



# 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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## *What Is Labor Day? A History of the Workers’ Holiday*

In the late 1800s, many Americans toiled 12 hours a day, seven days a week, often in physically demanding, low-paying jobs. Children worked too, on farms and in factories and mines. Conditions were often harsh and unsafe.

It was in this context that American workers held the first Labor Day parade, marching from New York’s City Hall to a giant picnic at an uptown park on Sept. 5, 1882.

“Working Men on Parade,” read The New York Times’s headline. The article, which appeared on the last page, reported that 10,000 people marched “in an orderly and pleasant manner,” far fewer than the organizers had predicted would attend. The workers included cigar makers, dressmakers, printers, shoemakers, bricklayers and other tradespeople.

Because it wasn’t yet an official holiday, many of the attendees risked their jobs by participating in the one-day strike. On their signs, they called for “Less Work and More Pay,” an eight-hour workday and a prohibition on the use of convict labor. They were met with cheers.

The American labor movement was among the strongest in the world at the time, and in the years that followed, municipalities and states adopted legislation to recognize Labor Day. New York did so in 1887, and The Times reported that that year’s parade was larger than ever, even amid political tension over the role of socialist groups. Parks, shops and bars in the city were full.

“The barrooms were never more resplendent,” The Times wrote. “Liquidly, the first legal celebration of Labor Day may go down to history as an unqualified success.”

But it took several more years for the federal government to make it a national holiday — when it served a greater political purpose. In the summer of 1894, the Pullman strike severely disrupted rail traffic in the Midwest, and the federal government used an injunction and federal troops to break the strike.

## What Is Labor Day? A History of the Workers Holiday

It had started when the Pullman Palace Car Company lowered wages without lowering rents in the company town, also called Pullman. (It's now part of Chicago.)

When angry workers complained, the owner, George Pullman, had them fired. They decided to strike, and other workers for the American Railway Union, led by the firebrand activist Eugene V. Debs, joined the action. They refused to handle Pullman cars, bringing freight and passenger traffic to a halt around Chicago. Tens of thousands of workers walked off the job, wildcat strikes broke out, and angry crowds were met with live fire from the authorities.

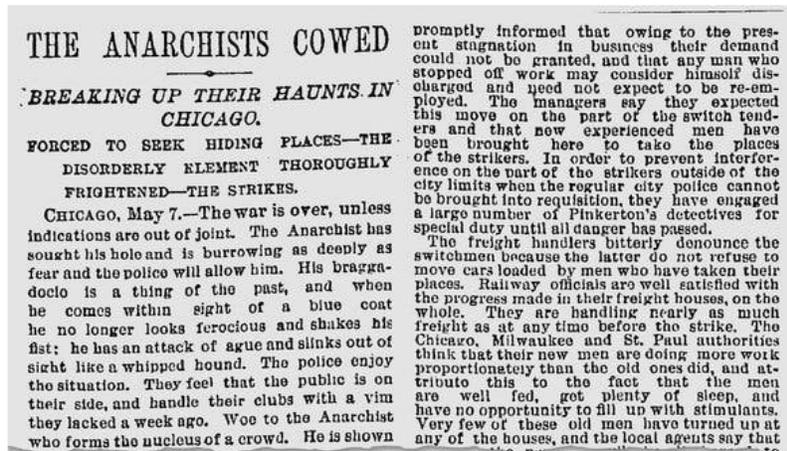
During the crisis, President Grover Cleveland signed a bill into law on June 28, 1894, declaring Labor Day a national holiday. Some historians say he was afraid of losing the support of working-class voters.

"There were many political advantages at that moment to provide recognition for Labor Day," said Joshua B. Freeman, a distinguished professor of history at Queens College and the City University of New York Graduate Center.

But it wasn't the only workingman's holiday on the table. Starting in 1884, the labor movement had called for strikes and protests on May 1 to push for an eight-hour workday. That would-be holiday was called May Day, and it's now celebrated around the world, though it's not officially recognized in the United States.

You might blame the Haymarket affair. On May 4, 1886, a bomb went off at a demonstration in Chicago's Haymarket Square in support of an eight-hour workday and against police killings of protesters. The authorities opened fire in response, and seven officers and four protesters were killed.

The episode made headlines around the world, and the police response in Chicago was fierce. "The Anarchists Cowed," read the headline on a front-page Times article on May 8, with a subtitle, "Forced to Seek Hiding Places — The Disorderly Element Thoroughly Frightened." Eight anarchists were convicted, and four were hanged. Critics argued the trial was conducted poorly, and seven years later, Gov. John P. Altgeld pardoned the three who were still alive.



In the years that followed, May Day became an occasion for protesting the arrests of socialists, anarchists and unionists. As it became associated with the radical left — and as Labor Day was recognized by more and more states — the latter came to be the dominant holiday in the United States.

In recent decades, Labor Day has been dominated more by barbecues, sales and last-chance beach days than strident labor protests. The labor movement has weakened, and in New York, there are scheduling conflicts, such as out-of-town vacations and the large West Indian American Day Parade in Brooklyn, which takes place on Monday and generally includes a sizable labor contingent.

# LABOR DAY FACTS



- △ The first US Labor Day was celebrated on September 5th, 1882 in New York City.
- △ Oregon was the first state to celebrate Labor Day as a legal holiday in 1887.
- △ Americans worked 12-hour days seven days a week during the 19th century.
- △ Historians say the expression “no white after Labor Day” comes from when the upper class would return from their summer vacations and stow away their lightweight, white summer clothes as they returned back to school and work .
- △ The Adamson Act was passed on September 3, 1916 to establish an 8 hour work day.
- △ There is still a Labor Day parade in New York City, which takes place throughout the 20 blocks north of the 1882 labor march.

## THE SENILITY PRAYER:

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.



I planted some bird seed. A bird came up. Now I don't know what to feed it.

I had amnesia once -- or maybe twice.

All I ask is a chance to prove that money can't make me happy.

What is a "free" gift? Aren't all gifts free?



They told me I was gullible... and I believed them.

Teach a child to be polite and courteous in the home and when he grows up, he'll never be able to merge his car onto a freeway.

My theory on aging is two can live as cheaply as one, for half as long.

Experience is the thing you have left when everything else is gone.

A flashlight is a case for holding dead batteries.

My weight is perfect for my height -- which varies.

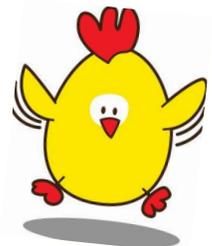
I used to be indecisive. Now I'm not sure.

The cost of living hasn't affected its popularity.

How can there be self-help "groups"?

If swimming is so good for your figure, how do you explain whales?

Is it my imagination, or do buffalo wings taste like chicken?

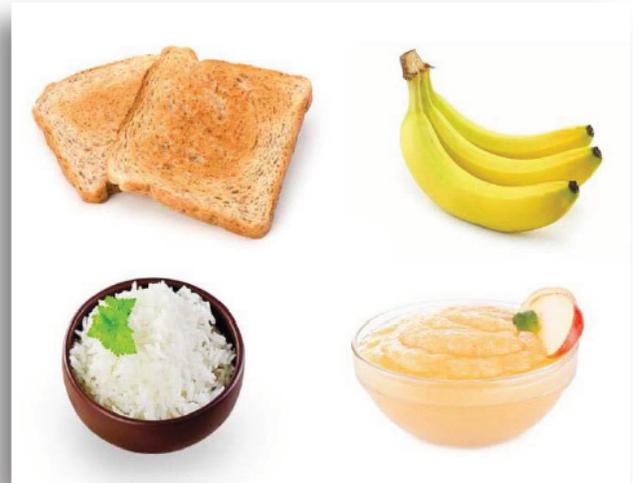




## BRAT Diet

### Bananas / Rices / Applesauce / Toast

The BRAT diet is probably something most of us have heard about at some point in our life – be it from TV, a news article or maybe your primary care doctor. The BRAT diet has been a staple “special” diet for when adults and children are sick, especially with diarrhea, stomach flu or other types of stomach issues. BRAT stands for Bananas / Rice / Applesauce / Toast. This is a diet that is constructed in such a way to still get some nutrients while also being easy to digest on your GI system (stomach).



The nutritional reason why these foods were selected for the BRAT diet is because they all tend to be lower in protein, fat and fiber which allows them to be more easily broken down and consumed by our body. The less work our stomach has to do, the less upset it will be! The banana component in the BRAT diet contains pectin; a starch that can help aid or be of benefit to the GI tract. Besides the staple components of the BRAT diet, there is much more you can add to the diet such as saltine crackers, clear broths in addition to chicken and veggie broths; oatmeal; watermelon; steamed, baked or grilled chicken (without fat); sweet potatoes and regular potatoes (but without butter or cream).

While the BRAT diet has been discussed and recommended for many years, there is some reluctance to endorse it, especially for extended periods of times. Current recommendations are to use the diet for no more than 48 hours (two days). The main reason is because this diet is so low in calories but also in essential vitamins, minerals and nutrients (such as protein, fat, fiber, vitamin A, vitamin B12 and calcium). Due to the potential malnutrition side effects, the BRAT diet is no longer recommended for children according to the American Academy of Pediatrics (AAP). Doctors also suggest keeping hydration fluid intakes high with water being the best bet and readily available. However, adding a sports drink or a rehydration solution with electrolytes (sodium and potassium) can be even better!

**If you have any questions regarding your nutritional needs or would like further information on your specific needs, please call 402-441-7159 to speak with an Aging Partners Registered Dietitian Nutritionist today!**

7/9/2019

## Elderly Urinary Tract Infections

If a 30-year-old woman experiences painful burning when she urinates, it's almost certain she has a urinary tract infection (UTI). But an elderly urinary tract infection rarely causes such clear symptoms and might not involve pain or discomfort at all. "As you get older your immune response changes; it's part of normal aging," says Anna Treinkman, a nurse practitioner at the Rush Alzheimer's Disease Center in Chicago and president of the National Conference of Gerontological Nurse Practitioners.

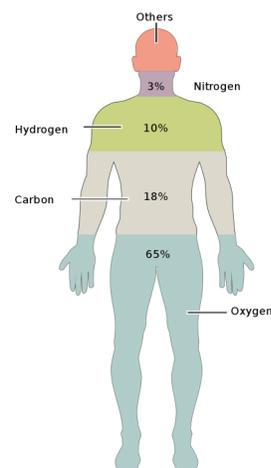
### COMMON WARNING SIGNS

A sudden change in behavior is, in fact, one of the best indicators of a urinary tract infection in older adults. Some common warning signs might include the onset of elderly urinary incontinence, confusion or not being able to do tasks the patient could easily do a day or two before. "Anytime there's a change in an older adult... if one day they're able to dress themselves or feed themselves and then there's a sudden change, a red flag should go up in a caregiver's mind," Treinkman says.

### UTIS: THE BODY'S SECOND MOST COMMON INFECTION

Half of all women will develop a urinary tract infection in their lifetimes. Ranking as the body's second-most common infection type, UTIs in women-and less often in men-account for about 8.3 million doctor visits each year, according to the National Center for Health Statistics. Typically, UTIs, also known as bladder infections, are easy to cure. But if left untreated, the infection can spread and develop into far more serious conditions. UTIs, for instance, are a leading cause of *sepsis*, a potentially life-threatening infection of the bloodstream.

"A bladder infection places stress on the body," says Dr. Mary Ann Forcica, an associate clinical professor for the University of Pennsylvania Health System. That stress can result in confusion and abrupt changes in behavior in older adults with an elderly urinary tract infection. And for people suffering from Parkinson's disease, Alzheimer's disease, or other dementia, "any kind of stress, physical or emotional, will often make dementia temporarily worse," Forcica says.



### URINARY TRACT INFECTION CAUSES & SYMPTOMS

The kidneys, ureters, bladder and urethra work together to rid the body of urine: the kidneys remove extra liquid and waste from the blood in the form of urine, the ureters carry the urine from the kidneys to the bladder, and the bladder stores the urine until it is emptied through the urethra.

An infection can occur when bacteria cling to the opening of the urethra and begin to multiply. UTIs are thought to be much more common in women because the urethra is shorter in women than in men, giving bacteria-which live in the rectal area and also on a person's skin-an easier route into the body.

#### ISCYSTITIS

The most common diagnosis is iscystitis, or the infection and inflammation of the bladder, which causes frequent and painful urination. However, other parts of the lower and upper urinary tract system can become infected. As a general rule of thumb: the higher up the infection in the urinary tract system, the worse it is.

#### URETHRITIS, PYELONEPHRITIS & TOPROSTATITIS

Other common causes of UTIs include the following:

- **Urethritis:** Burning urination is often the result of urethritis, the infection of the urethra. In men, urethritis can also cause penile discharge.
- **Pyelonephritis:** Pyelonephritis occurs when a bladder infection spreads to the kidneys. It can cause upper back and flank pain, shaking, chills, nausea and vomiting.
- **Toprostatitis:** UTIs in men can lead toprostatitis, or enlargement of the prostate gland, the male organ that produces semen, which is located just below the bladder.

## Elderly Urinary Tract Infections

Symptoms of a UTI include general discomfort, a feeling of being over-tired, blood in the urine and pain even when not urinating. Men might feel fullness in the rectum. Back and side pain can indicate the infection has reached the kidneys. An elderly person will rarely get a fever, but if an older patient has one it is considered an emergency. “It shouldn’t be taken lightly,” Treinkman says. “If they do have a fever, it’s a serious infection.”

### DIAGNOSIS & TREATMENT

In most cases, diagnosing and treating an elderly urinary tract infection is relatively straightforward: a simple urinalysis can confirm the infection’s presence and, for someone in good health, antibiotics are the first choice of treatment. UTIs often clear up in only a few days. But depending on the age and health of the patient—and the severity of the infection—the course of treatment can take weeks and perhaps involve hospitalization for the administration of intravenous antibiotics. A doctor might also decide to “culture” a patient’s urine to determine the type of bacteria that’s growing to prescribe the most effective antibiotic for the condition.

Older adults living in a group setting such as senior communities or nursing homes are more likely to be resistant to the antibiotics most often prescribed for UTIs such as amoxicillin or nitrofurantoin, and might require something stronger, as well as a longer course of antibiotics to combat an elderly urinary tract infection.

Forcica says people suffering from UTIs must drink plenty of fluids to flush the bacteria from their systems. Proper fluid intake makes it harder for bacteria to live and multiply in the urinary tract. She recommends older adults drink four to six 8-ounce glasses of water a day. Drinking cranberry juice or taking cranberry tablets can also make urine less inviting for bacteria, Forcica says.

..continued on pg. 17

# WILBER

Date: Friday, September 20th

Time: 2:00 p.m.

Location: 'The Back Room' -SCAS

Meal: Coffee & Dessert

Please RSVP by September 18th!  
402.821.3330

*Contributions are acceptable!*



***Come join us for a Craft Day & Karaoke fun!***

# CRETE

Date: Friday, September 27th, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: Cod Fish, Wild Rice, Baby Carrots & Cookie or Fruit

Please RSVP to receive the special of the day  
by September 20th!  
402.821.3330

*For those over age 60: \$4.50 suggested contribution for the meal.  
For those under age 60: \$5.00 fee*

# WESTERN

Date: Friday, September 20th

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Pulled Pork Sandwich, Coleslaw, Waffle Fries & Dessert

Please RSVP by September 13th!  
402.821.3330

*\$5 fee for anyone attending the meal.*



# FRIEND

Date: Thursday, September 19th

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Hot Roast Beef Sandwich, Mashed Potatoes, Gravy, Carrots & Dessert

Please RSVP to receive the special of the day  
by September 11th!  
402.821.3330

*For those over age 60: \$4.50 suggested contribution for the meal.  
For those under age 60: \$5.00 fee*

**For Crete, Western, and Friend Full Circles — Caring Friends in home care will be educating attendees on strategies and resources to reduce fall risk, and a checklist of fall prevention.**

## Exercise of the Month — Chest Stretch

**TARGETED MUSCLES:** Chest

**WHAT YOU NEED:** Sturdy, armless chair

This exercise, which stretches the chest muscles, is also good for your posture.

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing forward.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Hold the position for 10-30 seconds.
6. Repeat at least 3-5 times.



[go4life.nia.nih.gov](http://go4life.nia.nih.gov)

## Recipe of the Month

### SLOW COOKER SHREDDED CHICKEN TACOS & BURRITOS

Ingredients:

- 1 1/2 boneless skinless chicken breasts
- 10 oz can of Rotel
- 1 packet taco seasoning
- 1 1/4 cups chicken broth
- Taco shells
- Favorite toppings— lettuce, tomato, cheese, olives, sour cream, guacamole, fresh lime, cilantro, hot sauce

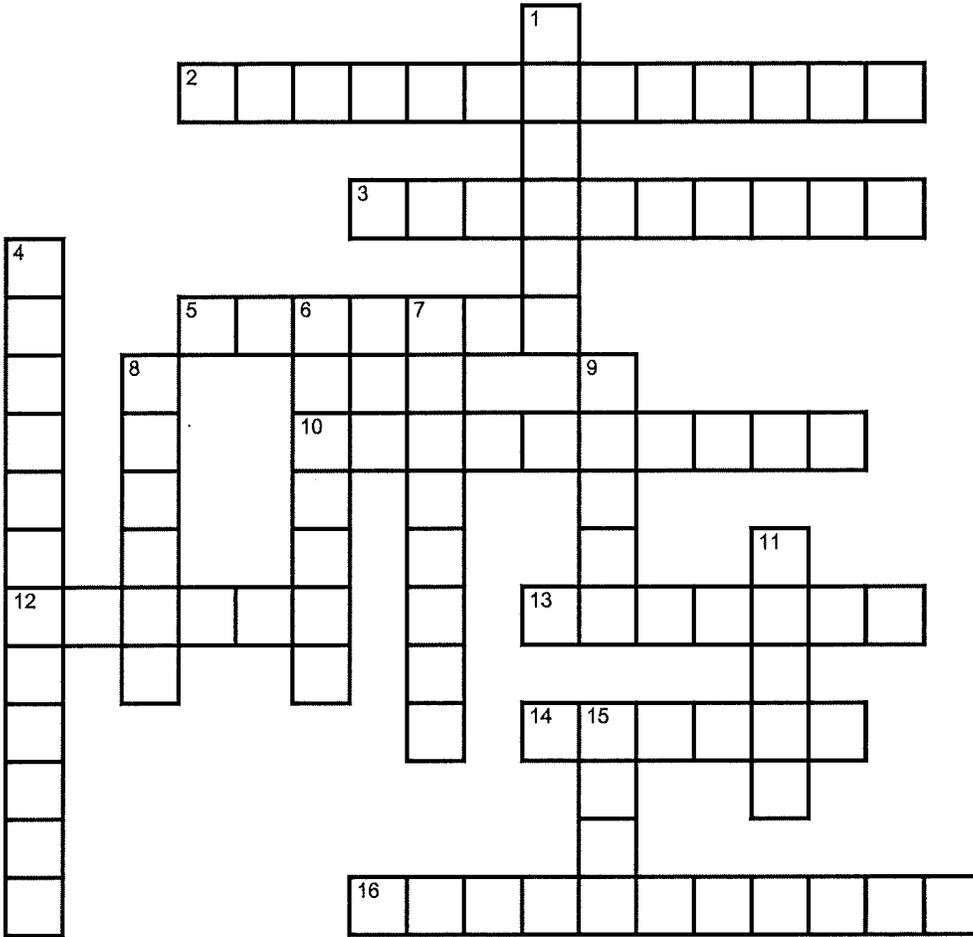
Directions:

Lightly spray slow-cooker with non-stick cooking spray. Place chicken in single layer. In a medium size bowl, mix broth, taco seasoning and a can of Rotel. Pour mixture over chicken and cook on low for 6 to 8 hours, or on high for 4 to 6 hours. Cooking times may vary depending on your slow cooker, adjust accordingly. When ready, shred chicken using two forks and serve in shells or tortillas with your favorite toppings.



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

# Jobs/Places



- Down**
1. A \_\_\_\_\_ looks after sick people.
  4. A \_\_\_\_\_ brings letters.
  6. A pilot works at the \_\_\_\_\_.
  7. A doctor and nurse work in the \_\_\_\_\_.
  8. A dentist works in a dental \_\_\_\_\_.
  9. A \_\_\_\_\_ helps a doctor.
  11. A \_\_\_\_\_ flies planes.
  15. A \_\_\_\_\_ cooks food in a restaurant.

- Across**
2. A \_\_\_\_\_ keeps us safe.
  3. A postal worker works in a \_\_\_\_\_.
  5. A \_\_\_\_\_ works in a school.
  10. A chef and waiter work in a \_\_\_\_\_.
  12. A \_\_\_\_\_ serves food in a restaurant.
  13. A \_\_\_\_\_ takes care of teeth.
  14. A teacher teaches students in a \_\_\_\_\_.
  16. A \_\_\_\_\_ puts out fires.

## Riddle of the Month

What is the proper length for a lady's skirt?

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!

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



# LABOR DAY

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

barbecue

family

sales at stores

civic pride

federal holiday

start of school

community

honest work

unions

end of summer

Labor Day

unity

fair wages

parade

workers

# September Activities

Key: Crete Dorchester Wilber Friend DeWitt						
1	2 Labor Day SCAS CLOSED	3 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	4 Foot Clinic Lunch 12:00 p.m.	5 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	6 Lazy Mom's Day 	7 World Beard Day 
8 Grandparents Day 	9 Teddy Bear Day 	10 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	11 Foot Clinic Lunch 12:00 p.m.	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	13 National Peanut Day 	14 Cream Filled Donut Day 
15 Double Cheeseburger Day 	16 Mayflower Day 	17 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	18 Lunch 12:00 p.m.	19 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	20 National Pecan Cookie Day 	21 Gymnastics Day 
22 White Chocolate Day 	23	24 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	25 Lunch 12:00 p.m.	26 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	27 Chocolate Milk Day 	28 Strawberry Cream Pie Day 
29	30 National Coffee Day 		All foot clinics are by appointment only.	Interested in a foot clinic appointment. Call us at 402.821.3330	For DeWitt Foot Clinic call Bev Plihal at 402.683.6475 or 402.520.0873	**Visit us at SCAS on our National Holidays in purple.

## What's Happening Near You?

### DeWitt Senior Center Meal Schedule

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

**WEDNESDAY, September 4th**

**Program**— Memories of Riding the Rails

**Menu**— Taco Burger, Refried Beans, Spanish Rice, Fruit, & Milk

**WEDNESDAY, September 11th**

**Program**— "Boy, Has Quilting Changed" by Liz

**Menu**— Chicken Fried Chicken, Mashed Potatoes, Corn, Fruit, Bread & Milk

**WEDNESDAY, September 18th**

**Program**— Artwork Hobby by Pastor Ed

**Menu**— Beef Ravioli Casserole, Mixed Vegetables, Fruit, Bread & Milk

**FRIDAY, September 20th**

One Day Trip to York Marble Museum, Chances R, & Milford's Mainstreet Transportation by SCAT. Call Bev Plihal for reservations.

**WEDNESDAY, September 25th**

**Program**— Ryan Sothan of the Attorney General's office speaks on Nebraska's Newest Scams for Seniors- (A must hear program!)

**Menu**— Fish Sandwich, Hashbrown Casserole, Broccoli, Fruit, Bread & Milk



**Donnis Aksamit  
of  
Hallam**

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 August's riddle "What kind of room has no doors or windows" is a mushroom.



### Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

**★ HAPPY ★  
BIRTHDAY!**

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



**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, September 26th, 2019, in the Wilber Care Center's Activity Room. Please RSVP by September 19th, 2019 to one of the following numbers: 821-2014, 821-2271, or 821-3259.



# Medicare Prescription Drug Enrollment

October 15 - December 7

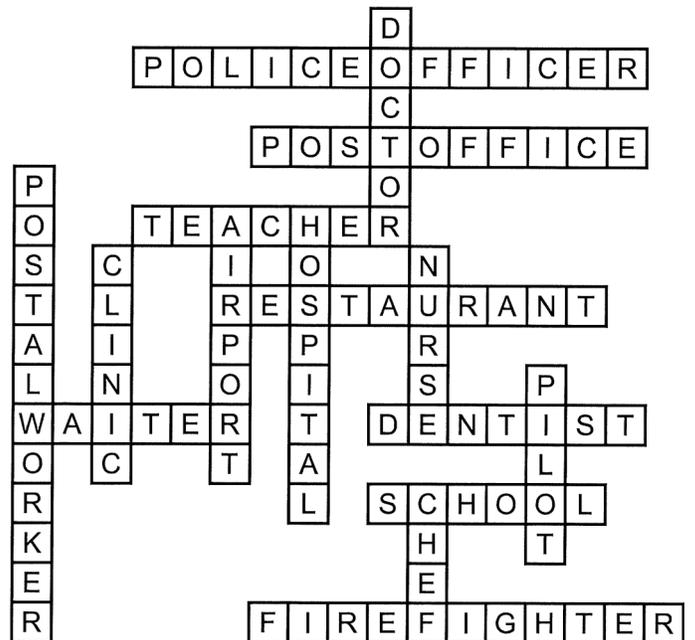


Remember to call and make an appointment! Call SCAS @ 402.821.3330

## Answers to this months puzzles

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

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



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:

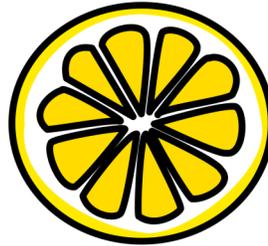
Mailing Address:

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



## What's going on at SCAS?

We had a very successful Czech Days selling homemade lemonade & limeade. Volunteers from Wilber-Clatonia TCBY were a huge help. Partial Proceeds go to them for all their hard work. Fun was had by all!



## What's going on in DeWitt?

Many at DeWitt enjoying bridge & cards.



## Elderly Urinary Tract Infections

If your loved one's symptoms are consistent with a bladder infection, it's recommended that his or her healthcare provider be called for an appointment the same day that the symptoms are recognized. If it appears the infection might involve the kidneys, call the healthcare provider immediately to consult on whether a trip to the emergency room is necessary.

### RISK FACTORS & PREVENTION

Older adults at greater risk for getting an elderly urinary tract infection include:



- Those who require a catheter in the urethra and bladder
- Those who are diabetics
- Anyone with kidney stones
- Women who've gone through menopause

After menopause, women experience a change in the lining of the vagina and also produce less estrogen, which helps protect against UTIs. Hormone replacement therapy (HRT) can help protect postmenopausal women from UTIs, according to the American Urological Association, but HRT may increase other health risks and so may not be appropriate for all women.

All women who have had a UTI at least once before are also at increased odds of developing the infection again. About 20 percent of women who've had a UTI will experience a second one, and 30 percent of those women will get a third.

### DIAGNOSING A UTI

Here are some common ways to diagnose a UTI:

- **Home Test:** A dipstick is held in the urine stream. Home tests are a convenient way for chronic UTI sufferers to quickly diagnose whether they have an infection. But they should only be used with the support and guidance of a patient's physician.
- **Ultrasound Exam** – Ultrasounds can help evaluate bladder and kidney problems as doctors are able to see whether there are abnormalities in the bladder that could be contributing to the infections.
- **X-ray:** Using a series of x-rays and a contrast dye to highlight abnormalities in the urinary tract can help pin-point abnormalities.
- **CAT Scan:** A CAT scan provides a detailed three-dimensional picture of the urinary tract.

### THE IMPORTANCE OF WATER INTAKE

Treinkman says UTIs are also more likely to affect people who attempt to manage stress incontinence by limiting their water intake. "They might limit the water they drink so they don't have to go to bathroom so much," she says. "But it puts them at higher risk because there's a greater chance of bacteria build up... You want to keep your urine clear."

Drinking plenty of water is an important prevention tactic. Some other methods for women include:

- Urinating promptly after the urge arises
- Wiping front to back
- Emptying the bladder shortly before and after intercourse
- Avoiding use of feminine products such as deodorant sprays, douches and powders in the genital area that could irritate the urethra
- Taking showers instead of baths



### NOTICING A CHANGE IN BEHAVIOR

Most importantly, Treinkman says that caregivers can't be too careful when they notice a change in behavior in an older adult, no matter how subtle. "Falls, confusion, new onset of incontinence in someone who had been getting to the bathroom, decrease in appetite," she says, "any of these can be a sign of a urinary tract infection. It really requires a detective-like index of suspicion from the caregiver."

*aPlaceforMom.com*

# CRAFT DAY

*Come join us for a Craft Day & some Karaoke!*

When: Friday, September 20th  
Where: SCAS — “The Back Room”  
Time: 2:00 pm

Please RSVP by September 13th!

## Health Clinic



Come get your health immunizations!  
Public Health Solutions will be offering influenza immunizations, blood pressure checks, VetSet & Emergency Preparedness program.

When: Friday, October 4th  
Where: SCAS — “The Back Room”  
Time: 1-3 pm

*Please call SCAS to RSVP your time! 402.821.3330*



## Cornhusker United Way at the Brew House in Crete!



*Friday, September 13th*

The Brew House is donating 10% of their profits from 4-9 pm to  
Cornhusker United Way.

*Thank you for your support in CUW agencies such as SCAS & others!*



### ARE YOU INTERESTED IN TAI CHI?

SCAS Staff would like to start up a Tai Chi class in Friend.

If you, or somebody you know, would be interested in participating in a class, let us know!

To put your name on the list, please call SCAS at 402-821-3330.



Stepping On is class that is proven to help reduce the risk of fall injuries. This 7 week class can make you stronger and steadier to keep you doing the things you love to do!

Lori will be getting trained for this course, and she is interested in seeing how many are willing to participate in a class this fall.

Please let us know!  
402.821.3330

### 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!

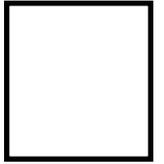
Have you moved? Do you have a new phone number? How about a new Emergency Contact? If any of this information changes please let us know so we can still get ahold of you!



# 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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