

# SEWARD COUNTY AGING SERVICES

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WWW.COUNTYOFSEWARDNE.COM/AGINGSERVICES

## NOVEMBER



Part D Open Enrollment started October 15, 2021 and ends December 7, 2021. This is the time that you can review your current plan and decide if it still works for you or if we need to look at another plan. You should have already received information on your current plan costs starting January 1<sup>st</sup>, 2022, keep that information to bring with your appointment. Please don't wait until the last day to look at your plan. You can make your appointments with me at 402-761-3593.

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ALWAYS  
· GIVE ·  
THANKS  
~ IN ~  
EVERYTHING  
· HAPPY ·  
THANKSGIVING

Food Bank of Lincoln will be at **THE SEWARD SENIOR CENTER** the first **Thursday of every month 2:30-3:30**  
**Drive-thru services**

Join us for our Resistance Band Exercise Classes at the Milford Senior Center on Wednesdays at 10:00



Seward County Aging fundraiser will have the Terri Lynn nuts and apricots for sale soon at the Milford, Seward and Utica Senior Centers for your baking and gift giving needs.



## Kathy's Newsletter

November is National Caregivers Month, the theme for this year is "Caregiving Around the Clock". This is the time we recognize and support the 78 million people who dedicate their time caring for a family member. President Obama declared November as National Caregivers Month in 2013. The mission of National Caregivers Month is to raise awareness for caregivers and to improve their overall life and well-being. For some people caregiving occurs gradually over time, for others it can happen overnight. Caregivers provide a wide range of services from simple help such as grocery shopping to complex medical procedures.

When we look back at this last year and all the changes, we've been through our attitude can affect our health. Think of the changes you can inspire just by keeping a positive attitude. If we approach stressors in our life with an optimistic attitude, it will help you deal effectively with stress in that moment. A Positive Attitude: Being cheerful and setting our minds to look for and find the best in all situations. Be positive in your thoughts and words. Keep a good sense of humor, be optimistic, think good thoughts.

Check out and like Seward County Aging Services Facebook for information on upcoming services and programs in the county. 

### **Thought for the Month:**

**Attitude is a little thing that makes a big difference!! Winston Churchill**



## CELEBRATION GATHERINGS

Healthy eating is important at every stage of life, including celebrations and gatherings. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

### SERVE UP VARIETY

At your next event, create a colorful buffet table that includes a variety of foods from all the food groups.

### CHEERS TO GOOD HEALTH

Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice or a wedge of lemon or lime.

### MAKE ACTIVITY PART OF THE FUN

Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.

### RETHINK DESSERT

Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of peanuts, dark chocolate chips, and dried fruits.

### REDUCE FOOD WASTE

Manage leftovers by packing them for guests to take home, adding them to soups or salads, and including extra veggies in omelets, sandwiches, or stews.

### TRY A TWIST ON A DISH

Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. [Insulin](#), a [hormone](#) made by the [pancreas](#), helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells.



The [Caregiver Action Network](#) suggests the following tips to help family caregivers:

- Seek support from other caregivers. You don't need to do this alone.
- Take care of your health so you can be strong enough to take care of your loved one.
- Accept offers of help and suggest specific things people can do to help you.
- Learn how to communicate with doctors effectively.
- Be open to using technology that can help you care for your loved one.
- Watch out for signs of depression and don't delay getting professional help when you need it.
- Take respite breaks often.
- Organize medical information, so it's up-to-date and easy to find.
- Make sure legal documents are in order.
- Give yourself credit for doing the best you can in one of the toughest jobs there is!

**"Autumn is a second spring when every leaf is a flower." - [ALBERT CAMUS](#)**

# Cooking Oils: Fab Fat Facts



There are a wide variety of cooking oils available and understanding the differences can be confusing. Not all oils are created equally. Each will differ in flavor, uses in cooking, and health benefits. Many oils contain healthy fats and can be a healthy substitution for solid fats such as butter, shortening and lard.

The smoke point of an oil is the temperature the oil will reach before it starts to break down. Once oil begins to break down, it will release free radicals (cancer promoting chemicals) that can have harmful effects on our health. Refined oil has undergone more processing, which gives it a higher smoke point as well as a more subtle flavor. Unrefined oils have not been processed, have a lower smoke point, and retain more of the natural flavor.

Type of Oil	Health Benefits	Smoke Point	Use in Cooking
Canola	Lowers cholesterol levels and decreases inflammation	400 degrees	High heat cooking
Corn	Lowers cholesterol levels and aids in blood clotting	450 degrees	High heat cooking, sauteing, frying
Olive Oil-light or Extra Virgin	Lowers cholesterol levels and reduces inflammation	Light-470 degrees Extra Virgin-375 degrees	Baking, grilling, sautéing, roasting Sautéing at low temperatures, salads, dips, dressing
Peanut-Refined/Unrefined	Promotes heart health and immune system	Refined-450 degrees Unrefined-320 degrees	Stir frying, frying Marinades, dressings, dips
Safflower, Soybean, Sunflower	Boosts heart health by lowering cholesterol levels and inflammation; supports bone health	450 degrees	High heat cooking
Avocado-Refined/Unrefined	An antioxidant for vision and eye health, promotes heart health	Refined-480 degrees Unrefined-520 degrees	Grilling, baking, roasting, searing, frying, stir fry, sautéing High heat cooking
Grapeseed	Aids in immune system function, reduce inflammation and aids blood clotting	420 degrees	Good base oil
Sesame	Anti-inflammatory properties, heart health, reduce LDL cholesterol	350 to 400 degrees	Flavor condiments, sautéing, stir fry
Coconut-Refined/Unrefined	Raises HDL cholesterol	Refined-400 degrees Unrefined-350 degrees	All encompassing Roasting, sautéing

## Cooking and storing tips:

- Combine with different seasonings and vinegars for deliciously easy marinades and vinaigrette.
- Drizzle on top of foods for an extra boost of flavor.
- Substitute for butter, margarine, or other solid fats in recipes.
- Aim to choose oils with less than 4 grams of saturated fat per serving and no partially hydrogenated oils/trans fats.
- If the oil begins to smell bad, don't use it. When oil is stored for too long, it can go rancid.
- Do not under any situation reheat or use old oil, it can hinder the quality of the food.
- Store your cooking oil(s) in a dark, dry place away from direct sunlight and heat.

(Sources: <https://www.heart.org> and [www.healthline.com](http://www.healthline.com))



## Simple Oil and Vinegar Salad Dressing

### Ingredients:

- |                          |                                |
|--------------------------|--------------------------------|
| ¾ cup salad oil          | 1 tsp. kosher salt             |
| ¼ cup white wine vinegar | ½ tsp. ground pepper, to taste |

### Directions:

1. Place oil, vinegar, salt and pepper in a glass jar. Tighten lid and shake vigorously for 10 seconds or until fully combined.
2. Let stand 30 minutes at room temperature to let flavors meld. Whisk immediately before serving.

### Tips:

- Salad oil can be anything from safflower oil to canola oil to grapeseed oil. You could use something with more flavor though, such as avocado or olive oil.
- Other kinds of vinegar, such as red wine or balsamic vinegar, can also be used. Stay away from distilled white wine vinegar though.
- Store leftover oil in a sealed container in the fridge up to 5 days.
- A teaspoon of honey and/or mustard can add a boost of flavor but also slow down the separation of the oil and vinegar.
- A small squeeze of citrus, such as lime, lemon or orange, can be a nice addition.
- Finely chopped herbs, such as parsley, tarragon or thyme, can add fresh flavor. Dried herbs such as rosemary, oregano or red pepper flakes also pair nicely.
- Add one clove of freshly minced garlic.

(Source: [www.thespruceeats.com](http://www.thespruceeats.com))