



Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

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Top 10 Healthy New Year's Resolutions for Older Adults

Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats

In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program (choosemyplate.gov) and your healthcare provider can help you make good choices. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong. Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.



Consider a multivitamin

Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.



Be Active

Physical activity can be safe and healthy for older adults – even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity.



Continued on page 2-3

New Year's Resolutions Continued...

Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood. Check with your insurance plan to see if you are eligible for the SilverSneakers program, which can provide access to local fitness centers.

See your provider regularly



You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. Screening tests might include checking your vision, hearing, and for other conditions such as breast cancer, colon cancer, or osteoporosis. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

Toast with a smaller glass

Excessive drinking can make you feel depressed, increase your chances of falling, increase trouble sleeping, interact with your medications, and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. The recommended limit for older men is 14 drinks per week and for older women, 7 per week.



Guard against falls



One in every three older adults falls each year — and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

Give your brain a workout

The more you use your mind, the better it will work. Read. Do crossword puzzles. Try Sudoku. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center. Or take a course at your local community college — some offer free classes for adults 65 and older.



Quit smoking



Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. You can access the National Cancer Institute's website (www.smokefree.gov) for resources. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

Speak up when you feel down or anxious

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.



New Year's Resolutions Continued...

Get enough sleep

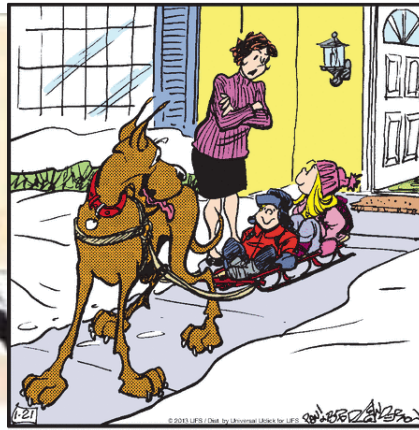
Older adults need less sleep than younger people, right? Wrong! Older people need just as much – at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website (www.sleepfoundation.org) for more tips on how to sleep better.



DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems

Info from healthinaging.org

2018



"But the first time you're late for class, it's back to the school bus."



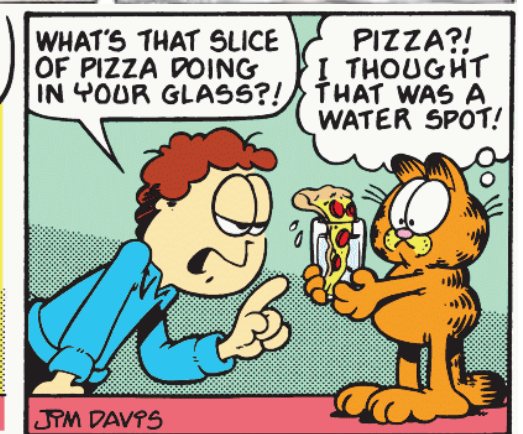
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www.kingfeatures.com



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Digestion

Changes to the digestive system can be more common as we age. Sometimes the digestive process will slow down, potentially causing

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

Fiber

Fiber is an essential part of a healthy diet. Fiber will not only help keep your digestive system regular but it can also lower cholesterol levels, promote heart health and manage blood sugar levels. Most Americans do not consume the recommended amount of fiber. The recommendations for fiber include:

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

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

When increasing fiber, it is best to do it gradually over time. Adding in too much fiber at once can cause an upset stomach. Adequate water intake is also very im-

portant. Water helps push along the food in the digestive system. If your water intake is low, your digestion may be slower and may have an increased likelihood of constipation.

Prebiotics and Probiotics

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



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

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



Senior Dental Problems & Underlying Health Issues

There's an old saying about the eyes being windows to the soul. But the latest medical and dental research shows that the mouth truly is a window into one's overall health. Looking out for a loved one's health means not only keeping an eye on their nutritional intake and physical capabilities, but also on their teeth and gums. Senior dental problems can be common, from dry mouth to periodontal disease, and since oral health directly impacts the health of the rest of the body, these issues need to be taken seriously. Taking care of elderly teeth and gums is just as important as heart or digestive health.

COMMON DISEASES WITH ORAL SYMPTOMS

Researchers have found that many diseases in the rest of the body have oral symptoms. With careful examination of the teeth, gums, and tongue, dentists have found evidence of heart or liver disease, eating disorders, diet deficiencies, anemia, diabetes, arthritis, HIV, osteoporosis, and even some autoimmune diseases. "We're now realizing how they're interrelated," explains Dr. Cynthia M. Carlsson, assistant professor of geriatrics and gerontology at the University of Wisconsin School of Medicine and Public Health.

Not only does the mouth tattle on the rest of the body, oral health can actually affect overall health. For example, recent studies show a correlation between gum disease and heart disease. In fact, risk factors for periodontal disease and cardiovascular disease are similar: smoking, stress, poor diet, excessive weight gain, and low exercise levels. One study suggests that people with severe periodontal disease face double the risk of fatal heart disease, and severe periodontal disease also is associated with higher rates of stroke in some studies. And in certain circumstances, a tooth infection has the potential to cause bacterial endocarditis, which is an infection of the heart's inner lining or the heart valves. Bacteria in the bloodstream can lodge on the valves or damaged heart tissue, and it could be serious enough to damage, or even destroy, the heart valves.

Periodontitis also appears to share risk factors with chronic degenerative diseases such as ulcerative colitis, and lupus. If a patient has severe gum disease, they may be advised to take antibiotics before undergoing invasive dental procedures such as gum surgery or tooth extraction.

Conversely, other diseases can affect the mouth. For example, diabetes affects healing, so if a diabetic senior has gum disease, it may take quite a bit longer to treat that gum disease.

Researchers now urge both doctors and dentists to be alert to overall health problems when taking care of elderly patients and encourage behaviors that will promote a healthy body from head to toes.

MAKING ORAL HEALTH A PRIORITY



It's easy for someone to let oral health slide a bit when they're distracted by other ailments. Perhaps arthritis makes tooth brushing painful, or they can't stand at the bathroom sink very long. "They're maybe not quite as vigilant because of their frailty, which leads to a quick decline in oral health, and this could be a detriment to systemic health," explains Dr. Marsha A. Pyle, director of the Training Center for Geriatric Oral Health and associate dean of Education at the Case School of Dental Medicine in Cleveland, Ohio. "You can't just treat dental disease in isolation."



Continued on Page 14

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 SHIIP at 1-800-234-7119.

Information is from Nebraska SHIIP

Is It Time to Transition Your Parent Into a Nursing Home?



Moving a parent to a nursing home is a choice that no adult wants to make for their loved one. In making the decision, there will be a sense of loss, a sense of guilt and a sense of grieving over this new change.

Remember that no good parent truly wants to burden his or her child – and they certainly don't want to cause you harm if they're not in their right mind. You're going to second-guess your decision – you wouldn't be human if you didn't. Your parent might

be angry or saddened by your decision, too – they wouldn't be human if they weren't.

How can you tell if it's time for your parent to live in a nursing home? There are warning signs, some subtle and some obvious, that can let you know when the time is right. Below are some signs you should be aware of with your parent's aging.

You parent's personality changes. They seem angry over seemingly non-important issues. They say things to you that they normally wouldn't say. They may say cruel or vulgar remarks when they wouldn't have done that in the past.

They start to show signs of dementia. Some of the signs of dementia are not remembering where they put things to the extent that it interferes with their life. For example, they can't go anywhere because they can't remember where they left the car keys. They don't know what day it is or what time it is. They have trouble communicating what they mean to say and then get angry that you don't understand them.

They begin to show signs of poor health habits – not eating, not sleeping, and not changing their clothes for days on end. When you're around them, you notice a strong body odor such as urine.

Their home begins to smell bad and looks unclean. They make very poor financial decisions and are often targets for people who would take advantage of them financially. They don't get around as easily and are prone to falling down.

No matter how much you love your parent, if you're not capable of providing full time care for them, the best thing you can do is to get them into a loving facility that can provide for their needs. In the case of a parent who develops dementia or Alzheimer's, personality changes can occur to the point where they become a physical danger to you.

If your loved one balks at the idea of entering a nursing home, the best step is to have an open conversation with your parent and explain that you only want what's best for both of you.

Understand that some of their reluctance is based in the fear of the unknown and the fear that they're giving up all of their independence. Putting your parent into a nursing home will be the toughest choice you'll ever have to make – but in the end, it can be the right choice for all who are involved.

Article is from elderlycareassistance.info

Exercise of the Month — Leg Straightening



TIP: As you progress, you may want to add ankle weights. This exercise strengthens your thighs and may reduce symptoms of arthritis of the knee.

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front of you as straight as possible, but don't lock your knee.
3. Flex foot to point toes toward the ceiling. Hold position for 1 second.
4. Breathe in as you slowly lower leg back down.
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

Creamy Tomato Tortellini Soup

Ingredients

- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 2 (10 3/4 ounce) cans condensed tomato soup
- 1 1/2 cups milk
- 2 cups half and half
- 2 cups vegetable broth (or chicken broth)
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon Italian seasoning
- 1 (9ounce) package cheese-filled tortellini



Instructions:

Heat olive oil over medium heat. Add garlic and cook just until fragrant, about 1 minute. Add the tomato soup, milk, half and half, vegetable broth, and all the seasonings. Bring to a simmer. Once simmering, drop in the tortellini and cook according to package instructions (probably about 7 - 10 minutes). Serve hot with Parmesan on top.

Winter Wonderland

ACCUMULATION
ARCTIC
BLIZZARD
BLUSTERY
BOBSLED
COLD
FREEZINGRAIN
GLOOMY
ICE
ICEPILLAR
ICESKATING
ICESTORM
LUGE
POLAR
SKIING
SLEET
SNOW
SNOWMAN
SNOWMOBILE
SOLSTICE
SUNDOG
WINDCHILL
WINDY
WINTER
WINTERSTORM



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



Riddle of the Month

What is always coming but never arrives?

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!

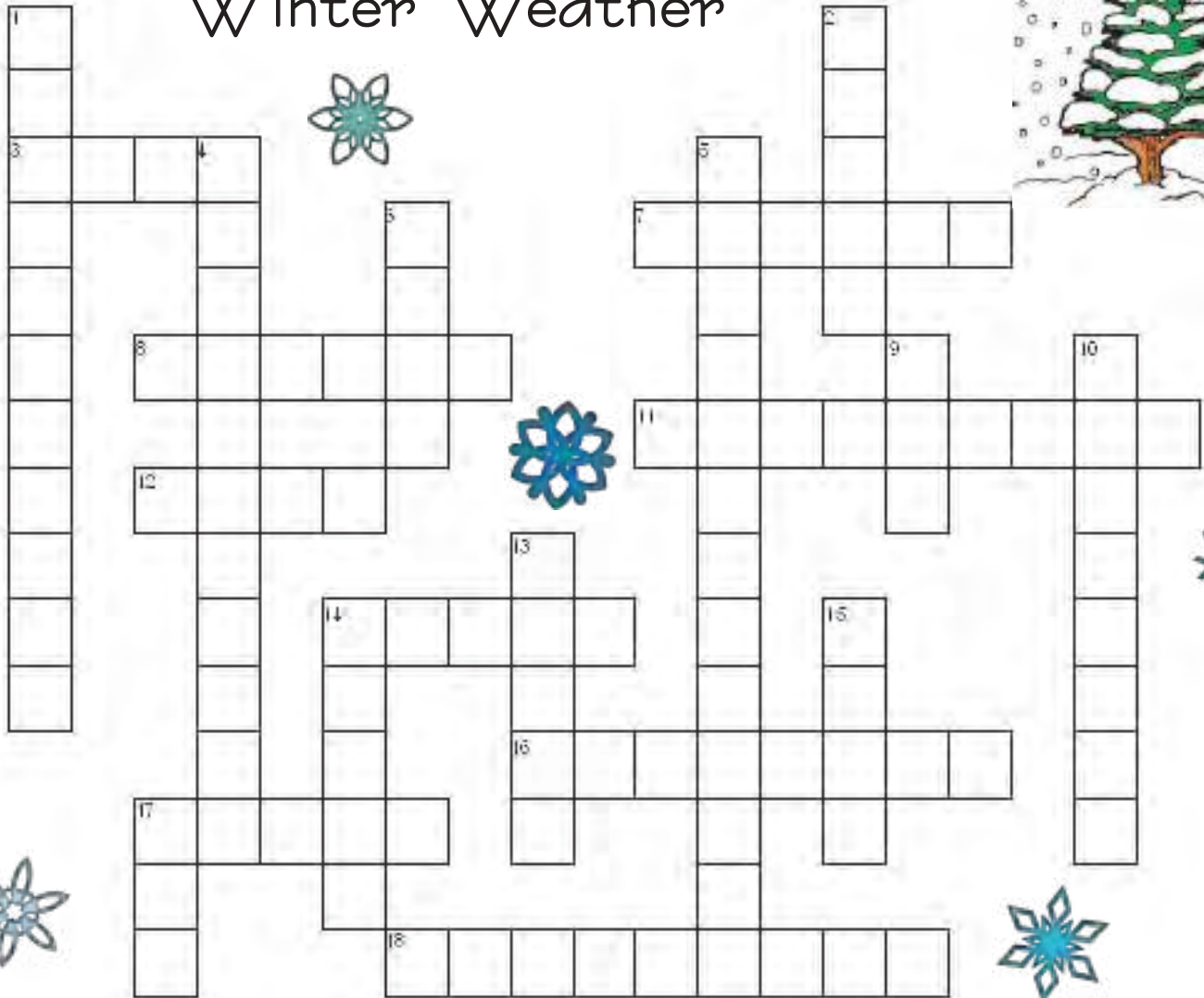


Please include your phone number with your answer!

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



Winter Weather



ACROSS

3. The process by which now or ice changes to water.
7. A period of very cold winter weather that damages plants
8. Intensely cold temperature.
11. The temperature felt by the human body when wind makes it feel colder than the actual temperature.
12. Mildly cold feeling.
14. Bright with sunshine.
16. Snowfall that is so heavy one can see little or nothing on the horizon.
17. Ice crystals on a frozen surface; "Old Jack_____."
18. A large mass of snow that slides down a mountain.

DOWN

1. A standardized measure of how hot or cold it is outside.
2. Rain that freezes as it falls.
4. A tool used to measure the temperature
5. Water that falls to the earth in the form of rain, hail, mist, sleet, or snow
6. Pieces of ice falling from the sky.
9. A solid form of frozen water.
10. A storm with heavy snow, strong winds, and severe cold.
13. Covered with snow.
14. A mixture of snow and water.
15. Precipitation in the form of small white ice crystals that form inside clouds.
17. Thick water vapor that makes it hard to see.

Director's Note



Yours in Service,

A handwritten signature in black ink, appearing to be "Amy".

Full Circle



On Monday, January 22 we will celebrate

National Hobby Month!

Bring your Hobby to show and share!

Come to 'The Back Room' - SCAS 2:00 PM

Snacks Provided

Please RSVP by Friday, January 19th to attend this event!

402.821.3330

On Wednesday, January 24th for Trivia Day!

Bring one or even a few, pieces of 'January Trivia' to share with the group

Join us for a lunch of

Stuffed Chicken, Mashed Potatoes & Gravy, Corn, Fresh

Baked Bread, and Dessert.

to be served in the cafeteria

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

Please RSVP by Tuesday, January 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

A large, stylized logo for "TRIVIA". The word is in a bold, blocky, sans-serif font. The letters are white with a thick blue outline, giving it a 3D or shadowed appearance.



Scammers can fake caller ID info

Your phone rings. You recognize the number, but when you pick up, it's someone else. What's the deal?

Scammers are using fake caller ID information to trick you into thinking they are someone local, someone you trust – like a government agency or police department, or a company you do business with – like your bank or cable provider. The practice is called “caller ID spoofing”, and scammers don't care whose phone number they use. One scammer recently used the phone number of an FTC employee.

Don't rely on caller ID to verify who's calling. It can be nearly impossible to tell whether the caller ID information is real. Here are a few tips for handling these calls:

- If you get a strange call from the government, hang up. If you want to check it out, visit the official (.gov) website for contact information. *Government employees won't call out of the blue to demand money or account information.*
- Don't give out — or confirm — your personal or financial information to someone who calls.
- Don't wire money or send money using a reloadable card. In fact, never pay someone who calls out of the blue, even if the name or number on the caller ID looks legit.
- Feeling pressured to act immediately? Hang up. That's a sure sign of a scam.

10 Things You Can Do to Avoid Fraud

1. Spot imposters. Scammers often pretend to be someone you trust, like a government official, a family member, a charity, or a company you do business with. Don't send money or give out personal information in response to an unexpected request — whether it comes as a text, a phone call, or an email.

2. Do online searches. Type a company or product name into your favorite search engine with words like “review,” “complaint” or “scam.” Or search for a phrase that describes your situation, like “IRS call.” You can

even search for phone numbers to see if other people have reported them as scams.

3. Don't believe your caller ID. Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren't always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine.

4. Don't pay upfront for a promise. Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance, or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.

5. Consider how you pay. Credit cards have significant fraud protection built in, but some payment methods don't. Wiring money through services like Western Union or MoneyGram is risky because it's nearly impossible to get your money back. That's also true for reloadable cards like MoneyPak, Reloadit or Vanilla. Government offices and honest companies won't require you to use these payment methods.

6. Talk to someone. Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert — or just tell a friend.

7. Hang up on robocalls. If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal, and often the products are bogus. Don't press 1 to speak to a person or to be taken off the list. That could lead to more calls.

8. Be skeptical about free trial offers. Some companies use free trials to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. And always review your monthly statements for charges you don't recognize.

9. Don't deposit a check and wire money back. By law, banks must make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be a fake, you're responsible for repaying the bank.

10. Sign up for free scam alerts from the FTC at ftc.gov/scams. Get the latest tips and advice about scams sent right to your inbox.

If you spot a scam, report it at ftc.gov/complaint. Your reports help the FTC and other law enforcement investigate scams and bring crooks to justice.

Information is from the Federal Trade Commission

It's best to brush after every meal, says Pyle, not just in the morning and at night. If a patient is at risk of periodontal disease, a dentist can prescribe special toothpastes or gels that help combat dental disease, as well as a daily treatment of high-fluoride gel or anti-bacterial rinse.



Carlsson advises encouraging your loved one to visit their dentist on a regular basis either to have their teeth cleaned or to have their dentures refit. Missing teeth or dentures that don't fit well can lead to potentially serious senior dental problems. "They may aspirate the food, where food goes down into the lungs and causes pneumonia," Carlsson says. Besides encouraging good nutrition and regular dental visits, watch him eat to see if he's avoiding something, and try to notice if any of his teeth look loose or broken.

Ill-fitting dentures can be a culprit in poor nutrition among seniors. When a person loses his natural teeth, his jaw bones begin to shrink away, leading to the jaw continually "remodeling" itself. Dentures that once fit well start slipping. So, a senior may start limiting the kinds of food he eats because it's too hard to eat, or because he's embarrassed that others may see him having trouble chewing.

"And it happens during a really important stage of a person's life. These really frail seniors really need their nutrition," Pyle says.

If a senior does lose her natural teeth, instead of traditional dentures, she could have implant-supported dentures. These implants are attached to the jaw bone, and a special denture snaps onto the implants. These implant-supported dentures fit more snugly than traditional dentures, so eating different foods shouldn't be a problem.

A less drastic measure places a softer material on the gum side of traditional dentures so they're more comfortable.

Just a few decades ago, 50% of all seniors had no natural teeth remaining, according to Pyle. That number has now dropped to 27% of those over age 65. "It's not a natural part of aging, I'm happy to say," says Pyle. "People now are aging with a full set of teeth."



Whether or not your loved one has his natural teeth or dentures, a little help from you can go a long way toward ensuring that he maintains good dental hygiene. A healthy smile may affect a person's confidence and self-image, but, more importantly, it will pay off not only in her oral health, but in her overall health as well.

DRY MOUTH: A COMMON ISSUE FOR SENIORS



According to Pyle, one of the major senior dental problems is dry mouth. "If they have a chronic disease managed by medications, one of the side effects is dry mouth. There are 400 medications known to cause dry mouth," Pyle says, including medications for common problems such as high blood pressure and depression.

While a small amount of gum recession is normal as seniors age, dry mouth increases that recession dramatically, leaving the mouth more susceptible to root area cavities. And those root surface cavities advance more quickly on the soft surface of a tooth.














There are many ways to treat dry mouth including:

- Increase liquid intake
- Rinse mouth frequently with water
- Use a commercially available saliva substitute
- Use specially-formulated toothpastes, chewing gum, or non-alcohol-based mouthwashes
- Apply lip moisturizer frequently
- Suck on tart, sugarless hard candies
- Avoid dry, salty foods



Article is from aplaceformom.com

January Activities

	1 	2 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 2:30-3:30	3 Foot Clinic Lunch 12:00 p.m.	4 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	5	6 Technology Day 
7 Bubble Bath Day 	8 Coffee 9am	9 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	10 Foot Clinic Bridge 10:30-230 Lunch 12:00 p.m.	11 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	12 Pharmacist Day 	13
14 Hat Day 	15 MLK Day  SCAS CLOSED	16 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	17 Lunch 12:00 p.m.	18 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	19 Popcorn Day 	20 Cheese Lover's Day 
21 Granola Bar 	22 Coffee 9am Full Circle 2pm	23 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	24 Bridge 10:30-230 Lunch 12:00 p.m. Full Circle 12p	25 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30 Senior Dinner	26 Senior Luncheon-Friend Christian Assembly	27 Chocolate Cake Day 
28 Blueberry Pancake Day 	29 Coffee 9am	30 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner	31 Backward Day 			
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, January 3rd

Program— SEE INSERT
Menu—

WEDNESDAY, January 10th

Program— SEE INSERT
Menu—

WEDNESDAY, January 17th

Program— SEE INSERT
Menu—

WEDNESDAY, January 24th

Program— SEE INSERT
Menu—

WEDNESDAY, January 29th

Program— SEE INSERT
Menu—



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 December's riddle was MUSHROOM.



★ **HAPPY BIRTHDAY!** ★

A special wish to all of the January 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

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, January 25, 2018, in the Wilber Care Center's Activity Room. Please RSVP by January 19th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

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.

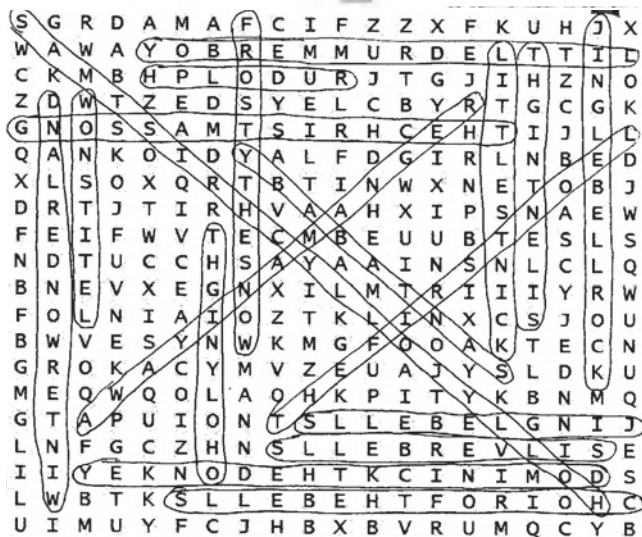
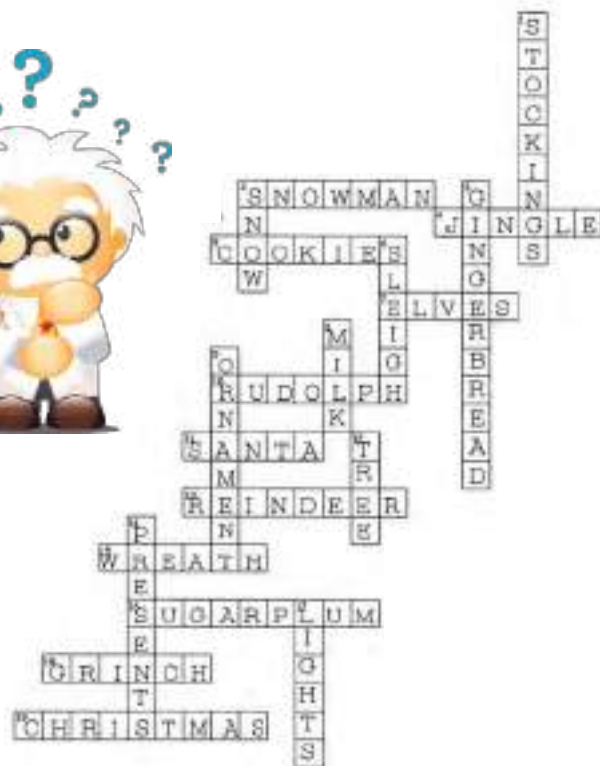


Saline County Aging Services has five foot care clinics each month in Saline county: Two in Wilber and one each in Crete, Dorchester, and Friend. Registered nurses provide the services for these clinics.

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.

If you are interested in having your nails trimmed, please call 402-821-3330 or 800-778-3309 to find out if there are openings in your area or to put your name on the waiting list. There is a *suggested contribution* of \$10.00 for this service.



3	8	7	4	9	1	6	5	2
1	9	6	5	2	3	7	8	4
5	4	2	8	6	7	1	3	9
7	3	8	9	5	6	4	2	1
4	2	9	1	7	8	3	6	5
6	5	1	3	4	2	8	9	7
8	7	3	2	1	9	5	4	6
9	6	5	7	3	4	2	1	8
2	1	4	6	8	5	9	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 sent via email, please provide your email address, printing carefully

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. 3 Labor Day
Jan. 15 Martin Luther King Day	Oct. 8 Columbus Day
Feb. 19 Presidents' Day	Nov. 12 Veterans' Day
Apr. 27 Arbor Day	Nov. 22 Thanksgiving
May 28 Memorial Day	Nov. 23 Day after Thanksgiving
July 4 Independence Day	Dec. 25 Christmas Day



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!

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 press 1. To leave a message for Laura press 2. To leave a message for Katie press 3. Don't know who

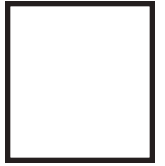
it is you are looking for? That's ok too, you can leave a general message and we will get it to the right person! Let us know if you are having difficulties and we will do our best to help you!



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!



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 3, Issue 2

February 2018

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The First Groundhog Day

On February 2, 1887, Groundhog Day, featuring a rodent meteorologist, was celebrated for the first time at Gobbler's Knob in Punxsutawney, Pennsylvania. According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, there will be six more weeks of winter weather; no shadow means an early spring.

Groundhog Day has its roots in the ancient Christian tradition of Candlemas Day, when clergy would bless and distribute candles needed for winter. The candles represented how long and cold the winter would be. Germans expanded on this concept by selecting an animal—the hedgehog—as a means of predicting weather. Once they came to America, German settlers in Pennsylvania continued the tradition, although they switched from hedgehogs to groundhogs, which were plentiful in the Keystone State.

Groundhogs, also called woodchucks and whose scientific name is *Marmota monax*, typically weigh 12 to 15 pounds and live six to eight years. They eat vegetables and fruits, whistle when they're frightened or looking for a mate and can climb trees and swim. They go into hibernation in the late fall; during this time, their body temperatures drop significantly, their heartbeats slow from 80 to five beats per minute and they can lose 30 percent of their body fat.

Continued on Page 3

Cholesterol & Senior Heart Health

High cholesterol is not something we come down with, like the cold or the flu. Nor is it merely part of the food we eat. Rather, it's a condition that arises from the complex interaction between how we eat and live and how our bodies react to those choices.

HOW CHOLESTEROL WORKS & WHAT THOSE NUMBERS MEAN

Only 25% of blood cholesterol is actually ingested as dietary cholesterol. The other 75% is produced in the liver and, once linked with carrier proteins known as lipoproteins, flows throughout the body in the bloodstream along with dietary cholesterol. Too much cholesterol, however, has a tendency to build up in the arteries as plaque, slowing or blocking blood flow. The buildup of plaque can occur throughout the body's arteries, but it's most evident when it occurs in the coronary arteries, not allowing enough blood to get to the heart. This can lead to heart disease, the greatest long-term risk of high cholesterol.



Not all cholesterol, however, is bad. Low-density lipoproteins (LDL) are known as "bad cholesterol" and carry cholesterol from the liver to the rest of the body, though too much LDL can build up as plaque in the coronary arteries. High-density lipoproteins (HDL), also known as "good cholesterol," are the other variable in the equation, carrying cholesterol back to the liver for elimination from the body. When we hear that we have high cholesterol, it generally means that we need to lower our LDL level and to increase our HDL level, though each person is different and should always follow the guidance of his or her doctor. The following cholesterol levels are considered healthy for most adults:

- Total blood cholesterol level less than 200mg/dL
- LDL cholesterol level less than 100mg/dL
- HDL cholesterol level greater than 40mg/dL for men, 50mg/dL for women

CHOLESTEROL & HEART DISEASE

Cholesterol levels combined with two or more of the following risk factors are cause for concern and risk of Heart Disease:

- Age (45 or older for men, 55 or older for women)
- Smoking
- High blood pressure
- Diabetes
- Family history of early heart disease
- Low HDL levels



These standards, however, hardly tell the whole story when it comes to cholesterol in seniors. "Cholesterol rises with age from youth to middle age, generally peaks by age 60, maintains stability as long as health is good, and ultimately declines. That's the natural course of cholesterol," says Dr. William Hazzard, a medical professor in the University of Washington's gerontology and geriatric medicine division. Hazzard also advises that if someone hasn't developed high cholesterol by age 60, it's very unlikely that he or she ever will. But that's not the end of the story when it comes to cholesterol's primary risk: "Despite a plateau in cholesterol during middle age," he says, "heart disease continues to rise dramatically across the entire lifespan."

Because cholesterol becomes increasingly uncoupled from heart disease with older age, a significant drop in cholesterol in seniors unaided by medication may actually indicate malnutrition or a disease process.

Continued on page 8

First Groundhog Day Continued...

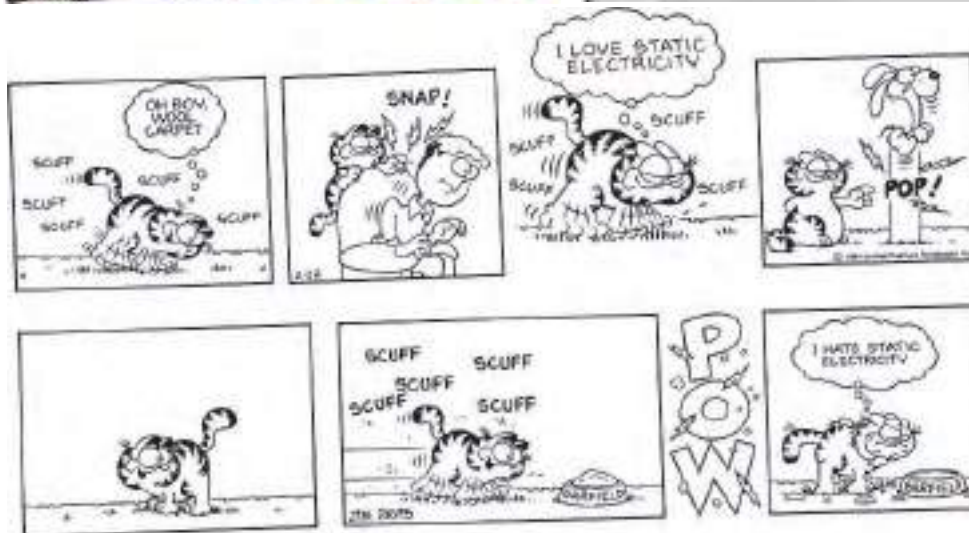
In February, male groundhogs emerge from their burrows to look for a mate (not to predict the weather) before going underground again. They come out of hibernation for good in March.

In 1887, a newspaper editor belonging to a group of groundhog hunters from Punxsutawney called the Punxsutawney Groundhog Club declared that Phil, the Punxsutawney groundhog, was America's only true weather-forecasting groundhog. The line of groundhogs that have since been known as Phil might be America's most famous groundhogs, but other towns across North America now have their own weather-predicting rodents, from Birmingham Bill to Staten Island Chuck to Shubenacadie Sam in Canada.



In 1993, the movie *Groundhog Day* starring Bill Murray popularized the usage of “groundhog day” to mean something that is repeated over and over. Today, tens of thousands of people converge on Gobbler’s Knob in Punxsutawney each February 2 to witness Phil’s prediction. The Punxsutawney Groundhog Club hosts a three-day celebration featuring entertainment and activities.

Article is from *History.com*



"Marmaduke was worried he might get lonely."



love is...



...his warm legs to put your
cold feet on.

Heart Health



Heart disease is known as the “silent killer” and is the leading cause of death in the United States. It is estimated that in 2016, almost 44 million adults over age 60 were diagnosed with cardiovascular disease. There has been a lot of research on healthy eating and the effects on heart health. One approach is the DASH Diet, which stands for Dietary Approaches to Stop Hypertension. It was originally developed to lower blood pressure but research has shown that it also reduces the risk of other diseases such as cancer, stroke, heart disease, heart failure, kidney stones and diabetes.

The DASH Diet recommendations for a 2,000 calorie per day diet include:

Grains and grain products (at least three whole grains): 7 to 8 servings per day.

Fruits: 4 to 5 servings per day.

Vegetables: 4 to 5 servings per day.

Low-fat or non-fat dairy: 2 to 3 servings per day.

Lean meats, fish and poultry: 2 or less servings per day.

Nuts, seeds and legumes: 4 to 5 servings per week.

Fats and oils: 2 to 3 servings per day.

Sweets: limit to no more than 5 per week.

When starting the DASH Diet, focus on gradual changes. Incorporate fruits and vegetables with your meals. Switch to low-fat or non-fat dairy products. Add fruit and vegetables as snacks throughout the day. Remember that these changes do not have to occur all at once and you may have more success by taking it one step at a time.

It is recommended for healthy adults to consume no more than 2,300 mg of sodium a day. It is recommended for individuals with the following conditions to consume no more than 1,500 mg of sodium a day:

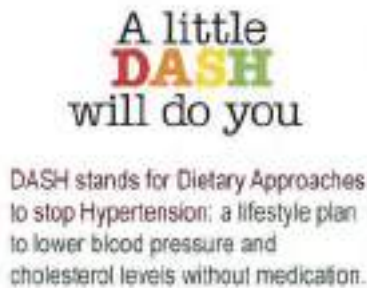
People over age 51.

Individuals with high blood pressure.

Individuals with diabetes.

Individuals with chronic kidney disease.

African Americans.



There are several changes that you can make to help reduce your salt intake. Canned vegetables and beans often have a “no salt added” or “reduced sodium” product. If this isn’t

available, drain and rinse the food to help eliminate some of the sodium.

Getting creative with your seasonings can help to reduce your sodium intake. Fresh or dried herbs provide great flavor in your foods without all of the extra sodium. Some popular herbs include basil, dill, cilantro, rosemary, thyme and marjoram. Mrs. Dash makes “salt-free seasonings” in shaker bottles, but also in envelopes such as taco and roast seasonings.

There are many risk factors that contribute to heart disease, some we can control and others we cannot. Incorporating a balanced diet with a focus on reducing sodium intake can help to reduce some of the risk factors for heart disease.

Article is from Aging Partners

Elder Care Guilt: Making Peace with Your Decisions

"When I first asked my mother to move her answer was a definite 'No!'" Lynn D. remembers. "To her, leaving her home meant abandoning her life, including the memory of her time with my father. Even though I believe the change was absolutely for the best, I couldn't force her to leave that memory. After all, it's been 15 years since my father died, and I still miss him everyday. How could I do that to her? "Plus, my mother's mind is starting to fail her. Would moving her into a new situation mean that she would lose all reminders of my father? Was being this cruel a risk I was willing to take? I even wrestled with whether I had my mother's best interest in mind sometimes. I experienced constant confusion."

MAKING THE SENIOR CARE DECISION

Lynn made the elder care decision to relocate her mother into senior housing after an incident at the hospital. "My mother had fallen and broken her hip. She was sitting up in her bed when she made a fist and pulled her hand back suddenly, her target the unsuspecting medical aide who had called her 'honey.' 'Mother!' I said firmly. She struck me instead. "Stop!" Lynn recalls yelling, treating her mother more like child than parent. "Just stop, mother. Now!" Lynn held her mother's fist within her hand, uncertain if she should let go. "At this point," says Lynn, "my emotions felt unbearable. My mother reacted physically to her frustrations with her situation, her helplessness, her vulnerability. Ultimately, as my mother's only child, I am going to own the brunt of her anger when her world turns upside down. It is a role I'm used to but one that never abates." Lynn's mother is strong-willed and independent. But Lynn has come to realize that her mother needs to be moved so that she can receive better care, so she is moving her from New York to Maine, where her mother will live next door and receive full-time professional home health care. Lynn knows that relocating her mother from her home of fifty years is the right thing to do, but it doesn't alleviate her feelings of remorse.



COPING WITH ROLE REVERSAL

Every aspect of handling our aging parents' futures can provoke tremendous ambivalence. We are often in denial about their increased vulnerability as well as their reduced decision-making abilities. We, as children, are suddenly placed in the role of caring for our elderly parents, who for many until only recently were our caregivers. This exchange of roles not only intensifies our parents' feelings of helplessness but also our own confusion and guilt. Marjorie W. feels that guilt everyday. A self-proclaimed perfectionist who does not count patience among her traits, the University of Washington medical researcher never experienced a sense of calm when caring for her mother. Today, Marjorie looks after her father in the later stages of his life, an experience she enjoys. "Dealing with my mother's dementia, which came on so quickly, challenged every fiber of who I am," Marjorie recalls. "My mother was a very sharp woman who



made me promise, after having dinner with a demented family member, that I would never allow her to become like that. But I had no idea how to deal with this demand once the dementia actually started. "Each time I would leave my mom, I was determined to be more patient the next time I saw her. Then I would fall back into frustration within minutes of seeing her again. This pattern would repeat itself throughout my visits. "One positive result occurred, however-after experiencing all of the feelings of guilt with my mother's situation, I was clear placing my father in an assisted-living situation was the right thing to do. Because I had bound myself in guilt with my mother, the questions surrounding my father's relocation were mostly answered."

Continued on page 14

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

TREATING HIGH CHOLESTEROL: EXERCISE, NUTRITION & MEDICATION

So if cholesterol doesn't correlate as strongly with heart disease as seniors grow older, why the cause for concern? For those at risk of heart disease, cholesterol in seniors remains an important indicator of overall cardiovascular health. Even more important, when other heart disease risks are present, lowering cholesterol is one of the best approaches one can take toward reducing the risk of heart attack, stroke, or peripheral vascular disease. While one can't change his or her age or family history (and diabetes, if it's already developed), cholesterol can be reduced by increasing physical activity, maintaining a healthy weight, developing proper nutrition, and, if necessary, taking medication.

Hazzard warns that one of the greatest contributing factors to high cholesterol is a sedentary lifestyle. "An active lifestyle and walking reduce risk," he advises. "Exercise tends to reduce blood pressure and makes hypertension easier to manage. It tends to reduce weight and the risk of diabetes." When combined with other positive lifestyle choices, regular exercise, even if it's as simple as taking the stairs, helps to support overall cardiovascular health, including cholesterol. Hazzard recommends any type of activity that takes someone away from a sedentary activity, like watching television, and encourages physical movement, like gardening, walking daily, and remaining active around the house.



Nutrition is also an important factor. Avoiding processed foods, which are often high in the saturated and trans fats that increase LDL, and eating a diet high in fruits and vegetables (9 servings per day) are essential for reducing LDL, according to a professor of nutrition and exercise science at Oregon State University. Preparing food that is fresh, whenever possible, is important. Processed foods are more calorically dense and any increase in weight from a calorie-heavy diet is prone to affect cholesterol levels. A diet based on fruits and vegetables-with an emphasis on green and leafy veg-

etables such as broccoli, cabbage, and cauliflower-reduces overall caloric intake and provides more than enough fiber to reduce LDL. Similarly, eating carbohydrates such as whole wheat breads and pastas, bran, brown rice, and oatmeal provides fiber. Omega-3 fatty acids, found in cold-water fish like salmon and tuna but also present in flax seed, are known to increase HDL. Nutrition, however, can be a more difficult matter with increasing age. While nutrition is an important factor in reducing LDL, it's important not to limit the nutritional abilities of seniors, who often have difficulty keeping on weight with age. Depending on one's cholesterol levels and other risk factors, cholesterol medication is often an important alternative. The various dietary approaches work very well, especially when combined with exercise, but they generally require constant vigilance, which can be difficult for those seniors with reduced mobility from ailments such as arthritis.

If medication becomes necessary to reduce cholesterol, the good news is that cholesterol drugs-the most common form are known as statins-are effective and becoming increasingly affordable, as generics become more widely available. Statins such as atorvastatin (Lipitor®), simvastatin (Zocor®), lovastatin (Mevacor®), pravastatin (Pravachol®), and rosuvastatin (Crestor®) reduce LDL levels by removing cholesterol from the blood in order to reverse or prevent the build up of plaque. They also have very few side effects but, in most cases, require that the patient continue treatment for life. So many medications can sound confusing, but Hazzard insists that the similarities between these medications far outweigh their differences. "For marketing purposes the differences tend to be exaggerated," he says. "It's important for people to realize that there are at least a handful of choices among them with few differences, except price." If one also has a low level of HDL, medications like niacin or fibric acids can also be used in conjunction with statins, with special attention to side effects under a physician's supervision.



Article is from aplaceformom.com

Exercise of the Month — Chair Stand



TARGETED MUSCLES: Abdomen and thighs

WHAT YOU NEED: Sturdy, armless chair

TALK TO YOUR DOCTOR: If you have knee or back problems, talk with your doctor before trying this exercise.

TIP: People with back problems should start the exercise from the sitting upright position. This exercise, which strengthens your abdomen and thighs, will make it easier to get in and out of the car. If you have knee or back problems, talk with your doctor before trying this exercise.

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Extend your arms so they are parallel to the floor and slowly stand up.
5. Breathe in as you slowly sit down.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

Recipe of the Month

Monkey Bread

DIRECTIONS:

Preheat oven to 350.

Spray bundt pan with non stick spray or lightly grease.

In large bowl, mix sugar and cinnamon.

Separate dough into biscuits and cut into quarters.

Toss dough pieces in bowl to coat and place in prepared pan.

In small bowl, mix together melted butter, vanilla and brown sugar and pour over dough pieces.

Bake 30-35 minutes or until golden brown and no longer doughy.

Allow to cool in pan for 10 minutes.

Invert pan onto serving plate and tap to release.

Sprinkle pecans over top.



INGREDIENTS:

1/2 cup sugar

2 tsp cinnamon

2 tsp vanilla

1/2 cup brown sugar

2 cans of refrigerated biscuits

3/4 cup melted butter

Happy Valentine's Day

Candle Light
Cards
Chocolate
Cupid
Date
Dinner
First Kiss
Memories
Movie
Pink
Poem
Proposal
Red
Romance
Roses
St. Valentine
Sweetarts
Teddy Bear
True Love



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

Chicken Scratch NY

Riddle of the Month

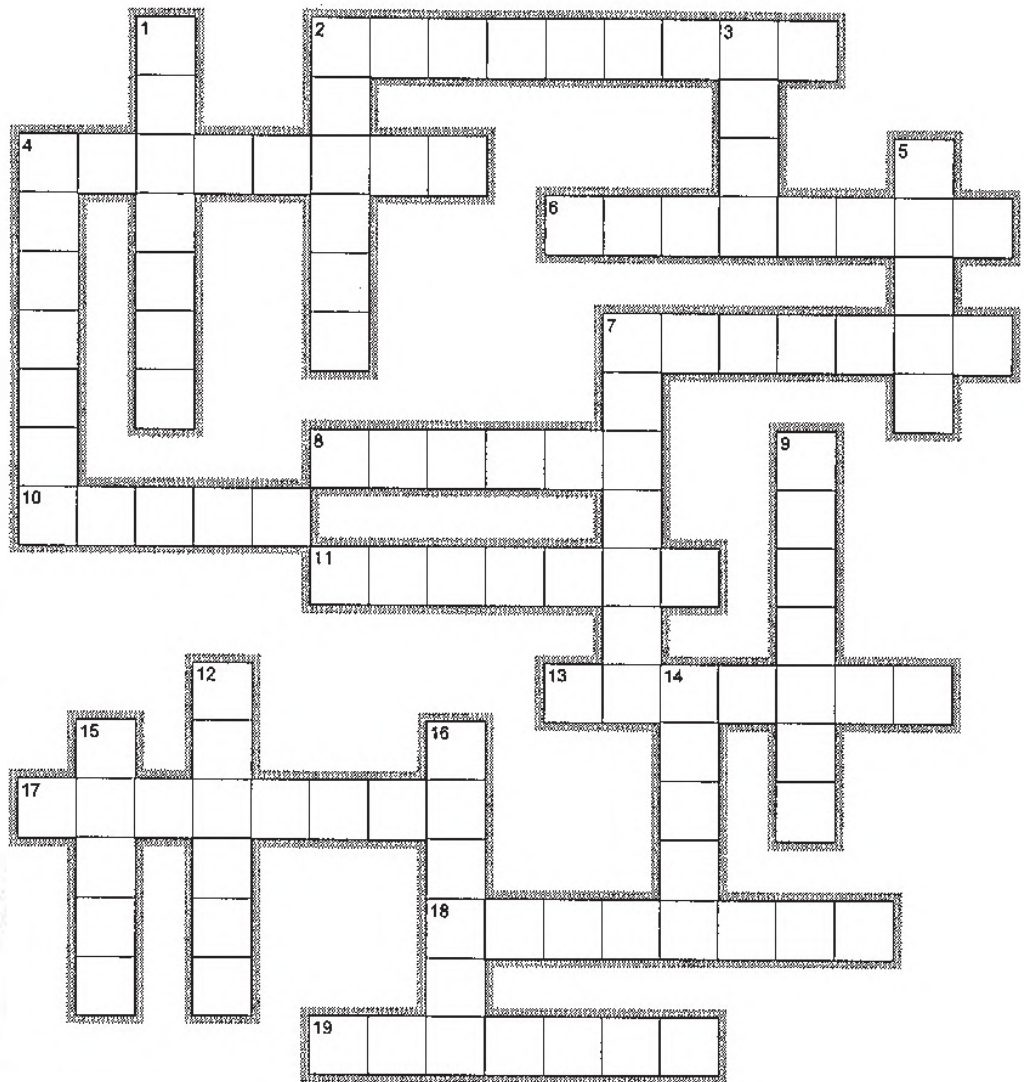
**What goes up a chimney
down but can't come down
a chimney up?**

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!**

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

Name that Bone!



Across:

2. Heel bone
4. Collar bone
6. Smallest bones in fingers and toes
7. Chest bone
8. The smaller of tow lower leg bones
10. Entire back bone
11. Upper arm bone
13. Knee cap
17. Lower jaw bone
18. Any of the small bones that make up the back bone
19. Ribs

Down:

1. Head or skull
2. Tail bone
3. One of two lower arm bones, spelled with four letters
4. Hand bones
5. Thigh bone
7. Shoulder blade
9. Upper jaw bone
12. One of two lower arm bones
14. The larger of two lower leg bones
15. Ankle bone
16. Hip bone



Yours in Service,

Katie & Laura

Full Circle



Due to staff changes, we will only be doing Full Circle events every other month, until further notice. Check the March edition of our Newsletter to see what we have planned for the next one! Hope to see you all in March!

Announcements



PLEASE PLEASE PLEASE....Call to make an appointment if you are needing one of the staff members' attention for any matter. Due to staff changes we can not guarantee that we will be in the office or have time at the moment you come in. Thank you so much for your understanding!

Interested in coming to one of our foot clinics?

We have clinics in

Dorchester, Crete, Friend and Wilber.

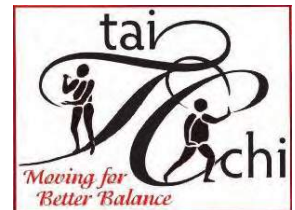
Call Laura at 402.821.3330 to make an appointment near you!



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!

We will have a new Tai Chi Class starting in February!!

Please call 402-821-3330 for more information or to sign up for the class!!



Please don't hang up! We have a new phone system!

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!

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!

Marjorie's father first moved to an independent living retirement community after his wife passed away. Once he sustained multiple bone fractures in a fall, he moved into the adjacent nursing home. "With my mother I felt like I was always failing, a concept that is, frankly, very foreign to me in my professional and personal worlds. I remember once, early on, I glanced over at her while I was cooking for her and noticed that she appeared really lost. I asked her what was wrong and she said, 'I don't have a role anymore.' 'I said, 'of course you do, you're my mother.' But her comment really stung." Putting anyone into a new environment can be an uncomfortable and even distressing experience. Suddenly, while at their most vulnerable, we "ask" our parents to form new acquaintances, trust new professional caregivers, navigate new schedules, and acclimate to new environments. These demands will challenge them acutely, while we, as children thrust into primary decision-making roles, can only hope they'll make the best of the new situation.

MOVING PAST GUILT

According to Dr. Stephan Quentzel, Medical Director for Psychiatry at the Institute for Urban Family Health in New York City, Marjorie's and Lynn's feelings are typical of caregivers who are faced with relocating their parents. "There are plenty of factors that go into feeling guilty," Quentzel explains. "Emotions range from feeling inadequate to feeling overly responsible. "Most significantly, we want our parents to remain decision makers and to be omniscient, to regain the sense of normalcy. We're upset when we have to take over their roles. We feel guilty about the role reversal. We assume moving them into assisted living declares loudly and clearly that we can't handle taking care of them.

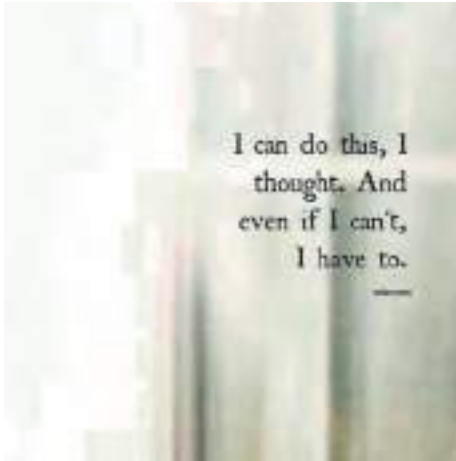


"One way to address this situation is to anticipate it," he suggests. "Enter into it with emotional health, whether as a result of psychotherapy or some other methodology. Deal with issues before they encumber our ability to deal with our parents. The better our perspective, the better the outcome. Visiting assisted living facilities with your parents early is one definite method to keep them in the loop." The "could-a, would-a, should-a" moments further add to our guilty feelings, creating an emotional vicious cycle. We find ourselves rethinking our elder care decision, replaying conversations, wondering if we are doing the right thing. This second-guessing can turn the already finite time we have to spend with our parents into even more stressful and anxious experiences. "I constantly thought I should be with my mother," Marjorie remembers. "Returning to work after an extended visit with her felt like when I returned to my research after having a baby. My focus was shot, I was unsatisfied on both the work and the caregiver fronts."

"In our society," observes Quentzel, "we are used to making informed decisions about what we buy, where we live, etc. Medicine doesn't always provide perfect answers, plus we are asked to make critical arrangements about someone other than ourselves." Quentzel believes that this issue can also be anticipated. "Make decisions with your parents while they are still at a place to make such decisions. A comprehensive Living Will and Health Care Proxy can ease the approaching situation for everyone. Proper health insurance and financial preparation also alleviates areas of common conflict." When the topic is relocation into an assisted living community or nursing home, an elder care decision with enormous financial and lifestyle consequences, the anxiety level is further heightened. Early planning can broaden the options, answer many of the initial questions, and clarify some of the ambiguity, but the doubt and uncertainty of how things will turn out remain.

"The paradox, of course, is that we want nothing more than to ease our parents' pain and suffering, even to sacrifice our comfort temporarily to improve their overall lives," Quentzel says. "And yet, by its very nature, the desired outcome remains uncertain. "Still, focusing on the small victories helps alleviate our guilt. Small victories include excellent palliative care, creating meaningful activities, even keeping our parents together for as long as possible. Making an Informed decision about assisted living is a















potentially huge step towards this goal." "I discuss most of my life with my father," reflects Marjorie, enlightened with the wisdom that comes from having gone through this process once before. "I am much more patient with my father, who is less complex psychologically than my mom. I am also determined not to repeat the mistakes with him that I believe I made with her." "Empowering our parents is a priceless opportunity," Quentzel agrees. "They remain keepers of the family, full of family history and cultural knowledge. We craft their legacy and add a bit of eternity when we communicate. They appreciate the longevity of their family and their fear (and our guilt) of being supplanted diminishes.



"Moving our parents is never easy. We are faced with an elder care decision that challenges our ideals of the parent-child relationship, and the often narrow window in which to make these decisions usually forces us to make momentous choices without having every resource available to us. But we do the best we can for them with what we have, and hopefully remember that our parents once did the same for us. "I'm told I am a very empathetic person," says Lynn, releasing a long sigh. "Even so, I often block the most difficult times with my mother. I try to maintain perspective about her condition and that my moving her conveys her best interest at heart. Still, it is never easy. In fact, I'd say it is extremely hard. But I know it is for the best."

Article is from aplaceformom.com

February Activities

				1 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	2 	3
4 Homemade Soup Day 	5 Bridge 10:30-230 Nutella Day 	6 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 2:30-3:30	7 Foot Clinic Lunch 12:00 p.m.	8 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	9 National Pizza Day 	10 Umbrella Day 
11 Make a Friend Day 	12 Work Day 1:00-3:30	13 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	14 Foot Clinic Bridge 10:30-230 Lunch 12:00 p.m. 	15 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	16 National Caregivers Day 	17 Cabbage Day 
18 Drink Wine Day 	19 SCAS CLOSED! 	20 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	21 Lunch 12:00 p.m.	22 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner	23 Senior Luncheon-Friend Christian Assembly	24 Tortilla chip day 
25	26 Pistachio Day 	27 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner	28 Bridge 10:30-230 Lunch 12:00 p.m. Tooth Fairy Day 			
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, February 7th

Program—Senior Fraud Prevention

Menu—Ham & Sweet Potatoes, Green Bean Casserole,
Fruit & Milk

WEDNESDAY, February 14th

Program—Happy Valentine's Day

w/music by Karen Reynolds

Menu—Beef Stew over Biscuits, Pear Crisp & Milk

WEDNESDAY, February 21st

Program—Wine, cheese & Chocolate

By Kayla Colgrove of the Ext. Office

Menu—Lasagna, Garlic Sticks, Corn, Fruit & Milk

WEDNESDAY, February 28th

Program—Looking After Children w/CASA

by Kim Richters

Menu—Salisbury Steak, Mashed Potatoes, Baby
Carrots, Fruit & Milk

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330



Phyllis Lowe
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 January's
riddle was TOMORROW.



HAPPY BIRTHDAY!

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

Love is...



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, February 22, 2018, in the Wilber Care Center's Activity Room. Please RSVP by February 16th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

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.

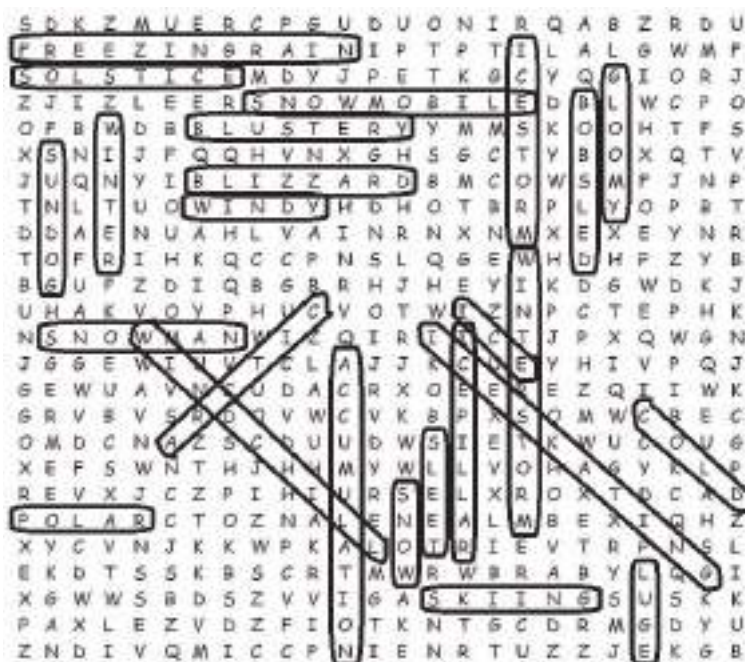


Saline County Aging Services has five foot care clinics each month in Saline county: Two in Wilber and one each in Crete, Dorchester, and Friend. Registered nurses provide the services for these clinics.

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.



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



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

BEING FIVE A BOY AND HIS BLOG



BY GEORGE SFARNAS © 2008



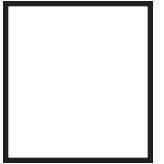
LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED



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
Jan. 15 Martin Luther King Day
Feb. 19 Presidents' Day
Apr. 27 Arbor Day
May 28 Memorial Day
July 4 Independence Day

Sept. 3 Labor Day
Oct. 8 Columbus Day
Nov. 12 Veterans' Day
Nov. 22 Thanksgiving
Nov. 23 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 3, Issue 3

March 2018

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The Real Reason Why Daylight Saving Time Is a Thing

When American clocks turn back an hour at 2:00 a.m. Eastern Time on Nov. 5, that event will be just one more iteration of a practice—however unpleasant to some—to which Americans and many others around the world are well accustomed. But Daylight Saving Time wasn't always such a routine idea.

The first Daylight Saving Time policy began in Germany on May 1, 1916, in the hopes that it would save energy during World War I, according to Michael Downing, author of *Spring Forward: The Annual Madness of Daylight Saving Time*. But, though Germans were first to mess with their clocks, they likely got the idea from Britain—and from someone whose ideas about Daylight Saving had little to do with conserving fuel.

William Willett had in 1907 published *The Waste of Daylight*. Willett was inspired by an early-morning epiphany that “the sun shines upon the land for several hours each day while we are asleep” and yet there “remains only a brief spell of declining daylight in which to spend the short period of leisure at our disposal.” Though he did mention that it would save money to reduce the use of artificial lighting, his main purpose was the increase enjoyment of sunlight. He lobbied Parliament for such legislation until his death in 1915—not living to see the law passed in England shortly after it was in Germany. (Frankfurt's daily newspaper *Zeitung* published this dig: “It is characteristic of England that she could not rouse herself to a decision.”)

Across the pond, the first U.S. law on Daylight Saving Time went into effect on March 19, 1918, for the same fuel saving reasons, about a year after the country entered the war. But again, though the official

Continued on page 2

Daylight Savings Continued...

reason was fuel saving, the U.S. Chamber of Commerce was the major backer for the policy, Downing argues, because Americans getting off work while it was still light out meant they would be more likely to go out shopping in the evening.



Sports and recreation industries saw the light, too. “Golf ball sales skyrocketed during Daylight Saving Time,” according to Downing. “Baseball is a huge early supporter, too, because there’s no artificial illumination of parks, so to get school kids and workers to ball games with the extended daylight, they have a later start time.” Some even considered Daylight Saving Time a good health policy, given the extra time people had to be outdoors.

But the policy also had its opponents—“the movie industry hated Daylight Saving Time because people were much less likely to go into dark theaters when it was bright outside,” Downing says—and none more powerful than the farm lobby. That farmers advocated for Daylight Saving is a common myth. In fact, Daylight Saving Time meant they had less time in the morning to get their milk and harvested crops to market. Some warned it was “taking us off God’s time.”



“It’s so unpopular when we experiment with Daylight Saving Time during World War I that before the Versailles Treaty is signed [at the end of the war], Congress is forced to sign a repeal to quell the revolt from the farm lobby, it’s that potent a lobby,” says Downing.

There wouldn’t be another national Daylight Saving Time policy until 1942, for the duration of World War II, but New York City, however, continued to observe a metropolitan Daylight Saving Time all along. Because of the city’s position as a financial capital, other places followed. The result, Downing says, was “cities observing Daylight Saving Time surrounded by rural areas that are not, and no one can tell what time it is anywhere.” In fact, TIME’s letters department received a poem from an Ohio man about just that topic: “To miss a train or business deal, / Because our clocks are without keel / Can cause a nation loss of gold / E’en worse than all the misers hold.”



By 1966, the confusion was bad enough to prompt the Uniform Time Act. Signed by President Lyndon B. Johnson, the first peacetime Daylight Saving Time law said that the United States policy would be to observe six months of Daylight Saving Time and six months of Standard Time. It required states to either adopt Daylight Saving Time entirely or opt out, avoiding the patchwork of cities and counties that had been so problematic, according to Downing. For example, Arizona opted out because an extra hour of daylight in the summer doesn’t make sense when it’s over 100 degrees already, as a March 1969 *Arizona Republic* editorial explained.

In 1973, shortly after the oil embargo went into effect, President Richard Nixon called for year-round Daylight Saving Time. A brief trial ended—partly because of fears that children would get hit by cars in the dark—but Daylight Saving Time has nevertheless grown. In 1986, the U.S. started observing seven months of it—an extra month that the golf industry and manufacturers of barbecue equipment claimed was worth between \$200 million and \$400 million. And since 2005, the U.S. has been observing eight months of Daylight Saving Time.



By now, the original stated purpose of the idea—saving energy—has been called into question. While a 2008 U.S. Department of Energy report found a 0.5% decrease in total electricity use per day since the

Daylight Savings Continued...

2005 extension, other studies have found that Daylight Saving may actually fuel energy usage. For example, a 2011 study by economists Matthew J. Kotchen and Laura E. Grant found that, after some Indiana counties began observing Daylight Saving, overall residential electricity consumption increased as much as 4%.

But Willett's original point holds true: an extra hour of daylight is, generally, enjoyable—and as Daylight Saving ends and darkness begins earlier, the U.S. will once again look forward to spring to see all that sunlight in person.



Article is from Time.com



"I reckon Spring is just around the corner.
The rain is definitely feeling warmer!"



"No! The last time we put on
'Squirrels Playing' you almost
broke the TV."



National Nutrition Month 2018



March is National Nutrition Month! This nutrition education and information campaign is celebrated annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Each year, the Academy picks a fun, new theme to encourage well-balanced eating. The theme for 2018 is "Go Further with Food." It encourages us to get the benefits of healthy eating, but also to reduce food loss and waste. Managing food resources at home can help save time, money, and ensure that you are receiving the most nutrients for your health.

Include a variety of healthy foods from all food groups on a regular basis.

Eat a variety of fruits and vegetables, especially dark-green, red and orange colored. Choose lean proteins and incorporate more beans and peas. Switch to low-fat or fat-free dairy. Incorporate more whole grain products and aim for 20-35 grams of fiber each day. The foods you choose to fuel your body with can have a big impact on how you feel!

Consider the foods you have on hand before buying more at the store.

Plan your meals around foods you already have and include meals with common ingredients. Keep staples in the house such as beans, brown rice, pasta and other canned goods. Reduce food waste by incorporating the same ingredient at more than one meal.

Buy only the amount that can be eaten or frozen within a few days and plan to use leftovers later in the week.

Incorporate leftovers into other meals during the week. Freeze casseroles to have on hand for days you don't feel like cooking. Many other foods can also be frozen

such as meats, breads, cheese, milk and butter.

Be mindful of portion sizes. Eat and drink the amount that is right for you.

MyPlate is a visual reminder to make healthy food choices at meals. Aim to have $\frac{1}{2}$ of the plate fruits and vegetables, $\frac{1}{4}$ of the plate protein, $\frac{1}{4}$ of the plate whole grains and one serving of dairy for each meal.

Continue to use good food safety practices.

Practice good food safety by always washing your hands before preparing or eating. Use separate cutting boards when preparing produce and meat products. Use a food thermometer to ensure that foods are cooked thoroughly to a safe temperature.

Find activities that you enjoy and be physical active most days of the week.

Pick activities that you enjoy and start by doing what you can. The health benefits increase as the activity increases. If you are currently inactive, start off gradually and increase the duration over time.

Realize the benefits of healthy eating by consulting with a Registered Dietitian Nutritionist.

Everyone has different nutritional needs and a Registered Dietitian can provide sound, easy-to-follow nutrition advice to meet your lifestyle, preferences and health-related needs.



Article is from Aging Partners

The Caregiver Bill of Rights



I have the right...to take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.

I have the right...to seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.

I have the right...to maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.



I have the right...to get angry, be depressed, and express other difficult feelings occasionally.

I have the right... to reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/or depression.



I have the right...to receive consideration, affection, forgiveness, and acceptance from my loved one for what I do, for as long as I offer these qualities in return.

I have the right...to take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.



I have the right...to protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.

I have the right...to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

Article is from aplaceformom.com



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

A Table for One: Hidden Dangers of Eating Alone

Eating alone is increasingly common for all age groups, but may be of particular concern for seniors. Cooking for one person can be harder because they have to scale down recipes, and it's also not as much fun. Instead of stimulating dinner conversation, the television becomes the other person at the table.

"Unfortunately a lot of meal choices turn out to be what's quick and easy to obtain," explains Anne Linge, a dietician at the University of Washington Medical Center in Seattle.

While many seniors are very active, others don't have the energy or ability to prepare meals for themselves. Some may have never set foot in the kitchen, or they're no longer physically able to prepare complex meals.



WEIGHT LOSS

After her grandmother lost a considerable amount of weight in just a few months, Gretchen Kenney insisted that she move in with her and her husband, David, in Shoreline, Washington.

"She lost like 40 pounds, she just stopped eating," Kenney explains. "Part of it was her health, her arthritis; she couldn't get around very easily. She was just depressed and didn't want to eat."

After moving in with the Kenneys, her grandmother slowly put some of that weight back on.

"I make sure that she gets a much better balance," Kenney says. "Given what she wants, she would be happy with sweets and carbohydrates. She will ask for vegetables mostly because she thinks she should have them."

TIPS FOR ENCOURAGING SENIORS TO EAT

- Make sure they have a comfortable place to eat; set out a nice placemat and linen napkin, or fresh flowers.
- Have a picnic in the park.
- Find a neighbor or friend for your loved one to eat with on a regular basis- have them take turns cooking the meal or cook together.
- Start (or have your loved one start) a potluck dinner club.
- If finances are not an issue, hire a personal chef to create a week's worth of meals for the fridge and freezer, or contact a gourmet meal delivery service.
- Have your loved one join a mall walker program (they often have breakfast with others in the group after their walks).
- Have breakfast for dinner, or dinner for breakfast.
- When cooking, make extra, then freeze in single servings. Make sure to label not only what it is, but cooking instructions as well, so no one has to go hunting for cooking or reheating instructions later.
- Keep a list of what's in the freezer or fridge on the refrigerator door; it's easier to plan a meal when your loved one knows what she has.
- Encourage your loved one to eat congregate meals at the local senior center
- Sign up for elderly programs like Meals on Wheels www.mowaa.org/



If your loved one has trouble chewing, puree several pieces of fruit, and add a little protein powder, for a shake full of vitamins, minerals, and fiber. Make more than one serving and put the rest in the freezer for later.

Continued on page 14

Exercise of the Month — Toe Stand



This exercise will help make walking easier by strengthening your calves and ankles. For an added challenge, you can modify the exercise to improve your balance.

TARGETED MUSCLES: Calves and ankles
WHAT YOU NEED: Sturdy chair

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly stand on tiptoes, as high as possible.
3. Hold position for 1 second.
4. Breathe in as you slowly lower heels to the floor.
5. Repeat 10-15 times.
6. Rest; then repeat 10-15 more times.

TIP: As you progress, try doing the exercise standing on one leg at a time for a total of 10-15 times on each leg.

Recipe of the Month

Lunch Lady Brownies

Brownie Ingredients:

1 cup butter, melted
1/2 cup unsweetened cocoa powder
2 cups all-purpose flour
2 cups granulated sugar
4 large eggs
4 teaspoons vanilla extract

Chocolate Frosting Ingredients:

1/4 cup butter, softened
1/4 cup milk
1/4 cup unsweetened cocoa powder
3 cups powdered sugar

*Yields: 12 large brownies or 24 small brownies



Instructions:

1. Preheat oven to 350° F. Line a 9x13-inch baking dish with foil and spray foil with non-stick spray. Set aside.
2. In the bowl of an electric stand-mixer, add the melted butter and cocoa powder. Using the paddle attachment, blend until smooth.
3. Add the flour and sugar. Beat together then add eggs and vanilla. Mix just until combined. Don't over mix. (Batter will be thick.)
4. Pour batter into prepared baking dish and spread out evenly. Bake 25-30 minutes or until toothpick inserted in center comes out clean. Remove brownies from oven and let stand 15 minutes before frosting. You want the brownies still warm, when you frost them!
5. **For Chocolate Frosting:** Beat together all the frosting ingredients until smooth. Pour and spread over warm brownies. Let cool completely before cutting and serving.

Article is from life-in-the-lofthouse.com



Visiting Ireland



Adare	Kenmare
Armagh	Kerry
Belfast	Kildare
Blarney	Kilkenny
Boyne Valley	Killarney
Bundoran	Kinsale
Clare	Limerick
Clifden	Listowel
Connemara	Roundstone
Cork	Saint Andrews
Derry	Shannon
Dingle	Sligo
Donegal	Tipperary
Doolin	Waterford
Downpatrick	Westmeath
Dublin	Westport
Galway	Wicklow
Ireland	

E R A D L I K I K G K I L K E N N Y T N
 H M C Y E L L A V E N Y O B W G L Y Y W
 Y L E W O T S I L W E S T P O R T W U R
 A P D A R M A G H M N B W M B S U P D B
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Riddle of the Month

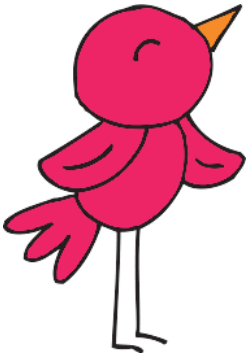
**What starts with the letter
't', is filled with 't' and
ends in 't'?**

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!**



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



Across

3. You do this when you complete all of your classes in high school
9. Insects that like flowers
11. Yellow springtime flower
13. Stops sunburn
15. Two teams hurling a disc to score goals
16. A type of spring flower that grows from a bulb
18. A bird with a red stomach
19. Eye protection from sunlight

Down

1. Color of spring grass
2. If March enters like a lion, it leaves like this
4. A day to think about the environment
5. Two-wheeled, manual-powered mode of transportation
6. Eating outside using a basket
7. A week without classes when students go on trips
8. Place where seeds are planted to grow vegetables
10. Everyone is a wee bit of this on St. Patrick's day
12. These bring May flowers
14. Type of chewy candy sold during spring
17. This irritates allergies



happy
St. Patrick's
day!

Yours in Service,

Katie & Laura

Full Circle



On Tuesday, March 20th we will celebrate

'Your Heritage'

Presentation by Susan Clement

Come to 'The Back Room' - SCAS 1:00 PM

Snacks Provided

Please RSVP by Monday, March 19th to attend this event!

402.821.3330

On Thursday, March 22nd celebrate

'Your Heritage'

with us

Presentation by Susan Clement

Join us for a lunch of

BBQ ribs, cheesy hash browns, carrots & bread

to be served in the cafeteria

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

You must RSVP by Tuesday, March 14th 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



PLEASE PLEASE PLEASE....Call to make an appointment if you are needing one of the staff members' attention for any matter. Due to staff changes we can not guarantee that we will be in the office or have time at the moment you come in. Thank you so much for your understanding!

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!



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 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!



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!



CONTRIBUTING FACTORS TO MALNUTRITION

Inadequate nutrition can lead to a weakening of the immune system, increasing the risk of illness or infections, or contributing to mental confusion. And continued malnutrition could lead to depression, which in turn could lead to a loss of appetite—a vicious cycle.

For the elderly, other factors can contribute to malnutrition, including lack of money to buy adequate food, or transportation to the grocery store.

Linge had a client who lived directly across the street from a grocery store—but on the third floor. "She was trapped in her building because of her physical abilities and she couldn't get what she needed," Linge says. "So,

when you think about your parents and their needs, think not only do they have enough income to purchase what they need, but, secondly, is shopping something they are able to do?"

EASING THE BURDEN

Be sure to ask them if they are having difficulty with chewing or swallowing, if food tastes too bland, or if they've lost their appetite (it could be because of medications they may be taking, or possibly depression, which can have serious consequences). Also, check their refrigerator and see what kinds of food are in there, and whether any have passed the expiration date. Ask your loved one if they would prefer that you bring in groceries for them to cook, or that you cook for them.

To alleviate the burden of cooking for one, grocery store delis have a wide variety of nutritious, pre-cooked foods, such as roasted chicken and salads with raw vegetables. A whole chicken can last a senior for several meals (but it's best not to keep it for more than three or four days; after that, it may spoil). Buy a package of vegetables or meat already cut up for stir-fry, or a pre-made meatloaf that just needs to go in the oven. If they think food is too bland, enhance the flavor with olive oil, vinegars, garlic, or spices (but not salt). Cinnamon, cloves, ginger, and turmeric are also good for the digestion.



EATING IS A SOCIAL ACT

Getting together with other people—whether seniors or not—can make cooking and eating more fun.

"Sometimes seniors have been really creative and have gotten together with other seniors in their neighborhood or their building and said 'Let's get together and today I'll make the meal and tomorrow you'll make the meal,'" Linge says.

Finding a neighborhood hangout is also a good idea. "There are cafes in any community where seniors tend to gather. They will have their regulars in there who will be in there almost daily," Linge says. "Even if you're a party of one, you can see other people."

Living in a retirement home or assisted living community may help some seniors eat better.



"It makes a huge difference when you get residents sitting at a table together," explains gerontologist Ashley Kraft, the "Life's Neighborhood" Director at Aegis at Northgate a Seattle assisted living facility with Alzheimer's and dementia care. "It brings back the memories of eating with your family. What happens, especially with dementia, is they forget about the things we take for granted, knowing that we're hungry, knowing that we're thirsty, or they don't know how to explain that feeling."

While many people may not eat as well when eating alone as they would sitting down at a family meal, there are many options to ensure adequate nutrition.

Whether by finding friends to eat with, using easy-to-prepare recipes, or making a change in the living situation, your loved one can still stay healthy with your help and encouragement.

Article is from aplaceformom.com

Don't Forget!!!

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 30th.

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).

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).

March Activities

				1 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	2 Banana Cream Pie Day 	3 National Anthem Day 
4 Marching Music Day 	5 Bridge 10:30-230 	6 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 2:30-3:30	7 Foot Clinic Lunch 12:00 p.m. Cereal Day 	8 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	9 Barbie Day 	10 Mario Day 
11 Johnny Appleseed Day 	12 Work Day Plant a Flower Day 	13 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	14 Foot Clinic Bridge 10:30-230 Lunch 12:00 p.m.	15 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	16 Panda Day 	17 
18 Oatmeal Cookie Day 	19 Poultry Day 	20 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Full Circle-1p.m.	21 Lunch 12:00 p.m. Strawberry Day 	22 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Full Circle-12pm Senior Dinner	23 Senior Luncheon- Friend Christian Assembly Lunch Bunch Outing	24 Chocolate Covered Raisin Day 
25 Medal of Honor Day 	26  epilepsy awareness	27 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner	28 Bridge 10:30-230 Lunch 12:00 p.m.	29 Vietnam War Veterans Day 	30 Go for a Walk Day 	31 Crayon Day 
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, March 7th

Program—Music by Homestead Dulcimer Club
Menu—Baked Chicken Thighs, Baked Beans, Baby Carrots, Fruit & Milk

WEDNESDAY, March 14th

Program—Gardening with Tri County FFA
Menu—Hot Beef, Mashed Potatoes, Corn, Fruit & Milk

WEDNESDAY, March 21st

Program—What's in Your Pantry by Aging Partners
Menu—Breaded Pollock, Jacket Fries, Mixed Vegetables, Fruit & Milk

WEDNESDAY, March 28th

Program—U.S. Stamps Tell a Story sponsored by Humanities Nebraska & First State Bank
Menu—Pulled Pork, Mac n Cheese, Coleslaw, Fruit Cocktail Cake & Milk



Paul Biggs
of
Wilber

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 February's
riddle was UMBRELLA.



HAPPY BIRTHDAY!

*A special wish to all of the
March 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

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, March 22, 2018, in the Wilber Care Center's Activity Room. Please RSVP by March 16th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

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 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:

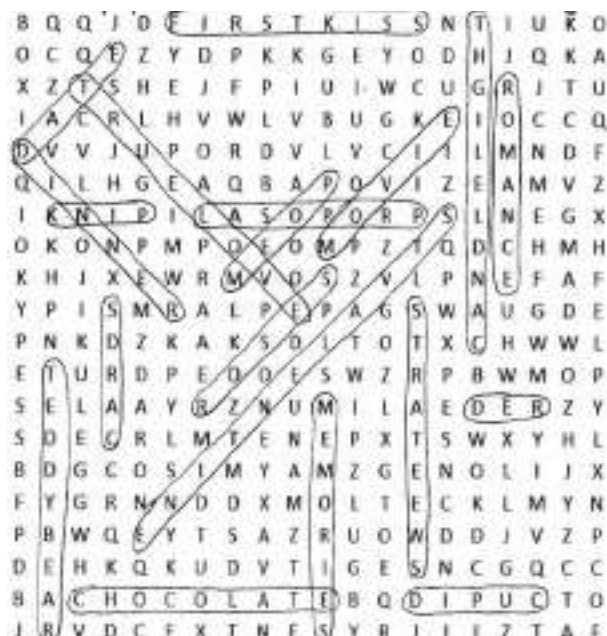
- be 60 years of age or older,
- meet income guidelines,
- AND attend a mandatory but brief nutrition presentation.
- Be prepared to show proof of age and income.

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.

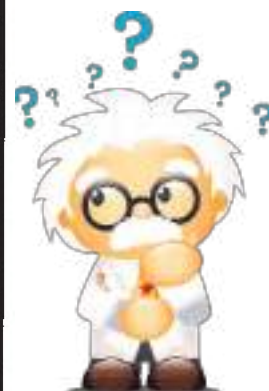
If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.



Answers to last months puzzles.



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



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



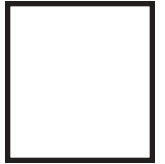
LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED



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
Jan. 15 Martin Luther King Day
Feb. 19 Presidents' Day
Apr. 27 Arbor Day
May 28 Memorial Day
July 4 Independence Day

Sept. 3 Labor Day
Oct. 8 Columbus Day
Nov. 12 Veterans' Day
Nov. 22 Thanksgiving
Nov. 23 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 3, Issue 4

April 2018

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April Showers Bring May Flowers: Weather Sayings and their meanings.

Centuries ago, weather forecasting would be based upon human experience and very little on scientific data, where people would often rely on their own observations as an indication for what the weather will bring. To aid with this task of predicting the weather, sailors, farmers and novice meteorologists would invent sayings from such observations to act as helpful guides. Since then, these sayings can still be found in our daily lives today, with many still accurate indicators of the behavior of weather. See below some of these age-old sayings and whether there is any science behind them.

April showers bring May flowers

This rhyme was originally a short poem. The meaning behind 'April showers bring May flowers' is said to be a reminder that even the most unpleasant occurrences, in this case the heavy rains of April, can bring about positive outcomes – flowers in May. In the UK, 'April showers' is known as the heavy down-pours during the month of April, mostly caused by the position of the jet stream. In early spring, the jet stream begins to travel northwards, making way for large depressions to bring strong winds and rain in from the Atlantic.



Red sky at night shepherd's delight

'Red sky at night, shepherd's delight. Red sky in the morning, shepherd's warning' first emerged in the bible in the Gospel of Matthew. Sometimes used at sunrise or sunset to signal the changing sky, this old weather saying was initially known among shepherds to help prepare them for the next day's weather. *Cont. Pg. 2*

'Red sky at night, shepherd's delight' can usually be proven true, as a red sky at night generally means high pressure is travelling in from the west, indicating that fair weather is on the way. While 'red sky in the morning, shepherd's warning' suggests high pressure weather systems have already moved east, meaning the good weather has passed and likely making way for a damp and blustery low pressure system.

St Swithun's day

According to tradition, the story behind this day begins with St Swithun, the Bishop of Winchester in the Anglo-Saxon era. Before St Swithun died, he initially requested to be buried outside to be subject to the feet of people passing by and the raindrops pouring down from on high. However more than a century later on July 15, his corpse was transferred to a shrine indoors, where heavy showers suddenly broke out that were said to be caused by the saint's anger at being moved. This rainfall carried on from that day for as long as 40 days and nights, leading to a folklore myth that whatever the weather is like on July 15, will be how it will continue for the next 40 days and nights following. Whether there is much scientific truth in this myth, is down to the jet stream. The position of the jet stream after the summer solstice determines the season's weather. If the jet stream is in a southern position then a more unsettled summer is likely. But if the jet stream is in a north facing location, the weather will most likely be brighter and drier during summer. However since records began there hasn't been any occurrence of rain for that extended period of time.



When the wind is out of the East, tis never good for man nor beast

Considering the variety of air masses that impact UK weather, this proverb bares some truth. Air mass that travels in from the north-east flows from the polar continental, where record low temperatures in the UK have been observed from this certain air mass. Originating from areas including Russia and eastern regions of Europe, this air mass affects Britain with icy cold gusts mostly throughout winter, with some warm and dry winds coming in during summer. However it is during winter the country faces such bitter winds the most - between November and April.

Rain before seven, fine by eleven

This saying refers to our weather systems, which tend to change quite quickly and pass through the country with a westerly flow from the Atlantic. Although this can often indicate a low pressure system might have passed by morning, this isn't always the case and rain can, and regularly does, linger for longer than just a morning. As much as this saying can sometimes be true, it should not be classed as reliable.



When halo rings Moon or Sun, rain's approaching on the run

Halo's are often referred to as the bright rings that appear around the sun or the moon, which according to this saying, suggests rainfall is approaching. The halo's we see around the moon and sun are caused by the formation of ice crystals in high clouds. These ice crystals then go on to refract light from

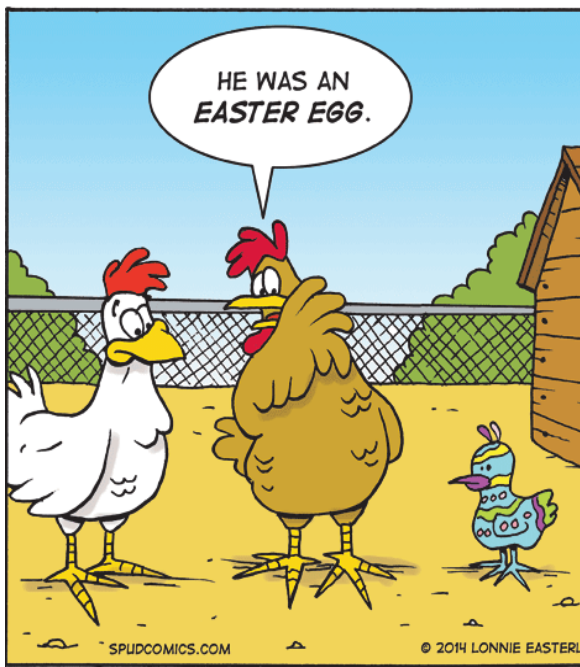
the sun or moon and as the ice crystals travel lower in the sky, the likelihood of precipitation becomes higher. Particularly during summer months, these rings of light can signal incoming storms.

Mackerel sky and mare's tails make tall ships carry low sails

This proverb originates from when various cloud formations were used to indicate whether the sails on boats and ships needed to be lowered or not. Otherwise referred to as simply 'mackerel sky', the phrase is linked to altocumulus clouds. While 'mare's tail' makes reference to cirrus clouds. Both clouds are known to often develop prior to the instance of a storm - which would lead to sailors lowering their ships' sails. When there is a specific level of moisture in the air, altocumulus clouds form, providing an indication that rainfall is drawing closer. The expression 'mackerel sky' derives from the clouds resemblance to the scales of the fish.



Article is from Weather.com





Phytochemicals and Cancer

Phytochemicals are naturally occurring chemicals in plants and can be found in a variety of fruits, vegetables, grains and beans. Phytochemicals have many health benefits on the body, particularly in acting as an antioxidant. Benefits of phytochemicals include:

- Boosting the immune system.
- Reducing inflammation that stimulates cancer growth.
- Preventing substances we eat, drink, and breathe from becoming carcinogens.
- Slowing the growth of cancer cells.
- Reducing oxidative damage to cells that can initiate the growth of cancer.

Types of Phytochemicals

Carotenoids include beta-carotene, lycopene and lutein. These are found in red, orange and green fruits and vegetables. Carotenoids act as an antioxidant in the body and may work to inhibit cancer cell growth. They can also help to boost your immune system, vision, skin and bone health. Examples of foods that contain carotenoids include broccoli, kale, carrots, sweet potatoes, spinach, collard greens, winter squash, apricots, oranges and cantaloupe.

Lutein is a type of carotenoid that is found naturally in the macula of our eyes. Foods high in lutein may help to reduce the risk of chronic eye diseases, including macular degeneration and cataracts. Examples of good sources of lutein include spinach, kale, turnips, collard greens, broccoli, eggs and avocados.



Flavonoids are another type of phytochemical that work as an antioxidant in the body. They may help to stop inflammation and tumor growth. Foods high in flavonoids include apples, citrus fruits, berries, soybeans, soy products (tofu, soy milk, edamame), coffee and tea.

Resveratrol has the potential to reduce inflammation that can contribute to certain types of cancer and heart disease. Resveratrol can be found in red and purple grapes, blueberries, cranberries, peanuts, green tea and red wine.

What You Can Do

Aim for a diet that is high in fruits and vegetables. This is a great way to ensure you are getting a lot of phytochemicals, but also a wide variety of nutrients! Choose bright-colored fruits and vegetables, which often have a higher nutritional value and are the best sources of phytochemicals.

Try something new! There are so many fresh fruits and vegetables out there! Try produce you may not have previously liked – your pallet may have changed over time. Make a goal to try something new each week.

Get creative with your cooking methods and seasonings! Lightly steam or roast your vegetables. Most phytochemicals do not do well under high temperatures. Season with a olive oil, fresh lemon, garlic, and any fresh or dried herbs.



Article is from Aging Partners

Having the Tough Conversation with Aging Parents

Talking with a loved one about their current needs and long-term care isn't easy. A successful conversation depends upon the relationship we have with the individual, as well as their mental, emotional and physical condition.

It's easy to put off serious discussions to avoid conflict or awkward conversations. However, not taking the time to understand your loved one's wishes and establish a mutually agreed upon plan may result in more conflict, heartache and suffering for all involved.

Tips for Talking with Elders about Senior Care Needs

- **Share Your Own Feelings** Be honest and open about how you see the current situation evolving and about your own capabilities and needs, especially in terms of your ability to provide care.



- **Emphasize Your Role as an Advocate** Let your loved ones know that you want to make sure to carry out their wishes as much as possible, and that they can depend on you to act in their best interest. Make it clear that you are not trying to bulldoze your way into their lives and reorganize familiar routines or make all the decisions about their future care.



- **Listen to Concerns** Don't brush off any anxieties your loved ones may expressed. Instead, try making a written list of concerns that will need to be addressed when making plans for care.



- **Discuss How Emergencies Should Be Handled** Don't wait until it's too late to figure out where key financial records, insurance policies and health information is stored. It's also a good idea to discuss the circumstances under which your loved ones would like you to become their Power of Attorney.



To the extent possible, have an open and honest discussion about their wishes, abilities and options. While the thought of such dialogue may be uncomfortable, you will be in a better position to make decisions later when your loved one may not be able to do so.

Article is from APlaceforMom.com

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 SHIIP at 1-800-234-7119.

Information is from Nebraska SHIIP

Glaucoma in Seniors

Glaucoma is a cluster of diseases that can damage the eye's optic nerve and result in irreversible vision loss and ultimately can cause total blindness. It is one of the leading causes of legal blindness in the US and probably the most preventable cause of vision loss. Glaucoma tends to run in families and most often occurs in people over the age of 60. As baby boomers age, we can anticipate more and more cases of glaucoma in seniors.

Anyone can get glaucoma, but for reasons that are not fully understood, it is more common in people of African-American and Mexican-American ancestry. In addition to family history, other risk factors include nearsightedness (myopia), previous eye injury, low blood pressure, diabetes and long exposure to cortisone, a steroid hormone.

Our eyes contain fluid which maintains a constant pressure within the eyeball. When the valve that regulates this liquid, and thus the pressure, malfunctions, the optic nerve becomes damaged by the increased pressure in the eye. This process is painless and gradual, and vision usually seems normal as it's happening.



COMMON TYPES OF GLAUCOMA IN SENIORS

There are several types of glaucoma:

- **Isopen-angle Glaucoma:** The most common type of glaucoma, this results in a slow, painless loss of peripheral vision. Approximately 1% of all Americans have this type.
- **Withopen-angle Glaucoma:** With this type, one's field of vision slowly, imperceptibly narrows as peripheral vision deteriorates. Vision damaged this way is often compared to looking through a tunnel, but it is actually more akin to looking at the world through a paper towel tube.
- **Low-tension or normal Tension Glaucoma:** This type is more challenging to detect because the intraocular pressure is within normal parameters. It is thought to be related to impaired blood flow to the optic nerve.
- **From angle-closure Glaucoma:** If intraocular pressure becomes too high, the iris is forced against part of the eye and blocks drainage. When the drainage becomes completely blocked, it will result in an acute glaucoma attack, which can lead to vision loss very quickly.

RARE TYPES OF GLAUCOMA

There are also several rare types of glaucoma that can affect seniors:

- **Pigmentary Glaucoma:** This most often affects nearsighted people and men more than women. It might begin even in the early twenties or thirties and is particularly threatening to vision over a lifetime.
- **Trauma-related Glaucoma:** This can be caused by any serious blow to the eye, chemical burn, or penetrating injury.

DETECTING GLAUCOMA IN SENIORS

Only a full vision exam, including tonometry, a visual field exam, visual acuity assessment and a dilated eye exam can determine if one has any of these types of glaucoma. Tonometry measures the ocular pressure by determining the resistance of your cornea to indentation, usually by directing a quick, painless puff of air at the eye. A visual field exam tests the full field of vision by asking if you can see a series of objects or flashes of light in various locations, for example on a computer screen. The visual acuity exam starts with the familiar eye chart with the tumbling E's.

Continued on pages 14-15

Exercise of the Month — Balance Walk



1. Raise arms to sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for 1 second before stepping forward.
5. Repeat for 20 steps, alternating legs.

TIP: As you progress, try looking from side to side as you walk, but skip this step if you have inner ear problems. Good balance helps you walk safely and avoid tripping and falling over objects in your way.

Recipe of the Month

Easter Deviled Eggs

Ingredients:

- 12 eggs
- 1/2 cup mayonnaise
- 2 tbsp. sweet pickle relish
- 4 tsp mustard
- Salt and pepper, to taste
- Food coloring



Directions:

1. Place eggs in a pan and cover with cold water.
2. Bring to a boil, cover and turn off heat.
3. Allow to sit for 9 minutes.
4. Fill with cold water to stop cooking
5. Remove shells
6. Slice eggs in half lengthwise
7. Remove yolks and place in a bowl
8. Fill bowls with 1 cup cold water and 6 drops of food coloring
9. Divide cooked egg white halves evenly between the different colors
10. Allow whites to sit for 15 minutes or until desired color is reached
11. Place colored egg whites on paper towels to dry.
12. Mash yolks with a fork and stir in mayonnaise, pickle relish, and mustard.
13. Salt and pepper to taste.
14. Mix until consistency is smooth and creamy
15. Transfer mixture to zippered bag or piping bag and clip the corner for piping.
16. Pipe mixture into cooked egg whites and refrigerate until ready to serve.



April	March
Baseball	May
Birds	Nesting
Blossoms	Planting
Buds	Puddles
Daffodils	Rain
Easter	Robin
Flowers	Seeds
Gardening	Showers
Green	Sunshine
Growing	Tulip
Kite	Winds
Marbles	



Riddle of the Month

What do you call a pig in the dirt??

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!



C U K K M F X S R E W O L F U Q T
I A X I K A O R N R Z G N P U D R
L T S W T S D E E S E F N G B T A
R B A L I E E E H T S T F C T S I
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Y B A S E B A L L V P I C T G Z A
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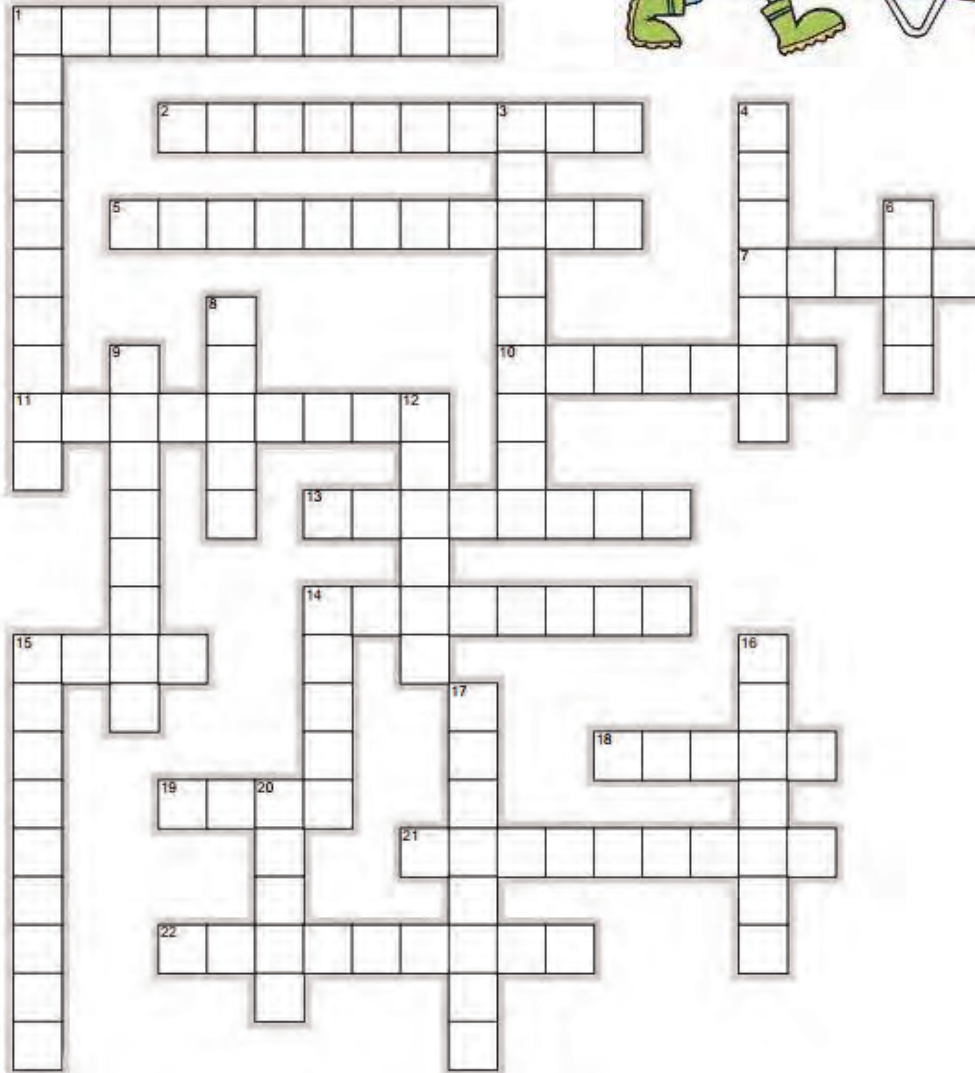
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	6	4			9	7		

The Grimacing Gardener



Across:

1. Overuse can lead to runoff that damages surface waters
2. Small pits on tubers indicate this disease (2 words)
5. Noisy unwanted reptile
7. Too much or too little of this is a common problem
10. Plant with edible, tart stalks but poisonous leaves
11. Overuse of this class of weed killer can injure plants
13. Fungus that infects corn plants
14. Shield-shaped insect that gives off an unpleasant odor when crushed (2 words)
15. Insect-eating underground dwellers
- 18.. Used to suppress weeds, but too much can cause rot
19. This type of soil drains slowly and can cause root damage
21. Showy springtime problem
22. Rash-causing weed (2 words)



Down:

1. Disease that causes scorched-looking new leaves
3. A thick type of unwanted grass
4. Type of caterpillar that cuts off seedlings just above the ground
6. Animal that grazes, leaving damaged woody plants, roses, fruits, and vegetables
8. Prickly plant or shrub
9. Winged annoyance, especially around fresh fruit (2 words)
12. Ugly nocturnal insect that feeds on tender new growth
14. Type of soil that often does not retain water or nutrients
15. Umbrella-shaped fungi
16. Nocturnal animal that loves sweet corn and strawberries
17. Non-native plant type that spreads on its own
20. Prolific insect that sucks the sap from stems and leaves

Staff Notes



Happy Spring everyone!

Katie & Laura

Full Circle



Due to staff changes, we will only be doing Full Circle events every other month, until further notice. Check the May edition of our Newsletter to see what we have planned for the next one!
Hope to see you all in May!

Announcements



PLEASE PLEASE PLEASE....Call to make an appointment if you are needing one of the staff members' attention for any matter. Due to staff changes we can not guarantee that we will be in the office or have time at the moment you come in. Thank you so much for your understanding!

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!



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).



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!

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 30th.

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).

The dilated eye exam is where drops are put in the eyes to dilate (widen) the pupils so that the physician can examine the retina and optic nerve. The drops may cause blurring of vision for several hours, although most people are still able to drive afterwards.

The American Academy of Ophthalmology recommends a full eye exam for everyone under 40 every five to ten years; after the age of 40 every two to four years, and annually after the age of 55. Full exams are recommended annually for those over 50 with a family history of glaucoma.

GLAUCOMA PREVENTION

It is unclear what can prevent glaucoma in seniors. However, a 2007 study in the journal of the American Academy of Ophthalmology found a decrease of intraocular pressure (IOP) in rats on a diet enriched in omega-3 fatty acids and an increase in IOP in rats fed an omega-3 fatty acid deficient diet. Researchers had noted that traditional Western diets are low in omega-3 fatty acids while omega-3 fatty acids are quite high in the fish-rich Japanese diet. IOP increases with age in Western populations, while it actually decreases with age in Japan. Studies on humans at the present time are limited. Wild salmon, tuna, herring, mackerel, anchovies, and sardines are good natural sources of omega-3 fatty acids. Fish oil supplements are also high in omega-3 fatty acids. The single most important thing one can do to prevent vision loss from glaucoma is to have regularly scheduled full eye exams.

GLAUCOMA TREATMENT

There is no cure for glaucoma. All types of glaucoma are controlled with medications (usually eye drops, but can be oral as well) and surgery. Several of the more commonly prescribed medications include:

- Alpha-adrenergic agonists
- Beta blockers
- Carbonic anhydrase inhibitors



It is essential that the medication be taken exactly as prescribed and that the annual exam includes a medication review. Some drugs stop working over time or may have negative interactions with other prescriptions. Only a physician can appropriately monitor glaucoma and glaucoma medications. Often an older person will need help with eye drops because of a tremor or fine motor control issues. Special devices can help make the application of drops easier. Check out the Community Services for the Blind catalogue with the "eye drop guide" (www.sightconnection.com).

Memory problems increase the risk of missing medications dramatically. Remember, vision lost from glaucoma is lost forever; it is irreversible. A family member or trained aide must assist a memory-impaired person with glaucoma medication every day.

Based on recent reviews by the National Eye Institute and the Institute of Medicine, a task force on complementary therapies found no scientific evidence that proved increased benefits of marijuana use to treat glaucoma compared to the wide variety of prescription medications available. While marijuana does indeed lower intraocular pressure, a person would need to smoke a marijuana cigarette eight to ten times a day. Medical marijuana is still illegal in most of the US.

Laser surgery is another treatment option for glaucoma in seniors. Using a laser, part of the anterior chamber is changed to make it easier for the fluid to exit the eye. Usually the patient will also continue to take glaucoma medications and monitor intraocular pressure with an annual exam.

LOW VISION REHABILITATION

Because vision lost to glaucoma cannot be restored, it is imperative for people with glaucoma-related vision loss to understand and utilize low vision rehabilitation. New training and technology can help make the most of remaining vision. Many community organizations and agencies offer information about low vision counseling, vision and technology training, support groups, and other special services for people with visual impairments. An excellent initial contact to find low vision rehabilitation in your area is the national senior information helpline: 1-800-766-1116 or www.eldercare.gov.




A physician may say to someone with glaucoma who has experienced permanent vision loss, "You're legally blind, and there's nothing I can do." This is devastating news to anyone, and the person hears, "there's nothing I can do" and thinks that there's nothing more to be done. However, what the doctor should say is, "there's no way I can restore your lost sight, but experts in low vision can help you make the most of the vision you still have."

Legally blind is specifically defined as 20/200 in the best eye with the best corrective lenses. For example, with my lovely new bifocals, I have 20/20 vision. A sign that I can read 200 feet away, a legally blind person with 20/200 vision would need to walk up to the sign until 20 feet away to be able to read it with his or her best glasses. Most people who are thought of as blind have some functional vision.

For people with total blindness, mobility training, instruction in activities of daily living, and social services are also widely available.

Article is from APlaceforMom.com

April Activities

1 	2	3 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30	4 Foot Clinic Lunch 12:00 p.m. 	5 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	6 Caramel Popcorn Day! 	7 No Housework Day! 
8 Zoo Lovers Day 	9	10 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30	11 Foot Clinic Lunch 12:00 p.m. 	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	13 Potluck & Grocery BINGO 	14 Dolphin Day 
15 	16 Work Day 1:30-3:30 	17 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	18 Lunch 12:00 p.m. 	19 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	20 Cheese Fries Day! 	21
22 	23 Picnic Day 	24 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner	25 Lunch 12:00 p.m. 	26 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner	27 Senior Luncheon-Friend Christian Assembly	28 Blueberry Pie Day! 
29	30 Ice Cream @ Quick Shop 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, April 4th

Program— Patio Planting by Nicole of Gage Co. Ext.
Menu— Salmon Loaf, Baked Potato, Green Beans, Fruit & Milk

WEDNESDAY, April 11th

Program— DeWitt Village Happenings
by Clerk Erin Reimer
Menu— Ham, Sweet Potatoes, Broccoli, Fruit & Milk

WEDNESDAY, April 18th

Program— Coming to America
Menu— Grilled Chicken, Scalloped Potatoes, Mixed Vegetables, Fruit & Milk

WEDNESDAY, April 25th

Program— How Did Your Family Get to Nebraska?
Menu— Meatloaf, Mashed Potatoes, Carrots, Fruit & Milk
*Celebrate Birthdays, Soft Pretzels



Ed Hudecek
of
Wilber
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 March's
riddle was TEAPOT.



*A special wish to all of the
April 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

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 26, 2018, in the Wilber Care Center's Activity Room. Please RSVP by April 20th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Service Spotlight

Answers to last months 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

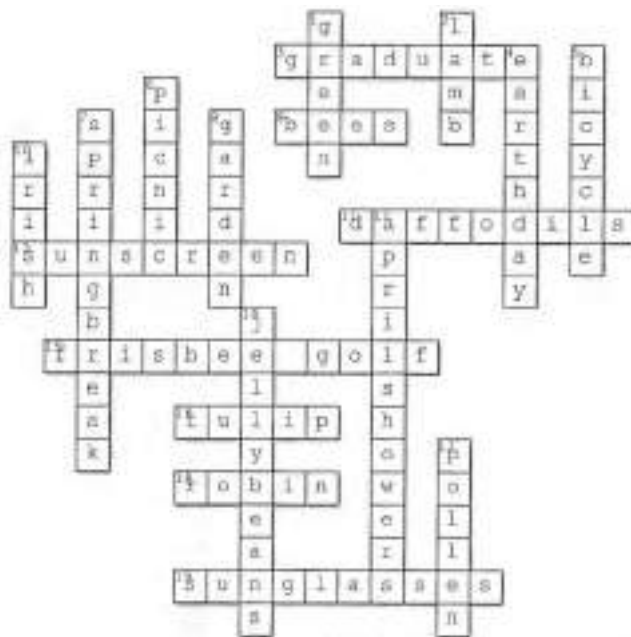
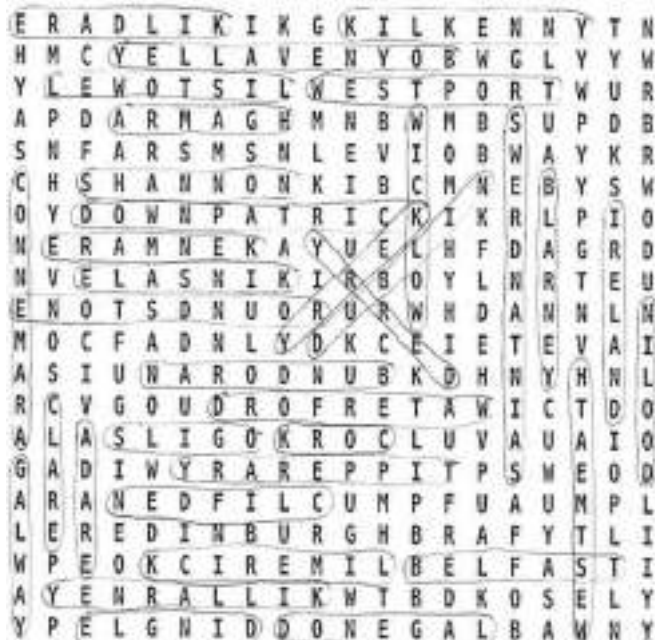
(SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

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.



1	7	9	5	3	8	4	2	6
4	2	5	9	6	7	8	3	1
6	3	8	1	4	2	7	9	5
9	4	7	3	1	5	6	8	2
5	8	6	2	7	9	1	4	3
3	1	2	6	8	4	9	5	7
7	9	3	4	2	1	5	6	8
8	6	4	7	5	3	2	1	9
2	5	1	8	9	6	3	7	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 sent via email, please provide your email address, printing carefully



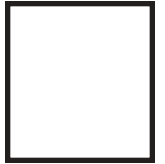
LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED



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
Jan. 15 Martin Luther King Day
Feb. 19 Presidents' Day
Apr. 27 Arbor Day
May 28 Memorial Day
July 4 Independence Day

Sept. 3 Labor Day
Oct. 8 Columbus Day
Nov. 12 Veterans' Day
Nov. 22 Thanksgiving
Nov. 23 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 3, Issue 5

May 2018

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Tornado Season usually comes with Spring in our area. We're warned as the spring thunderstorms come, so do the tornadoes. And while it's true that the 'season' is usually in the spring/early summer, the fact that twisters can happen year round actually make this a severe weather threat all year long.

Instead of sharing a whole bunch of tornado facts , let's get down to what YOU can do for your family to prepare for Tornado Season (and any severe weather threat – because straight line winds can cause as much damage as a tornado can).

Basic Tornado Season Preparedness:

Situational Awareness. Watch the skies.

Be aware of changing weather in your area. Don't wait for the 'green sky' effect to decide that it's time to seek shelter. Know what bad weather looks like and respond accordingly. Keep lines of communication open such as a television station turned to your favorite weather alert channel, your cell phone handy in case the power goes out, and a weather radio tuned into your area's emergency network.

Have a 72 hour kits handy.

This should be year-round. Having backpacks or totes ready to get you through at least 3 days in the event of having to evacuate your shelter because of severe weather damage to your house should be one of the first things you do. If a tornado does strike your area and your house is damaged, having your **emergency go bags** at the ready can give you some peace of mind until you can get back into your house or to a more permanent shelter.

Continued on page 2-3

Keep your car at the ready

Keeping your gas tank full, having an **stocked emergency car kit** (full of the same things you might have in your **72 hour kits** for redundancy can get you out of the area if severe weather is needing you to evacuate (think hurricanes or even fires during the height of the dry season).

Severe Weather Preparedness

Communications

Have a weather radio of some sort available to listen to, because you may not always have power for the television or your internet connection. We use this weather alert radio at our house and like all of the options it gives. Also make sure you've alerted family who may still be out and about and not aware of the situation, and keep in contact with them about where they are and what help you can give. Have your cellphone loaded with emergency apps that can help you in the case of a power outage.



Light

Keep flashlights handy in several locations in your house as power outages are more prevalent in severe weather. We keep these flashlights next to our beds, in the bathrooms, at our desks, several in the living area, and one by the front and back doors. We also have large flashlights, oil lamps, camp lanterns and a box of emergency lighting handy as well. For us, the most likely scenario is that we lose power for an extended amount of time, and with living in a dark house, alternative light sources help us tremendously.

Seek Shelter

Find the room in your house that is centrally located (meaning away from outer walls and windows) that you and your family can hide in. We use the front bathroom as it is centrally located and surrounded by all the plumbing in the house (hopefully giving it a bit more stability than the closet on the outer wall). We have an emergency kit stored under the counter, and have easy access to a mattress that can be thrown over the bathtub for the children.



Severe Weather Drill

As important as having 'things' to prepare you, having a plan of action is just as important – as well as practicing that plan of action. When threat levels of a tornado kick is unto gear (1-3 times per year for our area), we have a plan of action we immediately begin. The children all know to get their list of things and get to their safe area. I grab those things that are part of my list and store them in their safe spots, and make sure the children are safe, then we hunker down. Do NOT run around the house trying to open all of the windows. You're just wasting precious safety time.

When you are not at home

Communications

Because you aren't at home, you must really rely on situational awareness to notice the changing weather. Be sure you have your cell phone updated with apps to alert you, and your radio on to listen to local announcements.

Seek Shelter

Find a safe place to shelter from the cell as it moves through. Not only do you have to worry about the actual tornado, you have to also worry about straight line winds, hail, limited visibility, and the other people on the road who aren't paying attention to any of those things and are creating a nuisance. Your best bet is to find a permanent building to shelter in (fast food restaurant rest rooms or walk-in freezers, storage/utility rooms of larger buildings – always staying as low to the ground as you can, covered, and away from any windows or outside doors).

**note: If you are in your car and can get out to a safe building, do so. If you can see the tornado moving, drive off in the opposite direction. If you cannot see it moving (or it gets bigger), you're in the direct path and need to get safe. From The Art of Manliness Blog: When I was a lad I was taught that if a tornado is bearing down on you while you're driving, it's always best to get out of your car and lie down in a ditch or gully, since the twister could turn your vehicle into a deadly plaything. But recent studies have actually shown that most tornadoes aren't capable of hurling your car through the air, and that staying inside it can be safer than getting out. There's still some controversy over which option is best, however. What the Red Cross recommends is getting off the road, parking the car, and slouching down as low in your seat as you can while still keeping your seatbelt on. Duck and lean away from the windows and cover your head with a blanket or coat if you have one. If you see that there's an area below the level of the roadway for you to go, you may decide to get out of the car, lie face down there, and cover your head. The Red Cross helpfully adds, "Your choice should be driven by your specific circumstances." Good luck with that decision! And stay safe out there, men.*

Continued on page 15



"Mommy! Close your eyes and don't peek! We might have a surprise for you tomorrow!"



"...But we're not to tell a soul, 'cause it's a secret!"



"I'm pretty sure Mom asked me to take you for a walk."



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Osteoporosis

Osteoporosis is sometimes called a “silent killer” with few noticeable changes to your health to indicate you have it. Often, the first sign of osteoporosis is when a bone breaks and the damage is already done.

Osteoporosis can strike at any age, but occurs mostly in people over age 50. By age 70, between 30 and 40 percent of all women have had at least one fracture linked to osteoporosis. While the incidence of osteoporosis is higher among women, more than two million American men also suffer from this disease, according to the National Institutes of Health.

It is important to maintain a healthy diet and exercise routine for strong and healthy bones, especially if you are at-risk or diagnosed with osteoporosis.

Calcium

Calcium is essential for healthy, strong bones. Most of the calcium in our body is stored in the bones and teeth, but each day we lose calcium through normal body processes. Our bodies cannot produce calcium on its own and is dependent on getting enough through food.



The recommendations for calcium include:

Women over age 50 = 1,200 mg/day

Men under age 70 = 1,000 mg/day

Men over age 70 = 1,200 mg/day

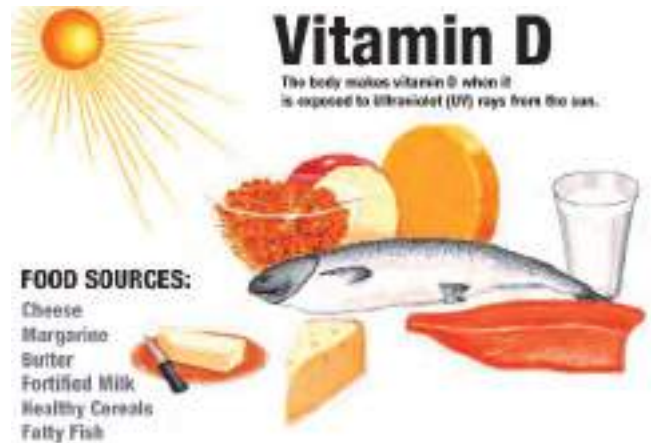
Calcium can be found in dairy products such as milk, yogurt and cheese. It also can be found in some green vegetables such as collard greens, broccoli and kale. Fortified foods such as ready-to-eat cereal, oatmeal and juice often have added calcium to help increase nutritional value.

Vitamin D

Vitamin D is also essential for bone health, as it helps with the absorption of calcium. It is recommended that

adults age 50 and over consume between 800 to 1,000 IU daily. Sunlight is the most natural way for your body to absorb Vitamin D. It has been suggested that approximately 10 to 30 minutes of sun exposure between 10 a.m. and 3 p.m. two times per week usually leads to sufficient Vitamin D.

Food sources of Vitamin D can be harder to come by. Fatty fish such as salmon, tuna and mackerel are good sources of Vitamin D. There also are fortified foods that contain higher levels of Vitamin D, such as milk, juice and



ready-to-eat cereals.

It is best to get Calcium and Vitamin D through food sources. Supplementation is available but you should consult your doctor or registered dietitian to determine if it is the right option for you.

Exercise

It is important to maintain a healthy exercise routine to strengthen bones and improve balance, coordination and flexibility. Weight-bearing exercises such as walking and aerobics can help improve bone strength. Tai Chi and yoga can help strengthen muscles and improve balance and coordination.

If you have osteoporosis, talk with your doctor about which exercises will be best for you.

Article is from Aging Partners

As Fresh As A Daisy: The Basics Of Elderly Personal Hygiene



Personal hygiene is an essential part of every individual's daily routine. You get up, shower, clean your teeth, deodorize and repeat the same steps in the evening to make sure that you stay fresh all day long. Being personally hygienic can make you feel great. However, what if you were to be unable to fully look after yourself and nobody would actually carry out that routine for you? You would go into every day feeling dirty and that would only serve to induce depression and frustration. It is therefore important to establish a hygiene routine whilst caring for the elderly so that you don't miss anything out.

If you are responsible for washing the elderly person that you are caring for then you should pay attention to the routine that you are establishing and talk them through it the first few times so they know what to expect. This will not only build up trust, but may go some way to helping them relax. Many seniors are somewhat reluctant to let anyone administer their personal care, and understandably so. If you rely on someone to do everything for you then you are likely to feel as if you have lost all of the self-respect you had for yourself, as well as your dignity. It is exactly the same for seniors, regardless of illness and mental state, unless they are completely



unaware of what is going on. Some seniors may even react angrily but again this is completely understandable. It may be unpleasant to experience verbal abuse, which you may just get in this situation, but if you put yourself in their shoes you will understand exactly where they are coming from.



If the senior in your care can be encouraged to maintain their personal hygiene and can be trusted then you should always allow them to administer their own personal care. Not only does this promote their independence, but it also gives them a sense of purpose. Even if they can only do one little thing for themselves then it is better than nothing!

The routine that you establish regarding a senior's personal hygiene should include all the basic elements that we include in our own daily routine. Showering, washing all of the nooks and crannies, deodorizing and brushing teeth should always be the integral elements. This should take place every day. However, the routine can incorporate other things. For example, if the female senior in your care likes to put on makeup to feel feminine then you should encourage it as far as possible in order to maintain her identity.



It is also worth noting that maintaining good personal hygiene for the elderly in your care will not only



promote mental well-being, it will also promote physical health. If you are washing someone, then you are likely to note any lumps, bumps and bruises as well as any bodily changes that may spell trouble in the future. By noticing and noting changes in a care plan, you are creating a medical record that may lead to early diagnosis of illnesses. Also, if there is more than one care performing the same role for the elderly people in your care, it may also alert them to any physical changes.

Personal hygiene is undoubtedly one of the most important aspects of caring for the elderly. It can be a sensitive area but, if handled in the right way, it can also form a bond between

you. As long as effective hygiene is maintained, the rest will fall into place as far as their appearance is concerned.

Article is from ElderlyCareAssistance.info



Strokes

May is World Stroke Awareness Month! Read on to learn about Strokes.

Stroke is the third leading cause of death in the United States and a leading cause of serious, long-term disability in adults. About 600,000 new strokes are reported in the U.S. each year. The good news is that treatments are available that can greatly reduce the damage caused by a stroke. However, you need to recognize the symptoms of a stroke and get to a hospital quickly. Getting treatment within 60 minutes can prevent disability.



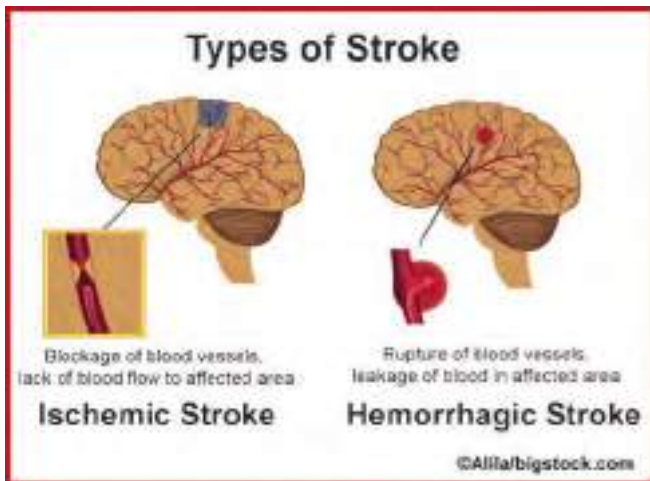
What is a stroke?

A stroke, sometimes called a "brain attack," occurs when blood flow to the brain is interrupted. When a stroke occurs, brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function.



What causes a stroke?

There are two major kinds of stroke. The first, called an ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel or artery in the brain. About 80 percent of all strokes are ischemic. The second, known as a hemorrhagic stroke, is caused by a blood vessel in the brain that breaks and bleeds into the brain. About 20% of strokes are hemorrhagic.



What disabilities can result from a stroke?

Although stroke is a disease of the brain, it can affect the entire body. The effects of a stroke range from mild to severe and can include paralysis, problems with thinking, problems with speaking, and emotional problems. Patients may also experience pain or numbness after a stroke.

KNOW THE SIGNS

Because stroke injures the brain, you may not realize that you are having a stroke. To a bystander, someone having a stroke may just look unaware or confused. Stroke victims have the best chance

if someone around them recognizes the symptoms and acts quickly.

What are the symptoms of a stroke?

The symptoms of stroke are distinct because they happen quickly:

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



Continued on Page 14

Exercise of the Month — Back of Leg (Floor)



This exercise stretches the muscles in the back of your legs. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Lie on your back with left knee bent and left foot flat on the floor.
2. Raise right leg, keeping knee slightly bent.
3. Reach up and grasp right leg with both hands. Keep head and shoulders flat on the floor.
4. Gently pull right leg toward your body until you feel a stretch in the back of your leg.
5. Hold position for 10-30 seconds.
6. Repeat at least 3-5 times.
7. Repeat at least 3-5 times with left leg.

TARGETED MUSCLES: Back of legs

TALK TO YOUR DOCTOR: If you've had hip or back surgery, talk with your doctor before trying this stretch.

Recipe of the Month

Strawberry-Peach Pie

Ingredients:

1 cup sugar
1/3 cup all-purpose flour
1/4 tsp cinnamon
1/8 tsp nutmeg
1/8 tsp salt
4 cups sliced fresh peaches
2 cups sliced fresh strawberries
2 tsp lemon juice
Milk, enough for brushing on
2 TBSP blanched almonds
2 tsp sugar



Directions:

1. Heat oven to 375. In a large bowl, combine sugar, flour, cinnamon, nutmeg, and salt.
2. Stir in peaches and strawberries, squeezing lemon juice over before tossing.
3. Spoon filling into prepared pie crust, then top with second crust.
4. Brush top crust lightly with milk and top with almonds and sugar.
5. Bake at 375 for 30-45 minutes. Cool slightly before serving.



- | | |
|------------|----------------|
| Attic | Laundry |
| Back Yard | Lawnmower |
| Basement | Mirrors |
| Boxes | Mop |
| Bucket | Organize |
| Car | Paintbrush |
| Ceiling | Rake |
| Clean | Shed |
| Dryer | Sort |
| Front Yard | Sponge |
| Garage | Vacuum |
| Garbage | Water |
| Gloves | Walls |
| Gutters | Wash Machine |
| Ladder | Window Cleaner |

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



Riddle of the Month

**How can a pocket be empty
and still have something in it??**

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!**

		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		

What State Am I?



Across:

3. Burlington, Essex, Brattleboro
5. Hilo, Pearl City, Hililani Town
7. Stamford, Waterbury, Bridgeport
9. Bowling Green, Owensboro, Covington
11. North Platte, Grand Island, Omaha
12. Tempe, Yuma, Mesa
14. Erie, Allentown, Scranton
16. Roanoke, Lynchburg, Chesapeake
17. Yonkers, Mount Vernon, Schenectady
18. Bangor, Portland, Lewiston
22. Casper, Gillette, Green River
23. San Jose, Anaheim, Santa Ana
25. Eugene, Beaverton, Gresham
27. Fort Smith, Fayetteville, Jonesboro
28. Flint, Grand Rapids, Dearborn
33. Provo, Sandy, Ogden
34. Independence, Columbia, St. Charles
38. Fairbanks, Wasilla, Sitka
40. Wilmington, Middletown, Newark
41. Worcester, Springfield, Cambridge
44. Fort Collins, Aurora, Lakewood
46. Charlotte, Greensboro, Asheville
47. Corpus Christi, Plano, El Paso
48. Huntsville, Tuscaloosa, Mobile
49. Greenville, Mount Pleasant, Charleston

Down:

1. Kenosha, Appleton, Eau Claire
2. Evansville, Hammond, Muncie
4. Manchester, Derry, Salem
6. Norman, Broken Arrow, Midwest City
8. Athens, Albany, Marietta
10. Las Cruces, Roswell, Carlsbad
13. Hollywood, Jacksonville, St. Petersburg
15. Bloomington, Coon Rapids, Rochester
19. Gaithersburg, Bowie, College Park
20. Toledo, Akron, Dayton
21. Knoxville, Chattanooga, Murfreesboro
22. Vancouver, Yakima, Tacoma
24. Rockford, Joliet, Cicero
26. Pawtucket, Woonsocket, Warwick
29. Twin Falls, Meridian, Moscow
30. Paterson, Edison, Elizabeth
31. Gulfport, Greenville, Hattiesburg
32. Reno, Sparks, Henderson
35. Cedar Rapids, Ames, Waterloo
36. Rapid City, Aberdeen, Brookings
37. Grand Forks, Minot, Mandan
39. Morganton, Wheeling, Huntington
42. Kenner, Alexandria, Lafayette
43. Missoula, Great Falls, Kalispell
45. Lawrence, Shawnee, Salina

***Match the cities listed with what state they call home.

welcome



We would like to give a warm welcome to Saline County Aging Services' new Program Manager, Lori Moldenhauer!! If you haven't had a chance to meet her, stop by and introduce yourself! We will be having an open house on Monday, May 7, 2018 from 2p.m.—4p.m. Stop by for cookies and coffee and help her get to know your faces!

Happy Spring everyone!
Katie, Laura, & Lori

Full Circle



On Thursday, May 24th we will be doing a
Recipe Exchange!

Bring one of your favorites or maybe something you've never made before (and maybe a sample or two). Think of your (or someone you know) biggest cooking or baking disaster story to share!

Come to 'The Back Room' - SCAS 2:00 PM

Please RSVP by Wednesday, May 23rd to attend this event!

402.821.3330



Recipes



On Wednesday, May 23rd we will be doing a

Recipe Exchange!

Bring one of your favorites or maybe something you've never made before (and maybe a sample or two). Think of your (or someone you know) biggest cooking or baking disaster story to share!

Join us for a lunch of

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

You must RSVP by Tuesday, May 15th
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



Did you know that May is Older American's Month? This year's theme "Engage at Every Age", emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

How will we celebrate? With an open house!!

Come meet our new Program Manager, Lori and let us treat you to some coffee, goodies & gifts!!

Join us

Monday, May 7, 2018

from 2pm—4pm

at our office

We can't wait to see you all there!!

Our newsletter is growing!

Do you enjoy your monthly newsletter?

We LOVE providing this essential service to all of our wonderful clients.

Our newsletter is growing and getting more popular by the day! Over the course of the last year we have gone from sending out 215 newsletters a month to 350+!

We are so excited that it has gained so much popularity and you all love it so much! Along with its growing popularity comes new cost challenges for our Non-Profit program.

Our postage cost has grown tremendously as well.

While we love and will continue offering this service free of charge, we are hoping that you will be willing to help! Please consider giving a suggested contribution of \$5 for the entire year's worth of newsletters. That's less than \$0.42 per issue!

What is a suggested contribution?

This means that we will accept anything from \$0 to \$1 million+!

You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!

Thank you so much for your continued support of all of our programs at Saline County Aging Services!!

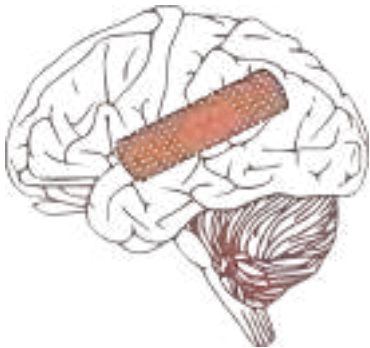
What should a bystander do?

If you believe someone is having a stroke-if he or she suddenly loses the ability to speak, or move an arm or leg on one side, or experiences facial paralysis on one side-call 911 immediately.



ACT IN TIME

Stroke is a medical emergency. Every minute counts when someone is having a stroke. The longer blood flow is cut off to the brain, the greater the damage. Immediate treatment can save people's lives and enhance their chances for successful recovery from stroke.



Why is there a need to act fast?

Ischemic strokes, the most common type of strokes, can be treated with a drug called t-PA, that dissolves blood clots obstructing blood flow to the brain. The window of opportunity to start treating stroke patients is three hours, but to be evaluated and receive treatment, patients need to get to the hospital within 60 minutes.

What is the benefit of treatment?

A five-year study by the National Institute of Neurological Disorders and Stroke (NINDS) found that some stroke patients who received t-PA within three hours of the start of stroke symptoms were at least 30% more likely to recover with little or no disability after three months.



What can I do to prevent a stroke?

The best treatment for stroke is prevention. There are several risk factors that increase your chances of having a stroke:

- High blood pressure
- Heart disease
- Smoking
- Diabetes
- High cholesterol

If you smoke-quit. If you have high blood pressure, heart disease, diabetes, or high cholesterol, getting them under control-and keeping them under control-will greatly reduce your chances of having a stroke.



Article is from APlaceforMom.com

The Aftermath

Triage

Assess your situation – make sure everyone you are with is okay- or determine their need of emergency care and take care of what you can. Of course, some wounds may need more than you can handle, in which case you need to find help immediately (check your phone and call for help, or be sure to follow the next steps when going out for help).

Debris & Power Lines

When try to get remove yourself from your place of hiding, be aware of the debris around you. Structures may not be sound, there is loose wood, metal, nails, broken glass, etc., to bring additional harm. Be careful, but get yourself safe. Be sure to watch for broken power lines or open areas where wiring may have been exposed and damaged or submerged in water.

Get to Safety

As quickly as you can, get you and your loved ones to safety. If you can, help those near you to also get to safety, without putting your children at risk. Secure you and your family and your belongings as quickly as possible, get in contact with your families to let them know your status. Are there others that you can help? Be safe when doing so and only try to remove someone from a dangerous position if no other option is available – otherwise keep them calm, dry as possible and be with them until help arrives. Call your Insurance Company to let them know of the damage and arrange for their visit. Be safe!

Article is from momwithaprep.com

May Activities

		<p>1 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:30-3:30</p>	<p>2 Foot Clinic Lunch 12:00 p.m.</p>	<p>3 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>	<p>4 Bird Day</p> 	<p>5</p> 
<p>6 Nurses' Day</p> 	<p>7 Open House @ SCAS office 2pm-4pm</p>	<p>8 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:30-3:30</p>	<p>9 Foot Clinic Lunch 12:00 p.m.</p>	<p>10 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>	<p>11 Twilight Zone Day</p> 	<p>12 Mini Golf Day</p> 
<p>13</p> 	<p>14</p>	<p>15 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>	<p>16 Lunch 12:00 p.m.</p>	<p>17 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>	<p>18 Bike to Work Day</p> 	<p>19</p> 
<p>20 Pick Strawberries Day</p> 	<p>21 American Red Cross Founder's Day</p> 	<p>22 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>	<p>23 Lunch 12:00 p.m. Full Circle-12pm</p>	<p>24 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Full Circle-2p.m. Senior Dinner</p>	<p>25 Missing Children's Day</p> 	<p>26 Blueberry Cheesecake Day</p> 
<p>27 Grape Popsicle Day</p> 	<p>28 Ice Cream @ DeWitt Quick 3:30p.m.</p> 	<p>29 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00 Senior Dinner</p>	<p>30 Lunch 12:00 p.m.</p>	<p>31 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 TaiChi1030-1130 Tai Chi 2:00-3:00</p>		
<p>Key: Crete Dorchester Wilber Friend DeWitt</p>			<p>All foot clinics are by appointment only.</p>	<p>Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330</p>	<p>For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873</p>	

What's Happening Near You?

DeWitt Senior Center Meal Schedule

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

WEDNESDAY, May 2nd

Program— Bags of Love with Mary Kostal
Menu—BBQ Chicken Patty, Baked Beans, Chips, Fruit & Milk

WEDNESDAY, May 9th

Program— Cross Makers of Seward
Menu— Teriyaki Pork, Stir Fry Veggies, Rice, Fruit & Milk

WEDNESDAY, May 16th

Program— What Are We To Do in An Emergency Situation?
By DeWitt Fire Dept. & Emergency Management
Menu— Swiss Steak, Fried Potatoes, Corn, Fruit, & Milk

WEDNESDAY, May 23rd

Program— Meet Lori of Saline County Aging Services
Menu— Tuna Casserole, Peas, Fruit & Milk

WEDNESDAY, May 30th

Program— Patriotic Music by Doris Peters
Menu— Sweet Mustard Ham, Potato Salad, Broccoli, Fruit & Milk



Ron Hayek
of
Friend

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 April's
riddle was GROUNDHOG.



HAPPY BIRTHDAY!

*A special wish to all of the
May 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

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 24, 2018, in the Wilber Care Center's Activity Room. Please RSVP by May 18th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Service Spotlight

Answers to last months 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

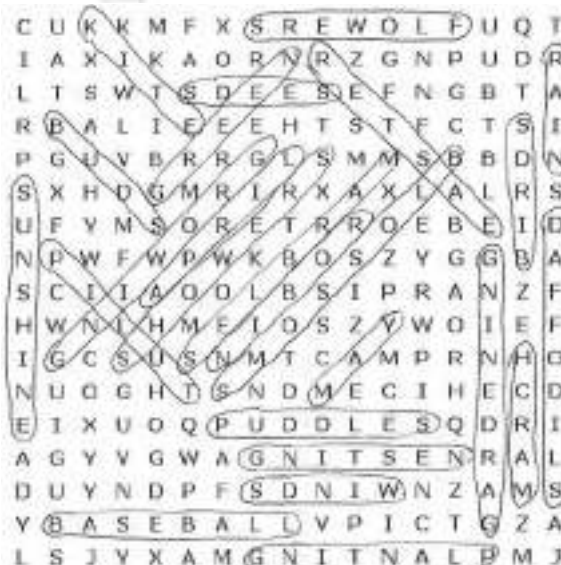
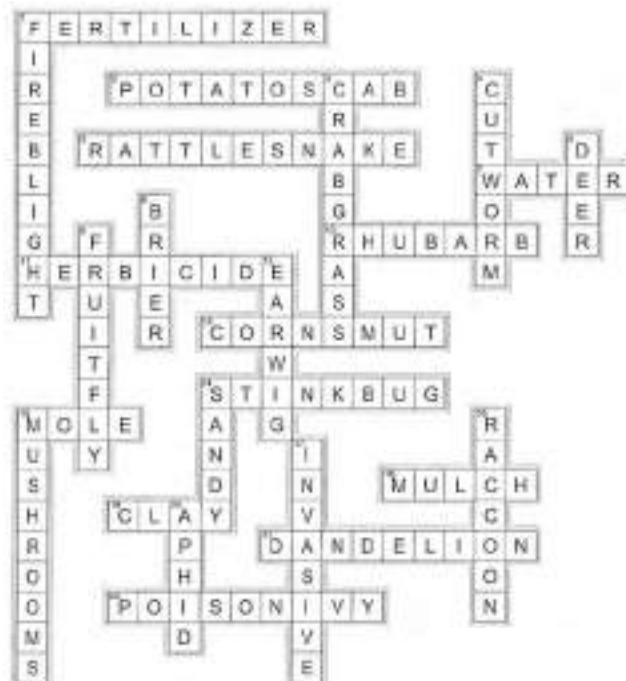
(SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

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

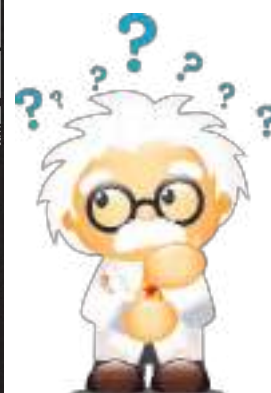
- be 60 years of age or older,
- meet income guidelines,
- AND attend a mandatory but brief nutrition presentation.
- Be prepared to show proof of age and income.

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.



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



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 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 30th.

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).

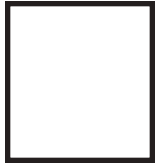
LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED



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
Jan. 15 Martin Luther King Day
Feb. 19 Presidents' Day
Apr. 27 Arbor Day
May 28 Memorial Day
July 4 Independence Day

Sept. 3 Labor Day
Oct. 8 Columbus Day
Nov. 12 Veterans' Day
Nov. 22 Thanksgiving
Nov. 23 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 3, Issue 6

June 2018

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The History of Flag Day

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'. In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14 as 'Flag Birthday', or 'Flag Day'.

On June 14, 1889, George Balch, a kindergarten teacher in New York City, planned appropriate ceremonies for the children of his school, and his idea of observing Flag Day was later adopted by the State Board of Education of New York. On June 14, 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on June 14 of the following year, the New York Society of the Sons of the Revolution, celebrated Flag Day.

Following the suggestion of Colonel J Granville Leach (at the time historian of the Pennsylvania Society of the Sons of the Revolution), the Pennsylvania Society of Colonial Dames of America on April 25, 1893 adopted a resolution requesting the mayor of Philadelphia and all others in authority and all private citizens to display the Flag on June 14th.

Continued on page 2

History of Flag Day Continued...

Leach went on to recommend that thereafter the day be known as 'Flag Day', and on that day, school children be assembled for appropriate exercises, with each child being given a small Flag.

Two weeks later on May 8th, the Board of Managers of the Pennsylvania Society of Sons of the Revolution unanimously endorsed the action of the Pennsylvania Society of Colonial Dames. As a result of the resolution, Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held on June 14, 1893 in Independence Square. School children were assembled, each carrying a small Flag, and patriotic songs were sung and addresses delivered.



Douglas, Garfield, Humboldt, Lincoln, and Washington Parks, with more than 300,000 children participating.

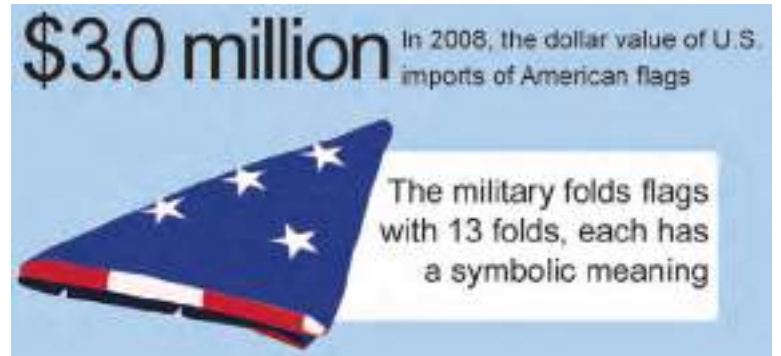
Adults, too, participated in patriotic programs. Franklin K. Lane, Secretary of the Interior, delivered a 1914 Flag Day address in which he repeated words he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself."



History of Flag Day Continued...

Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially *established* by the Proclamation of President Woodrow Wilson on May 30th, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Truman signed an Act of Congress designating **June 14th** of each year as **National Flag Day**.

Article is from usflag.org



Just For Laughs . . .





A Pioneering Area Agency on Aging

Brain Health



Our brain is one of the most important organs in our body—it is the control center of everything we do. As we age, we may start to notice changes in our mental sharpness and memory. There are many factors that can influence these changes such as genetics, and environmental and lifestyle factors.

We all know that the food we eat affects our bodies and how they function. More research has been done in the past several years that explores how our brain is also affected by the food we eat.

Eat Your Veggies

Vegetables provide many benefits for our body, including our brain. Cruciferous vegetables such as broccoli, kale, cabbage and dark leafy green vegetables contain an abundance of antioxidants and phytochemicals. A 2012 study from the American Journal of Clinical Nutrition shows that two of these phytochemicals, Isothiocyanate and Lutein, can accumulate in the brain and provide protection against free radicals and age-related cognitive decline.

Adding in cruciferous vegetables to your diet doesn't have to be complicated. Incorporate some broccoli into your scrambled eggs or omelet. Substitute kale and cabbage for your lettuce salad. Add in some broccoli and cauliflower to your favorite soup or pasta dish.

Load Up on Berries and Cherries

Not only are berries and cherries sweet and delicious, they are packed full of anthocyanins and other flavonoids. These flavonoids give the berries their dark red and purple color. Anthocyanins may help boost memory function and protect the body against damage from free-radicals. Add in fresh berries to your oatmeal, yogurt and lettuce salads, or blend into a delicious smoothie!



Fish and Omega-3 Fatty Acids

Omega 3 fatty acids are a type of polyunsaturated fat and are essential for good brain health. The DHA (Docosahexaenoic Acid) is the most abundant fatty acid in the brain and higher levels will help the brain function more efficiently. Research has shown that a higher concentration of DHA can improve cognition in older adults and work to prevent age-related cognitive decline.



The body cannot make omega-3 fatty acids on its own and must rely on food sources. Omega 3 fatty acids are most prevalent in fatty fish such as salmon, halibut and fresh

tuna. Substitute fish for meat a few times a week. Get creative with your cooking methods and seasonings – try grilling, roasting or baking with fresh lemon, dill and garlic.

Walnuts

Walnuts also contain a significant amount of the omega-3 DHA, which can have benefits on brain function and cognition. Walnuts can be great as a snack, to top off your salad, mix into some oatmeal or throw into some yogurt.



These foods are not just beneficial for the brain but for the entire body as well. Eating a balanced diet will help support lifelong good health.

Article is from Aging Partners



Develop Your Skills To Care For The Elderly: Wound Care

If you care for an elderly member of your family, you will fully understand that maintaining his or her health is extremely hard work and you will often feel like you are fighting an uphill battle that you have absolutely no chance of winning! It takes dedication and sheer hard work to gain the advantage sometimes and even then something will inevitably crop up to send you back to stage one again. Seniors are like children in many ways as a result. They are frequently getting into situations that see them come away with some sort of minor injury. This applies to every senior with a mental or physical disability. One of the main reasons behind it is that elderly people who need constant care lose sight of their own mortality and do not have realistic attitudes towards what they can do. It is essential, therefore, that any caregiver has a basic knowledge of wound care.



Cuts and scrapes are perhaps the most common results of accidents amongst the elderly in care. They can be pretty innocuous and barely penetrate the consciousness of the elderly on the receiving end. However, all cuts and scrapes can easily become infected if they are not treated as soon as they occur. All wounds should be cleaned, disinfected and dressed as soon as they happen. It is no good leaving them until a few hours or days later because the damage can already be done by then. I know that this sounds pretty serious, but also ridiculous at the same time. After all, we are just talking about cuts, grazes and

scrapes. However, it is often the small things that are overlooked and come back to haunt you. It is therefore important to remember that any physical injury that a senior sustains can become serious if given the opportunity. As a result, caregivers must be extremely vigilant and administer first aid and general care as and when required.

Any caregiver should attend a basic first aid course very early on in their role. Community colleges often provide basic first aid courses that cover all of the information that you need to know about administering it at a moment's notice in any situation. Some of the content of these courses is common sense, but if an instructor stresses it to you, you are more likely to remember it when you are called upon. It never hurts to refresh information that you have learnt previously either. Even if you have been on a course in the last couple of years, you should look into taking another one that is more specific for your new role. Any course will include wound care as a basic requirement.



Caregiver's Corner Continued...

Another important element of wound care is ensuring that the elderly individual in your care is completely up to date with any necessary shots. Tetanus is especially important because it is perhaps the easiest serious infection to contract. The bug only needs a small open wound to spread through the body via the bloodstream. This fact also serves to reinforce the point that infection control through wound care cannot be underestimated and dismissed as an unimportant concern.



Wound care is easy enough to learn for any caregiver and there is very little practice required in order for you to get it right. It therefore demands little of you time but can pay dividends when you look at how devastating any number of infections and bugs can be.



Article is from ElderlyCareAssistance.info



Living Wills vs. Durable Power of Attorney

Seniors should make their wishes about medical care known in case they become incapacitated and are unable to communicate due to illness or injury. No family wants to be left guessing about their loved one's wishes during a medical crisis.

LIVING WILL VS HEALTH CARE DIRECTIVE

A living will is about making your wishes known, whatever those wishes may be. Your living will should summarize your general wishes about your care in addition to clarifying specific preferences regarding:

- Feeding and hydration while in an irreversible coma or in a terminal condition
- CPR or defibrillation after cardiac arrest
- Organ and tissue donation
- Use of a ventilator when unable to breathe independently
- Other medical treatments

The document that specifies your wishes with regard to medical care is referred to as a living will, also known as a Health Care Directive or advanced directive.



DNR (Do Not Resuscitate)

You may have heard of seniors or people who are terminally ill who have put in place a "DNR." A DNR tells medical professionals and family members that you do not want heroic measures to be attempted if your heart were to stop. But a DNR is just one possible wish that can be made in a Health Care Directive. *You could just as easily direct that all feasible medical treatments should be attempted during a medical emergency.*

PUTTING SOMEONE IN CHARGE: DURABLE POWER OF ATTORNEY

When you create a living will, you may also want to designate a trusted loved one to make health care decisions on your behalf through a legal document called a Durable Power of Attorney for Health Care.

Continued on page 14

Exercise of the Month — Getting Down on the Floor



TIP: You don't have to use your left side. You can use your right side, if you prefer.

To Get Down on the Floor:

1. Stand facing the seat of a sturdy chair.
2. Put your hands on the seat, and lower yourself down on one knee.
3. Bring the other knee down.
4. Put your left hand on the floor. Leaning on your hand, slowly bring your left hip to the floor. Put your right hand on the floor next to your left hand to steady yourself, if needed.
5. You should now be sitting with your weight on your left hip.
6. Straighten your legs.
7. Bend your left elbow until your weight is resting on it. Using your right hand as needed for support, straighten your left arm. You should now be lying on your left side.
8. Roll onto your back.

Recipe of the Month

Cheeseburger Tater Tot Casserole

Ingredients:

- 2 lbs of ground beef
- 1/2 onion
- 1/8 cup of Worcestershire sauce
- 1 TBSP steak seasoning
- 1/2 tsp of salt
- 1/2 tsp of pepper
- 1 bag of tater tots (32 oz)
- 8 oz of shredded Monterey jack cheese
- 8 oz of shredded cheddar cheese



Directions:

1. Brown the ground beef. Add in the chopped onions and cook until soft.
2. Stir in the steak seasoning, salt, pepper, and Worcestershire sauce
3. Place at the bottom of the greased 9x13 pan.
4. Spread out the Monterey jack cheese over the ground beef.
5. Place one layer of tater tots over the casserole.
6. Bake at 375 degrees for 25 minutes uncovered.
7. Sprinkle with the shredded cheddar cheese & put back in the oven until melted.
8. Serve immediately with your favorite burger toppings.
9. Add more onions, tomatoes, back, or pickles! The possibilities are endless!!

August
Baseball
Beach
Camping
Gardening
Heat
Hot
Ice cream
Independence Day
July
June
Picnic
Sandals
Sandcastle
Shorts
Swimsuit
Swimming
Travel
Vacation
Thunderstorms



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



Riddle of the Month

A dad & his son were in a car accident and taken by ambulance to two different hospitals. The man's son was in the operating room and the doctor said, "I can't operate on him. He is my son." How is that possible?

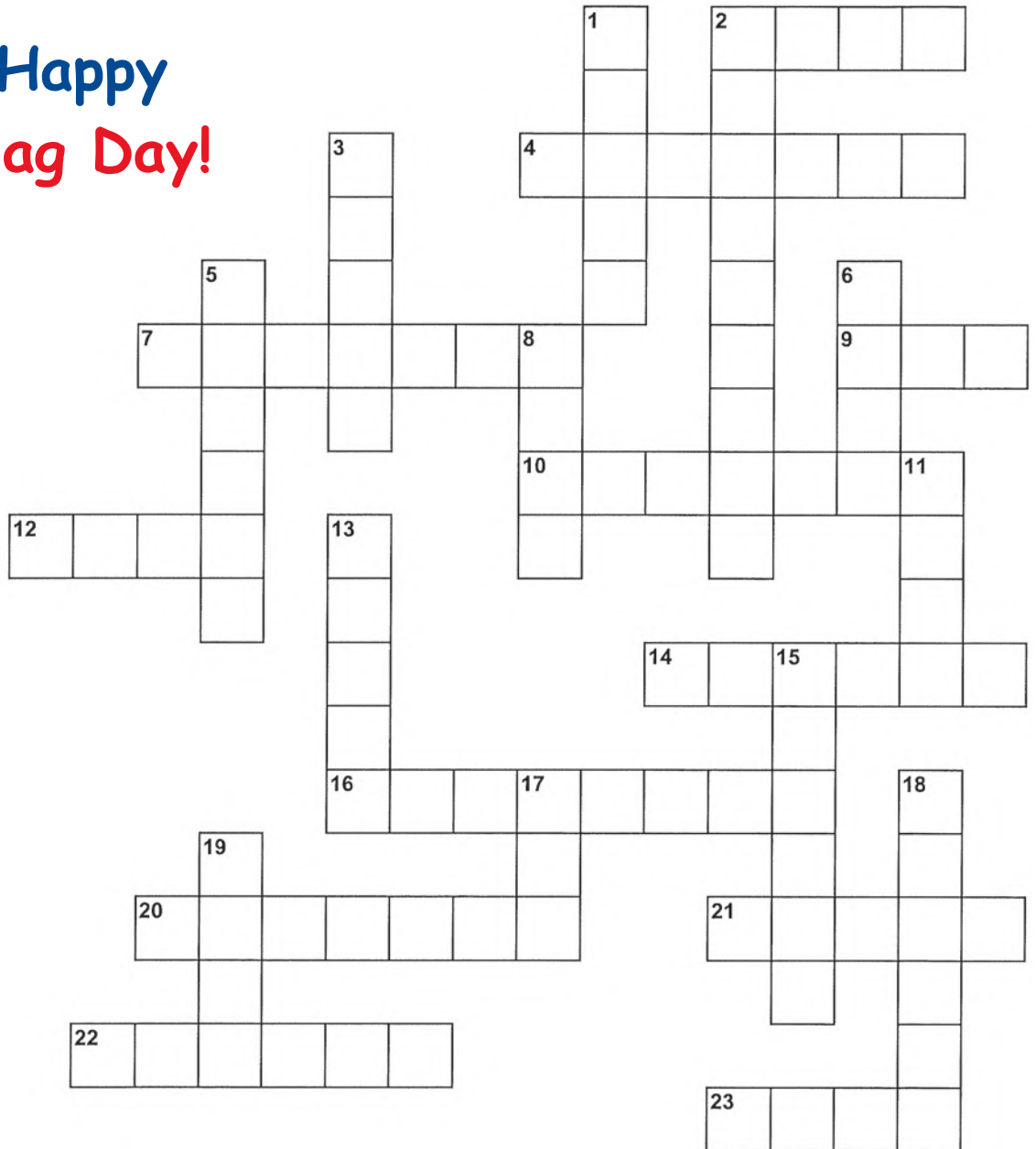
Answer the riddle correctly by the 15th of the month at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

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



Happy Flag Day!



Across:

2. Long round post or rod
4. Chronological narrative of past events
7. Wave rapidly back and forth in the wind
9. United States of America
10. Stars & _____
12. Rectangular cloth used as a symbol of a country
14. Release from a rolled position
16. Number of stripes on USA flag
20. Rope for lowering a flag
21. Bird of prey used as national emblem
22. _____ of Allegiance
23. Background color for star field

Down:

1. Flag stripe color
2. Love for and loyalty to one's country
3. Number of stars on USA flag
5. Oath
6. Sixth month of the Gregorian calendar
8. Betsy _____
11. Symbol with five points
13. Lift or hoist up
15. Decorative element on pole that point upward
17. Color of blood
18. Military gesture to show respect
19. Moving swell along the surface of a flag



Hoping you are all having a wonderful summer!!
Lori, Laura, and Katie



OUR NEWSLETTER IS GROWING!!

Do you enjoy your monthly newsletter?

We LOVE providing this essential service to all of our wonderful clients.

Our newsletter is growing and getting more popular by the day! Over the course of the last year we have gone from sending out 215 newsletters a month to 350+!

We are so excited that it has gained so much popularity and you all love it so much! Along with its growing popularity comes new cost challenges for our Non-Profit program.

Our postage cost has grown tremendously as well.

While we love and will continue offering this service free of charge, we are hoping that you will be willing to help! Please consider giving a suggested contribution of \$5 for the entire year's worth of newsletters. That's less than \$0.42 per issue!

What is a suggested contribution?

This means that we will accept anything from \$0 to \$1 million+!

You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!

Thank you so much for your continued support of all of our programs at Saline County Aging Services!!

Full Circle

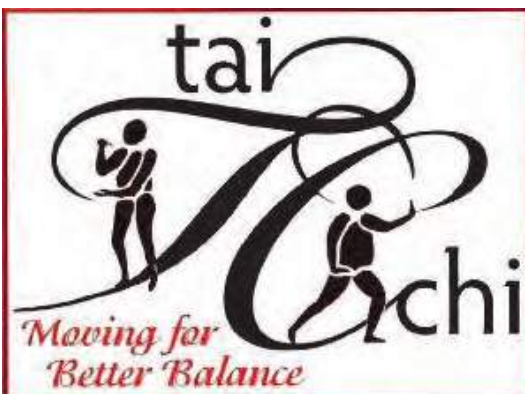


Due to staff changes, we will only be doing Full Circle events every other month, until further notice.

Check the July edition of our Newsletter to see what we have planned for the next one!



NEW TAI CHI CLASS STARTING IN WILBER



One in three adults over 65 fall each year, and 20-30% of the falls result in moderate to severe injuries, such as bruises, hip fractures, and head traumas.

Tai Chi: Moving for Better Balance is a program that has been shown to reduce the risk of older adults falling by 47-55%.

Tai Chi has also been shown to improve balance, increase leg strength, reduce the fear of falling, improve mobility and flexibility, and improve psychological health.

New classes will be held in Wilber starting Tuesday, June 19th. Tai Chi classes will be held twice a week for 12 weeks with each class lasting about 60 minutes. *The place and time are to be announced.*

If you have questions or are interested in attending this new session of classes, please call Saline County Aging Services at 402-821-3330.

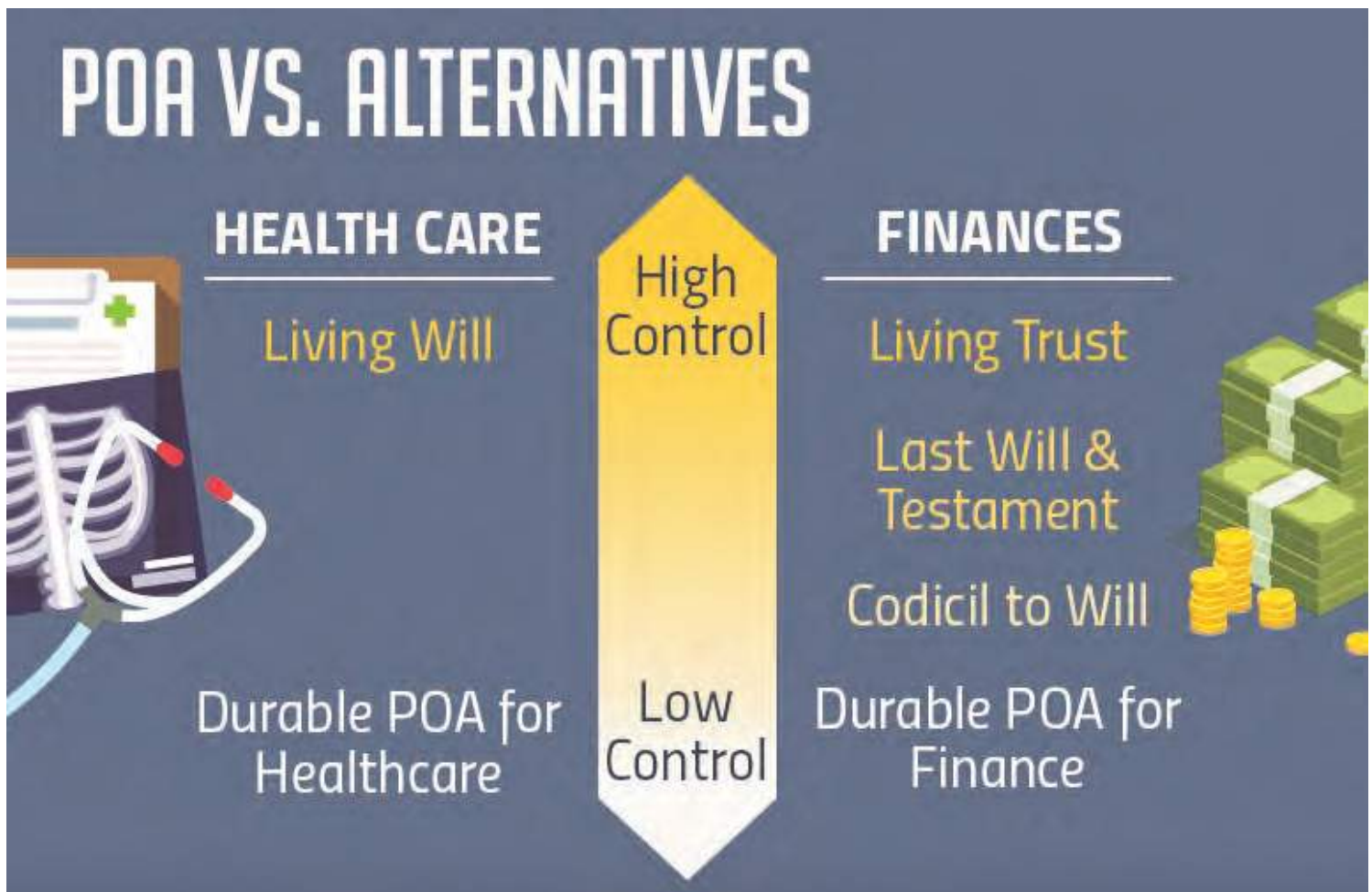
The person you designate in your Durable Power of Attorney for Health Care will have the authority to make medical decisions during a medical emergency, and it is his or her job to make sure that health care providers carry out the wishes you have made in your Health Care Directive. You may also consider creating a Durable Power of Attorney for Financial Care. You may choose to designate the same trusted loved one to make both medical and financial decisions on your behalf.

CONSULT AN ATTORNEY

Each state has its own health care directive form, and regulations regarding these directives also vary state by state, so make sure you fill out the correct form and understand your state's rules. You can get the appropriate paperwork to file a health care directive and designate a health care proxy from your local Area Agency on Aging office, which you can locate at www.eldercare.gov.

Because these documents are literally a matter of life and death, you should consult with an elder attorney if you have any questions or need assistance.

Article is from APlaceforMom.com


















Farmer's Markets in Saline County



Market Name	Market Location	Day of Market	Months Active	Hours of Operation	Does it have vendors that accept the Coupons?
Crete Farmers Market	930 Main Ave	Thursdays	May—November	2:30 p.m.—6:00 p.m.	YES
Dorchester Farmers Market	Fire Hall Lot 512 Washington Ave	Wednesdays	June—September	4:00p.m.—6:00 p.m.	YES
Friend Farmers Market	Green Top Café 1515 1st St	Tuesdays	June—October	4:30 p.m.—8:30 p.m.	NO
Wilber Farmers Market	SE corner of 3rd & S. Harris	Tuesdays	June—October	4:00 p.m.—8:30 p.m.	YES

June Activities

					1 	2 Black Bear Day 
3 Cancer Survivor's Day 	4 Cheese Day 	5 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 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 Tai Chi 1030-1130 Tai Chi 2:00-3:00	8 Best Friends Day 	9 Donald Duck Day 
10 Black Angus Day 	11	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1030-1130 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 Tai Chi 1030-1130 Tai Chi 2:00-3:00	15 DAY TRIP to Holy Family Shrine, etc. via SCAT, leaving 8:30 a.m. RSVP by the 12th by calling 402-520-0873.	16 Fudge Day 
17 	18 Go Fishing Day 	19 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 <i>NEW Tai Chi Class Starts!! See page 13.</i>	20 Lunch 12:00 p.m.	21 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	22 Take Your Dog to Work Day 	23 Pink Day 
24 Pralines Day 	25 Ice Cream at Shop Qwik at 3:30 PM	26 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner	27 Lunch 12:00 p.m.	28 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner See page 17.	29 Camera Day 	30 Meteor Day 
Key: Crete Dorchester Wilber Friend DeWitt	JULY 2 HOMESTEAD EXEMPTION APPLICATIONS DUE!! See page 18.		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 foot clinics in 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, June 6th

Program—West End Farm by Katie Jantzen
Menu—Lasagna, Corn, Garlic Bread, Fruit & Milk

WEDNESDAY, June 13th

Program—Law Tidbits for Seniors by Atty. Mary Wilson
(See page 19!)
Menu—Grilled Chicken Sandwich, Baked Beans,
Chips, Fruit & Milk

WEDNESDAY, June 20th

Program—Fun with the Senioresses
Menu—Tator Tot Casserole, Tossed Salad, Fruit &
Milk

WEDNESDAY, June 27th

Program—Let's Hear About Your Family Tree Part 2
Menu—Pulled Pork Sandwich, Cole Slaw, Cheesy
Hash browns, Fruit & Milk



Roger Kramer
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 May's
riddle was THERE IS A HOLE IN IT.



HAPPY BIRTHDAY!

*A special wish to all of the
June 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

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 28, 2018, in the Wilber Care Center's Activity Room. Please RSVP by June 22nd to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Service Spotlight

Answers to last months puzzles.



Farmers' Market Coupons

Saline County Aging Services (SCAS) will be disbursing **Farmers' Market Coupons** starting in June, to those who

qualify by age and income, on a first come first served basis.

SCAS only receives a limited amount of coupons, which can be redeemed through Senior Farmers Market Nutrition Program (SFMNP) vendors. They can be used for locally grown fruits, vegetables, and honey.

Call SCAS at 402-821-3330 if you have questions or would like to participate.



Fan Program

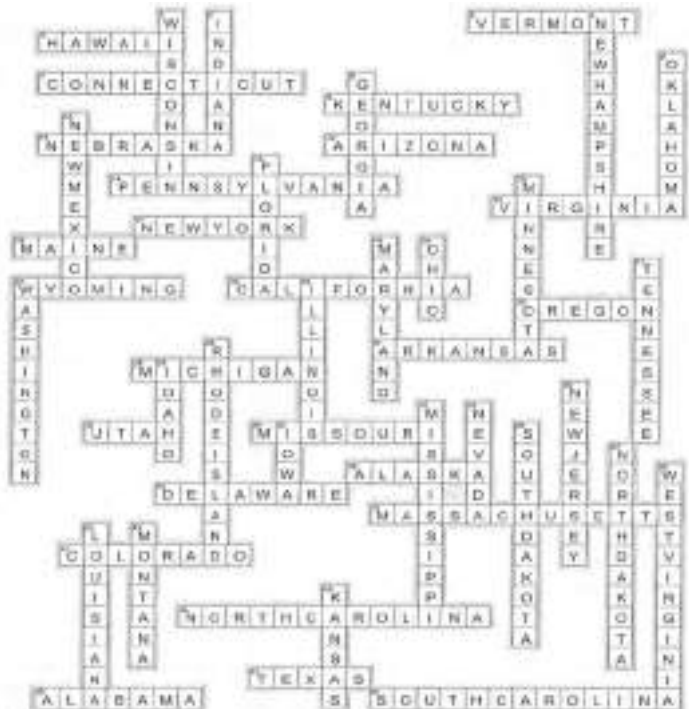
The Nebraska Department of Health and Human Services (DHHS) will again provide fans to those who qualify by age and income (for those of low income, the elderly, and people with disabilities).

Saline County Aging Services will again be a distribution point for Saline County residents.

Because we are short staffed, please call ahead to qualify for a fan and/or to make an appointment to pick one up by calling 402-821-3330.

HE DEADLINE!!

Because the deadline for Homestead Exemption (HE), June 30, falls on a Saturday this year, **the last date to file for HE will be JULY 1!!**



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



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



Attorney Mary Wilson to Present Program in DeWitt

Attorney Mary Wilson will be the featured program speaker at the Wednesday, June 13, 2018, DeWitt Senior Center meal.

Her program, “Law Tidbits for Seniors” will cover such topics as Power of Attorneys, Health Care Power of Attorneys, Living Wills, POD’s, Transfer on Death Deeds, and other topics as requested.

Please RSVP to Bev at 683-6475 or 520-0873 for reservations.

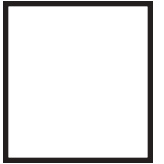


LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED

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
Jan. 15 Martin Luther King Day
Feb. 19 Presidents’ Day
Apr. 27 Arbor Day
May 28 Memorial Day
July 4 Independence Day

Sept. 3 Labor Day
Oct. 8 Columbus Day
Nov. 12 Veterans’ Day
Nov. 22 Thanksgiving
Nov. 23 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 3, Issue 7

July 2018

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How are Fireworks Made?

One of the best things about Independence Day and certain other holidays and celebrations is the fireworks show. It lights up the night sky with brilliant, colorful explosions. The sights and sounds of a spectacular fireworks show can amaze your senses, lift your spirits and inspire your heart.

Although fireworks may seem like pure magic, they're actually pure science. All those different shapes and colors come about as a result of careful planning when making fireworks.

Experts believe fireworks were invented in China well over 1,000 years ago. Today, China is still the largest manufacturer of fireworks in the world.

Most kids are familiar with two basic types of fireworks: firecrackers and sparklers. Believe it or not, the science behind these two basic fireworks form the basis for those spectacular fireworks displays you see in the sky (called aerial fireworks).

Firecrackers are simple rolled paper tubes filled with black powder (also called gunpowder) or flash paper and a fuse. When you light the fuse of a firecracker, the fire burns along the fuse until it reaches the powder. When it does, you get an explosion.

Sparklers are different in that they make bright, sparkly light for a long time (up to a minute or more) rather than a short explosion. Sparklers contain more substances than firecrackers, so that they'll burn longer and produce light and sparks.

Continued on page 2

Fireworks Continued...

The bright sparks you see are usually burning bits of dust made of metals, such as aluminum, iron, steel, zinc or magnesium.

Aerial fireworks are usually manufactured as a shell that is made up of four parts. The container consists of pasted paper. The fuse allows the shell to reach the desired altitude before exploding.

A bursting charge made of black powder (like a firecracker) is at the center of the shell. Stars (sparkler-like substances shaped into small spheres) are mixed throughout the interior of the shell.



These shells are usually launched into the sky from short pipes filled with a lifting charge of black powder. The lifting charge also lights the shell's fuse, which burns as the shell rises into the sky. When the flame along the fuse hits the busting charge inside the shell, the shell explodes and the magic begins!

The explosion ignites the stars. The stars burn to produce the bright sparks of light we see in the sky. The explosion pushes the stars in all directions, which creates the beautiful displays we're all familiar with.

If you've ever seen fireworks that seem to explode in different stages, those fireworks use special "multibreak" shells. You can think of them as shells within shells that are made to explode in different phases.

Not all fireworks look the same. Some explode in a circle, while others look like a shower of sparks falling down toward the Earth. The specific pattern that fireworks make in the sky depends upon the way the stars are arranged in the shell. To create a special pattern, manufacturers create an outline of the pattern they want with stars and then surround those stars with a special charge that will separate them all at the same time from the shell.



It takes just as much science to create the beautiful colors we enjoy watching during fireworks shows. Most colors are produced by carefully mixing the right kinds of chemical compounds that will make particular colors when they burn.

Here are just a few examples of some of the chemical compounds used to make certain colors:

Red: Strontium and Lithium Salts
or Carbonates



Yellow: Sodium Compounds



Fireworks Continued...

Green: Barium Compounds



Blue: Copper Compounds



Article is from wonderopolis.org

Happy 4th Of July

Just For Laughs . . .



"So far, we've made two dollars renting Marmaduke as a petting zoo!"





eating is a common occurrence and can sometimes be difficult to manage.

Everyone handles stress and emotions differently. Sometimes we may turn to food for comfort. Emotional

Emotional Eating

Healthy Snacking

Have healthy meals and snacks on hand for quick and convenient options. Fresh fruit and vegetables can be cut-up ahead of time for an easy on-the-go snack. Whole wheat crackers, popcorn, nuts or cheese sticks are other quick and healthy snack options. Pre-portion snacks ahead of time to help control portion sizes.



Physical Hunger

vs.

Emotional Hunger

Comes on gradually & can be postponed

Can be satisfied with any type of food

Once you're full, you can stop eating

Causes satisfaction, doesn't cause guilt

Comes on suddenly & can't be postponed

Craves specific cravings, like, chocolate, ice cream

Not sure that you're really hungry, often uncomfortably full

Feeling guilt, feeling angry & often with yourself

Portion Control

Portion control and moderation are key points in controlling cravings. Your body craves what you continually feed it – the more sugar, salt or processed foods it has, the more it will crave them. If having a treat, consider combining it with a healthy food option. For example, combine chocolate with nuts or fresh fruit.



Emotional vs. Physical Hunger

It is important to know the difference between “head hunger” and “stomach hunger” and to identify the potential triggers that may contribute to it. “Head hunger” is emotional hunger while “stomach hunger” is physical hunger (eating to refuel our bodies). Emotional eating tends to come on more suddenly and often times we crave specific foods. Emotional eating often leads to mindless eating, a behavior in which we may not even realize we are doing it.

When you are faced with emotional or mindless eating, it is important to understand why it is occurring. There are many emotions that can cause us to turn to food for comfort. We can be happy and excited. Perhaps we are feeling stressed, sad, lonely or fearful. Maybe we are bored and food is something to help us fill the time. Ask yourself – are you truly hungry or do you feel upset or stressed? Identifying why emotional eating occurs can help problem solve on how to overcome it.

Ways to combat emotional eating:

- Call a friend or family member.
- Brush your teeth.
- Go for a walk.
- Take a warm bath.
- Drink some hot tea.
- Find a favorite activity – read a book, do a puzzle, watch a movie, keep a journal, write a letter or look at photos.
- Drink a glass of water. Water can often help keep us fuller and satisfied longer.
- Chew gum or mints – It will give you the flavor but without all of the extra calories and sugar.

Identifying patterns of emotional eating, incorporating healthy snacking and practicing portion control can help manage emotional eating and keep you in control.

Article is from Aging Partners

Let's Talk About Hearing Loss

"Would you like a roll, Dad?" Marilyn asked her dad, age 84, across the restaurant table. Her dad kept eating, his gaze focused on his plate. Marilyn tried again. Touching her dad's forearm, she said more loudly, "Dad! Would you like a roll?" This time Marilyn's dad looked up with raised eyebrows, his signal that he knew his daughter was speaking to him, but he had not caught what she said. "DAD," Marilyn fairly shouted, leaning toward him and speaking slowly. "WOULD YOU LIKE A ROLL?" "Ah," her dad said with a smile, "yes, I would. Thank you." Marilyn saw a couple of heads turn her way and felt embarrassed. She wondered if those other diners thought she was yelling at her dad in anger or something. She tried to wrap up their lunch as quickly as possible, avoiding further conversation to save them both the frustration.



Like thousands of other family caregivers across North America, Marilyn was learning how to cope with her dad's hearing loss. She knew the situation was stressful for him because he frequently expressed his frustration at not being able to participate in conversations. What hurt him the most, he said, was not being able to hear the first words his great-granddaughter said.

But Dad's hearing loss was stressful for Marilyn, too. She constantly had to repeat herself or even write things down to communicate them. At the end of some days with Dad, her vocal cords felt strained. And she grew ever-more reluctant to take her dad out in public because of the way strangers stared at them as she raised her voice to communicate.

Effects of Hearing Loss

The effects of hearing loss can extend beyond the most obvious frustrations for the person experiencing hearing impairment and everyone with whom that person communicates. The following are a few effects to be aware of:

- **Social Isolation.** As people lose their hearing, they may become less likely to participate in social activities that involve conversation, which can lead to isolation. But the effects of hearing loss extend far beyond the social consequences. Untreated hearing loss also has been implicated in sadness and depression. One study by the U.S. National Council on Aging found that people who did not treat their hearing loss were 50 percent more likely to report symptoms of depression.
- **Increased Risk of Falls.** The ear plays a key role in balance, and hearing loss is considered a "modifiable risk factor" for falls, according to a report by doctors Frank R. Lin and Luigi Ferrucci. If a loved one experiences frequent falls, it may be worthwhile to suggest they have their hearing checked.



- **Stress on Family Caregivers.** Hearing loss can exact a toll on family caregivers. Trying to communicate with a person who can't hear is often exasperating and disheartening. Spousal caregivers, in particular, might experience sadness due to the loss of companionship that can be caused by hearing loss.

How to Recognize the Signs of Hearing Loss

For many older adults, hearing loss occurs very gradually over the course of many years. Because humans tend to adapt to sensory deficits, people with hearing loss may find ways to compensate because they don't realize they are losing their hearing.



Older adults with hearing loss might:

- Frequently complain of a “poor connection” to excuse an inability to hear telephone conversations clearly
- Not participate in conversations in group settings, such as a family gathering
- Become withdrawn when they used to be very talkative
- Make comments that don't match the conversation that's underway
- Turn up the TV volume or speak in a loud voice
- Avoid face-to-face chats and turn to email or texting instead

Continued on page 8

How to Talk about Hearing Loss

Like many aging adults, Marilyn's dad initially scoffed when his daughter suggested he have his hearing tested. He believed hearing aids were only for the very elderly, and he certainly wasn't going to wear any! For many people, hearing aids still carry a social stigma. But if you broach the conversation with compassion, you may be able to help a family member recognize the benefits of treating hearing loss.

- **Start with empathy.** Use phrases like, "You look frustrated when you have trouble understanding what I'm saying," or "It must be hard to watch your friends talking and not be able to understand them." Empathy conveys your sensitivity to the other person's feelings and makes clear your desire to help.
- **Share how the situation affects you.** Feel free to share your feelings regarding the impact of a loved one's hearing loss on your own quality of life. It's OK to say things like, "I miss our conversations so much," or "I feel embarrassed when I have to raise my voice in public for you to hear me."
- **Follow up with the benefits of treating hearing loss.** Point out the many ways in which a loved one might benefit from addressing their inability to hear clearly. Being able to participate in conversations again or hearing what the grandchildren have to say might persuade an older adult to treat their hearing loss.
- **Offer solutions beyond hearing aids.** There are many types of assistive devices available for people with various degrees of hearing loss. A captioned telephone service might help with phone conversations, and devices like alarm clocks and doorbells that provide visual cues by flashing might be all a relative needs to live safely with mild to moderate hearing loss.
- **Try the Veteran's Administration.** If the cost of hearing aids is a concern, suggest the family member check with the VA to see if they qualify for free hearing aids.



After the incident in the restaurant, Marilyn took her dad home and had a conversation about his hearing. Initially resistant, he eventually said he had noticed his hearing declining for some time. He admitted he had missed a parcel delivery recently because he didn't hear the doorbell, and he wished he could have followed the family's conversation around the Christmas dinner table.

For her part, Marilyn expressed how much she missed those easy conversations they used to have in Dad's

workshop, and how she wished her children could experience those moments, too. Marilyn's dad eventually made a trip to an audiologist for recommendations.

Having the hearing conversation can feel as daunting as the car keys talk, but the benefits of treating hearing loss can pay big dividends. By using the points outlined above and the strategies in the "Hearing Loss Conversation Kit," you may be able to help a loved one reclaim their ability to converse with friends and family members. And your life as a caregiver may become quieter, too.

Article is from caregiverstress.com

Exercise of the Month — Getting Up from the Floor



1. Roll onto your left side.
2. Place your right hand on the floor at about the level of your ribs and use it to push your shoulders off the floor. Use your left hand to help lift you up, as needed.
3. You should now be sitting with your weight on your left hip.
4. Roll forward, onto your knees, leaning on your hands for support.
5. Reach up and lean your hands on the seat of a sturdy chair.
6. Lift one of your knees so that one leg is bent, foot flat on the floor.
7. Leaning your hands on the seat of the chair for support, rise from this position.

TALK TO YOUR DOCTOR: If you've had hip or back surgery, talk with your doctor before using the following method.

TIP: You don't have to use your left side. You can use your right side, if you prefer.

Recipe of the Month

The Best Banana Pudding Ever

Ingredients:

- 2 boxes Vanilla Wafers
- 6-8 bananas, sliced
- 2 cups milk
- 1 (5oz.) box French Vanilla pudding
- 1 (8oz.) package cream cheese
- 1 (14oz.) can sweetened condensed milk
- 1 (12oz.) container frozen whipped topping thawed, or equal amount sweetened whipped cream

Directions:

1. Line the bottom of a 9-13 inch dish with 1 bag of cookies and layer bananas on top.
2. In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer.
3. Using another bowl, combine the cream cheese and condensed milk together and mix until smooth.
4. Fold the whipped topping into the cream cheese mixture.
5. Add the cream cheese mixture to the pudding mixture and stir until well blended.
6. Pour the mixture over the cookies and bananas and cover with the remaining cookies.
7. Refrigerate until ready to serve!





Adams	Independence
America	Jefferson
Barbecue	July
Colonies	Liberty
Congress	Nation
Declaration	Parade
Equality	Revolution
Fireworks	Rights
Fourth	States
Freedom	Thirteen
Hotdogs	United



Riddle of the Month

Poor people have it. Rich people need it. If you eat it you die. What is it?

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!

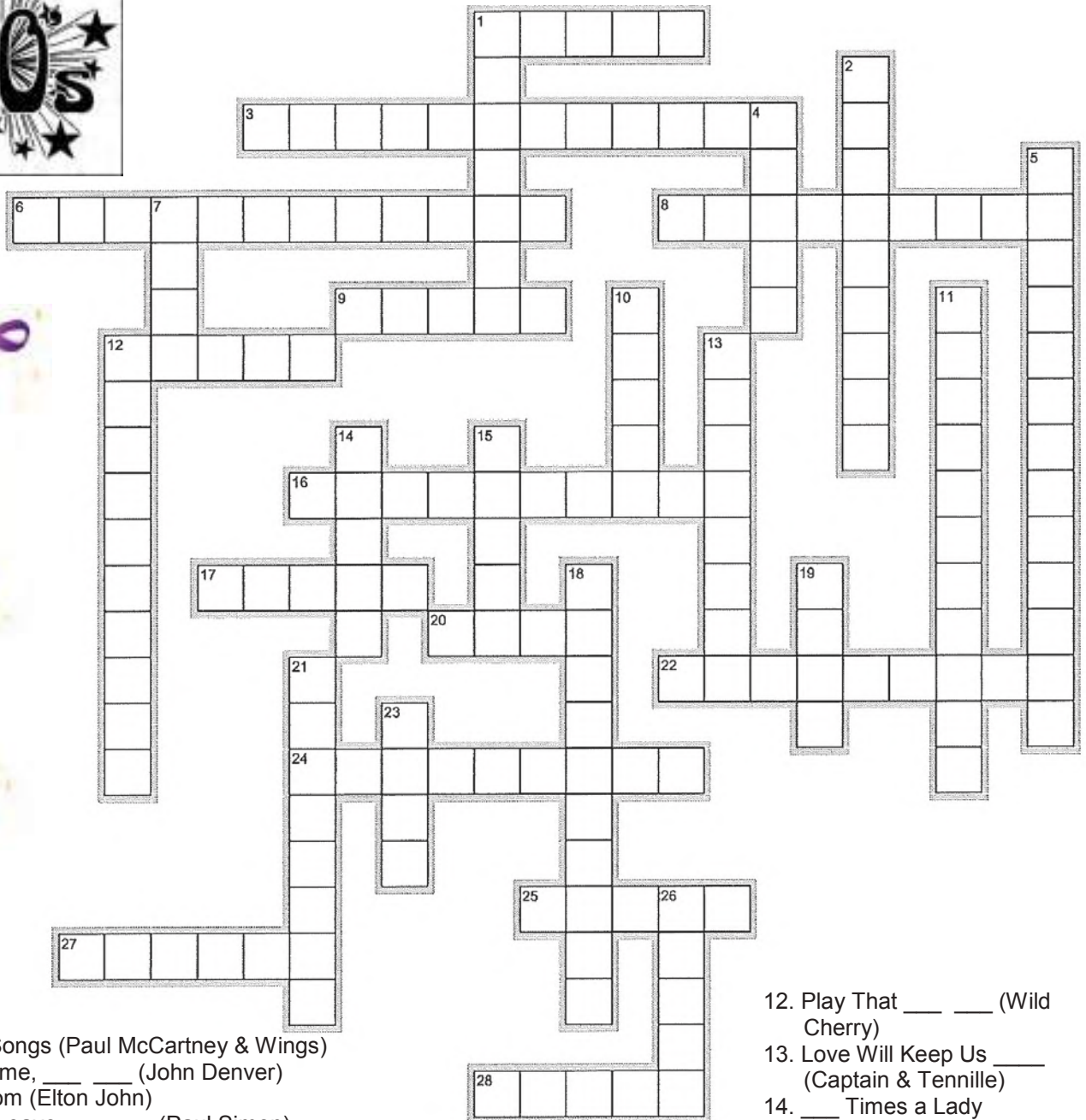
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5			2		9		

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SONGS OF



Each blank line represents a word missing in the title of a "Song of the 70s". Fill in the blank to solve the puzzle.



Across:

1. ____ Love Songs (Paul McCartney & Wings)
3. Take Me Home, ____ (John Denver)
6. ____ Freedom (Elton John)
8. 50 Ways to Leave ____ (Paul Simon)
9. Undercover ____ (Alan O'Day)
12. Night ____ (Bee Gees)
16. ____ Cowboy (Glen Campbell)
17. Dancing ____ (Abba)
20. It's too ____ (Carole King)
22. ____ Tock (Elton John)
24. My Eyes ____
25. American ____ (Guess Who)
27. You Light Up ____ (Debbie Boone)
28. One Bad ____ (Osmonds)

Down:

1. I Will ____ (Gloria Gaynor)
2. ____ Softly With His Song (Roberta Flack)
4. Hot ____ (Donna Summer)
5. Bridge Over ____ (Simon & Garfunkel)
7. Best of My ____ (The Emotions)
10. ____ Lady (Johnnie Taylor)
11. Just My ____ (Temptations)

12. Play That ____ (Wild Cherry)
13. Love Will Keep Us ____ (Captain & Tennille)
14. ____ Times a Lady (Commodores)
15. ____ Dawn (Helen Reddy)
18. Bad, Bad ____ (Jim Croce)
19. Baby Come ____ (Player)
21. You Make Me Feel ____ (The Stylistics)
23. Band of ____ (Freda Payne)
26. Stayin' ____ (Bee Gees)



In your service,

Lori, Katie & Laura

Full Circle



July is National
Watermelon Month!

On Wednesday, July 25th come enjoy the

Wonders of Watermelon!

Come to 'The Back Room'- SCAS 2:00 PM

Join us for Cold Watermelon and Fun!

Please RSVP by Tuesday, July 24th to attend this event!

402.821.3330



On Thursday, July 26th,
come enjoy the

Wonders of Watermelon!

with us

Join us for lunch,

Watermelon and Fun!

We will be in the cafeteria

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

You must RSVP by Tuesday, July 24th 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

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!



Our newsletter is growing!

Do you enjoy your monthly newsletter?

We LOVE providing this essential service to all of our wonderful clients.

Our newsletter is growing and getting more popular by the day! Over the course of the last year we have gone from sending out 215 newsletters a month to 350+!

We are so excited that it has gained so much popularity and you all love it so much! Along with it's growing popularity comes new cost challenges for our Non-Profit program.

Our postage cost has grown tremendously as well.

While we love and will continue offering this service free of charge, we are hoping that you will be willing to help! Please consider giving a suggested contribution of \$5 for the entire year's worth of newsletters. That's less than \$0.42 per issue!

What is a suggested contribution?

This means that we will accept anything from \$0 to \$1 million+!

You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!

Thank you so much for your continued support of all of our programs at
Saline County Aging Services!!



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!

7 Tips for Avoiding Elderly Heat Stroke & Exhaustion

Hot weather is dangerous, and seniors are particularly prone to its threat. Elderly heat stroke and heat exhaustion are a real problem. In fact, a recent University of Chicago Medical Center study found that 40% of heat-related fatalities in the U.S. were among people over 65.

There are several reasons for elderly heat vulnerability. People's ability to notice changes in their body temperature decreases with age. Many seniors also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medicines that seniors take can contribute to dehydration. Fortunately, a few simple precautions are all that's needed to keep safe.

Here are some guidelines for keeping safe in hot weather:



1. Drink Plenty of Liquids—Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.



2. Wear Appropriate Clothes—An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.



3. Stay Indoors During Mid-day Hours—During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.



4. Take it Easy—Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.



5. Watch the Heat Index—When there's a lot of moisture in their air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.



6. Seek Air-conditioned Environments—Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat. The mall, library or movie theater are all popular options. During heat waves, many cities also set up "cooling centers," air-conditioned public places, for seniors and other vulnerable populations. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.



7. Know the Warning Signs of Heat-related Illness—Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.

Article is from APlaceforMom.com

July Activities

1 Postage Stamp Day 	2	3 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30	4 	5 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	6 Foot Clinic	7 Strawberry Sundae Day 
8 Chocolate w/ Almonds Day 	9 Sugar Cookie Day 	10 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:30-3:30	11 Foot Clinic Lunch 12:00 p.m.	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	13 French Fry Day 	14 Tape Measure Day 
15 Ice Cream Day 	16	17 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	18 Lunch 12:00 p.m.	19 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	20 Moon Day 	21 Junk Food Day 
22 Hammock Day 	23 Vanilla Ice Cream Day 	24 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	25 Lunch 12:00 p.m. Full Circle-2p.m.	26 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Full Circle-12pm Senior Dinner	27 Scotch Day 	28 Waterpark Day 
29 Lasagna Day 	30 Avocado Day 	31 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner				
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	DeWitt Tuesday and Thursdays Tai Chi 9:00 to 10:00 am Quilting 1:00 to 4:00 pm

What's Happening Near You?

DeWitt Senior Center Meal Schedule

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

WEDNESDAY, July 4th

Program— Senior Center Closed for the Holiday!
Menu—

WEDNESDAY, July 11th

Program— Lilies, Lilies, and more Lilies by Nicole Porter
Menu— Baked Chicken & Cabbage, Carrots,
Fried Potatoes, Fruit & Milk

WEDNESDAY, July 18th

Program— Goats, Kids, & 4H by the Rumbaughes
Menu— Herb Pork Loin w/Sauce, Pasta, Asparagus,
Fruit & Milk

WEDNESDAY, July 25th

Program— Senior Jenga Fun
Menu— Chicken Cordon Bleu, Stuffing, Mixed
Vegetables, Fruit & Milk



Alice Brakhage
of
Tobias

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 June's
riddle was .The Doctor was
the boy's Mother.



HAPPY BIRTHDAY!

*A special wish to all of the
July 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

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, July 26, 2018, in the Wilber Care Center's Activity Room. Please RSVP by July 20th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Service Spotlight

Answers to last months 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

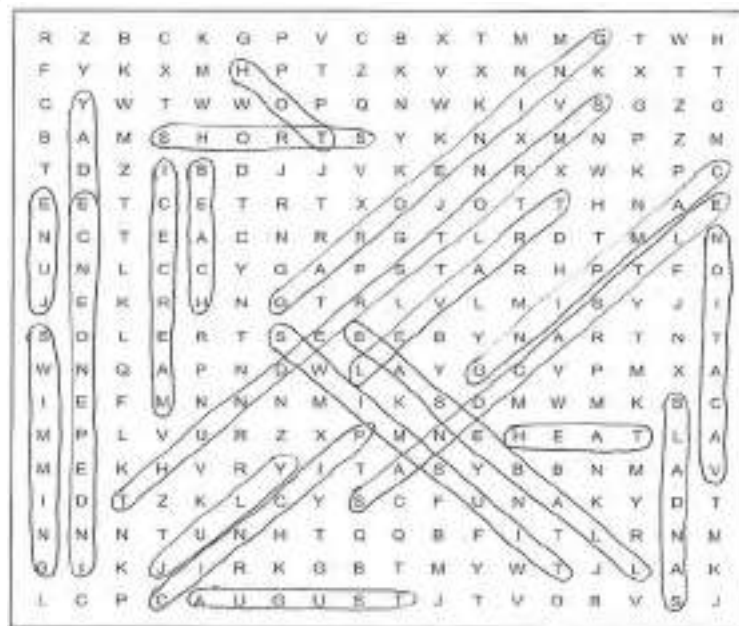
(SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

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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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



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



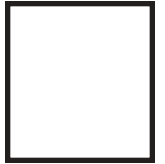
LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED



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
Jan. 15 Martin Luther King Day
Feb. 19 Presidents' Day
Apr. 27 Arbor Day
May 28 Memorial Day
July 4 Independence Day

Sept. 3 Labor Day
Oct. 8 Columbus Day
Nov. 12 Veterans' Day
Nov. 22 Thanksgiving
Nov. 23 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 3, Issue 8

August 2018

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The History of Retirement, From Early Man to A.A.R.P.

IN THE BEGINNING



In the beginning, there was no retirement. There were no old people. In the Stone Age, everyone was fully employed until age 20, by which time nearly everyone was dead, usually of unnatural causes. Any early man who lived long enough to develop crow's feet was either worshiped or eaten as a sign of respect. Even in Biblical times, when a fair number of people made it into old age, retirement still had not been invented and respect for old people remained high. In those days, it was customary to carry on until you dropped, regardless of your age group no shuffleboard, no Air-stream trailer. When a patriarch could no longer farm, herd cattle or pitch a tent, he opted for more specialized, less labor intensive work, like prophesying and handing down commandments. Or he moved in with his kids.

ELDER HOSTILE



As the centuries passed, the elderly population increased. By early medieval times, their numbers had reached critical mass. It was no longer just a matter of respecting the occasional white bearded patriarch. Old people were everywhere, giving advice, repeating themselves, complaining about rheumatism, trying to help, getting in the way and making younger people feel guilty. Plus they tended to hang on to their wealth and property. This made them very unpopular with their middle aged sons, who were driven to earn their inheritances the old fashioned way, by committing patricide. Even as late as the mid18th century, there was a spate of such killings in France. In 1882, Anthony Trollope wrote a futuristic novel, "The Fixed Period," in which he foresaw retiring large numbers of old men to a place where they would be a year of contemplation, followed by a peaceful chloroforming. But this was hardly an acceptable long term strategy.

Continued on page 2

History of Retirement Continued...

COTTON MATHER'S BIG IDEA



Old people hanging on to their worldly goods also threatened the social and economic fabric of Colonial America. Celebrated Puritan zealot Cotton Mather is generally credited with stimulating the national appetite for witch trials. But few people realize that he was among the first to try to force the elderly to retire. "Be so wise as to disappear of your own Accord," he exhorted them. "Be glad of dismissal. . . . Be pleased with the Retirement which you are dismissed into." Nobody listened.

BISMARCK INVENTS RETIREMENT



In 1883, Chancellor Otto Von Bismarck of Germany had a problem. Marxists were threatening to take control of Europe. To help his countrymen resist their blandishments, Bismarck announced that he would pay a pension to any nonworking German over age 65. Bismarck was no dummy. Hardly anyone lived to be 65 at the time, given that penicillin would not be available for another half century. Bismarck not only coopted the Marxists, but set the arbitrary world standard for the exact year at which old age begins and established the precedent that government should pay people for growing old.

PASTUREIZING THE ELDERLY



It was the world renowned physician William Osler who laid the scientific foundations that, when combined with a compelling economic rationale, would eventually make retirement acceptable. In his 1905 valedictory address at the Johns Hopkins Hospital, where he had been physician in chief, Osler said it was a matter of fact that the years between 25 and 40 in a worker's career are the "15 golden years of plenty." He called that span "the anabolic or constructive period." Workers between ages 40 and 60 were merely uncreative and therefore tolerable. He hated to say it, because he was getting on, but after age 60 the average worker was "useless" and should be put out to pasture.

FACTORY REJECTS



Retirement came in very handy in the United States, where large numbers of aging factory workers were wandering around the Industrial Revolution, dropping things into the works, slowing down assembly lines, taking too many personal days and usurping the places of younger, more productive men with families to support. It was one thing when an occasional superannuated farmer leaned on his hoe in an agrarian culture a few bales of hay more or less didn't matter. But it was quite another when lots of old people caused great unemployment among younger workers by refusing to retire. The Great Depression made the situation even worse. It was a Darwinian sacrificial moment. Retirement was a necessary adaptation and everybody knew it, but the old guys were not going quietly. The toughest among them refused to quit, even when plant managers turned up the conveyor belts to Chaplinesque speeds.

THE BIG PAYOFF



By 1935, it became evident that the only way to get old people to stop working for pay was to pay them enough to stop working. A Californian, Francis Townsend, initiated a popular movement by proposing mandatory retirement at age 60. In exchange, the Government would pay pensions of up to \$200 a month, an amount equivalent at the time to a full salary for a middle income worker. Horrified at the prospect of Townsend's radical generosity, President Franklin D. Roosevelt proposed the Social Security Act of 1935, which made workers pay for their own old age insurance.

LEISURE WEARING



What used to mean going to bed suddenly meant banishment to an empty stage of life called "retirement." If people were not going to work, what were they going to do? Sit in a rocking chair? Eleanor Roosevelt thought so. "Old people love their own things even more than young people do. It means so much to sit in the same chair you sat in for a great many years," she said in 1934. But she was wrong. Most retired people wished they could work. The problem was still acute in 1951, when the Corning company convened a round table to figure out how to make retirement more popular. At that conference, Santha Rama Rau, an author and student of Eastern and Western cultures, complained that Americans did not have the capacity to enjoy doing nothing.

History of Retirement Continued...

THE GREAT MIGRATION



The opposite of work turned out to be play. The rich discovered leisure first, but by 1910 Florida became accessible to the middle class. Retirement communities, where older people did not have to see younger people working, began to appear in the 1920's and 30's. The number of golf courses in the United States tripled between 1921 and 1930. Subsequent technological developments like movies and television helped turn having nothing to do into a leisure time activity. From now on, the elderly would work at play.

SENIORS ARE BORN



The publication in 1955 of Senior Citizen magazine was the first widespread use of the euphemism that, while intending to reconfirm respect, instead made a senior citizen sound like an over decorated captain in "The Pirates of Penzance." Its merely partial success may also be linked to the fact that there is something inherently suspicious about an age group that has to offer its potential members discounts to induce them to join.

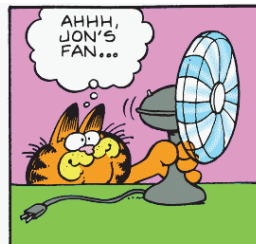
THE R WORD



In 1999, The American Association of Retired Persons, once the Welcome Wagon of retirement, dropped the word "retired" from its name and became The American Association of R***** Persons. This change was effected in recognition of a basic reality many of its members are not retired and in anticipation of the baby boomers' threat never to stop wearing Lycra, turn gray, stop carrying around bottled water or retire.

Article is form NYTimes.com

Just For Laughs . . .





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.



What Caregivers Need to Know About Medicaid and Spousal Impoverishment Protections

For many older couples, a nursing home or assisted-living stay can rapidly deplete a lifetime of savings. That leaves the spouse still living in the community with little to no income and resources.

In 1989, Congress enacted the Spousal Impoverishment Protection Law to protect a set amount of a couple's combined resources for the spouse living independently.

"If you are an older couple and one of you needs assisted living or nursing home placement, but are running out of savings, the Spousal Impoverishment Program may be a way to preserve some family assets and get the care you need," said Joyce Kubicek, Aging Partners care management coordinator.

How Does it Work?

This specialized assistance program allows resources (assets) to be reserved for the spouse remaining in the home (community spouse), while their spouse (recipient) is residing in an alternate living arrangement such as a nursing home, assisted living facility, or meets the level of care for in-home nursing services. Resources reserved for a community spouse are far greater than traditional Medicaid Resources limits for a married couple. The program also allows a community spouse to retain their own income, and in some cases, keeping part, or all, of the spouse's (recipient) income.



To Qualify for potential Medicaid through the Spousal Impoverishment Program, an Assessment of Resources form must be requested by the couple or their financial representative. The assessment can be completed if either spouse has completed a consecutive 30-day out-of-home facility stay, or the spouse is currently in a facility and anticipates a 30-day stay, or has been determined to meet nursing home-level of care in their own home.

Medicaid will require proof of resources, such as copies of bank or financial statements as of the month/year the qualifying out of home stay began. If the spouse has just entered a facility, anticipating a 30-day stay, all resource values must be verified as of the month of entry. If the spouse meets in-home nursing home-level of care, resources must be verified as of the month level of care was determined. The Assessment of Resources is completed only once, and determines the amount of resources the Community Spouse reserves. The calculation of amount reserved by the Community Spouse is half of the couple's combined resources values for the specified month/year. The minimum amount that can be reserved (according to the guidelines in 2018) is \$24,720, up to the maximum amount reserved of \$123,600. Medicaid will add \$4,000, the Medicaid resource limit for recipients, to the calculated amount reserved for the community spouse, so the couple knows the total resources they can have to qualify. The assessment form becomes a permanent record on file.

After the assessment form is completed, if the couple has no spend-down of resources, a Medicaid application should be submitted to begin spousal eligibility determination. If a spend-down of resources is needed, the couple should apply when the spend-down is nearly to the figure on the assessment form. The spend-down can be done by purchasing and/or paying for any needs either spouse may have. Examples of expenditures include all

medical bills owed and current, irrevocable burial trusts for each, credit card indebtedness, mortgage, liens, household items, household repairs, personal items and care repair/purchase. The couple cannot dispose of any resources by giving them away, as this results in a penalty.

More Information

If you believe you qualify for the Spousal Impoverishment Program, Aging Partners can help through its financial counseling, legal services and other resources with expertise in Medicaid and Spousal Impoverishment Protection.

"We can also help you figure out if you have a complicated situations that may require more help from other community options," Kubicek said.



Contact Aging Partners at 402-441-7070 to get the help you need.

Article is from Aging Partners' Living Well Magazine

Empowering Patients to Become Effective Self-Advocates

When it comes to self-advocacy, we talk a good game. We tell patients to ask questions, to seek clarification when they don't understand the answers and to make sure their values and goals are part of the discussion. We urge people facing cancer to take an active, educated role in their treatment decision-making, to seek second opinions. When communications between doctors and patients break down, we encourage patients to find new care providers. It's easier said than done.

Helpful Hint #1

Believe in Yourself.
You are worth it!!

For a significant percentage of people facing cancer, or any serious disease, becoming an effective self-advocate poses a range of challenges. Becoming a cancer patient means entering a new world, one in which patients and their caregivers confront an increasingly complex array of treatment options. At a time when individuals are dealing with fear, uncertainty and disruptions in every key aspect of their lives, we expect them to educate themselves and make informed decisions about issues with which they have little or no experience. In many instances,

this also means shifting the paradigm of doctor-patient communications from the more traditional one-way physician-tells-patient-what-to-do to a two-way, interactive discussion between equals.

My own situation is one example of how difficult this process can be—even for someone who has spent her life in the oncology world researching patient behavior and advocating for more effective doctor-patient communications. After my second cancer diagnosis, breast cancer, I underwent a course of chemotherapy that resulted in numbness and tingling in my feet, known as neuropathy. I have an excellent doctor, but it was not until I had fallen several times that I asked for a referral to a physical therapist, and I actually felt guilty about “bothering” my very busy physician with an issue that was seriously compromising my life. And then, it took some time until I scheduled the appointment. Somehow the fact that I asked for the referral meant that it must not have been a priority. The upside of my advocating for myself is that I truly benefited from getting the physical therapy that I needed, and I haven't fallen since.

We hear about these issues all the time, both in the data we collect through our Cancer Experience Registry and the personal accounts of the patients and caregivers who participate in Cancer Support Community programs. On the anecdotal level, I think about a young African-American woman from Texas who sobbed as she described her frustration with her doctor's unwillingness to answer her questions about her cancer. She had tried writing her questions down, bringing someone with her to her appointments, reading about her condition, but her efforts to communicate were brushed off. She couldn't even get an answer as to the stage of her cancer. The result was frustration, fear and high levels of anxiety about her future. For this woman, effective self-advocacy meant changing doctors, but she was afraid to make that move, to leave her small town for a treatment center in a more distant city.



Our data bear out these concerns. While most patients report receiving information about their treatment options, less than half report being knowledgeable about their treatment options, and a significant proportion reported not having enough knowledge or support to fully engage in treatment decisions. Over half felt significantly unprepared to discuss treatment options with their doctor. We have also

learned that it is not uncommon for patients not to report all of their symptoms and side-effects from treatment to the health care team.

Continued on page 14

Exercise of the Month — Back of Leg



1. Sit sideways on a bench or other hard surface, such as two chairs placed together.
2. Keeping back straight, stretch one leg out on the bench, toes pointing up.
3. Keep other foot flat on the floor.
4. If you feel a stretch at this point, hold position for 10-30 seconds.
5. If you don't feel a stretch, lean forward from hips (not waist) until you feel stretching in the leg on the bench.
6. Hold position for 10-30 seconds.
7. Repeat at least 3-5 times.
8. Repeat at least 3-5 times with your other leg.

TARGETED MUSCLES: Back of legs

WHAT YOU NEED: Bench or other hard surface, such as two chairs placed together

TALK TO YOUR DOCTOR: If you've had hip or back surgery, talk with your doctor before trying this stretch.

Recipe of the Month

Pizza Crescent Rolls

Ingredients:

- 1 (8oz.) can Pillsbury Refrigerated Crescent Dinner Rolls
- 24 (about 5oz.) slices pepperoni
- 2oz. (1/2 cup) shredded mozzarella cheese
- 1 cup tomato pasta or pizza sauce, heated



Directions:

1. Preheat oven to 375 degrees. Separate dough into 8 triangles; pat out each triangle slightly.
2. Place 3 slices pepperoni, slightly overlapping, on center of each triangle. Top each with about 1 tablespoon cheese.
3. Roll up, starting at shortest side of triangle and rolling to opposite point. Place rolls, point side down, on ungreased cookie sheet.
4. Bake at 375 degrees for 10-14 minutes or until golden brown. Remove from cookie sheet.
5. Serve warm crescents with warm pasta sauce for dipping.



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

Arithmetic
 Books
 Computers
 Education

Graduation
 Gymnasium
 History
 Languages

Learning
 Library
 Reading
 School

Science
 Student
 Teacher
 Writing

Riddle of the Month

**What kind of tree can you
 carry in your hand?**

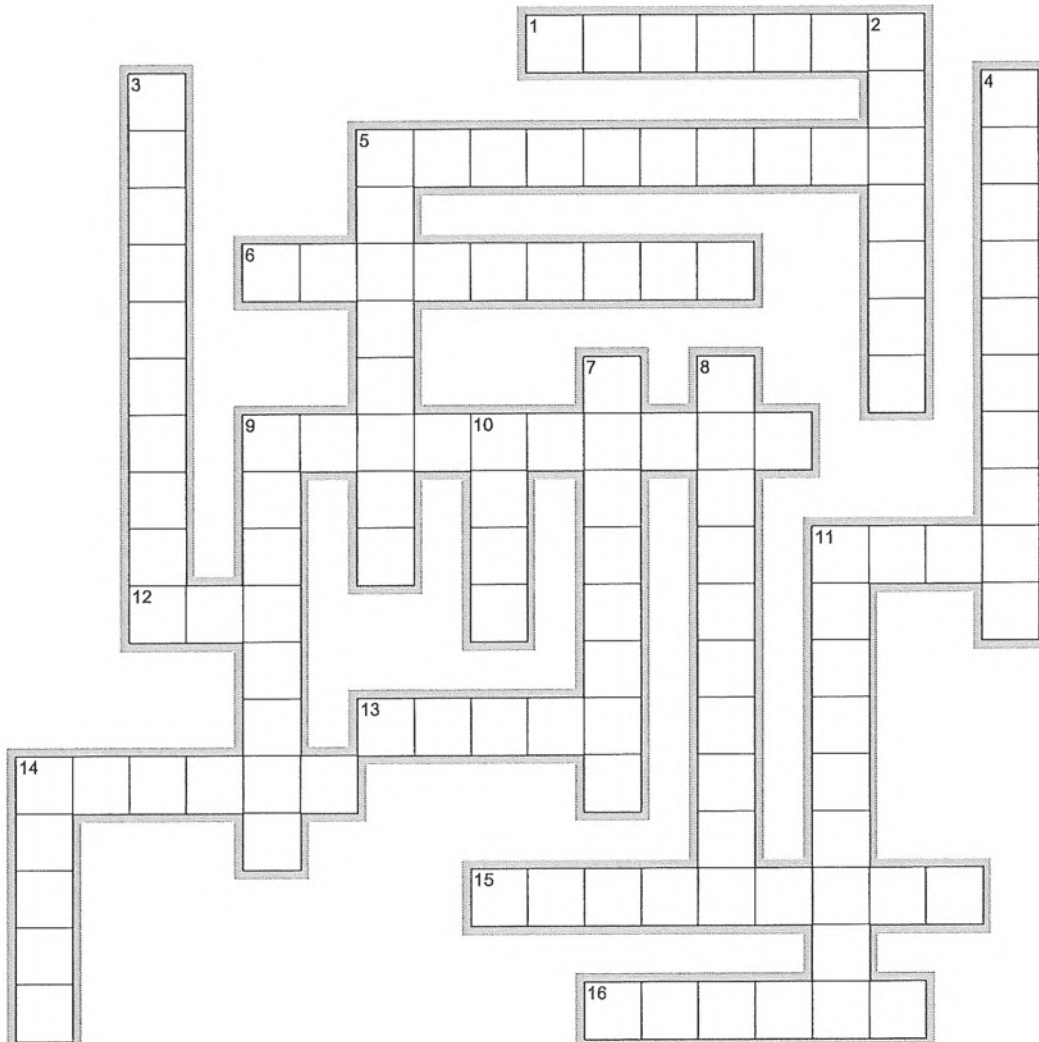
Answer the riddle correctly by the
 15th of the month at Saline County
 Aging Services and get
 entered into a drawing to win a prize
 at the end of the month!

**Please include your
phone number with your answer!**

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

D-Lightful Dishes

The answer to every clue in this crossword begins with the letter D.
You'll need that extra bit of help solving some of the more *difficult* clues!



Across:

1. Type of cold eggs prepared with savory seasoning
5. The lower part of a chicken's or turkey's leg (plural)
6. Strong coffee served after dinner in a small cup
9. Dehydrated apples, bananas, apricots, etc. (2wds)
11. Oblong, fleshy fruit of an Old World palm tree
12. Goes well with chips or fresh vegetables
13. Chicken or turkey sliced and baked with broccoli and hollandaise sauce
14. Light, rich flaky pastry
15. A weed with bright yellow flowers, whose leaves are sometimes eaten as "greens"
16. A large, long white winter radish

Down:

2. Any sweet dish served at the end of a meal
3. Kind of rich chocolate cake (2wds)
4. Hot morning beverage made with a certain kind of appliance (2wds)
5. A piece of dough cooked by boiling or steaming
7. Refers to a sauce that goes on salad or to poultry stuffing
8. A cucumber prepared with a certain aromatic herb (2wds)
9. A kind of thick, baked pizza (2wds)
10. The flesh of a web-footed swimming bird
11. One of several cuts of beef, typically a boneless ribeye steak or a bone-in top loin steak
14. A small ring of sweet dough, fried in fat, sometimes filled or frosted.



Czech Days 2018

Friday, August 3rd—Sunday, August 5th

Come enjoy some fresh squeezed lemonade and some shade!

109 W. 3rd St.

Funds raised support
Saline County Aging Services
programs county wide!

See you there!
-Lori, Katie, Laura

Full Circle



Save the date

September Full Circle Events

Law Tidbits for Seniors
by Attorney Mary Wilson

Attorney Mary Wilson will be the featured program speaker for our Full Circle events. Her program, “Law Tidbits for Seniors” will cover such topics as Power of Attorneys, Health Care Power of Attorneys, Living Wills, POD’s, Transfer on Death Deeds, and other topics as requested.

See September issue for more details!

Wilber—September 26th 9:30 a.m.

Friend—September 26th 12:00 p.m.

Announcements



PLEASE PLEASE PLEASE....Call to make an appointment if you are needing one of the staff members' attention for any matter. Due to staff changes we can not guarantee that we will be in the office or have time at the moment you come in. Thank you so much for your understanding!

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!



Our newsletter is growing!

Do you enjoy your monthly newsletter?

We LOVE providing this essential service to all of our wonderful clients.

Our newsletter is growing and getting more popular by the day! Over the course of the last year we have gone from sending out 215 newsletters a month to 350+!

We are so excited that it has gained so much popularity and you all love it so much! Along with it's growing popularity comes new cost challenges for our Non-Profit program.

Our postage cost has grown tremendously as well.

While we love and will continue offering this service free of charge, we are hoping that you will be willing to help! Please consider giving a suggested contribution of \$5 for the entire year's worth of newsletters. That's less than \$0.42 per issue!

What is a suggested contribution?

This means that we will accept anything from \$0 to \$1 million+!

You will continue to get your monthly newsletters with no interruptions
regardless of your choice to contribute!

Thank you so much for your continued support of all of our programs at
Saline County Aging Services!!

****THANK YOU SO MUCH FOR ALL OF THE DONATIONS WE HAVE RECEIVED!****

We couldn't do what we do without all of your support!



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!

Self-Advocacy Continued...

Among survivors of multiple myeloma, a rare blood cancer, over one-third (36%) did not report all symptoms and adverse effects to their doctors or nurses. The most common reason was, “I don’t think anything can be done about these problems.”



The bottom line is that it is not enough just to tell patients and caregivers that they need to be self-advocates. To empower patients, we need to provide individuals facing serious diseases with the resources and the skills to make this possible. That means ensuring that patients have accurate information that they are able to understand and use, assisting them in developing appropriate questions, making it easy to access their medical records, and opening the doors to thinking about what is important to them at various decision points during the course of treatment.

Patients can learn skills to help them communicate better, use their time and that of their doctors’ wisely, know when to ask for additional help. One doctor with whom I have worked suggests that patients who have complicated issues to discuss notify the office in advance so that the extra time can be made available. Patients also benefit from taking advantage of the patient-centered care that nurses, nurse practitioners, social workers and patient navigators offer. When, for whatever reason, the relationship isn’t working, patients need the skills and confidence to make changes.



In addition to discovering or acquiring the skills needed to become effective self-advocates, people facing cancer also need to be empowered to believe that their voices can and should be heard. Older people, those who are less educated or come from lower socioeconomic groups—those who are timid by nature—may find it difficult to question someone they perceive as authority figures who control their destiny. They may fear asking “dumb” questions or alienating their doctors by questioning them. And, trust is critical to any good doctor-patient relationship. Patients want to believe in their doctors. The goal must be to create a safe, secure and nurturing environment which encourages every patient and caregiver to trust not only their treatment teams but also to ask for what they need.

Article is from psychologytoday.com





Do you like to play cards?

We've started a new Pitch group and
we want YOU to join us!

Games will be
every Friday
in
'The Back Room' at SCAS
from
11am to 3pm

Call SCAS office for more information!

August Activities

			1 Lunch 12:00 p.m. 	2 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1:00-2:00 Tai Chi 2:00-3:00	3 Pitch 11a—2p Czech Days	4
5 "Vitame Vas" "We Welcome You" 	6 Root Beer Float Day 	7 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1:00-2:00 Tai Chi 2:00-3:00	8 Foot Clinic Lunch 12:00 p.m. 	9 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1:00-2:00 Tai Chi 2:00-3:00	10 Pitch 11a—2p S'mores Day 	11 Bowling Day 
12 Vinyl Record Day 	13 Left Handers Day 	14 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1:00-2:00 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 1:00-2:00 Tai Chi 2:00-3:00	17 Pitch 11a—2p 	18 Honey Bee Day 
19 Bow Day 	20 Radio Day 	21 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1:00-2:00 Tai Chi 2:00-3:00	22 Lunch 12:00 p.m. Tooth Fairy Day 	23 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1:00-2:00 Tai Chi 2:00-3:00 Senior Dinner	24 Pitch 11a—2p Waffle Day 	25 Banana Split Day 
26 Cherry Popsicle Day 	27 	28 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1:00-2:00 Tai Chi 2:00-3:00 Senior Dinner	29 Lunch 12:00 p.m. 	30 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 1:00-2:00 Tai Chi 2:00-3:00	31 Pitch 11a—2p 	
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, August 1st

Program—Music by Tom Shutts
Menu—Turkey Wrap, Fresh Fruit, Cottage Salad, Milk

WEDNESDAY, August 8th

Program—A Visit By Wilber's Czech Royalty
Menu—Chicken Fried Steak, Mashed Potatoes, Corn, Fruit & Milk

WEDNESDAY, August 15th

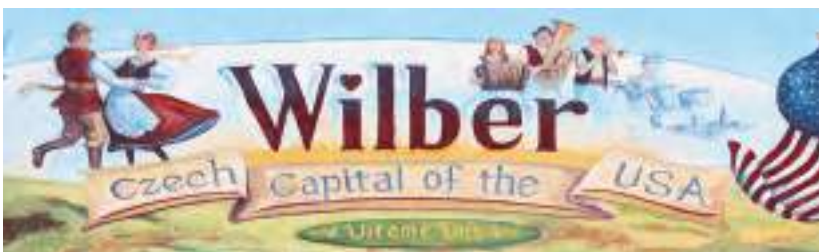
Program—White Elephant Bingo
Menu—Goulash, Green Beans, Garlic Bread, Fruit & Milk

WEDNESDAY, August 22nd

Program—Price is Right
Menu—BBQ Chicken, Baked Beans, Garlic Bread, Fruit & Milk

WEDNESDAY, August 29th

Program—Do You Recycle? By Amanda Woita
Menu—Rib Tips, Coleslaw, Mixed Vegetables, Fruit & Milk



Darlene Musil
of
Western

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 NOTHING.



HAPPY BIRTHDAY!

*A special wish to all of the
August 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

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 23, 2018, in the Wilber Care Center's Activity Room. Please RSVP by August 17th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Service Spotlight

Answers to last months 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

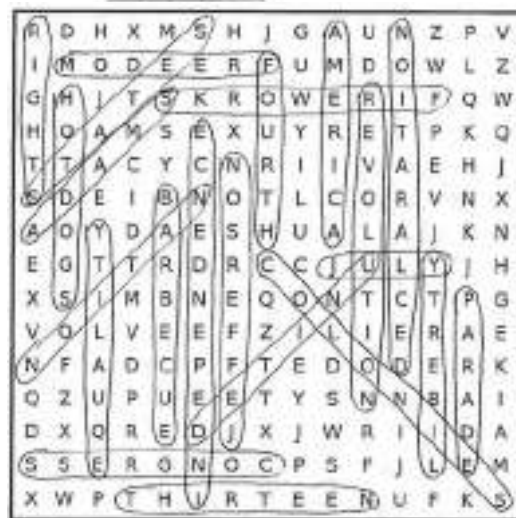
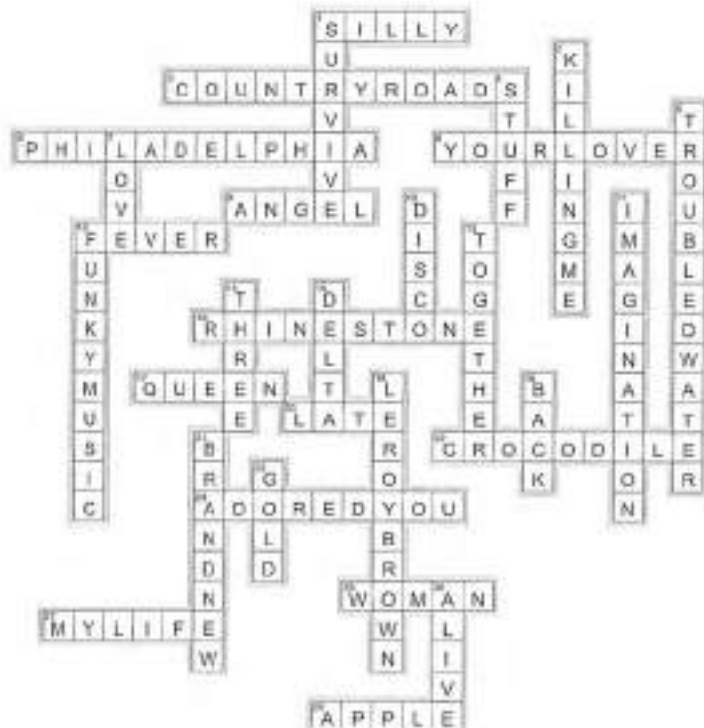
(SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

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

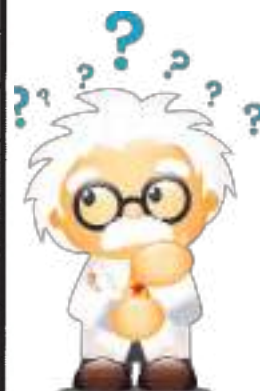
- be 60 years of age or older,
- meet income guidelines,
- AND attend a mandatory but brief nutrition presentation.
- Be prepared to show proof of age and income.

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.



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



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



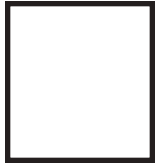
LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED



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
Jan. 15 Martin Luther King Day
Feb. 19 Presidents' Day
Apr. 27 Arbor Day
May 28 Memorial Day
July 4 Independence Day

Sept. 3 Labor Day
Oct. 8 Columbus Day
Nov. 12 Veterans' Day
Nov. 22 Thanksgiving
Nov. 23 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 3, Issue 10

October 2018

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Elderly Pneumonia

In 2010, pneumonia, combined with influenza, was the eighth leading cause of death in the United States, according to the National Center for Health Statistics. On top of this, 1 out of 20 adults who get pneumonia dies, according to the Centers for Disease Control. This makes preventing pneumonia in the elderly a serious matter.

"Pneumonia is an inflammation of the lungs usually caused by bacteria, viruses, fungi or other organisms," says Dr. Norman Edelman, the chief medical officer for the American Lung Association. This inflammation causes an outpouring of fluid in the infected part of the lungs, affecting either one or both lungs. The blood flow to the infected portion of the lung (or lungs) decreases, meaning oxygen levels in the bloodstream can decline. "This decline is more likely to happen in an elderly, sick, and/or debilitated 85-year-old. The body attempts to preserve blood flow to vital organs and decrease blood flow to other parts of the body such as the GI tract," says Dr. Joseph Mylotte, a professor of medicine at the School of Medicine and Biomedical Sciences at the University of Buffalo. "The effects [of pneumonia] are widespread even though the infection is localized to the lung." The complications of pneumonia in the elderly can be life-threatening, from low blood pressure and kidney failure to bacteremia, an infection that spreads to the bloodstream.



PNEUMONIA SYMPTOMS

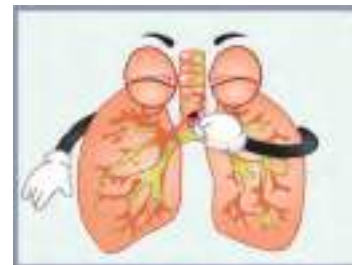
Elderly people are more susceptible to pneumonia for several reasons. Often they already suffer from co-morbid conditions such as heart disease, which means they don't tolerate infection as well as younger people, says Mylotte. Age also causes a decrease in an older person's immune system response, so his defenses are weaker. "Some virulent organisms can cause infection in younger people, but the infections can be worse in older people," says Mylotte.

Continued on page 2

Pneumonia Continued...

Pneumonia is caused by more than thirty types of organisms; these different strains mean that symptoms can vary from case to case. However, the following symptoms can signal a bout of pneumonia:

- Malaise or feeling weak
- Cough
- Green or yellow sputum
- Pain in the chest
- Confusion
- Fever
- Chills
- Shortness of Breath



Often, a person may think she is simply suffering from the cold or flu. Also, it is widely believed that the signs of pneumonia in the elderly can differ from the general population. An older patient might not have a fever. "The symptoms and signs are sometimes not as specific. They may be more sleepy and lethargic, or lose their appetites, or they may suffer from dizziness and fall. If there is underlying dementia, they might not be able to tell you how they feel. But it's all related to something going on in the lung," says Mylotte.

People are often exposed to the organisms that cause this disease, but the lungs' defense mechanisms usually protect people from infection. Sometimes these organisms break through a person's immune system, infecting the lungs' air sacs. Each lung has a major airway (bronchus) that divides into twenty-two tubes; these tubes further divide into more than one hundred thousand tiny tubes (bronchioles) that end in clusters of tiny air sacs (alveoli), where the transfer of oxygen to the body's bloodstream takes place. When a patient has pneumonia, the affected air sacs become inflamed and filled with fluid. This leads to breathing problems, a lack of blood flow to the infected sections of the lungs, and a decrease in the bloodstream's oxygen level.

PNEUMONIA CAUSES & DIAGNOSIS

Simple diagnostic tests can confirm a case of pneumonia in the elderly. A doctor who listens to a patient's lungs may hear bubbling sounds called rales and rattling sounds called rhonchus, which signal infection and inflammation in the lungs. A pulse oximetry test computes the blood's oxygen levels. A chest x-ray or CT scan is often the definitive diagnosis, telling the physician where the infection is and the degree of the illness. Sometimes a doctor will have the patient's phlegm or blood analyzed to decipher which organism is responsible for the infection.

Although pneumonia can be caused by more than two dozen organisms, pneumonia in the elderly is usually caused by bacteria or viruses. The streptococcus (or pneumococcal) pneumonia bacteria is responsible for an estimated forty thousand deaths every year, according to the Centers for Disease Control. The elderly are more likely to catch this strain of pneumonia. Streptococcus pneumonia can come on slowly or suddenly. It can damage the lungs, cause bacteremia in the bloodstream, and meningitis in the brain.

Viruses also trigger this disease, and are thought to cause about 50 percent of pneumonia infections in the general population. Usually viral pneumonia is less severe, but complications can include bacterial pneumonia.

Atypical pneumonia-causing organisms-such as mycoplasma and chlamydia-rarely cause pneumonia in the elderly. In the nursing home population, a small percentage of people suffer from severe pneumonia strains caused by organisms such as Gram-negative bacteria and Staphylococcus aureus, which can quickly end in death or with the patient on a respirator, says Mylotte.

PNEUMONIA TREATMENT & MANAGEMENT

Patients are treated for pneumonia depending upon which organism triggered the disease. Your loved one's medical provider can ascertain this through analyzing a phlegm or blood sample. For a case of viral pneumonia, some patients may receive antiviral medications, but these are not commonly prescribed. And antibiotics are not used because they aren't effective against viruses. Bouts of viral pneumonia usually heal without medication, provided the patient rests, eats healthy food, and takes in plenty of fluids. If new symptoms arise, it is important to contact your loved one's doctor, as bacterial pneumonia is a possible complication.



Bacterial pneumonia is always treated with antibiotics. If a patient is in the hospital, it is typical for the hospital to follow strict treatment guidelines. These guidelines are part of pay-for-performance programs, meaning the doctor will get paid a better rate if she follows the guidelines, says Mylotte. Both the American Thoracic Society (www.thoracic.org) and the Infectious Diseases Society of America (www.idsociety.org) have standard treatment guidelines available on their respective websites. These are based on where the patient acquired the disease-in the community, in the nursing home, in the hospital-and these guidelines can be found on each organization's website. Whether at home or in the hospital,

Pneumonia Continued...

patients are usually administered a once-a-day therapy. Effective antibiotic treatments include respiratory fluoroquinolones such as moxifloxacin, says Mylotte, although there are several antibiotic therapies that work as well as these.

Treating bacterial pneumonia has become more complicated due to antibiotic resistance: The organisms that cause this disease mutate and can become resistant to drug treatment. This is one reason that it is important for a patient to finish her entire course of antibiotics; stopping treatment early actually encourages antibiotic resistance. Up until a few years ago, antibiotic resistance associated with bacterial pneumonia had been increasing, but it has recently decreased, according to Mylotte.

Both mycoplasma and chlamydia pneumonias are also treated with antibiotics. Mycoplasma pneumonia is also known as walking pneumonia. If your loved one has this strain, he or she usually will have milder symptoms, but it can take four to six weeks to heal completely.

Most pneumonia patients heal at home. About 15 to 20 percent of people with community-acquired pneumonia are treated in the hospital, while about 20 to 30 percent of people with nursing-home acquired pneumonia are also admitted to a hospital, according to Mylotte.

Whether a patient stays at home or in a hospital, she may take medications to ease fever, aches, and coughing bouts. Because coughing actually helps rid lung infection, this action shouldn't be entirely reduced. However, if the patient isn't getting any sleep, a low-dose cough suppressant can be prescribed. Patients with severe strains may need oxygen therapy to increase blood-oxygen levels. Caregivers should make sure a loved one is receiving proper hydration, eating at least a small amount of healthy food, and reporting worsening or new complications, says the American Lung Association's Edelman.

Complications that can arise from pneumonia include:

Bacteremia: The possibly deadly infection invades the bloodstream and can infect the body's organs.

Pleurisy and Empyema: With pleurisy, the membrane that covers the lungs (pleura) becomes inflamed. Empyema occurs when fluids causing inflammation become infected.

Lung Abscess: A pus-filled cavity can develop in the infected lung area.

Acute Respiratory Distress Syndrome (ARDS): When the lungs become severely injured due to pneumonia, respiratory failure can occur. Treatment includes the use of a mechanical ventilator (vent) and supplemental oxygen.

Continued on page 7



By the time a plugger finds his "misplaced" hearing aid, his wife has forgotten what she was going to say.

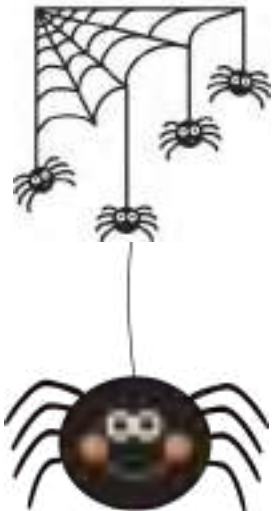


"Aha! The neighbors were expecting Marmaduke this Halloween."



DOGS OF C-KENNEL

BY MICK & MASON MASTROIANNI



For Better or For Worse

by Lynn Johnston





Inflammation & Diet



What is Chronic Inflammation?

Chronic (or ongoing) inflammation occurs when the immune system attacks the body's healthy cells causing swelling and/or irritation. This can lead to autoimmune diseases like rheumatoid arthritis and other "itis" conditions. Underlying chronic inflammation also may play a role in heart disease, diabetes and Alzheimer's disease as well.



Evidence supporting the impact of specific foods on inflammation in the body is limited; however, we know that some foods have the ability to suppress inflammation. The exact amount and frequency of consuming these inflammation suppressant foods needed is not yet known.

Eating to Reduce Inflammation

An overall nutritious, balanced diet will help improve inflammation. In particular, swap processed foods and foods high in trans and saturated fats for foods high in antioxidants and omega-3 fatty acids. Let fruits and vegetables make up at least half your plate at meals.

Be sure to eat a variety of vegetables, including leafy greens like kale, chard and Brussels sprouts.

Also opt for plant-based sources of protein like beans, nuts and seeds.

Swap heart-healthy fats for not so healthy ones. Olive oil, avocados, nuts and seeds are a few delicious choices. Choose fatty fish like salmon, sardines and anchovies to get a heart-healthy dose of omega-3 fatty acids. Also walnuts and flax seeds are high in Omega-3 fatty acids. Omega-3, in doses of 3 grams or more per day, has been found effective for those with rheumatoid arthritis, reducing morning stiffness and the number of joints that are tender or swollen, according to a review of the research on omega-3 fatty acids and health in *American Family Physician*.

Season your meals with fresh herbs and spices. They pack a flavorful and antioxidant-rich punch. Both curry and ginger are both strong natural anti-inflammatory spices.

What Foods to Avoid

Research has shown to improve inflammation avoid regular consumption of trans fats and saturated fats. These fats work as a switch that may turn on the inflammatory process. To reduce intake of trans and saturated fats avoid regular and excessive consumption of saturated fat from meats, butter, cream sauces, fried foods and trans fat found in many processed foods such as store bought pastries. Check the Nutrition Facts Label on food items before you purchase them for trans or saturated fats-also any word that includes the words *hydrogenated* or *partially hydrogenated oils*.



Article is from Aging Partners

Getting Elder Care Help

Amanda's Aunt Anna had a big influence on her life when she was growing up.

"It was always special when I got to spend time with Aunt Annie," says Amanda of her mother's sister, who had no children of her own. "As a child, I would visit her on weekends sometimes, and we always had so much fun."

As Amanda grew into adulthood, she remained close to her favorite aunt, visiting her as often as she could. The journey to Anna's Massachusetts home wasn't easy, but Amanda knew that the long trip from her home on Peaks Island, Maine, was worth every minute.

ANNA'S DECLINE

During the Christmas season of 2004, Amanda made her usual trek to her aunt's home, but this time, something didn't seem right. Anna, now in her late seventies, was normally sociable and engaged, but that day she seemed distant and forgetful. Perhaps the most disturbing discovery for Amanda, however, was her aunt's physical appearance. Aunt Annie," she gasped. "You've lost a lot of weight!"

Unsure of what to do, Amanda drove home after the holidays, but she couldn't help but feel terrified. What if Aunt Annie stops eating? she thought. What if she can't call for elder care help? I was worried she wasn't going to make it," she recalls. It was a terrible feeling being so far away."

So, the next morning, Amanda drove back down to Massachusetts. "I realized I needed to go back to get her some help," she says. This time, she played detective-tactfully asking questions about her aunt's health and surveying the home. As it turned out, bills hadn't been paid, the phone company had sent a shut-off notice, and the cat was missing.

"Where's the cat?" Amanda asked.

"It died," her aunt replied. Later, Amanda found the cat-indeed dead-crammed into a plastic bag in the bathroom, next to a toilet that had been plugged and left in disrepair for weeks. Even more alarming was the state of Anna's nutrition. "I started counting bananas," explains Amanda. "She said she ate one every morning with breakfast, but I would bring five over on Monday, and by Friday there were still five bananas on the counter."

Other people had been in her house, Amanda thought to herself, why hadn't they noticed the smell, or been alerted to Aunt Annie's health problems?" I wrestled with why nobody else was doing anything to help her," she remembers. But there wasn't time to point fingers; it was time for action. "Nobody else was stepping up, so I did," she declares. "It was an elder care emergency."

FINDING THE RIGHT CARE

Even despite her aunt's protesting, Amanda encouraged her to see a doctor. But when she arrived to pick her aunt up for the appointment, she was met with anger and frustration. "What are you doing?" Anna asked, with a horrified look on her face. "Are you taking me to a nursing home?"

"No, I'm not taking you to a nursing home," Amanda reassured her. "But we have to talk about this. Someday we'll all have to move away from our homes, even me, and we have to talk about it because I don't know what you want." "Well, I don't want to move," Anna replied emphatically, closing the door to further discussion.

At the doctor's appointment, the physician examined the elderly woman and decided that she was suffering from the early stages of Alzheimer's disease. While her mind suffered, her body wasn't much better off. "Her teeth were in terrible shape," says Amanda. "They were smelly and infected." As a result, the doctor encouraged her to have a dentist remove her teeth, and he warned her, "If you lose any more weight, you'll need to be hospitalized."

Amanda knew there was a tough decision ahead. "I realized she needed to leave her home," she says. Prepared for a protest, Amanda called the local police department and spoke to an elder affairs officer. "I wanted to know what my rights were and what hers were," she explains. "If she didn't want to move, I wasn't sure what I was going to do. I thought maybe she would cooperate with someone in a professional role."

Continued on page 8



PNEUMONIA PREVENTION

Pneumonia in the elderly as well as younger people occurs when a person's immune system is weakened. Although it can be transmitted via the air or hand-to-hand contact, if a person's immune system is strong he can fight off this infection. Preventing this disease with the following steps can keep it at bay:

Pneumococcal Vaccine: This vaccine helps prevent twenty-three different strains of bacterial pneumonia (although there are many more strains of bacterial pneumonia out there). "It doesn't always engender a good immune response in adults, so it doesn't always work well," says Mylotte. He also points out the vaccine is effective for a shorter amount of time in older people. Experts recommend getting your first dose when you are in your 50s and your second dose at age 65, and then a new dose should be administered every five years.

Influenza Vaccine: This vaccine is just as important as the pneumococcal vaccine. It doesn't work as well in elderly people, says Mylotte, but if an older vaccinated person gets the flu, it is usually a milder case. Pneumonia is often a secondary infection after an initial bout of influenza; people who receive this vaccine have less risk of developing pneumonia as a flu complication. Older adults should get a flu shot every year.

Hand Washing: "I always tell people to wash their hands as much as they can. If your hands aren't raw in the wintertime, you are not doing a good job," says Mylotte.

Dental Hygiene: Pneumonia infections can occur around infected teeth, says Edelman, so dental work should be kept in good repair.

Good Health Habits: Exercise, rest and healthy eating can all increase resistance to pneumonia.

Edelman also recommends that frail elderly people who are already susceptible to infection should stay away from anyone who has the flu or a bad cold. Of course, preventing pneumonia in the elderly is always preferable to treating it. But if you suspect your loved one is suffering from pneumonia, quick intervention can be a life-saving occurrence.

Article is from aPlaceforMom.com

Caregiver's Corner Continued...

But in the end, that kind of tough love wasn't necessary. "You took care of me when I was little, Aunt Annie, and now it's my turn to look out for you," Amanda explained. "I just want you to be in a safe, healthy environment." To her surprise, Anna agreed to move into an assisted living facility after her teeth-removal surgery.

A PLACE FOR MOM'S HELP

While half the battle was over, Amanda was now faced with the challenge of finding the right home for her aunt. A Meals on Wheels employee who brought periodic meals to Anna's home told Amanda about the kind of elder care help offered by A Place for Mom. Shortly after, she connected with A Place for Mom Senior Living Advisor Donna Bruno. "At first I was skeptical," recalls Amanda. For so long she had been managing her aunt's needs on her own. Could she trust this person to help her find the right home for Anna? she wondered.

"Amanda was hesitant because she did not know what we were all about," Donna remembers. "I explained our elder care referral service to her and did not push her, just offered to help. Amanda's situation was difficult because she lives in Maine, and her aunt was in Massachusetts. We decided to look at all communities close to the highway between the two locations. I also chose properties that would meet her aunt's clinical needs."

Amanda toured the facilities, and settled on one, Hearthstone-a small, 21-bed assisted living facility that specialized in Alzheimer's patients. Donna says that seeing a concerned family member through the initial skepticism, worry, and fear is what makes her job so rewarding. "This was a great example of a very hesitant family with a very real need," she notes. "With a little patience and perseverance, I was able to help them find a solution."

"I felt like I could call Donna and share any issues I had, and she would point me in the right direction," Amanda says. "It was great to have that kind of help." After moving into her new residence, Anna's health has made significant progress, along with her quality of life. "She's gained weight, she jokes with the residents and staff, and she is no longer sitting at home and moping around the house," Amanda says.

Looking back, Amanda believes Anna's come a long way. "I used to cry on my way home from visiting my aunt," she says. "I thought I was losing her. She was changing, and I knew what we were coming to." But thanks to a determined spirit-and elder care help from A Place for Mom- she says the outcome has been better than expected.

Today, Amanda offers advice to others in similar situations, whether caring for a parent or other loved one. "Just jump in," she says. "Once you do, the pieces just fall together. I couldn't have lived with myself if something happened to my aunt. It may be scary, but you just have to do it. And there are people out there who can help."

Article is from aPlaceforMom.com

SCAM ALERT!!



We have received several reports of a couple of different scams lately and wanted to pass on the warning to all of you!

Free Medical Braces

Several of our clients have received these calls about "free medical braces". They act as though they've talked to Dr. Miller (or whomever their primary doctor is), and he has "agreed to prescribe" a brace of some sort. What they do is trick you into agreeing to get a brace, and then they try to pressure the doctor into signing a prescription so they can bill Medicare a ridiculous amount.

Free Medical Alert System

The other is phone calls promising a "free medical alert system". They then get all of your information to "secure your spot in their program" and then charge you monthly.

Please be careful and if you receive any of these types of calls let the SCAS office and the local police know!

Exercise of the Month — Shoulder and Upper Arm



This exercise to increase flexibility in your shoulders and upper arms will help make it easier to reach for your seatbelt. If you have shoulder problems, talk with your doctor before trying this stretch.

1. Stand with feet shoulder-width apart.
2. Hold one end of a towel in your right hand.
3. Raise and bend your right arm to drape the towel down your back. Keep your right arm in this position and continue holding on to the towel.
4. Reach behind your lower back and grasp the towel with your left hand.
5. To stretch your right shoulder, pull the towel down with your left hand. Stop when you feel a stretch or slight discomfort in your right shoulder.
6. Repeat at least 3-5 times.
7. Reverse positions, and repeat at least 3-5 times.

TARGETED MUSCLES: Shoulders and upper arms

WHAT YOU NEED: Towel

TALK TO YOUR DOCTOR: If you have shoulder problems, talk with your doctor before trying this stretch.

Recipe of the Month

Creamy Potato Soup

Ingredients:

- 2lbs russet potatoes peeled and diced
- 6 bacon slices
- 1 onion chopped
- 10 garlic cloves minced
- 2 cups whole milk
- 2 cups water
- 1 cup shredded cheddar cheese
- 1/4 cup all-purpose flour
- 1TBSP chopped fresh chives
- 1 tsp salt
- 1/4 tsp pepper



Directions:

1. Heat a large pot over medium heat. Add bacon to the pot and cook until crispy, 10-15 min. Transfer to a paper towel to drain. When cool, crumble into small pieces.
2. Add onions to the pot with the bacon grease and cook until they soften, about 5 minutes, stirring occasionally.
3. Add potatoes, garlic, salt, and pepper to the pot. Cook for a few minutes, stirring frequently.
4. Add flour to the pot, and stir until the ingredients are well-mixed, a few minutes.
5. Add water and stir until well-mixed. Add milk and stir. Bring to a boil over high heat, and then reduce heat to medium-low to simmer until the potatoes are cooked, about 15 minutes, stirring occasionally to prevent potatoes from sticking to the pan's bottom.
6. Serve in bowls topped with crumbled bacon, shredded cheddar, and chopped chives.

HALLOWEEN WORD SEARCH

Halloween
October
Spooky
Scary
Ghost
Vampire
Werewolf
Witch
Zombie
Skeleton
Monster
Black
Orange
Candy
Trick or Treat
Haunted House
Jack O' Lantern
Boo
Spider
Bats



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

Chickan Scratch NY

Riddle of the Month

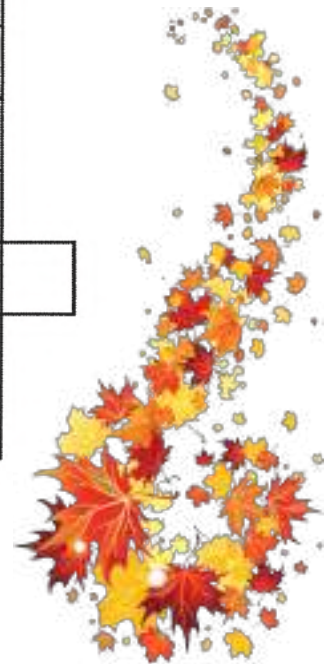
What can you catch but not throw??

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!

	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	

© 2013 KrazyDad.com



Across

- 4. Jewish Holiday, Rosh _____
- 7. Scary Holiday
- 8. Fall from oak trees
- 9. Change colors
- 11. For carving and pie
- 13. Color

Down

- 1. Used to frighten birds
- 2. Feast Holiday
- 3. Tool to clean the grass of leaves
- 5. Marks the end of the growing season
- 6. Squirrel
- 10. Another name for Fall
- 12. Grows on stalks



Do you like to play cards?

We've started a new Pitch group and we want YOU to join us!

Games will be
every Friday
in
'The Back Room' at SCAS
from
11am to 3pm

Call SCAS office for more information!

Full Circle



Due to staff changes, we will only be doing Full Circle events every other month, until further notice. Check the November edition of our Newsletter to see what we have planned for the next one!

Hope to see you all in May!

Announcements

Interested in coming to one of our foot clinics?

We have clinics in

Dorchester, Crete, Friend and Wilber.

Current openings in WILBER

Call Laura at 402.821.3330 to make an appointment near you!



Our newsletter is growing!

Do you enjoy your monthly newsletter?

We LOVE providing this essential service to all of our wonderful clients.

Our newsletter is growing and getting more popular by the day! Over the course of the last year we have gone from sending out 215 newsletters a month to 350+!

We are so excited that it has gained so much popularity and you all love it so much! Along with it's growing popularity comes new cost challenges for our Non-Profit program.

Our postage cost has grown tremendously as well.

While we love and will continue offering this service free of charge, we are hoping that you will be willing to help! Please consider giving a suggested contribution of \$5 for the entire year's worth of newsletters. That's less than \$0.42 per issue!

What is a suggested contribution?

This means that we will accept anything from \$0 to \$1 million+!

You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!

Thank you so much for your continued support of all of our programs at Saline County Aging Services!!

****THANK YOU SO MUCH FOR ALL OF THE DONATIONS WE HAVE RECEIVED!****

We couldn't do what we do without all of your support!

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!

Nebraska SHIIP Presents

Medicare Minute &

Part D



Join us for a Medicare Minute followed by a quick game of
Part D BINGO!

Where: Saline Eldercare Senior Center

When: October 3, 2018

Time: 2:00 pm



Nebraska Senior Health Insurance Information Program (SHIIP) is a division of the Nebraska Department of Insurance.



**SHIIP @ Wilber Library—November 1st from 9am—3pm

**SHIIP @ Crete Library—October 23rd from 10am—3pm

**SCAS Office—call for appointment!








Call SCAS office to schedule your appointment for any of these events!
402-821-3330

Medicare Prescription Drug Enrollment

October 15 - December 7

October Activities

	<p>1 Fire Pup Day</p> 	<p>2 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>3 Foot Clinic SHIIP Bingo 2pm Lunch 12:00 p.m</p>	<p>4 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>5</p> 	<p>6 Mad Hatter Day</p> 
<p>7 Frappe Day</p> 	<p>8 Columbus Day</p> 	<p>9 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>10 Foot Clinic Lunch 12:00 p.m. Foot Clinic</p>	<p>11 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>12 Farmers' Day</p> 	<p>13 Happy Birthday to our 65th Year!</p> 
<p>14 Dessert Day</p> 	<p>15 I Love Lucy Day</p> 	<p>16 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>17 Lunch 12:00 p.m.</p> 	<p>18 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>19 Mammography Day</p> 	<p>20 Brandied Fruit Day</p> 
<p>21 Pumpkin Cheesecake Day</p> 	<p>22 Color Day</p> 	<p>23 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>24 Lunch 12:00 p.m. FLU SHOTS by BCH 10a-2p</p> 	<p>25 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner</p>	<p>26 Senior Luncheon- Friend Christian Assembly</p>	<p>27 Black Cat Day</p> 
<p>28 Chocolate Day</p> 	<p>29</p> 	<p>30 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner</p>	<p>31 Lunch 12:00 p.m.</p> 			
<p>Key:</p> <p>Crete Dorchester Wilber Friend DeWitt</p>			<p>All foot clinics are by appointment only.</p>	<p>Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330</p>	<p>For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873</p>	

What's Happening Near You?

DeWitt Senior Center Meal Schedule

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

WEDNESDAY, October 3rd

Program—A Touch of the Past by Doris Peters
Menu—Chicken w/Mushroom & Parmesan Sauce,
Noodles, Green Beans, Fruit & Milk

WEDNESDAY, October 10th

Program— Costa Rica Trip
by Savannah Gerlach & Taylor Cammack
Menu— Roasted Turkey, Mashed Potatoes, Corn, Fruit
& Milk

WEDNESDAY, October 17th

Program— Manicures & Pedicures
by Joseph's College of Beauty
Menu— Chili, Cinnamon Rolls, Cheese & Crackers,
Fruit & Milk

WEDNESDAY, October 24th

Program— United Nations' Day
by June Knudsen & Ted Browne
Menu—Polish Sausage w/Cabbage & Carrots,
Fruit & Milk

WEDNESDAY, October 31st

Program— Halloween Party (wear a funny hat or shirt!)
Celebrate Birthdays
Menu—Mexican Beef Casserole, Chips & Salsa, Rice,
Fruit & Milk



Phyllis Svehla
of
Friend

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 HE WAS A BIG HAM.



HAPPY BIRTHDAY!

*A special wish to all of the
October 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



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 25, 2018, in the Wilber Care Center's Activity Room. Please RSVP by October 19th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Service Spotlight

Answers to last months puzzles.

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. Al-so, participants have experienced improved muscular strength and endurance.

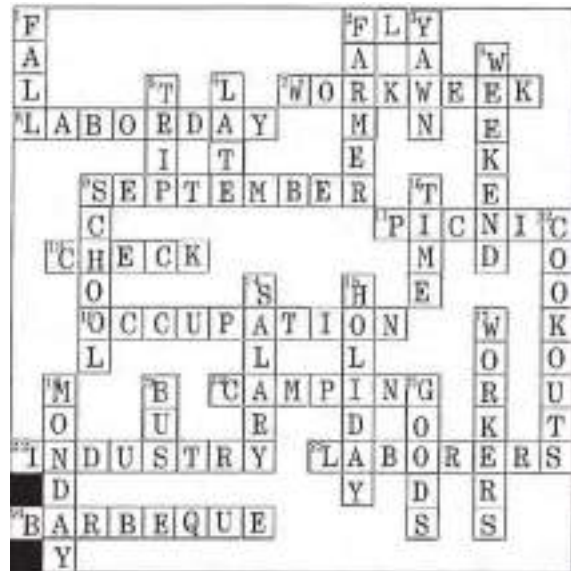
Though based on traditional Tai Chi, the moves in this class have been modified for a variety of physical abilities, and can be done sitting or standing.

LUMOSITY

Good brain health includes good health and physical fitness, eating right, and staying mentally and socially active. The Alzheimer's Association web-site 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 web-site 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.



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



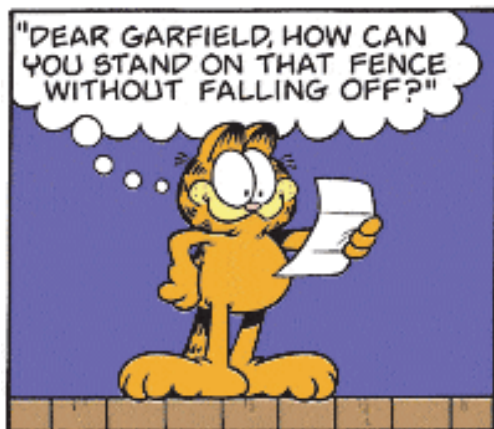
Do you want the Saline County Aging Services Newsletter sent to your door?

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 sent via email, please provide your email address, printing carefully



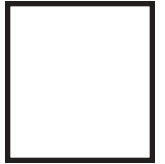
LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED



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
Jan. 15 Martin Luther King Day
Feb. 19 Presidents' Day
Apr. 27 Arbor Day
May 28 Memorial Day
July 4 Independence Day

Sept. 3 Labor Day
Oct. 8 Columbus Day
Nov. 12 Veterans' Day
Nov. 22 Thanksgiving
Nov. 23 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 3, Issue 11

November 2018

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Senior Flu Prevention

Getting the flu can be a nasty experience, no matter what your age or general health, and each year flu shots are a major public health initiative. But, because of the risks to the elderly, senior flu prevention is especially important.

According to the Centers for Disease Control (CDC), each year more than 200,000 people will be hospitalized because of the flu, and 36,000 of them will die.

"Disproportionately it's the elderly," explains Debra Beauchaine, MN, ARNP, and geriatric services director at Virginia Mason Medical Center in Seattle. Seniors in their seventies and eighties are at higher risk from the flu than seniors in their sixties, because of declining immunity to illnesses as they age.

How Flu Spreads

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Flu Antidotes

Getting the flu can be a nasty experience, no matter what your age or general health, and each year flu shots are a major public health initiative.

Continued on page 2

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Flu & Senior Health

While otherwise healthy adults can be laid low by the flu for a full week, senior citizens are at risk for becoming much sicker. "They are more vulnerable, once they get the flu, to develop complications," Beauchaine says. "Because the flu is really a pretty severe illness, they may not have as much of what we call 'physiological reserve' as a younger adult. So, seniors will feel very sick from a case of the flu and that puts them at greater risk for complications."

Dr. W. Paul McKinney, associate dean of the School of Public Health at the University of Louisville, explains that one of the more serious complications is primary viral pneumonia or a secondary bacterial pneumonia. Most hospitalizations and deaths from the flu are a consequence of pneumonia and other respiratory disorders. Also, if a senior has any chronic health conditions, such as congestive heart failure, chronic lung disease, even diabetes or renal failure, those could be exacerbated by the flu. And another common complication of the flu is dehydration, so drinking plenty of fluids is especially vital for the elderly.



Senior Flu Prevention

Staying away from work or crowded places while sick is important to prevent spreading the flu to others. But that's not an option for seniors living in nursing homes or assisted living facilities, making senior flu prevention that much harder at these communities. "When you congregate large numbers of people in close quarters, transmission is a lot easier," McKinney says.

However, Beauchaine points out that nursing homes usually require all employees to be vaccinated, which is the single most effective way to guard against getting the flu. And, it's important to get a flu shot every year, because the virus changes slightly from year to year. Getting a flu shot one year and not the next, will not protect someone from that year's particular strain.

"They should make every reasonable effort to get vaccinated early in flu season," McKinney says, but don't do it too early in the season, because occasionally the immunity will wear off before flu season ends, especially if the season lasts into March or April.



According to the U.S. Department of Health and Human Services, seniors covered by Medicare Part B pay no coinsurance or deductible for their flu shot, as long as they receive the shot from a Medicare provider.

What if a senior is otherwise healthy and doesn't feel they are "at risk?" "There is no reason a healthy senior should defer a vaccine," McKinney says.

A University of Michigan study found that boosting elderly flu vaccinations could save as many as 6,500 lives over ten years. In fact, research from Johns Hopkins University shows that annual flu shots reduce the number of deaths among hospital patients by one half.

While vaccination is the most important senior flu prevention, it's only 70 to 90 percent effective, so some people who receive the vaccination will still get the flu.

So, for at-risk populations, it's especially important that everyone around them also gets vaccinated. That includes everyone involved in taking care of the elderly. And like nursing homes, some hospitals, such as Seattle's Virginia Mason, require all employees to be vaccinated.

The CDC's target groups for vaccination keep expanding, recently adding children aged 2-5, and lowering the seniors' age range from age 65+ to 50+. The CDC estimates 218 million Americans fall into the at-risk groups that should be vaccinated. "That's over two-thirds of this country," McKinney says. "This year we'll have 100 million doses of the vaccine, so we won't even be able to vaccinate 50 percent."

According to McKinney, the U.S. should not face a vaccine shortage this year. "Unless someone is in a very remote, isolated area, there shouldn't be a problem getting the vaccine," he says.

While it's not possible to get the flu from the standard injectable flu vaccine, which is made from a killed virus, some people will experience a sore arm for one to two days, and possibly a fever. (The newer nasal spray vaccine is made from a live attenuated virus and recommended only for healthy, non-pregnant people between the ages of five to forty-nine.)

Although some people believe certain foods or vitamins can ward off illness, Beauchaine says that while they may make you healthier in general, they aren't effective for senior flu prevention.

During flu season, practicing good hygiene can help people avoid catching or spreading the flu. Wash hands frequently, especially after touching door knobs and stair rails in public places. Always cover nose and mouth when coughing or sneezing, and immediately wash hands afterward. And, of course, stay away from people who are sick. People taking care of the elderly especially need to follow this type of common sense senior flu prevention.

Finally, don't confuse influenza with avian flu. While bird flu gets a lot of press these days, it is extremely rare, occurring when a human has direct contact with infected poultry or surfaces contaminated by secretions or excretions from infected birds. Vaccines to protect against bird flu are being developed, but are not yet available.



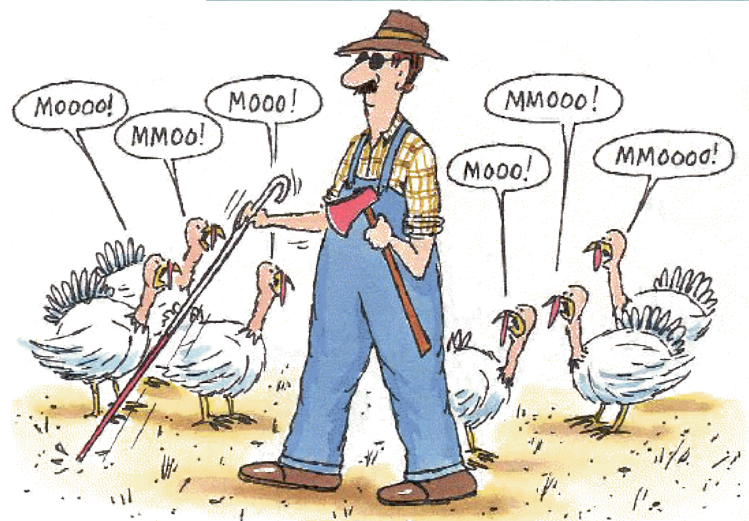
Article is from APlaceforMom.com



"The last leaf of autumn always irritates him."



"All our summer shade is falling down!"

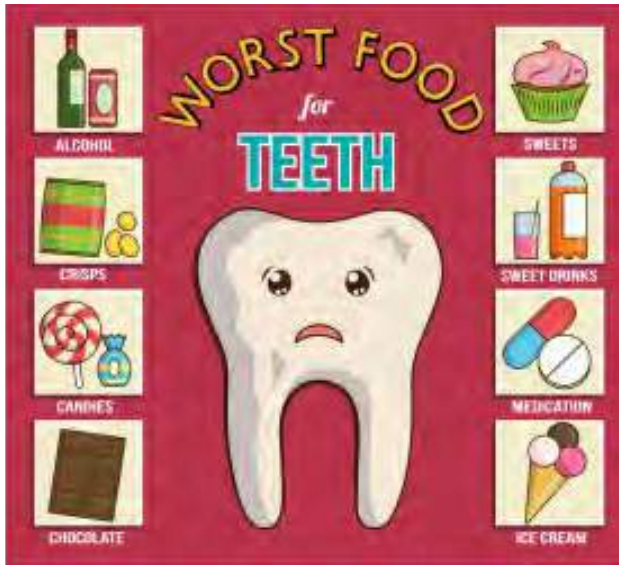




Oral Health & Nutrition



Your mouth, teeth, and gums are more than just tools for eating. They're essential for chewing and swallowing—the first steps in the digestion process. Your mouth is your body's initial point of contact with the nutrients you consume. So what you put in your mouth impacts not only your general health, but also that of your teeth and gums. In fact, if your nutrition is poor, the first signs often show up in your mouth. Here are a few helpful things to know from the American Dental Association about how what you eat can impact your dental health. Foods that Harm your Dental Health.



Foods that Harm your Dental Health

Empty calorie foods such as candy (especially hard or sticky candies like lollipops, mints, taffy and caramel); sweets like cookies, cakes and muffins; and snack foods like chips are a cause for dental concern; not only because they offer no nutritional value, but because of the amount and type of sugar they contain that can adhere to teeth. The bacteria in your mouth feed off these sugars, releasing acids, leading to tooth decay and cavities.

Sugar-containing drinks like soda, lemonade, juice and sweetened coffee or tea (iced or hot); are particularly harmful because sipping them causes a constant sugar bath over teeth, which promotes tooth decay.

Nutritious, acidic foods like tomatoes and citrus fruits can have acidic effects on tooth enamel. Eat them as part of a meal, not by themselves. Dried fruits, including raisins, are also good choices for a healthy diet, but since they are sticky and adhere to teeth, the plaque acids they produce continue to harm teeth long after you stop eating them. Opt for a piece of fresh fruit instead.

Foods that Benefit Dental Health

Cheese, milk, plain yogurt, calcium-fortified tofu, leafy greens and almonds are foods that may benefit tooth health thanks to their high amounts of calcium and other nutrients. Protein-rich foods like meat, poultry, fish, milk and eggs are the best sources of phosphorus. Both of these minerals play a critical role in dental health by protecting and rebuilding tooth enamel.

Fruits and vegetables are good choices for a healthy smile since they are high in water and fiber, which balance the sugars they contain and help clean the teeth. These foods also help stimulate saliva production, which washes harmful acids and food particles away from teeth and helps neutralize acid, protecting teeth from decay. Many contain vitamin C (important for healthy gums and quick healing of wounds) and vitamin A (another key nutrient in building tooth enamel).

Hands down, water—particularly fluoridated water—is the most tooth-friendly beverage. Sugary sodas and energy drinks encourage plaque bacteria to attack your enamel, the hard surface of your tooth. Most carbonated soft drinks, including diet soda, are acidic and bad for your teeth. Caffeinated beverages and alcohol can also dry out your mouth. If you do consume drinks other than water, try to drink water as well.

We all want to keep our teeth as long as possible and in the best of condition. Try implementing some of these smart eating habits to improve your overall oral health. Also keep in mind that poor fitting dentures can lead to mouth sores, weight loss and malnutrition. Work with your dentist to keep your denture plate and/or partial fitting well.

Article is from Aging Partners

Moving Seniors: Settling in to Senior Care

Moving seniors is never as simple as we'd like. You may think your job is done once the move date for your loved one is set. But your involvement will only continue, as she or he transitions to a new home and adjusts to the new surroundings. Whether nearby or at a distance, you are still one of the primary caregivers, regardless of the living arrangement. I'd like to offer some suggestions and guidelines that can significantly smooth the transition and promote harmonious living in a retirement or long-term care community.

PLANNING THE MOVE & SETTING UP THE NEW ENVIRONMENT

Most parents benefit more when you provide the actual physical assistance in packing and unpacking rather than your dos and don'ts about what to take and what to leave. Creating a new home can be a highly personal and potentially emotional process, and ensuring choices rather than issuing mandates about possessions is one method that may foster a better sense of identity and comfort for mom or dad in the new location.

It may be helpful to encourage a meaningful farewell from whatever place mom or dad is leaving. Whether it is the family home of many decades or a hasty move from assisted living to a higher level of care, your parent has established relationships with people and some sense of continuity of place in the familiar setting. My friend Elaine M.¹, a Seattle grief counselor in practice for many years, created her own ceremony when she moved. She held a dinner party in her house with family and a few close friends, and then they visited each room by candlelight, remembering special events, commenting on the changes over time, and saying goodbye. For her, this helped start a better beginning in the new community.



© Can Stock Photo

ESTABLISHING A FAMILIAR ENVIRONMENT

When in doubt about what to take, it may be good to err on the side of hanging on to "stuff" a bit longer, even if space is tight, as it often is in a new setting. Possessions can be discarded later, after thoughtful contemplation. Don't rush these decisions when moving seniors, especially if they seem difficult. I remember one retired university professor, Henry L., who ruthlessly culled his books, donating many valuable volumes to a library. He later lamented his decision and mourned his missing books. Even though he knew he may never have opened some of them again, they were long-time companions and he missed them profoundly.

When moving seniors, establishing a familiar environment, rather than buying the perfect new couch or carpet, can ease the adjustment. When my father moved to assisted living, I helped him arrange his bedroom so that when he awoke, his gaze met the same bookshelves, books, souvenirs, and family photos he had first seen when he awakened in the family home of 20 years. The living room was set up with the same old recliner, TV, pictures, and ornaments. He felt immediately at home, and it especially helped keep him oriented in the difficult process of mid-stage Alzheimer's.

WHAT TO PACK WHEN MOVING TO ASSISTED LIVING



As mentioned, establishing a familiar environment for your parent is important for nostalgia purposes. However, you also have to consider that your parent will most likely be moving to a much smaller location, so you'll have to identify what's truly important to keep. And no one knows your loved one better than you, so make sure you bring their favorite belongings. Try to recreate the look and feel of what they enjoy with their beloved pictures, decor and books – but avoid clutter. Take the living space size and layout into consideration, and gift or donate items to friends, family or the community if you don't think your parent will need or use them.

Remember that simplicity is the name of the game. You don't need to waste money on new furniture. Recreate the look and feel of your loved ones' previous home with the furniture and accessories they already own that fit well in the new space. Here's a list of items to possibly bring with your parent to assisted living:

Basic Furniture

Sofa
Chairs
End tables
Nightstand
Coffee table
Lamps

Décor

Picture Frames
Keep-sakes
Artwork
Clock
Vase of flowers

Clothing

Casual clothing
Pajamas
Sweaters
Jackets/Coats
Formal clothing

Of course your parent's toiletries are also a must. Let them help you decide what they can and cannot live without (within reason, of course!).

WORKING WITH STAFF

Often, what's your job, what's their job, and what's somewhere in between is unclear. You and your parent may have carefully reviewed a lengthy contractual document full of legalese, yet are uncertain as to the difference between a nurse, an aide, and a resident assistant, for example. Most of you who are moving seniors are dealing with a retirement community or long-term care community for the first time and it is not intuitively obvious what a social worker does or what the duties of an activities director are.

Continued on page 8



Do you want your nails painted before the holidays?

Students from WCHS will be available
Wednesday, November 21st
to paint your nails and get you all ready for your
festivities!

Call SCAS office to make an appointment!
402-821-3330

DESIGNATING A PRIMARY POINT PERSON

Ask your initial contact, often a marketing director, who your primary liaison person will be. I've visited almost 300 different retirement and long-term care communities, and personnel in all of them vary considerably, depending on number of employees and number of residents, style of elder care services, budget, and acreage.

You probably don't want to stop the first person you see in the hall to take care of a housekeeping issue or to fix a leaky faucet. Find out who the main "point person" is. In many communities, the general manager or second in command to the top administrator will be that person. He or she can explain to you who to talk to in various circumstances. It might even be helpful to ask for an organization chart and even job descriptions, if available.

Conversely, it is important that the office staff knows who the primary "point person" within your family is. You want to be clear about whom to contact in case of emergency and who would be the backup to that family member, in case the primary family contact cannot be reached or lives at a distance.



MEDICATION MANAGEMENT

In some communities, elder care services such as obtaining emergency medications are handled by staff. In other situations this may be up to a family member. Assisted living can be defined quite differently from state to state, and sometimes quite differently within the same city.

Try not to get a reputation for being "the difficult daughter" if you can possibly help it. I remember my dear friend Mary who was working hard to help her mother settle in comfortably to an assisted living community. The third day there she complained to one of the housekeeping staff that some soiled linens had not yet been removed from the bathroom. However, many communities provide fresh linens only on a weekly basis. Find out what the norm is for their elder care services. Ask staff what you can do to help them do their jobs well. For example, taking my father out to lunch on the day they cleaned his room helped housekeeping to discharge their duties more quickly and efficiently. Then, if an unexpected mess occurred on a different day, they would have more time and good will to deal with it.



In a nursing home with round-the-clock staff, elder care services are not usually provided 24/7. The people on graveyard shift are there for emergencies and for routine care that must be provided in the middle of the night—for example, repositioning a resident in bed to prevent or to help heal bed sores. It's usually unrealistic to expect staff to provide room service if mom wants a midnight snack. Find out what can be expected and what is considered above and beyond the call of duty.

Some residents in long-term care communities might benefit from an advocate, especially if you live at a distance and cannot be there on a regular basis. The national long-term care ombudsman program provides trained volunteers in every county who visit every facility on a regular basis (see <http://www.ltombudsman.org>).

Your family member might desire a paid companion who has the time and motivation to make certain that your mom or dad has the best possible quality of life. I was visiting my mother-in-law once in a Florida nursing home with exceptionally high standards of care. But during my visit I heard a woman, undoubtedly with one of the demen-

tias, calling out, "Help me-please help me!" I went in and held her hand, asking how I could help. She immediately became calmer and soon fell peacefully asleep. This was a busy skilled care facility and the staff simply did not have the time to just sit and hold someone's hand. I did.

Get to know the staff who work directly with a family member—often the CNAs (certified nursing assistants), aides, and resident assistants or caregivers—and learn their names and what they do, both officially and unofficially. Thank them for a job well done at every opportunity. Written thank you notes are especially appreciated. When someone does an excellent job, I have sent that staff person a letter and a copy to their supervisor and sometimes nominated them for a caregiver award. The local Alzheimer's Associations, State Pioneer Networks (see <http://www.pioneernetwork.org/>) and organizations such as the associations for homes for the aging (see <http://www.aahsa.org/>) for your state usually have recognition events, which are important because they help to improve care for everyone.

Most senior housing communities forbid or discourage tipping for their elder care services. Usually there is a scholarship or Christmas fund to which you can contribute. I have also bought holiday or birthday gifts for the people I felt were doing the most.

Every family is as different as a fingerprint and what works well for one might not work well in yours. Some families need additional help. If you find yourself needing guidance with the process of moving your loved one, there is a profession dedicated to assisting older adults and their families with the emotional and physical aspects of relocation. Senior Move Managers® have significant expertise in resources and approaches, personalizing their services to meet a loved one's needs and preferences. You can find one in your area here.

Most importantly, planning ahead when moving elderly parents and seniors and understanding the environment will always help families enjoy the community and maintain happy family ties.

Article is from APlaceforMom.com

Exercise of the Month — Stand on one foot



What you Need: A Sturdy Chair

You can do this exercise while waiting for the bus or standing in line at the grocery. For an added challenge, you can modify the exercise to improve your balance.

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

As you progress in your exercise routine, try adding the following challenges to help your balance even more:

- Start by holding on to a sturdy chair with both hands for support.
- When you are able, try holding on to the chair with only one hand.
- With time, hold on with only one finger, then with no hands at all.
- If you are really steady on your feet, try doing the balance exercises with your eyes closed

Recipe of the Month



Pumpkin Muffins

Ingredients:

Cooking spray or paper muffin liners
1 3/4 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/2 teaspoon salt
6 tablespoons unsalted butter, at room temperature
1 1/3 cups packed light brown sugar
2 large eggs
1 1/3 cups pumpkin purée
1 teaspoon vanilla extract

Directions:

1. **Prep the pan and heat the oven to 350°F.** Arrange a rack in the middle of the oven and heat to 350°F. Meanwhile, grease or line a 12-cup standard muffin tin with paper liners.
2. **Mix the dry ingredients.** Place the flour, baking powder, cinnamon, ginger, nutmeg, cloves, and salt in a medium bowl and whisk to combine; set aside.
3. **Cream the butter and sugar.** Place the butter and sugar in the bowl of a stand mixer fitted with the paddle attachment. (Alternatively, use an electric hand mixer and large bowl.) Beat on medium speed until light and fluffy, 1 to 2 minutes.
4. **Beat in the eggs.** Add the eggs one at a time, beating after each addition until well combined.
5. **Beat in the pumpkin purée and vanilla.** Beat in the pumpkin purée and vanilla extract until well combined.
6. **Add the dry ingredients.** Add the flour mixture and beat on low speed until just combined. Do not overmix.
7. **Transfer the batter to the muffin pan.** Divide the batter evenly among the muffin wells (they will be about 3/4 full).
8. **Bake the muffins for 18 to 22 minutes.** Bake until the muffins are set and a tester inserted into the center one comes out with just a few moist crumbs, 18 to 22 minutes.
9. **Cool the muffins.** Let the muffins cool 10 minutes before removing from the pan. If you greased the pan, run a thin knife around each muffin to loosen it from the pan first if needed. Serve warm or at room temperature.

P R N I L R T I G C E P Y D I
 G I D X E U H A O L D U L J I
 Z C E H R K A R U R U D I N Q
 G S T K Z Y N F O M T D M X Y
 R A E A V U K K S A I I A U Y
 G Y B L C N S P Q P T N F W R
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Pie
 Corn
 Pudding
 Gobble
 Stuffing
 Turkey
 Thanksgiving
 Pilgrim
 Indian
 Gratitude
 Thankful
 Cornucopia
 Family
 Friendship
 Gather

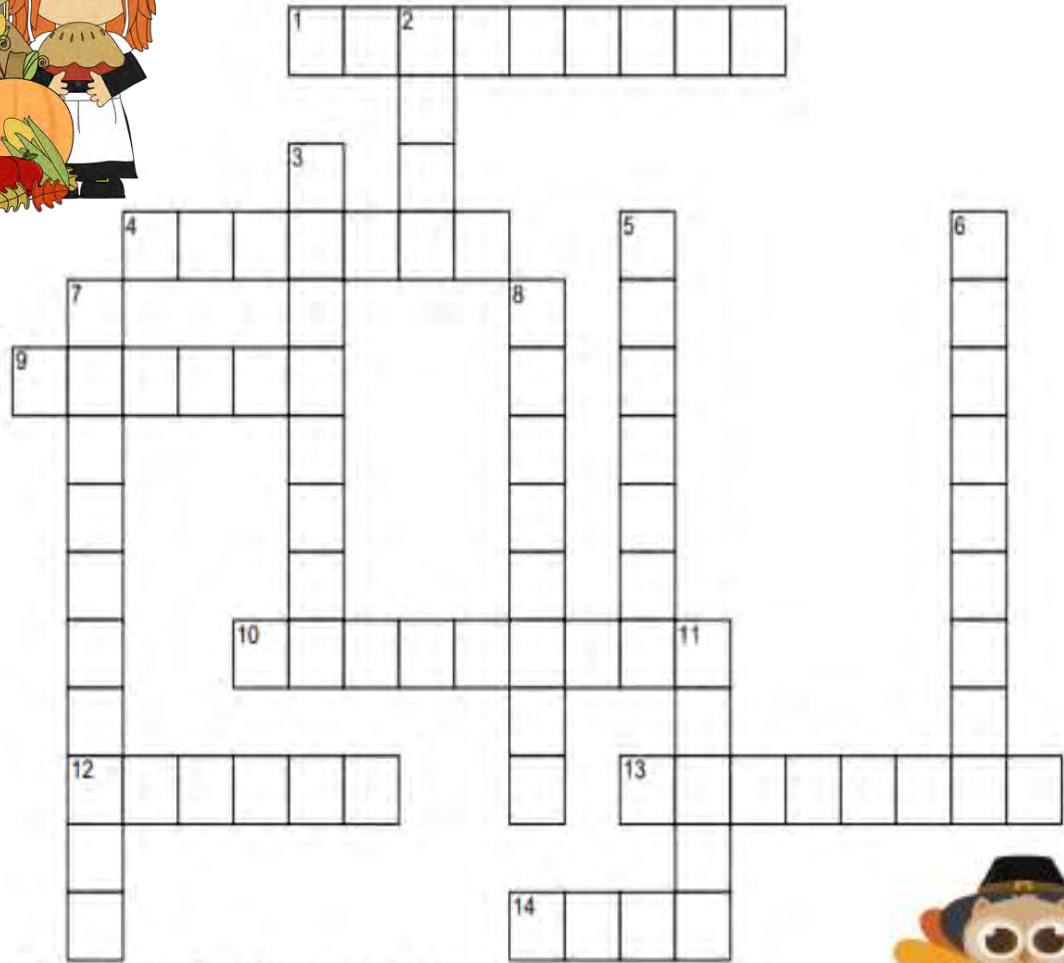
Riddle of the Month

Which is the only way a leopard can change his spots??

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



ACROSS

- 1 This is the Native American tribe that was at the first Thanksgiving with the Pilgrims
- 4 Thanksgiving is also celebrated in Canada, but they do it in this month
- 9 Macy's has a famous one each year in New York on Thanksgiving
- 10 Each year, the _____ pardons a turkey and spares it from being eaten
- 12 Benjamin Franklin wanted this popular Thanksgiving bird to be the national bird of the United States
- 13 Massachusetts Governor William _____ planned a festival to celebrate a good harvest (the first Thanksgiving) in 1621
- 14 Sarah Josepha _____ wrote letters for 17 years trying to convince a president to make Thanksgiving a national holiday

DOWN

- 2 This gender of turkey is the only one that makes a gobble sound
- 3 Thanksgiving in the United States is in this month
- 5 This president declared a national day of thanksgiving in 1863
- 6 The Pilgrims came to America on this ship
- 7 Even though he didn't make Thanksgiving a national holiday, he was the first president to issue a proclamation for a day of public thanksgiving in 1789
- 8 Thanksgiving in the United States is always on this day of the week
- 11 This is how many days the first Thanksgiving celebration lasted





NEW LOCATION!

Western

December 20th

12:00pm

@New SCAT Building

Join us for Lunch and a
Christmas Celebration!

Friend

December 13th

12:00pm

@Friend Community
Healthcare System

Join us for Lunch and a
Christmas Celebration!

Wilber

December 6th

1:00pm

@WCHS Choir Room

Join us in enjoying the
Wilber-Clatonia High School
Music Program!

** More details to follow in December issue. Contact SCAS office to RSVP!

Announcements

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!



****2019 calendars will be available for purchase
at SCAS office for \$5.**

Our newsletter is growing!

Do you enjoy your monthly newsletter?

We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing and getting more popular by the day! Over the course of the last year we have gone from sending out 215 newsletters a month to 350+!

We are so excited that it has gained so much popularity and you all love it so much! Along with it's growing popularity comes new cost challenges for our Non-Profit program.

Our postage cost has grown tremendously as well.

While we love and will continue offering this service free of charge, we are hoping that you will be willing to help! Please consider giving a suggested contribution of \$5 for the entire year's worth of newsletters. That's less than \$0.42 per issue!

What is a suggested contribution?

This means that we will accept anything from \$0 to \$1 million+!

You will continue to get your monthly newsletters with no interruptions
regardless of your choice to contribute!

Thank you so much for your continued support of all of our programs at
Saline County Aging Services!!

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



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!

Fall Clean-Up

Need help with your
Fall Yard Clean-Up?

The Wilber-Clatonia students
want to help you out this fall!
Call Saline County Aging Services
for more details or to sign up!
402-821-3330



philipmartin.info



The Knights of Columbus in partnership with Saline County Aging Services would like to extend a helping hand to those who would like, some assistance in getting their clocks adjusted for the time change.

While we are there we can also check and make sure that your smoke detectors are functioning.

Services will be offered on
Saturday, November 3, 2018 from **4:00pm to 5:45pm.**
Please call Saline County Aging Services, at 402-821-3330,
to have your name put on the list.

November Activities

				1 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	2 Deviled Egg Day 	3 Knights of Columbus clock changing event 4:00pm-5:45pm 
4 Candy Day 	5 Work Day 1-3:30 	6 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	7 Foot Clinic Lunch 12:00 p.m.	8 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	9 Louisiana Day 	10 Vanilla Cupcake Day 
11 Veterans' Day 	12 SCAS CLOSED	13 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	14 Foot Clinic Lunch 12:00 p.m.	15 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	16 Fast Food Day 	17 Adoption Day 
18 Princess Day 	19 Monopoly Day 	20 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	21 Lunch 12:00 p.m. Manicures! 	22  SCAS	23 Black Friday CLOSED	24 Small Business Saturday 
25 Parfait Day 	26 Cyber Monday 	27 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner	28 Lunch 12:00 p.m.	28 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner	29 Senior Luncheon-Friend Christian Assembly	30 Mason Jar Day 
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 7th

Program—Emergency Help by DeWitt Fire Dept.
Menu—Salisbury Steak, Mashed Potatoes, Green Beans, Fruit & Milk

WEDNESDAY, November 14th

Program— Little Tuggers by John Vossler
Menu— Baked Chicken, Tater Tots, Mixed Vegetables, Fruit & Milk

WEDNESDAY, November 21st

Program— Thanksgiving Trivia & Bingo
**Bring a Fruit or Vegetable, either fresh or canned
Menu— Pork & Rice Casserole, Broccoli, Fruit, Pumpkin Bars & Milk

WEDNESDAY, November 28th

Program— Be a Supportive Friend or Family Member
By Kay Wiens
**Celebrate November Birthdays
Menu—Fish Sandwich, Friend Potatoes, Carrots, Fruit, & Milk



Lucille Fisher
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 October's
riddle was A COLD.



HAPPY BIRTHDAY!

*A special wish to all of the
November 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

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 28, 2018, in the Wilber Care Center's Activity Room. Please RSVP by November 23rd to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Service Spotlight

Answers to last months puzzles.

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. Al-so, participants have experienced improved muscular strength and endurance.

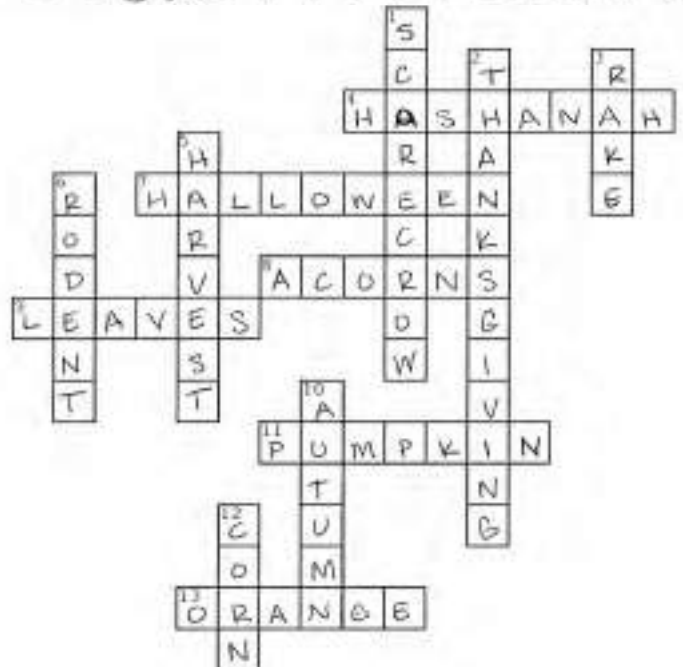
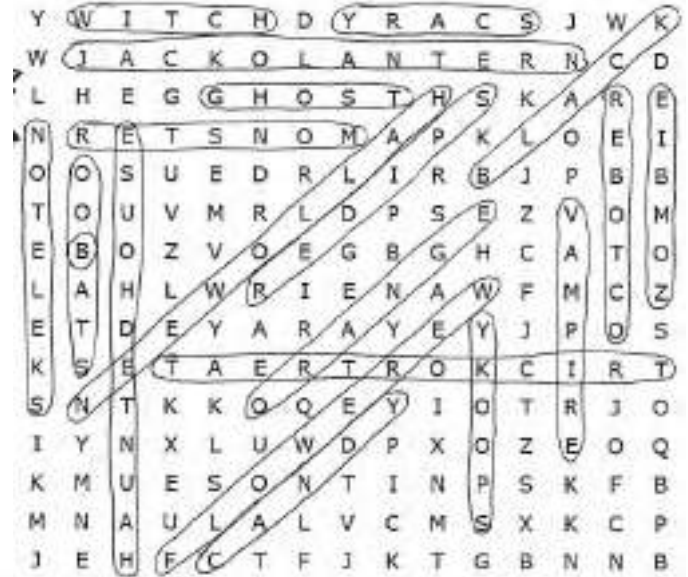
Though based on traditional Tai Chi, the moves in this class have been modified for a variety of physical abilities, and can be done sitting or standing.

LUMOSITY

Good brain health includes good health and physical fitness, eating right, and staying mentally and socially active. The Alzheimer's Association web-site 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 web-site 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.



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

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



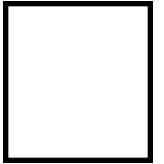
LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED



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
Jan. 15 Martin Luther King Day
Feb. 19 Presidents' Day
Apr. 27 Arbor Day
May 28 Memorial Day
July 4 Independence Day

Sept. 3 Labor Day
Oct. 8 Columbus Day
Nov. 12 Veterans' Day
Nov. 22 Thanksgiving
Nov. 23 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 3, Issue 12

December 2018

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Driver Safety for Seniors:

After she pondered the fact that she learned how to drive as a teenager, 72-year-old Marjorie Butler Norrie signed up for the AARP Driver Safety Program refresher course.

"We think that we're driving like we used to drive, but [I learned] our reactions have slowed down so much, not realizing that we don't react as well as we used to," says Butler Norrie, who resides in Wenatchee, Wash.

In the class, Butler Norrie learned about senior driver safety and age-related changes that can affect her driving abilities. Perhaps these shifts are why she had already begun to limit her driving. She rarely travels on big city freeways, and she didn't drive for a month last winter, saying snowy conditions kept her off the road.

This self-restriction and self-assessment are common and healthy practices for older drivers. Examining your own driving proficiency can keep you safe. After age 75, the risk of being in a collision increases for every mile a person drives, according to the Insurance Institute for Highway Safety. Statistically, this age group falls just below teenagers for the number of fatal crashes. Although this ominous fact is linked to an older person's ability to endure injury, older drivers-and their loved ones-need to pay attention to driving skills and make the appropriate adjustments, whether that means adapting their driving habits or hanging up their car keys for good.

A SELF-ASSESSMENT TOOL

The AAA Roadwise Review, available on CD-ROM from AAA.com, measures functional abilities shown to be the strongest predictors of crash risk among older drivers:

- Leg strength and general mobility
- Head/neck flexibility

Driver Safety for Seniors Continued...

- High- and low-contrast visual acuity
- Working memory
- Visualization of missing information
- Visual search
- Useful field of view



AGE-RELATED CHANGES

As people age, the following can affect their driving abilities and impact senior driver safety:

- **Vision and Hearing Loss**

Vision declines with age due to physiologic changes and to diseases such as glaucoma. Regular hearing check-ups are imperative, since safe driving means hearing emergency sirens, honking, and sounds such as bells at railroad crossing.

- **Cognition**

When you drive, you need to integrate several skills at the same time, including memory, visual processing, and attention. Both our speed of processing and judgment can become impaired, jeopardizing driving skills.

- **Motor Function**

As people age, their joints become stiffer, muscles weaken and flexibility lessens. Turning your head to view traffic, using the steering wheel, and operating the gas and brake pedals can become more difficult..

- **Medications**

Certain medications can reduce driving skills, including antihistamines, sleep aids, and medications for depression, diabetes, and pain reduction. Always ask your doctor how new medications will affect your driving.

- **Medical Condition**

ALS, Alzheimer's disease, dementia and memory disorders, diabetes, head trauma, high- or low-blood pressure, multiple sclerosis, nervous system disorders, Parkinson's disease, severe arthritis, severe elderly depression, sleep disorders, stroke effects, surgery after effects, thyroid disease, and the use of medical devices including automatic defibrillators and pacemakers.

But age also reaps experience. "Older drivers have wisdom that may make them much better drivers. Teenagers don't have years of driving behind them," says Lissa Kapust, the Clinical Coordinator of DriveWise, a driving fitness evaluation program at Boston's Beth Israel Deaconess Medical Center. "Older drivers who do self-monitoring-if they are tired or the weather is bad-this can be a critical factor in maintaining safety."

DRIVING CLASSES

Taking a class is a good way to assess your own skills and stay safe on the road. Elderly resources like the AARP Driver Safety Program refresher course is the first and largest course created for adults 50 and older. The 8-hour low-cost course is usually taught in two four-hour sessions, or people can complete an online course in a 30-day timeframe (call toll-free at (888) 227-7669). Upon completion, most auto insurance companies provide a discount. "We assess our health from time to time; we should assess our driving from time to time and make adjustments based on our assessment of our own driving," says Brian Greenberg, Coordinator for the AARP Driver Safety Program. "Just think of it as a driver tune-up."

The class looks at 15 warning signals that might mean a person should limit or stop driving. According to Greenberg, the following five warning signs signal the need for a formal driving assessment:



1. Frequent dents or scrapes on the car or on fences, garage doors, curbs, etc.
2. More traffic tickets or warnings in the last year or two
3. Having crashes, minor accidents, or almost crashing
4. Trouble paying attention to or missing signals, road signs, and pavement markings
5. Difficulty staying in the lane of travel or changing lanes

PROFESSIONAL ASSESSMENTS: RESOURCES FOR ELDERLY DRIVERS

Perhaps you have noticed a loved one's deteriorating driving abilities, but she denies any problem during conversations. An independent, objective evaluation can both judge driving competence and give a voice of authority to a decision. Completed at rehabilitation centers, hospitals, and Veterans Administration Medical Centers, these tests are usu-



ally administered by occupational therapists or driver rehabilitation specialists. Because medical providers realize they can test a patient's hearing and vision but cannot judge his driving skills, your loved one's doctor may be able and willing to give you a referral for a senior driver safety assessment. "It's such an important decision, physicians don't want to err on the side of prematurely taking away a license, and they don't want to wait until it's too late," says Kapust. "One's license is the most important marker for self esteem in the elderly. The loss of the license really marks the entrance into old age."

Because people fear the end of driving, a person very rarely comes in voluntarily to a place like DriveWise. Doctors, adult children, community agencies, or a driving registry often refer people, says Kapust. A social worker begins the evaluation, discussing reasons for the referral and how the loss of driving would affect the patient. A short neuropsychological exam is given; an occupational therapist assesses the person's vision, flexibility, strength, and cognition; and a road test is taken. Two weeks later, the patient meets with the social worker to review the DriveWise recommendations.

After an assessment, a driver often works with an occupational therapist that provides rehabilitation to strengthen skills used in driving. Often the therapist helps fit the car around the person. Devices include parabolic mirrors that yield a panoramic view; knobs or a spinner wheel on the steering wheel; and hand controls for the accelerator and brakes. Often people learn safe driving rules, such as:

.....continued on page 7





Eating Healthy During the Holidays



The holiday season is a wonderful time to gather with friends and family. Often times these gatherings are surrounded by delicious food which may make it difficult to maintain your diet. Following the 2010 Dietary Guidelines can help us stay on track and maintain a healthy diet.

Control Portion Size

Maintaining appropriate portion control can be difficult during the holidays. There is so much good food and it can be easy to overload your plate. We also may eat so quickly that our stomach does not have time to digest the food before we have finished. A good rule of thumb is to only eat until you are satisfied and no longer hungry. Choosing a smaller plate such as a salad plate will help to control the amount of food that is eaten. Visualizing MyPlate and attempting to mimic this plate setup will help establish a healthy plate.



Balance Calories with Physical Activity

Finding a balance between calories consumed and physical activity will help with weight control during the holiday season. Choosing foods that are nutrient dense such as fruits, vegetables, and whole grains will help deliver a variety of nutrients to our body without the extra calories, fat, or sugar. Nutrient-dense foods will also help to keep our stomachs fuller for longer, which can have a positive impact on weight management.

Regular physical activity is also important. Aim to consume at least 30 minutes of physical activity each day. Physical activity does not have to be overly strenuous and should be individualized to what works for you. It does not have to occur all at one time and can be broken down into smaller time frames, such as three 10-minute walks per day.



Pay Attention to Mindless Eating

Mindless eating occurs when we eat more than we realize and may occur due to social or emotional influences. We may eat more when we are watching television or while socializing at a party. It is important to ask ourselves whether we are eating because we are truly hungry or whether it is due to other factors.

We often like to pretend that those "tiny" tastes of food at a party don't count towards our daily calorie intake, but they can quickly add up! For example 3 chocolate covered cherries contain approximately 180 calories while 1 cup of eggnog contains approximately 200 calories. Mindless eating and frequent grazing can quickly increase our calorie intake, without even realizing it! If mindless eating is a common occurrence for you, it is important to re-direct yourself to other activities, such as removing yourself from the environment or going outside for a walk.

To learn more about eating healthy during the holidays, call an Aging Partners registered dietitian at 402-441-7159.

Guide to Elder Care Planning & Family Meetings

Businesses often approach tough issues by scheduling a meeting of those most knowledgeable and concerned. Successful academic departments at every prestigious university hold monthly meetings. Governments can break through imponderable dilemmas via well-planned and appropriately attended meetings.

OVERCOMING BARRIERS TO HOLDING A FAMILY MEETING

There are various barriers, real and imagined. Geography is a big one—often families are widely dispersed across the country. Lives are already busy and often overscheduled without adding yet another commitment. Paid caregivers might not want to donate their time to ponder the issues; families may feel it is too expensive to pay them for meeting time. Also, it's easy to think, "My sister would never agree to a meeting." But have you asked her? Families can be so heavily burdened by the responsibilities of caregiving that it might be surprising what people will readily agree to if it might be an improvement on the status quo.

Bringing the family and support network together to discuss a loved one's changing situation and available options is a crucial step in elder care planning and making appropriate choices.



WHY HOLD A MEETING?

Whether or not there are specific problems to solve, sharing information and airing thoughts will be productive. Often family members may feel that they aren't doing enough, when in fact an individual might be doing too much. It is also typical for siblings or other caregivers to feel that individually they are doing more than his or her share and someone else is not.

Often these roles are influenced by culture, gender, and birth order. For example an adult son may be quite willing to mow mom's lawn and totally turned off by the idea of bathing and toileting her—that's woman's work! In fact it's easy for almost anyone to handle yard care but it takes significant physical and emotional strength to help a disabled person with personal care. It's also more difficult for a man to help a woman and vice versa with intimate tasks such as bathing.

Caring for a frail older person is never easy. Holding a caregiver/care receiver meeting is almost always going to improve the situation if it is well planned, well attended, and conducted appropriately.

WHO TO INVITE

Invite at least three or four (confirmed attendees) and a maximum of approximately ten. Of course an important person to include is the loved one concerned, even if it means holding the meeting in a hospital room or with a person with profound Alzheimer's. Issues such as hearing loss, dementia, or reluctance to acknowledge or discuss the problems are special challenges.

Some families may consider it inappropriate to include the loved one concerned, perhaps because the disabilities of that person make it difficult to discuss the situation in front of him or her. In addition, American culture has a tendency to leave out older people, just as you might exclude a child from financial discussions. Also, in some families cultural or traditional taboos, such as discussing death in front of the dying person, preclude inviting him or her.

However, I personally prefer to respect the choices, dignity, and autonomy of individuals, regardless of age or frailty, and believe that including the loved one concerned would produce the most informed and beneficial outcome. Each family is different, so you must decide what works within your family dynamic, but it's important not to assume that a meeting about a person means that that person should not be there.

.....continued on page 8

- Don't drive with the radio on or converse with your passengers or use cell phones
- Keep your car in the best shape, with tune-ups, good windshield wipers, aligned headlights, etc
- Always wear seatbelts
- Drive with your headlights on
- Make sure there is enough space between both the cars in front of you and the car behind you



WHEN TO HANG UP THE KEYS

Sometimes an assessment means the driver is told she needs to stop driving. Or perhaps a person has come to the decision on his own, realizing driving is too stressful, and it's time to retire the car keys. "Often we hear from patients and families it's a loss that they never get over. They may have a memory loss but they don't forget that somebody has taken away their keys," says Kapust.

She points out that few people will drive until they die and actively involving the person in the decision to stop driving helps. People link the cessation of driving to an end of independence, so it's important to keep people engaged in activities they enjoy, and to emphasize that retiring from driving is a normal part of aging.

Richard Hackel, a former DriveWise patient, made the decision to stop driving on his own. He suffers from ALS or Lou Gehrig's disease, and the muscles that would normally hold his left leg straight are not functional. At age 64, he worried about controlling the car in an emergency situation. "I want to live as long as I can and minimize the possibility that I could cause injury to anyone else," says Hackel, who lives in Brookline, Mass. "That loss of independence is an adjustment that everybody has to make, but I'd rather be alive and able to enjoy life than driving and risk hurting myself or someone else."

Article is from aPlaceforMom.com

Direct professional caregivers are sometimes overlooked or excluded. It's possible that the housekeeper who cleans once a week may know the most about relevant issues, such as incontinence, which the family is totally unaware of.

Perhaps invite neighbors and old friends, as well as all available family members. For geographically wide-spread friends and family, you might consider setting a date near a holiday or birthday, so folks have time to fly and also share a Thanksgiving or 4th of July.

Depending on your family's spiritual beliefs, it can be helpful to include a religious advisor such as a rabbi, priest, or chaplain.

Every family is unique and while some may benefit from the services of trained professionals such as a case manager or social worker, it is not essential. The most important consideration is to be as inclusive as possible and not overlook current or potential resources to help your family.

WHAT TO COVER

Again, be as inclusive as possible with your agenda. Everyone will have wildly divergent ideas of what is important and just recognizing that one fact will be useful in itself. Be sure to give the main character-your loved one needing care-a starring role.

For example, when you ask your mom, "What are your biggest problems you're having right now?" you may expect her to say "My failing health." Instead, she is more likely to say "You are all trying to get me to move-that's my biggest problem!" You might consider rephrasing the agenda item to say, "Pros and cons of mom moving." This might lead to a discussion of "why we want you to move." Be frank-"We are afraid you'll fall and not be able to get up." This might lead to a discussion of all the possible solutions, including personal alert systems, cell phones, a daily phone call or visitor, as well as the benefits and potential drawbacks of an actual move.



Review the elder care planning agenda in advance with all concerned. Use email, phone, mail, or whatever is convenient for your group. Don't forget to set a date for the next meeting. It could be in a week or a year-but setting a time to reconvene is useful.

PRIOR TO THE MEETING

After your agenda is complete, be sure to assign a neutral person to the role of facilitator. Another person might be designated to be the note taker and yet another to be the time keeper, both to limit the length of time of the meeting as well as to try to make sure that people share "air time," that is, no one gets to speak more frequently or longer than another.

Arrange a comfortable physical environment with food and beverages and comfortable seating where everyone can make eye contact.

COMMUNICATION

An enormous obstacle to a successful family meeting is family history, especially family conflicts. Even the most harmonious family has had huge fights in the past, and multiple slights, insults, and injuries-and most families are not harmonious. Mothers and daughters, sons and fathers, brothers and sisters are traditionally at odds with each other. Now add in-laws, aunts, and a grandparent and you have a recipe for a messy stew. Keep in mind this is normal family dynamics. But this meeting is not about the past, it is about the future. Say so.

Disparate viewpoints will emerge at this meeting. Assure everyone that there is no perfect answer and no solution will please everyone. Compromise, compromise, compromise.

...continued on page 15

Exercise of the Month — Thigh (standing)



1. Stand behind a sturdy chair with your feet shoulder-width apart and your knees straight, but not locked.
2. Hold on to the chair for balance with your right hand.
3. Bend your left leg back and grab your foot in your left hand. Keep your knee pointed to the floor. If you can't grab your ankle, loop a resistance band, belt, or towel around your foot and hold both ends.
4. Gently pull your leg until you feel a stretch in your thigh.
5. Hold position for 10-30 seconds.
6. Repeat at least 3-5 times.
7. Repeat at least 3-5 times with your right

TARGETED MUSCLES: Thigh

WHAT YOU NEED: Sturdy Chair

TALK TO YOUR DOCTOR: If you've had hip or back surgery, talk with your doctor before trying this

Recipe of the Month

7 Can Chicken Taco Soup

Ingredients:

- 1 can black beans drained & rinsed
- 1 can pinto beans drained & rinsed
- 1 can petite diced tomatoes do not drain
- 1 can sweet corn drained
- 1 can (12.5 oz) chicken breast drained & flaked
- 1 can (10 oz) green enchilada sauce
- 1 can (14 oz) low-sodium chicken broth
- 1 packet taco seasoning

Directions:

- Combine all ingredients into a large soup pot and bring to a boil over medium-high heat. Once boiling reduce heat to low and let simmer for 20-30 mins. Stirring occasionally.
- Serve with tortilla chips, shredded cheese, sour cream and avocado!



Source:

Pinterest.com

REBUS FOR YOU!

Can you solve these visual word puzzles? Put your mind to work & I'm sure you'll find the right answers! Good luck!

1. FACE	2. EGG EGG HAM
3. BUR	4. THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...
5. TEEF FEET TEEF	6. FAMILY SHEEP
7. po FISH nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

© puzzles-to-print.com



Unscramble the names of Santa's 9 reindeer!

upcdi	
ndonre	
meotc	
sadhre	
udrlohp	
xivne	
zebiltn	
rcneda	
rpnarec	

Riddle of the Month

What do Santa's elves learn in school?

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!

The Fun Pages



CANDLES
CANDYCANE
CHIMNEY
CHRISTMAS
CRANBERRYSAUCE
DECEMBER
DECORATIONS
EGGNOG
ELF
FAMILY
GIFTS
HOLIDAY
MISTLETOE
NORTHPOLE

ORNAMENT
PIE
POINSETTIA
PRANCER
REINDEER
SLEIGHBELLS
SNOWFLAKE
SNOWMAN
SPIRIT
STAR
STOCKING
STUFFERS
TINSEL
TOYS



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



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



Let SCAS know how you like the new puzzles!



December Events

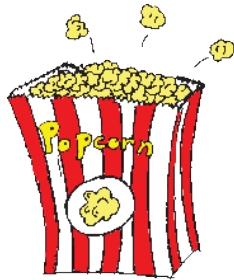
Do you have all your Christmas shopping done?

We can help you out!

On December 1st we will be down at the Hometown Holiday event at Sokol Hall. We are selling Colby Ridge Popcorn for \$2 per bag.

Can't make it? No Problem!

We will also be selling the popcorn on December 7th, for the Chamber of Commerce Tree Lighting Ceremony.



We will also be serving Hot Cocoa!



While you are shopping at the Hometown Holiday Event at Sokol Hall on December 1st, you may grab a cup of Hot Cocoa with toppings of your choice!

ALL PROCEEDS GO TOWARDS OUR RENOVATION!

Full Circle



In Friend, on Thursday, December 13

Join us for a lunch of
Chicken Strips, Potato Wedges, Corn, Dinner Roll &
Dessert to be served in the cafeteria
at Friend Community Healthcare System at **noon**.
You must RSVP by December 4th to attend
this event!

402.821.3330

****You may still attend the event even if you do not
RSVP in time, we just ask that you bring a sack
lunch.**

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

For those under age 60: \$5.00 fee

In Wilber, on Thursday, December 17th
Join us for

Christmas Music Fun!

Come to 'The Back Room' -SCAS 2:00 PM
Wanda Rademacher will be joining us
to play "Name That Tune" & Christmas carols!
Join us for coffee & Holiday Spirit!

Please RSVP by December 13th to attend this event!
402.821.3330

In Western, on Thursday, December 20th
Join us for a lunch of

Ham loaf, Sweet Potatoes, Green Beans
& Cooks Choice of Dessert to be served
at the Saline County Area Transit Building at **noon**.

**Come help us get into the Holiday Spirit
with games & fun!**

Please RSVP by December 12th to attend this event!
402.821.3330

Announcements

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!



****2019 calendars are now available for purchase at
SCAS for \$5!**

Our newsletter is growing!

Do you enjoy your monthly newsletter?

We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of \$5 for the entire years worth of newsletters! That is less than \$0.42 per issue!

You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!

THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!

We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!

Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330

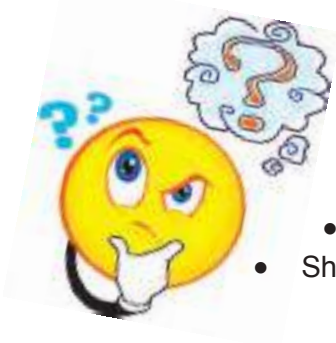


Contact us!

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!

Questions You Can Ask Your Doctor

Today, patients take an active role in their health care. You and your doctor will work in partnership to achieve your best possible level of health. An important part of this relationship is good communication. Here are some questions you can ask your doctor to get your discussion started:



ABOUT MY DISEASE OR DISORDER

- What is my diagnosis?
- What caused my condition?
- Can my condition be treated?
- How will this condition affect my vision now and in the future?
- Should I watch for any particular symptoms and notify you if they occur?
 - Should I make any lifestyle changes?

ABOUT MY TREATMENT

- What is the treatment for my condition?
 - When will the treatment start, and how long will it last?
 - What are the benefits of this treatment, and how successful is it?
 - What are the risks and side effects associated with this treatment?
- Are there foods, drugs, or activities I should avoid while I'm on this treatment?
- If my treatment includes taking a medication, what should I do if I miss a dose?
 - Are other treatments available?

ABOUT MY TESTS

- What kinds of tests will I have?
- What do you expect to find out from these tests?
 - When will I know the results?
- Do I have to do anything special to prepare for any of the tests?
 - Do these tests have any side effects or risks?
 - Will I need more tests later?

Understanding your doctor's responses is essential to good communication. Here are a few more tips:

- If you don't understand your doctor's responses, ask questions until you do understand.
- Take notes, or get a friend or family member to take notes for you. Or, bring a tape-recorder to assist in your recollection of the discussion.
- Ask your doctor to write down his or her instructions to you.
- Ask your doctor for printed material about your condition.
- If you still have trouble understanding your doctor's answers, ask where you can go for more information.
- Other members of your health care team, such as nurses and pharmacists, can be good sources of information. Talk to them, too.



Article is from aPlaceforMom.com

Recognize that safety may not trump all other variables in elder care planning. Most individuals desire a good quality of life, which may trump quantity of life. For example, some older people prefer the safety of living where they need not use stairs; others find the risk (and healthy exercise) of stairs, especially in a beloved and familiar environment, worth the risk of a fall.

NEXT STEPS

Distribute the notes to all concerned, even people who could not attend but wanted to be there. Honor and follow up on what was decided at the meeting. Be flexible in case the situation changes. Your loved one may be fine at home now with the new support systems set in place as a result of the meeting, but even without saying so, families usually recognize that the situation will most likely change and probably not for the better.















Elder care planning experts suggest having a list of potential fall-back positions, for example three retirement communities where mom might consider moving. Plan a visit with mom to each and consider advising her to put her name on the waiting lists. It doesn't mean she must move when her name comes up. It is a "Plan B" in case the situation changes.

Whatever the outcome of the family meeting, try to remember that it may not solve every problem. Sometimes just being able to mitigate some dilemmas and clear the air is a step in the right direction.

Many families engage a social worker or case manager to be part of the team. Where do you find such a person? One web site is the Eldercare Locator at <http://www.eldercare.gov>; 1-800-677-1116.

Article is from aPlaceforMom.com

December Activities

Key: Crete Dorchester Wilber Friend DeWitt						1 Hometown Holidays @ Sokol Hall in Wilber 
2	3 Roof Over Your Head Day 	4 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	5 Foot Clinic Lunch 12:00 p.m.	6 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	7 Cotton Candy Day 	8 Santa in DeWitt/ Cinnamon Rolls & Coffee for Seniors 9-11 @ the Senior Center
9 Christmas Card Day 	10	11 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	12 Foot Clinic Lunch 12:00 p.m. 	13 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle	14 Alabama Day 	15 Wear your Pearls Day 
16 Chocolate Covered Anything Day 	17 Full Circle Syrup Day 	18 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	19 Lunch 12:00 p.m. 	20 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle @ Western	21 Ugly Christmas Sweater Day 	22
23	24 SCAS CLOSED 	25 SCAS CLOSED	26 Lunch 12:00 p.m.	27 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner	28 Senior Luncheon-Friend Christian Assembly	29
30 Bacon Day 	31 New Years Eve 		All foot clinics are by appointment only.	Interested in a foot clinic appointment Call us at 402.821.3330	For DeWitt Foot Clinic 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 5th

Program— Ghost Hauntings in Beatrice by Lauren Riedesel
Menu—Meatloaf, Mashed Potatoes, Corn, Fruit, & Milk

WEDNESDAY, December 12th

Program— What YOU can do in Emergencies by Kerry Thornburg
Menu— Spaghetti with Meat Sauce, Garlic Bread, Salad, Fruit & Milk

WEDNESDAY, December 19th

Program— Christmas Music & Singalong by Trinity Lutheran Choir
Menu— Baked Chicken Thigh, Baked Potatoes, Peas, Fruit & Milk

Senior Center is closed Dec. 24th through Dec. 28th.



Paul Biggs
of
Wilber

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: He jumps from one
spot to another!



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



COMMUNITY SUPPER: Join community members of all ages and walks of life at the Methodist 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, December 27, 2018, in the Wilber Care Center's Activity Room. Please RSVP by December 21, 2018 to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Service Spotlight

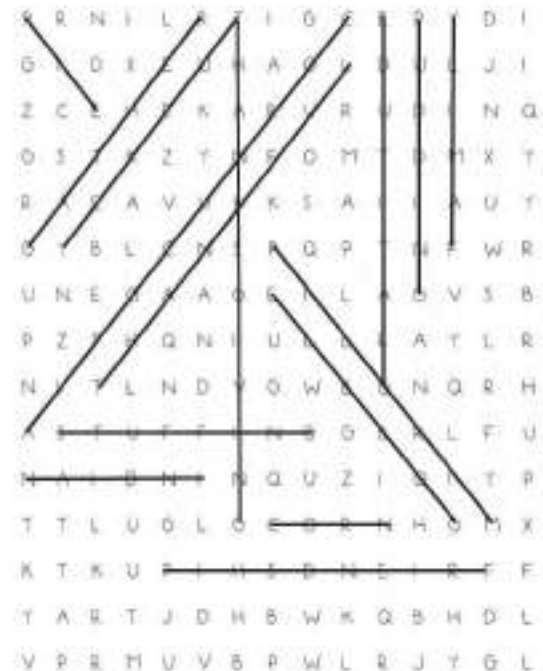
On October 29th & 30th, Lori and Madison attended Tai Chi training in Lincoln. They are now Certified instructors! Watch for a new class schedule.



Like our page on Facebook to see upcoming events!
Saline County Aging Services

Answers to last months puzzles.

Thanksgiving Crossword Puzzle



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



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

As we all know 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 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 re-schedule your appointment.



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

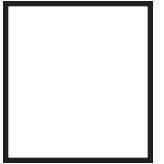


LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED

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
Jan. 15 Martin Luther King Day
Feb. 19 Presidents' Day
Apr. 27 Arbor Day
May 28 Memorial Day
July 4 Independence Day

Sept. 3 Labor Day
Oct. 8 Columbus Day
Nov. 12 Veterans' Day
Nov. 22 Thanksgiving
Nov. 23 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.

