



BUTLER COUNTY SENIOR SERVICES



ALL AGES ARE WELCOME!



Bake Sale Fundraiser!

Friday August 5th, 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!!



AUGUST 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 service 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 \$4.00 and the cost for those under 60 is \$5.00.

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 is \$4.25 for those over 60 and the cost for over 60 is \$5.25. 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

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All meals are served with bread, milk, coffee, and water	1	2	3	4	5	6
	Tuna melt, oven fried potatoes w/onion, green beans, pears	Alternative Hearing Swiss steak, Parsley potatoes, peas, apricots <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Lincoln</u>	Hot dog on a bun, Potato salad, calico baked beans, cookie	Parmesan chicken over noodles, lettuce salad, melon <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Omaha</u>	Accordion Day Roast pork, dumplings, sauerkraut, gravy, Apple salad	
7	8	9	10	11	12	13
	Spaghetti & meat sauce, garlic bread, California blend, cinnamon applesauce	Oven baked chicken, garden rice, cucumber salad, corn, chocolate pudding <u>Tai Chi 9:30am</u> <u>Bingo 12:30</u> <u>Cards 1:00pm</u> <u>Van to Columbus</u>	Meat loaf, boiled potatoes, dill gravy, buttered cabbage, red grapes	Potato Bake Creamed Chicken over Baked potato, beets, jello with fruit Beltone 2-4 <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Lincoln</u>	Cabbage roll casserole, biscuit, potato wedges, tropical fruit	
14	15	16	17	18	19	20
	Hamburger on a bun, tator tots, broccoli & cauliflower salad, mandarin oranges	Cornflake chicken, mashed potatoes w/gravy, mixed vegetables, strawberry/banana <u>Tai Chi 9:30am</u> <u>Bingo 12:30</u> <u>Cards 1:00pm</u> <u>Van to Omaha</u>	Porcupine meatballs, stuffing, Scandinavian vegetables, melon	David Place 12:30 Chicken & Rice casserole, broccoli, creamy cucumber salad, ½ banana <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Columbus</u>	Country Ribs, hash browns, green bean almandine, pudding	
21	22	23	24	25	26	27
	Chicken Fried Chicken, mashed potatoes w/gravy, succotash & peaches	Patty melt, roasted potatoes, carrots & squash, plums <u>Tai Chi 9:30am</u> <u>Bingo 12:30</u> <u>Cards 1:00pm</u> <u>Van to Lincoln</u>	Ham or Liver & Onions, party potatoes, cauliflower, fresh fruit	Birth Day Pork cutlets, baked potato, cream peas, jello cake <u>Tai Chi 9:30am</u> <u>Cards 1:00pm</u> <u>Van to Omaha</u>	Italian Chicken, garlic bread, French fries, Italian vegetables, apricots	
28	29	30	31			
	Breaded fish, sweet potato fries, broccoli, pineapple	Cheeseburger casserole, mixed vegetables, melon <u>Tai Chi 9:30am</u> <u>Bingo 12:30</u> <u>Cards 1:00pm</u> <u>Van to Columbus</u>	Chicken Salad Sandwich, fresh spinach salad, cucumber spears & tomato slices, ice cream cup	All ages welcome. Suggested price for 60 & up \$4.00 and fee for anyone under 60 is \$5.00. Please call by 9am morning of. Thank-you ☺	All meals must be reserved the day before or by 9 A.M. the day of <u>Any Take Out Meals will be a cost \$5.25.</u>	MENU SUBJECT TO CHANGE

Re-think Your Drink

Facts about Soda

- Soda is the #1 source of added sugar in the American diet
- Drinking sugar sweetened drinks can lead to:
 - Obesity
 - Heart Disease
 - Diabetes
- Average drink container size has increased over the years
 - 1950s: 6.5oz
 - 1960s: 12oz
 - Today: 20oz
- Enough regular soda is produced to supply every single American with more than 14oz of soda every day!



Nutrition

- Depending on flavor, a 20oz soda can range from 227-247 calories.
- There are 16 teaspoons of sugar in 20oz soda
- One 12oz can of soda has about 150 calories and 10 teaspoons of sugar. Drinking one per day could cause a 15 pound weight gain in one year!



Elisha Hall, Dietetic Intern

Benefits of Drinking Water

- Keeps your kidneys working and filtering your body's wastes
- Vital for your organs and body functions
- Can help you lose weight by reducing hunger
- Helps avoid headaches caused by dehydration
- Keeps your skin healthy
- Helps regulate your body temperature during exercise
- Needed for good digestion
- Decreases the chance of getting muscle cramps

Tips for Drinking more Water

- Add lemon or lime for extra flavor
- Have a glass of water with every meal
- Have a glass of water near you when you are working
- Keep a pitcher of water in the refrigerator for easy access
- Make a goal sheet and mark it off every time you drink a glass of water; this reminds you and keeps you accountable
- Stop at the drinking fountain after a trip to the restroom

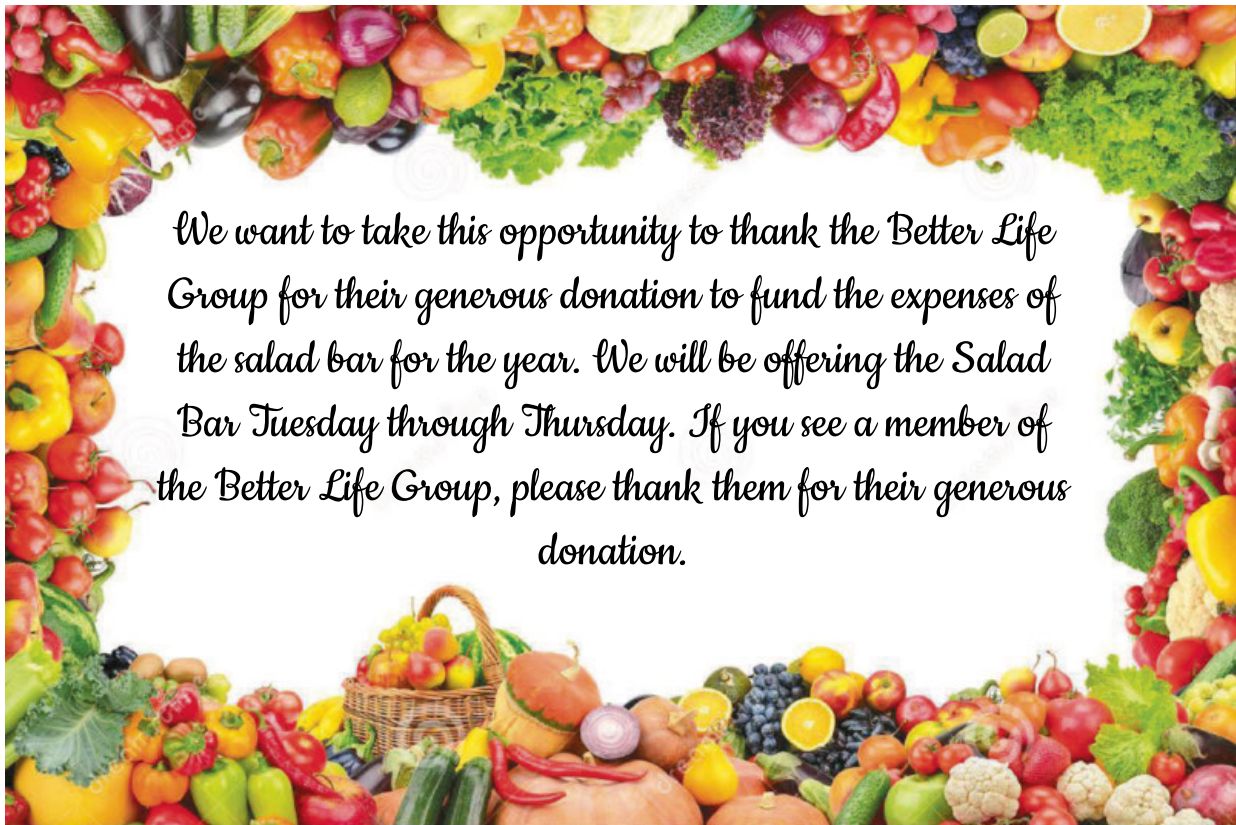


Savings, Savings, Savings!

Drinking water instead of soda in restaurants just once a week saves you \$78 and 12,480 calories in one year! Not to mention the health benefits of choosing water over a sugar-packed, high-calorie drink.



We want to take this opportunity to thank the Better Life Group for their generous donation to fund the expenses of the salad bar for the year. We will be offering the Salad Bar Tuesday through Thursday. If you see a member of the Better Life Group, please thank them for their generous donation.



Ice Cream Flavors - Word Search

Chocolate, vanilla and fudge are some of the ice cream flavors you may find in this word search game. The words in this word search are hidden across, down, and diagonally, with no backwards.

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

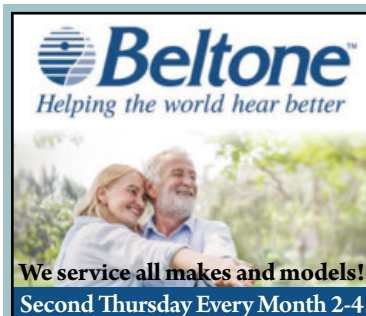
BANANA
 BLUEBERRY
 BUTTERPECAN
 CHERRY

COCONUT
 COFFEE
 COOKIESANDCRE
 AM

FRENCHVANILLA
 FUDGE
 MANGO
 MOCHA

NEAPOLITAN
 PEACH
 PRALINEPECAN
 RASPBERRY

REESES
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Twice Baked Potato Casserole

PREP TIME 20 minutes
 COOK TIME 30 minutes
 TOTAL TIME 50 minutes
 SERVINGS 10 servings
 AUTHOR Holly Nilsson

How can you go wrong with potatoes, bacon and cheese? This casserole is great for an easy dish you can make ahead of time for a really busy day!

Ingredients

6 medium baked potatoes or boiled potatoes (see below)	¼ cup butter
4 oz cream cheese softened	cup sour cream
½ cup milk or cream (add more or less to taste)	½ teaspoon garlic powder
1 tablespoon fresh parsley chopped	2 cups cheddar cheese shredded
2 green onions thinly sliced	10 slices bacon cooked & crumbled
salt & pepper to taste	

Toppings

1 green onion sliced, 2 slices bacon cooked & crumbled, ½ cup cheddar cheese

Instructions

Preheat oven to 375°F.

Mash warm baked potatoes or boiled potatoes with a potato masher. Add butter, cream cheese and sour cream. Mash while adding milk/cream a little at a time until to reach a creamy consistency.

Stir in remaining ingredients (except toppings) and spread into a 2-quart casserole dish.

Sprinkle with toppings and bake for 25-30 minutes or until cheese is melted and potatoes are hot.

Notes

To Boil Potatoes:

Wash 4lbs red-skinned potatoes. Peel about 1/3 of the skin, (leaving some on the potatoes) and chop into large chunks. Boil the potatoes and a large pot of water until potatoes are fork-tender (about 15 minutes). Drain well.



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 402-367-3587
 sc40406@windstream.net
 davidcityhane.org

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

WISH LIST

If you are wanting to donate something but are not sure what, we have a wish list.

Fresh produce

Cans of Wax Beans, Green

Beans, Kidney Beans,

Sauerkraut

Cake Plates

Paper towels

Kleenex

As always ask us if there is anything we could need donated. Sometimes the kitchen likes utensils from different companies that you may be having or going to a party from.

Thank you for always supporting the Senior Center in so many ways. We are blessed to have such a wonderful support team!!

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 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, Mary Lou Smith, Bill Andel, Jeanie Zegers, Butch Hain, Jim Bathen, Judy Vanis, Mary Lou Hilger, Sharon Reisdorff, Doris Stoll, Virgene Otte, Pat Lyons, Barb & Tony Buresh, Bev & George Clymer, Donna Steager, Aaron Steager, Ernie & Kathy Bongers, George Carabin, Diana McDonald, Diane Kozisek, Denise Marvin, Becky Fiscus and Joanna Brandenburgh. In memory of James Hladky from Jeanie Zegers, Dorothy Schultz, Bonnie Riha & Glayda Scofield,

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

August 5, 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 Pork, Dumplings, Sauerkraut, Gravy,
Apple Salad**

Just call by 9am to make a reservation 402-367-6131.

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, August 11, 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: August 11th, 11:15-12:45

Bingo: Every Tuesday after lunch we play Bingo.

Footcare: We are having Footcare clinics on **August 9th & 30th**. 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 **August 25th**.

Guest Speaker: August 5th at 12:30PM, Nicole Woznick with St. Croix Hospice.

St. Joseph's Villa & Court



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8 BUTLER COUNTY SENIOR SERVICES



Happy Birthday!

August Birthdays

4th Bea Alexander

11th Rose Vanis

12th Connie Perry

17th Jeannie Hain

20th Larry Strouf

30th Sandy Archuleta

31st Jeannie Zegers



We still have a few sets of Farmers Market Coupons. You can come to the Senior Center to fill out a few simple forms. We do need to see your income because qualification is income based. To qualify a single person cannot make over \$25,142 or a two-person income cannot be over \$33,874. You can call us at 402-367-6131 with any questions. Please if you qualify, take advantage of these free coupons. Fresh is always best when it comes to produce!

Butler County Senior Services

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