



BUTLER COUNTY SENIOR SERVICES



ALL AGES ARE WELCOME!

WE ARE NOW FULLY OPEN

We are now fully open 8:00am-4:00pm. Meals will be served at 12:00pm each day. Please call by 9:00am on the day you would like a meal.

From the month of May we will still have to go meals available. If you want a to go meal you must make a reservation by 9:00am and the pickup time will now be 10:45am for those meals.

Masks are still suggested but not mandatory. We are asking that you come to the front desk and have your temperature taken, either use hand sanitizer at the door or immediately wash your hands upon entrance and practice social distancing.

Please stay home if you are not feeling well.



MAY 2021



ABOUT OUR CENTER

BUTLER COUNTY TRANSIT VAN: Operates every day the Center is open. The van provides public transportation for all ages. The van travels to Lincoln, Omaha, Columbus and surrounding towns. Call for special rate days. Please call 402-367-6131 at least 36 hours in advanced to make an appointment.

BUSY WHEELS: This is public transportation for in town trips. This services is provided by our great volunteers. Hours are 8:30 - 2:30 on the days the Center is open. It is preferred to have appointments made a day in advanced. This is a curb to curb service.

CONGREGATE MEALS: We are again serving Congregate meals at the Center. We ask that you call to make a reservation by 9:00am on the day you would like a meal. Meals will be served at 12:00pm each day. The suggested cost for those over 60 is \$3.75 and the cost for those under 60 is \$4.75.

HOME DELIVERED MEALS: We also offer Home delivered meals to those that are physically unable to come to the Center to pick up a meal. The suggested cost of the meals are \$3.75 for those over 60. For more information regarding this services we ask that you call 402-367-6131 for more information.

SERVICES are provided without regard to race, origin, age, sex or handicap. We are a multipurpose program. Please call 402-367-6131 with any questions. Our operational hours at this time are 8:00am-3:00. Please leave a message if you call after hours or if it is an actual emergency please listen to the message and a cell phone number will be given.

 **Address:** 592 D St. David City, NE 68632

 **Phone:** 402-367-6131

 **Hours:** Monday - Friday: 8:00 AM - 4:00 PM

Butler County Senior Services Menu

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 All meals must be reserved the day before or by 9 A.M. the day of All meals are served with bread, milk, coffee, and water	3 Fish squares on a bun, potato wedges, Succotash, apricots	4 Alternative Hearing 9:00-10:00 Cornflake chicken, mashed potatoes, gravy, mixed veggies, jello with fruit <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Omaha</u>	5 Tacos, Mexi fries, black bean & corn salad, Mexican wedding cake	6 Pork cutlet, dumplings, sauerkraut, peaches <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Columbus</u>	7 Swiss Steak, hash browns casserole, cauliflower, fruit cocktail	8
9	10 Lasagna, green beans, pineapple, garlic bread	11 Caption Call 10:30-1:00 Oven fried chicken, sweet potato fries, buttered cabbage, banana & strawberries <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Lincoln</u>	12 Swedish meatballs, baked potato, creamed peas, jello salad	13 Belton 2-4 Ham, Au Gratin potatoes, stewed tomatoes, cinnamon applesauce <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Omaha</u>	14 Baked fish, macaroni & cheese, broccoli, pears	15
16	17 Parmesan chicken, roasted potatoes, Italian vegetables, mandarin oranges	18 Tater-tot Casserole, glazed carrots, lettuce salad, tropical fruit <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Columbus</u>	19 Chicken salad sandwich, potato salad, 3 bean salad, pears	20 David Place 12:30 Smothered pork, stuffing, Cauliflower & Broccoli, fruit salad <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Lincoln</u>	21 Beef Stroganoff on noodles, roasted Brussel sprouts & grape salad	22
23	24 Hot dog on bun, baked beans, coleslaw, baked apples	25 Hot beef sandwich, mashed potatoes, gravy, Harvard beets Halo orange <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Omaha</u>	26 Cream chicken on biscuit, parsley potatoes, Scandinavian vegetables, jello cake	27 Country ribs, baked potato, California blend, strawberry & bananas <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Columbus</u>	28 Tuna melt, party potatoes, mixed vegetables, pudding	29
30	31 CLOSED 		MENU SUBJECT TO CHANGE			

The suggested cost for those over 60 will now be \$3.75. We will keep this same price even after we decide it is safe to have sit down meals in the Center.

Tickets will be available for sale at the front desk.

Please as always ask if you have questions. Thank-you!!



Reopening: We are now fully opened! 8:00-4:00

Footcare & Hearing Aide Services: We will have a footcare clinic on May 4th & May 25th. If you need this service please call 402-367-6131 to make an appointment. Remember appointments fill up very quickly.

Alternative Hearing will be seeing clients the 1st Tuesday of the Month. She is typically here between the hours of 9:00-10:00.

Belton will be seeing clients the 2nd Thursday of the Month. He is typically here between the hours 2:00pm-4:00pm

Tai Chi We have decided to start Tai Chi again. The classes started on April 6th and are held Tuesdays & Thursdays at 9:30am. The instructors will be starting the class as though it is a beginners class. It has been a year or more since the last class. Please call with any questions.

Tips for Managing Allergies in the Elderly

Christopher Randolph, M.D., Fellow of the [American Academy of Allergy, Asthma and Immunology \(AAAAI\)](#) and allergist/immunologist in private practice in Connecticut, offers the following suggestions to help caregivers make allergy season more bearable for their aging loved ones.

1. Look for Allergy Symptoms

Allergies don't discriminate between the young and the old. Dr. Randolph says that people falsely assume the elderly do not get seasonal allergies when they are just as likely as anyone else to be affected when spring blooms begin to appear. In fact, adult-onset allergies are not unusual. Caregivers should be on the lookout for traditional signs like sneezing, coughing, congestion, runny nose, wheezing and itchy, watery eyes so they can nip them in the bud.

2. Inform Their Doctor

Dr. Randolph points out that it can be difficult for a physician to diagnose allergies in older individuals, especially during short appointments when they're focused on detecting and managing larger health issues. Allergy symptoms can easily take a backseat to more weighty symptoms like pain, depression and changes in mental state. Patients with Alzheimer's disease or other types of dementia may not be able to articulate their discomfort either. If you suspect that your loved one may have allergies, don't hesitate to inform the doctor of your concerns.

3. Be Aggressive

"Allergies have a larger impact on the lives and health of the elderly," explains Dr. Randolph. It makes sense; allergy symptoms, such as a nasal congestion, cough and an irritated throat, can be extremely dangerous for seniors with pre-existing cardiovascular problems or lung disease. This is why Dr. Randolph feels that allergies in the elderly should be treated as rapidly and aggressively as possible.

4. Avoid First-Generation Antihistamines

Certain antihistamines, the class of drug most commonly prescribed to treat allergies, can be dangerous for seniors. Two popular first-generation antihistamines include diphenhydramine (Benadryl) and chlorpheniramine (Chlor-Trimeton). According to the AAAAI, potential side effects of these over-the-counter medicines include anxiety, confusion, sedation, drowsiness, urine retention, dry mouth and eyes, and dizziness. In addition to these side effects being irritating, they can contribute to dangerous falls and even urinary tract infections (UTIs). Furthermore, Dr. Randolph says that antihistamines can potentially cause changes in mood or behavior in the elderly and may lead to dangerous interactions with other commonly prescribed medications. Instead of reaching for an over-the-counter antihistamine, speak with your loved one's doctor or pharmacist about alternative allergy treatments first. They will likely recommend a nasal steroid or some form of topical medication. If these options still aren't relieving your loved one's allergy symptoms, ask about using a second- or third-generation antihistamine, such as cetirizine (Zyrtec), loratadine (Claritin) or fexofenadine (Allegra). While the AAAAI recommends these allergy medicines for seniors since they cause fewer side effects, it is still important to provide a complete list of all medications a loved one is taking so their doctor or pharmacist can rule out potential drug interactions.

Try Drug-Free Solutions

Seasonal allergies are triggered by increases in allergens in the environment, such as mold spores and tree, grass and weed pollen. Minimizing exposure to these allergens is an obvious way to avoid bothersome allergic reactions. This is not always easy, but a few lifestyle changes can help. Getting outside to breathe in the fresh air, exercise and soak up a little sun is very important for seniors, but doing so during allergy season can leave them feeling worse afterwards. Weather forecasts these days typically include a pollen count or allergy forecast. The [AAAAI's National Allergy Bureau](#) collects air samples from stations around the United States and examines them microscopically to report local pollen counts and mold spore levels. Use this information to try to avoid outside activities when outdoor allergens are particularly high. If you and your loved one must go out, remember to wear sunglasses to avoid eye irritation. As soon as you come home, make a point of washing your hands, showering and changing into fresh clothes to avoid introducing allergens into the house. Saline nasal sprays can also help rinse allergens out of sinuses and nasal passages, thereby minimizing symptoms. If you and your loved one enjoy opening the windows for fresh air, try to do so only on low pollen days as well. Make sure your air conditioning unit is serviced regularly and equipped with a High Efficiency Particulate Air (HEPA) filter that can remove allergens from the air to keep them from circulating around the house. If your loved one also has indoor allergies to things like dust, dust mites and pets, they may benefit from using an air purifier.



Mother's Day Word Search



B N A M D N A R G D J V K B E C P U
 I S N O S S E L X Q N T C N D O R J
 M V K J J R Z G L F M O T H E R E K
 V N V A D Y H V M G E S L O V E S S
 Z N A V L T Z C B E L Y S C U G E H
 Y R T L I P Q S M U B I R T H E N S
 P V O Z H M I E N A D U E S U F T V
 T P G F C I W K I S S G W Z I Y S B
 X Z P B A F A M I L Y B O N Z C T W
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 C Z T A E E V H O M L C U M Q W I M
 R C O O K I N G N X V G V B M J F I



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 GRANDMA
 FLOWERS
 ADOPTION
 WISE



CHILD
 LOVE
 PRESENTS
 PERFUME
 LESSONS



PARENT
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Crockpot Baked Apples

6 - 8 medium unpeeled baking apples, washed and cored,
 but not all the way thru to bottom
 2 tablespoons raisins (optional)
 1/3 cup sugar
 1/2 teaspoon cinnamon
 2 - 3 tablespoons butter

Mix raisins (if using) with sugar; fill center of apples with
 this. Sprinkle cinnamon and dot with butter. Place apples
 in Crock-Pot, stacking if necessary to fit; add 1/2 cup water.
 Cover and cook on *Low* overnight or 8 hours. If using a
 large 5-quart Crock-pot add a bit more water.

MAY BIRTHDAY'S

1st Marce Sabata
 1st Dave McIntyre
 4th CeCe Bechtel
 6th Dan Engle
 9th Milo Vanis
 10th Judy Vanis
 10th Lucy Cooper
 13th Ed Hutchinson
 17th Esther Bailey
 18th Vivian Harris
 20th Bob Herling
 27 Don Ellison



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Steven Saalfeld, D.C.
Katie Saalfeld D.C.



may newsletter

On May 11th we will have a representative from Caption Call visiting the Center. She will be here from 10:30-1:00. Caption call is a captioning service that lets you hear and read what someone is saying. There is no cost for people with hearing loss that need captions to use the phone effectively. She will have a phone with her so you can see what it would be like too. Please come check out this service!



Volunteers & Donations

We really appreciate all of the Donations and Volunteers during this trying time. We wouldn't be able to operate without your continued support. Volunteers and donations for April: Virgene Otte, Barb O'Connell, Jane Dobesh, Glayda & Mervin Scofield, Dorothy Schultz, Ruby Langhorst, Ann Sabata, Bobbie Burgess, Keith & LeAnn Wisnieski, Marie Cunningham, Jackie Masek, David City Rotary, Mary Ann Long, Jim Bathen, Don Dollison, Donna Chemelka, Marlene Hein, Bill Sanley, Shirleen Kotil, Nancy Vrbka, Bev & Eldon Coufal, Bob & Jan Palik, Kathy Machal, Doris Stoll, Marilyn Sanderson, Jackie Mahlin, Pat Lyons, Diana McDonald, Diane Kozisek, Becky Fiscus and Joanna Brandenburgh. In memory of Kathy Bialas from Sharon Reisdorff, Esther Bailey, Glayda & Mervin Scofield, Dorothy Schultz, Bev & George Clymer. We also, want to Thank everyone for the amazing donations in memory of Betty Dolezal. There are too many to list each name at this time but there will be a complete list of names published in the Banner Press.

You are a GREAT asset to the Center. You can volunteer and make a difference in someone's life. If you are interested in being a volunteer or making a donation, please call 402-367-6131 for more information.

Butler County Senior Services

592 D Street

David City, NE 68632