



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

Memorial Day
Monday, May 20, 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.

MAY IS OLDER AMERICANS MONTH!

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- **PLANNING:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **ENGAGEMENT:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **ACCESS:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **CONNECTION:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

**OLDER
AMERICANS
MONTH**



AGE MY WAY: MAY 2022

Serving Older Nebraskans for Over 40 Years

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.

USDA FARMERS MARKET COUPONS

WHAT ARE FARMERS' MARKET COUPONS????

They are a part of our wonderful nutrition program that can help offset your summer food costs and allows you to purchase fresh fruits, vegetables, herbs and honey.

HOW DO I QUALIFY????

Farmers' Market coupons are available for those who meet 3 criteria:

- 1.) You must live in Adams County
- 2.) You must be at least 60 years of age by June 1, 2022
- 3.) Your annual income cannot exceed
One Person Household: \$25,142
Two Person Household: \$33,874

WHAT CAN I USE THEM FOR????

These coupons can be used to redeem fresh, nutritious, unprepared, locally owned, fruits, herbs, and honey from any Nebraska certified Vendor. Coupons can be used at ANY Eligible Farmers' Market in the state of Nebraska.



Limited amounts of coupons available, If you are interested in this program please contact your county's senior center or our central office
402-463-4565 Ex306

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

GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

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

Make Your Day Yours!

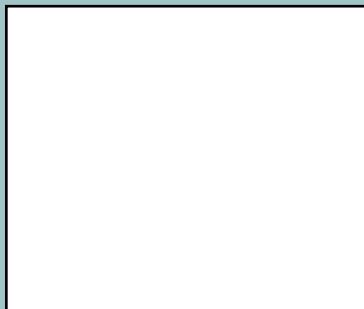
Work or home we will pick up your vehicle and deliver it back to you (within Hastings city limits) for all oil changes, maintenance and repairs done at our shop!

(402) 463-7588 (402) 460-7593

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- Serve Your Community
- Paid Training
- Some Travel

lpi Contact us at: careers@4lpi.com | www.4lpi.com/careers



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

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

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.

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.

Fruits Word Search Puzzle

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

ACORN	LEMONS
APPLE	MULBERRY
AVOCADO	NUTS
BANANA	ORANGE
BLACKBERRY	PAPAYA
BLUEBERRY	PLUM
CHERRY	STRAWBERRY
CRANBERRY	TOMATO
DURIAN	
GOURD	
GRAIN	
GRANADILLA	
GRAPE	
GUAVA	
HUCKLEBERRY	

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 Final Expense Policies

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

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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

OTHER PROGRAMS OFFERED

Coffee group, Monthly Dinner, and more

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

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

5 WAYS TO SAVE ON GROCERIES EVERY MONTH



- 1. USE A BUDGET CALENDAR.** A budget calendar is a paper or digital calendar that you use to predict how much money will flow in and out of your budget each month. The key components of a budget calendar are income (e.g., wages, pension, Social Security), household expenses (e.g., rent/mortgage, cell phone, utilities, groceries), and savings (e.g., contributions to an emergency fund).

Organizing your finances ahead of time can help you see how much you have to comfortably spend on groceries from week to week. By budgeting, you can plan smarter, shop more efficiently, and save money that can be applied toward other necessities.
- 2. MAKE MEAL PLANNING A HABIT.** Preparing your meals at home costs much less than ordering takeout or dining in at a restaurant. It's much healthier, too. Meal planning helps you stretch your budget even further. By planning your meals for the entire week ahead of time, you can minimize your trips to the supermarket. You'll also streamline your grocery list by buying only the items you need to make your preplanned recipes. To maximize your grocery savings, let your store's weekly sales flyer guide your meal planning. It's also a good idea to stock up on the staples you use most often when the price is right.
- 3. LOOK FOR SAVINGS.** Grocery store savings are all around you—but you have to look for them. Here are a few ways to find deals that help you spend less at the grocery store:
 - *Clip coupons: and join store loyalty programs
 - *Find store-brand alternatives: House brands are almost always less expensive than brand-name products, and the quality is often comparable (if not better).
- 4. SHOP FOR GROCERIES ONLINE.** Although you might think of online food shopping as more expensive, it can actually save you money. For one thing, it helps eliminate impulse buys by keeping you out of the physical store. In addition, you can check your fridge and pantry right before you place a grocery order to see what foods you already have on hand. This stops you from wasting your grocery budget on items you don't really need.
- 5. SEE IF YOU'RE ELIGIBLE FOR SNAP ASSISTANCE.** If you're struggling to afford high food prices and don't currently receive Supplemental Nutrition Assistance Program (SNAP) benefits, it's a good time to find out if you qualify. SNAP provides monthly financial assistance to help older adults buy the food they need. If you need assistance applying call our office. We can help!

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

MAY 2022

MAKE A GREAT PLATE.

Layers of fresh flavor are perfect for a light lunch.

Cilantro-Lime Shrimp Wraps

INGREDIENTS

- 1 lb shrimp, peeled and deveined
- 1 tsp chili powder
- 1 lime, juiced
- 2 tbsp fresh chopped cilantro, plus more for garnish
- 1 clove garlic, minced
- 1 tbsp extra-virgin olive oil
- Large leaves of romaine or iceberg lettuce, for serving
- 1 tomato, diced

DIRECTIONS

In large mixing bowl, combine shrimp, chili powder, lime juice, cilantro, garlic and oil. **In** large skillet over medium heat, add shrimp mixture and cook until pink, about two minutes per side.

To assemble, add shrimp and tomato to large lettuce leaf. Garnish with cilantro. **Fold** and enjoy.



Makes 4 Servings. Each: 142 calories • 24g protein • 4g total fat • 3g carb
0g sugar • 2g fiber • 339mg sodium • 0.5g saturated fat • 2g mono fat • 0.5g 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

Recreation 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



*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 11:30 am
Please call by 2pm the day before to reserve your meal

HOME DELIVERED MEAL

Provided Monday - Friday for eligible participants.

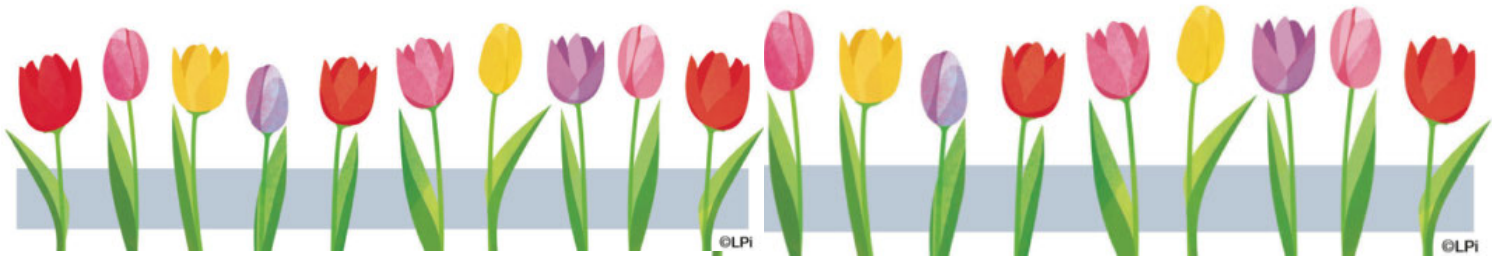
To cancel a meal, please call by 8:30am

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

Hours:
Monday - Friday
8:00am - 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

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LOUP CITY 308.745.0573	650 P St PO Box 624
CENTRAL CITY 308.946.3018	1634 16th St PO Box 177



www.bankwithcitizens.com

Valley County Health System Home Health & Hospice



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Folks**

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308.728.4355



Jennifer Smydra
CPA LLC

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

207 Howard Ave #2
St Paul, NE



Red Cloud
402-746-2500
241 West Fourth Avenue
Red Cloud, NE 68970



Superior
402-879-3123
814 Idaho St
Superior, NE 68978

Edgar
402-224-5315
Edgar 219 North Street
Edgar, NE 68935



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

Midland Area Agency on Aging, Hastings, NE

D 4C 05-0619

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.

VOUCHERS
Can be used at D&D Lyon's Den
In Nelson & Dick's Place in
Lawrence. Call for more info!

OTHER PROGRAMS OFFERED

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



WEBSTER COUNTY

SITE SUPERVISOR

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 Thramers 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

5 WAYS TO STAY HEALTHY WHILE TRAVELING

As you take to the air, road, or track this summer, make nutrition a top priority. Your body will thank you, and it will give you the energy you need to enjoy your time wherever your travels take you.

1. PACK HEALTHY SNACKS

Dining while on the go usually translates to getting a quick hunger fix that involves processed, high fat foods. Apples and nut butter, pretzels and hummus, and dried, no-sugar-added fruit are a few healthy options.

2. LIGHTEN YOUR LUGGAGE

One easy way to lighten your load is to condense cumbersome toiletries. Look for personalized vitamin subscription services, like Vitamin Packs (www.vitaminpacks.com), which combine customized dietary supplements into individual daily packs that can easily tuck into your carry-on luggage.

3. DON'T FORGET ESSENTIAL NUTRIENTS

In addition to nutritionally rich go-to snacks, pack a multivitamin that delivers essential nutrients.



4. KEEP YOUR BLOOD FLOWING

Long periods of sedentary travel can lead to blood clots. Before you go, check with your doctor about adding an omega-3 supplement to your diet to maintain healthy blood flow.

5. Hydrate. Hydrate. Hydrate. Water should be your No. 1 travel companion. Pack a reusable water bottle, so you can quickly fill up at water fountains located in airports, train stations, and bus stops.

(Courtesy of BPT)



FOSTER GRANDPARENTS
MAKE A DIFFERENCE.
VOLUNTEER.
402.463.1440



Andrew Benson DDS
James Krejci DDS
308.754.4296



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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.



MENTAL HEALTH MONTH

Signs & Symptoms of Depression in Older Adults & the Elderly

- | | |
|---|--|
| ❖ Sadness that persists for 2 or more weeks | ❖ Fatigue |
| ❖ Feelings of hopelessness or expressing helplessness | ❖ Sleep disturbances (difficulty falling asleep, staying asleep, oversleeping, or daytime sleepiness) |
| ❖ Abandoning or losing interest in hobbies or other pleasurable pastimes | ❖ Lack of motivation and energy |
| ❖ Loss of self-worth (worries about being a burden, feelings of worthlessness, self-loathing) | ❖ Social withdrawal and isolation (reluctance to be with friends, engage in activities and hobbies, or leave home) |
| ❖ Increased use of alcohol or other drugs | ❖ Weight loss or loss of appetite |
| ❖ Memory or concentration problems | ❖ Neglecting personal care (skipping meals, forgetting meds, neglecting personal hygiene) |
| ❖ Unexplained or aggravated aches and pains | ❖ Excessive anxiety and worries |
| ❖ Slowed movement and speech | ❖ Fixation on death; suicidal thoughts or attempts |
| ❖ Irritability or restlessness | |

If you or your loved one is showing signs or symptoms of depression contact your healthcare provider or talk with someone you trust.

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

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!



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 for Crime Victim Health
 and Safety

Are you 60 years of age or older?

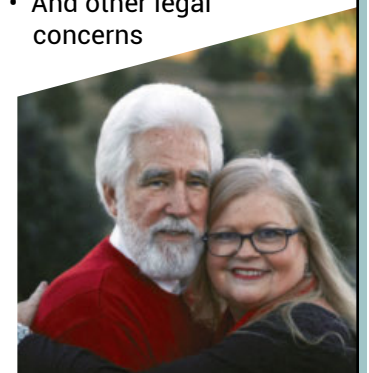
We can help you with...

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- Collections
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- Consumer Protection
- Simple Wills
- Advanced Directives/ Living Wills
- Homestead Exemption
- Tenant Issues
- And other legal concerns

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 Nebraska's seniors
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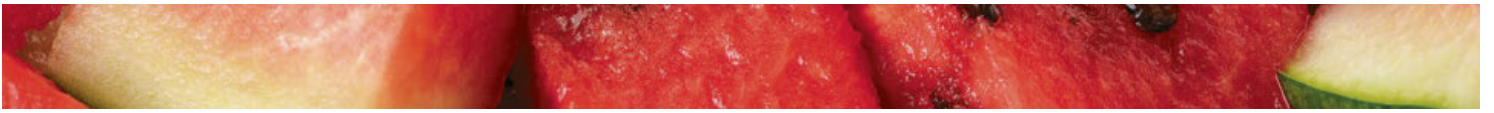
ElderAccessLine®

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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.





TIPS FOR SHOPPING FARMERS' MARKETS

Your local farmers' market is not only a great place to purchase fruits and vegetables that are grown nearby. It's a good opportunity to score other freshly baked and produced goods, from pastries and jams to handmade jewelry and homegrown flowers. A farmers' market is also a fun way to spend a few hours on a summer day.

Another advantage of shopping a local farmers' market is the prices. For those on a fixed income, it's tough to beat the affordability of fresh produce and baked goods.

How can you make the most of your weekly trip to the farmers' market? We have a few tips to help you master the market.

1. BRING YOUR OWN BAG.

A farmers' market essential is a sturdy bag to stash your goodies in. It's also an environmentally friendly way to shop.

2. WEAR COMFORTABLE SHOES.

When you shop at a farmers' market, it's guaranteed that you will do a lot of walking. Wearing comfortable shoes is a must.

3. BRING CASH.

While some farmers might accept credit cards, cash is generally the preferred currency. It's also a

great way to stay on budget and avoid indulging in too many impulse purchases.

4. TALK WITH THE GROWERS.

Vendors at farmers' markets can be a great source of information and advice. Make sure to talk with them as you make your rounds. There is much to be gained by talking with those who grow or make items to sell at a farmers' market, from learning how things are grown to getting suggestions for how to prepare produce.

5. SHOP EARLY IF YOU CAN.

Farmers' markets have gained in popularity in recent years. If you want the largest variety of fruits, vegetables, and other goodies, it's best to go early. You'll not only have the first pick of goods, you'll probably have more time to chat with vendors.

6. GET TO KNOW THE MARKET.

Most markets have regular vendors who set up in the same place week after week. Once you get familiar with the market, you can visit your favorites each time you shop. One tip, however, is not to fall into the trap of visiting only the vendors you've shopped before. Continue to explore new vendors and those who sell just a few times a summer.

7. ADHERE TO MARKET ETIQUETTE.

Few farmers' markets encourage the haggling you often find at flea markets or other sales. Before you try to barter with vendors, take time to learn market etiquette. The market may discourage that type of behavior.

Finally, remember the health benefits you gain by shopping at a local farmers' market. In addition to providing you with an abundance of healthy foods to use in planning meals, you'll reap the cardiovascular benefits of walking. Those are two of the best steps for avoiding disease and living your best life.

