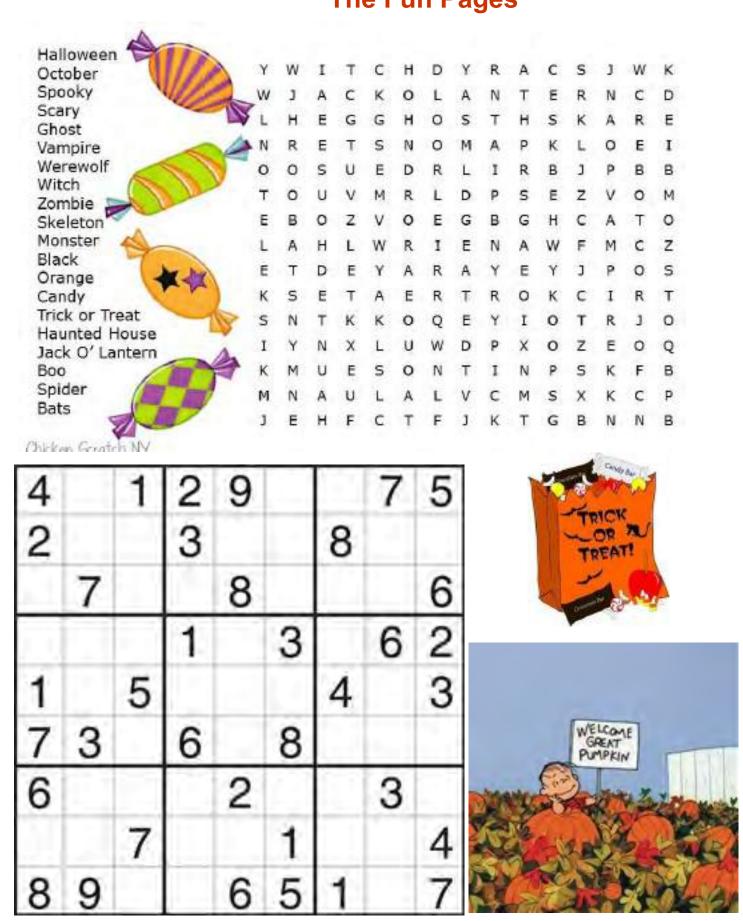
Alzheimer's: Α brain disease that causes a slow decline in memory.

thinking, and reasoning skills. Here are 10 warning signs and symptoms that if a person starts experiencing should go see a doctor.

- 1. Memory loss that disrupts daily life. It is a normal age related change to occasionally forget names or appointments that will usually come back to us later. Concern happens when a person starts to forget important dates or events, asks for the same information over and over, or forgets just recently learned information.
- 2. Challenges in planning or problem solving. A common age related change is occasionally making errors on some task like balancing a checkbook. A person may start taking longer to follow simple recipes, stop keeping track of monthly bills, and start having troubles concentrating on things they did with ease before.
- 3. Difficulty completing familiar tasks at home, at work, or at leisure. Common age related instances are something like needed help with a setting on a microwave or TV. Concern comes from forgetting how to accomplish daily tasks or driving to a familiar location, or remembering rules to a favorite game.
- **Confusion with a time or place.** It can 4. be common for a person to forget what day it is, but then remember a little bit later. People with Alzheimer's have trouble keeping track of dates and times, and the passage of time. Concern should start if a person cannot remember where they are or how they got there.
- 5. Trouble understanding visual images

and spatial relationships. A common age related change is sometimes having trouble with vision due to cataracts. Concern happens if difficulty reading, judging distance, or determining color or contrast starts to appear.

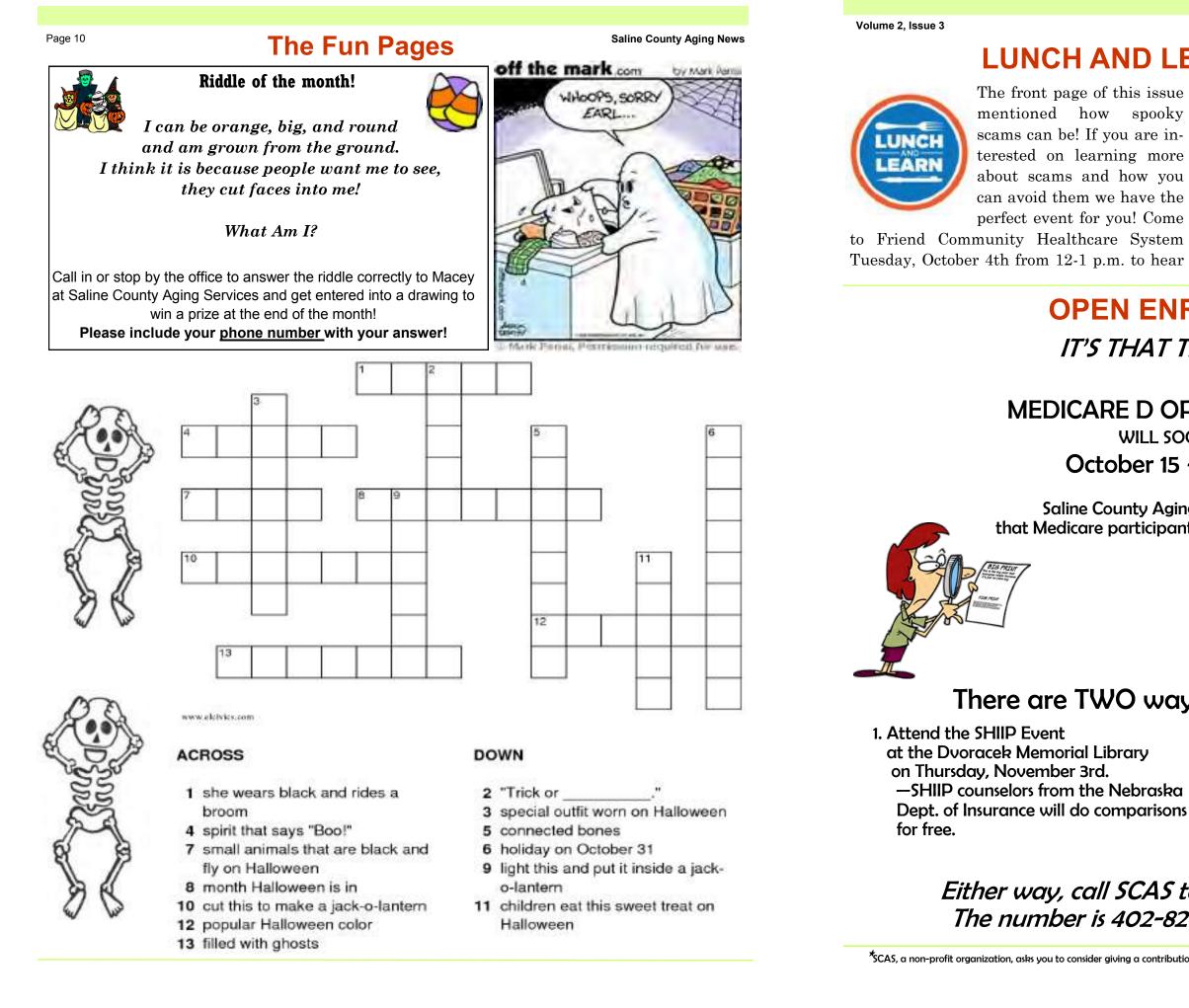
- 6. New problems with words in speaking or writing. Common occurrences could be having trouble finding the right word. A person with Alzheimer's could have problems following or joining a conversation or stop in the middle of a conversation and have no idea how to continue or end up repeating themselves.
- 7. Misplacing things and losing the ability to retrace steps. Misplacing things from time to time is common, but putting things in unusual places, accusing people of stealing something they lost, or not being able to retrace their steps could raise some red flags of concern.
- 8. Decreased or poor judgment. Making a bad decision from time to time is common. Trouble comes when a person has poor judgment and may give large sums of money to telemarketers or stack to lack bathing/ cleaning themselves.
- 9. Withdrawal from work or social activities. Sometimes we feel a little weary of work, family or social outings and this is okay. Concern comes when a person starts to remove themselves from hobbies and stop engaging in social activities from the changes they have been experiencing.
- 10. Changes in mood and personality. A common occurrence is developing a routine and being irritable when that is disrupted. If a person becomes confused, suspicious, depressed, fearful, or anxious easily you may start to become concerned.



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## **The Fun Pages**

1	С	н	D	Y	R	A	с	s	J	w	к	
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## LUNCH AND LEARN IN FRIEND

Macey Moore from Saline County Aging Services speak on scams. Learn about what scams are out there, why scammers target seniors, and how you can avoid scams! A complimentary lunch will be provided by FCHS. If you would like to attend the lunch and learn please RSVP to FCHS by October 3rd.

## **OPEN ENROLLMENT**

IT'S THAT TIME AGAIN?!!?

## MEDICARE D OPEN ENROLLMENT WILL SOON BE HERE

October 15 - December 7.

Saline County Aging Services recommends that Medicare participants check their plan each year!

In any given year plans may:

--Change the way they cover or stop covering certain meds --Raise deductibles, co-pays or premiums --Add new plans that are more cost effective and competitive!

## There are TWO ways to check your plan:

	2. Meet individually with a
	Saline County Aging Services (SCAS)
	staff member.
	—They are also trained SHIIP
5	counselors and will offer non-biased assistance.*

## Either way, call SCAS to make an appointment. The number is 402-821-3330 or 800-778-3309.

\*SCAS, a non-profit organization, asks you to consider giving a contribution of any amount to offset the cost of doing open enrollment comparisons.

## Get To Know Saline County Aging Services!

What's your full name? Marcia L Spilker Emal

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### How long have you been with Saline County Aging Services and what is your position?

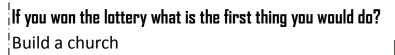
About 9 years and one of the foot clinic nurses

What's your favorite color? Blue



What is your favorite time of the year? Summer: all the years spent working as a school nurse help me view it as—freedom!

Where do you most want to travel, but have never been? Go on an African safari.



What is your favorite part of Saline County Aging Services? Enjoying the people I meet and improving their lives in a small but hopefully helpful way.

What is something interesting about you? I am a partner in a small vineyard and enjoy my time working "out in the vines".



What 3 things would you bring with you if you were stranded on a desert island?

A lifetime supply of coffee, my cell phone with power source, and a full library

What is your best/ favorite piece of advice?

"By joyful in hope, patient in affliction, and faithful in prayer" (Romans 12:12)

## What To Do/Say When Someone is Sick

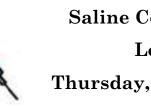


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chicken or lasagna?" or "I have Monday off There are many instances in and am running some errands, do you need anything?" . Another important thing to reloved one becomes sick. Somemember is do not be afraid to go see the person or even give them a call, even if you do times the sickness can be not know what to say! You could say something as simple as, "I do not know what to say, but I care about you and love you". Words can go a long way for a person. There are too many times when words are left unsaid and people are left with regret. So if you find yourself in a situation like this contact them, leave a message, write a letter, or just go and sit with them. It may not seem like it now, but it will make a difference.

our lives that come up when a friend, family member, or overcome, and other times it is more serious. Either way, it can be hard to know what to do/ say in situations like this. Reader's digest suggests that you should not ask what you can to do help. People who are sick generally do not want to be a burden and ask for help from others. Instead just try doing something for them. This could include cooking dinner, cleaning out the refrigerator, or just coming over to talk. You could say things like "I am bringing you dinner on Friday, do you want

## Health Fair in SCAS Back Room



#### **Vaccinations and Screenings**

Vaccinations include: Flu, Pneumonia, Tdap, and Shingles. (Most insurance companies cover the flu, pneumonia, and tdap completely, but the shingles vaccination can be over \$200). The pharmacist will check with insurance prior to administering vaccinations to make it less stressful for all!

Screenings include: STEADI checks, blood pressure, and grip strength checks.

An appointment **IS** necessary if you would like a vaccination.

An appointment is **NOT** necessary for the screenings.

Please call 402-821-3330 to schedule your vaccination appointment or to clear up any questions!







Saline County Aging Services' Health Fair Located in SCAS Back Room Thursday, October 27th from 9:30am -12:30pm



Saline County Mging Services

109 W. 3<sup>rd</sup> PO Box 812 Wilber NE 68465



## **November: A Month of Thanks**



There are so many reasons to be thankful in our This could also include giving a larger tip lives everyday of the than normal when you are out or just smiling a little more at strangers. Try to find someyear, but it seems that the term "thankful" realthing that is comfortable and reasonable for ly surfaces during the you to do then go out and let people know month of November. what they mean to you! While it is important to Another important day to remember during be thankful during all of this time is Veterans the other months of the Day. Veterans Day pays year as well, a person can tribute to all American really focus on the meanveterans-living or deading of what being thankbut especially gives thanks to living veterans who served their

ful means during this time. Ask yourself, "What are you thankful for?" Is it your friends? Family? A roof over your head? Maycountry honorably durbe something like your dog or a vehicle to get ing war or peacetime. The purpose of Veteryou from place to place? Whatever it is, it is ans Day is to honor America's veterans for important to take time and recognize what their patriotism, love of country, and willingthat is for you. ness to serve and sacrifice for the common What are your favorite ways to express your good. While it is important to recognize Vetthankfulness? I enjoy sending just because erans on November 11th we should honor our cards in the mail to let someone know I am veterans year-round. The easiest way to do thinking of them or to tell them thank-you for this is expressing thanks. If you see someone something they have done for me. You could in uniform just saying a few words of gratialso make up some cookies or a casserole and tude or doing acts of kindness to

deliver it to that someone special you are show how much their thankful for. Even something as simple as a service means to you phone call or conversation to let someone can go a long way. know you are thinking of them, or reminding them of a time that they did something for you that you were appreciative of is a great way to express thanks. Thankfulness can go the sacrifices you beyond the scope of people we know as well. have made to keep Maybe during this month you will try doing a our country free!



Improving and enriching the quality of life and independence of older persons in Saline County PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330



Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

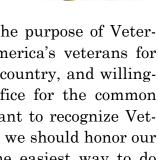
Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.

## Saline County Aging News

November 2016

"pay it forward act" and buy someone's meal.

To all of the Veterans: We deeply appreciate



Inside this issue:	
Computer Tips	2
Full Circle	4
Caregiver's Corner	6
Get To Know	8
Fun & Games	10

## **Computer Tips– Passwords**



**Bv** Computer Tutor

Passwords can be simple and easy for you to remember. Using the same password for everything makes sense, right? Unfortunately,

there are thousands of hackers who hope that you will choose this easy fix.

You should have a different password for every account that you have on your computer. Better yet would be a different user name as well. I know that's not what you wanted to hear, but how difficult would it be for you to recover and restore your good name, credit, and reputation? That is what you are risking by not having unique user names and passwords.

My other caution to you is not using common, easy to figure out user names and passwords. These no-no categories include pet's name, mother's maiden name, your maiden name, email address, birthdates - yours, your spouse or children, phone number, social security number, street address, zip code, and the list goes on. How many of these are you using?

The best user names and passwords are those that consist of random numbers, letters, and symbols. Here is an example – A5cf\$6Lr40. Imagine trying to remember that one!

For better protection, your user name and password should contain letters and numbers of at least six (6) characters. An example would be - Na19te. It is best to have the number somewhere in the midst of the letters. If Na19te was the user name, the password could be C2omp7uter. That wasn't too hard, was it?

Let's take the next step. Most accounts that require both a user name and password will also allow the use of most, if not all, of the symbols on your computer's keyboard. A simple example would be Na&9te.

Taking it to the final step, you can use symbols and numbers in place of letters. This would be one example – N@teBr0wn. See how easy it can be. An even more advanced version would be using more uppercase letters.

Just use your imagination and stay away from the commonly used categories. And, be sure that each user name and password that you create and use is different. Even if you change just one or two characters, you will have stronger and harder to crack user names and passwords.

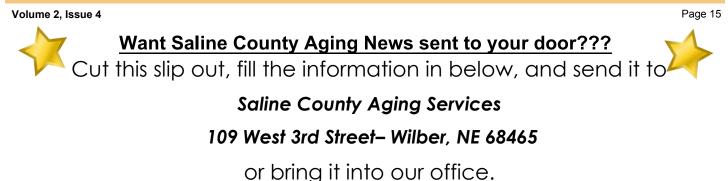
(Editor's Note: Lee De Bevoise was the Computer Tutor. He's currently retired. However Lee still enjoys helping folks with computer-related questions as he has for almost 30 vears. Please e-mail your questions and/or comments to computertutor@fishdreams.com.)

## 8 Thanksgiving Fast Facts

- 1. Americans eat roughly 535 million pounds of turkey on Thanksgiving.
- 2. They celebrated the first Thanksgiving Day in the fall of 1621.
- 3. The first Thanksgiving celebration lasted three days.
- 4. Californians are the largest consumers of turkey in the United States.
- 5. The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.

- 6. About 20% of all cranberries that are consumed in the U.S. per year are eaten on Thanksgiving.
- 7. It was not until 1941, that congress declared Thanksgiving as a national holiday.
- 8. More than 40 million green bean casseroles are served on Thanksgiving Day.



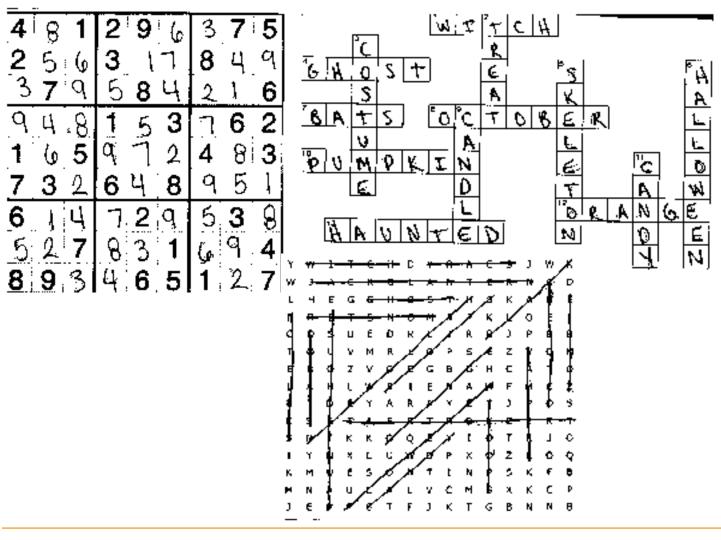


Name:

Address:

If you would rather have it send via email please provide email address:

## **Answers to Last Month's Puzzles**



Page 2





### **From Macey**

I just wanted to say thank-you to everyone I have had the pleasure of meeting while I have been working at Saline County Aging Services. It really has been my pleasure to teach classes such as Stepping On and Tai Chi, doing presentations, and helping others with a variety of other things. I have learned so much from you all and you all have such a special place in my heart. Saline County Aging Services is such an asset to this county and the seniors and I am honored to have worked for such an incredible place. If you would like to get ahold of me in the future please contact Amy or Laura and they can direct anything my way! I will miss you all dearly and wish you all the best!

Macey Moore

#### Meals on Wheels in Dorchester

Do you live in Dorchester? Would you like to receive a nutritious meal to your door during lunch from Monday-Saturday? If so than you are in luck! Friend Community Healthcare System has started offering Meals on Wheels to the Dorchester community since Sep-

tember 19th! Meals on Wheels provides nutritious meals, prepared by the dietary department. The cost of one meal is \$5.50 (for Dorchester residents) and are available Monday-Saturday for lunch. These meals are available to people of ALL ages. To sign up or get a menu for the month, call 402-947-2541 and ask for Ashley (Dietary Manager) or Donna (Social Services).



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## **Food for Thought Thanksgiving Alternatives**

as just the veggies. Avoid putting cheese or sauces over them. • Try finding recipes that include more steamed or roasted vegetables in them. • It is a good rule to try and get vegetables to cover at least half of your plate. • When it comes to the extra fixings try to keep the portion sizes down! Keeping a side of stuffing down to 1/2 cup is a great way to keep you from getting too stuffed! the meat general-

Thanksgiving is a wonderful time of the year full of family, friends, and good food. Sometimes this food can leave you feeling like you were the turkey that was stuffed though! This article provides you with ways to survive the holidays and be able to leave your relative's house with the same pants on that you came in wearing! Alright, first things first. Thanksgiving dinner is all about the turkey. When it comes to



ly the white turkev breast is a better choice than dark meat. the Before cooking

If all else fails and you do end up overthe turkey try indulging on this day, forgive yourself, but browsing the indon't lose hope. One article mentions that ternet to find new during this time of the year it is important to recipes and ways to make this dish a little remember it is a holiDAY not a holiWEEK. It lighter. is okay to indulge for one day, but do not Next up are the sides. One cannot have make it a habit for the entire week.

Thanksgiving dinner without all of the fixings! This can include green bean casserole (a favorite in my house), mashed potatoes, corn, stuffing, cranberry sauce, sweet potatoes, the list could go on and on! Here are some tips to help make them a little lighter, while still enjoying them 100%.

- Look for ways to substitute high caloric ingredients with lower ones.
- Avoiding having trays of high caloric appetizers out for people to much on before the main dish is served. Put out trays of fresh cut fruits and veggies instead.
- If there is a vegetable dish try leaving it

\*\*All information in this article came from http://anp-foundation.org/surviving-thanksgiving/



• Cut the desserts into single, serving sizes before you put them out. This way it will be easier for people to resist that large piece of pie!

Another way to make yourself feel a little

better is to get some exercise or move around during the day! If the weather is nice go for a walk that morning and then again after you eat. If you have to stay inside sit on a chair and do some easy chair exercises, or play a game with

the family. Little things like this can go a long way to keep you moving and active!

Whatever you do though, do what makes you happy on this day and enjoy it to the fullest!

Saline County Aging News

## **Back Room Event & Full Circle in Friend**



Come listen to a short presentation on how to stay mentally active as we age! Learn the benefits of having an active brain and what you can do to keep it that way! After the presentation we will be playing games to celebrate game and puzzle week!

You can attend this event at either Saline County Aging Services or at Friend Community Healthcare Systems. Read the following information to find out which one is best for vou!

November 16th: at Saline County Aging Services' Back Room in Wilber from 2-3pm

**\*\*\*November 22nd:** at Friend **Community Healthcare Systems** 

**Registration:** 11:45am Meal: 12:00pm with the presentation and games to follow.

If you are interested in coming to one of these events please call Saline County Aging Services to reserve your spot! \*\*\*In order to come to the meal at Friend Full Circle please have your reservation in by November 15th!

## **Beating the Holiday Time Blues**



While the holidays can be a lovely time of the year, they can also bring feelings of loneliness or sadness for some. This could result from missing a loved one or being

away from family. It is important to try and find a meaning during this time of the year to keep you busy and going, to help from just feeling down the whole season. For many people this comes through volunteering for their church, an organization they belong to, shelters, food banks, free clinics, or visiting long-term care facilities. Some people have a "Friends Thanksgiving" and have close friends over to enjoy a holiday meal with that might be experiencing the same feelings as them. Others will find a project to do or have their favorite music playing throughout their whole house. It can be more difficult to feel isolated or lonely when you can serve someone else by volunteering or enjoy time with friends that bring you great joy.

On the other hand it is important to keep these people in mind during the holidays. Maybe you are having a small get together at your house, do not be afraid to extend an invitation to someone who may not have much family around or who you know has a difficult time during this part of the year. Offer them to come over and stress that they will not be intruding on anything and that you would really like to see them there. Maybe you could even suggest that they could bring a dish to the get together so they do not feel like they are being a bother. Whatever you have to do to make them feel welcome and comfortable. Hopefully through one of these suggestions you can connect and find meaning during this season.

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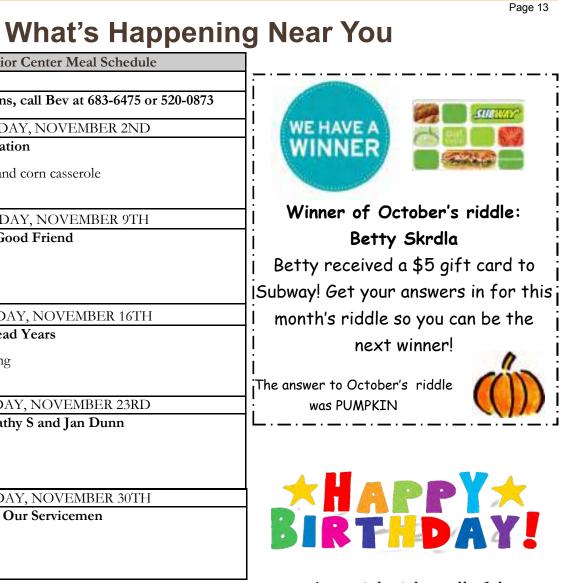
DeWitt Senior Center Meal Schedule						
For meal reservations, call Bev at 683-6475 or b	52					
WEDNESDAY, NOVEMBER 2ND						
Program- TC Administration						
Menu- Sloppy Joes, mac and corn casserole						
Bridge & Dominos						
WEDNESDAY, NOVEMBER 9TH						
Program- How to Be a Good Friend						
Menu– Hot Beef						
Cards or Dominos						
WEDNESDAY, NOVEMBER 16TH						
Program- The Homestead Years						
Menu- Turkey and Dressing						
Bridge & Dominos						
WESNESDAY, NOVEMBER 23RD						
Program- Music with Kathy S and Jan Dunn						
Menu– Hamburger Steak						
Bridge or Dominos						
WESNESDAY, NOVEMBER 30TH						
Program- How to Help Our Servicemen						
Menu– Polish Sausage						
Interested in Home Delivered Meals?						
For DeWitt, call:402.683.6475						
For Wilber, call: 402.821.2331						
All others in Saline County call: 402.821.3330						

### Other Happenings around the County

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

#### **Important Dates to Remember:**

Open Enrollment: Now until December 7th SHIIP Event in Crete: November 15th Back Room Event: November 16th SHIIP Event in Friend: November 17th Friend Full Circle: November 22nd



A special wish to all of the November Birthday's out there from Saline County Aging Services!

Community Supper

# November 2016

SUN	MON	TUE	WED	THU	FRI	SAT
		1 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	2 Deviled Egg Day	3 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 Stepping On in Crete 1-3pm	4	5 Book Lovers Day
6 Saxophone Day	7	8 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	9	10 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	11 Veterans Veteran's Day SCAS CLOSED	12 Chicken Soup for the Soul Day
13	14 World Diabetes Day	15 SHIIP Event in Crete @ DeWitt Tai Chi 9-10:00 Quilting 1-5	16 Back Room Event 2-3pm National Fast Food Day	17 SHIIP Event in Friend @ DeWitt Tai Chi 9-10:00 Quilting 1-5	18	19 National Adoption Day
20	21 World Hello Day	22 Friend Full Circle 11:45 Registration @ DeWitt Tai Chi 9-10:00 Quilting 1-5	23 Eat A Cranberry Day	24 <b>Constant</b> Thanksgiving Day SCAS CLOSED	25 SCAS CLOSED	26
27	28 French Toast Day	29 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	30			

#### Volume 2, Issue 4

## **Exercise of the Month– Lower Back 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 the position for 10-30 seconds.
- 4. Bring lets back up slowly and repeat toward other side.
- 5. Continue alternating sides for at least 3-5 times on each side.

\*\*\* If you have had a hip or back surgery, talk with your doctor before trying this stretch!!!

	Rec	ipe of
Apple Pie B	ites	
Prep Time	Total Time	Serv
15 minutes	27 minutes	
Tra mar all are to		

#### Ingredients

 $\diamond$ 

 $\diamond$ 

 $\Diamond$ 

- ◊ 1/4 Cup packed light brown sugar
- 1 teaspoon apple pie spice, plus a little extra for topping
- 3 tablespoons of melted butter
- 1/3 Cup chopped pecans
- 1 small Granny Smith apple, sliced into 8, 1/2 inch slices
- $\diamond$  1 8oz can crescent rolls

### Directions

- 1. Preheat oven to 375 degrees and line a baking sheet with parchment paper.
- toss apple slices in butter.
- the wide edge of the roll and wrap crescent roll around each apple.
- 4. Brush each roll with remaining butter and sprinkle lightly with apple pie spice.
- Bake for 10-12 minutes, or until golden brown. Cool for 5 minutes before serving.

Tip: Drizzle melted caramel on top!



This exercise is part of Go4Life from the National Institute on Aging.

## f the Month

vings 8



2. In small bowl combine brown sugar and apple pie spice. In another bowl melt butter and

3. Arrange crescent roll triangles on baking sheet, evenly distribute brown sugar mix onto each triangle. Then sprinkle each one with chopped pecans. Finally, place an apple slice on

## Caregiver's Corner

the

**Caregiver Appreciation Day November 13th** 

Caregivers devote all of their time and attention focusing on someone else, and rarely

Dear Caregiver, You are Amazing. And we thank you

time they need to take care of thems e l v e s . Sometimes this can cause a

take

great deal of stress on the caregiver and they can end up suffering from emotional, social, psychological, or physical problems. One way to avoid this is by taking time to take care of yourself, so you can then take better care of your loved one. What better day to do this than on or around Caregiver Appreciation Day on November 13th. It can be hard to find someone who you trust and feel comfortable leaving your loved one with, while you take time for yourself. We understand this so we have included information from Bede Bolin, an instructor at UNL, on Respite Care explaining what it is and how you can access it.

**Respite Care:** a temporary break for caregivers to help them renew their patience, strength, and relive stress. It allows you the opportunity to relax or do other activities (appointments, nap, go out of town for a few days).

#### The Advantage of Respite Care...

Research shows to take respite care early and often. Taking it early has the advantage of developing a relationship with the respite care provider. This is easier to accomplish before you are overwhelmed and exhausted.

#### Planning your Respite Break...

It is important to plan how you will use your respite break. Plan ahead and choose activities that have meaning in your life. You will feel more satisfied and less burdened with your caregiving responsibilities.

Saline County Aging News

#### Who (or What) is a Respite Provider...

There are two types: informal and formal providers. Informal are family, friends, people from your church or other organizations that you belong to, or someone you can call when you need help. Formal providers may be individuals or agencies that have registered with the Nebraska Respite Network. While informal providers usually are volunteers, formal providers will charge a fee. Most formal providers are individuals but some facilities that offer Adults Day Services or Long Term Care also provide respite services.

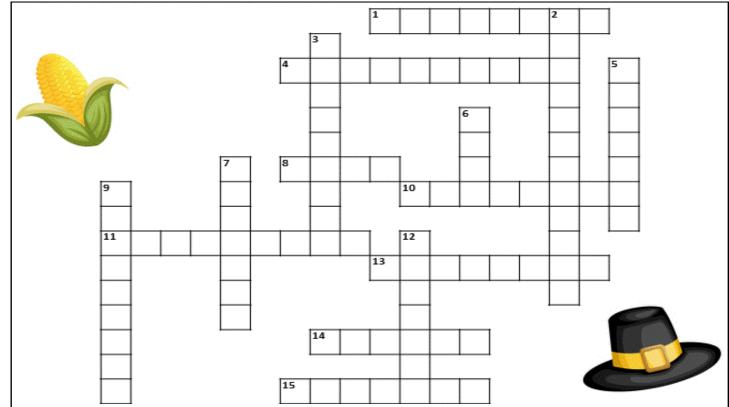
#### How Do You Find a Respite Provider...

Call the Nebraska Respite Network 1-888-RESPITE to get the data base of Respite Providers. With this you are able to interview the provider of your choice and choose the one that best matches your needs and whom you feel most comfortable with. Since the provider does not work for the Nebraska Respite Network you have complete control and negotiate directly with the provider for payment, schedule, and duties.

#### More Information...

For more information please call Saline County Aging Services, 402-821-3330. We have a packet with more information on Respite Care we would love to give you. Volume 2. Issue 4





#### Across

- 1. First village established by the Pilgrims
- 4. Symbol of abundance and nourishment
- 8. An essential grain in the New World diet
- 10. Literally, travelers going to a holy place
- 11. The Pilgrims' boat
- 13. 16th and 17th century English Protestants
- 14. The traditional holiday bird
- 15. Indian who taught the Pilgrims many things

## **The Fun Pages**



#### Down

- 2. 4th Thursday of November
- 3. A traditional Indian dwelling
- 5. Gathering of crops
- 6. Season for harvesting
- 7. Country the Pilgrims left behind
- 9. Indian tribe that was present at the first Thanksgiving
- 12. Bright orange squash used to make pie

<sup>\*\*</sup>All information in this article came from Bede Bolin's presentation on Respite Care

## **The Fun Pages**

N	s	T	U	Ŧ	F.	t	N	G	1	R	L	U	N	Y	
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#### Saline County Aging News

Volume 2, Issue 4

## **OPEN ENROLLMENT**



## **Open Enrollment Events**



Saline County Aging over this information carefully. It will ex-Services (SCAS) is plain if your plan's premium and co-pays will hosting two Medicare change in 2017, and if they will be adding or D comparison events. dropping medications from their formulary The first will be Tues-(what the drugs the plan covers). Make sure that your prescription drugs are still covered. day, November 15, at the Centennial Ter-The SHIIP trained Saline County Aging Ser-

race in Crete (1600 vice's staff will also be doing Medicare D com-Grove Ave. Crete, NE 68333). The second will parisons at their office by appointment durbe on Thursday, November 17, at Friend ing the open enrollment period. SCAS is a Community Healthcare Systems in Friend non-profit organization and asks you to con-(905 2<sup>nd</sup> St, Friend, NE 68359). Appointsider giving a contribution of any amount to ments for the events need to be made by offset the cost of doing open enrollment comcalling Saline County Aging Services at parisons. 402-821-3330.

Please call Saline County Aging Services if Your Medicare D insurance carrier should you would like to schedule an appointhave already sent information to you on the ment 402-821-3330. We may not be able to changes that will take place with your curaccommodate walk ins at either event in rent plan. It is *very important* that you read Crete or Friend.

## **Riddle of the month!**

I am planted in the ground, all across the Midwest is where I can be found.

In the summer I am green as can be,

and I am known for big ears growing on me!

#### What Am I?

Call in or stop by the office to answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month! Please include your phone number

with your answer!







## IT'S THAT TIME AGAIN?!!?

## MEDICARE D OPEN ENROLLMENT WILL SOON BE HERE

## October 15 - December 7.

### Saline County Aging Services recommends that Medicare participants check their plan each year!

In any given year plans may:

--Change the way they cover or stop covering certain meds

--Raise deductibles, co-pays or premiums

--Add new plans that are more cost effective and competitive!

#### Saline County Aging News

Volume 2. Issue 4

## Note from the Director

#### Dear Friends.

I have a bit of sad news to share with you all. member to round out our team. Macey will be Macey Moore is leaving us. Her last day is sorely missed, but I am incredibly proud of Friday November 4th. Macey has decided to her and excited as she starts the next chapter take a job closer to her significant other, to of her life and career. begin a new chapter in her life. Macey has I knew when I hired Macey that we would been a very valuable asset to me and our just be stepping stone in her bright, limitless agency, jumping in whole heartedly to help future, but her impact on our services has me realize the dream of "Full Circle", and the been humongous. Her potential is endless 'back room' events. She has worked tirelessly and I hope that you will wish her well as she to assist in their launches. starts this new adventure!

For almost a year and a half, Macey, Laura, Yours in service, and I have been a well-blended team and have started a great momentum in both ser-Star vice and agency growth. Our agency has tak-Amy B. Hansen, Director en a direction that I have long dreamed possible. Laura and I will work to keep the momentum growing, as I look to find a new staff

The Saline County Aging Services staff rehave drug coverage in 2017, if they don't cently went to an update training for all find a new plan. things Medicare. It is, after all, that time of year. The biggest thing we learned and that plan. If you have one of these plans, you we wish to pass on to you is this:

#### **READ YOUR MAIL!!!**

If you have not read your mail, you may have missed information that could affect you BIG TIME! Your drug plans should have sent information on 2017 changes to you already.

For those with Medicare Part D prescription plan coverage, we learned that in 2017:

- Plans can have a deductible of up to \$400. Has yours gone up?
- Some plans had an increase in premiums, some actually went down. What did yours do?
- One plan is non-renewing, which means it is going away. People who have Transamerica MedicareRx Classic won't

How long have you been with Saline County Aging Services and what is your position?

4 years and Vice President

Get To Know Saline County Aging Services!

What's your favorite color? Blue

What's your full name?

Lorene M. Horky



What is your favorite time of the year? Spring-when things get green and flowers start blooming.

Where do you most want to travel, but have never been? Rome to see the pope.

## If you won the lottery what is the first thing you would do?

Set up a fund to help less fortunate children to continue their education.

What is your favorite part of Saline County Aging Services?



Aging Services and all the programs for seniors and the staff are very helpful.

## What is something interesting about you?

I do a lot of volunteering with many organizations and mentoring some immigrants.



What 3 things would you bring with you if you were stranded on a desert island? Water, blanket, and paper and pen to keep a diary.



## What is your best/ favorite piece of advice?

Be courteous to others and work hard to do the best you can --never give up!





## **Medicare Notes**

- Four plans are merging with another will be covered in 2017. People with Symphonix PrimeSaver Rx, or United American-Enhanced. or United American-Essential, or United American-Select should, however, check to see if this new plan will work well for them.
- Drug plans can drop/add or re-tier (reprice) drug(s). Did they do that with yours?

As always, if you have any questions at all or would like to schedule a Medicare Part D comparison appointment please call Saline County Aging Services at 402-821-3330.

Just remember... it is so important to **READ YOUR MAIL!** 

Saline County Mging Services

109 W. 3<sup>rd</sup> PO Box 812 Wilber NE 68465



Nothing makes me feel better than being able to do something for someone else. It is the little things in life that matter the most. Here is a list of simple things you can do this holiday season to give back to someone you may know or maybe even surprise a stranger! Many of these acts do not cost much or involve much time, but it is the thought that counts.

- 1. Paying it forward at the drive-thru: This seems to be a classic around the holiday season. If you find yourself in the drivethru of a fast-food place and see a line of cars behind you, tell the cashier you would like to pay for the person's order behind you. When that person gets up to pay for their order they will be pleasantly surprised and may even pass the act on themselves!
- 2. Make care packages for the homeless: Take gallon size zip lock bags and fill them up with essentials that a person may need. This can include a bottle of water, a couple granola bars, travel size toothbrushes, Band-Aids, hand sanitizer, tissues, a comb, any other food snacks you can fit, or a five dollar bill. Get creative! Put anything in this bag that you think a person could benefit from. Then keep them in your car and the next time you see a homeless person hand them one.
- 3. Donate your money: If you cannot get out



Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.

## Saline County Aging News

December 2016

## Ways To Give Back This Holiday Season

and about, but still want to give back,
maybe consider donating money to a charity. The amount does not matter, because
any dollar helps! Here are a few of my favorite charities: American Heart Association, Make-A-Wish-Foundation, The Humane Society, and Huntington Christmas.
Take a look around your town and see if
there is anyway to donate locally. There
may be more places than you think!

Holiday To-Do List I. BUT Presents 2. Wrap someone in a hug Shop For Food Make Gookies 6. See the Lights Inside this issue:

More ideas to give a back to the communp ity this holiday u season will be continued on the next page... t Step Exercise of the Caregiver's Fun 8 What's G

## Stepping On 3

- Exercise of the Month 5
- Caregiver's Corner 7
  - Fun & Games 11
- What's Going On 13

4. Adopt a family: The Salvation Army along with other stores do a program called adopt a family. This is where you sign up to provide Christmas gifts to a family who may be going through a difficult time over the holidays. If you want to feel like Santa, here is your chance!

5. Donating clothes: This time of year is a good time to go through your closet and pick out things you do not wear anymore. Make sure they are gently used and in good condition, you do not want to give someone something that has holes in it! Coats, hats, scarves, and mittens are especially helpful during the cold months! Take these clothes to a local shelter or donate them to a family who may need them.

#### Saline County Aging News

I hope these ideas inspire you to give back this holiday season and remember that we have so much to be thankful for! All of us from Saline County Aging Services would like to take the time to wish everyone a happy and safe holiday season, may your days be merry, bright, and filled with lots of happiness!



## **Computer Tips for Safe Online Shopping**

Love shopping online? Check out these tips for a safer online shopping experience:

- So Use sites you know. Go to the original site, not through a search engine or email link.



∽ Look for the ER buy anything from a site

that is 'http'. The added 'S' in 'https' shows that the site is secure.

- Some series of a series of through an email.
- ∽ Use a credit card NOT a debit card when purchasing online. Not only does a credit card limit the amount you are responsible for, it is not linked to your bank account.
- ∽ Better yet, use a preloaded credit card: If it gets compromised, they would only get the amount on the card.

- PC.
- ∽ Use strong passwords. Using a password with a number, a symbol, a capital letter included makes it harder to guess! i.e. N0tmyM0n3y or Hands\*0ff3
- S Avoid public terminals for shopping. (Like the library.) Use your home computer.
- S Check your bank statements online often for extra fees, debits, purchases, etc. that should not be there.

After all, a safe shopping experience is a happy shopping experience!



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

Name:

Address:

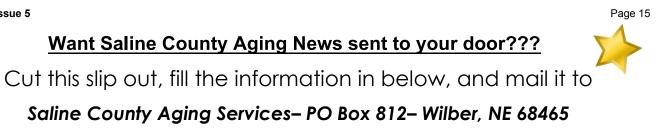


## Winter Weather Closings

Soon we will be approaching another Nebraska winter. Even though Nebraska weather can be very unpredictable at times we are pretty certain that we will experience snow and bad driving conditions at some point. When this happens there are a few things you should be aware of...

- If the Saline County Courthouse is closed, Saline County Aging Services will be closed.
- If Wilber-Clatonia Public Schools closes for a snow day because of bad weather, Saline County Aging Services will also be closed.
- for the day, but we will work to reschedule your appointment.

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



If you would rather have it send via email please provide email address:





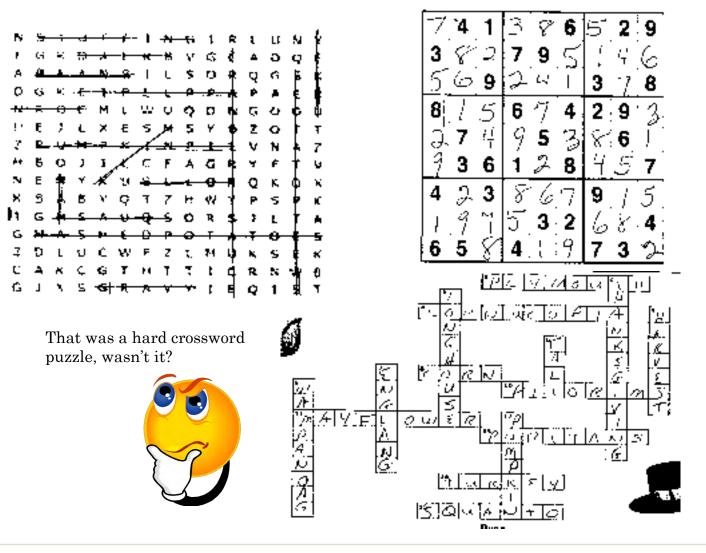
• If either of these happens to fall on a foot clinic day, the foot clinics will be cancelled



- Recovering illness or injury
- recovering from sprains, strains or breaks
- Portable Chairs, Stools

Commodes and Benches

## **Answers to Last Month's Puzzles**



Volume 2, Issue 5

## **SCAT Providing Public Transportation** for the City of Wilber

Saline County Area Transit is now providing public transportation services for the City of Wilber every Thursday from 1-5 PM.

The FREE services are open to the public, regardless of age!

Please call to reserve your ride at least one day before you plan to ride. Rides may be scheduled the same day, but reservations will take precedence.

Also, call if you need service that conflicts with the scheduled hours. It *may* be possible to work something out.

## Note from the Director



... To you and yours! May hope, love, peace, and joy be your gifts at Christmas, and your blessings all through the year! Yours in Service,



#### Page 3

GIVE THEM A TRY! CALL 402-433-4511

Or

888-433-7228



## December 7, 1941 "A date which will live in infamy"

December 7, 1941 Japanese planes attacked the Naval Base at Pearl Harbor. Franklin D. Roosevelt declared this day as,

"A date that will live in infamy."

The attack only lasted about 2 hours, but it destroyed around 20 American naval vessels, which included eight battleships, and almost 200 airplanes. More than 2,000 American soldiers and sailors lost their lives and another 1,000 were wounded in the attack. The day after the attack the US declared war on Japan and so entered WWII.

Since the Attacks December 7th is now known as Pearl Harbor Remembrance Day. Memorials have also been built to honor the lives lost on this day. The USS Arizona Memorial in Pearl Harbor is a marble memorial built over the sunken USS Arizona. Another

memorial is the USS Utah, which was a battleship that was attacked and sunk. In 1972 a memorial to honor the crew was dedicated on the northwest shore of Ford Island.

Wherever you are and whatever you are doing on December 7th this year make sure you take a little time to remember and honor the lives lost at Pearl Harbor.

Pictured below is the USS Arizona



## **Exercise of the Month– Front Arm Raise**

This exercise is for your shoulders. It will 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. Rest. Then repeat 10-15 more times.

Tip: As you progress use heavier weights!



This exercise is part of Go4Life from the National Institute on Aging.

Volume 2, Issue 5

**DeWitt Senior Center Meal Schedule** 

For meal reservations, call Bev at 683-6475 or 520-0873 WEDNESDAY, DECEMBER 7TH

Program—Deputy Hudiburgh & his K-9 Indy Menu- Tuna & noodles, Veggie Bridge & Dominos

#### WEDNESDAY, DECEMBER 14TH

Program—T.C. Exchange Students Menu- Beef Stir Fry Cards or Dominos

#### WEDNESDAY, DECEMBER 21ST

Program-Christmas Bingo. Bring a wrapped gift to exchange. Menu– Salmon Loaf Bridge & Dominos

#### WESNESDAY, DECEMBER 28TH-CLOSED

**Interested in Home Delivered Meals?** 

For DeWitt, call: 402.683.6475

For Wilber and the rest of Saline County, call: 402-821-3330.

### Other Happenings around the County

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

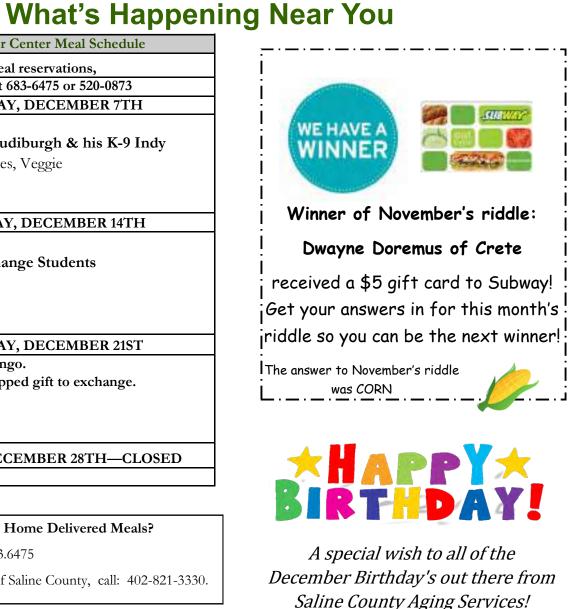
SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, December 22, 2016, in the Wilber Care Center's Activity Room. Please RSVP by December 16th to one of the following numbers: 821-2014, 821-2271 or 821-3259

#### **Important Dates to Remember:**

DECEMBER 7—Last day to sign up for or change Medicare Part D prescription drug plans. See page 2 for info.

FULL CIRCLE-in Friend. See page7 for details.

BACK ROOM EVENT-in Wilber. See Page 7



Volume 2, Issue 5





Salt acts as a preservative, which is why it is All of us enjoy eating tasty. commonly used in canned and meat products. well-seasoned foods. However, Salt also affects the texture in many food we all need to be careful to limproducts, such as yeast breads. It stabilizes it our sodium intakes to prethe volume of certain products, such as egg vent and improve hypertenwhites. Some products such as cheese, can't sion. Hypertension is a chronic even be made without salt. Cheese depends disease that affects many older upon salt to add flavor, texture, quality, shelflife, and safety.

adults caused when blood pressure is consistently higher than what is recommended. Normal blood pressure is 120/80. Controlling sodium intake and eating a balanced diet can help lower your blood pressure and reduce your risk of developing cardiovascular dis-

By limiting the amount of processed foods, we ease. Individuals with hypertension are adcan help decrease our sodium intake. Provised to consume no more than 1,500 mg of cessed foods that tend to be high in sodium sodium per day; about 3/4 a teaspoon of salt if include canned soup, cheese, potato chips, you were to measure it out as one lump sum! crackers, ready-to-eat frozen dinners, pro-There is a large amount of salt added to cessed meats (luncheon meats and hot dogs), our foods so it is very important to always and many other processed foods. Many comread the Nutrition Facts Label for sodium panies are now adding "reduced sodium" and content. The DASH Diet (Dietary Approaches "no salt added" options. Make sure to read to Stop Hypertension) is recommended for all, the Nutrition Facts Label and compare simiregardless of whether or not they are diaglar products and brands to determine which nosed with hypertension. The DASH diet is is the healthier choice. used to prevent and control high blood pres-Spice it Up! sure.

#### Did you know that salt is an acquired taste?

Salt is an acquired taste that is developed tion at most supermarkets. Try these tasty over time. We become accustomed to salty tricks to reduce your salt usage when cookfoods and start to crave the saltiness even ing: more. Cutting down on this acquired taste Add lemon or vinegar to fish or meat, as well can be difficult, but learning different ways to as many vegetables. Season meat with onion, flavor foods may help decrease your risk for a garlic powder, green pepper, ginger, dry musvariety of chronic diseases. The body adjusts tard, sage, and marjoram. Cook with fresh to this decreased salt intake fairly well. In mushrooms and unsalted tomato sauce. Seatime, you crave salty foods less. Eventually son vegetables with onion, mint, ginger, dill some may even taste too salty. seed, parsley, green pepper, or fresh mush-Did you know that salt is used for more rooms.

## than just flavoring food?

Salt it used for more than just flavoring. \*\*All information in this article came from a sodium handout from Aging Partners

Saline County Aging News

# December 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Eat a Red Apple Day	2	3
4 Santa's' List Day	5	6 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	7 Pearl Harbor Day	8 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	9	10 Human Rights Day
11	12 Poinsettia Day	13 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	14	@ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	16 National Chocolate Covered Anything Day	17 SANTA IN DEWITT! KIDS CRAFT At Senior Center from 9-11
18 Bake Cookies Day	19	20 @ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	21 Crossword Puzzle Day	@ DeWitt Tai Chi 9-9:45 & 10-10:45 Quilting 1-5	23	24 Christmas Eve
25 Christmas Day	26 Christmas Observed SCAS CLOSED	27 SENIOR	28 CENTER ALL WEEK	29 CLOSED	30 Bacon Day	31 New Year's Eve

Page 12

Page 5

## **Food for Thought Lessons on Sodium**



#### Did you know that most of the sodium that Americans consume comes from processed foods?

There are a variety of spices to season your food that do not contain salt! A variety of saltfree seasonings are available in the spice sec-

## **Caregiver's Corner**

Volume 2. Issue 5

## **The Fun Pages**



**Riddle of the month!** 

pointy ears and making Christmas toys. For Santa and his reindeer to give good girls and boys. What Am I?

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

Please include your phone number with your answer!



#### **Caregiver Checklist for holiday travel preparations:**

The holidays can be stressful enough for caregivers and their care recipients when they are in their own surroundings. Although the thought of traveling may strike fear in a caregiver's heart, the experience doesn't have to be a traumatic for either of you. With a little forethought and planning, traveling for the holidays could be a cherished memory.

#### **Prepare:**

 $\square$  Get ok from loved one's doctor

☐ Fill Prescriptions

 $\square$  An 'On Hand essentials Bag', including:

 $\Box$  TED hose to prevent blood clots and numbress during long rides.

 $\Box$  Clothing for easy layering in varying temperatures.

 $\Box$  Snacks and water

Weather appropriate accessories, sun hat, sunscreen, etc. or mittens, scarf, hat, etc.

An 'Important Documents' File or folder, that includes:

**Renting a car?** 

 $\Box$  Emergency contact info  $\Box$  List of food, Med, and other allergies  $\Box$  List of current meds and doses  $\Box$  Physician and insurance information

#### Preplan as much as you can before you go:

TIP
Consider ren

 $\square$  Make sure it is easily accessible and any walker, wheelchair, etc. is able to fit.

#### Flying?

Request seats in the designated for disabled

Request an airline employee and wheelchair to assist from check in to gate.

☐ Make sure the airline can accommodate medical equipment (walkers, wheelchairs, etc.)

Limit connections and layovers, making travel time as brief as possible

 $\square$  Request an ADA compliant room.

☐ Make sure the airline can accommodate medical equipment (walkers, wheelchairs, etc. □ Request a first floor room. In an emergency, elevators may shut down, leaving you with the stairs.

TIP	HOTEL
Because only hotels built after 1992 are	19.mm
required to have handicapped rooms. Always ask!	

#### **Does your loved one have Alzheimer's?**

Keep things as familiar as you can:

☐ Stick as close to their routine as you can so as to minimize confusion.

- $\Box$  Communicate to your loved one where you are going and what you will be doing.
- Avoid very loud restaurants and crowded places when your loved one is overly tired.
- $\square$  Plan extra time to avoid the agitation of hurrying.
- Bring familiar items when possible (Pajamas, blanket, pillows).
- $\Box$  Try to travel by day as much as you can to ease the symptoms of Sundowner's Syndrome.



Sundowner's Syndrome increases fear and agitation just before dark. Try:

• Getting back to the room before the sun goes down.

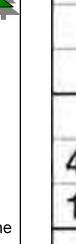
• Lowering the curtains and turning on lights, to soften the change from day to night. • Traveling during day hours.

TIP Carry the 'Important emergency.

Documents' file with you everywhere in case of

1 23 1

I am known for having



## nting a mini-van vs a

car. Not only is it easier to get in and out of, but you'll have more room to stretch out.

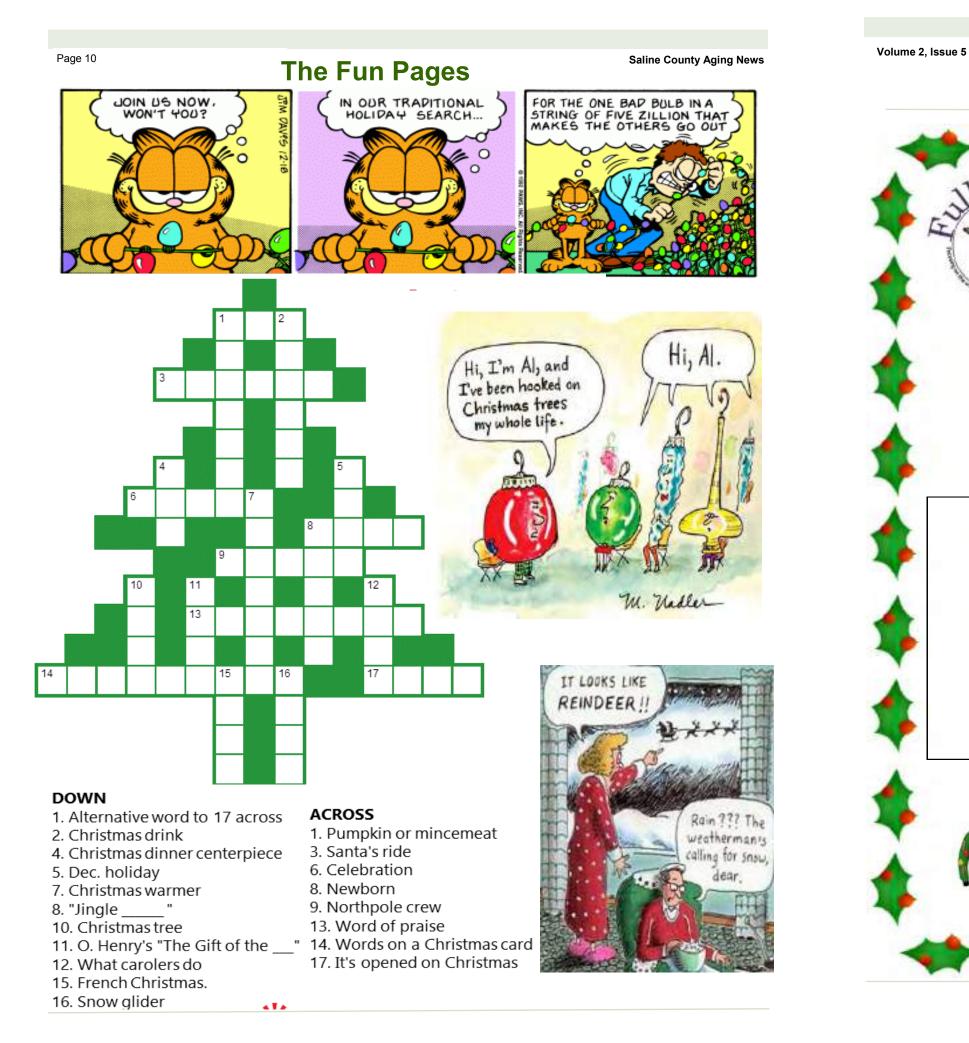
#### **Renting a Room?**

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		7			3 9	1	2	
	2					1		
	25		8	1	6			3
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î I		-	4	9	2		5	
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D	R	M	В	0	A	Т	
Н	M	Y	С	А	F	Е	



BELLS CANDY CANES CAROLS CHRISTMAS DECEMBER ELVES FAMILY LIGHTS PRESENTS REINDEER RUDOLF SANTA CLAUS SILENTNIGHT SNOWMAN TREE



## **Full Circle Events in December** Join as for our Christmas Parties! Come play Jingle Bingo and then join in our Holiday Sweater Contest: Wear your holiday, winter, or seasonal sweater, vest, or top. Enter one of three categories to win a prize: \*Most Festive \*Prettiest \*Ugliest Wilber: Friend: Join us for snacks Join us for lunch & Finger Foods Friday, December 16 FCHS Cafeteria From 1:30– 3:30 p.m. By December 15th In the Back Room at SCAS Please RSVP to 402.821.3330 Meal Costs: By December 15 \$4.50



Tuesday, December 20th From 11:30– 1:30 p.m. Please RSVP to 402.821.3330

Over 60, Suggested contribution of Under 60, Flat fee of \$5.00



## Get To Know Saline County Aging Services!

#### What's your full name?

Kathryn L. Bolton

## How long have you been with Saline County Aging Services and what is your position?

9 yrs. When I retired 9 years ago from Crete Hospital, Carol invited me to a meeting and I am still here.

#### What's your favorite color?

Blue & Purple

## What is your favorite time of the year?

Spring. I like to "dig in the dirt" and take care of flowers, and also see all the fruit trees bloom. We do a lot of canning of the fruit from our trees.

#### Where do you most want to travel, but have never been?

To Ireland. My maiden name was McGahan.

## If you won the lottery what is the first thing you would do?

First, I would build my husband a new garage, then give a large amount to the church so we could get the new Catholic Church built in Crete.

## What is your favorite part of Saline County Aging Services?

I have learned a lot just coming to meetings. I like the way Amy has gotten new programs going to hlp senior citizens, and getting meals started in some of the towns.

## What is something interesting about you?

I grew up in Elsie, NE in Perkins County. I worked 33 years at Crete Hospital, mostly the night shift. I have been married 58 1/2 yrs., have 5 children, 15 grandkids, and am expecting the 9th great-grandchild.

#### What 3 things would you bring with you if you were stranded on a desert island? I would want some books, yarn with knitting needles & crocket hook, and water.

What is your best/ favorite piece of advice?

To always tell the truth and to do your best.



## **Gingerbread House History**

The first known recipe for gingerbread came The current record for the biggest gingerfrom Greece in 2400 B.C. The cookies were bread house was constructed at Traditions staples at Medieval Fairs in England, Gold Club in Bryan, Texas. It required a France, Holland, and Germany. It was building permit because it was about 40,000 Queen Elizabeth who had the idea of decocubic feet and took 4,000 gingerbread bricks. rating the cookies. The festivals turned into If a person wanted to make something this gingerbread fairs and the cookies they size out of gingerbread they would need served were called "fairings". Gingerbread 1,800 pounds of butter and 1,080 ounces of was used for all seasons and the shapes of ginger! That might take a few shopping the cookies changed with the seasons. carts to get all of that from the grocery store!

Gingerbread houses came onto the scene in Germany during the 16th century. These cookie wall houses were associated with a Christmas Tradition. Gingerbread houses became even more popular after the Brothers Grim wrote the story of Hansel and Gretel.

## **Recipe of the Month**

#### Crock Pot Peanut Clusters

Prep Time	Cook and Cool	Total T
10 mins	3 hours	3 hours 10 n

#### Ingredients

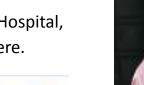
- 1 16oz container dry roasted, salted peanuts
- 1 16oz container dry roasted, unsalted peanuts
- 1 12oz bag semi-sweet chocolate chips
- 4oz German white chocolate (or any other chocolate you have around)
- 32oz white almond bark

## Directions

- top.
- Cook on low, about 1 1/2 to 2 hours or until chocolate is melted. Stir well.
- has hardened! ENJOY!

Tip: Bag these in decorative bags and give as gifts to friends!





#### Page



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1. Pour peanuts into bottom of a crock pot and then put chocolate chips, German chocolate, and almond bark on

Drop by the tablespoon onto waxed-paper lined cookie sheets. Let cool at room temperature until chocolate