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September is National Potato Month!

This month we salute the terrific tuber, the spud, otherwise known as the potato! September is National Potato Month! It's hard to imagine a world without potatoes. Once indigenous to South America, specifically Peru and Bolivia, the potato has become a staple food in much of the world. In fact, it is an integral part of the food supply in many countries. Spuds are grown in all fifty states in the U.S. alone!

In 1784, Thomas Jefferson set voyage on a trip to France with his slave James Heming. Jefferson brought his slave along in hopes he would learn some of the French culinary skills. Upon return to the U.S., Jefferson made Heming prepare one of the many culinary delights learned in France, the French fried potato. The dish was served at Jefferson's private residence. Despite the fact Heming learned the culinary skill to make French fried potatoes and brought that skill back the U.S., Jefferson is given credit for introducing French fried potatoes. The earliest known recipe for the potato chip appeared in a cookbook published in 1817. The preparation resembled the French fried potato prepared by Heming.

The potato continues to have a vast history after its initial introduction. Most notably, the history of potatoes relates to the Irish potato famine of the 1840s. Sadly, starvation and disease claimed as many as a million lives in Ireland during the famine. It was during this time that nearly 500,000 Irish immigrated to the U.S.

Mash-Up Potato Facts:

- The word "spud" first made an appearance in New Zealand around 1850. Potato planters used spuds, a sharper version of a spade, to dig up potatoes. Technically, it had nothing to do with the potato.
• The world's largest potato chip was produced by the Pringle Company in 1990. It measures 23' by 14.5'.
• Potatoes have even made an entry into pop culture. Possibly the most famous potato known to man, Mr. Potato Head. A creation from New Yorker George Lerner, the Hasbro Company launched the beloved toy in 1952. Unfortunately, Mr. Potato Head lost his pipe in 1987 mostly due to pressure from anti-smoking groups.
• The "Mashed Potatoes" was a popular dance craze in the early 1960s. Mashed Potato Time was a 1962 chart-topping hit for soul singer Dee Dee Sharp.

Potatoes also have health benefits. For instance, potato skins are a good source of roughage and potassium. The average potato with the skin intact only contains 110 calories. It's all the stuff you put on it that makes it fattening. As long as toppings are used in moderation, you can enjoy potatoes in all their deliciousness!

## Announcements

### DeWitt Senior Center Schedule

8:00 am — Every Tuesday & Thursday: Walking Club

**September 10th** — Day tour to Nebraska City to Arbor Lodge & Orchards.

**September 22nd** — Celebrating the 30th anniversary of Senior Diners.  
Ice Cream Social and Music Bingo at 1:00-3:00pm.

**EVERY Wednesday** — Congregate Meals, Program, Cards & Games @ 12:00pm — DeWitt Senior Center

Call Melissa for more info! 402.683.4325

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### DAY TRIP WITH SCAS TO SALINE COUNTY MUSEUM!!

**September 15th, 2021**

#### Details:

- 9:15am**— Arrive at Saline County Aging Services
- 9:30am**— SCAT Bus Arrives to pick us up.
- 10:00am**— Tour of the Saline County Museum in Dorchester.
- 12:00pm**— Eat at City Slickers Bar & Grill
- 1:30pm**— Head back to Wilber.



There will be a \$6 fee for the bus. The museum is free of cost, but they do welcome donations. You will be responsible for your meal cost.

**Please call SCAS to RSVP by September 8, 2021**

**\*\*If you would rather drive yourself, let us know!**

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### Flu Shot/Covid Shot Clinic

Public Health Solutions will be offering Flu Shots  
and First Covid Shots!

When: Wednesday, September 22, 2021

Where: Saline County Aging Services

Time: 9:00-11:00am

Call to schedule your appointment! 402-821-3330



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### DO YOU ENJOY PLAYING CARDS?

We are looking for individuals to join our pitch crew on Friday's at 11:00 am!

Please give us a call to get your name put on our list!  
We would love for you to join us.



## Newsletter Slip

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:

Email or Mailing Address:

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

## 10 Healthier Sugar Alternatives to Try

Is sugar your dietary weakness? Many people crave it. But even if you don't necessarily have a sweet tooth, it can be tough to avoid sugar altogether. Nearly everything contains added sugar — from soda and other sweetened drinks to almost all processed foods.

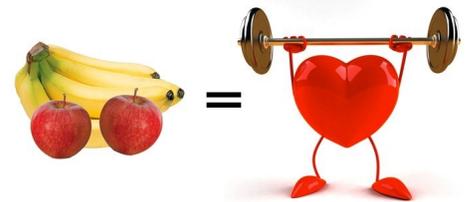
Fortunately, a wide range of sugar substitutes and sweeteners — both natural and artificial — are available to help reduce the amount of table sugar in your diet. Limiting sugar intake is especially important for older adults. Excessive added sugar consumption may lead to obesity, type 2 diabetes, and heart disease. It has also been linked to poor cognitive function, affecting memory and increasing the risk of dementia.

### How sugar affects your health

Sugar sweetens, preserves, and enhances the flavor of food. This makes it hard to avoid and resist, but the health benefits of reducing your sugar intake are clear. A diet high in sugar has been associated with a wide range of health conditions, either directly through its effect on the body or indirectly due to complications from obesity.

Complications include:

- Tooth decay and cavities
- Type 2 diabetes
- Weight gain and obesity
- Poor nutrition
- High triglyceride levels



### Healthy sugar alternatives: How to choose the right sugar replacement for you

It may be difficult to sort through all the sugar alternatives on the market to decide which one is right for you. Here are a couple of things to consider:

**Understand the four categories of sugar alternatives.** There are four common types of sugar substitutes: artificial sweeteners, sugar alcohols, novel sweeteners, and natural sweeteners. Each has potential benefits and negatives depending on your goals.

**Think about why you want to cut down on sugar.** If you have diabetes, for instance, artificial sweeteners or sugar alcohols, like xylitol, may be a better choice when consumed in moderation. Natural sweeteners, like honey, can still raise blood sugar. Always consult with a doctor or dietitian if you're not sure of your best option.

Are sugar alternatives really a healthier option?

Whether or not sugar substitutes are a healthier choice for you depends on which type of sweetener you use, how much you use, and why you use it.

**Artificial sweeteners.** These synthetic sugar substitutes are intense sweeteners, so you only need a little bit to enhance flavors in food. They add no calories and may help with weight control, although the benefits of artificial sweeteners on weight loss in the long term are still unclear. Artificial sweeteners may be beneficial for those with diabetes since they don't raise blood sugar. However, it's important to consult with your doctor before using a sugar substitute if you have diabetes.

Some people have concerns about the safety of artificial sweeteners. However, all artificial sweeteners must be reviewed and cleared by the Food and Drug Administration (FDA). The FDA also provides consumption guidelines that outline the maximum quantity of artificial sweeteners you can safely have each day.

**Sugar alcohols.** Unlike sugar, sugar alcohols don't cause tooth decay or cavities. Sugar alcohols also can help with weight control and diabetes management. This is because the body doesn't completely absorb sugar alcohols. However, when consumed excessively, sugar alcohols can lead to digestive problems, such as diarrhea and bloating.

**Novel sweeteners.** These sweeteners are more difficult to categorize, but they generally derive from natural sources that are highly refined. Stevia is one of the most researched novel sweeteners. Although more research is needed, some studies have shown Stevia may have health benefits, such as lowering blood pressure, controlling diabetes, and helping with weight management.

## 10 Healthier Sugar Alternatives to Try

**Natural sweeteners.** You may like the taste of natural sweeteners better than that of table sugar. But it's important to know that even natural sweeteners often undergo processing and refining. They also tend to be high in calories. As with table sugar, natural sweeteners can cause health problems — such as tooth decay, weight gain, and poor nutrition — when consumed excessively. Moderation is key.

### Tips for reducing sugar in your diet

Follow these steps to help reduce sugar in your diet on a daily basis:

- Choose to drink water, calorie-free beverages, or low-fat milk instead of sugary sodas and drinks
- Choose whole fruits instead of processed desserts and fruit juices. When you do drink fruit juice, make sure it's 100% fruit
- Add fruit to cereal instead of buying sweetened cereal or adding table sugar
- Use sugar-free preserves or fresh fruit to sweeten plain yogurt instead of eating sweetened yogurt with fruit in it
- Choose lower-calorie, sugar-free hot chocolate drinks instead of candy
- Snack on vegetables, fruit, low-fat cheese, or whole-wheat crackers
- Choose unsweetened products, such as unsweetened applesauce or nut butters
- Add flavors like vanilla, spices, or citrus to flavor foods and drinks



*aPlaceforMom.com*

# Number Fill in Puzzle #001

**3 DIGITS**

- 078
- 105
- 133
- 158
- 178
- 186
- 299
- 367
- 370
- 377
- 446
- 516
- 544
- 558
- 588
- 616
- 629
- 643
- 656
- 784

**4 DIGITS**

- 0231
- 0254
- 1258
- 1346
- 1440
- 1532
- 2163
- 2375
- 3152
- 3432
- 3435
- 3568
- 4617
- 4876
- 5089
- 5195
- 6134
- 6351
- 6562
- 6592

- 6655
- 6762
- 6925
- 7075
- 7151
- 7169
- 7346
- 7561
- 7690
- 8297
- 8383
- 9294

**5 DIGITS**

- 05652
- 07314
- 15616

- 34206
- 39863
- 43341
- 49404
- 52765
- 54323
- 57345
- 57929
- 59055
- 67456

**6 DIGITS**

- 155581
- 518390
- 556896
- 557675
- 656061

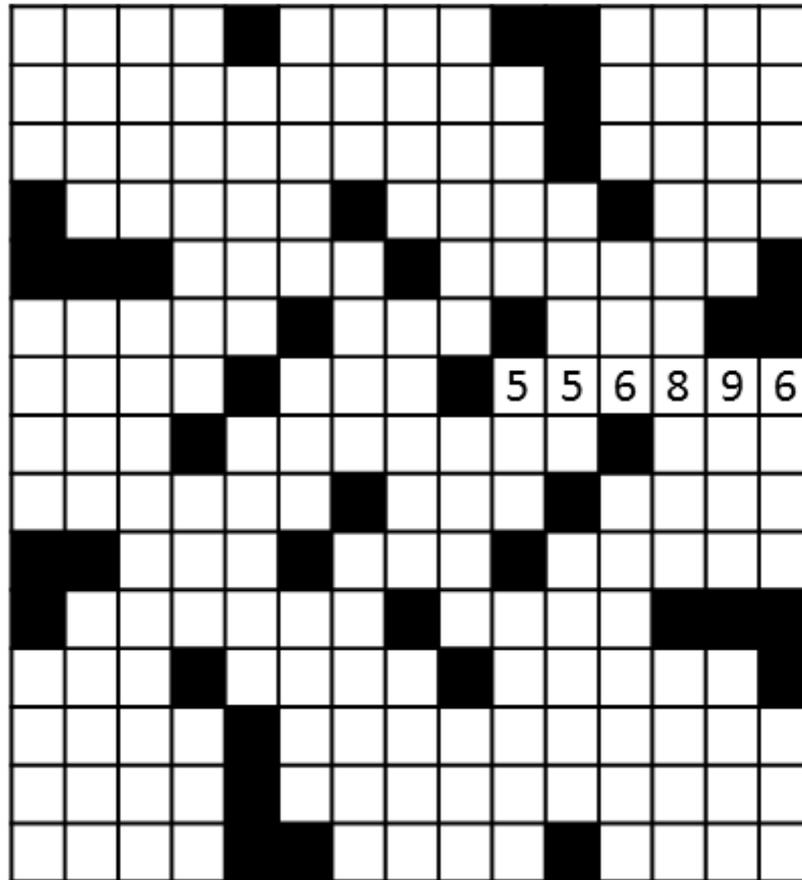
- 948615

**7 DIGITS**

- 2327354
- 3733182
- 6754147

**10 DIGITS**

- 1688094379
- 4388156554
- 4445868653
- 5053197245
- 6037221282
- 6762508981



## 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*

## Recipe of the Month

### 5 Ingredient Ground Beef Casserole

#### Ingredients:

- 1.5—2 lbs ground beef
- 10.5 can cream of condensed mushroom soup
- 10.5 can cream of cheddar soup
- 3 cups cubed frozen potatoes
- 1 cup shredded cheddar cheese (divided)
- Salt and pepper to taste
- 

#### Directions:

1. Preheat oven to 350 degrees.
2. Cook the ground beef, drain the grease and add to a large mixing bowl.
3. Add the can of cream of mushroom and cream of cheese.
4. Add the frozen cubed potatoes to the bowl.
5. Add 1/2 cup of the shredded cheese to the bowl.
6. Add a pinch of salt and pepper and mix everything together.
7. Pour into a greased 9x13 casserole dish and sprinkle remainder of cheese on top. Cover with foil.
8. Bake for 30 mins and carefully remove foil. Bake 30 more minutes.



*Pinterest.com*

## Memories

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.



'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

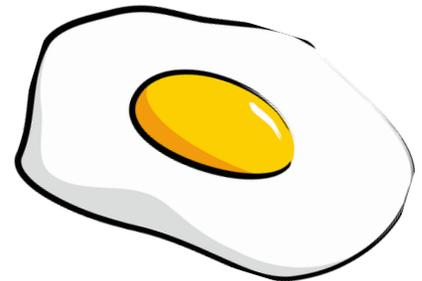
'I'd also like whipped cream. I'm certain you'll forget that, write it down.' she says.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'

Nothing enhances the good old days more than a poor memory.



# What's Happening Near You?



## DeWitt Senior Center

Tuesday/Thursday:  
Tai Chi Class 9am-10am

*For questions in regards to  
DeWitt Senior Center,  
please call Melissa 402.683.4325*



Doris Galbraith  
Of  
Crete

received a \$5 gift card to  
Subway in July. Enjoy!

The answer to June's riddle,  
"What has legs but doesn't  
walk? — Table



### ANSWERS TO THIS MONTHS PUZZLES

6	7	6	2		5	0	8	9			1	4	4	0	
5	0	5	3	1	9	7	2	4	5			3	4	3	2
6	7	6	2	5	0	8	9	8	1			3	4	3	5
	5	2	7	6	5		7	6	9	0		5	4	4	
				3	1	5	2		1	5	5	5	8	1	
6	7	4	5	6		1	0	5			6	1	6		
6	1	3	4		3	6	7		5	5	6	8	9	6	
5	5	8		3	7	3	3	1	8	2		6	2	9	
5	1	8	3	9	0		1	5	8		6	5	9	2	
		1	7	8		6	4	3		5	7	3	4	5	
	5	5	7	6	7	5		2	3	7	5				
4	4	6		3	5	6	8		4	9	4	0	4		
6	3	5	1		6	0	3	7	2	2	1	2	8	2	
1	2	5	8		1	6	8	8	0	9	4	3	7	9	
7	3	4	6		1	3	4	6		7	1	6	9		

### Interested in Home Delivered Meals??

For DeWitt call: 402.683.4325  
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!*

## Riddle of the Month

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!

**What kind of band never plays music?**

Please include your name & phone number with your answer!



# Simply Squash



Summer Squash



Winter Squash



Spaghetti Squash

Squash is one of the most versatile vegetables and is packed full of a variety of nutrients. Squash comes from a flower and contains seeds of the plant, technically making it a fruit. It is high in vitamin A, vitamin C, calcium, and fiber; and can help promote eye health, skin health and digestive health.

There are many different varieties of squash available, however; most are grouped into two categories: summer and winter.

## Summer Squash

Summer squash is typically broken down into four groups: crookneck, zucchini (green and yellow), straight neck, and scallop. Summer squash have very thin yet edible skins and seeds that are soft. The actual flesh of these squash contains a high-water content, mild flavor that is sweet, and often requires little to no cooking. For optimal flavor, choose smaller squash around 4 to 6 ounces with no blemishes. Store squash in a perforated plastic bag in the refrigerator for up to four days.

Summer squash can be prepared with or without seeds. Some recommend salting it for 15 minutes prior to cooking to help remove some of the water content (make sure to blot them dry). Summer squash can be sauteed, baked, grilled, steamed, stir-fried or even made into noodles.

## Winter Squash

The name may fool you, but winter squash are warm weather crops. It includes several varieties such as spaghetti,

calabaza, butternut, hubbard, pumpkin and banana. Winter squash have seeds and skins that are hard and thick in nature. Store in a cool, dark place for up to a month or so.

Skins of winter squash are inedible and must be peeled before eating. It may be easier to remove the skin after cooking. Winter squash can be roasted, braised, steamed, boiled, or even microwaved.

## Adding to your diet

There are many ways that squash can be deliciously added to your meals. Some have nutty flavors while others are a bit sweeter. It can be paired well with different meats, used as its own entrée, or added as an ingredient.

- Add to stir-fries, casseroles and pasta dishes.
- Roast it or grill it! This is great for yellow and green zucchini, acorn and butternut squash. Top with cinnamon or parmesan cheese.
- Make it into noodles. This works especially well for zucchini (zoodles, anyone!?)
- Add it into a soup. Yellow and green squash pair perfectly in a vegetable soup and butternut squash can be blended and made into its own soup.

Squash is simply nutritious and delicious. Get creative with different varieties, cooking methods and seasonings.

Source: <https://www.thespruceeats.com/all-about-squash-1137499>

## SEPTEMBER MEALS/PROGRAMS

The following dates/towns will be what we are offering for the month of July.  
We hope you can join us! **The meal is \$5.**

Tuesday, September 28th @ 10:00-11:30am —Wilber  
Join us for brunch and a program!

Thursday, September 30th @ 10:00-11:30am — Western  
Join us for brunch and a program!



*Please call Saline County Aging Services to RSVP your spot!  
402-821-3330*

The attorney generals office will be joining us for a presentation on the latest fraud  
and scams!

**CRETE & FRIEND PROGRAMS COMING SOON!!**



# 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

