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## Tips for Creating a Pest-Free Patio

When you're outdoors, it can be difficult to control insects in such an expansive environment. Luckily there are some things you can do to lessen the disturbance and annoyance they cause. Here are eight things to try right away.

### **A clean patio is a pest-free patio.**

Sweep up any crumbs and wipe away spilled liquids when dining on your patio. Even the smallest food morsel or a sticky substance can attract ants and other insects.

### **Refresh your lighting.**

Replace your white bulbs with yellow bulbs or sodium vapor lights. The orange or yellowish glow may not attract as many insects.

### **Plant a few herbs.**

Garlic and rosemary can repel biting insects. You can also plant a small chive and lemongrass garden to ward off other pests.

### **Burn citronella torches.**

Citronella drives away bothersome insects such as flies and mosquitoes. You could also combine the torches with citrus candles for twice the pest-fighting action.

### **Spray essential oils in the space.**

Spray water with lavender or eucalyptus around your patio to create a natural pest barrier. Spraying it on you can also help keep bugs away.

### **Grow pest-deterrent flowers.**

Planting marigolds around your patio can help you fight against mosquitoes and other biting and stinging pests. Place a potted marigold container on your patio table as extra protection.

### **Break out the mouthwash.**

Mint-flavored mouthwash can help repel mosquitoes from your patio. Spray your tables, chairs and patio perimeter with mouthwash to create a fresh scent and a pest-free space.

### **Use hydrogen peroxide.**

Create a spray mixture with hydrogen peroxide and water for use as a pest repellent. Spray your patio surface and perimeter, taking care not to use the mixture on food or drinks.

## Announcements



### EXCITING NEWS!!

Saline County Aging Services will be offering a daytrip in the near future..

Watch for July's newsletter for more info.



### Are you interested in Water Aerobics?

DeWitt Senior Center will be offering classes at the DeWitt pool starting June 7th.

The classes will be held on Monday, Wednesday, and Friday's @ 5:00pm.

Call Melissa at the DeWitt Senior Center to get signed up.  
402.683.6475

### Exercise Equipment @ SCAS!

Are you wanting to become more active?

Let us help you!

We now offer a Treadmill, NuStep, and various weight sizes.

Call us today, to get your name put on our schedule!



## Newsletter Slip

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:

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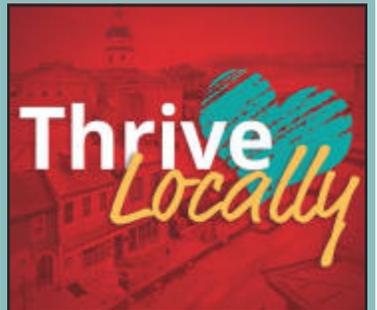
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# Colon Cancer in Seniors

Ninety percent of the time, colon cancer occurs in those who are over age 50. Also called colorectal cancer, this disease is the second leading cause of cancer death in the United States, claiming the lives of almost 50,000 men and women annually. |

### COLORECTAL CANCER RISK FACTORS

According to the Mayo Clinic, one in 17 Americans contracts colon cancer at some point in their lives. Because of this, it's recommended that people begin screening for the disease no later than age 50. Of course, screening should begin earlier if one has familial history with the disease. A history of inflammatory bowel disease (IBD) such as Crohn's disease or ulcerative colitis may also lead to higher rates for the cancer. Though the disease strikes men and women equally, African Americans appear much more vulnerable. People who smoke are twice as likely to get colon cancer. Those who are obese, drink heavily, maintain a sedentary lifestyle, or suffer from diabetes are also considered more susceptible.

Conversely, a healthy, active lifestyle that includes consistent exercise and a high fiber diet rich in vegetables and fruits with limited red meat intake improves the chances of preventing colon cancer in seniors.

### COLORECTAL CANCER SCREENING

Because colon cancer is usually slow growing, timely screening for small precancerous growths (called adenomatous polyps) is by far the most successful preventative of the disease. Awaiting symptoms, including a change in bowel habits, narrow stools, rectal bleeding, cramps, or unexplained weight loss, increases the chances of discovering a stage III or IV cancer.

"Colon cancer is almost completely preventable," says Dr. William Grady, medical director of the Gastrointestinal Cancer Prevention Program at the Seattle Cancer Care Alliance. "Unfortunately, only 20 to 40 percent of people receive screenings when they turn 50, which also explains why roughly a third of the cases we see are too far advanced for realistic survival."

There are several effective methods of screening for colon cancer, including:

- **Colonoscopy**

This remains the most comprehensive of tests. Long thought to be as painful as it was invasive, Whiting explains that there is plenty of myth in this assumption: "People tend to fear what the colonoscopy entails, but this is just an issue of education because the more people learn how the study is done, the more they realize it is not unbearably invasive. Just based on probabilities, I would never discourage someone from having one."

- **Flexible Sigmoidoscopy**

A less invasive procedure, the sigmoidoscopy surveys just the lower portion of the colon. Worrisome polyps and tissue can also be removed surgically through the sigmoidoscope. Rarely conducted with anesthesia, the procedure costs less than the colonoscopy, but should be conducted every five years. Both Whiting and Grady recommend that people over 50 with low risk undergo the procedure in tandem with an annual fecal occult blood test.

- **Fecal Occult Blood Test (FOBT)**

Completely noninvasive, the FOBT is designed to identify traces of blood in your stool, blood that is invisible to the naked eye. Though quite inexpensive and as convenient as collecting a stool sample, the FOBT doesn't distinguish the source of blood, which can result in a false-positive test. Additionally, cancers and (most polyps) don't always bleed, which may then result in a false-negative.

- **Barium Enema**

Recommended every four to five years, this analysis involves coating the entire colon with barium, then viewing it via X-ray for abnormalities. Though this procedure carries less physical discomfort than the scopes, the doctor doesn't enjoy the potential of removing suspicious polyps and tissue. This test should also be issued together with an annual FOBT.



# Colon Cancer

Recent research developments may offer new standards in colon cancer screening. These tests include:

- **Capsule Endoscopy**This involves ingesting a pill-sized camera that records the middle portion of your colon. The endoscopy even contains its own light source. The apparatus detects intestinal bleeding and polyps, as well as inflammatory bowel disease, ulcers and tumors. Unfortunately, the pill-camera cannot remove troublesome polyps.
- **DNA Stool Testing**This looks for DNA changes in your stool that are caused by existing cancerous cells. Precancerous polyps are also revealed by DNA changes, as detected by genetic markers. According to the Mayo Clinic, this test ranges from 71 to 91 percent for detecting cancers, and from 51 to 82 percent for detecting large polyps.
- **Virtual Colonoscopy (VC)**A three-dimensional X-ray of the colon, hundreds of instant photographs are taken to capture the entire landscape of the colon wall. Though equally noninvasive and much more accurate than the barium enema, VC shares the same limitations on real time surgery as the barium enema. There is also the potential for missing the smallest polyps with this screening method.

These numerous screening tests, combined with an early-detection survival rate of nearly 95 percent, means there are few excuses for people to avoid a preventive procedure. Even Stage II detection leads to an 85 percent recovery rate. To add perspective, Stage IV recovery is but 5 percent. Most insurance companies, including Medicare, cover the standard cycles of tests as well.

“There are even new colonoscopes that are more flexible and less invasive,” Grady explains. “So if there is anything that can be done to prevent colon cancer it may come from more discussion about the importance of [timely] screenings.”

*aPlaceforMom.com*

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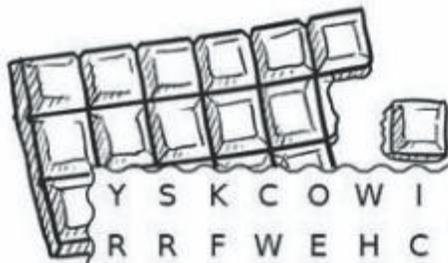


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# Candy Bar WORD SEARCH



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BUTTERFINGER  
CARAMELLO  
CHARLESTON CHEW  
CRUNCH  
FIFTH AVENUE  
HEATH

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KRACKEL  
MARS  
MILKY WAY  
MOUNDS  
MR. GOODBAR  
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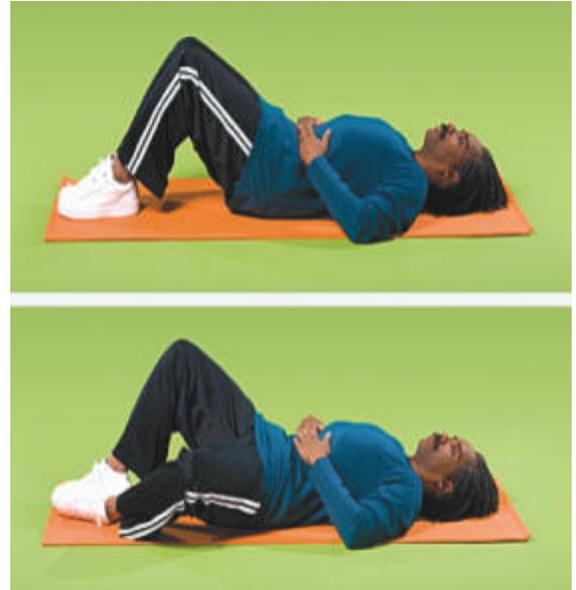
PAY DAY  
SNICKERS  
TAKE FIVE  
THREE MUSKETEERS  
TWIX  
WHATCHAMACALLIT  
ZERO

# Hip Stretch

## Targeted Muscles: Hip & Inner Thigh

This exercise will stretch your hip and inner thigh muscles. If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both shoulders on the floor throughout the stretch.
2. Slowly lower one knee as far as you comfortably can. Keep your feet close together and try not to move the other leg.
3. Hold position for 10-30 seconds.
4. Bring knee back up slowly.
5. Repeat at least 3-5 times.
6. Repeat at least 3-5 times with your other leg.



*go4life.nia.nih.gov*

## Recipe of the Month

# Easy Cauliflower "Mac and Cheese"

- Ingredients:**
- 1 head cauliflower
  - 1/2 cup heavy cream
  - 1 cup shredded cheddar cheese
  - 1 tsp minced garlic
  - 1 tbsp. butter

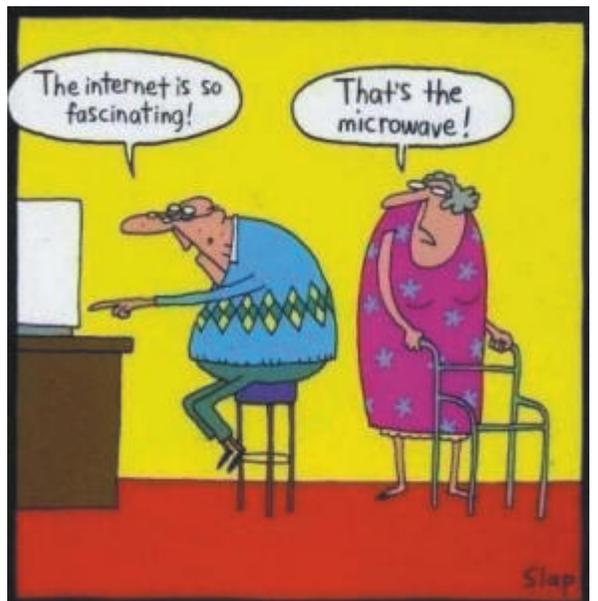
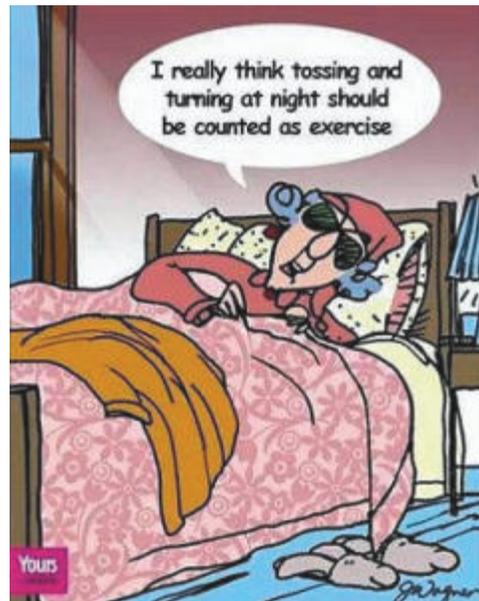
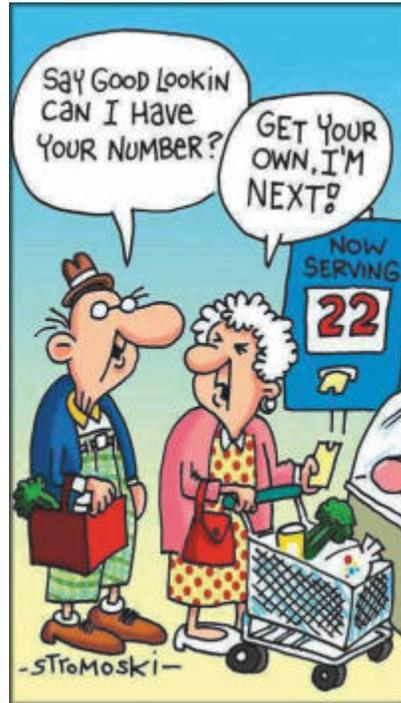
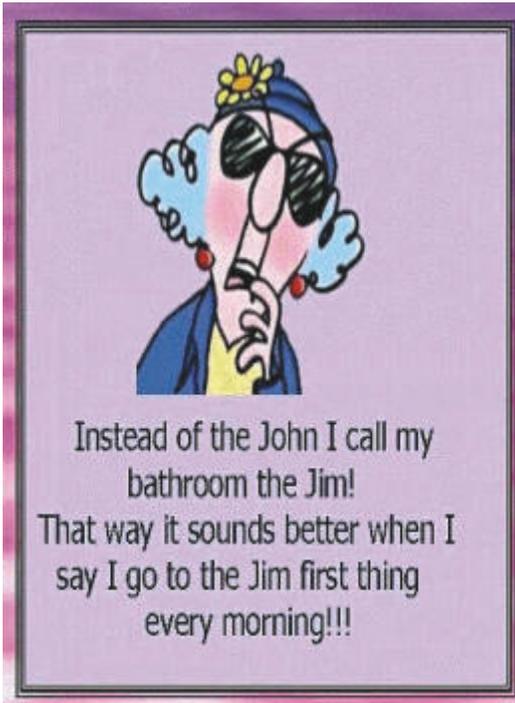
**Directions:**

1. Begin boiling a pot of water and preheat the oven to 375.
2. Cut cauliflower into small florets.
3. Put cauliflower into boiling water.
4. In a small sauce pan, melt butter and add garlic.
5. Cook garlic until fragrant.
6. Add whipping cream and cook on medium until bubbly.
7. Slowly add cheese and continue to stir, adding more cheese until sauce is thick.
8. Once the cauliflower is tender, remove from heat and drain.
9. Pat the cauliflower dry and add to a small casserole dish.
10. Pour cheese sauce over the top and stir in.
11. Top with additional cheddar cheese.
12. Bake until cheese is fully melted.



*Pinterest.com*

Just For Laughs...



## What's Happening Near You?



### DeWitt Senior Center

Tuesday/Thursday:  
Tai Chi Class 9am-10am

Wednesday:  
Coffee 9:30am-10:30am

*For questions in regards to  
DeWitt Senior Center,  
please call 402.683.6475*



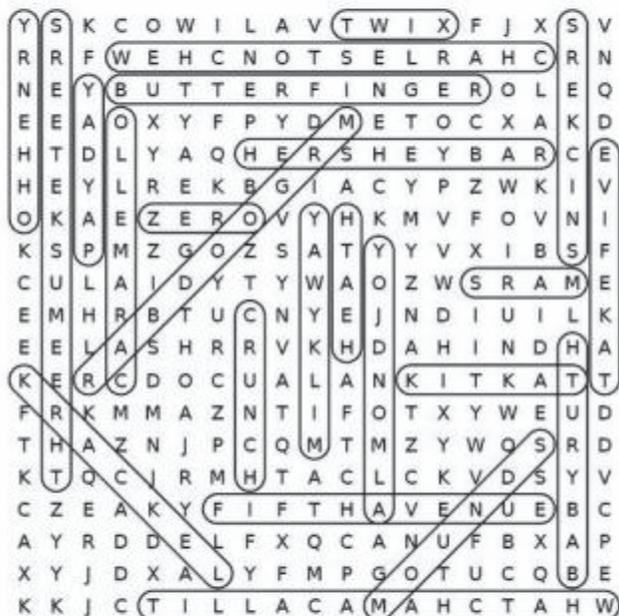
Darlene Zalesky  
Of  
Wilber, NE

received a \$5 gift card to  
Subway in May. Enjoy!

The answer to May's riddle,  
"What goes up and down but  
cant move?" — Staircase



### ANSWERS TO THIS MONTHS PUZZLES



### Interested in Home Delivered Meals??

For DeWitt call: 402.683.6475  
For Wilber & the rest of Saline County  
call: 402.821.3330

★HAPPY★  
BIRTHDAY!

*A special wish to all of the  
June birthdays out there from  
Saline County Aging Services!*

## 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 grows when it eats, but dies when it drinks?**

Please include your name & phone number with your answer!



## Eating the Colors of the Rainbow

Nutrition Education

As we know, living a healthy life includes making lifestyle choices; getting regular exercise; and eating a diet that is rich in fruits, vegetables and lean meats. What you may not know, is that incorporating various colors into your diet can have even more profound health-boosting benefits. Eating a variety of fruits and vegetables is vital to your overall health and well-being. Doctors, healthcare providers and registered dietitian nutritionists simply define eating the rainbow as “a diet that involves eating fruits and vegetables of various and different colors every day.” These various colors are called pigments, better known as phytochemicals, which give them their unique color and are packed with health benefits!

### Reds: Grapefruit, Watermelon, Tomatoes

The main phytonutrient in the red category is lycopene. Red fruits and vegetables have strong antioxidants. They provide anti-inflammatory benefits, help lower the risk of heart-related diseases, can impact your chances of getting certain types of cancers, and potentially protect our bodies from getting skin cancer related to overexposure in the sun.

### Yellows and Oranges: Carrots, Sweet Potatoes, Pineapple, Pumpkin, Tangerines, Corn

Main phytonutrient in the yellow/orange category is carotenoids, part of the Vitamin A family. Yellow/orange fruits and vegetables have strong antioxidants and anti-inflammatory properties. These fruits and vegetables specifically support eye health, while also lowering your chances of cancer and heart disease.

### Greens: Spinach, Broccoli, Kale, Avocados, Asparagus, Brussels Sprouts

Green fruits and vegetables contain various phytonutrients such as chlorophyll, carotenoids, indoles, isothiocyanates and glucosinolates. Specifically, cruciferous vegetables may help lower your chances of getting cancer and even heart disease. Green colored fruits and vegetables also play a role as an antioxidant and have anti-inflammatory benefits.

### Blues & Purples: Blueberries, Blackberries, Plums, Elderberries, Cabbages, Eggplant

Main phytonutrient is anthocyanins, a pigment. Fruits and vegetables in this color group can help to improve brain function, promote anti-inflammatory responses, impact the changes of heart disease, may lower the chances of Type 2 Diabetes, and may protect your body from certain cancers.



### Dark Reds: Beets, Prickly Pears

Main phytonutrient is betalains, a pigment. These colored fruits and vegetables could increase your athletic performance by increasing oxygen uptake in the body. These specific fruits and vegetables may even lower the risk of high blood pressure, heart disease and even certain cancers. Like most other brightly colored fruits, dark reds can provide anti-inflammatory properties.

### Whites and Browns: Garlic, Cauliflower, Onions, Mushrooms, Potatoes, Parsnips

Main phytonutrients are anthoxanthins (flavonols, flavones). These are water soluble pigments and allicin, an organic sulfur compound. These may be some of the most forgotten fruits and vegetables, but they pack a lot of benefits on their own right! These rather “plain” colored fruits and vegetables can really protect your body from cancers such as colon cancer, reduce your risk of heart disease, be a strong antioxidant and provide your body with anti-inflammatory benefits.

Aim for a diet that is high in fruits and vegetables. This is a great way to ensure that you are getting a variety of phytochemicals, but also a wide variety of nutrients! Choose brightly colored fruits and vegetables, which often have a higher nutritional value and are the best sources of phytochemicals.

Get creative and try something new! There are so many colorful fruits and vegetables available, especially when they are in their peak season. Try new produce or ones that maybe you did not previously like--your pallet may have changed over time. Set a goal to start small, incorporate produce you like and enjoy the tastes of the rainbow!

**If you have any questions regarding “Eating the Colors of the Rainbow,” call Aging Partners at 402-441-7159.**

# JUNE MEALS/PROGRAMS

The following dates/towns will be what we are offering for the month of June.  
We hope you can join us! **The meal is \$5.**

Tuesday, June 15th @ 11:30 —Wilber  
Lunch: Taco Tuesday!! We will offer tacos with toppings of choice.

Thursday, June 17th @ 11:30 — Western  
Lunch: Taco Tuesday!! We will offer tacos with toppings of choice.

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



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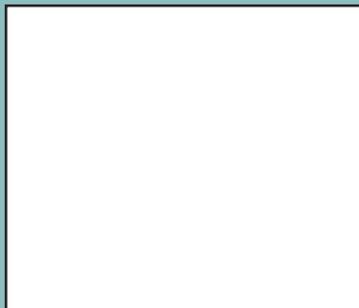
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