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Heart Disease in the United States

What are the signs and symptoms?

The symptoms vary depending on the type of heart disease. For many people, chest discomfort or a heart attack is the first sign. Someone having a heart attack may experience several symptoms including:

- ♥ Chest pain that doesn't go away after a few mins,
- ♥ Pain or discomfort in the jaw, neck or back.
- ♥ Weakness, lightheadedness, nausea or cold sweat.
- ♥ Pain or discomfort in the arms or shoulder.
- ♥ Shortness of breath.

Americans at Risk for Heart Disease

High blood pressure, high blood cholesterol and smoking are key risk factors for heart disease.

♥ Several other medical conditions and lifestyle choices can put people at risk of heart disease, including:

- ♥ Diabetes
- ♥ Overweight and obesity
- ♥ Unhealthy diet
- ♥ Physical Inactivity
- ♥ Excessive alcohol use

♥ A few facts:

- ♥ Heart disease is the leading cause of death for men, women & people of most racial and ethnic groups in the US.
- ♥ One person dies every 36 seconds in the US from cardiovascular disease.
- ♥ About 659,000 people in the United States die from heart disease each year. (1 in 4 deaths)
- ♥ In the United States, someone has a heart attack every 40 seconds.

2022 MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17 Legal Clinic by Aging Partners @ SCAS	18	19
20	21	22	23	24	25	26  Shamrock Shuffle
27	28	29	30	31		

www.free-printable-calendar.com

2022 APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Meal @ Wilber	15	16
17	18	19 Coffee @ Crete	20	21 Meal @ Western	22	23
24	25	26 Meal @ Friend	27	28	29	30

www.free-printable-calendar.com

FEBRUARY MEALS

The following dates/towns will be what we are offering for the month of February.
We hope you can join us! **If the presentation includes a meal, it is \$5.**

Tuesday, February 15th @ 10:00am — Friend Community Healthcare System, Friend
Coffee & Pastry - Nutrition Program offered by Aging Partners to follow.

Tuesday, February 15th @ 2:00pm— Crete, TBA
Coffee & Pastry - Nutrition Program offered by Aging Partners to follow.

Thursday, February 17th @ 11:30am— SCAS, Wilber
Meal: Chicken Spaghetti & Garlic Bread - Nutrition Program offered by Aging Partners to follow.

Tuesday, February 22nd @ 10:00am — DeWitt Senior Center, DeWitt
Coffee & Visit

Thursday, February 24th @ 11:30 — Saline County Area Transit Building, Western
Meal: Lasagna - Nutrition Program offered by Aging Partners to follow.

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



Coming in March — Legal Clinic presented by Aging Partners @ SCAS!!

Music Therapy for Dementia

It's become incredibly popular for memory care communities to incorporate music therapy into the daily lives of residents with dementia. But why?

"It can be free to use, it helps bring back memories, and it changes a person's mood and behaviors," says Scott Smith, a music therapy program trainer and director of education and experience at the Atlanta-based Thrive Senior Living.

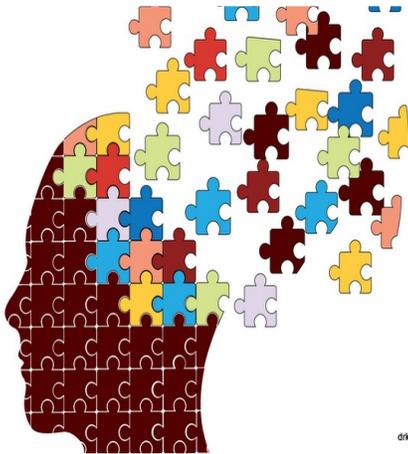
In fact, research shows a person's music memory can remain intact even when they're experiencing the devastating effects of rapid cognitive decline. Integrating familiar music from one's past may be beneficial.

"Music is a universal language that touches our souls, enlivens our bodies, and connects us to others," says Ka-reen King, a creative engagement specialist who provides therapeutic and personalized musical experiences to seniors in memory care and assisted living communities.

Discover more about the emotional and physical benefits of music for dementia patients, how senior living communities and at-home caregivers use music therapy, and how to create your own playlists for your loved one.

Benefits of music for dementia patients

Music improves understanding, mood, behavior, and communication, according to a review of several studies on music intervention for Alzheimer's disease. Specifically, music and dementia research suggest music therapy can offer a variety of benefits, including the following:



- Enhanced memory
- Lowered stress levels
- Reduced symptoms of depression
- Improved sleep
- Reduced agitation and anxiety
- Improved cognition

Music therapy can offer physical benefits as well. For example, music with a fun beat can promote light exercise by leading to increased movement. Low-tempo music, meanwhile, has been shown to reduce blood pressure. Understanding how different tempos affect the body and the mind generally may allow caregivers to communicate with and care for specific seniors more effectively.

How music affects the brain of someone with dementia

Music stimulates and engages many parts of a person's brain. Surprisingly, the neural networks responsible for music memory are usually spared until the later stages of dementia, studies suggest. Music often creates an emotional response, as it works as a cue to evoke specific memories.

"Music can help a resident retrieve memories or important feelings they had from those memories," says Scott. "For example, a wedding song can make someone with Alzheimer's feel the way they did on their wedding day."

The life-changing effects of music on Australian seniors with dementia are evident in this video from ABC Science, "The Power of Music on the Brain | Dementia & Parkinson's." In the video, residents' faces light up as they sing, dance, reminisce, and communicate their feelings.

Music Therapy for Dementia

How memory care communities use music therapy for dementia patients

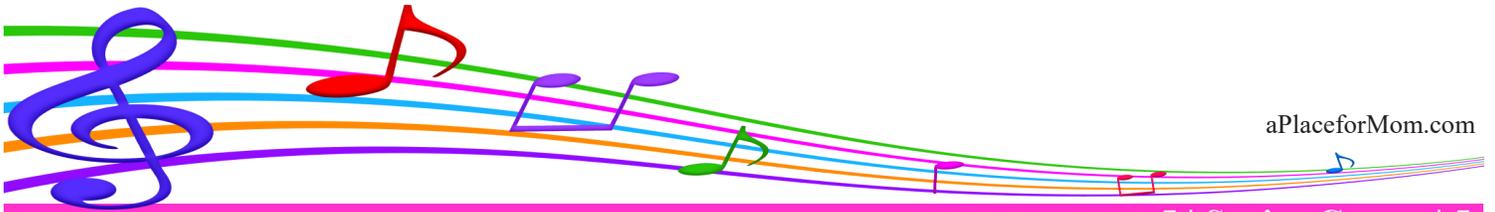
Activities directors in senior living communities and music therapists have long known the benefits of using music to help residents with dementia. Music therapy is a popular activity in memory care communities because it's effective, easy to implement, and inexpensive.

King suggests three music therapy techniques when working with seniors in memory care communities:

- **Play familiar music** and encourage seniors to shake or tap musical instruments to the beat. Instruments can include plastic hand clappers, rhythm sticks, egg shakers, maracas, jingle bells, spoons, or other objects.
- **Use a drum to create a firm beat, which provides a strong sound foundation** and enables seniors to follow the beat or create their own rhythm.
- **Encourage caregivers and others** to sing, dance, or make music with participants.

While King regularly confronts the challenges of dealing with dementia limitations, she knows she's making a difference.

"For some, therapeutic musical programs are the highlight of their week," she says.



aPlaceforMom.com

Unscramble the letters to find the words in our

Valentine's Day Anagram



Hidden Word
(solve the circled letters):

a c d r

e f l o r s w

d e r

f g i t

a c c e h l o o t

a c d n y

i k n p

a e h r t

e l v o

Overhead Arm Raise

TARGETED MUSCLES: Shoulders & Arms

WHAT YOU NEED: Weighted objects or hand-

This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying grandchildren easier.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.



go4life.nia.nih.gov

Recipe of the Month

Sloppy Joe French Bread

Ingredients:

- 1 loaf french bread
- 1/2 yellow onion
- 1 lb. ground beef
- 1 can (15oz) sloppy joe sauce
- 3 cups shredded

Directions:

- Preheat oven to 350 degrees.
- Cut the bread loaf in half (lengthwise) and place it on a lined baking sheet.
- In a large sauté pan, cook the diced onions with a little butter until soft.
- Add the ground beef and crumble until no longer pink.
- Drain or use a paper towel to remove any excess grease, and then stir in sauce.
- Spread the mixture evenly over the bread halves, and then top with shredded cheese.
- Bake for 10-15 mins or until cheese is melted and edges of bread are toasty.
- Allow to cool for a few mins; slice and serve.



Pinterest.com

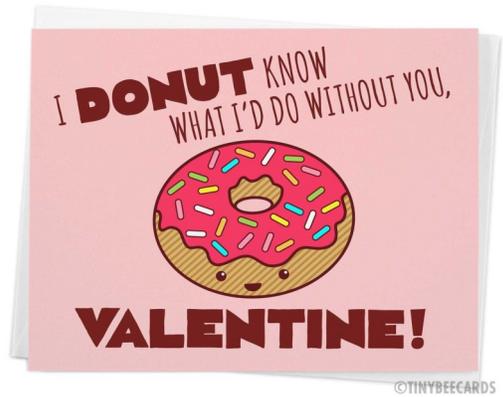
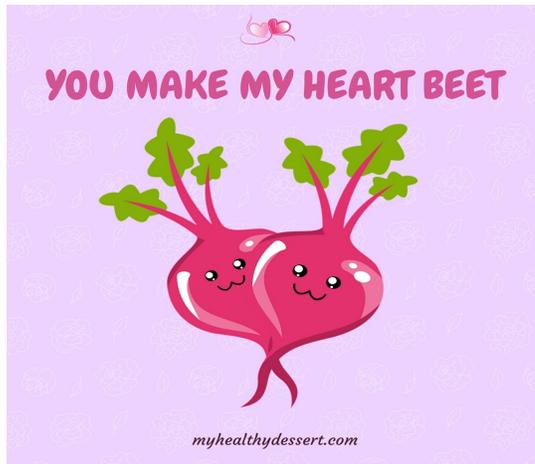
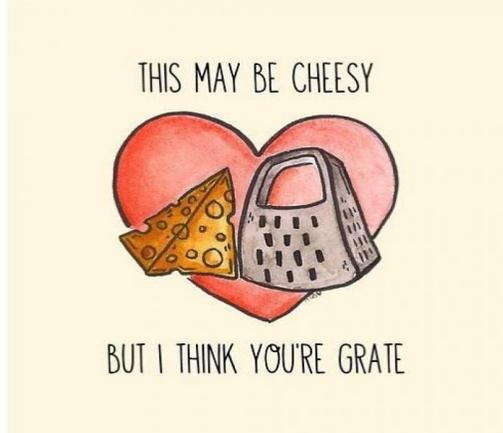
Just For Laughs...

Do skunks celebrate Valentine's Day?

✧

Sure, they're very scent-imental!

GH



What did the ghost say to his wife on Valentine's Day?

✧

"You look so BOOtiful."

GH



Announcements

DeWitt Senior Center Schedule

Tuesdays & Thursdays — Tai Chi from 9:00 am—10:00am, Quilting from 1:00 pm– 5:00 pm

EVERY Wednesday — Congregate Meals, Program, Cards & Games @ 12:00pm

Answers to the Puzzle

- @c d r card 
- @f l o r s w flowers
- d(e)r red
- f g(i)t gift
- a c c e h(l) o o t chocolate
- a c d(n)y candy
- i k(n)p pink
- a e h r(+) heart
- e l(v)o love

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!

Why did the horse chew with his mouth open?

Please include your name & phone number with your answer!



Interested in Home Delivered Meals??

For Wilber & the rest of Saline County call:
402.821.3330



Ed Hudecek from Wilber, NE was the winner of January's Riddle.

The answer to January's riddle, "**What is orange and sounds like a parrot?**"
— Carrot

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:



Adding Variety with Seafood



One way to add variety to meal planning is including seafood as a source of protein for some meals. A wide variety of fish and shellfish is available in stores, even in landlocked states, and they can be prepared using many different cooking methods.

Most Americans consume the recommended amount of protein; however, seafood intake is far below recommendations. The [2020-2025 Dietary Guidelines for Americans](https://www.dietaryguidelines.gov/) (<https://www.dietaryguidelines.gov/>) recommend a weekly intake of 8 or more ounces for adults.

Seafood is nutritious; it is an excellent source of protein, vitamin B12, vitamin D and omega-3 fatty acids.

Seafood Tips:

- Plan menus to include seafood twice a week. Ideas include salmon steak, tuna sandwiches, shrimp stir-fry, and baked cod.
Seafood cooks quickly. As a general guideline, cook fish 10 minutes per inch thickness when measured at the thickest part. For food safety, cook seafood to a minimum internal temperature of 145°F. It should be moist and flake easily with a fork. Overcooking can dry out fish.
- Seafood is good for everyone, 2 years of age and older. It is important to limit the amount of mercury in the diet of women who are pregnant or breastfeeding and young children. The [Food and Drug Administration](https://www.fda.gov/food/consumers/advice-about-eating-fish) (<https://www.fda.gov/food/consumers/advice-about-eating-fish>) provides advice on choosing fish that are low in mercury.
- Canned or frozen seafood is generally available in most grocery stores; fresh seafood may be available in some markets. Check freshness by looking for frozen seafood that is solidly frozen with few ice crystals. Defrost in the refrigerator, in cold water, or in the microwave. Do not defrost fish by setting it on the counter.
- If the kitchen smells a little "fishy", light a scented candle or simmer your favorite spices to help eliminate the odor.

Ideas for Preparing Seafood:

- Moist-heat cooking methods - steaming or poaching - are great for low-fat fish such as cod, haddock, halibut, perch, whiting, catfish that may dry out when cooked. Moist-heat cooking can also be used for fatty fish.
- Dry-heat cooking - broiling, grilling and baking - work well for fatty fish such as salmon or tuna steaks. Try grilled salmon in foil packets with lemon slices and fresh herbs.
- A combination of pan-searing for several minutes and then baking fish will make the surface crisp while ensuring it is evenly cooked. Try this with salmon or grouper.
- Seafood in soups, stews and chowders with added vegetables provides an easy one-dish meal. Cod,



HOMESTEAD EXEMPTION STARTING IN FEBRUARY

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

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

If you have signed up for Homestead Exemption in the past, you should receive this years forms in February. If you wish to apply for Homestead Exemption for the first time, please the County Assessors office for the forms.

If you have questions or need assistance filing for HE, call the **County Assessor's office (402-821-2588) or Saline County Aging Services (402-821-3330)**.

