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Stay Safe During & After a Winter Storm

Winter storms are dangerous. They can bring cold temperatures, power failures, loss of communication services, and icy roads. This can make being outside dangerous, so you should limit your time outside. Although staying indoors as much as possible can help reduce the risk of car crashes and falls on the ice, you may also face hazards inside your home.



Protect yourself and your loved ones during a winter storm. Take extra steps to make sure you heat your home safely, and follow the tips below.

Heat your home safely.

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer's instructions and remember these safety tips:

- Turning on the stove for heat is not safe; have at least one of the following heat sources in case the power goes out:
 - ⇒ Extra blankets, sleeping bags, and warm winter coats
 - ⇒ Fireplace that is up to code with plenty of dry firewood or a gas log fireplace
 - ⇒ Portable space heaters or kerosene heaters. Check with your local fire department to make sure that kerosene heaters are legal in your area.
- Use electric space heaters with automatic shut-off switches and non-glowing elements. Make sure to keep them away from any flammable materials, like curtains or blankets.
- Use fireplaces, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak gas from the flue or exhaust into the indoor air space.
- Have your heating system serviced by a qualified technician every year.
- Do not burn paper in a fireplace.
- Make sure you have proper ventilation if you must use a kerosene heater.
- Use only the type of fuel your heater is designed to use—don't substitute.
- Keep heat sources, like space heaters, at least 3 feet away from drapes, furniture, or bedding. Never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard, but do not run the cord under carpets or rugs.
- Avoid using extension cords to plug in your space heater.
- If your space heater has a damaged electrical cord or produces sparks, do not use it.



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:



Interested in Home Delivered
Meals??

For Wilber & the rest of Saline County
call: 402.821.3330



Bob Kasl

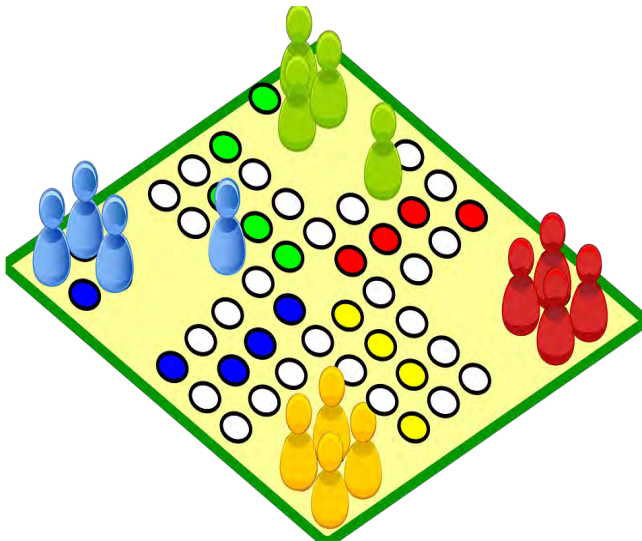
Of

Wilber, NE

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

The answer to December's riddle, "What
does a snowman eat for snack?"
— Snowflakes.

Game Club!



Are you interested in joining a game club?

How it works:

We would offer several types of games.
We would separate into teams.
We would meet on Wednesday afternoons.

This would be a 5 week course, whomever
has the most wins, receives a free lunch on
us!

Please let us know if you have any interest!
402-821-3330

JANUARY MEALS

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

Tuesday, January 11th @ 11:30— *Friend Community Healthcare System, Friend*
Meal: Beef & Broccoli stir-fry, rice and egg roll.

Thursday, January 13th @ 11:30— *Saline County Area Transit Building, Western*
Meal: Soup!

Thursday, January 20th @ 11:30— *SCAS, Wilber*
Meal: Chili and Cinnamon Rolls!



Join us for a game of Jeopardy!

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

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

HOW CHOLESTEROL WORKS & WHAT THOSE NUMBERS MEAN

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

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

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

CHOLESTEROL & HEART DISEASE

Cholesterol levels cannot be considered in isolation from the many other risk factors that affect heart disease:

- Age
- Smoking
- High blood pressure
- Diabetes
- Family History of early heart disease
- Low HDL levels

When two or more of the above risk factors are present, reducing total cholesterol level, particularly LDL, becomes imperative. The following LDL levels, when coupled with the above risk factors, are considered too high:

- LDL level of 190mg/dL or higher, and none or one of the heart disease risk factors
- LDL level of 130mg/dL or higher, and two or more risk factors
- LDL level of 100mg/dL or higher, already have heart disease or diabetes, or two or more risk factors
- LDL level of 70mg/dL or higher, have heart disease with multiple risk factors (especially diabetes), and poorly controlled risk factors (like continuing to smoke, low HDL, etc)

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

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

NEW TAI CHI CLASS STARTING IN WILBER SCAS

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

Saline County Aging Services (SCAS) will again offer a Tai Chi class for beginners starting Wednesday, January 19. It will be held twice a week on Mondays and Wednesdays for 12 weeks with each class lasting about 60 minutes, which includes breaks. Classes will be held in *The Back Room* at the SCAS office at 109 E. 3rd Street in Wilber at 9:00 a.m. and 10:15 a.m. A contribution of \$3.00 is suggested.



Tai Chi: Moving for Better Balance is a program that has been shown to reduce the risk of older adults falling. Tai Chi has also been shown to improve balance, increase leg strength, reduce the fear of falling, improve mobility and flexibility, and improve psychological health.

This effective program was developed by Fuzhong Li, PhD of Oregon Research Institute with funding from the Centers for Disease Control and Prevention.

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



TYPES OF PASTA

Word Search

DIRECTIONS:
Find and circle the
different pasta
names in the grid.
Look for them in all
directions including
backwards and
diagonally.

ANGEL HAIR
BOW TIE
BUCATINI
DITALINI
EGG NOODLES
FARFALLE
FETTUCCINE
FUSILLI
GEMELLI
GNOCCHI
LASAGNA
LINGUINE
MACARONI
MANICOTTI



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

ORECCHIETTE
ORZO
PENNE
RADIATORI
RAVIOLI
RIGATONI
ROTELLE
ROTINI
SHELLS
SPAGHETTI
TAGLIATELLE

TORTELLINI
VERMICELLI
ZITI



Ankle Stretch

WHAT YOU NEED: Sturdy, armless chair

This exercise stretches your ankle muscles. You can stretch both ankles at once or one at a time.

1. Sit securely toward the edge of a sturdy, armless chair.
2. Stretch your legs out in front of you.
3. With your heels on the floor, bend your ankles to point toes toward you.
4. Hold the position for 10-30 seconds.
5. Bend ankles to point toes away from you and hold for 10-30 seconds.
6. Repeat at least 3-5 times.



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Recipe of the Month

Quick Spinach Pasta

Ingredients:

- 8 oz pasta
- 1 tbsp olive oil
- 2-3 cloves garlic
- 9 oz baby spinach
- 1/4 tsp fine salt
- 5 oz cream cheese
- 1 oz grated parmesan cheese
- 1/4 tsp ground nutmeg
- Black pepper to taste

Directions:

- Cook your pasta according to the directions. Before draining, reserve at least 1/2 cup of pasta cooking water. Set aside
- Heat olive oil in large skillet.
- Add garlic and cook for 1-2 minutes until fragrant.
- Add part of the spinach and season with salt.
- When the spinach is wilted, but still green, stir in the cream cheese, and 1/3 cup pasta water.
- Add grated parmesan cheese and nutmeg to the sauce.
- Drain pasta, add to the skillet and toss to combine.
- Enjoy



Pinterest.com

Young Man's Beemer & Old Man's Moped

A successful, single, young businessman, a rising star in his company, wants to impress people. His friends, his colleagues, and of course, the ladies. He does his research, lays out his finances, and buys a BMW Z24 Roadster.

He is so proud of his new car. He eases it out of the drive, takes it for a spin through the countryside, and enters a small town. As he approaches and stops for the traffic light, an old man who must have been 90 years old or more, pulls along beside him on a Honda Hobbit PA-50 Moped.

The old man looks over at him and says, "What kind of car you got there sonny?"

The young man is pleased, "This is a BMW Z24 Roadster." "It costs \$46,000 ."

"Wow". "Why would you spend that much on a car, what does it do?"

"Well Pops, it can cruise at 200 miles per hour for starters." Said the young man.

The old man replied: "Can I take a look inside?"

"Sure".

The old man leans over on his Moped, looks at the interior through the open car window and says: "Well young man, it sure looks pretty. Yep, sure does."

About that time, the traffic light changes from red to green. The young man, again eager to impress, steps on the accelerator hard. He wants to show this old man what his new car can do. Zero to 60 mph, to 90 mph, to 120 and 150 mph.

That's when he notices a really small dot in his rear-view mirror. And the dot is getting closer. He slows down quickly in case it's a police officer. Suddenly the dot is upon him, and actually goes right past him. He can't believe his eyes. It looks just like the old man on the Moped.

How could the PA-50 Moped possibly keep up with his BMW Z24, and in fact, go past him? And then it goes past him backwards, and is once again behind his car. That's when it springs forward and hits the car.

He stops, jumps out, and runs to the back of the car. He can't believe it. The rear of his brand new Beemer is scraped, dented, and caved-in. It's the old man on the Moped.

He immediately reaches to help the old man who may be near dying.

"Man you look bad, where does it hurt?" "How can I help you mister?"

The old man groans in pain:

"You can start by unhooking my suspenders from your side-view mirror!"



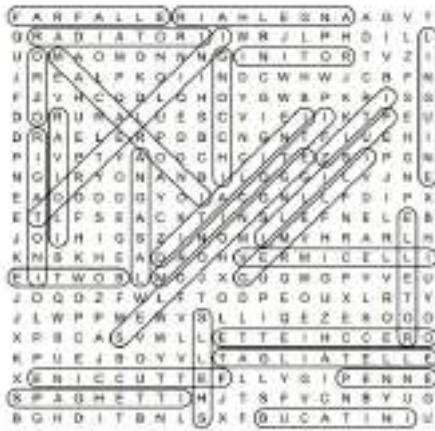
What's Happening Near You?

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

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 is orange and sounds like a parrot?

Please include your name & phone number with your answer!



We had a great December here at the office! It slowed down a bit after Medicare D was finished, but that didn't stop us from having programs! We had a great turnout at each location. Hope you all had a very Merry Christmas. — SCAS Staff





Digestion



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

Fiber

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

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

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

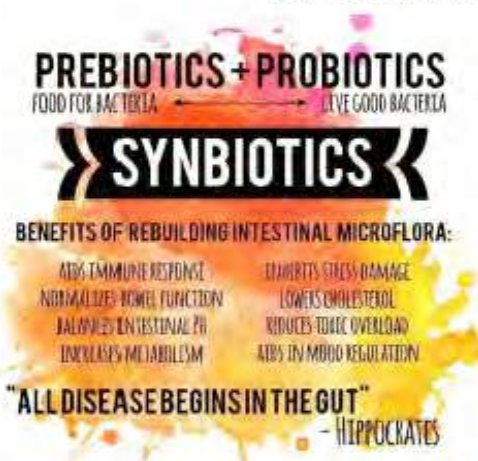
When increasing fiber, it is best to do it gradually over time. Adding in too much fiber at once can cause an upset stomach. Adequate water intake is also very important. Water helps push along the food in the digestive system. If your water intake is low, your digestion may be slower and may have an increased likelihood of constipation.

Prebiotics and Probiotics

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

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

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



1005 "O" Street, Lincoln, NE 68508

aging.lincoln.ne.gov

402-441-7070

800-247-0938

UPD 8/21/2017



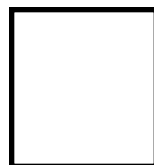
SUBARU
**share
the love**
EVENT



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!





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Heart Disease in the United States

What are the signs and symptoms?

The symptoms vary depending on the type of heart disease. For many people, chest discomfort or a heart attack is the first sign. Someone having a heart attack may experience several symptoms including:

- ♥ Chest pain that doesn't go away after a few mins,
- ♥ Pain or discomfort in the jaw, neck or back.
- ♥ Weakness, lightheadedness, nausea or cold sweat.
- ♥ Pain or discomfort in the arms or shoulder.
- ♥ Shortness of breath.

Americans at Risk for Heart Disease

High blood pressure, high blood cholesterol and smoking are key risk factors for heart disease.

- ♥ Several other medical conditions and lifestyle choices can put people at risk of heart disease, including:

- ♥ Diabetes
- ♥ Overweight and obesity
- ♥ Unhealthy diet
- ♥ Physical Inactivity
- ♥ Excessive alcohol use

- ♥ A few facts:

- ♥ Heart disease is the leading cause of death for men, women & people of most racial and ethnic groups in the US.
- ♥ One person dies every 36 seconds in the US from cardiovascular disease.
- ♥ About 659,000 people in the United States die from heart disease each year. (1 in 4 deaths)
- ♥ In the United States, someone has a heart attack every 40 seconds.

2022 MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17 Legal Clinic by Aging Partners @ SCAS	18	19
20	21	22	23	24	25	26 
27	28	29	30	31		Shamrock Shuffle

www.free-printable-calendar.com

2022 APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Meal @ Wilber	15	16
17	18	19 Coffee @ Crete	20	21 Meal @ Western	22	23
24	25	26 Meal @ Friend	27	28	29	30

www.free-printable-calendar.com

FEBRUARY MEALS

The following dates/towns will be what we are offering for the month of February.
We hope you can join us! **If the presentation includes a meal, it is \$5.**

Tuesday, February 15th @ 10:00am — Friend Community Healthcare System, Friend
Coffee & Pastry - Nutrition Program offered by Aging Partners to follow.

Tuesday, February 15th @ 2:00pm — Crete, TBA
Coffee & Pastry - Nutrition Program offered by Aging Partners to follow.

Thursday, February 17th @ 11:30am — SCAS, Wilber
Meal: Chicken Spaghetti & Garlic Bread - Nutrition Program offered by Aging Partners to follow.

Tuesday, February 22nd @ 10:00am — DeWitt Senior Center, DeWitt
Coffee & Visit

Thursday, February 24th @ 11:30 — Saline County Area Transit Building, Western
Meal: Lasagna - Nutrition Program offered by Aging Partners to follow.

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



Coming in March — Legal Clinic presented by Aging Partners @ SCAS!!

It's become incredibly popular for memory care communities to incorporate music therapy into the daily lives of residents with dementia. But why?

"It can be free to use, it helps bring back memories, and it changes a person's mood and behaviors," says Scott Smith, a music therapy program trainer and director of education and experience at the Atlanta-based Thrive Senior Living.

In fact, research shows a person's music memory can remain intact even when they're experiencing the devastating effects of rapid cognitive decline. Integrating familiar music from one's past may be beneficial.

"Music is a universal language that touches our souls, enlivens our bodies, and connects us to others," says Kareen King, a creative engagement specialist who provides therapeutic and personalized musical experiences to seniors in memory care and assisted living communities.

Discover more about the emotional and physical benefits of music for dementia patients, how senior living communities and at-home caregivers use music therapy, and how to create your own playlists for your loved one.

Benefits of music for dementia patients

Music improves understanding, mood, behavior, and communication, according to a review of several studies on music intervention for Alzheimer's disease. Specifically, music and dementia research suggest music therapy can offer a variety of benefits, including the following:



- Enhanced memory
- Lowered stress levels
- Reduced symptoms of depression
- Improved sleep
- Reduced agitation and anxiety
- Improved cognition

Music therapy can offer physical benefits as well. For example, music with a fun beat can promote light exercise by leading to increased movement. Low-tempo music, meanwhile, has been shown to reduce blood pressure. Understanding how different tempos affect the body and the mind generally may allow caregivers to communicate with and care for specific seniors more effectively.

How music affects the brain of someone with dementia

Music stimulates and engages many parts of a person's brain. Surprisingly, the neural networks responsible for music memory are usually spared until the later stages of dementia, studies suggest. Music often creates an emotional response, as it works as a cue to evoke specific memories.

"Music can help a resident retrieve memories or important feelings they had from those memories," says Scott. "For example, a wedding song can make someone with Alzheimer's feel the way they did on their wedding day."

The life-changing effects of music on Australian seniors with dementia are evident in this video from ABC Science, "The Power of Music on the Brain | Dementia & Parkinson's." In the video, residents' faces light up as they sing, dance, reminisce, and communicate their feelings.

How memory care communities use music therapy for dementia patients

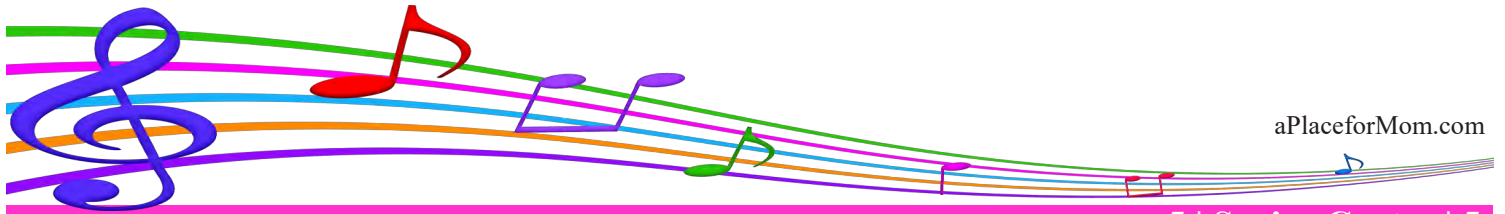
Activities directors in senior living communities and music therapists have long known the benefits of using music to help residents with dementia. Music therapy is a popular activity in memory care communities because it's effective, easy to implement, and inexpensive.

King suggests three music therapy techniques when working with seniors in memory care communities:

- **Play familiar music** and encourage seniors to shake or tap musical instruments to the beat. Instruments can include plastic hand clappers, rhythm sticks, egg shakers, maracas, jingle bells, spoons, or other objects.
- **Use a drum to create a firm beat, which provides a strong sound foundation** and enables seniors to follow the beat or create their own rhythm.
- **Encourage caregivers and others** to sing, dance, or make music with participants.

While King regularly confronts the challenges of dealing with dementia limitations, she knows she's making a difference.

"For some, therapeutic musical programs are the highlight of their week," she says.



aPlaceforMom.com

Unscramble the letters to find the words in our

Valentine's Day Anagram

Hidden Word
(solve the circled letters):



a c d r

e f l o r s w

d e r

f g i t

a c c e h l o o t

a c d n y

i k n p

a e h r t

e l v o

Overhead Arm Raise

TARGETED MUSCLES: Shoulders & Arms

WHAT YOU NEED: Weighted objects or hand-

This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying grandchildren easier.

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



go4life.nia.nih.gov

Recipe of the Month

Sloppy Joe French Bread

Ingredients:

- 1 loaf french bread
- 1/2 yellow onion
- 1 lb. ground beef
- 1 can (15oz) sloppy joe sauce
- 3 cups shredded

Directions:

- Preheat oven to 350 degrees.
- Cut the bread loaf in half (lengthwise) and place it on a lined baking sheet.
- In a large sauté pan, cook the diced onions with a little butter until soft.
- Add the ground beef and crumble until no longer pink.
- Drain or use a paper towel to remove any excess grease, and then stir in sauce.
- Spread the mixture evenly over the bread halves, and then top with shredded cheese.
- Bake for 10-15 mins or until cheese is melted and edges of bread are toasty.
- Allow to cool for a few mins; slice and serve.



Pinterest.com

Do skunks celebrate
Valentine's Day?

Sure, they're very
scent-imental!

GH



THIS MAY BE CHEESY



YOU MAKE MY HEART BEET



I **DONUT** KNOW
WHAT I'D DO WITHOUT YOU.



©2011 WICKED CARDS



orange

you glad to be my valentine?



What did the ghost
say to his wife on
Valentine's Day?

"You look
so BOOtiful."

GH

We make a
beautiful
pear



What did the farmer
give his wife for
Valentine's Day?
Hogs and kisses.



RD

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

Answers to the Puzzle

@c d r	card
@f l o r s w	flowers
d @ r	red
f g i t	gift
a c c e h i o o t	chocolate
a c d n y	candy
i k n p	pink
a e h r t	heart
e k v a	love

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!

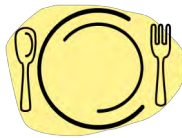
Why did the horse chew with his mouth open?

Please include your name & phone number with your answer!



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Ed Hudecek from Wilber, NE
was the winner of January's Riddle.

The answer to January's riddle, "**What is orange
and sounds like a parrot?**"
— Carrot

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:



Adding Variety with Seafood



One way to add variety to meal planning is including seafood as a source of protein for some meals. A wide variety of fish and shellfish is available in stores, even in landlocked states, and they can be prepared using many different cooking methods.

Most Americans consume the recommended amount of protein; however, seafood intake is far below recommendations. The [2020-2025 Dietary | Guidelines for Americans](https://www.dietaryguidelines.gov/) (<https://www.dietaryguidelines.gov/>) recommend a weekly intake of 8 or more ounces for adults.

Seafood is nutritious; it is an excellent source of protein, vitamin B12, vitamin D and omega-3 fatty acids.

Seafood Tips:

- Plan menus to include seafood twice a week. Ideas include salmon steak, tuna sandwiches, shrimp stir-fry, and baked cod.
Seafood cooks quickly. As a general guideline, cook fish 10 minutes per inch thickness when measured at the thickest part. For food safety, cook seafood to a minimum internal temperature of 145°F. It should be moist and flake easily with a fork. Overcooking can dry out fish.
- Seafood is good for everyone, 2 years of age and older. It is important to limit the amount of mercury in the diet of women who are pregnant or breastfeeding and young children. The [Food and Drug Administration](https://www.fda.gov/food/consumers/advice-about-eating-fish) (<https://www.fda.gov/food/consumers/advice-about-eating-fish>) provides advice on choosing fish that are low in mercury.
- Canned or frozen seafood is generally available in most grocery stores; fresh seafood may be available in some markets. Check freshness by looking for frozen seafood that is solidly frozen with few ice crystals. Defrost in the refrigerator, in cold water, or in the microwave. Do not defrost fish by setting it on the counter.
- If the kitchen smells a little "fishy", light a scented candle or simmer your favorite spices to help eliminate the odor.

Ideas for Preparing Seafood:

- Moist-heat cooking methods - steaming or poaching - are great for low-fat fish such as cod, haddock, halibut, perch, whiting, catfish that may dry out when cooked. Moist-heat cooking can also be used for fatty fish.
- Dry-heat cooking - broiling, grilling and baking - work well for fatty fish such as salmon or tuna steaks. Try grilled salmon in foil packets with lemon slices and fresh herbs.
- A combination of pan-searing for several minutes and then baking fish will make the surface crisp while ensuring it is evenly cooked. Try this with salmon or grouper.
- Seafood in soups, stews and chowders with added vegetables provides an easy one-dish meal. Cod,



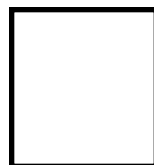
HOMESTEAD EXEMPTION STARTING IN FEBRUARY

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)**.





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Spring Cleaning Checklist

After a long winter, spring has finally sprung! But before you open the windows to let in that fresh spring air, you must clean them first. Yes, we're talking about spring cleaning! But don't worry, we've got a spring cleaning checklist to make this daunting task seem a little more manageable.

All Room Spring Cleaning List

Start with tasks that apply to all rooms, then hit each room one-by-one for more specific cleaning.

- Dust ceiling fans and light fixtures
- Clean windowsills and window tracks
- Vacuum curtains and window blinds
- Wipe down baseboards and shoe molding and dust corners for cobwebs
- Test batteries in all your smoke detectors
- Disinfect doorknobs, cabinet handles and light switches

Kitchen Spring Cleaning

Clean all large appliances, small appliances, and surfaces in your kitchen:

- Wipe down your microwave, coffeemaker and other small appliances
- Empty the crumb tray in your toaster and toaster oven
- Empty the refrigerator and defrost the freezer

- Clean refrigerator shelves (they may fit in the dishwasher!)
- Clean behind and beneath the refrigerator (those coils get dusty!)
- Clean your oven and scrub the stovetop
- Clear out cabinets and wash the shelves
- Sanitize the sink and clean the inner rim of your sink guard

Bedroom Spring Cleaning List

- Organize drawers and closets
- Wash bedding & pillows
- Rotate your mattress

Bathroom Spring Cleaning List

- Organize cabinets and drawers
- Properly dispose of old medicine and toiletries
- Scrub the shower and bathtub
- Wash the shower curtain and floormat
- Scrub the toilet and tile around the toilet

Saline County Aging Services is hosting:
4th Annual Shamrock Shuffle

5K (3.1M) OR 1 MILE FUN RUN/WALK

Saturday, March 26th, 2022

Day of Race Registration from 9:15 AM – 9:45 AM

Start time: 10:00AM SHARP

Location: Legion Park, Wilber, NE

Post Celebration and Door Prizes: Wil-Bol

Pre-Register NOW at:

Saline County Aging Services or Sponsors' Business Locations

Or: Mail registration with check to SCAS, P.O. Box 812, Wilber, NE 68465

Or: Dropbox by SCAS front door

Pre-registration DUE by Wednesday, March 16, 2022 to guarantee T-Shirt

Gratefully Sponsored by: First State Bank Nebraska, Heath Sports, Rose Refinery, Wilber Chiropractic, Downtown Family Vision, Farmers & Merchants Bank, Fox Hole Tavern, Madison+Barrett, 202 Hairdo, Food Mesto, Wilber Plumbing & Heating, Karpisek's Market, C & G Auto, Wil-Bol Lanes, Vyhnalek Insurance, Hoov's Home Improvement, Wilber Hotel, Western United Mutual Insurance, Farmer's Cooperative, Kovar's Sale & Service, Pioneer Hi Bred-Russ Kovar, Maddy n June.

Entry Fees: 1 Mile Fun Run or 5K: \$15 adult 12 & under \$10 Strollers Welcome!!

(Pre-Entry Fee Includes: T-Shirt, Water, After Race Snack, One Free Drink at Wil-Bol Lanes)

****ONLY PRE-REGISTRANTS ARE GUARANTEED A T-SHIRT.**

****Proceeds will benefit Saline County Aging Services and W-C Schools TCBY Program!****

Early Packet Pick-Up at SCAS: Thursday, March 24th or Friday, March 25th or Race Day

Prizes will be awarded to 1st & 2nd places in the age categories of:

4-11, 12-18, 19-30, 31-50, 51 & up

2022 Registration Form

Name _____ **Phone #** _____

Age _____ **Male or Female** **Circle one: 5K or 1 Mile**

YOUTH T-Shirt Size: S M L Female/Male ADULT T-Shirt Size: S M L XL XXL XXXL

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Saline County Aging Services, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the person's name in the waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (if under 18-parent/guardian)

Date

COME JOIN US!

When: **Thursday, March 17th @ 10:00am**

Where: ***Saline County Aging Services, Wilber***

Program: **Legal Clinic** regarding legal aid, power of attorney, living wills, simple wills & more. Bring any questions or concerns that you may have!

Appointments will be available following the presentation!



Everything You Need to Know About Residential Care Homes

When your senior loved one begins to need regular help with their daily tasks and can no longer live alone safely, it may be time to consider senior living options. We know that this decision is a difficult one for families, but the safety of your loved one may depend on getting the proper care. Residential care homes are a great place to begin your search, especially if their needs require full-time supervision.

Residential care homes are intended for seniors who would benefit from full-time assistance. Safety and health care needs of residents are met at these homes in a family-like environment. Homes are often tucked into neighborhoods and provide increased supervision and structure. This is a great option for seniors who enjoy a homelike atmosphere, value close relationships, and prefer a quieter lifestyle.

Just as every house on the block is different, no two residential care homes for the elderly are styled or managed the same way. Some offer vibrant activities, while others are more low-key. All residential care homes for seniors should provide high-quality housing, care services, meals, and companionship. Read on to learn more about what's provided in elderly care homes, including the services, staffing, costs, and more.

What services are included in residential care homes?

Relaxation, companionship, and a quieter lifestyle are all hallmarks of the residential care home experience. Generally, care homes offer a private or shared room and include assistance with **activities of daily living**, which can cover all day-to-day and long-term needs of residents.

The following services can also be found at residential care homes:

- Home-cooked meals
- Laundry and housekeeping
- Transportation
- Medication administration and management
- Planned activities, events, and outings

When you're considering care homes — sometimes referred to as *adult family homes* — it's important to note their distinct differences from other types of senior living care options.

"Adult family homes can have a higher level of care than **assisted living**," says Cindy Nelson, a Senior Living Advisor at A Place for Mom. "It's usually the next step when someone requires more supervision and attention."

What are some other names for residential care homes?

There are many other terms used to talk about residential care homes. Depending on where you live, these homes might be called the following:

- Elder care home
- Purpose-built home
- Adult family home
- Foster care home
- Private care home
- Personal care home
- Private assisted living
- Board and care home
- Home for the aged
- Adult care home
- Group home



What's the atmosphere like in residential care homes?

"Residential care homes for the elderly are usually quieter than assisted living facilities and offer a smaller, homelike family setting for seniors," says Nelson.

It's important to note the **differences between care homes and assisted living communities**. Care home residences are typically located in traditional neighborhood homes and are equipped to care for a small number of residents, usually between two and 10. These homes are also a good option for seniors with memory-loss-related conditions who may become overwhelmed in high-energy, larger spaces.

Each senior living option is specially designed to meet the unique needs of their residents and can vary greatly between care. Make sure to have a conversation about what your loved one is looking for and what kind of lifestyle they'd feel most comfortable in.

Is this type of care best for my senior loved one?

Finding the right care involves matching your loved one's unique needs and preferences with an atmosphere and a staff that's best equipped to assist them. Just like each senior has a unique set of requirements, each home has a different environment, so don't get discouraged if you have to tour more than one.

Saint Patrick's Day Word Search

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



CELTIC
IRELAND
LEPRECHAUN
POTOFGOLD
SHAMROCK

DUBLIN
IRISH
LIMERICK
RAINBOW
SNAKES

GREEN
LEGEND
PATRICK
SAINT



Lower Back Exercise

TARGETED MUSCLES: Lower Back

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

This exercise stretches the muscles of your lower back. 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 arms and shoulders flat on the floor throughout the stretch.
2. Keeping knees bent and together, slowly lower both legs to one side as far as you comfortably can.
3. Hold position for 10-30 seconds.
4. Bring legs back up slowly and repeat toward other side.
5. Continue alternating sides for at least 3-5 times on each side.



go4life.nia.nih.gov

Recipe of the Month

St. Patrick's Day Snack Mix

Ingredients:

- 4 cups lucky charms cereal
- 3 cups pretzels
- 2 cups peanuts
- 1 cup green M&M's
- 1/2 lb almond bark

Directions:

1. line baking sheet with wax paper.
2. Layer cereal pretzels and peanuts.
3. Gently toss so that the ingredients get well mixed together.
4. In a microwave-safe bowl, place almond bark and heat according to package directions until melted.
5. Pour melted bark over the cereal mixture and gently toss until coated.
6. Immediately sprinkle M&M's over the top and lightly toss.
7. Let the snack mix sit for 20-25 mins or until bark is set and completely firm.



Pinterest.com



A Story of Four Worms

A minister carefully selected four worms, night-crawlers to be exact, for a visual demonstration to add emphasis to his Sunday sermon. For this demonstration, he watered his lawn in the evening, then when night time approached, visited his back yard with flashlight in hand.

The Four Worms were Placed into Four Separate Jars

The FIRST WORM was put into a container of alcohol.

The SECOND WORM was put into a container of cigarette smoke.

The THIRD WORM was put into a container of chocolate.

The FOURTH WORM was put into a container of good clean soil.

What Happened to the Four Worms?

At the conclusion of the sermon, the Minister reported the following results:

The FIRST WORM in the jar with alcohol - was DEAD.

The SECOND WORM in the jar with cigarette smoke - was DEAD.

The THIRD WORM in the jar with chocolate - was DEAD.

The FOURTH WORM in the jar of good clean soil - was ALIVE!

So the Minister Asked the Congregation:

What can you learn from this demonstration?

From the back of the church, came the response:

"As long as you drink, smoke and eat chocolate, you won't have worms!"

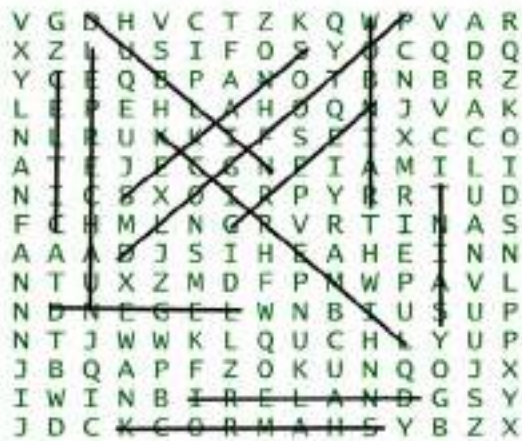
That pretty much ended the service . . .

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

Answers to the 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!

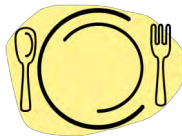
What baseball position do leprechauns play?

Please include your name & phone number with your answer!



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Darlene Zalesky from Wilber was the winner of February's Riddle.

The answer to February's riddle,
"Why did the horse chew with his mouth open?"
— Because he had bad stable manners.

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:



Nutrition as We Age



Healthy eating habits are important throughout our life and there are times when our nutritional needs may change. Enjoying a variety of foods from each food group helps provide our body with the specific nutrients we need as we age. Healthy eating and exercise habits may also help reduce the risk of chronic disease, maintain a healthy weight, and improve mental and social well-being.

There are unique nutritional needs that develop as we age. Some of these needs are due to physical and physiological changes. Some changes may occur in how our body breaks down and absorbs nutrients. Other changes may occur in our ability to taste, smell or chew food. Understanding how these factors influence our eating habits helps us be more aware of the types of foods we are including in our diets.

Changes in nutritional needs

Protein is an important nutrient that helps maintain muscle mass. The recommendations for women over 60 years of age are between 5 to 6 oz. daily and for men 5.5 to 6.5 oz. daily. Aim to incorporate a variety of lean proteins such as poultry and fish while also getting a variety of non-meat protein sources such as beans, nuts and lentils. Beans and nuts are also good sources of fiber and help promote digestive health.

Focus on foods that are good sources of calcium, Vitamin D, Potassium, Vitamin B12 and dietary fiber. Changes in how our body breaks down, absorbs and processes these nutrients can change with age and it's important to ensure that we are eating a variety of fruits, vegetables, whole grains and low-fat dairy products to get the nutrients our body needs.

Hydration is especially important as our sense of thirst may decrease with age, and we may be more prone to dehydration. We often hear to follow the 8-by-8 guidelines, which state that we should drink eight 8-fluid ounce glasses of liquid each day. Water needs may vary by person so another good way to ensure you are getting enough is to drink enough fluids to go to the restroom every 2 to 4 hours. Other liquids and foods can contribute towards total water intake, but water is the golden ticket. Maintaining adequate hydration can help to promote digestive health, regulate body temperature and maintain a healthy metabolism.

Changes in taste or smell can also impact our food choices. Try various seasonings and cooking methods. Consider incorporating softer foods, such as canned or frozen fruits and vegetables, which may be easier to chew compared to fresh fruits and vegetables.

Food Safety

Practicing food safety is one of the easiest and most important ways to prevent the onset of food-borne illnesses. Older adults are at a higher risk of developing food-borne illnesses due to physical changes in the body, effects of certain medications, or compromised immune systems.

- **Clean:** Wash hands, utensils and surfaces often.
- **Separate:** Separate raw meat, poultry, fish and eggs in the refrigerator as well as on cutting boards. Make sure to wash cutting boards and knives when going from raw meat to other foods such as produce.
- **Cook:** Cook foods to the proper temperature. This reduces the risk of food-borne illness.
- **Chill:** Refrigerate foods immediately. Bacteria grows best in the Temperature Danger Zone, which is between 40 degrees and 140 degrees.
- Using a food thermometer is the best way to ensure that foods are cooked to a proper internal temperature.

Make meals fun!

Make meals social by dining with friends, family or neighbors. Set the table, light some candles, and turn on some of your favorite music to help set the mood. Get creative with different spices and seasonings as well as different cooking methods. Enjoy a variety of foods from each food group and aim to include a variety of colorful entrees and side dishes.

Written by: Jill Engel, Aging Partners

Reviewed by: Ann Goshorn, MS, RD, LMNT, CLC

Sources: www.foodsafety.gov
www.myplate.gov
www.nutrition.gov



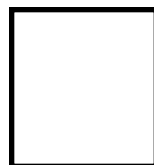
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How To Dye Easter Eggs With Rice & Food Coloring

What you will need:

- Boiled eggs
- Food coloring primary and neon colors both work great
- 3-4 Cups Dry rice
- 2-3 Teaspoons Vinegar

Equipment needed:

- 6-8 plastic zipper sandwich bags
- Measuring cup
- Tray or plate lined with paper towel
- Optional: gloves



1. Open a plastic zip top for each color of egg you would like to have.
2. Fill each bag with 1/2 cup of rice.
3. Add 10-12 drops of food coloring to each bag. Choose one color per bag or mix the colors up to see what you come up with.
4. Roll the egg in a small bowl of vinegar (1/4 cup works). This will help to set the colors on both the egg and the rice.
5. Add one hard boiled egg to each bag and close tightly.
6. Add about 1/2 teaspoon vinegar to each bag. This will help to set the colors on both the egg and rice.
7. Gently roll the egg around in the rice using both hands and cover the egg until covered completely. You can also gently shake the bag but make sure the bag is closed before you shake.
8. You may find you want more food coloring for certain colors. Simply open the bag and add a few more drops of food coloring. More food coloring will give you brighter eggs, but add food coloring a few drops at a time. A little food coloring goes a long way.
9. Remove each egg from bag and set on tray to dry.
10. Repeat this process for all remaining eggs. You can reuse the used rice to color the eggs. Just add more drops of food coloring into the bag to color more eggs!

What's going on at SCAS?

In March, we had Aging Partners join us for a legal clinic. They presented info on Living Wills, Power of Attorney, Simple Wills & more. What great info was shared with all who attended!



In January, we started 2 new Tai Chi classes. We had 8 attend the 9:00am class and 10 attend the 10:15am class. Starting March 21, we combined the two classes to make one!

Our class is being held at the Wilber City Office, we appreciate them allowing us to use their space!



Are you living alone and wanting somebody to check up on you throughout the week?

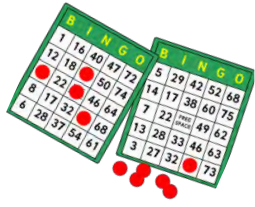
WE have just the right thing for you!

On Monday, Wednesday & Friday every week, the Wilber-Clatonia Students make a quick phone call around 8:00am.

If this is something that interests you, please give us a call. We would be happy to give you more details and put your name on their list!

SCAS — 402-821-3330





Come Join Us!!



When: Thursday, April 21, 2022
@ 11:30am

Where: Saline County Aging Services,
Wilber, NE

Meal: *Wilber Wieners, Macaroni Salad,
& Beans*

Program: Music Bingo with The Music Bingo People! Tunes from the 40's & 60's will be played . Don't miss out on the fun!

When: Thursday, April 28, 2022
@ 11:30am

Where: Saline County Area Transit,
Western, NE

Meal: *TBA*

Program: Aging Partners is coming to discuss benefits, tips, and types of foods that can be frozen! Recipes included!

5 Benefits of Vitamin D for Elderly Adults

Vitamin D is a crucial component of healthy aging, so much so that dosage recommendations increase with age. However, many older adults don't get enough of this essential nutrient, leading to bone softening, nausea, cognitive difficulties, and other health issues. To avoid these problems, older adults should aim for the recommended dose of vitamin D for seniors: 15 micrograms for those under the age of 71, and 20 micrograms for those 71 and older.

Learn about the benefits of vitamin D for seniors, common sources, and how the vitamin can protect aging adults' mood, bone health, and overall wellness.

1. Vitamin D boosts senior happiness and mental health

Vitamin D improves senior mental health, combating prevalent issues like elderly depression. A 2017 study of more than 5,600 older adults found a link between lower levels of vitamin D and depressive symptoms, such as loneliness, lack of enjoyment, and restless sleep.

Study participants with the least amount of vitamin D reported more pronounced mental health concerns. As a result of this emerging science, researchers continue to investigate a potential vitamin D antidepressant.

2. Vitamin D promotes bone health in the elderly

Osteoporosis, a condition that causes bones to become brittle and weak, affects 16% of all seniors, according to the Centers for Disease Control. The condition carries serious health risks, potentially leading to falls and other dangerous home safety situations. The clear connection between vitamin D and bone health in the elderly helps seniors defend against bone softening.

For added effectiveness, older adults should pair the recommended vitamin D dosage for seniors with calcium. A 2019 American Medical Association analysis of 49,000 participants found that seniors who combined adequate vitamin D levels with sufficient calcium intake reduced their risk of hip fractures by 16%.

3. Vitamin D helps prevent cancers and infections

Seniors who want to be proactive about their health should turn to vitamin D. Scientists cite the important nutrient as a preventive treatment for everything from colon cancer to the flu.

Because of vitamin D's ability to manage immune cells, taking the recommended dose of vitamin D for seniors can decrease the risks of colon cancer and blood cancers, specifically. Recent research from the University of Eastern Finland also suggests reduced mortality among some cancer patients treated with vitamin D.

In addition to fending off life-threatening and chronic diseases, vitamin D can help boost a senior's immune system to defeat more everyday illnesses like colds, the flu, and other respiratory conditions. A global study incorporating 25 clinical trials reported that vitamin D promotes "natural antibiotic-like substances" in the lungs.



4. Vitamin D protects oral health

Often, aging makes dental care more difficult to manage. While getting older brings an increased likelihood of gum disease and tooth decay, vitamin D provides a strong defense.

In a study of 67 dental patients, those with higher vitamin D levels exhibited a lower likelihood of contracting oral-health diseases — the most prominent cause of senior tooth decay and loss. This research has been reaffirmed by many other studies, all of which note the link between vitamin D and the body's ability to absorb calcium. Calcium deficiency, a symptom of vitamin D deficiency in elderly adults, puts seniors at an increased risk for gum disease.

5. Vitamin D may lower Parkinson's risks

Parkinson's disease, which occurs when neurons in the brain deteriorate and cause muscle tremors and rigidity, is more common among older adults. In fact, aging stands out as the number one risk factor for Parkinson's, with 5% of adults over the age of 85 developing the condition.

5 Benefits of Vitamin D for Elderly Adults

Getting the recommended dose of vitamin D for seniors may help elderly adults reduce their risk of being diagnosed with Parkinson's, and it can even help alleviate Parkinson's symptoms after diagnosis. A study of 182 patients with Parkinson's and 185 people without the condition found that Parkinson's patients had significantly lower levels of vitamin D than their healthy peers did.

How to get the recommended dose of vitamin D for seniors

When it comes to vitamin D for seniors, dosage recommendations increase after the age of 71: from 15 micrograms to 20 micrograms. Older adults have a greater need for vitamin D due to being at a higher risk for conditions like osteoporosis, cardiovascular disease, and cancer.



There are several ways for older adults to supplement vitamin D naturally:

- Sunshine is one of the best natural sources of vitamin D. Take an afternoon walk or invest in a UV lamp for colder months.
- One tablespoon of cod liver oil supplements 170% of daily vitamin D.
- Four or five sliced white mushrooms make up half of the needed vitamin D intake.
- Three ounces of cooked salmon accounts for more than 80% of necessary vitamin D. Tuna, oysters, and shrimp also contain high amounts of vitamin D.

Highly absorbable forms of vitamin D in pill, gummy, or liquid form are also available at your local health food store. After ruling out medication interactions or other health risks, a doctor or dietitian may recommend a vitamin D supplement beyond natural sources.

aPlaceforMom.com



Easter Story

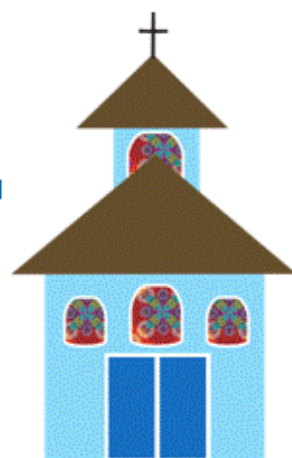
Word Search

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

APOSTLES
BETRAYAL
CAVE
CHURCH
CROSS
CROWN
CRUCIFIXION
DISCIPLES
FAITH
GOOD FRIDAY

JESUS CHRIST
JUDAS
LAMB
LAST SUPPER
LENT
MARY
MIRACLE
PASSOVER
PENANCE
PENTECOST

PRAYER
REDEMPTION
REJOICE
RESURRECTION
RISEN
SAVIOR
SON
THORNS
TOMB



TARGETED MUSCLES: Shoulders

TALK TO YOUR DOCTOR: Hand-held weights

This exercise for your shoulders can help you put things up on a shelf or take them down more easily.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



go4life.nia.nih.gov

Recipe of the Month

Classic Macaroni Salad

Ingredients:

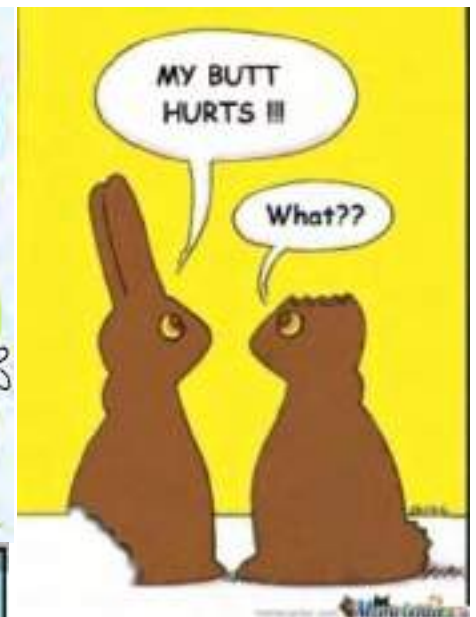
1 pound Elbow Macaroni	1 cup Red Onion
1 cup Mayonnaise	1 cup Red Bell Pepper
1/4 cup White vinegar	1 cup Celery
1 tablespoon Sugar	1/2 teaspoon Salt
2 tablespoons Mustard	1/4 teaspoon Pepper
2 tablespoons Sweet pickle relish	



Directions:

1. Cook elbow macaroni according to package instructions. Make sure to salt your water for flavor.
2. Once pasta is al dente, drain the water and rinse under cold water. Let the pasta drain thoroughly before proceeding to the next step.
3. While the macaroni is draining combine the mayonnaise, white vinegar, sugar, mustard, and sweet relish in a small bowl and whisk together.
4. Add the cooked macaroni, red onion, red bell pepper, and celery to a large bowl.
5. Pour the mayonnaise mixture over everything and gently toss together until well coated.
6. Add salt & pepper to taste.
7. Store in an airtight container in the refrigerator for at least 1 hour to let chill.
8. Enjoy!

Pinterest.com



DeWitt Senior Center Schedule

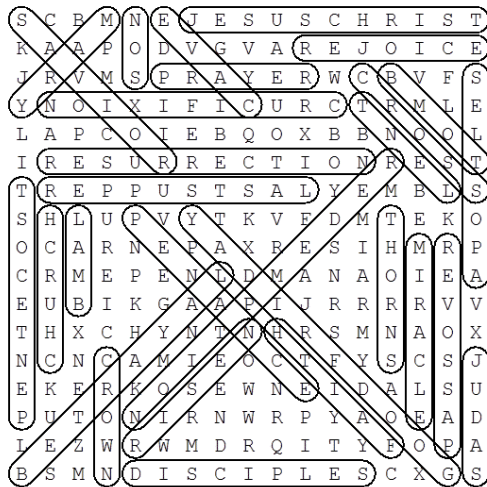
Tuesdays & Thursdays — Tai Chi from 9:00 am—10:00am, Quilting from 1:00 pm– 5:00 pm

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



Saturday, April 2nd @ DeWitt Community Center —
Taco Bar from 6-7pm, Music Bingo following the meal.

Answers to the 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!

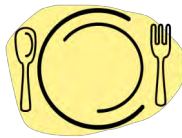
What kind of beans won't grow in your garden?

Please include your name & phone number with your answer!



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Elaine Vlasin from Crete
was the winner of March's Riddle.

The answer to March's riddle,
"What baseball position do leprechauns play?"
— Short Stop.

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:

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Celebrate a World of Flavors

Enjoying different flavors of the world is a chance to learn more about your own food culture as well as those that may be new to you. Familiar ingredients can be presented in new ways and new foods may remind you of things you already know and love. You may also come across ingredients and flavors you've never experienced before.

Trying foods and recipes from various cultures is one way to include different flavors into your healthy eating routine. Many cuisines offer dishes which include foods from each food group, so it's possible to plan meals that are nutritious, well-balanced, and bursting with flavor.

Trying new flavors and foods from around the world can also help you increase the variety in the foods you eat. Choosing a variety of nutritious foods from all of the food groups (fruits, vegetables, grains, dairy, and protein foods) and in the recommended amounts will help you get the nutrients that are needed for good health.

Incorporate your favorite cultural foods and traditions, as you "Celebrate a World of Flavors" during National Nutrition Month® and throughout the year. These are a few ways to embrace global cultures and cuisines when planning your meals and snacks:



Vary your breakfast (or first meal of the day) to include favorites from around the world.

Healthful options are available, even if time is limited. These are just a few examples for on-the-go or when more time is allowed for eating.

- A smoothie with low-fat yogurt or buttermilk and tropical fruits, like papaya or mango.
- Za'atar mixed with a little olive oil and spread on whole wheat pita bread, then topped with tomato slices, olives, cucumber, and fresh mint.
- Scottish oatmeal or bulgur with low-fat or fat-free milk or fortified soymilk with a topping of fruit and nuts or nut butter.
- Congee, a Chinese rice porridge, that can be served plain or with vegetables and a protein food, such as cooked chicken, meat or fish.
- Vegetable upma, an Asian Indian dish, that can be made with semolina or rice, spiced with ginger and other seasonings.
- A Spanish omelet with potatoes and other veggies, topped with a sprinkle of cheese.
- Or, an omelet filled with fried rice, known as omurice in Japan.



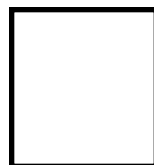
HOMESTEAD EXEMPTION STARTED IN FEBRUARY

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).**





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Types of Corn

Field Corn

More than 99% of the corn grown in Nebraska is field corn, which is typically fed to livestock or processed into ethanol. Field corn is grown until it is hard and dry, and then is harvested in the fall. Field corn is sometimes called "dent corn" because of the distinctive dent that forms on the kernel as the corn dries. Field corn is consumed by livestock (primarily cattle) or processed into ethanol and its animal feed co-product called "distillers grains." Field corn is NOT the corn-on-the-cob or the canned corn that people eat. That type of corn is called sweet corn, while many Nebraska farmers do grow some sweet corn, the acres and acres of field corn you see across the state are likely field corn, making Nebraska the nation's third largest corn producer.

Sweet Corn

Sweet corn is bred to have plump, juicy kernels that include a high level of natural sugar when compared to field corn. It's that sugar that gives sweet corn the flavor we all love. While field corn is harvested when mature and dry (so it can be transported and stored), sweet corn is harvested when the kernels are young and moist.

Popcorn

Nebraska is the nation's largest producer of popcorn, with an annual harvest of 300 million pounds on about 67,000 acres. Each kernel of popcorn contains a small amount of water stored inside a circle of soft starch. When the kernel heats up in the microwave, air popper or on the stove, the water expands until the kernel bursts open to create a light, delicious snack. Americans consume 16 billion quarts of popped popcorn annually – that's 51 quarts per every man, woman and child!

White Corn & Specialty Corn

Some varieties of corn are developed and grown for very specific purposes. Specialty corn is often grown with the specific end use in mind, with farmers contracting with buyers in advance of planting the crop. This helps farmers have a market for the corn and buyers are able to ensure they'll have corn for their needs. White corn features a harder than normal starch and is used in corn chips, tortillas and other popular food products. Nebraska is one of the top producers of white corn in the United State. Nebraska farmers grow white corn for food companies at home and abroad. Some types of corn have been designed to include high levels of starch. This high-starch corn is perfect for ethanol production because ethanol is made from the starch, leaving the other parts of the kernel for distillers grains, a nutrient-rich feed for livestock. Still other corn is bred to have high amounts of oil in its kernels. This high-oil corn is great for certain types of food processing or animal feed. Waxy corn is used to thicken foods and make adhesives, while high-lysine corn provides valuable nutrients to certain types of animals, like pigs. The snack food "corn nuts" are made from flourey corn with large kernels.

Where Nebraska Corn Goes

Much of the corn Nebraska farmers produce stays in Nebraska through ethanol, livestock and other processing. By using more Nebraska corn in Nebraska, we're capturing more of the corn's value right here in the state. That's good for the state's economy, rural communities and Nebraska corn farmers. Because Nebraska corn farmers are so efficient, more corn is produced than is used by the state, which means some is exported to ensure a healthy trade economy. The pie chart shows a further estimated breakdown of usage.

18 Signs Your Aging Parent Needs Help

From spoiled food to living in the same pair of pajamas, certain signs can suggest an aging parent needs help now.

“Always note anything out of character,” says geriatric psychologist Melissa Henston. “I once told my dad, ‘Dad, you can’t eat this stuff. Ham isn’t supposed to be green.’”

No one knows your parents or loved ones like you do — something unusual for them may be an everyday situation at another person’s parents’ home. Still, it’s helpful to know common warning signs that may signal trouble.

We can help you start the senior living conversation

Talking to your loved one about senior living can feel intimidating, but our 5-step guide makes it easier by helping you start an empathetic dialogue, ask important questions, and identify next steps.

Whether you’re visiting in person or catching up via video chat, look out for these 18 signs:

1. Bounced checks, calls from collections, and late payment notices

Are they paying bills late or not paying them at all? Are collection companies calling?

2. Broken or damaged appliances and fixtures

Have they stopped cooking or maintaining a regular meal schedule because their kitchen appliances don’t work? Are important items, such as light bulbs or smoke alarms, breaking or not being tended to?

3. Changes in mood or extreme mood swings

Are your parents acting differently toward you, friends, or even strangers?

4. Cluttered, dirty, or disorganized house

Is the home beginning to look and feel different or unrecognizable?

5. Confusion and uncertainty when performing familiar tasks

Do your parents seem unsure about how to complete daily chores or tasks such as laundry, vacuuming, or washing dishes?

6. Feeling depressed or having little to no energy

Has your parent’s demeanor noticeably changed? Do they smile or laugh like they used to?

7. Wearing disheveled or tattered clothing

Do your parents regularly neglect their appearance? Are their clothes worn or dirty?

8. Keeping expired groceries

Is food collecting mold on the counter or making the fridge and house smell?

9. Forgetfulness

Are they losing or misplacing keys, wallets, or other important items?

10. Improper medication management

Are there full bottles of prescription pills in medicine cabinets?

11. Leaving house or yard maintenance unattended

Are weeds growing uncontrollably? Is trash piling up outside?

12. Loss of interest in activities or hobbies they once enjoyed

When was the last time they did something they loved?



13. Missing important appointments

Are they frequently rescheduling missed appointments or simply not showing up?

14. Weight loss or poor dieting habits

Are they eating much less or consuming only fast food or prepackaged snacks?

15. Poor personal hygiene

Do they have bad breath or body odor more often?

16. Trouble getting up from a seated position

Are they struggling to sit or stand?

17. Frequent injuries or bruising

Do they have unexplained and more frequent bruises, scratches, or cuts?

18. Unexplained dents or damage on their car

Are they getting into more accidents? In general, are they not paying attention to their car or safety?

If you notice any of these signs, it may be helpful to write down your concerns. Talking with your siblings and other relatives, or perhaps planning an elder care family meeting, can be extremely helpful.



Does Your Home Need Repairs?



Let USDA Rural Development Nebraska help you

Improve Your Home!



Before



After

VERY AFFORDABLE

1% Fixed Rate Repair Loans for Home Owners

- ⇒ Up to 20 year loan term
- ⇒ \$20,000 maximum outstanding loan amount
- ⇒ Improve/modernize/remove health & safety hazards
- ⇒ Home must be owner occupied
- ⇒ Income guidelines apply (by county)—See reverse



Rural Development
U.S. DEPARTMENT OF AGRICULTURE

Payment examples: \$2,500 = \$11.48/mo.; \$7,500 = \$34.43/mo.; \$20,000 = \$91.80/mo.

Loan/Grant combos or grants may be available based on set eligibility formulas (for 62 & older). Maximum \$7,500 lifetime grant assistance. Under age 62 = Loan program only.

All communities in NE are eligible EXCEPT: Fremont, Grand Island, Hastings, Kearney, Lincoln, North Platte, Omaha, & South Sioux/Dakota City

Contact Us Today for More Information

402-437-5551 Option 1.

If no answer, please leave a brief message with name and phone number.

The first available Housing Specialist will return your call.

Or e-mail: SM.RD.NE.SFHQST@usda.gov

USDA is an equal opportunity provider, employer, and lender.



Oh, so much fun!



When: Thursday, May 26th, 2022
@ 2:00pm

Where: Saline County Aging Services,
Wilber, NE

Dessert & Coffee Provided!!

Program: Aging Partners is coming to discuss benefits, tips, and types of foods that can be frozen! Recipes included!

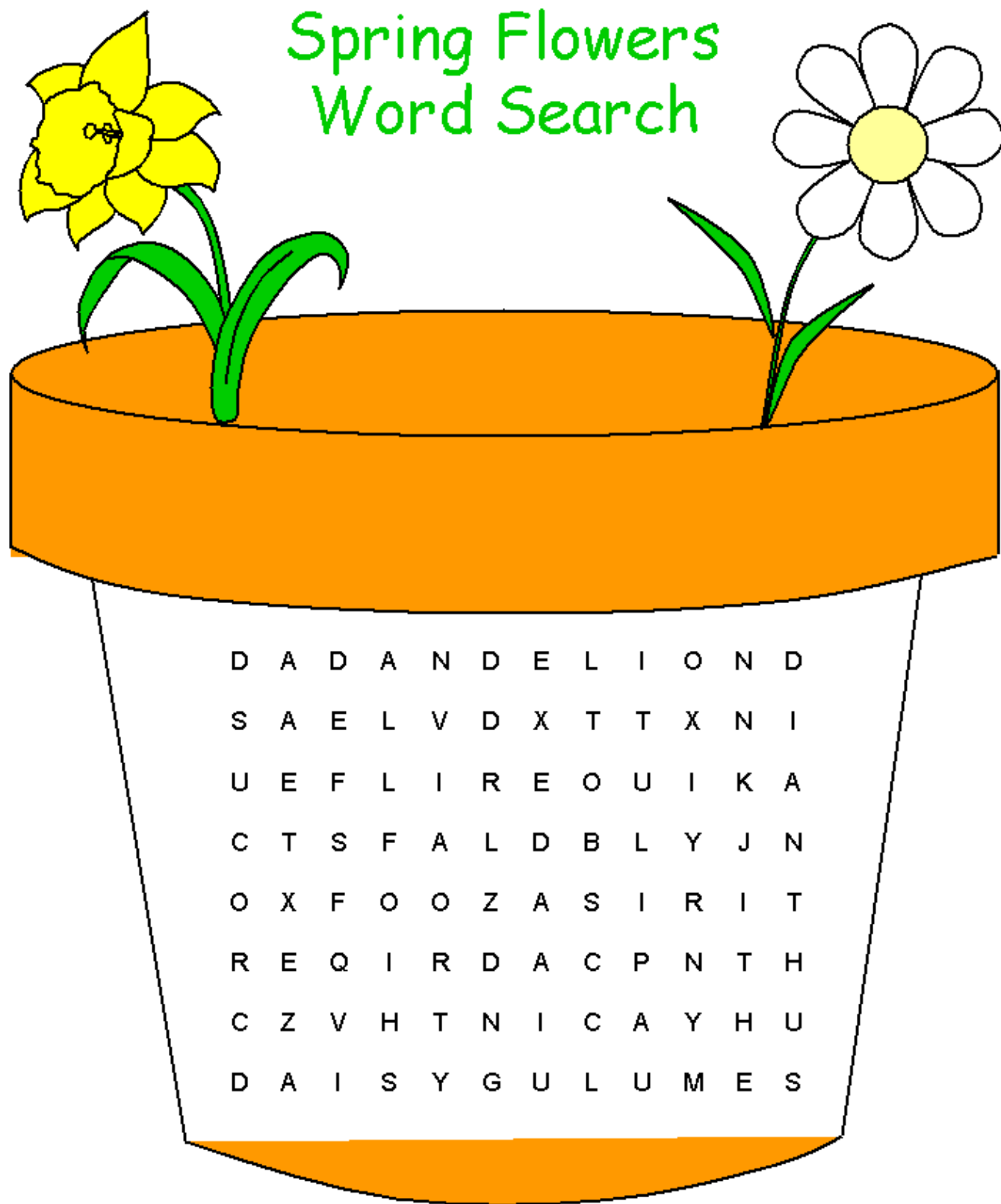
When: Thursday, May 19th, 2022
@ 11:30am

Where: Saline County Area Transit,
Western, NE

Meal: TBA

Program: Music Bingo with The Music Bingo People! Tunes from the 40's & 60's will be played . Don't miss out on the fun!

Spring Flowers Word Search



AZALEA
CROCUS
DAFFODIL

DAISY
DANDELION
DIANTHUS

HYACINTH
IRIS
LILAC

ROSE
TULIP
VIOLET

TARGETED MUSCLES: Shoulders

TALK TO YOUR DOCTOR: Hand-held weights

This exercise for your shoulders can help you put things up on a shelf or take them down more easily.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



go4life.nia.nih.gov

Recipe of the Month

Healthy Banana Oatmeal Pancakes

Ingredients:

2 ripe bananas
2 eggs
1 cup oats
Mix-ins or toppings



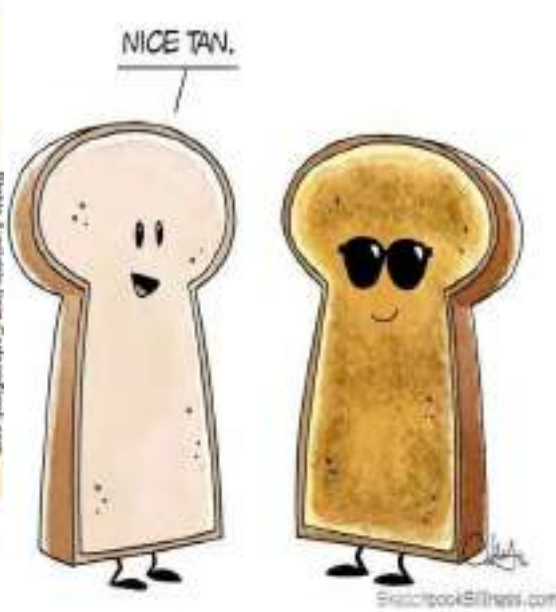
Directions:

1. Preheat a skillet on low.
2. Mix bananas, eggs & oats in a blender on low.
3. Grease your skillet with butter, oil or spray.
4. Pour your desired size of pancake onto the skillet.
5. Allow pancakes to cook through on one side before flipping.
6. Flip and cook the other side until done; repeat for the rest of the batter.
7. Serve with syrup, butter, peanut butter & your favorite pancake toppings

Pinterest.com



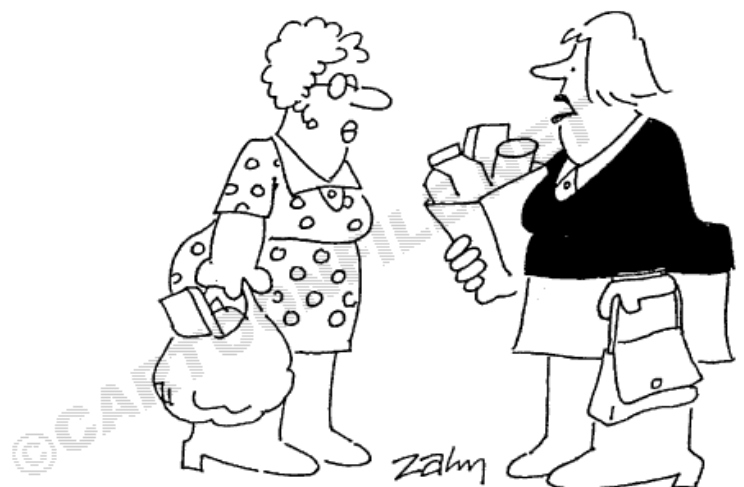
"I DON'T THINK OF MY SKIN AS SAGGY... I THINK OF IT AS RELAXED-FIT!"



I just burned 1200 calories.
I forgot the
pizza in the oven.



You know you are
getting old when
it takes two tries
to get up from
the sofa.



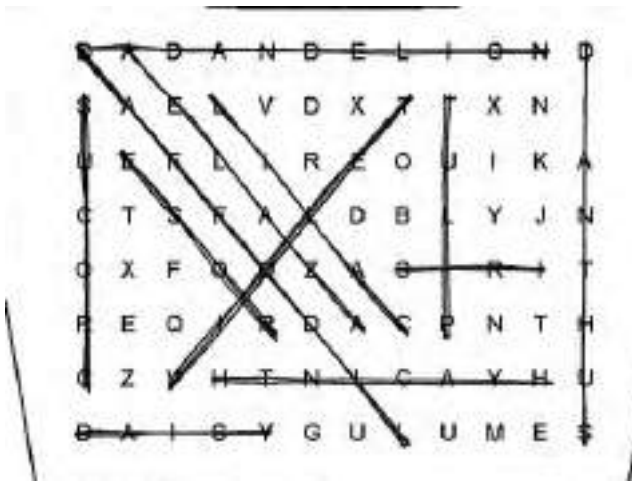
"THE ONLY TIME I LIVE LIFE IN THE FAST LANE
IS WHEN I HAVE EIGHT ITEMS OR LESS."

DeWitt Senior Center Schedule

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

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Answers to the 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!

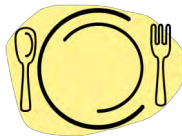
What has 4 wheels and flies?

Please include your name & phone number with your answer!



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Jerald Saurer of Friend
was the winner of April's Riddle.

The answer to April's riddle,
"What kind of beans wont grow in your garden?"
— Jelly Beans

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:



A Pioneering Area Agency on Aging

The MIND Diet

The MIND Diet

Recent findings from a 20-year study from the Chicago Health and Aging Project (CHAP) have shown that certain dietary patterns may have the possibility to improve brain health and lower the risk of developing Alzheimer's disease. The MIND diet was developed because of this research.

The MIND diet is a hybrid between the Mediterranean and DASH diets. It is packed full of plant-based foods that are similarly recommended in the Mediterranean and DASH diets, as well as fish and poultry. It also encourages limiting saturated fats and added sugars. The main difference is that the MIND diet focuses more on specific foods and food groups.

Don't Skip the Veggies

The MIND diet recommends eating 2 or more servings of vegetables per day and at least one serving of leafy green vegetables per day. Leafy green vegetables contain an abundance of antioxidants and are rich in phytochemicals. They are also packed with folate, Vitamin E, carotenoids and flavonoids.

Cruciferous vegetables such as broccoli, cabbage and kale are also very important. Research has shown that eating cruciferous vegetables can slow your cognitive decline and keep your brain running smooth after just one serving.

Load Up on Berries and Cherries

Findings from the CHAP study showed that individuals who ate the most blueberries and strawberries had the slowest rates of cognitive decline. The MIND diet recommends eating 2 or more servings of berries per week. Any type of berries is healthy, although blueberries may be more beneficial. Berries are full of flavonoids which can help protect the body against free radicals.

Fish and Omega-3 Fatty Acids

The MIND diet recommends consuming seafood at least once weekly with a focus on fatty fish such as salmon, mackerel, herring and sardines. Seafood is high in Omega-3 fatty acids, particularly Docosahexaenoic Acid DHA. Research shows that a higher level of DHA can not only improve cognitive function in older adults, but also can work to prevent and even slow the progression of age-related cognitive conditions.

Get creative with your cooking by trying various cooking methods such as grilling, baking, broiling and roasting. Experiment with different herbs and spices such as lemon, garlic or dill.

If you have any questions about "The MIND diet," call Aging Partners at 402-441-3480.

Type of Food	How often	Focuses
Vegetables	2+ servings per day	At least one serving of leafy green vegetables per day
Berries	2+ servings per week	Any type of berry, though blueberries may be more beneficial
Whole Grains	3+ servings per day	Emphasizes grains that are minimally processed
Nuts	5+ servings per week	
Beans	4+ servings per week	
Seafood	1+ servings per week	Emphasis on fatty fish such as salmon, mackerel, herring, and sardines
Poultry	2+ servings per week	

UPD 3/29/2022



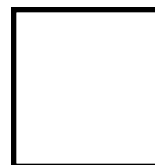
HOMESTEAD EXEMPTION STARTED IN FEBRUARY

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Exemption applications need to be filed every year. Filing deadline is June 30th.

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10 Hot Weather Safety Tips For Working in the Heat

1. **Stay hydrated.** Drink plenty of fluids; drink about 16 ounces before starting and 5 to 7 ounces every 15 or 20 minutes.
2. **Avoid dehydrating liquids.** Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
3. **Wear protective clothing.** Lightweight, light-colored and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated.
4. **Pace yourself.** Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
5. **Schedule frequent breaks.** Take time for rest periods and water breaks in a shaded or air conditioned area.
6. **Use a damp rag.** Wipe your face or put it around your neck.
7. **Avoid getting sunburn.** Use sunscreen and wear a hat if working outside.
8. **Be alert to signs of heat-related illness.** Know what to look for and check on other workers that might be at high risk.
9. **Avoid direct sun.** Find shade or block out the sun if possible.
10. **Eat smaller meals.** Eat fruits high in fiber and natural juice. Avoid high protein foods.

Clean, Separate, Cook, Chill

Following four simple steps at home—Clean, Separate, Cook, and Chill—can help protect you and your loved ones from food poisoning.

Clean: Wash your hands and surfaces often.

- Germs that cause food poisoning can survive in many places and spread around the kitchen
- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
- Rinse fresh fruit and vegetables under running water.

Separate: Don't cross-contaminate.

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.
- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.

Cook to the right temperature.

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture (except for seafood).
- Use a food thermometer to ensure foods are cooked to a safe internal temperature. Check this chart for a detailed list of temperatures and foods, including shellfish and pre-cooked ham external icon.
- Whole cuts of beef, veal, lamb, and pork, including fresh ham (raw): 145°F (then allow the meat to rest for 3 minutes before carving or eating)
- Fish with fins: 145°F or cook until flesh is opaque
- Ground meats, such as beef and pork: 160°F
- All poultry, including ground chicken and turkey: 165°F
- Leftovers and casseroles: 165°F
 - Microwave food thoroughly:
- Know your microwave's wattage. Check inside the door, owner's manual, or manufacturer's website. Lower wattage external icon means longer cooking time.
- Follow recommended cooking and standing times, to allow for additional cooking after microwaving stops. Letting food sit for a few minutes after microwaving allows cold spots to absorb heat from hotter areas and cook more completely.
- When reheating, use a food thermometer to make sure that microwaved food reaches 165°F.



Chill: Refrigerate promptly.

Bacteria can multiply rapidly in left at room temperature or in the “Danger Zone” between 40 degrees and 140 degrees.

- Keep your refrigerator at 40 degrees or below, your freezer at 0 degrees or below, and know when to throw food out.
- Divide warm foods into several clean, shallow containers so they will chill faster.
- Refrigerate perishable food within 2 hours. If the food is exposed to temperatures above 90 degrees, refrigerate it within 1 hour.
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter because bacteria multiplies quickly in parts of the food that reach room temperature.

What is the Recommended Daily Nutrition for Seniors

The **USDA Food Patterns** recommends that people 50 or older choose healthy meals every day from the following:

- **Fruits — 1½ to 2 ½ cups**

What is the same as ½ cup of cut-up fruit? A 2-inch peach or ¼ cup of dried fruit.

- **Vegetables — 2 to 3½ cups**

What is the same as one cup of cut-up vegetables? Two cups of uncooked leafy vegetables.

- **Grains — 5 to 10 ounces**

What is the same as one ounce of grains? A small muffin, a slice of bread, a cup of flaked, ready-to-eat cereal, or ½ cup of cooked rice or whole-grain pasta usually equal one ounce of grains.

- **Protein foods — 5 to 7 ounces**

What is the same as one ounce of meat, fish or poultry? One egg, ¼ cup of cooked beans or tofu, ½ ounce of nuts or seeds or one tablespoon of peanut butter.

- **Dairy foods — 3 cups of fat-free or low-fat milk**

What is the same as one cup of milk? One cup of yogurt or 1½ to 2 ounces of cheese. One cup of cottage cheese is the same as ½ cup of milk.

- **Oils — 5 to 8 teaspoons**

What is the same as oil added during cooking? Foods such as olives, nuts, and avocado have a lot of oil in them.

- **Solid fats and added sugars (SoFAS) — keep the amount of SoFAS small**



aPlaceforMom.com

What's going on?

SIGN UP TIME FOR FARMERS MARKET COUPONS

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To qualify for SFMNP coupons, Saline County residents must:

Be 60 years of age or older.

Meet income guidelines. Households cannot exceed the following:

—1 person household \$25,142 per year

—2 person household \$33,874 per year

Attend a mandatory, but brief, nutrition presentation.

Be prepared to show proof of age and income.



Coupons will be given out on a first come, first served basis. SCAS will receive a limited amount of coupons. This year SCAS are only getting 35 sets. People will be put on a waiting list for extra coupons if/when they become available.

The coupons will become available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00/coupon or \$48.00/set. 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.

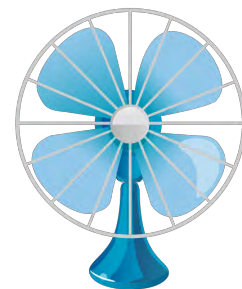
People who have called to reserve a set of coupons will be notified of the days/times available to attend the nutrition presentation and receive their coupons.

The SFMNP is a partnership between the USDA, the State of Nebraska, Farmers' Markets, and Area Agencies on Aging.

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.



Saline County Aging Services
will be closed on June 20th in
observance of Juneteenth.



Hosanna Home Care

"We believe your loved ones can stay at home."

- Companionship
- Personal Care
- Meal Preparation
 - Homemaking
 - Transportation
- End-of-life Care

1327 Main Avenue
Crete, NE 68333

Angie: 402-890-1584
Jasmine: 402-826-7148

Hot Summer Months Are Approaching Us!

Those in the LIHEAP program are eligible for a fan.

Fan Program from June 1st—August 31st

Please contact SCAS to receive a fan if you are in need.

402-821-3330



Oh, so much fun!



When: Wednesday, June 15th, 2022
@ 10:00am

Where: Saline County Aging Services,
Wilber, NE

Coffee & Rolls Provided!!

Program: Tonja Vyhnaelek with Wilber
Fire Department will be joining us to
speak on home safety tips!

When: Thursday, June 23th, 2022
@ 11:30am

Where: Saline County Area Transit,
Western, NE

Meal: Lasagna!

Program: Build a DIY birdseed feeder!



Camping



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

air mattress
 animals
 batteries
 cabin
 campfire
 campsite
 canoeing
 chipmunk

compass
 flashlight
 hammock
 hiking
 insect repellent
 island
 kayak
 lantern

marshmallow
 memories
 mosquitoes
 mountains
 nature
 outdoor cooking
 raccoon
 reservation

roasting sticks
 s'mores
 sleeping bag
 summer
 swimming
 tent
 trailer
 vacation



Tree Valley Academy

TARGETED MUSCLES: Shoulders

TALK TO YOUR DOCTOR: Hand-held weights or household items (soup cans, bottles of water)

This exercise will strengthen your upper arms. If your shoulders aren't flexible enough to do this exercise, try the Chair Dip.

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



go4life.nia.nih.gov

Recipe of the Month

Zesty Slow Cooker BBQ Chicken Sandwiches

Ingredients:

- 2-3 lbs chicken breast (4-6 breasts)
- 1 12oz bottle BBQ sauce
- 3/4 cup Italian dressing
- 1/4 cup brown sugar
- 2 tbsp Worcestershire sauce
- Sandwich buns
- Coleslaw

Directions:

1. Place everything into your slow cooker (except for the sandwich buns and coleslaw) and cook on low for 6-8 hours or until the chicken shreds easily.
2. Shred the chicken and mix around in the sauce. Allow to absorb the sauce for an additional 15+ mins.
3. Serve on toasted bun with coleslaw.



Pinterest.com

What is Marriage, According to Kids?

What is Marriage?

"Marriage is when you get to keep your girl and don't have to give her back to her parents." - Eric, age 6

"If marriage is anything like spelling, I don't want it. It's too hard." Marty, age 7

"Hey, I'm just a kid. It gives me a headache to think about things like marriage." William Robert, age 5

"Marriage is a real good thing I think, but baseball is pretty good too." - Ralphie, 9

"Marriage is what happens when two people are in love, and they go out to eat, and they like talking to each other so much their food gets cold and they don't care." - Pamela, age 7



What is the Proper Age to Get Married?

"Once I'm done with kindergarten, I'm going to find me a wife." - Bert, 5

"I'm not sure how old you need to be, but I think you gotta start with being handsome. Just look at me. I'm handsome, but I'm not married yet." - Brian, 6

"I think 82 is the right age to get married. That way you can hold hands to keep each other from falling over, and nobody knows that's what you're doing." - Steven, 7

"I don't want to rush into marriage. It's hard enough just getting through the fourth grade." - Ashley Marie, age 9

"One of you has to be old enough to write checks, 'cause when you get married there's lots of bills to pay." - Dillon, age 10

How Do You Know Who to Marry?

"You flip a nickel." "Heads, you keep him." "Tails, you find another boy." - Kelley, 9

"You get shot with an arrow. I don't know just how it works 'xactly, but I don't think it's supposed to hurt, then you feel all squishy when you're with 'em. - Bruce, 10

"If you have freckles, you should find someone else who has freckles." Robin, 7

"That's a good question. I've been trying to hide from love and marriage since I was 5 years old, but girls keep trying to find me." - David, age 8

"When you go on a date with a boy and he pays the whole bill at the restaurant, then you know it's okay to marry him." - Madeline, age 11

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

Monday/Wednesday/Friday — Water Aerobics @ DeWitt Swimming Pool from 5:00 pm— 6:00 pm
\$2 / session

Memorial Bricks for sale — \$15 / piece. Contact Melissa if you are interested! 402-239-1015

Answers to the 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!

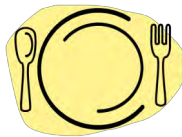
Why do bananas use sun cream?

Please include your name & phone number with your answer!



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Donnis Aksamit of Hallam
was the winner of May's Riddle.

The answer to May's riddle,
"What has 4 wheels and flies?"
— Garbage Truck

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:



Oral Health



While your mouth, teeth and gums are very important for eating, that is not their only role. All these things are critical for chewing food so that it can be swallowed more efficiently. These two processes are regarded as the first few steps in the digestion process for the human body. Look at your mouth as the point of first contact where you meet food and its nutrients. What you put in your mouth impacts your general health, including your gums and teeth. Research shows that if you have poor overall nutrition, the first signs of issues will usually show in your mouth. Let us look at what the American Dental Association (ADA) says about what you eat and how it impacts your dental health.

Food That Damages Your Teeth

When it comes to foods that can pose a risk to your teeth, it is best to be well informed so you can limit your risks and improve your dental health! There are foods that can harm your teeth. The following types of foods can harm your teeth, so be sure to be aware of what you are putting in your mouth.

Hard candies and ice can both be harmful to your teeth, especially if you are chewing on them. Hard candies are considered empty calories with no nutritional value and can pose a risk due to the exposure of high sugar levels. The ADA recommends trying sugarless gum in place of hard candies. Be sure to look for the ADA seal when purchasing sugarless gum. Along with hard candies, chewing on ice can also be damaging to your teeth. Chewing ice may be a mindless habit for some but the ice can damage the tooth's enamel, the protective covering.

There are types of food that are enjoyable due to their taste, but it's important to watch your intake levels. Foods that are strong with citrus, like lime or lemon, can erode your teeth, which can lead to possible decay over time. Coffee drinkers often add in sugars for taste, but they may want to start skipping that step. Sugar that is added to coffee can lead to cavities, which can lead to tooth pain and issues in the future. Foods that are sticky are not ideal for your teeth. These foods can be imbedded into your teeth and can be hard to remove. Starchy snacks and trail mixes taste good, but are a no-go according to the ADA. These types of snacks can be trapped in and on your teeth. If you choose to consume these foods, remember to drink water and floss every day to prevent tooth problems.

The last type of food that should be avoided are soda pops, alcohol and sport drinks. Carbonated drinks, like soda, can attack your teeth with their acidity. Alcoholic beverages consumed on a regular basis can lead to decreased saliva production. This can lead to not only decay of your teeth, but also gum disease. Heavy intake of alcoholic beverages can lead to an increased risk of oral cancer. Finally, keep the sport drinks for the athletes as these are loaded with sugars.

Foods That Are Good for Dental Health

Let's look at the brighter side and go over foods that are good for our health and well-being. Water is the undisputed champion and always will be. The fluoride found in water helps make teeth stronger against the attack that acid can have on our teeth.

Foods considered good for your teeth include dairy, cheese, yogurt, various types of meats, fruits and vegetables. Dairy, cheese and yogurt can be low in sugar and loaded with calcium, which helps strengthen your teeth. Foods like meat, poultry, milk and eggs are rich in phosphorus, which can make your teeth stronger. Fruits and vegetables are high in water and fiber; a good balance to the sugars you consume. Fruits and vegetables also help clean your teeth while you chew, which can lead to the production of more saliva to help wash away the acids and food particles that might be taking a free ride on your teeth!

This last food is one that you might not think about, but nuts are as important as anything when it comes to nutrition and our oral health. Nuts contain minerals and protein which are both important to, not only your overall health, but also to your oral health. Nuts are low in carbohydrates, so they don't pose any unnecessary risk for causing cavities to your teeth. Nuts usually require lots of chewing and research has shown that increased production of saliva is linked to increased chewing. Having more saliva can lead to a decreased risk of tooth decay, which can help keep your teeth strong and happy for many years to come!

*Material Created and Prepared By – Devin Mueller
Material Reviewed and Approved By – Ann Goshorn,
MS, RD, LMNT, CLC*

Source: www.mouthhealthy.org



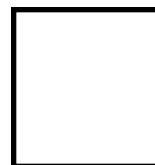
HOMESTEAD EXEMPTION STARTED IN FEBRUARY

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).**





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Fourth of July– Independence Day

The Fourth of July – also known as Independence Day or July 4th – has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

A History of Independence Day

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical.

By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the best-selling pamphlet "Common Sense," published by Thomas Paine in early 1776.

On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies' independence.

Amid heated debate, Congress postponed the vote on Lee's resolution, but appointed a five-man committee – including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York – to draft a formal statement justifying the break with Great Britain.

..continued on page 2

societyinsurance.com

On July 2nd, the Continental Congress voted in favor of Lee's resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 "will be celebrated, by succeeding Generations, as the great anniversary Festival" and that the celebration should include "Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other."

On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

Early Fourth of July Celebrations

In the pre-Revolutionary years, colonists had held annual celebrations of the king's birthday, which traditionally included the ringing of bells, bonfires, processions and speechmaking. By contrast, during the summer of 1776 some colonists celebrated the birth of independence by holding mock funerals for King George III, as a way of symbolizing the end of the monarchy's hold on America and the triumph of liberty.

Festivities including concerts, bonfires, parades and the firing of cannons and muskets usually accompanied the first public readings of the Declaration of Independence, beginning immediately after its adoption. Philadelphia held the first annual commemoration of independence on July 4, 1777, while Congress was still occupied with the ongoing war.

George Washington issued double rations of rum to all his soldiers to mark the anniversary of independence in 1778, and in 1781, several months before the key American victory at Yorktown, Massachusetts became the first state to make July 4th an official state holiday.

After the Revolutionary War, Americans continued to commemorate Independence Day every year, in celebrations that allowed the new nation's emerging political leaders to address citizens and create a feeling of unity. By the last decade of the 18th century, the two major political parties – the Federalist Party and Democratic-Republicans – that had arisen began holding separate Fourth of July celebrations in many large cities.

Fourth of July Becomes a Federal Holiday

The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is "The Star-Spangled Banner," the national anthem of the United States.



What can I do if I am having trouble eating healthy?

Sometimes health issues or other problems can make it hard to eat healthy. Here are some tips that might help:

- If you are tired of eating alone, try organizing some potluck meals or cooking with a friend. You can also look into having some meals at a nearby senior center, community center, or religious facility.
 - If you are having trouble chewing, see your dentist to check for problems
 - If you are having trouble swallowing, try drinking plenty of liquids with your meal. If that does not help, check with your health care provider. A health condition or medicine could be causing the problem.
 - If you're having trouble smelling and tasting your food, try adding color and texture to make your food more interesting
 - If you aren't eating enough, add some healthy snacks throughout the day to help you get more nutrients and calories
 - If an illness is making it harder for you to cook or feed yourself, check with your health care provider. He or she may recommend an occupational therapist, who can help you find ways to make it easier.
-
- *NIH: National Institute on Aging*

aPlaceforMom.com

What's going on?

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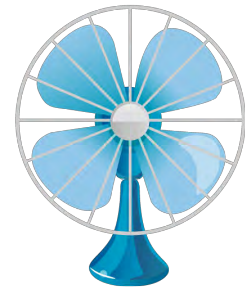
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If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.



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Hosanna Home Care

"We believe your loved ones can stay at home."

- Companionship
- Personal Care
- Meal Preparation
 - Homemaking
 - Transportation
- End-of-life Care

1327 Main Avenue
Crete, NE 68333

Angie: 402-890-1584
Jasmine: 402-826-7148

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Those in the LIHEAP program are eligible for a fan.

Fan Program from June 1st—August 31st

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402-821-3330

Join us for some Summer fun!

July

July 11 @ 2pm – Czech Brewery
Presentation by Kim Anderson, Brewery
President

July 20 @ 11:30am - Western Picnic
lunch and activity at SCAT

July 29 @ 2pm - Dessert and Czech
Accordion Music with Collin Kohout WC
8th grader Wilber SCAS backroom

RSVP to SCAS 402-821-3330

August

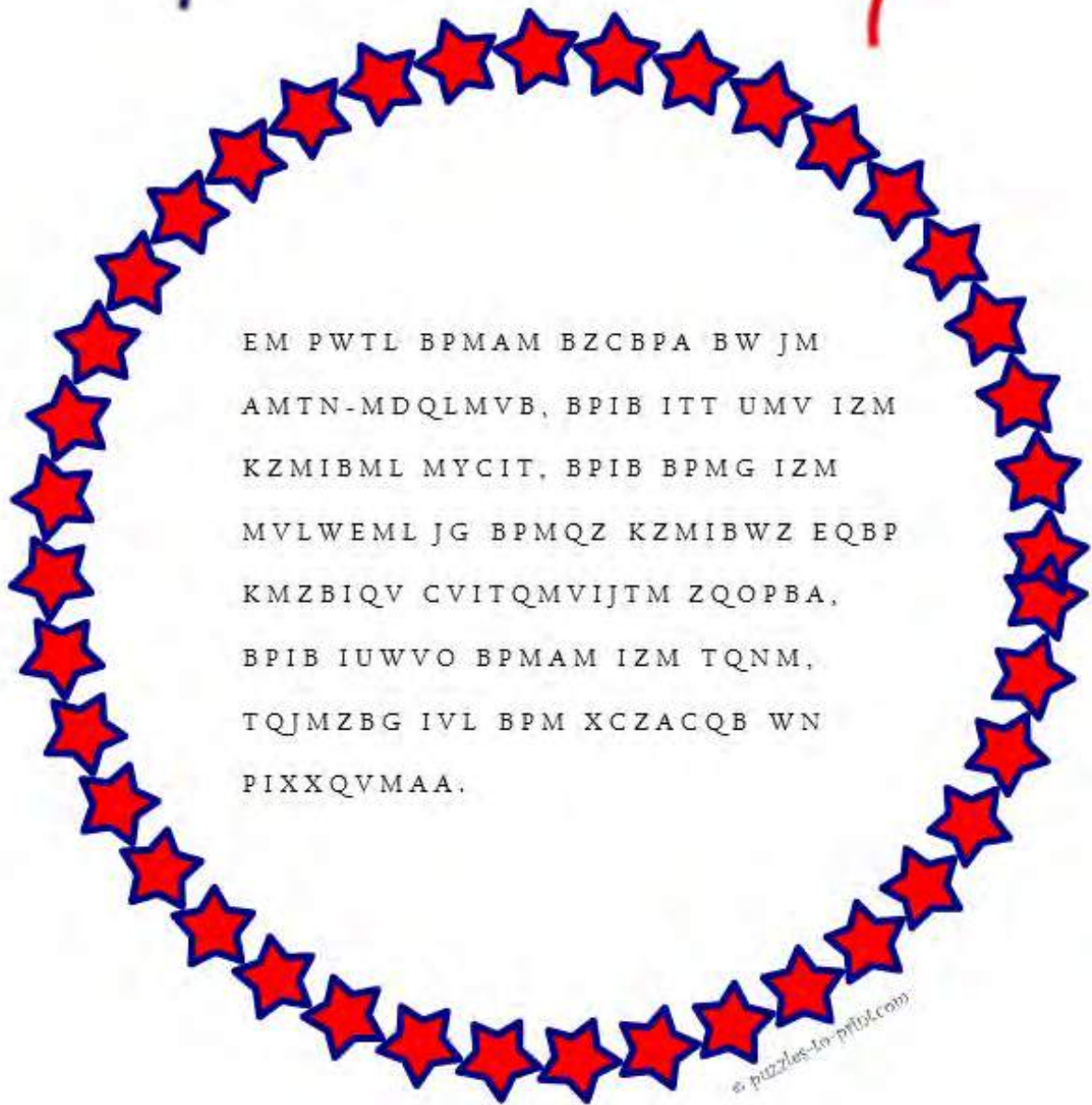
Yesterday's Lady out of Beatrice — Pre-
senting the history of the swimsuit "Back
to the Beach"

August 17 @ 2:00 Dessert with
presentation following in Wilber SCAS
backroom

August 25 @ 11:30 Meal with
presentation following in Western at
SCAT



Fourth of July Cryptogram



EM PWTL BPMAM BZCBPA BW JM
AMTN-MDQLMVB, BPIB ITT UMV IZM
KZMIBML MYCIT, BPIB BPMG IZM
MVLWEML JG BPMQZ KZMIBWZ EQBP
KMZBIQV CVITQMVIJTM ZQOPBA,
BPIB IUWVO BPMAM IZM TQNM,
TQJMZBG IVL BPM XCZACQB WN
PIXXQVMAA.

© puzzles-to-print.com

Directions: Unscramble the above word puzzle to answer the Cryptogram about the Fourth of the July.

TARGETED MUSCLES: Shoulders and Arms

WHAT YOU NEED: Weighted objects or hand-held weights

This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying grandchildren easier.

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



go4life.nia.nih.gov

Recipe of the Month

4th of July Firecracker Dogs

Ingredients:

- 1 can refrigerated breadstick dough
- 2 pkgs — 16 hotdogs
- 16 thick slices Colby cheese
- 16 skewers



Directions:

1. Take your skewers and stick them all the way through your hotdogs leaving about an inch and a half exposed out of the top of each hotdog.
2. Take a piece of breadstick dough and wrap it around the hot dog until you get to the top.
3. Place the hotdogs on a non stick baking liner and bake according to the breadstick dough directions. Usually about 20 mins at 350.
4. While hotdogs cook, take your cheese slices and use a small star cookie cutter to cut out your stars. The key is to have thicker sliced cheese.
5. After the hotdogs have cooled, stick the star through the skewer at the top.

Pinterest.com



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

Monday/Wednesday/Friday — Water Aerobics @ DeWitt Swimming Pool from 5:00 pm— 6:00 pm
\$2 / session

Memorial Bricks for sale — \$15 / piece. Contact Melissa if you are interested! 402-239-1015

Answers to the Puzzle

WE HOLD THESE TRUTHS TO BE
SELF-EVIDENT. THAT ALL MEN ARE
CREATED EQUAL. THAT THEY ARE
ENDOWED BY THEIR CREATOR WITH
CERTAIN UNALIENABLE RIGHTS,
THAT AMONG THESE ARE LIFE,
LIBERTY AND THE PURSUIT OF
HAPPINESS.

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!

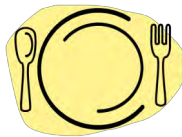
What is the smartest state?

Please include your name & phone number with your
answer!



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



was the winner of June's Riddle.
Sophie Flaska

The answer to June's riddle,
"Why do bananas use sun cream?"
— so they don't peel

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:

What are functional foods?



If you have questions regarding your nutritional needs or would like further information, call Aging Partners at 402-441-7159.



Functional foods and their health benefits have recently been a hot topic in the news. The Academy of Nutrition and Dietetics defines a functional food as “one that has the potential to provide beneficial effects on health when consumed as part of a varied diet.”

There are several types of functional foods available. Examples include conventional foods and modified foods. Conventional foods include fruits, vegetables, fish, whole grains and nuts. Modified foods include fortified cereals, juices and yogurt. Modified foods are often fortified with nutrients, such as calcium and/or Vitamin D.

Don't rely on the front of the package advertising for nutritional content. For example, just because a cereal states that it is “made from whole grain” does not mean that it is a good source of fiber. Make sure to read the Nutrition Facts Label as well as the Ingredient List to determine how healthy a food is. (Source: www.eatright.org)

Functional Foods

- **Fatty Fish:** Salmon is a fatty fish that has gained popularity over the past several years. Salmon is considered a good source of lean protein and contributes an adequate amount of Omega-3 fatty acids to our diet. Omega-3 fatty acids have been shown to have positive health benefits on heart health and possibly brain health.

- **Berries:** Strawberries, blueberries, blackberries, and raspberries contain a large amount of anthocyanins, which is an antioxidant. Antioxidants have been shown to have positive effects on health and may protect against certain types of cancer and other chronic diseases.

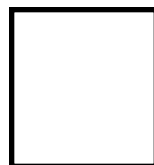
- **Nuts:** Almonds, walnuts, and cashews are considered to be a good source of protein and contain the “healthy” fats that are encouraged. Nuts can provide monounsaturated and polyunsaturated fats to our body, which can help to lower LDL (“bad”) cholesterol levels and have a positive effect on heart health. It is recommended to consume ½-1 serving of nuts per day. Be mindful on how much it being consumed, as nuts are often high in calories. Nuts covered in salt or chocolate do not have the health benefits that regular, unsalted nuts do.

- **Beans:** All beans are a good source of protein and fiber. Beans can be incorporated into a variety of entrees such as soups and casseroles. If using canned beans, be sure to rinse before cooking to reduce the sodium content.

Area 5th graders partner with seniors in SCAS Telecare Program

SCAS partnered with Wilber-Clatonia 5th grade students this past school year connecting students with area seniors. The students made morning calls to seniors in the Saline County area to see how they were doing and if they needed anything. This program allowed for a friendly and familiar voice for those who live alone, while giving students the opportunity to learn about social services and develop communication skills. This program will continue next year and SCAS is hoping to expand into other school districts in Saline County. If you are interested in participating, let us know.







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Types of Ice Cream & What Makes Them Unique

Custard Base

French-style custard base ice cream is known for its high percentage of egg yolks and cream. Custard ice creams have a rich flavor and super smooth texture. According to the U.S. guidelines, products labeled as 'ice cream' are required to contain at least 10% milkfat and 20% milk solids. Custard bases offer lots of versatility since you can change up the flavor by adding chocolate, coffee, fruits, nuts, alcohol, and more! The possibilities are endless. Since eggs are added to the base, the custard needs to be heated to kill any potentially harmful bacteria in the eggs. This takes time and a little practice to learn how to properly temper the eggs and cook the base. As a word of caution, make sure the base is *completely* cooled before adding it to the ice cream machine to churn. If the base is too warm, it will have a hard time coming down to the correct temperature and the texture will be incorrect.

Philadelphia Style

Philadelphia style ice cream is a great ice cream base for beginners. This is because Philadelphia style ice cream is made without eggs. Meaning, the ice cream doesn't necessarily have to be heated/cooked (because there are no eggs) before churning. Since eggs add additional fat and color to the ice cream, Philadelphia style is usually lighter in both appearance and taste compared to custard ice cream. The absence of eggs also means recipe creators need to think through how to make Philadelphia style ice cream smooth and creamy. This can be achieved through stabilizers (like cornstarch or xanthan gum). This style works well in a couple of different ways. If you're making fruit-based ice cream, this style can keep things nice and light. Or, if you're adding in rich, dense mix-ins (like brownies or fudge) you could opt to contrast it with a lighter ice cream base like this.

Frozen Yogurt

You may have guessed that frozen yogurt is made using yogurt as the base. Although, be aware that oftentimes whole milk or cream is added in to help with the richness and smooth texture. While frozen yogurt isn't necessarily always healthier than custard or Philadelphia-style ice cream, it provides a unique flavor profile.

..continued on pg 11

Key Vitamins & Minerals for Older Adults

Explore the following vitamins and minerals recommended for older adults.

Vitamin A. *Food Sources:* Vitamin A can be found in products such as eggs and milk. It can also be found in vegetables and fruits, like carrots and mangoes.

Vitamin B1 (Thiamin). *Food Sources:* You can find vitamin B1 in meat – especially pork – and fish. It's also in whole grains and some fortified breads, cereals, and pastas.

Vitamin B2 (Riboflavin). *Food Sources:* You can find vitamin B2 in eggs and organ meat, such as liver and kidneys, and lean meat. You can also find it in green vegetables, like asparagus and broccoli.

Vitamin B3 (Niacin). *Food Sources:* Vitamin B3 can be found in some types of nuts, legumes, and grains. It can also be found in poultry, beef, and fish.

Vitamin B6. *Food Sources:* Vitamin B6 is found in a wide variety of foods. The richest sources of vitamin B6 include fish, beef liver, potatoes and other starchy vegetables, and fruit (other than citrus).

Vitamin B12. *Food Sources:* You can get this vitamin from meat, fish, poultry, milk, and fortified breakfast cereals. Some people over age 50 have trouble absorbing the vitamin B12 found naturally in foods. They may need to take vitamin B12 supplements and eat foods fortified with this vitamin.

Vitamin C. *Food Sources:* Fruits and vegetables are some of the best sources of vitamin C. Citrus fruits, tomatoes, and potatoes can be a large source of vitamin C.

Calcium. *Food Sources:* Calcium is a mineral that is important for strong bones and teeth, so there are special recommendations for older people who are at risk for bone loss. You can get calcium from milk and other dairy, some forms of tofu, dark-green leafy vegetables, soybeans, canned sardines and salmon with bones, and calcium-fortified foods.

Vitamin D. *Food Sources:* You can get vitamin D from fatty fish, fish liver oils, fortified milk and milk products, and fortified cereals.

Vitamin E. *Food Sources:* Vitamin E can be found in nuts like peanuts and almonds and can be found in vegetable oils, too. It can also be found in green vegetables, like broccoli and spinach.

Folate. *Food Sources:* Folate can be found in vegetables and fruit, such as broccoli, brussel sprouts, spinach, and oranges. It can also be found in nuts, beans, and peas.

Vitamin K. *Food Sources:* Vitamin K can be found in many foods including green leafy vegetables, like spinach and kale and in some fruits, such as blueberries and figs. It can also be found in cheese, eggs, and different meats.

Magnesium. *Food Sources:* This mineral, generally, is found in foods containing dietary fiber, such as green leafy vegetables, whole grains, legumes, and nuts and seeds. Breakfast cereals and other fortified foods often have added magnesium. Magnesium is also present in tap, mineral, or bottled drinking water.

Potassium. *Food Sources:* Many different fruits, vegetables, meats, and dairy foods contain potassium. Foods high in potassium include dried apricots, lentils, and potatoes. Adults get a lot of their potassium from milk, coffee, tea, and other nonalcoholic beverages.

Sodium. *Food Sources:* Preparing your own meals at home without using a lot of processed foods or salt will allow you to control how much sodium you get.



nia.nih.gov



A huge thank you to the
Wilber Czech Brewery Company
for presenting their project in July.

This will be a great addition to the
community!



Czech Days Parade Info



Do you enjoy the Czech Days Parade but don't want to go out in the heat?

Problem solved!

Newschannel Nebraska will broadcast the Sunday parade at 2pm.

Dish Network channel 30. Download the NCN app on streaming devices, select the South. On Antenna channel 21.2. Zito channel 72, Spectrum 98 or 715. Also, You can watch on their website.

<https://www.newschannelnebraska.com/>

Czech Days Weekend Meals

August 4, 5, 6, 7

Hotel Wilber

Serving Friday, Saturday, and Sunday from 11 a.m. to 2 p.m. and 4 p.m. to 7 p.m. Hotel Wilber offers roast duck, pork and Polish Sausage dinners served with dumplings, kraut, rye bread, kolache, applesauce, and soft drinks. Lighter lunches are available as well as kids meal items.

Lutheran Church

Serving Saturday from 11 a.m. to 2 p.m. and 4 p.m. to 7 p.m. and Sunday from 11 a.m. to 2 p.m. Duck and country style pork dinners, wiener lunch plates. Dinners include kraut, dumplings, apple rings, rye bread, dessert, and a drink.

T.J. Sokol

Serving Saturday and Sunday from 11 a.m. to 2 p.m. and from 4 p.m. to 7 p.m. The Sokols offer pork sandwiches, Polish sausage, hot dogs, kraut, hamburgers, cheeseburgers, kolache, and beverages.

St. Wenceslaus Catholic Church

Serving Sunday breakfast from 7:15 a.m. until 11:15 a.m. Kolache stand downtown 1/2 block west of the bandstand.

Methodist Church

Friday and Saturday 4:30 to 6:30 p.m., Saturday and Sunday 11 a.m. to 2 p.m. "Czech Buffet" includes wood-fired pork, jaternice, sauerkraut, dumplings, and Czech desserts.

American Legion Post 101

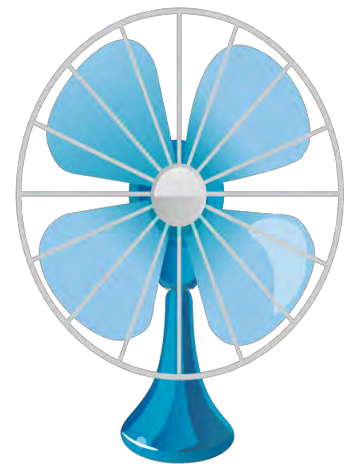
Burger Stand located just south of the bandstand.

Opens Thursday at 3 p.m. and Friday, Saturday and Sunday at 10 a.m.

Serving hamburgers, cheeseburgers, Polish dogs, hot dogs, kraut, iced tea, pop, bottled water and Schwan's ice cream treats.

Legion Park Building Located 310 W. Legion Memorial Drive.

Breakfast buffet 9 a.m. – noon Saturday and Sunday



Hot Summer Months Are Approaching Us!

Those in the LIHEAP program are eligible for a fan.

Fan Program from June 1st—
August 31st

Please contact SCAS to receive a fan if you are in need.



Join us for some Summer fun!

August

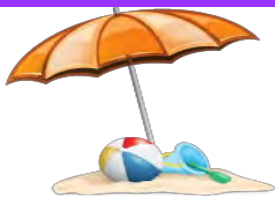
Yesterday's Lady out of Beatrice —
Presenting the history of the swimsuit
"Back to the Beach"

August 17 @ 2:00 Dessert with
presentation — Wilber SCAS backroom

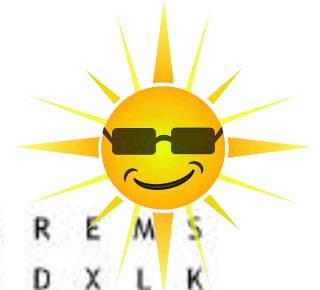
August 25 @ 11:30 Meal with
presentation — Western at SCAS

RSVP to SCAS 402-821-3330





Summer Holidays



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

hot	zoo	swimming	water park	rubber ring
canoe	caravan	fun	rock pool	jellyfish
crab	shell	sand	sea	boat
beach ball	spade	bucket	flipflops	swimsuits
cases	aeroplane	drinks	icecream	picnic
beach	summer			

Endurance

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills



Increase your endurance or “staying power” to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

go4life.nia.nih.gov

Recipe of the Month

Easy Crockpot Crack Chicken Sandwiches

Ingredients:

- 1.5 lbs boneless chicken breast
- 8 oz cream cheese
- 1 cup shredded cheddar cheese
- 1 packet ranch seasoning
- 1 tsp garlic powder
- 1/4 cup chicken broth or water
- 6+ slices of cooked bacon
- 6 hoagie rolls
- chopped lettuce for topping
- ranch dressing for topping



Directions:

Add the chicken, cream cheese, shredded cheddar, packet of ranch, garlic powder and chicken broth to a greased slow cooker and cook on LOW for 5-7 hours or HIGH for 3-4 hours, or until the chicken shreds easily with a fork.

Toast the hoagie rolls in a 450 degree oven for a few minutes, and then scoop on the chicken and top with crispy bacon and lettuce; drizzle with ranch dressing.

Pinterest.com

Funny Stories and Tales from Travel Agents

1. I had someone ask for an aisle seat so that their hair wouldn't get messed up by being near the window.

2. A client called in inquiring about a package to Hawaii. After going over all the cost information, she asked, "Would it be cheaper to fly to California and then take the train to Hawaii?"

3. A man called, furious about a Florida package we did. I asked what was wrong with the vacation in Orlando. He said he was expecting an ocean-view room. I tried to explain that is not possible, since Orlando is in the middle of the state. He replied, "Don't lie to me. I looked on the map and Florida is a very thin state."

4. I got a call from a man who asked, "Is it possible to see England from Canada?" I said, "No." He said, "But they look so close on the map."

5. Another man called and asked if he could rent a car in Dallas. When I pulled up the reservation, I noticed he had a 1-hour layover in Dallas. When I asked him why he wanted to rent a car, he said, "I heard Dallas was a big airport, and I need a car to drive between the gates to save time."

6. A nice lady just called. She needed to know how it was possible that her flight from Detroit left at 8:20am and got into Chicago at 8:33am. I tried to explain that Michigan was an hour ahead of Illinois, but she could not understand the concept of time zones. Finally I told her the plane went very fast, and she bought that!

7. A woman called and asked, "Do airlines put your physical description on your bag so they know whose luggage belongs to who?" I said, "No, why do you ask?" She replied, "Well, when I checked in with the airline, they put a tag on my luggage that said FAT, and I'm overweight, is there any connection?" After putting her on hold for a minute while "I looked into it," (I was actually laughing) I came back and explained that the city code for Fresno is FAT, and that the airline was just putting a destination tag on her luggage.

8. I just got off the phone with a man who asked, "How do I know which plane to get on?" I asked him what exactly he meant, to which he replied, "I was told my flight number is 823, but none of these darn planes have numbers on them."

9. "A woman called and said, "I need to fly to Pepsi-cola on one of those computer planes." I asked if she meant to fly to Pensacola on a commuter plane. She said, "Yeah, whatever."



10. A woman called to make reservations. "I want to go from Chicago to Hippopotamus, New York." The agent was at a loss for words. Finally, the agent asked, "Are you sure that's the name of the town?" "Yes, what flights do you have?" replied the customer. After some searching, the agent came back with, "I'm sorry, ma'am, I've looked up every airport code in the country and can't find a Hippopotamus anywhere." The customer retorted, "Oh don't be silly. Everyone knows where it is. Check your map!" The agent scoured a map of the state of New York and finally offered, "You don't mean Buffalo, do you?" "That's it! I knew it was a big animal."



DeWitt Senior Center Schedule

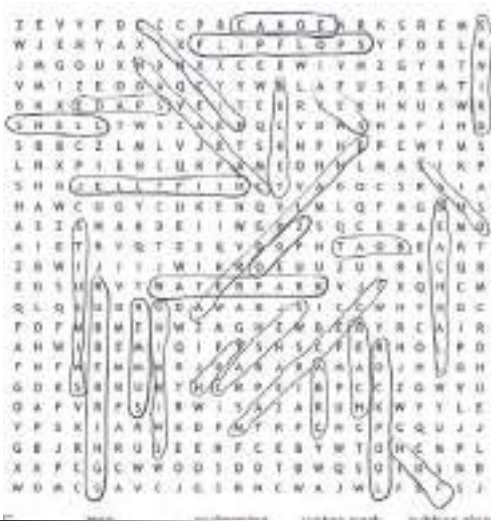
Tuesdays & Thursdays — Tai Chi from 9:00 am—10:00am, Quilting from 1:00 pm– 5:00 pm

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

Monday/Wednesday/Friday — Water Aerobics @ DeWitt Swimming Pool from 5:00 pm– 6:00 pm
\$2 / session

Memorial Bricks for sale — \$15 / piece. *Contact Melissa if you are interested! 402-239-1015*

Answers to the 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 starts with a T, ends with a T, and is full of T?



Please include your name & phone number with your answer!

Interested in Home Delivered Meals?

For Wilber & the rest of Saline County call:
402.821.3330

Jerald Saurer
was the winner of July's Riddle.

The answer to Julys riddle,
“What is the smartest state?”
 — Alabama, it has four A’s and one B

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:

Common Food-Drug Interactions

You've probably heard the warnings not to drink grapefruit juice with cholesterol medication. However, that isn't the only combination of food and drugs to avoid. Grapefruit juice can interact with numerous other medications, both prescription and over-the-counter. And many other foods commonly interact with drugs, too. Listed are five foods that commonly interact with medications.

Grapefruit Juice

Grapefruit juice has the ability to interact with medications in various ways.

One way is by increasing the absorption of certain drugs – as is the case with some cholesterol-lowering statins. If you're taking statins, you don't have to completely avoid grapefruit juice; just take your medication two hours or more before or after drinking.

Grapefruit juice can also cause the body to metabolize drugs abnormally, resulting in lower or higher than normal blood levels of the drug. Many medications are affected in this way, including antihistamines, blood pressure drugs, thyroid replacement drugs, birth control; stomach acid-blocking drugs, and the cough suppressant dextromethorphan. It's best to avoid or significantly reduce intake of grapefruit juice when taking these medications.



Green Leafy Vegetables

Blood-thinning drugs such as Coumadin® (warfarin) interfere with vitamin K-dependent clotting factors. Eating too much green leafy vegetables, which are high in vitamin K, can decrease the ability of blood-thinners to prevent clotting. But you don't have to give up greens altogether. Problems arise from significantly and suddenly increasing or decreasing intake, as it can alter the effectiveness of the medicine. So eat your greens in consistent amounts.

Natural Black Licorice (Glycyrrhiza)

Glycyrrhiza – a natural ingredient used to make black licorice – can deplete the body of potassium while causing an increased retention of sodium. When the body is depleted of potassium, it can affect the effectiveness of the medication digoxin, a medication used to treat heart failure. Thus, resulting in the heart not beating properly.

Glycyrrhiza can also decrease the effectiveness of high blood pressure medicines. And people taking Coumadin® (warfarin) should be careful that glycyrrhiza can break down the drug, resulting in an increase in the body's clotting mechanism.

Excessive amounts of natural licorice should be avoided when taking all of these medications. However, artificially-flavored black licorice doesn't contain glycyrrhiza and has no effect on these medications.



1005 "O" Street, Lincoln, NE 68508 • aging.lincoln.ne.gov • 402-441-7070

A Pioneering Area Agency on Aging

Gelato

Gelato is an Italian style ice cream that is classified by its low milkfat content, usually 4-9%. Typically, gelato is made only with milk. Despite the lack of cream in gelato, it's still denser than American-style ice cream. That's because less air is incorporated during the churning process. To make gelato at home with an ice cream machine can be a little tough since it's hard to control the amount of air incorporated in the gelato with a small, at-home machine. However, you can still achieve the taste by making a recipe only using milk. There are many flavor varieties of gelato, so be sure to play around with this if you're making gelato at home.



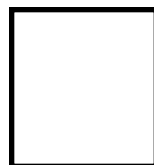
Sorbet

Technically, sorbet would not be classified as ice cream since there is no milkfat present. However, I'm including it in this list to teach you how it varies from ice cream. Sorbet is a churned mixture of sugar, water, and either fruit juice, wine, or liqueur. Sometimes you'll even find sorbets made from herbs or vegetables. Savory sorbets are usually served as a first course or a palate refresher in between courses. Sweet sorbets, on the other hand, are typically served as dessert. If you're creating your own sorbet recipe, you'll have to play around with the ratio of sugar, water, and fruit depending on the level of sweetness you prefer. Too much sugar will result in a soft and syrupy sorbet, while too little sugar makes the sorbet hard and grainy. In addition to the core ingredients, pasteurized egg whites can be added during the churning process to hinder ice crystals and improve the texture.

Sherbet

Sherbet is the Americanized version of sorbet. In addition to the sugar and fruit juice, sherbet contains milk that's added to the mixture prior to churning.

homebodyeats.com





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When is the first day of Fall 2022?

In 2022, the first day of fall is on Thursday, September 22. Of course, bear in mind that this only applies to the Northern Hemisphere—if you live South of the equator, this is when spring will begin! From the end of summer until the winter solstice, the days will get shorter and shorter. We know this is sad, but think of all the cozy fall movies you'll get to watch!

Does fall start on the same day every year?

The first day of fall can change, but the window of possible dates is quite small. Most years, you can expect it to occur on September 22 or 23. Every now and then, it *could* happen on September 21 or 24 but the last time we had a September 21 fall equinox was over a thousand years ago! And don't expect another September 24 date until 2303

Fall Fun Facts

- Only America calls it fall
- Pumpkin Pie Spice doesn't taste like pumpkin.
- More people fall in love in fall.
- There are more than 7,500 apple varieties.
- There's a Candy Corn Day — October 30th
- You can see the brightest full moon in Fall.
- Fall leaf colors are caused by sugar.



How to read the ingredient list

The ingredients in packaged food and beverage items are listed separately from (and often below) the Nutrition Facts label. This information lists each ingredient in the product by its common or usual name, and in descending order by weight. That is, the ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last.

Be on the lookout for terms that indicate added sugar, such as brown sugar, corn sweetener, corn syrup, dextrose, fructose, and high-fructose corn syrup. Artificial sweeteners such as sucralose, saccharin, aspartame, and acesulfame should also be consumed in moderation. Avoid trans fats altogether — look for hydrogenated oil or partially hydrogenated oils in the ingredients list.

Light, low-calorie, organic labeling — what do these mean?

Sometimes, food and beverage packaging includes terms that may try to convince the consumer the food is healthy. To help avoid confusion, the FDA sets specific rules for what food manufacturers can call “light,” “low,” “reduced,” “free,” and other terms. This type of labeling may have little to do with how nutritious the food is. Here are some examples and what they mean:

- **Light.** Light products are processed to reduce either calories or fat. This may sound healthy, but some “light” products are simply watered down. Check carefully to see if anything has been added to make up for the reduced calories and fat, such as sugar.
- **Low-fat, low-calorie, low-carb.** These foods have a legal limit to how many calories, grams of fat, or carbohydrates (carbs) they can contain per serving. However, if a serving size is very small, you may end up eating multiple servings in one sitting, ultimately consuming the same amount of fat, calories, and carbs as the regular version of the food.
- **Multigrain.** This sounds healthy but only means that a product contains more than one type of grain. Unless the product is marked as whole grain, it is possible the grains are all refined grains, which have likely lost important nutrients during processing.
- **Organic.** Products declared organic must be produced without conventional pesticides, synthetic fertilizers, biotechnology, or ionizing radiation. Organic animals must be fed organic feed and not be injected with hormones or antibiotics. Remember, organic foods may still have the same number of calories, fats, proteins, and carbs as a nonorganic food.

While these descriptions or terms are regulated by the FDA, others aren’t, so always check the nutrition label to see if the product matches your healthy eating goals.

Nutrition Facts	
2 servings per container	
Serving size	2 cups (26g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 8g	8%
Saturated Fat 3.5g	19%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 45mg	2%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	8%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	2%
Potassium 60mg	0%

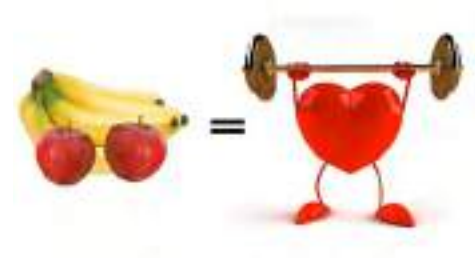
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Popcorn, Butter (Partially Hydrogenated Sweet Cream, Salt), Chili Powder, Garlic Powder.
CONTAINS: MILK.

100 Calorie Snacks

Another way to think about the idea of nutrient-dense and calorie-dense foods is to look at a variety of foods that all provide the same calories. Let's say that you wanted to have a small snack. You might choose:

- A 7- or 8-inch banana
- 20 peanuts
- 3 cups low-fat popcorn
- Two regular chocolate-sandwich cookies
- 1/2 cup low-fat ice cream
- One scrambled large egg cooked with oil
- 2 ounces baked chicken breast with no skin



These choices all have about 100 calories but provide different amounts of nutrients. The right choice for you may depend on what else you're eating throughout the day.

Eating healthy is not just about how much you eat, it's also about what you eat. Older adults should try to eat foods that are packed with nutrients while limiting foods that are high in calories but provide few nutrients. Swapping out snacks and beverages with nutrient-dense alternatives can help you get the nutrients you need while staying within your recommended number of calories.

nia.nih.gov

What's going on?



The green outlined photos are the Hispanic Outreach events that occur on the 2nd Thursday & the 4th Thursday of every month in Crete at the Community Building. We have been getting a wonderful turnout!

The blue outlined photos are from Yesterday's lady, she presented her program "Back to the Beach". She joined us at Western & Wilber in August. The program included the history of swimsuits,

Mark your calendars for December 16th, Yesterday's Lady will be joining us again in Wilber at 2:00 pm for the program "Victorian Christmas."

WESTERN MEAL

When: Thursday, September 22nd

Where: SCAT Building, Western, NE

Time: 11:30 am

*Come join us for a meal
and social hour!!*

Please call to RSVP your spot. 402-821-3330





Cooking Terms

Word Scramble

Chef Paul has been busy in his kitchen and has made a fabulous dinner. He's also made a mess of his cookbook! Can you figure out the cooking terms he had to know to make his dinner by unscrambling the letters?

UPOR _____

PEEUR _____

ASTRNI _____

OEVRC _____

MNSOTEI _____

LCIES _____

EAZGL _____

STSO _____

EMTL _____

CSRDIA _____

CBRUS _____

NLD BE _____

NMICE _____

TEAB _____

AORST _____

MEURESA _____

AERGT _____

ASTUE _____

BRNWO _____

CIED _____

TSAEB _____

CHPO _____

ILOB _____

TSIR _____

STRENGTH

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength “strength training” or “resistance training.”

Strength exercises include lifting weights, even your own body weight, and using a resistance band.

WEIGHTS

Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don't exercise the same muscle group on any 2 days in a row. If you're just starting, you might need to use 1- or 2-pound weights, or no weight at all. Your body needs to get used to strength exercises. You can use common objects from your home, such as bottled water or soup cans. Or, you can use the strength-training equipment at a fitness center or gym. Use light weights the first week, then gradually add more. Starting out with weights that are too heavy can cause injuries. Use proper form for safety. To prevent injury, don't jerk or thrust weights into position. Use smooth, steady movements. Avoid “locking” your arm and leg joints in a tightly straightened position.



RESISTANCE BAND

Resistance bands are stretchy elastic bands that come in several strengths, from light to heavy. You can use them in some strength exercises instead of weights. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band when you can do two sets of 10 to 15 repetitions easily. Hold on to the band tightly (some bands have handles) or wrap it around your hand or foot to keep it from slipping and causing possible injury. Do the exercises in a slow, controlled manner, and don't let the band snap back.

go4life.nia.nih.gov

Recipe of the Month

Monkey Bread

Ingredients:

30oz biscuit dough
1 cup sugar
2 tablespoon cinnamon
1 brown sugar
1/2 cup butter (1 stick) melted



Directions:

1. Preheat oven to 325. Coat a Bundt pan with a layer of nonstick cooking spray.
2. Cut each biscuit into quarters. Add cinnamon, sugar, and half the biscuits to a large zip top bag and toss to coat. Remove from the bag and place into the Bundt pan. Repeat with remaining biscuits.
3. Stir to combine the melted butter and brown sugar, then pour evenly over the biscuits in the Bundt pan.
4. Bake for 30-35 mins or until the top is golden brown and the center is cooked through. Remove from the oven and allow to cool for 10 mins before turning onto a plate.

Pinterest.com

Ham Sandwich with Gourmet Mustard

As ham sandwiches go, it was perfection. A thick slab of smoked ham, a fresh hoagie bun, crisp lettuce and plenty of expensive, light brown, gourmet mustard.

The corners of my jaw aching in anticipation, I carried it to the picnic table in our backyard, picked it up with both hands, and was ready for the first, mouthwatering bite.

Suddenly I was stopped by my wife with a sense of urgency.

"Hold Joshua while I get my sandwich," she said. (Joshua was six months old).

I carefully balanced him between my left elbow and shoulder, and began reaching for my perfect ham sandwich again, when I noticed a streak of that gourmet mustard on my fingers.

I love mustard. I really love gourmet mustard!

I had no napkin.

I did what comes natural. I licked it off.

It was not mustard.

No man ever put a baby down faster. It was the first and only time I have sprinted with my tongue protruding. With a washcloth in each hand, I did the sort of routine shoeshine boys do, only I did it on my tongue.

Later (after she stopped crying from laughing so hard), my wife said,

"Now you know why they call that mustard 'Poupon'.



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

Memorial Bricks for sale — \$15 / piece. *Contact Melissa if you are interested! 402-239-1015*

Answers to the Puzzle

UPOR	POUR	NWICE	NINCE
PEEUR	PUREE	TEAB	BEAT
ASTRNE	STRAIN	ADOST	ROAST
DEKRC	COVER	MEURSA	MEASURE
ANSOTEE	MOISTEN	AEROT	GRATE
LCIES	SLICE	ASTUE	SAUTE
EAZGL	GLAZE	BRNWO	BROWN
STSO	TOSS	CIED	DICE
EMTL	MELT	TSABE	BASTE
CRDIAD	DISCARD	CHPO	CHOP
CBFUS	SCUB	BOB	BOIL
NLOBE	BLEND	TSIR	STIR

Riddle of the Month

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

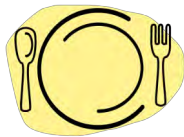
Please include your name & phone number with your answer!

What did one leaf say to the other?



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Marilyn Hayek of Friend
was the winner of August's Riddle.

The answer to August's riddle,
"What starts with T, ends with T, & is full of T?"
— Teapot

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:



A Pioneering Area Agency on Aging

Whole Grains

We've heard health experts recommend that individuals consume more whole grain products, but what exactly does that mean? Let's take a leap into the realm of whole grains and processed grains.

What's the Difference Between Whole vs. Processed Grains?

When you think of the words "whole grain," an easy way to tell it apart from processed is in the word itself. Whole grains are exactly just that—grains that are whole in nature and have all their nutrients intact. In a whole grain there are three layers: the bran (outside), endosperm (inner layer) and the germ (center). Examples of whole grains include oatmeal, popcorn, whole grain bread products and brown rice.

When a grain is processed, it loses some of the nutritional benefits as well as one (or more) of its layers. At this point, it is no longer a whole grain. Processing, otherwise known as milling, ensures that the resulting product will have a finer texture and a longer shelf life. Most refined grains are enriched and fortified with other vitamins and minerals, such as folic acid and iron. Examples of processed or refined grains include white flour, white rice and degermed cornflower.

What are the Health Benefits?

Whole grains are known to include more fiber, B-vitamins, minerals and protein. The fiber in whole grains may help to reduce cholesterol levels, manage blood sugar levels and lower the risk of obesity and heart disease. Fiber is also important for maintaining regular digestion.

The B-vitamins in whole grains (thiamin, niacin, riboflavin) all help with proper metabolism and the nervous system. Folate can help with the production of red blood cells and iron helps the blood carry oxygen. Whole grains are also a good source of selenium, which aids in the body's nervous system and protects cells from oxidative stress.

Reading Labels

Labels on the front of the package can sometimes be confusing. It may be difficult to differentiate between wheat, 100% whole wheat and multi-grain. Products labeled as wheat or multi-grain may not necessarily mean that it is made with 100% whole grains. It is best to read the Nutrition Facts Label and Ingredients List.



The Nutrition Facts Label can give a lot of good information about the nutritional value of a product. Aim to incorporate grain products that contain 3 grams of fiber or more per serving. The Ingredients List will also provide, in descending order, each ingredient and amount the product contains. Aim to choose items that have the term "whole" attached to it, such as whole wheat flour.

Some products also contain the whole grain stamp, which is an easy way to identify if a product is considered whole grain. The stamp may also have a percentage listed on it, which will identify how much whole grain the product contains.

How Can We Include Whole Grains in Our Diet?

Aim to include at least half of our grains as whole grains. Below are some tips to help make this switch:

- Choose whole grain or 100% whole grain bread products.
- Substitute brown rice instead of white rice.
- Incorporate whole wheat pasta in pasta dishes.
- Use whole grain breadcrumbs for foods like chicken, fish, steak.
- Include oatmeal or whole grain cereal for breakfast.
- Munch on popcorn as a snack (yes, it is 100% whole grain). Choose low fat and sodium varieties.
- Blend whole grain flour in pancakes, muffins, desserts, and cookies.
- Snack on whole wheat crackers with cheese.

UPD 8/3/2022

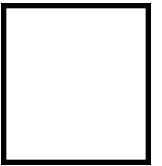
Its already that time of year!

Medicare D is right around the corner..

Open enrollment is
October 15th—December 7th!

**Be on the lookout for upcoming dates/
times of locations to get your Medicare D
comparisons done.**







Inside This Issue . . .

Halloween Options	Pg 1
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Fun Halloween Options for Trick or Treaters

Halloween is approaching! Not sure what to hand out this year? Here are a few fun options!

Food Options

- *Yogurt Raisins*
- *Granola Bars*
- *Craisins*
- *Fruit*
- *Fruit Snacks*
- *Juice Pouches*
- *Gold Fish*
- *Pretzels*
- *Trail Mix*
- *Water Bottles*
- *Trail Mix*
- *Popcorn*

Non-Food Options

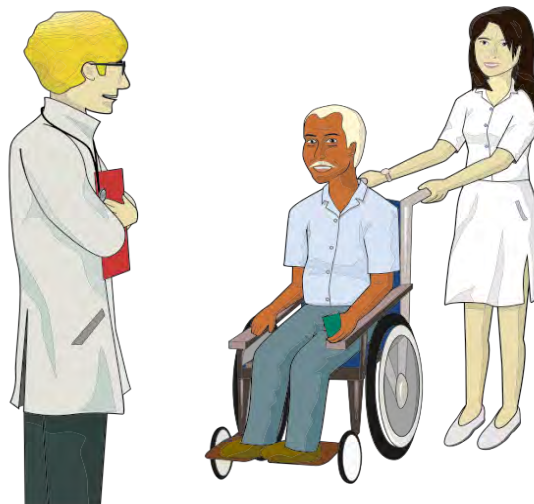
- *Spider Rings*
- *Airplanes*
- *Temporary Tattoos*
- *Glow Sticks*
- *Balloons*
- *Pencils*
- *Stamps*
- *Play Doh*
- *Bubbles*

Doctor's 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

Look ahead to get the following dates/locations marked down on your calendar.

We would love to see new faces!

Wilber SCAS

October 3rd — Medica Cost Plan Presentation by Jones Group Insurance @ 1:30pm

December 16th — Yesterday's Lady, Victorian Christmas @ 2:00pm

Western SCAT

October 27th — Meal @ 11:30am

November 17th — Meal @ 11:30am

December 22nd — Yesterday's Lady, Victorian Christmas & Meal @ 11:30am



Nebraska SHIP Personal Information Worksheet

Use this worksheet to help gather all the information you need to choose a Medicare drug plan that meets your needs.
Please fill out as much of the information on this worksheet as possible.

Complete the following personal information

Name: _____ Date of Birth: _____

Address: _____ County: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: (____) _____

Email: _____

Medicare Claim Number: _____

Part A Effective Date: _____

Part B Effective Date: _____



If your income and assets fall within the below range, you may be able to save money on your prescriptions. Just ask your counselor for more information!

Individual:

Monthly Gross Income: \$1,630 or less

Assets: \$14,790 or less

Married Couple:

Monthly Gross Income: \$2,198 or less

Assets: \$29,520 or less

Did you know fraud costs Medicare billions of dollars each year and damages the Medicare program. It is vitally important to root out fraud, and Medicare needs your help!



PROTECTING your personal information is the best line of defense in the fight against Medicare fraud and abuse.

DETECT fraud by examining both the Medicare Summary Notice (MSN) you receive from Medicare and the Explanation of Benefits (EOB) you receive from your Part D or Medicare Advantage Plan.

If you suspect fraud in your healthcare,
REPORT IT to the Nebraska SHIP!

PROTECT Personal Information | **DETECT** Fraud and Scams | **REPORT** Your Concerns

Must RSVP for Medicare D appointments at these locations!!

Call 402-821-3330 to RSVP your time and location.

Crete— Crete Library

Monday, October 24th @ 10:00am—3:00pm
Tuesday, November 15th @ 10:00am –3:00pm

DeWitt Senior Center

Tuesday, October 25th @ 9:30am—3:00pm

Dorchester Community Center

Monday, November 7th @ 10:00am—3:00pm
Thursday, November 10th @ 1:00pm—3:00pm



Friend Community Healthcare System

Tuesday, October 18th @ 10:00am –3:00pm
Tuesday, November 1st @ 1:00pm -3:00pm
Thursday, December 1st @ 10:00am—3:00am

Western SCAT

Friday, October 21st @ 10:00am—3:00pm
Thursday, November 3rd @ 10:00am– 3:00pm
Thursday, November 17th @ 10:00am-3:00pm

Wilber SCAS

Thursday, October 20th @ 9:00am– 3:00pm
Wednesday, November 16th @ 9:00am– 3:00pm



Halloween

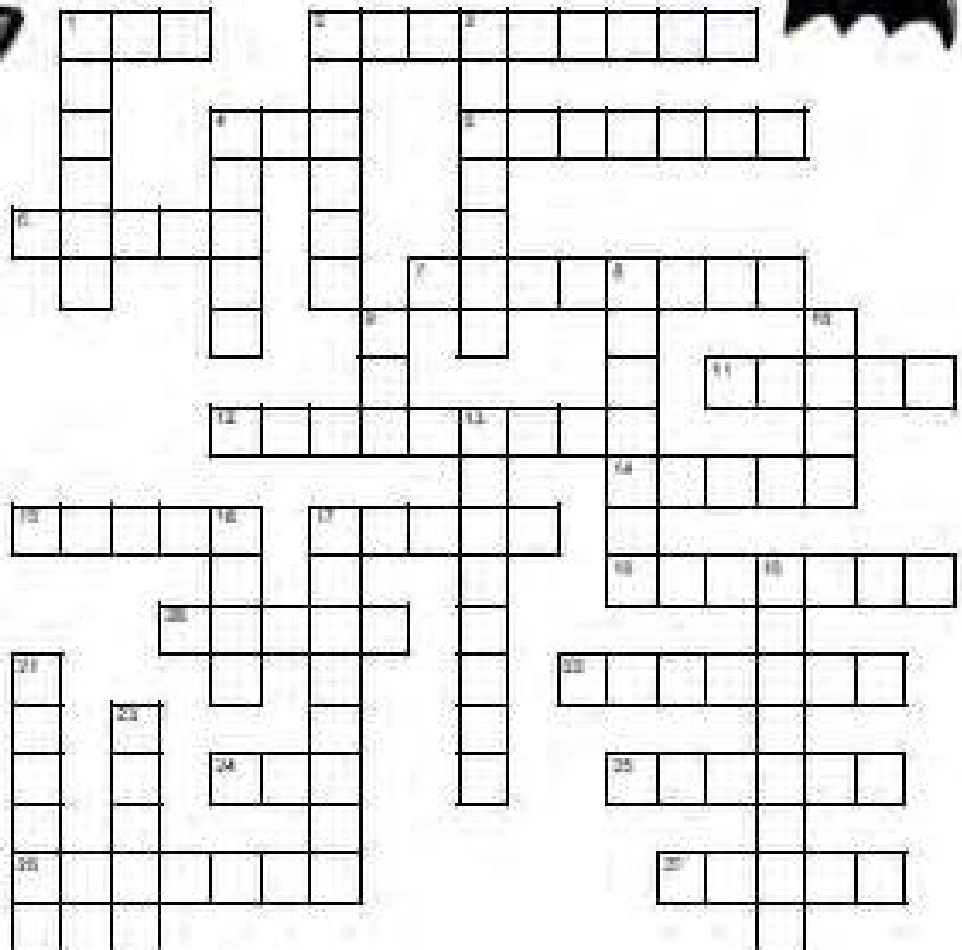


Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. ____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. ____ stories.

Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. ____ house.



9. Whoa? Whoa?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and ____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.



Exercising with Arthritis

For people with arthritis, exercise can reduce joint pain and stiffness. It can also help with losing weight, which reduces stress on the joints.

Flexibility exercises such as upper- and lower-body stretching and tai chi can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities.

Strengthening exercises, such as overhead arm raises, will help you maintain or add to your muscle strength to support and protect your joints.

Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Try activities that don't require a lot of weight on your joints, such as swimming and biking.

If you have arthritis, you may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, for example, you may need to focus on another area for a day or two.



go4life.nia.nih.gov

Recipe of the Month

Quick Pumpkin Muffins

Ingredients:

- 15 oz can of pumpkin
- Super Moist Spice Cake
- Mini Chocolate Chips



Directions:

1. Add the can of pumpkin to the dry spice cake mix.
2. Add 1 cup mini choc chips and stir until combined.
3. Bake at 350 for 20 mins.
4. Enjoy!

Pinterest.com



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

Memorial Bricks for sale — \$15 / piece. *Contact Melissa if you are interested! 402-239-1015*

Answers to the 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!

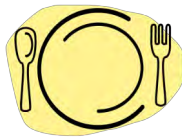
Please include your name & phone number with your answer!

When is it bad luck to see a black cat?



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Bob Kasl of Wilber
was the winner of September's Riddle.

The answer to September's riddle,
What did one leaf say to the other?
— I'm falling for you

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:



Food Safety and You!

Each year, roughly 48 million Americans get sick from food they eat. Of those, 128,000 are hospitalized and 3,000 die from foodborne diseases. Reducing foodborne illness by just 1 percent would keep about 500,000 Americans from getting sick each year. The causes of foodborne illness are generally bacteria or viruses that contaminate foods or food preparation surfaces or utensils. Most can be stopped by following these four food safety practices:

Clean

Bacteria can spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food.

Wash your hands with warm water and soap for at least 20 seconds before and after handling food.

Wash your dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food or task.

Rinse fresh fruits and vegetables under running water, including those with skins and rinds that are not eaten.

Rub firm-skin fruits and vegetables under running water or scrub with a clean vegetable brush while rinsing with running tap water.

Remember to wash the probe of the food thermometer after each use!

Separate

Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination.

Separate raw meat and eggs from other foods in your grocery shopping cart, grocery bags and in your fridge.

Use one cutting board for fresh produce and a separate one for raw meats.

Never place cooked food on a plate that previously held raw meat or eggs.

Keep chemicals and cleaning products away from food items.

Cook

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. To make sure food is cooked to a safe internal temperature, use a food thermometer to measure the internal temperature of cooked meat, poultry and egg dishes.

- Fish to 145°F
- Roasts and steaks to 145°F
- Ground meat to 160°F
- Poultry to 165°F

- Re-heated leftovers to 165°F
- Sauces, soups, gravies to a boil
- Cook eggs until firm, not runny

Color is not an indicator of doneness. Always check the internal temperature at the thickest part with a food thermometer.

Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave. For best results, cover food, stir and rotate for even cooking.

Chill

Refrigerate foods quickly because cold temperatures slow the growth of bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. The freezer temperature should be 0°F or colder.

Refrigerate or freeze meat and other perishables as soon as you get them home from the store.

Never let raw meat, eggs, cooked food or cut fresh fruits and vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).

Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold running water and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Remember – when in doubt, throw it out!

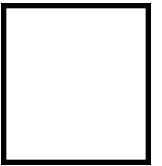
Source: www.fsis.usda.gov
www.puzzlemaker.discoveryeducation.com

In Loving Memory Of Evelyn Dvorak



In August, we lost our sweet Evelyn.
In her memory we purchased a coffee bar.
Come enjoy a cup of coffee and reminisce the
memories you have of her!

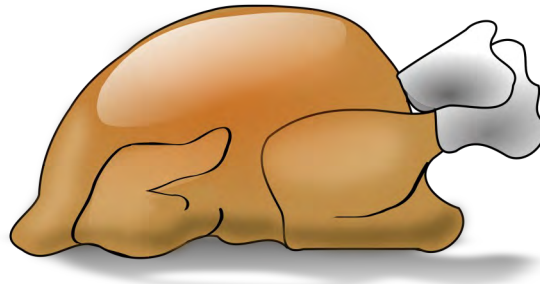
We would like to thank the family of Evelyn for making
the memorial money out to us at SCAS.
She was a special lady and we will miss her dearly.





Inside This Issue . . .

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Humor, Riddle, Answer Key	Pg 8-9
Healthy Eating.....	Pg 10
Thanksgiving Facts.....	Pg 11



Handling a Turkey for Thanksgiving

HOW TO THAW A TURKEY SAFELY

There are a few ways you can thaw a turkey for your Thanksgiving feast.

- **We always say that the quickest way to thaw a whole turkey is in a bath of cold water.** Thawing in cold water takes about 30 minutes per pound. One thing to know is that you will need to refresh the water every 30 minutes or so. We also will often add ice to the water to ensure that the water is very cold.
- **Another way to thaw your turkey is in the fridge.** Set the turkey on a cookie sheet because this will catch any liquid that could drip off your turkey while thawing. Be sure to have about 1 day of refrigeration for every 5 pounds of the turkey.

HOW TO PREP THE TURKEY:

Once your turkey is thawed, remove the packaging from the turkey.

Remove the giblet packets (they contain the gizzard and heart) and the neck is there too. *Check both ends of your turkey for these packets because it is often found in the neck and end cavities.*

STOP! There is no need to rinse your turkey – all that it will do is contaminate your sink. The bacteria you are trying to rinse off will die when it cooks in the oven.

Pat the turkey dry with paper towels.

WAYS TO COOK THE TURKEY:

- Air Fryer
- Instant Pot
- Slow Cooker
- Oven

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Please fill out as much of the information on this worksheet as possible.

Complete the following personal information

Name: _____ Date of Birth: _____

Address: _____ County: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: (____) _____

Email: _____

Medicare Claim Number: _____

Part A Effective Date: _____

Part B Effective Date: _____



If your income and assets fall within the below range, you may be able to save money on your prescriptions. Just ask your counselor for more information!

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Monthly Gross Income: \$1,630 or less

Assets: \$14,790 or less

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Assets: \$29,520 or less

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If you suspect fraud in your healthcare,
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PROTECT Personal Information | **DETECT** Fraud and Scams | **REPORT** Your Concerns

Medicare D Appointment Times/Locations

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Western SCAT

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Thursday, November 6th @ 10:00am-3:00pm

Thursday, November 17th @ 10:00am-3:00pm

Wilber SCAS

Wednesday, November 16th @ 9:00am– 3:00pm



How to Avoid Scam Websites



☒ Check the URL

Secure websites begin with "HTTPS" and padlock symbol in the URL.

☒ Check Domain

Look for a domains like .com, .gov, .org, or .edu. Research domains you don't know.

☒ Check Address

Look for a physical address and working phone number. Scam businesses often have neither.

☒ Mind the Grammar

Scam websites commonly include frequent spelling and grammar mistakes.

☒ Payment Methods

Authentic websites use common payment methods like VISA, Mastercard, PayPal, etc.

☒ Watch for Warnings

If your browser warns you that the site is dangerous, leave the website.

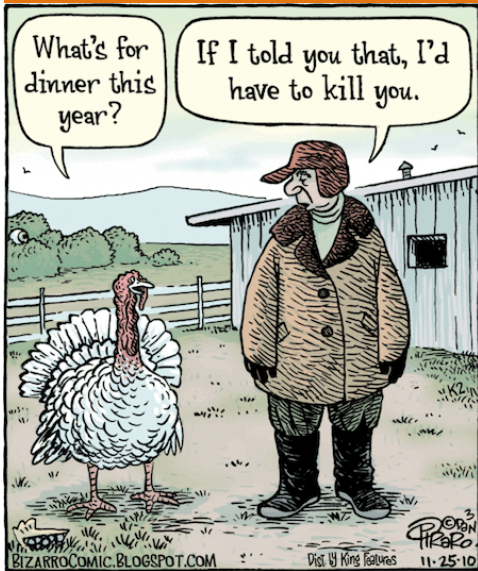
☒ Check for Security

Secure websites often display badges from well-known security companies to protect personal information.

☒ Read Reviews

Check a company's reviews on search engines or social media. Read complaints filed with the Better Business Bureau.

Verify as many items on this checklist as possible to avoid scams.



Thanksgiving Day Parade

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

BALLOONICLE
BALLOONS
BANDS
BROADWAY
CHRISTMAS
DEPARTMENT STORE
FALLOON
FLOATS
HELIUM
HERALD SQUARE
LIVE MUSIC
MACYS
MANHATTAN
NBC
NEW YORK CITY
PARADE
RIGGING
ROCKETTES
SANTA CLAUS
SESAME STREET
THANKSGIVING
THREE HOURS
TRADITION



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Endurance

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Climbing stairs or hills
- Playing tennis or basketball



Increase your endurance or “staying power” to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

go4life.nia.nih.gov

Recipe of the Month

Paula Deen's Corn Casserole

Ingredients:

14.75 oz creamed corn
15.25 oz whole kernel sweet corn, drained
8.5 oz Jiffy corn muffin mix
8 oz sour cream
1 stick butter
1 cup cheddar cheese



Directions:

1. Preheat oven to 350.
2. Combine all ingredients except for the cheddar cheese.
3. Pour into a greased 9 x 13 casserole dish or 10 inch cast iron skillet.
4. Bake uncovered for 45 minutes.
5. Top with shredded cheddar. Bake for additional 10-15 mins until the top begins to brown.
6. Let stand for 5 mins prior to serving.

Pinterest.com

How the Aging Brain Affects Thinking

The brain controls many aspects of thinking — remembering, planning and organizing, making decisions, and much more. These cognitive abilities affect how well we do everyday tasks and whether we can live independently.

Some changes in thinking are common as people get older. For example, older adults may:

- Be slower to find words and recall names
- Find they have more problems with multitasking
- Experience mild decreases in the ability to pay attention

Aging may also bring positive cognitive changes. For example, many studies have shown that older adults have more extensive vocabularies and greater knowledge of the depth of meaning of words than younger adults. Older adults may also have learned from a lifetime of accumulated knowledge and experiences. Whether and how older adults apply this accumulated knowledge, and how the brain changes as a result, is an area of active exploration by researchers.

Despite the changes in cognition that may come with age, older adults can still do many of the things they have enjoyed their whole lives. Research shows that older adults can still:

- Learn new skills
- Form new memories
- Improve vocabulary and language skills

Changes in the Aging Brain

As a person gets older, changes occur in all parts of the body, including the brain.

- Certain parts of the brain shrink, especially those important to learning and other complex mental activities.
- In certain brain regions, communication between neurons (nerve cells) may not be as effective.
- Blood flow in the brain may decrease.
- Inflammation, which occurs when the body responds to an injury or disease, may increase.

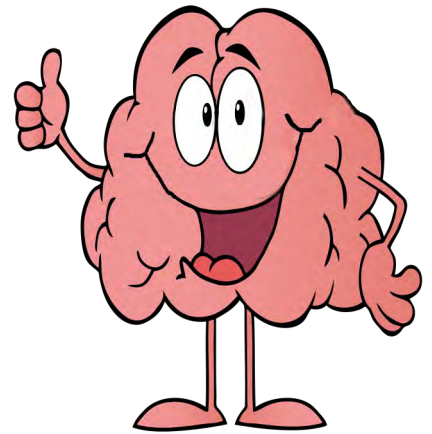
These changes in the brain can affect mental function, even in healthy older people. For example, some older adults may find that they don't do as well as younger individuals on complex memory or learning tests. However, if given enough time to learn a new task, they usually perform just as well. Needing that extra time is normal as we age. There is growing evidence that the brain maintains the ability to change and adapt so that people can manage new challenges and tasks as they age.

The Secrets of Cognitive Super Agers

Some people in their 80s, 90s, and beyond defy the common assumption that cognitive decline goes hand in hand with aging. These people, called cognitive super agers, have memory performance comparable to people 20 – 30 years younger. Research is ongoing to understand what sets these people apart to help others prevent (or reverse) age-related cognitive decline.

Talk with your doctor if you're concerned about changes in your thinking and memory. He or she can help you determine whether the changes in your thinking and memory are normal, or whether it could be something else.

There are things you can do to help maintain your physical health and that may benefit your cognitive health, too. Learn more about cognitive health and take steps to help you stay healthy as you age.



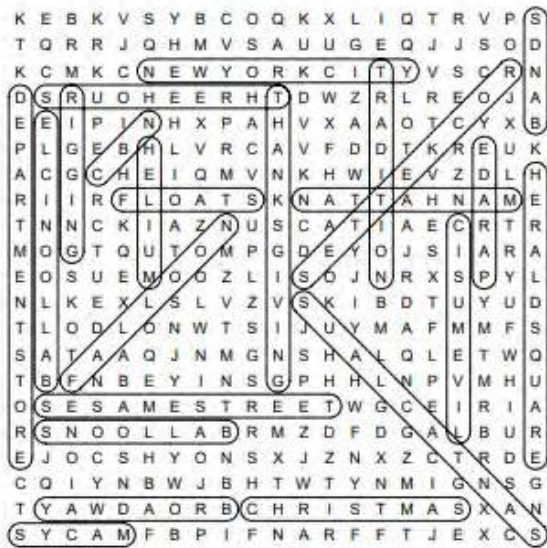
DeWitt Senior Center Schedule

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

Memorial Bricks for sale — \$15 / piece. *Contact Melissa if you are interested! 402-239-1015*

Answers to the 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!

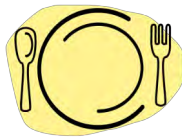
Please include your name & phone number with your answer!

What smells the best every Thanksgiving Dinner?



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Jerald Saurer
was the winner of October's Riddle.

The answer to August's riddle,
"When is it bad luck to see a black cat?"
— when you are a mouse

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:

Reducing Food Waste

Our food choices can affect our health and well-being, but it can also have an enormous impact on our environment! If you are conscious about spending, it might surprise you to hear that between 30 to 40 percent of food purchased in American is either wasted or thrown out annually. The Department of Agriculture estimates that the financial value of our wasted food is about 133 billion pounds, which equals almost \$161 billion in value.

Where does food loss occur?

Food loss occurs at every juncture in the food supply chain, not just in our households. It can range from food production to the actual consumption of the product itself, and everywhere in-between. Some specific examples of how food loss occurs can be as simple as food spoilage during storage and transport. During this time, food might be exposed to insects, bacteria, rodents and even mold. Food loss can also occur when a product is not “perfect,” such as when it is misshapen or has blemishes. On top of wasting food, there is also wasted labor, land usage, fertilizer and energy which all are used to produce those food products.

What steps can you take?

There is no guarantee that if you do X, Y and Z you will extend your food use and have less waste. Here are strong recommendations that can help.

1. Take an inventory

Take a quick look at what you have on hand in your pantry, fridge and freezer. You will want to do this before you go to the grocery store to prevent overbuying.

2. Create a meal plan

To ensure you get a few good quality meals each week, it is especially important to plan some of those meals. Planning out what you will eat during the week can also help against overbuying. You should consider coordinating your meals so you are not using completely different ingredients and components for every recipe you make.

3. Save and eat leftovers safely

Leftovers can be a great and convenient way to eat pre-planned meals, but be sure to store them safely! If you are not planning to eat these leftovers within three days, label and store them in the freezer. You will want to keep your freezer organized so food does not become lost and subsequently thrown out when it goes bad.

4. Store food appropriately

One of the most common reasons people may say things like “I don’t like fresh fruits and vegetables because when I buy them, they go bad, and I throw them all out.” To help get the most out of those items, buy only what you can eat in any one week. You can store greens with a paper towel in a plastic container in the crisper drawer, tomatoes and bananas on the counter, potatoes and onions in a cool, dark place, and fresh herbs in a glass of water. It would be wise to have some frozen fruits and vegetables on hand in case you eat all your fresh produce before you go shopping next.

5. Consider buying “ugly” foods

Sometimes you can stretch your dollar by purchasing foods that are oddly shaped, such as with fruits and vegetables. Some companies will even deliver the not so perfect produce to your door for a fee. You can even try going to a Farmers Co-op or attending your local farmers market. Do not buy any food that is either bruised or spoiled!

6. Compost

If you really want to make sure nothing goes to waste – yes even those annoying vegetable peels – you can try composting. Backyard composting can be a great and effective way to minimize food waste and keep unnecessary food items out of the landfill. Composting can even help your garden flourish! You can also find small composting containers that you can keep inside your home!

7. Be creative with how you use leftovers

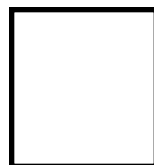
Discover ways to use food rather than toss it in the trash. Scraps from vegetable peels can be made into the stock for your soup. Fruits, such as blueberries and apples that are soft, can be a perfect addition to your oatmeal. Freeze produce before it spoils. If you have stale bread on hand you can use it to make egg strata or croutons. Vegetables that are slightly wilted can go right into those stir-fries or soups! Soup is one of the best things to make, as you can make it out of anything and everything!

FUN FACTS TO SHARE WITH YOUR FAMILY

- The day after thanksgiving is the busiest day of the year for plumbers.
- Americans eat 704 million pounds of turkey every thanksgiving.
- Native Americans had many uses for the cranberry.
- Female Turkeys don't gobble.
- Tofu is the most hated Thanksgiving dish.
- Jingle Bells was originally a thanksgiving song.
- The first Thanksgiving lasted three days.
- The Macy's Thanksgiving Day Parade balloons used to be just let go after the show.
- About 50 million people watch the Macy's Thanksgiving Day Parade annually.
- The first national Thanksgiving was declared by George Washington.
- Minnesota raises the most turkeys in the US.



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Christmas Fun Facts

- The tallest Christmas tree was displayed in Seattle Washington and measured 221 ft tall.
- When the candy cane was invented in Germany, it was made into a J for Jesus. The red stripes symbolize his blood.
- 1 in 3 men wait until Christmas eve to do their Christmas shopping.
- Christmas trees usually grow for close to 15 years before they can be sold.
- It only took 6 weeks for Charles Dickens to write "A Christmas Carol".
- Visa Cards are used about 6,000 times every minute during the Christmas season.
- In 1980, the highest selling Christmas toy was a Rubik's cube for \$1/99. It now retails for \$10.
- More than 400,000 illnesses are caused by spoilt Christmas leftovers.
- It is a tradition in Japan to eat KFC for Christmas. Orders must be placed two months in advance.
- "Rockin Around the Christmas Tree" was recorded by a 13-year-old.
- Artificial Christmas trees were once made into goose feathers.
- Americans expect to spend around \$837 on Christmas gifts this year.
- "Home Alone" is the highest-grossing Christmas movie of all time.
- Tens of thousands of people go to the ER each year with decorating-related injuries.
- Thomas Edison and his business partner invented Christmas lights.
- If you gave all gifts listed in the "Twelve Days of Christmas," it would equal 364 presents.



<https://www.berries.com>
<https://bestlifeonline.com/>

Pneumonia in Elderly Adults

Pneumonia is an infection of the lungs that can be serious in older adults. In the U.S., nearly 150,000 people are hospitalized with pneumonia each year, according to the Centers for Disease Control and Prevention.

Because our immune systems weaken as we age, seniors are at higher risk for complications and death. A short-term stay at an assisted living community after a pneumonia hospitalization can be beneficial to seniors and their families, as caregivers are around at all times to help seniors recover and can better address any medical needs that may arise.

Learn the facts about this potentially severe respiratory infection and how to prevent pneumonia in elderly adults. If you suspect your elderly loved one has pneumonia, see a doctor right away.

What is pneumonia?

Pneumonia is a respiratory infection that causes inflammation in the air sacs in the lungs, called alveoli. The alveoli may fill with fluid or pus, making it difficult for oxygen to flow through the bloodstream. This may cause breathing problems along with fever, chills, and other symptoms.

Pneumonia can affect one or both lungs. When it affects both lungs, it's called double pneumonia. The symptoms of double pneumonia aren't different or more severe. The severity of the infection depends on age, overall health, and what caused the infection.

What are the symptoms of pneumonia?

Signs and symptoms of pneumonia may include:

- Chills
- Productive cough with phlegm
- Shortness of breath
- Chest pain when breathing or coughing
- Fatigue
- High fever



Sometimes, symptoms of pneumonia may be different in seniors. Elderly adults with pneumonia may have a low-grade fever or even a normal temperature. They may also be less alert, show signs of confusion, or experience changes in mental awareness. If you suspect your aging loved one has pneumonia, see a doctor promptly.

How serious is pneumonia in elderly adults?

Adults 65 and older are more susceptible to pneumonia than younger people are. Seniors with pneumonia are also at increased risk for hospitalization, complications, and death.

Pneumonia in elderly adults can often be serious and progress quickly. In fact, pneumonia is the second leading cause for hospitalization of Medicare beneficiaries, and most of the people who die from pneumonia each year are elderly adults, according to the American Lung Association (ALA). The death rate among elderly adults with severe pneumonia is as high as 20%.

Researchers and doctors don't fully understand why pneumonia is more aggressive in seniors. They believe it has to do with the normal aging process, which weakens the immune system and decreases lung function. Older adults may also have other underlying health conditions that can make the infection more severe, including asthma, chronic obstructive pulmonary disease (COPD), and heart disease.

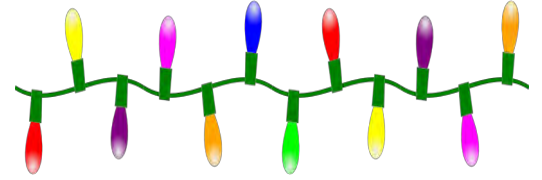
What causes pneumonia in elderly adults?

Viruses, bacteria, fungi, and other organisms entering the lungs can cause pneumonia, according to the National Heart, Lung, and Blood Institute. The Institute also reports that, in the U.S., pneumonia in the elderly is usually caused by bacteria or a virus, including SARS-CoV-2, the virus responsible for COVID-19.

The influenza virus is the most common cause of viral pneumonia in adults. Pneumonia caused by the influenza virus can be severe and even deadly, especially in people with other health conditions such as heart or lung disease.

...continued on pg 10

UPCOMING EVENTS



Friday, December 2nd — Craft Day @ SCAS, 9:00am
Coffee & Rolls provided) *Contributions are welcome to cover the supplies.*

Tuesday, December 6th — Craft Day @ Western, 9:00am
Coffee & Rolls provided) *Contributions are welcome to cover the supplies.*

Friday, December 16th — Victorian Christmas Presentation by Sue McClain @ SCAS, 2:00pm
(Coffee & Dessert Provided) *Contributions are welcome.*

Thursday, December 22nd — Victorian Christmas Presentation by Sue McClain @ Western,
11:30am (\$5 meal)

Please call ahead of time to RSVP! 402-821-3330

Holiday Rum Cake Recipe

"I'd like some rum cake." Some of our favorite rum cake recipes are a bit stronger than others, if you know what I mean. Well, you get the idea. It's not just the secret ingredient, it the amount of that rum and how you include it while preparing your rum cake.

Holiday Rum Cake Recipe

Ingredients:

- 1 or 2 quarts of rum
- 1 cup of butter
- 1 tsp. of sugar
- 2 large eggs
- 1 cup dried fruit
- 1 tbsp baking powder
- 1 tsp soda
- a squeeze of lemon juice
- 1/2 cup brown sugar
- 1 1/2 cup flour
- 1/2 cup of pecans



Before you start, sample the rum to check for quality. Good, isn't it? Now, go ahead. Select a large mixing bowl and get your measuring cup ready. Check the rum again. It must be JUST RIGHT.

To be sure the rum is of the highest quality, pour one level cup of rum into a glass and drink it as fast as you can. Repeat. With an electric mixer, beat 1 cup of butter in a large fluffy bowl, add 1 sea-spoon of thugar, and beat again. Meanwhile, make sure the rum is of the finest quality. Try another cup. Open second quart, if necessary.

Add two arge leggs, 2 cupps fried druit, and beat till high. If druit gets stuk in beatters, just pry it loose with a drewscraver. Simple the rum again, checking for tonscisticity. Next, sift 1/2 pint of lemon joice. Fold in chopped butter and strained nuts. Add 1 babblespoon of brown thugar or wathever color you can find. Wix mel. Grease oven and turn cake pan to 350 gredees. Now pur the whole mess into the coven and ake. Check the rum again, and bo to ged.

~ By Bill Worrell



SHARING THE LOVE WITH AMERICA'S SENIORS

The commitment of Subaru to homebound seniors is extraordinary. Thanks to the Subaru Share the Love Event, Meals on Wheels has delivered nearly 4 million meals and friendly visits to seniors facing hunger and isolation.

From November 17th, 2022 through January 3rd, 2023 Subaru of America and its retailers will donate \$250 for every new vehicle purchased or leased to the customers choice of participating charities including Meals on Wheels.

Christmas Carols Cryptogram

Here is a list of 18 Christmas carols whose titles have all been written in the same secret code. Can you figure out what the titles are? (Hint: replace the letter P with a C.)

1. Q PQOR WYY VR JWFNSJBY
2. AFYRUN UFTSN, SQYV UFTSN
3. IRPZ NSR SWYYA DFNS MQBTSA QJ SQYYV
4. SWXZ! NSR WUTRYA AFUT
5. NSR JFXAN UQRY
6. DR DFAS VQB W ORXXV PSXFANOWA
7. FN PWOR BLQU NSR OFIUFTSN PYRWX
8. F'Ø IXRWOFUT QJ W DSFNR PSXFANOWA
9. WDWV FU NSR OWUTRX
10. AWUNW PYWBA FA PQOFUT NQ NQDU
11. AFYERX MRYYA
12. YFNMYR IXBOORX MQV
13. TQI XNAN VR ORXXV TRUNYRORU
14. XBIQYLS NSR XRI UQARI XRFUIRRX
15. F AWD ØØØØV ZFAAFUT AWUNW PYWBA
16. KFUTYR MRYYA
17. SWER VQBXARYJ W ORXXV YFNMYR PSXFANOWA
18. Q PSXFANOWA NXRR



Flexibility

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway.

Examples of flexibility exercises

Try the calf stretch exercise. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart. Step forward with the right leg and bend the right knee. Keeping both feet flat on the floor, bend the left knee slightly until you feel a stretch in your left calf muscle. Hold the position for 10 to 30 seconds, and then return to the starting position. Repeat with the left leg.



Try the ankle stretch exercise. Sit securely toward the edge of a sturdy, armless chair. Stretch your legs out in front of you. With your heels on the floor, bend your ankles to point the toes toward you. Hold the position for 10 to 30 seconds. Bend your ankles to point toes away from you and hold for 10 to 30 seconds.

go4life.nia.nih.gov

Recipe of the Month

Quick & Easy Artichoke Spinach Pinwheels Christmas Tree

Ingredients:

- 8 oz croissant dough or pizza dough
- 1 1/2 cup spinach
- 1/4 cup red pepper finely chopped
- 2 medium artichoke heart finely chopped
- 1/3 cup ricotta cheese
- 1-2 garlic cloves
- 1/2 tsp red chili flakes
- 1-2 tablespoon parmesan cheese
- Salt & Pepper

Directions:

1. Preheat oven to 375. Line the baking sheet with parchment paper.
2. In a medium bowl, add spinach, red pepper, artichoke hearts, ricotta cheese, minced garlic, salt, chili flakes and pepper. Mix well to combine.
3. Roll the dough into about 12 x 8" thick regular sheet.
4. Then roll up the sheet to form swirls of the ricotta-spinach mixture.
5. Carefully cut the roll into 1/2"-3/4" slices. Arrange these slices on the lined baking sheet into a Christmas tree shape.
6. Bake for the 20 min or until well done.
7. Sprinkle some finely grated



Pinterest.com

Pears



Pears are a mild tasting and nutrient-dense fruit that are popular around the world. Pears are one of the world's oldest cultivated fruits. They are bell shaped in structure and come in many varieties. In the United States, they are grown mostly in the states of Washington and Oregon with over 900 growers/producers in these two states alone.

Since Washington and Oregon are the main producers of pears, they benefit from them greatly. Oregon's official state fruit and number one tree fruit crop is the pear. They rank second in U.S. production and second in fresh production. The state of Washington produces the largest fresh pear production in the entire United States. In the end, these two states produce a lot of pears, about 442,000 tons per year, and they export about 35 percent of their total production yearly to over fifty different countries.



Bartletts

Different varieties

Pears come in many diverse types and varieties with about 100 different main kinds, though some reports say that there are upwards of 3,000 with the color variations. The most common and popular types of pears are Bartlett, Bosc and D'Anjou.

- Bartlett comes in two colors, yellow and red. When ripe, this pear is overly sweet with a texture that is soft and juicy.
- Bosc comes in one color, dark yellow to almost brown. When ripe, this pear is on the spectrum of being crisper and is perfectly sweet.
- D'Anjou comes in two colors, green and red. When ripe, this pear may be more on the overly sweet side with a texture that is soft and juicy.



Bosc

Health benefits

These nutritionally packed fruits have some amazing health benefits which can help support both our overall health and longevity. They are an excellent source of fiber, which is a nutrient most Americans do not get enough of. Pears are also a good source of vitamin C and potassium. They are filled with powerful antioxidants, which help reduce the number of damaging oxidants that can affect our cells and DNA. Pears are also fat and cholesterol free, with only 100 calories per serving!

Tips to include in your diet

Here are some great ways to enjoy pears:

- Swap out with your usual morning fruit and/or add to your favorite afternoon snack
- Mix in with other fruits to make a fruit salad
- Pear slices with plain yogurt or diced on top
- Swap out your usual fruits in a fruit cobbler
- Sub out normal applesauce and make your own pear-sauce
- Try adding a thinly sliced pear to your next peanut butter and jelly sandwich
- If you like homemade pizzas, just add crushed or diced pears as a topping
- Try pears baked
- Add pears to your next fruit kabob



D'Anjou

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

December 3rd — Christmas tour of homes

December 10th — Christmas Crafts with kids

For questions regarding DeWitt Senior Center, Contact Melissa @ 402-239-1015

Answers to the Puzzle

1. WE COME ALL YE FAITHFUL
2. SILENT NIGHT, HOLY NIGHT
3. DECK THE HALLS WITH BOUGHS OF HOLLY
4. HARK! THE ANGELS SING
5. THE FIRST NOEL
6. WE WISH YOU A MERRY CHRISTMAS
7. IT CAME UPON THE MIDNIGHT CLEAR
8. I'M DREAMING OF A WHITE CHRISTMAS
9. AWAY IN THE MANGER
10. SANTA CLAUS IS COMING TO TOWN
11. SILVER BELLS
12. LITTLE DRUMMER BOY
13. GOD REST YE MERRY GENTLEMEN
14. RUDOLPH THE RED NOSED REINDEER
15. I SAW MONKEY KISSING SANTA CLAUS
16. JINGLE BELLS
17. HAVE YOURSELF A MERRY LITTLE CHRISTMAS
18. O CHRISTMAS TREE

Riddle of the Month

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

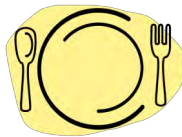
Please include your name & phone number with your answer!

What does Santa Claus use when he has trouble walking?



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Jerald Saurer
was the winner of November's Riddle.

The answer to August's riddle,
"What smells the best every Thanksgiving Dinner?"
— your nose

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:

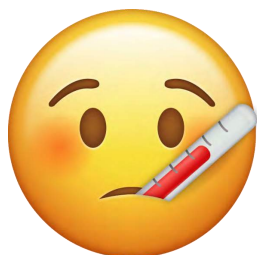
Pneumonia in Elderly Adults

Effects of COVID-19 on pneumonia

COVID-19 can cause a severe type of double pneumonia that can lead to long-lasting lung damage. It may take several months to recover. Pneumonia associated with COVID-19 can sometimes be fatal, especially in high-risk populations like elderly adults

One way to prevent this double pneumonia is by getting the COVID-19 vaccine. As seniors are already more susceptible to pneumonia in general and have an increased risk of hospitalization, getting vaccinated can be one more step to preventing an infection. If your senior parents or relatives are hesitant, here are seven tips for talking about the vaccine.

Understanding bacterial pneumonia



Bacteria is another common cause of pneumonia, and certain groups are more at risk of catching bacterial pneumonia:

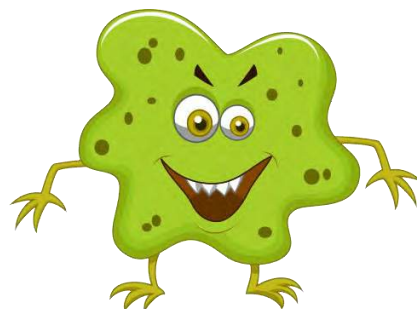
- Adults 65 and older
- People with a weakened immune system
- Patients recovering from surgery
- People with other respiratory conditions or viral infections

Pneumococcal pneumonia is the most common type of bacterial pneumonia, affecting more than 900,000 Americans each year, according to the ALA. This type of pneumonia is caused by a germ called *Streptococcus pneumoniae*. It can occur on its own or after someone has a cold or the flu.

Complications of pneumonia in elderly adults

Older adults are at risk for complications of pneumonia, including:

- **Bacteremia**, a potentially fatal infection that enters the bloodstream from the lungs and can spread to other organs
- **Pleurisy**, an inflammation of the membrane that covers the lungs (pleura), which may require surgery or drainage of the infected fluid in the lungs
- **Lung abscess**, a pus-filled cavity that can develop in the infected lung area
- **Acute respiratory distress syndrome (ARDS)**, which occurs when pneumonia severely injures the lungs, leading to respiratory failure, and may require the use of a mechanical ventilator to help with breathing



How is pneumonia treated?

Treatment for pneumonia depends on what caused it. The goal is to eliminate the infection, prevent any complications, and treat symptoms to help your aging loved one feel better.

Viral pneumonia doesn't respond to antibiotics. If your aging relative's pneumonia is from a virus, the doctor may prescribe antiviral medication. However, in some cases, rest and treatment to help relieve symptoms is all that's needed.

Viral pneumonia usually heals in a few weeks, but if your loved one's symptoms start to get worse, it's important to see the doctor. Bacterial pneumonia is a possible complication of viral pneumonia.

Bacterial pneumonia is treated with antibiotics. The doctor may run tests to determine which antibiotic medicine will work best for the type of bacteria causing your loved one's pneumonia.

It's important to take all the medicine as prescribed by the doctor, even if your loved one starts to feel better after a few days. Not taking the full course of antibiotics as prescribed can cause the infection to come back and the bacteria to become resistant to the medicine. This will make it more difficult to treat your loved one's pneumonia.

Preventing pneumonia in older adults

You can help your aging loved one prevent pneumonia by encouraging them to follow these steps:

- **Get the pneumococcal vaccine.** Talk to the doctor about what type of pneumococcal vaccine is right for your aging parent.
- **Get the flu shot each year.** Pneumonia can be a secondary infection after an initial bout of influenza. People who get the flu shot have a lower risk of developing pneumonia as a complication of the flu.
- **Stay up to date on the COVID-19 vaccination.** Coronavirus and pneumonia can be a deadly combination of infections. In addition to any of the three options for the initial vaccination shots, receiving your COVID-19 booster shot is a great way to further prevent the risk of a double infection.
- **Wash hands thoroughly and often.** Washing your hands before and after preparing food, before eating, and after using the restroom can help reduce the risks of illness.
- **Practice good health habits.** Stay physically active, and eat a diet rich in fruits, vegetables, whole grains, and lean proteins.
- **Manage chronic conditions.** Underlying health conditions like asthma, COPD, and diabetes can worsen pneumonia.
- **Don't smoke.** If your loved one is a smoker, talk to them and their doctor about learning ways to quit smoking.



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