



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 4, Issue 4

April 2019

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National Volunteer Month

In the United States, volunteerism is instilled at a young age. In many parts of the country, it is the cornerstone of summer vacation or woven into after school programs. Most organizations in small towns, rural counties and the largest cities would not function without volunteers. In some families, the baton of volunteerism is handed down generation after generation.

Rural fire and ambulance departments remain staffed due to the efforts of volunteers. The underprivileged receive much needed medical care thanks to volunteers. Long overdue repairs and upgrades are made to a senior women's home thanks to an organization's annual call for donations and skilled workers. A woman answers a call on a suicide hotline because she cared enough to give up a few hours to train and listen to someone desperate and alone. A team sets up tables at a soup kitchen every week. Another group delivers meals to men and women who can no longer cook for themselves. Boys and girls sell ice cream sandwiches during a fair to raise money for a homeless shelter.

Volunteers come in all shapes and sizes. They pick a cause and make a difference in someone's life. Sometimes the difference is a drop in the bucket. Other times it creates a tidal wave of change. From the anonymous volunteers who donate their resources to those whose efforts are part of larger national organizations like 4-H, Boy and Girl Scouts of America, or American Red Cross or a local grassroots group, their missions provide valuable support to communities in times of need.

Thank a volunteer! Many volunteers will tell you it is a rewarding experience. You don't have to have a ton of time. Do you have a special talent or skill that may benefit a charity or organization? Offer your services or ask how you can be of help.

April became National Volunteer Month as part of President George H. W. Bush's 1000 Points of Light campaign in 1991.

Article is from NationalDayCalendar.com

Nebraska SHIP Presents

Medicare Minute

&

Medicare



Join us for a Medicare Minute followed by a quick game of Medicare BINGO!

Where: Saline Eldercare, Wilber

When: April 25, 2019

Time: 2:00 pm



Nebraska Senior Health Insurance Information Program (SHIP) is a division of the Nebraska Department of Insurance. Nebraska SHIP does not sell or endorse insurance products or companies.

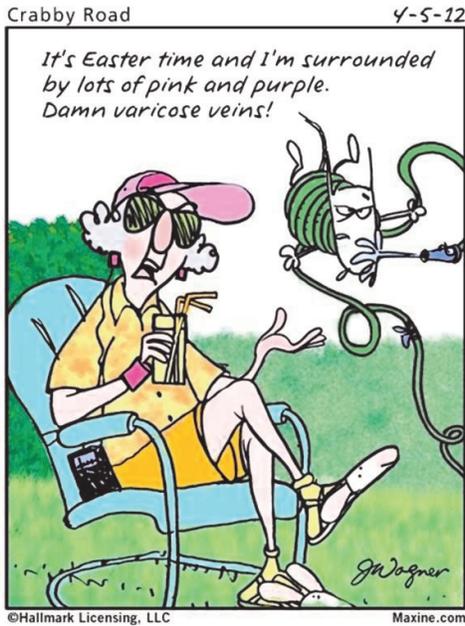
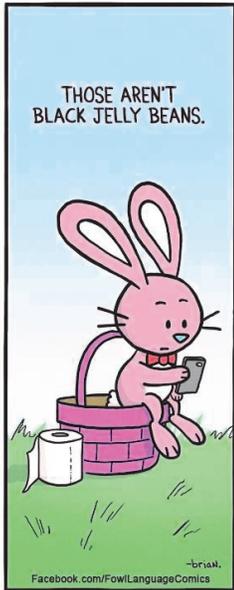
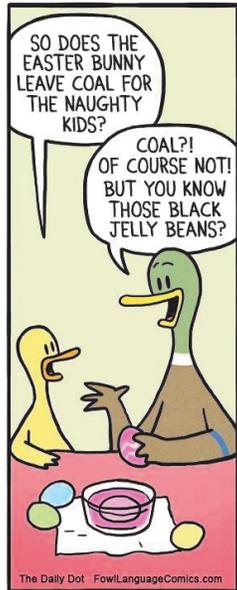
Easter Fun Facts

- The tallest Easter egg chocolate was made in Italy in 2011, standing at 10.39 meters tall.
- In the United States, only 12 of the 50 states recognize Good Friday as a holiday.
- Americans buy more than 700 million marshmallow peeps during Easter.
- 16 million jelly beans are consumed during this holiday.
- Seventy-six percent of people eat the ears of the chocolate bunny first, 5 percent go for the feet and 4 percent go for the tail.
- Next to Halloween, Easter is the biggest candy-consuming holiday of the year.
- An estimated \$14.7 billion is spent in total for Easter in the United States.

Just For Laughs . . .



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Pastor Shep



©Susan Mattinson





Fiber

Fiber is an important component to a healthy diet. Fiber works in our body to promote digestive health as well as helping to regulate many other functions of the body. There are two types of fiber: soluble and insoluble. Soluble fiber helps to reduce cholesterol absorption as well as managing blood glucose levels. Soluble fiber is found in foods such as whole grains, legumes and other produce. Insoluble fiber works in the body as tiny scrubbers for the intestinal track that eliminate waste and prevent constipation. Insoluble fiber is found in foods such as wheat bran and fruit skins. Research has shown that men who ate more than 25 grams of fiber per day had a 36 percent lower risk of developing heart disease.

Why We Need Fiber

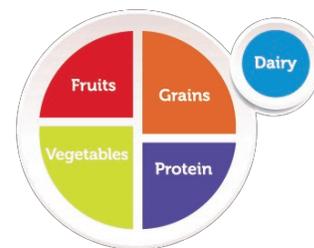
High fiber foods are considered to be “nutrient-dense” foods, meaning that they provide large amounts of nutrients while being relatively low in calories. Nutrient-dense foods are likely to keep our stomachs full longer, which can have positive effects on our blood sugar levels as well as our waistlines. Fiber also works in our body to promote heart health by helping to lower LDL (“bad”) cholesterol levels. Insoluble fiber binds with cholesterol and then removes it from the blood, preventing it from being re-absorbed into our bloodstream. Dietary fiber may also play a key role in preventing certain cancer of the intestines.

How Much?

Often times our diet falls short in fiber intake, with the average American only consuming 16 grams per day. It is recommended to consume approximately 25-35 grams of fiber each day. It is important to gradually increase fiber consumption slowly. Eating too much fiber too quickly can cause unpleasant side effects. When increasing fiber intake, consume plenty of water. Water plays an important role in helping fiber with waste removal. Aim to make at least half of your grains whole grains to enjoy the taste and health benefits that they have to offer!

Good Sources of Fiber

One of the most common questions for consumers is how do I know if the products I buy are a good source of fiber? Next time you’re at the grocery store, look at the Nutrition Facts Label of your favorite bread, breakfast cereal and pasta. Packaged items that are considered a “high fiber” source will contain at least 5 grams of fiber per serving. By following the recommended eating patterns set by the USDA shown on MyPlate, good fiber goals are easily met. MyPlate recommends eating 1 1/2 to 2 cups of fruits.



Article is from Aging Partners



Senior Fraud Prevention

Seniors can make easy targets for fraud, whether it's for unbelievable investment returns or fraudulent sweepstakes prizes. Fraud on seniors can happen by phone, mail, in person, or, less commonly, the Internet (because seniors are online in smaller numbers). It can happen to wealthy seniors, and those of limited means. According to the Federal Trade Commission, studies show con artists are more likely to target senior citizens than other age groups because they believe seniors are more susceptible to such scams. The FTC reports that fraudulent telemarketers direct from 56-to-80% of their calls at seniors. The need for senior fraud prevention has become greater than ever.

"Seniors are available because they tend to be retired, they're home, they answer their phones and read their mail. So, some of the offers that come in aren't necessarily more attractive to seniors, but they have the time to read it," Jim Wright, managing director of programs at the National Crime Prevention Council, explains.

"There's still the prevailing idea that seniors grew up in a more polite time when they thought it was rude to hang up on someone," he adds, "and there is the issue of being alone or lonely, so they're more likely to talk to strangers."

According to the NCPCC, seniors age 60 and over are targets of 49% of telemarketing scams involving medical care services and products, 41% involving sweepstakes and prizes, and 40% involving magazine sales. The NCPCC estimates that each victim of a sweepstakes scheme lost an average of \$7,000.



PHONE FRAUD

Fraudulent telemarketers use five basic techniques:

- **Scarcity:** The senior has been identified as the grand prizewinner, but if she doesn't accept the prize immediately (and pay that "handling charge") the runner-up will get the prize instead.
- **Hype:** The telemarketer screams and hollers about how excited he is the senior has won.
- **Authority:** The telemarketer passes the phone to his "boss," so his target will know the offer is "legitimate."
- **Phantom Fixation:** The prize is too good to pass up, and the targeted senior becomes fixated on it.
- **Reciprocity:** The telemarketer explains that she won't receive her commission unless the senior accepts the prize and pays the handling fee. When the senior protests that he doesn't have enough money to pay the fee, the scammer asks how much he can afford, and says she'll accept that smaller amount, just because she's so happy the senior has won the prize.

Wright says fraudsters will change from one persuasion tactic to another if necessary. "The theory is the longer we're on the phone, we're going to do business, legitimate or otherwise," he says.

The NCPCC (with Crime Dog McGruff as its spokesdog) has put together a short guide on senior fraud prevention. The guide features five ways to make unwanted telemarketers go away. Tape it by your loved one's phone and he or she will always have a polite-but firm-comeback for unscrupulous come-ons. (Of course, the best way to get rid of someone you don't want to talk to is to simply hang up.)

- **Tip #1:** Never give personal information, such as bank account or social security numbers, to anyone over the phone, unless you initiated the call and know you've reached the right agency. Comeback: "I don't give out personal information over the phone. I'll contact the company directly."
- **Tip #2:** Don't believe it if the caller tells you to send money to cover the "handling charge" or to pay taxes. Comeback: "I shouldn't have to pay for something that's free."
- **Tip #3:** "Limited time offers" shouldn't require you to make a decision on the spot. Comeback: "I'll think about it and call you back. What's your number?"
- **Tip #4:** Be suspicious of anyone who tells you not to discuss the offer with someone else. Comeback: "I'll discuss it with my family and friends and get back to you."
- **Tip #5:** If you don't understand all the verbal details, ask for it in writing. Comeback: "I can't make a decision until I receive written information."

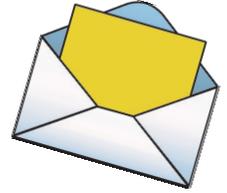
The scammer will most likely keep trying to convince his intended victim, so it's best to hang up after delivering the comeback line.

Practice these comebacks with your loved one. Also, have your loved one tell telemarketers to take his or her name off their call list. If the telemarketers don't, they're breaking the law. Sign up for the National Do Not Call Registry. As a last resort, get your loved one an unlisted phone number.

Senior Fraud Prevention Continued..

Fraudulent telemarketers may also use a senior's forgetfulness against them. The scammer may tell her target she's with a well-known charity, and the senior has forgotten to send a check for a pledge.

"Most telemarketers can tell when they've got an older person by the voice or inflection of the voice and they will take advantage of it," Wright says.



MAIL FRAUD

As a caregiver, you also can help monitor your loved ones' mail for potential fraud. Look for stacks of unsolicited mail with various offers for money or prizes. Encourage your loved one to throw that kind of mail straight into the recycle bin. Also, see if your loved one has received packages of cheap costume jewelry or other "gifts." Offer to help balance their checkbooks, and look for any unusual large withdrawals or checks written to companies you've never heard of. Check credit card statements for any unauthorized charges. If you suspect mail fraud, contact the Postal Inspection Service in your city.

HOME REPAIR FRAUD

Another prevalent scam against seniors is for home repairs. For example, someone shows up at the door claiming to have been re-roofing a neighbor's house. The scammer will say that while he was up on that nearby roof, he noticed the senior's home has some shingles loose. He may even climb up a ladder and pull off some perfectly good shingles as "proof." When the senior hires him to fix the roof, the scammer demands payment in advance, makes a lot of noise pretending to fix the roof, leaves for lunch and never comes back.

Scammers also may pose as a utility worker, saying they need to check the phone line inside the house, and then stealing personal information once inside. Or they may simply politely ask to use the bathroom, while an accomplice sneaks in and steals something.

..continued on page 15

WILBER

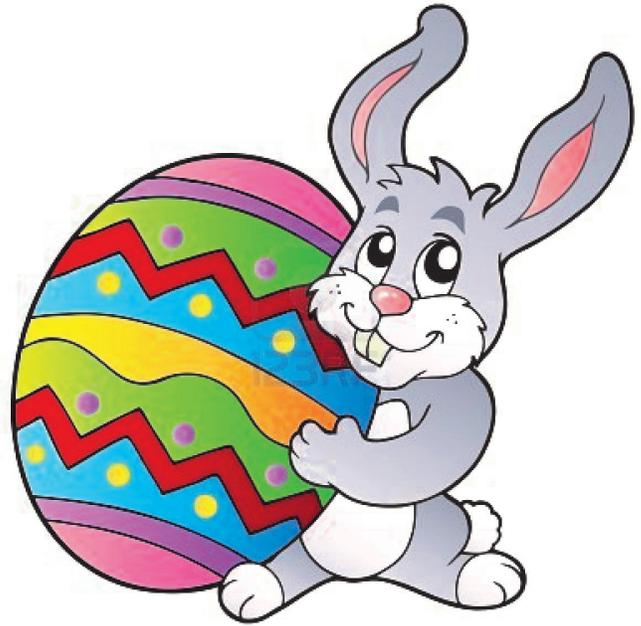
Friday, April 25th

Join us for
SHIIP Bingo & SCAT Program

Jonathan Burlison from Senior Health Insurance Information Program (SHIIP), will be joining us to play bingo!

Following the Bingo will be a presentation on Saline County Area Transit (SCAT) Services by Scott Bartels

You must RSVP by April 18th to attend this event!
402.821.3330



WESTERN

Friday, April 19th

Join us for a lunch of Chicken Breast, Cornbread, Baked Beans, Coleslaw, and Dessert be served at the Saline County Area Transit Building at noon.

Following the meal will be a presentation **Saline County Area Transit (SCAT) Services** by Scott Bartels

You must RSVP by April 12th to attend this event!
402.821.3330

\$5 fee for anyone attending the meal.



FRIEND

Thursday, April 25th

Join us for lunch at Friend Community Healthcare System at noon.

At the time of printing the newsletter for this month, the meal was unknown. When you call to RSVP, you will be told the meal.

Following the meal will be a presentation on **Saline County Area Transit (SCAT) Services** by Scott Bartels

You must RSVP by April 16th 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

Recipe of the Month



CHOCOLATE & PB COOKIES

(NO BAKING NEEDED)

INGREDIENTS:

- 1 1/3 cups Peanut Butter, Creamy
- 2 tbsp. Cocoa Powder, Unsweetened
- 2 tsp Vanilla Extract
- 2 cups Coconut Flakes, Unsweetened
- 2 tbsp Butter

These are gluten free, lactose free, and contain no added sugar!

INSTRUCTIONS:

1. Prepare a large baking sheet with parchment paper or a non-stick silicone baking mat.
2. In a large mixing bowl, combine the peanut butter, vanilla extract, melted butter, coconut flakes and cocoa powder and stir until well combined. (If you like your cookies a little sweeter, feel free to add 1-2 teaspoons of your favorite sugar alternative.
3. Scoop batter onto your prepared baking sheet. Use the back of the spoon to gently shape each cookie into a 3" cookie.
4. Place in freezer for 30 mins to set.

Recipe is from Pinterest.com

Exercise of the Month — Buddy Stretch

TARGETED MUSCLES: Shoulder, Arm, Back, and Leg

WHAT YOU NEED: A buddy or resistance band or towel

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

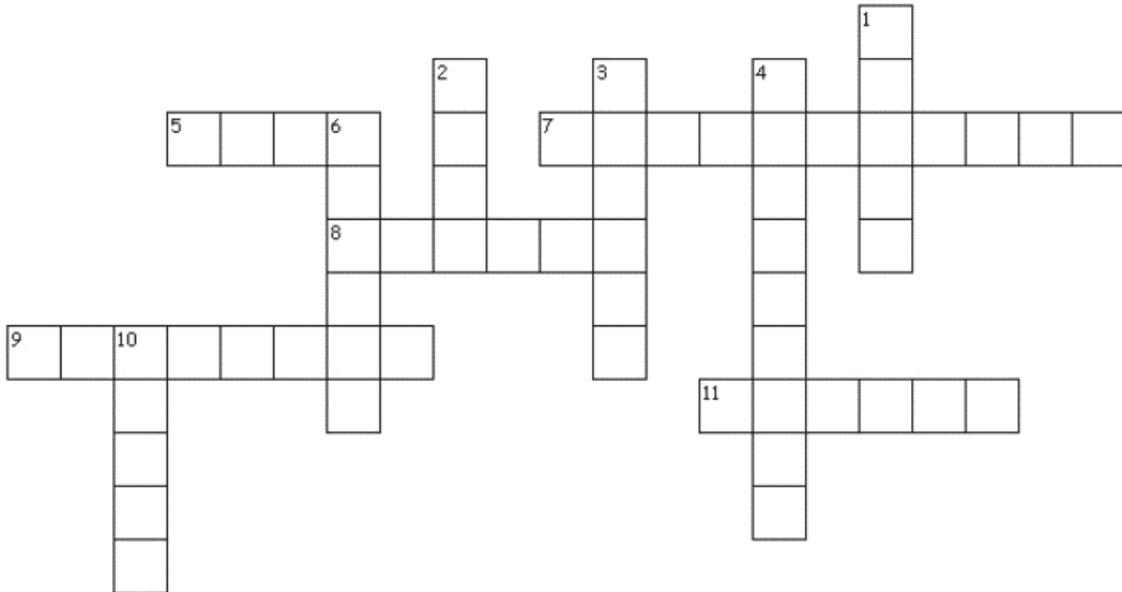
This is a good over-all stretch that's fun to do with a partner. It stretches your shoulders, arms, back, and legs. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Sit on the floor facing your buddy and place your feet against your partner's feet.
2. Both of you should grab one end of a resistance band or towel. Depending on each person's flexibility, you may need to loop two bands or towels together.
3. Slowly pull the band or towel so that your buddy bends forward and you lean backward.
4. Hold position for 10-30 seconds.
5. Slowly return to starting position.
6. Now it's your buddy's turn to pull the band or towel so that you bend forward and your buddy leans backward. Hold for 10-30 seconds, and then return to starting position.
7. Repeat at least 3-5 times.



go4life.nia.nih.gov

Easter Crossword



Down

- 1. If you drop an Easter egg, it will ____
- 2. baby sheep
- 3. Pale, light colors.
- 4. Tasty, decadent treat.
- 6. Easter's season
- 10. baby chicken

Across

- 5. Which came first? The chickens or the ____
- 7. ooey, gooey goodness
- 8. Animal that brings treats and eats carrots.
- 9. baby duck
- 11. Container for collecting eggs at Easter.

Riddle of the Month

What do you call a rabbit with flees?

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!

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

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Volunteer Opportunities Word Search

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



CALENDAR
 CLEANUP
 COMMUNITY OUTREACH
 CONCESSIONS
 COSTUMING
 EXPERTISE
 FLYERS
 FUND RAISING
 GRANT WRITING
 HAIR STYLING

HOSPITALITY
 MAKEUP
 MARKETING
 PHONE TREE
 PHOTOGRAPHER
 POSTERS
 PRESS RELEASES
 PROFESSIONAL
 PROGRAM DESIGN
 PROPERTIES

PUBLICITY
 SCHEDULE
 SECURITY
 SET BUILDING
 SNACKS
 SOCIAL NETWORKING
 STRIKE
 TICKET TAKER
 USHER
 VIDEOGRAPHER

Farmers' Market Coupons



Saline County Aging Services is now taking names of those interested in applying for Farmers' Market Coupons through the Seniors Farmers' Market Nutrition Program (SFMNP). The SFMNP strives to improve the diet of participants, thereby promoting good health to help them maintain their independence.

The Farmers' Market Coupons will be provided to qualified Saline County residents. To qualify, Saline County residents must:

- be 60 years of age or older,
- meet income guidelines,
- AND attend a brief mandatory nutrition presentation.
- Be prepared to show proof of age and income.

At this time, coupons will still be given out on a first come, first served basis, unless demand is greater than our supply. **(Please note: We only receive a limited amount!)** Saline County Aging Services should have coupons available in June. One set will be issued per qualified household. A set consists of sixteen coupons, with a face value of \$3.00 each. (One set is valued at \$48.00) These coupons can be redeemed for locally grown food from any SFMNP vendor, for any locally grown raw or fresh fruits, vegetables, herbs and pure, unprocessed honey.

If you have any questions or would like to apply for the coupons please call Saline County Aging Services at 402-821-3330 or 1-800-778-3309.



DON'T FORGET HOMESTEAD EXEMPTION DEADLINE

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30th.

If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, **but please call ahead for an appointment:**

- Saline County Aging Services, Wilber, (402-821-3330),
- Anita Meyer, Friend, (402-947-2301).

INCOME TAX FILING ASSISTANCE

There are several programs that offer free income tax filing assistance in Beatrice, York, and Lincoln. We have a list of the sites, dates, and times.

If you need help filing your income tax, please call us (402.821.3330).



HOW CONVENIENT!

In the front of our building, located right next to our front door, is a drop box. For some of you that are unable to make it to our office during our open hours, you may place any forms or bills in the box!

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!

Shamrock Shuffle Fun



We would like to give a huge thank you to Wilber Physical Therapy, Madison+Barrett, First State Bank, Food Mesto, Hoov's Home Improvements, 202 Hairdo, WM&E Spa Boutique, Fox Hole Tavern, Farmers & Merchants Bank, and Downtown Family Vision! We could not have done it without the support from all of our sponsors. We were extremely pleased to have our total number of registered participants being 105!



FIGHTING BACK

Educating seniors about the different types of fraud and how to fight back can go a long way toward effective senior fraud prevention. The Illinois Attorney General's Office has an innovative program called Senior Sleuths. It trains senior citizens to educate other seniors about senior fraud prevention. AG staffers teach older citizens how to file complaints with the state's Consumer Fraud Bureau, and how to monitor telemarketing calls and door-to-door solicitations. Senior Sleuths also receive a resource manual with information on various types of scams, how to check a company's background before sending money, and how to file a complaint.

The NCPC's Wright says fraud for all age groups is underreported, partly because the victim is embarrassed. Many seniors are afraid of losing their independence, so they won't tell their loved ones if they were defrauded, because they don't want them to take their checkbook away.

Oftentimes, fraud happens because of a basic human emotion—loneliness. "There used to be somebody sitting across the table in a chair and they're not anymore; there's a void," Wright explains. "And, in many cases, who's filling that void is a telemarketer."



Article is from aPlaceforMom.com

April Activities

<p>Key:</p> <p>Crete Dorchester Wilber Friend DeWitt</p>	<p>1 April Fools Day</p> 	<p>2 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>3 Foot Clinic Lunch 12:00 p.m.</p>	<p>4 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>5 Nebraska Day</p> 	<p>6 Caramel Popcorn Day</p> 
<p>7 No Housework Day</p> 	<p>8 Zoo Lovers Day</p> 	<p>9 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>10 Foot Clinic Lunch 12:00 p.m.</p>	<p>11 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>12 Grilled Cheese Day</p> 	<p>13 Peach Cobbler Day</p> 
<p>14 Pecan Day</p> 	<p>15 Titanic Remembrance Day</p> 	<p>16 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>17 Lunch 12:00 p.m.</p>	<p>18 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>19</p>	<p>20 Cheddar Fries Day</p> 
<p>21 Easter Day</p> 	<p>22 Earth Day</p> 	<p>23 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>24 Lunch 12:00 p.m.</p>	<p>25 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00</p>	<p>26 SCAS CLOSED Arbor Day</p> 	<p>27 Babe Ruth Day</p> 
<p>28 Superhero Day</p> 	<p>29</p>	<p>30 Bugs Bunny Day</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, April 3rd</p>
<p>Program— Creative Musical Instruments by Thomas Schuerman Menu— Lasagna, Garlic Bread, Green Beans, Fruit & Milk</p>
<p>MONDAY, April 8th</p>
<p>Lunch at La Herradura Mexican Restaurant in Wilber @ 12 Work Day for Memorial Bricks & Wreaths from 1:30-3:30</p>
<p>WEDNESDAY, April 10th</p>
<p>Program— Photos of Places You Never Knew Existed by Dennis Zabel Menu— Garlic Herb Chicken, Baked Potato, Broccoli, Fruit, Bread & Milk</p>
<p>WEDNESDAY, April 17th</p>
<p>Program— Easter Music by Doris Peters Menu— Tuna Casserole, Peas, Fruit Cobbler, Bread & Milk</p>
<p>WEDNESDAY, April 24th</p>
<p>Program— School Happenings by TC Administration Menu— Sausage Gravy over Biscuits, Scrambled Cheesy Eggs, Fruit & Milk</p>
<p>MONDAY, April 29th</p>
<p>Work Day for Memorial Bricks & Wreaths from 1:30-3:30 Ice Cream at DeWitt Quick at 3:30</p>



Diane Burianek
of
Pleasant Dale

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 March's
riddle was: Because they are
always a little short



HAPPY BIRTHDAY!

*A special wish to all of the
March 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, April 25, 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.



ATTENTION LADIES!

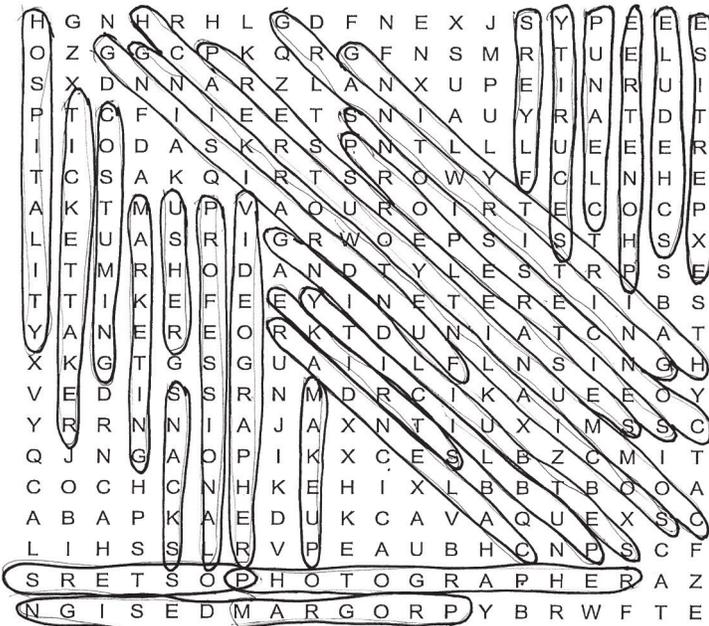
Would you like to have your nails done before the Easter holiday?

Join us on April 18th at 11:00 am in 'The Back Room'- SCAS

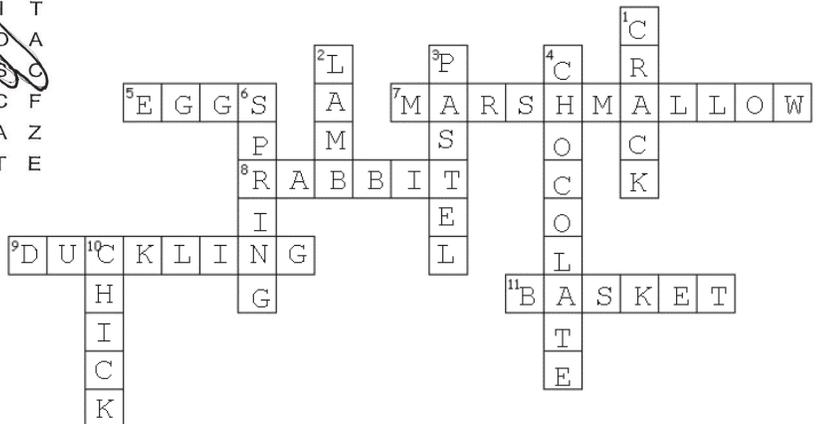
SCAS Staff will be available to paint your nails and get you ready for your festivities!

Call SCAS office to make an appointment!
402-821-3330

Answers to the March Puzzles



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



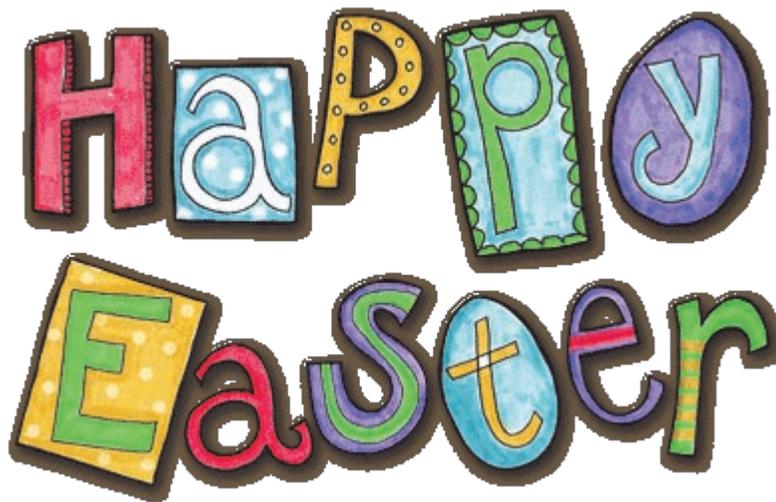
Do you want the Saline County Aging Services Newsletter sent to your door?

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



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.



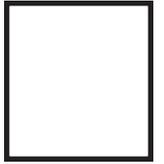
Jan. 1 New Year's Day
Jan. 21 Martin Luther King Day
Feb. 18 Presidents' Day
Apr. 26 Arbor Day
May 27 Memorial Day
July 4 Independence Day

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 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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