



## 2017 New Year's Resolution:

Resolve to make the world a kinder, gentler place.....

Most New Year's resolutions focus on things like losing weight, exercising more, quit smoking, and cleaning out the closets. Though well intended, and maybe even necessary (I'm thinking of my own closets), why not add a resolution or two that focuses on others, with things that will make your community, and the world a better place?

**Spend some time with an elderly friend or family member.** It is very easy in our busy lives to forget an elderly friend or family member, especially if you have a lot going on. But just a few minutes on the phone, dropping by with a plate of cookies, asking if they need anything, or inviting them to come with you to a store or event makes them feel less isolated. And if they say 'no, thanks', keep asking anyway. The idea is to stay in touch. And they may say 'yes' one day.

**Volunteer!** There are many places that can use extra volunteer help. Volunteer at the library, the nursing home, or non-profit agencies.

✎ Grandma's or Grandpa's, who like to work with children, could volunteer at the elementary school. They could read to the children or help them with their reading and math.

**Continued on page 2**



## 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.*



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For Wilber and the rest of Saline County, call: 402-821-3330.



## Service Spotlight



We also take equipment donations!

**Saline County Aging Services makes free, short term loans of durable medical equipment to any Saline County Resident, regardless of age!**

Our loan program is perfect for individuals :

- Recovering illness or injury
- Recuperating from surgery
- Attending events, doctor's appointments or day trips
- Trying a new device before buying one
- Students with sports injuries or recovering from sprains, strains or breaks

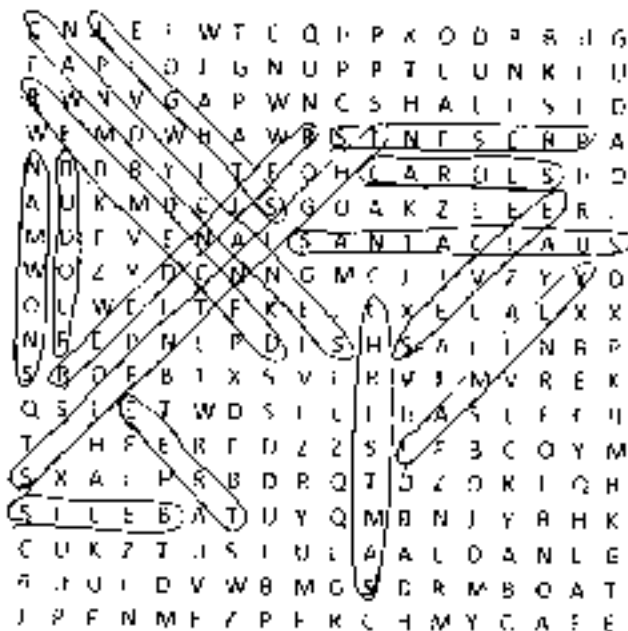
### Our Equipment

Walkers	Grab Bars
Wheelchairs	Crutches
Toilet Risers	Canes— Regular and Quad
Shower/ Tub Chairs, Stools and Benches	Portable Commodes

## Answers to Last Month's Puzzles



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



## 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. Call 402-433-4511 or 800-433-7228 to schedule a ride.

## January is National Hobby Month—What's Your Hobby?

Most everyone has a hobby of some sort, whether they realize it or not. Hobbies are anything that take you away from work or everyday duties, and help you relax and unwind. It can be as simple as reading, as complicated as woodworking,

Hobbies are important to well-being. They enhance creativity, sharpen your focus, boost confidence, increase motivation, and help you have a more positive outlook.

When you do something you enjoy, it helps you think more creatively and gives you confidence. Work on your hobby before you have something difficult to do, to help give you a boost of energy.



Hobbies often get pushed to the side by our quite busy schedules. Try squeezing them into your schedule, even for a few minutes. Can you do your hobby while you watch TV? Still can't seem to find time? Sign up for a class on something you do or want to try. Or schedule a time to work on your hobby. Make it as important to keep as any other appointment on your calendar.

Don't have a hobby? Maybe you already do something that you can turn into a hobby, like photography. If you like to take pictures, make a list of subjects you'd like to photograph: flowers, dogs, buildings, parks, etc. It isn't as expensive as it used to be with digital cameras. Do you like fishing? Get into it even more by learning to make your own lures. Do you quilt? Try a new quilting technique or pattern design. Do you like to cook? Try a new dish.

Go online or check out the library for ideas for a new hobby, or to increase your knowledge of the hobby you already enjoy. It's a great way to spend indoors this winter.



## January 1, 1863 saw the first homesteader!

On May 20, 1862, President Abraham Lincoln signed the Homestead Act, giving adults 160 acres of land if they filed paperwork and paid a small fee. The homesteader was then required to build a 12 x14 dwelling and farm the land or plant trees. Although the land was cheap or free, many homesteaders did not last five years due to the blizzards, drought, grasshoppers, disease, and loneliness on the open prairies.

January 1, 1863, was the day the Homestead Act went into effect.

Daniel Freeman was born in Preble County, Ohio. While a young man, his family moved frequently, living in Iowa and Illinois and settling in Beatrice, Nebraska Territory. He was a graduate of a medical institute in Cincinnati, Ohio; and practiced medicine in Ottawa, Illinois. He enlisted in the 17th Illinois Volunteer Infantry Regiment during the Civil War.



Freeman, a scout for the Union Army, told someone that he was supposedly leaving for St. Louis the morning of January 1, 1863, for military duty. Freeman convinced someone to open the land office just after midnight so he could be the first person to file his claim. Some dispute whether Freeman's story of having to go to St. Louis was true or whether he just wanted to be the first to file under this act.

Under the Homestead Act, when five years were up, the homesteader was required to have two or three witnesses sign a document called "Proof Required Under Homestead Acts May 20, 1862 . . ." Daniel Freeman had his neighbors, Joseph Graff and Samuel Kilpatrick, sign this first document.

Freeman married Elizabeth Wilber, who may have died in 1861, though some sources indicate that they divorced. They had three children. Later, Daniel Freeman proposed marriage-by mail-to Agnes Suiter of LeClaire, Iowa, and married her on February 8, 1865, in her parents' home. Agnes had been his brother's fiancée until his brother was killed in the Civil War. Daniel and Agnes had eight children, seven of whom survived to adulthood. Agnes lived on the Beatrice, Nebraska, homestead until her death in 1931.

In addition to homesteading his claim, Freeman also worked as a physician, and served as county coroner and county sheriff. During the period in which the Freemans lived on the homestead, several structures were built, including a log cabin, a brick house and several frame houses. None of these structures survives today.


The Freeman school, a one-room brick and wood school house, however, continued to be used until 1967. It has been renovated and is now open to the public. It is located about a quarter of a mile from the national monument.



In 1936, the Freeman homestead was recognized by Congress as the first homestead in the country and designated as Homestead National Monument of America. It is now maintained by the National Park Service.

## What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, JANUARY 4th
Program—Doris P on Christmas Past Menu—BBQ Chicken Thighs Bridge or Dominos
WEDNESDAY, JANUARY 11th
Program—Deputy Hudiburgh Menu—Cod Fish Cards or Dominos Foot Clinic
WEDNESDAY, JANUARY 18th
Program—Windy River Dulcimers Menu—Salisbury Steak Bridge or Dominos
WESNESDAY, JANUARY 25th
Program—Noah's Ark by the Straubs Menu—Chili and cinnamon roll Celebrate Birthdays




**Winner of December's riddle:**

**Joyce Richtarik of Wilber**

received a \$5 gift card to Subway!

Get your answers in for this month's riddle so you can be the next winner!

The answer to December's riddle was ELF.



*A special wish to all of the January birthdays 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 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, January 26, 2017, in the Wilber Care Center's Activity Room. Please RSVP by January 20th to one of the following numbers: 821-2014, 821-2271 or 821-3259

### Important Dates to Remember

**FULL CIRCLE—in Friend.** Celebrate National Hobby Month and National Soup Month! See page 7

**FULL CIRCLE—in Wilber.** Wii Bowling & Pizza! See page 7

**FOOT CLINIC—in DeWitt** on January 11. Call the DeWitt Senior Center for an appointment.



# January 2017

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2 HOLIDAY New Year's Day Observed	3	4	5  National Bird Day	6	7
8	9	10  @ DeWitt Tai Chi 9 AM Quilting 1-5	11 Foot Clinic at the DeWitt Senior Center  Call for an appointment.	12  @ DeWitt Tai Chi 9 AM Quilting 1-5	13	14
15	16  SCAS CLOSED	17  @ DeWitt Tai Chi 9 AM Quilting 1-5	18	19  @ DeWitt Tai Chi 9 AM Quilting 1-5	20  National Cheese Lovers Day	21
22	23	24  @ DeWitt Tai Chi 9 AM Quilting 1-5	25	26 @ DeWitt Tai Chi 9 AM Quilting 1-5  ***** @ WCC Senior Citizens Dinner	27 SOUP COOK OFF—DeWitt Senior Center's Treat! 5 PM	28  Chinese New Year
29  National Puzzle Day	30	31				

## Food For Thought—FAT FACTS



Fats have gained a bad reputation over the past several years and many people have come to think that all fats are bad. There are certain functions in which our body depends on fats, such as in brain function and temperature control. It is recommended to consume approximately 20-35% of total calories from fat.

Not all fats are equal and the type of fat consumed is important. Fats consumption plays a role in LDL and HDL cholesterol levels, which have an impact on heart health. A helpful hint for differentiating between HDL and LDL cholesterol levels is that you want your HDL levels to be HIGH while your LDL levels should be LOW.

Saturated and trans saturated fats (trans fats) tend to increase LDL (bad) cholesterol levels, which increases the risk of developing heart disease. Unsaturated fats tend to lower LDL cholesterol levels, which has positive effects on heart health. Polyunsaturated fats contain Omega-3 and Omega-6 Fatty Acids. Most Americans tend to meet the requirements for Omega-6 fatty acids but not for Omega-3's. Regular consumption of omega-3 and omega-6 fatty acids have been shown to have positive effects on brain and heart health.

### Fats to Limit

- ☞ Saturated Fats are solid at room temperature and are considered to be the “unhealthy” type of fat. This type of fat is mainly found in animal products such as meats, whole milk products, cheese, and eggs. Limit consumption to less than 10% of total calories.
- ☞ Transaturated Fats are a type of saturated fat that is found in a variety of processed foods such as chips, cookies, and frozen dinners. Limit the amount of transaturated fats in your diet.

*Read your food labels. If it has partially hydrogenated vegetable oil listed as an ingredient, it has trans fats in it, even if the nutrition label states that the trans fats are 0%. The Mayo Clinic website states, “The Food and Drug Administration (FDA) has determined that partially hydrogenated vegetable oil is no longer ‘generally recognized as safe’ and should be phased out of the production of food over the next several years.”*

### Healthy Fats to Incorporate

- Unsaturated Fats are liquid at room temperature and are considered to be the healthy type of fat. It is best to substitute unsaturated fats for saturated fats. Examples of unsaturated fats typically include plant-based oils, such as olive and canola oil.
- Monounsaturated fats are a type of unsaturated fat. They are found in avocados, canola oil, olive oil, cashews, and almonds.
- Polyunsaturated fats are another type of unsaturated fat. They are found in salmon and fresh tuna, flax seeds, walnuts, soybean oil, and peanuts.
- Omega-3 Fatty Acids are a type of polyunsaturated fat. Omega-3 Fatty Acids are typically found in fatty fish, such as salmon and albacore tuna.



Seniors and Post-Holiday Blues: Why it Happens and What to Do

As the end of the holidays approaches, many people feel relief knowing the hustle and bustle is nearly done. Surprisingly that relief can be replaced with feelings of depression, especially for seniors. Older adults are more likely to have difficulty with both pre- and post-holiday blues if they are more isolated from family and friends. Seniors are also more likely to be suffering from ill health, which can exacerbate feelings of depression that may arise after the holidays. The holidays may also bring up feelings of loss and loneliness for a spouse or close friends who have passed. If it's the first holiday season one faces without his or her spouse or a life-long friend, that pain is still fresh.

Go out or invite others in

Though it may be difficult to make plans to attend events and socialize if one is feeling blue, this is the time when reaching out matters most. Even a small get together can contribute to a happier outlook on the New Year ahead. If one's health prevents traveling, invite friends over for a simple gathering or connect with grandkids while they have vacations from school--even if it's by phone, email or Skype.

Seniors can also benefit from taking time to talk about their feelings after the holidays, whether with others at a senior center or church, or with a geriatric counselor. Often times just talking about sadness helps one understand it better and feel more in control.

The holidays can be exhausting at any age, but for seniors, travelling, shopping, cooking and decorating can take a much bigger toll than it once did. It is important to note that exhaustion sometimes feels like depression, so seniors should schedule more opportunities to nap or simply get a little extra rest.

Here are some ways seniors can help alleviate the post-holiday blues:

- 1. Plan an outing for February or March, like to a movie, shopping, or to a painting studio. Having something to look forward to can help keeps spirits up.
- 2. Make a plan to learn something new. It can be anything from yoga exercises a person can do in a chair to learning about the computer.
- 3. Work with family members to create visible memories of the holiday season. Collecting favorite photos and cards, and telling stories about the photos is not only entertaining, but preserves the history of a family.
- 4. Consider taking decorations down slowly rather than all at once. Leave a wreath on the door, or garland along a bannister.
- 5. The American Geriatric Society Foundation for Health in Aging recommends volunteering as a way to ease the post-holiday blues. They suggest calling the United Way or one's church to learn about others who need help. One need not make a long-term, formal commitment to have a positive impact.

When it's more than the blues

Sometimes feelings of depression are more than just the post-holiday blues. Below are some symptoms that may warrant treatment by a doctor.

- |  |                                     |
|--|-------------------------------------|
| *Inability to sleep, or excessive sleeping | *Significant loss or gain of weight |
| *Difficulty thinking and concentrating     | *Indecisiveness                     |
| *Feelings of worthlessness or guilt        | *Severe fatigue or loss of energy   |

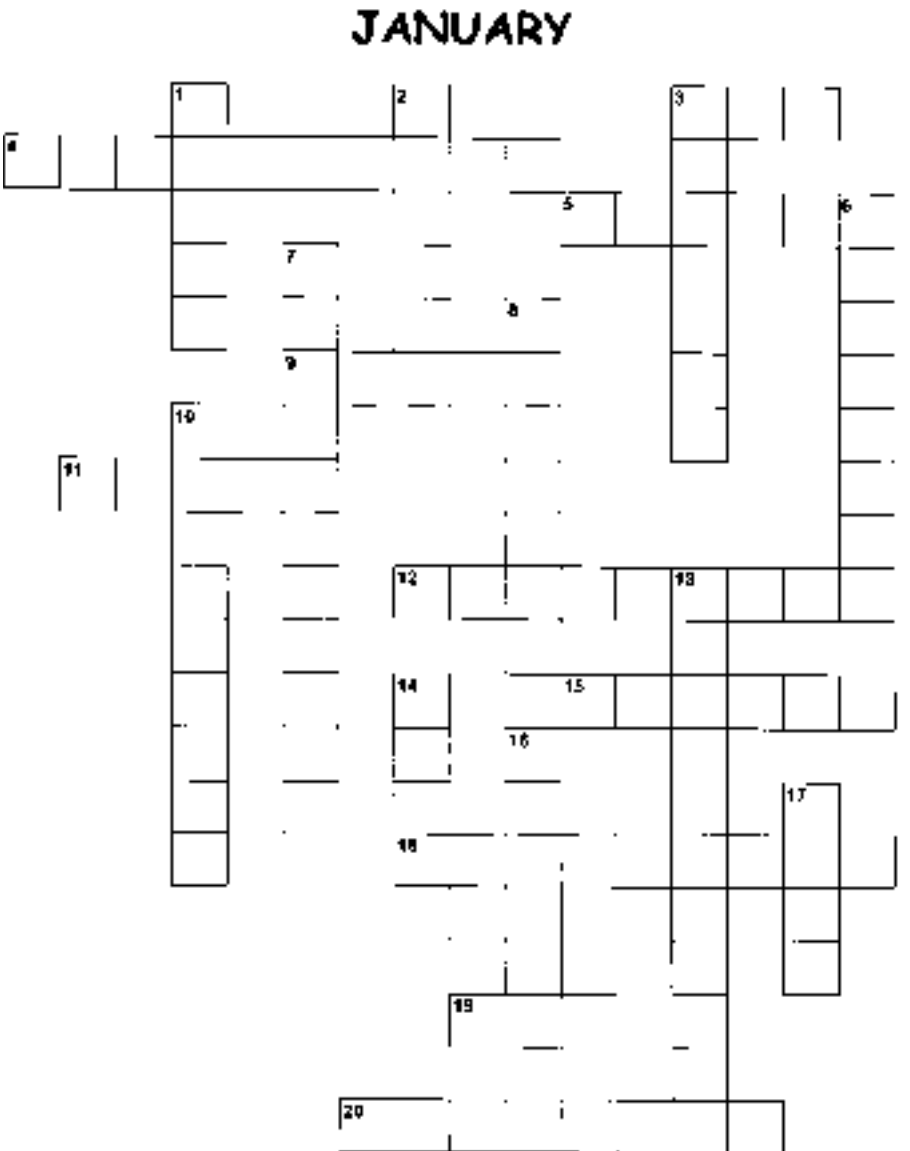
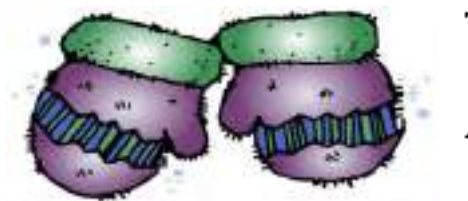
Those who are experiencing these symptoms should consult a doctor or a clinical counselor right away.

ACROSS

- 3 Cloudlike mass made up of tiny water droplets suspended in the air near the ground
- 4 Promise to change something in the future
- 5 Traditional January birth stone
- 9 Warm outer jacket, often with a hood
- 11 Bed covering consisting of multiple layers
- 12 Traditional flower for this month
- 15 Cheerless, bleak or depressing
- 18 Unable to move or travel because of a heavy snowfall
- 19 Influenza
- 20 Heavy and widespread snowstorm of lengthy duration

DOWN

- 1 Coverings for the feet worn for protection
- 2 Season of the year between autumn and spring
- 3 Apparatus in which heat is generated
- 6 Runnerless sled that is curved upwards
- 7 Condition of abnormally low body temperature



By Evelyn Johnson - www.getit.com

- 8 First month of the year
- 10 Remain dormant over the winter in a den
- 13 Instrument for measuring temperature
- 14 New Year's Day
- 16 Large, long-handled scoop for digging or scooping heavy material
- 17 Frozen form of precipitation that falls as ice crystals formed into flakes





The Fun Pages

WINTER WORD SEARCH

- chilly
- fireplace
- frost
- hibernate
- hot chocolate
- migrate
- penguin
- polar bear
- snowflake
- snowman
- white
- winter

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

Riddle of the month!

I have buttons or a zipper.  
You don't need me in the summer.  
Hang me in your front closet.  
I'll protect you from a cold wind.  
I have pockets and sometimes  
a belt.  
*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!


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

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JANUARY EVENTS

**In Wilber:**  
Join us for lunch and Wii bowling.



**Thursday, January 19th**  
From 11:30– 1:30 p.m.  
In the Back Room at SCAS  
Please RSVP to 402.821.3330  
By January 17th.

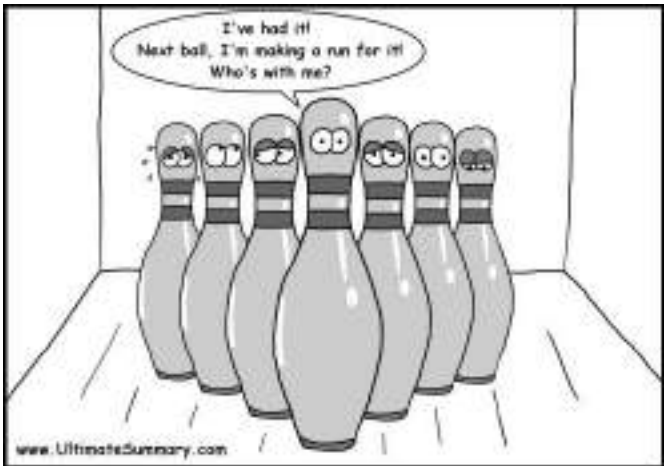
**Meal Costs:**  
Over 60, Suggested contribution of \$3.00  
Under 60, Flat fee of \$4.00

**In Friend:**  
Join us for lunch  
and bring your hobby  
to show and share.



**Friday, January 27th**  
From 11:30– 1:30 p.m.  
FCHS Cafeteria  
Please RSVP to 402.821.3330  
By January 17th

**Meal Costs:**  
Over 60, Suggested contribution of \$4.50  
Under 60, Flat fee of \$5.00



A CONVENTION OF COIN COLLECTORS.



# Get To Know Saline County Aging Services!

**What's your full name?**

Carol Jean Fictum

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

Many years. I went on the Eldercare board when Sunny Kontor was the director.

**What's your favorite color?**

Green

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

Fall, a rewarding time to reap produce from the garden, enjoy the beauty of the flowers, and the colors of the season.

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

The United States State Parks

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

Purchase a handicapped accessible pick up and a home for BJ so he could be more independent and I would give to the church for God's work.

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

Serving on the board lets me give back to the community, share ideas to benefit seniors and an opportunity to meet people from Saline county.

**What is something interesting about you?**

I love to bake kolace, rolls, and help make liver dumpling soup for the church. I like to garden, raise flowers, ducks and chickens. Living on the farm lets one be in touch with nature. I also love to fish.



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

A well stocked emergency survival kit, SOS flares, a Bible, and lots of puzzle books.

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

"Whatever is worth doing, is worth doing well."



# Exercise of the Month—Back #1

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

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

Repeat at least 3-5 times.

Tip: As you progress, bend as far forward as you can and eventually touch your heels.



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

# RECIPE OF THE MONTH

## NO BAKE LEMON CHEESECAKE

Prep Time	Cook and Cool	Total Time	Yield
20 minutes	30 minutes	1—1 1/2 hours	9 servings

## Ingredients

- 1/3 c. butter
- 1 c. graham cracker crumbs
- 1/4 c. sugar
- 1—8 oz. pkg. cream cheese
- 1—22 oz. can Wilderness lemon pie filling
- 1—8 oz. carton frozen whipped topping, thawed

## Directions

1. Place butter in an 8 or 9 inch square microwaveable pan. Microwave on high 1 minute or until the butter is melted.
2. Add crumbs and sugar. Stir to mix. Press into the bottom of the pan.
3. Remove foil from cream cheese. Microwave on low 40-60 seconds or until softened.
4. Beat cream cheese until fluffy.
5. Beat in lemon pie filling
6. Fold in whipped topping.
7. Spoon onto crust.
8. Quick chill in freezer 30 minutes or refrigerate until firm.







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## Saline County Aging News

Volume 2, Issue 7

February 2017

### Valentines Day Fun Facts

When did it all start?

There are various theories on the origin of Valentine's Day, but the most popular dates back to the time of the Roman Empire during the reign of Claudius II, 270 A.D. Claudius didn't want men to marry during wartime because he believed single men made better soldiers. Bishop Valentine went against his wishes and performed secret wedding ceremonies. For this, Valentine was jailed and then executed by order of the Emperor on Feb. 14. While in jail, he fell in love with the jailor's daughter. Before he died, he penned a love note to his love, signing it, "From your Valentine."

Sound familiar?

#### Interesting Valentines Facts:

- ♥ Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.
- ♥ Girls of medieval times ate bizarre foods on St. Valentine's Day to make them dream of their future spouse.
- ♥ In the Middle Ages, young men and women would pin their Valentine's name onto their sleeves for one week. This was the origin of the expression "to wear your heart on your sleeve."

#### Chocolate

- ♥ Casanova, well known as "The World's Greatest Lover," ate chocolate to make him virile.
- ♥ In the 1800s patients were 'prescribed' chocolate to calm their pining for lost love.

- ♥ Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s.
- ♥ More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.
- ♥ Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.

#### Flowers

- ♥ 73 percent of people who buy flowers for Valentine's Day are men, while only 27 percent are women.
- ♥ 15 percent of U.S. women send themselves flowers on Valentine's Day.

#### Roses

- ♥ The red rose was the favorite flower of Venus, the Roman goddess of love.
- ♥ Red roses are considered the flower of love because the color red stands for strong romantic feelings.
- ♥ 189 million stems of roses are sold in the U.S. on Valentine's Day, with 60 percent of those being grown in California.

(Continued on Page 2)



#### Inside this issue:

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- ♥ Approximately 110 million roses, mostly red, will be sold.

## Greeting Cards

- ♥ Approximately 145 million valentines are sent in the U.S. each year, according to estimates by the U.S. Greeting Card Association. That's second only to Christmas with 1.6 billion units and is followed by Mother's Day with 133 million units.
- ♥ Over 50 percent of all Valentine's Day cards are purchased in the six days prior to the holiday, making Valentine's Day a procrastinator's delight.
- ♥ Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, sweethearts and pets.

## And... More fun facts about Valentine's Day

- ♥ Valentine's Day is also celebrated in Canada, Mexico, United Kingdom, France, Australia, Denmark and Italy.
- ♥ A love knot is a symbol of undying love, as its twisting loops have no beginning and no end. In the past, they were made of ribbon or drawn on paper to prove one's eternal love.
- ♥ Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.
- ♥ About 3 percent of pet owners will give Valentine's Day gifts to their pets.
- ♥ 220,000 is the average number of wedding proposals on Valentine's Day each year.
- ♥ In the U.S. 64 percent of men do not make plans in advance for a romantic Valentine's Day with their sweethearts.

Share these fun facts about Valentine's Day with a friend. Your sweetie might be especially interested in the last item. Happy Valentine's Day!



## Note from the Director



Hello all!

Lately, as I walk the aisles of many stores, I cannot escape the rows and rows of lovely heart shaped red velvet boxes holding yummy treats. Followed by soft and fluffy monkeys and puppies with soulful eyes and hearts on their tummies and glittery heart shaped cards professing their love for me! But a thought occurs to me; why not be my own Valentine? I mean, I know my husband loves me, and my daughter always gives me a heartfelt valentine, but what about me?

This Valentine's Day, I challenge you to do something to show your love and concern for yourself! Read that book you don't have time for, make time for a walk, relax and watch a favorite old movie or discover a new favorite. Meditate; take a nap, or a candlelit bath! Say no to another obligation, get a massage, or a pedicure. In short, find what makes you feel good and unabashedly gift yourself an hour, an afternoon, or a full day!

Learning how to love ourselves makes it possible to love others!

Yours in Service, 

**Do you want the Saline County Aging Services Newsletter sent to your door?**

Cut this slip out, fill the information in below, and mail it to

**Saline County Aging Services– PO Box 812– Wilber, NE 68465**

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

or call us at 402-821-3330.

Name:

**Mailing Address:**

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

## Winter Weather Closings

It's still winter. Sigh. So please remember that Saline County Aging Services will be closed when

- ◇ the Saline County Courthouse is closed.
- ◇ Wilber-Clatonia Public Schools is closed because of bad weather.
- ◇ And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to reschedule your appointment.



***LIST of 2017 HOLIDAYS that SCAS WILL BE CLOSED***

Saline County Aging Services will be closed in observance of the following County holidays.

If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day

Jan. 16 Martin Luther King Day

Feb. 20 Presidents' Day

Apr. 29 Arbor Day

May 29 Memorial Day

July 4 Independence Day

Sept. 4 Labor Day

Oct. 9 Columbus Day

Nov. 11 Veterans' Day

Nov. 23 Thanksgiving

Nov. 24 Day after Thanksgiving

Dec. 25 Christmas Day





## Service Spotlight

### TAI CHI

*Tai Chi: Moving for Better Balance* is an evidenced based program to decrease falls by improving balance and flexibility.

Tai Chi has been shown to reduce stress, lower blood pressure, and help with fibromyalgia and Parkinson's. Also, participants have experienced improved muscular strength and endurance.



Though based on traditional Tai Chi, the moves in this class have been modified for a variety of physical abilities, and can be done sitting or standing.

**This 12 week program will start February 21 and meet twice a week from 10 a.m. to 11 a.m. on Tuesdays and Thursdays at the Dvoracek Memorial Library. If interested, call 402-821-3330. Space is limited. There is a suggested contribution of \$3.00 per class.**

### LUMOSITY

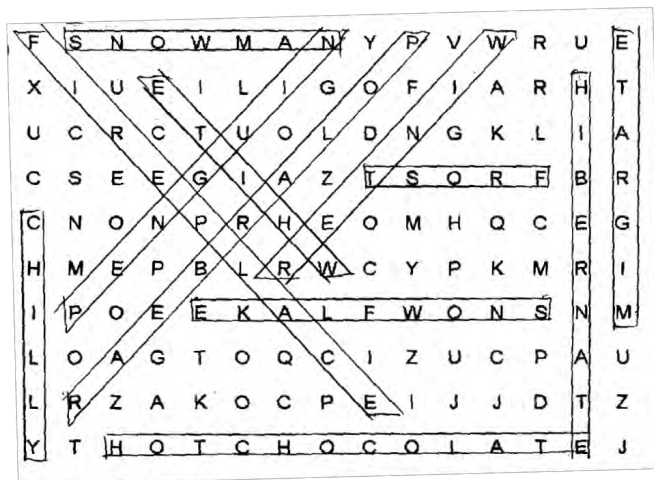
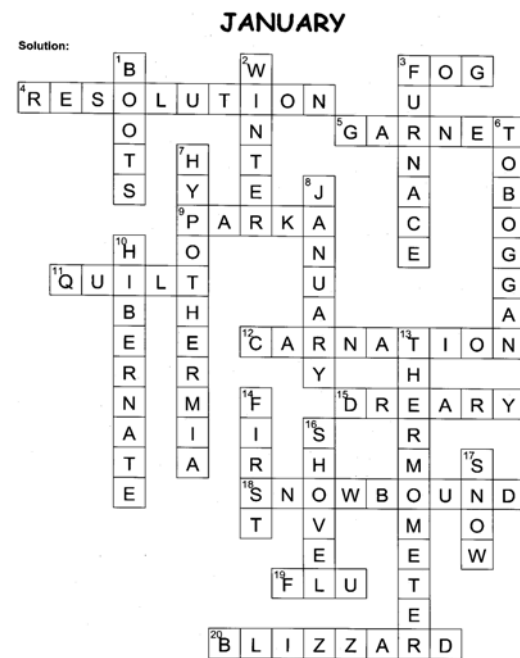
Good brain health includes good health and physical fitness, eating right, and staying mentally and socially active. The Alzheimer's Association website states that mentally challenging activities, along with learning a new skill or hobby, may have short and long-term benefits for your brain.



The Lumosity.com website has many games to challenge the mind. Plus the games are just plain fun. The website charges a fee to use their site. SCAS has paid this fee, so it is free to those who come into the SCAS office and play Lumosity on the SCAS laptops.



## Answers to Last Month's Puzzles



## Caregiver's Corner

It starts with a conversation.....

**Are you worried about having "the talk" with an elder about his or her future? Here are some tips on how to start.**

**Talk with other family members first.** Give everyone a chance to discuss his or her concerns so that you all agree on the need for the conversation.

**Decide who should be there.** You may or may not want to include other family members, such as siblings. A favorite family member may help ease the tension, but having too many people may feel overwhelming. The elder's doctor can also help you begin the conversation.

**Be prepared.** What issues do you want to talk about? If you are proposing a solution to something, do your homework and come with the necessary information.

**Find a comfortable place and time.** Where does the elder like to relax—at the dinner table, in the garden, or on a walk? It may be helpful to start the conversation there.

**Introduce the topic by talking about an article, television show, or a friend** whose parent may be having a similar problem. The elder will be reminded that he or she is not the only person whose life is changing.

**Don't assume that you are the only one who needs to talk.** You may be surprised that the elder is relieved to start the conversation.

**Start with small steps, small decisions, and small changes.** If you are worried about the elder's health, safety, or cleanliness, focus on that particular issue. Don't overwhelm the elder.

**It's a conversation, not a lecture.** Seek the elder's input and listen to his or her perspective. Be patient. Discuss solutions together.

**Respect the elder's feelings and concerns.** The elder may deny that there is a problem. Be supportive and sympathetic. Arguing will just make it worse.

**Suggest a follow-up conversation.** It's a lot to take in at once. Give the elder—and yourself—time to think about the options.

**End the conversation on a good note.** You have made progress just by getting the issues out in the open.

Information from "pbs.org/caringforyourparents"

## Public Transportation for the City of Wilber

Don't forget! Our good friends at Saline County Area Transit (SCAT) are now providing public transportation services for the City of Wilber every Thursday from 1-5 PM.

This *FREE* service is open to the public, regardless of age or income!

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.

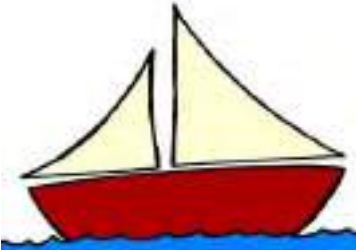
Also, call if you need service that conflicts with the scheduled hours. It *may* be possible to work something out. Call 402-433-4511 or 800-433-7228 to schedule a ride.



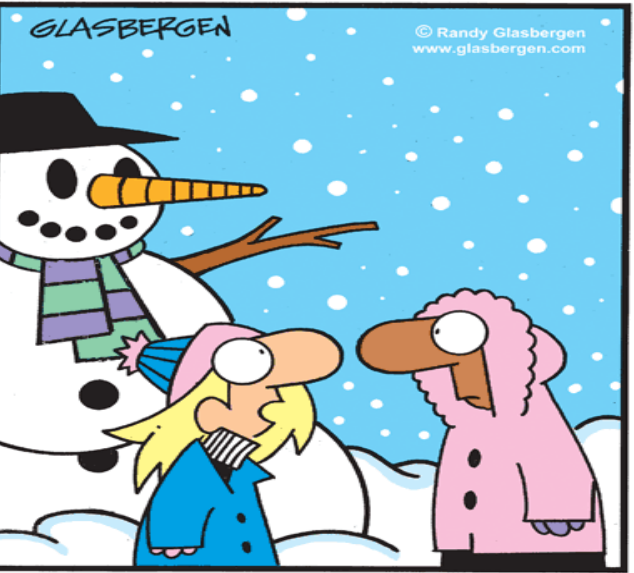


Just for laughs.....

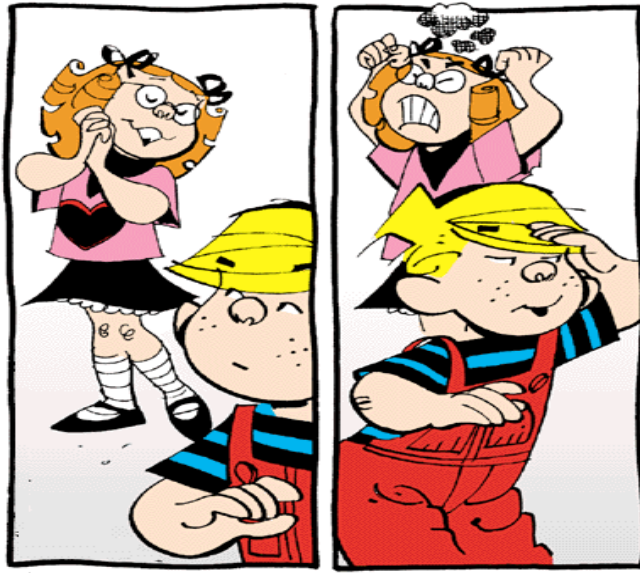
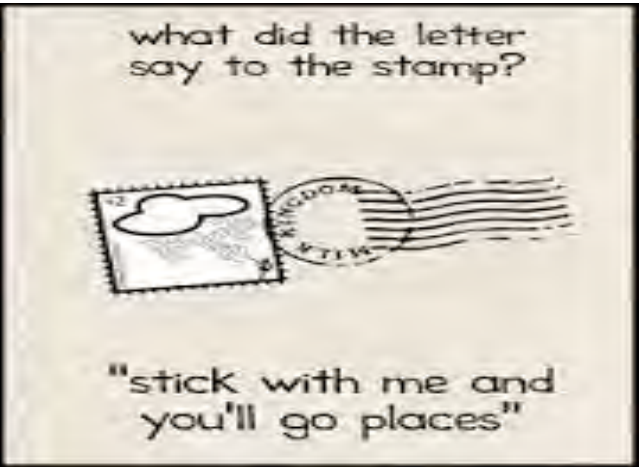
What did one boat say to the other?



“Are you up for a little row-mance?”



“If snow is made from water and water has no calories, how come snowmen are fat?”



“Y' THINK I COULD HAVE A VALENTINE'S DAY HUG?”  
“SURE...IF WE CAN FIND SOMEONE WHO'S WILLING.”

What's Happening Near You

<b>DeWitt Senior Center Meal Schedule</b>
For meal reservations, call Bev at 683-6475 or 520-0873
<b>WEDNESDAY, FEBRUARY 1st</b>
Program—What's Up in DeWitt by Randy Badman Menu—Roast Ham & Sweet Potatoes Bridge & Cards
<b>WEDNESDAY, FEBRUARY 8th</b>
Program—Nutritional Price is Right! Menu—Chicken Alfredo Cards & Dominos
<b>WEDNESDAY, FEBRUARY 15th</b>
Program—Scott Bartels on SCAT Menu—Ravioli Bridge & Cards
<b>WESNESDAY, FEBRUARY 22nd</b>
Program—Marti Gras/Know your Presidents Wear purple, green, or gold. Celebrate Birthdays. Menu—Meatloaf Cards or Dominos



**Winner of January's riddle:**  
**Doris Saurer of Friend**  
received a \$5 gift card to Subway!  
Get your answers in for this month's riddle so you can be the next winner!

The answer to January's riddle was **COAT**.



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

**COMMUNITY SUPPER:** Join community members of all ages and walks of life at 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, February 23, 2017, in the Wilber Care Center's Activity Room. Please RSVP by February 17th to one of the following numbers: 821-2014, 821-2271 or 821-3259

Important Dates to Remember

- IN DEWITT**—Eat Chicken @ Plymouth Brew House & Café @ 12:30. Sign up to attend.
- FULL CIRCLE**—in Friend. Celebrate Fat Tuesday on February 28! See page 7
- FULL CIRCLE**—in Wilber. Celebrate Fat Tuesday on February 27! See page 7



# February 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 	2 Happy Ground Hog Day ***** @ DeWitt Tai Chi 9 AM Quilting 1-5	3	4  Eat Ice Cream For Breakfast Day
5 SUPERBOWL SUNDAY 	6	7 @ DeWitt Tai Chi 9 AM Quilting 1-5	8	9 @ DeWitt Tai Chi 9 AM Quilting 1-5	10 Umbrella Day 	11
12	13	14 VALENTINE'S DAY ***** @ DeWitt Tai Chi 9 AM Quilting 1-5	15	16 @ DeWitt Tai Chi 9 AM Quilting 1-5	17	18 National Drink Wine Day 
19	20 HOLIDAY  SCAS CLOSED	21 @ DeWitt Tai Chi 9 AM Quilting 1-5	22  Walking the Dog Day	23 @ DeWitt Tai Chi 9 AM Quilting 1-5 ***** @ WCC Senior Citizens Dinner	24	25
26	27 Rolls & Coffee @ DeWitt Sr. Center @ 9 AM WORK DAY 9:45– noon	28  Fat Tuesday		Interested in Home Delivered Meals?	For DeWitt, call: 402.683.6475	For Wilber & the rest of Saline County, call 402-821-3330.

## Yes, You *Can* Get Dehydrated in the Winter!

People are used to thinking about getting enough water in the summer. After all, it's hot outside. It's easy to *feel* why you need to watch your water intake, and in the summer we are always warned about staying well hydrated.

But in the winter? People do not feel as thirsty when the weather is cold and tend not to drink as much. So dehydration can occur in winter as well as in summer and is just as serious. Energy expending activities, such as shoveling snow, the use of heavy clothing, and being in dry heated air can cause significant sweating and/or fluid loss.\*

Water is necessary for removing waste, controlling body temperature, heart rate, and blood pressure; and maintaining a healthy metabolism. The body is comprised mostly of water, and the proper balance between water and electrolytes in our bodies determines how most of our body's systems function.

Symptoms that you are not getting enough water are headaches, altered behavior (severe anxiety, confusion, not being able to stay awake, faintness that isn't better when you lie down, trouble standing or walking, rapid breathing, and a weak, rapid pulse.

Water is the golden standard for hydration. But, contrary to myth, coffee counts when you are tallying fluid intake, as well as juices, milk and soda. So you don't have to drink water per se to get water. Eating watery foods, such as soups, yogurt, melons, citrus fruits, leaf salad and celery also add water to your diet.

So how can you tell if you are getting enough water? The old rule of drinking eight 8 ounce glasses of water is helpful, but may not work for everyone.

Instead, follow this simple rule: Drink enough fluid so you go to the bathroom every two to four hours, and that the urine is a light color. If you go from 8 a.m. to 3 p.m. without urinating, and your urine is very dark, that is a sign that you haven't had enough to drink.

Our body easily hides mild dehydration, so once you feel thirst setting in, it is important to listen to your body.

Another useful hint is to quench your thirst immediately, then drink an additional one-third the amount of liquid that it took to ease your initial thirst.

To help you remember to drink liquids, carry a filled water bottle with you or leave it in the room you spend most of your time. Note how many ounces your bottle holds and make a conscious decision to check how much you drank throughout the day.

Don't forget the rule of urinating every 2-4 hours while awake, making sure your urine is a light color. (Medications may affect the color of your urine.)



\*Info in this article is mainly from Aging Partners in Lincoln.



## It's Homestead Exemption Time Again!

Homestead Exemption (HE) is a property tax relief program for homeowners for their residence or mobile home and up to one acre of land surrounding it. But the owner needs to actually occupy the home from January 1 through August 15 each year.

There are seven different categories of people who would qualify for HE. The most thought of category are people who, on January 1, are 65 years old or older. Other categories are for veterans or individuals who are disabled or for those who have a developmental disability.

**Please note** that if you are considered disabled by Social Security, it does not mean that you are automatically considered disabled for HE. And the reverse is also true. You may not be disabled by Social Security rules, but you would be for HE.

The rest of this article concerns those who are 65 and over.

You must file between February 2 and June 30 each year:

- ♦ Form 458 Nebraska Homestead Exemption Application or Certification of Status AND
- ♦ Form 458 NE Schedule 1--Income Statement
- ♦ Note: There are additional forms if you were ill and couldn't file on time, and for those who have moved from one residence to another.

**To qualify you must meet income guidelines.** The maximum income limit will depend on if you are married or single.



*But you will be able to deduct the previous year's **out of pocket** expenses* such as health insurance premiums, medical bills (including dental and eye doctor bills), the cost of eyeglasses, durable medical equipment, hearing aids, and the batteries for them, plus any round trip mileage for those trips outside your community to receive medical care, including picking up your medications.

Homestead Exemption is not an all or nothing deal. The amount of your exemption can range from 0%, because you didn't qualify, all the way up to an exemption of 10, 20, 30, 40, 50, 60, 70, 80, 90, or 100%.

You may qualify in one year and not another, especially if you had an increase or decrease of medical expenses during the year. This is why you need to file every year.



*However, the assessed value of your home is also taken into consideration.* There is a **maximum value of the homestead AND a maximum exempt amount that is allowed.** So it is possible to have your income be at 100% exemption, and still owe taxes on your property. This happens when your home is valued at more than the county average.

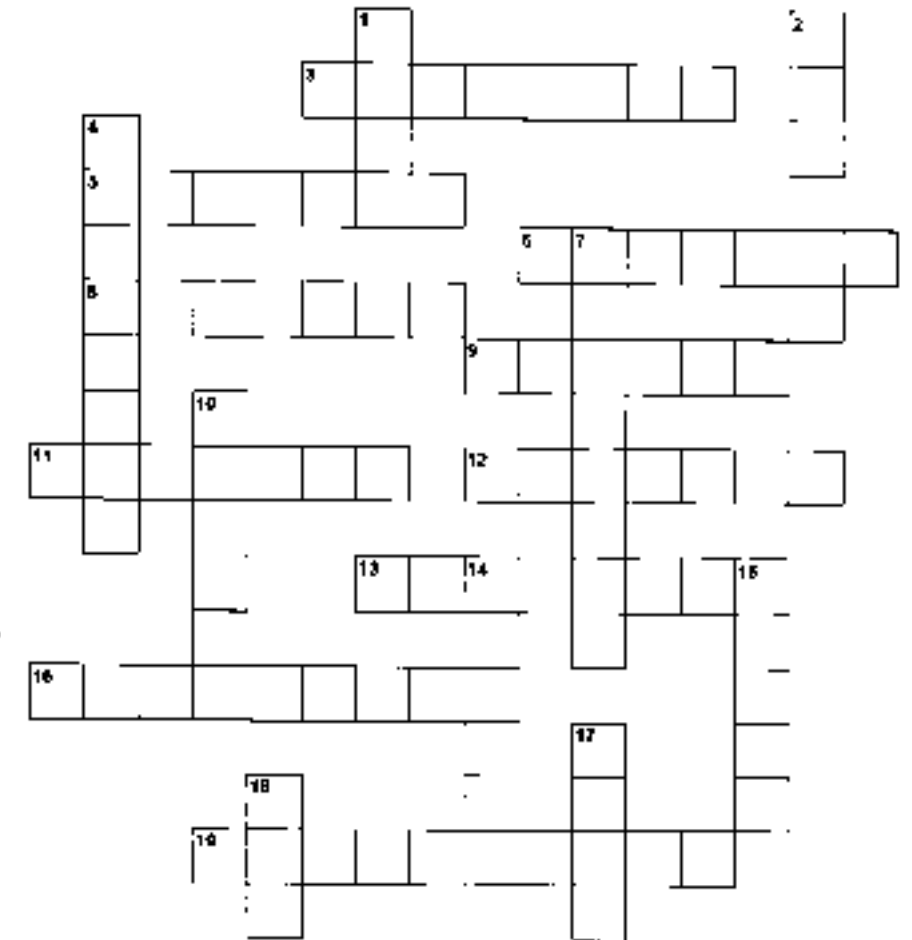
If you wish to file for HE or have questions about it, your County Assessor's office (402-821-2588) can help. Beside the assessors office, the following volunteers can help you fill out your HE forms, **but please call ahead for an appointment:**

- ♦ Saline County Aging Services, Wilber, (402-821-3330),
- ♦ Georgene Eggebraaten, Crete, (402-826-3829),
- ♦ Anita Meyer, Friend, (402-947-2301).

## PRESIDENTS DAY

### ACROSS

- 3 British soldier in colonial America
- 5 Sixteenth President of the United States
- 6 United States of America
- 8 City where the central government of a nation is located
- 9 Territory governed by a distant country
- 11 Day on which ordinary business activity is suspended
- 12 One who supports his or her nation and its interests
- 13 Formal assembly of representatives
- 16 Chief executive officer of a republic
- 19 First President of the United States



By Evelyn Johnson - www.qetis.com

### DOWN

- 1 Makes a ringing sound when struck with a hard object
- 2 Position of trust or responsibility
- 4 Process of selecting a person for office by voting
- 7 Pertaining to warfare or preparation for war
- 10 Bill of \_\_\_\_\_
- 14 People living under its own independent government
- 15 Specific area of land
- 17 Formal expression of preference in an election
- 18 Armed fighting between nations



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."



The Fun Pages

Valentine's Day Word Search



CANDY  
CARD  
CHOCOLATE  
CUDDLE  
FLOWERS  
FRIEND  
HEART

HUGS  
KISSES  
LOVE  
ROSES  
SMOOCH  
SNUGGLE

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

Riddle of the Month!

I am a home for royalty.  
There are many of me in England.  
I am made of stone.  
I am protected by a ring of water.  
I'm found in many legends.

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!

SUDOKU

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

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Mardi Gras

Come celebrate a Mardi Gras & Fat Tuesday with us! We are having two events, both with food, games, and fun!

Celebrate Mardi Gras Monday February 27th

Come sample Mardi Gras Snacks & 'Mock-tails\*'

at 'The Back Room' - SCAS 1:30 PM

Please RSVP by February 24th

to attend this event.

(Or both events!)

402.821.3330

\*non-alcoholic

Join us Fat Tuesday February 28th

Come feast on:

Jambalaya (non-spicy)

Cornbread

King Cake

in the cafeteria at Friend Community Healthcare System at noon.

For those over age 60: \$4.50 suggested contribution for the meal.

For those under age 60: \$5.50 fee

Please RSVP to 402.821.3330 by February 22nd to attend this event.

laissez les bon temps rouler!! ~ Let the good times roll!



## Get To Know Saline County Aging Services!

**What's your full name?**

Phyllis Ann Svehla

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

I retired in 1999 and it was after that that Sunny Kontor asked me to be on the board, since I "would not be doing anything".

**What's your favorite color?**

Blue and red

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

Spring. I like to see everything starting to grow and turn green, and the flowers blooming.

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

New England States

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

Give to my church and help those that are having financial struggles.

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

Serving on the board lets me meet people in Saline County and help the seniors to be aware of all the benefits that are available to them.

**What is something interesting about you?**



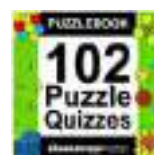
I do a lot of volunteer work and I am active in my church. I enjoy playing cards with several groups.

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

A well stocked emergency survival kit, SOS flares, a Bible, and lots of puzzle books.

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

"Count your Blessings and let go of what you can't control."



## Exercise of the Month—Back #2

This exercise will help you do activities that require you to twist or turn to look behind you, such as backing out of a parking space or swinging a golf club. If you've had hip or back surgery, talk with your doctor before trying this 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 farther, 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.



Tip: As you progress, try lifting your left arm and resting it comfortably on the back of the chair. Hold on to the left armrest with your right arm. Repeat on right side.

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

## RECIPE OF THE MONTH

### CHEDDAR CHEESE SAUCE

From *A Taste of Home* magazine

#### Ingredients

- ♦ 1/2 c. butter
- ♦ 1/2 c. flour
- ♦ 1 tsp. salt
- ♦ 1/2 tsp. pepper
- ♦ 4 c. milk
- ♦ 2 c. (8 oz.) shredded cheddar cheese

#### Directions

1. Melt butter in saucepan over medium heat.
2. Stir in the flour, salt, & pepper until smooth.
3. Gradually add the milk & bring to a boil.
4. Cook & stir for 2 minutes or until thickened.
5. Reduce heat and add the cheese. Cook & stir until the cheese is melted.



**Tips:** Use this sauce to—

—Pour over baked potatoes, broccoli, cauliflower, or any vegetable that improves with cheese sauce.

—Use some to make mac & cheese. Just add to cooked macaroni and season to taste.

—Make a cheddar veggie soup. Just cook vegetables in chicken broth with onion & celery, and seasonings. Then add some cheese sauce.

**Yield: 5 1/2 cups**





## Nebraska Turns 150!

How well do you know our beloved state?



**Date of Statehood:** March 1, 1867

**Capital:** Lincoln

**Population:** 1,826,341 (2010)

**Size:** 77,349 square miles

**Nickname:** Cornhusker State

**Motto:** Equality Before the Law

**Tree:** Cottonwood

**Flower:** Goldenrod

**Bird:** Western Meadowlark

**State insect:** Honeybee.

**State Gem:** Blue Agate

**Nebraska's Name:** Oto Indian word for 'flat water'

### INTERESTING FACTS

Nebraska was once called "The Great American Desert".

The territorial capital of Nebraska was Omaha, when it achieved statehood it was moved to Lincoln.

The state nickname used to be the "Tree Planter's State", but became the "Cornhusker State" in 1945.

In Nebraska in 1986 for the first time two women ran against each other for governorship of a state.

The cost of the Nebraska Capitol building was \$ 9,800,440.07 in 1932. The construction job came in under budget and the building was paid for by the time it was completed.

Nebraska is the only state in the union with a unicameral (one house) legislature.

Nebraska was the first state to complete its segment of the nation's mainline interstate system, a 455 mile stretch of four lane highway.

Nebraska is both the nation's largest producer and user of center pivot irrigation.

The Ogallala Aquifer, which lies beneath 174,000 square miles of eight states extending from South Dakota down to western Texas, provides almost all of the water for residential, industrial and agricultural use in the High Plains region.

Two-thirds of the Ogallala's total supply comes from Nebraska.

Nebraska has more miles of river than any other state.

Weeping Water is the nation's largest limestone deposit and producer.

Mutual of Omaha Corporate headquarters is a public building built with 7 floors underground.

Hebron, is home to the largest porch swing in the world which seats 25 adults.

Cont.. on page 2

### Inside this issue:

Caregiver's Corner 3

Just for Laughs 4

Full Circle 7

The fun pages 10

What's Going On 13



## 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.*





Cont. from page 1

The world's largest hand-planted forest is Halsey National Forrest near Thedford, Nebraska.

Chevyland USA near Elm Creek, Nebraska is the only museum dedicated to a single line of cars.

Buffalo Bill Cody held his first rodeo in North Platte, Nebraska July 4, 1882.

In 1950, Omaha became the home of the College World Series.

Nebraska has five army forts open to the public: Atkinson, Kearny, Hartsuff, Sidney, and Robinson.

Sidney, Nebraska was the starting point of the Black Hills Gold Rush.

Kearney, Nebraska is located exactly between Boston and San Francisco.

Father Edward Flanagan founded Boys Town in Omaha, Nebraska in 1917.

The world’s largest exhibited mammoth skeleton was found on a farm in Lincoln County in 1922. “Archie” is on display at the University of Nebraska State Museum.

Bailey Yard in North Platte is the world’s largest train yard, situated on 2,850 acres of land spanning eight miles. It manages as many as 10,000 rail cars each day.

The Naval Ammunition Depot located in Hastings was the largest U.S. ammunition plant providing 40% of WWII's ammunition.

The Lied Jungle located in Omaha is the world's largest indoor rain forest.

Nebraska's Chimney rock was the landmark most often mentioned in the journals of Oregon Trail travelers.

Marlon Brando's mother gave Henry Fonda acting lessons at the Omaha Community Playhouse.

Famous Nebraskans	Nebraskan Inventions	
Fred Astaire, Omaha 1899	The Reuben Sandwich	Kool-Aid
Henry Fonda, Grand Island 1905	Vise Grip Locking Pliers	Dorothy Lynch Salad Dressing
President Gerald Ford, Omaha 1913	Butter Brickle Ice Cream	Runza
Marlon Brando, Omaha 1924	Frozen TV Dinners	Collapsible Voting Booths
Dick Cavett, Gibbon, 1936	The McRib	911 emergency system
Swoosie Kurtz, Omaha, 1944	Arbor Day	Spam
Marg Helgenberger, Fremont, 1958	Bakers Candies	Union Pacific Railroad
Nicholas Sparks ,Omaha, 1965	The Chair Lift (AKA Ski Lift)	Weaver's Potato
Hilary Swank, Lincoln, 1974	Eskimo Pie	Butter-Nut coffee
	Duncan Hines Cake Mix	

### Note from the Director

Hello All!

I am so happy and excited to welcome the newest member of our team! Katie Keller! Get to know her in this month’s ‘Get to Know’ segment. If you find yourself in town, come in and say hello to Katie and make her feel welcome!

I am excited about what the future will bring, and Katie’s accomplishments to come! Upward and on-ward we go!

Have a safe, happy, healthy March!

Yours in Service,



### Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to

**Saline County Aging Services– PO Box 812– Wilber, NE 68465**

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

or call us at 402-821-3330.

Name:

**Mailing Address:**

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

#### DON'T FORGET HOMESTEAD EXEMPTION DEADLINE

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30<sup>th</sup>.

If you have questions or need assistance filing for HE, call the County Assessor’s office (402-821-2588). The following volunteers can help you fill out your HE forms, ***but please call ahead for an appointment:***

- ☐ Saline County Aging Services, Wilber, (402-821-3330),
- ☐ Georgene Eggebraaten, Crete, (402-826-3829),
- ☐ Anita Meyer, Friend, (402-947-2301).

### **LIST of 2017 HOLIDAYS that SCAS WILL BE CLOSED**

Saline County Aging Services will be closed in observance of the following County holidays.

If in doubt, please call 402-821-3330.

Jan. 1 New Year’s Day  
Jan. 16 Martin Luther King Day  
Feb. 20 Presidents’ Day  
Apr. 29 Arbor Day  
May 29 Memorial Day  
July 4 Independence Day

Sept. 4 Labor Day  
Oct. 9 Columbus Day  
Nov. 11 Veterans’ Day  
Nov. 23 Thanksgiving  
Nov. 24 Day after Thanksgiving  
Dec. 25 Christmas Day





## Service Spotlight

### FOOT CLINICS

As a person ages, they may find toenail trimming a difficult task to accomplish themselves. Whether it is because their feet are hard to reach, or their nails have thickened, or for safety concerns because of diabetes.



Saline County Aging Services has five foot care clinics each month in Saline county: Two in Wilber and one each in Crete, Dorchester, and Friend. Registered nurses provide the services for these clinics.

It is a popular service and each clinic has had a waiting list at one time or another. The reason for the waiting is list is because there are only so many appointment times at each clinic, and when a person comes, they usually want to return on a regular basis.

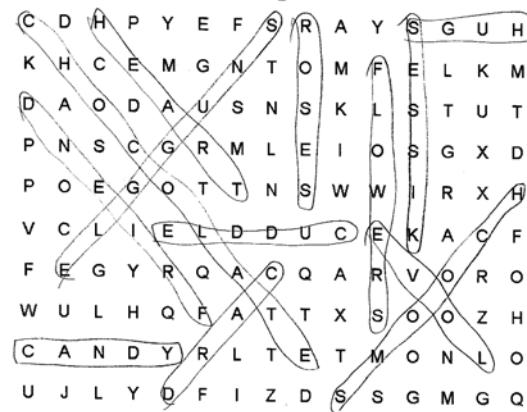
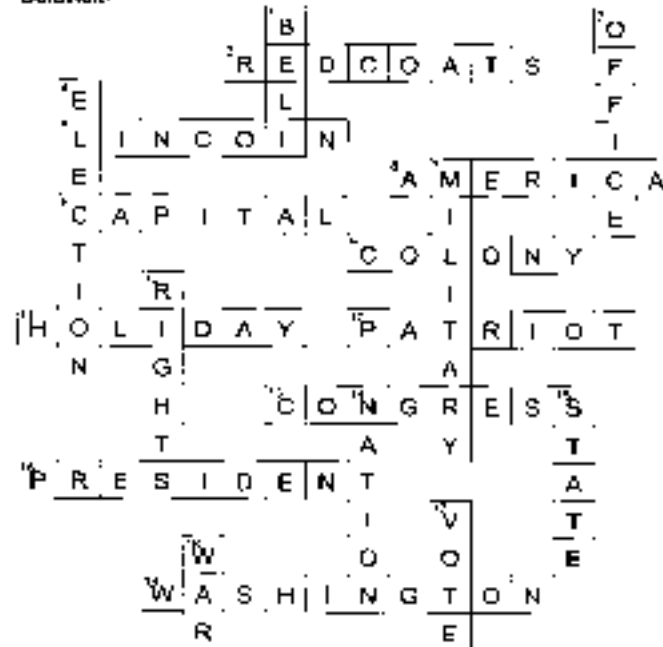
If your preferred clinic has a waiting list, you could start receiving services at another clinic/town. This will give you priority, so when an opening occurs in your town/area, you will have the opportunity to attend that clinic before others on the waiting list.

We currently have openings at our Wilber and Dorchester clinics. If you are from the Friend or Crete area and would like to have your nails trimmed, please call 402-821-3330 or 800-778-3309 to get your name on the waiting list. There is a *suggested contribution* of \$10.00 for this service.



## Answers to Last Month's Puzzles

Solution:



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



## Caregiver's Corner

### The (Unexpected) Joys of Caregiving

Giving care to someone can take a lot of responsibility, planning, and effort. The person you are giving care to is relying on you for a variety of things that they cannot accomplish themselves anymore. Sometimes you may start to feel overwhelmed and may even lose confidence that you are doing things right. In midst of all of those feelings it is important to remember that you are doing your very best and that there are joys that can come with caregiving!

Yes, caregiving can be confusing, stressful, and exhausting. But it can also bring you unexpected joys, experiences, and relationships. A handout from pbs.org talks about all of the good that comes from caregiving.

#### Caregiving can bring you closer to the elder in your care.

Whatever your relationship was in the past, caring for an elder can bring a new perspective for each of you, resulting in newfound respect, admiration, and understanding.



#### Caregiving can help you spend more quality time with an elder.

You may be able to slow down and do things you may never have had time for before—talk, laugh, reminisce, watch TV or movies together.

#### Caregiving can get you in touch with your family history.

Encouraging the elder in your care to talk about the past can bring new understanding to the events that helped shaped you and your family. Bring out those boxes of old photos and dive in.

#### Caregiving can sharpen your organizational and multitasking skills.

Despite the burdens of caregiving, you may find that you are more competent than you thought.

#### Caregiving can bring you a deeper sense of your own values.

As you talk about and experience end-of-life issues, you'll be able to better define what you believe in.

#### Caregiving may help you recognize your own support systems.

Friends, relatives, coworkers, and health professionals who cheer you up, comfort you, and show concern may unexpectedly enrich your life.



#### Caregiving can make you more compassionate and loving.

You may think you don't have the patience or the personality to care for an elder—but you do. Rising to the challenge of caregiving helps you recognize your own strengths and abilities.

#### Caregiving can help you plan for your own future.

Your experience with aging and caregiving issues will make you better prepared to think and plan ahead for your own needs.

So the next time you find yourself stressed out and thinking nothing is going right, take a step back and realize all of the good that has come from you giving care to another. It may not seem like it right now, but you are doing so much good for another person and you are appreciated!



Just for laughs.....

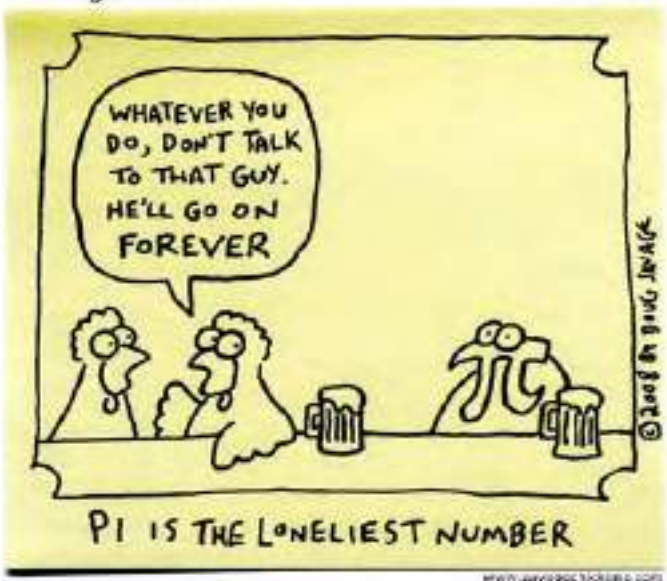


St. Patrick driving the snakes out of Ireland.



"Okay... if you're a leprechaun then let's see you Riverdance."

Savage Chickens



What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, March 1st
Program—What is Esperanto? by June & Ted Menu—Spaghetti Bridge & Cards
WEDNESDAY, March 8th
Program—TC El Student Council Menu—Vegetable beef soup & Egg Salad Cards & Dominos
WEDNESDAY, March 15th
Program—Happy Birthday, NE! Menu—Swiss Steak & Scalloped Potatoes Bridge & Cards
WESNESDAY, March 22nd
Program—Now You Know Nebraska Menu—Cream Chicken Over Biscuits Cards or Dominos
WESNESDAY, March 29th
Program—Odetta Lintz on Accordion Menu—Pork Loin Celebrate Birthdays!

**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, March 23, 2017, in the Wilber Care Center's Activity Room. Please RSVP by March 17th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Important Dates to Remember

**FULL CIRCLE**—in Friend. Celebrate Pi Day on March 14! See page 7

**FULL CIRCLE**—in Wilber. Celebrate St. Patrick's Day on March 17! See page 7

**Homestead Exemption**—must be filed by June 30!



Winner of February's riddle:

Pat Hudecek  
of Wilber

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

The answer to February's  
riddle was CASTLE.














★HAPPY★  
BIRTHDAY!

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



# March 2017

SUN	MON	TUE	WED	THU	FRI	SAT
Interested in Home Delivered Meals?	For DeWitt, call: 402.683.6475	For Wilber & the rest of Saline County, call 402-821-3330.	1  Peanut butter day!	2 @ DeWitt Tai Chi 9 AM Quilting 1-5	3  Caregiver Appreciation Day	4
5	6  Oreo Day!	7 @ DeWitt Tai Chi 9 AM Quilting 1-5 Line Dancing 5p	8	9 @ DeWitt Tai Chi 9 AM Quilting 1-5	10	11  Johnny Appleseed Day
12  SPRING AHEAD Daylight Savings	13	14 Pi Day! $\pi$ @ DeWitt Tai Chi 9 AM Quilting 1-5 Line Dancing 5p	15	16 @ DeWitt Tai Chi 9 AM Quilting 1-5	17 Happy St. Patrick's Day!! 	18
19		21 @ DeWitt Tai Chi 9 AM Quilting 1-5 Line Dancing 5p	22 Goof Off Day! 	23 @ DeWitt Tai Chi 9 AM Quilting 1-5 ***** @ WCC Senior Citizens Dinner	24 	25 Medal of Honor Day
26  Epilepsy Awareness	27 Rolls & Coffee @ DeWitt Sr. Center @ 9 AM WORK DAY 9:45–noon	28 @ DeWitt Tai Chi 9 AM Quilting 1-5	29	30 @ DeWitt Tai Chi 9 AM Quilting 1-5	31  Crayon Day!	

## MARCH IS NATIONAL NUTRITION MONTH!!

### Nutrition Needs as We Age\*

March is National Nutrition Month®! The campaign is designed to focus attention on the importance of making informed food choices and developing good eating and physical activity habits. Overall, good nutrition benefits older adults in many ways. It delays the onset of some diseases; improves management of some existing diseases; hastens recovery from many illnesses; can increase mental, physical, and social well-being; and often promotes healthful eating in later life.

#### Protein

Adults 50 and older should consume 1.0 gram of protein for every 1.0 Kilogram (2.2 pounds) of body weight. This extra protein aids stop loss in lean body mass as we age.

#### Calcium and Vitamin D

Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of vitamin D-fortified low-fat or fat-free milk or yogurt each day. Other calcium-rich foods include fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

#### Vitamin B12

Many adults over 50 need higher levels of vitamin B12. As we age there is a decreased absorption of B12 caused by a drop in gastric acid produced in the digestive system, so older adults need to consume higher amounts of B12. Fortified cereal, lean meat and some fish and seafood are great sources of vitamin B12.

#### Fiber

Eat more fiber-rich foods to stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent Type 2 diabetes. Eat whole-grain breads and cereals, and more beans



and peas — along with fruits and vegetables which also provide fiber. Adult women need around 25 grams of fiber each day and men need 38 grams each day.

#### Potassium

Increasing potassium along with reducing sodium (salt) may lower the risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium! Also, select and prepare foods with little or no added salt.

#### Know Your Fats

Foods that are low in saturated fats and trans fat help reduce heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts labels on foods for total fat and saturated fat.

#### So do this....

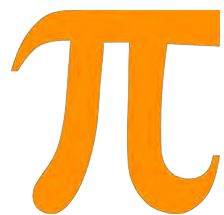
- ♦ Enjoy a variety of different foods to meet these special nutrient concerns by following the MyPlate diagram: Make 1/4 of your plate grains, 1/4 protein, 1/4 vegetables, 1/4 fruits.
- ♦ Have three servings of dairy each day.
- ♦ Drink plenty of water—see *last month's article*.
- ♦ Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables like leafy greens or broccoli and orange vegetables like carrots and sweet potatoes.
- ♦ Vary your protein choices with more fish, beans and peas.
- ♦ Aim for half of the grains you eat to be whole grains.



\*Info in this article is from Aging Partners in Lincoln.



## 10 pi facts for the most irrational day!



Celebrated in countries that follow the month/day (m/d) date format, because the digits in the date, March 14 or 3/14, are the first three digits of  $\pi$  (3.14). Physicist Larry Shaw founded Pi Day in 1988.

What is Pi? Pi ( $\pi$ ) is simply the ratio of any circle's circumference to its diameter. Its value is approximately equal to 3.14159265. Pi is an irrational number, which means that it cannot be expressed as a ratio of whole numbers and its decimal representation never ends or repeats.

Some fun facts about the day:

1. Pi day is celebrated on March 14 at the Exploratorium in San Francisco at 1:59 a.m. PST which is 3.14159.
2. There are no occurrences of the sequence 1234567 in the first million digits of pi, which makes this Pi Day one million times more special than any other sequential date ever. Ever ever. Ever ever ever.
3. In the Greek alphabet, pi is the 16th letter. In the English alphabet, p is also the 16th letter; further proving pi is the same in every language.
4. Pi has been studied for 4,000 years.
5. Some people believe pi contains the answers of the universe.
6. Albert Einstein was born on Pi Day. The fact that people find this mind-blowing is completely relative.
7. Pi has 6.4 billion known digits that would take approximately 133 years to recite without stopping. Even if they do manage to make it to the next Super Pi Day (thanks to advances in medical science, we're just guessing), they'll probably be too old to enjoy it.
8. It is more correct to say that a circle has an infinite number of corners than to say a circle as corner-less. Many heads have exploded thinking about this concept.
9. Some scholars claim that humans are programmed to find patterns in everything because it's the only way we can find meaning in our work. But obsessing about math is infinitely better than obsessing about Kim Kardashian's hair.
10. In the Star Trek episode "Wolf in the Fold," Spock foils the evil computer by commanding it to "compute to last digit the value of pi." Spock is the only being who can rationally solve a problem using an irrational number.



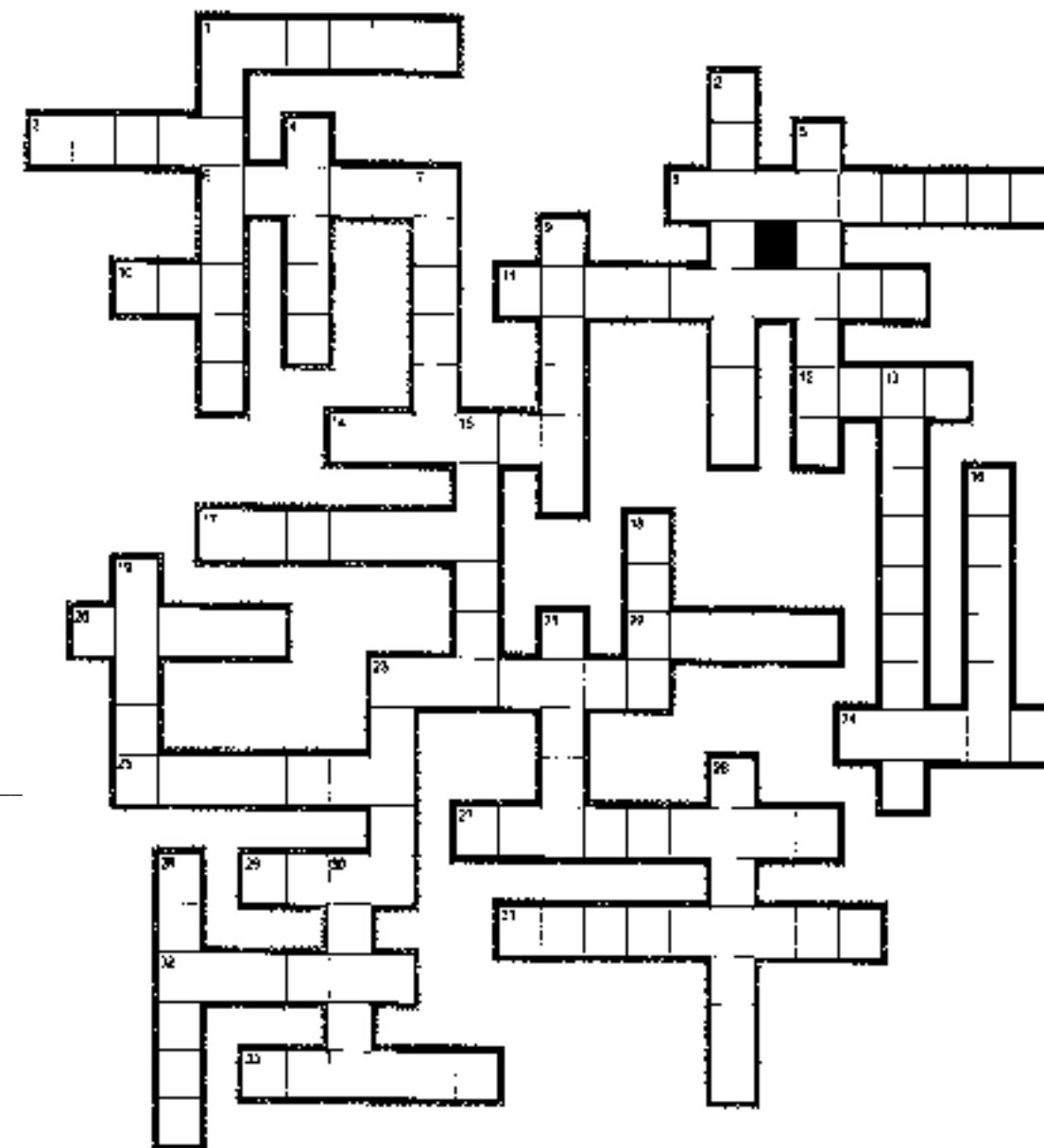
Now that you are in the know, come join us March 14th, for Pi day! Details on the Full Circle Page!

### INCOME TAX FILING ASSISTANCE

There are several programs that offer free income tax filing assistance in Beatrice, York, Lincoln, Tecumseh, and Marysville. We have a list of the sites, dates, and times. If you need help filing your income tax, please call us (402.821.3330).

## The Fun Pages

### Famous Pairs Crossword puzzle



Across:

1. Macaroni & \_\_\_\_\_
3. Chips & \_\_\_\_\_
6. Table & \_\_\_\_\_
8. Anthony & \_\_\_\_\_
10. Adam & \_\_\_\_\_
11. Rocky & \_\_\_\_\_
12. Bacon & \_\_\_\_\_
14. Ken & \_\_\_\_\_
17. Ozzie & \_\_\_\_\_
20. Batman & \_\_\_\_\_
22. Bert & \_\_\_\_\_
23. Peas & \_\_\_\_\_
24. Peanut butter & \_\_\_\_\_
25. Laverne & \_\_\_\_\_
27. Snoopy & \_\_\_\_\_
29. Beans & \_\_\_\_\_
31. Chicken & \_\_\_\_\_
32. Paper & \_\_\_\_\_
33. Hugs & \_\_\_\_\_

Down:

- |                    |                         |                    |
|--------------------|-------------------------|--------------------|
| 1. Cheese & _____  | 13. Simon & _____       | 23. Bonnie & _____ |
| 2. Gilbert & _____ | 15. Bread & _____       | 26. David & _____  |
| 4. Laurel & _____  | 16. Hansel & _____      | 28. Salt & _____   |
| 5. Milk & _____    | 18. Currier & _____     | 30. Fish & _____   |
| 7. Cup & _____     | 19. Shoes & _____       |                    |
| 9. Romeo & _____   | 21. Lone Ranger & _____ |                    |



Saint Patrick's Day  
Word Search



CELTIC  
IRELAND  
LEPRECHAUN  
POTOFGOLD  
SHAMROCK  
  
DUBLIN  
IRISH  
LIMERICK  
RAINBOW  
SNAKES  
GREEN  
LEGEND  
PATRICK  
SAINT

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

Riddle of the Month!

I am multi-coloured.  
I appear after a storm.  
People always point at me.  
Everyone takes my picture.  
Legend says there is gold at  
the bottom of me.

**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!

SUDOKU

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



Did you know..... Full Circle is for everyone!?!

You don't have to live in the town it is hosted in.  
Besides our Friend and Wilber friends,  
we have friends from DeWitt, Dorchester,  
and Clatonia who come and participate.  
**We serve all of Saline County!!**

Join us



Tuesday March 14th for a Pi Day Celebration!

Come nosh on:

Chicken Pot Pie

& Dessert Pie

in the cafeteria at Friend Community Healthcare System at **noon**.  
Followed by a Well Rounded Nutritional presentation and games!

*For those over age 60: \$4.50 suggested contribution for the meal.*

*For those under age 60: \$5.00 fee*

Please RSVP to 402.821.3330 by March 10th  
to attend this event. (or both events!)



Join us

Friday March 17th for Leprechaun Bingo!

at 'The Back Room'- SCAS 1:30 PM

Come for snacks, bingo, and fun!

Please RSVP by March 15th to attend this event.

402.821.3330





## Get To Know Saline County Aging Services!

**What's your full name?**

Caitlin 'Katie' Ann Keller

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

I just started working here in February as the Community Outreach Coordinator.

**What's your favorite color?**

Pink or gold

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

Summer. I love to be outside and just enjoy the beautiful weather! Everything is green and the flowers are all blooming!

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

Greece or Bora Bora

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

I would take my family on a wonderful vacation!

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

All of the wonderful people that I get to meet and interact with on a daily basis!

**What is something interesting about you?**

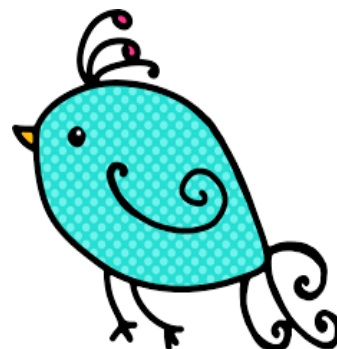
I am a huge dog lover!!! We have a 2-year-old Great Dane, named Maggie and an almost 4-year-old German Shorthaired Pointer, named JD.

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

My husband, because he's very handy, matches to be able to start a fire and a fishing pole to be able to fish for food!

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

"Don't dwell on that which you can not control."



## Exercise of the Month—Upper Back

This exercise is good for your shoulders and upper-back muscles.

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Hold arms in front of you at shoulder height with palms facing outward.
3. Relax your shoulders, keep your upper body still, and reach forward with your hands. Stop when you feel a stretch or slight discomfort.
4. Hold position for 10-30 seconds.
5. Sit back up.
6. Repeat at least 3-5 times.



Tip: As you progress, cross your arms and interlace fingers.

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

## RECIPE OF THE MONTH

### Irish Soda Bread From allrecipes.com

#### Ingredients

- ◇ 4 cups flour
- ◇ 4 T. white sugar
- ◇ 1 tsp. baking soda
- ◇ 1 T. baking powder
- ◇ 1/2 tsp. salt
- ◇ 1/2 c. margarine, Softened
- ◇ 1 c. buttermilk
- ◇ 1 egg
- ◇ 1/4 c. butter, melted
- ◇ 1/4 cup buttermilk

#### Directions

1. Preheat oven to 375 degrees. Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and 1 egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 40 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.







## April Fools' Day History\*

It has become tradition on the first of April to pull jokes, of the harmless variety, on those near and dear to us. We plot and we scheme, and often the yuks are funnier in our imagination than how they play out in reality, but that doesn't stop us from sending the little kid in us out on a rampage. Even the most serious among us have been known to indulge in a practical joke or two, so beware of trusting anyone on that day. How the custom of pranking on April 1 came about remains hidden in mystery.



When the western world had the Julian calendar, each year began on March 25. Festivals marking the start of the New Year were celebrated on the first day of April because March 25 fell during Holy Week. The adoption of the Gregorian calendar (what we have now) during the 1500s moved the New Year to January 1. According to the most widely-believed origin proposed for April Fools' Day, those who could be tricked into believing April 1 was still the proper day to celebrate the New Year earned the nickname of an April fool. Because of this, people would unexpectedly drop in on neighbors on that day in an effort to confuse them into thinking they were receiving a New Year's call.



Out of that one joke supposedly grew the tradition of testing the patience of family and friends.

But that's only one theory. According to the *Encyclopedia of Religion* and the *Encyclopedia Britannica*, the timing of this day of pranks seems to be related to the arrival of spring, when nature "fools" mankind with fickle weather. *The Country Diary of Garden Lore*, which chronicles the goings-on in an English garden, says that April Fools' Day "is thought to commemorate the fruitless mission of the rook (the

European crow), who was sent out in search of land from Noah's flood-encircled ark." Others theorize it may have something to do with the Vernal Equinox. Some think to tie in with the Romans' end-of-winter celebration, Hilaria, and the end of the Celtic New Year festival.

Wherever and whenever the custom began, it has since evolved its own lore and set of unofficial rules. Superstition has it that the pranking period ends at noon on the 1st of April and any jokes played after that time will



## 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.*



### Inside this issue:

Caregiver's Corner	3
Just for Laughs	4
Full Circle	7
The fun pages	10
What's Going On	13



bring bad luck to the perpetrator. Additionally, those who fail to respond with good humor to tricks played upon them are said to attract bad luck to themselves.



Not all superstitions about the day are negative, though. Men fooled by a pretty girl are said to be fated to end up married to her, or at least enjoy a healthy friendship.

Although adults get into the spirit of things (ask any zoo worker about manning the phones on April 1 and having to field endless calls for Mr. Lyon, Guy Rilla, and Albert Ross), it's the children that seem to truly celebrate the day with wild abandon. April Fools' pranking between students and teachers is an ongoing battle of wits, with kids favoring the timeworn standards of a tack on the chair, the "missing class" (kids hide under their desks when the teacher is momentarily called out of the room), or a springy fabric snake coiled in a can of nuts. Not every teacher fights back, but those who do are often inventive about it. For more than 20 years, one grade school teacher in Boston came in early on that day to write the day's assignment upside down on the blackboard. When her curious students arrived, she told them she did it by standing on the ceiling.

The style of April Fools' pranks has changed over the years. Sending the unsuspecting on pointless errands was an especially prized practical joke in those earlier post-Julian days. In modern times, that form of pranking has shifted away from April Fools' fun and seemingly become a rite of initiation into many groups, both formal and informal. New campers are routinely sent on a mission to retrieve the left-handed smoke shifter from its last borrower by more experienced campers who then quietly chuckle to themselves as the newcomer wanders about in vain on his quest. Others are often roped in to add to the hilarity, with each person the newcomer asks pointing him in towards yet someone else who will further the joke. Rookie pilots are sent in search of a bucket of prop wash, and new carnies sent on wild goose chases for the elusive keys to the fairgrounds. Current tastes seem to run more to funny phone calls and media-driven extravaganzas. But it's still okay to reach back to older times for inspiration. Be a traditionalist and on April 1 send a co-worker to fetch a tube of elbow grease, blinker fluid or 50 feet of shoreline.



Happy April Fools' Day!!

*\*Info in this article is from Snopes.com*

**INCOME TAX FILING ASSISTANCE**

There are several programs that offer free income tax filing assistance in Beatrice, York, Lincoln, Tecumseh, and Marysville. We have a list of the sites, dates, and times. If you need help filing your income tax, please call us (402.821.3330).

**Do you want the Saline County Aging Services Newsletter sent to your door?**

Cut this slip out, fill the information in below, and mail it to  
**Saline County Aging Services– PO Box 812– Wilber, NE 68465**  
or bring it into our office at 109 W. 3rd Street in Wilber  
or call us at 402-821-3330.

Name:  
Mailing Address:  
If you would rather have it send via email, please provide your email address, printing carefully:

-----

**DON'T FORGET HOMESTEAD EXEMPTION DEADLINE**

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.  
Exemption applications need to be filed every year. Filing deadline is June 30<sup>th</sup>.  
If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, **but please call ahead for an appointment:**  
☐ Saline County Aging Services, Wilber, (402-821-3330),  
☐ Georgene Eggebraaten, Crete, (402-826-3829),  
☐ Anita Meyer, Friend, (402-947-2301).

**LIST of 2017 HOLIDAYS that SCAS WILL BE CLOSED**

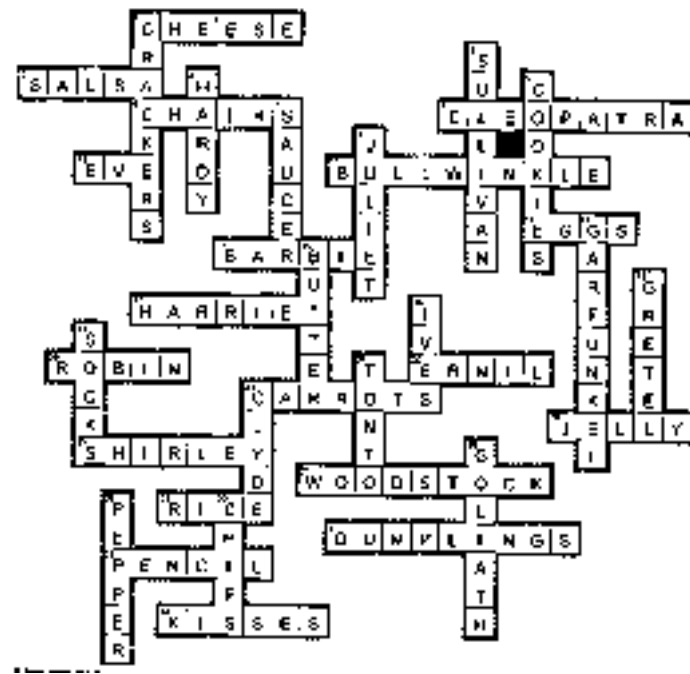
Saline County Aging Services will be closed in observance of the following County holidays.  
If in doubt, please call 402-821-3330.

- |                                |                                |
|--------------------------------|--------------------------------|
| Jan. 1 New Year's Day          | Sept. 4 Labor Day              |
| Jan. 16 Martin Luther King Day | Oct. 9 Columbus Day            |
| Feb. 20 Presidents' Day        | Nov. 11 Veterans' Day          |
| Apr. 29 Arbor Day              | Nov. 23 Thanksgiving           |
| May 29 Memorial Day            | Nov. 24 Day after Thanksgiving |
| July 4 Independence Day        | Dec. 25 Christmas Day          |





## Answers to Last Month's Puzzles



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



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

### Farmers' Market Coupons



Saline County Aging Services is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutrition Program

(SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a mandatory but brief nutrition presentation.
- Be prepared to show proof of age and income.

At this time, Coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services should have coupons available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00. (One set is valued at \$48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

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



## Caregiver's Corner

### 4 Ways to Overcome Caregiver Loneliness in Dementia Care

Caregiver loneliness makes dementia care even harder. When you're caring for an older adult with dementia, it's common to experience caregiver loneliness. It feels like nobody else understands what you're going through, even if you have a good support system. You also might not share the full details with family or friends because you want to protect them from the harsh reality of the situation. This often compounds the stress and makes you feel isolated.



Here are 4 tips to help you overcome Caregiver Loneliness.

#### 1. Connect with people

You need caring people in your life to support you as you care for your older adult. Reach out to family and friends. Even though you may need to make an effort to keep them close, those relationships will help you reduce stress, prevent isolation, and boost your mood.

A caregiver support group is another wonderful place to meet people who are in situations similar to yours. They'll understand what you're going through and you might even be more comfortable sharing the gritty details of your caregiving life and how you're truly feeling. You might benefit from both in-person groups and online groups.

#### 2. Have deeper relationships too

It's great to have people to get coffee or lunch with, but to stop the feelings of loneliness, it's important to have deeper relationships as well. These are people you feel comfortable sharing your real feelings with – good and bad. You can truly confide in them and trust that they'll be supportive.

#### 3. Express your real feelings

You might feel like sharing negative feelings will make you a burden on others or sink you into a depression. But sharing and connecting with others will lighten your emotional load. It will also help others get a better understanding of the situation so they can better support you.

#### 4. Accept praise

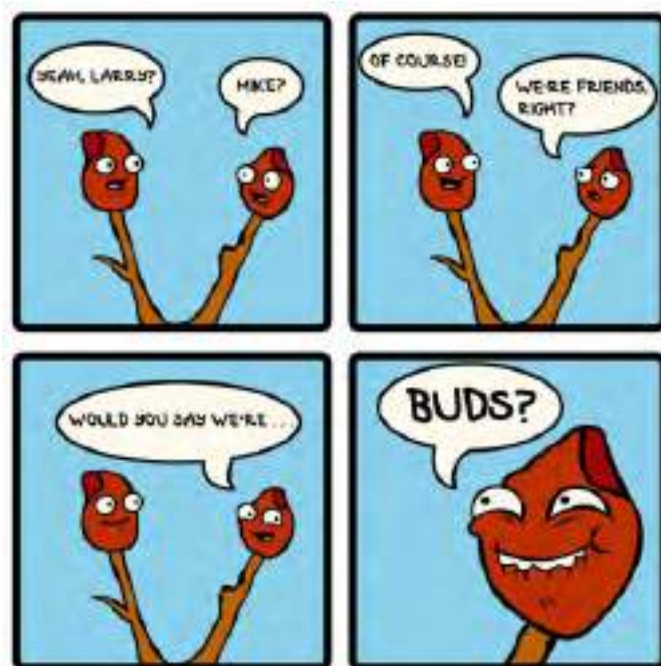
You might instinctively wave away any praise from family or friends. It could be because you don't feel like you deserve it or because you feel like they don't know enough about the situation. It's important to accept praise – it's another way to connect with people who care about you and allow them to provide support by cheering you on.



Article is from [dailycaring.com](http://dailycaring.com)



## Just for laughs.....



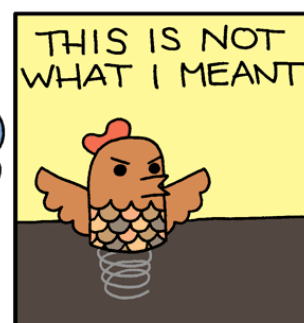
"Watch it, Marmaduke. Next thing you know he'll have you mowing the lawn."



"I think Mother Nature is tryin' to pull an April Fools' trick."



"You're fired, Jack. The lab results just came back, and you tested positive for Coke."



## What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, April 5th
Program—Up to the Minute Medicare Changes Menu—Pork Teriyaki Bridge & Dominos
WEDNESDAY, April 12th
Program—Wooden Leg by Nancy Downing Menu—BBQ Chicken
WEDNESDAY, April 19th
Program—Building the Ark Encounter Menu— Pizza & Salad Bridge & Cards
WESNESDAY, April 26th
Program—Music by The Senioettes Menu—Ham & Cheese Wraps Celebrate Birthdays

**COMMUNITY SUPPER:** Join community members of all ages and walks of life at the First Evangelical Lutheran 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, April 23, 2017, in the Wilber Care Center's Activity Room. Please RSVP by April 17th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

### Important Dates to Remember

**TAX DAY!!!** - April 17th is the last day to file your taxes!

**FULL CIRCLE EVENTS—** Celebrate Jelly Bean Day on April 21 in Friend!

We will celebrate Humor Day on April 18th in Wilber.

**Homestead Exemption—**must be filed by June 30!

**Severe Weather Seminar—** April 15th from 10am to 3:30pm (come and go format) at Wilber-Clatonia High School. For more information please call us at 402.821.3330

**Wii Bowling League—**We want to start a Wii bowling league! Come April 20 at 1:00pm to open bowl and find out more information!



Winner of March's riddle:

Bob Kasl

of Wilber

received a \$5 gift card to Subway!

Get your answers in for this month's riddle so you can be the next winner!

The answer to March's riddle was RAINBOW.



# HAPPY BIRTHDAY!

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



# April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Interested in Home Delivered Meals?	For DeWitt, call: 402.683.6475	For Wilber & the rest of Saline County, call: 402.821.3330				1 Happy April Fools Day
2	3  Rainbow Day	4 @ DeWitt Tai Chi 9 AM Quilting 1-5	5	6 @ DeWitt Tai Chi 9 AM Quilting 1-5 Board Meeting 5:30	7	8 Zoo Day! 
9  Palm Sunday	10 WORK DAY 9:30-noon	11 @ DeWitt Tai Chi 9 AM Quilting 1-5	12 Grilled Cheese Day 	13 @ DeWitt Tai Chi 9 AM Quilting 1-5	14 Dolphin Day 	15
16 Happy Easter! 	17 	18 @ DeWitt Tai Chi 9 AM Quilting 1-5 ***** @Wilber Full Circle Laughing Matters by Tracie Foreman	19	20 @ DeWitt Tai Chi 9 AM Quilting 1-5	21 @Friend Full Circle—Jelly Bean Day 	22 Earth Day! 
23	24  @ DeWitt Ice Cream at Quick Shop 3:30p	25 @ DeWitt Tai Chi 9 AM Quilting 1-5	26 Pretzel Day 	27 @ DeWitt Tai Chi 9 AM Quilting 1-5 ***** @WCC Senior Citizens Dinner	28 @DeWitt—Day Trip to Audobon, eat at Denton & Guadaloupe Seminary 9-3	29
30 Adopt a Shelter Pet Day! 						

## What does it all mean?\*

Understanding Food Packaging and Nutrient Claims



Supermarkets offer a variety of foods that boast health benefits such as “fat free” or “low sodium.” But what does it all really mean? Read over these guidelines for front-of-the-pack labeling on food items for a better understanding of the foods you buy.

### Sugar

Sugar free - Less than 0.5 grams of sugar per serving. No added sugar - No sugar is added during the processing or packing of the food item, including ingredients that contain sugars (juices, jams or applesauce). Reduced sugar - At least 25 percent less sugar per serving than the standardized item such as breakfast cereal.

### Calories

Calorie free - Fewer than 5 calories per serving, like diet soda. Low calorie - 40 calories or less per serving and 30 grams or less per serving. Reduced calories - At least 25 percent fewer calories per serving than the reference food.

### Fiber

High fiber - 5 grams or more per serving. Food source of fiber contains 2.5 to 4.9 grams of fiber per serving. More or added fiber - at least 2.5 grams more fiber per serving than the reference food.



### Fat

Fat free - Less than 0.5 grams of fat per serving. Saturated fat free - Less than 0.5 grams of saturated fat per serving, and the level of trans fat does not exceed 0.5 grams per serving, as well. Low fat - 3 grams or less per serving (30 grams). Reduced fat - At least 25 percent less fat per serving than the reference food.

### Cholesterol

Cholesterol free- Less than 2 milligrams of cholesterol and 2 grams or less of saturated fat per serving. Low cholesterol- 20 milligrams or less cholesterol and 2 grams or less of saturated fat per serving. Reduced cholesterol- At least 25 percent less cholesterol and 2 grams or less of saturated fat per serving than reference food.

### Sodium

Sodium free- Less than 5 milligrams per serving. Very low sodium- 35 milligrams or less of sodium per 30 gram serving (or less). Or less than 2 tablespoons of sodium per 50 grams of food. Low sodium- 140 milligrams or less per 30 grams of food. Light in sodium- At least 50 percent less per serving than reference food.

\*Info in this article is from Aging Partners in Lincoln.



# Spring Fall prevention



No matter where you live, this last winter was one for the record books. In fact, a recently released report from the National Oceanic and Atmospheric Administration’s (NOAA) National Climatic Data Center announced that this last winter was warmest on record.

Now that spring has officially started, the transition between winter and spring can be very challenging for the elderly. It is not uncommon for our elderly neighbors and friends to experience an increased risk of falling when Spring begins due to the limited opportunities for physical activity caused by the long winter months.

The following list of tips has been put together to help decrease the likelihood of you experiencing a fall this spring.

- 1. To rebuild your strength, start off with 15 minutes of daily simple exercise (Walking, swimming, gardening) and increase the time slowly.
- 2. Schedule a vision and hearing check up. Vision and hearing are two of the top physical factors that can lead to a fall.
- 3. Eat a diet rich in vegetables and calcium to help build muscle and bone strength.
- 4. Spring cleaning– Remove clutter from walkways inside and outside, rake up fallen leaves that still linger, be proactive about keeping outside walkways moss free.
- 5. Repair loose floorboards and carpeting

As always, reach out for help with any of these things should you need it!

*Info in article is from smartcellusa.com*

## Note from the Director

Hello all!

I hope this newsletter finds you well and getting ready for spring!



We are looking to start a **Wii Bowling League** at SCAS. Not sure if Wii Bowling is for you? Come for **free open bowling on April 20th at 1:00 pm**. Give it a try and have a chance to sign up! Not only is Wii Bowling a great low impact exercise (that can be done sitting down if needed), but it is also a wonderfully social event.

**League info:** We will sign up teams and individuals. The League will run for 8 weeks, with the last week being a tournament. Prizes will be given out at the tournament.

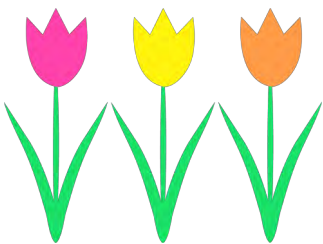
Cost is a one time \$5.00 suggested contribution per person.  
This covers the entire 8 weeks, and will go towards prizes.

For more info,  
or to RSVP for open bowling,  
call 402.821.3330



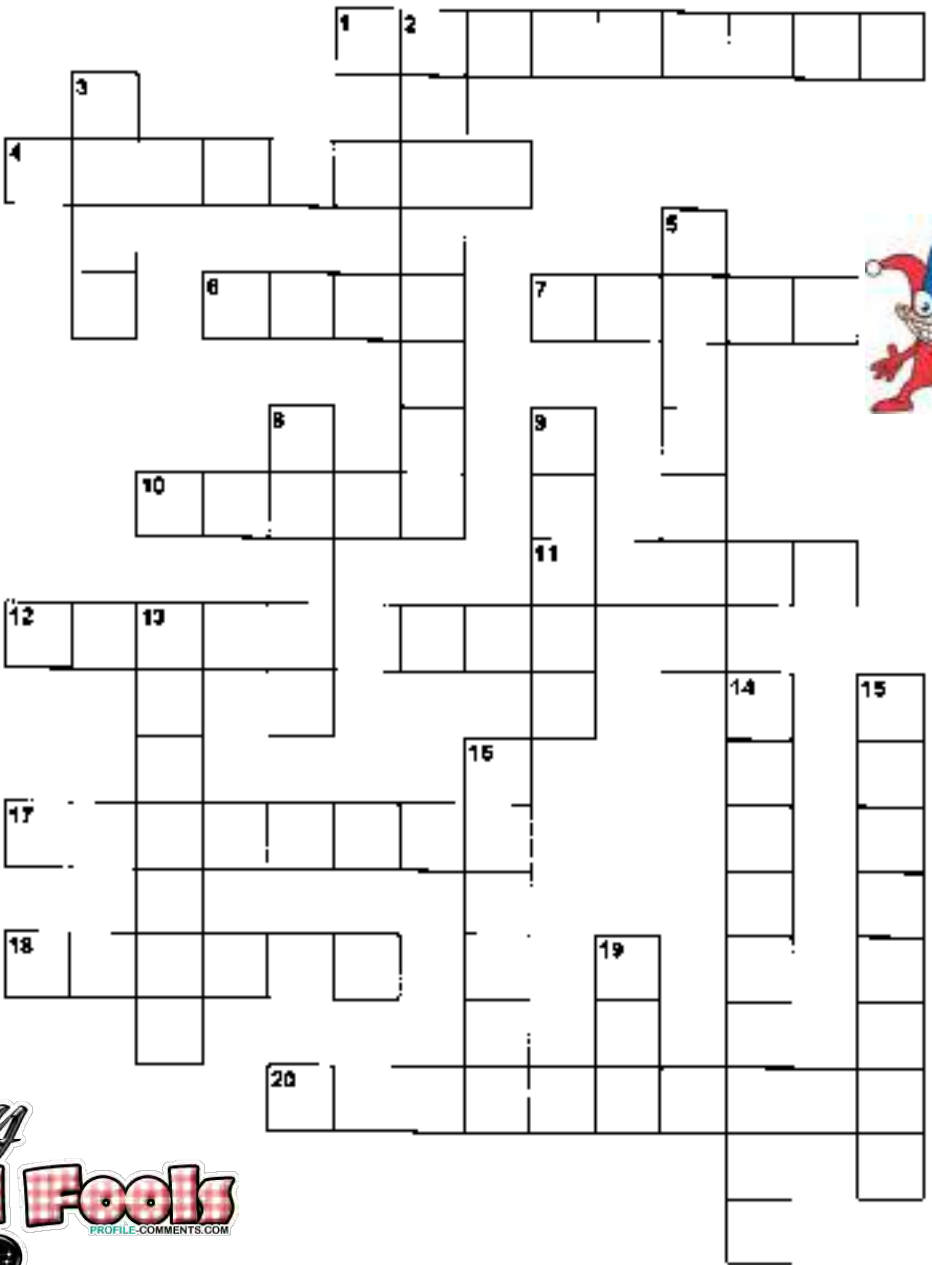
*Yours in Service,*

# The Fun Pages



**Down:**

- 2. Collection of meaningless things
- 3. Short fictional story
- 5. Hilarious or witty
- 8. Provokes amusement or laughter
- 9. Tricked or misled
- 13. Lacking in good sense or judgement
- 14. Exceptionally funny or amusing
- 15. Marked by immaturity
- 16. Someone who jokes or acts playful
- 19. A funny remark or statement



**Across:**

- 1. Not aware of or unknown
- 4. Trick, deceive or dupe
- 6. Pretentious diversion intended to deceive
- 7. Humorous imitation, prank or joke
- 10. Occupy attention in a pleasing manner
- 11. Playful mischievous trick
- 12. Babyish or childlike behavior
- 17. Easily tricked or deceived
- 18. Guided in the wrong direction
- 20. Grossly inaccurate, offensive or wrong



# The Fun Pages



## Word Search

- Basket

Bunny

Chick

Chocolate

Cracking

Cuddly

Ducky

Dyed

Easter
- Eggs

Marshmallow

Painting

Pastel

Quack

Rabbit

Spring

Treats

Yummy

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



## Riddle of the Month!

*What goes up and down  
but does not move??*

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!**

## SUDOKU

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

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**Did you know..... Full Circle is for everyone!?!**

You don't have to live in the town it is hosted in. Besides our Friend and Wilber friends, we have friends from DeWitt, Dorchester, and Clatonia who come and participate. **We serve all of Saline County!!**



**Come join us**  
**Tuesday April 18th to celebrate National Humor Month!**



at 'The Back Room'- SCAS 2:00 PM  
"Laughing Matters" by special guest Tracie Foreman  
Come for snacks and laughter!  
*Bring your favorite jokes to share!*

**Please RSVP by April 14th to attend this event!**

**402.821.3330**



**Friday April 21st is National Jelly Bean Day!**  
Joins us for a lunch of  
Grilled Hot Dogs, Potato Salad, Coleslaw & Cake

Will be served  
in the cafeteria at Friend Community Healthcare System at **noon.**  
Followed by Jelly bean trivia & games!

**For those over age 60: \$4.50 suggested contribution for the meal.**

**For those under age 60: \$5.00 fee**

**Please RSVP to 402.821.3330 by April 12th to attend this event.**





## Get To Know Saline County Aging Services!

**What's your full name?**

Lila Mae Prybil

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

Going on 7 years.

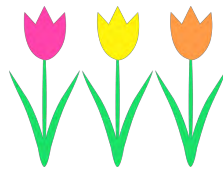
7

**What's your favorite color?**

Blue

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

Spring, I like to see things greening up and not so hot and humid yet.



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

Connecticut or somewhere east coast. I've only ever traveled toward the west coast area.

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

I would make sure all of my family has what they need and then I would want to help the wounded soldiers.



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

Getting to know people and making new friends.



**What is something interesting about you?**

I love to crochet items and give them as gifts. I keep of scrapbook of everything I've made and who I've given them to.



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

Coat, phone, and a flashlight.



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

Don't hold a grudge and enjoy life while you're here!



## Exercise of the Month—Side Arm Raise

This exercise will strengthen your shoulders and make lifting groceries easier.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold hand weights straight down at your sides with palms facing inward. Breathe in slowly.
4. Slowly breathe out as you raise both arms to the side, shoulder height.
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 more times.



**Tip:** As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.

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

## RECIPE OF THE MONTH

### Cream of Mushroom Pork Chops From Campbells.com

#### Ingredients

- ◇ 1 TBSP vegetable oil
- ◇ 1 can Cream of Mushroom Soup
- ◇ 4 pork chops
- ◇ 1/4 soup can water

#### Directions

1. Heat 1 tbsp. vegetable oil in a pan over a medium-high heat.
2. Add four pork chops and continue to cook over medium-high heat. Coating the pork chops in flour is optional.
3. Turn over the chops and brown each side.
4. Add 1 can of Cream of Mushroom soup & 1/4 soup can of water to the chops, once browned, and sitr over a low heat.
5. Continue to cook the pork chops in the sauce until the meat is tender and cooked through.

**\*\*\*TIP—instead of cooking on the stove top you can put all ingredients in to a casserole dish and bake at 350 degrees for 25 to 45 minutes.**





# 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



Volume 2, Issue 10

May 2017



Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best. This year's theme is "Age Out Loud." Older Americans are giving aging a new voice. One that reflects what today's older adults have to say. They are working longer hours, trying new things, engaging in their communities, striving for wellness, focusing on their independence and advocating for themselves and others.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

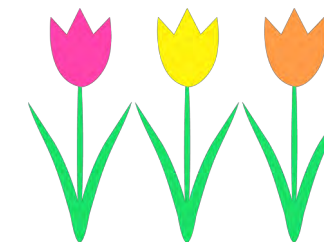
When OAM was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Since then, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

Historically, OAM has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Saline County Aging Services will use OAM 2017 to focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

Info in this article is from [oam.acl.gov](http://oam.acl.gov)



## Inside this issue:

Caregiver's Corner	2
Just for Laughs	5
Full Circle	7
The fun pages	10
What's Going On	13



## 6 WAYS TO MAKE IT EASIER FOR CAREGIVERS TO TAKE A BREAK

The secret to surviving long term caregiving is to pace yourself and rest when you're tired. Being constantly exhausted and severely stressed causes significant health problems. But many caregivers resist the advice to take regular breaks. Why? Because getting help with caregiving can be more of an emotional decision than a rational one. Many caregivers feel guilty about stepping away or afraid of bringing a stranger into the house. There can also be other roadblocks to getting caregiving help. Most often, those are seniors' denial that they need help, unhelpful family, or financial issues. We've got 6 tips to help you deal with these issues and make it easier to get some well-deserved time off.

**1. Accept that you'll feel guilty.**

Guilt is a normal part of caregiving simply because you care – it's never going to disappear. Don't let this stop you from getting the caregiving help you need. Taking regular breaks is the best way to maintain your overall health. Besides, how much worse would you feel if you never took any breaks and your health declined to the point where you couldn't care for your older adult? It doesn't do them any good if you're not physically or mentally well enough to be their caregiver.

**2. Don't ask your senior for permission.**

This isn't a decision that your older adult gets to make. Many older adults refuse outside help because they're uncomfortable with the idea. And seniors with dementia don't have the cognitive ability to make a rational decision. When seniors refuse, they're not thinking of your needs and are often not considering their own true needs either. That's why *you* need to make the decision, regardless of how they feel about it. All that matters is that they're safe and well-cared-for when you're not there.



**3. Start before you really need it.**

It may take a while to find the right person to help and for them to learn the caregiving routines. That's why it's important to start getting help before you really need it. If you're putting together a team of family, friends, and volunteers to help, it's less stressful if you have plenty of time to get the team in place and work out the details. To make the transition easier, you could have someone come and shadow you until they learn the ropes and can be left alone with your older adult. Or, you could have someone come for a short time in the beginning and gradually increase their time as everyone adjusts to the new situation.


**4. Combine paid services with help from friends, family, and volunteers.**

Hiring caregiving help can be expensive. But even if the cost is high, maintaining or improving your health is worth it. Being open to different sources of help also lowers the cost of taking regular breaks. Ask family and friends for help and seek out volunteer programs that offer companionship services. Then supplement those hours with paid help.


**5. Check in to know that your older adult is well-cared-for.**

You might be afraid or nervous to leave your older adult with a stranger or a family member



## Do you want the Saline County Aging Services Newsletter sent to your door?



Cut this slip out, fill the information in below, and mail it to  
**Saline County Aging Services– PO Box 812– Wilber, NE 68465**  
or bring it into our office at 109 W. 3rd Street in Wilber  
or call us at 402-821-3330.



Name: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_

 If you would rather have it send via email, please provide your email address, printing carefully: \_\_\_\_\_ 

**DON'T FORGET HOMESTEAD EXEMPTION DEADLINE**

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30<sup>th</sup>.

If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, ***but please call ahead for an appointment:***

- ☐ Saline County Aging Services, Wilber, (402-821-3330),
- ☐ Georgene Eggebraaten, Crete, (402-826-3829),
- ☐ Anita Meyer, Friend, (402-947-2301).

**We need your help!!** We are in need of a few more board members from the Swanton and DeWitt areas. Board members provide input to our organization from your area of the county. If you are interested or would like more information, please call our office at 402.821.3330.

**LIST of 2017 HOLIDAYS that SCAS WILL BE CLOSED**

Saline County Aging Services will be closed in observance of the following County holidays.

If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day	Sept. 4 Labor Day
Jan. 16 Martin Luther King Day	Oct. 9 Columbus Day
Feb. 20 Presidents' Day	Nov. 11 Veterans' Day
Apr. 29 Arbor Day	Nov. 23 Thanksgiving
May 29 Memorial Day	Nov. 24 Day after Thanksgiving
July 4 Independence Day	Dec. 25 Christmas Day



# Service Spotlight

## Answers to Last Month's Puzzles



### Farmers' Market Coupons

Saline County Aging Services is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutrition Program (SFMNP).

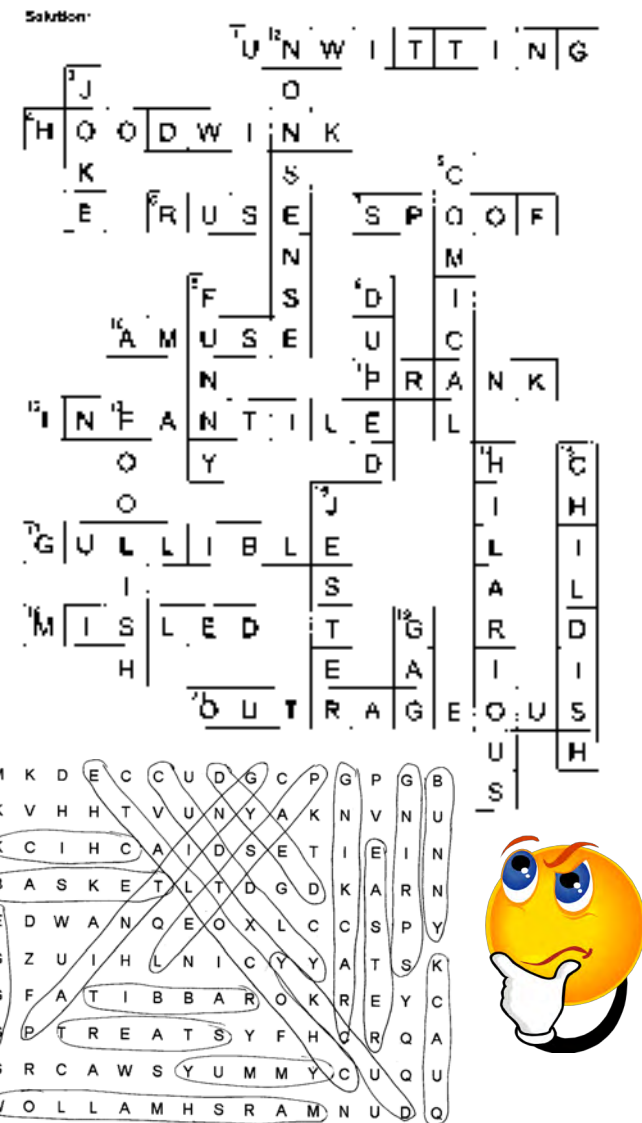
The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a mandatory but brief nutrition presentation.
- Be prepared to show proof of age and income.

At this time, Coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services should have coupons available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00. (One set is valued at \$48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

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





Merriam-Webster defines morbidity as the quality of life in relation to incidence of disease and/or rate of illness. Basically, this boils down to the rate of illness in the body.

As the body ages, morbidity increases, meaning that the older adult become, the more illness they suffer. By altering the foods we eat and what we drink, we can slow down the effects of morbidity!

Although most of us wish for a long life, we do not like the idea of failing health as we age. Rather than submit ourselves to chronic diseases like heart disease, strokes, and diabetes, we should fight back to be as free of disease as possible and enjoy vitality throughout our last years. One of our greatest weapons to fight back these destructive chronic diseases is the fork and the foods we choose to consume with it.



In 2015, life expectancy in the United States was right around 79.68 years. However, that does not necessarily need to be our cutoff point. Another startling fact about the United States' average 79 1/2-year life expectancy is that, for the general population, the span of a healthy life is only 65 years. This shows that an important focus is not necessarily on living longer, but on living healthier.

Striving to have the greatest number of healthy years and fewest years of illness is called "compression of morbidity." Although we cannot control our genetic predisposition such as a family history of diabetes or heart disease, we can still make healthier lifestyle choices to achieve good health, which pushes back on morbidity. Lifestyle choices we can control for good health include a balanced diet, regular physical activity, avoiding tobacco products, limiting stress factors, getting adequate sleep, adequate fluid intake, and limiting alcohol consumption.

Be aware of nutritional problems associated with age. They include loss of teeth or other mouth problems that make it hard to chew food. The senses of taste and smell reduce with age, making food less appealing and a loss in appetite. Also,

gastrointestinal changes makes certain nutrients harder for the body to digest and absorb properly. Nutrients that adults need to pay close attention to include: protein, vitamin D, vitamin E, potassium, riboflavin, folate, calcium, and dietary fiber. Enjoy a variety of different foods to meet these special nutrient concerns.

The simplest way to eat a balanced meal is follow the MyPlate diagram; divide your plate into four quarters.

- one quarter grains,
- one quarter protein,
- one quarter vegetables
- one quarter fruits.



Also don't forget to have three servings of dairy each day as well. Remember the 8 x 8 rule; drink eight, 8-ounce glasses of water each day.

- Fruits & vegetables include fresh, frozen or canned.
- Eat more dark green vegetables like leafy greens or broccoli, and orange vegetables like carrots and sweet potatoes.
- Vary your protein choices with more fish, beans and peas.
- Aim for half of your grains to be whole grains.

Delaying symptoms of and disability from chronic disease for as many years as possible is a great life goal that you can take steps to achieve today! Food and drink play a big part in this. Take time to include healthy choices in the foods and drinks you consume today. Contact an Aging Partners registered dietitian at 402-441-7159 to learn more about making better food choices to improve your rate of morbidity.

What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, May 3rd
Program—Celebrate Cinco de Mayo Menu—Beef Enchiladas Bridge & Dominos
WEDNESDAY, May 10th
Program—Facts You Never Knew About NE Menu—Sloppy Joes Dominoes or Cards
WEDNESDAY, May 17
Program—Geoff Easton's Coin Hobby Menu—Salsa Chicken Bridge & Dominoes
WESNESDAY, May 24th
Program—Seniors' Health with UNMC Student Menu—Hawaiian Pork Loin Cards or Dominoes
WEDNESDAY, May 31st
Program—More Interesting Facts about NE Menu—Tator Tot Casserole & Salad Celebrate Birthdays

**COMMUNITY SUPPER:** Join community members of all ages and walks of life at the First Evangelical Lutheran 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, May 25, 2017, in the Wilber Care Center's Activity Room. Please RSVP by April 17th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Important Dates to Remember

- FULL CIRCLE EVENTS—** Celebrate Older American's Month on May 23rd in Friend!  
We will celebrate Older American's Month on May 22nd in Wilber.
- Homestead Exemption—**must be filed by June 30!

**Winner of April's riddle:**

**No One! This month's riddle stumped everyone! Try again next month for a chance at a \$5 gift card to Subway!**

Get your answers in for this month's riddle so you can be the next winner! The answer to April's riddle was A STAIRCASE.

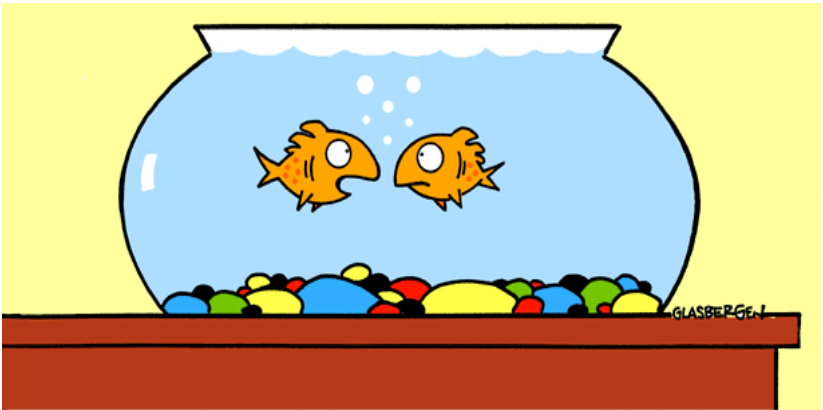
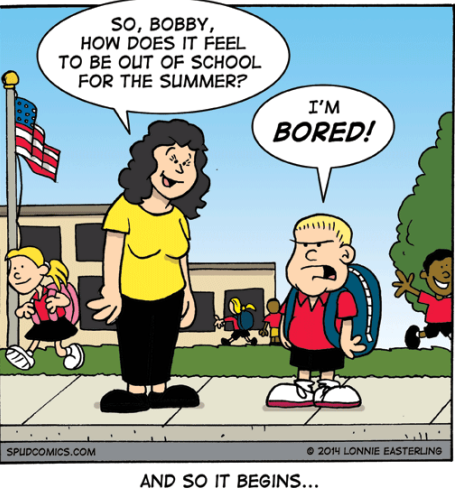


*A special wish to all of the May birthdays out there from Saline County Aging Services!*



# May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2  @ DeWitt Tai Chi 9 AM Quilting 1-5	3	4  @ DeWitt Tai Chi 9 AM Quilting 1-5 Board Meeting 5:30 p.m. 	5 	6
7  Lemonade Day! 	8	9  @ DeWitt Tai Chi 9 AM Quilting 1-5 Ponca walkers- wrap bars at 3:30 p.m.	10	11  @ DeWitt Tai Chi 9 AM Quilting 1-5	12	13  Apple Pie Day 
14 	15	16  @ DeWitt Tai Chi 9 AM Quilting 1-5	17  Cherry Cobbler Day 	18  @ DeWitt Tai Chi 9 AM Quilting 1-5	19  @ DeWitt Potluck & Music by The Remmers 5:30 p.m. fried chicken provided	20  
21	22  @ Wilber Full Circle— Older American's Month	23  @ DeWitt Tai Chi 9 AM Quilting 1-5 ***** @Friend Full Circle— Older American's Month	24  Scavenger Hunt Day!	25  @ DeWitt Tai Chi 9 AM Quilting 1-5 ***** @WCC Senior Citizens Dinner	26  Heat Awareness Day	27
28  Hamburger Day!	29	30  @ DeWitt Tai Chi 9 AM Quilting 1-5	31  Macaroon Day 	Interested in Home Delivered Meals?	For DeWitt, call: 402.683.6475	For Wilber & the rest of Saline County, call: 402.821.3330





# Nutrition Awareness Inventory Quiz

Answer these statements about nutrition for adults and older adults to test your current knowledge. If you think the answer is true or mostly true, circle T. If you think the answer is false or mostly false, circle F.

1. T F Adults should aim to spend at least 30 minutes in moderate physical activity most days of the week.
2. T F Medication taken by the elderly can cause nutritional problems.
3. T F The greatest nutritional problem for many Americans is overeating.
4. T F The health-care needs of people over age 65 account for more than half the health-care costs of the United States.
5. T F If older Americans follow the MyPlate diagram, they should end up consuming adequate amounts of all nutrients.
6. T F A number of safe products are on the market that likely reverses the process of aging.
7. T F Older adults often lose their desire for liquids.
8. T F Vitamin B-12 absorption often decreases in older adults.
9. T F The most frequent intestinal problem in the elderly is constipation.
10. T F Excessive intake of vitamin A supplements can cause bone pain and hair loss.
11. T F Delayed wound healing may be a sign of insufficient protein, zinc, and vitamin C intake.
12. T F An active lifestyle helps to maintain muscle and bone mass.
13. T F Dietary recommendations made by the American Heart Association could, if followed, substantially reduce blood cholesterol in everyone.
14. T F The inevitable dying off of human cells is inherently harmful, as it eventually leads to death, and serves no positive function.

Please see page 8 for answers.

## May 2017–Older American’s Month: AGE OUT LOUD!!

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.”—Mark Twain

“You are never too old to set another goal or dream another dream.”—C.S. Lewis

“Aging is not lost youth but a new stage of opportunity and strength.”—Betty Friedan

Hitting 65 is not the end, but can be the beginning of a new career, a new hobby, and new friendships. Retiring, or even semi-retiring, can be a good time to do something you may have always wanted to do, but never had the time for. It can be a good time to learn a new hobby, start a new job, or become more involved in volunteer work at your church or in your community.

Keeping active as we age and retire from our jobs is very necessary. Being physically and socially active is important. If you don’t move, you rust. Research tells us that older people with an active lifestyle are less likely to develop certain diseases, have a longer lifespan, are happier and less depressed, are better prepared to cope with loss, and may be able to improve their thinking abilities.

So if you are feeling like you are bored, make a bucket list: Start planning to learn a new hobby, join a new club, or decide on a place to volunteer. . .What are you going to do?

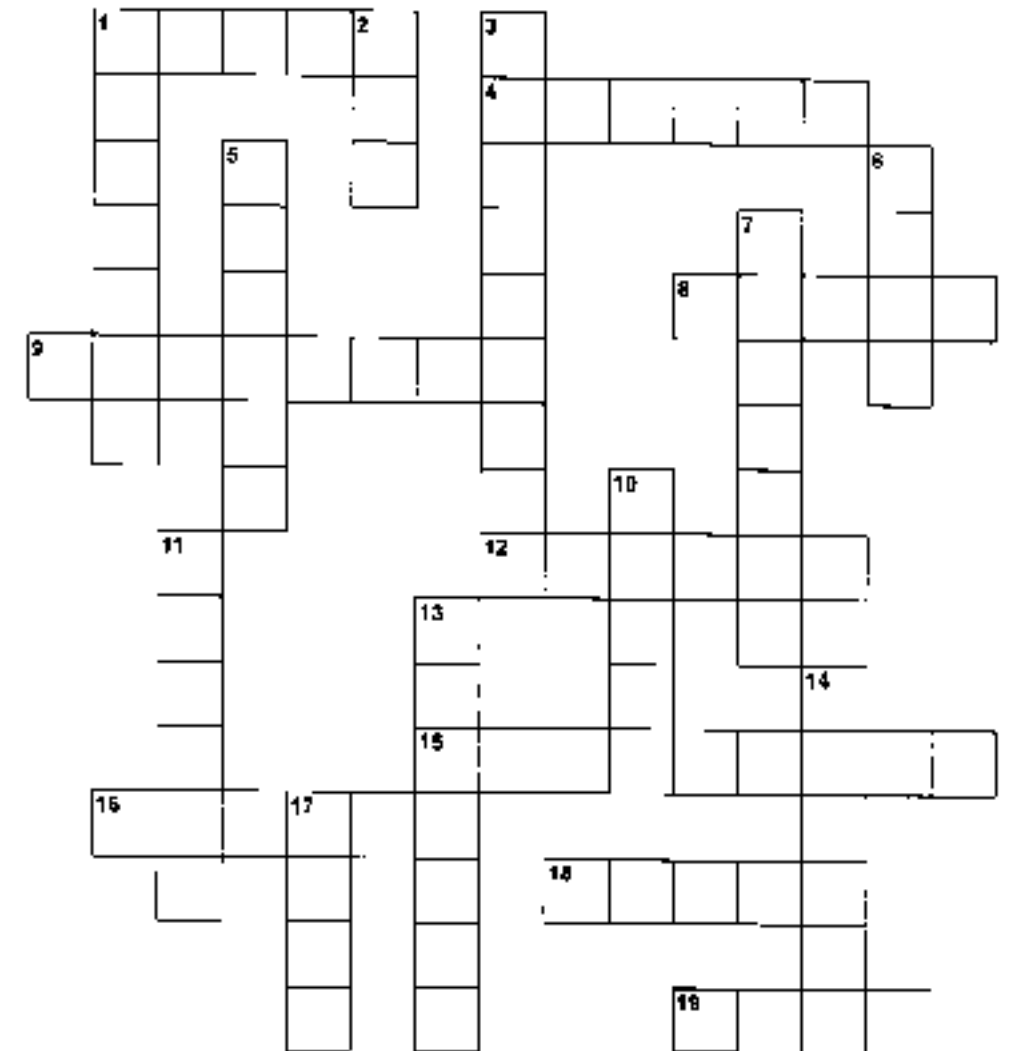
## The Fun Pages

### Down:

1. Male Person have the same parents as another person
2. Embrace affectionately
3. Child or descendent
5. Person whom you know well and like and who likes you
6. piece of writing with words that rhyme
7. Bunch of flowers
10. Send a letter
11. Sound judgement
13. to care for
14. Female having the same parents as another person
17. Place where a person lives.

### Across:

1. Act of bringing a new baby into the world
4. Group made up of parents and their children
8. Flowers with thorny stems
9. Call to mind
12. Area used for growing flowers
15. Expressing warm affection
16. Female parent
18. Put into the ground to grow
19. Printed document sent on a special occasion to a friend





# The Fun Pages

## Word Search

- Annual
- Poppy
- Anther
- Rain
- Biennial
- Roots
- Bud
- Rose
- Chicory
- Seed
- Daisy
- Species
- Family
- Spring
- Larkspur
- Stem
- Leaf
- Vines
- Perennial
- Yarrow
- Petal

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

## SUDOKU

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	3				1	6	

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## Riddle of the Month!

*What gets wet while it's drying??*

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!



**Did you know..... Full Circle is for everyone!?!**

You don't have to live in the town it is hosted in. Besides our Friend and Wilber friends, we have friends from DeWitt, Dorchester, and Clatonia who come and participate. **We serve all of Saline County!!**



Come join us  
Monday, May 22nd to celebrate Older American's Month!  
We will "Age Out Loud" by trying new things!  
Come enjoy some fun crafts and snacks!!  
at 'The Back Room'- SCAS 2:00 PM  
Please RSVP by May 18th to attend this event!  
402.821.3330



Tuesday, May 23rd we will celebrate Older American's Month!

We will "Age Out Loud" as  
Pharmacist Kristi Keller talks with us about medication management!

Joins us for a lunch of  
Sub sandwiches, chips, fresh fruit, and dessert!

Will be served  
in the cafeteria at Friend Community Healthcare System at **noon**.

**For those over age 60: \$4.50 suggested contribution for the meal.**

**For those under age 60: \$5.00 fee**

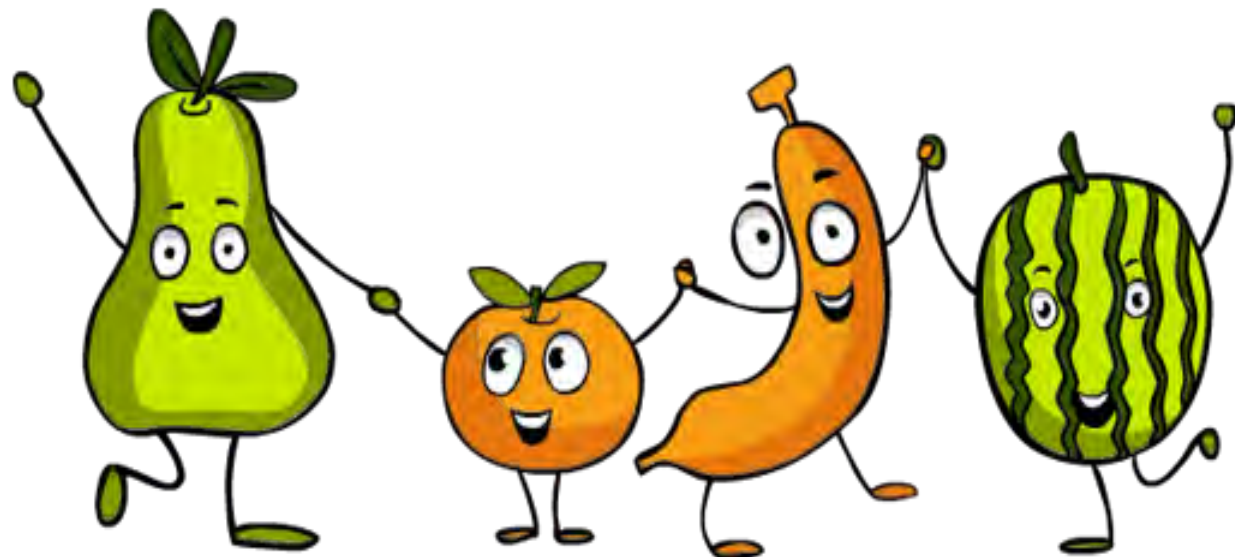
Please RSVP to 402.821.3330 by May 16th to attend this event.





## **Nutrition Awareness Inventory Quiz Answers**

1. True: This amount of physical activity is the minimum, even more will aid good health further.
2. True: Drug-nutrient interactions can be a problem at any age, but because older adults generally take more and different combinations of drugs over a long period, nutritional status is more likely to be affected.
3. True: Overeating can lead to overweight and being overweight contributes to almost all the chronic disease common in our society.
4. True: In addition, because the aging population is rapidly growing, there will be an even greater demand on health care.
5. False: Through a well-planned diet that follows the MyPlate guide; older adults can meet their daily needs but must pay close attention to calcium, potassium and folate.
6. False: Though several products are on the market that claims to slow the aging process, most are very controversial and unproven. No product can actually reverse the process of aging.
7. True: The sense of thirst may diminish with age, but not the need for fluids so older adults must pay special attention to their fluid intake throughout the day.
8. True: Stomach secretions that promote absorption of vitamin B-12 decreases with age. B-12 keeps your nerves and red blood cells healthy.
9. True: Increasing fiber and fluid intakes can help reduce constipation. Aim for 20-35 grams fiber daily.
10. True: Toxicity includes bone pain, visual changes, skin changes and may lead to liver damage and increased pressure on the brain.
11. True: Be aware of these nutrients if you experience an injury, surgery or other health setback.
12. True: Physical activity is an important part of body maintenance, including muscle and bone health.
13. False: People differ in genetic background, ability to regulate cholesterol metabolism, and responsiveness to diets aimed at lowering blood cholesterol. There is however, no way to know how much a diet will help lower blood cholesterol until a person tries it!
14. False: Cell death serves multiple helpful functions in the body including a way to regulate cell number and cellular mutations that can lead to cancer cell growth.



## **Exercise of the Month—Arm Curl**

**WHAT YOU NEED:** Hand-held weights or household items (soup cans, bottles of water)

After a few weeks of doing this exercise for your upper arm muscles, lifting that gallon of milk will be much easier.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.

Rest; then repeat 10-15 more times.



**TIP:** As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.

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

## **RECIPE OF THE MONTH**

### **Crockpot Chicken and Noodles**

From *thesouthernladycooks.com*

#### **Ingredients**

♦4 chicken breasts

♦2 (10.5 ounce) cans Cream of Chicken Soup

♦1 (14.5 ounce) can Chicken Broth

♦1/4 soup can water

#### **Directions**

1. Place chicken breast in crock pot, cover with chicken soup & chicken broth.
2. Cook on high for 5-6 hours (on low for 8 hours) until chicken is easily shredded.
3. Remove chicken, shred it and place it back in the crock pot.
4. Add noodles to crock pot and cook for about 30 minutes until done.
5. Stir a few times to make sure the noodles are soaking up the broth. It may look like the noodles won't fit but just keep working them into the chicken and broth mixture.



Makes 8- 10 servings. Enjoy!



## Summer Safety Tips



The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that the elderly, as well as their caregivers, can use to make sure they have a fun, safe summer.

\* **Stay Hydrated**—Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

\* **Talk to Your Doctor**—Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.



\* **Keep Your Cool**—Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise, without the exhaustion of the heat. Contact your local Area Agency on Aging to inquire if there are any programs to assist seniors with fewer resources to get air conditioners. "Seniors are much more vulnerable to the harmful effects of heat, as their bodies do not adjust as well to sudden changes in temperature," shares Dr. Lubna Javed of HealthCare Partners Medical Group. "Some chronic medical conditions and prescription medications can impair the body's ability to react efficiently to rising temperature."

\* **Stay in Touch**—High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.

\* **Meet Your Neighbors**—Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. If you are elderly, see if a younger neighbor -- perhaps even one of their kids -- can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!

Continued on page 2



## 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.*



### Inside this issue:

Caregiver's Corner 3

Just for Laughs 4

Full Circle 7

The fun pages 10

What's Going On 13



Summer Safety Tips Continued....

\* **Know Who to Call**—Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.

\* **Wear the Right Stuff**—Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

\* **Protect Your Eyes**—Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.



\* **Know the Risks of Hyperthermia**—During the summer, be particularly cautious about abnormally high body temperatures -- a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:



- \* Body temperature greater than 104 degrees
- \* A change in behavior, such as acting confused, agitated or grouchy
- \* Dry, flushed skin
- \* Nausea and vomiting
- \* Headache
- \* Heavy breathing or a rapid pulse
- \* Not sweating, even if it's hot out
- \* Fainting
- \* If you (or an elderly loved one) start to feel any of these symptoms, ask for medical help and then get out of the heat, lie down and place ice packs on your body.

\* **Rub on Sunscreen and Wear Hats**—Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.

\* **Apply Bug Spray**—The elderly is particularly prone to West Nile Virus and encephalitis, Dr. Factora notes. If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.

\* **Exercise Smart**—If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

If you follow these tips, there's no reason you can't have an enjoyable and fun-filled summer -- no matter how old you are.

Article is from *care.com*

Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to  
**Saline County Aging Services– PO Box 812– Wilber, NE 68465**  
or bring it into our office at 109 W. 3rd Street in Wilber  
or call us at 402-821-3330.

Name:  
Mailing Address:

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

\_\_\_\_\_

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DON'T FORGET HOMESTEAD EXEMPTION DEADLINE

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30<sup>th</sup>.

If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, **but please call ahead for an appointment:**

- ☐ Saline County Aging Services, Wilber, (402-821-3330),
- ☐ Georgene Eggebraaten, Crete, (402-826-3829),
- ☐ Anita Meyer, Friend, (402-947-2301).

LIST of 2017 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance of the following County holidays.

If in doubt, please call 402-821-3330.

- |                                |                                |
|--------------------------------|--------------------------------|
| Jan. 1 New Year's Day          | Sept. 4 Labor Day              |
| Jan. 16 Martin Luther King Day | Oct. 9 Columbus Day            |
| Feb. 20 Presidents' Day        | Nov. 11 Veterans' Day          |
| Apr. 29 Arbor Day              | Nov. 23 Thanksgiving           |
| May 29 Memorial Day            | Nov. 24 Day after Thanksgiving |
| July 4 Independence Day        | Dec. 25 Christmas Day          |





## Answers to Last Month's Puzzles



### Farmers' Market Coupons

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

The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a mandatory but brief nutrition presentation.
- Be prepared to show proof of age and income.

At this time, Coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services should have coupons available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00. (One set is valued at \$48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

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

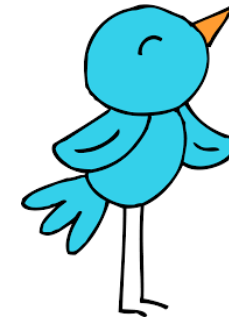


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8	6	3	1	5	9	4	2	7
5	7	2	8	4	3	9	1	6
1	4	9	6	8	5	7	3	2
2	5	6	3	7	4	1	8	9
7	3	8	9	2	1	5	6	4



## Caregiver's Corner

### 10 Spring & Summer Activities for Seniors



Spring & Summer are a time of awakening and rejuvenation. Watching the earth renew itself and bring forth flowers and greenery gives us hope. It also gives us a reason to get outside!

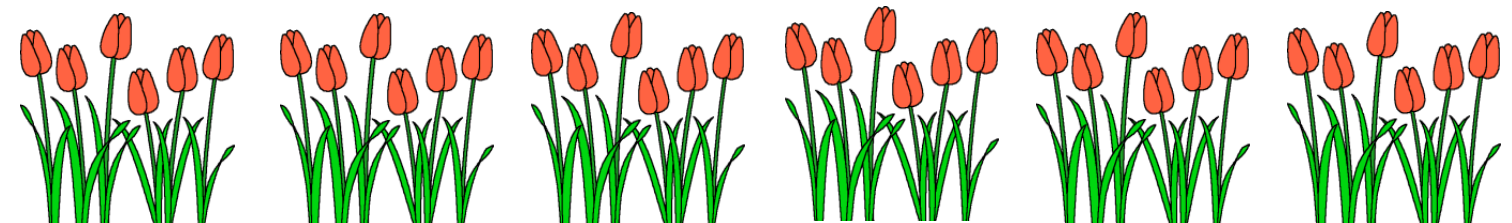
Our elder loved ones need the change to experience the joy that spring brings too. I was watching a video and one elder who suffers from dementia stated "there is nothing worse than having nothing to do."

We've collected a few activities that can easily be done by elders or ways that they can feel like a contributing member of the household.

1. Fill the bird feeders or feed the birds.
2. Water the plants. Sure, they may get wet, but watering is so rejuvenating and clothes can easily (usually) be changed.
3. Plant some seeds in pots for a windowsill or patio garden—dill, basil, cilantro, lavender, parsley, mint, thyme, oregano, chives, marigolds, and pansies are the easiest to grow.
4. Separate the spring bulbs into groups or place the bulbs right side up after the planting area has been prepared for them.
5. Help with spring cleaning by emptying out a closet. (Of course, you will be the one who puts the items back into place, but they can help by putting those items that are going to be donated into a box or bag.)
6. Go for a walk. It's good for both of you.
7. Watch the food network shows and write down recipes. This may help to jog your loved-one's memory about an old recipe that they used to make, which can then be noted and kept for a family cookbook.
8. Pull weeds—I hate to even bring this one up, because it's not seen as fun, but some enjoy pulling weeds in their later years. It gets them out in the fresh air and gives them a sense of accomplishment.
9. Deadhead flowers. Deadheading is the process of pinching off the spent blooms of flowers such as marigolds, geraniums, pansies, etc., so that they will produce more blooms.
10. Wash the tops of the patio tables and the seats of the chairs. Fluff the cushions.

Certainly, we don't want to make slaves of our elderly loved ones, but by participating in family chores, they will feel that they are contributing and will ultimately feel better about themselves.

Info in this article is from [intentionalcaregiver.com](http://intentionalcaregiver.com)





Just for laughs.....



What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, June 7th
Program—Leann M of Saline Ext—All about Czechoslovakia Menu—Tuna stuffed tomatoes Bridge or Dominos
WEDNESDAY, June 14th
Program—Are you Ready for the Eclipse Menu—Soft Shell Tacos Dominos or Cards
WEDNESDAY, June 21st
Program—Elmer Runner's Native American Quilts Menu— Turkey Wrap Bridge or Dominos
WESNESDAY, June 28th
Program—Creating for Seniors by Katie Keller Menu—BBQ Meatballs Celebrate Birthdays



**Winner of May's riddle:**

**Sandra Hager**

**of Crete**

received a \$5 gift card to Subway!

Get your answers in for this month's riddle so you can be the next winner!

The answer to May's riddle was TOWEL.



★HAPPY★  
BIRTHDAY!

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

**COMMUNITY SUPPER:** Join community members of all ages and walks of life at the First Evangelical Lutheran 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, June 22, 2017, in the Wilber Care Center's Activity Room. Please RSVP by June 16th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Important Dates to Remember

- FULL CIRCLE EVENTS—** Celebrate Summer on June 21st in Friend!  
We will celebrate Summer in Wilber on June 19th.
- Homestead Exemption—**must be filed by June 30!



# June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Interested in Home Delivered Meals?	For DeWitt, call: 402.683.647	For Wilber & the rest of Saline County, call:		1 @ DeWitt Tai Chi 9 AM Quilting 1-5 NO Board Meeting	2 Donut Day! 	3
4 Cancer Survivors Day! 	5	6 @ DeWitt Tai Chi 9 AM Quilting 1-5	7  Chocolate Ice Cream Day!	8 @ DeWitt Tai Chi 9 AM Quilting 1-5 <b>Board Meeting 5:30p</b>	9	10  Iced Tea Day!
11	12 Red Rose Day! 	13 @ DeWitt Tai Chi 9 AM Quilting 1-5	14 Flag Day 	15 @ DeWitt Tai Chi 9 AM Quilting 1-5	16 @DeWitt Eat at Fritz's in Wilber 11:15am (meet at senior center at 11:00am)	17
18 	19 @ Wilber Full Circle—Celebrate Summer 2pm	20 @ DeWitt Tai Chi 9 AM Quilting 1-5	21 @Friend Full Circle—Celebrate Summer 12pm	22 @ DeWitt Tai Chi 9 AM Quilting 1-5 @WCC Senior Citizens Dinner	23  Take your dog to work day!	24
25	26 Beautician's Day 	27 @ DeWitt Tai Chi 9 AM Quilting 1-5	28	29 @ DeWitt Tai Chi 9 AM Quilting 1-5	30 Social Media Day 	

## Vitamins D and B12

Vitamin B12 and D are important nutrients for our overall health but as we age our bodies do not absorb them as easily and it becomes easier for the body to become deficient in these two particular vitamins.

### **Vitamin B12**

Vitamin B12 has many important functions in the body. The human body needs vitamin B12 to make red blood cells (red blood cells carry the oxygen we breathe around the body's tissues), nerves, and DNA. These functions may help lower heart disease risk! The average adult should get 2.4 micrograms a day. Like most vitamins, B12 can't be made by the body. Instead, it must be gotten from food or supplements.

As we age our digestive systems do not absorb the vitamin from the foods we eat as well due to the cut-back in stomach acid production that often occurs with aging. Digestive acids are needed to absorb vitamin B12. Also commonly prescribed heartburn drugs, which reduce acid production in the stomach, can block the absorption of B12.

Plants don't make vitamin B12. The only foods that deliver B12 are meat, eggs, poultry, dairy products, and other foods from animals. If you are a strict vegetarian or vegan, it's important to eat breads, cereals, or other grains that have been fortified with vitamin B12 (check the Nutrition Facts Label to see if your favorite grain products contain B12 fortification). Or take a daily supplement.

If you are over age 50, the Institute of Medicine recommends that you get extra B12 from a supplement, since you may not be able to absorb enough of the vitamin through foods. A standard multivitamin should do the trick.



### **Vitamin B12**

- Meat
- Eggs
- Poultry
- Dairy products
- Fortified Grain Products: Cereals, Breads, Pastas

### **Vitamin D**

Vitamin D is essential for strong bones because it helps the body use calcium from the diet. Vitamin D may also play a role in the prevention and treatment of a number of

different conditions, including type1 and type 2 diabetes, hypertension, glucose intolerance, and multiple sclerosis.

Known as the sunshine vitamin, vitamin D is produced by the body in response to sunlight. It's also found naturally in a few foods – including some fish, fish liver oils, mushrooms, and egg yolks. Also it can

be found in fortified dairy, orange juice, and grain products. Check the Nutrition Facts Label on your favorite dairy, juices, and grain products!

Guidelines from the Institute of Medicine recommend 800 international units (IU) of vitamin D everyday for optimal bone health.

Article is from Aging Partners





# Coming Soon!!

## Tai Chi Classes

Tai Chi has been shown to:

- Improve balance
- Increase leg strength
- Reduce fear of falling
- Improve mobility
- Improve flexibility
- Improve psychological health



Tai Chi: Moving for Better Balance classes are held for **60 minutes, 2 times per week for 12 weeks.**

New classes coming to Friend and Crete soon!

For more information or to sign up for a class,

Please contact our office at 402-821-3330

## Stepping On

Building confidence, reducing falls.

Join this 7-week workshop where you'll learn exercises and strategies to help prevent you from falling.

Stepping On is designed specifically

for anyone who:

- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia



New classes coming soon!

For more information or to sign up for a class please contact our office at 402-821-3330

## Note from the Director



We are!!!

Effective immediately, Saline County Aging Services will be open Monday-Friday, 8-5 pm.

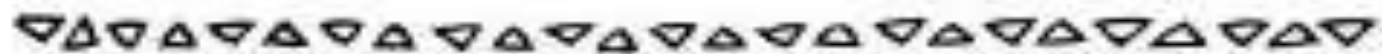
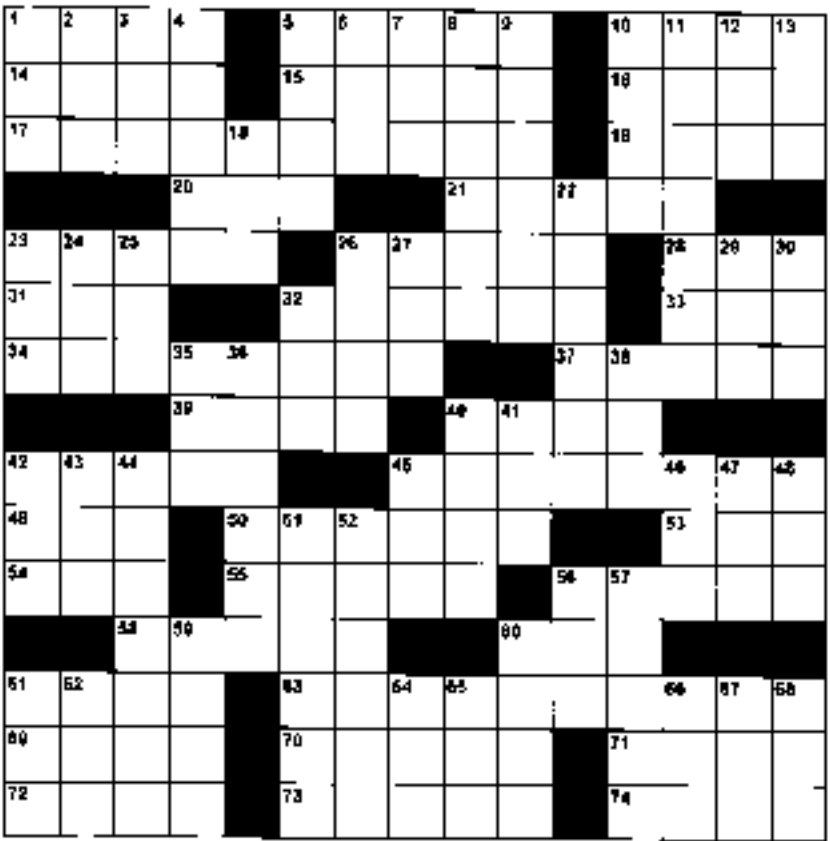
We hope you'll be patient with us as we work out the logistics.

*Yours in Service,*

## The Fun Pages

### Down:

- 1. Few
- 5. Waste meat
- 10. Stumble
- 14. Expel
- 15. Popular key
- 16. Location
- 17. Easing
- 19. Association (abbr.)
- 20. The other half of Jima
- 21. Aggressive feelings
- 23. 70's music
- 26. Malicious person
- 28. Also
- 31. Aurora
- 32. Separate
- 33. Summer skin color
- 34. Carves (2 words)
- 37. Before
- 39. Stool
- 40. Console
- 42. Identified
- 45. Type of sport
- 49. African antelope
- 50. Material
- 53. Central Intelligence Agency
- 54. Stake
- 55. Type of wood
- 56. Orange flower
- 58. Small herring
- 60. Viper
- 61. Lockup
- 63. Watches
- 69. U.S. Department of Agriculture
- 70. Excite
- 71. Prego's competition
- 72. Those people
- 73. Become looser
- 74. After awhile



### Across:

- 1. Sun's name
- 2. French "yes"
- 3. Chinese seasoning
- 4. Moral principles
- 5. Margarine
- 6. Winnow
- 7. Day of the week (abbr.)
- 8. Male relation on father's side
- 9. Made a record
- 10. Despot
- 11. Rice broth cheese meal
- 12. Possessive pronoun
- 13. Pencil's pal
- 18. Twain
- 22. What you cook with
- 23. Winter month
- 24. Promissory note
- 25. Concord e.g.
- 26. Make hot
- 27. Enact
- 29. Canoe propeller
- 30. Single
- 32. Body of water
- 35. South southwest
- 36. Repairman
- 38. Second month (abbr.)
- 40. Not hard
- 41. Question
- 42. Former USSR's secret police
- 43. North northeast
- 44. Where the yard is
- 45. Outlaw
- 46. American College of Physicians (abbr.)
- 47. Brim
- 48. Amateur
- 51. Voider
- 52. Moveable
- 56. Pounds per square inch
- 57. Musical production
- 59. What kids do
- 60. Vertex
- 61. Extrusion
- 62. Fire remains
- 64. Bad (prefix)
- 65. Terminal (abbr.)
- 66. Soup container



The Fun Pages

Word Search

- BBQ

Brave

Caring

Children

Daddy

Devoted

Family

Father

Fishing

Football

Funny

Gifts

Giving

Heart

Holiday

Home

Honor

Hugs
- Jokes

June

Kisses

Laughter

Love

Memories

Nurture

Parent

Protect

Respect

Special

Sports

Strong

Sweet

Thoughtful

Tie

Tools

Happy Father's Day

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

SUDOKU

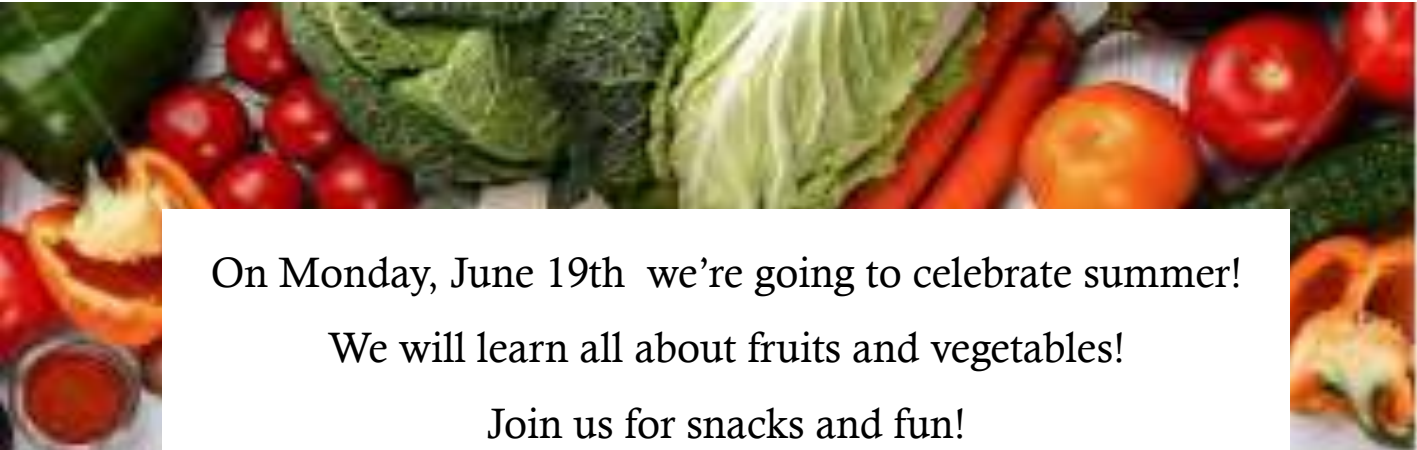
	9				5		3
8		3	5	6			1
5				4		6	
1				7	9		2
	5	9				4	7
7			4	3			8
	8		9				5
2				4	7	6	9
9		6					8

Riddle of the Month!

What is easy to get into,  
but hard to get out  
of???

Answer the riddle correctly 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!



On Monday, June 19th we're going to celebrate summer!  
We will learn all about fruits and vegetables!  
Join us for snacks and fun!  
at 'The Back Room'- SCAS 2:00 PM  
Please RSVP by June 16th to attend this event!  
402.821.3330



Wednesday, June 21st we will celebrate summer in Friend!  
We will learn everything you need to know about fruits and veggies!  
Joins us for a lunch of  
Turkey Tetrazzini, Bean Salad, Breadstick and Dessert  
to be served  
in the cafeteria at Friend Community Healthcare System at **noon**.  
Followed by fun & trivia!  
**For those over age 60: \$4.50 suggested contribution for the meal.**  
**For those under age 60: \$5.00 fee**  
Please RSVP to 402.821.3330 by June 13th to attend this event.





## Get To Know Saline County Aging Services!

**What's your name?**

Elaine Erdman

**Where did you grow up?**

Diller, NE

**What is your favorite memory growing up?**

Growing up on a farm and free shows at outdoor theaters. We paid 5 cents for the show and usually an ice cream cone.

**What did you do for a living?**

Elementary School teacher

**Where have you traveled to in your life?**

Australia and New Zealand

**What would you say you know now about living a happy and successful life that you didn't know when you were twenty?**

Doing a job, and doing it well. I was teaching in a country school at 17 years old.

**What are some of the most important lessons you feel you have learned over the course of your life?**

I'm sure there a quite a few! The biggest one is that you need to work hard to get to your goals. I worked hard and eventually earned my Bachelor's Degree.

**What do you hope that people will remember most about you?**

I hope people remember me for my teaching.

**How long have you been involved with SCAS?**

Since it started.

**How have you seen SCAS grow and change over the years?**

It has changed to a better assistance organization from social groups to more business like.

**What is your most memorable SCAS moment?**

The meeting when Sunny collapsed.

**What is your favorite thing about SCAS?**

The things they do for other people.

**Why is having SCAS in the community important to you?**

Because you can get help with various things.



## Exercise of the Month—Shoulder

This exercise to stretch your shoulder muscles will help improve your posture.

1. Stand back against a wall, feet shoulder-width apart and arms at shoulder height.
2. Bend your elbows so your fingertips point toward the ceiling and touch the wall behind you. Stop when you feel a stretch or slight discomfort, and stop immediately if you feel sharp pain.
3. Hold position for 10-30 seconds.
4. Let your arms slowly roll forward, remaining bent at the elbows, to point toward the floor and touch the wall again, if possible. Stop when you feel a stretch or slight discomfort.
5. Hold position for 10-30 seconds.
6. Alternate pointing above head, then toward hips.

Repeat at least 3-5 times.



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



## RECIPE OF THE MONTH

### Creamy Bacon, Pea & Ranch Pasta Salad from Dreamingindiy.com

#### Ingredients

- ◇ 16 oz. of pasta of your choice
- ◇ 2 oz. Bacon Bits
- ◇ 3 TBSP dry powdered Ranch
- ◇ 1/4 cup dried chopped onion
- ◇ 1 1/2 cups of real mayonnaise
- ◇ 2 1/2 cups (13 oz.) Frozen peas
- ◇ 1 tsp salt (optional)

#### Directions

1. Cook pasta according to package directions.
2. While pasta is cooking, in a large bowl, mix mayo with all of the other ingredients, adding the peas last.
3. Strain pasta, DO NOT RINSE. It will add more flavor to the dish.
4. Add your pasta to your mixture, stir well and serve!



Serves: 6





# 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



Volume 2, Issue 12

July 2017

## Inside This Issue . . .

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## History of Fireworks on Independence Day

For as long as Americans can remember, the nation has celebrated the Fourth of July by staging grand fireworks shows in public squares and lighting smaller displays at home. Why do we commemorate Independence Day by setting off thousands of small explosions?

Because John Adams wanted us to. Before the Declaration of Independence was even signed, he envisioned fireworks as a part of the festivities. In a letter to Abigail Adams on July 3, 1776, he wrote that the occasion should be commemorated "*with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more.*" The first commemorative Independence Day fireworks were set off on July 4, 1777. The Pennsylvania Evening Post wrote that in Philadelphia, "*The evening was closed with the ring of bells, and at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated.*"

The paper noted that "*Everything was conducted with the greatest order and decorum, and the face of joy and gladness was universal.*" That same year, fireworks also lit up the sky in Boston, where they were exhibited by Col. Thomas Crafts over the common. By 1783 a large variety of fireworks pyrotechnics that included "*rockets, serpents, wheels, table rockets, cherry trees, fountains, and sun flowers.*"

While some historians have suggested that India first invented fireworks, modern fireworks seem to have come to the West by way of China. Most early fireworks were simply repurposed military munitions, fired for entertainment rather than to frighten or kill the enemy. In the 12th century, the Chinese improved the burning fire arrow (a long-established weapon) by affixing small packs of gunpowder to it. From there it was not long before they invented rockets, simply stuffing a container with gunpowder and leaving a hole in one end for propulsion. These "ground-rats" or "fire-rats," as they were called, were wildly unpredictable, however and while this made them less effective, it did contribute to their entertainment value.

Continued on pg. 3





# BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

## WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

## WHO:



Children



Outside workers



Older adults

More males than females are affected

## HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes

During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes



## HEAT ALERTS: Know the difference.

### HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

### HEAT WATCHES

Excessive heat event in 12 to 48 hours

### HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

## DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

**Sunburn** can significantly slow the skin's ability to release excess heat.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

**206** people died in the US as a result of extreme heat in 2011.



For more information on ways to beat the heat please visit:  
<http://www.cdc.gov/extremeheat/>

CS2416/09A



Centers for Disease Control and Prevention  
Office of Public Health Preparedness and Response

Continued on Page 5





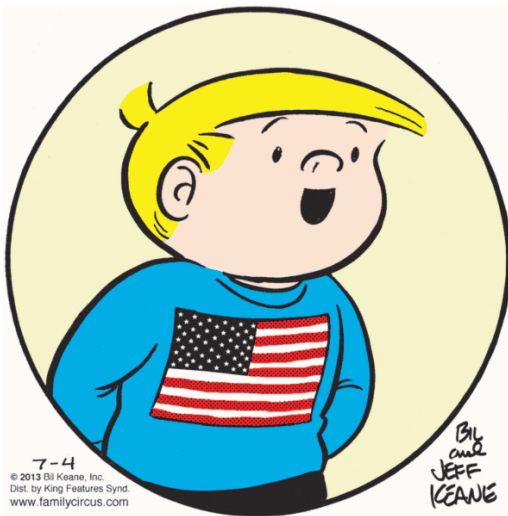
These rockets made their palace hall debut when emperor Li Tsung brought them before the empress Kung Sheng, but when one scurried up to her, she gathered up her skirts and brought the feast to a halt. During the Renaissance, fireworks became popular in Europe and were used in nationalist and imperialist celebrations by figures like Peter the Great and Louis XIV, who were especially big fans of the pyrotechnics.

Tradition alone, of course, does not explain the popularity of fireworks here and abroad. As with many festive decorations, including streamers, confetti, festival lights, and balloons, people often appreciate them simply for their bright colors. Others may appreciate the technical ingenuity and the choreography that goes into the show. And others just like dramatic loud noises, the sense of destruction, and the thrill of danger. Over time, fireworks shows can bring back memories of other festive occasions and warm summer nights.

*Info in this article is from slate.com*



# Just For Laughs . . .



7-4

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www.familycircus.com

By  
and  
JEFF  
KEANE

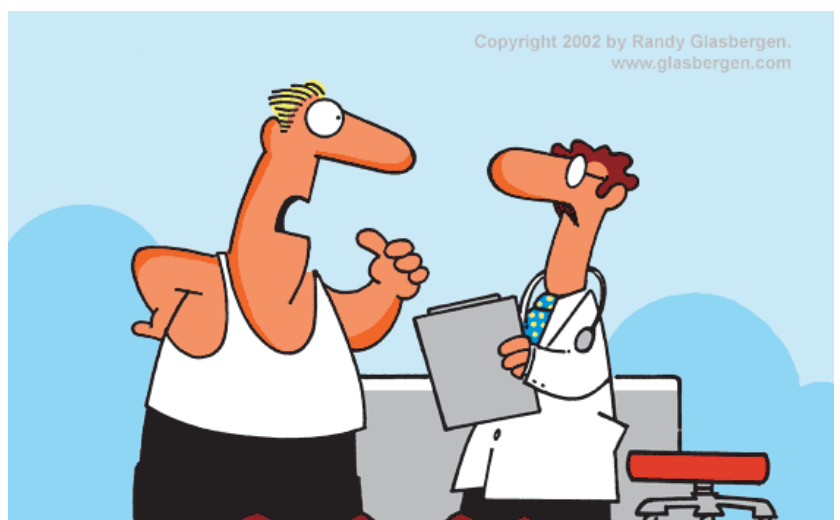
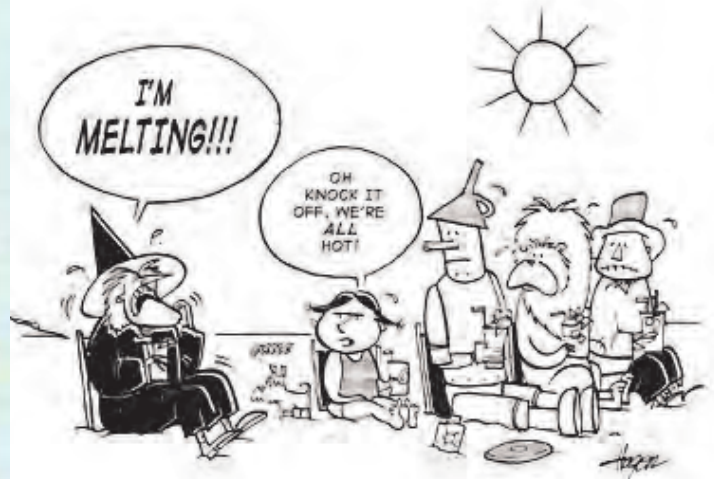
"This is my favorite shirt 'cause it has our country's logo on it."



© 2009 MARK PARISI DIST. BY UFS INC. MarkParisi@aol.com comics.com 7-4



"Looks like he invited himself to Snyder's end-of-summer barbecue."



Copyright 2002 by Randy Glasbergen.  
www.glasbergen.com

"I've always been a high achiever, always striving for bigger, faster, greater...and now suddenly I'm expected to settle for lower blood pressure and less cholesterol?!"





Those dog days of summer seem to last forever. With temperatures and electric bills rising, we look at ways to keep cool while saving a few extra dollars. Use these tips and tricks to have the coolest summer ever.

### Keep it Spicy

This may seem counter intuitive but eating spicy food causes you to sweat without raising your body temperature. Sweating is your body's way to cool down quickly. This is the reason why so many desert cultures have such spicy food.

### H2O Therapy

Keep a few bottles of water in the refrigerator. Drink water frequently on hot days. As you lose water due to dehydration, your body temperature rises. By replacing those lost fluids you'll stay nice and cool.

### A Light Spray

Keep a spray bottle filled with ice water in the fridge. When you come inside from the hot heat, you can spray your face with the cold water. It is a portable, personal sprinkler.

### Think Cool Thoughts

When confronted with 100-degree temperatures that could melt the plastic in a playground, it's best to let your thoughts drift to cold places. Picture icebergs, igloos, polar bears, and snowstorms.

### Shut Down

Closing curtains or blinds (ideally with sun-deflecting white on the window side) can reduce the amount of heat that passes in to your home by as much as 45 percent. So draw the blinds during the hottest part of the day (noon to 4 p.m.).

### A Good Soak

Important pressure points that will help your whole body stay cool during a heat wave are the soles of your feet. Fill a basin with water and ice cubes, pull up a chair, and then dip your feet in.

### Minty Fresh

Use menthol products to cool your skin. Use lotion with peppermint, peppermint soap, or powders with mint. Mint refreshes the skin and leaves a nice cooling sensation.

### Cool Compress

Using cold compresses on the body's pressure points can keep you cool. Fill a pot with water and ice. Dip a washcloth into the pot and place it on the back of your neck or forehead. You will feel your body cool down instantly.

### Order Out

Whatever you do, do not turn on your oven. Cooking with an oven will heat up the house. Instead, take this opportunity to have a barbecue, make a microwave meal or order in from your favorite restaurant.

### Popsicle Effect

A helpful and tasty tip to stay cool is eating cold goods. Stock your freezer with your favorite ice pops or ice cream, and have one when you are getting a little too warm.

### Lay Off the Sauce

Drinks that have alcohol and high concentrations of caffeine can cause you to dehydrate faster. No matter how refreshing that ice coffee or cold beer may look, stay away from them during heat waves.

### Cool Clothes

Desert cultures have employed loose fitting, light clothing for centuries to stay cool in the scorching heat. So, stay cool with light colored, loose-fitting cotton clothing. Also, it never hurts to throw on a cool pair of shades to complete the look.

### Tiny Bites

Eating large protein-filled meals causes your metabolism to increase your body temperature. To avoid this, eat smaller meals four times a day. It will keep you cool and is healthier in the long run.

### Shower Power

Sometimes, the toughest time during a heat wave is a night. The best way to sleep through a heat wave is to take an ice-cold shower before bed.



## Shopping for One

The grocery store truly can be a treasure trove of food opportunities for the single person. Here are 10 tips for solo grocery shopping and cooking.

1. **Freeze extra bread.** Whenever you buy whole-grain bread, sandwich rolls, or hot dog or hamburger buns, take out what you need for the next few days, and freeze the rest. When you need more, just take it out of the freezer an hour ahead of time. Breads thaw quickly.
2. **Many produce selections can be frozen.** After selecting the produce you want, leave out a small amount to use over the week. Then take extra produce, wash, dry, and cut up into a useable size. Then place your clean and cut produce into zip-lock bags, date, and place in the freezer for later uses. Good produce that this works well on include:

- Bananas
- Berries of all kinds
- Cherries
- Coconut
- Cranberries
- Rhubarb
- Asparagus
- Beans – most varieties

- Beets
- Broccoli
- Cabbage (only use for cooking)
- Carrots
- Cauliflower
- Celery
- Corn

- Eggplant
- Peas – black-eyed & green
- Pumpkin
- Sweet potatoes
- Rutabagas and turnips
- Summer squash
- Tomatoes (stewed, only use for cooking)



Fruits that don't freeze well include watermelon and citrus fruit sections. While you may find these fruits frozen, you will notice the texture is totally different when thawed. Most vegetables can be frozen but the texture may be off when you thaw them. For this reason, it might be good to plan to use some frozen vegetables in soups or casseroles.

Remember that even though the majority of fruits and vegetables are freezer friendly, they won't be exactly the same as fresh. The taste should be very similar but the texture could be considerably different. If you have an over abundance of fruits and vegetables, however, freezing them is one way to store them for long-term use.

... **Helpful Hint:** Butter, shredded cheese, and stick margarine also freeze well.

3. **Smoothies are, by design, single servings.** Keep frozen fruit and yogurt or light vanilla ice cream on hand for a last-minute smoothie. They're great for breakfast, lunch, dinner, or a snack.

4. **Canned soup is an easy meal for one.** Some canned soups are better than others in flavor and nutrition. Find the ones you like and keep some in the pantry. You can embellish them by adding frozen or fresh veggies, or topping with green onions, fat-free sour cream, freshly shredded Parmesan, or whatever else your taste buds like. Make soup a meal by grilling a slice of whole-grain cheese bread, or serving a roll or whole-grain crackers on the side.

5. **Pasta is perfect for singles.** If you use fresh packaged pasta or tortellini/ravioli, boil what you need and freeze the rest. If you use dry pasta (try the new whole-wheat blends!), boil as much as you need and store the rest in your pantry.

6. **Throw together a lunch or dinner salad.** Those triple-washed bags of salad make meals a cinch! Buy a bag of the spinach or romaine salad greens for the most nutrition, and then add any or all of the following:

- Dried fruit.
- Roasted nuts.



- Fruit. Try fresh berries or pears, or a can of mandarin oranges.
- Ready-to-go veggies like cherry or grape tomatoes; sugar snap peas; sliced or shredded carrots. Or slice up some cucumber, zucchini, or bell pepper.
- Canned beans (kidney, black, or garbanzo). Just rinse and sprinkle them on top.
- Cheese. Buy it pre-sliced, -shredded or -cubed, or cut it yourself.
- Water-packed tuna. Just open a can, drain the excess water, flake, and toss it in.
- Cooked shrimp. Get them in the frozen section, or buy fresh from a grocer you trust.
- Sliced turkey, roast beef, or roasted chicken from a nearby deli or supermarket deli.
- Light salad dressing. Keep bottled favorites in your refrigerator, or just drizzle a little olive oil and balsamic vinegar over the top.

**7. Frozen entrees are an easy alternative.** The trick is finding those that are both tasty and higher in fiber and nutrients.



**8. Healthful bagged or boxed frozen foods come in handy.** Just use part of the bag or box for your single serving, then put the rest back in the freezer for another meal.

**9. Some breakfast items lend themselves to single servings.** It's easy to whip up one serving of French toast, toasted bagel, omelet or scrambled eggs, hot or cold cereal, even hash browns. (Buy a bag of frozen hash browns with 0 grams of fat per serving, and heat up just as much as you need in a nonstick frying pan coated with a teaspoon of canola oil.)

**10. For other breakfast items (like pancakes, waffles, and muffins), make half a batch and freeze what's left.** Wrap any leftover items in plastic wrap then place into a zip-lock bag. Date the outside and store in the freezer until you want them next.

Article is from Aging Partners



## Fascinating People of Saline County

This month we've chosen to interview Lillian Wanek in honor of her 108th birthday in June!

### **What is your full name?**

Lillian Wanek

### **Where are you from originally?**

Wilber area

### **Favorite memory growing up?**

Living on the farm with my parents and my sister

### **What did you do for a living?**

County school teacher until I got married then I was a substitute teacher for the Wilber Schools for many years and then I was the County Clerk for 16 years, until I retired.

### **Where have you traveled to?**

I was fortunate and got to travel a lot. I traveled to many of the States and also quite a few countries outside of the United States, including several trips to the Czech Republic.

### **What would you say you know now about living a happy and successful life that you didn't know when you were twenty?**

Just to live day by day with whatever comes your way!

### **What are some of the most important lessons you feel you have learned over the course of your life?**

To be friendly and help the people.

### **What do you hope people will remember most about you?**

My volunteer work later in life that included a lot of involvement in local activities.

### **How many years have you been involved with SCAS?**

Got involved with SCAT many, many years ago.

### **How have you seen SCAS grow and change over the years?**

From clothing and food pantry to the wide range of services that there are now.

### **Most memorable moment from SCAS?**

How welcoming you all are and all the help that you give us.

### **What is your favorite thing about SCAS?**

All of the friendly people and the services that you provide to us.

### **Why is having SCAS around important to you?**

There is always someone there to turn to for advice.



If you know a fascinating person in Saline County that we should honor and be proud of, please call us and nominate them at 402.821.3330



## Exercise of the Month — Arm Curl with Resistance Band

This variation of the Arm Curl uses a resistance band instead of weights.

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight and slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.

Rest; then repeat 10-15 more times.

TIP: As you progress, use a heavier strength band.



## Recipe of the Month

### Mom's Potato Salad

#### INGREDIENTS – Makes 8 servings

2 lbs of potatoes, peeled and diced  
7 hard boiled eggs, chopped  
1 cup of mayonnaise  
1 tsp yellow mustard  
4 TBSP of sweet pickle relish  
Garlic salt and pepper to taste



#### DIRECTIONS

1. Place eggs in a pan covered with cold water. When the water starts to boil, reduce the to low and simmer uncovered for 1 minute . Remove from heat, drain hot water and add cold water. Let sit 20 minutes or until cooled completely.
2. Peel and dice the potatoes into about 1 inch pieces.
3. Cover them with water and bring them to a boil for about 15 minutes or until tender. Drain in a colander.
4. Let the potatoes cool before mixing so they won't crumble. I actually put mine in a bowl in the refrigerator for about an hour.
5. In a separate bowl, mix the other ingredients together.
6. Then add the potatoes and mix gently.

ENJOY!



## Word Search

America July  
 Celebration Massachusetts  
 Declaration Pennsylvania  
 Fireworks Revolution  
 Freedom Thirteen  
 Independence Carolina  
 Jersey Connecticut  
 Maryland Equality  
 North Fourth  
 Principles Hampshire  
 Stripes Jefferson  
 United Liberty  
 Barbecue New  
 Colonies Philadelphia  
 Delaware States  
 Flag Unalienable  
 Government Island

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

## Sudoku

## Riddle of the Month

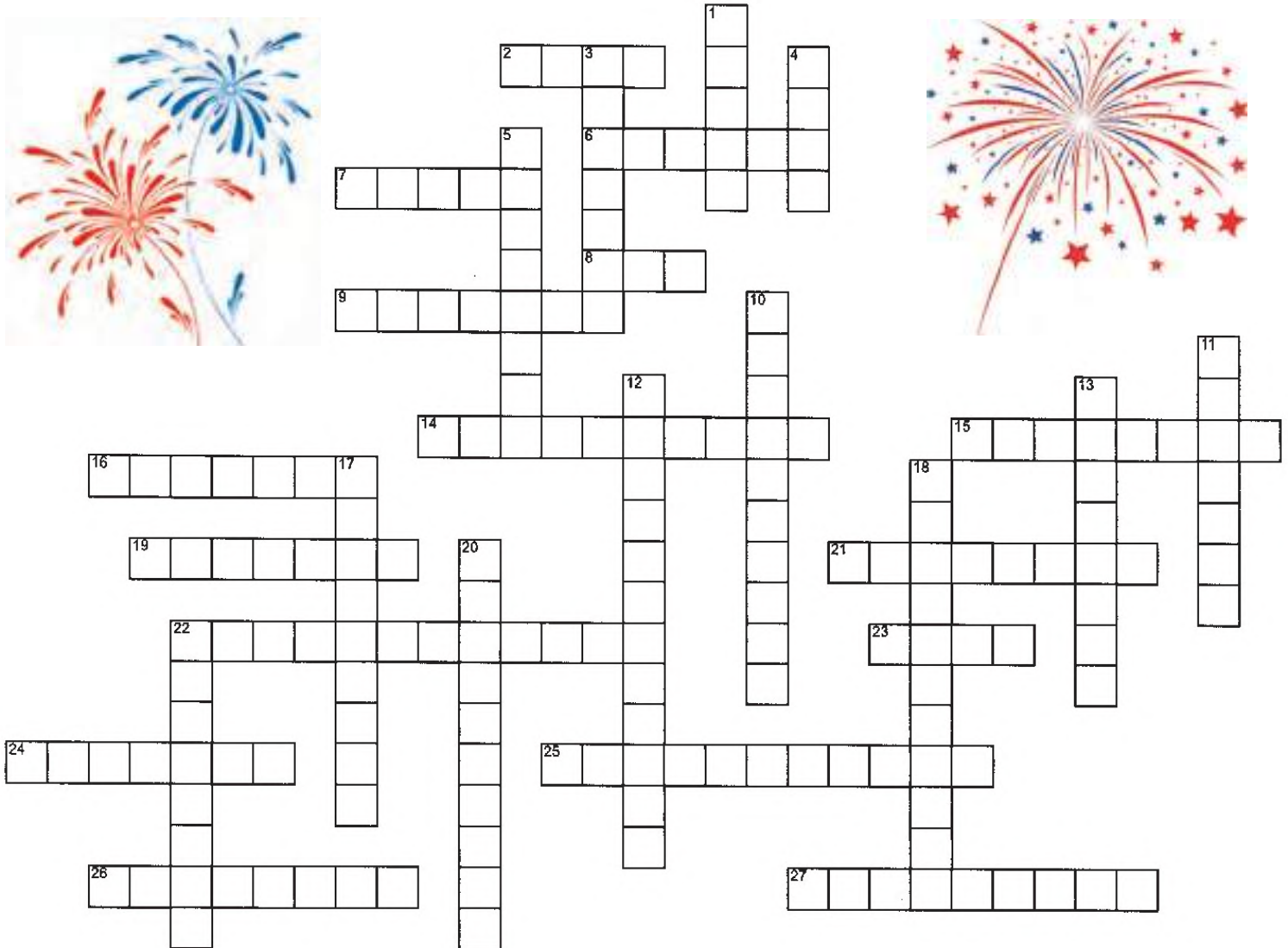
*I'm tall when I'm young and  
 I'm short when I'm old.  
 What am I?*

Answer the riddle correctly 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!**

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





## Across:

- 2. Nation's birthday month
- 6. Tea Harbor
- 7. Valley Fort
- 8. Colonists threw in harbor
- 9. Record of events
- 14. Colonial army leader
- 15. Washington crossed it
- 16. Right of choice

- 19. Part of Great Britain
- 21. Loyal to their country
- 22. "We the People" Document
- 23. Betsy Ross made one
- 24. A big win
- 25. First American Congress
- 26. Citizen of USA
- 27. Bursts in the air

## Down:

- 1. Not lies
- 3. No Tyranny
- 4. George's title
- 5. British soldiers
- 10. British colonial war
- 11. Bands march in
- 12. Freedom of choice

- 13. Payment to government
- 17. 60 second fighters
- 18. \_\_\_\_\_ ACTS
- 20. Made midnight ride
- 22. Original states





# Here's the Scoop!



## July is National Ice Cream Month!

On Tuesday, July 25th we will cool off with an Ice Cream Social

And a presentation by Marci Fehlhafer from CASA

Join us for refreshments and fun!

at 'The Back Room' - SCAS 2:00 PM

Please RSVP by July 21st to attend this event!

402.821.3330

Wednesday, July 26th we will cool off with an Ice Cream Social

And a presentation by Marci Fehlhafer from CASA

Joins us for a lunch of

Turkey Tetrazzini, Bean Salad, and Breadstick

to be served

in the cafeteria at Friend Community Healthcare System at **noon**.

Followed by refreshments and fun!

Please RSVP by July 18th to attend this event!

402.821.3330

***For those over age 60: \$4.50 suggested contribution for the meal.***

***For those under age 60: \$5.00 fee***



# Coming Soon!!



## Tai Chi Classes

Tai Chi has been shown to:

- Improve balance
- Increase leg strength
- Reduce fear of falling
- Improve mobility
- Improve flexibility
- Improve psychological health

Tai Chi: Moving for Better Balance classes are held for **60 minutes, 2 times per week for 12 weeks.**

New classes coming to Friend and Crete soon!

For more information or to sign up for a class,

Please contact our office at 402-821-3330



## Stepping On Classes

Building confidence, reducing falls.  
Join this **7-week** workshop where you'll learn exercises  
and strategies to help prevent you from falling.

Stepping On is designed specifically  
for anyone who:



- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia



New classes coming soon!

For more information or to sign up for a class please  
contact our office at 402-821-3330





If you're a caregiver reading this, I'm about to state the obvious. Life isn't smooth; there are speed bumps that sometimes trip you up. You're driving through a parking lot and suddenly WHUMP! You come upon a speed bump bigger than you anticipated so you either slam on the brakes or slam over the speed bump, hoping you did not damage your car.

Life's speed bumps are just as startling, but instead of a bump in a parking lot, these bumps might look like questionable test results, car problems, a missing computer file, a child who is having problems in

school, or a change in your caree's condition.

We all need some coping mechanisms for when we hit those speed bumps. The first thing is "Do not panic!" which is a direct quote from a letter I received from a doctor's office. It was good advice, really, because I felt calmer reading that.



Breathe! You may be unconsciously holding your breath, causing more tension in your body. Slowly inhale, slowly exhale.

Walk around a little bit and stretch. Stand up and walk. Shake out your arms. Reach your arms up to the sky and stretch, then slowly bring them down to your sides and do it again.

Drink some water. Hydrate yourself. Use the bathroom. Wash your hands and pat your face with a damp cloth.

Now, deal with the situation. Ask for help if you need it. By

taking a few moments to compose yourself and gather your thoughts after the initial crisis hits, you will be ready to face the latest of life's little bumps.



Info in this article is from [intentionalcaregiver.com](http://intentionalcaregiver.com)



## Note from the Director

Hello all!











As the 4<sup>th</sup> of July approaches, I'd like to take a moment to say thank you to all of the men and women who have put their country first, have put the safety, well-being and freedom of others first, thank you. To all the brave men and women who have heard the call to defend, and answered, 'Here I am....' To the mothers, fathers, wives, husbands, children, and others who have sacrificed at home to share their hero. To all the brave men and women who have served in war and peace, who have come home, who have paid the ultimate sacrifice, or have left something behind, thank you.

Yours in Service,





# July Activities Calendar

Key: Crete Dorchester Wilber Friend DeWitt						1 National Postal Workers' Day 
2	3 National Fried Clam Day 	4 	5 Foot Clinic	6 Foot Clinic Tai Chi 9-10 Quilting 1-5 Bridge 10:30-230 Tai Chi 2:30-3:30	7 National Macaroni Day 	8
9 National Sugar Cookie Day 	10	11 Tai Chi 9-10 Foot Clinic Quilting 1-5 Tai Chi 2:00-3:00	12 Foot Clinic Bridge 10:30-230 Foot Clinic	13 Tai Chi 9-10 Quilting 1-5 Foot Clinic Tai Chi 2:00-3:00	14 Collector Car Appreciation Day 	15
16	17 World Emoji Day 	18 Tai Chi 9-10 Quilting 1-5 Tai Chi 2:00-3:00	19 National Daiquiri Day 	20 Tai Chi 9-10 Quilting 1-5 Bridge 10:30-230 Tai Chi 2:30-3:30	21	22 National Hammock Day 
23 National Vanilla Ice Cream Day 	24	25 Tai Chi 9-10 Quilting 1-5 FC—Ice Cream Social/CASA presentation— 2 p.m. Tai Chi 3:00-4:00	26 Bridge 10:30-230 FC—Ice Cream Social/CASA presentation— 12 p.m.	27 Tai Chi 9-10 Quilting 1-5 Tai Chi 2:30-3:30	28 National Milk Chocolate Day 	29
30	31 National Mutt Day 		All foot clinics are by appointment only.	Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330	For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873	



## Whats Happening Near You?

### DeWitt Senior Center Meal Schedule

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

WEDNESDAY, July 5th

Program—Red, White & Blue Bingo (bring a \$1  
red, white or blue item for a prize)  
Menu—Meatloaf, Mashed Potatoes, Vegetable,  
Fruit & Milk  
Bridge or Dominos

WEDNESDAY, July 12th

Program—Fred Meyer on the Vietnam Honor  
Flight Experience  
Menu—Turkey Rice Casserole, Cooked Carrots,  
Fruit, Dinner Roll & Milk  
Dominos or Cards

WEDNESDAY, July 19th

Program—Scary Foods to Try by Aging Partners  
Menu—Grilled Chicken Leg Quarters, Ranch  
Potatoes, Tomato Salad, Fruit & Milk  
Bridge or Dominos

WEDNESDAY, July 26th

Program—What's Right with the World  
Menu—Sweet Chili Ham, Baked Potato, Pea  
Salad, Fruit & Milk  
Celebrate Birthdays



Winner of June's riddle:  
**Joyce Richtarik**  
of  
**Wilber**

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

The answer to June's  
riddle was TROUBLE.



★ **HAPPY** ★  
**BIRTHDAY!**

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

**COMMUNITY SUPPER:** Join community members of all ages and walks of life at the First Evangelical Lutheran 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, June 22, 2017, in the Wilber Care Center's Activity Room. Please RSVP by June 16th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

### Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330



## Service Spotlight

### Farmers' Market Coupons



Saline County Aging Services is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutri-

tion Program (SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a mandatory but brief nutrition presentation.
- Be prepared to show proof of age and income.

At this time, Coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services has coupons available. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00. (One set is valued at \$48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

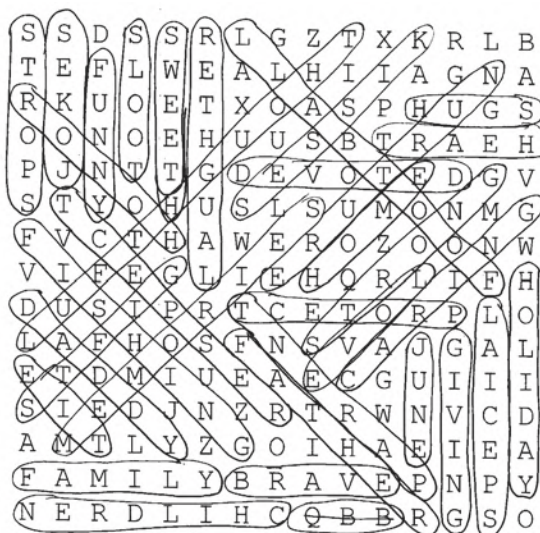
If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.



## Answers to last months puzzles.

Solution

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



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



## Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to  
**Saline County Aging Services– PO Box 812– Wilber, NE 68465**  
or bring it into our office at 109 W. 3rd Street in Wilber  
or call us at 402-821-3330.

Name:

Mailing Address:

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



### **LIST of 2017 HOLIDAYS that SCAS WILL BE CLOSED**

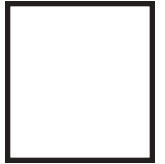
Saline County Aging Services will be closed in observance of the following County holidays.

If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day  
Jan. 16 Martin Luther King Day  
Feb. 20 Presidents' Day  
Apr. 29 Arbor Day  
May 29 Memorial Day  
July 4 Independence Day

Sept. 4 Labor Day  
Oct. 9 Columbus Day  
Nov. 11 Veterans' Day  
Nov. 23 Thanksgiving  
Nov. 24 Day after Thanksgiving  
Dec. 25 Christmas Day





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 on the basis of race, color, national origin, sex, age, or disability.







# 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



Volume 2, Issue 13

August 2017

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## Seven Things You Must Anticipate For The 2017 Solar Eclipse

On August 21st, 2017, the Moon will pass directly between the Sun and the Earth, creating a solar eclipse. Just like all objects in the presence of the Sun, the Moon casts a shadow in space, extending in a cone-like shape for 378,000 kilometers before coming to an end. But the Earth will be closer to the Moon than that on August 21st, when the three celestial objects — the Sun, Moon and Earth — all align, meaning that the Moon's shadow will appear to fall on the Earth's surface. From the point of view of someone on Earth, the Moon will appear to block out the Sun, plunging us into darkness, even during the day. This creates the phenomenon of a total solar eclipse, one of nature's most spectacular sights, and the stuff of legend since biblical times. But part of what makes the next eclipse to appear on Earth so special is that it's occurring, coast-to-coast, across the continental United States. It's the first total solar eclipse to do this since 1918, 99 years ago, and the first one to appear anywhere over any of the lower 48 states since 1979. The path of totality will cross through a whopping 14 states — Oregon, Idaho, Wyoming, Nebraska, Kansas, Iowa, Missouri, Illinois, Kentucky, Indiana, Tennessee, North Carolina, Georgia and South Carolina — where more than 12,000,000 people will get to experience totality without ever leaving their homes. But that's just the beginning of what's in store for this eclipse, and for eclipse-watchers everywhere in the world. Here are seven things you need to know in order to be ready for it.

1.) This will likely turn out to be the most-watched eclipse in the history of the world. If only 2% of people living within 200 miles of the path-of-totality make the trek to view the eclipse, an extra 7.4 million people will get to see it. But a number of major metropolitan areas, including:

Portland, OR	Omaha NE	Cincinnati, OH
Boise, ID	Kansas City, MO	Chattanooga, TN
Salt Lake City, UT	St Louis, MO	Atlanta, GA
Denver, CO	Chicago, IL	Charlotte, NC
Lincoln, NE	Indianapolis, IN	

They all fall within that range. Additionally, some people will travel from even farther away — hundreds or even thousands of miles — to be present for this experience of a lifetime. Estimates that 20 million people will come to see this total eclipse may be far too conservative; numbers may escalate to more than double that, which would make it the most-watched eclipse of all time, surpassing the 2009 eclipse in India and China.

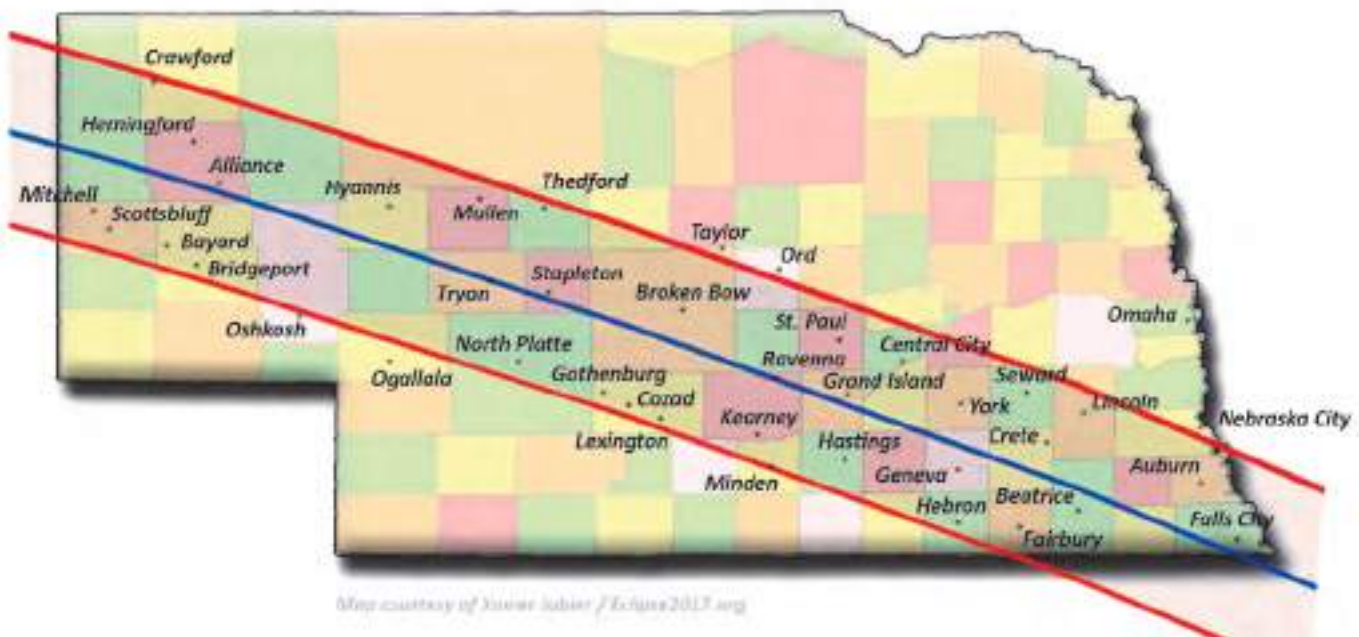


## Total Solar Eclipse continued...

2.) This may create the worst traffic jam in American history. There are a number of people planning on waking up less than 24 hours before the eclipse and driving to a point along the path of totality. Over 200 million Americans live within a 500 mile drive of this path: approximately 2/3rds of everyone living within the United States. Previous eclipses have seen two hour commutes turn into twelve hour slogs, and this eclipse is poised to outdo them all. For example, Atlanta boasts 5.7 million residents, and will experience a 97% partial eclipse. Sky watchers looking for those last 3%, and yes, it's worth it, may head north en masse to try and experience this event. With hundreds of thousands of potential extra vehicles on the road from a single city like that, alone, it's vital that you plan ahead and arrive at your destination the day before the eclipse; otherwise you may be caught in traffic during the critical moments instead!

3.) You can easily damage your eyesight, permanently, during the eclipse. The only safe way to view the eclipse directly is through sufficient eye shielding, which could include specialized eclipse glasses, designed explicitly for solar viewing, looking through welder's glass/goggles/hoods, where you need shade 14 or higher glass to be safe, or through a telescope/binoculars equipped with a specialized solar filter placed over the outer lens. The Sun will appear to be obscured by the Moon, little by little, over the course of approximately an hour. As the Sun becomes a crescent, followed by a thin line, followed by just a few points-of-light, you may be tempted to take your glasses off and look at the Sun directly. Don't! Even a few seconds of looking at these drops of sunlight directly can leave you with years of afterimages, holes in your retina or even permanent blindness. (Libraries around the country are donating out some two million pairs of glasses, if you don't/can't buy your own.) Only during absolute totality is it safe to remove your glasses.

4.) Totality will only last about two minutes for most observers who make the trek. The shadow of the Moon will fall on the Earth for a combination of two reasons: the Sun is relatively far from Earth (aphelion, where Earth is farthest from the Sun, occurs on July 3) while the Moon is relatively close to Earth (perigee, where the Moon is closest to Earth, occurs on August 18th, just 3 days prior to the eclipse). Because of where the Moon is in its orbit, only 371,000 km from the center of the Earth, it appears to take up 0.537 degrees on the sky. But the Earth's surface is curved, and so an observer in Salem, Oregon is approximately 1000 kilometers farther from the Moon than one in Carbondale, Illinois. Eclipse watchers in Illinois, Kentucky and Tennessee will get up to 2 minutes and 40 seconds of totality, while those on the Pacific coast will have just under 2 minutes. Get as close as possible to the central path to maximize your experience!



5.) Prepare for things to get chilly. When 80% of the sunlight is blocked, you won't notice a difference in brightness, but your skin will. The Sun is so brilliant that the unaided human eye can't tell the difference even when the Sun is 99% obscured. But sunlight reaching Earth outputs a total of approximately 700 Watts-per-square-meter in the infrared, where human skin is sensitive. By comparison, a fully overcast sky might block only about 65-70% of the heat from the Sun, something your skin will definitely notice. If you've never experienced it before, the lack of heat coming from the Sun can feel both surprising and disturbing. Prepare for this the same way you'd prepare for sundown; temperatures may drop by as much as 20-to-30 degrees Fahrenheit in some places over the course of an hour or two.



## Total Solar Eclipse continued...

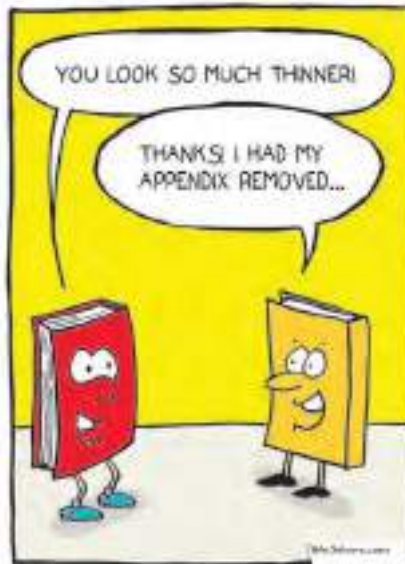
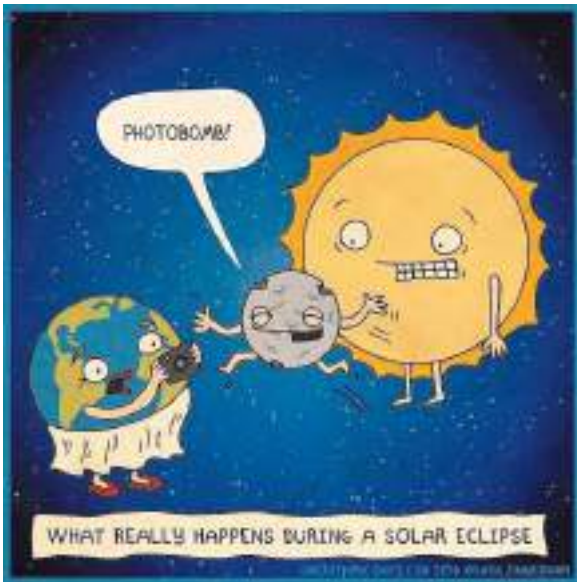
6.) During the partial eclipse, create and look for bizarre shadow effects. If you ever noticed sunlight filtering through the trees, a pinhole, or other small spaces, you may have created bits of light that look like tiny circles. These are actually filtered images of the Sun itself! During a partial eclipse, these will appear as small crescents instead, showing you the part of the Sun that's peeking out from behind the Moon only. One of the best ways to view this phenomenon with no equipment is to face your back to the Sun, hold your hands over your head, and extend your fingers, with your right hand's fingers crossing over your left's at 90 degrees. The shadows that are cast between your fingers, normally showcasing the space between them, will instead show the effects of the Sun being partially blocked by the Moon.

7.) Take off your eclipse glasses during totality and experience the breathtaking views. Even if you get clouded over, you'll still feel the world plunge into darkness, yet parts of the distant horizon, depending on where you are, will still appear sky-blue in color. Overhead, where the Sun was in the sky, especially if it's clear, you'll be able to see the Sun's corona, an extended mass of ultra-heated gas which goes out more than five million miles into space, a very bright star right next to the Sun: Regulus, whose position will be slightly distorted owing to General Relativity, and, if you're lucky, the planets Mars and Mercury, ahead and behind the path of the Sun through the sky, respectively. There will be plenty of other interesting facts about the eclipse for those who view it from space or with scientific goals, such as the fact that the shape of the eclipse's shadow itself isn't a sphere, or that the bending of starlight is how we measure the gravitational field and effects of the largest mass in our Solar System. For those experiencing it from the ground, these are the top seven practical things you should do. Be early, be safe, be warm, and as soon as totality comes to an end, put those eclipse glasses back on. Do not view the eclipse with binoculars or a telescope, as even the slightest sliver of direct sunlight through a device like that can cause permanent blindness! If you do it right, the memories and sights you'll see will be sure to last a lifetime!

*Article is from Forbes.com*









# Probiotics and Prebiotics



With all the talk about prebiotics and probiotics, it is sometimes hard to know what information is accurate. What are they? What foods contain each? Are they necessary for a healthy lifestyle?

## What are Probiotics?

Probiotics are beneficial bacteria found in fermented foods such as yogurt, miso, sauerkraut, soft cheeses like Gouda, and pickled foods (without the use of vinegar). They are shown to aid a wide range of digestive issues and yeast overgrowth in the body. Probiotics are the good bacteria that line the digestive tract. When you are suffering from

diarrhea, gas or bloating, you want a product that helps to alleviate discomfort.

## What are Prebiotics?

Prebiotics are what “feed” the Probiotics in our bodies. Prebiotics are complex, non-digestible foods that pass through the stomach to the colon “feeding” the good bacteria already living in your system. You can find prebiotics in foods such as asparagus, Jerusalem artichokes, bananas, oatmeal, red wine, honey, maple syrup, and legumes.

## Pre/Probiotics Benefits to Your Health

Researchers believe that some digestive disorders happen when the balance of friendly bacteria in the intestines becomes disturbed. This can happen after an infection or after taking antibiotics. Intestinal problems can also arise when the lining of the intestines is damaged. Taking probiotics may help. Although they are still being studied, probiotics may help several specific illnesses, studies show.

- Treating ulcerative colitis
- Preventing antibiotic-associated diarrhea and infectious diarrhea
- Preventing pouchitis, an inflammation of the 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

## Foods To Feed a Healthy Gut

Probiotics	Prebiotics
Sauerkraut	Raw Chicory Root
Keifer	Raw Jerusalem Artichoke
Kombucha	Raw Dandelion Greens
Pickles	Raw Garlic
Kimchi	Raw Leek
Fermented Veggies	Raw/Cooked Onion
	Raw Asparagus

## A Healthy Gut is a Healthy You!

<http://dehealthybites.com>



## Top 10 Financial Scams Targeting Seniors

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others. Review the list below, so you can identify a potential scam.

### **1. Medicare/health insurance scams**

Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money.

In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.



### **2. Counterfeit prescription drugs**

Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity—since 2000, the FDA has investigated an average of 20 such cases per year, up from five a year in the 1990s. The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet.

### **3. Funeral & cemetery scams**

The FBI warns about two types of funeral and cemetery fraud perpetrated on seniors. In one approach, scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt with them, scammers will try to extort money from relatives to settle the fake debts. Another tactic of disreputable funeral homes is to capitalize on family members' unfamiliarity with the considerable cost of funeral services to add unnecessary charges to the bill. In one common scam of this type, funeral directors will insist that a casket, usually one of the most expensive parts of funeral services, is necessary even when performing a direct cremation, which can be accomplished with a cardboard casket rather than an expensive display or burial casket.

### **4. Fraudulent anti-aging products**

In a society bombarded with images of the young and beautiful, it's not surprising that some older people feel the need to conceal their age in order to participate more fully in social circles

and the workplace. After all, 60 is the new 40, right? It is in this spirit that many older Americans seek out new treatments and medications to maintain a youthful appearance, putting them at risk of scammers. Whether it's fake Botox like the one in Arizona that netted its distributors (who were convicted and jailed in 2006) \$1.5 million in barely a year, or completely bogus homeopathic remedies that do absolutely nothing, there is money in the anti-aging business. Botox scams are particularly unsettling, as renegade labs creating versions of the real thing may still be working with the root ingredient, botulism neurotoxin, which is one of the most toxic substances known to science. A bad batch can have health consequences far beyond wrinkles or drooping neck muscles.

### **5. Telemarketing/phone scams**

Perhaps the most common scheme is when scammers use fake telemarketing calls to prey on older people, who as a group make twice as many purchases over the phone than the national average. While the image of the lonely senior citizen with nobody to talk to may have something to do with this, it is far more likely that older people are more familiar with shopping over the phone, and therefore might not be fully aware of the risk. With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer's name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly. Examples of telemarketing fraud include:

- The pigeon drop—The con artist tells the individual that he/she has found a large sum of money and is willing to split it if the person will make a "good faith" payment by withdrawing funds from his/her bank account. Often, a second con artist is involved, posing as a lawyer, banker, or some other trustworthy stranger.
- The fake accident ploy—The con artist gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.
- Charity scams—Money is solicited for fake charities. This often occurs after natural disasters.

### **6. Internet fraud**



While using the Internet is a great skill at any age, the slower speed of adoption among some older people makes them easier targets for automated Internet scams that are ubiquitous on the web and email programs. Pop-up browser windows simulating virus-scanning software will fool victims into either down-

loading a fake anti-virus program (at a substantial cost) or an actual virus that will open up whatever information is on the user's computer to scammers. Their unfamiliarity with the less visible aspects of browsing the web (firewalls and built-in virus protection, for example) make seniors especially susceptible to such traps. One example includes email/phishing scams. A senior receives email messages that appear to be from a legitimate company or institution, asking them to "update" or "verify" their personal information. A senior receives emails that appear to be from the IRS about a tax refund.

*Continued on pg 19*





### **Save the Date!**

Saline County Aging Services will be hosting a Health Fair on October 4, 2017.

Check our next issue for more info

Or

Call Katie at 402-821-3330





### Czech Days

Friday, August 4th: 1pm—8pm

Saturday, August 5th: 11am—6pm

Sunday, August 6th: 11am—6pm

Funds raised support  
Saline County Aging Services  
programs county wide!  
109 West 3rd Street  
Wilber, NE

# BAKE SALE



Sunday, August 20th  
11am—2pm



# 'BOUT

# SPECTACULAR!!

Come enjoy some  
tacos or nachos  
during the  
Saline Solar Shadow  
events!

Funds raised support  
Saline County Meal Programs  
by  
Saline County Aging Services,  
109 West 3rd Street  
Wilber, NE



## Exercise of the Month — Hand Grip



**WHAT YOU NEED:** Tennis ball or other small rubber or foam ball.

This simple exercise should help if you have trouble picking things up or holding on to them. It also will help you open things like that pickle jar more easily. You can even do this exercise while reading or watching TV.

1. Hold a tennis ball or other small rubber or foam ball in one hand.
2. Slowly squeeze the ball as hard as you can and hold it for 3-5 seconds.
3. Relax the squeeze slowly.
4. Repeat 10-15 times.
5. Repeat 10-15 times with other hand.

Repeat 10-15 times more with each hand.

## Recipe of the Month

### Broccoli Alfredo Chicken Bake

#### Ingredients

- \* 3-4 boneless, skinless, chicken breasts
- \* 2 cups alfredo sauce
- \* 1 head of fresh broccoli, finely chopped (about 2 cups)
- \* 1 cup mozzarella cheese, shredded
- \* 1 tsp garlic powder
- \* 1 tsp salt
- \* 1 tsp ground pepper

1. Preheat the oven to 375F.
2. Wash and finely chop the broccoli head, then set aside.
3. In a large baking dish, lay each chicken breast side by side in a single layer. Then sprinkle the garlic powder, salt and pepper evenly over the top of them to season.
4. Spread the broccoli florets evenly over the chicken, then pour the alfredo sauce over the broccoli and finally top with the mozzarella cheese.
5. Place in the oven on the middle rack for 40-50 minutes or until the chicken is cooked through and the broccoli is tender.
6. Remove from the oven and allow to cool for 5-10 minutes. Then serve hot over pasta, rice, mashed potatoes, or sautéed spinach.





## Word Search

Annularity  
 Astronomy  
 Circumjovial  
 Eye Safety  
 Hubble  
 Moonward  
 Occultation  
 Raman Effect  
 Sun  
 Telescope  
 Asterism  
 Besselian  
 Elements  
 Earthshine  
 Gamma  
 Midnight Sun  
 Noctilucent

Occulted  
 Saros  
 Super Lunar  
 Total Eclipse  
 Astronomer  
 Celestial  
 Eclipse  
 Hilal  
 Moonrise  
 Obscuration  
 Photosphere  
 Solar  
 Telescope  
 Synodic  
 Month  
 Totality

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



## Riddle of the Month

***What is so delicate that saying  
 its name breaks it?***  
***What is it?***

Answer the riddle correctly 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!

## Sudoku

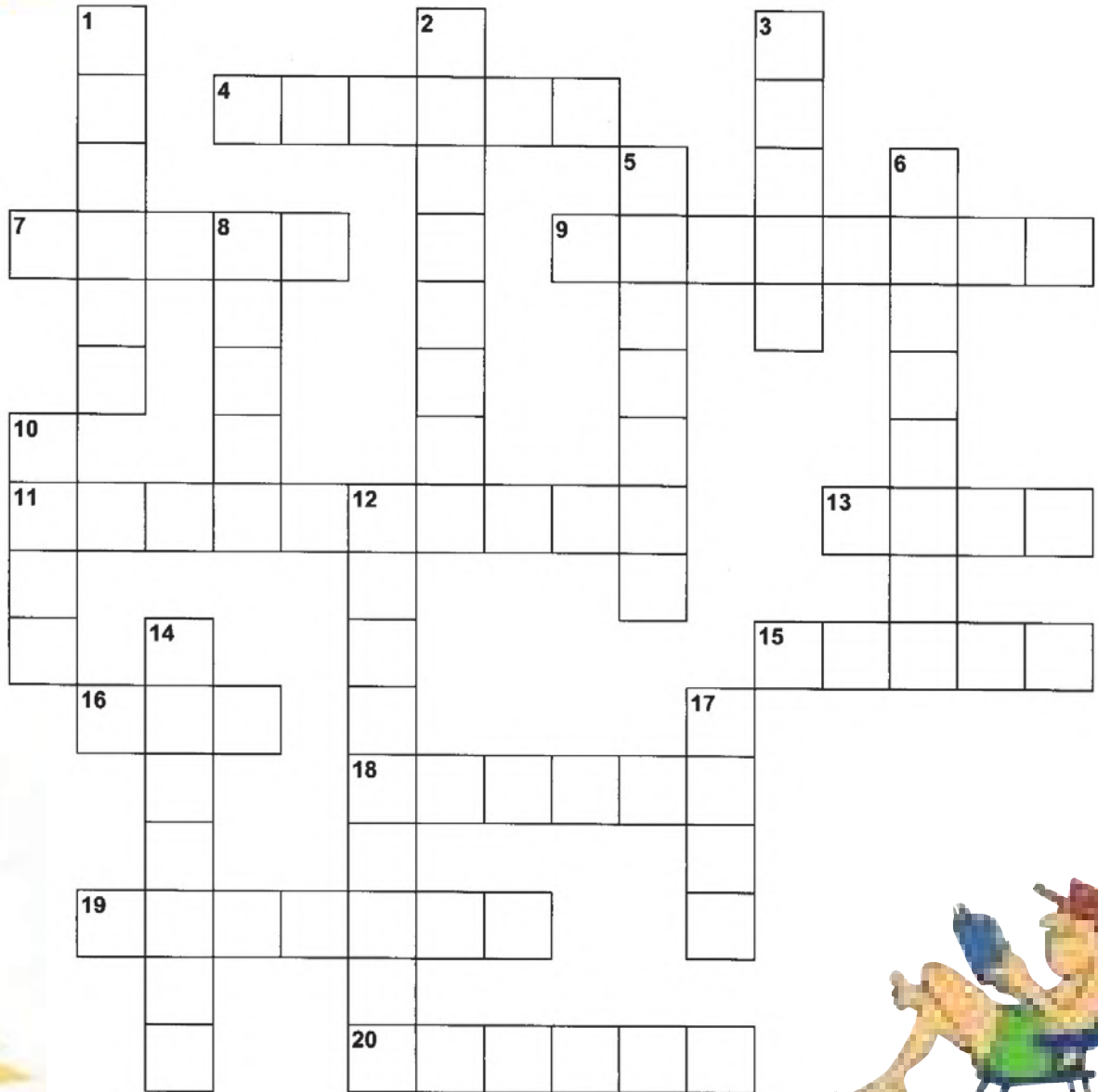
			3		7			4
		6					7	1
	1				4	5	2	
5			8			2		9
9	6						5	8
7		8			1			6
	7	3	2				9	
4	9					8		
6			7		9			

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# END OF SUMMER



**Across:**

- 4. Eighth month of the year
- 7. Sandy area at the edge of the ocean
- 9. Game played with bat and ball
- 11. Large round fruit with green rind and sweet red pulp
- 13. Take a long walk in the country for fun
- 15. Place where cattle, horses, or sheep are raised
- 16. Holding or giving off great heat
- 18. Journey from place to place
- 19. Pastime of catching or trying to catch a fish
- 20. Person who rides the waves on a board

**Down:**

- 1. Dry sandy area with a few plants
- 2. Bright light of the sun
- 3. Place with many rooms and beds where people pay to stay
- 5. Outdoor activity using tents
- 6. Period of rest from school or work
- 8. Small boat with pointed ends that is moved by using a paddle
- 10. Move through the water by using parts of the body
- 12. Land mass higher than a hill
- 14. Using a boat for pleasure
- 17. Activity meant to relax or amuse





On Thursday, August 24th we will learn about

**Smart Eating Habits.**

Join us for a lunch of

BBQ ribs

to be served in the cafeteria

at Friend Community Healthcare System at **noon**.

Please RSVP by August 16th to attend this event!

402.821.3330

***For those over age 60: \$4.50 suggested contribution for the meal.***

***For those under age 60: \$5.00 fee***



On Wednesday, August 25th we will learn about

**Smart Eating Habits.**

Join us for refreshments and fun!

in 'The Back Room' - SCAS 2:00 PM

Please RSVP by August 21st to attend this event!

402.821.3330



# Coming Soon!!



## Tai Chi Classes

Tai Chi has been shown to:

- Improve balance
- Increase leg strength
- Reduce fear of falling
- Improve mobility
- Improve flexibility
- Improve psychological health

Tai Chi: Moving for Better Balance classes are held for **60 minutes, 2 times per week for 12 weeks.**

New classes coming to Crete **Starting August 22nd!**

For more information or to sign up for a class,

Please contact our office at 402-821-3330



## Stepping On Classes

Building confidence, reducing falls.  
Join this **7-week** workshop where you'll learn exercises  
and strategies to help prevent you from falling.

Stepping On is designed specifically  
for anyone who:



- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia



New classes coming in **September!**

For more information or to sign up for a class please  
contact our office at 402-821-3330



## How to Know if Your Aging Parent Needs a Caregiver

When will you know when your elderly parents need help? One thing is certain: your parents won't be the ones who tell you they need help! Seniors have a strong desire to remain independent and in control of their own lives for as long as possible. In their place, wouldn't you feel the same way? The last thing they want is to become a burden to their children or loved ones. Typically, the aging senior will experience a traumatic event or "wake-up call" precipitating the realization that they need assistance. For example, they may suffer a stroke or a serious injury due to a fall; or their cognitive situation, such as the onset of dementia may result in a danger to themselves or others, like leaving an article of clothing sitting on a stovetop burner. Because you, the adult child, are unable to anticipate your parents' need for assistance until this traumatic event takes place, the emotional distress and the work/life crisis can hit you like a runaway train, making it very painful and difficult to make educated decisions you can become comfortable with. One way to avoid this is to start monitoring your parents' physical and mental abilities today, and research your care options should your parents begin to show signs of needing assistance. So, what are some of the common indicators that your parents may need some form of assistance or care? Here are some of the telltale signs.

Your parents have difficulty with or are incapable of performing routine activities of daily living (ADLs) such as:

- Bathing
- Dressing and grooming
- Toileting
- Transferring or moving from place to place (e.g., moving from the bed to a chair)
- Walking
- Eating



Changes in their physical appearance may indicate they need assistance:

- Noticeable weight loss (difficulty cooking, eating, shopping for food, etc.)
- Sloppy appearance/poor hygiene (difficulty bathing, dressing, and grooming)
- Black-and-blue marks on the body could indicate they've fallen and are having trouble walking or moving from place to place
- Noticeable burns on the skin could indicate they've experienced problems cooking

## Warning Signs That Your Aging Parent Needs Help

Certain physical clues around your parents' home may be a red flag:

- The yard has not been maintained as it normally has (difficulty completing regular tasks)
- The house interior has not been maintained as it normally has (difficulty completing regular tasks)
- Automobile dents and scratches could indicate impaired driving ability
- Carpet stains, perhaps caused by dropping and spilling things
- Urine odor in house (signs of incontinence)
- Pots and pans with noticeable burn marks could indicate they forgot about food on the stove and left it burning
- Unopened mail/unpaid bills may indicate difficulty completing regular tasks
- Unfilled prescriptions (difficulty completing regular tasks)
- Low food supply (difficulty completing regular tasks)



You may observe some unusual behavior by your parent:

- Lack of drive or motivation
- Failure to return your phone calls
- Verbally or physically abusive





## Care Giver's Corner Continued....

You may notice some of the warning signs that your parent might be developing dementia, Alzheimer's or some other cognitive impairment:

- Consistent memory lapses
- Confusion
- Loss of reasoning skills
- Difficulty performing familiar tasks
- Frequently misplaces things
- Frequently gets lost walking or driving
- Repetitive speech
- Unable to complete a sentence
- Rapid mood swings or changes in behavior
- Changes in personality
- Wears the same clothes over and over
- Cannot recall names of familiar people or objects
- Loss of initiative



If you believe your parents are experiencing one or more of the above indicators, then the next step is to talk with them about their care needs in such a way that they themselves identify the problem and come up with the solutions. It's very important that your parents are the ones making the decision to seek help and decide which option best meets their care and assistance needs. Tough decisions such as selling their home and moving elsewhere should be their own and not yours or their doctor's or some other interested parties. Put yourself in their shoes. The decision to move out of their home where they've created a very comfortable, secure environment for themselves over the years is a very traumatic change and must be handled with extreme care and sensitivity.

*Article is from AgingCare.com*



# August Activities

Key: Crete Dorchester Wilber Friend DeWitt		1 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 2:30-3:30	2 Foot Clinic  Ice Cream Sandwich Day 	3 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 2:30-3:30  Czech Days	4    Czech Days	5  Czech Days
6  Czech Days	7 Purple Heart Day 	8 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30	9 Foot Clinic Bridge 10:30-230	10 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30	11	12 National Bowling Day 
13 Left Handers' Day 	14	15 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	16 Tell a Joke Day 	17 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 2:00-3:00	18 Fajita Day 	19  Saline Solar Shadow
20  Saline Solar Shadow	21  Saline Solar Shadow	22 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Tai Chi 11a-12p	23 Bridge 1030-230	24 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30 Tai Chi 11a-12p  Senior Dinner	25 Senior Luncheon-Friend Christian Assembly	26 Cherry Popsicle Day 
27	28 Ice Cream at the DeWitt Quick 	29 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 3:00-4:00 Tai Chi 11a-12p  Senior Dinner	30 Toasted Marshmallow Day 	31 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30 Tai Chi 11a-12p		
			All foot clinics are by appointment only.	Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330	For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873	



## What's Happening Near You?

### DeWitt Senior Center Meal Schedule

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

**WEDNESDAY, August 2nd**

**Program—Need a Ride? - Find out about Liberty Mobility Now**

**Menu—Smothered Chicken, Fried Potatoes, Fruit & Milk**  
Bridge or Dominos

**WEDNESDAY, August 9th**

**Program—Boys' State Governor, Riley Knust**

**Menu—Pork Loin, Baked Potato, Broccoli, Fruit & Milk**  
Dominos or Cards

**WEDNESDAY, August 16th**

**Program—Satisfying Smoothies by Katie Keller**

**Menu—Polish Dog, Baked Beans, Pea Salad, Fruit & Milk**  
Bridge or Dominos

**WEDNESDAY, August 23rd**

**Program—Music Fun by Bernice Ullman**  
(Bring a Friend)

**Menu—Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Fruit & Milk**  
Dominos or Cards

**WEDNESDAY, August 30th**

**Program—Who Doesn't Like Root Beer (or floats)?**

**Menu—Turkey, Stuffing, Green Bean Casserole, Fruit & Milk**  
Celebrate Birthdays



**Winner of July's riddle:**

**Aaron Dixon**

**of**

**Crete**

received a \$5 gift card to Subway!

Get your answers in by the 15th  
for this month's riddle so you can  
be the next winner!

The answer to July's  
riddle was CANDLE.



**HAPPY BIRTHDAY!**

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

**COMMUNITY SUPPER:** Join community members of all ages and walks of life at the First Evangelical Lutheran 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, August 24, 2017, in the Wilber Care Center's Activity Room. Please RSVP by August 18th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

### Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call:  
402.821.3330

\*\*\*We are just busting with activities this summer! Look for "Fascinating People" to come back in the fall. If you know a fascinating person in Saline County that we should honor and be proud of, please call us and nominate them at 402.821.3330



# Service Spotlight

Answers to last months puzzles.

## Durable Medical Equipment



**Saline County Aging Services makes free, short term loans of durable medical equipment to any Saline County Resident, regardless of age!**

**Our loan program is perfect for individuals :**

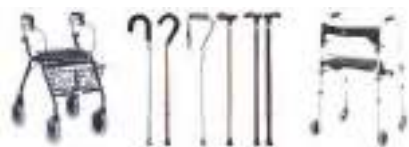
- Recovering illness or injury
- Recuperating from surgery
- Attending events, doctor's appointments or day trips
- Trying a new device before buying one
- Students with sports injuries or recovering from sprains, strains or breaks



### Our Equipment



- \* Walkers
- \* Wheelchairs
- \* Toilet Risers
- \* Tub/Shower chairs, stools and benches
- \* Grab Bars
- \* Crutches
- \* Canes—regular and quad
- \* Portable commodes



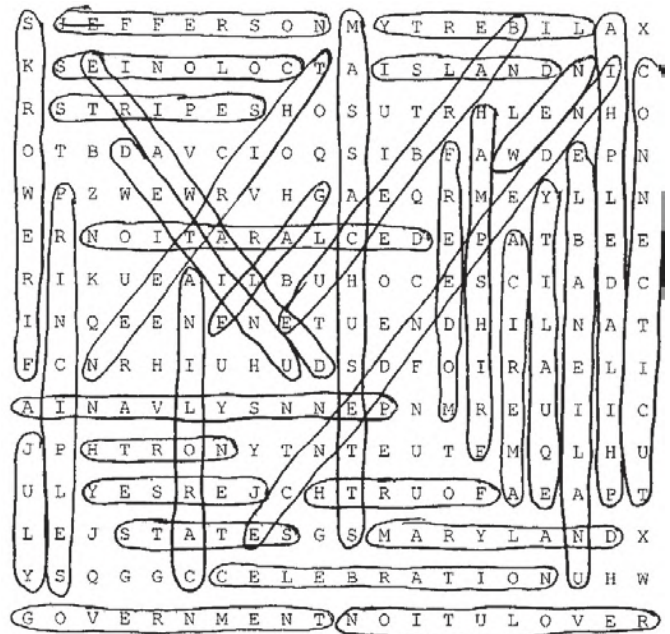
**We also take equipment donations!**

## 2017 HOLIDAYS that SCAS WILL BE CLOSED

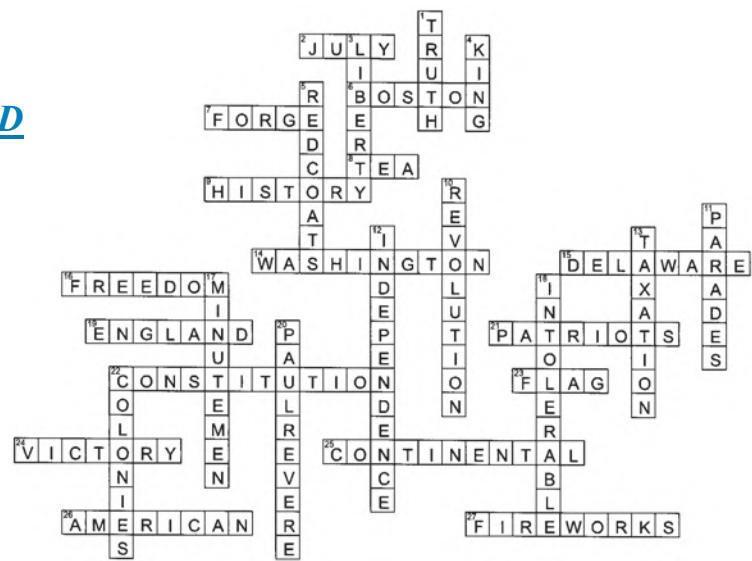
Saline County Aging Services will be closed in observance of the following County holidays.

If in doubt, please call 402-821-3330.

- Sept. 4 Labor Day
- Oct. 9 Columbus Day
- Nov. 11 Veterans' Day
- Nov. 23 Thanksgiving
- Nov. 24 Day after Thanksgiving
- Dec. 25 Christmas Day



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





## **Do you want the Saline County Aging Services Newsletter sent to your door?**

Cut this slip out, fill the information in below, and mail it to  
**Saline County Aging Services– PO Box 812– Wilber, NE 68465**  
or bring it into our office at 109 W. 3rd Street in Wilber  
or call us at 402-821-3330.

Name:  
Mailing Address:

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

### ***Scams continued....***

#### **7. Investment schemes**

Because many seniors find themselves planning for retirement and managing their savings once they finish working, a number of investment schemes have been targeted at seniors looking to safeguard their cash for their later years. From pyramid schemes like Bernie Madoff's (which counted a number of senior citizens among its victims) to fables of a Nigerian prince looking for a partner to claim inheritance money to complex financial products that many economists don't even understand, investment schemes have long been a successful way to take advantage of older people.

#### **8. Homeowner/reverse mortgage scams**

Scammers like to take advantage of the fact that many people above a certain age own their homes, a valuable asset that increases the potential dollar value of a certain scam. A particularly elaborate property tax scam in San Diego saw fraudsters sending personalized letters to different properties apparently on behalf of the County Assessor's Office. The letter, made to look official but displaying only public information, would identify the property's assessed value and offer the homeowner, for a fee of course, to arrange for a reassessment of the property's value and therefore the tax burden associated with it. Closely related, there is the potential for a reverse mortgage borrower to be scammed. Scammers can take advantage of older adults who have recently unlocked equity in their homes. Those considering reverse mortgages should be cognizant of people in their lives pressuring them to obtain a reverse mortgage, or those that stand to benefit from the borrower accessing equity, such as home repair companies who approach the older adult directly.

#### **9. Sweepstakes & lottery scams**

This simple scam is one that many are familiar with, and it capitalizes on the notion that "there's no such thing as a free lunch." Here, scammers inform their mark that they have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During that time, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the "prize money" removed from his or her account as soon as the check bounces.

#### **10. The grandparent scam**

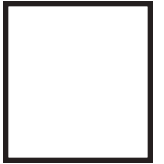
The grandparent scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts. Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research. Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me." While the sums from such a scam are likely to be in the hundreds, the very fact that no research is needed makes this a scam that can be perpetrated over and over at very little cost to the scammer.

#### **If you suspect you've been the victim of a scam...**

Don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and Adult Protective Services (1-800-652-1999). To obtain the contact information for Adult Protective Services in your area, call the Eldercare Locator, a government sponsored national resource line, at: 1-800-677-1116, or visit their website at: [www.eldercare.gov](http://www.eldercare.gov).

*Article is from NCOA.org*





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 on the basis of race, color, national origin, sex, age, or disability.







# 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



Volume 2, Issue 13

September 2017

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## A NURSE'S HEART ATTACK EXPERIENCE

### **A nurse has heart attack and describes what some women feel when having one:**

*I am an ER nurse and this is the best description of this event that I have ever heard. Please read, pay attention, and send it on!*

### **A NURSE'S HEART ATTACK EXPERIENCE**

*I was aware that female heart attacks are different, but this is the best description I've ever read.*

*Women rarely have the same dramatic symptoms that men have ... you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in movies. Here is the story of one woman's experience with a heart attack.*

### **FEMALE HEART ATTACKS**

*I had a heart attack at about 10:30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, 'A-A-h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up.*

*A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation--the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.*



*After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasms), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).*

*This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening -- we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, Dear God, I think I'm having a heart attack!*

*I lowered the foot rest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else... but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment.*

*I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics... I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to un-bolt the door and then lie down on the floor where they could see me when they came in.*

*I unlocked the door and then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the radiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like 'Have you taken any medications?') but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stints to hold open my right coronary artery.*

*I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents.*

*Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned first-hand.*

**1 .** *Be aware that something very different is happening in your body, not the usual men's symptoms but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up... which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!*

**2.** *Note that I said '**Call the Paramedics** .' And if you can, take an aspirin. Ladies, TIME IS OF THE ESSENCE!*

*Do NOT try to drive yourself to the ER - you are a hazard to others on the road.*

*Do NOT have your panicked husband drive. He will be speeding and looking anxiously at what's happening with you instead of the road.*



## Heart Attack continued...

*Do NOT call your doctor -- he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your Dr. will be notified later.*

**3.** *Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw (or back) can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.*

***A cardiologist says if everyone who gets this sends it to 10 people, you can be sure that we'll save at least one life.***



*Article is from Scrubs Magazine  
Editor's Note: When we were sent this story—  
written by an anonymous author—  
we were compelled to share it with our readers.*

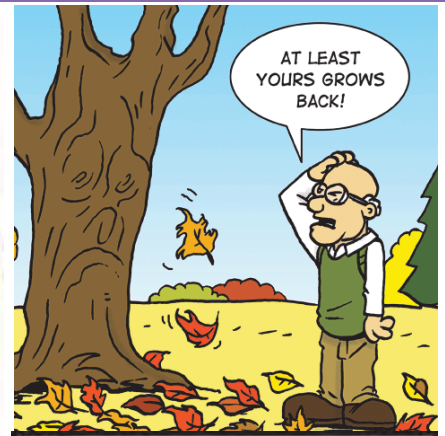




"Because if he dozes off, he might fall on you."



"Yeah, I had just figured out what I wanted to do during summer vacation and then it was over."



### UNDERWHELMED



Written by Ed Dunphy Illustrated by Max Veltri





# Common Food-Drug Interactions

You've probably heard the warnings not to drink grapefruit juice with cholesterol medication. However, that isn't the only combination of food and drugs to avoid. Grapefruit juice can interact with numerous other medications, both prescription and over-the-counter. And many other foods commonly interact with drugs, too. Listed are five foods that commonly interact with medications.

## Grapefruit Juice

Grapefruit juice has the ability to interact with medications in various ways. One way is by increasing the absorption of certain drugs – as is the case with some cholesterol-lowering statins. If you're taking statins, you don't have to completely avoid grapefruit juice; just take your medication two hours or more before or after drinking.

Grapefruit juice can also cause the body to metabolize drugs abnormally, resulting in lower or higher than normal blood levels of the drug. Many medications are affected in this way, including antihistamines, blood pressure drugs, thyroid replacement drugs, birth control; stomach acid-blocking drugs, and the cough suppressant dextromethorphan. It's best to avoid or significantly reduce intake of grapefruit juice when taking these medications.



## Green Leafy Vegetables

Blood-thinning drugs such as Coumadin® (warfarin) interfere with vitamin K-dependent clotting factors. Eating too much green leafy vegetables, which are high in vitamin K, can decrease the ability of blood-thinners to prevent clotting. But you don't have to give up greens altogether. Problems arise from significantly and suddenly increasing or decreasing intake, as it can alter the effectiveness of the medicine. So eat your greens in consistent amounts.



## Natural Black Licorice (Glycyrrhiza)

Glycyrrhiza – a natural ingredient used to make black licorice – can deplete the body of potassium while causing an increased retention of sodium. When the body is depleted of potassium, it can affect the effectiveness of the medication digoxin, a medication used to treat heart failure. Thus, resulting in the heart not beating properly.

Glycyrrhiza can also decrease the effectiveness of high blood pressure medicines. And people taking Coumadin® (warfarin) should be careful that glycyrrhiza can break down the drug, resulting in an increase in the body's clotting mechanism.

Excessive amounts of natural licorice should be avoided when taking all of these medications. However, artificially-flavored black licorice doesn't contain glycyrrhiza and has no effect on these medications.

## Salt Substitutes

Consumers taking digoxin for heart failure or ACE inhibitors for high blood pressure should be careful with salt substitutes, which often times replace sodium with potassium. With an increased consumption of potassium, the effectiveness of digoxin can be lowered, resulting in heart failure. And those taking ACE inhibitors might see a significant increase in blood potassium levels, as these drugs are known to increase potassium. The real concern is for individuals on these medications as well as having decreased kidney function; they should discuss the use of salt substitutes with their doctor.

## Tyramine-containing Foods

High blood levels of the amino acid tyramine can cause an increase in blood pressure. Several medications interfere with the breakdown of tyramine, including monoamine oxidase inhibitors (MAOIs) which treat depression, and drugs used to treat the symptoms of Parkinson's disease. Individuals taking these drugs should avoid tyramine-rich foods including, but not limited to: chocolate; aged and mature cheeses; smoked and aged/fermented meats; hot dogs; some processed lunch meats; fermented soy products; and draft beers (canned and bottled beers are OK).



When receiving a prescription for a new medication or taking a new over-the-counter drug, always read drug warning labels and ask their physician and/or pharmacist about which foods or other drugs they should avoid or be concerned about taking.

More information of Food-Drug interactions can be found at: <http://www.uspharmacist.com/content/c/10374/> and/or <http://www.fda.gov/downloads/drugs/resourcesforyou/consumers/buyingusingmedicinesafely/ensuringsafeuseofmedicine/generaluseofmedicine/ucm229033.pdf>

*Article is from Aging Partners*





*Patriot Day is an annual observance on September 11 to remember those who were injured or died during the terrorist attacks in the United States on September 11, 2001. Many Americans refer Patriot Day as 9/11 or September 11.*

## **Observe Patriot Day**

On the direction of the President, the flag of the United States of America should be displayed on the homes of Americans, the White House and all United States government buildings in the whole world. The flag should be flown at half-staff as a mark of respect to those who died on September 11, 2001. Many people observe a moment of silence at 8:46 AM (Eastern Daylight Time). This marks the time that the first plane flew into the World Trade Center. Some communities, particularly in the areas directly affected by the attacks, hold special church services or prayer meetings. People who personally experienced the events in 2001 or lost loved ones in them, may lay flowers or visit memorials.

## **About Patriot Day**

On September 11, 2001, four planes were hijacked. The hijackers then deliberately flew three of the planes into two important buildings, the Pentagon in Washington DC and the Twin Towers of the World Trade Center in New York. The fourth crashed into a field near Shanksville, Pennsylvania. The loss of life and damage that these hijackings caused form the biggest act of terrorism ever on United States soil. Nearly 3000 people died in the attacks and the economic impact was immense. The attacks have greatly increased attention to national security in the United States. This has had huge implications for United States national and international politics. This is particularly true for the relationships between the United States and Islamic countries in the Middle East.

## **Symbols**

The most potent symbol of the events that happened on September 11, 2001 are pictures and videos of planes flying into buildings, of the Twin Towers of the World Trade Center engulfed in smoke and later collapsing and of people falling from buildings. Pictures taken of damaged buildings and relatives looking for loved ones in the days and weeks after the attacks are also often shown. The flag of the United States is often displayed around images of the events on September 11, 2001. This is to remind Americans that their country remained strong in the face of massive terrorist attacks. Patriot Day should not be confused with Patriot's Day, also known as Patriots Day, which commemorates the battles of Lexington and Concord in 1775, which were two of the earliest battles in the American Revolutionary War.

*Info is from timeanddate.com*



# WATER

The Miracle Drink We're Ignoring

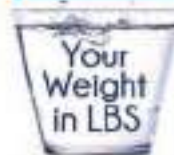


Drinking Enough Water Can

- Banish Headaches
- Improve Your Mood
- Relieve Fatigue

- Boost Your Energy Levels
- Relieve Constipation
- Flush Out Toxins
- Improve Digestion
- Promote Weight Loss
- Prevent Kidney Stones
- Boost Your Immune System
- Improve Your Complexion
- Prevent Hangovers
- Alleviate Back Pain
- Regulate Body Temperature

& How Much Is Enough?



/ 2 =







### Labor Day: What it Means

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

### Labor Day Legislation

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From these, a movement developed to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

### Founder of Labor Day

More than 100 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers. Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold." But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

### The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

### A Nationwide Holiday

The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the



pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker.

*Article is from DOL.gov*



## Exercise of the Month — Seated Row with Resistance Band



**TARGETED MUSCLES:** Upper back, shoulder, and neck

**WHAT YOU NEED:** Resistance band and sturdy, armless chair

**TIP:** As you progress, use a heavier strength band.

This exercise to strengthen upper back, shoulder, and neck muscles should make everyday activities such as raking and vacuuming easier.

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward.
3. Relax your shoulders and extend your arms beside your legs. Breathe in slowly.
4. Breathe out slowly and pull both elbows back until your hands are at your hips.
5. Hold position for 1 second.
6. Breathe in as you slowly return your hands to the starting position.
7. Repeat 10-15 times
8. Rest; then repeat 10-15 more times.

## Recipe of the Month

### Banana Bread Cookie Bars

- 1 ripe medium banana
- 1 roll refrigerated sugar cookies
- 4 oz cream cheese, softened
- 2 TBSP butter, softened
- 2 cups powdered sugar
- 1/2 tsp vanilla
- 1 to 2 teaspoons whipping cream or milk



1. Heat oven to 350 degrees. Line 8-inch square pan with foil or cooking parchment paper; spray foil with cooking spray.
2. In bowl of stand mixer with paddle attachment, place 1 ripe medium banana and 1 roll of refrigerated sugar cookies. (You can also use an electric hand mixer or a wooden spoon.) Beat on low to medium-low speed until smooth. Press mixture in bottom of pan.
3. Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool completely, at least 30 minutes.
4. To make frosting, beat 4 oz cream cheese, softened, and 2 tablespoons butter, softened, with electric mixer until smooth. Gradually add 2 cups powdered sugar, 1 cup at a time, until smooth. Beat in 1/2 teaspoon whipping cream or milk, adding more as needed for spreading consistency.
5. Spread frosting over cooled bars. Cut into 6 rows by 4 rows. Store in airtight container in refrigerator up to 3 days.



## Word Search

Acorn Migration  
 Beautiful Orange  
 Cornucopia Ripe  
 Football Season  
 Leaves Sunflower  
 October Autumn  
 Rake Brown  
 Scenic Foliage  
 Squirrel Hayride  
 Yellow November  
 Apple Pumpkin  
 Bonfire Scarecrow  
 Crisp September  
 Harvest Sunshine



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

## Sudoku

## Riddle of the Month

*What has one eye but cannot see??*

Answer the riddle correctly 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!**

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



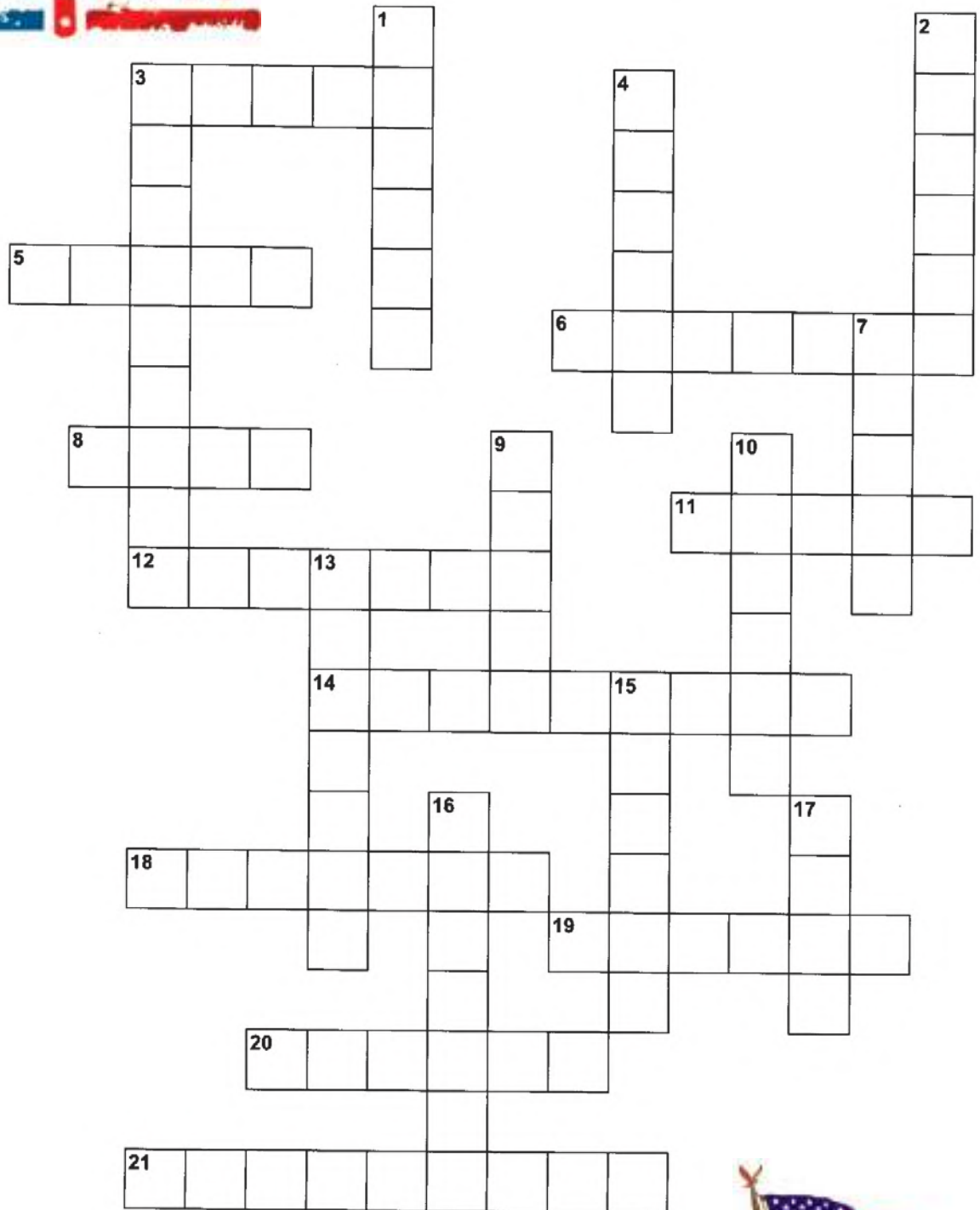


Down:

1. Operates a motor vehicle
2. Rides in a horse race
3. Scientist
4. Writer of a book
7. Person who acts a part in a play
9. Located as number one in a series
10. Attorney
13. Takes the money when a customer pays something
15. First day of the week
16. Leader
17. Cook in charge of a restaurant kitchen

Across:

3. Person who bakes
5. Operator of an aircraft
6. Day most people do not work
8. Any assistant
11. Work
12. Person who gives instruction
14. Ninth month of the year
18. Leader of a group of workers
19. Owner or employee of a bank
20. Authenticates documents
21. Person trained to participate in space flight





## Health Fair



**Where:** Saline County Aging Services

109 W. 3rd St.—Wilber, NE

**When:** Wednesday, October 4, 2017

9 a.m.—12 p.m.



Aging Partners Nursing Students

will check the following things:

- \* Heart Rate/Blood Pressure
- \* Grip Strength
- \* Finger Stick Cholesterol
- \* Finger Stick Glucose
- \* Sahara Bone Density



ShopKo

Will be doing vaccinations. They will have:

- \* Influenza
- \* Whooping Cough (dTaP)
- \* Pneumonia
- \* Shingles

\*\*\*\*\*Bring your Insurance/Medicare cards



Downtown Family  
Vision



Audiologist—Cassie  
Garner  
From Hearing Care  
at Home



Aging Partners Nutritionist

Paula Gooder-Ridder

will do nutrition Physicals with  
hand grip testing.



Deines Pharmacy

will have information on their  
Durable Medical Equipment

## Full Circle



On Wednesday, September 20th we will learn  
about

“Scary Foods”

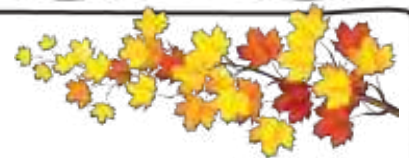
Presented by Jill Engel

Join us for refreshments and fun!

in ‘The Back Room’- SCAS 2:00 PM

Please RSVP by September 18th to attend this  
event!

402.821.3330



On Monday September 18th we will be playing

“Fall Bingo”

Join us for a lunch of

Chicken Fried Steak, Mashed Potatoes & Gravy, Peas &  
Dessert.

to be served in the cafeteria

at Friend Community Healthcare System at **noon**.

Please RSVP by September 12th to attend this event!

402.821.3330

***For those over age 60: \$4.50 suggested contribution for  
the meal.***

***For those under age 60: \$5.00 fee***



## Professions That No Longer Exist



**Plague Doctor (1650s)** - Despite their fearsome appearance, medics who wore long robes with a mask were actually plague doctors attempting to cure those who had been infected. They had a 'beak' on their mask filled with herbs and straw designed to filter the air.

**Resurrectionist (1832)** - Depicted brilliantly in the film "Burke and Hare", there were people known as resurrectionists who would dig up graves to sell the bodies as cadavers to the local medical schools. However, the whole practice was in a legal grey area.



**Leech Collector (1840s)** - There was a time when leeches were a doctor's go-to for treating most medical ailments. However, they didn't gather the creatures themselves. Instead, special leech collectors would wade into rivers with bare legs to attract the leeches.



**Lamplighter (1870s)** - When electricity wasn't yet invented, it was someone's job to go around when it got dark to light the street lamps. Using gas, lights were lit with a long torch, which must have taken quite a long time before all the lights were lit.

**Chimney Sweep (1875)** - Young boys were often employed to be chimney sweeps as they needed to be small and thin to fit in the chimneys, and had to be fit too to climb up and down them. This practice came to an end after a 12-year-old boy died when he got stuck in a chimney.



**Human Alarm Clock (Late 1800s)** - Before alarm clocks were invented, people were employed to knock on your windows with a long stick, or even throw pebbles to wake you up in the morning. They'd also shout at the top of their lungs to make sure that you really were awake.



**Rat Catcher (Early 1900s)** - Even though cities today still hoard plenty of rats, there was a time when cities were heavily infested with them. Since they were known to spread many diseases, rat catchers were employed to kill as many as they could.



**Newspaper Reader (1920s)** - Before radios were invented. It was quite boring for factory workers to carry out their tasks in silence. Therefore, people were employed to be professional newspaper readers, to give factory workers a bit of entertainment during their working hours.



**Gandy Dancer (1940s)** - Often depicted in films, Gandy Dancers were responsible for laying tracks for railroads. However this job is obsolete since machines can now carry out this job. Railroad workers were known for singing songs while working.

**Bowling Alley Pinsetter (1946)** - Before machines were used to re-set bowling pins when you knock them down, children were used to pick the pins up in bowling alleys. Since it was often children who were employed to do this, they didn't tend to get properly paid either!

**Quarrymen (1960s)** - Before the invention of quarrying machinery, men would extract rocks from the earth themselves. It was an incredibly dangerous job where rocks could easily fall on workers, hence why machines are now used instead.



**Food Safety Tester (1963)** - Prior to the establishment of food safety standards, people could put whatever they wanted into food that they sold to the public. Therefore, people were employed to try food to ensure that there was nothing harmful in the food.



**Elevator Operator (1970s)** - In modern elevators, you just press a button to get to the floor that you want. However, when they were first created, elevators had a lever and certain machinery that you had to be trained to use.

**Log Driver (1970s)** - Log drivers were employed to deliver logs from the forests to the mills by dragging them through rivers to ease the load. Nowadays, machinery or lorries are used to transport lumber.



**Switchboard Operator (1982)** - There was a time when long distance calls had to be manually connected, a job that was often done by women more than men. This was because women could be paid less than men, and so it was cheaper for employers to hire women for the job.



# Bullet Journaling for Caregivers

Bullet Journaling has been a hot trend for a little while in the planner and organizational communities online, but it may not be something that you've heard of. If not, you're in for a treat. If you love to-do lists and check-lists, this is something you don't want to miss. The minute I learned about it, I was hooked.

If you have too many things to remember and think about on a daily basis and you need a simple system to help you keep track, bullet journaling was made for you. As people, and caregivers especially, we all have a lot of different daily tasks, appointments, and various things we need to remember. Trying to keep track of everything in our head becomes exhausting. And if you are a working caregiver or in the sandwich generation, it becomes nearly impossible. Just think of how much more productive and less stressed you'll be if you can stop trying to remember all this "stuff". I constantly have little to-do lists floating around the house, but once I started using this system, everything is now all in one place.



First, you'll need a journal. Any journal will do but be sure that it has at least 31 lines on each page (for the days of the month). An elastic to keep the journal closed is also helpful and I found that having a ribbon to bookmark the daily task page is perfect. A bullet journal usually consists of three different parts.

The first part includes the index. They will occupy the first two pages of your journal and help you stay on track with what's where and how the journal works. The key can also be listed here or in the very front of the book or on a little fold-out, as mine is.

This is the key that I use:

A dot = a task

A circle = an event

A line = a note

(all of these can be X'd out so an X = a completed event.)

A task, event or note with an asterisk in front = something important

An exclamation point = something inspirational

2 exclamation points = something with a due date

An eyeball sign = something that needs more research or learning

A task that has a line through it was not worth completing or has become irrelevant

~~> means something (task, event) was not completed and migrated to a new list

~~< means something (task, event, note) that is listed on a different month in the Future Log



The second part of the bullet journal consists of a future log or calendar, and then running daily entries – more on how these work in a minute.

The last part of a bullet journal is something called collections or lists of notes. They are just that, notes about related things you want to keep track of. For example, you may have a list of books you want to read (someday), or notes about medications that your loved one is taking.

The idea with a bullet journal is that you set aside two pages for your index and then record things (and they pages where you'll find them) as they come up throughout your day, week, or month. On the next blank 2-page section, you will make your future log. Label it Future Log. Using a ruler draw to horizontal lines to divide the first page into 3 equal sections. Do the same on the opposite page

as well. Label each section with the name of the month. Now number these pages and add them to your index. For example – Future Log: 3-4. If it is early in the year, do the same thing for the next page(s), as well. Everything you know in advance goes on your future log under the corresponding month. At the beginning of the month, on the next blank page spread, you set up a monthly page. This is your space to record appointments, birthdays, etc.

Number the lines on the left-side page 1-30 (or 31) and then add the first letter (or 2) of the day of the week alongside it, for instance, 18M. Leave space on the line to note appointments as they come up. Some prefer to draw a more traditional



monthly calendar grid over two pages, but I'm not that artistic. Try both and see what works better for you. On the right side of your page, you will list all the tasks that you want to complete that month. As you draw each monthly grid or list at the beginning of the month, number the pages and add that to your index. On the last day of the month, add the task "Migrate". At the end of the month, or very, very slightly before, add the next month to the next set of blank pages, and migrate all known appointments or tasks. Don't get carried away and set up all the months in advance. Trust me on this.

On the next blank page set, enter today's date and start recording things you need to take care of, appointments to keep today, and anything else you need to keep track of including quick notes (possible allergic reactions to a medication, for instance) and ideas. This is where your key comes in handy. It takes a little while to get used to, but after using it a few times, it comes naturally.

At the end of the day, review your list. Things that have not been completed need to either be crossed out because they are no longer relevant and important, or they should be moved to the next day. If you don't want to, or can't tackle an item or two the next day, leave it open and make sure you review and work it in at a later date. Your "notes" can be added at any time to the next blank page. Label the name of the note on the top line on the left-hand side. Number the pages and add it to your index. A note can be anything you want it to be: meeting notes, doctor appointment notes, meal plans, a list of shows to watch on Netflix, etc. Mine, below, is the July decluttering challenge items.






I don't use my bullet journal as a replacement to my planner. I still use my planner on a daily basis. The bullet journal just helps me keep track of all my thoughts and to-dos – all in one place.

*Article is from IntentionalCaregiver.com*



# September Activities

Key: Crete Dorchester Wilber Friend DeWitt					1	2 1st Husker Game 
3	4  HAPPY LABOR DAY	5 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 11a-12p Tai Chi 2:30-3:30	6 Foot Clinic Lunch 12:00 p.m.	7 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 11a-12p Tai Chi 2:30-3:30	8 Day trip to Memorial Stadium & eat at Brewsky's	9 Teddy Bear Day 
10  HAPPY GRANDPARENTS DAY!	11	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 2:00-3:00 Stepping On 1:30	13 Foot Clinic Bridge 10:30-230 Lunch 12:00 p.m.	14 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 2:00-3:00	15 Double Cheeseburger Day 	16
17	18 Air Force's Birthday 	19 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 2:00-3:00 Stepping On 1:30	20 Lunch 12:00 Punch Day 	21 Tai Chi 9-10 Quilting 1-5 Bridge 10:30-230 Tai Chi 11a-12p Tai Chi in the amphitheater 2:00pm	22	23 Hunting and Fishing Day 
24	25 Ice Cream @ DeWitt Quick Con  ay	26 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 3:00-4:00 Stepping On 1:30 Senior Dinner	27 Bridge 10:30-230 Lunch 12:00 p.m. Chocolate Milk 	28 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 2:30-3:30 Senior Dinner	29 Senior Luncheon-Friend Christian Assembly	30 
			All foot clinics are by appointment only.	Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330	For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873	



## What's Happening Near You?

### DeWitt Senior Center Meal Schedule

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

WEDNESDAY, September 6th

Program—Fred Meyer's Honor Flight  
Menu—Beef Stir Fry, Rice, Jello, Fruit & Milk  
Bridge or Dominos

WEDNESDAY, September 13th

Program—Trip to the Rock Creek Aquaculture after lunch  
Menu—Chicken Enchilada Casserole, Spanish Rice,  
Green Beans, Fruit & Milk  
Dominos or Cards

WEDNESDAY, September 20th

Program—More Unusual Foods to Try (Bring a sample!)  
Menu—Cheesy Macaroni & Beef Casserole, Corn,  
Dump Cake, Fruit & Milk  
Bridge or Dominos

WEDNESDAY, September 27th

Program—Tri County Teammates Program  
Menu—Smoked Ham, Scalloped Potatoes, Peas,  
Fruit & Milk  
Celebrate Birthdays

AARP Elderly Safe Driving Class will be at the Wilber Care  
Center Tuesday, October 3, 2017 @ 9:30 am.

Call for more information or to register for the class!

402-821-3330 or 402-821-2331



**COMMUNITY SUPPER:** Join community members of all ages and walks of life at the First Evangelical Lutheran 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, September 28, 2017, in the Wilber Care Center's Activity Room. Please RSVP by September 22nd to one of the following numbers: 821-2014,

### Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330



**Winner of August's riddle:**

**of**

received a \$5 gift card to Subway!  
Get your answers in by the 15th  
for this month's riddle so you can  
be the next winner!

The answer to August's  
riddle was SILENCE.



**HAPPY BIRTHDAY!**

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

\*\*\*We are just busting with activities this summer! Look for "Fascinating People" to come back in the fall. If you know a fascinating person in Saline County that we should honor and be proud of, please call us and nominate them at 402.821.3330

### Tai Chi Updates

New classes starting this fall!

Thursday, Sept. 21, 2017 @ 2:00p.m.—Tai Chi class in the Wilber amphitheater. If you have any questions please call the office for more info! EVERYONE welcome!!



# Service Spotlight

Answers to last months puzzles.

## Durable Medical Equipment



**Saline County Aging Services makes free, short term loans of durable medical equipment to any Saline County Resident, regardless of age!**

**Our loan program is perfect for individuals :**

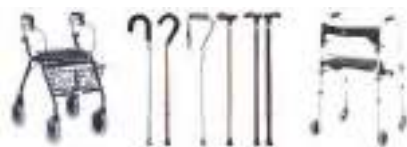
- Recovering illness or injury
- Recuperating from surgery
- Attending events, doctor's appointments or day trips
- Trying a new device before buying one
- Students with sports injuries or recovering from sprains, strains or breaks



### Our Equipment



- \* Walkers
- \* Wheelchairs
- \* Toilet Risers
- \* Tub/Shower chairs, stools and benches
- \* Grab Bars
- \* Crutches
- \* Canes—regular and quad
- \* Portable commodes



**We also take equipment donations!**

## 2017 HOLIDAYS that SCAS WILL BE CLOSED

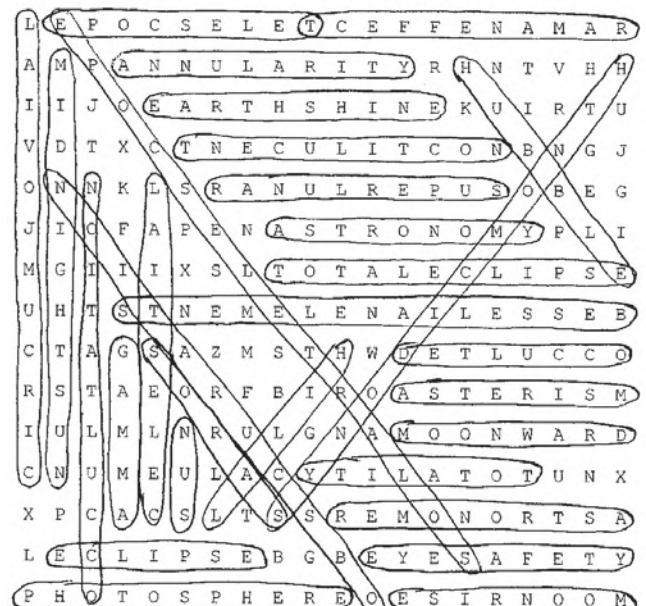
Saline County Aging Services will be closed in observance of the following County holidays.

If in doubt, please call 402-821-3330.

- Sept. 4 Labor Day
- Oct. 9 Columbus Day
- Nov. 11 Veterans' Day
- Nov. 23 Thanksgiving
- Nov. 24 Day after Thanksgiving
- Dec. 25 Christmas Day



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



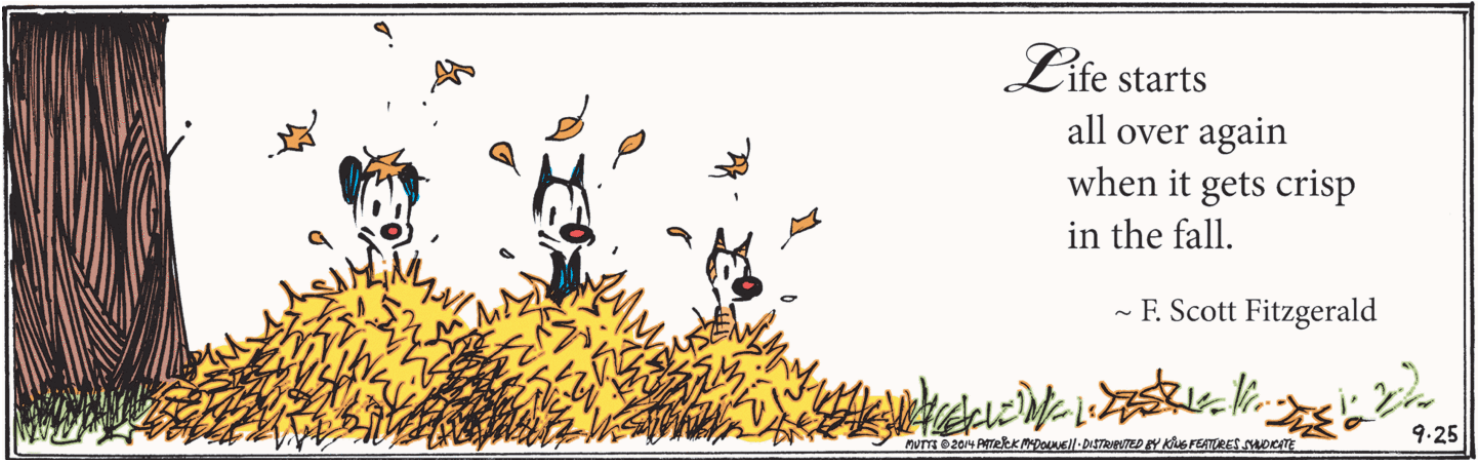


**Do you want the Saline County Aging Services Newsletter sent to your door?**

Cut this slip out, fill the information in below, and mail it to  
**Saline County Aging Services– PO Box 812– Wilber, NE 68465**  
or bring it into our office at 109 W. 3rd Street in Wilber  
or call us at 402-821-3330.

Name:  
Mailing Address:

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

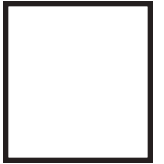


Mark your calendars!



Medicare  
Prescription Drug  
Enrollment  
October 15 - December 7





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 on the basis of race, color, national origin, sex, age, or disability.







# 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



Volume 2, Issue 14

October 2017

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## Breast Cancer and Seniors

When detected early, breast cancer is treated successfully 98% of the time. Researchers continue to make impressive gains in the detection, diagnosis, and treatment of breast cancer. For example, according to the Mayo Clinic, the radical mastectomy, once a standard procedure for women with breast cancer, is now rarely performed.

However, breast cancer in seniors remains a very potent disease that will only be eradicated if women follow the recommended schedule and undergo annual mammograms. Recent statistics suggest that women are skipping annual mammograms, the key procedure to screening.

The National Cancer Institute estimates that 226,870 women will be diagnosed with and 39,510 women will die of cancer of the breast in 2012. The number of new cases has increased every year for the past thirty years, though death from breast cancer has decreased slightly. Breast cancer remains the second leading cause of cancerous death after lung cancer. It is also the second most common cancer among women after non-melanoma skin cancer.

Like all cancers, breast cancer begins with abnormal cell growth. These "bad" cells develop too quickly and spread, or metastasize, throughout the breast, often entering lymph nodes located under the arm or even moving into other parts of the body.

There are several signs of potential breast cancer, including a bloody discharge from or retraction of the nipple; a change in the size or contour of the breast; and a flattening, redness, or pitting of skin over the breast. A lump in the breast remains the most common sign.

If a woman detects a lump, she should see her doctor; however, the Mayo Clinic recommends waiting through one menstrual cycle, as breast shape changes throughout the cycle.

The Importance of Screening



## **The Importance of Screening**

"I cannot stress enough the importance of early detection and screening," states Dr. Constance Lehman, professor of radiology at the University of Washington School of Medicine and director of breast imaging at the Seattle Cancer Care Alliance.

Unfortunately, Lehman sees a disturbing decline in annual screenings. "Cancer is affecting more and more women, yet they are screening less," she says. "It could be due to the costs of an annual mammogram for women with low or no health insurance or because, with new technology like targeted MRIs, women feel that mammography is no longer effective."

Lehman says clinicians may also be partially responsible. Some, including all major cancer research centers, recommend annual screenings but others suggest a biannual exam. Lehman, co-winner of the Second Annual Ladies' Home Journal "Health Breakthrough Award," remains unequivocal: "There is no ambiguity-women past the age of 40 should be screened every year."

## **Risk Factors**

Several primary risk factors are believed to increase the likelihood of breast cancer. However, it's important to keep in mind that most people with one or even several of these risk factors do not get breast cancer.

The Mayo Clinic and National Cancer Institute list these primary risk factors:

- Age
- Chest radiation as a child
- Start of menarche before the age of 12
- Adolescent weight gain
- No pregnancy or late pregnancy (after 30)
- Lengthy use of oral contraceptives
- Post-menopausal weight gain
- Late menopause (after age of 50)
- Increased breast tissue density



Excessive exposure to estrogen, the hormone that promotes the appearance of female secondary sex characteristics, appears to be the leading factor in developing breast cancer. Exposure to a combination of estrogen and progesterone for over a four-year period also increases the risk of breast cancer. This is especially significant due to trends in estrogen therapies to stave off premenopausal syndrome and other maladies. The more recent reduction of hormone replacement therapy has perhaps led to the recent slight decline in breast cancer cases for women over 50. Lehman believes women over 50 should consult their physicians about the apparent risks of hormone replacement therapies, especially if they have a family history of cancer.

Secondary factors, including smoking, obesity, alcohol, family history, diet, and stress, are also significant. As with reducing the risk of all cancers, a healthy lifestyle, including a good diet, frequent exercise, and moderate stress, is recommended.

Genetics may also play a role in breast cancer. Even though less than 10 percent of the breast cancer cases are inherited, women with a family history of the disease have a much greater risk of breast (and ovarian) cancer.

## **Breast Cancer in Seniors**

Eighty percent of all breast cancer occurs in women over 50, and 60% are found in women over 65. The chance that a woman will get breast cancer increases from 1-in-233 for a woman in her thirties, to a 1-in-8 chance for a woman in her eighties.





"The average age of diagnosis is 62," says Dr. Julie Gralow, associate professor of medical oncology at the University of Washington School of Medicine and medical oncologist at the Seattle Cancer Care Alliance. "So the majority of women getting breast cancer are over the age of 50."

Gralow is especially concerned about the lack of women over 70 years of age in clinical trials.

"There are several situations unique to our older patients. We find it difficult to determine the toxicity levels of chemotherapy," she explains, "because we simply don't have enough information. This is significant because older women tend to have more tumors and thus be more sensitive to estrogen receptor positivity; or they might avoid chemotherapy altogether."

Lack of information is just one of several issues surrounding breast cancer in seniors. An obligation as routine as visiting the doctor can prove challenging if the patient cannot drive or does not have anyone to take her to the appointment. This is quite significant with cancer treatment, as the patient must make six-to-eight weeks of daily trips to the hospital for radiation therapies.

"Nausea and other side effects are often much more severe with older patients," explains Gralow. "And insurance of oral medicine can be spotty, especially if the patient depends upon Medicare." Gralow also notes the possible tensions between family involvement and doctor-patient discretion. "I need to know what the patient wants shared because we need to respect patient privacy while keeping the family informed. So, as with all medicine, we try to bring the patient and her family together for a meeting at the start of the treatment."

Article is from [aplaceformom.com](http://aplaceformom.com)



# Just For Laughs . . .



BEING FIVE A BOY AND HIS BLOG



BY GEORGE SFARNAS © 2009



10-31

© 2007 Bill Keane, Inc.  
Dist. by King Features Synd.  
www.familycircus.com

"You shouldn't eat pumpkin pie near a jack-o'-lantern!"





# Kidney Health



One in three Americans are at-risk for developing kidney disease. Risk factors include being diabetic, having high blood pressure, having a family history of the disease, and being over age 60. As we age, our kidney function gradually starts to decline.

Often times there are no symptoms and the disease can go undetected until it's very advanced. According to a study by John Hopkins University, more than 50 percent of adults over age of 75 are believed to have kidney disease. The National Kidney Association recommends having an annual screening for individuals over age 60 and those in high-risk groups.

Eating a healthy diet is important for our body's overall health and to promote a healthy kidney function. There are several "super" foods identified by the National Kidney Association as having a positive impact on kidney health.

## Apples

Apples are a good source of fiber, packing in about 4 grams per serving. It contains a soluble fiber called pectin that can help lower cholesterol and glucose levels. It is also a source of antioxidants and anti-inflammatory compounds, which can have positive benefits on kidney health. Apples are great to add in as a snack or dessert. Try thinly slicing an apple, sprinkling with cinnamon, and microwaving for approximately two minutes – delicious!



## Blueberries

Blueberries contain a high amount of antioxidants called anthocyanins. These antioxidants have been shown to protect the body against free radicals that may cause cancer and heart disease. Blueberries are



available all year round but their peak season is in the spring. Frozen blueberries are also a great option. Try adding in some blueberries to your oatmeal, yogurt, or smoothie for a sweet treat!

## Fish

Fish provide healthy fats called Omega-3 fatty acids, which are essential to our body. Omega-3 fatty acids have been shown to have positive effects on heart health by lowering blood pressure and triglyceride levels. More research has emerged that higher intake of omega-3 fatty acids may help protect against kidney disease. Salmon, albacore tuna, mackerel, herring and sardines are all good sources of Omega-3 fatty acids.



The American Heart Association recommends consuming fish at least two times per week. Baked salmon with lemon juice, ground black pepper and some fresh/dried dill is a delicious and easy meal!

## Cabbage

Cabbage is a cruciferous vegetable that is packed full of phytochemicals that can help protect against damage from free radicals. Cabbage is also high in Vitamin K, Vitamin C and fiber.

There are many ways you can add cabbage to your diet. Try steaming, boiling or microwaving with some light seasonings and a little bit of butter. Chop and add to your favorite salad.



There are many foods that we can incorporate into our diet to help promote healthy kidney function. If you have been diagnosed with kidney disease, discuss any diet-related changes with your doctor or registered dietitian.

*Article is from Aging Partners*



## Senior Arthritis: Symptoms

Most people commonly think of arthritis as the condition of having painful, stiff joints. In fact, there are many kinds of arthritis, each with different symptoms and treatments. Most types of arthritis are chronic with symptoms lasting years.

Arthritis can attack joints in almost any part of the body. Some forms of arthritis cause changes you can see and feel such as pain, swelling, warmth and redness in your joints. Other types cause less troublesome symptoms, but slowly damage your joints.

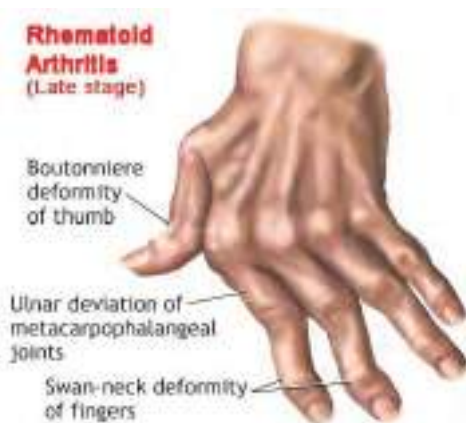
Arthritis is one of the most common diseases in this country. Millions of adults and half of all people age 65 and older are troubled by this disease. Older people most often have osteoarthritis, rheumatoid arthritis, or gout.

### **Osteoarthritis**

Osteoarthritis (OA) is the most common type of arthritis in older people. OA starts when cartilage begins to become ragged and wears away. Cartilage is the tissue that pads bones in a joint. At OA's worst, all of the cartilage in a joint wears away, leaving bones that rub against each other. You are most likely to have OA in your hands, neck, lower back, or the large weight-bearing joints of your body, such as knees and hips.

OA symptoms can range from stiffness and mild pain that comes and goes with activities like walking, bending, or stooping to severe joint pain that keeps on even when you rest or try to sleep. Sometimes OA causes your joints to feel stiff when you haven't moved them in a while, like after riding in the car. But the stiffness goes away when you move the joint. In time OA can also cause problems moving joints and sometimes disability if your back, knees, or hips are affected.

What causes OA? Growing older is what most often puts you at risk for OA. Other than that, scientists think the cause depends on which part of the body is involved. For example, OA in the hands or hips may run in families. OA in the knees can be linked with being overweight. Injuries or overuse may cause OA in joints such as knees, hips, or hands.



### **Rheumatoid Arthritis**

Rheumatoid Arthritis (RA) is an autoimmune disease. In RA, that means your body attacks the lining of a joint just as it would if it were trying to protect you from injury or disease. For example, if you had a splinter in your finger, the finger would become inflamed-painful, red, and swollen. RA leads to inflammation in your joints. This inflammation causes pain, swelling, and stiffness that lasts for hours. This can often happen in many different joints at the same time. You might not even be able to move the joint. People with RA often don't feel well. They may be tired or run a fever. People of any age can develop RA, and it is more common in women.





Medicare D's PDP (prescription drug plan) annual open enrollment event runs from October 15 through December 7 every year. This is a good opportunity to have your PDP compared to other plans for 2018—to see if there is a plan that would work better (be more cost effective) for you in the new year. The drug insurance companies are allowed to change their plans annually, either by changing the cost of the premiums, the drugs, or both, so you, too, are allowed to find and change to a plan that will better for you in 2018.

Volunteers from Lincoln's SHIIP (Senior Health Insurance Information Program) will be available in Wilber at the Dvoracek Memorial Library all day on Thursday, November 9, 2017, to do Medicare D Prescription Drug comparisons.

The staff at Saline County Aging Services (SCAS) are also SHIIP volunteers and will be doing Medicare D comparisons during open enrollment. The comparisons done by the SCAS staff will be on a first come, first served basis. A worksheet will need to be filled out stating which drugs you are currently taking. As in the past, the staff will do the comparison based on your worksheet and send you the results. Then if you wish to have questions answered or want to change plans, an appointment will be made.

Please call SCAS at 402-821-3330 for more information and/or to set up an appointment to attend the SHIIP event at the library on November 9.



RA can attack almost any joint in the body, including the joints in the fingers, wrists, shoulders, elbows, hips, knees, ankles, feet, and neck. If you have RA in a joint on one side of the body, the same joint on the other side of your body will probably have RA also. RA not only destroys joints. It can also attack organs such as the heart, muscles, blood vessels, nervous system, and eyes.

Gout is one of the most painful forms of arthritis. An attack can begin when crystals of uric acid form in the connective tissue and/or joint spaces. These deposits lead to swelling, redness, heat, pain, and stiffness in the joint. Gout attacks often follow eating foods like shellfish, liver, dried beans, peas, anchovies, or gravy. Using alcohol, being overweight, and certain medications may also make gout worse. In older people, some blood pressure medicines can also increase your chance of a gout attack.

Gout is most often a problem in the big toe, but it can affect other joints, including your ankle, elbow, knee, wrist, hand, or other toes. Swelling may cause the skin to pull tightly around the joint and make the area red or purple and very tender. Your doctor might suggest blood tests and x-rays. He or she might also take a sample of fluid from your joint while you are having an attack.



Other forms of arthritis include psoriatic arthritis (in people with the skin condition psoriasis), ankylosing spondylitis (which mostly affects the spine), reactive arthritis (arthritis that occurs as a reaction to another illness in the body), and arthritis in the temporomandibular joint (where the jaw joins the skull).

### **Arthritis Symptoms**

- Lasting joint pain
- Joint Swelling
- Joint Stiffness
- Problems using or moving a joint normally
- Warmth and redness in a joint
- Tenderness or pain when touching a joint

If any of these symptoms lasts longer than two weeks, see your regular doctor or a rheumatologist. If you have a fever, feel physically ill, suddenly have a swollen joint, or have problems using your joint, see your doctor sooner. Your health care provider will ask questions about your symptoms and do a physical exam. He or she may take x-rays or do lab tests before suggesting a treatment plan



*Look for the treatments in next month's newsletter  
Article is from [aplaceformom.com](http://aplaceformom.com)*



## Exercise of the Month — Chair Dip



**TARGETED MUSCLES:** Arm muscles

**WHAT YOU NEED:** Sturdy chair with armrests

This pushing motion will strengthen your arm muscles even if you are not able to lift yourself up off the chair.

1. Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.
  2. Lean slightly forward; keep your back and shoulders straight.
  3. Grasp arms of chair with your hands next to you. Breathe in slowly.
  4. Breathe out and use your arms to push your body slowly off the chair.
  5. Hold position for 1 second.
  6. Breathe in as you slowly lower yourself back down.
  7. Repeat 10-15 times.
- Rest; then repeat 10-15 more times.

## Recipe of the Month

### Creamy & Easy Potato Soup

#### Ingredients:

- 1 28oz package Potatoes O'Brien
- 1 packet Country Gravy Mix
- 32oz Chicken Broth

#### Directions:

- Mix all the ingredients together in a large pot.
- Bring to a boil while occasionally stirring.
- Once it's boiling, reduce heat and let it simmer until it begins to thicken. (The soup will continue to thicken as it cools).







- |               |               |
|---------------|---------------|
| Arachnophobia | Moon          |
| Bat           | Nightmare     |
| Black Cat     | Occult        |
| Cauldron      | Phantom       |
| Costume       | Potion        |
| Coven         | Pumpkin       |
| Evil          | Raven         |
| Eye of Newt   | Salem         |
| Garlic        | Shrieks       |
| Ghost         | Silber Bullet |
| Goblin        | Spooky        |
| Haunting      | Tombstone     |
| Hex           | Vampire       |
| Howl          | Wicked        |
| Midnight      | Witch         |
| Monster       | Zombie        |

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

## Riddle of the Month

**We see it once in a year,  
twice in a week, and never  
in a day.  
What is it??**

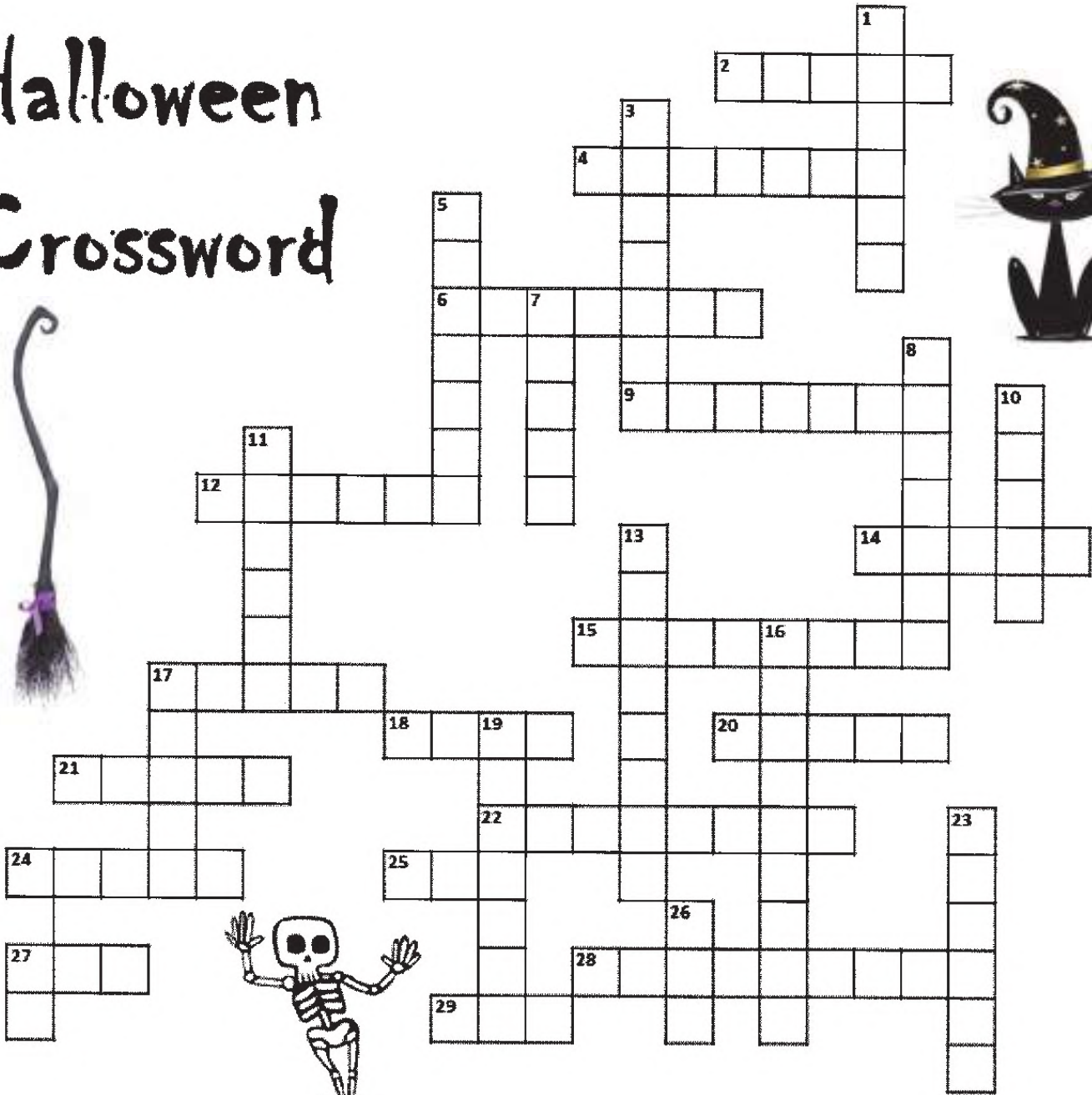
Answer the riddle correctly at Saline  
County Aging Services and get  
entered into a drawing to win a prize  
at the end of the month!

**Please include your  
phone number with your answer!**

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



# Halloween Crossword



## Across:

- |   |  |
|---|--|
| 2. Frightening                          | 20. What the pot might call the kettle |
| 4. He hates garlic                      | 21. ____ stories                       |
| 6. Frankenstein had one                 | 22. A boney sort of fellow             |
| 9. The Count                            | 24. Found in Egypt                     |
| 12. Where a vampire sleeps              | 25. Lives in the belfry                |
| 14. ____ or treat                       | 27. Whoo? Whoo?                        |
| 15. Scare                               | 28. Playground for ghosts              |
| 17. A skeleton is just a bunch of these | 29. What a spider spins                |
| 18. Mr. O'Lantern                       |  |

## Down:

- |   |                                   |
|---|-----------------------------------|
| 1. When something makes our skin crawl, it's this | 13. Comes out on full moon nights |
| 3. ____ house                                     | 16. October 31st                  |
| 5. Makes a popular pie                            | 17. Witch transportation          |
| 7. When ghosts come out to play                   | 19. Disguise                      |
| 8. Fire burn, and ____ bubble                     | 23. Incey wincey is on of these   |
| 10. Samantha for example                          | 24. Might be full, half, or new   |
| 11. Evil or mischievous creature                  | 26. He swallowed the canary       |



## Health Fair



**Where:** Saline County Aging Services

109 W. 3rd St.—Wilber, NE

**When:** Wednesday, October 4, 2017

9 a.m.—12 p.m.



Aging Partners Nursing Students

will check the following things:

- \* Heart Rate/Blood Pressure
- \* Grip Strength
- \* Finger Stick Cholesterol
- \* Finger Stick Glucose
- \* Sahara Bone Density



ShopKo

Will be doing vaccinations. They will have:

- \* Influenza
- \* Whooping Cough (dTaP)
- \* Pneumonia
- \* Shingles

\*\*\*\*\*Bring your Insurance/Medicare cards



Downtown Family  
Vision



Audiologist—Cassie  
Garner  
From Hearing Care  
at Home



Aging Partners Nutritionist

Paula Gooder-Ridder

will do nutrition Physicals with  
hand grip testing.



Deines Pharmacy

will have information on their  
Durable Medical Equipment

## Full Circle



On Monday, October 23rd

we will have pizza and play Halloween Bingo!

Please bring a \$1 prize.

Over 60, suggested contribution \$3

Under 60, fee of \$4.

Come to 'The Back Room'- SCAS 12:00 PM

Please RSVP by October 20th to attend this event!

402.821.3330

On Wednesday, October 25th we will

"Rethink Our Drinks"

Join us for a lunch of

Potato Soup and Warm Ham and Cheese

to be served in the cafeteria

at Friend Community Healthcare System at **noon**.

Please RSVP by October 17th to attend this event!

402.821.3330

***For those over age 60: \$4.50 suggested contribution for  
the meal.***

***For those under age 60: \$5.00 fee***





## Announcements



AARP Elderly Safe Driving Class will be at the Wilber Care Center Tuesday, October 3, 2017 @ 9:30 am.

Call for more information or to register for the class!  
402-821-3330 or 402-821-2331



Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!



Please don't hang up! We have a new phone system! To leave a message for Amy you will press 1. To leave a message for Laura you will press 2. To leave a message for Katie, you will press 3. Don't know who it is you are looking for? That's ok too, you can leave a general message and we will get it to the right person! Let us know if you are having difficulties and we will do our best to help you!



Interested in coming to one of our foot clinics? We have clinics in  
Dorchester, Crete, Friend and Wilber.

Call Laura at 402.821.3330 to make an appointment near you!



As we know all too well, Nebraska weather can be very unpredictable.

So please remember that Saline County Aging Services will be closed when

- the Saline County Courthouse is closed.
- Wilber-Clatonia Public Schools closes because of bad weather.
- We will come in late if the Wilber-Clatonia Public schools are having a late start because of weather.
- And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to reschedule your appointment.

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



## Caregiver Depression: A Silent Health Crisis



One of today's all-too silent health crises is caregiver depression. A conservative estimate reports that 20% of family caregivers suffer from depression, twice the rate of the general population. Of clients of California's Caregiver Resource Centers, nearly 60% show clinical signs of depression. And former caregivers may not escape the tentacles of this condition after caregiving ends. A recent study found that 41% of former caregivers of a spouse with Alzheimer's disease or another form of dementia experienced mild to severe depression up to three years after their spouse had died. In general, women caregivers experience depression at a higher rate than men.

Caregiving does not cause depression, nor will everyone who provides care experience the negative feelings that go with depression. But in an effort to provide the best possible care for a family member or friend, caregivers often sacrifice their own physical and emotional needs, and the emotional and physical experiences involved with providing care can strain even the most capable person. The resulting feelings of anger, anxiety, sadness, isolation, exhaustion—and then guilt for having these feelings—can exact a heavy toll.

Unfortunately, feelings of depression are often seen as a sign of weakness rather than a sign that something is out of balance. Comments such as “snap out of it” or “it's all in your head” are not helpful, and reflect a belief that mental health concerns are not real. Ignoring or denying your feelings will not make them go away.

People experience depression in different ways; they type and degree of symptoms vary by individual and can change over time. The following symptoms, if experienced for more than two consecutive weeks, may indicate depression:

- A change in eating habits resulting in unwanted weight gain or loss
- A change in sleep patterns—too much sleep or not enough
- Feeling tired all the time
- A loss of interest in people and/or activities that once brought you pleasure
- Becoming easily agitated or angered
- Feeling that nothing you do is good enough
- Thoughts of death or suicide, or attempting suicide
- Ongoing physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain



Early attention to symptoms of depression may help to prevent the development of a more serious depression over time.

The National Institute of Mental Health offers the following recommendations:

- Set realistic goals in light of the depression and assume a reasonable amount of responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Try to be with other people and to confide in someone; it is usually better than being alone and secretive.
- Participate in activities that may make you feel better, such as mild exercise, going to a movie or ballgame, or attending a religious, social, or community event.
- Expect your mood to improve gradually, not immediately. Feeling better takes time.
- It is advisable to postpone important decisions until the depression has lifted. Before deciding to make a significant transition—change jobs, get married, or divorced—discuss it with other ho know you well and have a more objective view of your situation.
- People rarely “snap our of” a depression. But they can feel a little better day by day.



## Care Giver's Corner Continued....

- Remember, positive thinking will replace the negative thinking that is part of the depression. The negative thinking will be reduced as your depression responds to treatment.
- Let your family and friends help you.

The most frequent treatment for depressive symptoms that have progressed beyond the mild stage is antidepressant medication such as Prozac or Zoloft, which provides relatively quick symptom relief, in conjunction with ongoing psychotherapy, which offers new strategies for a more satisfying life. A mental health professional such as a psychologist or psychiatrist can assess your condition and arrive at the treatment most appropriate for you.











Respite care relief, positive feedback from others, positive self-talk, and recreational activities are helpful in avoiding depression. Look for classes and support groups available through caregiver support organizations to help you learn or practice effective problem-solving or coping strategies needed for caregiving. For your health and the health of those around you, take some time to care for yourself.

The Family Caregiver Alliance fact sheet [\*Depression and Caregiving\*](#) offers a more in-depth discussion of this issue and is available in both English and Spanish on the FAC website.

*Article is from caregiver.com*



# October Activities

1 Fire Pup Day 	2 Coffee 9am Bridge 10:30-230 Pitch 11a-2pm	3 <b>Foot Clinic</b> Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 <b>Tai Chi 11a-12p</b> Stepping On 1:30 Tai Chi 2:30-3:30	4 Foot Clinic Health Fair 9a-12 Lunch 12:00 p.m. Flu Shots 9a-1p	5 Tai Chi 9-10 Quilting 1-5 Board Mtg 5:30p Tai Chi 930-1030 <b>Tai Chi 11a-12p</b> Tai Chi 2:00-3:00	6 Noodle Day 	7
8	9 Coffee 9am Pitch 11a-2pm	10 <b>Foot Clinic</b> Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 <b>Tai Chi 11a-12p</b> Tai Chi 2:00-3:00 Stepping On 1:30	11 Foot Clinic Bridge 10:30-230 Lunch 12:00 p.m. Foot Clinic	12 <b>Foot Clinic</b> Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 <b>Tai Chi 11a-12p</b> Tai Chi 2:00-3:00	13	14 Dessert Day 
15 I Love Lucy Day 	16 Coffee 9am Work Day 9a-12p Bridge 10:30-230 Pitch 11a-2pm	17 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 <b>Tai Chi 11a-12p</b> Tai Chi 2:00-3:00 Stepping On 1:30	18 Lunch 12:00 p.m.	19 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 <b>Tai Chi 11a-12p</b> Tai Chi 2:00-3:00	20 Mammography Day 	21
22	23 Coffee 9am Pitch 11a-2pm Full Circle 12pm	24 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 <b>Tai Chi 11a-12p</b> Tai Chi 2:00-3:00 Stepping On 1:30	25 Bridge 10:30-230 Lunch 12:00 p.m. <b>Full Circle 12pm</b>	26 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 <b>Tai Chi 11a-12p</b> Tai Chi 2:30-3:30  Senior Dinner	27 <b>Senior Luncheon-Friend Christian Assembly</b>	28 Chocolate Day 
29 Cat Day 	30 Coffee 9am Pitch 11a-2pm	31 Tai Chi 9-10 Quilting 1-5 Trick or Trunk Tai Chi 930-1030 <b>Tai Chi 11a-12p</b> Tai Chi 2:00-3:00 <b>Senior Dinner</b>				
Key: <b>Crete</b> <b>Dorchester</b> <b>Wilber</b> <b>Friend</b> <b>DeWitt</b>			<b>All foot clinics are by appointment only.</b>	Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330	For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873	



## What's Happening Near You?

### DeWitt Senior Center Meal Schedule

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

**WEDNESDAY, October 4th**

**Program—Ex-offenders Need a Second Chance**

**Menu—Chicken leg quarters, carrots, potato salad, & fruit**

Bridge or Dominos

**WEDNESDAY, October 11th**

**Program—Memory Challenge by June Knudsen**

**Menu—Cod, fried potatoes, peas & fruit**

Dominos or Cards

**WEDNESDAY, October 18th**

**Program—Tri County Exchange Student**

**Menu—Chili, cinnamon rolls, cheese & crackers & fruit**

Bridge or Dominos

**WEDNESDAY, October 25th**

**Program—Halloween Bingo (Bring \$1 prize)**

**Menu—Sweet n Sour Pork, rice, broccoli & fruit**

Celebrate Birthdays



**Winner of September's riddle:  
Lorene Doremus  
of  
Crete**

received a \$5 gift card to Subway!  
Get your answers in by the 15th  
for this month's riddle so you can  
be the next winner!

The answer to September's  
riddle was NEEDLE.



**HAPPY BIRTHDAY!**

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

\*\*\*We are just busting with activities this summer! Look for "Fascinating People" to come back in the fall. If you know a fascinating person in Saline County that we should honor and be proud of, please call us and nominate them at 402.821.3330

**COMMUNITY SUPPER:** Join community members of all ages and walks of life at the First Evangelical Lutheran 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, October 26, 2017, in the Wilber Care Center's Activity Room. Please RSVP by October 20th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

### Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330



# Service Spotlight

Answers to last months puzzles.

## Durable Medical Equipment



*Saline County Aging Services makes free, short term loans of durable medical equipment to any Saline County Resident, regardless of age!*

**Our loan program is perfect for individuals :**

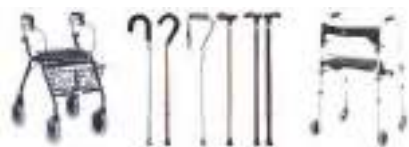
- Recovering illness or injury
- Recuperating from surgery
- Attending events, doctor's appointments or day trips
- Trying a new device before buying one
- Students with sports injuries or recovering from sprains, strains or breaks



### Our Equipment



- \* Walkers
- \* Wheelchairs
- \* Toilet Risers
- \* Tub/Shower chairs, stools and benches
- \* Grab Bars
- \* Crutches
- \* Canes—regular and quad
- \* Portable commodes



**We also take equipment donations!**

## 2017 HOLIDAYS that SCAS WILL BE CLOSED

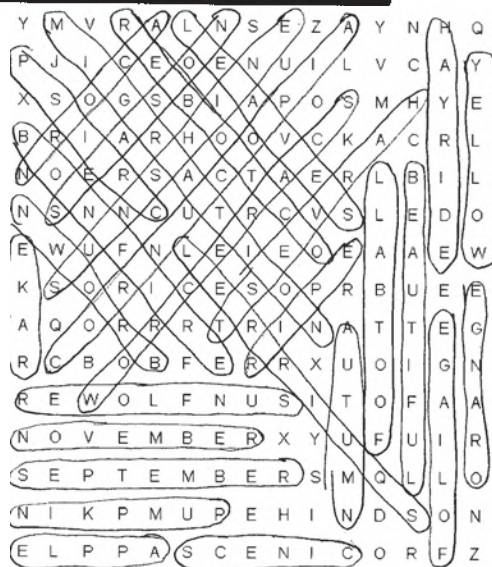
Saline County Aging Services will be closed in observance of the following County holidays.

If in doubt, please call 402-821-3330.

- Oct. 9 Columbus Day
- Nov. 11 Veterans' Day
- Nov. 23 Thanksgiving
- Nov. 24 Day after Thanksgiving
- Dec. 25 Christmas Day



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





## Do you want the Saline County Aging Services Newsletter sent to your door?



Cut this slip out, fill the information in below, and mail it to  
**Saline County Aging Services– PO Box 812– Wilber, NE 68465**  
or bring it into our office at 109 W. 3rd Street in Wilber  
or call us at 402-821-3330.



Name:

Mailing Address:



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

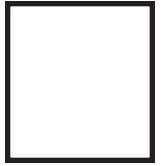


Mark your calendars!

Medicare  
Prescription Drug  
Enrollment  
October 15 - December 7







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 on the basis of race, color, national origin, sex, age, or disability.







# 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



Volume 2, Issue 14

November 2017

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## EXTRA! EXTRA! READ ALL ABOUT IT!

### Turkey no longer on the lam!!!

President springs turkey from his cage!

## Pardoning the Thanksgiving Turkey

The official "pardoning" of turkeys is an interesting White House tradition that has captured the imagination of the public in recent years. It is often stated that President Lincoln's 1863 clemency to a turkey recorded in an 1865 dispatch by White House reporter Noah Brooks was the origin for the pardoning ceremony.

Reports of turkeys as gifts to American presidents can be traced to the 1870s, when Rhode Island poultry dealer Horace Vose began sending well fed birds to the White House. The First Families did not always feast upon Vose's turkeys, but the yearly offering gained his farm widespread publicity and became a veritable institution at the White House. At Thanksgiving 1913, a turkey-come-lately from Kentucky shared a few minutes of fame with the fine-feathered Rhode Islander. Soon after, in December, Horace Vose died, thus ending an era.

By 1914, the opportunity to give a turkey to a President was open to everyone, and poultry gifts were frequently touched with patriotism, partisanship, and glee. In 1921, an American Legion post furnished bunting for the crate of a gobbler en route from Mississippi to Washington, while a Harding Girls Club in Chicago outfitted a turkey as a flying ace, complete with goggles. First Lady Grace Coolidge accepted a turkey from a Vermont Girl Scout in 1925. The turkey gifts had become established as a national symbol of good cheer. With animal rights activists picketing nearby, President George H.W. Bush quipped "'Reprieve,' 'keep him going,' or 'pardon': it's all the same for the turkey, as long as he doesn't end up on the president's holiday table."

Recently, White House mythmakers have claimed that President Harry S. Truman began the tradition of "pardoning" a turkey. However, the Truman Library & Museum disputes the notion that he was the first to do so. The focus on Truman stems from his being the first president to receive a turkey from the Poultry and Egg National Board and the National Turkey Federation. From September to November 1947, announcements of the government encouraging "poultry-less Thursdays" grabbed national headlines. Outrage from homemakers, restaurant owners, and the poultry industry was palpable in Washington. This came to a head when the poultry industry pointed out that the upcoming Thanksgiving, Christmas, and New Year's Day, the three big turkey holidays, happened to fall on Thursday. The effort was deflated in time for Thanksgiving, but not before poultry growers had sent crates of live chickens—"Hens for Harry"—to the White House in protest. The turkey they presented to President Truman that December promoted the poultry industry and established an annual news niche that endures today.

Continued on Page 2



While 1947 was the beginning of the official turkey presentation from the poultry industry, the turkey pardon remained a sporadic tradition. In December 1948, Truman accepted two turkeys and remarked that they would "come in handy" for Christmas dinner. There was clearly no plan for these birds to receive a presidential pardon.

The Washington Post used both "pardon" and "reprieve" in a 1963 article in which President Kennedy said of the turkey, "Let's keep him going."

During the latter years of the Nixon presidency, Patricia Nixon accepted the turkeys on behalf of the President and in 1973 sent the bird to the Oxon Hill Children's Farm.

The 1978 turkey, presented to Rosalynn Carter, met a similar fate when it was sent to Evans Farm Inn to live in a mini zoo.

After 1981 the practice of sending the presentation turkey to a farm became the norm under Ronald Reagan. The turkey ceremony also became a source of satire and humor for reporters.

The formalities of pardoning a turkey gelled by 1989, when George H. W. Bush, with animal rights activists picketing nearby, quipped, "But let me assure you, and this fine tom turkey, that he will not end up on anyone's dinner table, not this guy -- he's granted a Presidential pardon as of right now -- and allow him to live out his days on a children's farm not far from here."

*Article from [whitehousehistory.org](http://whitehousehistory.org)*

**President Johnson**



**President Ford**



**President Eisenhower**



**President Bush (Sr.)**



**President Hoover**



**President Kennedy**



**President Reagan**



**President Truman**





### **Arthritis Treatment**

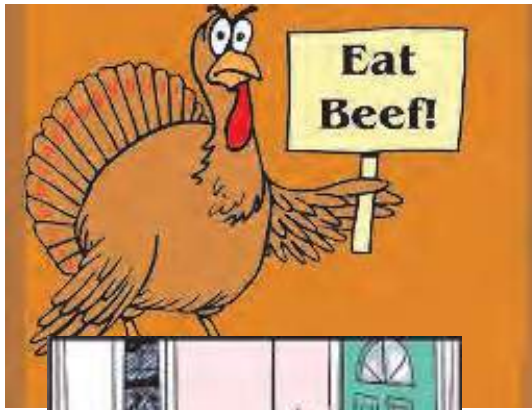
Each kind of arthritis is handled a little differently, but there are some common treatment choices. Rest, exercise, eating a healthy, well-balanced diet, and learning the right way to use and protect your joints are key to living with any kind of arthritis. The right shoes and a cane can help with pain in the feet, knees, and hips when walking. You can also find gadgets to help you open jars and bottles or to turn the door knobs in your house more easily. In addition, there are also medicines that can help with the pain and swelling. Acetaminophen can safely ease arthritis pain. Some NSAIDs (nonsteroidal anti-inflammatory drugs), like ibuprofen and naproxen, are sold without a prescription. Other NSAIDs must be prescribed by a doctor. But in 2005, the US Food and Drug Administration (FDA) warned people about the possible side effects of some NSAIDs, both those sold with or without a prescription. You should read the warnings on the package or insert that comes with the drug. Talk to your doctor about if and how you should use acetaminophen or NSAIDs for your arthritis pain.



**Rheumatoid Arthritis**-With treatment, the pain and swelling from RA will get better, and joint damage might slow down or stop. You may find it easier to move around, and you will just feel better. In addition to pain and anti-inflammatory medicines, your doctor might suggest anti-rheumatic drugs, called DMARDs (disease-modifying antirheumatic drugs). These can slow damage from the disease. Medicines like prednisone, known as corticosteroids, can ease swelling while you wait for DMARDs to take effect.

*Continued on page 6*

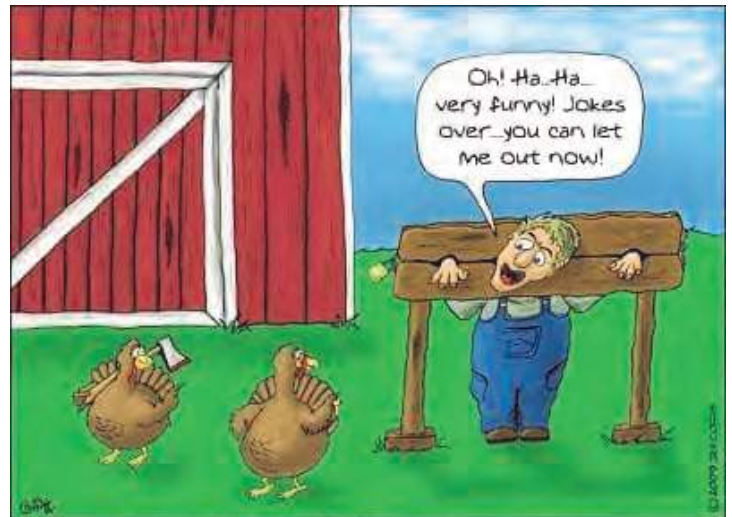
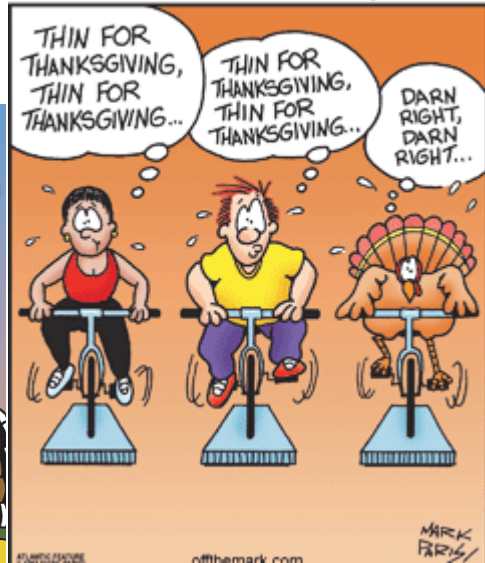




"It was only one snowflake, Marmaduke."



off the mark.com by Mark Parisi





# Diabetes



Diabetes is a serious health condition estimated to affect over 29 million people in the United States. The American Diabetes Foundation estimates that 25 percent of adults over age 65 have been diagnosed with diabetes.

There are two main types of diabetes: Type 1 and Type 2. Type 1 diabetes is most common in young children. This occurs when the body produces little to no insulin. It is estimated that only 5 percent of the people who are diagnosed with diabetes are diagnosed as Type 1.

Type 2 diabetes occurs more often in adults and older adults. This occurs when the body does not use insulin like it should. There is an increased chance of developing Type 2 diabetes if you are overweight, physically inactive and have a family history of the disease.

Diabetes may require various treatment approaches such as diet, exercise, medication and other lifestyle changes. It is important to incorporate a healthy diet with a focus on portion control.

## Proteins

Protein will help keep you feeling full and blood sugar levels more stable. Plant-based proteins such as beans, tofu and nuts are great sources of protein, healthy fat and fiber. Make sure to read the Nutrition Facts Label to determine how many carbohydrates it contains.

Fish and seafood should be incorporated at least two times per week. Aim to choose fish that is high in omega 3 fatty acids such as salmon, albacore tuna and mackerel. Omega 3 fatty acids will help provide your body with the healthy fats it needs.

It is best to choose poultry without the skin to help reduce fat content. If you choose to have red meats, make sure to choose the leaner cuts such as chuck, rump roast, round, sirloin or flank.

## Carbohydrates

A common myth is that people with diabetes need to avoid carbohydrates. They should be apart of everyone's healthy diet.

Complex carbohydrates will have a slower breakdown in the body and will cause blood sugar to be more stable. Complex carbohydrates include oatmeal, whole wheat products, brown rice, legumes and quinoa.

Starchy vegetables are a great source of vitamins and

fiber. Examples include potatoes, pumpkin, acorn squash, butternut squash, green peas and corn. These vegetables contain more carbohydrates and should be considered as a starch.

Legumes are full of protein and fiber and should be incorporated a few times per week. If cooking with canned beans or peas, look for the "no salt added" or "reduced sodium" products. If these are not available, make sure to drain and rinse beans to reduce the amount of sodium. Examples of beans include dried beans such as black and pinto, and lentils. Examples of dried peas include black-eyed, split and fat-free refried beans.

## Non-Starchy Vegetables

Non-starchy vegetables do not affect blood sugar levels like starchy vegetables do, because they are packed with vitamins and antioxidants and contain very few carbohydrates.

Aim to incorporate three to five servings of vegetables per day. A serving consists of half cup cooked or one cup raw vegetables. Vegetables can be used at meals but also make great snack options. If using canned vegetables, look for the "no salt added" or "reduced sodium" products. If these are not available, make sure to drain and rinse vegetables to help reduce the amount of sodium.

## Fruits

Fruit contains carbohydrates and will need to be counted as part of the meal plan. It is best to choose fruit that is fresh, frozen or canned without the added sugars. Choose canned fruits that are in juice or light syrup. Dried fruits are also a healthy option but will often have higher sugar content for smaller portions.

## Dairy

Dairy products will often contain higher amounts of calcium as well as high-quality protein. It is best to choose low-fat dairy products to save on total fat and calories. Good choices of dairy products include low-fat milk, plain and non-fat yogurt (regular or Greek), and un-flavored fortified soy milk.

Good nutrition is a key component to managing diabetes. Focusing on incorporating a variety of foods with adequate portion control can help keep blood sugar levels stable. It is best to talk to your doctor or registered dietitian for a meal plan that is specific to your needs.

*Article is from Aging Partners*



## Senior Arthritis: Treatments & Care Continued

Another type of drug, biologic response modifiers, blocks the damage done by the immune system. They sometimes help people with mild-to-moderate RA when other treatments have not worked.

**Gout**-If you have had an attack of gout, talk to your doctor to learn why you had the attack and how to prevent future attacks. The most common treatment for an acute attack of gout uses NSAIDs or corticosteroids like prednisone. This reduces swelling, so you may start to feel better within a few hours after treatment. The attack usually goes away fully within a few days. If you have had several attacks, your doctor can prescribe medicines to prevent future ones.



### Exercise Can Help

Along with taking the right medicine and properly resting your joints, exercise is a good way to stay fit, keep muscles strong, and control arthritis symptoms. Daily exercise, such as walking or swimming, helps keep joints moving, decreases pain, and makes muscles around the joints stronger.

**Range-of-motion Exercises:** Dancing and yoga both relieve stiffness, keep you flexible, and help you keep moving your joints.



**Strengthening Exercises:** Weight training will keep or build muscle strength. Strong muscles support and protect your joints.

**Aerobic and Endurance Exercises:** Bicycle riding and running make your heart and arteries healthier, help prevent weight gain, and improve the overall working of your body. Aerobic exercise also may decrease swelling in some joints.

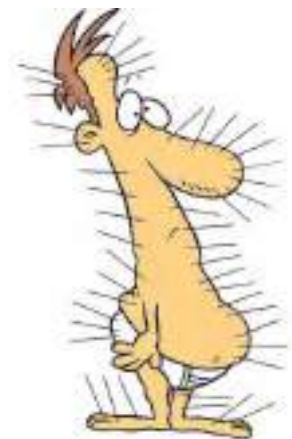
### Alternative Remedies

Along with exercise and weight control, there are other ways to ease the pain around joints. You might find comfort by applying heat or cold, soaking in a warm bath, or swimming in a heated pool.

Your doctor may suggest surgery when damage to your joints becomes disabling or when other treatments do not help with pain. Surgeons can repair or replace these joints with artificial (man-made) ones. In the most common operations, doctors replace hips and knees.

Recent studies suggest that Chinese acupuncture may ease OA pain for some people. Research now shows that the dietary supplements glucosamine and chondroitin may help lessen your OA pain. However, more information is needed before anyone can be sure.

Many people with arthritis try remedies that have not been scientifically tested or proven helpful. Some remedies, such as snake venom, are harmful. Others, such as copper bracelets, are harmless, but also unproven.



How can you tell that a remedy may be unproven?

- The remedy claims that a treatment, like a lotion or cream, works for all types of arthritis and other diseases.
- Scientific support comes from only one research study.
- The label has no directions for use or warning about side effects

*Article is from aplaceformom.com*





Medicare D's PDP (prescription drug plan) annual open enrollment event runs from October 15 through December 7 every year. This is a good opportunity to have your PDP compared to other plans for 2018—to see if there is a plan that would work better (be more cost effective) for you in the new year. The drug insurance companies are allowed to change their plans annually, either by changing the cost of the premiums, the drugs, or both, so you, too, are allowed to find and change to a plan that will better for you in 2018.

Volunteers from Lincoln's SHIIP (Senior Health Insurance Information Program) will be available in Wilber at the Dvoracek Memorial Library all day on Thursday, November 9, 2017, to do Medicare D Prescription Drug comparisons.

The staff at Saline County Aging Services (SCAS) are also SHIIP volunteers and will be doing Medicare D comparisons during open enrollment. The comparisons done by the SCAS staff will be on a first come, first served basis. A worksheet will need to be filled out stating which drugs you are currently taking. As in the past, the staff will do the comparison based on your worksheet and send you the results. Then if you wish to have questions answered or want to change plans, an appointment will be made.

Please call SCAS at 402-821-3330 for more information and/or to set up an appointment to attend the SHIIP event at the library on November 9.



# Veterans Day Facts

Great Britain, France, Australia, and Canada also commemorate the veterans of World Wars I and II on or near November 11.

There are 21.5 million veterans in the United States, according to the Census Bureau! Find one today and give thanks for his or her service!

The most famous of all Veterans Day observances is held at the Tomb of the Unknowns at Arlington National Cemetery. The observance is held at 11 a.m., the same time as the signing of the armistice to end World War I. Here, the President lays a wreath at the Tomb as a bugler plays the common musical piece "Taps."

**At least 1,034,762 men and women have given their lives to defend the United States!**

American veterans own 2.4 million businesses throughout the United States. Buy from a veteran!

All Americans nationwide are encouraged to display the flag and recognize U.S. veterans wherever they may be!

It was Alvin King, the uncle of John Cooper, a soldier killed in World War II, who approached congressman Edward Rees and asked that Armistice Day be changed to honor all veterans.

Despite many schools that close their doors on Veterans Day, there is no requirement that forces them to do so. In fact, many do not close! So consider yourself lucky if you get the day off!

Raymond Weeks of Birmingham, Alabama is believed to have organized the very first parade to honor all veterans in 1947!



## Exercise of the Month — Back Leg Raise



**TIP:** As you progress, you may want to add ankle weights. This exercise strengthens your buttocks and lower back. For an added challenge, you can modify the exercise to improve your balance.

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

## Recipe of the Month

### Homemade Applesauce

#### **Ingredients:**

- 4 lbs . Apples, cored and peeled
- 1 c . Water
- 2 tbsp . Lemon Juice
- 1/2 c. Sugar (more or less depending on preference)
- Pinch of Salt
- 1 tsp . Ground Cinnamon
- 1/2 tsp . Vanilla Extract

#### **Directions:**

1. Core and peel the apples; then cut them into uniform chunks and place in a large pot.
2. Add the water, lemon juice, sugar, salt, cinnamon and vanilla. Mix well.
3. Bring the contents to a boil over high heat; then reduce heat, cover pot and simmer 20-30 minutes, stirring occasionally until the apples are soft.
4. Mash the apples with a potato masher or a fork and allow to cool. Refrigerate up to 4 days in an airtight container.





Indians  
New England  
Puritans  
Celebration  
Cranberry Sauce  
Gathering  
New World  
Stuffing  
Mayflower  
November  
Thanksgiving  
Colonists  
Drumstick  
Gravy  
Pilgrims  
Sweet Potatoes  
Plantation  
Thursday  
Corn  
Family  
Harvest  
Proclamation  
Autumn  
Table  
Feast  
Mashed Potatoes  
Pumpkin  
Turkey  
Plymouth Rock  
Mayflower Compact



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



## Riddle of the Month

**What goes up but never comes down???**

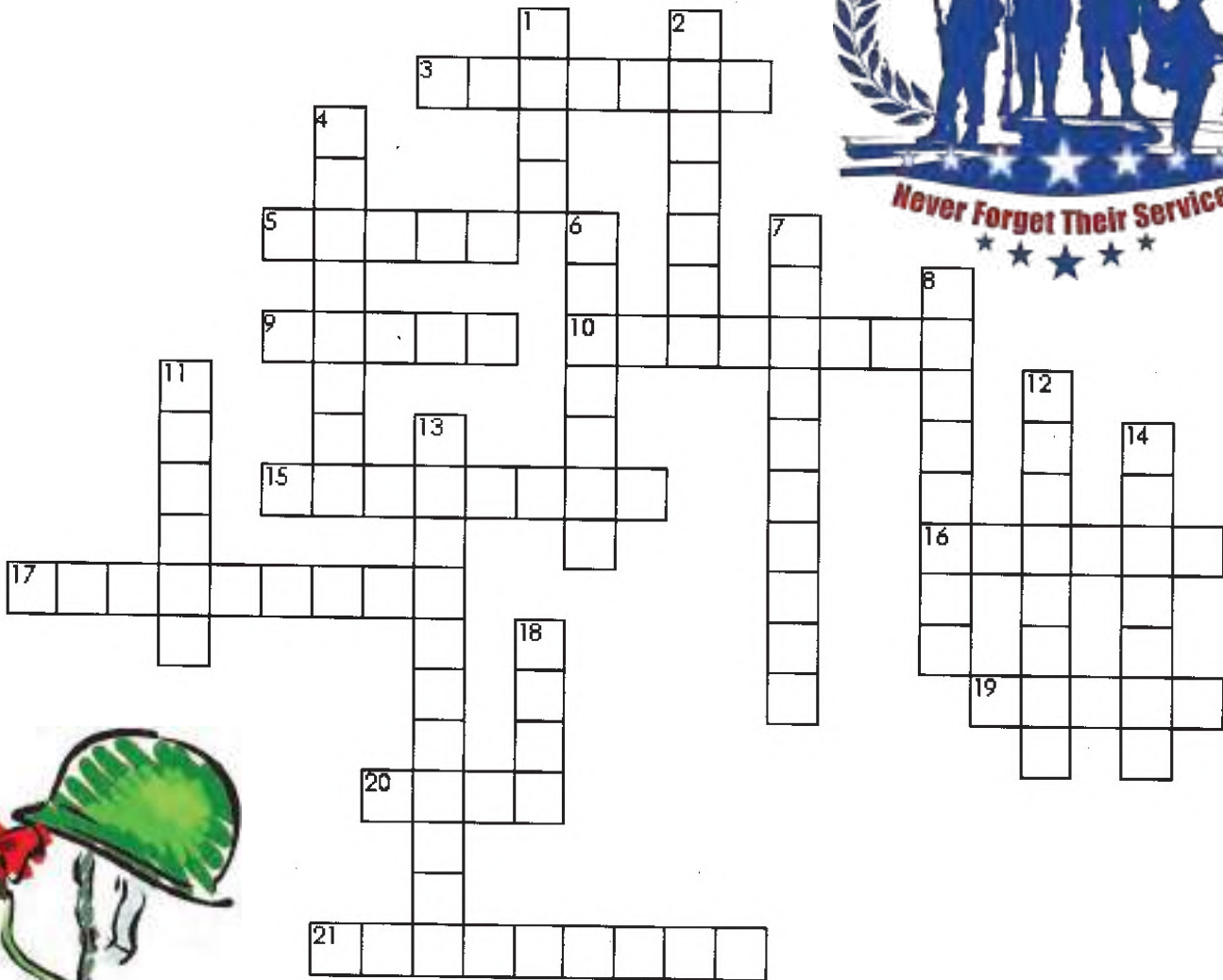
Answer the riddle correctly at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

**Please include your phone number with your answer!**



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





## Across:

3. They have fought "from the halls of Montezuma/to the shores of Tripoli."
5. A group of soldiers.
9. This flower is closely associated with Veterans Day.
10. A member of a highly-trained military unit who participates in offensive military actions beyond the skill of regular units.
15. The Tomb of the Unknown Soldier is located in Arlington National \_\_\_\_\_.
16. A fight between two opposing forces.
17. Veterans Day was originally called \_\_\_\_\_ Day.
19. U.S. troops fought in this country from 1950-1953.
20. Soldiers trained to fight primarily at sea.
21. Who is the Commander-in-chief of all the United States Armed Forces?

## Down:

1. "First to fight for the right, and to build the nation's might, and the \_\_\_\_\_ goes rolling along."
2. The poem "In Flanders Field" was written in the midst of intense fighting in the European country.
4. Off they go, into the wild blue yonder...
6. Defeat of an enemy.
7. Their motto is "Semper Paratus" (Always Ready).
8. Veterans' Day is observed on \_\_\_\_\_ 11.
11. The U.S. officially entered World War II following a bloody attack on Pearl Harbor in this state.
12. This command branch of the U.S. Military is housed in this huge complex in Washington, D.C.
13. A man or woman in military service
14. Veterans' Day is observed as \_\_\_\_\_ Day in many parts of Europe.





May your Thanksgiving be only the beginning of a season full of blessings and rich in happiness.

Yours in Service,

A handwritten signature in black ink, appearing to be "Amy".

## Full Circle



Come unwind at

### 'SCAS Game Days'

Join us for Dominoes!

Don't play? Don't fret! Come and learn!

OR we will have decks of cards, & puzzles available too!

#### In Wilber

Enjoy Popcorn,  
Hot Cocoa, Apple Cider  
& other goodies!

**November 17th 1:30  
The Back Room'- SCAS**

Please **RSVP by November 16th**  
to attend this event!  
**402.821.3330**

**Free for individuals 50+  
\$2.00 for individuals under 50**

Bring your game face!



### Come join us as we celebrate National Game & Puzzle week!

Come to one or come to both!  
Everyone welcome!

#### In Friend

Join us for lunch

Baked Potato Bar

**November 16th at Noon  
Friend Community Healthcare  
Systems**

Please **RSVP by November 7th**  
to attend this event!  
**402.821.3330**

#### Cost:

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



## Announcements



November is Hospice Month-Hospice is about living. Hospice treats the person, not the disease and focuses on the entire family, not just the individual. Care may be delivered in a nursing home, personal home, assisted living home or hospital. Depending on services all or part of hospice care may be covered by Medicare, Medicaid or private insurance. Studies show patients may live longer and more fully if they receive hospice services. Begin to think about hospice early rather than in the midst of a crisis.

*Information Provided by Lori Stanley at AseraCare*



Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!



Please don't hang up! We have a new phone system! To leave a message for Amy you will press 1. To leave a message for Laura you will press 2. To leave a message for Katie, you will press 3. Don't know who it is you are looking for? That's ok too, you can leave a general message and we will get it to the right person! Let us know if you are having difficulties and we will do our best to help you!



Interested in coming to one of our foot clinics?  
We have clinics in  
Dorchester, Crete, Friend and Wilber.  
Call Laura at 402.821.3330 to make an appointment near you!



As we know all too well, Nebraska weather can be very unpredictable.

So please remember that Saline County Aging Services will be closed when

- the Saline County Courthouse is closed.
- Wilber-Clatonia Public Schools closes because of bad weather.
- We will come in late if the Wilber-Clatonia Public schools are having a late start because of weather.
- And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to reschedule your appointment.

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



## Finding Adult Day Care Options

Caregivers who are just beginning their journey may feel adult day care services are for later stages of their loved one's situation. The sooner caregivers locate and enroll their family member in a program, the greater the benefit for all concerned. Finding the appropriate day care can be challenging, but has grown much easier over time.

More adult day care centers are popping up in different areas. You may begin to notice more of them than you did previously, which expands options for places to start.



### **THE FIRST HURDLE**

Well meaning family and friends may have suggested day care, using a variety of rationales that can sometimes border on invasive. If you are the primary caregiver, take the suggestions into consideration, while firmly stopping anything that makes you uncomfortable. But, take the opportunity to tell everyone offering advice that when you are ready to look for a site, you will appreciate their help.

The concerns you may have about quality of care and cost are valid. The intangible concerns of whether it is the "right" decision may require more thought and even some counseling through local support groups. You must feel comfortable about your choice to utilize day care to enhance your relationship with your loved one, and improve their day-to-day experience.

Once you come to the decision that day care will enhance your loved one's experiences and offer you peace of mind, you can begin looking for facilities to meet your needs.

### **WHERE TO LOOK**

National organizations are especially helpful if your loved one spends time with family out of your area. Begin by learning which resources are state managed. Contact the local Area Agency on Aging and/or ADRC in the area where your loved one lives.

The Alzheimer's Association has a community resource finder on their site with a zip code locator for the division serving your area, and other service friendly carriers to help with your search. Their section on adding caregiving skills can be utilized to help caregivers manage their experience before and after the loved one has entered a suitable day care environment. Since caregiver and loved one's needs change after daycare placement, evaluating caregiving skills diminishes stress levels. Do navigate the entire site to find hidden gems that will enhance your creativity in searching for options.



Your city and county guides online will connect you with day care centers. Some facilities are privately owned and operated, and will be found through phone directories or advertisements. Interview every facility to your comfort level, remembering that you will eventually need to make a decision.

Some facilities may be difficult to get into, and switching from one to another isn't an easy solution. Inquire about temporary admission, which will free up space in the program for long-term care needs, and allow you to test how that particular center meets everyone's needs. If you are able to set up more than one of these situations, it can stave off the anxiety of finding a permanent program, or passing the time of being on a waiting list for your first choice.

### **WHAT IS DAY CARE, REALLY?**

Adult day care is a managed program that is designed for specific individuals who cannot stay at home by themselves. Frail elderly persons, individuals with memory loss, or seniors with other challenges are candidates for day care.

Facilities are managed by state or local programs, including non-profit organizations. Private day care may be a franchise, or run by an individual who rents or owns a facility.



Clients are overseen during the hours they attend. Hours will vary, but generally span regular business hours (9 a.m. to 5 p.m.) to accommodate caregivers who work outside the home.

Meals, snacks and activities are part of the day care experience. There may be trips to shopping centers (with caregiver permission), restaurants or other off site expeditions. Each facility offers a calendar of activities to orient loved one and family to the day care structure. Most programs include arts and crafts, music, time for rest and visiting with other clients.

Reputable day care programs focus on "caring." Clients are offered a place to enjoy the day with an emphasis on retaining self esteem. Day care is not a "dumping ground"! Although loved ones (especially those with dementia) may resist attending, staff members are skilled in making clients feel comfortable. Loved ones will share



stories about their day, perhaps bringing home crafts made in “class.” Activities will span the range of clients’ abilities.

Adult day care is an enhancement to the journey of caregiver and loved one. Family members can enjoy a sense of security that their loved one is attended to. Loved ones can develop a life outside the home that is interesting, fun and safe. They do not have to worry, and if they show concern or anxiety, staff will reassure them as needed.

As an arrangement to delay or eliminate placement in a long-term care facility, day care is a preferred option by lay and professional caregivers. The combination of activities, change of atmosphere and competent personnel can deliver quality care. For some individuals, day care offers a unique type of “therapy” that doesn’t require a doctor’s order.

### **MORE BENEFITS**



Caregivers will have an improved relationship with their loved one. Stress reduction may be the apparent bonus, but the joy of seeing a loved one interact with others can improve everyone’s overall outlook. Even the “normal” aging process has its progressive side, but day care can become a restorative force in a loved one’s journey.

Programs may offer caregivers options for counseling and support, and information about other possibilities such as at home respite care.

Connecting with other caregivers serves as a reminder that many individuals have chosen the path to work with their loved one by delivering “hands on” care. Relationships outside of day care may be formed over time, creating new friends and resources.

Feeling alone is an unwelcome side effect for caregiver and loved one. Day care reaches out to both individuals, creating a solid atmosphere of support. The miracle of connection with others can be explored in a professional environment that yields many personal benefits.

*Article is from caregiver.com*



# November Activities

			1 Lunch 12:00 p.m.	2 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 2:00-3:00	3 Sandwich Day 	4
5 Doughnut Day 	6 Coffee 9am Bridge 10:30-230 Pitch 11a-2pm	7 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 11a-12p Tai Chi 2:00-3:00	8 Foot Clinic Bridge 10:30-230 Lunch 12:00 p.m.	9 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 11a-12p Tai Chi 2:00-3:00	10	11 
12	13 Coffee 9am Pitch 11a-2pm Work Day 1p-4p	14 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	15 Foot Clinic Lunch 12:00 p.m.	16 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	17 Pancake Feed 	18 Mickey Mouse's Birthday 
19 Craft & Flea Market 9a-2p 	20 Coffee 9am Bridge 10:30-230 Pitch 11a-2pm	21 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	22 Bridge 10:30-230 Lunch 12:00 p.m.	23 	24	25 Small Business Saturday 
26 Cake Day 	27 Coffee 9am Pitch 11a-2pm	28 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	29 Lunch 12:00 p.m.	30 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30		
Key: Crete Dorchester Wilber Friend DeWitt			All foot clinics are by appointment only.	Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330	For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873	



## What's Happening Near You?

### DeWitt Senior Center Meal Schedule

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

WEDNESDAY, November 1st

Program—Music by Ed and Ida Agena  
Menu—Mild Salsa Pork, Scalloped Potatoes, Peas, Fruit & milk  
Bridge & Dominos

WEDNESDAY, November 8th

Program—New Resident and Business by Heather Thompson  
Menu—Chicken Alfredo, Noodles, Corn, Fruit & Milk

WEDNESDAY, November 15th

Program—Getting to Know You Better  
Menu—Meatloaf, Mashed Potatoes, Mixed Vegetables, Fruit & Milk  
Bridge & Dominos

WEDNESDAY, November 22nd

Program—Saving Nebraska's Treasures  
Menu—Ham, Sweet Potatoes, Green Bean Casserole, Fruit & Milk

WEDNESDAY, November 29th

Program—Health, History & Habits of Tea by Kathy Stokebrand  
Menu—Beef & Noodles, Mashed Potatoes, Carrots, Fruit & Milk  
Celebrate November Birthdays  
Cards & Dominos



**Winner of October's riddle:**  
**Judy Bergmeyer**  
of  
Clatonia

received a \$5 gift card to Subway!  
Get your answers in by the 15th  
for this month's riddle so you can  
be the next winner!

The answer to October's  
riddle was THE LETTER 'E'.



**HAPPY BIRTHDAY!**

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

**COMMUNITY SUPPER:** Join community members of all ages and walks of life at the First Evangelical Lutheran 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, November 30, 2017, in the Wilber Care Center's Activity Room. Please RSVP by November 24th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

### Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330



## Service Spotlight

### FOOT CLINICS

As a person ages, they may find toenail trimming a difficult task to accomplish themselves. Whether it is because their feet are hard to reach, or their nails have thickened, or for safety concerns because of diabetes.



Saline County Aging Services has five foot care clinics each month in Saline county: Two in Wilber and one each in Crete, Dorchester, and Friend. Registered nurses provide the services for these clinics.

It is a popular service and each clinic has had a waiting list at one time or another. The reason for the waiting list is because there are only so many appointment times at each clinic, and when a person comes, they usually want to return on a regular basis.

If your preferred clinic has a waiting list, you could start receiving services at another clinic/town. This will give you priority, so when an opening occurs in your town/area, you will have the opportunity to attend that clinic before others on the waiting list.

We currently have openings at our Wilber and Dorchester clinics. If you are from the Friend or Crete area and would like to have your nails trimmed, please call 402-821-3330 or 800-778-3309 to get your name on the waiting list. There is a *suggested contribution* of \$10.00 for this service.



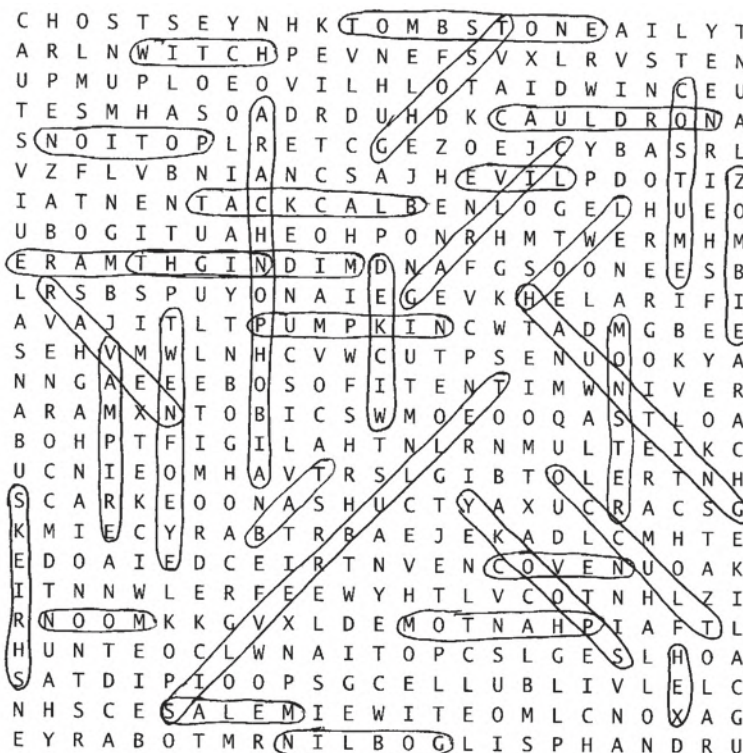
### 2017 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance of the following County holidays.

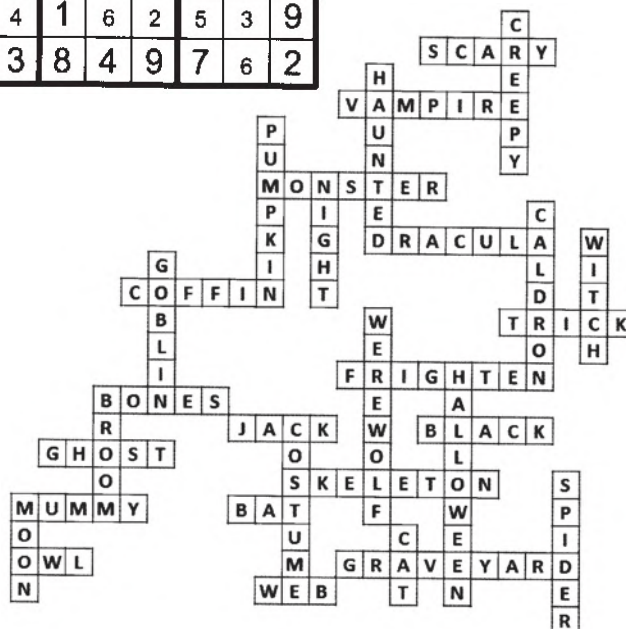
If in doubt, please call 402-821-3330.

Nov. 11 Veterans' Day  
Nov. 23 Thanksgiving  
Nov. 24 Day after Thanksgiving  
Dec. 25 Christmas Day

### Answers to last months puzzles.



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





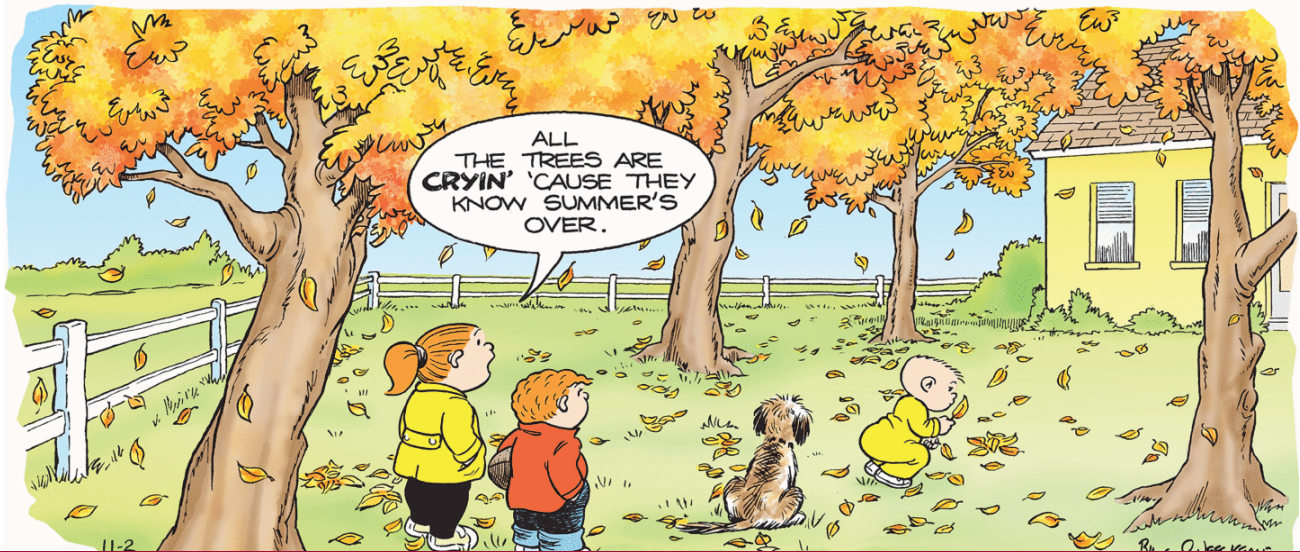
## Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to  
**Saline County Aging Services– PO Box 812– Wilber, NE 68465**  
or bring it into our office at 109 W. 3rd Street in Wilber  
or call us at 402-821-3330.

Name:

Mailing Address:

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

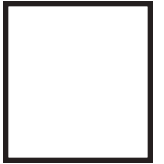


Mark your calendars!



Medicare  
Prescription Drug  
Enrollment  
October 15 - December 7





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 on the basis of race, color, national origin, sex, age, or disability.







# 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



Volume 2, Issue 16

December 2017

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*Sounds  
of the  
Season*



## The History of Christmas Carols



Carols were first sung in Europe thousands of years ago, but these were not Christmas Carols. They were pagan songs, sung at the Winter Solstice celebrations as people danced round stone circles. The Winter Solstice is the shortest day of the year, usually taking place around the 22nd December. The word Carol actually means dance or a song of praise and joy! Carols used to be written and sung during all four seasons, but only the tradition of singing them at Christmas has really survived.

Early Christians took over the pagan solstice celebrations for Christmas and gave people Christian songs to sing instead of pagan ones. In 129, a Roman Bishop said that a song called "Angel's Hymn" should be sung at a Christmas service in Rome. Another famous early Christmas Hymn was written in 760, by Comas of Jerusalem, for the Greek Orthodox Church. Soon after this many composers all over Europe started to write 'Christmas carols'. However, not many people liked them as they were all written and sung in Latin, a language that the normal people couldn't understand. By the time of the Middle Ages (the 1200s), most people had lost interest in celebrating Christmas altogether.

This was changed by St. Francis of Assisi when, in 1223, he started his Nativity Plays in Italy. The people in the plays sang songs or 'canticles' that told the story during the plays. Sometimes, the choruses of these new carols were in Latin; but normally they were all in a language that the people watching the play could understand and join in! The new carols spread to France, Spain, Germany and other European countries.

The earliest carol, like this, was written in 1410. Sadly only a very small fragment of it still exists. The carol was about Mary and Jesus meeting different people in Bethlehem. Most Carols from this time and the Elizabethan period are untrue stories, very loosely based on the Christmas story, about the holy family and were seen as entertaining rather than religious songs. They were usually sung in homes rather than in churches! Traveling singers or Minstrels started singing these carols and the words were changed for the local people wherever they were traveling.

*Continued on page 2*



## History of Christmas Carols continued...

One carol that changed like this is 'I Saw Three Ships'.

When Oliver Cromwell and the Puritans came to power in England in 1647, the celebration of Christmas and singing carols was stopped. However, the carols survived as people still sang them in secret. Carols remained mainly unsung until Victorian times, when two men called William Sandys and Davis Gilbert collected lots of old Christmas music from villages in England.



Before carol singing in public became popular, there were sometimes official carol singers called 'Waits'. These were bands of people led by important local leaders, such as council leaders, who had the only power in the towns and villages to take money from the public (if others did this, they were sometimes charged as beggars!). They were called 'Waits' because they only sang on Christmas Eve, which was sometimes known as 'watchnight' or 'waitnight' because of the shepherds were watching their sheep when the angels appeared to them, when the Christmas celebrations began.



Also, at this time, many orchestras and choirs were being set up in the cities of England and people wanted Christmas songs to sing, so carols once again became popular. Many new carols, such as 'Good King Wenceslas', were also written in the Victorian period.

New carols services were created and became popular, as did the custom of singing carols in the streets. Both of these customs are still popular today! One of the most popular types of Carols services are Carols by Candlelight services. At this service, the church is only lit by candlelight and it feels very Christmassy! Carols by Candlelight services are held in countries all over the world. The most famous type of Carol Service might be a Festival of Nine Lessons and Carols, where carols and Bible readings tell the Christmas Story. One of those songs which is still popular today is Silent Night.

The words of Silent Night were written by a Priest called Fr. Joseph Mohr in Mariapfarr, Austria, in 1816 and the music was added in 1818, by his school teacher friend Franz Xaver Gruber, for the Christmas service at St. Nicholas church in Oberndorf, Austria.

Fr. Mohr asked Franz Gruber to compose the melody with a guitar arrangement. It was several years later that Franz Gruber wrote an arrangement for the organ. Historians who have conducted research in recent years believe that Fr. Mohr wanted a new carol that he could play on his guitar.

There is a legend associated with the carol that says, Fr. Mohr wanted the carol to be sung by the children of the village at the midnight Christmas Eve service, as a surprise for their parents. But in the middle of practicing, the organ broke and not a note would come from it! So the children had to learn the carol only accompanied by a guitar. They learned the carol so well that they could sing it on its own without accompaniment. However, there are no records to indicate that a children's choir was involved or that the organ was broken!

At Midnight Mass in 1818, Fr. Mohr and Franz Gruber sang each of the six verses with the church choir repeating the last two lines of each verse. Mohr set down the guitar arrangement on paper around 1820 and that is the earliest manuscript that still exists. It is displayed in the Carolino Augusteum Museum in Salzburg. There are a number of manuscripts of various 'Stille Nacht' arrangement that were written by Franz Gruber in later years.

The original words of the song were in German (and it was called 'Stille Nacht! Heilige Nacht') and translated in to English went:

Silent night, holy night,  
Bethlehem sleeps, yet what light,  
Floats around the heavenly pair;  
Songs of angels fills the air.  
Strains of heavenly peace.





## History of Christmas Carols continued...



It's thought that the song might have traveled around the area with an organ repairman, Karl Mauracher, who could have taken an early arrangement with him in about 1820. Then two singing families (like the 'Von Trappes' in *The Sound of Music*) seem to have discovered the song and performed it as part of their concerts. In December 1832, the Strasser family performed it at a concert in Leipzig. It was first performed in the USA in 1839 by the Rainer family, who sang 'Stille Nacht' at the Alexander Hamilton Monument

outside Trinity Church in New York City. During this time the tune changed to the one we know and sing today!

It was translated into English in 1863 by John Freeman Young. The carol was sung during the Christmas Truce in the First World War in December 1914 as it was a song that soldiers on both sides knew!

By the time that the carol was famous, Fr Mohr had died. Franz Gruber wrote to music authorities in Berlin saying that he had composed the tune, but no one believed him and it was thought that Haydn, Mozart or Beethoven had written it! But then the 1820 manuscript was found and in the top right corner Fr Mohr had written: 'Melodie von Fr. Xav. Gruber'. It's now one of the most, if not the most, recorded songs in the world!

*Information is from [whychristmas.com](http://whychristmas.com)*





"We had enough stuff left over to decorate Marmaduke."



12-7  
© 2010 SEI Keane, Inc.  
Dist. by King Features Synd.  
www.familycircus.com

"... Grandma said Christmas is just around the corner."



117 © 2010 Maria Soriano Dist. by Tribune Content Agency, LLC



"What happened to my milk and cookies?"



# A Well-Seasoned Heart



All of us enjoy eating tasty, well-seasoned foods. However, we all need to be careful to limit our sodium intake to prevent and improve hypertension. Hypertension is a chronic disease that affects many older 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 disease.

Individuals with hypertension are advised to consume no more than 1,500 mg of sodium per day; about 3/4 a teaspoon of salt if you were to measure it out as one lump sum!

There is a large amount of salt added to our foods so it is very important to always read the Nutrition Facts Label for sodium content. The DASH Diet (Dietary Approaches to Stop Hypertension) is recommended for all, regardless of whether or not they are diagnosed with hypertension. The DASH diet is used to prevent and control high blood pressure. It is naturally low in sodium because of the strong emphasis placed on whole foods. It is a well-balanced diet that incorporates an abundance of fruits and vegetables as well as a



reduction in saturated fat, total fat, cholesterol and sweets. Since the DASH diet is high in fiber, gradual increases of fruits, vegetables, and whole grains should be made over time.

**Did you know that salt is an acquired taste?**

Salt is an acquired taste that is developed over time. We become accustomed to salty foods and start to crave the saltiness even more. Cutting down on this acquired taste can be difficult, but learning different ways to flavor foods may help decrease your risk for a variety of chronic diseases. The body adjusts to this decreased salt intake fairly well. In time, you crave salty foods less. Eventually some may even taste too salty.

**Did you know that salt is used for more than just flavoring food?**

Salt is used for more than just flavoring. Salt acts as a preservative, which is why it is commonly used in canned and meat products. Salt also affects the texture in many

food products such as yeast breads. It stabilizes the volume of certain products such as egg whites. Some products such as cheese, can't even be made without salt. Cheese depends upon salt to add flavor, texture, quality, shelf-life and safety.

**Did you know that most of the sodium that Americans consume comes from processed foods?**

By limiting the amount of processed foods, we can help decrease our sodium intake. Processed foods that tend to be high in sodium include canned soup, cheese, potato chips, crackers, ready-to-eat frozen dinners, processed meats (luncheon meats and hot dogs), and many other processed foods. Many companies are now adding "reduced sodium" and "no salt added" options. Make sure to read the Nutrition Facts Label and compare similar products and brands to determine which is the healthier choice.



**Did you know that a diet high in fruits and vegetables can help hinder the effects sodium has on blood pressure?**

Many fruits and vegetables are often high in potassium. Potassium works in the body to regulate blood pressure, which has beneficial rewards for cardiovascular health. Sodium and potassium can help control fluid movement as well as regulate blood pressure. The recommended intake of potassium is 4,700 mg. Most Americans tend to consume much smaller amounts of potassium.

**Spice it Up!**

There are a variety of spices to season your food that do not contain salt! A variety of salt-free seasonings are available in the spice section at most supermarkets. Try these tasty tricks to reduce your salt usage when cooking:



- Add lemon or vinegar to fish or meat, as well as many vegetables.
- Season meat with onion, garlic powder, green pepper, ginger, dry mustard, sage and marjoram.
- Cook with fresh mushrooms and unsalted tomato sauce.
- Season vegetables with onion, mint, ginger, dill seed, parsley, green pepper or fresh mushrooms.

*Article is from Aging Partners*



## Identity theft: protect yourself

Identity theft is a serious crime that happens when someone uses your personal information without your consent to commit fraud or other crimes. Personal information includes things like your name and your Social Security, Medicare, or credit card numbers.

### Guard your card and protect your personal information

- To help protect your identity, Medicare is mailing new Medicare cards. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number.
- Do NOT share your Medicare Number or other personal information with anyone who contacts you by phone, email, or by approaching you in person, unless you've given them permission in advance.
- Medicare, or someone representing Medicare, will only call and ask for personal information in these situations:
  1. A Medicare health or drug plan can call you if you're already a member of the plan. The agent who helped you join can also call you.
  2. A customer service representative from 1-800-MEDICARE can call you if you've called and left a message or a representative said that someone would call you back.
- Medicare will not call you to "confirm your information in order to send your new card" or call you to "confirm your information and offer to expedite sending your card to you for \$9.99". These are two scams that have already been reported to the Nebraska SHIP office this season!
- Only give personal information like your Medicare Number to doctors, insurers acting on your behalf, or trusted people in the community who work with Medicare like your State Health Insurance Assistance Program (SHIP).
- Be familiar with how Medicare uses your personal information. If you join a Medicare plan, the plan will let you know how it will use your personal information.

If someone calls you and asks for your Medicare Number or other personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227) or contact Nebraska SHIP at 1-800-234-7119.

If you suspect identity theft, or feel like you gave your personal information to someone you shouldn't have, contact the Federal Trade Commission.

*Information is from Medicare.gov*





## New Medicare Card FAQs

*Why are the new Medicare cards important?*

- Medicare is removing Social Security Numbers from Medicare cards to **prevent fraud, fight identity theft, and keep taxpayer dollars safe.**

*When can I expect my new Medicare card?*

- Cards will be mailed between April 2018—April 2019.
- **Once you receive your new card, shred your old card.**

*What do I need to do to get my new Medicare Card?*

- **Nothing!** Your new Medicare Card will be mailed to you automatically.

*What if I get a call about the new cards?*

- **Hang up!** If you receive calls, mailings or emails asking for information or payment to receive your new card, **this is a scam! DO NOT RESPOND!**



**Report any fraudulent calls or mailings to Nebraska SHIP at 1-800-234-7119.**

*Information is from Nebraska SHIP*



## Your Must Knows

When you begin to care for a family member or friend, you find yourself in a completely foreign land. And, it feels like you immediately need to know how to speak the language in this land.

But, how can you? You didn't expect to be here, you didn't receive training on how to manage here and you certainly didn't receive a map once you arrived. (The Caregiving Years, Six Stages to a Meaningful Journey maps out how to manage today and prepare for tomorrow.)

We've compiled some must-know tips to help. We'll continue to update and add to our list. And, please be sure to add your must-know tips in our comments section, below.



1. Medicare is not Medicaid and vice versa. Medicare, the federal insurance program typically for person's 65 and over, has very limited benefits to cover long-term care needs, either in a home or in a nursing home. Medicaid, a state-funded program typically for low-income persons, pays for the costs of in-home and nursing home care—as long as a caree's income is low enough to qualify for benefits.

2. Caregiving will cost you. According to a Caring.com report, half of surveyed family caregivers spend more than \$5,000 per year on caregiving expenses. According to *Valuing the Invaluable: The Economic Value of Family Caregiving, 2008 Update from AARP*, the average family caregiver for someone 50 years or older spent \$5,531 per year on out-of-pocket caregiving expenses in 2007. For the most recent data on costs of nursing homes, assisted living facilities, home health agencies and adult day programs, check Genworth's 2015 Cost of Care Survey.

3. You can appeal decisions that discontinue Medicare coverage in a nursing home or hospital or home health. The nursing home, hospital or home health agency will provide you with information on how to appeal. If they don't, ask.

4. Watch how health care professionals provide care to your caree. Before a hospital discharge, tape any training the professionals provide to you. Tape the training at home when a home health aide provides care. And, always makes sure a health care professional washes his/her hands and wear gloves whenever he or she provides care.

5. Check and then double check information you receive. Sometimes, health care professionals share correct information. Sometimes, they don't. It's worth the phone calls to make sure you have the right details.

6. Know the good home health agencies, nursing homes, adult day centers and assisted living facilities in your community (and your caree's if you live in different areas). You may need these providers for short-term help (like recovery after a caree's broken hip after a fall) or respite care (so you can take a break) or long-term (when care at home becomes too difficult). Ask your caree's doctor which providers he/she uses, ask friends for their recommendations. Be in the know because you just never know.



7. Check Medicare-certified providers at Medicare's 5-Star Rating website. Medicare rates the quality of care provided by hospitals, home health agencies, nursing homes, dialysis centers, health and drug programs, and equipment suppliers. Their data can help you make the best decision possible.

8. Research the impact of transferring your caree's assets, including the home, so that you do not incur penalties or jeopardize Medicaid benefits.

9. If you are a caregiving adult child living with your caree in your caree's home, your caree could transfer the home to you without jeopardizing Medicaid benefits. Check with an elder law attorney to learn more.

*Continued on page 14*



## Exercise of the Month — Knee Curl



1. Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your foot to the floor.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

**TIP:** As you progress, you may want to add ankle weights. Walking and climbing stairs are easier when you do both the Knee Curl and Leg Straightening exercises. For an added challenge, you can modify the exercise to improve your balance.

## Recipe of the Month

### Soda Cracker Toffee

#### Ingredients:

- 1 cup butter, no substitutes
- 1 cup brown sugar
- 2 sleeves saltine crackers
- 1½ cups semi sweet chocolate chips
- Sprinkles, chopped almonds or walnuts (optional)

#### Directions:

1. Preheat oven to 400 degrees.
2. Line baking sheet with aluminum foil and spray with cooking spray.
3. Line foil with saltine crackers, touching salt side up. You probably won't need quite two sleeves of crackers.
4. Over medium heat, while constantly stirring, bring butter and sugar to a gentle boil. Once it's boiling remove spoon and boil for exactly 3 minutes. You want the heat to be as low as possible while maintaining a boil.
5. Pour over saltine crackers. Spread with the back of a spoon if necessary.
6. Bake for 5 minutes.
7. Immediately after removing them from the oven sprinkle with chocolate chips. Let sit for a few minutes. Spread with the back of a spoon.
8. Decorate with sprinkles, chopped nuts or colored dipping chocolates.







Away in a Manger  
 Choir of the Bells  
 Dominick the Donkey  
 Frosty the Snowman  
 Holly Jolly Christmas  
 Jingle Bell Rock  
 Jingle Bells  
 Let it Snow  
 Little Drummer Boy  
 Little St. Nick  
 O Holy Night  
 Rudolph  
 Santa Baby  
 Silent Night  
 Silber Bells  
 The Christmas Song  
 The First Noel  
 Winter Wonderland



# HOLIDAY TUNES



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

## Riddle of the Month

**What kind of room has no doors or windows??**

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

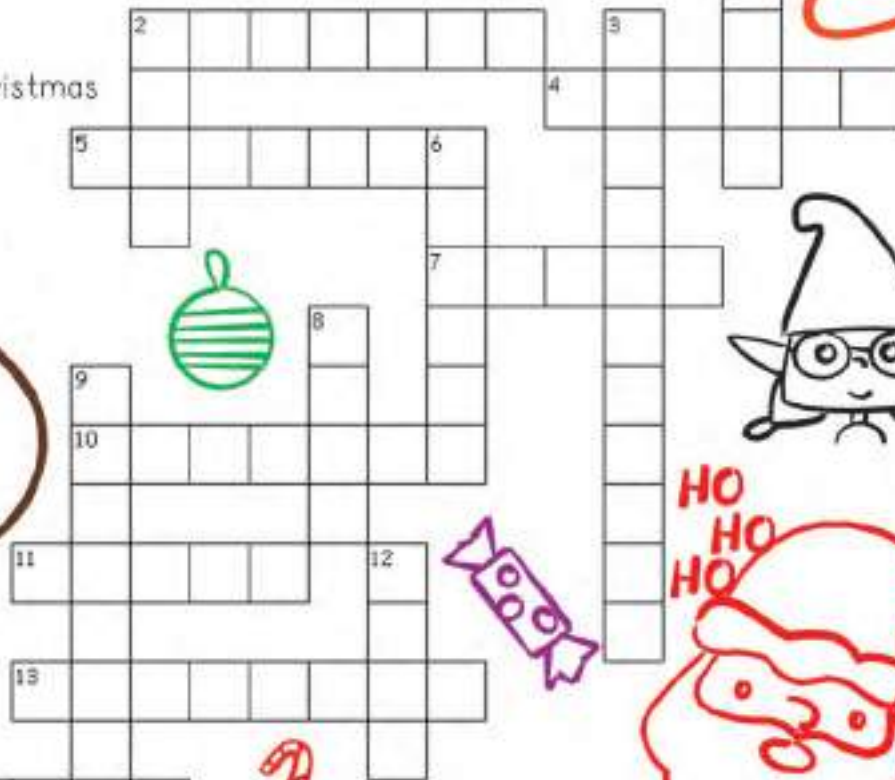
**Please include your phone number with your answer!**

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



Across

2. Frosty the \_\_\_\_\_
4. \_\_\_\_\_ bells
5. Snack for Santa
7. Toy makers
10. Red nosed reindeer
11. He's making a list and checking it twice
13. Dasher, Dancer, Prancer
15. Decorate your door
16. Nutcracker Fairy
18. He tried to steal Christmas
19. Merry \_\_\_\_\_ !



HO  
HO  
HO



Down

1. Hang them by the chimney
2. Dashing through the \_\_\_\_\_
3. Cookie building material
6. Santa's ride
8. Serve with cookies
9. Pretty balls to hang on the tree
12. Where you'll find your gifts
14. Wrapped packages
17. They twinkle on the tree





## Director's Note



Yours in Service,

A handwritten signature in black ink, appearing to be "Amy".

## Full Circle



**Wilber**

**Join us for snacks  
& finger foods**

Thursday, December 14th  
From 1:30—3:30

In the Back Room at SCAS  
Please RSVP to 402.821.3330  
By December 12th



Come play Jingle Bingo and then join in our  
**2nd Annual** Christmas Sweater Contest:

Wear your Christmas sweater or vest to be entered to  
WIN 1 of 3 categories & get a prize!:

- \*Most Festive
- \*Prettiest
- \*Ugliest



**Friend**  
**Join us for lunch**

Friday, December 15th  
12:00—2:00

FCHS Cafeteria  
Please RSVP to 402.821.3330  
By December 6th

**For those over age 60: \$4.50 suggested contribution  
for the meal.**

**For those under age 60: \$5.00 fee**





## Announcements



Saline County Aging Services is proud to announce their participation in The Subaru 2017 Share the Love Event. Share the Love is a wonderful opportunity for you to help support a favorite charitable cause just by leasing or purchasing a new Subaru vehicle. Be-

tween November 16, 2017, and January 2, 2018, Subaru will donate \$250 for each new Subaru vehicle sold or leased to the customer's choice of participating national charities.

Meals On Wheels America is honored to be a partner for the ninth year. To date, Subaru has donated more than **\$10 million to Meals On Wheels America, resulting in nearly 1.44 million meals delivered.**

Local Meals on Wheels programs provide daily nutritious meals, nourishing companionship and critical safety checks to America's homebound seniors. Each donation helps these programs enable seniors to age with independence and dignity in their own homes, where they want to be.

In the past nine years:

- Share the Love has helped deliver more than 1.7 million meals to America's seniors!
- Subaru of America and its participating retailers have donated more than \$94 million to help those in need.

And, by the end of this year, Subaru and its participating retailers will have donated over \$115 million to help those in need!! Subaru and its retailers support Meals on Wheels because it's part of their commitment—to leaving the world a better place than they found it through the core values of trust and love. See your local Subaru retailer for details or visit [subaru.com/share](http://subaru.com/share).

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Interested in coming to one of our foot clinics? We have clinics in  
Dorchester, Crete, Friend and Wilber.

Call Laura at 402.821.3330 to make an appointment near you!

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Saline County Aging Services will be closed on December 25th  
in observance of Christmas!

Merry Christmas and a Happy New Year  
to all of our wonderful clients!

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As we know all too well, Nebraska weather can be very unpredictable.

So please remember that Saline County Aging Services will be closed when:

- \*\* The Saline County Courthouse is closed.
- \*\* Wilber-Clatonia Public Schools closes because of bad weather.
- \*\* We will come in late if the Wilber-Clatonia Public schools are having a late start because of weather.
- \*\* And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to reschedule your appointment.



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



## Your Must Knows

10. If you care for a spouse, know that some assets must be protected for you through the Spousal Impoverish program.

11. Hospitals have ethics committees which can help you if you face a tough decision if your family can't agree on a decision.



12. Watch the caregiving budget, taking into account care needs and the reality of your caree remaining at home. It's easier to find a good nursing home when your caree can pay privately for at least one year. It's really tough to find a good facility that has availability when your caree is on Medicaid.

13. Always ask if a nursing home or assisted living facility accepts Medicaid. If your caree moves to a facility that doesn't accept Medicaid and your caree runs out of money, your caree will have to move. You'll want to avoid a move as much as possible.

14. The best day to look for support is on a good day and early in your caregiving experience. When you create your support on a good day, it will be there for you on a bad day. And, there's nothing worse than trying to drive to a new support group or decide to start a blog on a day when you are too stressed to think clearly. You'll need support. Find it and nurture it on your good days. Use it on your difficult ones.

15. Prepare for the long haul—caregiving lasts longer than you'll imagine or expect.



16. Own it. If you silently hope someone else will say the hard words, make the difficult decisions, take the awful actions, then you'll waste time that could lead to chaos. Others will follow your silent lead, which means no one else will say the hard words, make the difficult decisions, take the awful actions. It's terrible that it falls on you. But, you can make the situation a little better by saying, making and taking. Take the deep breath and do it.



17. If your caree is over 60 years of age, call your local Area Agency on Aging (find yours at [eldercare.gov](http://eldercare.gov)) to find out about programs and services which may help both of you. You also can search for help at [Benefits.gov](http://Benefits.gov) and [BenefitsCheckUp.org](http://BenefitsCheckUp.org).

18. If you care for a veteran, check <http://www.caregiver.va.gov/> or call 1-855-260-3274 about programs and services to help you.

19. If you care for a family member with dementia, call the Alzheimer's Association 24-hour hot line at 1-800-272-3900 for support and help.

20. If you work, check with your employer about an Employee Assistance Program, which may have programs and services to help.

21. The Family Medical Leave Act allows you to take up to 12 weeks unpaid time off each year for specified family and medical reasons. You can take 12 weeks at once or split up the unpaid leave over days, weeks or months.





22. Find the disease specific organizations and associations (like the Alzheimer's Association, American Stroke Association, Michael J. Fox Foundation) to connect to support and help for both you and your caree.



23. You will struggle to find help, to be understood and to feel like you belong. It's an awful struggle. As much as you can, avoid taking it personally. Let it hurt, then move on. Moving on will help you climb out of the struggle. You will find help, you are understood and you do belong.



24. Document your caree's needs, doctor's appointments, medications, medical conditions in a spreadsheet. You'll be able to search the spreadsheet when you need to know when your caree started a certain med, for instance, or the reason for the last hospitalization.



25. Understand end-of-life so you'll understand what's happening during your caree's end of life. National Institutes of Health has helpful end-of-life guide.

*Article is from Caregiving.com*



# December Activities

Key: Crete Dorchester Wilber Friend DeWitt					1 Rosa Parks Day 	2
3 Sock Day 	4 Coffee 9am Pitch 11a-2pm	5 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	6 Foot Clinic Bridge 10:30-230 Lunch 12:00 p.m. Foot Clinic	7 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	8	9 Pastry Day 
10 Nobel Prize Day 	11 Coffee 9am Bridge 10:30-230 Pitch 11a-2pm	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	13 Foot Clinic Lunch 12:00 p.m.	14 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Full Circle 2pm	15 Full Circle 12pm Ugly Christmas Sweater Day 	16
17 Maple Syrup Day 	18 Coffee 9am Pitch 11a-2pm Full Circle 12pm	19 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	20 Bridge 10:30-230 Lunch 12:00 p.m.	21 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30	22 Forefathers Day 	23
24 Christmas Eve 	25 	26 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	27 Lunch 12:00 p.m.	28 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	29	30 Bacon Day 
31 			All foot clinics are by appointment only.	Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330	For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873	



## What's Happening Near You?

### DeWitt Senior Center Meal Schedule

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

WEDNESDAY, December 6th

Program— SEE INSERT  
Menu—

WEDNESDAY, December 13th

Program— SEE INSERT  
Menu—

WEDNESDAY, December 20th

Program— SEE INSERT  
Menu—

WEDNESDAY, December 27th

Program— SEE INSERT  
Menu—

### LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance of  
the following County holidays.

If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day	Sept. 4 Labor Day
Jan. 16 Martin Luther King Day	Oct. 9 Columbus Day
Feb. 20 Presidents' Day	Nov. 11 Veterans' Day
Apr. 29 Arbor Day	Nov. 23 Thanksgiving
May 29 Memorial Day	Nov. 24 Day after Thanksgiving
July 4 Independence Day	Dec. 25 Christmas Day

**COMMUNITY SUPPER:** Join community members of all ages and walks of life at the First Evangelical Lutheran 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, date TBA, in the Wilber Care Center's Activity Room. Please call one of the following numbers for more information: 821-2014, 821-2271 or 821-3259.



Due to printing deadlines over  
the holidays, winners will be  
notified by staff.

received a \$5 gift card to Subway!  
Get your answers in by the 15th  
for this month's riddle so you can  
be the next winner!

The answer to November's  
riddle was YOUR AGE.



★ **HAPPY** ★  
**BIRTHDAY!**

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



**Interested in Home Delivered  
Meals??**

For DeWitt call: 402.683.6475  
For Wilber & the rest of Saline County  
call: 402.821.3330



# Service Spotlight

Answers to last months puzzles.

## FOOT CLINICS

As a person ages, they may find toenail trimming a difficult task to accomplish themselves. Whether it is because their feet are hard to reach, or their nails have thickened, or for safety concerns because of diabetes.

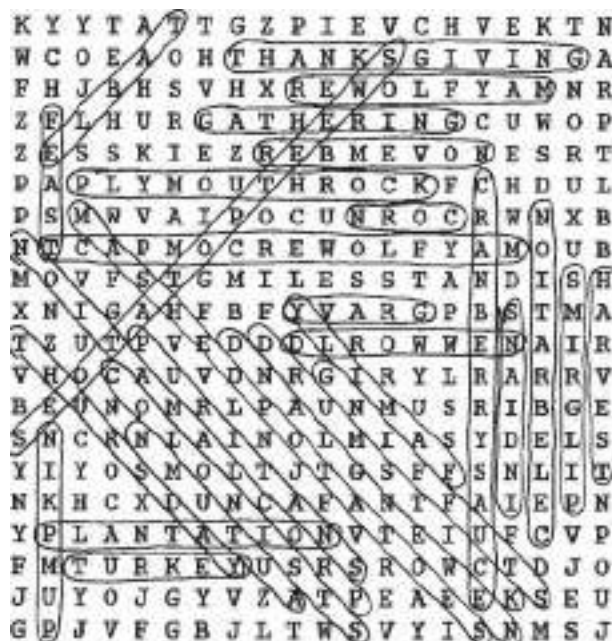
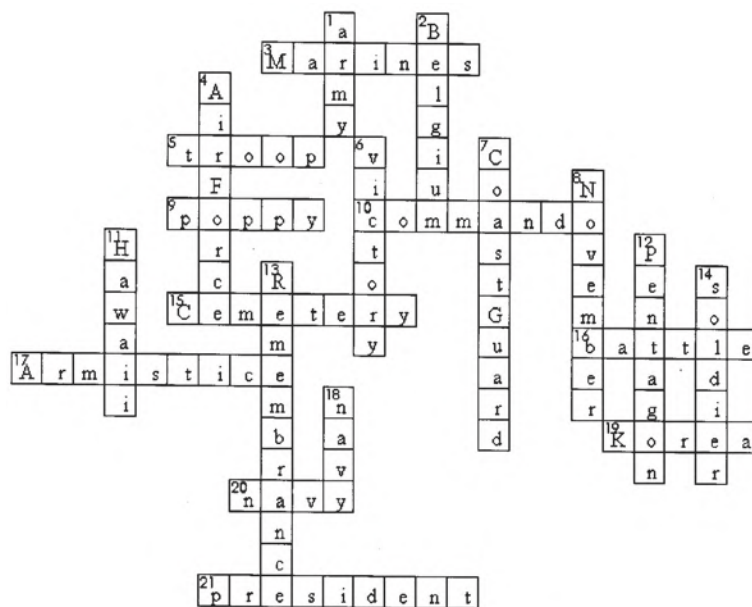


Saline County Aging Services has five foot care clinics each month in Saline county: Two in Wilber and one each in Crete, Dorchester, and Friend. Registered nurses provide the services for these clinics.

It is a popular service and each clinic has had a waiting list at one time or another. The reason for the waiting is list is because there are only so many appointment times at each clinic, and when a person comes, they usually want to return on a regular basis.

If your preferred clinic has a waiting list, you could start receiving services at another clinic/ town. This will give you priority, so when an opening occurs in your town/area, you will have the opportunity to attend that clinic before others on the waiting list.

We currently have openings at our Wilber and Dorchester clinics. If you are from the Friend or Crete area and would like to have your nails trimmed, please call 402-821-3330 or 800-778-3309 to get your name on the waiting list. There is a *suggested contribution* of \$10.00 for this service.



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



**Do you want the Saline County Aging Services Newsletter sent to your door?**



Cut this slip out, fill the information in below, and mail it to  
**Saline County Aging Services– PO Box 812– Wilber, NE 68465**  
or bring it into our office at 109 W. 3rd Street in Wilber  
or call us at 402-821-3330.



Name:

Mailing Address:



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

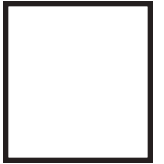


Don't Forget!



Medicare  
Prescription Drug  
Enrollment  
October 15 - December 7





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 on the basis of race, color, national origin, sex, age, or disability.

