



Saline County Aging Services

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

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



Volume 3, Issue 2

February 2018

Inside This Issue . . .

- First Groundhog Day Pg 1, 3
- Cholesterol/Heart Health..... Pg 2, 8
- Just for Laughs Pg 4
- Food for Thought Pg 5
- Caregivers' Corner..... Pg 6, 14-15
- New Medicare Cards..... Pg 7
- Recipe/Exercise Pg 9
- Fun pagesPg 10-11
- Full Circle & Staff Note Pg 12
- Announcements Pg 13
- What's Happening..... Pg 16-17, 19



The First Groundhog Day

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

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

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

Continued on Page 3

Cholesterol & Senior Heart Health

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

HOW CHOLESTEROL WORKS & WHAT THOSE NUMBERS MEAN

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

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

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

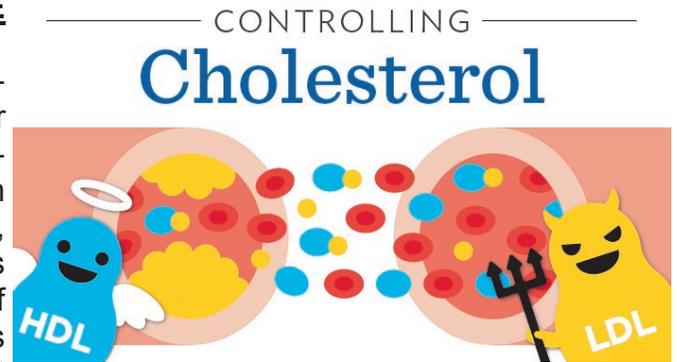
CHOLESTEROL & HEART DISEASE

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

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

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

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



First Groundhog Day Continued...

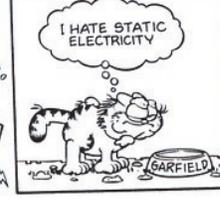
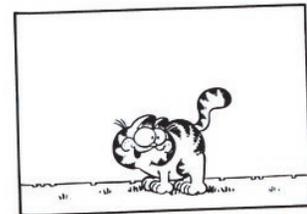
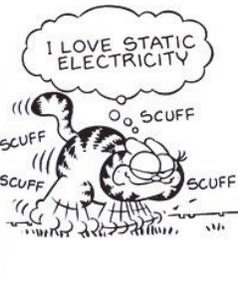
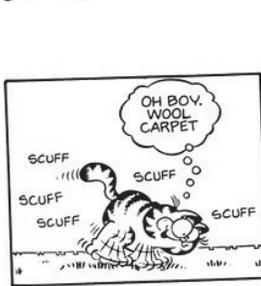
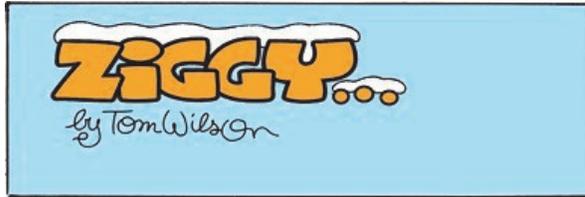
In February, male groundhogs emerge from their burrows to look for a mate (not to predict the weather) before going underground again. They come out of hibernation for good in March.

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



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

Article is from *History.com*



"Marmaduke was worried he might get lonely."

Love is...



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

Heart Health



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

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

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

Fruits: 4 to 5 servings per day.

Vegetables: 4 to 5 servings per day.

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

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

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

Fats and oils: 2 to 3 servings per day.

Sweets: limit to no more than 5 per week.

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

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

People over age 51.

Individuals with high blood pressure.

Individuals with diabetes.

Individuals with chronic kidney disease.

African Americans.

A little
DASH
will do you

DASH stands for Dietary Approaches to stop Hypertension: a lifestyle plan to lower blood pressure and cholesterol levels without medication.



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

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

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

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

Article is from Aging Partners

Elder Care Guilt: Making Peace with Your Decisions

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

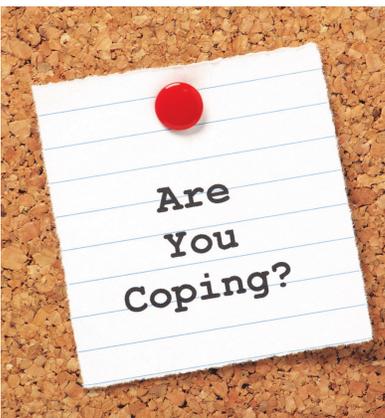
MAKING THE SENIOR CARE DECISION

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



COPING WITH ROLE REVERSAL

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



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

Continued on page 14

New Medicare Card FAQs

Why are the new Medicare cards important?

- Medicare is removing Social Security Numbers from Medicare cards to **prevent fraud, fight identity theft, and keep taxpayer dollars safe.**

When can I expect my new Medicare card?

- Cards will be mailed between April 2018—April 2019.
- **Once you receive your new card, shred your old card.**

What do I need to do to get my new Medicare Card?

- **Nothing!** Your new Medicare Card will be mailed to you automatically.



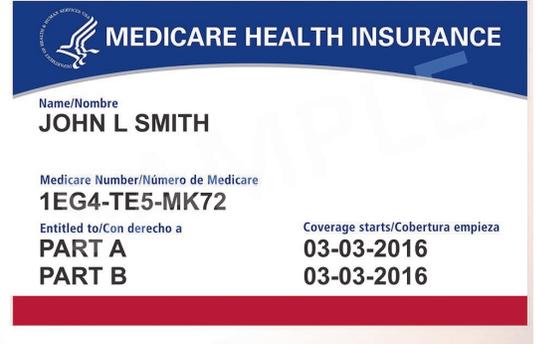
What if I get a call about the new cards?

- **Hang up!** If you receive calls, mailings or emails asking for information or payment to receive your new card, **this is a scam! DO NOT RESPOND!**

Report any fraudulent calls or mailings to Nebraska SHIIP at 1-800-234-7119.

Information is from Nebraska SHIIP

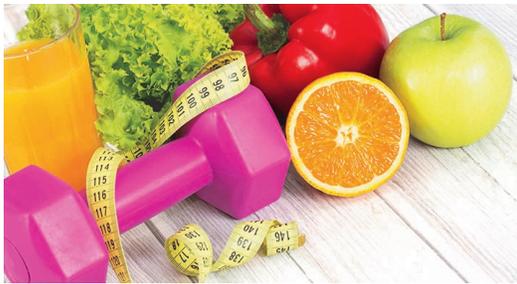
New Medicare Card



TREATING HIGH CHOLESTEROL: EXERCISE, NUTRITION & MEDICATION

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

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



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

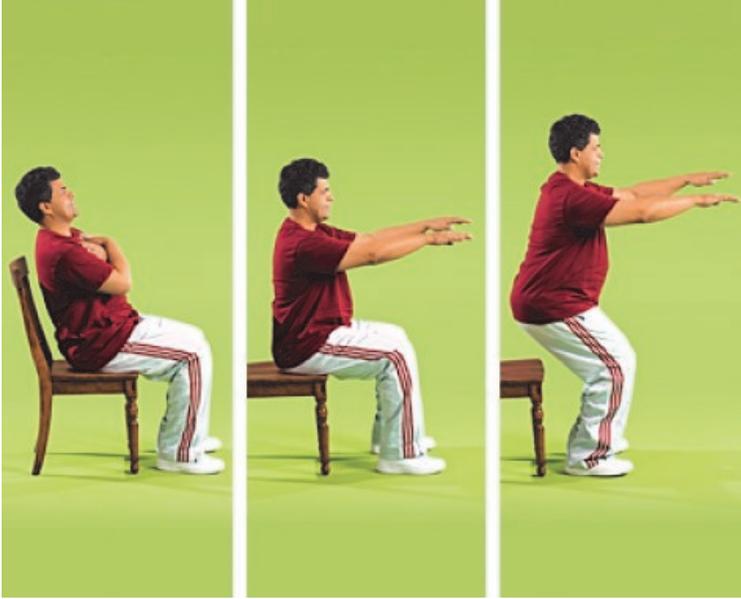
etables such as broccoli, cabbage, and cauliflower-reduces overall caloric intake and provides more than enough fiber to reduce LDL. Similarly, eating carbohydrates such as whole wheat breads and pastas, bran, brown rice, and oatmeal provides fiber. Omega-3 fatty acids, found in cold-water fish like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

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



Article is from aplaceformom.com

Exercise of the Month — Chair Stand



TARGETED MUSCLES: Abdomen and thighs

WHAT YOU NEED: Sturdy, armless chair

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

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

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

Recipe of the Month

Monkey Bread

DIRECTIONS:

Preheat oven to 350.

Spray bundt pan with non stick spray or lightly grease.

In large bowl, mix sugar and cinnamon.

Separate dough into biscuits and cut into quarters.

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

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

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

Allow to cool in pan for 10 minutes.

Invert pan onto serving plate and tap to release.

Sprinkle pecans over top.



INGREDIENTS:

1/2 cup sugar

2 tsp cinnamon

2 tsp vanilla

1/2 cup brown sugar

2 cans of refrigerated biscuits

3/4 cup melted butter

Happy Valentine's Day

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



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

Chicken Scratch NY

Riddle of the Month

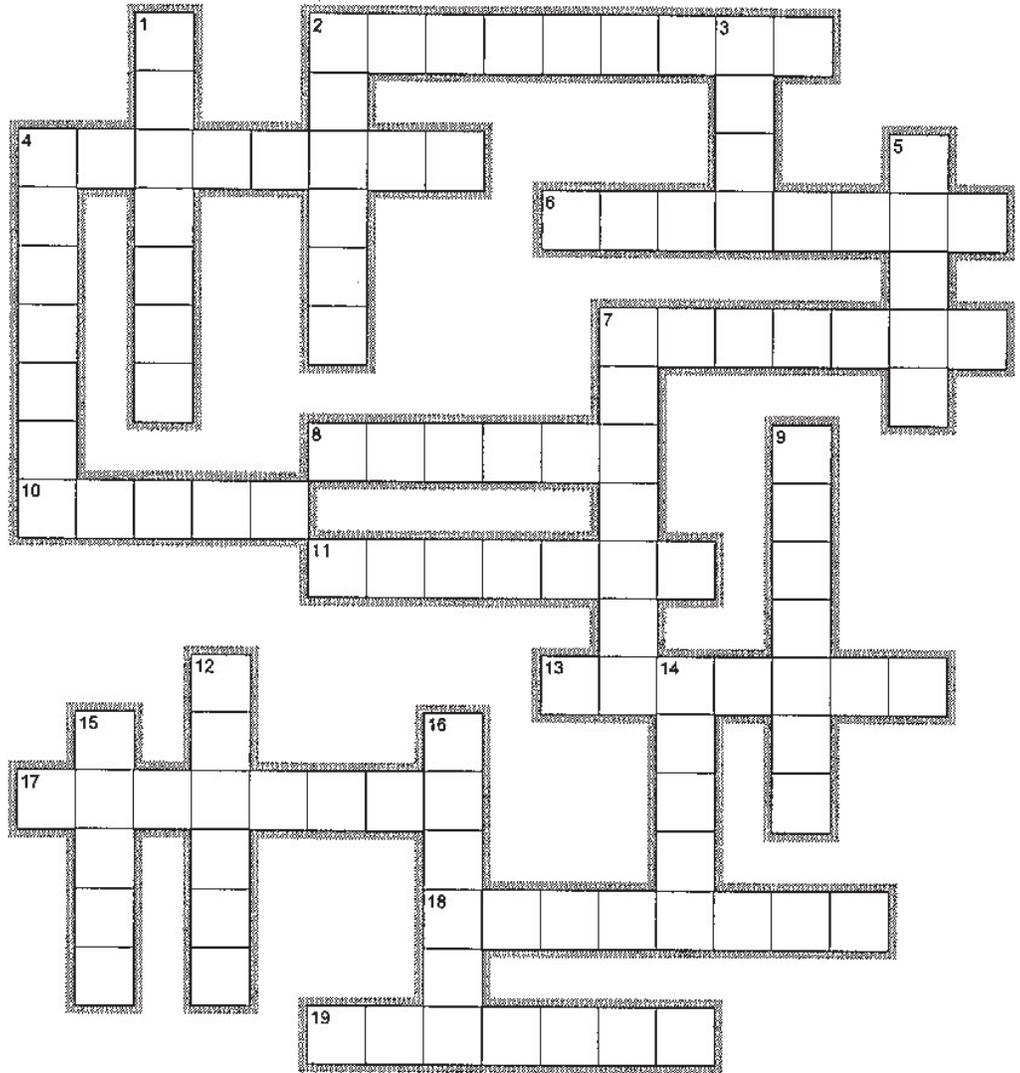
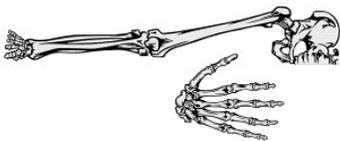
**What goes up a chimney
 down but can't come down
 a chimney up?**

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

Please include your phone number with your answer!

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

Name that Bone!



Across:

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

Down:

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

Happy Valentine's Day



Yours in Service,

Katie & Laura

Full Circle



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

Announcements



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

Interested in coming to one of our foot clinics?

We have clinics in

Dorchester, Crete, Friend and Wilber.

Call Laura at 402.821.3330 to make an appointment near you!



Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!

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

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



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

To leave a message for Laura you will press 2.

To leave a message for Katie, you will press 3.

Don't know who it is you are looking for? That's ok too, you can leave a general message and we will get it to the right person!

Let us know if you are having difficulties and we will do our best to help you!

As we know all too well, Nebraska weather can be very unpredictable.

So please remember that Saline County Aging Services will be closed when:

- the Saline County Courthouse is closed.
- Wilber-Clatonia Public Schools closes because of bad weather.
- We will come in late if the Wilber-Clatonia Public schools are having a late start because of weather.
- And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to reschedule your appointment.



Be safe this winter and know what the driving conditions are like before you try to go out and about! If you are not sure if Saline County Aging Services will be open or not, do not hesitate to call 402-821-3330 and find out!

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

MOVING PAST GUILT

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

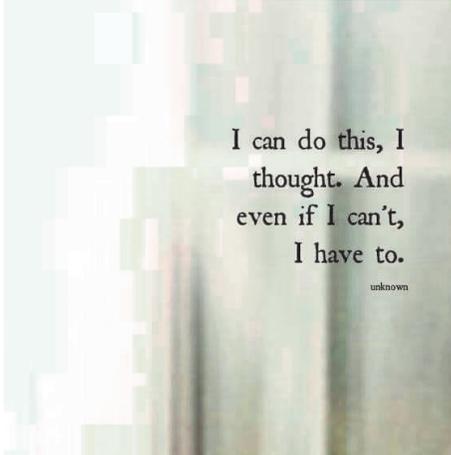


"One way to address this situation is to anticipate it," he suggests. "Enter into it with emotional health, whether as a result of psychotherapy or some other methodology. Deal with issues before they encumber our ability to deal with our parents. The better our perspective, the better the outcome. Visiting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

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

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

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



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

Article is from aplaceformom.com

February Activities

				1 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	2 	3
4 Homemade Soup Day 	5 Bridge 10:30-230 Nutella Day 	6 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Bridge 10:30-230 Tai Chi 2:30-3:30	7 Foot Clinic Lunch 12:00 p.m.	8 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	9 National Pizza Day 	10 Umbrella Day 
11 Make a Friend Day 	12 Work Day 1:00-3:30	13 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	14 Foot Clinic Bridge 10:30-230 Lunch 12:00 p.m. 	15 Foot Clinic Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	16 National Caregivers Day 	17 Cabbage Day 
18 Drink Wine Day 	19 SCAS CLOSED! 	20 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00	21 Lunch 12:00 p.m.	22 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner	23 Senior Luncheon-Friend Christian Assembly	24 Tortilla chip day 
25	26 Pistachio Day 	27 Tai Chi 9-10 Quilting 1-5 Tai Chi 930-1030 Tai Chi 2:00-3:00 Senior Dinner	28 Bridge 10:30-230 Lunch 12:00 p.m. Tooth Fairy Day 			
Key: Crete Dorchester Wilber Friend DeWitt			All foot clinics are by appointment only.	Interested in a foot clinic appointment for Wilber, Crete or Friend Call us at 402.821.3330	For DeWitt call Bev Plihal at 402.683.6475 or 402.520.0873	

What's Happening Near You?

DeWitt Senior Center Meal Schedule

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

WEDNESDAY, February 7th

Program—Senior Fraud Prevention
Menu—Ham & Sweet Potatoes, Green Bean Casserole,
Fruit & Milk

WEDNESDAY, February 14th

Program—Happy Valentine's Day
w/music by Karen Reynolds
Menu—Beef Stew over Biscuits, Pear Crisp & Milk

WEDNESDAY, February 21st

Program—Wine, cheese & Chocolate
By Kayla Colgrove of the Ext. Office
Menu—Lasagna, Garlic Sticks, Corn, Fruit & Milk

WEDNESDAY, February 28th

Program—Looking After Children w/CASA
by Kim Richters
Menu—Salisbury Steak, Mashed Potatoes, Baby
Carrots, Fruit & Milk



Phyllis Lowe
of
Crete

received a \$5 gift card to Subway!
Get your answers in by the 15th
for this month's riddle so you can
be the next winner!

The answer to January's
riddle was TOMORROW.



HAPPY BIRTHDAY!

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

Love is...



Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330



COMMUNITY SUPPER: Join community members of all ages and walks of life at the First Evangelical Lutheran Church in Wilber every Monday at 5:30 p.m. for a meal and fellowship. No cost, open to everyone regardless of age.

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, February 22, 2018, in the Wilber Care Center's Activity Room. Please RSVP by February 16th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

FOOT CLINICS

As a person ages, they may find toenail trimming a difficult task to accomplish themselves. Whether it is because their feet are hard to reach, or their nails have thickened, or for safety concerns because of diabetes.

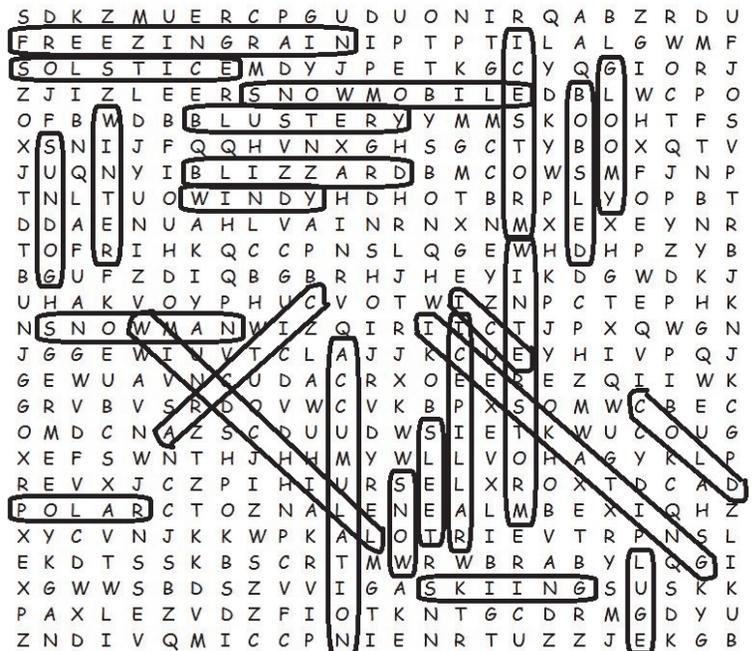


Saline County Aging Services has five foot care clinics each month in Saline county: Two in Wilber and one each in Crete, Dorchester, and Friend. Registered nurses provide the services for these clinics.

It is a popular service and each clinic has had a waiting list at one time or another. The reason for the waiting is list is because there are only so many appointment times at each clinic, and when a person comes, they usually want to return on a regular basis.

If your preferred clinic has a waiting list, you could start receiving services at another clinic/town. This will give you priority, so when an opening occurs in your town/area, you will have the opportunity to attend that clinic before others on the waiting list.

We currently have openings at our Wilber and Dorchester clinics. If you are from the Friend or Crete area and would like to have your nails trimmed, please call 402-821-3330 or 800-778-3309 to get your name on the waiting list. There is a *suggested contribution* of \$10.00 for this service.



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



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

Cut this slip out, fill the information in below, and mail it to
Saline County Aging Services– PO Box 812– Wilber, NE 68465
or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.

Name:

Mailing Address:

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

BEING FIVE A BOY AND HIS BLOG



BY GEORGE SFARNAS © 2008



LIST of 2018 HOLIDAYS that SCAS WILL BE CLOSED



Saline County Aging Services will be closed in observance of the following County holidays.
If in doubt, please call 402-821-3330.

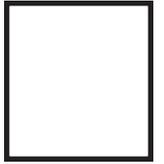
Jan. 1 New Year's Day
Jan. 15 Martin Luther King Day
Feb. 19 Presidents' Day
Apr. 27 Arbor Day
May 28 Memorial Day
July 4 Independence Day

Sept. 3 Labor Day
Oct. 8 Columbus Day
Nov. 12 Veterans' Day
Nov. 22 Thanksgiving
Nov. 23 Day after Thanksgiving
Dec. 25 Christmas Day

Saline County Aging Services

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 programs to all Saline County individuals over 60 and their caregivers. Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination on the basis of race, color, national origin, sex, age, or disability.



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

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

Saline County Aging Services

