



# BUTLER COUNTY SENIOR SERVICES



ALL AGES ARE WELCOME!



## Bake Sale Fundraiser!

Friday June 3rd, 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!!

JUNE 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

June 2022

| Sunday                       | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday |
|------------------------------|---|--|--|---|--|----------|
|                              | All meals must be reserved the day before or by 9 A.M. the day of<br>All meals are served with bread, milk coffee, and water      |  | 1<br>Runza casserole, tator tots & mandarin oranges                        | 2<br>BBQ pork on a bun, roasted potatoes & carrots, jello w/cottage cheese<br><u>Tai Chi 9:30am</u><br><u>Cards 1:00pm</u><br><u>Van to Omaha</u>                             | 3<br>Accordion Day<br>Roast Turkey, mashed potatoes/gravy, green beans, zucchini bar<br><u>Angels Home Health afternoon treat 2:30</u> | 4        |
| 5                            | 6<br>Goulash, Italian vegetables, tossed salad, garlic bread, apricots  | 7<br>Footcare<br>Alternative Hearing 9:00-10:00<br>Baked Herb chicken, stuffing, broccoli, peaches<br><u>Tai Chi 9:30am</u><br><u>Bingo 12:30</u><br><u>Cards 1:00pm</u><br><u>Van to Columbus</u> | 8<br>Salisbury Steak, mashed potatoes & gravy, glazed carrots, plums       | 9<br>Potato Bake<br><b>Beltone 2-4</b><br>Cream Chicken over Baked Potato, coleslaw & tropical fruit<br><u>Tai Chi 9:30am</u><br><u>Cards 1:00pm</u><br><u>Van to Lincoln</u> | 10<br>Polish sausage, dumplings & sauerkraut, chocolate pudding  | 11       |
| 12                           | 13<br>Meatloaf, creamy parsley potatoes, green beans, baked apples  | 14<br>Cornflake Chicken, mashed potatoes & gravy, cauliflower, strawberries & bananas<br><u>Tai Chi 9:30am</u><br><u>Bingo 12:30</u><br><u>Cards 1:00pm</u><br><u>Van to Omaha</u>                 | 15<br>Ham or Liver & onions, scalloped potatoes, mixed vegetables, pears   | 16<br>Salmon Loaf, Hashbrown Casserole, corn, jello & fruit parfait<br><u>Tai Chi 9:30am</u><br><u>Cards 1:00pm</u><br><u>Van to Columbus</u>                                 | 17<br>Chicken Spaghetti Bake, Garlic Bread, California blend, Banana bars  | 18       |
| 19                           | 20<br><br><b>Closed in Honor of Juneteenth</b> | 21<br>BBQ Chicken on a bun, steak fries, broccoli & cauliflower salad, pineapple<br><u>Tai Chi 9:30am</u><br><u>Bingo 12:30</u><br><u>Cards 1:00pm</u><br><u>Van to Lincoln</u>                    | 22<br>Tuna & noodle casserole, carrots, lettuce salad, grape salad         | 23<br><b>Birthday Day</b><br>Hamburger steak, mashed potatoes, peas, Jello Cake<br><u>Tai Chi 9:30am</u><br><u>Cards 1:00pm</u><br><u>Van to Omaha</u>                        | 24<br>Italian Chicken, seasoned potatoes, Italian vegetables, mixed fruit  | 25       |
| 26<br>MENU SUBJECT TO CHANGE | 27<br>Baked fish, garden rice, succotash, rosy applesauce   | 28<br>Footcare<br>Smothered pork chops, mashed potatoes & gravy, beets, waldrof salad<br><u>Tai Chi 9:30am</u><br><u>Bingo 12:30</u><br><u>Cards 1:00pm</u>  | 29<br>Texas meatballs, baked potato, cheesy Brussel sprouts, peach cobbler | 30<br>Chicken salad sandwich, potato salad tomato & cucumber salad, fruit cocktail<br><u>Tai Chi 9:30am</u><br><u>Cards 1:00pm</u>  | <b>Suggested cost for 60 &amp; over is \$3.75 and cost for under 60 is \$4.75. All ages welcome 😊</b>                                  |          |





## Oral Health



While your mouth, teeth and gums are very important for eating, that is not their only role. All these things are critical for chewing food so that it can be swallowed more efficiently. These two processes are regarded as the first few steps in the digestion process for the human body. Look at your mouth as the point of first contact where you meet food and its nutrients. What you put in your mouth impacts your general health, including your gums and teeth. Research shows that if you have poor overall nutrition, the first signs of issues will usually show in your mouth. Let us look at what the American Dental Association (ADA) says about what you eat and how it impacts your dental health.

### Food That Damages Your Teeth

When it comes to foods that can pose a risk to your teeth, it is best to be well informed so you can limit your risks and improve your dental health! There are foods that can harm your teeth. The following types of foods can harm your teeth, so be sure to be aware of what you are putting in your mouth.

Hard candies and ice can both be harmful to your teeth, especially if you are chewing on them. Hard candies are considered empty calories with no nutritional value and can pose a risk due to the exposure of high sugar levels. The ADA recommends trying sugarless gum in place of hard candies. Be sure to look for the ADA seal when purchasing sugarless gum. Along with hard candies, chewing on ice can also be damaging to your teeth. Chewing ice may be a mindless habit for some but the ice can damage the tooth's enamel, the protective covering.

There are types of food that are enjoyable due to their taste, but it's important to watch your intake levels. Foods that are strong with citrus, like lime or lemon, can erode your teeth, which can lead to possible decay over time. Coffee drinkers often add in sugars for taste, but they may want to start skipping that step. Sugar that is added to coffee can lead to cavities, which can lead to tooth pain and issues in the future. Foods that are sticky are not ideal for your teeth. These foods can be imbedded into your teeth and can be hard to remove. Starchy snacks and trail mixes taste good, but are a no-go according to the ADA. These types of snacks can be trapped in and on your teeth. If you choose to consume these foods, remember to drink water and floss every day to prevent tooth problems.

The last type of food that should be avoided are soda pops, alcohol and sport drinks. Carbonated drinks, like soda, can attack your teeth with their acidity. Alcoholic beverages consumed on a regular basis can lead to decreased saliva production. This can lead to not only decay of your teeth, but also gum disease. Heavy intake of alcoholic beverages can lead to an increased risk of oral cancer. Finally, keep the sport drinks for the athletes as these are loaded with sugars.

### Foods That Are Good for Dental Health

Let's look at the brighter side and go over foods that are good for our health and well-being. Water is the undisputed champion and always will be. The fluoride found in water helps make teeth stronger against the attack that acid can have on our teeth.

Foods considered good for your teeth include dairy, cheese, yogurt, various types of meats, fruits and vegetables. Dairy, cheese and yogurt can be low in sugar and loaded with calcium, which helps strengthen your teeth. Foods like meat, poultry, milk and eggs are rich in phosphorus, which can make your teeth stronger. Fruits and vegetables are high in water and fiber; a good balance to the sugars you consume. Fruits and vegetables also help clean your teeth while you chew, which can lead to the production of more saliva to help wash away the acids and food particles that might be taking a free ride on your teeth!

This last food is one that you might not think about, but nuts are as important as anything when it comes to nutrition and our oral health. Nuts contain minerals and protein which are both important to, not only your overall health, but also to your oral health. Nuts are low in carbohydrates, so they don't pose any unnecessary risk for causing cavities to your teeth. Nuts usually require lots of chewing and research has shown that increased production of saliva is linked to increased chewing. Having more saliva can lead to a decreased risk of tooth decay, which can help keep your teeth strong and happy for many years to come!

*Material Created and Prepared By – Devin Mueller  
Material Reviewed and Approved By – Ann Goshorn,  
MS, RD, LMNT, CLC*

*Source: [www.mouthhealthy.org](http://www.mouthhealthy.org)*





  **Butterfly Word Search**  

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



- |             |               |            |
|-------------|---------------|------------|
| Abdomen     | Forewing      | Proboscis  |
| Antenna     | Hindwing      | Pupa       |
| Butterfly   | Larva         | Spinneret  |
| Caterpillar | Metamorphosis | Spiracles  |
| Chrysalis   | Migrate       | Thorax     |
| Egg         | Molt          | Wing Veins |

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Farmer's Market Coupons will be here in June. We will be distributing them here at the Senior Center in the afternoon at 2:00 on June 21st. To qualify for the coupons, you must be over 60 and a resident of Butler County. Income guidelines are single resident annual income of \$25,142 or under and the 2 persons income of \$33,874 or under. Please bring proof of income. If you have any questions, please call and speak to Diana or Diane at 402-367-6131 between the hours of 8:00am and 4:00pm Monday-Friday. This is a 1st come 1st served item. Coupons are limited. Please take advantage of this service and get some yummy fresh fruits and vegetables.

# Stepping On



**JOIN THIS CLASS TO:**

- Strengthen your balance
- Build confidence
- Learn more about fall triggers:
  - ✓ Vision
  - ✓ Medication
  - ✓ Footwear
  - ✓ Home safety tips
  - ✓ Safely navigating your community

**Class is FREE to anyone 60 and over!**

**THURSDAY AFTERNOONS FROM**

**1:00 PM – 3:00 PM**

**STARTING JUNE 2<sup>ND</sup>**

**KLEIN CENTER CHURCH HALL**

**120 E BRAINARD ST., BRAINARD, NE**

**Class Size is Limited – Register Early!**

**For Questions or to Register, Contact:**



2101 N. Lincoln Ave  
York, NE 68467  
(877) 337-3573 or  
(402) 362-2621

[info@fourcorners.ne.gov](mailto:info@fourcorners.ne.gov)



Hosted by Four Corners Health Department

Stepping On is a 7-week program designed for people who are living at home and have experienced a fall or are concerned about falling. This is an evidence-based program that is effective to reduce falls by more than 30%. The program incorporates strategies to implement positive lifestyle changes to keep you independent, upright, and active.

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**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

### RHUBARB DREAM BARS

Ingredients for the crust:

1 C flour

1/2 C powdered sugar

1/2 C softened butter

Mix well and press into an 8x8 pan sprayed with nonstick spray. Bake at 350 preheated oven for 15 minutes.

While the crust is baking mix together

2 beaten eggs

1 1/2 C sugar

1/2 t salt

1/2 tsp cinnamon

1/4 C flour

2 C chopped Rhubarb

Pour over crust and reduce oven heat to 325. Bake for 35-45 minutes or until topping is set. Let cool before cutting. This is great alone or with ice cream or whipped topping.

This can also be made with apples.

Just reduce the sugar to about 3/4 C instead of the full cup. This recipe can easily be double and made in a 9x13 pan too.

### 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 May: 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, Sharon Reisdorff, Doris Stoll, Virgene Otte, Pat Lyons, Bill Sanley, Diana McDonald, Diane Kozisek, Denise Marvin, Becky Fiscus and Joanna Brandenburgh. In memory of Richard Rerucha from Virginia Rerucha.

**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.

## Bake Sale

June 3, 2022



Come listen to the  
Accordion players  
From 10:30-2:30.  
If you would like to join  
us for lunch at noon,  
we are having



Roast Turkey, Mashed Potatoes & Gravy, Green Beans,  
Zucchini Bar

Just call by 9am to make a reservation 402-367-6131.  
Also, we have a raffle going on. We will be drawing later that  
day, so be sure to come buy some tickets!!

**BUTLER COUNTY SENIOR SERVICES**  
592 D St. David City  
10:00am – 2:30pm

*Thank You for Your Continuous Support!*

## POTATO BAKE

592 D St. David City

**BUTLER COUNTY SENIOR CENTER**



Thursday, June 9, 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, or Chicken,  
Broccoli, Ham, Grated Cheese, Sour Cream & Onion

Numerous Salads & Desserts to choose from

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

Open to the Public – All Ages Welcome



**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: June 9th 11:15-12:45**

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

**Footcare:** We are having Footcare clinics on **June 7th & 28th**. 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 **June 23rd**.

**Guest Speakers:** Amy Abel with Caring Friends in Home Care will be here after lunch on June 3rd.

Angie with David Place will be here June 16th. She will be bringing a dessert to share with us and will be entertaining us immediately after lunch.

**We will be closed June 20th in honor of Juneteenth.**

**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.



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- Speech Therapy
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- Labor & Delivery
- Radiology Services
- Cardiopulmonary
- Audiology
- Pulmonology
- Pre-Diabetes & Diabetes Education
- Orthopedics & Sports Medicine Services
- Pain Management

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## 8 BUTLER COUNTY SENIOR SERVICES



### Happy Birthday!

2nd Marilyn Sanderson  
2nd Shelli Robbins  
3rd Diane Kozisek  
3rd Carol Meysenburg  
14th Cheryl Hein  
17th Mary Hotovy  
17th Ben Steager  
18th Dale Cooper  
21st Willis Svoboda  
30th Albin Stara



We will be hosting a COVID-19 Booster vaccination clinic at the Senior Center on June 22nd between the hours of 9:00am-11:30am. There will be paperwork for you to fill out prior, so 4 Corners knows approximately how many doses to bring. We would like to put you in for an approximate time slot too so when you come to fill out your paperwork you can pick a time slot. Also, you need to plan on bringing vaccination card so it can be updated while you are here.

Please call 402-367-6131 with any questions.

### Butler County Senior Services

592 D Street  
David City, NE 68632