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**Did you
know**

Free online classes are available for older adults through GetSetUp

Looking for a way to become more technology-savvy? Or are you wanting to master a specific type of cooking, take a fitness class from your home or learn more about a specific topic.

The Nebraska State Unit of Aging has teamed up with GetSetUp to provide 20,000 **free**, live online classes to keep aging adults mentally, physically and socially active. Topics include using the GetSetUp platform; learning about a specific phone, tablet, or computer; various software programs such as Gmail, Zoom and Instagram; travel, cooking, fitness and more. **To sign up** and use this service, **visit <https://www.getsetup.io/partner/nebraska>** The service is free to sign up, and classes can be accessed on any device that can access the internet.

Kathy's Aging Services Newsletter

November is National Caregivers Month, where we recognize and support the 78 million people in the United States who dedicate their time, often unpaid, caring for a loved one. Family caregivers are the backbone of our nations long term care system. For some people, caregiving occurs gradually over time, for others it can happen overnight. From morning to night, a caregiver balances the needs of their loved one and their family. Caregivers rarely have time for themselves, there's always another thing to be done. Caregivers requires rest, too.

Color therapy can be beneficial for those with memory loss. Joshua J. Freitas, author of The Dementia Concept, recommends using different colors to provide contrast in spaces and to help distinguish different objects. For example, painting a door a color that contrasts with the wall makes the door easier to find. Putting colorful tape on the handles of walkers makes them easier to locate.

Open Enrollment for your prescription drug plan started October 15 and ends December 7, 2022. This is the time to review and make any changes to your Part D plan that starts January 1, 2023. You can contact Kathy for an appointment at 402-761-3593 to review you plan.

14 Ways to Lower Your Utility Bills

1. Set Up Zoned Heating and Cooling
2. Change Your Filters and Keep Vents Clean
3. Insulate the Attic, Floors and Walls
4. Seal Drafts Around Doors and Windows
5. Use an Electric Blanket
6. Cook Strategically
7. Use Your Dishwasher Wisely
8. Cut Down on Energy Spent Drying Clothes
9. Wash Your Clothes on Cold
10. Get Water-Saving Showerheads and Faucets
11. Insulate Your Water Heater and Adjust the Temperature
12. Buy Energy-Efficient Appliances
13. Switch to Energy Saving Light Bulbs
14. Consider Home Automation



Final Thoughts

Overall, reducing your energy use in any way possible will help you lower your utility bills. For more in-depth information on energy conservation and reducing your usage, check out the resources posted by the [Department of Energy](#).

Share your best tips for saving money on utilities in the [Clark.com community](#)!

THOUGHT FOR THE MONTH:

May all your days this month be Awesome!!

Medicare open enrollment is October 15-December 7, 2022

CAREGIVERS



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

We have Covid home test kits available in our office. If you are not in Milford, give us a call at 402-761-3593

Check out and [like](#) Seward County Aging Services Facebook for information on upcoming services and programs in the county.



“The Caregiver Chicks raise funds for the Caregiver Relief Fund, founded through the Lincoln Community Foundation. It provides funds for much-needed respite services for caregivers to loved ones ages 60 and over who have exhausted all other funding options. The funds are distributed through Aging Partners care managers for the eight-county service area.” ...Living Well

Veterans Day– November 11

On the 11th hour of the 11th day of the 11th month, in 1918, World War 1 or “The Great War” officially ended when the Treaty of Versailles was signed on June 28, 1919 near Versailles, France. However, the fighting had ceased seven months earlier when an armistice or temporary cessation of hostilities between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month.



In 1919, President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day. The day was celebrated with parades and public gatherings and a brief pause in business activities at 11 a.m. On November 11, 1921, an unidentified American soldier killed in the war was buried at Arlington National Cemetery in Arlington, VA after the U.S. Congress voted to establish the tomb which later became known as the Tomb of the Unknown Soldiers.

November 11 became a legal federal holiday in the U.S. in 1938. In 1954, Armistice Day became Veterans’ Day, a holiday dedicated to American veterans of all wars.



Movember, also known as “No Shave November” is a month-long campaign to raise awareness for several serious issues that threaten men’s health and quality of life: prostate and testicular cancer, mental health issues, and suicide. Many men over the years have chosen to grow a mustache throughout the month of November as a way to show support for this important cause.

What are the Rules of Movember?

1. Choose a charity or team and register to begin your fundraising efforts.
2. If you are planning to grow a mustache, you must be clean-shaven as of November 1st.
3. You need to grow and maintain your mustache all month!
4. Mustaches only, no beards (who knew?)!
5. At the end of the month, all funds should be donated to the Movember Foundation, a healthcare or mental health organization, or any nonprofit dedicated to men’s physical and mental well-being.
6. If you are a woman or you don’t want to grow a mustache, you can still support the cause by donating to someone else’s effort or team, donating to a men’s health organization, or find and run in a Movember charity road race.