



Volume 7, Issue 1

January 2021

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SNOW!




Snow, the solid form of water that crystallizes in the atmosphere and, falling to the Earth, covers, permanently or temporarily, about 23 percent of the Earth's surface.

Snow falls at sea level poleward of latitude 35° N and 35° S, though on the west coast of continents it generally falls only at higher latitudes. Close to the equator, snowfall occurs exclusively in mountain regions—at elevations of about 4,900 meters (16,000 feet) or higher.

Snow cover has a significant effect on climate and on plant, animal, and human life. By increasing the reflection of solar radiation and interfering with the conduction of heat from the ground, it induces a cold climate. The low heat conduction protects small plants from the effects of the lowest winter temperatures; on the other hand, the late disappearance of snow in the spring delays the growth of plants. When snow melts in the spring, the resulting runoff feeds rivers and supplies water for irrigation and other human enterprises. Heavy snowfalls can severely hinder transportation in variable moderate climates but provides a firm surface for travel in remote Arctic, Antarctic, and mountainous areas, using traditional dogsleds or snowshoes or modern snowmobiles.



 Snowflakes are formed by crystals of ice that generally have a hexagonal pattern, often beautifully intricate. The size and shape of the crystals depend mainly on the temperature and the amount of water vapour available as they develop. At temperatures above about -40 °C (-40 °F), ice crystals form around minute particles of dust or chemical substances that float in the air; at lower temperatures, crystals form directly from water vapour. If the air is humid, the crystals tend to grow rapidly, develop branches, and clump together to form snowflakes. In colder and drier air, the particles remain small and compact. Frozen precipitation has been classified into seven forms of snow crystals and three types of particles—graupel (granular snow pellets, also called soft hail), sleet (partly frozen ice pellets), and hail (hard spheres of ice).

The texture and density of fallen snow undergo constant change. Snow on the ground tends to become increasingly dense, and, where it survives spring and summer melting for years, it may turn into ice and form a glacier. On hillsides when temperature changes reduce the coherence of snow particles in the snow cover, gravity and viscosity may overcome friction, causing snow slides and avalanches.





These eight tips can help you to maintain your balance and move confidently across snowy, icy, or wet surfaces:

1. Wear shoes with good traction.
2. Dress warm. If you're warm, your muscles will stay relaxed. Tense muscles can adversely affect your balance.
3. Be careful getting out of your car. Plant both feet firmly on the ground before moving. Steady yourself on the door frame until you have your balance.
4. Don't take shortcuts. Stay on cleared sidewalks and paths, and don't walk between parked cars. Remember that grassy slopes can be as slippery as snowy steps.
5. Take extra time. Don't rush. Take short steps with your toes pointed slightly outward to maintain a stable base of support.
6. Pay attention. Stay aware of the surfaces ahead of you. Look down with your eyes only. If you move your head downward, you may shift your balance.
7. When walking in the dark or in shadowy areas, stay alert for black ice. It is treacherous and extremely slippery.
8. Keep your driveway and walkways clear. Pay someone to do this if necessary.

Newsletter Slip

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:

Email or Mailing Address:

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

Bedsore

Bedsore — sometimes called pressure ulcer or decubitus ulcer — are the result of long-term pressure on one area of skin. Bedsore are painful, difficult to heal, and may lead to serious skin or bone infections. Up to one in 10 seniors with limited mobility develops bedsores, according to the Centers for Disease Control and Prevention (CDC).

Learn why bedsores in elderly adults are common, how to recognize symptoms, and ways to prevent bedsores at home.

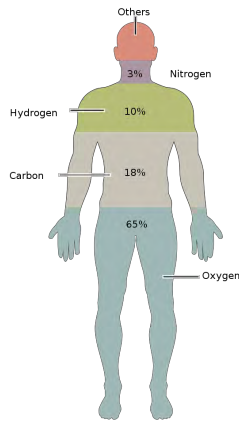
How elderly bedsores form

The human body is normally in constant movement, even while we sleep. We constantly shift positions, unconsciously readjusting ourselves while watching TV, working at a desk, and even lying in bed.

When surgery, injury to the spinal cord, arthritis, or illness reduces mobility in seniors, those movements may stop. Without regular readjustment, the pressure of an immobilized body can reduce blood flow and damage skin.

Bedsore often form in areas with little padding from muscle and fat, near joints or prominent bones. The tailbone (coccyx), shoulder blades, hips, heels and elbows are common sites for bedsores.

Common bedsores causes



Bedsore generally form in seniors who need help moving or spend most of the day sitting or lying down. Three main factors contribute to elderly bedsores:

- **Pressure from limited mobility.** Continued pressure on a body part can reduce blood flow to tissues there. The tissue and skin need blood flow to deliver oxygen and other nutrients — without these, they become damaged and may deteriorate. For seniors with limited mobility, this pressure often happens in areas without much muscle or fat, leading to bedsores.
- **Friction.** When seniors reposition, this moving and rubbing can break down skin. Even gentle assistance can cause a friction wound, especially since skin gets thinner and more fragile with age. Avoid rough clothing and sheets, as these can be bedsores causes, and take care not to use rubbing motions when repositioning loved ones.
- **Shear.** Shear occurs when the skin moves in one direction while the bone moves in another or stays still. For example, slowly sliding down a bed may cause tailbones or shoulder blades to move while skin remains in place. This can cause the skin to stretch and tear.

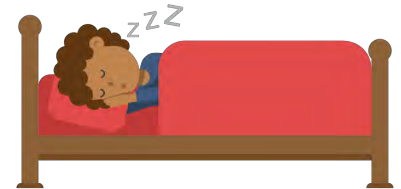
Bedsore stages and symptoms

Bedsore range from skin irritation to open wounds prone to infection. Early-stage pressure ulcers are more treatable; caregivers should check for bedsores symptoms often. The four stages of bedsores are:

- **Stage 1:** The area of skin is discolored and warm to the touch. It may be red on seniors with lighter skin, or purplish-blue on seniors with darker skin. Older adults may also complain of itching or burning. Stage 1 bedsores will often disappear with regular repositioning and pressure relief.
- **Stage 2:** Skin damage is more visible, and may include an open blister, sore, or scrape, in addition to discoloration. Someone with a stage 2 bedsores may feel serious pain or discomfort.
- **Stage 3:** In addition to spreading discoloration and abrasions, the area takes on a crater-like appearance from damage beneath the skin's surface.
- **Stage 4:** A large wound is present and the skin is significantly, visibly deteriorated. Muscles, bones, and tendons may be damaged or even visible through the hole in the skin. Stage 4 bedsores often lead to serious infection and are hard to manage, even for professional caregivers.

How to treat bedsores

Bedsore treatment varies by stage and severity. Stage 1 bedsores can often be resolved at home, while later-stage pressure ulcers may need medical intervention. Regular doctor's office or home care appointments will be needed to monitor the bedsores closely. Severe pressure ulcers may result in surgery or a hospital stay.



Stage 1: Bedsore treatment at home may work for stage 1 pressure ulcer symptoms. If you notice mild heat and discoloration, adjust positioning, clean skin with mild soap and water, pat dry thoroughly, and apply a moisture-barrier lotion. If bedsore stage 1 symptoms don't improve within 48 hours, contact your loved one's doctor.

Stage 2: Stage 2 pressure ulcers may be treatable by a doctor or prescribed at-home regimen of thorough cleaning, medicated gauze or bandages, and antibiotics.

Stage 3+: Stage 3 or 4 bedsore symptoms may need specialized treatment or surgery from a wound care team. Once damage occurs beneath the skin's surface, bedsore treatment may include:

- Negative pressure wound therapy from a doctor's office or home health service
- Removing damaged skin and tissue (debridement)
- Transplanting healthy skin to the wound area (skin grafting)



Nursing home bedsores

Up to 28% of hospitalized seniors or long-term care residents in nursing homes experience bedsores, according to the CDC. Frail people may live in a nursing home because bedsores and other injuries are so hard to prevent at home. Or they may be transferred from the hospital to a long-term care facility or nursing home after an accident. Nursing home bedsores are made more likely by conditions like advanced dementia, severe diabetes, and paralysis.

This Medicare tool tracks the percentage of residents with bedsores at nursing homes across the country and how each location compares to the national average.

aPlaceforMom.com



SMART Goals for Better Eating



We all strive to live life to the fullest. Part of a full and happy life is taking care of ourselves through sound and healthy eating habits. We all can find ways to improve what we eat, how we eat and our attitude towards food. One way to make better food choices is to implement SMART goals for better eating. The goal is to pick one area in your life and diet that you can improve on. Maybe it's drinking more water, eating more fiber or cutting back on sugary sweets. Regardless of what task you set, this helpful acronym can make setting food goals and any other goal in your life, easier to reach.

S – Goals we set should be **specific**. Any goal should be as specific as possible and be ranked relative to your confidence in completing the goal. Define the goal as clearly as possible and note who is involved (yourself, mentor, registered dietitian, physician). Define what you want the goal to accomplish (lose weight, lower blood pressure, improve diabetic treatment). Record why you've set this as a particular goal to help hold yourself accountable through the process. Lastly, what barriers and/or requirements do you have with this food habit?

M – Goals should be **measurable**. Examples of measurable goals are drinking 64 fluid ounces of liquid each day, cutting out sugary drinks to less than one a day, or eating an extra serving of vegetables each day. Set goals that can be tracked and measured to see progress and goal accomplishment.

A – Goals should be **attainable**. Is the goal reasonable enough to be accomplished? If so, make sure the goal is not out of reach. Some ambitions are not realistically achievable, and it's better to set a less lofty goal rather than strive for something that will only leave you disappointed. Small steps can lead to big accomplishments.

R – Goals should be **realistic**. Goals should always be realistic to your personal health needs. It is not a realistic or healthy goal to cut out all carbohydrates in order to lose weight. However, it would be a realistic goal to cut out refined sugars and make at least half of all grains consumed whole-grain. Goals should always improve your health and not hinder it. To keep goals realistic, consult your physician and a registered dietitian/nutritionist.

T – Goals should be **time-bound**. Goals should always have a start and finish date. Time-bound goals give you a sense of urgency to prompt changes in the right direction. Leaving a time frame too vague can lead to a lack of progress. Goals can always be adjusted and incorporated into a healthy lifestyle choice. However, having a set start and finish date will help guide your goal to success.

Finally, remember to reward yourself for achieving and maintaining goals. This will give you something tangible to look forward to. However, don't use food as your reward unless it will contribute to your overall health plan. Try rewards such as spending extra time with a friend, treating yourself to a movie, or some other hobby you enjoy.

Changing your lifestyle can seem overwhelming, even when making only one or two changes at a time. It can be especially difficult to decide where to start or which change to make first. A registered dietitian can assist by offering nutrition counseling to help you decide the best first steps to renewed health.

If you have any questions regarding "SMART Goals for Better Eating," call Aging Partners at 402-441-7159.



This fact sheet is distributed to help you obtain useful information regarding available community services and is not an inclusive list of providers. The information is subject to change following publication.

Questions to Ask your Doctor about Exercise

Are you considering adding exercise to your daily routine or significantly increasing your level of activity? Talk to your doctor about the exercises and physical activities that are best for you. During your appointment, you can ask:

1. **Are there any exercises or activities I should avoid?** Your doctor can make recommendations based on your health history, keeping in mind any recent surgeries or ongoing health conditions such as arthritis, diabetes, or heart disease. This would be a great time to check with your doctor about any unexplained symptoms you've been experiencing, such as chest pain or pressure, joint pain, dizziness, or shortness of breath. Your doctor may recommend postponing exercise until the problem is diagnosed and treated.
2. **Is my preventive care up to date?** Your doctor can tell you if there are any tests you might need. For example, women over age 65 should be checked regularly for osteoporosis.
3. **How does my health condition affect my ability to exercise?** Some health conditions can affect your exercise routine. For example, people with arthritis may need to avoid some types of activity, especially when joints are swollen or inflamed. Those with diabetes may need to adjust their daily schedule, meal plan, or medications when planning their activities. Your doctor can talk to you about any adjustments you need to make to ensure that you get the most out of your new exercise routine.



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Recipe of the Month

Chicken Pot Pie

Ingredients:

- Refrigerated pie crust (2 pack)
- Can of cream of chicken soup (10.5oz)
- Frozen mixed vegetables (12oz)
- Canned all white meat chicken in water (12.5 oz)

Directions:

1. Preheat oven to 350 degrees.
2. Spray pie plate with non stick spray and place the refrigerated pie crust in the pie pan.
3. Mix together cream of chicken soup, frozen veggies, and drained chicken in a bowl.
4. Pour into pie crust.
5. Top with other pie crust and pinch edges to seal. Make few slices on top to vent.
6. Bake at 350 degrees for 50 minutes.
7. Allow to rest for 5 minutes before slicing and serving.



Pinterest.com

THEN:



NOW:



Funny Pictures on www.LoFunny.net



DeWitt Senior Center

Tuesday/Thursday:
Tai Chi Class 9am-10am

Wednesday:
Coffee 9:30am-10:30am

*For questions in regards to
DeWitt Senior Center,
please call 402.683.6475*



Sophie Flaska
Of
Crete, NE
received a \$5 gift card to
Subway in December. Enjoy!

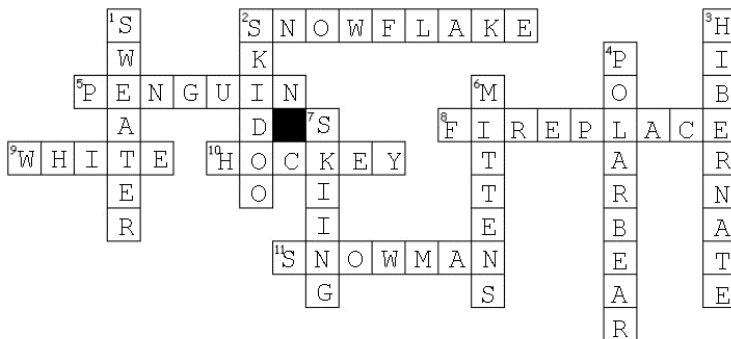
The answer to December's
riddle, "What would an apple
and a Christmas tree get if
they had a baby?" —
Pineapple



Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475
For Wilber & the rest of Saline County
call: 402.821.3330

ANSWERS TO THIS MONTHS PUZZLES



HAPPY BIRTHDAY!

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

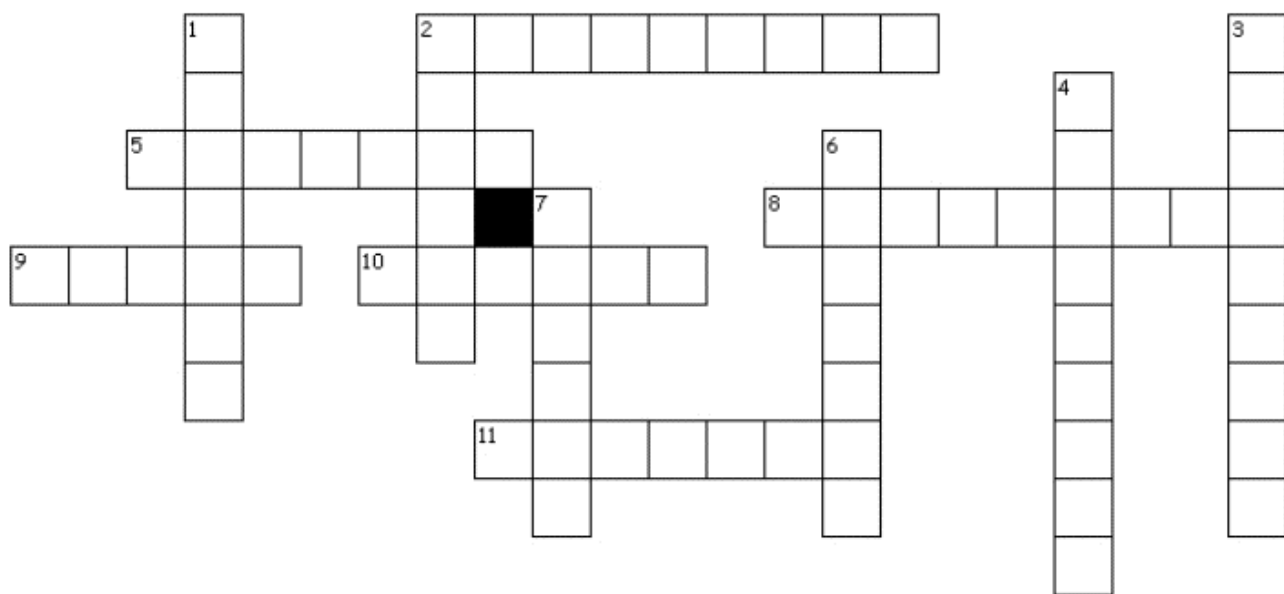
Riddle of the Month

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

There are 30 cows in a field, and 28 chickens. How many didn't?

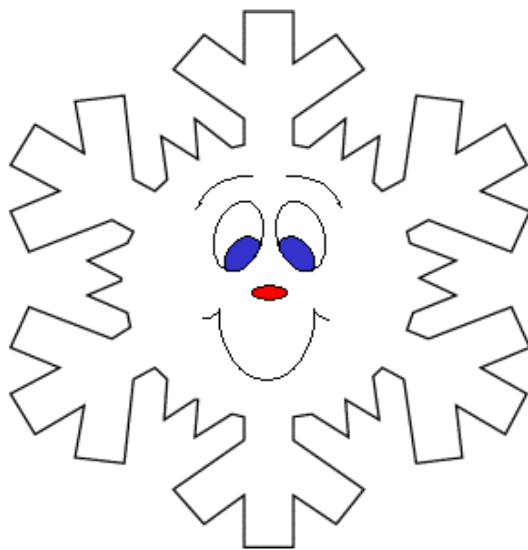
Please include your name & phone number with your answer!

Winter Crossword



Across

2. no two are alike
5. tuxedo with feathers
8. light a fire here to keep warm on chilly days
9. winter's favorite color
10. twelve sticks and one puck
11. frosty fellow with a carrot nose



Down

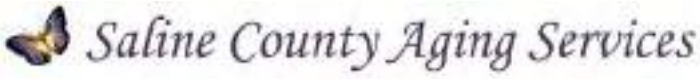
1. grandma will knit you one to keep you warm
2. winter vehicle for off road travel
3. some animals do this all winter
4. white teddy
6. covers for cozy hands
7. strap two sticks on your feet and swoosh down a hill



**THANK YOU FOR YOUR SUPPORT!
AND IF YOU'RE IN THE MARKET FOR A CAR,
WE HOPE YOU'LL SHARE THE LOVE.**

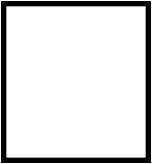
Over the last twelve years, Subaru and its retailers have helped the Meals on Wheels network deliver 2.3 MILLION MEALS to homebound seniors across the country. You can help that number grow when you purchase or lease a new Subaru during the 2020 Subaru Share the Love Event, November 19, 2020, through January 4, 2021. During this year-end sales event, Subaru of America will donate \$250 to your selected charity, and we hope you'll choose Meals on Wheels.

**LEARN MORE AT
WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE.**



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

PO BOX 812, 100 W. 2nd Street, Ne 68445 402.821.5550





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Sharing The Road During Harvest

Large farm equipment is traveling on local roads to get harvesting done. As a driver, it's easy to get frustrated when you're stuck behind something going less than 25-miles-per-hour. Both parties should just take a breath and be patient because safety on the road is a shared responsibility.

Bill Field is an ag and biological engineering professor at Purdue University. He says farmers are responsible for contributing to safer highways by how they transport equipment, the times of the day they transport equipment, and that they recognize there are impatient people.

"If you live on a road where most of your rush hour traffic for folks getting home is around 5:00-6:00, I think it's maybe a good consideration to not transport equipment during those hours," says Field. "Those are the times when people are leaving work, and they're a little bit frustrated, and if you look at the data there's a fair amount of incidents that occur during rush hour. In rural communities we don't think there's a rush hour, but most rural people work somewhere else other than their homes."

Motorists – give the farmers a break. They're trying to get their work done.

"If you're living in a rural community and you enjoy all the aspects of living out there in the country, also recognize that there are other parts of that that are maybe inconvenient to you. And that's when these guys are trying to get their work in and they're on the highway. Just give them a little bit more space, avoid trying to pass on double lines, and reduce your speed," he advises. "It's amazing how many of these incidents involve speed."

Farmers, make sure your lights and slow-moving vehicle emblems are in good condition so motorists can easily see you.

Announcements

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:

Email or Mailing Address:

*On October 29th, bring
your grandkids to see us!
We will be participating
in the Trick or Treat
around town!*



Robert Kasl

Of

Wilber, NE

received a \$5 gift card to
Subway in September. Enjoy!

The answer to September's riddle, "What
kind of band never plays music?"
— Rubberband

Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Come join the fun at our monthly meals!!

Do you have any ideas or suggestions for new things
that we should offer?

We would love to hear from you!!

DO YOU ENJOY PLAYING CARDS?

We are looking for individuals to join our pitch crew on Friday's at 11:00 am!

Please give us a call to get your name put on our list!
We would love for you to join us.



Puppy Pics!!

Do you have a special fur baby in your life?

We would love to see!!

Mail us in a photo of your pup/pups for a chance to win a mystery gift card!

Maddie's — Gunner & Benji!



Donna's— Maverick & Yeti



Lori's — Izzy!



Laura's — Sadie!



Medicare D Open Enrollment

Check your mail. You may get important notices from Medicare or Social Security. If you have a Medicare plan, you'll get an annual notice of change (ANOC). Note any 2021 changes to your health coverage or any Extra Help you may get to pay for prescription drugs. You also get health plan marketing materials, like brochures, from insurance companies that offer Medicare health and prescription drug plans. Remember—plans aren't allowed to call or come to your home without an invitation from you.

Preview 2021 health and prescription drug plans. [Medicare Plan Finder](#) makes it easy to compare coverage options and shop for health plans. For a personalized search call Saline County Aging Services to schedule an appointment: 402-821-3330

Compare your Medicare D Prescription Plan!

Western SCAT Building

Friday, October 22nd — 10:00am-3:00pm
Tuesday, November 9th — 10:00am –3:00pm
Friday, November 19th — 10:00am -3:00pm

Friend Community Healthcare System

Tuesday, October 19th —10:00am –3:00pm
Tuesday, November 2nd —10:00am-3:00pm
Tuesday, November 16th — 10:00am –3:00pm

Saline County Aging Services (Wilber)

Tuesday, October 26th —9:00am –3:00pm
Tuesday, November 23rd —9:00am-3:00pm

(For other times call for an appointment)

Dorchester Community Center

Wednesday, October 27th —9:00am-3:00pm

Crete Library

Thursday, October 28th —9:30am-3:00pm

DeWitt Senior Center

Thursday, October 21st —9:30am-3:00pm

Please call Saline County Aging Services to schedule an appointment for any location listed above! 402.821.3330



ADJUSTING TO PARENTS MOVING IN WITH YOU

A few pieces of caregiver advice:

1. Don't be afraid to ask for help.

Even short breaks can prevent caregiver burnout. Marty and Lynette eventually hired a home care aide to come once a week to help Mildred shower, a decision that eliminated what was once a daunting task.

2. Make time for everyone, including yourself.

Try scheduling regular activities with your aging parent, dates with your partner, and alone time to recharge. "We put her meds out for her, made dinner, and watched *Jeopardy* with her every night," says Lynette. "But after a while, we started getting out on our own, as well."

3. Accept that some things don't change.

Lynette had to finally face the fact that she could never transform her mother, who continued to isolate herself at home, into a happy person. She could only make sure her mom was taken care of and safe.

4. Set boundaries.

When you're taking care of an elderly parent in your home, they aren't a guest. You can share rules and guidelines with them as members of the family and household. For example, it was good for Mildred to wake up her daughter with medical concerns or emergencies, but resetting clocks could wait until morning. However, this guideline may not work for caregivers of loved ones with dementia or cognitive decline.

5. Acknowledge that you're doing your best in a tough situation.

Living with elderly parents can be difficult, so remain aware that you're doing what you can to help your loved one — even if it feels thankless sometimes.



aPlaceforMom.com

My Haunted House Adventure



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

Attic
Bat
Chilly
Cobwebs
Coffin
Creak
Curse
Damp

Dark
Decay
Eerie
Flashlight
Gate
Ghost
Hallway
Lightning

Mansion
Midnight
Mist
Moan
Moon
Owl
Raven
Scream

TARGETED MUSCLES: Wrist

WHAT YOU NEED: Hand-held weight

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

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



go4life.nia.nih.gov

Recipe of the Month

Pumpkin Overnight Oats Recipe

Ingredients:

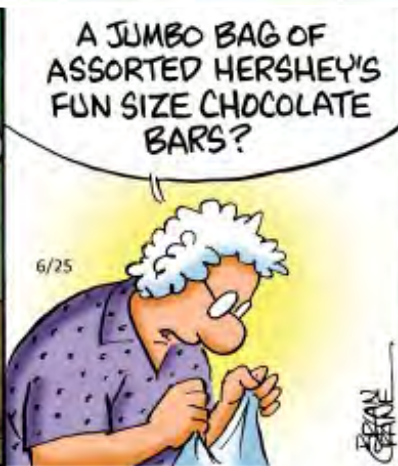
- 2 cups oats
- 2 cups milk
- 1/2 pumpkin puree
- 3 tbsp. coconut sugar
- 3 Tbsp. pure maple syrup
- 1 tsp. vanilla extract
- 3/4 tsp. pumpkin pie
- 1/2 cup pecans

Directions:

1. Add 1/2 cup oats into 4 separate 6-8 oz mason jars.
2. Pour 1/2 cup milk into each mason jar.
3. In a small bowl, whisk together pumpkin puree, coconut sugar, maple syrup, vanilla extract, and pumpkin pie spice.
4. Add equal amounts of the pumpkin puree mix to each jar. (about 3 tablespoons into each jar.)
5. Refrigerate for at least 2 hours before serving.
6. Just before serving, toast pecans in the oven for 7-10 minutes at 325 degrees.
7. Mix pumpkin puree into oats and top each jar with 2 tablespoons of pecans. Enjoy!



Pinterest.com



What's Happening Near You?

DeWitt Senior Center Schedule

Tuesdays & Thursdays — Tai Chi from 9:00 am—10:00am, Quilting from 1:00 pm– 5:00 pm

October 8th — Flu Shot Clinic from 9:00 am—2:00 pm.

October 20th —Foot Clinic

October 21st — Health Fair, Comparing Medicare D Plans by appointment from 9:30 am –3:00 pm

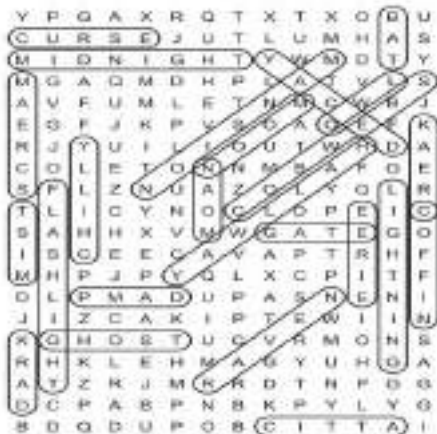
October 31st — Trunk N Treat

EVERY Wednesday — Congregate Meals, Program, Cards & Games @ 12:00pm

Call Melissa for more info! 402.683.4325



ANSWERS TO THIS MONTHS PUZZLES



Riddle of the Month

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

What spends all the time on the floor but never gets dirty?

Please include your name & phone number with your answer!



Soup



Roasted red pepper bisque



Seafood Chowder with Shrimp



Chicken broth

Soup is a comfort food that is perfect for a cold day or when you're in a bind at dinner. It is a versatile food that can incorporate a variety of foods such as proteins, legumes, grains and vegetables. Soups can be used as an appetizer, side dish or main entrée. It can be thick and hearty, smooth and creamy, or savory.

Types of Soup

Broth based: Thin soups made of clear stock and often served with vegetables, meat or seafood.

Bisque: Traditionally a creamy soup that is made with crustacean such as lobster, shrimp, or crab, that is ground into a paste and stirred into the broth. Recently bisque recipes have evolved to a creamy soup with ingredients blended such as butternut squash or tomato bisque.

Cream (of): This type of soup typically starts with a roux and thinned with milk, broth or cream. The base flavor of cream soups typically goes together with the main ingredient such as chicken, mushroom, broccoli or celery.

Chowder: Creamy soup that is traditionally made with seafood but can also be vegetable-based. It is typically made with cream or milk and is thickened with a roux, crushed crackers or root vegetable such as potato.

Health Benefits

The specific ingredients in soups are key to how healthy they can be. Soup broths made with vegetables, meats or bones provide essential vitamins, nutrients and mineral, which means less calories and added fats. Increasing intake of vegetables can limit weight gain and lower chances for Type 2 diabetes, certain cancers and heart disease.

Most soups usually have some sort of vegetable or produce added to them for texture, flavor and nutritional purposes. Eating

soup more frequently may lead to a reduced intake of fat and increase protein and fiber intakes. It may also help to reduce hunger and increase hydration.

Get Creative!

Get creative with the seasonings and spices. Consider incorporating seasonings such as black pepper, garlic powder, cumin, dill, basil, ginger, bay leaves, coriander and onion. Choose minced or powdered versions of garlic and onion instead of the salted versions.

Aim to choose no-salt added or low sodium broths as well as canned beans and tomatoes. Make sure to read the Nutrition Facts label and compare different products, especially the sodium content. Make healthier substitutions with low-fat cheese and sour cream and whole wheat pastas and rice. Consider substituting plain Greek yogurt for sour cream or adding in mashed legumes as a thickener.

Let's Get Cooking!

Soups can be a healthy and inexpensive meal and don't require a lot of ingredients. They can be cooked on the stove in less than 30 minutes or simmered in the crockpot during the day.

Keep staple foods onhand that will make it convenient to stirup a batch of soup when you're in a bind. Pantry items include broths, canned tomatoes, tomato paste, whole-wheat pasta, rice, beans, potatoes, onions and olive oil. Refrigerator staples include carrots, milk, cheese, lemons or limes. Freezer foods such as vegetables and leftover cooked meat are great additions and convenient to have onhand.

Refrigerate homemade soups and eat within 3-4 days. Freezing soups is easy and convenient to have later on. Place leftover soup in a freezer bag and lay flat in your freezer. This will help remove excess air and take up less room.

UPD 9/8/21

October MEALS/PROGRAMS

The attorney generals office will be joining us for a presentation on the latest fraud and scams!

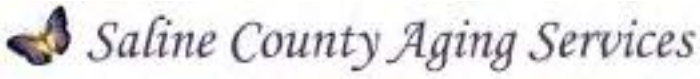
The following dates/towns will be what we are offering for the month of October.
We hope you can join us! **The meal is \$5.**

Tuesday, October 19th @ 11:30—Friend Hospital
Join us for lunch! The meal is TBA.

Thursday, October 21st @ 11:30— Fairfield Inn & Suites, Crete
Join us for lunch! The meal is TBA.

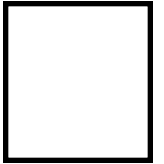
*Please call Saline County Aging Services to RSVP your spot!
402-821-3330*





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

PO BOX 812, 105 W. 3rd Wiber, Ne 68463 402.821.3330





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7 Surprising Black Friday Shopping Facts

The biggest shopping holiday in America is right around the corner: Black Friday! For many Americans, Black Friday is an opportunity to save money on gifts for the holidays. For others, it's a day to stay home to avoid frantic shoppers and long lines. As a business owner, you know Black Friday is a prime opportunity to attract holiday shoppers and increase sales.

We share seven Black Friday facts that can help you make the most out of the holiday, and shed some light on how COVID-19 could affect Black Friday shopping in 2020.

1. The Average Shopper Plans to Spend \$358

For many, Black Friday is the biggest shopping day of the year. In fact, the average shopper plans to spend \$358 during pre-Christmas sales.

2. It's the Most Popular Day for Shoppers

Black Friday is the most popular shopping holiday, garnering more shoppers than other shopping holidays during Thanksgiving week, like Cyber Monday and Small Business Saturday. In fact, 61% of people planned to shop on Black Friday in 2019.

3. Sales May Reach \$11 Billion in 2020

In 2019, Black Friday sales reached \$11.9 billion — a 20% increase compared to 2018. While sales are expected to decrease in 2020 due to COVID-19, sales are still expected to reach \$11 billion in 2020.

4. Shoppers Still Go to Stores ...

Even though more shoppers are turning to their devices on Black Friday, the shopping holiday remains the busiest in-store shopping holiday, with 84.2 million shoppers hitting the stores in 2019. In 2020, however, it's possible shoppers will be reluctant to visit stores in person due to COVID-19. To capture sales online, considering offering free shipping on online orders or giving shoppers the option to pick up products curbside after purchasing online.

5. But Online Sales Are Growing

In 2019, Black Friday saw a total of \$7.4 billion in online sales — a 19.6% increase compared to 2018. Being equipped for e-commerce can help small businesses capture more sales on Black Friday. In fact, more people shopped online than in stores in 2019 — 142.2 million shopped online versus 124 million in stores.

6. Consumers Use Smartphones to Research

Of all devices — smartphones, desktop computers and tablets — the majority of traffic to retailer websites is from smartphones, while the majority of purchases are made on desktop. For businesses, that means having a mobile-optimized site is essential to capture the shoppers while they're researching products and prices before they make a purchase.

7. Shoppers Get an Early Start

The National Retail Federation reports 56% of shoppers start holiday shopping the first week of November, and the majority of shoppers (61%) don't think deals will get better after Thanksgiving weekend. Don't hold out on offering good deals — take advantage of early shoppers by offering deals early.



Announcements

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:

Email or Mailing Address:



TAI CHI

We will be starting up a new
Tai Chi class in January!
Watch for upcoming details.
Date and times to be announced.



Heidi Clark

Of

Crete, NE

received a \$5 gift card to
Subway in October. Enjoy!

The answer to October's riddle, "What
spends all the time on the floor but never gets
dirty?"— Shadow

Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



NOVEMBER IS ALZHEIMER'S AWARENESS MONTH!



Calling all Caregivers!!

Join us for an informative presentation on Alzheimer's
Awareness and Caregivers Assistance.

Presented by Randy & Pam Kozeal, owners of Whispering
Wind's Cottage. They are certified and trained on
Alzheimer's.

Times of Presentations:

2:00pm @ SCAS
6:30pm @ Hotel Wilber

Please call to RSVP!
402.821.3330

DO YOU ENJOY PLAYING CARDS?

We are looking for individuals to join our pitch crew on Friday's at 11:00 am!

Please give us a call to get your name put on our list!
We would love for you to join us.



NOVEMBER MEALS/PROGRAMS

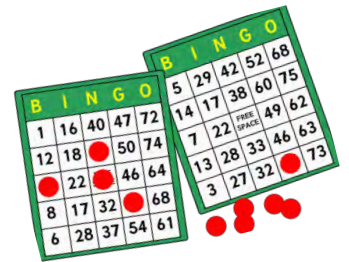
The following dates/towns will be what we are offering for the month of October.
We hope you can join us! **The meal is \$5.**

Tuesday, November 16th @ 11:30— *Saline County Aging Services, Wilber*
Join us for lunch!

Thursday, November 18th @ 11:30— *Saline County Area Transit Building, Western*
Join us for lunch!

Please call Saline County Aging Services to RSVP your spot!
402-821-3330

We will play BINGO following each meal!



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."

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.

Senior Dental Problems & Underlying Health Issues

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.

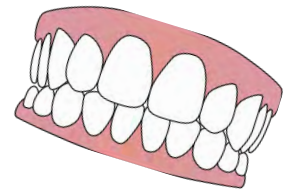
DRY MOUTH: A COMMON ISSUE FOR SENIORS

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



aPlaceforMom.com



Thanksgiving Day

Fourth Thursday of November



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



WHAT YOU NEED: 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



go4life.nia.nih.gov

Recipe of the Month

Creamy Italian Chicken

Ingredients:

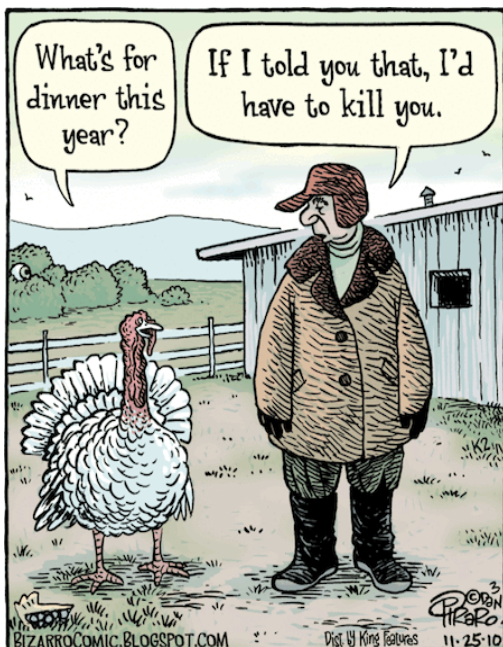
- | | |
|---------------------------|----------------------------------|
| • 2-3 chicken breast | • chicken soup |
| • 8 oz block cream cheese | • 1 packet dry Italian seasoning |
| • 1 can cream of | • Rice or noodles |

Directions:

1. In your crockpot combine all the ingredients, besides the rice or noodles.
2. Cook on low for at least 6 hours.
3. Shred the chicken and serve over the pasta or rice.



Pinterest.com



What's Happening Near You?

DeWitt Senior Center Schedule

Tuesdays & Thursdays — Tai Chi from 9:00 am—10:00am, Quilting from 1:00 pm– 5:00 pm

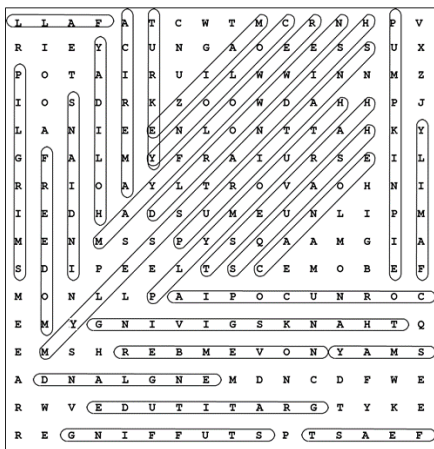
EVERY Wednesday — Congregate Meals, Program, Cards & Games @ 12:00pm

Friday, November 12th — Health Fair from 9:00am—2:00pm

- They will also be checking bone density.

Call Melissa for more info! 402.683.4325

ANSWERS TO THIS MONTHS PUZZLES



Riddle of the Month

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

What happened to the turkey who got in a fight?

Please include your name & phone number with your answer!



(Top left) In October, we enjoyed a program on fraud and scams! We learned so much! It doesn't take much information for somebody to get scammed! So scary.

(Bottom right) If you are a card player that enjoys pitch, you need to join us on Fridays! We have such a fun time.

The photos above, show our Fall/Halloween window display! We enjoy decorating for various holidays and seasons.



Cooking Oils: Fab Fat Facts



Avocado oil

Canola oil

Corn oil

Olive oil

Peanut oil

Safflower oil

There are a wide variety of cooking oils available and understanding the differences can be confusing. Not all oils are created equally. Each will differ in flavor, uses in cooking, and health benefits. Many oils contain healthy fats and can be a healthy substitution for solid fats such as butter, shortening and lard.

The smoke point of an oil is the temperature the oil will reach before it starts to break down. Once oil begins to break down, it will release free radicals (cancer promoting chemicals) that can have harmful effects on our health. Refined oil has undergone more processing, which gives it a higher smoke point as well as a more subtle flavor. Unrefined oils have not been processed, have a lower smoke point, and retain more of the natural flavor.

Type of Oil	Health Benefits	Smoke Point	Use in Cooking
Canola	Lowers cholesterol levels and decreases inflammation	400 degrees	High heat cooking
Corn	Lowers cholesterol levels and aids in blood clotting	450 degrees	High heat cooking, sautéing, frying
Olive Oil-light or Extra Virgin	Lowers cholesterol levels and reduces inflammation	Light-470 degrees Extra Virgin-375 degrees	Baking, grilling, sautéing, roasting Sautéing at low temperatures, salads, dips, dressing
Peanut-Refined/Unrefined	Promotes heart health and immune system	Refined-450 degrees Unrefined-320 degrees	Stir frying, frying Marinades, dressings, dips
Safflower, Soybean, Sunflower	Boosts heart health by lowering cholesterol levels and inflammation; supports bone health	450 degrees	High heat cooking
Avocado-Refined/Unrefined	An antioxidant for vision and eye health, promotes heart health	Refined-480 degrees Unrefined-520 degrees	Grilling, baking, roasting, searing, frying, stir fry, sautéing High heat cooking
Grapeseed	Aids in immune system function, reduce inflammation and aids blood clotting	420 degrees	Good base oil
Sesame	Anti-inflammatory properties, heart health, reduce LDL cholesterol	350 to 400 degrees	Flavor condiments, sautéing, stir fry
Coconut-Refined/Unrefined	Raises HDL cholesterol	Refined-400 degrees Unrefined-350 degrees	All encompassing Roasting, sautéing

UPD 10/11/21

Medicare D

Check your mail. You may get important notices from Medicare or Social Security. If you have a Medicare plan, you'll get an annual notice of change (ANOC). Note any 2021 changes to your health coverage or any Extra Help you may get to pay for prescription drugs. You also get health plan marketing materials, like brochures, from insurance companies that offer Medicare health and prescription drug plans. Remember—plans aren't allowed to call or come to your home without an invitation from you.

Preview 2021 health and prescription drug plans. Medicare Plan Finder makes it easy to compare coverage options and shop for health plans. For a personalized search call Saline County Aging Services to schedule an appointment: 402-821-3330

Compare your Medicare D Prescription Plan!

Saline County Aging Services (Wilber)

Tuesday, November 23rd —9:00am-3:00pm
(For other dates call for an appointment)



Friend Community Healthcare System

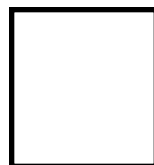
Tuesday, November 2nd —10:00am-3:00pm
Tuesday, November 16th — 10:00am –3:00pm



Western SCAT Building

Tuesday, November 9th — 10:00am –3:00pm
Friday, November 19th — 10:00am -3:00pm

Please call Saline County Aging Services to schedule an appointment for any location that is listed! 402.821.3330





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Christmas Fun Facts: Did you know?

The term 'Xmas' simply means Christmas.

The use of the term 'Xmas' dates back to the 16th century. The 'X' in the word Xmas comes from the ancient Greek language. In Greek, Christ begins with the letter X. So, Xmas simply means Christmas.

The Christmas wreath is a symbol of love and eternal life.

The Christmas wreath is representative of the crown of thorns that Jesus wore. Eventually, the colours of Christmas – red, green, and gold were added. Red is said to represent the blood of Jesus, green is supposed to symbolise life, and gold stands for royalty and light. And the evergreen foliage used to make Christmas wreaths symbolises the continuity of life and nature even in the darkest days of winters.

The mistletoe is the symbol of love and laughter.

A mistletoe is supposed to be a symbol of love, laughter, and compassion. And the tradition of a kiss under the mistletoe is supposed to be a way of asking for the blessings of the spirits of Christmas through the mistletoe.

There's a certain respect for spider webs in Poland!

Did you know that spider webs or spiders are considered signs of good spirit during Christmas? Yes, in Poland, people believe that a spider wove a blanket for the baby Jesus. Since then, people believe in good luck and good spirit whenever they see a spider in their houses. How amazing that is!

Christmas trees were first used by ancient Egyptians and Romans.

The origin or the use of Christmas trees goes way back to ancient Egyptians and Romans. They used evergreen trees like fir or pine trees, wreaths, and garlands. And the use of modern Christmas trees started in Germany in the 16th century. Instead of the glitzy decorations that we see on them today, they were decorated with fruits and nuts.

Announcements

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:

Email or Mailing Address:



TAI CHI

We will be starting up a new
Tai Chi class in January!
Watch for upcoming details.
Date and times to be announced.



Marilyn Hayek
Of
Friend, NE

received a \$5 gift card to
Dollar General in November. Enjoy!

The answer to November's riddle, "What
happened to the turkey who got in a
fight?"— Got the stuffing knocked out of him.

Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



LETS GET FESTIVE!!

With the holiday season upon us,
we have decided to have some fun!

Please join us for the following dates:

Wednesday, December 8th — Christmas Craft Day @ 2:00pm

Wednesday, December 15th — Christmas Cookie's in a Jar @ 2:00pm

Wednesday, December 22nd — Christmas Carols @ 2:00pm.
(Wanda Rademacher will be joining us with her keyboard.)

Each activity will be held at Saline County Aging Services. Hope to see you there!

Please call to RSVP — 402.821.3330

DECEMBER MEALS

The following dates/towns will be what we are offering for the month of December.
We hope you can join us! **The meal is \$5.**

Thursday, December 16th @ 11:30— *Saline County Area Transit Building, Western*
Join us for lunch and Christmas Games!

Tuesday, December 21st @ 11:30— *Friend Community Healthcare System, Friend*
Meal: Potato Soup, Warm Ham and Cheese & Dessert
Join us for lunch and BINGO!

Please call Saline County Aging Services to RSVP your spot!
402-821-3330



Senior Arthritis: Symptoms & Care

Most people commonly think of arthritis as the condition of having painful, stiff joints. In fact, there are many kinds of arthritis, each with different symptoms and treatments. Most types of arthritis are chronic with symptoms lasting years.

Arthritis can attack joints in almost any part of the body. Some forms of arthritis cause changes you can see and feel such as pain, swelling, warmth and redness in your joints. Other types cause less troublesome symptoms, but slowly damage your joints.

Arthritis is one of the most common diseases in this country. Millions of adults and half of all people age 65 and older are troubled by this disease. Older people most often have osteoarthritis, rheumatoid arthritis, or gout.

OSTEOARTHRITIS

Osteoarthritis (OA) is the most common type of arthritis in older people. OA starts when cartilage begins to become ragged and wears away. Cartilage is the tissue that pads bones in a joint. At OA's worst, all of the cartilage in a joint wears away, leaving bones that rub against each other. You are most likely to have OA in your hands, neck, lower back, or the large weight-bearing joints of your body, such as knees and hips.

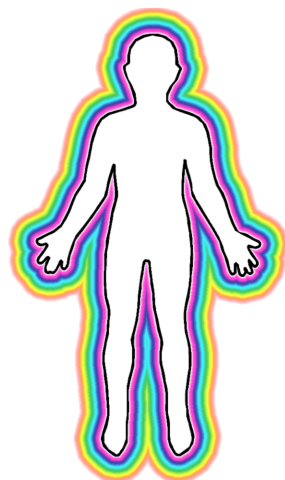
OA symptoms can range from stiffness and mild pain that comes and goes with activities like walking, bending, or stooping to severe joint pain that keeps on even when you rest or try to sleep. Sometimes OA causes your joints to feel stiff when you haven't moved them in a while, like after riding in the car. But the stiffness goes away when you move the joint. In time OA can also cause problems moving joints and sometimes disability if your back, knees, or hips are affected.

What causes OA? Growing older is what most often puts you at risk for OA. Other than that, scientists think the cause depends on which part of the body is involved. For example, OA in the hands or hips may run in families. OA in the knees can be linked with being overweight. Injuries or overuse may cause OA in joints such as knees, hips, or hands.

RHEUMATOID ARTHRITIS

Rheumatoid Arthritis (RA) is an autoimmune disease. In RA, that means your body attacks the lining of a joint just as it would if it were trying to protect you from injury or disease. For example, if you had a splinter in your finger, the finger would become inflamed-painful, red, and swollen. RA leads to inflammation your joints. This inflammation causes pain, swelling, and stiffness that lasts for hours. This can often happen in many different joints at the same time. You might not even be able to move the joint. People with RA often don't feel well. They may be tired or run a fever. People of any age can develop RA, and it is more common in women.

RA can attack almost any joint in the body, including the joints in the fingers, wrists, shoulders, elbows, hips, knees, ankles, feet, and neck. If you have RA in a joint on one side of the body, the same joint on the other side of your body will probably have RA also. RA not only destroys joints it can also attack organs such as the heart, muscles, blood vessels, nervous system, and eyes.



Gout is one of the most painful forms of arthritis. An attack can begin when crystals of uric acid form in the connective tissue and/or joint spaces. These deposits lead to swelling, redness, heat, pain, and stiffness in the joint. Gout attacks often follow eating foods like shellfish, liver, dried beans, peas, anchovies, or gravy. Using alcohol, being overweight, and certain medications may also make gout worse. In older people, some blood pressure medicines can also increase your chance of a gout attack.

Gout is most often a problem in the big toe, but it can affect other joints, including your ankle, elbow, knee, wrist, hand, or other toes. Swelling may cause the skin to pull tightly around the joint and make the area red or purple and very tender. Your doctor might suggest blood tests and x-rays. He or she might also take a sample of fluid from your joint while you are having an attack.

Other forms of arthritis include psoriatic arthritis (in people with the skin condition psoriasis), ankylosing spondylitis (which mostly affects the spine), reactive arthritis (arthritis that occurs as a reaction to another illness in the body), and arthritis in the temporomandibular joint (where the jaw joins the skull).

ARTHRITIS SYMPTOMS

Common symptoms include:

- Lasting joint pain
- Joint swelling
- Joint stiffness
- Tenderness or pain when touching a joint
- Problems using or moving a joint normally
- Warmth and redness in a joint


If any of these symptoms lasts longer than two weeks, see your regular doctor or a rheumatologist. If you have a fever, feel physically ill, suddenly have a swollen joint, or have problems using your joint, see your doctor sooner. Your health care provider will ask questions about your symptoms and do a physical exam. He or she may take x-rays or do lab tests before suggesting a treatment plan.




aPlaceforMom.com

Christmas Vocabulary

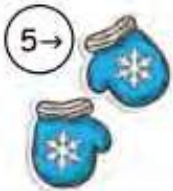
DIRECTIONS: Fill in the puzzle grid with the name of each Christmas item following the number and direction indicated. Use the word bank if you get stuck.




1→




4→




5→




6→




8→




16→




18→




19→




2↓




7↓




3↓




11↓




13↓




9↓




15→




14→



12→



10→



BELL	SANTA CLAUS
CANDLE	SCARF
CANDY CANE	SKATE
FIRE	SLEIGH
HAT	SNOWFLAKE
HOLLY	SNOWMAN
MITTENS	STOCKING
ORNAMENT	SWEATER
PRESENT	TREE
REINDEER	WREATH

Exercises that help with arthritis— from the article on pages 4-5.

Along with taking the right medicine and properly resting your joints, exercise is a good way to stay fit, keep muscles strong, and control arthritis symptoms. Daily exercise, such as walking or swimming, helps keep joints moving, decreases pain, and makes muscles around the joints stronger.

- **Range-of-motion Exercises:** Dancing and yoga both relieve stiffness, keep you flexible, and help you keep moving your joints.
- **Strengthening Exercises:** Weight training will keep or build muscle strength. Strong muscles support and protect your joints.
- **Aerobic and Endurance Exercises:** Bicycle riding and running make your heart and arteries healthier, help prevent weight gain, and improve the overall working of your body. Aerobic exercise also may decrease swelling in some joints.



go4life.nia.nih.gov

Recipe of the Month

Cake Batter Christmas Cookies

Ingredients:

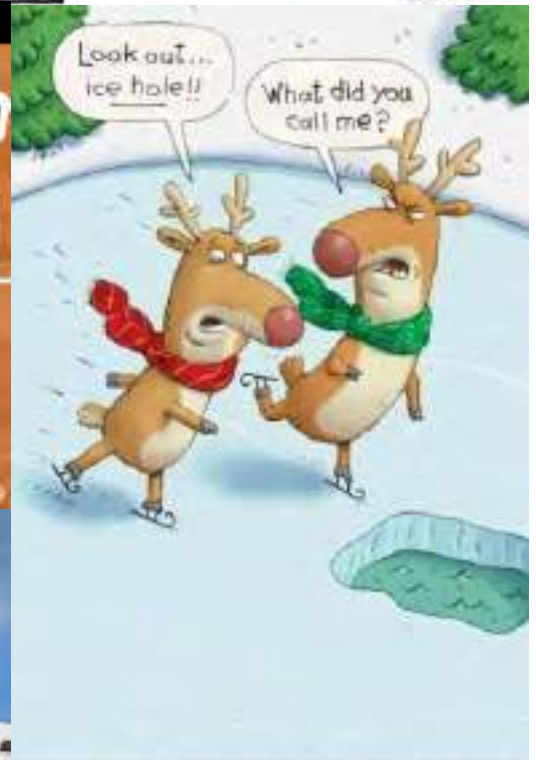
- 1 Box Yellow Cake Mix
- 1/3 cup vegetable oil
- 2 large eggs
- 1 teaspoon vanilla
- 1/4 cup sugar
- 1/2 cup Christmas sprinkles

Directions:

- In a large mixing bowl, combine cake mix, oil, eggs, and vanilla extract.
- Place dough in the fridge to chill for 1 hour.
- Preheat oven to 350 degrees. Prepare baking sheet with parchment paper.
- Roll cooking dough into balls and then roll into sugar and place on your prepared baking sheet.
- Top cookies with sprinkles and bake for 9-10 minutes. Allow to cool for 1 minute on baking sheet and then remove to cool completely on a cooling rack.



Pinterest.com



What's Happening Near You?

DeWitt Senior Center Schedule

Tuesdays & Thursdays — Tai Chi from 9:00 am—10:00am, Quilting from 1:00 pm– 5:00 pm

EVERY Wednesday — Congregate Meals, Program, Cards & Games @ 12:00pm

Wednesday, December 8th — **Music Bingo Program**

Wednesday, December 22nd — **Christmas Party**

Answers to December's Puzzle



Riddle of the Month

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

What does the snowman eat for a snack?

Please include your name & phone number with your answer!



We had a great turnout for our programs in November.

(Top & Bottom left) A huge thank you to Pam and Randy Kozeal for coming to speak about Alzheimer's Awareness and Caregivers Assistance. We had a total of 14 people join us!

(Top right) We enjoyed BINGO and a Thanksgiving dinner at Western! We had a total of 15 people join us! We have not had that many people since before Covid.

(Bottom right) We also enjoyed BINGO and coffee and Czech Village. Fun was had by all!

We would love to grow our programs! Come join us.





Winter Vegetables: The gifts that keep on giving!

Winter is a season where you may think there are not many fresh fruits and vegetables being grown. In the Midwest this may be true, but in other parts of the county there are fruits and vegetables that thrive in colder temperatures and even in the snow!

What makes these vegetables so strong and able to withstand such harsh conditions is they contain higher amounts of sugar. When sugar is mixed with water it lowers the freezing temperature, allowing these vegetables to freeze at a much lower temperature than their peers.



VEGETABLE	NUTRITION AND HEALTH BENEFITS	ADDING TO YOUR DIET
Kale – leafy green, thrives in cooler temperatures	Excellent source of Vitamin K, which is important for blood clotting. Good source of fiber, antioxidants, and Vitamin A and C.	Relatively mild flavor. Great addition to stir-fry, soups, pasta dishes and smoothies.
Brussels Sprouts – mini cabbage (likes cold temperatures).	High in Vitamin C and K. Good source of fiber and antioxidants.	Great steamed, roasted or grilled. Toss with olive oil, drizzle with honey and roast in the oven!
Carrots – thrives in cold weather.	High in Vitamin A, which helps support eye health. May help protect against certain diseases and cancers.	Available fresh, frozen or canned. Great addition to casseroles, stir-fry, soups or as a quick and easy snack!
Swiss Chard – dark leafy green.	High in Vitamin A, C and K. Good source of magnesium. May help reduce inflammation in the body.	Substitute for spinach in egg dishes, pasta dishes or soup.
Parsnips – like carrots, sweeter at cooler temperatures.	Good source of Vitamin C and K. Also, a good source of fiber. Helps support digestive and heart health.	Compliments well with carrots. Can be baked, boiled, microwaved, roasted or steamed.
Collard Greens – bitter flavor.	High in Vitamin K and calcium.	Create a mini salad with cooked collard greens, bacon crumbles and grilled chicken.
Turnips – thrives in cooler weather.	Excellent source of Vitamin C.	Shred or slice and add to fresh salads. Lightly steam and season with lemon juice, butter and salt.
Oranges	High in Vitamin C. Good source of fiber.	Add to fresh salads, fruit kabobs or as a quick and easy snack. Add to water for a splash of flavor!
Kiwi	High in Vitamin C. Good source of potassium	Add to yogurt, smoothies or waffles.

Purchasing produce when it is in season will help ensure that you are receiving the highest quality product for the lowest price. Incorporating new fruits and vegetables into your diet can be fun! Get creative with your recipes and don't be afraid to try new foods!



Oranges

Kiwi

UPD 11/10/21



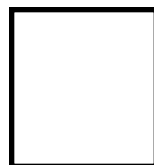
SUBARU
**share
the love**
EVENT

Meals on Wheels
MEALS on WHEELS

SHARING THE LOVE FROM

November 18, 2021 - January 3, 2022

The Subaru Share the Love event is underway! When you purchase or lease a new Subaru by Jan. 3, select Meals on Wheels to receive a \$250 donation. Since 2008 Share the Love has helped deliver more than 2.5 meals to seniors in need!





Volume 7, Issue 2

February 2021

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The Start of Groundhog Day

To the unfamiliar, Groundhog Day is perhaps one of America's weirdest traditions. Every Feb. 2, people wait for a large, furry rodent to see his shadow and then we predict the weather based on the animal's actions.

But the winter holiday has a long history rooted in everything from early Christian traditions in Europe to 19th century American newspapers. Here is everything you need to know about how Groundhog Day got its start.

The origin story

The idea of Groundhog Day comes from an ancient Christian celebration known as Candlemas Day, which marked the midpoint between the winter solstice and the spring equinox, according to the National Centers for Environmental Information. On Candlemas Day, clergy would bless candles needed for winter and distribute them to the people, the Punxsutawney Groundhog Club's website says. Superstition held that if the day was sunny and clear, people could expect a long, rough winter, but if the sky was cloudy, warm weather would arrive soon.

The Germans then expanded on this tradition, introducing the hedgehog to the mix. They believed, according to the Groundhog Day website, that if the sun appeared and the hedgehog saw his shadow, there would be six more weeks of bad weather, or a "Second Winter."

Groundhog Day in the United States

Many of Pennsylvania's early settlers were German, and they brought this tradition with them, switching the hedgehog for the groundhog, which could be more easily found in their new home, according to the Punxsutawney site.

In 1886, the Punxsutawney Spirit newspaper printed the first news of a Groundhog Day observance. The next year, everything fell into place. The Punxsutawney Groundhog Club celebrated for the first time at Gobbler's Knob, according to History.com, and the newspaper's editor declared that Phil, the Punxsutawney groundhog, was America's official weather-forecasting groundhog.

Are you interested in receiving the COVID-19 Vaccination?

Give us a call, or stop in! We can help you get registered.



HOMESTEAD EXEMPTION STARTING IN FEBRUARY



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 signed up for Homestead Exemption in the past, you should receive this years forms in February. If you wish to apply for Homestead Exemption for the first time, please the County Assessors office for the forms.

If you have questions or need assistance filing for HE, call the **County Assessor's office (402-821-2588) or Saline County Aging Services (402-821-3330).**

The 3rd Annual Shamrock Shuffle is upon us..

If you are interested in participating in the fun run/walk, let us know and we can get you signed up.



COMING SOON!

We will soon be offering workout equipment at SCAS!

Stay tuned..

This will be a great addition to our services!



Newsletter Slip

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:

Email or Mailing Address:

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

6 Tips for Touring Senior Communities Virtually & In-Person

Finding the right senior living community for your loved one is an important and personal decision. Whether you're touring assisted living communities, memory care facilities, or another type of care, consider the environment your loved one will thrive in on a daily basis.

While in-person tours have long been the norm, the rise of COVID-19 led to a surge in virtual tours. Experts expect these video conferencing visits to continue beyond the pandemic, citing factors such as convenience and advancing technology, like [A Place for Mom's new touring video app](#).

No matter which touring method you choose, these tips can empower your family to transition to senior living with confidence.

1. Observe community layout and tone

Is the layout small or large? Do its features accommodate mobility challenges? Does the staff maintain the building's cleanliness? Evaluating these core questions can help you assess if a community can be your senior's new home. In-person tourers should rely on multiple senses, taking in a community's sights and scents.

Look past the surface of a community and into the details, like windows and furnishings. Whether virtually or in-person, ask to see outdoor areas and to select the specific room your loved one will occupy, if possible. See for yourself what view your loved one will have from their window. Lastly, pay attention to the décor and colors to gauge if they will uplift your loved one's daily mood and routines.



SAFETY

2. Prioritize safety and security

For all seniors, especially those experiencing dementia symptoms like wandering and confusion, safety is paramount. To help ensure your loved one will have adequate supervision, ask the following questions:

- How is the community secured?
- Is there a 24-hour nurse on duty? If not, when is a nurse on duty?
- What medical services are available?
- How accessible is medical help?
- For residents with dementia, are there emergency alert systems, enclosed courtyards, or color-coded hallways to simplify navigation?

3. Assess staff friendliness, training, and qualification

Families often turn to senior living communities to provide a greater standard of care and expertise. Try to observe one-on-one interactions between staff members and residents, as a way to assess not only staff knowledge but also traits like friendliness and patience. From a more clinical perspective, these questions can help assure you staff meet high standards:

- Is your facility and staff accredited?
- Do staff attend ongoing training? How many training hours do they receive?
- Are staff members certified dementia care managers (CDCMs)?
- What's the staff-to-resident ratio?
- Do staff plan individualized care and treatments for each resident?
- How do staff care for bedridden or wheelchair-bound residents?
- How do staff care for disruptive or aggressive residents?
- Who coordinates outside visits?

4. Get to know the community's social offerings and residents

The other residents at your loved one's new senior living community will become their friends and daily companions. Do they seem social, engaged, and happy? If you're touring in person, consider visiting during a group activity, like bingo or a social hour, to observe these interactions with residents.

Incorporating a meal into your tour can provide an opportunity to see available cafeteria options, in addition to the social benefit. During conversations with other residents, ask questions about their daily routines and honest opinions on the community.



If you're touring virtually, ask about residents' personalities, outings like field trips, and community clubs. Consider asking to see an event calendar or to speak with individual staff members.

5. Consider next steps if care needs progress

In case a loved one's condition advances, make sure the senior living community has steps in place to support them. If they need to move out for any reason, like needing a greater level of care, how can families facilitate this transition? Questions include:

- Under what circumstances is a resident asked to move out of the community?
- What type of notice does the resident or caregiver need to give the staff?

6. Let your instincts lead you

Though questions and tips serve as a handy guide, they're no substitute for your gut feelings. Ultimately, you know your loved one best. If you moved your family member into this new home, would you have peace of mind?

aPlaceforMom.com



Getting to the Heart of the Matter



February is National Heart Month and taking the best care of our hearts should be a top priority! More Americans are now living a life that is less physically active and more sedentary compared to decades ago. At the beginning of the 20th century, the leading causes of death were usually conditions that were respiratory illnesses such as pneumonia, flu, and tuberculosis. At the turn of the 21st, century the causes of death switched to heart disease and cancers being the leading causes.

Heart Disease

Heart disease is the leading cause of death for both men and women, with almost 1 in 4 deaths being linked to this condition. Caucasians and African Americans have a higher predisposition to get heart disease compared to other races. On average about 370,000 Americans will die annually from heart disease if left untreated. Heart disease used to be much more prevalent in older adults, but as obesity has increased, heart disease is now occurring in younger individuals. When you are assessing your risk for heart disease you need to know your numbers as they can be critical markers for your health:

- Aim for a blood pressure of 120/80mmhg or lower,
- Total Cholesterol <200 mg/dL,
- LDL "bad cholesterol" <100 mg/dL,
- HDL "good cholesterol" >60 mg/dL, and
- Fasting blood sugar should equal to or less than 100 mg/dL.

Reducing Your Risk

Focus on small gradual changes when it comes to your diet. The American Heart Association recommends limiting sodium to more than 2,300 mg per day and moving to a more ideal limit of 1,500 mg per day. Aim to include a variety of colorful fruits and vegetables, lean protein, low-fat dairy and whole grains in your diet. Many fruits and vegetables are high in potassium which can hinder the effects of sodium on blood pressure. Canned foods are often hidden sources of sodium and "reduced sodium" or "no-salt added" versions can significantly reduce the sodium intake.

Limiting consumption of processed foods can also help to reduce sodium intake. Processed foods that tend to be high in sodium include canned soup, cheese, potato chips, crackers, ready-to-eat frozen dinners, and processed meats.

Get creative with your spices and seasonings! 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.

Try and be mindful of your portion sizes at every meal and eat until you are satisfied and no longer hungry. It takes your brain 20 minutes to realize you are full so slow down and take your time.

You can also focus on your exercise by trying to get at least 150 minutes per week, according to the Centers for Disease Control and Prevention. Another non-diet change you can make is to not smoke. If you do smoke, try to reduce, or stop the habit all together. If you do not smoke, do not start the habit now.

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.

Make healthy living a priority by using a combination of both dietary changes and lifestyle changes. These can help ensure you not only live a long life, but that you are able to age gracefully with minimal complications

Exercise of the Month

Emotional Benefits of Exercise

Research has shown that exercise is not only good for your physical health, it also supports emotional and mental health. You can exercise with a friend and get the added benefit of emotional support. So, next time you're feeling down, anxious, or stressed, try to get up and start moving!



Physical activity can help:

- Reduce feelings of depression and stress, while improving your mood and overall emotional well-being
- Increase your energy level
- Improve sleep
- Empower you to feel more in control

In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Here are some exercise ideas to help you lift your mood:

- **Walking, bicycling, or dancing.** Endurance activities increase your breathing, get your heart pumping, and boost chemicals in your body that may improve mood.
- **Yoga.** This mind and body practice typically combines physical postures, breathing exercises, and relaxation.
- **Tai Chi.** This "moving meditation" involves shifting the body slowly, gently, and precisely, while breathing deeply.
- **Activities you enjoy.** Whether it's gardening, playing tennis, kicking around a soccer ball with your grandchildren, or something else, choose an activity you want to do, not one you have to do.

go4life.nia.nih.gov

Recipe of the Month

Banana Chocolate Muffins

Ingredients:

- 1 Box Chocolate Cake Mix
- 3-4 Bananas (mashed)
- 2 eggs

Directions:

1. Mash bananas.
2. Add cake mix.
3. Add eggs. Gently drop into mix and use a fork to beat them before incorporating into the rest of the mixed ingredients. Why dirty another dish!
4. Bake at 350 Fahrenheit for 16-18 mins. Check with a toothpick. Enjoy!



Pinterest.com

Funny Parent Lies to Children

1. "Sleeping with different blankets give you different dreams. If you have a nightmare you can make it go away if you change the blanket. Then you can have a fun dream!"
2. "No, we're not there yet." "Hey, did you know that if you sit real quiet in the car, it makes the car go faster so you'll get there quicker?"
3. My dad had some good ones: "Toys R Us is a museum, so no, we can't bring anything home." And, "All the animals at the zoo are different kinds of dogs."
4. This is not exactly a lie, but I taught my kid to jump up yell "Ta - Da" whenever she fell down as a toddler. So, when she come running down the sidewalk, trips and falls, she jumps right up and yells: "Ta - Da".
5. When I was a kid, I was horribly afraid of monsters coming into my room. My mom filled a spray bottle with water and blue food coloring and printed a sticker that said "Monster Spray". Boom, no monsters. One day she filled the bottle with clear normal water by accident. But that clever girl, she just told me it was new and improved monster spray that took care of invisible monsters, too. Mom was so smart!
6. As a teacher of small children, I tell the students that the smoke detectors are remote control cameras. Every time one of them obviously lies, I say to them: "I'll just go check the camera recordings and see who's right", and they fess up. Works every time.
7. When my preschoolers play together, often with other preschoolers, sometimes they pass gas in the excitement of their play time. Then they look at each other, trying to figure out who did it. I tell them, "When you fart, it makes your ears get warm." The one who touches their ears to check is usually the offender.
8. We told our kids that the ice cream truck was really the music truck. It worked for 4 years. They never begged to run out and get ice cream when the ice cream truck drove by.
9. "Yes Jason, If you put a slice of ham in the disc drive of your computer it will play a short informational video about pigs."
10. "I told my little sister that humans start their lives off as dogs. It was so funny, she waited patiently for our dog to turn into a human so she wouldn't be the youngest child in the family."



atimetoaugh.org



DeWitt Senior Center

Tuesday/Thursday:
Tai Chi Class 9am-10am

Wednesday:
Coffee 9:30am-10:30am

*For questions in regards to
DeWitt Senior Center,
please call 402.683.6475*



Alice Brakhage

Of
Tobias, NE

received a \$5 gift card to
Subway in December. Enjoy!

The answer to January's riddle, "There are 30 cows in a field, and 28 chickens. How many didn't?" — 10

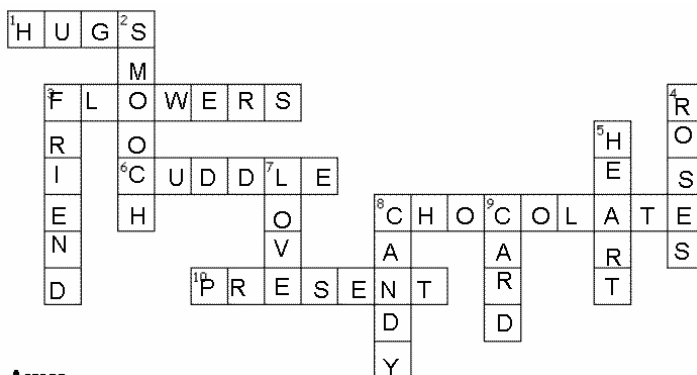


Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County
call: 402.821.3330

ANSWERS TO THIS MONTHS PUZZLES



HAPPY BIRTHDAY!

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

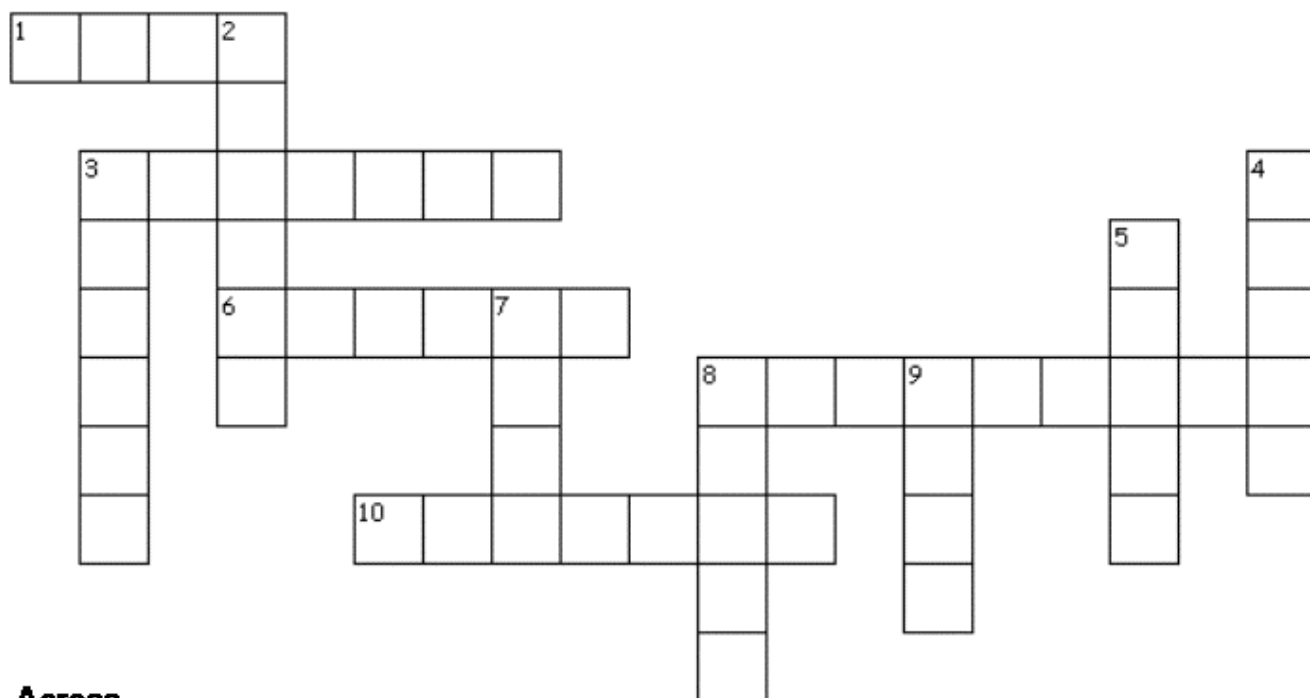
Riddle of the Month

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

What two things can you never eat for breakfast?

Please include your name & phone number with your answer!

Valentine's Day Crossword



Across

1. _____ and kisses.
3. They smell pretty.
6. On Valentine's Day you should hug and _____ with your loved ones.
8. Special treat loved by all.
10. Wrap it up and tie it with a bow.

Down

2. Another word for kiss.
3. My best _____.
4. Delicate, red flowers (with thorns).
5. Valentine's Day shape.
7. I _____ you.
8. Sugary treat.
9. Sign it and give it to a friend.

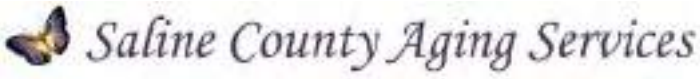


Did you know?

- The average heart is the size of a fist in an adult.
- Your heart pumps about 2,000 gallons a day.
- The first open surgery occurred in 1893.
- The heart can continue to beat even when its disconnected from the body.
- The youngest person to receive heart surgery was only a minute old.
- Whales have the largest heart of any mammal.
- Most heart attacks happen on a Monday.
- A woman's heart beats slightly faster than a man's heart.
- If you were to stretch out your blood vessel system, it would extend over 60,000 miles.
- Laughing is good for your heart. It reduces stress and gives a boost to your immune system.

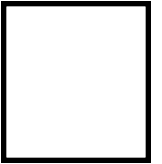


healthline.com



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

PO BOX 812, 100 W. 2nd Street, Ne 68445 402.821.5550





Volume 7, Issue 3

March 2021

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March Fun Facts & Tidbits

Ah, March, in like a lion, out like a lamb, or so the saying goes. That's not the only saying attributed to the moody month. For the Northern Hemisphere, March ushers in spring. That was even true back in the days of the Julian calendar when there were only 10 months and March started off the year. Sayings such as "A bushel of March dust is worth a King's ransom," and "March many weathers," remind us of the swiftly changing and windy weather March brings.

The first three days in March were once considered bad luck. They called them the blind days. No one would plant, enter into an agreement or a journey during these days. March is also known for its borrowing days. Though the story has changed through the ages, the month is no stranger to tumultuous weather. Hundreds of years ago the borrowing days were known to be any wild weather day in March. In later years, the days came to be assigned to the last three days in March.

Historically, planting and war go hand in hand in March. Named for the Roman god of War, Mars, March became a time when armies began to march again and farmers tilled their soil. While farming and the military have both dramatically changed since Roman times, March and spring still holds a power over both of them.

March is the month of spring and with it come a lot of activity in nature. Birds migrate. Animals begin to mate. (They give us the phrase, "Mad as a March hare," too.) Plants begin to grow. Even the full moon gets involved. The full moon in March is called the Worm Moon. It earns this name because of all the insects beginning to hatch.

Birth Flowers – Daffodile and jonquil
Birth Stone – Aquamarine
Zodiac Signs – Pisces and Aries

March Madness kicks into high gear as basketball enthusiasts cheer on their favorite teams. Whether cheering on a local high school team or their college and professional players, fans wear their colors and watch every nail-biting game.

Day light saving time also adds an element of tradition and rancor to the season as many (though not all) spring forward and change their clocks one hour.

Are you interested in receiving the COVID-19 Vaccination?

Give us a call, or stop in! We can help you get registered.



HOMESTEAD EXEMPTION STARTED IN FEBRUARY



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 signed up for Homestead Exemption in the past, you should receive this years forms in February. If you wish to apply for Homestead Exemption for the first time, please the County Assessors office for the forms.

If you have questions or need assistance filing for HE, call the **County Assessor's office (402-821-2588)** or **Saline County Aging Services (402-821-3330)**.

The 3rd Annual Shamrock Shuffle is upon us..

If you are interested in participating in the fun run/walk, let us know and we can get you signed up.



Get FREE Tax Prep Help!

Crete Public Library
1515 Forest Avenue
Crete, NE 68333

February 2, 2021-April 2, 2021

MWF— 10:00am - 4:30pm
T/TH — 10:00am - 6:30pm
Saturday — 10:00 - 3:30pm

COMING SOON!

We will soon be offering workout equipment at SCAS!

Stay tuned..

This will be a great addition to our services!



Newsletter Slip

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:

Email or Mailing Address:

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



Beware of SHIP Imposter Scam Involving Your Medicare

The Nebraska Department of Insurance and the State Health Insurance Assistance Program (SHIP) have received a report of an individual posing as a SHIP teammate. The imposter asked for money to assist with processing an application for Medicare.

The scam reportedly was attempted through a text message using a SHIP teammate's obsolete cell phone number.

A consumer who asks for assistance from SHIP will never be charged for SHIP services. SHIP provides **free** assistance and counseling on Medicare issues for Nebraskans. Trained volunteers across the State also assist during open enrollment for Medicare Part D Prescription Drug Plans. SHIP is entirely funded by federal funds and is overseen by the Department of Insurance.

SCAM? LEGITIMATE COMMUNICATION?

Scammers pretend to be someone you trust. The whole purpose of scam calls, texts, emails, or other electronic communication is to obtain personal information, whether that is a Medicare card number, Social Security number, or banking information. Scammers now have the technological ability to make a call appear on caller ID as if it is coming from an official place. Emails and other forms of electronic communication can appear as though they are from a known source. They often sound legitimate. And, in some instances, imposters have done their homework to use information that will add credibility to gain an individual's trust in order to obtain information.

Remember—Never give Medicare or other personal information to anyone asking for it over the phone or through any electronic communication. Unless you initiated the contact, Medicare will **NEVER** call you or try to sell you anything over the phone. They can't even enroll you over the phone unless you called first.

MORE INFORMATION

If you suspect you have been contacted by a Nebraska SHIP imposter, please try to save the communication. Report the information to Nebraska SHIP at alicia.jones@nebraska.gov.

Facts & Questions

Sometimes called “comfort care,” the goal of palliative medicine is to improve the quality of life for those suffering from life-threatening or serious chronic health issues. Typically managed separately from primary treatment, palliative care focuses on pain relief, symptom reduction, and general physical and spiritual comfort. Below are answers to some common questions about palliative care:



What Is The Difference Between Palliative Care And Hospice?

Essentially, hospice care is a sub-category of palliative medicine. Hospice care is designed for those in the end stages of terminal illness, while palliative care is for anyone who needs help managing a major health crisis. Choosing to receive palliative care does not mean that you have chosen to stop curative treatment.

Which Symptoms Can Palliative Care Relieve?

Palliative care helps patients manage stress, anxiety, and depression, as well as physical symptoms such as pain, shortness of breath, nausea, immobility, insomnia, and chronic fatigue. Once patients feel comfortable and functional, caregiver stress-levels also tend to drop.

Who Typically Receives Palliative Care?

Palliative care is often part of treatment for those suffering from diseases such as cancer, congestive heart failure, kidney failure, stroke, Alzheimer's, Parkinson's, multiple sclerosis, and many other similar conditions.

..continued on pg. 11



Making Every Bite Count

The Dietary Guidelines for Americans is updated every five years to provide science-based advice on what to eat and drink to promote health, reduce risk of chronic disease, and meet the nutritional needs of Americans. The 2020-2025 Guidelines emphasize the importance of "Making Every Bite Count" and has four main points.

Guideline #1 – Follow a healthy dietary pattern at every life stage.

It's never too late to eat healthy. Almost everyone, no matter their age or health status, can benefit from making healthy food and beverage choices. What we consume on a regular basis can influence our health in a variety of ways. Aim to choose nutrient-dense foods from a variety of groups and be mindful of portion sizes. Reading and comparing Nutrition Facts Labels can help better understand the sodium, saturated fat, calories and added sugars.

Guideline #2 – Customize and enjoy nutrient-dense food and beverage choices.

Eating should be enjoyable and it's important to keep in mind personal preferences, cultural traditions and budget. Keep healthy foods on hand that you enjoy and consider trying new foods. Preparing food ahead of time can allow for a quick and convenient meal or snack. Spices and herbs can enhance the flavor of your meals without the extra salt and can add to the cultural experience of certain dishes.

Eating healthy doesn't have to be expensive, but it is important to keep budget in mind. Planning meals ahead of time; making grocery lists including a variety of fresh, frozen, and canned options; and getting creative with leftovers can all help to create delicious and healthy meals on a budget.

Guideline #3 – Focus on meeting the needs of each food group.

MyPlate is a valuable tool that can help us better visualize how to balance out our meals and include a variety of colorful and nutrient-dense foods. Aim to incorporate



the following into your diet on a regular basis:

Vegetables: dark green, red/orange, beans, peas, lentils and starch

Fruits: whole fruits or 100% fruit juice: fresh, canned, frozen or dried

Grains: half of your intake should come from whole grain; if refined, should be enriched with vitamins and minerals

Dairy: either non-fat or low-fat milk, yogurt and cheese

Protein: lean meats like chicken and turkey: fresh, frozen or canned; limit hot dogs, sausages, ham and lunch meats

Cooking Oils: vegetable, avocado and olive oils (virgin or extra virgin) in place of butter, shortening and coconut oil

Beverages: calorie free (water) or those that contribute beneficial nutrients (fat-free/low-fat milk, 100% fruit juice) should be main choices

Guideline #4 – Limit food/beverages that are higher in added sugars, saturated fats and sodium.

Small simple changes can add up and yield big results. Consider these simple substitutions:

- Substitute brown rice instead of white rice. Swap out enriched pasta for whole grain pasta.
- Try no-salt-added canned goods
- Switch to low-fat or fat-free dairy products such as milk, sour cream and cheese.
- Get creative with different cooking methods. Try roasting, grilling or baking instead of sautéing or frying.

Eating healthy doesn't have to be complicated. Making small gradual changes over time can help to establish healthy eating habits and positively impact your health.

(Source: Dietary Guidelines for American 2020-2025)

If you have any questions regarding "Making Every Bite Count," call Aging Partners at 402-441-7159.

Why is Physical Activity Important?

Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. In fact, studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Including all 4 types of exercise (endurance, strength, balance, flexibility) can benefit a wide range of areas of your life. Staying active can help you:

- Keep and improve your strength so you can stay independent
- Have more energy to do the things you want to do and reduce fatigue
- Improve your balance and lower risk of falls and injuries from falls
- Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer
- Sleep better at home
- Reduce levels of stress and anxiety
- Reach or maintain a healthy weight and reduce risk of excessive weight gain
- Control your blood pressure
- Possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks or plan an activity
- Perk up your mood and reduce feelings of depression



go4life.nia.nih.gov

Recipe of the Month

No Bake Energy Balls

Ingredients:

- 1 1/2 cups no stir creamy peanut butter
- 1/2 cup honey
- 1 1/3 cups old fashioned oats (rolled oats)
- 1/2 cup vanilla protein powder
- 1/8 teaspoon salt
- 1/2 cup mini dark chocolate chips



Directions:

1. Add the no stir creamy peanut butter, honey, rolled oats, vanilla protein powder, salt, and mini dark chocolate chips to a mixing bowl and use a rubber spatula to mix until the batter is combined
2. Use a mini cookie scoop or a spoon to drop energy balls with a spoon onto a wax paper covered cookie sheet. They should be around 1 inch in size.
3. Roll the energy balls with your hands to form the shape
4. Place cookie sheet with the energy bites on it in the fridge for 1 hour, or until the balls are hardened
5. Transfer energy balls to a ziploc bag and store in the freezer

Pinterest.com

Clues that Accepting Your New Job was a Mistake

Two hours into my first professional job, my new boss introduced me to a group as "Lauren, who worked at company X for seven years." I looked at her funny and said I'd never worked there. "My God!" she shrieked, "I hired the wrong person!"

First day on the job, the boss asks you to write down your list of hobbies, because he wants to hand them back at the end of the year, to remind you of what you used to do when you had free time.

You put your lunch in the office refrigerator and notice all the other lunches are in steel containers with padlocks, with the names of the owners stenciled in larger printers type.

At the end of your first week of work, enough "old timers" have quit that you have the most seniority in your department.

When I came in the second day my new boss looked at me and gleefully said "Oh good! You came back!!"

The guy who hired you is fired the next day.

You ask your cube mate how long they have worked here, and they say, "counting today?"

When you actually know all there is to know by day two, and your co-workers are asking you for instructions.

Your boss comes around on your first Friday and work and says, ""Hello Peter, whats happening? Ummm, I'm gonna need you to go ahead come in tomorrow. So if you could be here around 9 that would be great, mmmk... oh oh! and I almost forgot ahh, I'm also gonna need you to go ahead and come in on Sunday too, kay."

"Sorry, we forgot you were starting today. Here is a folding chair and table. We'll try to get you a phone by next week."

You ask your new sales associate how long they've been with the company, and they reply, "ever since they threatened to fire me."

The sign above the water cooler says, "Don't You Have Something Better to Do?" "Get Back to Work!"





DeWitt Senior Center

Tuesday/Thursday:
Tai Chi Class 9am-10am

Wednesday:
Coffee 9:30am-10:30am

*For questions in regards to
DeWitt Senior Center,
please call 402.683.6475*



Ron Hayek

Of
Friend

received a \$5 gift card to
Subway in February. Enjoy!

The answer to February's
riddle, "What two things can
you never eat for breakfast?"
— Lunch & Dinner

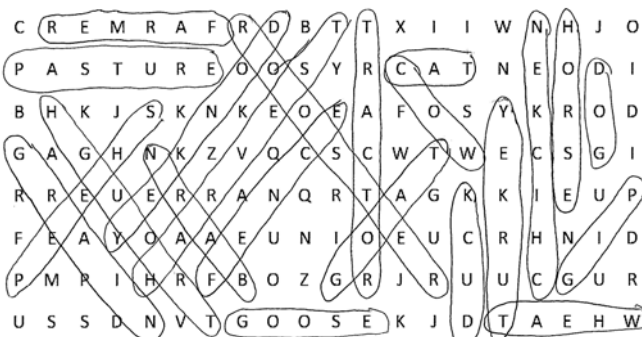


Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County
call: 402.821.3330

ANSWERS TO THIS MONTHS PUZZLES



HAPPY BIRTHDAY!

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

Riddle of the Month

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

What kind of running means walking?

Please include your name & phone number with your answer!

Farm Word Search

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

barn
 cat
 chicken
 cow
 dog
 donkey
 duck
 farmer
 fence
 goat
 goose



grain
 harvest
 horse
 pasture
 pig
 rooster
 sheep
 tractor
 trough
 turkey
 wheat

Who Provides Palliative Care?

In addition to the patient and his or her loved ones, palliative care teams typically consist of the patient's primary doctor, a palliative doctor, nurses, and other professionals such as chaplains, social workers, psychologists, physical therapists, and dietitians on an as-needed basis.

Where Is Palliative Care Provided?

Most hospitals and long-term care facilities have palliative care teams on staff. Many outpatient clinics and home health services can also provide palliative care.

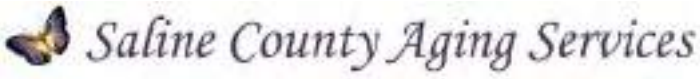
When Can I Start Palliative Care?

You can make arrangements for palliative care as soon as you receive a diagnosis that may warrant it. You don't have to wait for your symptoms to progress to a point of crisis.

Who Should I Talk To About Palliative Care?

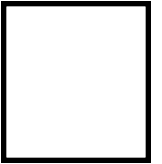
The first step toward making palliative care plans is to talk to your primary care doctor, or to the doctor who's currently supervising your treatment. He or she can help you quickly find the resources you need.

aPlaceforMom.com



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

PO BOX 812, 100 W. 2nd Street, Ne 68445 402.821.5550





Volume 7, Issue 4

April 2021

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The Value of Trees to a Community

The following are some statistics on just how important trees are in a community setting.

The net cooling effect of a young, healthy tree is equivalent to ten room-size air conditioners operating 20 hours a day. *U.S. Department of Agriculture*

If you plant a tree today on the west side of your home, in 5 years your energy bills should be 3% less. In 15 years the savings will be nearly 12%. *Dr. E. Greg McPherson, Center for Urban Forest Research*

A mature tree can often have an appraised value of between \$1,000 and \$10,000. *Council of Tree and Landscape Appraisers*

Having large trees in yards along streets increases a home's value from 3 percent to 15 percent. *Wolf, Kathleen L, PhD, University of Washington (2007) City Trees and Property Values. Arborist News. 16, 4:34-36.*

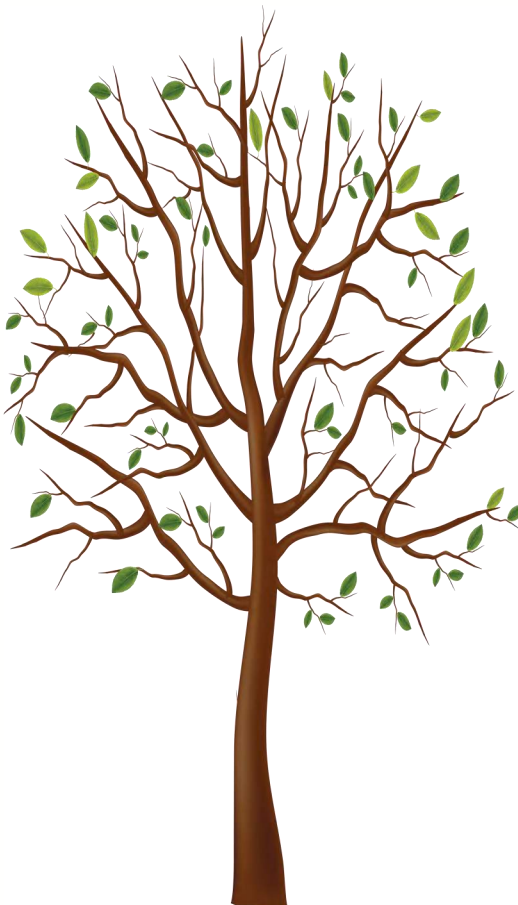
Landscaping, especially with trees, can increase property values as much as 20 percent. *Management Information Services/ICMA*

One acre of forest absorbs six tons of carbon dioxide and puts out four tons of oxygen. This is enough to meet the annual needs of 18 people. *U.S. Department of Agriculture*

Trees properly placed around buildings can reduce air conditioning needs by 30 percent and can save 20–50 percent in energy used for heating. *USDA Forest Service*

The planting of trees means improved water quality, resulting in less runoff and erosion. This allows more recharging of the ground water supply. Wooded areas help prevent the transport of sediment and chemicals into streams. *USDA Forest Service*

In laboratory research, visual exposure to settings with trees has produced significant recovery from stress within five minutes, as indicated by changes in blood pressure and muscle tension. *Dr. Roger S. Ulrich Texas A&M University*



Announcements

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 brief mandatory 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 each. (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.

HOMESTEAD EXEMPTION STARTED IN FEBRUARY



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 signed up for Homestead Exemption in the past, you should receive this years forms in February. If you wish to apply for Homestead Exemption for the first time, please the County Assessors office for the forms.

If you have questions or need assistance filing for HE, call the **County Assessor's office (402-821-2588) or Saline County Aging Services (402-821-3330).**

Exercise Equipment @ SCAS!

Are you wanting to become more active?

Let us help you!

We now offer a Treadmill, NuStep, and various weight sizes.

Call us today, to get your name put on our schedule!



Newsletter Slip

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:

Email or Mailing Address:

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

Dr. Appointments: Tips for Caregivers

Working with doctors and other healthcare professionals can be an important part of being a caregiver. Some things caregivers may find especially helpful to discuss are: what to expect in the future, sources of information and support, community services, and ways they can maintain their own well-being.

If you go with the person you care for to see his or her doctor, here are a few tips that will help you be an ally and an advocate:

- Bring a list of questions, starting with what is most important to you and the person, and take notes on what the doctor recommends. Ask the person in advance how you can be most helpful during the visit. Both the questions and the notes you write down can be helpful later, either to give information to another caregiver or family member, or to remind the patient what the doctor said.
- Before the appointment, ask the person and the other caregivers if they have any questions or concerns they would like you to bring up.
- Bring a list of ALL medicines and dietary supplements the person is taking, both prescription and over-the-counter, and include the dosage and schedule. If he or she sees several different doctors, one may not necessarily know what another has prescribed.
- When the doctor asks a question, let the person answer unless you have been asked to do so.
- It's easy to get into a two-way conversation between the doctor and yourself—try not to do this. Always include both the person you care for and the doctor when you talk.
- Respect the person's privacy, and leave the room when necessary.
- If you live out of town, talk to the doctor about how you can keep up to date on the person's health since you live out of town.
- Ask the doctor to recommend helpful community resources.
- Larger medical practices, hospitals, and nursing homes may have a social worker on staff. The social worker may have valuable suggestions about community resources and other information.



nia.nih.gov

Serving and Portion Sizes

How Much Should I Eat?

Eating a variety of foods from each food group will help you get the nutrients you need.

The Dietary Guidelines describe three USDA Food Patterns, each of which includes slight variations in amounts recommended from different food groups. For example, people 50 or older following the Healthy U.S.-Style Eating Pattern choose foods every day from the following:

- Vegetables — 2 to 3 cups
- Fruits — 1½ to 2 cups
- Grains — 5 to 8 ounces
- Dairy — 3 cups (fat-free or low-fat)
- Protein foods — 5 to 6½ ounces
- Oils — 5 to 7 teaspoons



Does this mean you have to measure or weigh everything you eat? Not really. Some people find it helps to measure things carefully at first, but once you get used to your new eating plan, strict measuring probably won't be necessary. But, what exactly is a serving? And is that different from a portion?

A "serving size" is a standard amount of a food, such as a cup or an ounce. Serving sizes can help you when choosing foods and when comparing like items while shopping, but they are not recommendations for how much of a certain food to eat.

...continued on page 11



Cancer Fighting Nutrition

Cancer can be described simply as a disease that brings about an increase in abnormal cells within the human body. These abnormal cells divide uncontrollably which can negatively affect the organs and the body as a whole. Cancer is the second leading cause of death for both men and women in the United States, behind heart disease. According to the American Cancer society, 18% of cancers in the United States are related to excess body weight, physical inactivity, excess alcohol consumption and/or poor nutrition.

While there is no guaranteed way to prevent cancer, eating well and maintaining a healthy lifestyle may help reduce the risk of developing cancer or can help to support the treatment and recovery process if you are already diagnosed with it. The Academy of Nutrition and Dietetics recommends the following (www.eatright.org):

Maintain or achieve a healthy weight

Certain types of cancer may be directly related to excess body weight. Maintaining a healthy body mass index (BMI) may help reduce the risk of developing certain types of cancer, but can also reduce the risk of other chronic conditions, such as heart disease and high cholesterol and also reduce pressure on the joints.

Include a variety of vegetables, fruits and whole grains while limiting added sugars and solid fats.

Added sugars and solid fats can provide a lot of calories but very few nutrients. This includes sweetened beverages, processed snacks and dessert foods. Aim to include colorful and nutrient dense foods in your meals. These foods provide a variety of vitamins and minerals with less sugar, fat and sodium. Certain fruits and vegetables even contain cancer-fighting phytochemicals which can help boost the body's immune system and slow the growth of cancer cells. Examples of foods that contain phytochemicals are red, orange and dark green fruits and vegetables such as broccoli, spinach, apples, carrots, berries, and bell peppers. Whole grain foods contain a variety of essential vitamins but can help provide a good source of fiber. Fiber helps to maintain a healthy digestive system and can also help reduce the risk of certain types of cancer.

Moderate portions of red and processed meats

Certain processed meats such as ham, bacon and hot dogs have been linked to certain types of cancer. Aim to choose these sparingly and opt for a lean protein option such as poultry and fish more often.

Focus on plant proteins

Not all protein comes from animals. Beans, lentils, tofu and tempeh are all plant based foods that contain a good source of protein, fiber and other nutrients.

Avoid or limit alcohol

The consumption of alcohol has been directly linked to certain types of cancers. Limit alcoholic beverages to no more than one drink per day for women and no more than two drinks per day for men.

Choose food first

There are many types of supplements available and while they may seem like a quick-fix, they may not contain the same nutrients and health benefits as the actual food does. It's important to visit with your health care provider before taking any supplements.

While cancer is a disease with a mind of its own, can strike without warning and be relentless; we can never let our guard down. By following the steps outlined above, along with other healthy lifestyle practices, we can ensure our body and mind are both in tip-top shape to stay free of cancer. Should cancer rear its ugly head, our bodies will be ready by living a life that is healthy in both mind, body and spirit.

(Sources: www.eatright.org and www.cancer.org)

**If you have any questions regarding
"Cancer Fighting Nutrition,"
call Aging Partners at 402-441-7159.**

Exercise of the Month

Exercising with Chronic Pain

Most people living with chronic pain can exercise safely, and it can assist with pain management. In fact, being inactive can sometimes lead to a cycle of more pain and loss of function. Talk to your doctor about what exercises/activities might be right for you. Each type of exercise—endurance, strength, balance, and flexibility—has its own benefits, so a combination may be best.

Exercise can help you maintain a healthy body weight, which may relieve knee or hip pain. Putting on extra weight can slow healing and make some pain worse. Remember to listen to your body when exercising and participating in physical activities. Avoid over-exercising on “good days.” If you have pain, swelling, or inflammation in a specific joint area, you may need to focus on another area for a day or two. If something doesn’t feel right or hurts, seek medical advice right away.

Quick Tip

Pain rarely goes away overnight. Talk with your doctor about how long it may take before you feel better. As your pain lessens, you can likely become even more active.



go4life.nia.nih.gov

Recipe of the Month

Cheesy Tater Tot Casserole

Ingredients:

- 1 lb ground beef
- 1/2 diced yellow onion
- 1 can cream mushroom soup
- 1 can drained green beans
- 2 cups shredded cheese
- 28oz frozen tater tots
- 1tbsp Worcestershire sauce
- Salt, pepper, garlic to taste

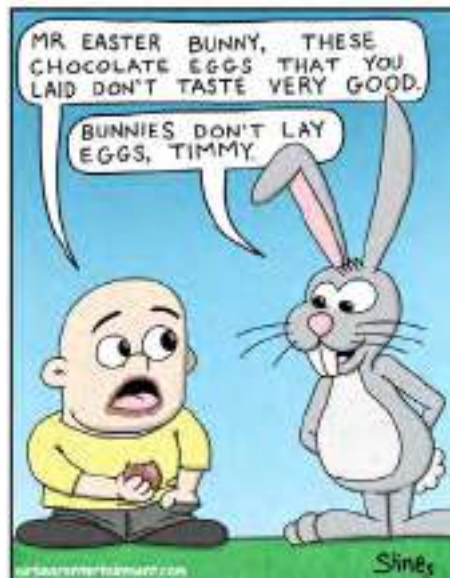


Directions:

- Brown the ground beef with diced onion, season beef with salt, pepper, and garlic powder to taste. Remove grease. Mix in Worcestershire sauce; place the mixture into the bottom of the greased baking dish. (9x13)
- Evenly spread cream of mushroom over the top, and top with green beans.
- Sprinkle cheese over the top.
- Layer as many tater tots as you can fit over the top.
- Bake uncovered in the center rack on 375 for 35-40 mins or until the tater tots are cooked thoroughly and become crispy or brown.

Pinterest.com

Just For Laughs...



What's Happening Near You?



DeWitt Senior Center

Tuesday/Thursday:
Tai Chi Class 9am-10am

Wednesday:
Coffee 9:30am-10:30am

*For questions in regards to
DeWitt Senior Center,
please call 402.683.6475*



Sandra Cochran
Of
Friend, NE

received a \$5 gift card to
Subway in February. Enjoy!

The answer to February's
riddle, "What kind of running
means walking?" — Running
out of gas



ANSWERS TO THIS MONTHS PUZZLES

SOLUTIONS

SPROUT

S	R	P	O	U	T
T	U	O	R	S	P
P	O	S	U	T	R
U	T	R	P	O	S
O	P	T	S	R	U
R	S	U	T	P	O

BASKET

E	B	T	K	A	S
S	A	K	E	B	T
A	E	B	T	S	K
T	K	S	A	E	B
K	S	A	B	T	E
B	T	E	S	K	A

SPRING

R	P	N	S	I	G
I	G	S	R	P	N
N	I	G	P	S	R
S	R	P	G	N	I
G	S	I	N	R	P
P	N	R	I	G	S

DUCKLINGS

I	C	S	N	K	U	G	L	D
D	G	K	S	L	I	U	C	N
U	L	N	C	G	D	K	I	S
G	I	D	L	U	S	N	K	C
L	S	C	D	N	K	I	G	U
K	N	U	I	C	G	D	S	L
N	K	G	U	S	C	L	D	I
C	U	I	K	D	L	S	N	G
S	D	L	G	I	N	C	U	K

TULIPS

L	P	S	U	I	T
U	T	I	P	S	L
I	L	P	S	T	U
S	U	T	L	P	I
T	S	L	I	U	P
P	I	U	T	L	S

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County
call: 402.821.3330

★ **HAPPY** ★
BIRTHDAY!

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

Riddle of the Month

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

What do you get when you cross a rabbit with shellfish?

Please include your name & phone number with your answer!

Easter Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.



SPROUT

S					T
		O		S	
	T	R	P		
	P				U
					O

BASKET

	B	T			S
	A			B	
			T		K
K		A			
	T	E			

SPRING

		N			
I			R		
				S	
	R		G		I
		I	N		
				G	

DUCKLINGS

	C			U	G	L	
		K	S	L		U	
U		N					I
						K	C
L					K	I	
K		U				S	
					C	L	I
C	U	I	K		L	S	
			G		N		U

TULIPS

			U		T
	T	I		S	
	L				
		T	L		
	I			L	S



Serving and Portion Sizes

The term “portion” means how much of a food you are served or how much you eat. A portion size can vary from meal to meal. For example, at home you may serve yourself two small pancakes in one portion, but at a restaurant, you may get a large stack of pancakes as one portion. A portion size may also be bigger than a serving size. For example, the serving size on the Nutrition Facts label for your favorite cereal may be 1 cup, but you may pour yourself 1½ cups in a bowl. Portion size can be a problem when eating out. To keep your portion sizes under control, try ordering one or two small appetizers instead of a large entrée. Or, you could share an entrée with a friend, or eat just half and ask for a take-out container for the rest. Put the leftovers in the fridge as soon as possible. Then enjoy them the next day for lunch or dinner.

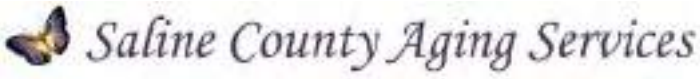
TIP: SNACKING

Snacks are okay, as long as they are smart food choices. If you want an afternoon pick-me-up or after-dinner snack, have a piece of fruit, or spread peanut butter or low-fat cream cheese on whole wheat toast. Don't forget to include snacks in your daily food count. For example, 1 tablespoon of peanut butter spread on a slice of whole wheat toast counts toward the protein foods group and the grains group. Some ideas for healthy snacking include:

- Have an ounce of cheese with some whole grain crackers, a container of low-fat or fat-free yogurt, or a 1-ounce portion of unsalted nuts.
- Put fruit instead of candy in the bowl on your coffee table.
- Keep a container of washed, raw vegetables in the fridge along with hummus or other healthy dips.
- To limit your portion sizes, don't eat from the bag. Count out a serving, and put the bag away.
- When you are out and need a snack, don't be tempted by a candy bar. Instead, take along homemade trail mix in a plastic bag when you go out. If you need to buy a snack while you are on the go, pick up an apple or banana—most convenience stores carry them.

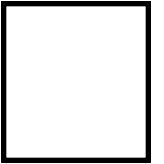


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Improving and enriching the quality of life and independence of older persons in Saline County

PO BOX 812, 100 W. 2nd Street, Ne 68445 402.821.5550



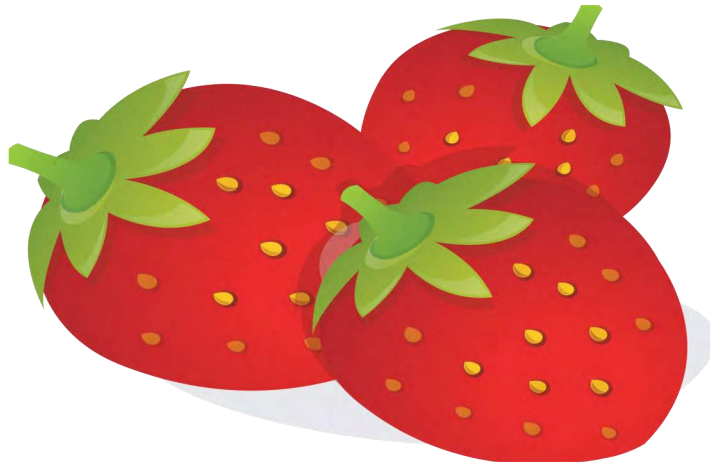


Volume 7, Issue 5

May 2021

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National Strawberry Month

Sweet and bright, National Strawberry Month beckons in May.

We eat them fresh out of the garden, blend them in smoothies, add them to parfaits and bake them into pies. Strawberries tantalize us in ice cream and milkshakes, too. We create preserves with them and give them to our sweethearts covered in chocolate or whipped cream.

These slightly tart berries aren't even berries. Strawberries belong to the rose family and reproduce from runners, not seeds. There are over 400 different varieties, and each berry produces approximately 200 seeds on the outside of the fruit.

They're nutritious, too. Strawberries are low in sugar and excellent sources of vitamins C and K.

Strawberry Fun Facts:

- The average strawberry has 200 seeds.
- Strawberries are the first fruit to ripen in the spring.
- Peak harvesting season in California is from April to June.
- The perfect temperature for strawberry plants is between 55 and 78 degrees.
- Every plant is hand picked about every 3 days.
- Majority of the roots are located in the top 3 inches of soil.

Announcements

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 brief mandatory 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 each. (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.

HOMESTEAD EXEMPTION STARTED IN FEBRUARY



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 signed up for Homestead Exemption in the past, you should receive this years forms in February. If you wish to apply for Homestead Exemption for the first time, please the County Assessors office for the forms.

If you have questions or need assistance filing for HE, call the **County Assessor's office (402-821-2588) or Saline County Aging Services (402-821-3330).**

Exercise Equipment @ SCAS!

Are you wanting to become more active?

Let us help you!

We now offer a Treadmill, NuStep, and various weight sizes.

Call us today, to get your name put on our schedule!



Newsletter Slip

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:

Email or Mailing Address:

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

What's the difference?

Senior living communities come in many shapes and sizes, and there's no universal approach for aging loved ones. Many people think of "senior living" and "nursing home" as synonymous, but over the past 30 years the terms have grown apart, and "nursing home" isn't the senior care catch-all it used to be.

In fact, A Place for Mom surveyed 100 families who contacted us seeking "nursing homes" for their relatives. After consulting with our Senior Living Advisors, 89 of those families determined that a nursing home wasn't the right choice for their aging family member, and they selected a more moderate senior living environment.

So what are the different senior care types, and which fits your loved one's needs? Let's take a closer look at the differences between assisted living and nursing homes.

Comparing assisted living and nursing homes

Assisted living communities are a unique option for older adults who are mostly independent but require some assistance with day-to-day living. Nursing homes are generally designed for seniors who require 24-hour medical supervision due to physical or mental conditions that leave them unable to care for themselves.



What is assisted living?

Assisted living is a great housing choice for seniors who are no longer capable of living alone but want to maintain a social, active lifestyle. Considering these communities' 93% satisfaction rate, it's safe to say that assisted living isn't what your aging loved one is picturing when they say they don't want to move into "a home."

Assisted living communities may offer:

- **Restaurant-style dining, happy hours, and activities** based on resident interest
- **Outings and transportation** to local stores, theaters, and museums
- **Help with laundry, housekeeping, and activities of daily living** — like medication management, bathing, and grooming — that may become daunting to elderly loved ones
- **Suites with mini-kitchens**, or larger apartments that allow couples to age together

The median cost of assisted living in the United States in 2019 was \$4,051 per month. As you consider housing options for your aging loved one, you should also know that assisted living communities often have health standards for admitting new residents. For instance, one might have to be able to feed himself, or transfer between a bed and a wheelchair without assistance.

Who can benefit from assisted living?

Assisted living may be a good option for your aging loved one who:

- Needs minor nursing assistance or medication but doesn't require full-time medical care
- Needs help with daily activities like dressing and bathing
- Is interested in a maintenance-free lifestyle without lawn care or home repairs
- Desires an active life but doesn't have access to transportation
- Is looking for new friends or social activities
- Wants to pursue their passions, like golf, art, or religious studies, in a specially focused lifestyle community
- Is currently in good health but knows they'll need more help soon

What is a nursing home?

Nursing homes — also called convalescent homes, or sometimes skilled nursing facilities — are for seniors who require 24-hour monitoring and medical assistance.

Typical nursing home residents suffer from severe, debilitating physical or mental conditions that leave them unable to live independently. They may be bedridden, wheelchair-bound, or in need of daily skilled nursing care. Nursing homes always require a physician's prescription and physical examination before accepting new residents.

The goal of a nursing home is to ensure the safety and comfort of older adults who need round-the-clock care. Nursing homes offer:

- Ongoing palliative and preventative long-term care
- Assistance with laundry, housekeeping, and activities of daily living
- Prescription medication management and administration, including injections
- Specialized rehabilitative services, such as speech, occupational, physical, respiratory, cognitive, and vocational therapy
- Emergency and routine dental services in all state-funded nursing homes
- Meal options that must meet the daily nutritional requirements and the unique dietary needs of each resident

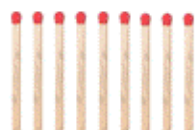


Nursing home care can be expensive: the average cost in the United States in 2019 was \$247 per day, or \$7,512 per month. However, not-for-profit nursing homes can often be paid for using government assistance for lower-income residents.

aPlaceforMom.com

Matchstick Puzzles - #5

1. Can you make five triangles from just nine matchsticks?



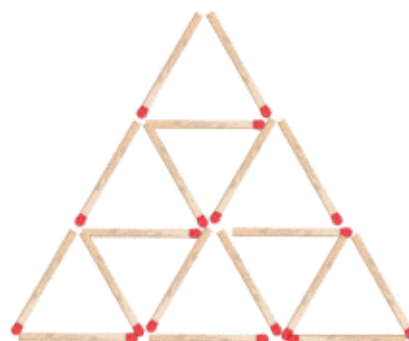
4. Can you make two triangles from just five matchsticks?



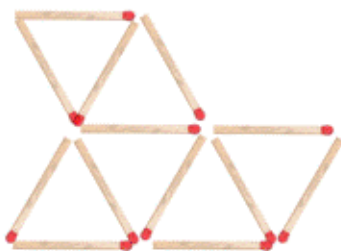
2. Can you move just two of these matchsticks to form four triangles?



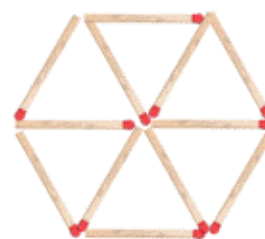
5. This arrangement forms thirteen triangles (nine small, three medium, and a large one). Can you remove just three matchsticks to leave just four triangles?



3. Can you remove four of these matchsticks to leave just three triangles?



6. Move four matchsticks to make three equilateral triangles.



Calf Stretch

Targeted Muscles: Calf

Because many people have tight calf muscles, it's important to stretch them.

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Step forward with right leg and bend right knee. Keeping both feet flat on the floor, bend left knee slightly until you feel a stretch in your left calf muscle. It shouldn't feel uncomfortable. If you don't feel a stretch, bend your right knee until you do.
4. Hold position for 10-30 seconds, and then return to starting position.
5. Repeat with left leg.
6. Continue alternating legs for at least 3-5 times on each leg.



go4life.nia.nih.gov

Recipe of the Month

Ham and Cheddar Crescent Roll-Ups

Ingredients:

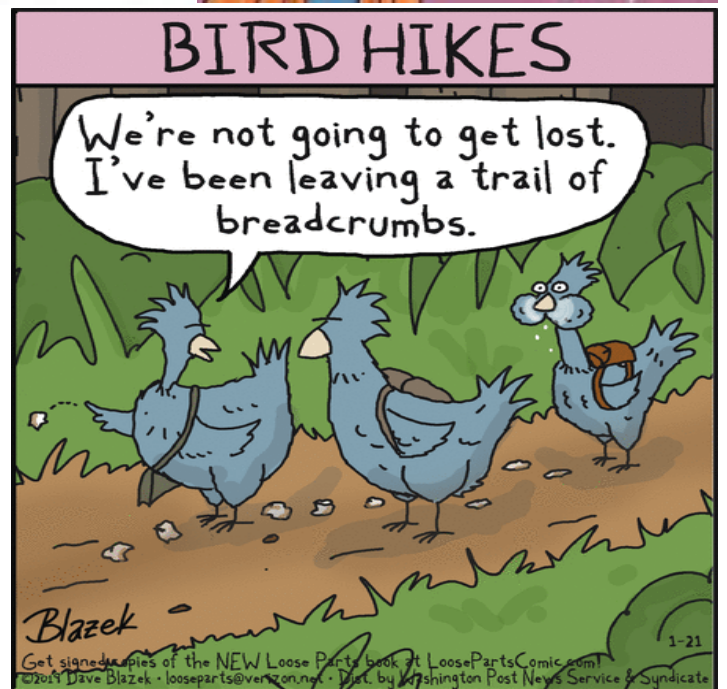
- 1 tube crescent roll dough
- 3 tbsp butter, melted
- 16 ham slices (deli)
- 1/4 tsp garlic powder
- 8 cheddar cheese slices
- 1 tsp parsley

Directions:

- Preheat oven to 375 degrees.
- Roll out the crescent dough pieces.
- Lay down two pieces of deli ham, leaving margin of dough on both ends.
- Place a piece of cheese on top of the ham.
- Roll up the crescent dough from the widest end, with the ham and cheese in the inside.
- Place on parchment paper lined baking sheet.
- Mix together the melted butter, garlic, and parsley.
- Brush the mixture over the top of the rolls.
- Bake for 8-10 mins, or until the tops of the rolls are golden brown.
- Remove from the oven and let rest for 5 mins.



Pinterest.com



What's Happening Near You?



DeWitt Senior Center

Tuesday/Thursday:
Tai Chi Class 9am-10am

Wednesday:
Coffee 9:30am-10:30am

*For questions in regards to
DeWitt Senior Center,
please call 402.683.6475*



Barb Kruger
Of
Wilber, NE

received a \$5 gift card to
Subway in April. Enjoy!

The answer to April's riddle,
"What do you get when you
cross a rabbit with a shell-
fish?" — Oyster Bunny



ANSWERS TO THIS MONTHS PUZZLES

Matchstick Puzzles - #5

SOLUTIONS

1. Can you make five triangles from just nine matchsticks?



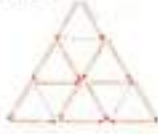
4. Can you make two triangles from just five matchsticks?



2. Can you move just two of these matchsticks to form four triangles?



5. This arrangement forms thirteen triangles (nine small, three medium, and a large one). Can you remove just three matchsticks to leave just four triangles?



3. Can you remove four of these matchsticks to leave just three triangles?



6. Move four matchsticks to make three equilateral triangles.



© 2008/2009

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County
call: 402.821.3330

HAPPY BIRTHDAY!

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

Riddle of the Month

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

What goes up and down but can't move?

Please include your name & phone number with your answer!



May is National BBQ Month

Nutrition Education

The days get longer and the weather gets nicer as we move into the spring and summer months. We spend more time outside doing yard work, gardening, cleaning the house, visiting with family and friends. We will also be grilling more for our meals! Let's dive in and learn about everything BBQ, your health, and how to make BBQ healthy!

Cooking meats at higher temperatures, especially on the grill can produce cancer causing chemicals that are called heterocyclic amines (HCAs). If you like your food on the grill really charred there is a higher chance of having HCAs in that piece of food. When fat drips into the flames it produces a cancer-causing chemical known as polycyclic aromatic hydrocarbons (PAHs). While it is true that individuals who consume more red meats that are heavily charred have higher incidents of cancer, let us keep everything in perspective.

While grilling might be a tradition, there are a couple of things to keep in mind for healthy grilling habits. Be mindful of protein portion sizes and limit your use of heavily processed meats, such as hot dogs, sausages, bacon, lunch meats, and ham. Aim to incorporate leaner proteins, such as seafood options, like salmon, shrimp, trout, and scallops. Leaner proteins, especially fish, are less likely to contain those nasty cancer-causing chemicals known as HCAs and PAHs, so this allows you to grill more! And if you just need a piece of your favorite BBQ, just grill in moderation and not every day.

So now that we know that eating red meats especially those that are grilled, charred, and smoked can lead to higher chances of getting cancers like pancreatic, colorectal, and prostate cancers. We need to look at ways we can make it healthy. Below are some steps we can take to make our grilling more health friendly.

1. Keep the grill surface clean and use aluminum foil to stop fat from dripping.
2. Choose cuts of meat that are thinner, thus requiring less time cooking.
3. Trim as much fat off the meat as possible before grilling, so you lessen your chances of having smoky flare-ups.

4. Making a skewer with small pieces of meat and seafood is a quick and easy way to have thinner cuts of meats while having the meat on the grill less.
5. Pass on burnt ends or any cut of meat that is overly charred from grilling.
6. If you must have your red meat, try opting to not cook it till it is well done.
7. Give the surf instead of the turf a try for once!
8. Grilled fruits and vegetables can spruce up your plate with color but can also make the meal healthier overall. Try tomatoes, onions, bell peppers, pineapple, mango, pears, and apples.
9. Flip your meat more often (every 30 to 60 seconds) and try not to use such high cooking temperatures.
10. Some studies have shown that marinating the meat you want to grill beforehand can cut down on the amount of cancer-causing chemicals that are released during cooking.
11. You can also try microwaving your meats before throwing them on the grill. Studies suggest putting the meat(s) in the microwave for two minutes before grilling can make it healthier.

While grilling is a tradition that helps us enjoy the spring and summer months, remember we must keep everything in moderation and do our best to make every selection of ours healthy. Healthy choices breed healthy habits, which helps create healthy lifestyles for all.

**If you have any questions regarding
"National BBQ Month,"
call Aging Partners at 402-441-7159.**

May Activities



Wow, 2020 was a long year!



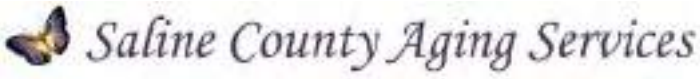
We are so excited to be starting up programs again!

The following dates/towns will be what we are offering for the month of May, as a soft opening to the public. We hope you can join us!

Wednesday, May 19th @ 11:30 —Wilber
Lunch: Spaghetti, Salad, & Garlic Bread

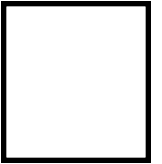
Friday, May 21st @ 11:30 — Western
Lunch: Spaghetti with Meatballs, Salad, & Dessert

Please call Saline County Aging Services to RSVP your spot!
402-821-3330



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

PO BOX 812, 105 W. 2nd Street, Ne 68445 402.821.5550





Volume 7, Issue 6

June 2021

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Tips for Creating a Pest-Free Patio

When you're outdoors, it can be difficult to control insects in such an expansive environment. Luckily there are some things you can do to lessen the disturbance and annoyance they cause. Here are eight things to try right away.

A clean patio is a pest-free patio.

Sweep up any crumbs and wipe away spilled liquids when dining on your patio. Even the smallest food morsel or a sticky substance can attract ants and other insects.

Refresh your lighting.

Replace your white bulbs with yellow bulbs or sodium vapor lights. The orange or yellowish glow may not attract as many insects.

Plant a few herbs.

Garlic and rosemary can repel biting insects. You can also plant a small chive and lemongrass garden to ward off other pests.

Burn citronella torches.

Citronella drives away bothersome insects such as flies and mosquitoes. You could also combine the torches with citrus candles for twice the pest-fighting action.

Spray essential oils in the space.

Spray water with lavender or eucalyptus around your patio to create a natural pest barrier. Spraying it on you can also help keep bugs away.

Grow pest-deterrent flowers.

Planting marigolds around your patio can help you fight against mosquitoes and other biting and stinging pests. Place a potted marigold container on your patio table as extra protection.

Break out the mouthwash.

Mint-flavored mouthwash can help repel mosquitoes from your patio. Spray your tables, chairs and patio perimeter with mouthwash to create a fresh scent and a pest-free space.

Use hydrogen peroxide.

Create a spray mixture with hydrogen peroxide and water for use as a pest repellent. Spray your patio surface and perimeter, taking care not to use the mixture on food or drinks.

Announcements



EXCITING NEWS!!

Saline County Aging Services will be offering a daytrip in the near future..

Watch for July's newsletter for more info.



Are you interested in Water Aerobics?

DeWitt Senior Center will be offering classes at the DeWitt pool starting June 7th.

The classes will be held on Monday, Wednesday, and Friday's @ 5:00pm.

Call Melissa at the DeWitt Senior Center to get signed up.
402.683.6475

Exercise Equipment @ SCAS!

Are you wanting to become more active?

Let us help you!

We now offer a Treadmill, NuStep, and various weight sizes.

Call us today, to get your name put on our schedule!



Newsletter Slip

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or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.

Name:

Email or Mailing Address:

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

Colon Cancer in Seniors

Ninety percent of the time, colon cancer occurs in those who are over age 50. Also called colorectal cancer, this disease is the second leading cause of cancer death in the United States, claiming the lives of almost 50,000 men and women annually. |

COLORECTAL CANCER RISK FACTORS

According to the Mayo Clinic, one in 17 Americans contracts colon cancer at some point in their lives. Because of this, it's recommended that people begin screening for the disease no later than age 50. Of course, screening should begin earlier if one has familial history with the disease. A history of inflammatory bowel disease (IBD) such as Crohn's disease or ulcerative colitis may also lead to higher rates for the cancer. Though the disease strikes men and women equally, African Americans appear much more vulnerable. People who smoke are twice as likely to get colon cancer. Those who are obese, drink heavily, maintain a sedentary lifestyle, or suffer from **diabetes** are also considered more susceptible.

Conversely, a healthy, active lifestyle that includes consistent exercise and a high fiber diet rich in vegetables and fruits with limited red meat intake improves the chances of preventing colon cancer in seniors.

COLORECTAL CANCER SCREENING

Because colon cancer is usually slow growing, timely screening for small precancerous growths (called adenomatous polyps) is by far the most successful preventative of the disease. Awaiting symptoms, including a change in bowel habits, narrow stools, rectal bleeding, cramps, or unexplained weight loss, increases the chances of discovering a stage III or IV cancer.

"Colon cancer is almost completely preventable," says Dr. William Grady, medical director of the Gastrointestinal Cancer Prevention Program at the Seattle Cancer Care Alliance. "Unfortunately, only 20 to 40 percent of people receive screenings when they turn 50, which also explains why roughly a third of the cases we see are too far advanced for realistic survival."

There are several effective methods of screening for colon cancer, including:

- **Colonoscopy**

This remains the most comprehensive of tests. Long thought to be as painful as it was invasive, Whiting explains that there is plenty of myth in this assumption: "People tend to fear what the colonoscopy entails, but this is just an issue of education because the more people learn how the study is done, the more they realize it is not unbearably invasive. Just based on probabilities, I would never discourage someone from having one."

- **Flexible Sigmoidoscopy**

A less invasive procedure, the sigmoidoscopy surveys just the lower portion of the colon. Worrisome polyps and tissue can also be removed surgically through the sigmoidoscope. Rarely conducted with anesthesia, the procedure costs less than the colonoscopy, but should be conducted every five years. Both Whiting and Grady recommend that people over 50 with low risk undergo the procedure in tandem with an annual fecal occult blood test.

- **Fecal Occult Blood Test (FOBT)**

Completely noninvasive, the FOBT is designed to identify traces of blood in your stool, blood that is invisible to the naked eye. Though quite inexpensive and as convenient as collecting a stool sample, the FOBT doesn't distinguish the source of blood, which can result in a false-positive test. Additionally, cancers and (most polyps) don't always bleed, which may then result in a false-negative.

- **Barium Enema**

Recommended every four to five years, this analysis involves coating the entire colon with barium, then viewing it via X-ray for abnormalities. Though this procedure carries less physical discomfort than the scopes, the doctor doesn't enjoy the potential of removing suspicious polyps and tissue. This test should also be issued together with an annual FOBT.



Recent research developments may offer new standards in colon cancer screening. These tests include:

- **Capsule Endoscopy**This involves ingesting a pill-sized camera that records the middle portion of your colon. The endoscopy even contains its own light source. The apparatus detects intestinal bleeding and polyps, as well as inflammatory bowel disease, ulcers and tumors. Unfortunately, the pill-camera cannot remove troublesome polyps.
- **DNA Stool Testing**This looks for DNA changes in your stool that are caused by existing cancerous cells. Precancerous polyps are also revealed by DNA changes, as detected by genetic markers. According to the Mayo Clinic, this test ranges from 71 to 91 percent for detecting cancers, and from 51 to 82 percent for detecting large polyps.
- **Virtual Colonoscopy (VC)**A three-dimensional X-ray of the colon, hundreds of instant photographs are taken to capture the entire landscape of the colon wall. Though equally noninvasive and much more accurate than the barium enema, VC shares the same limitations on real time surgery as the barium enema. There is also the potential for missing the smallest polyps with this screening method.

These numerous screening tests, combined with an early-detection survival rate of nearly 95 percent, means there are few excuses for people to avoid a preventive procedure. Even Stage II detection leads to an 85 percent recovery rate. To add perspective, Stage IV recovery is but 5 percent. Most insurance companies, including Medicare, cover the standard cycles of tests as well.

“There are even new colonoscopes that are more flexible and less invasive,” Grady explains. “So if there is anything that can be done to prevent colon cancer it may come from more discussion about the importance of [timely] screenings.”

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Candy Bar WORD SEARCH

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

ALMOND JOY
BABY RUTH
BUTTERFINGER
CARAMELLO
CHARLESTON CHEW
CRUNCH
FIFTH AVENUE
HEATH

HERSHEY BAR
KIT KAT
KRACKEL
MARS
MILKY WAY
MOUNDS
MR. GOODBAR
OH HENRY

PAY DAY
SNICKERS
TAKE FIVE
THREE MUSKETEERS
TWIX
WHATCHAMACALLIT
ZERO

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Hip Stretch

Targeted Muscles: Hip & Inner Thigh

This exercise will stretch your hip and inner thigh muscles. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both shoulders on the floor throughout the stretch.
2. Slowly lower one knee as far as you comfortably can. Keep your feet close together and try not to move the other leg.
3. Hold position for 10-30 seconds.
4. Bring knee back up slowly.
5. Repeat at least 3-5 times.
6. Repeat at least 3-5 times with your other leg.



go4life.nia.nih.gov

Recipe of the Month

Easy Cauliflower "Mac and Cheese"

Ingredients:

- 1 head cauliflower
- 1/2 cup heavy cream
- 1 cup shredded cheddar cheese
- 1 tsp minced garlic
- 1 tbsp. butter

Directions:

1. Begin boiling a pot of water and preheat the oven to 375.
2. Cut cauliflower into small florets.
3. Put cauliflower into boiling water.
4. In a small sauce pan, melt butter and add garlic.
5. Cook garlic until fragrant.
6. Add whipping cream and cook on medium until bubbly.
7. Slowly add cheese and continue to stir, adding more cheese until sauce is thick.
8. Once the cauliflower is tender, remove from heat and drain.
9. Pat the cauliflower dry and add to a small casserole dish.
10. Pour cheese sauce over the top and stir in.
11. Top with additional cheddar cheese.
12. Bake until cheese is fully melted.



Pinterest.com

Just For Laughs...



What's Happening Near You?



DeWitt Senior Center

Tuesday/Thursday:
Tai Chi Class 9am-10am

Wednesday:
Coffee 9:30am-10:30am

*For questions in regards to
DeWitt Senior Center,
please call 402.683.6475*



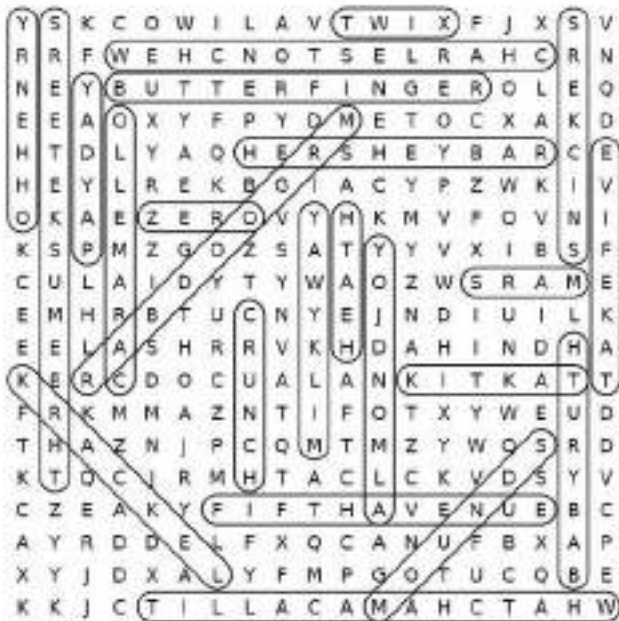
Darlene Zalesky
Of
Wilber, NE

received a \$5 gift card to
Subway in May. Enjoy!

The answer to May's riddle,
"What goes up and down but
cant move?" — Staircase



ANSWERS TO THIS MONTHS PUZZLES



Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County
call: 402.821.3330

★ **HAPPY** ★
BIRTHDAY!

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

Riddle of the Month

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

What grows when it eats, but dies when it drinks?

Please include your name & phone number with your answer!



Eating the Colors of the Rainbow

Nutrition Education

As we know, living a healthy life includes making lifestyle choices; getting regular exercise; and eating a diet that is rich in fruits, vegetables and lean meats. What you may not know, is that incorporating various colors into your diet can have even more profound health-boosting benefits. Eating a variety of fruits and vegetables is vital to your overall health and well-being. Doctors, healthcare providers and registered dietitian nutritionists simply define eating the rainbow as "a diet that involves eating fruits and vegetables of various and different colors every day." These various colors are called pigments, better known as phytochemicals, which give them their unique color and are packed with health benefits!

Reds: Grapefruit, Watermelon, Tomatoes

The main phytonutrient in the red category is lycopene. Red fruits and vegetables have strong antioxidants. They provide anti-inflammatory benefits, help lower the risk of heart-related diseases, can impact your chances of getting certain types of cancers, and potentially protect our bodies from getting skin cancer related to overexposure in the sun.

Yellows and Oranges: Carrots, Sweet Potatoes, Pineapple, Pumpkin, Tangerines, Corn

Main phytonutrient in the yellow/orange category is carotenoids, part of the Vitamin A family. Yellow/orange fruits and vegetables have strong antioxidants and anti-inflammatory properties. These fruits and vegetables specifically support eye health, while also lowering your chances of cancer and heart disease.

Greens: Spinach, Broccoli, Kale, Avocados, Asparagus, Brussels Sprouts

Green fruits and vegetables contain various phytonutrients such as chlorophyll, carotenoids, indoles, isothiocyanates and glucosinolates. Specifically, cruciferous vegetables may help lower your chances of getting cancer and even heart disease. Green colored fruits and vegetables also play a role as an antioxidant and have anti-inflammatory benefits.

Blues & Purples: Blueberries, Blackberries, Plums, Elderberries, Cabbages, Eggplant

Main phytonutrient is anthocyanins, a pigment. Fruits and vegetables in this color group can help to improve brain function, promote anti-inflammatory responses, impact the changes of heart disease, may lower the chances of Type 2 Diabetes, and may protect your body from certain cancers.



Dark Reds: Beets, Prickly Pears

Main phytonutrient is betalains, a pigment. These colored fruits and vegetables could increase your athletic performance by increasing oxygen uptake in the body. These specific fruits and vegetables may even lower the risk of high blood pressure, heart disease and even certain cancers. Like most other brightly colored fruits, dark reds can provide anti-inflammatory properties.

Whites and Browns: Garlic, Cauliflower, Onions, Mushrooms, Potatoes, Parsnips

Main phytonutrients are anthoxanthins (flavonols, flavones). These are water soluble pigments and allicin, an organic sulfur compound. These may be some of the most forgotten fruits and vegetables, but they pack a lot of benefits on their own right! These rather "plain" colored fruits and vegetables can really protect your body from cancers such as colon cancer, reduce your risk of heart disease, be a strong antioxidant and provide your body with anti-inflammatory benefits.

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

Get creative and try something new! There are so many colorful fruits and vegetables available, especially when they are in their peak season. Try new produce or ones that maybe you did not previously like--your pallet may have changed over time. Set a goal to start small, incorporate produce you like and enjoy the tastes of the rainbow!

**If you have any questions regarding
"Eating the Colors of the Rainbow,"
call Aging Partners at 402-441-7159.**

JUNE MEALS/PROGRAMS

The following dates/towns will be what we are offering for the month of June.

We hope you can join us! **The meal is \$5.**

Tuesday, June 15th @ 11:30 —Wilber

Lunch: Taco Tuesday!! We will offer tacos with toppings of choice.

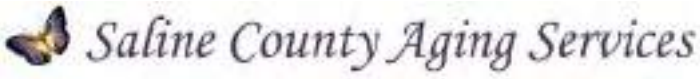
Thursday, June 17th @ 11:30 — Western

Lunch: Taco Tuesday!! We will offer tacos with toppings of choice.

Please call Saline County Aging Services to RSVP your spot!

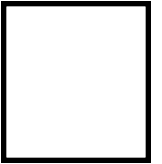
402-821-3330





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

PO BOX 812, 105 W. 2nd Street, Ne 68445 402.821.5550





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Random Facts!

- The first person convicted of speeding was going 8 mph.
- The "New Car Smell" is the scent of dozens of chemicals.
- The world's smallest reptile was first reported in 2021.
- Goosebumps are meant to ward off predators.
- Pineapple works as a natural meat tenderizer.
- A wood frog can hold its pee for up to eight months.
- Your nostrils work one at a time.
- The "M's" in M&Ms stand for "Mars" and "Murrie"
- Chewing gum boost concentration.
- Some people have an extra bone in their knee.
- Pringles aren't actually potato chips.
- Dolphins have been trained to be used in wars.
- Children's medicine once contained morphine.
- Water makes different pouring sounds depending on its temperature.
- A tick bite can make you allergic to red meat.

Bestlifeonline.com

Will you be attending the Czech Festival in Wilber this year?

We will be providing shaded seating to 60 and above! The seating will be in front of the SCAS building. We all know how the heat is during the festival, hopefully this helps you enjoy the festival and parades away from the fierce heat of the sun!



DeWitt Senior Center Schedule

5:00pm — Every Monday, Wednesday, and Friday: Water Areobics @ DeWitt Swimming Pool

7:30am — Every Monday, Wednesday, and Friday: Walking Club

August 18th — Foot Clinic — Call Melissa for Appointment

August 25th — Music Bingo 12:30 –1:30

August 29th— Rose Theatre (Leaving Center @ 9:00am)

EVERY Wednesday — Congregate Meals @ 12:00pm — DeWitt Senior Center

DAY TRIP WITH SCAS TO SALINE COUNTY MUSEUM!!

September 15th, 2021

Details:

9:15am— Arrive at Saline County Aging Services

9:30am— SCAT Bus Arrives to pick us up.

10:00am— Tour of the Saline County Museum in Dorchester.

12:00pm— Eat at City Slickers Bar & Grill

1:30pm— Head back to Wilber.

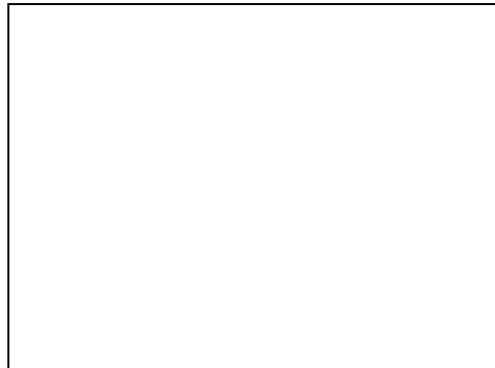


There will be a \$6 fee for the bus. The museum is free of cost, but they do welcome donations. You will be responsible for your meal cost.

Please call SCAS to RSVP by September 8, 2021

Come join us!

We started up meals in May, at Wilber and Western. We would love to expand our numbers. We enjoy providing the meal and a fun atmosphere for all to socialize. Give us a call to RSVP your spot for this month!



Newsletter Slip

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:

Email or Mailing Address:

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

Are you looking for a way to give back to your community? Southeast Nebraska CASA is always looking for caring individuals to help give a voice to an abused or neglected child in the court system. Contact us today to learn more about becoming an advocate for a child, or to become a board member. 402-643-3695



SOUTHEAST NEBRASKA CASA BOARD OF DIRECTORS



.....

Is Board service the right fit for me?

CASA Board Members are expected to...

Demonstrate
commitment to
the CASA
Mission

Demonstrate
commitment
to diversity,
equity, and
inclusion

Pass extensive
background
check

Participate in
CASA Board
Training within
6 months of
appointment

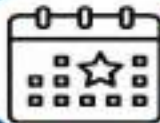
Attend
quarterly
Board
Meetings

Participate
actively in a
committee

Attend and
assist with
special events

Make a
meaningful
financial
contribution

Help recruit
new board
members by
spreading our
mission



QUESTIONS? VISIT SOUTHEASTNEBRASKACASA.ORG
FOR MORE INFORMATION!

ADLs are basic tasks a person needs to be able to do on their own to live independently. Health issues and aging may make it difficult for seniors to complete certain everyday self-care tasks that are essential to keep them healthy and safe.

The Katz Index of Independence in Activities of Daily Living is an effective tool used to assess overall health and functional status of older adults and those with disabilities. Basic ADLs include six essential skills:

1. Bathing and showering: the ability to bathe self and maintain dental, hair, and nail hygiene

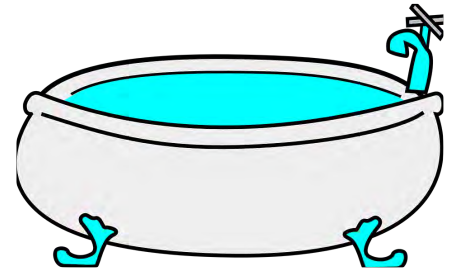
2. Continence: having complete control of bowels and bladder

3. Dressing: the ability to select appropriate clothes and outerwear, and to dress self independently

4. Mobility: being able to walk or transfer from one place to another, specifically in and out of a bed or chair

5. Feeding (excluding meal preparation): the ability to get food from plate to mouth, and to chew and swallow

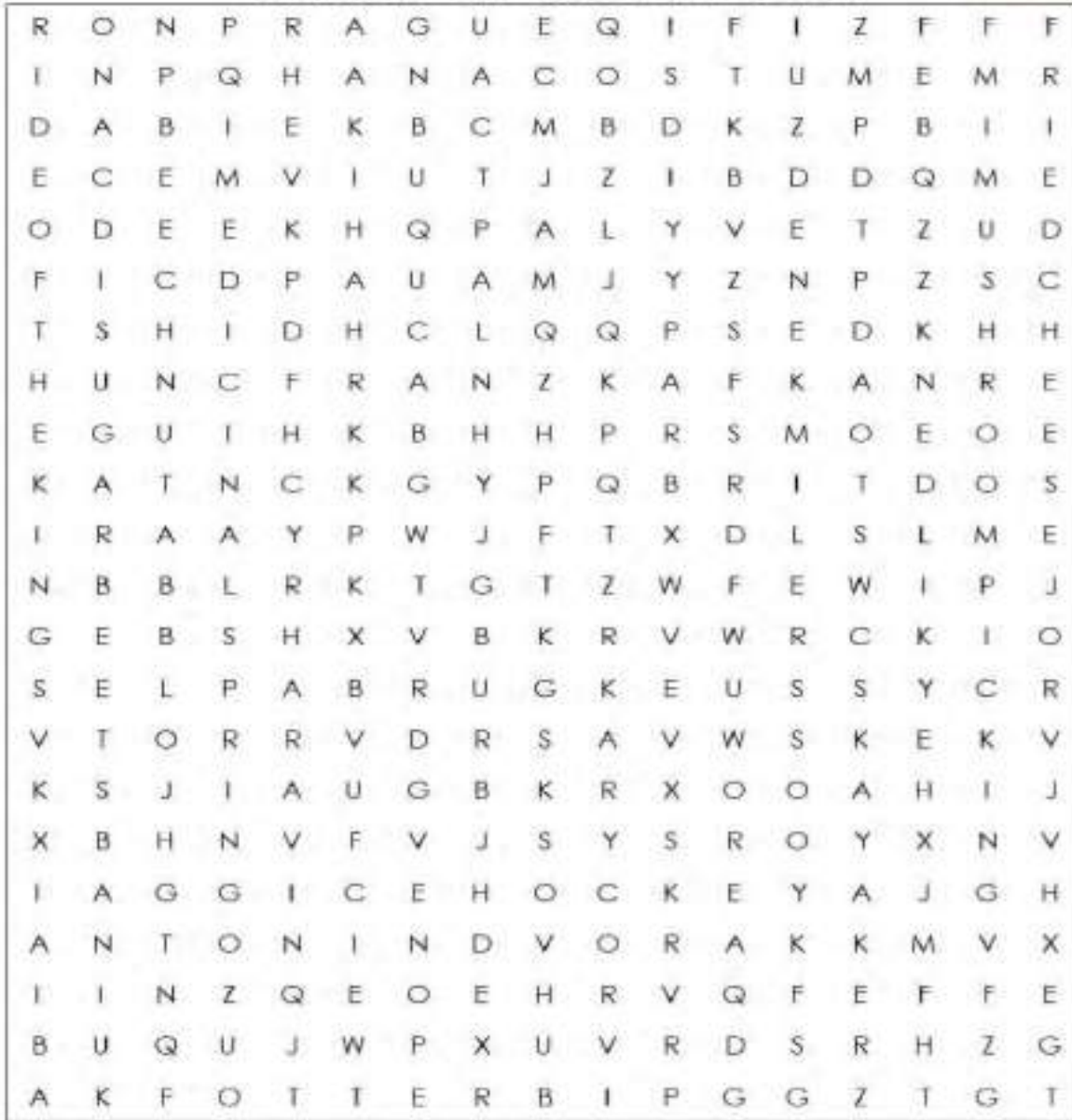
Toileting: the ability to get on and off the toilet and clean self without assistance



aPlaceforMom.com

Name: _____

Czech Republic Word Search



PRAGUE

RIDE OF THE KINGS

HANA COSTUME

ZDENEK MILER

KNEDLIKY

OTTER

FRANZ KAFKA

FRIED CHEESE

MUSHROOM PICKING

ANTONIN DVORAK

BEECHNUT

MEDICINAL SPRING

ICE HOCKEY

KAYAKER

SUGAR BEETS

© Monsterwordsearch.com

Novice



Exercise of the Month—Buddy Stretch

Targeted Muscles: Shoulder, Arm, Back, and Leg

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

This is a good over-all stretch that's fun to do with a partner. It stretches your shoulders, arms, back, and legs. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Sit on the floor facing your buddy and place your feet against your partner's feet.
2. Both of you should grab one end of a resistance band or towel. Depending on each person's flexibility, you may need to loop two bands or towels together.
3. Slowly pull the band or towel so that your buddy bends forward and you lean backward.
4. Hold position for 10-30 seconds.
5. Slowly return to starting position.
6. Now it's your buddy's turn to pull the band or towel so that you bend forward and your buddy leans backward. Hold for 10-30 seconds, and then return to starting position.
7. Repeat at least 3-5 times.



go4life.nia.nih.gov

Recipe of the Month

5 Ingredient Ground Beef Casserole

Ingredients:

- 1.5—2 lbs ground beef
- 10.5 can cream of condensed mushroom soup
- 10.5 can cream of cheddar soup
- 3 cups cubed frozen potatoes
- 1 cup shredded cheddar cheese (divided)
- Salt and pepper to taste
-

Directions:

1. Preheat oven to 350 degrees.
2. Cook the ground beef, drain the grease and add to a large mixing bowl.
3. Add the can of cream of mushroom and cream of cheese.
4. Add the frozen cubed potatoes to the bowl.
5. Add 1/2 cup of the shredded cheese to the bowl.
6. Add a pinch of salt and pepper and mix everything together.
7. Pour into a greased 9x13 casserole dish and sprinkle remainder of cheese on top. Cover with foil.
8. Bake for 30 mins and carefully remove foil. Bake 30 more minutes.



Pinterest.com

**Me after I eat all of
my quarantine
snacks in one night**



TODAY HAS BEEN



RUFF

**WHEN YOU'RE ON A
DIET**



**AND SOMEONE
BRINGS DONUTS**

ARE YOU SURE



**THE SPIDER IS
GONE?**



JUST LEARNED TO TIE MY SHOE



**NOW I HAVE TO DO IT MYSELF FOR THE
REST OF MY LIFE**

quickmeme.com



YOU HAVE CAT TO BE



KITTEN ME RIGHT MEOW

What's Happening Near You?



DeWitt Senior Center

Tuesday/Thursday:
Tai Chi Class 9am-10am

Wednesday:
Coffee 9:30am-10:30am

*For questions in regards to
DeWitt Senior Center,
please call Melissa 402.683.4325*



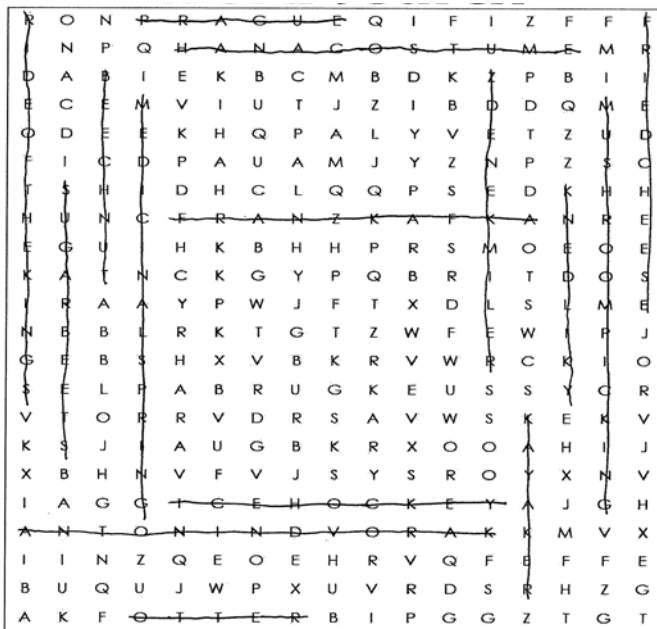
Imogene Hostetler
Of
Adams, NE

received a \$5 gift card to
Subway in July. Enjoy!

The answer to June's riddle,
"What would you say if every-
one in the country
sneezed at the same time?"
— God Bless America!



ANSWERS TO THIS MONTHS PUZZLES



Interested in Home Delivered
Meals??

For DeWitt call: 402.683.4325

For Wilber & the rest of Saline County
call: 402.821.3330

★HAPPY★
BIRTHDAY!

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

Riddle of the Month

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

What has legs, but doesn't walk?

Please include your name & phone number with your answer!



A Pioneering Area Agency on Aging

Berry Fun



Berries are fun for everyone! They come in many different sizes, shapes, colors and tastes; there is literally a berry for all. All berries come packed with nutrients and health benefits which allow you to live a healthier and happier life. Let us take a plunge and see what fun awaits us on our very berry fun adventure.

Some of the most common berries are blueberries, raspberries, blackberries and strawberries. Each of these berries contain not only unique tastes and textures, but more importantly they contain unique chemical properties that positively affect our health. Since berries are so different between each other, how you select and store them is also important.

Blueberries:

Blueberries are sweet in taste, smooth in texture and a perfect addition to a breakfast smoothie or lunch-time salad. They are rich in protective plant compounds such as anthocyanins and antioxidants. These compounds can help fight inflammation within the body. Blueberries can also be responsible for improving the functioning of the eyes, brain and heart. These berries also can help reduce your chances of cancer.

Choose blueberries that are plump, firm, uniform shape and have a blue color with a slight dusty appearance. Avoid those that show signs of mold, are soft or shriveled. Blueberries can be stored in the fridge for up to approximately 10 days. Make sure to wash any berries prior to eating, but not in advance or they will mold.

Raspberries:

Raspberries can be sweet yet tart and are great additions to a side of ice cream, sweet desserts and as an extra splash of flavor in water. These brightly colored berries are packed with fiber and polyphenol compounds; both playing a unique role in limiting your chances of cancer. One cup of these delicious berries contains eight grams of fiber, which can help lower the risk of heart disease and is a nutrient of concern among older adults.

Choose raspberries that are firm, dry, and plump and avoid berries that are either wet or moldy.

Raspberries can be kept in your fridge for one or two days but remember to only wash them when they are ready to be eaten.



Blackberries:

Blackberries can have a unique combination of juicy flavors ranging from sweet to tart, depending on your personal tasting palate. Throw these splendid berries on top of your salad greens or paired with nuts as part of a healthy snack. Blackberries are packed with fiber and Vitamin C. One cup of these contains eight grams of fiber and 100 grams of Vitamin C (35% of the Recommended Daily Allowance).

Choose blackberries that are shiny in appearance and avoid those that are bruised or leaking juice. Store in your fridge for three to six days and wash only when ready to eat.

Strawberries:

Strawberries are probably the most popular of all the berries and are even the most widely grown fruit crop! These berries are a triple combination offering variety in the tastes of sweet and tart. Strawberries add great flavor and can complement any meal or snack. They pack an excellent source of Vitamin C and are rich in plant polyphenols, which help promote and protect the immune system.

To get the most berry goodness for your buck, choose strawberries that are firm, have a bright red color, and are shiny. The green tops should appear fresh, be fully intact, and have a nice green color. Avoid those that are leaking, mushy or shriveled. While they may last up to one week in your fridge, the quality will be best within three days. Remember, as is the rule with most berries, do not wash them until they are ready to be eaten.

When storing, don't let one bad berry spoil the rest. Once you have purchased your berries, check for damaged ones and dispose of them immediately before they spoil the rest. Strawberries, blueberries and raspberries last longer if stored in the coldest place in the fridge, often in the produce drawers.

Berries can also be frozen so you can enjoy them long after the season is over. Simply spread them on a baking sheet and place in the freezer. Once they are frozen, transfer them to a freezer-safe storage bag to enjoy later on. When berries aren't in season, consider frozen ones without added sugar.

As you can see from just a small sampling, berries are packed with fantastic nutrients and compounds to aid in our health and well-being. There are a variety of ways that we can incorporate them into our diets. There are many more berries available. Next time you are at the store, spend a little more time and have yourself a very berry adventure.

UPD 6/22/21

AUGUST MEALS/PROGRAMS

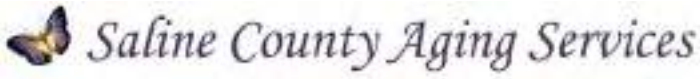
The following dates/towns will be what we are offering for the month of July.
We hope you can join us! **The meal is \$5.**

Tuesday, August 24 @ 9:30 — Wilber
Join us for breakfast and coffee!

Thursday, August 26, @ 9:30 — Western
Join us for breakfast and coffee!

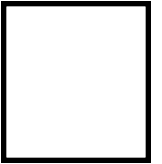
Please call Saline County Aging Services to RSVP your spot!
402-821-3330





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

PO BOX 812, 105 W. 3rd Wiber, Ne 68463 402.821.3330





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September is National Potato Month!

This month we salute the terrific tuber, the spud, otherwise known as the potato! September is National Potato Month! It's hard to imagine a world without potatoes. Once indigenous to South America, specifically Peru and Bolivia, the potato has become a staple food in much of the world. In fact, it is an integral part of the food supply in many countries. Spuds are grown in all fifty states in the U.S. alone!

In 1784, Thomas Jefferson set voyage on a trip to France with his slave James Heming. Jefferson brought his slave along in hopes he would learn some of the French culinary skills. Upon return to the U.S., Jefferson made Heming prepare one of the many culinary delights learned in France, the French fried potato. The dish was served at Jefferson's private residence. Despite the fact Heming learned the culinary skill to make French fried potatoes and brought that skill back the U.S., Jefferson is given credit for introducing French fried potatoes. The earliest known recipe for the potato chip appeared in a cookbook published in 1817. The preparation resembled the French fried potato prepared by Heming.

The potato continues to have a vast history after its initial introduction. Most notably, the history of potatoes relates to the Irish potato famine of the 1840s. Sadly, starvation and disease claimed as many as a million lives in Ireland during the famine. It was during this time that nearly 500,000 Irish immigrated to the U.S.

Mash-Up Potato Facts:

- The word "spud" first made an appearance in New Zealand around 1850. Potato planters used spuds, a sharper version of a spade, to dig up potatoes. Technically, it had nothing to do with the potato.
- The world's largest potato chip was produced by the Pringle Company in 1990. It measures 23' by 14.5'.
- Potatoes have even made an entry into pop culture. Possibly the most famous potato known to man, Mr. Potato Head. A creation from New Yorker George Lerner, the Hasbro Company launched the beloved toy in 1952. Unfortunately, Mr. Potato Head lost his pipe in 1987 mostly due to pressure from anti-smoking groups.
- The "Mashed Potatoes" was a popular dance craze in the early 1960s. Mashed Potato Time was a 1962 chart-topping hit for soul singer Dee Dee Sharp.

Potatoes also have health benefits. For instance, potato skins are a good source of roughage and potassium. The average potato with the skin intact only contains 110 calories. It's all the stuff you put on it that makes it fattening. As long as toppings are used in moderation, you can enjoy potatoes in all their deliciousness!

DeWitt Senior Center Schedule

8:00 am — Every Tuesday & Thursday: Walking Club

September 10th — Day tour to Nebraska City to Arbor Lodge & Orchards.

September 22nd — Celebrating the 30th anniversary of Senior Diners.
Ice Cream Social and Music Bingo at 1:00-3:00pm.

EVERY Wednesday — Congregate Meals, Program, Cards & Games @ 12:00pm — DeWitt Senior Center

Call Melissa for more info! 402.683.4325

DAY TRIP WITH SCAS TO SALINE COUNTY MUSEUM!!

September 15th, 2021

Details:

9:15am— Arrive at Saline County Aging Services
9:30am— SCAT Bus Arrives to pick us up.
10:00am— Tour of the Saline County Museum in Dorchester.
12:00pm— Eat at City Slickers Bar & Grill
1:30pm— Head back to Wilber.



There will be a \$6 fee for the bus. The museum is free of cost, but they do welcome donations. You will be responsible for your meal cost.

Please call SCAS to RSVP by September 8, 2021

****If you would rather drive yourself, let us know!**

Flu Shot/Covid Shot Clinic

Public Health Solutions will be offering Flu Shots
and First Covid Shots!



When: Wednesday, September 22, 2021

Where: Saline County Aging Services

Time: 9:00-11:00am

Call to schedule your appointment! 402-821-3330

DO YOU ENJOY PLAYING CARDS?

We are looking for individuals to join our pitch crew on Friday's at 11:00 am!

Please give us a call to get your name put on our list!
We would love for you to join us.



Newsletter Slip

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:

Email or Mailing Address:

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

10 Healthier Sugar Alternatives to Try

Is sugar your dietary weakness? Many people crave it. But even if you don't necessarily have a sweet tooth, it can be tough to avoid sugar altogether. Nearly everything contains added sugar — from soda and other sweetened drinks to almost all processed foods.

Fortunately, a wide range of sugar substitutes and sweeteners — both natural and artificial — are available to help reduce the amount of table sugar in your diet. Limiting sugar intake is especially important for older adults. Excessive added sugar consumption may lead to obesity, type 2 diabetes, and heart disease. It has also been linked to poor cognitive function, affecting memory and increasing the risk of dementia.

How sugar affects your health

Sugar sweetens, preserves, and enhances the flavor of food. This makes it hard to avoid and resist, but the health benefits of reducing your sugar intake are clear. A diet high in sugar has been associated with a wide range of health conditions, either directly through its effect on the body or indirectly due to complications from obesity.

Complications include:

- Tooth decay and cavities
- Type 2 diabetes
- Weight gain and obesity
- Poor nutrition
- High triglyceride levels



Healthy sugar alternatives: How to choose the right sugar replacement for you

It may be difficult to sort through all the sugar alternatives on the market to decide which one is right for you. Here are a couple of things to consider:

Understand the four categories of sugar alternatives. There are four common types of sugar substitutes: artificial sweeteners, sugar alcohols, novel sweeteners, and natural sweeteners. Each has potential benefits and negatives depending on your goals.

Think about why you want to cut down on sugar. If you have diabetes, for instance, artificial sweeteners or sugar alcohols, like xylitol, may be a better choice when consumed in moderation. Natural sweeteners, like honey, can still raise blood sugar. Always consult with a doctor or dietitian if you're not sure of your best option.

Are sugar alternatives really a healthier option?

Whether or not sugar substitutes are a healthier choice for you depends on which type of sweetener you use, how much you use, and why you use it.

Artificial sweeteners. These synthetic sugar substitutes are intense sweeteners, so you only need a little bit to enhance flavors in food. They add no calories and may help with weight control, although the benefits of artificial sweeteners on weight loss in the long term are still unclear. Artificial sweeteners may be beneficial for those with diabetes since they don't raise blood sugar. However, it's important to consult with your doctor before using a sugar substitute if you have diabetes.

Some people have concerns about the safety of artificial sweeteners. However, all artificial sweeteners must be reviewed and cleared by the Food and Drug Administration (FDA). The FDA also provides consumption guidelines that outline the maximum quantity of artificial sweeteners you can safely have each day.

Sugar alcohols. Unlike sugar, sugar alcohols don't cause tooth decay or cavities. Sugar alcohols also can help with weight control and diabetes management. This is because the body doesn't completely absorb sugar alcohols. However, when consumed excessively, sugar alcohols can lead to digestive problems, such as diarrhea and bloating.

Novel sweeteners. These sweeteners are more difficult to categorize, but they generally derive from natural sources that are highly refined. Stevia is one of the most researched novel sweeteners. Although more research is needed, some studies have shown Stevia may have health benefits, such as lowering blood pressure, controlling diabetes, and helping with weight management.

10 Healthier Sugar Alternatives to Try

Natural sweeteners. You may like the taste of natural sweeteners better than that of table sugar. But it's important to know that even natural sweeteners often undergo processing and refining. They also tend to be high in calories. As with table sugar, natural sweeteners can cause health problems — such as tooth decay, weight gain, and poor nutrition — when consumed excessively. Moderation is key.

Tips for reducing sugar in your diet

Follow these steps to help reduce sugar in your diet on a daily basis:

- Choose to drink water, calorie-free beverages, or low-fat milk instead of sugary sodas and drinks
- Choose whole fruits instead of processed desserts and fruit juices. When you do drink fruit juice, make sure it's 100% fruit
- Add fruit to cereal instead of buying sweetened cereal or adding table sugar
- Use sugar-free preserves or fresh fruit to sweeten plain yogurt instead of eating sweetened yogurt with fruit in it
- Choose lower-calorie, sugar-free hot chocolate drinks instead of candy
- Snack on vegetables, fruit, low-fat cheese, or whole-wheat crackers
- Choose unsweetened products, such as unsweetened applesauce or nut butters
- Add flavors like vanilla, spices, or citrus to flavor foods and drinks

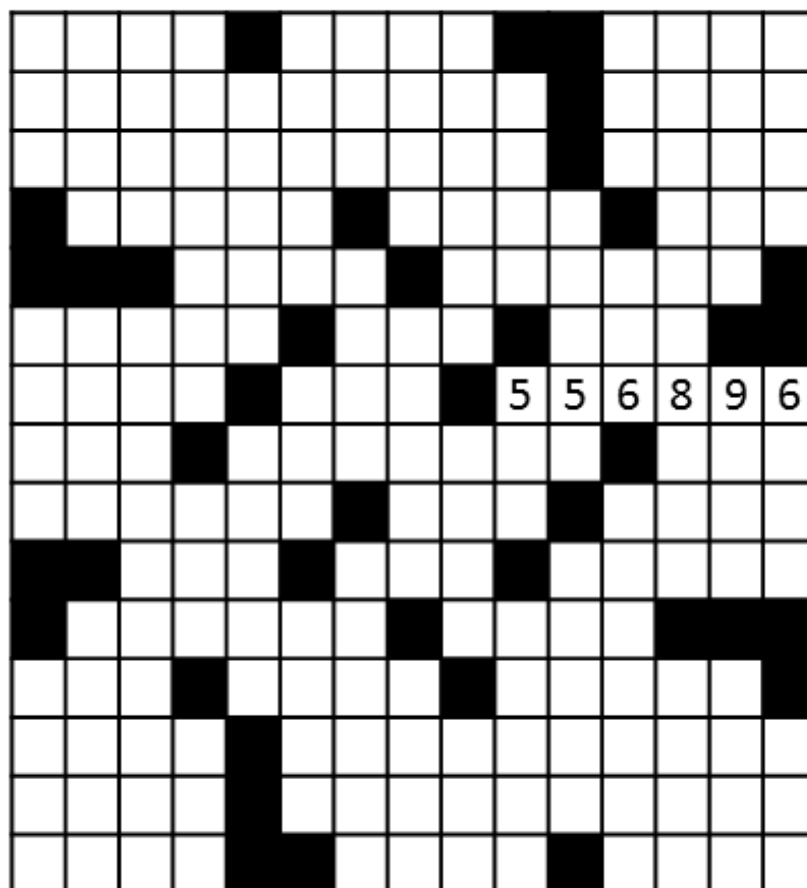


aPlaceforMom.com

Number Fill in Puzzle #001

3 DIGITS

078
105
133
158
178
186
299
367
370
377
446
516
544
558
588
616
629
643
656
784



4 DIGITS

0231
0254
1258
1346
1440
1532
2163
2375
3152
3432
3435
3568
4617
4876
5089
5195
6134
6351
6562
6592

6655
6762
6925
7075
7151
7169
7346
7561
7690
8297
8383
9294

5 DIGITS

05652
07314
15616

34206
39863
43341
49404
52765
54323
57345
57929
59055
67456

6 DIGITS

155581
518390
556896
557675
656061

948615

7 DIGITS

2327354
3733182
6754147

10 DIGITS

1688094379
4388156554
4445868653
5053197245
6037221282
6762508981

TARGETED MUSCLES: Chest

WHAT YOU NEED: Sturdy, armless chair

This exercise, which stretches the chest muscles, is also good for your posture.

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



go4life.nia.nih.gov

Recipe of the Month

5 Ingredient Ground Beef Casserole

Ingredients:

- 1.5—2 lbs ground beef
- 10.5 can cream of condensed mushroom soup
- 10.5 can cream of cheddar soup
- 3 cups cubed frozen potatoes
- 1 cup shredded cheddar cheese (divided)
- Salt and pepper to taste
-

Directions:

1. Preheat oven to 350 degrees.
2. Cook the ground beef, drain the grease and add to a large mixing bowl.
3. Add the can of cream of mushroom and cream of cheese.
4. Add the frozen cubed potatoes to the bowl.
5. Add 1/2 cup of the shredded cheese to the bowl.
6. Add a pinch of salt and pepper and mix everything together.
7. Pour into a greased 9x13 casserole dish and sprinkle remainder of cheese on top. Cover with foil.
8. Bake for 30 mins and carefully remove foil. Bake 30 more minutes.



Pinterest.com

Memories

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.



'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

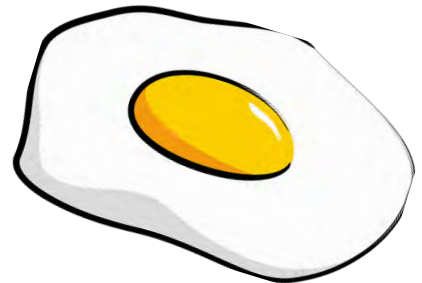
'Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down.' she says.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.



'Where's my toast?'

Nothing enhances the good old days more than a poor memory.

What's Happening Near You?



DeWitt Senior Center

Tuesday/Thursday:
Tai Chi Class 9am-10am

*For questions in regards to
DeWitt Senior Center,
please call Melissa 402.683.4325*



Doris Galbraith

Of

Crete

received a \$5 gift card to
Subway in July. Enjoy!

The answer to June's riddle,
"What has legs but doesn't
walk? — Table



ANSWERS TO THIS MONTHS PUZZLES

6	7	6	2		5	0	8	9			1	4	4	0
5	0	5	3	1	9	7	2	4	5		3	4	3	2
6	7	6	2	5	0	8	9	8	1		3	4	3	5
	5	2	7	6	5		7	6	9	0		5	4	4
			3	1	5	2		1	5	5	5	8	1	
6	7	4	5	6		1	0	5		6	1	6		
6	1	3	4		3	6	7		5	5	6	8	9	6
5	5	8		3	7	3	3	1	8	2		6	2	9
5	1	8	3	9	0		1	5	8		6	5	9	2
		1	7	8		6	4	3		5	7	3	4	5
	5	5	7	6	7	5		2	3	7	5			
4	4	6		3	5	6	8		4	9	4	0	4	
6	3	5	1		6	0	3	7	2	2	1	2	8	2
1	2	5	8		1	6	8	8	0	9	4	3	7	9
7	3	4	6		1	3	4	6		7	1	6	9	

Interested in Home Delivered
Meals??

For DeWitt call: 402.683.4325

For Wilber & the rest of Saline County
call: 402.821.3330

★ **HAPPY** ★
BIRTHDAY!

*A special wish to all of the
September birthdays out there
from*

Saline County Aging Services!

Riddle of the Month

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

What kind of band never plays music?

Please include your name & phone number with your answer!



Simply Squash



Summer Squash



Winter Squash



Spaghetti Squash

Squash is one of the most versatile vegetables and is packed full of a variety of nutrients. Squash comes from a flower and contains seeds of the plant, technically making it a fruit. It is high in vitamin A, vitamin C, calcium, and fiber; and can help promote eye health, skin health and digestive health.

There are many different varieties of squash available, however; most are grouped into two categories: summer and winter.

Summer Squash

Summer squash is typically broken down into four groups: crookneck, zucchini (green and yellow), straight neck, and scallop. Summer squash have very thin yet edible skins and seeds that are soft. The actual flesh of these squash contains a high-water content, mild flavor that is sweet, and often requires little to no cooking. For optimal flavor, choose smaller squash around 4 to 6 ounces with no blemishes. Store squash in a perforated plastic bag in the refrigerator for up to four days.

Summer squash can be prepared with or without seeds. Some recommend salting it for 15 minutes prior to cooking to help remove some of the water content (make sure to blot them dry). Summer squash can be sautéed, baked, grilled, steamed, stir-fried or even made into noodles.

Winter Squash

The name may fool you, but winter squash are warm weather crops. It includes several varieties such as spaghetti,

calabaza, butternut, hubbard, pumpkin and banana. Winter squash have seeds and skins that are hard and thick in nature. Store in a cool, dark place for up to a month or so.

Skins of winter squash are inedible and must be peeled before eating. It may be easier to remove the skin after cooking. Winter squash can be roasted, braised, steamed, boiled, or even microwaved.

Adding to your diet

There are many ways that squash can be deliciously added to your meals. Some have nutty flavors while others are a bit sweeter. It can be paired well with different meats, used as its own entrée, or added as an ingredient.

- Add to stir-fries, casseroles and pasta dishes.
- Roast it or grill it! This is great for yellow and green zucchini, acorn and butternut squash. Top with cinnamon or parmesan cheese.
- Make it into noodles. This works especially well for zucchini (zoodles, anyone!?)
- Add it into a soup. Yellow and green squash pair perfectly in a vegetable soup and butternut squash can be blended and made into its own soup.

Squash is simply nutritious and delicious. Get creative with different varieties, cooking methods and seasonings.

Source: <https://www.thespruceeats.com/all-about-squash-1137499>

SEPTEMBER MEALS/PROGRAMS

The following dates/towns will be what we are offering for the month of July.
We hope you can join us! **The meal is \$5.**

Tuesday, September 28th @ 10:00-11:30am —Wilber
Join us for brunch and a program!

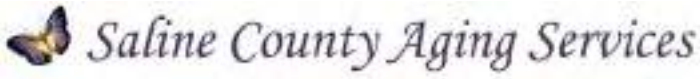
Thursday, September 30th @ 10:00-11:30am — Western
Join us for brunch and a program!



*Please call Saline County Aging Services to RSVP your spot!
402-821-3330*

The attorney generals office will be joining us for a presentation on the latest fraud and scams!

CRETE & FRIEND PROGRAMS COMING SOON!!



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

PO BOX 812, 105 W. 3rd Wiber, Ne 68463 402.821.3330

