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Types of Corn

Field Corn

More than 99% of the corn grown in Nebraska is field corn, which is typically fed to livestock or processed into ethanol. Field corn is grown until it is hard and dry, and then is harvested in the fall. Field corn is sometimes called "dent corn" because of the distinctive dent that forms on the kernel as the corn dries. Field corn is consumed by livestock (primarily cattle) or processed into ethanol and its animal feed co-product called "distillers grains." Field corn is NOT the corn-on-the-cob or the canned corn that people eat. That type of corn is called sweet corn. While many Nebraska farmers do grow some sweet corn, the acres and acres of field corn you see across the state are likely field corn, making Nebraska the nation's third largest corn producer.

Sweet Corn

Sweet corn is bred to have plump, juicy kernels that include a high level of natural sugar when compared to field corn. It's that sugar that gives sweet corn the flavor we all love. While field corn is harvested when mature and dry (so it can be transported and stored), sweet corn is harvested when the kernels are young and moist.

Popcorn

Nebraska is the nation's largest producer of popcorn, with an annual harvest of 300 million pounds on about 67,000 acres. Each kernel of popcorn contains a small amount of water stored inside a circle of soft starch. When the kernel heats up in the microwave, air popper or on the stove, the water expands until the kernel bursts open to create a light, delicious snack. Americans consume 16 billion quarts of popped popcorn annually – that's 51 quarts per every man, woman and child!

White Corn & Specialty Corn

Some varieties of corn are developed and grown for very specific purposes. Specialty corn is often grown with the specific end use in mind, with farmers contracting with buyers in advance of planting the crop. This helps farmers have a market for the corn and buyers are able to ensure they'll have corn for their needs. White corn features a harder than normal starch and is used in corn chips, tortillas and other popular food products. Nebraska is one of the top producers of white corn in the United State. Nebraska farmers grow white corn for food companies at home and abroad. Some types of corn have been designed to include high levels of starch. This high-starch corn is perfect for ethanol production because ethanol is made from the starch, leaving the other parts of the kernel for distillers grains, a nutrient-rich feed for livestock. Still other corn is bred to have high amounts of oil in its kernels. This high-oil corn is great for certain types of food processing or animal feed. Waxy corn is used to thicken foods and make adhesives, while high-lysine corn provides valuable nutrients to certain types of animals, like pigs. The snack food "corn nuts" are made from floury corn with large kernels.

Where Nebraska Corn Goes

Much of the corn Nebraska farmers produce stays in Nebraska through ethanol, livestock and other processing. By using more Nebraska corn in Nebraska, we're capturing more of the corn's value right here in the state. That's good for the state's economy, rural communities and Nebraska corn farmers. Because Nebraska corn farmers are so efficient, more corn is produced than is used by the state, which means some is exported to ensure a healthy trade economy. The pie chart shows a further estimated breakdown of usage.

18 Signs Your Aging Parent Needs Help

From spoiled food to living in the same pair of pajamas, certain signs can suggest an aging parent needs help now.

“Always note anything out of character,” says geriatric psychologist Melissa Henston. “I once told my dad, ‘Dad, you can’t eat this stuff. Ham isn’t supposed to be green.’”

No one knows your parents or loved ones like you do — something unusual for them may be an everyday situation at another person’s parents’ home. Still, it’s helpful to know common warning signs that may signal trouble.

We can help you start the senior living conversation

Talking to your loved one about senior living can feel intimidating, but our 5-step guide makes it easier by helping you start an empathetic dialogue, ask important questions, and identify next steps.

Whether you’re visiting in person or catching up via video chat, look out for these 18 signs:

1. Bounced checks, calls from collections, and late payment notices

Are they paying bills late or not paying them at all? Are collection companies calling?

2. Broken or damaged appliances and fixtures

Have they stopped cooking or maintaining a regular meal schedule because their kitchen appliances don’t work? Are important items, such as light bulbs or smoke alarms, breaking or not being tended to?

3. Changes in mood or extreme mood swings

Are your parents acting differently toward you, friends, or even strangers?

4. Cluttered, dirty, or disorganized house

Is the home beginning to look and feel different or unrecognizable?

5. Confusion and uncertainty when performing familiar tasks

Do your parents seem unsure about how to complete daily chores or tasks such as laundry, vacuuming, or washing dishes?

6. Feeling depressed or having little to no energy

Has your parent’s demeanor noticeably changed? Do they smile or laugh like they used to?

7. Wearing disheveled or tattered clothing

Do your parents regularly neglect their appearance? Are their clothes worn or dirty?

8. Keeping expired groceries

Is food collecting mold on the counter or making the fridge and house smell?

9. Forgetfulness

Are they losing or misplacing keys, wallets, or other important items?

10. Improper medication management

Are there full bottles of prescription pills in medicine cabinets?

11. Leaving house or yard maintenance unattended

Are weeds growing uncontrollably? Is trash piling up outside?

12. Loss of interest in activities or hobbies they once enjoyed

When was the last time they did something they loved?



18 Signs Your Aging Parent Needs Help

13. Missing important appointments

Are they frequently rescheduling missed appointments or simply not showing up?

14. Weight loss or poor dieting habits

Are they eating much less or consuming only fast food or prepackaged snacks?

15. Poor personal hygiene

Do they have bad breath or body odor more often?

16. Trouble getting up from a seated position

Are they struggling to sit or stand?

17. Frequent injuries or bruising

Do they have unexplained and more frequent bruises, scratches, or cuts?

18. Unexplained dents or damage on their car

Are they getting into more accidents? In general, are they not paying attention to their car or safety?

If you notice any of these signs, it may be helpful to write down your concerns. Talking with your siblings and other relatives, or perhaps planning an elder care family meeting, can be extremely helpful.



aPlaceforMom.com

Does Your Home Need Repairs?



Let USDA Rural Development Nebraska help you

Improve Your Home!



VERY AFFORDABLE

1% Fixed Rate Repair Loans for Home Owners

- ⇒ Up to 20 year loan term
- ⇒ \$20,000 maximum outstanding loan amount
- ⇒ Improve/modernize/remove health & safety hazards
- ⇒ Home must be owner occupied
- ⇒ Income guidelines apply (by county)—See reverse

USDA Rural Development
U.S. DEPARTMENT OF AGRICULTURE

Payment examples: \$2,500 = \$11.48/mo.; \$7,500 = \$34.43/mo.; \$20,000 = \$91.80/mo.

Loan/Grant combos or grants may be available based on set eligibility formulas (for 62 & older). Maximum \$7,500 lifetime grant assistance. Under age 62 = Loan program only.

All communities in NE are eligible EXCEPT: Fremont, Grand island, Hastings, Kearney, Lincoln, North Platte, Omaha, & South Sioux/Dakota City

Contact Us Today for More Information

402-437-5551 Option 1.

If no answer, please leave a brief message with name and phone number.

The first available Housing Specialist will return your call.

Or e-mail: SM.RD.NE.SFHQST@usda.gov

USDA is an equal opportunity provider, employer, and lender.



Oh, so much fun!



When: Thursday, May 26th, 2022
@ 2:00pm

Where: Saline County Aging Services,
Wilber, NE

Dessert & Coffee Provided!!

Program: Aging Partners is coming to discuss benefits, tips, and types of foods that can be frozen! Recipes included!

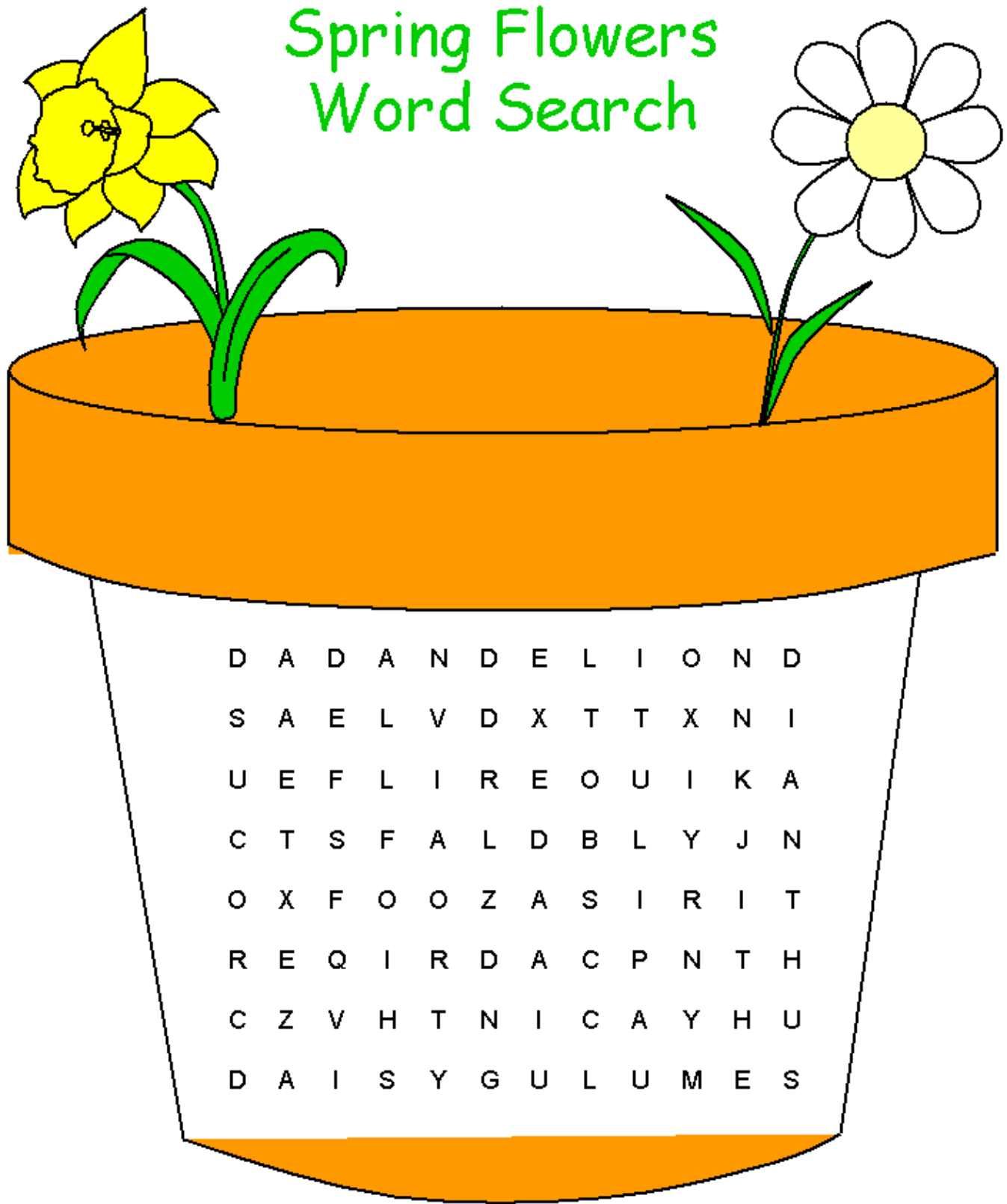
When: Thursday, May 19th, 2022
@ 11:30am

Where: Saline County Area Transit,
Western, NE

Meal: TBA

Program: Music Bingo with The Music Bingo People! Tunes from the 40's & 60's will be played . Don't miss out on the fun!

Spring Flowers Word Search



AZALEA
CROCUS
DAFFODIL

DAISY
DANDELION
DIANTHUS

HYACINTH
IRIS
LILAC

ROSE
TULIP
VIOLET

Exercise of the Month

TARGETED MUSCLES: Shoulders

TALK TO YOUR DOCTOR: Hand-held weights

This exercise for your shoulders can help you put things up on a shelf or take them down more easily.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



go4life.nia.nih.gov

Recipe of the Month

Healthy Banana Oatmeal Pancakes

Ingredients:

2 ripe bananas
2 eggs
1 cup oats
Mix-ins or toppings



Directions:

1. Preheat a skillet on low.
2. Mix bananas, eggs & oats in a blender on low.
3. Grease your skillet with butter, oil or spray.
4. Pour your desired size of pancake onto the skillet.
5. Allow pancakes to cook through on one side before flipping.
6. Flip and cook the other side until done; repeat for the rest of the batter.
7. Serve with syrup, butter, peanut butter & your favorite pancake toppings

Pinterest.com

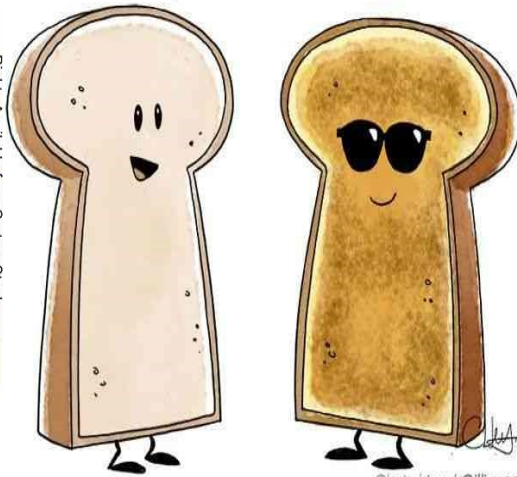


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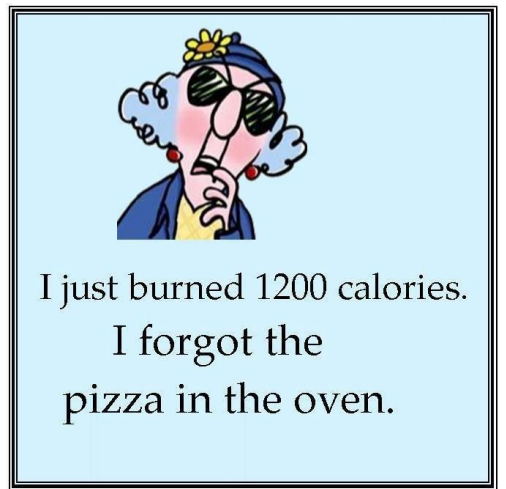
Rights Available from CartoonStock.com

"I DON'T THINK OF MY SKIN AS SAGGY... I THINK OF IT AS RELAXED-FIT!"

NICE TAN.



SketchbookSilliness.com



I just burned 1200 calories. I forgot the pizza in the oven.

WebDonuts.com



There's only one chair. It's about to get ugly ladies.

GRUHN

You know you are getting old when it takes two tries to get up from the sofa.



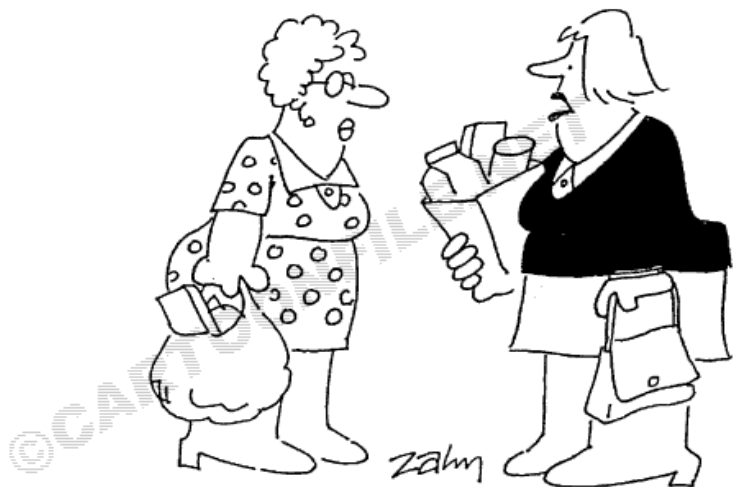
WHEN I DIE I WANT MY ASHES SCATTERED IN THE FABRIC STORE SO MY WIFE WILL COME VISIT ME.



The internet is so fascinating!

That's the microwave!

Slap



Zahn

"THE ONLY TIME I LIVE LIFE IN THE FAST LANE IS WHEN I HAVE EIGHT ITEMS OR LESS."

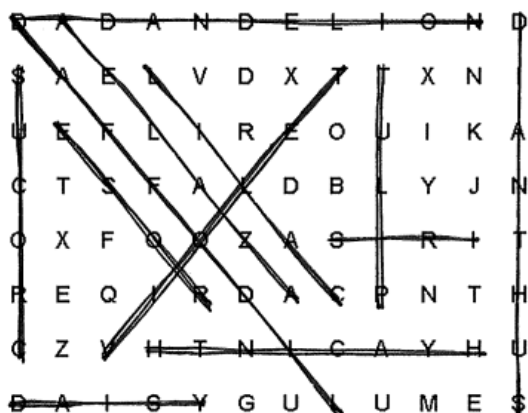
Announcements

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



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!

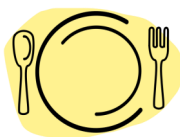
What has 4 wheels and flies?

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



Jerald Saurer of Friend was the winner of April's Riddle.

The answer to April's riddle,
"What kind of beans wont grow in your garden?"
— Jelly Beans

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:



A Pioneering Area Agency on Aging

The MIND Diet

The MIND Diet

Recent findings from a 20-year study from the Chicago Health and Aging Project (CHAP) have shown that certain dietary patterns may have the possibility to improve brain health and lower the risk of developing Alzheimer’s disease. The MIND diet was developed because of this research.

The MIND diet is a hybrid between the Mediterranean and DASH diets. It is packed full of plant-based foods that are similarly recommended in the Mediterranean and DASH diets, as well as fish and poultry. It also encourages limiting saturated fats and added sugars. The main difference is that the MIND diet focuses more on specific foods and food groups.

Don’t Skip the Veggies

The MIND diet recommends eating 2 or more servings of vegetables per day and at least one serving of leafy green vegetables per day. Leafy green vegetables contain an abundance of antioxidants and are rich in phytochemicals. They are also packed with folate, Vitamin E, carotenoids and flavonoids.

Cruciferous vegetables such as broccoli, cabbage and kale are also very important. Research has shown that eating cruciferous vegetables can slow your cognitive decline and keep your brain running smooth after just one serving.

Load Up on Berries and Cherries

Findings from the CHAP study showed that individuals who ate the most blueberries and strawberries had the slowest rates of cognitive decline. The MIND diet recommends eating 2 or more servings of berries per week. Any type of berries is healthy, although blueberries may be more beneficial. Berries are full of flavonoids which can help protect the body against free radicals.

Fish and Omega-3 Fatty Acids

The MIND diet recommends consuming seafood at least once weekly with a focus on fatty fish such as salmon, mackerel, herring and sardines. Seafood is high in Omega-3 fatty acids, particularly Docosahexaenoic Acid DHA. Research shows that a higher level of DHA can not only improve cognitive function in older adults, but also can work to prevent and even slow the progression of age-related cognitive conditions.

Get creative with your cooking by trying various cooking methods such as grilling, baking, broiling and roasting. Experiment with different herbs and spices such as lemon, garlic or dill.

If you have any questions about “The MIND diet,” call Aging Partners at 402-441-3480.

Type of Food	How often	Focuses
Vegetables	2+ servings per day	At least one serving of leafy green vegetables per day
Berries	2+ servings per week	Any type of berry, though blueberries may be more beneficial
Whole Grains	3+ servings per day	Emphasizes grains that are minimally processed
Nuts	5+ servings per week	
Beans	4+ servings per week	
Seafood	1+ servings per week	Emphasis on fatty fish such as salmon, mackerel, herring, and sardines
Poultry	2+ servings per week	

UPD 3/29/2022



HOMESTEAD EXEMPTION STARTED 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)**.

