



# Saline County Aging News

Volume 1, Issue 1

August 2015

## Saline County Aging Services

### Not Just Your Grandma’s Eldercare!!

While most people who read this newsletter may already be aware of Saline County Aging Services (formerly Saline Eldercare), we hope to also reach some individuals who may not.

When founded, Eldercare was named for the “Eldercare Grant” that was awarded to start a county aging services agency. In 1993, the term “elder care” was a relatively new buzzword, but adequately described what our program planned to do. Driven by caring, Eldercare set out to advocate for and provide services for Saline County residents who are approaching retirement age. Over the years, Saline County Eldercare has changed and grown. Our services now include: (but are not limited to)

- Foot care clinics throughout the county
- Home delivered meals through the Wilber Care Center
- Medicare Part D comparison counseling
- Homestead Exemption filing assistance
- Medicare & Social Security enrollment assistance



We are very proud of the work that we do and welcome the chance to continue to provide services that support our seniors! At the same time, however, we have to respect the fact that the face of aging is changing! The services that supported my grandmother are not the same that my mother needs, nor will they all be the same that I need. Aging is not one size fits all. With advances in technology and healthcare, we are living longer and healthier lives. According to a study done by XYZ University, “an estimated 78 million Baby Boomers will file for retirement benefits over the next 20 years – an average of 10,000 per day. The aging of this huge cohort of Americans (40% of the total U.S. workforce are Baby Boomers) will dramatically change the composition of the country.” In time, it will also dramatically change the face of Aging Services.

This being said, we are looking for new ways to support our “younger seniors” or “retirees” as I like to call them. Keep an eye on us for new and exciting programs coming soon!

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# National Farmers Market Week- August 2nd-8th



According to farmersmarketcoalition.org farmers markets do more than just give options of fresh produce to the community, they provide a variety of services like: preserve America’s rural livelihood and farmland, stimulate local economies, increase access to fresh, nutritious food, support healthy communities, and promote sustainability. By the end of 2014 there were more than 8,200 farmers markets in the U.S. The farmers market coalition of Southeast Nebraska contributes to this number by having 8 of our own farmers markets in the area. If you have not been to one this summer make sure to stop by and support the local growers. Also, make sure to use the farmers market coupons if you have any! These coupons are given out by the USDA to support both the growers and consumers. Most markets will run until October.

<b>Beatrice</b>	Thursday 4-6:30pm
<b>Crete</b>	Thursday 2:30-6pm
<b>Dorchester</b>	Friday 4:30-6:30pm
<b>Fairbury</b>	Wednesday 4:30pm-sellout Saturday 8am-sellout
<b>Friend</b>	Saturday 8am-noon
<b>Geneva</b>	Thursday 5-7pm
<b>Wilber</b>	Tuesday 4-6:30pm
<b>Wymore</b>	Tuesday 4-7pm

## National Memory Screening Program

This September Saline County Aging Services will be a site for the National Memory Screening Program. The memory screenings are “healthy brain check-ups” that are completely confidential. The check-up includes a series of questions/ tasks that take around 10 minutes to complete. This test is open for anyone who could be at risk for dementia, has current memory concerns, or wants to see how their memory is now. If you would like more information please go to [www.alzprevention.org](http://www.alzprevention.org). More information will be available in August!



## Be Active Every Day!

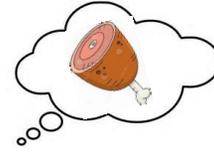


*Go4Life* is the national exercise and physical activity campaign for people 50+ from the National Institute on Aging at NIH, part of the U.S. Department of Health and Human Services. September will be the kick-off for *Go4Life* month and we want YOU to join us! The goal of this campaign is to, “entice, encourage, and enable older adults to incorporate physical activity into their everyday lives.” Changing behavior can be a big task, so everyone is invited to participate and get the word out. Saline County Aging Services is still

in the process of coming up with event ideas we will host, but get excited for a month of exercise ideas, tips sheets, success stories, and motivation/ support to start your journey to a healthier lifestyle!



## Food for Thought



Who doesn't love a good grill-out in the summer?! It's a time when family can come together and consume delicious food. A lot of this food is high in calories and fat, but there are ways to keep these numbers low and still enjoyable. The American Heart Association is all about helping people make smarter choices when it comes to meals. Below you will find some of their tips and tricks to making your next BBQ a health success!

Let's start with the main dishes, like the meats. Hotdogs and hamburgers are most times the #1 choice, but have you ever thought of grilled chicken breasts, fish, or even turkey burgers? Grilled fish is high in heart-healthy omega-3 fatty acids while the chicken breasts and turkey burgers can be an alternative to the darker meats. If you insist on the red meat that's okay too, try to find the words loin and round/choice or select written on the package!

Next on the menu are the side dishes. These can include, but aren't limited to chips, pasta salads, potato salad, and don't forget the dips! Here are a few new items to try to help cut back on those calories. Cut up your favorite veggies and load them onto a kabob stick to grill. This is a simple and easy way to get your vegetable servings in for the day. Next time you make pasta salads or dips try and use less dressing or even the low-fat versions. Plain Greek yogurt can also make an awesome substitution for things like butter, mayonnaise, or sour cream.

Last but not least, dessert. Instead of buying store bought cookies and cakes try making your own version using healthier substitutions. Fruit is always a good way to go as well. Cut up your favorite fruits and throw them into a fruit salad, try grilling some, or even just grab a bowl and top it with whipped cream!



**Portions can make or break a meal! Take the time to figure out how big portion sizes really should be!**

## Caregiver's Corner



### Who are Caregivers?



The short answer is most of us, at some point in our lives, will serve as a caregiver to someone else. In fact, right now you could be a caregiver to your mother, father, husband, wife, daughter, son, grandchild, partner, niece, nephew, cousin, neighbor, or friend and not even realize it.

A caregiver can be the person who:

- Buys groceries, cooks, cleans house or does laundry for someone who needs special help.
- Helps a family member get dressed, take a shower, and take medicine.
- Makes medical appointments and drives to the doctor and drugstore.
- Helps with in-home medical procedures such as changing dressings or setting up pill boxes.
- Talks with the doctors, care managers and others to understand what needs to be done.
- Spends time at work handling a crisis or making plans to help a family member who is sick.
- Is the designated “on-call” family member for problems.

*In small doses, these jobs are manageable but having to juggle competing caregiving demands with the demands of your own life on an ongoing basis can be challenging.*

Caregiving roles and demands are impacted by a number of other factors, including:

- **Type of illness.** Caring for someone with Alzheimer’s disease, other dementias, or other brain-impairing disorders can be more stressful than caring for someone with a physical impairment due to the unpredictability of the care recipient’s behavior.
- **Long-distance caregiving.** Long-distance caregiving is usually defined by a caregiver living more than an hour away from the care recipient. Long distance caring is difficult both emotionally and logistically. In these cases, the caregiver’s role is not as much “hands-on” as it is gathering information about available resources, coordinating services and putting together a “team” of family, friends and paid help that can meet the care recipient’s needs.
- **Urban versus rural settings.** Caregivers living in rural settings face unique challenges. These include fewer available formal services, fewer physicians and health education services, transportation difficulties, weather problems in winter, geographic distance and isolation.

For some people, caregiving occurs gradually over time. For others, it can happen overnight. Caregivers may be full- or part-time. They may live with their loved one or provide care from a distance. Caregivers provide a wide range of services, from simple help such as grocery shopping, to complex medical procedures. For many individuals, being a caregiver is an important part of their personal identity. For others, it is an overlooked facet of their personality. Either way, most caregivers need support or assistance at some point in their caregiving journey.

At Saline County Aging Services, we are here to help not only 60+ individuals, but their caregivers too!!

Please call on us for resources and support!

# What's Happening Near you

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, AUGUST 5
<b>Program– How Well Do You Know NE?</b> Menu– Roast Beef Bridge & Cards
WEDNESDAY, AUGUST 12
<b>Program-Hankies &amp; More Hankies By: Rose Ann Parde</b> Menu-Tuna & Noodles
WEDNESDAY, AUGUST 19
<b>Program– Legal Issues for Seniors By: Fred Swartz</b> Menu– BBQ Meatball Bridge & Cards
WEDNESDAY, AUGUST 26
<b>Program– Check Your Bone Density By: LAA</b> Menu– Haddock

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



## Food Pantry



Although Saline County Aging Services houses and administers the Community Food Pantry, the pantry actually “belongs” to the churches of Wilber. While we tend to the day to day business of ordering food, stocking shelves, receiving donations and serving clients, the pastors pay any bills, assist clients with other emergency needs and plan, host, and coordinate the annual fundraiser.

The pantry provides assistance to individuals in need throughout the county. Blue Valley Community Action covers the northern portion of the county, while the Community Food Pantry covers the south portion of the county. We serve a variety of individuals and families, as there is no age requirement for this program. The pantry is ran, for the most part, by donations of food and money from the communities it serves. Our pantry has grown to the point that we must take appointments to ensure that we have the staff or volunteers available to adequately meet our clients’ needs.

**PANTRY NEEDS:**

- Laundry Soap      Toothpaste
- Dish Soap          Juice
- Macaroni and Cheese      Pancake Mix
- Toilet Paper          Kleenex
- Paper Towels

## Other Happenings around the County

### Community Supper

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

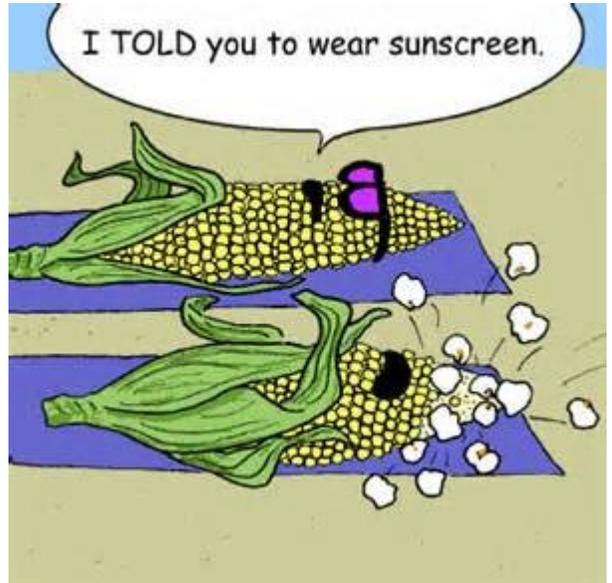
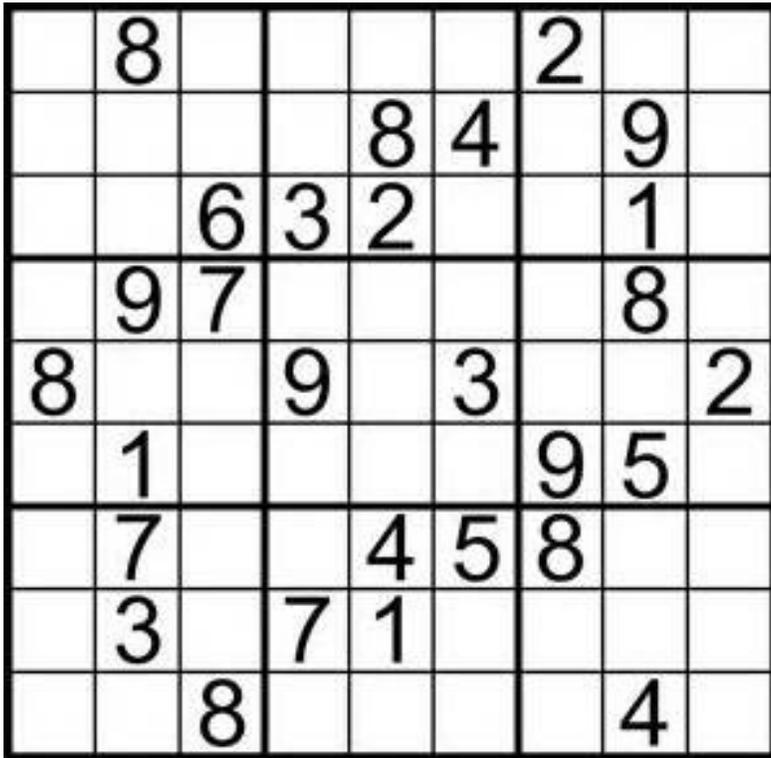
### Important Dates to Remember:

- Czech Days: July 31– August 2nd
- National Memory Screening Program: Coming September
- Go4Life: Coming September
- Medicare Part D Open Enrollment: October 15– December 7th

# August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Czech Days
2 Czech Days 	3 	4 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	5 Dewitt Senior Center Program	6 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	7 	8 
<b>Farmer's Market Week (Aug. 2nd- 8th)</b>						
9	10 National S'mores Day	11 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	12 Dewitt Senior Center Program	13 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	14	15
16	17	18 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	19 Dewitt Senior Center Program	20 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	21 National Senior Citizen Day	22
23	24	25 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	26 Dewitt Senior Center Program	27 @ Dewitt Senior Center Tai Chi 9:00am Quilting 1-5:00pm	28	29
30	31 Quick Shop Ice Cream 4:00pm					

# The Fun Page



## SUMMER WORD SEARCH

J U N E S T S S S S Y K S E U L B M  
 U S M E A U Y E O U H I K I N G S A  
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 G N I N E D R A G S U N S H I N E N

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|-------------|------------------|
| ANTS        | JULY             |
| AUGUST      | JUNE             |
| BARBECUE    | MOSQUITOES       |
| BASEBALL    | NO SCHOOL        |
| BEACH       | PICNIC           |
| BEEES       | ROLLER<br>BLADES |
| BICYCLE     | SANDALS          |
| BLUE SKY    | SKATEBOARD       |
| BOATING     | SOCCER           |
| BREEZE      | SOLSTICE         |
| CAMPING     | SPRINKLES        |
| FISHING     | SUNBURN          |
| FLIES       | SUN GLASSES      |
| FLOWERS     | SUNSCREEN        |
| GARDENING   | SUNSHINE         |
| GOLF        | SUNTAN           |
| GREEN GRASS | SWEAT            |
| HAT         | SWIMMING         |
| HIKING      | U V RAYS         |
| HOLIDAYS    | WASPS            |
| HOT         | WATER FIGHTS     |
| ICE CREAM   | WATERMELON       |

# Service Spotlight



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

Our loan program is perfect for individuals :

- recovering from illness or injury
- recuperating from surgery
- attending events, doctor’s appointments or day trips
- trying a new device before buying one
- students with sports injuries or recovering from sprains, strains or breaks



### Our Equipment

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

## Friendly Visitor’s Program is Back!!

The Friendly Visitor Program connects screened and trained volunteers to homebound seniors.

The purpose of this *free* program is to help alleviate the risk of loneliness and isolation of seniors while providing a link to community resources to preserve their independence.

To receive a Friendly Visitor seniors must: be 60 and over, mainly homebound and able to interact socially.

Volunteer and senior matches are based on shared interests, geography, volunteer availability and personality as much as possible.

Activities that our Friendly Visitors may provide include:

- A friendly chat over a meal
- Reading aloud
- Games and Puzzles
- Telephone conversations
- Out shopping or to a local coffee shop

Friendly Visitors **DO NOT** provide:

- House Cleaning
- Furniture Moving
- Bathing/Manicures or other Personal Care
- Cooking, Laundry, and other chores
- Gardening and Yard Work

Need a Friendly Visitor for yourself or a loved one? Like to be a Friendly Visitor? Please call us at 402.821.3330



## Mom's Meals come to Saline County!

Through a contract brokered between Mom's Meals and Aging Partners, Saline County Aging Services (SCAS) is pleased to announce a new pilot program for home delivered meals within Saline County.



SCAS currently only contracts with two entities to provide meals, the Wilber Care Center and the DeWitt Senior Center. Our pilot program will attempt to meet the needs of individuals who live outside of those services areas. Crete, Dorchester, Friend, Swanton, Tobias, Western, rural Wilber and rural DeWitt.

Mom's Meals is a family owned, fresh food preparation and delivery service dedicated to providing great tasting, wholesome meals direct to customers doorsteps". Having served individuals for 14 years, Mom's Meals make all of their meals from scratch, utilizing a Dietician to ensure meals are nutritionally complete. The unique thing about this program? Choice! Customers can customize their own menus by making selections based on personal taste.

### Special health specific menus available:

- Heart Healthy
- Diabetic Friendly
- Renal
- Gluten Free
- Pureed
- Vegetarian

If you or a loved one thinks that they may qualify for this program, please call Saline county Aging Services at 1.402.821.3330 or 1.800.778.3309 Please note, spaces are limited at this time, so please call for information.



## Saline County Aging Services Foot Care Clinics

It is critical, as individuals age, that their toenails are kept in good shape. Ironically, this is one of the first areas of personal care that people find difficult to maintain because of the physical strain associated with bending over.

### Our Foot Care Clinics are:

- By appointment only
- Are currently held monthly throughout the County
- Sites include Crete, Dorchester, Friend and Wilber
- Each clinic is conducted by licensed RNs
- A suggested contribution of \$10.00 is requested



## Contact Information



# Saline County Aging Services

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

PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330



**READ ALL ABOUT IT!!!**

If you would like to have an advertisement or story in the next issue of *Saline County Aging News* do not hesitate to call the office!

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

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

