



Saline County Aging News

Volume 1, Issue 10

May 2016

May Day



Happy May! Have any of you started to see your “May flowers” bloom yet? I do enjoy seeing flowers that start popping up around my yard and seeing them in other’s yards as well. I was out for a walk a couple days ago and saw a brilliant tulip garden. It made me stop in my tracks to admire the flowers’ beauty and enjoy the little things in life. Another thing these flowers made me think about is how every May my mom and I would make up May Day baskets for neighbors, teachers, and friends. We would spend all evening making popcorn, trail mix, and decorating Styrofoam cups with markers and pipe cleaners. I remember I would get so excited to deliver the baskets to everyone the next day! Do you have any memories like this? I did a little research on how the May Day basket came to be.

During the 19th and 20th centuries May Day baskets would be hung on the doors of friends, neighbors, and loved ones on May 1st. In some cases this was a way a person could express a love interest in another. If the person hanging the basket got caught by the receiver it was the receiver’s job to try and

steal a kiss! Some reports say, “If a boy hangs a May basket on a girl’s door and the girl catches him, it’s a disgrace. If a girl is the hanger, it is a disgrace if the boy does not catch her.”



Another story reports of a man in May of 1889 who got up at the crack of dawn to deliver his basket to his love interest. After he walked the mile and a half to her house, he found that there was already another May Day basket at her door...poor guy!

Even though the May Day traditions have changed overtime and are seen mostly in schools now, it is still a fun memory to think about. The moral of this story I am trying to make though is that next time you see some pretty flowers, take the time to admire them. They might bring you a nice memory that takes you back to your childhood that you get to share with others!

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Saline County Aging Services

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

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



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

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



Exercise of the Month– Wrist Curl

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



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

**If you do not have any weights you can use a canned item.

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

Tai Chi: Moving for Better Balance



Tai Chi: Moving for Better Balance teaches participants balance skills and good body alignment by using coordinated and flowing movements. The

course is designed for older adults who can walk with or without walking aids or who have fallen or are afraid of falling. Participants will feel stronger, have better balance, greater flexibility, and feel more confident after completing the Tai Chi program. This

effective program was developed by Fuzong Li, PhD of the Oregon Research Institute with funding from the Centers for Disease Control and Prevention. The program is 12 weeks long and starts May 24th. Class will meet every Tuesday and Thursday from 2-3pm at the Wilber Dvoracek Library for 12 weeks. There will be 3 separate weeks where we will meet on a Tuesday and Friday, dates to be determined. The suggested contribution is \$2 per session and it is recommended that you try to make it to every session for the most benefit. Spots are limited, so if you are interested please call Saline County Aging Services to sign up or get more information at 402-821-3330.



Want Saline County Aging News sent to your door???



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

Saline County Aging Services

Attn: Macey Moore

109 West 3rd Street– Wilber, NE 68465

or bring it into our office.

Name:

Address:

If you would rather have it send via email please provide email address:



Answers to Last Month's Puzzles

Answers to Last Month's Puzzles include:

- 9x9 Grid:

9	2	7	4	3	5	1	6	8
3	6	4	8	1	2	5	9	7
1	5	8	7	9	6	4	3	2
2	7	6	3	4	8	9	1	5
4	1	5	9	6	7	8	2	3
8	3	9	2	5	1	7	4	6
6	8	2	1	7	4	3	5	9
7	9	1	5	2	3	6	8	4
5	4	3	6	8	9	2	7	1
- Word Search Grid:

T	U	C	T	E	N	A	V	P	C	T	H	O	R	P	P	Y	A		
E	N	B	O	I	G	U	C	A	G	B	X	I	Q	E	Y	R	I	T	K
Q	D	E	S	K	P	R	V	O	D	G	B	N	D	X	N	E	G	I	Z
H	A	Y	M	G	S	I	E	T	L	A	C	U	Q	E	O	S	O	L	X
E	H	B	N	I	V	E	S	N	D	Q	C	G	N	J	I	E	L	I	P
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R	N	V	V	U	E	R	H	O	T	M	R	F	E	L	T	D	N	O	
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S	N	O	I	Z	A	R	E	N	E	G	E	R	U	T	O	F	E	R	N
N	J	L	X	D	R	E	T	A	N	N	E	L	C	J	A	N	R	J	
- Crossword Clues:
 - WARM
 - SHOWER
 - UMBRELLA
 - APRIL
 - SPRING
 - TULIP

Advertising with Saline County Aging News

Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the *Saline County Aging News*. To make sure your information will be in the newsletter of that month, please have the article to Saline County Aging Services by

the 2nd to last Friday of the month. This will ensure there is plenty of time to add and make the articles fit. If you have pictures from a recent or upcoming celebration, like birthdays or anniversaries, and would like to have them featured in *Saline County Aging News* we would love to do that for you! To be in June's newsletter contact Macey

by May 23rd with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!



ANNOUNCEMENTS



The Wilber Farmer's Market is starting back up!

It will run every TUESDAY beginning May 24th and will run through October from 4-6:30pm.

If you would like to become a vendor please contact Pat Hudecek at 402-821-3258.

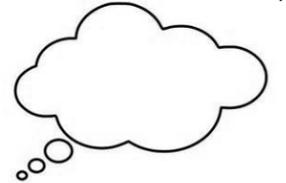


This picture was taken from the last day of the Stepping On class in Wilber.

Mary Corder and Macey Moore taught the class at the Wilber Care Center. There was a great turn out with valuable information learned and shared during each class. Be on the lookout for more Stepping On classes coming to other towns in Saline County. Thanks for such a great class!



Food for Thought What's In My Drink?



How much added sugar are you consuming when you reach for certain drinks? Is the taste of that particular drink worth all of the extra calories and sugar? I'm guilty of consuming each one of these drinks a time or two...or three in my lifetime, but I know I simply cannot drink these empty calories all of the time. I am a visual learner and seeing drinks compared to sugary foods can be alarming! The information here came from CNN in an article titled, "Sweet comparisons: How much sugar is in that drink?"

The apple juice pictured contains 49 grams of sugar, which is about the same amount as the sugar in 10 Oreos! The next picture of the Naked juice might seem like a "healthy" alternative, but when you really look at the nutrition label you will see there's about 29 grams of sugar, which is equivalent to 8 Chips Ahoy! Cookies. When you reach for that bottled iced tea on a hot day you are consuming around 32

grams of sugar, which is close to the sugar amount in 12 Hershey's Kisses. Gatorade can be a great tool to replace lost electrolytes after a hard workout, but consuming this just to quench your thirst could cost you around 56 grams of sugar, the same amount in 5 Reese's Peanut Butter Cups! This Dunkin Donuts Iced Carmel Latte has 37 grams of sugar, which is close to the sugar in 3 1/2 donuts. If you get an iced coffee AND a donut for breakfast, we are talking about a sugar overload! The last picture is a 20oz bottle of Pepsi which contains a whopping 69 grams of sugar! This is comparable to the amount of sugar in 5 Swiss Rolls. Now, this article is not meant to say you cannot ever have these drinks, but the next time you reach for something to think it over if it's really worth it or not! Water is always a safe bet to go with and has more benefits than you may think! If you don't like the taste try adding some sugar free Crystal Light or lemon/ lime juice.

Memorial Day– May 30th

Memorial Day is an American holiday that is observed on the last Monday of May each year. It is observed to honor the men and women who died while serving in the U.S. military. This day was originally known as Decoration Day and came years after the Civil War. On the first Decoration Day General James Garfield made a speech at Arlington National Cemetery where 5,000 people decorated 20,000 graves of the Union and Confederate soldiers buried there. After WWI, only honoring the people who were lost while fighting in the Civil War changed to commemorate American military personnel who died in all wars. In 1966, Waterloo, New York became the birthplace of Memorial Day. Waterloo held its first celebration May 5, 1866 and each year since hosts an annual, community-wide event where businesses are closed and residents decorate the graves of soldiers with flowers and flags. Memorial Day became an official federal holiday in 1971.

There are many Memorial Day traditions across the United States every year. It is very common for parades to have military personnel and members of veterans' organizations in them. You can find some of the biggest parades taking place in Chicago, New York, and Washington D.C. People will often visit cemeteries and memorials on this day bringing flowers to decorate with. People also throw parties and barbecues during this time, because it "unofficially marks the beginning of summer."



Mother's Day History



There have been celebrations of mothers and motherhood that goes back to the ancient Greek and Romans. The clearest precedent for Mother's Day is seen in the Christian festival known as "Mothering Sunday". This usually fell on the 4th Sunday of Lent and was a time when the faithful would go back to their "mothering church" for a special service. Mothering Sunday was practiced in the United Kingdom and

parts of Europe. Overtime the tradition turned into children presenting their mothers with flowers and gifts of appreciation.

Over in America Ann Jarvis was organizing "Mother's Day Work Clubs and "Mother's Friendship Day". This club and day happened to teach mothers how to properly care for their children and gathered mothers with former Union and Confederate soldiers to promote reconciliation. Julia Howe was also on this list of women who helped form Mother's Day. In 1870 she wrote the "Mother's Day Proclamation" that had mothers come together for world peace. The official Mother's Day as a holiday came from Anna Jarvis, Ann Jarvis's

What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, MAY 4TH
Program– Meet the new Village Clerk Menu– Ham & Potato Casserole Bridge & Dominos
WEDNESDAY, MAY 11TH
Program– Look Out for Scams! Menu– Goulash, Salad, & Corn Cards or Dominos
WEDNESDAY, MAY 18TH
Program– Touch of the Netherlands by Bev Menu– Reuben, Potato Salad Bridge & Dominos
WEDNESDAY, MAY 25TH
Program– The Whole Story of Dedication Day/ Memorial Day by Glen Menu– Smothered Steak

Interested in Home Delivered Meals?

For DeWitt, call: 402.683.6475
For Wilber, call: 402.821.2331
All others in Saline County call: 402.821.3330

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:

Homestead Exemption: Now until June 30th
Stepping On in Friend: Starting May 5th
Tai Chi in Wilber: Starting May 24th
Wilber Farmer's Market Starting: May 24th



**Winner of April's riddle:
Evelyn Dvorak**

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

The answer to April's riddle was Rain.



HAPPY BIRTHDAY!

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

May 2016

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	4	5 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Friend Stepping On 9:00-11:00	6  International Tuba Day	7
8  Mother's Day	9	10 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	11  School Nurses Day	12 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Friend Stepping On 9:00-11:00	13	14  Dance Like a Chicken Day
15	16  Love a Tree Day	17 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	18	19 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	20  National Bike to Work Day	21
22	23  Lucky Penny Day	24 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	25	26 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Friend Stepping On 9:00-11:00 @ Wilber Tai Chi 2-3:00	27	28  International Jazz Day
29	30 SCAS CLOSED MEMORIAL DAY 	31 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00				

daughter. According to the History Channel, after her mom passed in 1905 she was convinced that Mother's Day should be all about the sacrifices mothers made for children. A department store sponsored her so she was able to hold the first official celebration at a Methodist church in Grafton, West Virginia in May of 1908. An interesting fact about Anna Jarvis is that she was unmarried and childless her whole life, but was persistent in making Mother's Day have its own day. It all paid off in 1914 when President Woodrow Wilson signed a measure that officially made the second Sunday in May, "Mother's Day". While Mother's Day grew in popularity, Anna

became sick of the idea it had become. She was disgusted with how the holiday was commercialized and tried to get people to stop buying flowers and cards in support of the day. By the time she passed away in 1948 she had disowned the holiday she created and lobbied the government to get it removed from the American calendar.

Mother's Day today is celebrated by giving mothers and women a day off from cooking/cleaning and showering them with gifts and flowers. There was a time in the 1970s that groups of women would use this time to raise awareness to the need for equal rights and access to childcare.

Recipe of the Month

Magic Cookie Bars

Prep Time	Bake Time	Total Time
15 minutes	30 minutes	45 minutes + cooling time

Ingredients

- Non-stick cooking spray
- 1 1/2 Cups graham cracker crumbs
- 1/2 Cup butter, melted
- 1 can sweetened condensed milk
- 1 Cup chocolate chips
- 1 1/2 Cups M&M candies
- 1 1/3 Cups flaked coconut
- Optional: 1 Cup nuts like walnuts or pecans



Directions

1. Heat oven to 350 degrees. Coat 13x9 baking pan with non-stick spray.
2. Combine graham cracker crumbs and butter in a small bowl. Press into the bottom of pan. Pour sweetened condensed milk evenly over crumbs. Layer with coconut, chocolate chips, M&Ms, and nuts.
3. Press down firmly with fork.
4. Bake 25-30 minutes or until lightly browned. Allow to cool for one hour before cutting into squares.

Tip

If there is a holiday going on pick the holiday version on the M&Ms to make it fit the time of year! You could also try to use Reese's Pieces if you enjoy peanut butter. Enjoy!

“To the world you may be one person. But to one person you may be the world.”

I find it hard sometimes to get organized myself, let alone for another person I am providing care to. By being a caregiver your plate is probably overflowing with responsibilities, deadlines, appointments, trying to find time to fit everything in, the list could go on and on. One way to help this overwhelming process is by trying to stay or becoming organized to tackle all of the tasks you need to get done in a day for yourself and the person you are providing care to. Each day of caregiving is not like any other. Sometimes you will have good days where everything seems to

run smoothly and other days everything could go wrong. Just like how no two days in caregiving are the same, no two ways of becoming organized are the same either. What works for one person may not work for another, but there are still a few basic guidelines to go by, you just have to find out what works best for you! In this article I am going to share with you some tips on how to stay organized for an ordinary day and for a potential emergency.

Organizing for an ordinary day:

- Setting up medications

Sometimes there can be instances when the timing of insurance companies and a care receiver's need for medication do not match up. To keep this from happening it is a good idea to have at least a week of reserve medication in case of illness, weather, or any thing else that can keep you from picking up the medication when you need it.

- Enhancements to the daily routine

Be on the lookout for items that can make the person you are giving care to life easier. A few examples given in the article I read talk about plates that keep meals warm for slow eaters and two handle mugs to give more stability and independence.

- Being ready to handle an emergency

During the winter time this could mean having warm clothes and blankets ready for both you and your loved one. For times when you know there might be bad weather it is a good idea to pack a bag of medications and supplies so if something happens you are ready to go.

- Keep a written journal of a care receiver's current needs

If this is kept up daily this could save a person time in an emergency. This could also be useful if you have to transfer care to someone else for your loved one.

- A second journal for yourself

Journaling can help relieve frustrations, clear thoughts, and keep track of how YOU are doing. Buying yourself a nicer looking journal may help you want to write more.



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

Budding trees
 Caterpillars
 Chipmunks
 Flowers blooming
 Ice melting

Kites
 Lawnmower sounds
 Lilacs
 Longer days
 Nesting

Robins
 Sandhill cranes
 Showers
 Singing birds
 Snow gone

Softball
 Turkeys calling
 Warmer weather
 Windows open
 Woodcock dance

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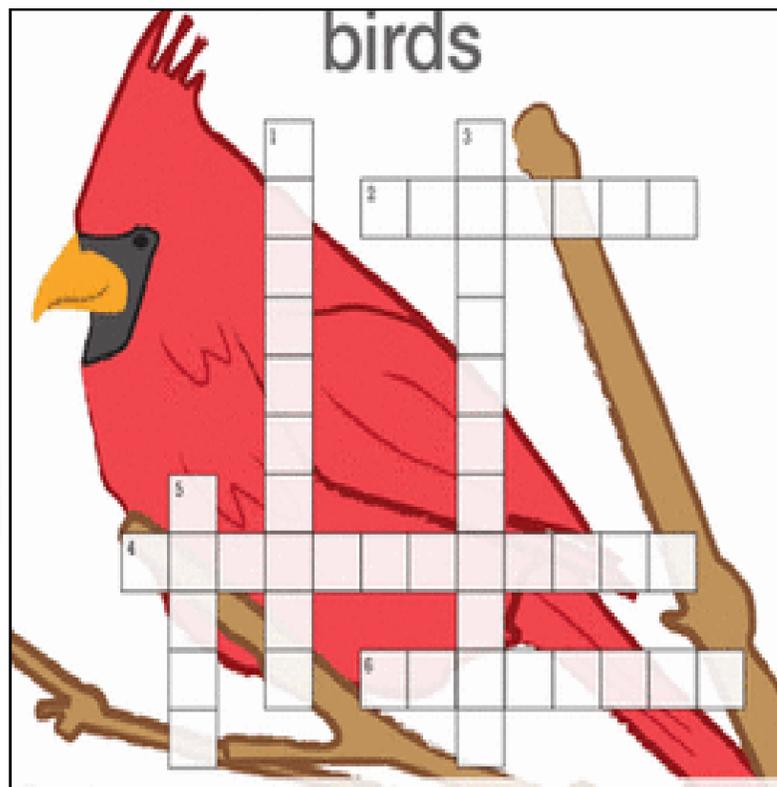


Riddle of the month!

*I am red, white, and blue
and fly high in the sky.
A lot of people wear me on their shirts,
during the 4th of July.*

What Am I?

Call in or stop by the office to answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month! **Please include your phone number with your answer!**



Across

- 3. A blue bird with a crest on its head.
- 4. These birds are known for mimicking the sounds of other birds.
- 6. A red bird with a crest of feathers on its head.

Down

- 1. This bird pounds its beak into wood to find insects.
- 2. Small birds that eat nectar.
- 5. A bird that typically has a red breast.



- A dedicated calendar
This should be a place where you have appointments and engagements that are for your loved one. If you would like to have your own engagements on there as well this can be helpful. It is all about what works best for you and your loved one.
- Reduce clutter
This may seem like a daunting task to accomplish, but can be very beneficial in the long run. When you first get an important piece of paper or document organize it early on so you can save time in case of an emergency.
- Allow for diminishing capacity of your care receiver
In most cases the person you are giving care to is not going to get well. Because of this it is important to look into future needs even if you never plan on using them. Getting to know the best in-home care agencies, adult care facilities, and assisted living and nursing homes can save a lot of hassle if the day were to come when you could no longer provide the care they need.
- Find a way to do something you enjoy
The little things include listening to the music you enjoy, reading a book, or spending time on the computer with a support group. You should also take the time for some "me time" where you can see some friends and enjoy yourself.

Organizing for a potential emergency:

- Back up relief
If you become temporarily incapacitated it is good to have someone in mind who can relieve you. Make sure you have this in line before this were to happen. Call a neighbor or a friend and talk to them about if they could help with an emergency.
- Stay prepared for the most likely emergency
If your loved one has seizures, frequent falling, or diabetic issues do your best to prevent these from happening, but also know what you can do in case you need to call for professional assistance.
- Keep an information folder in an obvious place
This can include but is not limited to: phone numbers to the doctor's office, the clinic's off-hours, nurse number, prescription names, a list of emergency family and friend contacts, copies of insurance and medical cards, a list of allergies, power of attorney for health care and any other important/ essential information for yourself or emergency personnel.

Get To Know Saline County Aging Services!

What's your full name?

Beverly Jane Plihal

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

Five and a half years now

and the manager of the DeWitt Senior Center.

5 1/2



What's your favorite color?

Probably purple right now...I love purple hydrangeas and lilacs, purple clothes, and purple pansies too.



What is your favorite time of the year?

I think spring, because the brown fields and lawns turn green and flowers pop up everywhere, especially dandelions and tulips!



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

We just returned from and awesome river cruise in the Netherlands, so my next bucket list trip would be New Zealand and Australia (if I can handle another very LONG flight!)



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

Take that trip to New Zealand and Australia with my whole family, but we would go first class all the way!



What is your favorite part of Saline County Aging Services?

Talking to the over 60 crowd to have them tell me about the interesting years that they have experienced prior to age 80 or 90.



What is something interesting about you?

Perhaps that I spent some time living with an African American single mom with five adorable children in Milwaukee, Wisconsin while I tutored and set up programs for some underprivileged families in the VISTA (Volunteers in Service to America) program after college.



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

My toothbrush, matches, and a satellite dish so I could use my ipad for reading.



What is your best/ favorite piece of advice?

Make sure you meet people with a smile each day as smiles are contagious and they will pass it on to the next person they meet, making the day a little



Community Food Pantry to Move



Saline County Aging Services would like to announce that we are giving the **Community Food Pantry back to community**. We will however be continuing to offer the "Meat Package Program" and Feed America food.

The pantry was founded by Rev. Jim Helgren, former pastor of the First Evangelical Lutheran Church, in collaboration with the churches in Wilber. At the time, 'Saline Eldercare' was under Blue Valley Community Action (BVCA). Although our focus has always been on our 60+ population, and the food pantry serves all ages, it made **sense at the time** for the pantry to be housed here.

In 2007 we became a county program under Saline County. A few years later, we became Saline County Aging Services to better identify ourselves. Our focus, from the day Eldercare was originally founded, was always meant to be on the 60+ population and their caregivers. **The food pantry is not who we are or what we do. It is a community program that is housed and administered in our building.**

The reasons for giving the pantry back are simple. Our funding is from federal, state and local governments. The bulk of our funding is Federal and comes with regulations that require us to be provide "Senior Center" type activities: meals, nutrition education, health education, presentations, exercise programs, etc. In other words, we need more programs that support our mission and fulfill our funding obligations.

We receive no outside funding for administration of the food pantry and can no longer

use our funding this way. **Every cent** we receive from the local churches, civic groups, schools and citizens goes toward the care of pantry clients (as it should). This means that some of our funding, meant to provide aging services, is used for the administration of the pantry.

Over the last decade, we have had steady growth in the number of participants and caregivers served and programs offered. Last year we increased the number of clients served by 9%! Moving the pantry would give us back half of our building so we no longer have to arrange other venues for **our** programs (like Tai Chi and Stepping On).

We realize that this is not a popular decision with some, but please know that **this decision was not made lightly**. However, through our Town Hall meeting and 100+ surveys, we found that a very large portion of the 60+ people we spoke with indicated that they would like to see a senior center here (including cards, coffee groups, and other social activities).



This has led us to believe that we are acting in the best interest of our clients and adhering to our mission.

We are reaching out, hoping someone will be inspired to take over the program. Otherwise, it may need to move out of town or close completely. Anyone with any questions or suggestions on where to move the pantry, please call Amy Hansen at Saline County Aging Services (402) 821-3330.