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 11 November 2019

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November: Beaver Moon

The Full Moon in November is named after beavers who build their winter dams at this time of year. It is also called Frost Moon and Mourning Moon, depending on the winter solstice.

In ancient times, it was common to track the changing seasons by following the lunar month rather than the solar year, which the 12 months in our modern calendar are based on.

For millennia, people across Europe, as well as Native American tribes, named the months after features they associated with the Northern Hemisphere seasons, and many of these names are very similar or identical.

Full Moon Names

Today, we use many of these ancient month names as Full Moon names. A common explanation is that Colonial Americans adopted many of the Native American names and incorporated them into the modern calendar.

However, it seems that it is a combination of Native American, Anglo-Saxon, and Germanic month names which gave birth to the names commonly used for the Full Moon today.

Some years have 13 Full Moons, which makes one of them a Blue Moon, as it doesn't quite fit in with the traditional Full Moon naming system. However, this is not the only definition of a Blue Moon.

Busy Beavers in the Moonlight

According to some sources, the Full Moon for November is named after beavers because this is the time they become particularly active building their winter dams in preparation for the cold season. The beaver is mainly nocturnal, so they keep working under the light of the Full Moon.

Beavers make dams of wood and mud. In the middle, they build dome-shaped homes called lodges with underwater entrances. Beavers continue to grow throughout their lives, and so do their teeth. They constantly gnaw on wood, but because the enamel in a beaver's incisors contains iron, their front teeth never wear down.

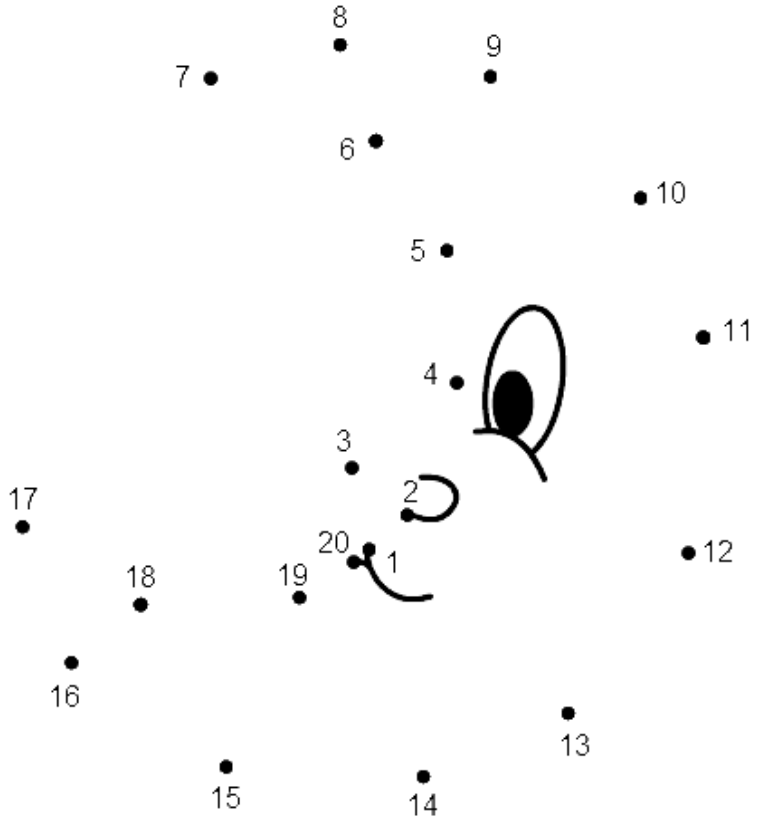
There used to be more than 60 million North American beavers. However, because people have hunted them for fur and their glands for medicine, among other reasons, the beaver population has declined to around 12 million.

Frost or Mourning Moon

Other names for the November Full Moon are Frost Moon, Trading Moon, and Snow Moon, although the latter is more common for the February Full Moon, while Oak Moon can be either the Full Moon in November or December, depending on which source you use.

Traditionally, the last Full Moon before the winter solstice has also been named Mourning Moon.
The astronomical seasons do not match up with the lunar months. Therefore, the month of the Mourning Moon varies. Some years, the Mourning Moon is in November, while other years, it is in December.

www.timeanddate.com



www.belmikri.com

THANKSGIVING FUN FACTS

- The first Thanksgiving was actually a three-day celebration.
- Its unclear if colonists and Native Americans ate turkey at their feast.
- The woman behind "Mary Had a Little Lamb" is also responsible for Thanksgiving's recognition as a national holiday.
- President, Thomas Jefferson refused to declare Thanksgiving as a holiday.
- The first Macy's Thanksgiving Day Parade didn't feature any balloons.
- In 1939, Thanksgiving was celebrated on the third Thursday in November — not the fourth.
- A Thanksgiving mix-up inspired the first TV dinners.
- About 46 million turkeys are cooked for Thanksgiving each year.

goodhousekeeping.com

Martial Harmony

As the young married couple were driving across the state to a family get together, there was some discussion about the importance of making the trip.

Mike: "Tell me why we're spending all this time to see your parents when we just saw them last month over the holidays?"

Janice: "We've been through all of this before. We want to keep the extended family connected, even if we live 245 miles apart."

Mike: "I understand that part, but again, we just saw them for crying out loud!"

Janice: "Don't take that tone of voice with me Michael Raymond!"

Mike: "Oh, so it's Michael Raymond now! Whew!!"

Janice: "That's it, you're impossible!!!"

Silence.

More Silence.

As they continued to drive, it was necessary to move off the Interstate on to County Highway D. A few miles farther down the two lane road, they approached a farm. The aroma. Okay. The ODOR, was powerful. The smell of pigs, goats, and donkeys met them before the farm came into sight around a curve in the road. As they drove past the farm looking at the animals, the silence was broken:

Mike: "Relatives of yours Janice?"

Janice: "Why yes Mike, thanks for asking. They're my In-Laws!"

atimetolaugh.org

AGING PARTNERS
A Pioneering Area Agency on Aging

How do I avoid oversized portions?

Portion sizes have dramatically increased over the past 40 years. Researchers have suggested that this may be directly related to an increase in calories consumed, which may impact weight management. Being overweight is a risk factor for several chronic conditions, such as diabetes and heart disease. Paying attention to how much food is being consumed can help control portion sizes and may have a positive effect on overall health.

Follow MyPlate

Following MyPlate recommendations is important for portion control. Making half of your plate fruits and vegetables will contribute a variety of nutrients to your body as well as keeping you fuller for longer. Using a smaller dinner plate will help to maintain portion sizes. Incorporate a variety of fruits and vegetables, whole grains, lean protein and low-fat dairy into your diet.

Read the Nutrition Facts Label

Reading the Nutrition Facts Label to determine the serving size will help to know how much food is recommended at one time. It is important to take note of the serving size so that the calories, fat and sodium, can be adjusted accordingly.

Eat Only Until You Are Satisfied

Eating until you are satisfied and no longer hungry is a good rule of thumb. Many of us come from the "clean your plate" generation, which may lead us to continue eating even when we are no longer hungry. Another good rule is to eat half of your plate and then stop to determine if you are still truly hungry. Slowing down during meals will help our body recognize when it is full. Eating food too quickly can lead to eating more than is needed or desired.

Estimating Portion Sizes

Estimating appropriate serving sizes is also important when managing portion control. Physically measuring out the foods for a week or so will help obtain a better understanding of appropriate serving sizes. Common household items can also be useful as visual cues to estimate approximate portion sizes. Here are some samples of portion sizes:

- 1 cup cooked vegetables = baseball size
- 1 cup fruit = baseball size
- 3 oz meat or poultry = deck of cards
- 3 oz fish = checkbook
- 1 cup cereal = baseball
- ½ cup ice cream = light bulb
- 1 tsp margarine = poker chip

To learn more about dairy and what to look for in yogurt, call an Aging Partners registered dietitian at 402-441-7159.

Sundowners and Sleep: Tips for Finding Balance

At least 40 million Americans each year suffer from chronic, long-term sleep disorders, and an additional 20 million experience occasional sleeping problems. Sleeping problems occur in almost all people with mental disorders, including those with depression and Alzheimer's. Sleep affects our daily functioning and our physical and mental health in many ways that we are just beginning to understand. Many people who care for those with Sundowner Syndrome believe that difficulty sleeping is central to the problem.

The term sundowners describes a pattern of increased behavior problems with onset usually in the late afternoon and early evening. It can be most frequent in those people that have Alzheimer's or perhaps dementia. This syndrome is also sometimes seen in older people who are in recovery from surgery in a hospital setting. Persons may exhibit increased confusion, agitation, wandering, hallucinations and general disorientation. For those living with or caring for someone exhibiting "sundowning" symptoms it can be quite startling and often intensely frustrating.

Although the following care tips may sound extreme, it has been shared that once a routine is set, life becomes a lot easier when caring for someone with sundowners. Not all of these ideas will work for everyone; through experimentation you may find the right formula for your situation.

CARE TIPS FOR SUNDOWNER SYNDROME

1. Allow for light exposure in the early morning to help set an internal clock.
2. Daytime napping should be discouraged to help regulate the sleep cycle.
3. Encourage exercise throughout the day to expend excess energy.
4. Limit caffeine intake, particularly in the afternoon.
5. Plan activities during the day so there is sufficient time to transition into the evening.
6. Create a private space for relaxing.
7. When you sense agitation coming on, try a five-minute hand massage or just hand holding for a few minutes. It is good to get in front of this and not wait until it progresses.
8. Music or other sounds like ocean waves or singing birds can be calming.
9. Interaction with a pet has also been known to calm agitation.
10. Consider purchasing a bedside commode. Leaving his or her bed to use the restroom can start the cycle all over again, making it hard to get back to sleep.
11. Take precautions to provide a safe space for him or her at night so that you can get a solid night's rest, even if your loved one needs to stay awake and wander.
12. Maintain a comfortable temperature in the bedroom; extreme temperatures may disrupt sleep or prevent one from falling asleep.
13. Talk to your doctor about the many medications on the market that support those with Sundowners.

Intense and visceral frustration for family members and caregivers is not uncommon when dealing with loved ones experiencing episodes of sundowners. Outbursts and strange demands are not unusual and not always under their control, requiring extreme patience on the part of family members and caregivers in order to make it through these episodes. Like pets and kids, you will need to experiment in order to discern the right pattern and methods for your family. Following these tips above may make your life easier by bringing rhythm to your loved one's life, thus positively impacting your life.

aplaceformom.com

The following article is information that will be presented at Full Circles in November.

"Alzheimer's Disease – What we knew then & What we know now."

Alzheimer's, a type of Dementia, is a degenerative neurological disease and has become the 6th leading cause of death in the United States. The disease can effect persons from as young as 30 to as old as late 80's. To date, there is no cure for the disease; there are drugs that slow down the disease process; and there are 5.8 million Americans with the disease and that number continues to grow.

The presentation: "Alzheimer's Disease – What we knew then & What we know now" is meant to help people understand the disease process, how to recognize the signs and symptoms of the disease, provide assistance to Care Givers, understand the Care Options available, and to gain an understanding of the other types of Dementia (Dementia with Lewy Bodies, Vascular Dementia, Frontal Temporal Dementia, and so forth).

Randy and Pam Kozeal, both Certified Dementia Practitioners, are the presenters and have been involved in the field of caring for persons with Alzheimer's for over 25 years. They are presenters on a national, regional and local scale and have published articles in various medical periodicals. The presentation is "down to earth" – presented in layman's terms and relevant to the issues being faced today.

WILBER

Date: November 14th, 2019

Time: 9:30 p.m.

Location: 'The Back Room' -SCAS

Meal: Breakfast & Coffee

Please RSVP by November 13th!
402.821.3330

$3.00 fee for anyone attending the breakfast.

CRETE

Date: November 15th, 2019

Time: 12:00 p.m.

Location: Crete Hospital

Meal: Cod, Wild Rice, Baby Corn, Fruit or Cookie, & Drink

Please RSVP to receive the special of the day
by November 8th!
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: November 22nd, 2019

Time: 12:00 p.m.

Location: Saline County Area Transit Building

Meal: Thanksgiving Dinner!

Please RSVP by November 15th!
402.821.3330

$5 fee for anyone attending the meal.

FRIEND

Date: November 14th, 2019

Time: 12:00 p.m.

Location: Friend Community Healthcare Systems

Meal: Baked Potato Bar, with onion, bacon, butter, sour cream, and broccoli , Dinner Roll, & Dessert.

Please RSVP to receive the special of the day
by November 6th
402.821.3330

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

For ALL Full Circles —
Randy & Pam Kozeal will be presenting Alzheimer's Disease information.
See page 7 for details!

Exercise of the Month — Stand on One Foot

WHAT YOU NEED: Sturdy chair

You can do this exercise while waiting for the bus or standing in line at the grocery. For an added challenge, you can modify the exercise to improve your balance.

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10-15 times.
4. Repeat 10-15 times with other leg.
5. Repeat 10-15 more times with each leg.

As you progress in your exercise routine, try adding the following challenges to help your balance even more:

- Start by holding on to a sturdy chair with both hands for support.
- When you are able, try holding on to the chair with only one hand.
- With time, hold on with only one finger, then with no hands at all.
- If you are really steady on your feet, try doing the balance exercises with your eyes closed

go4life.nia.nih.gov

Recipe of the Month

Low-Carb Twice Baked Cauliflower

Ingredients:

- 1 large head cauliflower
- 4 oz. cream cheese, cut into cubes
- 1/2 cup sour cream
- 1/4 cup minced green onions
- 1/4 cup freshly grated Parmesan cheese (or more)
- 6 slices bacon (or more), cooked until very crisp, fat blotted with paper towel and then crumbled
- 1 cup grated sharp cheddar cheese

Directions:

1. Preheat oven to 350F/180C. Spray a glass casserole dish with olive oil or non-stick spray. Cut out stem and core from cauliflower, and cut into small pieces. Cook in large pot of boiling salted water until cauliflower is tender, but not overly soft. Drain well and mash with potato masher, leaving some chunks.
2. While cauliflower is cooking, cook the bacon and crumble, slice green onions, cube the cream cheese, measure sour cream, and measure Parmesan. Mix cream cheese, sour cream, green onion, Parmesan, and 3/4 of the crumbled bacon into the drained cauliflower.
3. Spread evenly in a 1.5 Quart Glass Casserole Dish.

Sprinkle with cheddar cheese and reserved bacon. Bake 20-25 minutes covered, or until hot and bubbly. more, or until the cheese is slightly browned. Serve hot.

Pinterest.com

Mayflower Sudoku

© puzzles-to-print.com

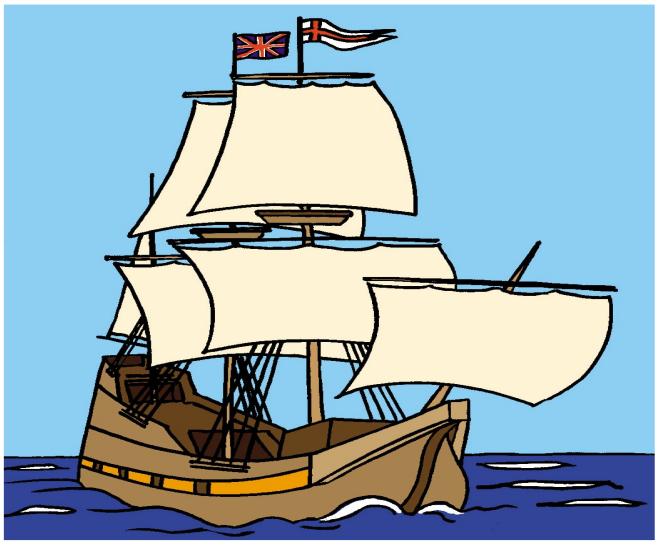
							A	
	O	R				F		
	E							
			L	O		R	W	
								A
	M			R	Y			
A			E				O	W
	L				O			R
	R	M	W				E	L

Riddle of the Month

What did one plate say to the other?

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 name & phone number with your answer!



Happy Thanksgiving!

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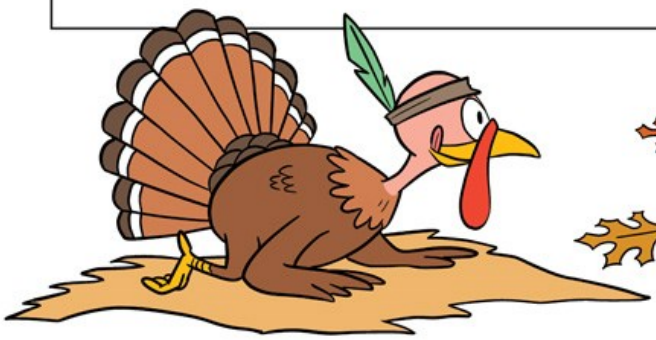
W	E	O	M	Z	F	T	I	A	E	P	C	D	V	T	U	B
O	S	L	I	A	F	N	I	O	C	M	Y	E	O	R	E	C
L	P	O	R	R	G	A	T	V	H	I	M	L	K	N	O	S
F	F	N	G	L	V	A	I	V	E	B	R	E	I	R	E	A
Y	B	Y	L	I	T	A	R	I	E	S	Y	E	N	M	V	X
A	Z	H	I	O	B	Y	S	R	T	J	A	E	M	I	A	J
M	O	F	P	N	C	O	R	N	U	C	O	P	I	A	C	F

NOVEMBER
PLYMOUTH
THANKSGIVING
NATIVES
AUTUMN
CORNUCOPIA
CRANBERRIES
FAMILY
FEAST
COLONY
SETTLERS
POTATOES
BREAD
PILGRIM
HARVEST
AMERICA
PUMPKIN
MAYFLOWER
CORN
TURKEY



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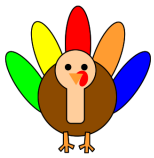
www.timvandevall.com

November Activities

Key: Crete Dorchester Wilber Friend DeWitt					1 Calzone Day 	2 Deviled Eggs Day
3 Daylight Savings Time Ends 	4 National Candy Day 	5 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	6 Foot Clinic Lunch 12:00 p.m. Foot Clinic	7 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	8 Cappuccino Day 	9 Louisiana Day
10 Sundae Day 	11 National Vanilla Cupcake Day 	12 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	13 Foot Clinic Lunch 12:00 p.m.	14 Foot Clinic Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	15 Raisin Bran Cereal Day 	16 Button Day
17 Take A Hike Day 	18 Princess Day 	19 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	20 Lunch 12:00 p.m.	21 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	22 Cranberry Relish Day 	23 Espresso Day
24 Sardines Day 	25 Parfait Day 	26 Tai Chi 9-10 Quilting 1-5 TaiChi 930-1030 TaiChi1030-1130 TaiChi 2:00-3:00	27 Lunch 12:00 p.m.	28 SCAS Closed 	29 SCAS Closed 	30 Mason Jar 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 red.

What's Happening Near You?

DeWitt Senior Center Meal Schedule
For meal reservations,
call Bev at 683-6475 or 520-0873

WEDNESDAY, November 6th

Program— Pastor Ed's Artwork rescheduled
Menu— Cabbage Rolls, Mashed Potatoes, Carrots, Fruit, Bread & Milk

WEDNESDAY, November 13th

Program— Fencing for Seniors
Menu— Haddock, Fried Potato Wedges, Mixed Vegetables, Fruit, Bread & Milk

THURSDAY, November 14th

BOARD MEETING @ 5:30

FRIDAY, November 15th

LUNCH @ Sheila's Bar & Grill in Clatonia

WEDNESDAY, November 20th

Program— Tri County FFA Students/ 50th Anniversary
Menu— Mexi Chicken Bake, Refried Beans, Homemade Chips & Salsa, Fruit & Milk

WEDNESDAY, November 27th

Program— Members in Pictures/Can You Guess Who?
Menu— Turkey, Stuffing with Gravy, Green Bean Casserole, Bread, Fruit & Milk

Medicare D Reviews by Saline Aging Services 1-3pm by appointment

SCAS will be closed on November 28th & 29th in observance of Thanksgiving. We wish everyone a safe holiday!

WE HAVE A WINNER

Jean Skala
of
Crete

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

The answer to October riddle "Why did the golfer wear 2 pairs of pants? "— Incase he got a hole in one

Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475

For Wilber & the rest of Saline County call: 402.821.3330

A special wish to all of the November 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, November 21st, 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.

It's that time of year again…

MEDICARE D

Western: November 6, 2019 10:00am-3:00pm

Wilber: November 8, 2019 10:00am-3:00pm

DeWitt: November 13, 2019 10:00am-3:00pm

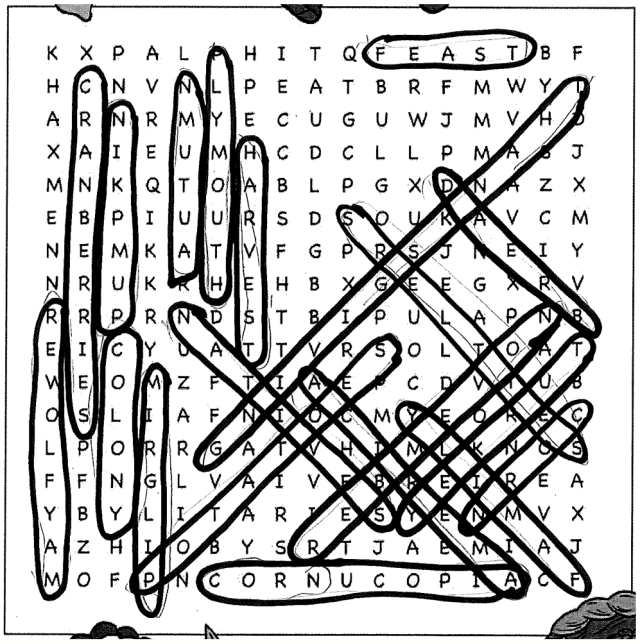
Dorchester: November 19, 2019 10:00am –3:00pm

If you are interested in seeing a comparison, please fill out the Medicare D enrollment sheet on pages 17-18.
You can either mail it into us at 109 W. 3rd St, Wilber, NE 68465, or drop it off at our office. First come, first served!
If none of these times work for you, you can always call to make an appointment. 402.821.3330

SUGGESTED CONTRIBUTION: $5-$10

Answers to this months puzzles

M	W	F	R	Y	E	L	A	O
L	O	R	M	W	A	F	Y	E
Y	E	A	O	F	L	W	R	M
F	A	E	L	O	M	R	W	Y
R	Y	L	F	E	W	O	M	A
W	M	O	A	R	Y	E	L	F
A	F	Y	E	L	R	M	O	W
E	L	W	Y	M	O	A	F	R
O	R	M	W	A	F	Y	E	L



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

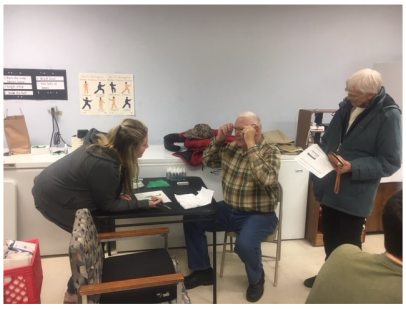
or call us at 402-821-3330.

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?



In October, we had our Health Clinic. Provided was flu shots, blood pressure checks, eyeglass adjustments, and the Food Bank. Thank you to everyone who volunteered their time to make our Health Clinic so successful.

In the photo below, is the Friday Pitch Crew. They always have an enjoyable time playing cards from 11:00am-2:00pm. We usually order lunch from Fox Hole or Wilber Meat Market.

What's going on in DeWitt?

DeWitt Senior Center has been busy, busy! They had a one day trip to Marble Museum, Cross Makers, Milford Market & Chances R Restaurant. Ryan Sothan came and spoke on senior scams. On work day, many people were great helpers in making the program.

Medicare Part D Personal Information Worksheet

Use this worksheet to help gather all the information you need to choose a Medicare drug plan that meets your needs. Please fill out as much of the information on this worksheet as possible.

Complete the following personal information

Currently I have a: ☐ Medicare Part D Drug Plan ☐ Medicare Advantage Health Plan ☐ Neither

Name: _____ Date of Birth: _____-_____-_____

Address: _____ County: _____

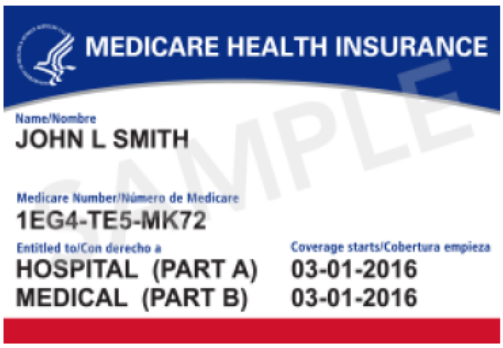
City: _____ State: _____ Zip Code: _____

Telephone Number: (_____) _____-_____

Medicare Claim Number: _____

Part A Effective Date: _____-_____-_____

Part B Effective Date: _____-_____-_____



☐ My income and assets are below the following guidelines:

Individual: Monthly Gross Income: $1,581
Assets: $14,390

Married Couple: Monthly Gross Income: $2,134
Assets: $28,720

Please list the prescriptions you are taking and your pharmacy the back of this sheet

If you have a current list of your prescriptions, you **DO NOT** need to recopy them; simply include your list with this sheet.

Read and sign below

By signing below, I acknowledge that I am making my enrollment decision freely and voluntarily. While I may receive information from a counselor with the Nebraska Senior Health Insurance Information Program (SHIIP), the final decision will be made of my own free will and choice. I understand that the counselor who assists me may be a volunteer and will only provide me with information to assist me in my decision. **I further understand that drug prices available on the www.medicare.gov are only an estimate and subject to change.** I hereby release any and all liability that may possibly be attributable to the volunteer counselor and agree not to pursue any legal action against the counselor and/or SHIIP for actions taken in their capacity as a counselor.

I HEREBY GIVE SHIIP, SHIIP'S COUNSELOR(S) AND VOLUNTEER COUNSELOR(S) THE ABILITY TO ASSIST IN THE CREATION OF OR CREATE ON MY BEHALF A MYMEDICARE.GOV ACCOUNT. I FURTHER UNDERSTAND THAT THIS ACCOUNT CONTAINS PERSONAL, IDENTIFIABLE HEALTH INFORMATION THAT I AM ALLOWING, FOR THE PURPOSE STATED ABOVE, SHIIP TO ACCESS IN ORDER TO CREATE AND ACCESS THE MYMEDICARE.GOV ACCOUNT.

Signature: _____ Date: _____

Medicare Part D Sheet

List the pharmacy you prefer to use

Pharmacy Name: _____ Location: _____

Pharmacy Name: _____ Location: _____

List the prescription drugs you are currently taking below

If you have a current list of your prescriptions, you **DO NOT** need to recopy them; simply include your list with this sheet.

Drug Name	Dosage	Taken how often

For SHIIP Use:

Volunteer Name: _____ **Date:** _____

Did You Enroll in Part D Plan? Yes No **Enrollment Confirmation Number:** _____

Old Plan Yearly Cost: $_____ - **New Plan Yearly Cost:** $_____ = **Savings** $_____

Client Contact Completed: ☐ Online ☐ Paper **Follow Up Required:** ☐ Yes ☐ No

OUT05142 Revised 9/19

ARE YOU INTERESTED IN TAI CHI?

SCAS Staff would like to start up a Tai Chi class in January.
If you, or somebody you know, would be interested in participating in a class, let us know!

Stepping On

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 is now trained for this course, and she would like to start a class in January.

If you are interested in Tai Chi or Stepping On,
please call SCAS at 402.821.3330 to put your name on the list.

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

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