



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

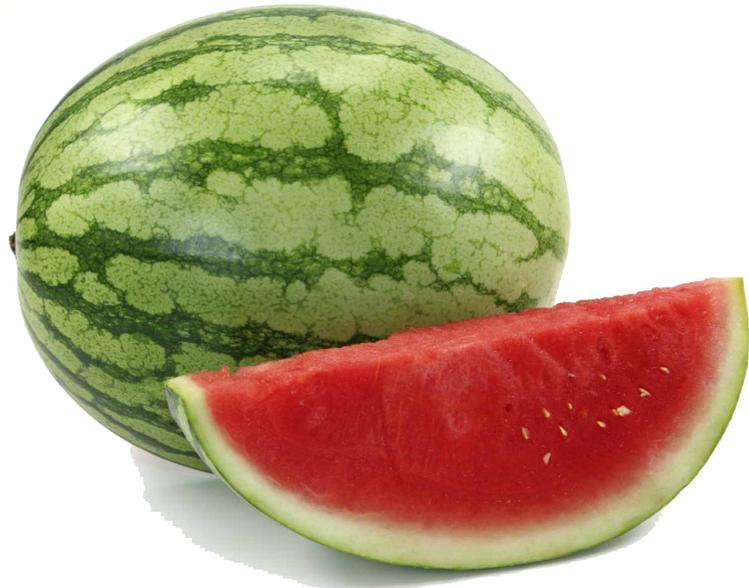


Volume 6, Issue 8

August 2020

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Health Benefits of Watermelon

Watermelon is around 90% water, which makes it useful for staying hydrated in the summer. It can also satisfy a sweet tooth with its natural sugars.

Watermelon also contains antioxidants. These substances can help remove molecules known as free radicals, or reactive species, from the body. The body produces free radicals during natural processes, such as metabolism. They can also develop through smoking, air pollution, stress, and other environmental pressures.

If too many free radicals stay in the body, oxidative **stress** can occur. This can result in cell damage and may lead to a range of diseases, such as cancer and heart disease.

The body can remove some free radicals naturally, but dietary antioxidants support this process.

Below are some of the ways antioxidants and other nutrients in watermelon may help protect a person's health.

..continued on page 2

Asthma prevention

Some experts believe that free radicals contribute to the development of asthma. The presence of certain antioxidants in the lungs, including vitamin C, may reduce the risk of having asthma.

Studies have not confirmed that taking vitamin C supplements can help prevent asthma, but a diet that is rich in vitamin C may offer some protection.

A cup of watermelon balls weighing around 154 grams (g) provides 12.5 milligrams (mg) of vitamin C, or between 14% and 16% of a person's daily needs.

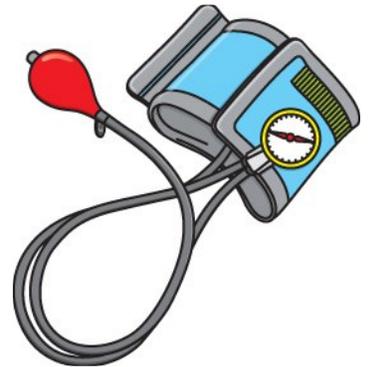
Blood pressure

In a 2012 study, researchers found that watermelon extract reduced blood pressure in and around the ankles of middle-aged people with obesity and early hypertension. The authors suggested that L-citrulline and L-arginine — two of the antioxidants in watermelon — may improve the function of the arteries.

Lycopene — another antioxidant in watermelon — may help protect against heart disease. A 2017 review suggested that it might do this by reducing inflammation linked with high-density lipoprotein (HDL) or “good” cholesterol.

Phytosterols are plant compounds that may help manage low-density lipoprotein (LDL) or “bad” cholesterol. Some guidelines recommend consuming 2 grams (g) of phytosterols each day. 154 g of watermelon balls provides a small amount, at 3.08 mg.

Reducing LDL cholesterol may help prevent high blood pressure and cardiovascular disease (CVD), but the precise impact of phytosterols on CVD remains unclear.



Cancer

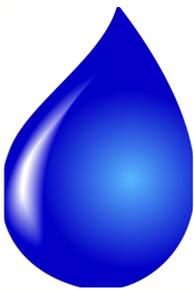
The National Cancer Institute (NCI) note that free radicals can play a role in the development of some types of cancer. The oxidative stress they cause can result in DNA cell damage.

Dietary antioxidants in watermelon, such as vitamin C, may help prevent cancer by combatting free radicals.

Some studies have also linked lycopene intake with a lower risk of prostate cancer.

Digestion and regularity

Watermelon has high water content and also provides some fiber. These nutrients help promote a healthy gut by preventing constipation and promoting regularity of bowel movements.



Hydration

Watermelon is around 90% water and also provides electrolytes, such as potassium. This makes it a healthful choice of snack during the hot summer months.

People can eat watermelon fresh, as juice, or frozen in slices for a tasty cold Popsicle-style snack.

NE Fun Facts

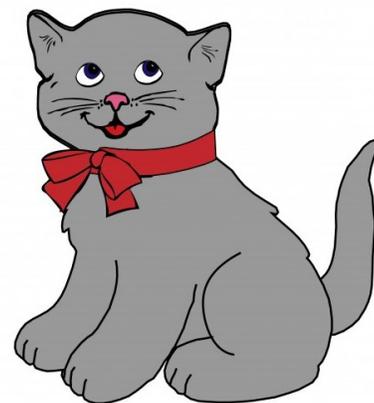


1. At one time, Nebraska was once called “The Great American Desert”.
2. The state insect is a honeybee.
3. The birthplace of the Reuben Sandwich is Nebraska.
4. Canned span is produced in Fremont.
5. The largest porch swing is located in Hebron, NE and can sit 25 adults.
6. Sidney, NE was the starting point of the Black Hills Gold Rush.
7. Kearney, NE is located exactly between Boston and San Francisco.
8. State Motto: Equity before the law.

How to Give a Cat a Pill

What you need is a simple step-by-step process to give a cat a pill. You're come to the right place. Following are the instructions you need to safely and effectively give your cat a pill. It can be fun, a bonding experience for you both. Maybe. Perhaps.

1. Grasp your cat firmly in your arms. Cradle its head on your elbow, just as if you were giving a baby a bottle. Coo confidently, "That's a nice kitty." Drop the pill in its mouth.
2. Retrieve your cat from the top of lamp and the pill from under sofa.
3. Follow the same procedure as in Step 1, but hold your cat's front paws down with your left hand and their back paws down with the elbow of your right arm. Poke the pill into its mouth with your right forefinger.
4. Retrieve your cat from under the bed. Get a new pill from the bottle. (resist the impulse to get new cat.)
5. Again proceed as in Step 1, except when you have your kitty cat firmly cradled in the bottle-feeding position, sit on the edge of the chair, fold your torso over your cat, bring your right hand over your left elbow, open your cat's mouth by lifting the upper jaw & pop the pill in - quickly! Since your head is down by your knees, you won't be able to see what you are doing. That's just as well.
6. Leave your cat hanging on the drapes. Leave the pill in your hair.
7. If you are a woman, have a good cry. If you are a man, have a good cry.
8. Now pull yourself together. Who's the boss here anyway? Retrieve your cat & the pill. Assuming position 1 again, say sternly, "Who's the boss here anyway?" Open your cat's mouth, take the pill &Oooops!
9. This isn't working, is it? Collapse & think. Aha! Those flashing claws are causing the chaos.
10. Crawl slowly to the linen closet. Drag back a large beach towel. Spread the towel on the floor.
11. Retrieve your cat from the kitchen counter and the pill from the potted plant.
12. Spread your cat on the towel near one end with its head over the long edge.
13. Flatten your cat's front and back legs over its stomach. (resist the impulse to flatten your cat.)
14. Roll your cat in the towel. Work fast; time and tabbies wait for no man - or woman!
15. Resume position 1. Rotate your left hand to your cat's head. Press its mouth at the jaw hinges like opening the petals of a snapdragon.
16. Drop the pill into cat's mouth and poke gently. Voila! It's done!
17. Vacuum up the loose fur (cat's). Apply bandages to the wounds (yours).





All About Avocados

When it comes to avocados, you can mix them, mash them, season them, stuff them, put them on toast and even mix them in with scrambled eggs!

Hint: Combine with your queso and sour cream as a side of guacamole.

We all have either heard about avocados or maybe even tried them in some form before. Avocados are full of heart-healthy monounsaturated fats and have numerous health benefits, such as reducing cholesterol, improving overall heart health function and many others!

Avocados contain a rich content of antioxidants, including lutein, which is essential for eye health (specifically vision). Avocados help with the absorption of nutrients in your diet and reduce inflammation in the body (they potentially help with arthritis). The fatty acid content avocados have is rich and can help with skin and even improve healing!

Besides the benefits of heart and eye health, is there anything else that avocados can do to help us health wise? This power-packed super food helps absorb nutrients if plant-based diet aspects are included. There have also been a few studies that suggest avocados might help relieve some of the symptoms of chemotherapy for someone battling cancer. Studies suggest avocados can lead to a lower body weight and overall weight loss if eaten regularly, which might be attractive and important to some.

Here are some ways we can enjoy our avocados:

- Stuffed with an egg and baked;
- Cut and drizzled with olive oil and baked;
- Diced with your eggs in the morning;
- Used like a spread on your bread!

Anyway you want to use them, there may be a recipe out there, so go and explore for yourself!



<https://www.webmd.com/food-recipes/all-about-avocados>
<https://daa.asn.au/smart-eating-for-you/smart-eating-fast-facts/food-and-food-products/fast-facts-all-about-avocados/>
<https://www.healthline.com/nutrition/12-proven-benefits-of-avocado#1>
<https://www.healthline.com/nutrition/23-ways-to-eat-avocados>

To speak with a Registered Dietitian Nutritionist (RDN) regarding your specific needs or any questions you may have, call Aging Partners at 402-441-7159!

Brain and nervous system

Choline is another antioxidant that occurs in watermelon.

It contributes to the following functions and activities:

- muscle movement
- learning and memory
- maintaining the structure of cell membranes
- the transmission of nerve impulses
- early brain development



One theory suggests that choline may help slow the progression of dementia in Alzheimer's disease, but there is not enough evidence to confirm this.

Muscle soreness

Watermelon and watermelon juice may reduce muscle soreness and improve recovery time following exercise in athletes.

In a 2017 study, athletes drank either half a liter of either a placebo or watermelon juice with added L-citrulline, 2 hours before running a half marathon race. Those who consumed the watermelon drink reported less muscle soreness 24–72 hours after the race.

It is unclear whether consuming watermelon juice without added L-citrulline would have the same effect.

Skin

Watermelon contains vitamin C, which the body needs to produce collagen. Collagen is essential for cell structure and immune function. Vitamin C also promotes wound healing.

Studies suggest that vitamin C may help promote healthy skin, including reducing the risk of age-related damage.

Metabolic syndrome

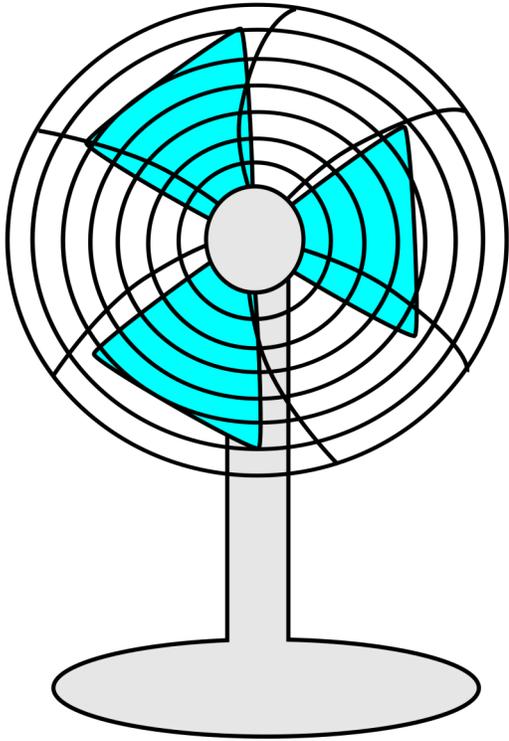
In 2019, researchers published findings indicating that watermelon may improve features of metabolic syndrome, including obesity and cardiovascular measures. In the study, 33 people with overweight or obesity consumed either 2 cups of watermelon or low-fat cookies each day for 4 weeks.

The people who ate watermelon reported feeling less hungry and more satisfied for longer than those who ate the cookies. In addition, after 4 weeks, those who ate watermelon had:

- higher levels of antioxidants in their blood
- lower body weight and body mass index (BMI)
- lower systolic blood pressure
- improved waist-to-hip ratio

Those who ate the cookies had higher levels of oxidative stress than the watermelon group. Their blood pressure and body fat also increased.

The results suggest that watermelon may be a good choice of snack for people with obesity and metabolic syndrome.



Are you in need of a fan?

The Nebraska Department of Health and Human Services (DHHS) will again provide fans to those who qualify by age and income (for those of low income, the elderly, and people with disabilities).

Saline County Aging Services will again be a distribution point for Saline County residents.

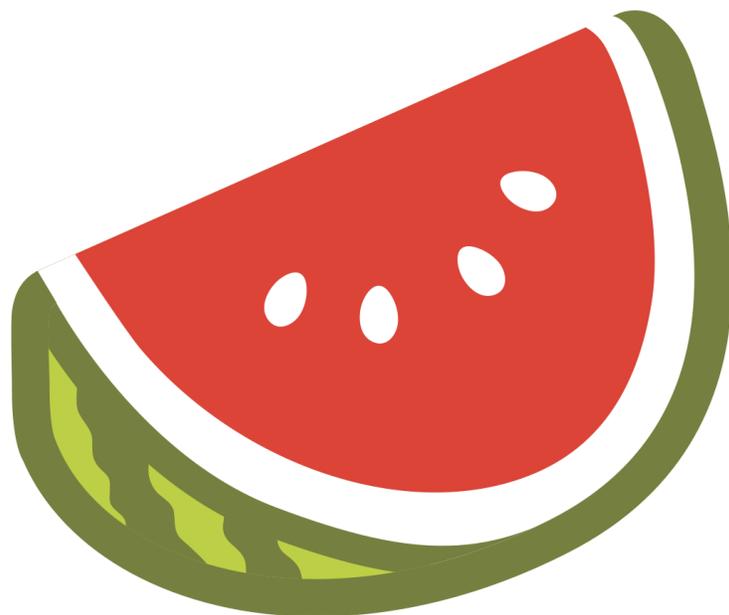
Call ahead to qualify for a fan and/or to make an appointment to pick one up by calling 402-821-3330.

Acei-global.blog

Full Circle Notice

Due to COVID-19, we are unsure if we will be able to have our Full Circle Events for the month of August. If we are able to return to normal, you will receive a flyer in the mail regarding when/where we will be having the Full Circle for the month.

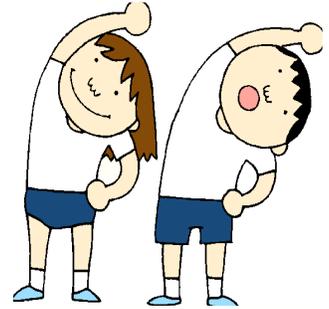
Until we are able meet again, stay safe and healthy! We miss seeing all of your lovely faces and cant wait until we are able to meet again! If you need anything, don't hesitate to give us a call.



ENDURANCE

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills



Increase your endurance or “staying power” to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

go4life.nia.nih.gov

Recipe of the Month

Garlic Toast Pizzas

Ingredients:

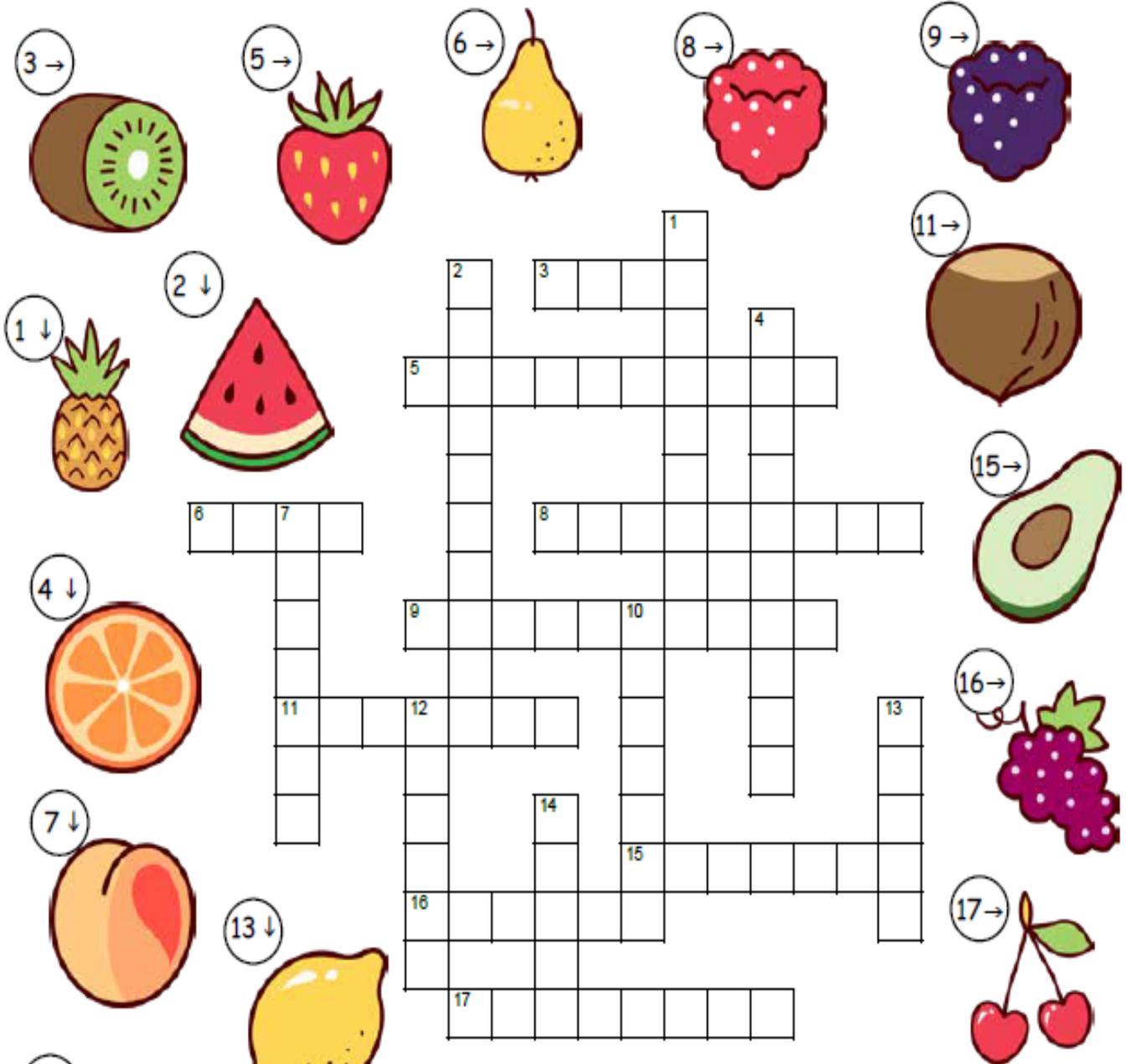
- frozen garlic toast
- pizza sauce
- shredded mozzarella cheese
- toppings of your choice

Directions:

1. Bake the garlic toast according to the package directions, but pull it out of the oven about 2 minutes before it's finished.
2. Top the almost-done garlic toast with pizza sauce, cheese and the toppings of your choice (use the sauce very sparingly, otherwise the middle can get soggy).
3. Place back in the oven on the broil setting for 2-4 minutes or until the cheese is bubbly and starts to brown.



Pinterest.com



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|------------|------------|
| APPLE | KIWI |
| APRICOT | LEMON |
| AVOCADO | ORANGE |
| BANANAS | PEAR |
| BLACKBERRY | PINEAPPLE |
| CHERRIES | RASPBERRY |
| COCONUT | STRAWBERRY |
| GRAPEFRUIT | WATERMELON |
| GRAPES | |

Summer Ice Cream Word Search!



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



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|--------------|------------|------------|
| Banana | Chocolate | Peach |
| Brownie | Coconut | Peppermint |
| Bubblegum | Coffee | Pistachio |
| Butterscotch | Mango | Pumpkin |
| Caramel | Maple | Strawberry |
| Cherry | Neapolitan | Vanilla |



Activities

Key:

- Crete
- Dorchester
- Wilber
- Friend
- DeWitt

Due to COVID-19, we are unsure when we will be able to have our activities again. Until then, here are a few of the services we will be offering:

- We will be offering Meat Packages and Feed America, please come to the door and wait patiently for us to serve you.
- We will also have a limited amount of masks available.
- We will be sanitizing the door after each time somebody comes in.
- Please don't hesitate to call if you are needing any assistance with your census!
- Foot Clinics will be back to normal.

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

What's Happening Near You?

DeWitt Senior Center Meal Schedule

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

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—

Program—
Menu—



Darlene Zalesky
of
Wilber, NE

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 July's riddle "What building has the most stories?"— The Library.



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 August birthdays out there from Saline County Aging Services!

COMMUNITY SUPPER: The Monday meal at the Methodist Church in Wilber on the first Monday of every month at 5:30 p.m. has been cancelled until further notice.

SENIOR CITIZENS DINNER: We have no information regarding the Senior Citizens Dinner. If you have any questions, please contact one of the following numbers: 821-2014, 821-2271, or 821-3259.

When someone close to you has dementia and spends an increasing amount of time in a confused state, it can be difficult to remember the person they were before the disease began to take control. However, it's important to remember that he or she is an adult, not a child, and deserves to be treated as such. Honoring your loved one's wishes, including helping him or her maintain a similar lifestyle to the one they had before they got sick, will bring him or her a lot of comfort and reassurance. Here are some ways to help those with dementia patients maintain a sense of dignity:

DON'T CONDESCEND

When you're actively caring for someone, including helping them through the basic activities of daily life, it can be hard not to take a parental tone. This can come across as condescending, disrespectful, or make the person you are caring for feel like a child. Watch your tone and word choices, and try to speak to your loved one as an equal whenever possible. Avoid using words like the following:

- **Diaper:** Regardless of what form they take, refer to undergarments as underwear. You don't need to call attention to their protective or "special" qualities unless your loved one has specific concerns about making it to the bathroom as needed.
- **Bib:** Call this an apron, or actually use an apron if your loved one needs something to protect his or her clothes during mealtimes.
- **Potty:** Use the words your loved one commonly used pre-dementia to refer to toileting. "Do you need to use the bathroom?" is a perfectly adequate phrase for all stages of life.

ASK LEADING QUESTIONS

Set your loved one up for conversational success by replacing open-ended questions with ones that are easier to answer. For example, says something like "Mom, tell Kathy how much you enjoyed raising your 10 children," instead of "Mom, tell Kathy how many children you have."



USE "THERAPEUTIC FIBBING"

"Therapeutic fibbing" is a concept designed to relieve the guilt that often comes from lying to a loved one, even when that lie may very well be the kindest thing you can say to them in that situation. Those with dementia often struggle with logic, rational thought, sequencing and emotional control. Therapeutic fibbing may be appropriate when telling the truth would cause pain, anxiety or confusion, or when the person with dementia is experiencing life in a different "time zone."

For example, say your wife wants to drive to the grocery store, but you do not believe that she is a safe driver due to her dementia. Instead of telling her that she's no longer safe to drive, you could tell her that the car is in the shop for repair, tell her that you've misplaced your keys or tell her that you'll drive her to the store, since you need to go out anyway.



PLAN SUCCESSFUL OUTINGS

When you care for someone with dementia, it's easy to become isolated out of fear that social situations will be difficult and stressful. This does not have to be the case! With some planning and thought, an outing can be rewarding and a welcome change of pace from the routine of the day.

...continued on page 16

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



Planning an outing

When you have control of an outing, consider the following factors:

- **Distance:** How far away is it? Is this a trip that is tolerable or even enjoyable for everyone?
- **Time of Day:** When does the person you care for tend to be in the best spirits? Is it early morning, lunch-time, or after an afternoon nap? Plan extra time to get there.
- **Setting:** Does the person enjoy watching others, children in particular, in a restaurant or park? Or does the person you care for react negatively to ill-behaved children or extra stimulation?
- **Food Choice:** Does the restaurant have foods that are easy to eat, cut, etc.?



Preparing Your Loved Ones

Some people do well with advance notice of an event, while others will only grow anxious and ask repeatedly when an event is happening. Some will not remember the event, no matter how many times you remind them. Use your best judgment about what your loved one is able to handle.

Preparing Others

Prepare others for the special needs of your loved one. This can be done by calling ahead to the restaurant and speaking to the manager, or by discreetly speaking with the host or hostess before you are seated. You could also make a customized card and bring it with you to the restaurant. Hand the card discreetly to the hostess as you enter the restaurant and ask that they also share the information with the server for your table. Information to include on the card includes things like whether you will be ordering for them, how you would like the server to speak to the person you care for, and any special seating needs.



Relax & Enjoy

If you are nervous about things going well, that anxiety will be projected onto the person with dementia. One of the many effects of dementia is the loss of filters, making them much more affected by the emotions of people around them. If you are able to remain calm and anticipate an enjoyable event, you are more likely to be able to enjoy yourself.

SHOUT IT OUT!

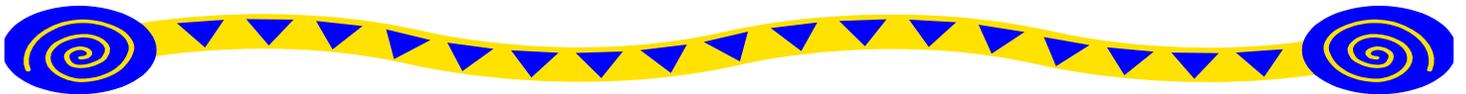


We are going to start something a little different! Since COVID-19 has put a damper on this year, we are wanting to make the most of it.

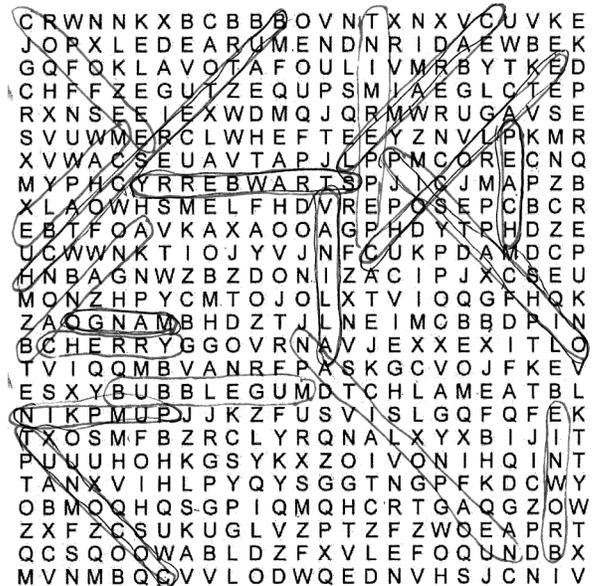
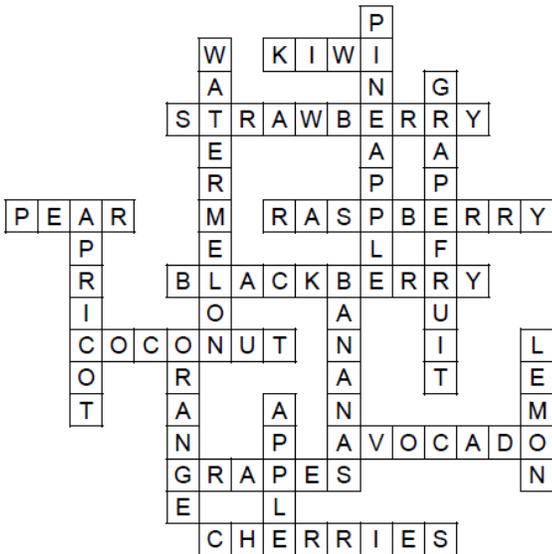
Please mail us your favorite memory you have of Saline County Aging Services!
We would love to hear about it.

Upon approval, we will choose one story to share in our next newsletter!

Thanks for your input.



ANSWERS TO THIS MONTHS PUZZLES



Saline County Aging Services

We are excited to announce that we have added 2 new ladies to our team!

Tia Kreshel just graduated from Wilber-Clatonia Public Schools in May. She does various tasks around the office and helps out when needed! She will be with us a few days a week, while she attends SCC-Lincoln starting in the fall.

Sam Cosaert just graduated from Milford Public Schools in May. She will be doing most of our social media stuff including Facebook & Instagram. She will be attending University of Nebraska Kearney in the fall.

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DeWitt Senior Center



DeWitt Senior Center Update

The Village of DeWitt recently gave permission to partially open the DeWitt Senior Center to activities. Those activities include at this time both Tai Chi and Quilting keeping social distancing in mind, wearing masks, and using hand sanitizers. Every few weeks the activities will again be discussed for changes depending on the increase or decrease of the coronavirus situation.

Other changes at the Center include the resignation of the manager, Bev Plihal. With the recent sudden death of her husband, Galen, she has many added responsibilities that need to be addressed and therefore can no longer perform adequately the needs for the Senior Center. A new manager will be hired to take over the manager position. Bev will however continue leading Tai Chi and participating with the activities of the center when time permits. She thanks everyone for the 10 years of working with the wonderful people involved with the DeWitt Senior Center and Saline Aging Services.



Riddle of the Month

What question can you never answer yes to?

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!

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

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