



# BUTLER COUNTY SENIOR SERVICES



ALL AGES ARE WELCOME!



## Bake Sale Fundraiser!

Friday May 6th, 2022

Come enjoy some good polka music and buy some amazing goodies too. We have been doing so well with the monthly bake sale and have had such a positive response, we have decided to continue with the monthly bake sale. 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!!



APRIL 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.

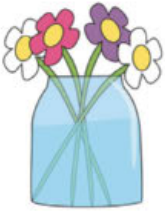
**CONGREGATE MEALS:** We serve Congregate meals at the Center each day the Center is open. We ask that you call to make a reservation by 9:00am on the day you would like a meal. Meals will be served at 12:00pm each day. The suggested cost for those over 60 is \$3.75 and the cost for those under 60 is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

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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	2 Fish squares on a bun, potato wedges, coleslaw, apricots <u>9:00 Cards</u>	3 Alternative Hearing 9:00-10:00 Cornflake chicken, loaded mashed potatoes, mixed veggies, jello with fruit 9:30 Tai Chi 12:30 Bingo 2:30-5pm Cards <u>Van to Omaha</u>	4 Tacos, Mexi fries, patio pintos, Mexican wedding cake <u>9:00 Cards</u>	5 Pork cutlet, mashed potatoes & gravy, carrots & peaches <u>9:00 Cards</u> 9:30 A.M. – Tai Chi <u>Van to Columbus</u>	6 Accordion Day Bake Sale Swiss Steak, hash browns casserole, cauliflower, fruit cocktail <u>9:00 Cards</u>	7
8	9 Lasagna, garden salad, pineapple, garlic bread <u>9:00 Cards</u>	10 Swedish Meatballs on buttered noodles, green beans & jello salad 9:30 Tai Chi 12:30 Bingo 2:30-5pm Cards <u>Van to Lincoln</u>	11 Oven fried chicken, sweet potato fries, buttered cabbage, plums <u>9:00 Cards</u>	12 Potato Bake Beltone 2-4 Hamburger gravy on mashed potatoes, California Blend & Creampuff dessert <u>9:00 Cards</u> 9:30 A.M. – Tai Chi <u>Van to Omaha</u>	13 Baked fish, macaroni & cheese, broccoli, pears <u>9:00 Cards</u>	14
15	16 Parmesan chicken, roasted potatoes, Italian vegetables, mandarin oranges <u>9:00 Cards</u>	17 Footcare Tater-tot Casserole, glazed carrots, & tropical fruit 9:30 Tai Chi 12:30 Bingo 2:30-5pm Cards <u>Van to Columbus</u>	18 Ham or Liver & Onions, Au Gratin potatoes, stewed tomatoes, cinnamon applesauce <u>9:00 Cards</u>	19 Tuna melt, pasta salad, mixed vegetables, fruit salad <u>9:00 Cards</u> 9:30 A.M. – Tai Chi <u>Van to Lincoln</u>	20 Smothered pork, mashed potatoes/gravy, Cauliflower & Broccoli, pudding <u>9:00 Cards</u>	21
22	23 Hot dog on bun, baked beans, coleslaw, baked apples <u>9:00 Cards</u>	24 Beef Stroganoff on noodles, roasted Brussel sprouts & grape salad 9:30 Tai Chi 12:30 Bingo 2:30-5pm Cards <u>Van to Omaha</u>	25 Chicken salad sandwich, potato salad, 3 bean salad, peaches <u>9:00 Cards</u>	26 Birthday Day Hot beef sandwich, mashed potatoes, gravy, beets, jello cake <u>9:00 Cards</u> 9:30 A.M. – Tai Chi <u>Van to Columbus</u>	27 Country ribs, baked potato, cream peas, fresh fruit <u>9:00 Cards</u>	28
29	30 <b>CLOSED</b> <b>MEMORIAL</b> *****day****	31 Cream chicken on biscuit, Scandinavian vegetables, strawberries & bananas	<b>MENU SUBJECT TO CHANGE</b>			

## Nutrition as We Age

### The Mind Diet

Recent findings from a 20-year study from the Chicago Health and Aging Project have shown that certain dietary patterns may have the possibility to improve brain health and lower the risk of developing Alzheimer's disease. The MIND Diet was developed because of this research. The MIND diet is a hybrid between the Mediterranean and DASH diets. It is packed full of plant-based foods that are similarly recommended in the Mediterranean and DASH diets, as well as fish and poultry. It also encourages limiting saturated fats and added sugars. The main difference is that the MIND diet focuses more on specific foods and food groups.

### Don't Skip the Veggies

The MIND diet recommends eating 2 or more servings of vegetables per day and at least one serving of leafy green vegetables per day. Leafy green vegetables contain an abundance of antioxidants and are rich in phytochemicals. They are also packed with folate, Vitamin E, carotenoids and flavonoids.

Cruciferous vegetables such as broccoli, cabbage and kale are also very important. Research has shown that eating cruciferous vegetables can slow your cognitive decline and keep your brain running smooth after just one serving.

### Load Up on Berries and Cherries

It has been shown that individuals who ate the most blueberries and strawberries had the slowest rates of cognitive decline. The MIND diet recommends eating 2 or more servings of berries per week. Any type of berries is healthy, although blueberries may be more beneficial. Berries are full of flavonoids which can help protect the body against free radicals.

### Fish and Omega-3 Fatty Acids

The MIND diet recommends consuming seafood at least once weekly with a focus on fatty fish such as salmon, mackerel, herring and sardines. Seafood is high in Omega-3 fatty acids. These types of fish not only improve cognitive function in older adults, but also can work to prevent and even slow the progression of age-related cognitive conditions.

Get creative with your cooking by trying various cooking methods such as grilling, baking, broiling and roasting. Experiment with different herbs and spices such as lemon, garlic or dill.

## POTATO BAKE

592 D St David City

**BUTLER COUNTY SENIOR CENTER**



**Thursday, May 12, 2022**

**11:15 A.M. – 12:45 P.M.**

**\$6.00**

Come help the Butler County Senior Services Program raise some money

### Toppings Include

Chili, Cheese Sauce, Cream Beef/Pork, Sour Cream, Grated Cheese, Onion, and Bacon Bits

Numerous Salads & Desserts to choose from and Much More

***Thank You for all Your Past and Continuous Support!***

Open to the Public – All Ages Welcome

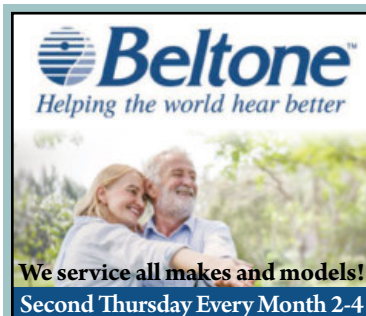
We could use some volunteers for the Potato Bake. We need people to help serve desserts, help clean off tables and help with the serving line. We also need desserts made. Please contact us to let us know how you can help. We appreciate all that you do for us!!



# May Day Crossword

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

festival      tradition      fun      maypole      celebrate  
 buds      ribbons      raindrops      outside      may day  
 bloom      Basket      Gardening      Sunny      Flowers  
 May      Spring



**Beltone**  
*Helping the world hear better*

We service all makes and models!  
 Second Thursday Every Month 2-4



*P*RAIRIE VILLAGE  
 Retirement Center

Celebrating 27 Years of Service

3000 39th Avenue • Columbus, Nebraska 68601 | 402-563-4213  
 Independent & Assisted Living • Retirement Living at its Finest!



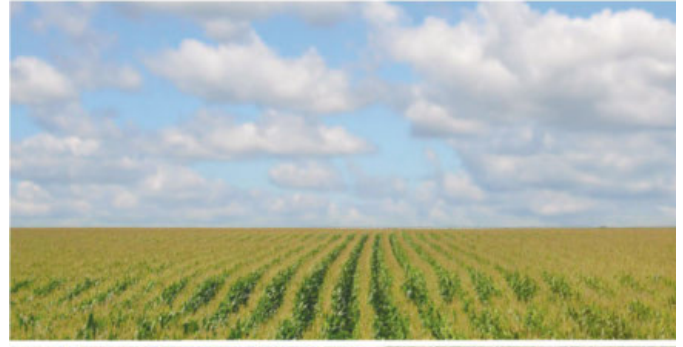
Memorial Day is a time to remember those who have gone before us. We cannot change history, but we can learn from it. Let us honor those who gave their lives for us. Take time out this Memorial Day to in some way honor them and to perhaps teach our children and grandchildren the importance of Memorial Day. It is not just a day to grill out and have a day off of work. It is a day to pay tribute to those who died to preserve our freedom.

# REMINDERS

5

BUTLER COUNTY SENIOR SERVICES

 UNIVERSITY OF NEBRASKA AT OMAHA  
DEPARTMENT OF GERONTOLOGY



Nebraskans over the age of 50 are invited to share their opinions to help shape the future of services and care for aging populations.

May 26<sup>th</sup> at 6:30pm

**Event Description**

The Department of Gerontology at the University of Nebraska at Omaha (UNO) is joining with area agencies on aging to hold listening sessions across the state. The structure of questions will be open-ended to allow for attendees to openly voice their opinions on their various needs.

**David City Senior Service Center**

692 D St., David City, NE 68632

**Why should I participate?**

The data on these sessions will be part of a report helping the state understand the current and future needs of older Nebraskans. Results will be factored into Nebraska's next five-year plan that will be sent to the federal government later this calendar year.

For More Information: Dr. Julie Masters, [jmasters@unl.edu](mailto:jmasters@unl.edu)  
Department of Gerontology | 402.554.2272 | [gerontology.unomaha.edu](http://gerontology.unomaha.edu)

The University of Nebraska does not discriminate based on race, sex, ethnicity, national origin, sex, pregnancy, marital or domestic partner status, gender identity, religion, disability, age, genetic information, veteran status, medical status, and/or political affiliation in its programs, activities, or employment. UNO is an AAUW/BBDO/ADA institution. For questions, accommodations, or assistance please call/visit the Title IX/ADA/504 Coordinator (phone: 402.554.3496 or TTY: 402.554.2918) or the Accessibility Services Center (phone: 402.554.2875, 402.554.2879).



**HARTMAN**  
**AUTO REPAIR**

Complete Automotive Repair  
M-F 8am-5:30pm  
**(402) 367-5034**  
219 E St • David City, NE

**Are you concerned about...**

- High Medicare insurance premiums or copays?
- Paying large nursing care bills not covered by Medicare?
- Low returns on retirement savings?

*Waiting to review your options is costing you money, so call today!*



**HEARING AID CENTER**  
OF COLUMBUS

3704 23<sup>rd</sup> St.  
**402-563-2787**  
Mindy Wemboff, BS, HIS

**AFFORDABLE!**  
**SATISFACTION GUARANTEED!**

**William Ristov**  
308-380-8769  
[ristov.william@outlook.com](mailto:ristov.william@outlook.com)  
Licensed Insurance Agent

*Creating Customized Solutions Since 2006*

Medicare Supplements • Life Insurance  
Medicare Advantage and Part D  
Prescription Drug Plans  
Fixed and Indexed Annuities  
Long Term Care Partnership Plans

*The Heritage* Assisted Living  
at Meridian Gardens Memory Support

4515 38<sup>th</sup> St. • Columbus, NE 68601

[heritage-communities.com](http://heritage-communities.com) • (402) 564-6300

**GROW YOUR BUSINESS BY PLACING AN AD HERE!**

**CONTACT US!**

Contact Anita Aguilar to place an ad today! [aaguilar@lpicommunities.com](mailto:aaguilar@lpicommunities.com) or (800) 950-9952 x2677



AFFORDABLE HOUSING IN DAVID CITY, NE

**WELCOME TO SUNSHINE COURT!**

**SUNSHINE COURT**  
AFFORDABLE LIVING

1 & 2 Bedroom Units  
DAVID CITY HOUSING AUTHORITY  
402-367-3587

1125 3rd Street

**David City Housing Authority**

1125 North 3rd Street  
David City, Nebraska 68632  
**402-367-3587**  
[sc40406@windstream.net](mailto:sc40406@windstream.net)  
[davidcityhane.org](http://davidcityhane.org)

*"There is nothing more important than a good, safe, secure home."*

*Thank You* for your support

### Three Minute No-Bake Cookies

#### Ingredients

**2 cups granulated  
sugar**

**8 tablespoons (1 stick)**

**margarine or butter**

**1/2 cup low-fat milk**

**1/3 cup baking cocoa**

**3 cups Quaker® Oats  
(quick or old fashioned,  
uncooked)**

#### Cooking Instructions

**In large saucepan,  
combine sugar,  
margarine, milk and  
cocoa. Bring to boil over  
medium heat, stirring  
frequently. Continue  
boiling 3 minutes,  
stirring frequently.  
Remove from heat. Stir  
in oats\*. Drop by  
tablespoonfuls onto  
waxed paper. Makes  
about 3 dozen. Let  
stand until firm. Store  
tightly covered.**

**Serving Tips: \*If using  
old fashioned oats, cool  
mixture in saucepan 5  
minutes.**

### 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 April: Barb O'Connell, Jane Dobesh, CeCe Bechtel, Glayda Scofield, Dorothy Schultz, Bobbie Burgess, Ann Sabata, Keith & LeAnn Wisnieski, Jackie Masek, Marie Cunningham, David City Rotary, Connie Perry, Region V, St Joseph Villa/Court, David Place, VSSI, Vivian Harris, Donna Chemelka, Bill Andel, Jeanie Zegers, Butch Hain, Jim Bathen, Judy Vanis, MaryLou Hilger, Marty & Susan Birkel, Rose Vanis, Sharon Reisdorff, Doris Stoll, Virgene Otte, Pat Lyons, Richard & Pam Rees, Shirleen Kotil, Florence Buresh, Sandy Busch, Don & Jo Taylor, Diana McDonald, Diane Kozisek, Denise Marvin, Becky Fiscus and Joanna Brandenburgh. In memory of Dwight Schultz from his family. In memory of Irene Taylor from the family and so many others. There are just too many names to list.

**A special Thank you to all who bring items for the Bake Sale and Potato Bake and all who purchase these items and attend our Fundraisers. What a great bunch of people we have supporting us! Thank you everyone!!**

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 6<sup>th</sup>.*

**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.

**Potato Bake: May 12th 11:15-12:45**

**Bingo:** Every Tuesday after lunch we play Bingo.

**Footcare:** We are having Footcare clinics on May 17th. 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 continue with afternoon cards. **Tuesday Afternoon Cards will be from 2:00 - 4:00 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 May 26th.

**Guest Speaker:** May 6th at 12:30 Kristin Scheele Audiologist with the Butler County Health Care Center will be here to tell us about the new Audiology Clinic.

**Townhall Meeting: May 26th at 6:30pm. See the flyer in the newsletter for more information.**

**Closed May 30th in observance of Memorial Day!!**

**St. Joseph's Villa & Court**



927 7th St. David City, NE 68632 \* 402-367-3045  
646 I St. David City, NE 68632 \* 402-367-4337  
www.saintjosephsvilla.org

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.



**Alternative HEARING**

"Finding a Solution for Your Lifestyle, Your Needs and Your Budget is My Priority!"  
Call for your **FREE** Hearing Evaluation

**Kimberly Oberg, BC-HIS**  
Board Certified in Hearing Instrument Sciences

**402.562.4327**  
1355 32nd Ave • Columbus, NE

**Seward Smiles**  
FAMILY DENTISTRY

Do you have missing teeth  
Uncomfortable partials?  
Loose Dentures?

Visit us to see how **DENTAL IMPLANTS** provide the solution for these and other tooth Problems

137 N 7th St, Seward, NE 68434  
**402.643.3909**

**David City Barbershop**



**1\$ OFF**

(402)367-3003

**Miranda Pelan**  
Barber/Stylist

352 North 5th Street, David City NE  
mpernicek@gmail.com  
David City Barbershop on Facebook

**Alternative HEARING**

"Finding a Solution for Your Lifestyle, Your Needs and Your Budget is My Priority!"  
Call for your **FREE** Hearing Evaluation

**Kimberly Oberg, BC-HIS**  
Board Certified in Hearing Instrument Sciences

**402.562.4327**  
1355 32nd Ave • Columbus, NE

**BUTLER COUNTY HEALTH CARE CENTER**

- Emergency Care
- General Surgery
- Occupational Therapy
- Cardiology
- Radiology Services
- Pulmonology
- Orthopedics & Sports Medicine Services
- Acute Care
- Wellness Center
- Physical Therapy
- Urology
- Cardiopulmonary
- Pre-Diabetes & Diabetes Education
- Skilled Care
- Gynecology
- Speech Therapy
- Labor & Delivery
- Audiology
- Pain Management

372 South 9th Street • David City, NE 68632  
402-367-1200 • www.bhccnet.org  
"Helping people to achieve & maintain good health."

**OPTIMAL HEALTH**  
Chiropractic



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

**(402) 352-9944**

208 E. 12th St. • Schuyler, NE | www.optimalhealth-chiro.com

## 8 BUTLER COUNTY SENIOR SERVICES



### Happy Birthday!

1st David McIntyre  
2nd Denise Marcin  
4th Cece Bechtel  
4th Jim Egr  
5th Babe Peters  
6th Dan Engel  
10th Judy Vanis  
10th Milo Vanis  
10th Lucy Cooper  
17th Esther Bailey  
17th Marlin Leu  
18th Vivian Harris  
20th Joyce Smith  
20th Robert Herling  
27th Don Ellison



### Butler County Senior Services

592 D Street  
David City, NE 68632