

SEWARD COUNTY AGING SERVICES
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WWW.COUNTYOFSEWARDNE.COM /
AGINGSERVICES

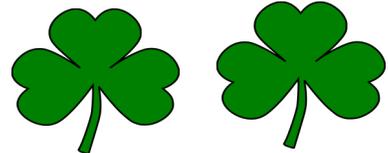


March, 2021



Thought for the Month: Let your day begin and end with gratitude.

I have deluxe mixed nuts, pecan pieces, walnuts and apricots. You can contact Kathy at 402-761-3593 to place your order or for pick up. The Nuts are \$10 and the Apricots are \$9.



March 3-This is a very important **day of recognition** for the tens of millions of Americans, who selflessly give their time to care for those who are ill, disabled, or elderly.

Most **caregivers**, especially unpaid caregivers, do not seek or expect any form of recognition. They do what they do, simply because it needs to be done, and it is the right thing to do..

How to celebrate caregivers:

- Give a simple thank you to everyone you know who is a caregiver in any capacity.
- Send a thank you card by mail or email.
- Give them a day off. Take over the role of caring.



Food Bank of Lincoln will be at St. John Lutheran Church in Seward on

March 23rd 4:30-5:30

Each site includes USDA product, so participants must sign the standard income self-verification sheet, but no other documentation is required. Participants are encouraged to bring their own bags. goods



You are invited to an
ANNUAL CAREGIVER RETREAT

Join us for a half-day of relaxation and renewal

Call 402-761-3593 to register

(social distancing event)

Lied Senior Center-Seward

APRIL 15TH

9 a.m. – 1 p.m. (lunch provided)

Gear up for some wonderful presentations and enjoy
some delicious food while taking time to recharge

Who is a caregiver?

**A family member or paid helper who regularly looks after a
child or a sick, elderly, or disabled person**

Registration must be made **By April 5th** by calling

402-761-3593 or by e-mail at

sshaw@lincoln.ne.gov



March is National Nutrition Month. The theme for this year is “Personalize Your Plate” that promotes creating nutritious meals to meet individual’s personal food preferences. The theme recommends people adjust their eating habits to address the nutritional needs during all stages of life. For caregivers, this is important for their own health along with their loved ones. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low fat dairy and lean protein foods. For people 60 and older continue to include a variety of protein-rich foods to maintain bone strength and incorporate strength-building activities to maintain muscle.

Our office has received from Four Corners Health Department-The Deterra Drug Disposal Pouch, this is a safe, easy way to dispose of prescription medications. Deterra is an active carbon substance that renders drugs inert, or inactive, so they can be safely thrown away. It meets current EPA and DEA requirements for drug disposal and reduces environmental impact. The pouch itself is biodegradable. The pouch can be used for Narcotics, Antibiotics, Hormone therapies, expired or unused medications, Tablets & Capsules, Liquids & Creams, Transdermal patches. If you want some of the pouches, contact Kathy Ruzicka at 402-761-3593.

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



Kathy Ruzicka, Program Manager

NATIONAL KIDNEY MONTH

National Kidney Month during March is a reminder to give our kidneys a check up. 1 in 3 Americans are at high risk for kidney disease because of diabetes, high blood pressure, or family history of kidney failure. On top of that, 30 million Americans already have kidney disease, and many of them are not aware of it because symptoms usually don't show until the disease has progressed.

Our kidneys are crucial for 3 main reasons. They regulate water, they remove waste and regulate minerals, and they produce hormones. Located in our lower back, these two hard-working organs also filter 200 liters of blood a day! Keeping our kidneys healthy is vital to a long and productive life.

Learn more about caring for your kidneys at www.kidney.org

Schedule a checkup, and learn what symptoms to keep an eye out for to know if your kidneys are starting to fail or become infected. Here's what else you can do this month to protect your kidneys:

1. **Control your blood pressure** (and diabetes if you have it.)
These are the two leading causes of kidney disease and kidney failure.
2. **Exercise often.** Regular exercise keeps your kidneys healthy by keeping things moving and controlling blood pressure.
3. **Cut out processed foods.** They tend to be big sources of sodium, nitrates, and phosphates, and they've been linked to kidney disease.
4. Try to **reduce over the counter pain medicines.** They may help with aches and pains, but they can greatly damage your kidneys.



Beware of SHIP Imposter Scam Involving Your Medicare

The Nebraska Department of Insurance and the State Health Insurance Assistance Program (SHIP) have received a report of an individual posing as a SHIP teammate. The imposter asked for money to assist with processing an application for Medicare.



The scam reportedly was attempted through a text message using a SHIP teammate's obsolete cell phone number.

A consumer who asks for assistance from SHIP will never be charged for SHIP services. SHIP provides **free** assistance and counseling on Medicare issues for Nebraskans. Trained volunteers across the State also assist during open enrollment for Medicare Part D Prescription Drug Plans. SHIP is entirely funded by federal funds and is overseen by the Department of Insurance.

Scam? Legitimate Communication?

Scammers pretend to be someone you trust. The whole purpose of scam calls, texts, emails, or other electronic communication is to obtain personal information, whether that is a Medicare card number, Social Security number, or banking information. Scammers now have the technological ability to make a call appear on caller ID as if it is coming from an official place. Emails and other forms of electronic communication can appear as though they are from a known source. They often sound legitimate. And, in some instances, imposters have done their homework to use information that will add credibility to gain an individual's trust in order to obtain information.

Remember—Never give Medicare or other personal information to anyone asking for it over the phone or through any electronic communication. Unless you initiated the contact, Medicare will NEVER call you or try to sell you anything over the phone. They can't even enroll you over the phone unless you called first.

More Information If you suspect you have been contacted by a Nebraska SHIP imposter, please try to save the communication. Report the information to Nebraska SHIP at alicia.jones@nebraska.gov.



UNDERSTANDING COVID-19 VACCINE

DOES MEDICARE COVER THE COVID-19 VACCINE?

Medicare covers FDA-approved COVID-19 vaccines

- A COVID-19 vaccine helps reduce the risk of illness from COVID-19 by working with the body's natural defenses to safely develop protection (immunity) to the virus.
- Medicare also covers COVID-19 tests, COVID-19 antibody tests, and COVID-19 monoclonal antibody treatments.

What should I know to get my vaccine?

- Medicare covers the COVID-19 vaccine at no cost to you.
- If anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- Contact your local health department for information on how to sign up for the vaccine.
- For more information on Nebraska's vaccine plan visit dhhs.ne.gov/Pages/COVID-19-Vaccine-Information

OUT20070

NEBRASKA
SHIP

Report suspected Medicare Fraud
to the Nebraska SHIP!

1-800-234-7119

Help Prevent Vaccine Scams! Vaccine Don'ts - 4 Things to Look For:



Asks for Payment - Did you get an offer to get the vaccine in exchange for money?



Offers to put you on the list for a fee - Did you receive an offer stating you can get early access or put on a list for a fee?

Medicare

Requests personal information - Did someone call claiming they need your Medicare number, bank account or other personal information in order to get the vaccine?



Unknown Websites - Did you get directed to visit an unfamiliar vaccine website?

If you answer YES to any of the above questions, contact Nebraska SHIP to report COVID vaccine scam.

PROTECT Personal Information | **DETECT** Fraud and Scams | **REPORT** Your Concerns

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