



# 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**  
**Juneteenth**  
**Monday, June 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.

## World Elder Abuse Awareness Day is June 15th

World Elder Abuse Awareness Day (WEAAD), was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

Below are some statistics to illustrate the changing demographics and necessity of educating ourselves and our communities about elder abuse, neglect and financial exploitation:

\*Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. (World Health Organization, 2022)

\*Seniors are living longer, but not necessarily better. Alzheimer's disease, dementia and declining cognitive and physical functioning make elders more vulnerable to victimization.

\*One in 10 Americans over age 60—an estimated 5 million elders fall victim of elder abuse, neglect or exploitation.(National Council on Aging, 2017)

\*Only one in every 23.5 cases of elder abuse is reported to any agency (Under the Radar: New York State Elder Abuse Prevalence Study Final Report, Lachs, Mark, Et al.,2011)

\*As few as 1 in 14 cases of elder abuse come to the attention of authorities, making elder abuse significantly under-identified and under-reported.(Elder Abuse Statistics and Facts, 2017)

If you suspect abuse or fraud please do not hesitate to call  
**1-800-652-1999**

### SPEAK UP!

Report abuse to Adult Protective Services at the 24-hour toll-free hotline

**1-800-652-1999**

- R** All calls can be made anonymously.
- R** You do not need to prove that abuse is occurring.
- R** It is up to the professionals to investigate your suspicions.
- R** Even if it is determined that no crime has been committed, counseling or other services may be suggested.

**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

### Warning Signs

#### of Elder Abuse or Vulnerable Adult Abuse

- S**udden changes in behavior or finances
- P**hysical injuries, dehydration, or malnourishment
- E**xtrême withdrawal, depression, or anxiety
- A**bsence of basic care or necessities
- K**ept away from others
- U**nsanitary living conditions
- P**ersonal items missing

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MLTC-PAM-49 5/2017

# 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**  
Webster County Community Hospital  
(402) 746-5600  
Webster 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](mailto: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!

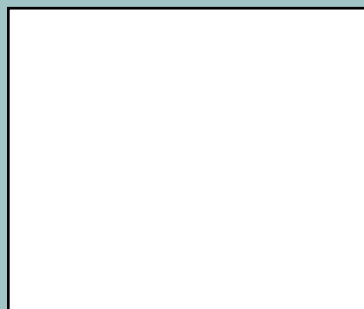
(402) 463-7588 (402) 460-7593

**ELDON'S AUTOMOTIVE REPAIR**  
100 S. Maple St.  
Hastings, NE

**support our ADVERTISERS**

**AURORA COOPERATIVE**  
**AURORA COOP + YOU TOUGHER TOGETHER**  
**(308) 946-2161**  
610 C Ave, Central City, NE

**PREMIER ESTATES OF KENESAW**  
Driving Excellence in Short/Long-Term Care  
100 W. Elm St. • Kenesaw, NE  
**402-752-3212**  
Outpatient Therapy



**WE'RE HIRING**  
**AD SALES EXECUTIVES**  
**BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.**

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

**lpi** Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)



## 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.

## TIPS TO KEEP YOUR COMPUTER RUNNING SMOOTHLY

Buying a new computer's always a thrill, but sooner or later, your fast new machine will start to act like a clunker. Or will it?

With a few simple tips, you can keep your computer running smoothly. Sammsoft ([www.sammsoft.com](http://www.sammsoft.com)), a company that develops and publishes quality software products designed to secure, protect, maintain, and enhance computer users' experience, provides the following tips:

**Clean out your computer registry.** Every Windows Operating System uses a registry, or a central database that contains all of the settings for low-level operating system components, as well as any applications running on the platform. Every time you save something, run a new application or install or uninstall a program, new information is organized into your registry. But occasionally, the registry records something incorrectly. Over time, registry errors pile up and can start slowing down your computer. But running a registry cleaner, such as AdvancedRegistry

Optimizer 2010 by Sammsoft, will fix registry errors and remove faulty files, helping your computer run quickly and smoothly.

**Keep viruses under wraps.** Run a virus checker regularly. If you have a high-speed wireless connection, don't use the Internet without a firewall. No antivirus strategy is perfect, so stay away from suspicious-looking Web sites and don't click on strange links in e-mails.

**Get rid of unnecessary files.** If you haven't used a program in months or years, delete it to reclaim valuable memory. But always back-up applications in case you want to reinstall them later, and don't delete applications that you don't recognize, as Windows might need them to run. Never remove WINDOWS or HOT FIX applications. Also delete cookies and clear your Internet cache before you sign-off your computer.

**Never turn off your computer before Windows has shut down.** Doing so could harm the hard drive or result in lost data or Windows files.

**Back up your computer.** Hardware problems occur more that you might think, and you don't want to deal with the frustration of losing valuable data. Back up photos, Excel spreadsheets, Word documents — anything that you do not want to lose — on external hard drives or CDs.

For more information, visit [www.sammsoft.com](http://www.sammsoft.com).  
(Courtesy of NewsUSA)

# 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

### Stay in your home!

Straight Railed & Curved Stairlifts

Call for a **FREE in-home estimate today!**



**MIDWEST HYDRAULIC SERVICE & EQUIPMENT CO., INC.**



1925 East 4th Street  
Grand Island, NE 68801

**Carol 308-381-8220**

www.themobilityexperts.com  
midwesthydraulic@qwestoffice.net

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**In Central City Mall**

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308-946-3859 | 1-800-473-1770

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- Free Medicare Part D Counseling
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- Shingles Shots
- Pill Packing

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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

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6	8			7				5
			1					
	7	1	8				2	
8		9						
	2	4		5	9			
			2					
			5					8
				9	6			
4	5	2	7	1				9

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DIFFICULTY: ★☆☆☆☆

## ENIGMA™ CRYPTOGRAM

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

"LKS EAUS VG O WON'E DKOTODLST  
DON ZS EKVPN ZM LKS LKANFE LKOL  
WOQS KAW ONFTM."

— OXLKVT XNQNVPN

## CROSSWORD PUZZLE

- ACROSS**
- School course (abbr.)
  - Gem
  - Scientific name (suf.)
  - Office of Economic Development (abbr.)
  - Of the ear
  - Book of hours
  - Recommended daily allowance (abbr.)
  - Ger. philosopher
  - Sicilian resort
  - Disprove
  - Norwegian king
  - Journey
  - Rom. official
  - Divination by lots (Lat.)
  - Czarist Russ. council
  - East of Eden country
  - Mature
  - Radium emanation
  - Yale student
  - Foot (pref.)
  - Berserk
  - Malay law
  - Gr. author
  - John, Irish
  - Waste allowance
  - Alluvial deposit
  - Footless
  - Indian red powder
  - Fiddler crab genus
  - Bowling alley
  - Berne's river
  - Dismiss from a job
  - Maple genus
  - Flavor
  - Television channel

SCI	JADE	ACEA
OEC	OTIC	HORA
RDA	KANT	ENNA
BELIE	OLAF	
	TREK	EDILE
SORS	DUMA	NOD
AGE	RADON	ELI
PED	AMOK	ADAT
AESOP	SEAN	
	TRET	GEEST
APOD	ABIR	UCA
LANE	AARE	CAN
ACER	LACE	HBO

- DOWN**
- Service tree fruit
  - Surrender
  - Adjective-forming (suf.)
  - Clown
  - Luzon people
  - Hubbub
  - Outer (pref.)
  - Forward
  - Pent
  - Sea eagle
  - Antiaircraft artillery (abbr.)
  - Possessive pronoun
  - Slender
  - Dutch cheese
  - Honor
  - Mascagni heroine
  - Blue-pencil
  - Grape syrup
  - Pointed arch
  - Sard (2 words)
  - Donkey
  - Sexual assault
  - Donkey (Fr.)
  - Bid
  - Acquiesce
  - S. Afr. language
  - You (Ger.)
  - Wound crust
  - Pueblo Indian
  - Alabama (abbr.)
  - Half-boot
  - Sheep's cry
  - Internat'l Red Cross (abbr.)

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16					17		
18			19		20	21				
		22	23	24	25			26	27	
28	29	30		31	32		33			
34			35					36		
37			38				39			
40			41		42	43				
		44		45	46		47	48	49	
50	51			52	53	54		55		
56				57				58		
59				60				61		

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A28

# 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.lpicomunities.com](http://www.lpicomunities.com)

Midland Area Agency on Aging, Hastings, NE

C 4C 05-0619

# CLAY COUNTY

## SITE SUPERVISOR

Rachael McLain

## 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.

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

Hours:  
Monday- Friday 8-4pm

### 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

JUNE 2022

# MAKE A GREAT PLATE.

This classic combination will be a crowd-pleaser.

## Peanut Butter and Banana Breakfast Cups

### INGREDIENTS

- 3 cups rolled oats
- 1 tsp baking powder
- 2 eggs, whisked
- 1½ cups milk
- 1 ripe banana, mashed
- ⅓ cup peanut butter
- ¼ cup pure maple syrup

### DIRECTIONS

**Preheat** oven to 350°F. **Line** 12-cup muffin tin with liners. **In** large bowl, add oats, baking powder, whisked eggs, milk, banana, peanut butter and maple syrup. **Stir** until combined well. **Spoon** mixture into muffin cups.

**Bake** 30 minutes. **Allow** to cool. **Freeze** leftovers.

**Makes 12 Servings. Each:** 168 calories • 7g protein • 6g total fat • 23g carb  
8g sugar • 3g fiber • 102mg sodium • 1g saturated fat • 3g 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

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.

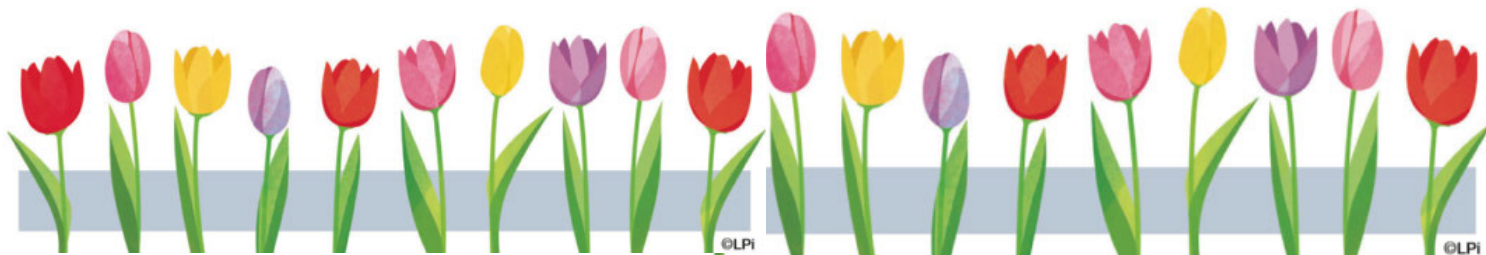
To cancel a meal, please call by 8:30am

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

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

### AD CREATOR STUDIO



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



Complete Hearing Care and Hearing Aids  
Gary L. Wyeno • Doctor of Audiology  
2115 N. Kansas Ave  
**402-463-2431**  
[www.glwyenohearing.com](http://www.glwyenohearing.com)



<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](http://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

## Williams FUNERAL HOMES



**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](http://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

# GET OUTSIDE

Going outside in the fresh summer air is a wonderful way to spend time together. Going outside encourages light exercise and promotes socializing, which are both important parts for a healthy lifestyle.

- 1. Gardening** - Gardening is one of the most popular outdoor activities for all ages. This is a great way to stay active and maintain strength and flexibility.
- 2. Walks** - A great way to stay active is through walks. It's also a great way to get some fresh air and see the sights the environment around you has to offer.
- 3. Bird Watching** - While birdwatching can sometimes be seen as a less exciting activity, it can really be beneficial in calming the mind and allowing for reflection. This is a great activity for those who wish to enjoy and connect with nature. It's very soothing and therapeutic.



- 4. Outdoor Theatre / Music** - Many local organizations will put on small music events or outdoor theatre showings that you may really enjoy! Bring some snacks and a lawn chair and enjoy the sounds and scenery.
- 5. Picnic** - Picnics serve as a great way to get out and enjoy the fresh air.



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**Andrew Benson DDS**  
**James Krejci DDS**  
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# 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.



# SUMMER SUN PROTECTION

As we head into the summer months, keep your skin's health — present and future — in mind. Use these four tips to stay safe in the sun.

**1. Wear protective clothing.** If possible, wear long pants, long-sleeved shirts, and hats. Hats with wide brims not only cover your face, but they also protect other easy-to-forget spots like your ears and your scalp.

**2. Make sunglasses your favorite accessory.** Sunglasses shield your eyes from UV rays that can cause eye problems, like cataracts. Pricy sunglasses don't guarantee better protection. Look for a pair that says it blocks 99% or 100% of UVB and UVA rays.

**3. Limit your sun time,** especially between 10 a.m. and 4 p.m. That's when the sun's rays are at their strongest. Plan your outdoor activities early in the morning or later in the afternoon. You can also find or create shade during those hours. At the park? Sit under a tree. At the beach? Bring a beach umbrella. Just a regular day? Plan indoor lunch breaks.

**4. Use sunscreen and use it right.** UV rays can damage your skin in as little as 15 minutes. To protect your skin, put sunscreen on every part of your body that will be exposed to the sun at least 15 minutes before going outside, even if it's cloudy out. Sunscreen is most effective when used with other sun protection methods, like those mentioned above. Choose a sunscreen with at least SPF 15 and reapply every two hours.



## 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?

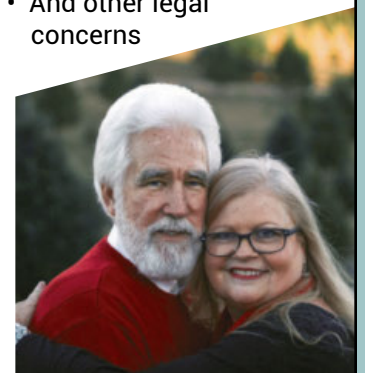
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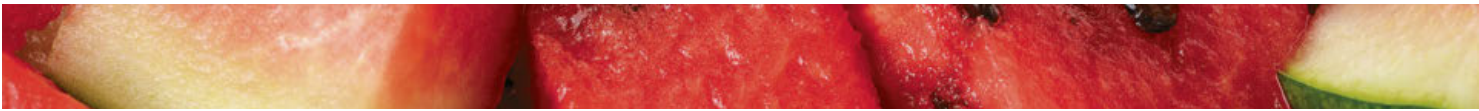
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This advertisement was supported by grant number 139-2020-VA1029 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice, through the Nebraska Crime Commission.





# HEALTH & WELLNESS

## Don't Delay the Talk: An early Alzheimer's diagnosis can make a big difference

After 30 years of painting commercial buildings, Mario Martinez of San Jose, California, had experienced days like this before — grueling hours under a sun-soaked sky, doing back-breaking work. He loved his job, but after spending hours outside he was ready to go home. Mario bent down to pick up his paintbrush, roller and can. Turning back to look at his day's work, he paused. His heart sank. He knew something was wrong.

"Mario came home and told me he had painted the wrong side of the doors on the building," his wife Veronica said. "It was alarming because he's been painting buildings for years and never made this kind of mistake. It worried us both." The couple had both noticed that Mario seemed to be more forgetful recently, but neither had shared their concerns with the other. Now that Mario's memory lapses were interfering with his work, it was time to talk.

### Take action through conversation

"Veronica told me I was asking for more and more help," Mario said. "I told her that I was forgetting a lot of the things she asked me to do. The more we talked, the more I realized I had a problem. I was forgetting many moments in my life and not enjoying activities that I had enjoyed before."

The couple's difficult conversation led Mario to his doctor's office, and he was eventually diagnosed with Alzheimer's disease.

Mario is not alone. He is one of more than 5 million Americans living with Alzheimer's — a fatal brain disease that causes problems with memory, thinking, and behavior. Every 65 seconds someone in the United States develops Alzheimer's disease and it's the country's sixth-leading cause of death.

Despite Alzheimer's growing impact, many families struggle with discussing the issue. A recent Alzheimer's Association survey reveals that 72 percent of Americans say that talking to close family members about cognitive decline would be challenging for them. However, having these difficult, but important conversations sooner can prevent a crisis and improve health options and outcomes.

### Reach out for help

To encourage and help more families discuss cognitive problems sooner, the Alzheimer's Association, in partnership with the Ad Council, has launched the "Our Stories" campaign. "Our Stories" features real stories of people who noticed cognitive changes in a family member and took the first, difficult step to initiate a conversation.

"It's understandable that many families are reluctant to express their concerns and start a conversation, but there are good reasons to do so," said Ruth Drew, director of information and support services, Alzheimer's Association. "Initiating conversations sooner can enable early

diagnosis, which offers many important benefits, including allowing more time for critical care planning, better disease management and providing diagnosed individuals a voice in their future care."

The "Our Stories" website, <https://ourstories.alz.org>, offers families tools and resources, including customizable conversation starters, a list of early signs and symptoms of Alzheimer's, benefits of early diagnosis, a downloadable discussion guide and other resources.

Whether you're noticing changes in yourself or a loved one, starting a conversation about Alzheimer's can be difficult, but it can make a big difference and there are resources to help. When something feels different, it could be Alzheimer's — now is the time to talk.

(Courtesy of BPT)

