



BUTLER COUNTY SENIOR SERVICES



ALL AGES ARE WELCOME!



FEBRUARY

©LPI

Bake Sale Fundraiser!

Friday February 4th

Come enjoy some good polka music and buy some amazing goodies too. We have not been able to do much fundraising with the pandemic so have decided to continue with the monthly bake sale. We've had such an amazing response. Please bring all goodies to the Center in the morning and if you could price them that would be terrific. If you want to join us for lunch that day, please call by 9:00 am to reserve a lunch. Thank-you to all that donate and purchase, it all helps!!

We hope to see you soon!!



FEBRUARY 2022

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 48 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 serve Congregate meals at the Center each day the Center is open. 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 service we ask that you call 402-367-6131.

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 are 8:00am-4:00. 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.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Alternative Hearing 1</p> <p>Chicken Pot Pie, mixed vegetables, peach crisp</p> <p>9:30 Tai Chi 12:30 Bingo 2:30-5pm Cards <u>Van to Columbus</u></p>	<p>2</p> <p>Ham or Liver & onions, potato wedges, carrots, pears</p> <p>9:00 Cards</p>	<p>3</p> <p>Cornflake chicken, mashed potatoes/gravy, succotash, fruit cocktail</p> <p>9:00 Cards 9:30 A.M. – Tai Chi <u>Van to Lincoln</u></p>	<p>Accordion Day 4</p> <p>Meatloaf, baked potato, creamed peas, jello with fruit</p> <p>9:00 Cards</p>
<p>7</p> <p>Spaghetti with meat sauce, lettuce salad, Italian veggies, garlic bread, pineapple</p> <p>9:00 Cards</p>	<p>8</p> <p>Italian Chicken, wild rice, California blend & rosy apple</p> <p>9:30 Tai Chi 12:30 Bingo 2:30-5pm Cards <u>Van to Omaha</u></p>	<p>9</p> <p>Patty Melt, parsley potatoes, wax beans, grapes</p> <p>9:00 Cards</p>	<p>10</p> <p>Belton 2-4pm White Chicken Chili, Brussel Sprouts, Toss Salad & Rhubarb Muffins</p> <p>9:00 Cards 9:30 Tai Chi <u>Van to Columbus</u></p>	<p>11</p> <p>Runza casserole, tater tots, peas, jello cake</p> <p>9:00 Cards</p>
<p>14</p> <p>Oven fried chicken, scalloped potatoes, green beans, rosy applesauce</p> <p>9:00 Cards</p>	<p>15</p> <p>Hamburger gravy on mashed potatoes, corn, plums</p> <p>9:30 A.M. – Tai Chi 12:30 Bingo 2:30-5:00 Cards <u>Van to Lincoln</u></p>	<p>16</p> <p>Baked Fish, garden rice, mixed vegetables, fruit salad</p> <p>9:00 Cards</p>	<p>17</p> <p>Roast Turkey, stuffing, broccoli & cauliflower salad, tropical fruit</p> <p>9:00 Cards 9:30 Tai Chi <u>Van to Omaha</u></p>	<p>18</p> <p>Potato soup, ham sandwich, carrot & celery sticks, chocolate pudding</p> <p>9:00 Cards</p>
<p>21</p> <p>Closed for President's Day</p>	<p>22</p> <p>BBQ Meatballs, sweet potato fries, baked beans, ½ banana</p> <p>9:30 A.M. – Tai Chi 12:30 Bingo 2:30-5:00 Cards <u>Van to Columbus</u></p>	<p>23</p> <p>Pork cutlet, mashed potatoes w/gravy, sauerkraut, jello w/fruit</p> <p>9:00 Cards</p>	<p>24</p> <p>BirthDay Day Chicken Alfredo over buttered noodles, beets, lettuce salad, garlic bread, banana bars</p> <p>9:00 Cards 9:30 A.M. – Tai Chi <u>Van to Lincoln</u></p>	<p>25</p> <p>Fish squares on a bun, pea salad, coleslaw, peaches</p> <p>9:00 Cards</p>
<p>28</p> <p>Swiss Steak, oven fried potatoes w/onions, carrots, mandarin oranges</p> <p>9:00 Cards</p>	<p>All meals are served with bread, milk, coffee, and water</p>	<p>All meals must be reserved the day before or by 9 A.M. the day of, by calling 402-367-6131</p>	<p>All ages welcome Suggested cost for 60 & up \$3.75 and fee for 60 & under is \$4.75</p>	<p>Meals are subject to change</p>

How to Adopt a Heart-Smart Lifestyle during Retirement

Heart disease is the leading cause of death for both men and women worldwide. Research shows that 1 in 4 deaths can be attributed to heart disease. Experts say it doesn't have to be this way. Many risk factors that contribute to cardiac diseases can be controlled with a healthy lifestyle.

In honor of National Heart Month, recognized in February each year, we are sharing steps you can take to lower your risk for heart disease.

1. Eat a healthy breakfast: Start the day off right with a well-balanced breakfast. This sets the tone for the food choices you'll make all day. A breakfast high in fiber and protein, such as a bowl of oatmeal or a smoothie, will also keep you feeling full longer. That makes you less likely to reach for sugary treats midmorning.

2. Sweets in moderation: Everyone likes a sweet treat now and then. The key is to indulge only in moderation. Elevated blood sugar levels are linked to heart disease, especially for women. The American Heart Association guidelines recommend no more than 6 teaspoons per day of added sugar for women, and 9 teaspoons for men.

3. Skip processed foods: Western diets are often filled with packaged and processed foods. Though they may be convenient, most are high in sodium, trans fat, and calories. Too much sodium increases blood pressure putting you at a high risk for cardiac-related illnesses. The added calories and fat can also contribute to weight gain and obesity.

4. Limit alcohol: You may be surprised to learn that overindulging in alcohol can increase your risk for heart disease. While some studies seem to indicate red wine is good for



your heart, it's important to limit how much you consume. Ask your physician for advice on how much alcohol is safe considering your personal medical history.

5. Stay active: A sedentary lifestyle, especially when combined with a lack of exercise, also raises your risk for heart disease. In fact, researchers say sitting too much can be as dangerous for your health as smoking! Lower your risk by exercising at least 150 minutes a week and avoid sitting for long periods of time. It might help to invest in a fitness tracker that counts the steps you take, as well as alerts you if you've been sedentary for too long.

6. Sleep well: Many adults underestimate the importance of a good night's rest. Too little sleep leaves you tired and groggy. That can cause you to make bad choices during the day, such as watching too much television or indulging in too many carbohydrates. If you aren't able to sleep well or if you feel tired when you wake up, talk to your physician. You might have a medical issue that needs to be addressed.

7. Manage stress: Finding positive ways to manage stress is another important factor in maintaining a healthy heart. Walking, cycling, swimming, and yoga are a few types of exercise that help. Spending time enjoying friends and family is another stress-buster. Keeping a daily journal may also be a good idea. Documenting the day's ups and

downs can help you find perspective that you might not otherwise.

8. See the doctor: Having a physician you can count on and feel comfortable with is important. You are more likely to stay on track with preventative tests and screenings when you have a doctor you see on a regular basis.

9. Stop smoking: If you are a smoker, find a cessation program that will allow you to kick the habit. Smoking is a leading cause of heart disease. One out of five heart-related deaths in this country can be linked to smoking.

Learn More about Heart Health

Visit the American Heart Association online where you will find a variety of resources ranging from recipes to exercise tips!





Valentine Words

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

Word List:

ADORE
 BELOVED
 CANDY
 CHOCOLATE
 DESIRE
 FEBRUARY
 HEART
 LOVE
 RED
 SWEETHEART

AFFECTION
 BEMINE
 CARDS
 CUPID
 DEVOTION
 FLOWERS
 HONEY
 LOVEBIRDS
 ROMANCE
 SWEETS

AMOROUS
 BOUQUET
 CHERISH
 DARLING
 EMBRACE
 FOURTEENTH
 HUGS
 PINK
 ROSES
 TEDDYBEAR

ARROW
 CANDLELIGHT
 CHERUB
 DEAR
 ENDEARMENT
 FRIENDS
 KISSES
 POEM
 SECRETADMIRER
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Winter Weather Policy

With winter weather around the corner we wanted to remind everyone that if the schools are closed due to the weather we too will be closed. We know it can be confusing when the schools are closed for the Holidays so we will post the closing as soon as we decide on the Columbus radio stations KLIR 101-101.0, KZEN KZ100-100.3, THE HAWK KKOT 93.5 also TV Station 10/11. We will also post it on our Facebook page and we will try to get to the Center to put it on the answering machine. Please understand if the weather is really bad it maybe hard for us to get to the Center. We may not make a decision until daylight too so please be patient. Thank you for your understanding and as always please ask if you are not sure about this information. Thank you!



Tuesday Card Reminder:

There will be no evening cards November—February. With winter upon us, we feel it is better to cancel evening cards. We do not want anyone out in the evenings especially when it gets bitter cold out. We do encourage you to come to the Center during the day to play cards. We will have planned afternoon cards on Tuesday afternoons. The planned time is 2:00-4:30. Please do not get discouraged if you come and some are already playing. Several people like to start playing after Bingo. Please be patient and start another game as soon as there are enough to play. **We really hope you will come and enjoy an afternoon of fun & comradery!!**



HEARING AID CENTER
OF COLUMBUS

3704 23rd St.
402-563-2787
Mindy Wemboff, BS, HIS

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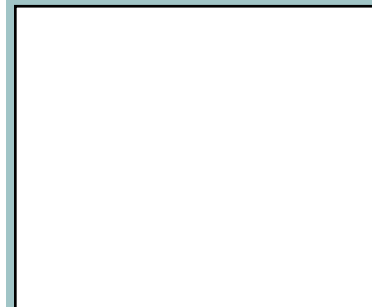

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sc40406@windstream.net
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"There is nothing more important than a good, safe, secure home."

Beer Bread

3Cups of all-purpose flour
 1/3 Cup sugar
 1 Tbs baking powder
 1/2 tsp salt
 12 oz beer
 3 Tbs melted butter
 In a large mixing bowl combine flour, sugar, baking powder salt and beer. This will be sticky. Do not overmix.
 Place batter in a greased 9x5 inch loaf pan. Pour melted butter of the bread dough.
 Bake bread in preheated oven at 350 degrees for 50-60 minutes.

VARIATIONS IDEAS

Garlic – Mince a few cloves of garlic and mix into the batter for a garlic flavor.
Cheese – Add in a cup of shredded cheese to the batter. This could be any type of cheese like cheddar or pepper jack.
Herbs – Mince some fresh herbs like rosemary or thyme. Dried herbs will also work. Just add either into the batter.
Spice – Want a kick to your beer bread? Add in sliced jalapenos or green chilies and cheddar cheese for a fun twist.

Does it taste like beer? Yes! Buttery, thick, rich beer and it's delicious! No worries, all the alcohol cooks out of the bread so it's safe for everyone to enjoy.
 Is there a substitute for beer? Yes, if you don't have any beer on hand, you can substitute with ginger ale.
 How do I store it? Place in an airtight container and store at room temperature for 2-3 days.
 To freeze, simply let cool, wrap in plastic wrap, then in foil, then place in a zip lock bag. This will keep for up to 6 months.

Words of Wisdom

In life, we must always find out things straight from the horse's mouth and not listen to the people spreading the gossip.

You can't live a positive life with a negative mind!

Don't see everyone's flaws. Don't listen to everything you're told. Don't speak if it's not kind. Always look for the good in people. Not everything is truth. Only speak words of kindness.

Thank You for your support

Volunteers, Donations and Memorials

We really appreciate all of the Donations and Volunteers. We wouldn't be able to operate without your continued support. Volunteers and donations for December: Virgene Otte, Barb O'Connell, Esther Bailey, Jane Dobesh, CeCe Bechtel, Lynda Bernt, Glayda Scofield, Dorothy Schultz, Bobbie Burgess, Ann Sabata, Keith & LeAnn Wisnieski, Marie Cunningham, Jackie Masek, David City Rotary, Connie Perry, David City Rotary, Region V, St Joseph Villa/Court, David Place, VSSI, Vivian Harris, Donna Chemelka, Bill Anzel, Jeanie Hein, Rose Vanis, Sharon Reisdorff, Tony Dolezal, Jan & Bob Palik, Richard & Pam Rees, Donna & Bob Steager, Pauline Dvorak, Diana McDonald, Diane Kozisek, Becky Fiscus and Joanna Brandenburgh.

In memory of Marie Hoeft from Dorothy Schultz, Diane & Tim Kozisek. In memory of Don Medinger from Dorothy Schultz. In memory of Tom Barlean from Diane & Tim Kozisek. In memory of Gary Remmers from the Remmers family. In memory of Gene Zegers from Sharon Reisdorff, Dorothy Schultz, Jeannie Zegers, Jay & Kim Franklin. In memory of Meg Hlavac from LeAnn & Keith Wisnieski. In memory of all family & friends lost in 2021 from Diane, Tim & Nick Kozisek.

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.

REMEMBER TO MARK YOUR CALENDARS

Accordion Jam: We have Accordion Players come to the Center the 1st Friday of the month to entertain us. If you play the Accordion or another instrument that would go along with this you are welcome to come & participate. If you just enjoy Polka Music we hope you come and join in the fun. Music is from 10:30 a.m. - 2:30 p.m. with a break for lunch at 12:00 p.m.

Bake Sale: We will be having a Bake Sale along with the Accordion Jam this month. Please try to price your goods if you are bringing any. Bake sale starts at 9:00am.

Bingo: Every Tuesday after lunch we play Bingo.

Footcare: We are uncertain at this time when the next footcare clinic will be. As soon as we are able to schedule appointments will be contacting people. Please be patient.

Alternative Hearing: will be seeing clients the 1st Tuesday of the Month between the hours of 9:00 - 10:00 a.m.

Beltone: will be seeing clients the 2nd Thursday of the Month. He is here between the hours of 2:00 - 4:00 p.m.

Tai Chi: Classes are held Tuesdays & Thursdays at 9:30am. Please call with any questions.

Tuesday Afternoon Cards: We will be taking a Winter break from evening cards. With winter weather it is too hard to predict how it will be in the evenings. Tuesday Afternoon Cards will be from 2:00 - 4:30 p.m. Please sign up so we know how many to expect. Coffee & water will be provided along with an occasional snack.

Birthday Day: Once a month we celebrate the birthdays for that month. Those that have a birthday that month usually bring a cake to help celebrate. This month Birthday Day will be **February 24th**.

St. Joseph's Villa & Court



927 7th St. David City, NE 68632 * 402-367-3045
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Katie Saalfeld D.C.



8 BUTLER COUNTY SENIOR SERVICES



Happy Birthday!

1st Ramona Svoboda
2nd Bev Coufal
3rd Diana McDonald
3rd Ramona Ellison
6th Marianne Long
11th Ann Sabata
15th Glayda Scofield
21st Donna Steager
21st Marian Cole
24th Kathy Machal
25th Trinity Stoffer
28th John Schmidt



Butler County Senior Services

592 D Street
David City, NE 68632