



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



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Therapy Dogs & Elderly Services

By Steve Duno – *Veteran pet behaviorist and author Steve Duno lives in Seattle with his family and an ever-changing assortment of rescued pets, and has authored seventeen books and numerous articles for magazines and the Internet.*

The wide-ranging tasks dogs perform for us never ceases to amaze me. From search-and-rescue, herding, and seeing-eye work, to cancer and epilepsy detection, they are truly one of nature's most adaptable, willing creatures.

A role they have taken on with great success is that of therapy dog. Trained to visit hospitals, nursing homes, assisted living facilities, and other care-giving institutions, these friendly, gentle canines bring joy and good health to those no longer able to care for their own dogs.

Back in the 1990s, while working at a renowned canine training facility near Seattle, I had the opportunity to help train several companion dogs for the handicapped. These dogs turn on and off lights, open refrigerators, retrieve dropped items from the floor-anything the owner cannot easily do. It was challenging work that depended as much on my skills as a trainer as it did on the dog's personality, intelligence, and desire to perform.

Motivated by the experience, I decided to explore what it would take to train dogs to work as therapy dogs at an assisted-living facility. At the time, a few persons with gentle dogs were making the rounds to nursing homes, hospitals, and assisted-living facilities, but national organizations dedicated to these elderly services were not yet in the forefront. All I knew was that, if I lived in a retirement facility, I'd yearn for the company of a dog.

I had already been entertaining pre-school children with my four year-old Shepherd mix Louie, a big, lovable soul who adored people of all ages; why not cover the other end of the age spectrum? Louie was perfect for the job-a kind, impeccably-trained

Therapy Dogs & Elderly Services Continued...

dog with a genuine empathy for those in need. After speaking to the director of the training facility I worked for, we agreed to prepare Louie and two other affable dogs for therapy work.

We first had to acclimate the dogs to conditions that might occur at a home. Wheelchairs, walkers, motorized beds, crutches and canes, for instance, can be disconcerting, even to the most congenial dog. So over a period of several weeks, we desensitized the dogs to these items, and to unpredictable grabbing, petting, and even vocal outbursts. All the dogs were confident animals; by associating the items in question with treats and praise, they quickly accepted them as just part of their day.

In less than a month they were ready. Nearby was a private nursing home with a director who was open to our request; his patients, incapable of caring for a resident dog or cat, had repeatedly voiced regret at not having any contact with pets. So, after an initial visit to check out the logistics, we brought three therapy dogs in on a bright, sunny spring day.

A dozen eager residents were waiting for us in the recreation hall. Some sat in wheelchairs, while others stood with walkers or were seated. I was glad we'd done all that desensitization work beforehand! They had formed a semicircle, leaving the center of the room open; evidently we were expected to put on an impromptu demonstration instead of simply going from resident to resident and letting them spend a few minutes with each animal. Louie and the other two dogs we'd brought were all hams at heart; all knew many tricks, which they performed to the delight of all.



After Louie performed, I took the opportunity to watch the faces of the residents. They weren't just happily watching, they were revisiting dogs from their pasts, pets they had owned, trained, loved. A burly, aged man pantomimed hand signals in chorus with one of the other trainers; a slight woman with vibrant blue eyes and delicate fingers mouthed the word "speak" as my friend's terrier eagerly barked on command. They were all pet lovers, people who'd no doubt owned many dogs over the decades but could no longer, due to circumstance.

While the last dog performed, my dog sidled over to the burly man seated in a wheelchair beside me. Louie lay his head atop the man's arm and looked up at him with his big, coffee-brown eyes, daring him to pet him. Grinning, the man rubbed Louie's head with his beefy hand, and Louie lifted a paw and placed it atop the man's leg. "You can bring this one around anytime," the man said, rubbing Louie's head over and over like a lucky charm.

On the way home I thought about why a short, simple visit from a dog could invoke such joy amongst a group of seniors. Dogs were a connection to the past, to family, to children and grandchildren, to summers off, to a less complicated time when just teaching your dog to fetch a ball was a major triumph. Dogs are about camaraderie, loyalty, and faith. They are dependable, upbeat, and forever young, despite being with us for only a flash of time. And they remind us of what it means to love unconditionally, despite the pressures of the day or the burdens of age.

Two years ago Louie passed on at the ripe old age of 16, ancient for such a big dog. A friend and kindred soul, he'd brought happiness to both young and old. Though in the end he'd have to endure his own discomfitures of age, he never lost his spirit, or failed to appreciate the kindnesses of those who cared for him during his own senior years. I like to think he knew how special he was and how much he is missed, not only by me, but by those he'd touched with his gentle paws.

Today, many elderly services organizations dedicate themselves to uniting gentle therapy dogs and other animals with pet-loving residents in assisted-living facilities across the nation. The Delta Society (www.deltasociety.org), Pets On Wheels, Therapy Dogs International (www.tdi-dog.org), and others train volunteers and their pets to provide seniors, hospital patients, children, and the cognitively or physically-challenged with the company of pets, be they dogs, cats, birds, or guinea pigs. In doing so, they improve the mental and physical health of all they visit, helping to extend lives and inspire hope.

I'm currently training a new puppy to be a therapy dog. Named Rico, he's a Shepherd mix with a habit of plopping his head down into your lap and gently placing a meaty paw onto your thigh.

Article is from aPlaceforMom.com

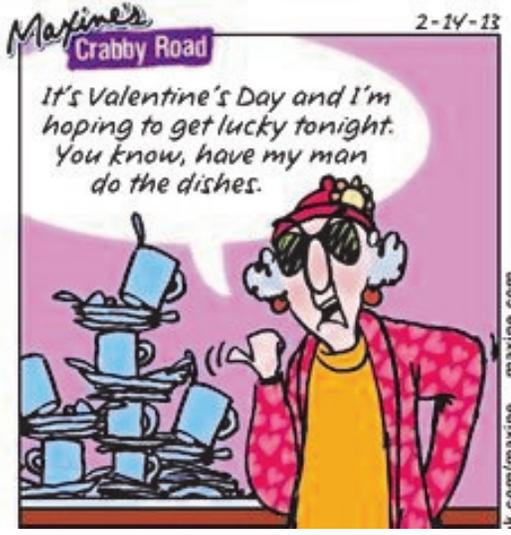
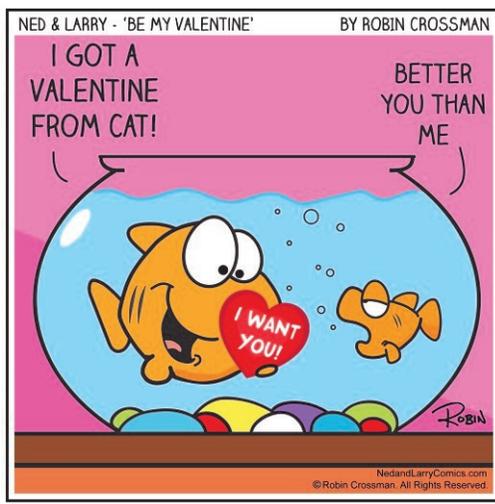
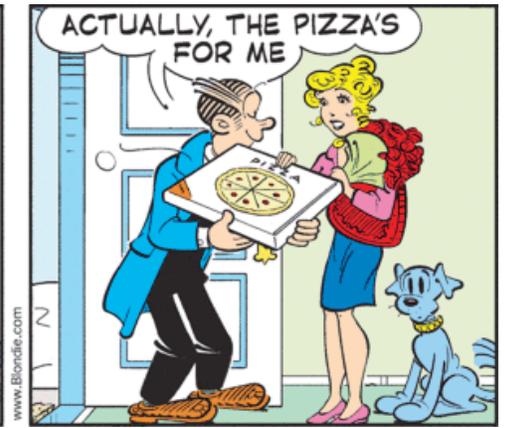
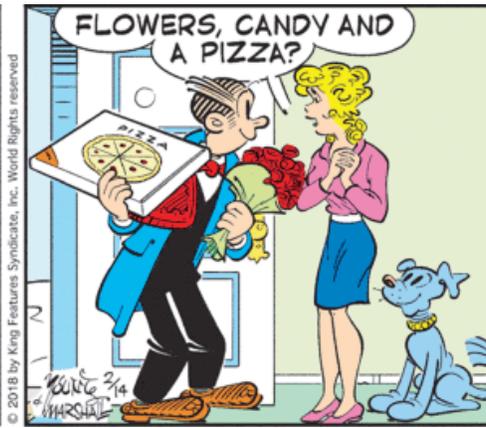
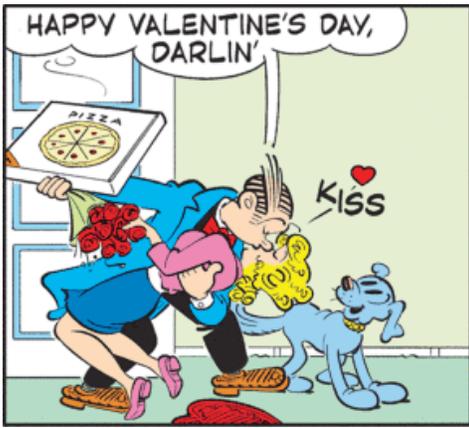
Valentines Day Facts You Probably Didn't Know

- ♥ Valentine's Day started with the Romans.
- ♥ Passing out Valentines is a 600-year-old tradition.
- ♥ Esther Howland is the first manufacturer of Valentines.
- ♥ Today, millions of greeting cards are purchased every year.
- ♥ The chocolate box has been around for more than 140 years.
- ♥ People consider pink and red the colors of love.
- ♥ Candy hearts were originally medical lozenges.
- ♥ Roses are the flowers of love.
- ♥ Valentine's Day is a popular holiday to get engaged.
- ♥ Caramels are the most popular flavor in chocolate



Facts from womansday.com

Just For Laughs . . .





Power Packed Snacks



Do you want to jumpstart healthier eating habits? Healthy snacks can be just the thing you need to add to your diet for the new and improved you! Healthy snacks are a great, easy way to round out a balanced diet. Some people are not breakfast eaters or others don't have the appetite for three full meals a day and that's fine.

However, you do want to make sure you are eating a full and balanced diet. Snacks can be a great addition to your day to make sure you are consuming adequate amounts of calories, fiber, nutrients, vitamins and protein to keep your body functioning at its best and prevent onset of and/or improve chronic diseases such as heart disease, diabetes and cancer.

What Makes for a "Good" Snack?

A healthy snack is going to be nutrient dense which means it provides multiple vitamins, minerals, and protein with lower amounts of calories, fats and added sugars. Snacks can actually help with weight management. First if you're not a breakfast eater, a mid-morning snack will help keep your metabolism revved up. Also research shows that people who consume a morning meal tend to weigh less. An afternoon snack can prevent overeating at supper time due to an extended period of hunger. Finally, snacking can encourage ones appetite if a person doesn't "feel" like eating. Some people lose their desire to eat due to illness, emotional trauma or loneliness and snacks will help trigger the bodies hunger mechanism which will aid in a proper hunger response.

Healthy Snack Ideas

- Low-fat or fat-free Greek yogurt
- Low-fat or fat-free cheese slices on whole wheat crackers
- Apple slices with peanut butter
- Any fresh fruit like grapes, apple, banana or pears
- Carrot sticks and pepper slices dipped in humus or low-fat dressing
- Dark chocolate covered almonds or other nuts
- Make a homemade trail mix with mixed nuts, dried fruit, and coconut shreds

- Low-fat or fat-free cottage cheese topped with canned peaches or pears (canned in light syrup or in its own juice)
- Lightly salted popcorn
- Refried bean dip with cucumber slices or whole wheat baked chips
- A bowl of fortified whole grain cereal with Low-fat or fat-free milk
- Hard-boiled egg
- Reduced-sodium deli-sliced turkey on a whole-wheat tortilla with cheese and salsa (heat or enjoy cold!)

What to Avoid

Limit snacks that include high amounts of fat, sugar, and calories. Also avoid snacks lacking in nutrients including vitamins and protein. This would include:

- Sugary sodas, energy drinks, and sports drinks
- Candies and chocolates
- Sweet baked goods like cakes and cookies
- Processed foods
- Fast-food items
- Fried items

Avoid mindless munching. Always measure out appropriate portions and never eat directly from a large container like ice cream or chips. Calories needed vary by individual and don't let snacks become a way for you to overeat and consume more calories than your body needs.

If you find yourself feeling hungry after snacking or a meal try drinking a glass of water. Thirst can sometimes be mistaken for hunger. Also don't snack too close to regular mealtimes. Snacking too close to meal time can "ruin your appetite" as the saying goes.

To learn more about how nutrition affects your health, call Aging Partners at 402-441-7159 to speak with a registered dietitian.

Article is from Aging Partners

Tax Tips for Senior and Caregivers

HOW TO CLAIM CAREGIVER TAX DEDUCTIONS

By nature, tax rules are complex. It's important to consult a tax attorney or accountant versed in eldercare tax issues about your specific situation before finalizing your taxes. The AARP also offers free assistance and tax tips for seniors through its Tax-Aide Program. The following tax information has been reviewed and is accurate for the 2017 tax year in the United States.

DEDUCTING MEDICAL EXPENSES

Whether you are a senior citizen or a caregiver for one, tax season means accounting for the past year's medical expenses. The Internal Revenue Service (IRS) states, "medical expenses are the costs of diagnosis, cure, mitigation, treatment, or prevention of diseases, and the costs for treatments affecting any part or function of the body." Both individuals and people who care for qualifying relatives can claim deductions and credits for a range of out-of-pocket expenditures such as:

- Dental treatments
- Cost of transportation to get to a medical appointment
- Health insurance premiums
- Qualified long-term care services

For a full list of allowable medical expenses, see IRS Publication 502 at www.irs.gov. Read on about the rules that govern deductions and for more tax tips for seniors and their caregivers.



CAREGIVER IRS TAX RULES

To qualify for caregiver tax deductions and credits the person you are caring for must be a spouse, dependent, or qualifying relative, as well as a United States citizen or resident of the U.S., Canada, or Mexico. A qualifying relative includes a parent, stepparent, father-in-law or mother-in-law, or any other person who lived with you all year as a member of your household. The caregiver and medical expense tax rules have several important qualifications:

DEPENDENCY DEDUCTIONS

To qualify for a dependency deduction, you must pay for more than 50% of your qualifying relative's support costs. The relative only qualifies as a dependent if he or she meets the gross income and the joint-return test: s/he must not have a gross income in excess of \$4,050 and cannot file a joint tax return. If your relative doesn't qualify as a dependent because of these tests, you cannot claim a dependency deduction, but you can still claim his or her medical expenses.

For more information, read page 11-23 of the IRS Publication 501 on tax exemptions.

DEDUCTING LONG-TERM CARE MEDICAL EXPENSES

Long-term care medical expenses (including but not limited to diagnostic, preventive, therapeutic, curing, treating, mitigating, rehabilitative, as well as maintenance and personal care services) are deductible if the services are required by a chronically-ill individual and a licensed healthcare practitioner prescribes the care. An individual is chronically ill if unable to perform at least two of six activities of daily living (eating, toileting, transferring, bathing, dressing, and continence). An individual who is cognitively impaired and requires substantial supervision is also considered chronically ill.

Nursing services performed in a nursing home, an assisted living facility, or similar care facility are also deductible expenses if the person is receiving care principally for medical reasons. However, if a person is staying at a nursing home, an assisted-living facility, or similar care facility only for custodial reasons, only medical expenses are deductible (i.e. in this instance, meals and lodging are not deductible). If the stay is only for custodial care, a staff member should be able to state what percentage of received care qualifies as medical care, says Nagle. Similarly, nursing services performed at home may qualify as deductible expenses.

DEDUCTING LONG-TERM CARE INSURANCE

Senior citizens and caregivers should be aware that premiums paid for qualified long-term care insurance contracts may qualify as deductible medical expenses if they meet the Adjusted Gross Income (AGI) threshold. The Tax Reform Act of 2017 changed the AGI threshold for medical expenses from 10% to 7.5% for 2017.

According to the IRS, the contract must:

- Be guaranteed renewable
- Not provide a cash surrender value
- Not pay costs that are covered by Medicare, except where Medicare is a second payer or the contract makes per diem or other periodic payments without regard to expenses.
- Provide that refunds, other than refunds upon death, surrender, or cancellation of the contract, and dividends are used only to reduce future premiums or increase medical benefits.



The amount of long-term care premiums you can include is limited and the amount you can expense as medical expenses varies by age. See IRS Publication 502 for more information.

Many state governments also offer tax credits and deductions for caregivers on state income tax forms, so it pays to know your individual state's rules.

Article is from aPlaceforMom.com

WILBER

Friday, February 22nd

Join us for

Heart Healthy & Valentines Day Fun!

Come to 'The Back Room' - SCAS 2:00 pm

SCAS Staff will present facts on Healthy Hearts and play Valentines Day games!

You must RSVP by February 15th to attend this event!
402.821.3330



WESTERN

Friday, February 15th

Join us for a lunch of
Pork Chops, Cheesy Potatoes, Salad, & Dinner Rolls
to be served at
the Saline County Area Transit Building
at noon.

Following the meal will be a presentation on
Heart Healthy & Valentines Day Fun!

SCAS Staff will present facts on Healthy Hearts and play Valentines Day games!

You must RSVP by February 8th to attend this event!
402.821.3330

\$5 fee for anyone attending the meal.

FRIEND

Thursday, February 21st

Join us for a lunch of
Chicken Strips, Potato Wedges, Corn, Dinner Roll, and
Dessert to be served
at Friend Community Healthcare System
at noon.

Following the meal will be a presentation on
Healthy Hearts & Valentines Day Fun!

SCAS Staff will present facts on Healthy Hearts and play Valentines Day games!

You must RSVP by February 12th to attend this event!
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



CHEESY PEPPERONI PIZZA STICKS

INGREDIENTS:

- 1 tube Pillsbury pizza crust
- 40 pepperoni slices
- 10 mozzarella cheese sticks
- 2 tbsp butter
- 1/2 tsp garlic powder
- 1/2 tsp dried parsley
- *Optional: marinara sauce for dipping*



Source: [Pinterest.com](https://www.pinterest.com)

INSTRUCTIONS:

1. Preheat oven to 450 degrees F.
2. Spread pizza dough out on a lightly greased baking sheet. Cut the dough into 10 equal size rectangles.
3. Arrange 4 pepperoni slices on each rectangle and top with a mozzarella cheese stick.
4. Roll up the pizza dough, enclosing the cheese stick, pinching the seams closed.
5. Melt the butter and add the garlic powder and dried parsley. Brush the pizza sticks with the butter.
6. Bake for 10 to 12 minutes or until golden brown. Enjoy warm with a side of marinara sauce for dipping if desired.



Exercise of the Month — Hip

TARGETED MUSCLES: Hip and inner thigh

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

This exercise will stretch your hip and inner thigh muscles. If you've had hip or back surgery, talk with your doctor before trying this stretch.

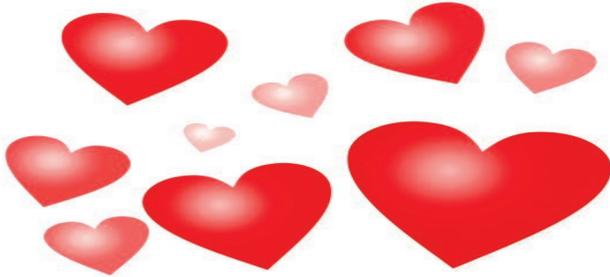
1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both shoulders on the floor throughout the stretch.
2. Slowly lower one knee as far as you comfortably can. Keep your feet close together and try not to move the other leg.
3. Hold position for 10-30 seconds.
4. Bring knee back up slowly.
5. Repeat at least 3-5 times.
6. Repeat at least 3-5 times with your other leg.



Valentine's Day Word Search Puzzle

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

ARROW
 BOW
 CARDS
 CHOCOLATE
 CUPID
 DANCES
 DINNER
 FAMILY
 FEBRUARY
 FLOWERS
 FRIENDSHIP
 FUN
 GIFTS
 HEARTS
 HUGS
 KISSES
 LOVE
 RINGS
 ROSES
 TEDDIES
 VALENTINES



Riddle of the Month

What did the hamburger buy his sweetheart?

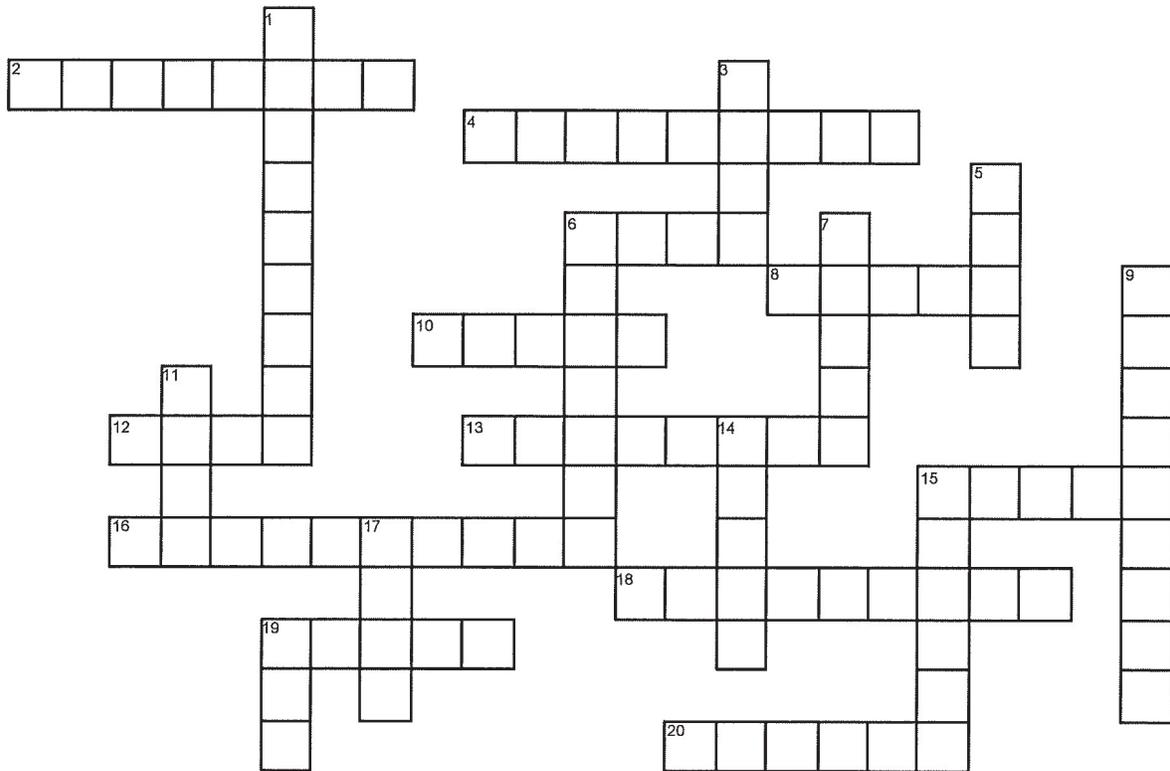
Answer the riddle correctly by the **15th of the month** at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

Valentines Day Word Scramble

EB MNIE _____
 COHALCOTE _____
 EHATRS _____
 EFRBRUAY _____
 UCIDP _____
 SEROS _____
 TSWTHREAE _____
 LVANEINTE _____
 EDR _____
 NPKI _____

Valentine's Day Crossword Fun



ACROSS

- 2 A piece of jewelry worn around one's neck.
- 4 _____ and girlfriend.
- 6 "Be _____."
- 8 School children often exchange these on Valentine's Day.
- 10 He shoots invisible arrows to make people fall in love.
- 12 The most popular flower for Valentine's Day.
- 13 Valentine's Day falls on _____ 14.
- 15 "_____ Valentine's Day!"
- 16 A safe place to store jewelry. (Two words.)
- 18 My friend gave me heart-shaped box full of _____.
- 19 Bees make this substance, which is also a nickname for someone who is loved.
- 20 St. Valentine is known as the patron saint of _____.

DOWN

- 1 "Will you be my _____?"
- 3 Husband and _____.
- 5 In "XOXOXOX," an X represents this action.
- 6 Did the mail carrier leave any Valentines in your _____?
- 7 School children sometimes celebrate with a Valentine's Day _____.
- 9 A stuffed animal often given as a Valentine's gift. (Two words.)
- 11 "I _____ you."
- 14 Bow and _____.
- 15 Children may read and eat candy _____.
- 17 A man usually gives a woman a _____ when he asks her to marry him.
- 19 In "XOXOXOX," an O represents this action.



As some of you may have noticed..

We were very thrilled to purchase a glass front refrigerator for our Feed America Program! We are now able to keep items for a longer amount of time.

A big thank you to the St. Wenceslaus Parish Council for this lovely gesture. It has been very beneficial!

Thank You To Evelyn For Sharing!

Old Folks Liked Humorous Essay

Dear Abby

Some years ago, you published a piece from a senior citizen who was bragging about the boyfriends she had. It included such characters as "Ben Gay," "Arthuritis" and others.

Both my wife and I enjoyed it immensely, and we try to quote it on occasion. Unfortunately, we can't remember the entire piece. Would you kindly run it again? Others may enjoy it, too.

**The Clarence Jacobsens
Elmont, N.Y.**

Dear Mr. and Mrs. Jacobsen: The piece was sent to me several years ago from a reader who clipped it from a church bulletin, author unknown. And here is "Old Folks Are Worth a Fortune":

Dear Abby

**By Abigail
Van Buren**



Old folks are worth a fortune: With silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs.

I have become a lot more social with the passing of the years; some might even call me a frivolous old gal. I'm seeing five

gentlemen every day.

As soon as I wake, Will Power helps me get out of bed. Then I go to see John. Then Charley Horse comes along, and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. (He doesn't like to stay in one place very long, so he takes me from joint to joint.) After such a busy day, I'm really tired and glad to go to bed — with Ben Gay. What a life!

P.S. The preacher came to call the other day. He said that at my age, I should be thinking about the hereafter. I told him I do, all the time. No matter where I am — in the parlor, upstairs in the kitchen or down in the basement — I ask myself, "Now, what am I here after?"

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 still 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!

Durable Power of Attorney vs. Living Wills

Seniors should make their wishes about medical care known in case they become incapacitated and are unable to communicate due to illness or injury. No family wants to be left guessing about their loved one's wishes during a medical crisis.

LIVING WILL VS HEALTH CARE DIRECTIVE

A living will is about making your wishes known, whatever those wishes may be. Your living will should summarize your general wishes about your care in addition to clarifying specific preferences regarding:

- Feeding and hydration while in an irreversible coma or in a terminal condition
- CPR or defibrillation after cardiac arrest
- Organ and tissue donation
- Use of a ventilator when unable to breathe independently
- Other medical treatments

DNR = DO NOT RESUSCITATE

You may have heard of seniors or people who are terminally ill who have put in place a "DNR." A DNR tells medical professionals and family members that you do not want heroic measures to be attempted if your heart were to stop. But a DNR is just one possible wish that can be made in a Health Care Directive. You could just as easily direct that all feasible medical treatments should be attempted during a medical emergency.

PUTTING SOMEONE IN CHARGE: DURABLE POWER OF ATTORNEY



When you create a living will, you may also want to designate a trusted loved one to make health care decisions on your behalf through a legal document called a Durable Power of Attorney for Health Care. The person you designate in your Durable Power of Attorney for Health Care will have the authority to make medical decisions during a medical emergency, and it is his or her job to make sure that health care providers carry out the wishes you have made in your Health Care Directive. You may also consider creating a Durable Power of Attorney for Financial Care. You may choose to designate the same trusted loved one to make both medical and financial decisions on your behalf.

CONSULT AN ATTORNEY

Each state has its own health care directive form, and regulations regarding these directives also vary state by state, so make sure you fill out the correct form and understand your state's rules. You can get the appropriate paperwork to file a health care directive and designate a health care proxy from your local Area Agency on Aging office, which you can locate at www.eldercare.gov. You can also pick up form at your local agency.



Because these documents are literally a matter of life and death, you should consult with an elder attorney if you have any questions or need assistance.

Article is from aPlaceforMom.com

COMING SOON!

Tuesday, February 12, 2019

We will be starting a new Tai Chi Class in “The Back Room” - SCAS
Our spots are going fast! Call 402.821.3330 to register for your spot today!



What is Tai Chi?

Tai Chi: Moving for Better Balance is an evidenced based program to decrease falls by improving balance and flexibility.

Tai Chi has been shown to reduce stress, lower blood pressure, and help with fibromyalgia and Parkinson’s. Also, participants have experienced improved muscular strength and endurance.

Though based on traditional Tai Chi, the moves in this class have been modified for a variety of physical abilities, and can be done sitting or standing.

February Activities

<p>Key: Crete Dorchester Wilber Friend DeWitt</p>					<p>1 Bubble Gum Day</p> 	<p>2 Groundhog Day</p> 
<p>3</p>	<p>4 Homemade Soup Day</p> 	<p>5 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>6 Foot Clinic Lunch 12:00 p.m.</p>	<p>7 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>8 Kite Flying Day</p> 	<p>9 Pizza Day</p> 
<p>10 Umbrella Day</p> 	<p>11 Don't Cry Over Spilled Milk Day</p> 	<p>12 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>13 Foot Clinic Lunch 12:00 p.m.</p>	<p>14 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>15 Full Circle @ 12 in Western</p>	<p>16 Almond Day</p> 
<p>17 Cabbage Day</p> 	<p>18 Drink Wine Day</p> 	<p>19 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>20 Foot clinic Lunch 12:00 p.m.</p>	<p>21 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00 Full Circle @ 12</p>	<p>22 Full Circle @ 2</p>	<p>23 Dog Biscuit Day</p> 
<p>24 Tortilla Chip Day</p> 	<p>25 Chocolate Covered Nut Day</p> 	<p>26 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>27 Lunch 12:00 p.m.</p>	<p>28 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, February 6th</p>
<p>Program— Alzheimer's- Then & Now by Randy & Pam Kozeal (Rescheduled) Menu— Salisbury Steak, Mashed Potatoes, Green Beans, Bread, Fruit & Milk</p>
<p>WEDNESDAY, February 13th</p>
<p>Program— Love Makes the World Go Round With Greg Wells/Happy Valentines Menu— Chicken Spaghetti, Corn, Garlic Bread, Fruit & Milk</p>
<p>WEDNESDAY, February 20th</p>
<p>Program— Happenings at Tri-County by Tri- County Ad- ministration Menu— Pork Loin, Rice, Mixed Vegetables, Fruit, Bread & Milk</p>
<p>WEDNESDAY, February 27th</p>
<p>Program— Laughter With Red Skelton Menu— Fish, Fried Potatoes, 3-Bean Salad, Bread, Fruit & Milk</p>







**Judy Bartels
 of
 Tobias**

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: Snowflakes





*A special wish to all of the
 February 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 Coun-
 ty 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, February 28, 2019, 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.

COMING SOON!

SALINE COUNTY AGING SERVICES IS HOSTING: **SHAMROCK SHUFFLE**

5K (3.1 miles) or 1 Mile Fun Run/Walk

Saturday, March 16th, 2019
@ Legion Park, Wilber, NE
Registration from 9:00-9:45 A.M.
Start Time: 10:00 A.M. SHARP



ENTRY FEES:

5K- \$20.00 Pre-Registered; \$25.00 after & day of race
1 mile- \$15.00 Pre-Registered; \$20.00 after & day of race
Students 12 & Under: \$10.00 Pre-Registered; \$15.00 after & day of race
ANYONE OVER 60: \$15 Pre-Registered & day of race

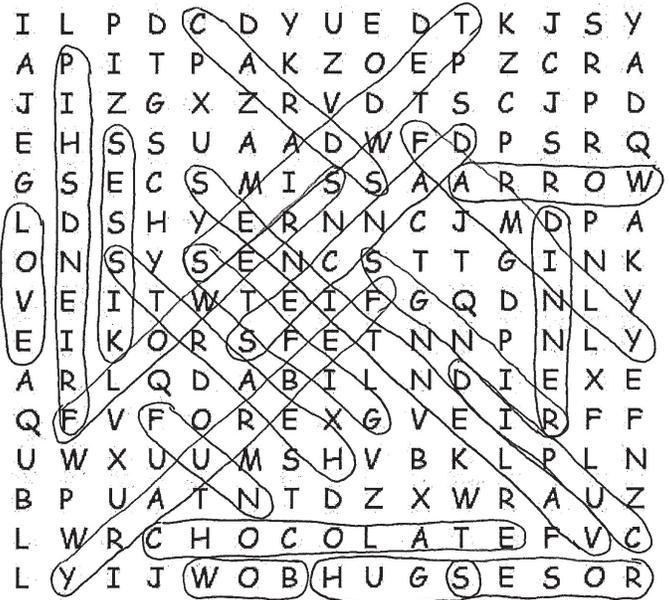


PRE -REGISTER NOW AT:
SALINE COUNTY AGING SERVICES,
FIRST STATE BANK, or
WILBER PHYSICAL THERAPY

PARTICIPANTS DO NOT HAVE TO RUN THIS RACE! EVERYONE IS WELCOME TO PARTICIPATE AT THEIR OWN PACE.

** ALL proceeds help Saline County Aging Services and Wilber-Clatonia Public Schools TCBY Program!

Answers to Februarys Puzzles



EB MNIE	BE MINE
COHALCOTE	CHOCOLATE
EHATRS	HEARTS
EFRBRUAY	FEBRUARY
UCIDP	CUPID
SEROS	ROSES
TSWTHREAE	SWEETHEART
LVANEINTE	VALENTINE
EDR	RED



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.



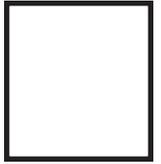
Jan. 1 New Year's Day
Jan. 21 Martin Luther King Day
Feb. 18 Presidents' Day
Apr. 26 Arbor Day
May 27 Memorial Day
July 4 Independence Day

Sept. 2 Labor Day
Oct. 14 Columbus Day
Nov. 11 Veterans' Day
Nov. 28 Thanksgiving
Nov. 29 Day after Thanksgiving
Dec. 24 Closing @ 12 on Christmas Eve
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 dedi-
cated to providing programs to all
Saline County individuals over 60 and
their caregivers.
Saline County Aging Services is com-
mitted to ensuring that no person is ex-
cluded from participation, denied ben-
efits, or otherwise subjected to discrim-
ination on the basis of race, color, national-
origin, sex, age, or disability.



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