



BUTLER COUNTY SENIOR SERVICES



ALL AGES ARE WELCOME!



Bake Sale Fundraiser!

Friday March 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!!

MARCH 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.

Butler County Senior Services Menu

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All meals are served with bread, milk, coffee, and water All ages welcome Suggested cost for 60 & up \$3.75 and fee for 60 & under is \$4.75</p>		<p>Alternative Hearing 9am 1</p> <p>Chicken Cordon Bleu casserole, Brussel sprouts, & apricots</p> <p><u>9:30 A.M. – Tai Chi & Cards</u> <u>12:30 Bingo</u> <u>2:30-5:00 Cards</u> <u>Van to Omaha</u></p>	<p>Ash Wednesday 2</p> <p>Grilled cheese sandwich, tomato soup, Italian vegetables and cherry bars</p> <p><u>9:30 A.M. – Cards</u></p>	<p>3</p> <p>Salisbury Steak, wild rice, California blend, & baked apples</p> <p><u>9:30 A.M. – Tai Chi & Cards</u> <u>Van to Columbus</u></p>	<p>Accordion Day 4</p> <p>Tuna noodle casserole, mixed vegetables, Ambrosia salad</p> <p><u>9:30 A.M. – Cards</u></p>	5
<p>6</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>7</p> <p>Meatloaf, hash browns, Scandinavian vegetables, pears</p> <p><u>9:30 A.M. – Cards</u></p>	<p>8</p> <p>Cornflake chicken, mashed potatoes & gravy, succotash, tropical fruit</p> <p><u>9:30 A.M. – Tai Chi & Cards</u> <u>12:30 Bingo</u> <u>2:30-5:00 Cards</u> <u>Van to Lincoln</u></p>	<p>9</p> <p>Sloppy Joe, steak fries, coleslaw, zucchini bars</p> <p><u>9:30 A.M. – Cards</u></p>	<p>10</p> <p>Swedish meatballs on white rice, carrots & pineapple</p> <p><u>9:30 A.M. – Tai Chi & Cards</u> <u>Van to Omaha</u></p>	<p>11</p> <p>Broccoli cheese soup, Egg Salad Sandwich, toss salad, mandarin oranges</p> <p><u>9:30 A.M. – Cards</u></p>	12
<p>13</p> <p>Daylight Savings Time Begins</p>	<p>14</p> <p>Cheeseburger casserole, mixed vegetables, strawberry bananas</p> <p><u>9:30 A.M. – Cards</u></p>	<p>15</p> <p>Smothered pork chop, mashed potatoes, green beans, pudding</p> <p><u>9:30 A.M. – Tai Chi & Cards</u> <u>12:30 Bingo</u> <u>2:30-5:00 Cards</u> <u>Van to Columbus</u></p>	<p>16</p> <p>BBQ chicken, potato salad & baked beans, fruit cocktail</p> <p><u>9:30 A.M. – Cards</u></p>	<p>17</p> <p>Corned beef, baby carrots potatoes & cabbage, pistachio fluff</p> <p><u>9:30 A.M. – Tai Chi & Cards</u> <u>Van to Lincoln</u></p>	<p>18</p> <p>Salmon Loaf, creamy potatoes, Italian vegetables, peach crisp</p> <p><u>9:30 A.M. – Cards</u></p>	19
<p>20</p>	<p>21</p> <p>Polish sausage, dumplings & sauerkraut, mandarin oranges</p> <p><u>9:30 A.M. – Cards</u></p>	<p>22</p> <p>Porcupine meatballs, baked potato, creamed peas, rosy applesauce</p> <p><u>9:30 A.M. – Tai Chi & Cards</u> <u>12:30 Bingo</u> <u>2:30-5:00 Cards</u> <u>Van to Omaha</u></p>	<p>Birthday Day 23</p> <p>Hot Beef sandwich, mashed potatoes & gravy, mixed vegetables, peaches</p> <p><u>9:30 A.M. – Cards</u></p>	<p>24</p> <p>Turkey & wild rice soup, California blend, biscuit, jello with fruit</p> <p><u>9:30 A.M. – Tai Chi & Cards</u> <u>Van to Columbus</u></p>	<p>25</p> <p>Fish on a bun, potato wedges, fresh salad, pineapple upside down cake</p> <p><u>9:30 A.M. – Cards</u></p>	26
<p>27</p> 	<p>28</p> <p>Taco salad, corn & black bean salad, mexi fries, banana</p> <p><u>9:30 A.M. – Cards</u></p>	<p>29</p> <p>Parmesan chicken over noodles, spinach, apricots</p> <p><u>9:30 A.M. – Tai Chi & Cards</u> <u>12:30 Bingo</u> <u>2:30-5:00 Cards</u> <u>Van to Lincoln</u></p>	<p>30</p> <p>Rueben casserole, steak fries, green beans, apple salad</p> <p><u>9:30 A.M. – Cards</u></p>	<p>31</p> <p>Ham, Broccoli & cheese on open faced English muffin, Fresh fruit</p> <p><u>9:30 A.M. – Tai Chi & Cards</u> <u>Van to Omaha</u> Aging Partners Attorneys will be here after lunch.</p>		

Nutrition as We Age

Healthy eating habits are important throughout our life and there are times when our nutritional needs may change. Enjoying a variety of foods from each food group helps provide our body with the specific nutrients we need as we age. Healthy eating and exercise habits may also help reduce the risk of chronic disease, maintain a healthy weight, and improve mental and social well-being. There are unique nutritional needs that develop as we age. Some of these needs are due to physical and physiological changes. Some changes may occur in how our body breaks down and absorbs nutrients. Other changes may occur in our ability to taste, smell or chew food. Understanding how these factors influence our eating habits helps us be more aware of the types of foods we are including in our diets.

Changes in nutritional needs

Protein is an important nutrient that helps maintain muscle mass. The recommendations for women of 60 years of age are between 5 to 6 oz. daily and for men 5.5 to 6.5 oz. daily. Aim to incorporate a variety of lean proteins such as poultry and fish while also getting a variety of non-meat protein sources such as beans, nuts and lentils. Beans and nuts are also good sources of fiber and help promote digestive health.

Focus on foods that are good sources of calcium, Vitamin D, Potassium, Vitamin B12 and dietary fiber. Changes in how our body breaks down, absorbs and processes these nutrients can change with age and it's important to ensure that we are eating a variety of fruits, vegetables, whole grains and low-fat dairy products to get the nutrients our body needs.

Hydration is especially important as our sense of thirst may decrease with age, and we may be more prone to dehydration. We often hear to follow the 8-by-8 guidelines, which state that we should drink eight 8-fluid ounce glasses of liquid each day. Water needs may vary by person so another good way to ensure you are getting enough is to drink enough fluids to go to the restroom every 2 to 4 hours. Other liquids and foods can contribute towards total water intake, but water is the golden ticket. Maintaining adequate hydration can help to promote digestive health, regulate body temperature and maintain a healthy metabolism.

Changes in taste or smell can also impact our food choices. Try various seasonings and cooking methods. Consider incorporating softer foods, such as canned or frozen fruits and vegetables, which may be easier to chew compared to fresh fruits and vegetables.

Food Safety

Practice food safety is one of the easiest and most important ways to prevent the onset of food-borne illnesses. Older adults are at a higher risk of developing food-borne illnesses due to physical changes in the body, effects of certain medications, or compromised immune systems.

Clean: Wash hands, utensils and surfaces often.

Separate: Separate raw meat, poultry, fish and eggs in the refrigerator as well as on cutting board. Make sure to wash cutting boards and knives when going from raw meat to other foods such as produce.

Cook: Cook foods to the proper temperature. This reduces the risk of food-borne illness.

Chill: Refrigerate foods immediately. Bacteria grows best in the Temperature Danger Zone, which is between 40 degrees and 140 degrees.

Using a food thermometer is the best way to ensure that foods are cooked to a proper internal temperature.

Make meals fun!

Make meals social by dining with friends, family or neighbors. Set the table, light some candles, and turn on some of your favorite music to help set the mood. Get creative with different spices and seasonings as well as different cooking methods. Enjoy a variety of foods from each food group and aim to include a variety of colorful entrees and side dishes.

Written by: Jill Engel, Aging Partners

Reviewed by: Ann Goshorn, MS, RD, LMNT, CLC

Sources: www.foodsafety.gov, www.myplate.gov, www.nutrition.gov

March is the month we should prepare for severe thunderstorms and tornados!!

Be prepared for severe weather that frequents your area in advance.

Have a place prepared in your home to take shelter.

Have a communications plan in place.

Have an emergency supplies kit ready for places you frequent the most (home, work, car). Make sure batteries are new in your flashlights and it's a good idea to have a battery-operated radio that you can listen to if the electricity goes out. Also, it's a good idea to have a battery pack that you can charge your cell phone with.

Review your insurance policy to ensure proper coverages are in place.

Heed warnings from local officials.

Understand your responsibilities as a policyholder post-disaster.

Keep some canned foods and water on hand in case of loss of electricity.

March Madness

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

Word List:

ANNOUNCERS
CHAMPIONSHIP
CUTDOWNTHENET
ELITEEIGHT
GUARD
PASS
REGIONAL
STEAL
TECHNICALFOUL
TOURNAMENT

BASKETBALL
CINDERELLA
DEFENSE
FINALFOUR
NET
PLAYERS
SEED
SWEETSIXTEEN
THEDANCE
UNDERDOG

BRACKET
COACH
DRIBBLE
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OFFENSE
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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!!**

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Easy Egg Casserole

8 eggs beaten
1 medium pepper diced
1/2 cup onion diced
1 T butter or oil
1/2 cup diced ham, crumbled
bacon or cooked sausage
2/3 cup shredded cheddar
cheese
salt & pepper to taste

Instructions:

Preheat oven to 350 degrees F.
Grease an 8x8 dish, set aside. In a skillet, over medium heat, saute the peppers and onions in the butter or oil until they are soft. Remove from heat & let cool. Whisk the eggs, add veggies and desired meat. Stir to combine and pour into baking dish. Top with shredded cheese. Bake in preheated oven for 20-25 minutes or until a knife comes out clean.

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 Andel, Jeanie Hein, Butch Hain, Jim Bathen, Rose Vanis, Sharon Reisdorff, Tony Dolezal, Peg Kaufman, Willis & Maxine Svoboda, Donna & Bob Steager, Doris Stoll, Bill Sanley, Betty Tarr, Diana McDonald, Diane Kozisek, Denise Marvin, Becky Fiscus and Joanna Brandenburgh.

In memory of Marie Hoefl from Dorothy Schultz, Diane & Tim Kozisek. In memory of Mary Jane Baer from Dee Lanspa. In memory of Olga Lehr from LeAnn & Keith Wisnieski, Bev & George Clymer, Bev & Richard Bennett, Rose Vanis, Karen & Randy Fendrich, Marianne Ziethen, Dianne Musil, and Dorothy Schultz. In memory of Betty Scheffler from Helen Zavodny, Donna & Ben Steager, LeAnn & Keith Wisnieski & Dorothy Schultz. In memory of Lorrien Givens from Helen Zavodny, LeAnn & Keith Wisnieski & Dorothy Schultz. In memory of Jane McElravy from Rose Vanis. In memory of Tom Barlean from the family of Tom Barlean, Bev & George Clymer, Dorothy Schultz, and Dee Lanspa. In memory of Meg Hlavac from the family of Meg Hlavac, Bev & George Clymer, Beth & Brian Zeilinger.

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.

Raffle

Help support Butler County's local Senior Center

*by purchasing chances to win this set of 2 outdoor chairs
donated by Jerry Steager.*

Jerry handcrafts these chairs, and they are valued at \$250.00.



*Tickets can be purchased at The Butler Co. Senior Services –
592 D Street during business hours 8:00-4:00 Monday – Friday.*

Tickets are 6 for \$5.00 or 1 for \$1.00.

Drawing will be held May 6th.



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 having Footcare clinics on March 15th & April 5th. Please call 402-367-6131 to make an appointment. Aging Partners has increased the suggested cost of this service to \$20.00.

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 March 23rd.

Right at Home: Will be here March 24th to let us know of the services they provide.

Aging Partners: Will be at the Center after lunch on March 31st to help people write out for free Power of Attorney forms. Mary Willson, who is a lawyer will be here with an associate. Please come take advantage of this free service!!

St. Joseph's Villa & Court



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St. Joseph's is a full-service provider offering skilled nursing, rehabilitation services (Physical Therapy, Occupational Therapy and Speech Therapy), memory support services in St. Theresa's Garden and Assisted Living.



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Happy Birthday!

4th Carma Schmidt
7th Donna Steager
7th Marilyn Smith
8th Barb Ingwersen
9th Donna Chmelka
12th Doris Stoll
20th Jane Dobesh
26th Lynda Bernt
26th Susan Birkel
27th Bobbie Burgess
29th Jerry Steager

MARCH



Butler County Senior Services

592 D Street
David City, NE 68632