



# MIDLAND AREA AGENCY ON AGING

2727 West 2nd St., Suite 440 Hastings, NE 68901

402-463-4565 Toll Free 1-800-955-9714

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## IMPORTANT DATES

**CLOSED**  
Friday, April 15, 2022

Midland Area Agency on Aging (MAAA) is a non-profit agency serving senior citizens in Adams, Clay, Hall, Hamilton, Howard, Merrick, Nuckolls, and Webster counties. We take pride in serving those 60 and older who want to remain comfortable and independent in their own home for as long as they safely can.

## WE OUR VOLUNTEERS

**April 17th-23rd is Volunteer Appreciation Week and we are so grateful for our volunteers!**

Every year volunteers donate countless hours to our programs.

In the last year alone volunteers have worked almost 9,000 hours helping with meals, exercise classes, music programs and so much more. Volunteers enable us to focus using our grant funding to provide more services. The contribution of their time and talents is valued at almost \$250,000!

We would like to give a huge thank you from everyone in the MAAA service area, we are thankful for your support and dedication to your communities.

Thank You. 

## WELCOME TO OUR NEW NEWSLETTER

Inside you will find information for all of the wonderful programs and services offered by Midland Area Agency on Aging across our service area.



# MIDLAND PUBLIC TRANSPORTATION



**Please call  
1-888-997-1655 to  
schedule your ride or  
to receive further  
information.**



Midland Public Transit provides transportation for individuals of all ages, regardless of race and/or disabilities. We will take you where you need to go and return you home. Services are provided in Clay, Nuckolls, Merrick, Howard and Webster Counties. We offer rides both in and out of town.

Public transit allows increased access to health care appointments, shopping and public service for all community members. We have multiple vehicles equipped with mobility in mind, featuring ramps and lifts for wheelchairs.

## GOT MEDICAID?

If you have Medicaid, we can give you a ride to your medical appointments! We are currently contracted with Nebraska Total Care, United Health Care and WellCare of Nebraska to provide transportation services in Adams, Clay, Howard, Merrick, Nuckolls, and Webster counties.

## Needs of Aging Nebraskans Upcoming Listening Sessions

### Needs of Aging Nebraskans to Be Discussed in Upcoming Listening Sessions

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

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. Older Nebraskans are invited to share their thoughts to help researchers gauge the awareness of and satisfaction with federal services delivered by area agencies on aging (AAAs).

These sessions will take place at various town halls in cities across Nebraska. A schedule for all listening sessions can be found below. People can attend whichever session is closest to them regardless of hometown residency. The structure of questions will be open-ended to allow for attendees to openly voice their opinions on their various needs.

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.

**9:30 AM - Central City  
The Good Life Center  
803 C Avenue**

**Tuesday, May 17, 2022**

**12:00 PM - Grand Island  
The Grand Generation Center  
304 East 3rd St**

# GRANTS & CAREGIVER SUPPORT

## GRANT PROGRAMS

### Homemaker

Helps individuals living in their home who have difficulty with any general cleaning duties



**FOR MORE INFORMATION CONTACT CRYSTAL**

**402-463-4565 EXT. 318**

### Chore

Helps individuals living in their own home who have difficulty with any heavy tasks such as lawn care, snow removal, and other heavy cleaning.

## CAREGIVER SUPPORT

There are grants available specifically to assist caregivers with their journey and ease their workload.

### Lifeline/Emergency Response

Access to Grants to help pay for your service.

### Respite Care

Allows for bringing in extra services to give a caregiver a break

### Supplemental Services

Helps pay for meal services, lifelines, etc.

**Webber County Community Hospital**  
 Webster County Community Hospital  
 (402) 746-5600  
 Webster County Clinic  
 (402) 746-5614  
 Red Cloud, NE

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 or (800) 950-9952 x2677

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### NUTRITION PROGRAMS

#### The Golden Friendship Center

Congregate Meal  
Monday - Friday 12pm  
Meal must be reserved by 2pm the day before.

#### To-Go Meal

Monday - Friday 11:45am  
Meal must be reserved by 2pm the day before

#### Goldbeck Towers

Congregate Meal & To-Go Meals  
Monday - Friday 12pm  
Meal can be signed up for in the dining room the day before.

#### Roseland

Congregate Meal  
Every Tuesday 11:30am  
Meals can be reserved by calling the Roseland Bar & Grill (402) 756-6900

#### VOUCHERS

Vouchers can be redeemed at The Village Diner located inside The Good Samaritan Village Monday - Friday.

#### Limit 10 Vouchers per month

Vouchers can be obtained at The Golden Friendship Center during office hours or during Monthly distribution at The Village Diner from 10-10:30 the last Thursday of the month

#### HOME DELIVERED MEALS

Home Delivered Meals are provided to anyone 60 and over who are homebound by reason of illness or disability or who are deemed eligible. Meals are available throughout Adams county. Please call The Golden Friendship Center for more information.

Office location:  
The Golden Friendship Center  
2015 W 3rd St,  
Hastings NE 68901  
402-460-1246

Hours:  
Monday - Friday  
8:00am - 4:00pm

### OTHER PROGRAMS OFFERED

Exercise Equipment and Classes, Walking Area, BINGO, Toenail Clinic, Blood Pressure Clinic, Special Events

Contact our office for more information and a schedule.

## Spring Is Here

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

APRIL LAMB  
BEE LEAVES  
BIRTH MARCH  
BLOOM MAY  
BLOSSOMS PLAY  
BUTTERFLY PUDDLE  
CHICK RAINBOOTS  
CROCUS RAINBOW  
DAFFODIL ROBIN  
DUCKLINGS SPRING  
EASTER SPROUT  
EGG SUNSHINE  
FLOWERS TADPOLE  
HATCH TULIP  
LADYBUG

# AGING AND DISABILITY RESOURCE CENTER

## ARE YOU OR SOMEONE YOU ARE CARING FOR OVER 60 OR DISABLED?

Do you need help applying for Medicare/Medicaid, Social Security and other services?

Are you looking for in-home assistance, housing or financial assistance?

Are you having trouble locating adequate transportation, behavioral health services, legal services, medical care or assistive technology?

The ADRC provides contact information for local and state resources, supports and services of value. They can also assist with application processes and verification. This information can assist you in making informed choices about the services that best meet you or your loved ones needs.



ADRC provides information, assistance, and education on community services and long-term care options for: seniors (age 60+), people with disabilities of all ages, their caregivers, family members and advocates.

adrcnebraska.org  
or call  
402-463-4565  
ex. 309

### SENIOR HEALTHCARE PRODUCTS

**Low Cost Medicare Supplements**  
(Multiple Companies to choose from)

**Prescription Plans**  
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Saving Seniors Money  
Call for FREE Comparison & Consultation



E. Clark Rasmussen  
308-380-3832  
clarkras@charter.net

Not affiliated with any Gov't Agency or Federal Medicare Program

### Stay in your home!

**Straight Railed & Curved Stairlifts**

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St Paul (308) 754-4426  
Loup City (308) 745-0573



For ad info. call 1-800-950-9952 • www.lpicomunities.com

Midland Area Agency on Aging, Hastings, NE

B 4C 05-0619

### NUTRITION PROGRAMS

#### CONGREGATE MEAL

The Gathering Place  
Monday - Friday at Noon  
Reservations must be made  
by 9am the day of the meal

#### HOME DELIVERED MEALS

Meals are delivered Monday  
through Friday to eligible  
participants in and near  
Cairo

Office Location:  
The Gathering Place  
314 S. High St  
Cairo, NE 68824  
308-485-4634

Hours:  
Monday -Friday  
9:00am - 2:00pm

### OTHER PROGRAMS OFFERED

Coffee group, Monthly Dinner, and more

## EARTH DAY TRIVIA

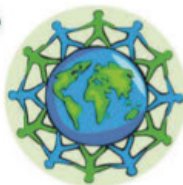


In what year was  
Earth Day first  
celebrated?

1. 1960
2. 1965
3. 1970
4. 1975

Approximately how  
many people participate  
in Earth Day events  
around the world?

1. 1 million people
2. 100 million people
3. 1 billion people



# Earth DAY APR 22

©LPI



Why is Earth Day on  
April 22nd?

1. There were no other  
celebrations on that day
2. It was a day after spring  
break and before final  
exams
3. It's the first day of spring
4. There's no reason

Which of these  
countries have been  
consistently ranked  
as one of the least  
polluted in the world?

1. Sweden
2. China
3. Bosnia
4. The United Kingdom



## ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations  
and proverbs from around the world. Each letter  
stands for another letter. *Hint: "F" = "E"*

“SKK XVF DERYMD ET FSHXV SHF  
KZPF BRDZJ.”

— EDJSH VSBFFHDXFZY ZZ

# LONG-TERM CARE OMBUDSMAN

## WHAT SERVICES ARE AVAILABLE THROUGH THE LTC OMBUDSMAN PROGRAM?

**Education** - to inform residents, families, facility staff and others on a variety of issues related to aging, long term care and residents' rights.  
**Information and Referrals** - to empower individuals to resolve concerns and complaints on their own behalf.

**Consultation** - to make recommendations for protecting the rights of residents and improving their care and quality of life.

**Individual Advocacy** - to facilitate the resolution of concerns and complaints and to protect the rights of residents.

**Systems Advocacy** - to identify significant concerns and problematic trends and to advocate for systemic changes that will benefit current and future residents of long-term care facilities.

The Long-Term Care Ombudsman (LTC) Program was established under federal mandate through the Older American's Act. A LTC Ombudsman is an advocate for the rights and well-being of nursing home and assisted-living facility residents.



For more information call

**Brenda McVey 402-463-4565 ex. 311**

**E-mail:  
brenda.mcvey@midlandaaa.net**

## Now Open in Grand Island!

A variety of daily activities and special outings will be offered, from movie showings and trivia games to dining out at area restaurants.



The Heritage  
at Sagewood

Assisted Living | Memory Support

1920 Sagewood Ave.  
Grand Island, NE 68803

heritage-communities.com   308-398-8005



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Midland Area Agency on Aging, Hastings, NE

C 4C 05-0619

# CLAY COUNTY

## SITE SUPERVISOR

Rachael McLain

Office Location:  
202 W Fairfield, STE B  
Clay Center, NE 68933  
(402) 762-3226

Hours:  
Monday- Friday 8-4pm

## NUTRITION PROGRAMS

### CLAY CENTER CONGREGATE MEAL

Clay Center Legion  
Every Wednesday at noon.  
To reserve a seat, call the office by 3pm the day prior to the meal.

### FAIRFIELD VOUCHER CONGREGATE

Fairfield Legion Auxiliary  
Every Tuesday at noon.

### SUTTON VOUCHER CONGREGATE

Sutton Legion  
Every Monday, Wednesday and Friday at 11:30am.

### HOME DELIVERED MEALS

Clay County offers home delivered meals to eligible participants over the age of 60.

**Clay Center**- Every Wednesday

**Edgar**- Monday- Friday

**Fairfield**- Every Tuesday

**Harvard**- Monday- Friday

**Sutton**- delivers meals every Monday, Wednesday and Friday, but offers up to 5 meals/week.

### Voucher Distribution

available at the following locations:

**Clay County Senior Services**-

Every Wednesday 8am-10am

**Fairfield**- The fourth Tuesday of every month from 11:45-12:45

**Sutton Legion**- First Monday of every month

APRIL 2022

# MAKE A GREAT PLATE.

High in protein, full of vegetables and ready in 20 minutes.

## Spinach and Feta Mini Frittatas

### INGREDIENTS

- 6 large eggs
- ¼ tsp each salt and pepper
- 1 cup baby spinach, shredded
- ¼ tsp each salt and black pepper
- 12 grape tomatoes, halved
- ¼ cup feta cheese, crumbled

### DIRECTIONS

**Preheat** oven to 350°F and line six-cup muffin tin with liners. **In** large measuring cup with a spout, whisk together eggs, salt and pepper; set aside. **Distribute** spinach, tomatoes and feta equally into muffin cups. **Pour** egg mixture carefully into muffin cups. **Bake** 20 minutes. **Serve**, and freeze leftovers.

**Makes 6 Servings. Each:** 95 calories • 7g protein • 6g total fat • 2g carb  
1g sugar • 0g fiber • 242mg sodium • 2g saturated fat • 2g mono fat • 2g poly fat



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# \*HALL COUNTY

Senior Citizens Industries, Inc

EXECUTIVE DIRECTOR  
DANA KIRBY

## NUTRITION PROGRAMS

### THE GRAND GENERATION CENTER

304 E 3rd St, Grand Island  
308-385-5308

#### CONGREGATE MEAL

Monday-Friday 11:30-12:30

#### CURBSIDE MEAL

Monday-Friday 11:30-12pm

#### HOME DELIVERED MEAL

Monday - Friday for eligible participants in Grand Island

#### OTHER PROGRAMS

Activity room, Cards, Fitness Classes, BINGO, Support Groups, and More.

### DONIPHAN SENIOR CENTER

103 W. Pine, Doniphan  
402-845-6583

#### CONGREGATE MEAL

Monday - Friday at Noon

#### TO-GO MEAL

Monday - Friday at Noon

#### HOME DELIVERED MEALS

Monday - Friday for eligible participants in Doniphan

#### OTHER PROGRAMS

Cards, Blood Pressure Clinic, Puzzles, Walking, and More.

### WOOD RIVER SENIOR CENTER

120 E 9th, Wood River  
308-583-2412

#### CONGREGATE MEAL

Monday - Friday at Noon

#### TO-GO MEAL

Monday - Friday at Noon

#### HOME DELIVERED MEALS

Monday - Friday for eligible participants in Wood River

#### OTHER PROGRAMS

Tai Chi, Cards, Coffee Time, Blood Pressure Clinic, and More.



# \*HAMILTON COUNTY

DIRECTOR  
JENNY FRIESEN

## NUTRITION PROGRAMS

### Hamilton County Senior Center

1205 11th Street  
Aurora, NE 68818  
(402) 694-2176

#### CONGREGATE MEAL

Monday- Friday at 11:30

#### CURBSIDE

Monday - Friday at 11:30

Please call by 9am to reserve your meal

#### HOME DELIVERED MEALS

Monday - Friday for eligible participants in Hamilton County.

## OTHER PROGRAMS AVAILABLE

Blood Pressure Clinic, Toenail Clinic, Exercise Classes, Exercise Equipment, Movies, Crafts, Coffee Groups and more

\*INDEPENDENT NON PROFIT

# HOWARD COUNTY

**Site Supervisor**  
Toni Bentz

## NUTRITION PROGRAMS

### CONGREGATE MEAL

Monday - Friday at noon  
Please call by 2pm the day  
before to reserve your meal

### HOME DELIVERED MEAL

Provided Monday - Friday for  
eligible participants.

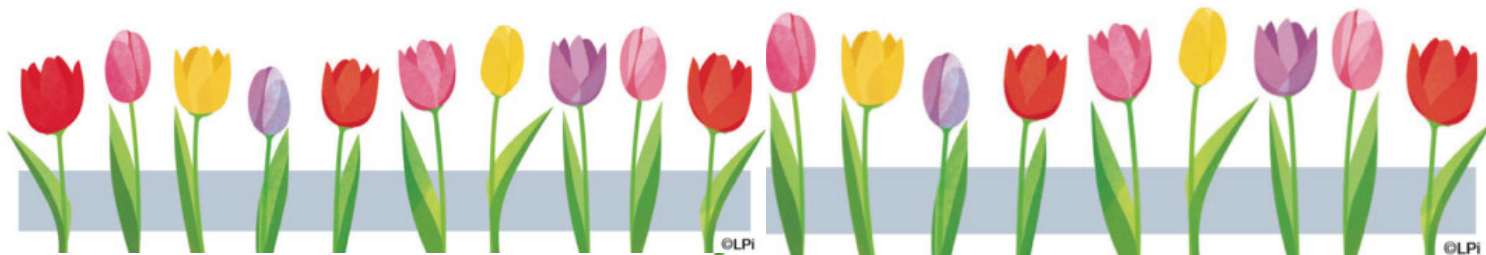
To cancel a meal, please call  
by 8:30am

Office Location:  
St Paul Community Center  
808 Howard St  
St. Paul, NE 68873  
308-754-5452  
or  
308-754-5453

Hours:  
Monday - Friday  
9:00am - 4:00pm

## OTHER PROGRAMS OFFERED

Toenail Clinic, BINGO, and more.



# MERRICK COUNTY

**SITE SUPERVISOR**  
Tina Broekemeier

## NUTRITION PROGRAMS

### CENTRAL CITY

#### THE GOOD LIFE CENTER CONGREGATE MEAL

Monday - Friday at 11:45 am

#### TO-GO MEAL

Monday - Friday at 11:30

#### HOME DELIVERED MEAL

Monday - Friday for eligible  
participants

#### CLARKS

#### HOME DELIVERED MEALS

Monday - Friday

### PALMER

#### THE LEGION CLUB CONGREGATE MEAL

Thursdays at Noon  
Call (308) 894-2700 for a  
reservation

#### HOME DELIVERED MEAL

Monday - Friday for eligible  
participants

#### CHAPMAN

#### HOME DELIVERED MEALS

Weekly meals for eligible  
participants

Office Location:  
The Good Life Center  
803 C Avenue  
Central City, NE 68826  
308-946-5176

Office Hours:  
Monday - Friday  
8:00 am - 2:30 pm

## OTHER PROGRAMS OFFERED

Blood Pressure and Toenail  
clinics, Exercise Classes, Cards,  
Bingo, Puzzles, Exercise  
Equipment, Library Checkout,  
and much more.

# MIDLANDS CHOICES

Do you want to know more about the services, care, and support options available to you in your community?

Are you interested in living the most independent life possible?

Do you need help deciding what living alternative is best for you?

Do you have questions about the type of care you need and how your needs can be met?

Do you need more information about funding and options available to you? If you answered yes to any of these questions our Choices program can help!

## Care Management

Available for individuals 60+ who need assistance with coordination of in home services and supports

## Case Management

Available up to 4 times per year. For individuals 60+ with less intensive needs

## Medicaid Waiver

If eligible for Medicaid, individuals may qualify for waiver services to help in the home, transportation, meals, and lifeline.

For referrals or questions call and speak with Nicole  
402-463-4565 ex. 301



**Foster Grandparents**  
Share Today. Shape Tomorrow.

Individuals age 55 and over are needed in South Central Nebraska to serve as mentors for children in schools, child care centers, and Head Starts. We offer a tax free stipend, paid holidays, mileage reimbursement & complimentary meals at most locations.

**For more info Call 402-463-1440**

## Westgate Manor

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Brenda Piel, Executive Director



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The Retired and Senior Volunteer Program of Adams and Webster Counties is seeking volunteers age 55 +




Examples of volunteer activities include:

- Helping seniors in their homes
- Providing transportation for those unable to drive themselves to appointments
- Delivering meals to shut-ins
- Assisting at a Food Pantry
- Helping in Senior Centers, Libraries, Nursing Homes, and Museums

 Give us a call if you are interested in becoming an RSVP Volunteer!!

Senior Action, Inc.  
402-463-1454



<b>ST. PAUL</b> 308.754.4426	721 7th St PO Box 385
<b>LOUP CITY</b> 308.745.0573	650 P St PO Box 624
<b>CENTRAL CITY</b> 308.946.3018	1634 16th St PO Box 177

**www.bankwithcitizens.com**

Valley County Health System  
Home Health & Hospice



Hometown Professionals  
Caring for Hometown Folks

2707 L St, Ord, Ne 68862  
308.728.4355




Jennifer Smydra  
CPA LLC

C: (308) 750-7398  
O: (308) 571-0754

207 Howard Ave #2  
St Paul, NE



<b>Red Cloud</b> 402-746-2500 241 West Fourth Avenue Red Cloud, NE 68970	<b>Superior</b> 402-879-3123 814 Idaho St Superior, NE 68978
<b>Edgar</b> 402-224-5315 Edgar 219 North Street Edgar, NE 68935	

# NUCKOLLS COUNTY

**SITE SUPERVISOR**  
Brenda Combs

Office Location  
447 North Central Avenue  
Superior, NE 68978  
402-879-4691

Office Hours:  
Monday - Friday  
8:00am - 4:00PM

## NUTRITION PROGRAMS

### SUPERIOR

**THE VESTEY CENTER  
CONGREGATE MEAL**  
Monday - Friday at Noon

**TO-GO MEAL**  
Monday - Friday 11:30am

**HOME DELIVERED MEAL**  
Available Monday - Friday for  
eligible participants.

### NELSON

**HOME DELIVERED MEALS**  
Available Tuesday - Saturday for  
eligible participants.

**LAWRENCE  
HOME DELIVERED MEALS**  
Available Tuesdays & Thursdays  
for eligible participants.

**COMING SOON!**  
Dining Vouchers that can be used  
at specific dining establishments.  
Stay tuned for more information.

## OTHER PROGRAMS OFFERED

Blood Pressure and Toenail  
Clinics, Cards, Trivia, Music,  
BINGO, Coffee Group,  
Popcorn & Conversation and  
much more.



# WEBSTER COUNTY

**SITE SUPERVISOR**  
Brittany Melton

Office Location:  
432 N. Elm St  
Red Cloud, NE 68970  
402-746-3708

Hours:  
Monday - Friday  
8:00am - 4:00pm

## NUTRITION PROGRAMS

**RED CLOUD  
Elm Street Center  
CONGREGATE MEAL**  
Monday - Friday at Noon

**TO-GO MEAL**  
Monday - Friday 11:30am

**HOME DELIVERED MEAL**  
Available Monday - Friday for  
eligible participants

**BLUE HILL  
HOME DELIVERED MEALS**  
Monday - Friday for eligible  
participants

**GUIDE ROCK  
Senior Center  
CONGREGATE MEAL**  
Monday - Friday at Noon

**TO-GO MEAL**  
Monday - Friday 11:30am

**HOME DELIVERED MEAL**  
Available Monday - Friday for  
eligible participants

**HOME DELIVERED MEALS**  
Available in Inavale, Bladen,  
Rosemont with a modified  
schedule.

## VOUCHERS

Vouchers can be redeemed  
at Thrainers in Blue Hill and  
at AJ's in Bladen.

Vouchers are distributed  
monthly in Bladen and Blue  
Hill or by appointment in  
Red Cloud

## OTHER PROGRAMS AVAILABLE

Toenail and Blood Pressure Clinics, Fitness Classes, Activities and more

# HEALTH AND FITNESS

## SPRING INTO WALKING

With the weather warming up, now is a great time to get yourself up and moving!

Grab a partner and spring into action with a daily walk. You won't be disappointed with the results.



## BEFORE STARTING A WALKING ROUTINE

- \*Check with your physician
- \*Don't jump directly into strenuous exercise
- \*Always stretch before and after walking
- \*Put on loose, athletic friendly gear
- \*Select a secure area
- \*Hard surfaces equals hard impact
- \*Exercise indoors during colder months
- \*Inspect yourself for injuries before exercising
- \*Nobody knows your body better than you
- \*Make certain to stay hydrated

## HEALTH BENEFITS OF WALKING

- \*Helps maintain a healthy body weight
- \*Keeps muscles in check
- \*Lifts mood and increases happiness
- \*Boosts circulation and decreases risk of cardiovascular problems
- \*Helps you sleep more soundly
- \*Safeguard against osteoporosis
- \*Makes concentrating easier
- \*Gives new life to worn out joints
- \*Helps with balance and mobility
- \*Reduces the risk of cancer, diabetes, & heart attacks
- \*Strengthens your immune system
- \*Provides an additional way to socialize



**FOSTER GRANDPARENTS**  
MAKE A DIFFERENCE.  
VOLUNTEER.  
402.463.1440



**Andrew Benson DDS**  
**James Krejci DDS**  
**308.754.4296**



**PRODUCTS AND SERVICES**  
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Marketing & Distribution  
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Corn/DDG:  
Distillers Grains **308.946.9733**

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**Frank Musalek**  
402-463-0631  
630 W. 2nd St. Hastings, NE 68901  
frank.musalek@edwardjones.com

**Edward Jones**  
MAKING SENSE OF INVESTING



**BRUCE FURNITURE**  
EVERY STYLE. EVERY BUDGET.  
*Just Right For You*

power adjustable base **295 S. Marian Rd., Hastings, NE**  
**Free Delivery, Set Up and Removal of Old Pieces**



# NUTRITION PROGRAM INFORMATION

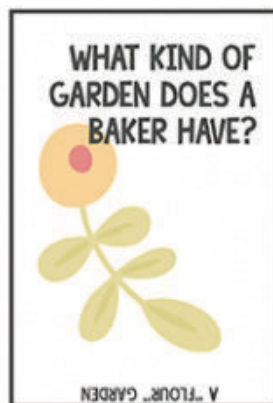
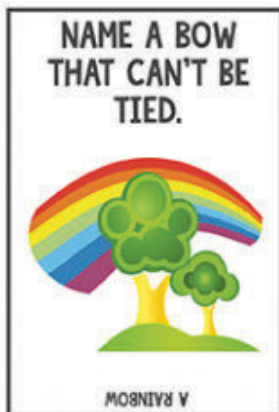
Nutrition services are authorized under The Older American Act. They are designed to promote the general health and well-being of older individuals age 60 and up, The services are intended to reduce hunger, food insecurity and malnutrition of older adults, promote socialization of older individuals, promote their health and well-being by assisting in gaining access to nutrition and other disease prevention and health promotion services and to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior.

## NUTRITION PROGRAMMING PROVIDED

CONGREGATE MEALS	HOME DELIVERED MEAL	VOUCHERS	TOGO MEALS
<p>Congregate meals are served in a group setting. Often times activities, educational programming and entertainment are offered. Participants have the opportunity to socialize while enjoying nutritionally balanced meals in a comfortable and welcoming environment.</p>	<p>Home Delivered Meals are provided in the participants home five days a week. Nutritious meals, education, and risk screening are provided for individuals over the age of 60 who are homebound by reason of illness or disability, who are otherwise isolated and or deemed eligible.</p>	<p>Vouchers are available in certain counties and allow dining at local establishments. Please contact your county to see if they participate.</p>	<p>At the beginning of the pandemic, in an effort to accommodate social distancing the ability for TOGO meals began.</p> <p>Please contact your county for more information about availability.</p>

## WHAT WILL THIS COST ME?

All of our meals are contribution based. This means we do not charge for the cost of them, but we suggest a contribution amount that helps keep this program running in the future. The suggested donation amount for participants over 60 is between \$4.00 to \$5.00 depending on the meal site. Meal programs are supported by funding through the Federal Older American's Act (OAA), the state of Nebraska, local donations, and your contributions. All contributions are voluntary and confidential.



# STRESS AWARENESS MONTH

**IF YOU'RE FEELING STRESSED OUT, TRY THESE 5 SELF CARE TIPS:**



**GET ENOUGH SLEEP**

A minimum of 6 hours is necessary for most.



**TAKE TIME FOR YOURSELF**

Whether it's journaling, a hike, or a bath, giving yourself time to decompress is essential.



**MAINTAIN A HEALTHY DIET**

Try to eat more whole foods when possible, and skip the processed options when possible.



**IDENTIFY A SUPPORT SYSTEM**

Whether it's a therapist, friend, or partner, having someone to process with is essential.



**EXERCISE REGULARLY**

Even if it's a walk around the block with your pet, you'll feel better.

## 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!**



**William Ristov**

**308-380-8769**

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



**REACH Initiative**

Raising Effective Advocacy for Crime Victim Health and Safety

## Are you 60 years of age or older?

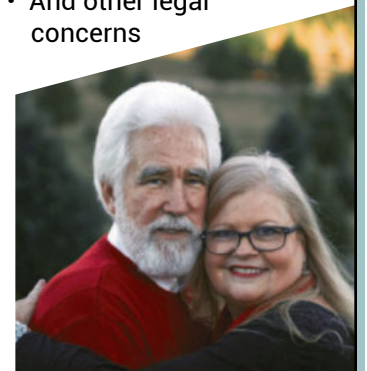
**We can help you with...**

- Elder Abuse and Financial Exploitation
- Power of Attorney
- Collections
- Medicare/Medicaid
- Consumer Protection
- Simple Wills
- Advanced Directives/ Living Wills
- Homestead Exemption
- Tenant Issues
- And other legal concerns

Serving Nebraska's seniors in all 93 counties.

**ElderAccessLine®**

In Omaha: 402-827-5656



This advertisement was supported by grant number 139-2020-VA1029 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice, through the Nebraska Crime Commission.





# Happy Earth Day!

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

Word List:

- |          |             |            |                 |
|----------|-------------|------------|-----------------|
| AIR      | APRIL       | ATMOSPHERE | CARBONFOOTPRINT |
| CLEAN    | CLIMATE     | COMPOST    | CONSERVATION    |
| EARTHDAY | ECOLOGY     | ECOSYSTEM  | ENDANGERED      |
| ENERGY   | ENVIRONMENT | FLOWERS    | FUEL            |
| GREEN    | HABITAT     | LITTER     | NATURE          |
| OCEAN    | OXYGEN      | OZONE      | PLANET          |
| PLANT    | POLLUTION   | RAINFOREST | RECYCLE         |
| REDUCE   | REPURPOSE   | RESOURCES  | RUBBISH         |
| SAVE     | TREES       | VOLUNTEER  | WASTE           |
| WATER    | WETLANDS    | WILDLIFE   | WORLD           |

