



Saline County Aging Services

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

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Importance of Taking Medications Correctly

We all know about the rising costs of health care, and how expensive prescription medicines can be, especially for seniors. But do you know how much it can cost if you don't properly take your medications?

According to government estimates, each year in the United States more than 125,000 people die from a failure to properly take their medications, adding approximately \$100 billion in preventable additional hospitalization, emergency room, and repeat physician visit costs to the health care system. At least 10% of all hospital admissions are a result of this problem. For seniors, the statistics are particularly alarming:

- Up to 23% of nursing home admissions may be due to an elderly person's inability to self-manage her prescription medications at home.
- Over 21% of all drug-related health complications are caused by patients failing to adhere to their medication regimens, whether by accident, negligence, or intent.
- Up to 58% of all seniors make some kind of error when taking their medications, with 26% making mistakes with potentially serious consequences.
- In studies of elderly patients on long-term cholesterol-lowering statin therapy, researchers found that 57% had stopped taking them after 6 months, and 74% had stopped by the end of five years.

MEDICATION MANAGEMENT

There are lots of reasons why people neglect to take their drugs properly. The most common reason is that they just forget, which seems innocent enough. The average senior takes about seven different medications (both prescribed and over-the-counter) every day, so it's little wonder that it can be difficult to remember and keep track of them.

.....continued on page 2

Importance of Taking Medications Correctly Continued...

Numerous devices and strategies have been developed to help seniors keep track of their medications. You can find some of the relatively inexpensive “reminding gadgets” at your local drugstore, devices that help you organize your pills and/or remind you when to take them with visual and sounding alarms. You can also find very sophisticated reminding/dispensing systems that can cost hundreds of dollars, as well as services that will telephone you to remind you. Even the drug companies themselves are getting into the act, as some have set up free programs in which company representatives, usually a nurse, will contact patients who are taking their proprietary brands of medications and encourage them to finish and refill their prescriptions.

It always helps to have a caregiver present who can ensure that someone is taking his prescriptions on time and on dose, but that’s not always possible. Some retirement communities and most assisted living communities provide senior living with medications management as a service to their residents, which may be a good option for those who don’t have family members nearby to check on them for their medications (among other things). But even the best care and the most vigilant monitoring will be undermined if the patient himself is not willing to take the medications.

NONCOMPLIANCE & PATIENT EDUCATION

You might find it strange or foolish that someone would intentionally disregard the importance of taking medications, and yet it’s a common problem. For example, people may think that they feel better and discontinue treatment prematurely. Or perhaps the medicine doesn’t seem to have an immediate effect so they decide it’s not working and stop. Or perhaps it seems to work very well so they decide to take more of it per dose, or the prescribed dose more often. Or they stop because there may be bothersome side effects that they don’t like, or because they just don’t really believe that they actually need the medications. Or they may find the costs too burdensome and try to “save” the medication by taking it less often. Do any of the above examples describe your situation or that of your loved one?

The reasons for “noncompliance” (as it’s known in the medical world) can be as varied and individual as each patient, but when people willfully change their dosages or discontinue their medications, it’s usually not because they’re uncooperative or “just stubborn.” Instead, it’s usually because they don’t fully understand how the medications work and what the health consequences are when you don’t follow the regimen correctly or discontinue it altogether.

Patient education is not as simple as it sounds, because the responsibility lies as much with the patient as with the healthcare professional. People need to become more actively involved with their own healthcare, but that doesn’t mean deciding things on their own based on erroneous beliefs or limited information. What will make a difference is proper communication of all your questions and concerns when a doctor prescribes something for you. Don’t just wait for the doctor to tell you how and when to take it, because they won’t always tell you everything you need to know. Here’s a short list of basic questions to always ask:

- What is this medication called?
- How does it work?
- What are the possible side effects?
- Exactly how many times do I take this every day and at what intervals?
- Are there any dangerous interactions with other drugs or with certain foods?
- How long do I have to take this?
- How do I store it?
- How much does it cost (with or without insurance)?



People are often reluctant to demand a detailed explanation of their medication regimen for various reasons. They may be afraid of appearing pushy, or of questioning the doctor’s authority. Or they may be afraid of appearing uneducated or unsophisticated. Or they may still be mentally processing the diagnosis (which they may have just received a few minutes before) and are filled with anxiety. All of these are understandable and reasonable fears, but it may help to either call the doctor (or the nurse who works with the doctor) afterward so that your questions can be answered.

The importance of taking medications properly cannot be overemphasized, because the consequences of not following a prescribed medication regimen are especially serious for seniors, but it’s not just about possibly losing one’s life because of drug complications or mistakes. With each hospitalization and emergency room visit that may happen as a result of the resulting declining health, the risk of being prematurely forced into a nursing home increases. And that can cause the loss of something every senior would like to keep for as long as possible—one’s independence. *Article is from aPlaceforMom.com*

Some Interesting Facts About New Years Resolutions:

- On average, about 45% of Americans consistently make a resolution for the new year.
- Every year over 1 MILLION people gather in Times Square, NY to watch the famous ball drop to ring in the new year + welcome in their resolutions – but a whopping 1 BILLION people are estimated to watch it on television!
- The most common resolution made is to increase the amount of exercise that one gets (it is estimated that 37% of resolutions are this one!)
- Unfortunately, about 22% of resolutions fail after about a week, 40% after a month, 50% after 3 months, and 60% after 6 months. Not you – you're in it to win it!
- Tradition says that the more leafy greens a person eats on new year's day signifies prosperity that is to come for them.
- Americans alone drink an estimated 360 MILLION bottles of champagne which is ironic considering that cutting back on alcohol consumption is consistently the second most popular resolution made.
- Around 38% of people claim to NEVER make a resolution.
- Of those achieving their resolutions, about 40% were successful on the first try. The rest took multiple attempts with as much as 17% taking over 6 tries.
- The number one reason for failed resolutions? Lack of a clear goal.

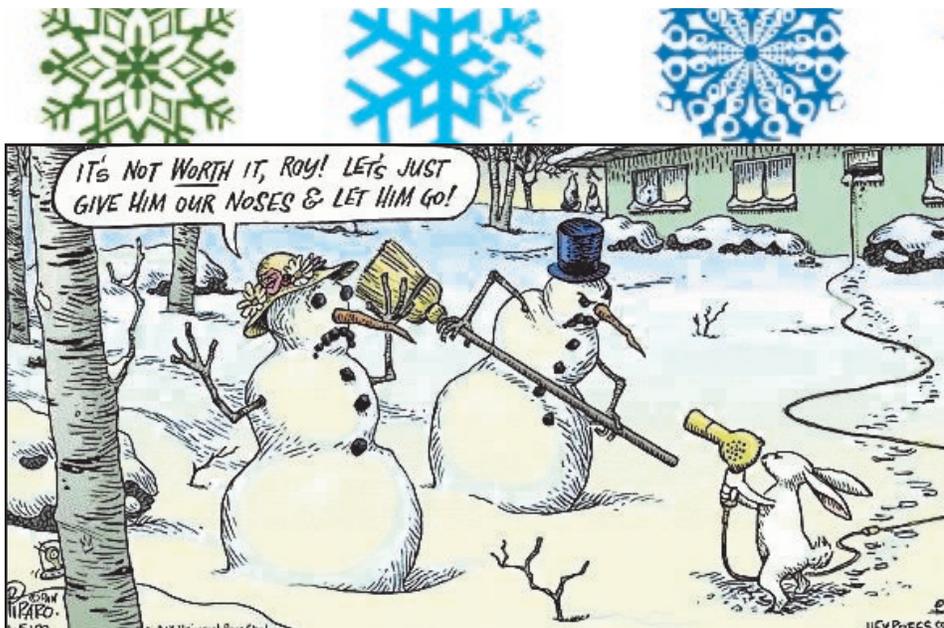


Facts are from tipsywriter.com

Just For Laughs . . .



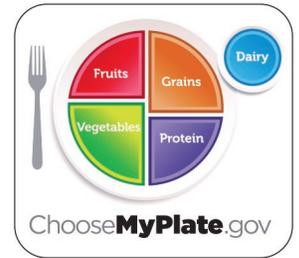
© Brian Crane.



© Brian Crane



Facts About Sodium



Choose Whole Foods

Incorporating whole foods into our diet is another way to help monitor sodium intake. Whole foods such as fruits, vegetables, whole grains, and low-fat dairy tend to be low in calories, fat, and sodium. Whole foods also tend to contain higher amounts of potassium. Potassium works in our body to lessen the effects of sodium. Potassium can be found in a variety of foods such as bananas, potatoes, spinach, squash, broccoli, yogurt, and beans.

Read the Nutrition Facts Label

Reading the Nutrition Facts Label is an important component to reducing sodium intake. Any product that contains 20% or more of the Daily Value (DV) for sodium is considered to be a high-sodium product. Any product that contains 5% or less of the DV is considered to be a low-sodium product. **The DV refers to the recommendation for the general public of 2,300 mg of sodium per day** Compare labels on similar products to determine which is the healthier choice.

Try Different Types of Seasonings

Salt is an acquired taste that is developed over time. We become accustomed to the salty taste and being to crave it more often. More companies are now introducing “low sodium” and “reduced sodium



products” such as with canned soups and vegetables. Salt substitutes are another option but these often contain high amounts of potassium. Talk to your doctor before starting a potassium-based salt substitute as it can be harmful for people taking certain medications or with certain diseases.

Spice and Herb Tips

- Add lemon or vinegar (red or white) to fish, meat, or vegetables.
- Season meat with dry mustard, garlic powder, ginger, green pepper, onion, marjoram, sage, and tarragon. Cook with fresh mushrooms and unsalted tomato sauce.
- Season vegetables with basil, onion, oregano, mint, ginger, dill seed, parsley, green pepper, thyme, or fresh mushrooms.

To learn more about how sodium affects your health, call an Aging Partners registered dietitian at 402-441-7159.

Article is from Aging Partners

Moving Seniors: Settling in to Senior Care

By Jeannette Franks, PhD

Moving seniors is never as simple as we'd like. You may think your job is done once the move date for your loved one is set. But your involvement will only continue, as she or he transitions to a new home and adjusts to the new surroundings. Whether nearby or at a distance, you are still one of the primary caregivers, regardless of the living arrangement. I'd like to offer some suggestions and guidelines that can significantly smooth the transition and promote harmonious living in a retirement or long-term care community.

PLANNING THE MOVE & SETTING UP THE NEW ENVIRONMENT

Most parents benefit more when you provide the actual physical assistance in packing and unpacking rather than your dos and don'ts about what to take and what to leave. Creating a new home can be a highly personal and potentially emotional process, and ensuring choices rather than issuing mandates about possessions is one method that may foster a better sense of identity and comfort for mom or dad in the new location.



It may be helpful to encourage a meaningful farewell from whatever place mom or dad is leaving. Whether it is the family home of many decades or a hasty move from assisted living to a higher level of care, your parent has established relationships with people and some sense of continuity of place in the familiar setting.

My friend Elaine M.¹, a Seattle grief counselor in practice for many years, created her own ceremony when she moved. She held a dinner party in her house with family and a few close friends, and then they visited each room by candlelight, remembering special events, commenting on the changes over time, and saying goodbye. For her, this helped start a better beginning in the new community.

ESTABLISHING A FAMILIAR ENVIRONMENT

When in doubt about what to take, it may be good to err on the side of hanging on to "stuff" a bit longer, even if space is tight, as it often is in a new setting. Possessions can be discarded later, after thoughtful contemplation. Don't rush these decisions when moving seniors, especially if they seem difficult. I remember one retired university professor, Henry L., who ruthlessly culled his books, donating many valuable volumes to a library. He later lamented his decision and mourned his missing books. Even though he knew he may never have opened some of them again, they were long-time companions and he missed them profoundly.

When moving seniors, establishing a familiar environment, rather than buying the perfect new couch or carpet, can ease the adjustment. When my father moved to assisted living, I helped him arrange his bedroom so that when he awoke, his gaze met the same bookshelves, books, souvenirs, and family photos he had first seen when he awakened in the family home of 20 years. The living room was set up with the same old recliner, TV, pictures, and ornaments. He felt immediately at home, and it especially helped keep him oriented in the difficult process of mid-stage Alzheimer's.



WHAT TO PACK WHEN MOVING TO ASSISTED LIVING

As mentioned, establishing a familiar environment for your parent is important for nostalgia purposes. However, you also have to consider that your parent will most likely be moving to a much smaller location, so you'll have to identify what's truly important to keep. And no one knows your loved one better than you, so make sure you bring their favorite belongings.

Try to recreate the look and feel of what they enjoy with their beloved pictures, decor and books – but avoid clutter. Take the living space size and layout into consideration, and gift or donate items to friends, family or the community if you don't think your parent will need or use them.

Remember that simplicity is the name of the game. You don't need to waste money on new furniture. Recreate the look and feel of your loved ones' previous home with the furniture and accessories they already own that fit well in the new space.
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**THANK YOU FOR YOUR SUPPORT!
AND IF YOU'RE IN THE MARKET FOR A CAR,
WE HOPE YOU'LL SHARE THE LOVE.**

Over the past ten years, Subaru and its retailers have helped the Meals on Wheels network deliver nearly **2 MILLION MEALS** to homebound seniors across the country. You can help that number grow when you buy or lease a new Subaru during the 2018 Subaru Share the Love Event, November 15, 2018, through January 2, 2019. During this year-end sales event, Subaru of America will donate \$250 to your selected charity, and we hope you'll choose Meals on Wheels.

**LEARN MORE AT
[WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE.](http://WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE)**

Caregiver's Corner Continued...

Here's a list of items to possibly bring with your parent to assisted living:

Basic Furniture

- Sofa
- Chairs
- End tables
- Nightstand
- Coffee table
- Lamps



Decor

- Picture Frames
- Keep-sakes
- Artwork
- Clock
- Vase of flowers



Clothing

- Casual clothing
- Pajamas
- Sweaters
- Jackets/Coats
- Formal clothing (if there is an occasion)



Of course your parent's toiletries are also a must. Let them help you decide what they can and cannot live without (within reason, of course!).

Read [15 Decorating Tips for Assisted Living](#) for more insight into what to pack when moving your parent into assisted living.

WORKING WITH STAFF

Often, what's your job, what's their job, and what's somewhere in between is unclear. You and your parent may have carefully reviewed a lengthy contractual document full of legalese, yet are uncertain as to the difference between a nurse, an aide, and a resident assistant, for example. Most of you who are moving seniors are dealing with a [retirement community](#) or long-term care community for the first time and it is not intuitively obvious what a social worker does or what the duties of an activities director are.

DESIGNATING A PRIMARY POINT PERSON

Ask your initial contact, often a marketing director, who your primary liaison person will be. I've visited almost 300 different retirement and long-term care communities, and personnel in all of them vary considerably, depending on number of employees and number of residents, style of elder care services, budget, and acreage.

You probably don't want to stop the first person you see in the hall to take care of a housekeeping issue or to fix a leaky faucet. Find out who the main "point person" is. In many communities, the general manager or second in command to the top administrator will be that person. He or she can explain to you who to talk to in various circumstances. It might even be helpful to ask for an organization chart and even job descriptions, if available.

Conversely, it is important that the office staff knows who the primary "point person" within your family is. You want to be clear about whom to contact in case of emergency and who would be the backup to that family member, in case the primary family contact cannot be reached or lives at a distance.

MEDICATION MANAGEMENT

In some communities, elder care services such as obtaining emergency medications are handled by staff. In other situations this may be up to a family member. [Assisted living](#) can be defined quite differently from state to state, and sometimes quite differently within the same city.



Try not to get a reputation for being "the difficult daughter" if you can possibly help it. I remember my dear friend Mary who was working hard to help her mother settle in comfortably to an assisted living community. The third day there she complained to one of the housekeeping staff that some soiled linens had not yet been removed from the bathroom. However, many communities provide fresh linens only on a weekly basis. Find out what the norm is for their elder care services.

Ask staff what you can do to help them do their jobs well. For example, taking my father out to lunch on the day they cleaned his room helped housekeeping to discharge their duties more quickly and efficiently. Then, if an unexpected mess occurred on a different day, they would have more time and good will to deal with it.

...continued on page 9

Caregivers Corner Continued...

In a nursing home with round-the-clock staff, elder care services are not usually provided 24/7. The people on graveyard shift are there for emergencies and for routine care that must be provided in the middle of the night-for example, repositioning a resident in bed to prevent or to help heal bed sores. It's usually unrealistic to expect staff to provide room service if mom wants a midnight snack. Find out what can be expected and what is considered above and beyond the call of duty.

Some residents in long-term care communities might benefit from an advocate, especially if you live at a distance and cannot be there on a regular basis. The national long-term care ombudsman program provides trained volunteers in every county who visit every facility on a regular basis (see <http://www.ltombudsman.org>).

Your family member might desire a paid companion who has the time and motivation to make certain that your mom or dad has the best possible quality of life. I was visiting my mother-in-law once in a Florida nursing home with exceptionally high standards of care. But during my visit I heard a woman, undoubtedly with one of the dementias, calling out, "Help me-please help me!" I went in and held her hand, asking how I could help. She immediately became calmer and soon fell peacefully asleep. This was a busy skilled care facility and the staff simply did not have the time to just sit and hold someone's hand. I did.

Get to know the staff who work directly with a family member-often the CNAs (certified nursing assistants), aides, and resident assistants or caregivers-and learn their names and what they do, both officially and unofficially. Thank them for a job well done at every opportunity. Written thank you notes are especially appreciated. When someone does an excellent job, I have sent that staff person a letter and a copy to their supervisor and sometimes nominated them for a caregiver award. The local Alzheimer's Associations, State Pioneer Networks (see <http://www.pioneernetwork.org/>) and organizations such as the associations for homes for the aging (see <http://www.aahsa.org/>) for your state usually have recognition events, which are important because they help to improve care for everyone.

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Recipe of the Month/ Exercise of the Month — Calf

Ingredients:

- 1 12oz package of tri-color rotini
- 1 6oz can medium pitted ripe olives
- 1 small package of sliced pepperoni
- 1/2 cucumber
- 1 16 oz bottle of Italian dressing

5 Ingredient Italian Pasta Salad



Instructions:

1. Cook the rotini until soft, drain water, and place in large mixing bowl
2. Dice the pepperoni, olives, and cucumber and add to the large mixing bowl containing the noodles
3. Add ¾ bottle of Italian dressing
4. Cover and place in fridge for 2-3 hours
5. Add remaining ¼ bottle of Italian dressing

Source: *Pinterest.com*

TARGETED MUSCLES: CALF

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

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



NEW YEAR'S WORD SEARCH

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

BABY
 BEGINNING
 BUBBLES
 CELEBRATION
 CLOCK
 COLD
 CORK
 DANCE
 END
 JANUARY
 LOUD
 MIDNIGHT
 MUSIC
 NEW
 OLD
 PARTY
 PUNCH
 RESOLUTION

Happy New Year!

Riddle of the Month

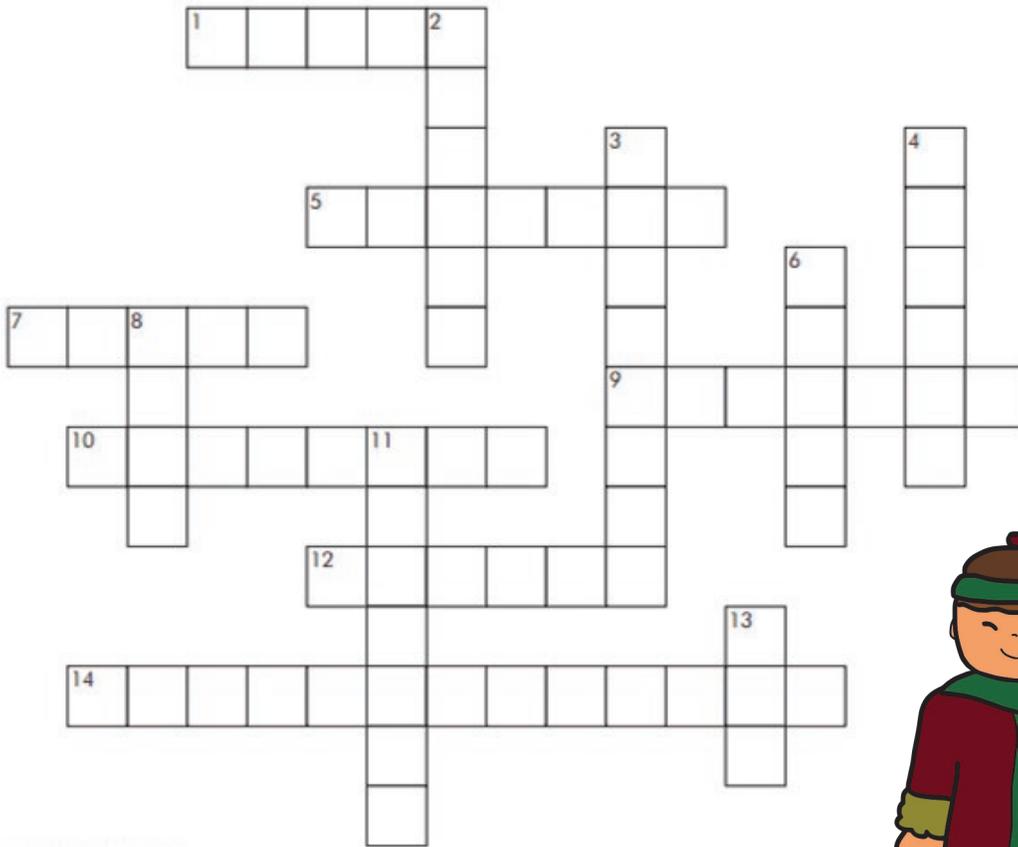
What do snowmen eat for breakfast?

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!

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

Winter Clothing



www.CrosswordWeaver.com



ACROSS

- 1 You wear me on your feet. I'm rhyme with "flutes."
- 5 You wear me on your hands. I rhyme with "kittens."
- 7 You wear me on your feet and legs. I rhyme with "box."
- 9 You wear me on your upper body. You may wear me inside. I rhyme with "better."
- 10 I keep your ears warm. My second syllable rhymes with "huffs" and "puffs."
- 12 I am short and light. I usually have a zipper. You were me outside. I rhyme with "racket."
- 14 You wear me under your clothing. I cover all of your body except your feet, hands, and head. My last syllable rhymes with "bear."

DOWN

- 2 You wear these instead of shoes when you visit an ice rink. They rhyme with "plates."
- 3 Young children wear me when they play in the snow. I am thick, warm, and waterproof. My last syllable rhymes with "fruit."
- 4 You wear me on your hands. I have a place for every finger. I rhyme with "doves."
- 6 You wear me around your neck. I rhyme with "wharf."
- 8 I am long and heavy. I usually have buttons. You were me outside. I rhyme with "boat."
- 11 I am a soft, warm type of cloth used to make shirts, sheets, and blankets. I rhyme with "channel."
- 13 You wear me on your head. I rhyme with "map."

WE still have



SCAS attended the Hometown Holiday Event at Sokol Hall in December. We sold Colby Ridge Popcorn & Hot Cocoa. Due to the weather conditions, our fundraiser didn't go as planned!

The following flavors are what we have remaining:

Cheddar, Candy Coated, Caramel, Plain, & Kettle

\$1.00 PER BAG

(This is half price of what we sold them for!)

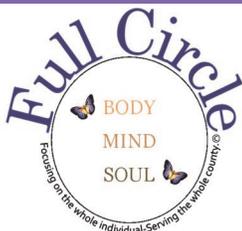
Happy New Year!!!

Where did 2018 go? Time flies when you are having fun! We just want to express how much we enjoy serving you all and looking forward to 2019. Our New Year's resolution is to grow our services for those that matter to us the most... YOU! We encourage you to come in and see us anytime!!

Wishing you a safe, healthy and happy 2019!

—Lori, Laura & Madison

Full Circle



In Friend, on Thursday, January 24th

Join us for a lunch of

Baked Potato Bar & Dessert

at Friend Community Healthcare System at **noon**.

You must RSVP by January 15th to attend this event!

Special Speaker Jill Engel from Aging Partners will be joining us for

Healthy Goals for Healthy Eating

402.821.3330

**You may still attend the event even if you do not RSVP in time, we just ask that you bring a sack lunch.

For those over age 60: \$4.50 suggested contribution for the meal.

For those under age 60: \$5.00 fee

In Wilber, on Thursday, January 24th

Join us for

Healthy Goals for Healthy Eating

Come to 'The Back Room' -SCAS 9:30 am

Jill Engel from Aging Partners will be joining us To talk about Healthy Eating for the New Year!

Please RSVP by January 17th to attend this event!
402.821.3330

In Western, on Thursday, January 17th

Join us for a lunch of

Chili, Cornbread, A Relish Tray, & Brownies at the Saline County Area Transit Building at **noon**.

Join us for tips on Healthy Eating in the New Year!

Please RSVP by January 10th to attend this event!
402.821.3330

For those over age 60: \$4.50 suggested contribution for the meal.

For those under age 60: \$5.00 fee

Announcements

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!



**2019 calendars are now available for purchase at
SCAS for a suggested contribution of \$5!

Our newsletter is growing!

Do you enjoy your monthly newsletter?

We LOVE providing this essential service to all of our wonderful clients. Our newsletter is growing, as well as our postage! Since we love being able to update all of our clients on upcoming events and entertaining them with fun pages and great articles, we would love for you to help us! Please consider giving a suggested contribution of \$5 for the entire years worth of newsletters! That is less than \$0.42 per issue!

You will continue to get your monthly newsletters with no interruptions regardless of your choice to contribute!

THANK YOU SO MUCH FOR ALL THE DONATIONS THAT WE HAVE RECEIVED!

We couldn't do what we do without all of your support!

Sometimes it is very hard to understand our voicemail extensions!

Extension 1: Lori
Extension 2: Laura
Extension 3: Madison
402-821-3330



Contact us!

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!

Essential Document Locator Checklist

Adult children of aging parents are often caught without the essential documents their parents need in an emergency situation. Knowing where the official records are located as well as having copies of these important financial, legal and health documents can save you thousands of dollars and countless hours of time spent tracking down records.

Here are the documents you'll need to keep copies of:

- Birth certificate
- Driver's license
- Social Security card
- Medicare / Medicaid / insurance coverage card
- Organ donor card
- Marriage certificate
- Credit cards
- Mortgage records
- Military records
- Legal Power of Attorney, Healthcare Proxy, Living Will, Advance Directives



CREATE A LIST OF WHERE TO FIND ORIGINAL DOCUMENTS

You'll also need to know the location of the following documentation and other essentials:

- Safe-deposit box and key, along with a list of the contents and names of anyone who has access to it
- Any letter of instruction listing personal property not disposed of by will and wishes for distribution
- Receipts and appraisals for valuables
- Trust, banking and loan information
- Tax returns
- Insurance policies
- Stocks, bonds, real estate and other investments
- Living will, medical directives or Durable Power of Attorney
- Birth certificate, Social Security card, marriage and divorce certificates, education and military records
- Burial plots and desired funeral arrangements.

CREATE A LIST OF IMPORTANT CONTACTS & ACCOUNTS

You'll need contact information for the following contacts, as appropriate:

- Clergy members
- Attorney, financial planner, tax advisor, broker and/or anyone else with knowledge of or control over trusts, wills and finances
- Beneficiaries
- Bank account, loan and credit card contacts
- Insurance agents

Article is from aPlaceforMom.com

Caregivers Corner Continued

Most senior housing communities forbid or discourage tipping for their elder care services. Usually there is a scholarship or Christmas fund to which you can contribute. I have also bought holiday or birthday gifts for the people I felt were doing the most.

Every family is as different as a fingerprint and what works well for one might not work well in yours. Some families need additional help. If you find yourself needing guidance with the process of moving your loved one, there is a profession dedicated to assisting older adults and their families with the emotional and physical aspects of relocation. Senior Move Managers® have significant expertise in resources and approaches, personalizing their services to meet a loved one's needs and preferences. You can find one in your area [here](#).



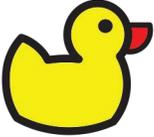
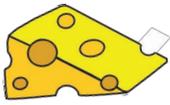
Most importantly, planning ahead when moving elderly parents and seniors and understanding the environment will always help families enjoy the community and maintain happy family ties.

Jeannette Franks, PhD, is a passionate gerontologist who teaches at University of Washington and Bastyr University; she is the author of a book on assisted living and numerous articles.

¹ All names in this article have been changed to protect privacy.

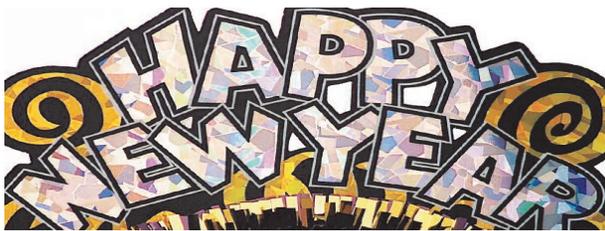
Article is from aPlaceforMom.com

January Activities

| | | | | | | |
|--|---|--|---|--|--|---|
| <p>Key: Crete Dorchester Wilber Friend DeWitt</p> | | <p>1 SCAS CLOSED </p> | <p>2 Foot Clinic Lunch 12:00 p.m.</p> | <p>3 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p> | <p>4 Spaghetti Day </p> | <p>5 Bird Day </p> |
| <p>6 Bean Day </p> | <p>7 Bobble Head Day </p> | <p>8 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p> | <p>9 Foot Clinic Lunch 12:00 p.m.</p> | <p>10 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p> | <p>11 Milk Day </p> | <p>12</p> |
| <p>13 Rubber Ducky Day </p> | <p>14 Dress Up Your Pet Day </p> | <p>15 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p> | <p>16 Lunch 12:00 p.m.</p> | <p>17 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle @ 12 in Western</p> | <p>18 Winnie The Pooh Day </p> | <p>19 Popcorn Day </p> |
| <p>20 Cheese Lovers Day </p> | <p>21 SCAS CLOSED Martin Luther King Jr. Day </p> | <p>22 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p> | <p>23 Foot clinic Lunch 12:00 p.m.</p> | <p>24 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle @ 9:30 Full Circle @ 12</p> | <p>25</p> | <p>26 Florida Day </p> |
| <p>27 Chocolate Cake Day </p> | <p>28 Have Fun At Work Day </p> | <p>29 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p> | <p>30 Lunch 12:00 p.m.</p> | <p>31 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Senior Dinner</p> | | |
| | | | <p>All foot clinics are by appointment only.</p> | <p>Interested in a foot clinic appointment Call us at 402.821.3330</p> | <p>For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873</p> | |

What's Happening Near You?

| |
|---|
| <p>DeWitt Senior Center Meal Schedule For meal reservations, call Bev at 683-6475 or 520-0873</p> |
| <p>WEDNESDAY, January 2nd</p> |
| <p>Program— Show & Share a favorite Christmas ornament or decoration Menu— Creamy Chicken & Noodles, Mixed Vegetables, Biscuits, Fruit & Milk</p> |
| <p>WEDNESDAY, January 9th</p> |
| <p>Program— Randy & Pam Kozeal on Azheimers.. Then & Now Menu— Ham, Sweet Potatoes, Mixed Vegetables, Bread Fruit & Milk</p> |
| <p>WEDNESDAY, January 16th</p> |
| <p>Program— Elaine Pieper's African Fabric Quilts & Baskets Menu— Cheeseburger, Vegetable Soup, Fruit & Milk</p> |
| <p>WEDNESDAY, January 23rd</p> |
| <p>Program— Bread Tasting for National Bread Making Month Menu— Fish, Fried Potatoes, Green Beans, Breads, Fruit & Milk</p> |
| <p>WEDNESDAY, January 30th</p> |
| <p>Program— Ghost Towns Near & Far by Dennis Zabel Menu— Beef Stroganoff, Carrots, Fruit, Bread & Milk</p> |



Deloris Scott
of
Friend

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 December's
riddle was: The Elfabet



HAPPY BIRTHDAY!

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

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 Methodist 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, January 31st, 2018, in the Wilber Care Center's Activity Room. Please RSVP by January 24th, 2019 to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Answers to January puzzles.

Winter Clothing

Solution:



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

Answers to December puzzles.



| | | | |
|------------------------------|------------------------------|----------|---------|
| 1. Red in the face | 2. Green Eggs and Ham | upcdi | Cupid |
| | | ndonre | Donner |
| 3. Backrub | 4. All thumbs | meotc | Comet |
| 5. Two left feet | 6. Black sheep of the family | sadhre | Dasher |
| | | udrlohph | Rudolph |
| 7. Big fish in a little pond | 8. Tennis shoes | xivne | Vixen |
| | | zebiltn | Blitzen |
| 9. Long time, no see | 10. All in a day's work | rcneda | Dancer |
| | | rpnarec | Prancer |



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

As we all know 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 is closed because of bad weather.
- And if the closing happens to fall on a foot clinic day, the foot clinics will be cancelled. We will call you to re-schedule your appointment.



Be safe this winter and know what the driving conditions are like before you try to go out an 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.



LIST of 2019 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. 21 Martin Luther King Day

Feb. 18 Presidents' Day

Apr. 26 Arbor Day

May 27 Memorial Day

July 4 Independence Day

Sept. 2 Labor Day

Oct. 14 Columbus Day

Nov. 11 Veterans' Day

Nov. 28 Thanksgiving

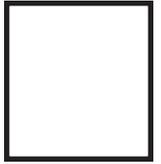
Nov. 29 Day after Thanksgiving

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.



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