



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

8/21/2022
NATIONAL SENIOR CITIZENS
DAY

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.

STAY SAFE AND HEALTHY WITH THESE SUMMER NUTRITION TIPS

HEALTHY SUMMER PICNIC PLANNING

One of the best parts of summer for many people is spending time enjoying a cookout with friends or a picnic at a local park or botanical garden. If you or a loved one are required to follow a special diet, your picnic menu can still be a fun one.

Here are a few tips to make traditional picnic foods a little healthier:

- **Serve fruit:** Berries, pineapple, melon, apples, and grapes are packed with vitamins, nutrients, and antioxidants. They also contain a lot of water, making them good for hydration. For people concerned about weight control, fruit can satisfy a sweet tooth instead of eating a treat that is high in calories, sugar, and saturated fats.

- **Healthy veggie dip:** Summer picnics and parties often include vegetables and dips to snack on. Unfortunately, many dips are loaded with fat and calories. You can make a healthier version of your favorite dip by substituting full-fat sour cream and mayonnaise with low-fat versions or with plain yogurt. An alternative would be to skip serving veggie dip and serve hummus instead. It's a nutritious and delicious option made with high fiber chickpeas that are linked to low cholesterol.

- **Baked not fried:** Instead of serving fried chicken bought from a local fast-food restaurant, bake a healthier version. One way to do that is to roll chicken in yogurt, sprinkle it with lemon juice, and bake it. The yogurt gives the chicken a crispy but healthy crust. Baking chicken cuts the fat per serving from an average of 20 grams when fried to just 7 or 8 grams.

- **Healthier picnic salads:** Potato salad, pasta salad, and macaroni salad are often picnic staples. While they might be popular, most aren't very healthy. You can change that by skipping the mayonnaise and using Greek yogurt instead. Choosing lemon basil vinaigrette is another option to try, as is using herbs, chickpeas, and a variety of fresh vegetables in place of eggs and olives.

Finally, be sure to serve plenty of water at your picnic. The hotter the day, the more important it will be. Set up a water station and include enhancements like lemons, berries, limes, and cucumber.

Food Safety and Summer Picnics

Hosting a picnic outdoors when the mercury is soaring requires a little extra planning and precautions:

- **Keep food chilled:** Never leave food outdoors for more than an hour. Place foods that contain mayonnaise, eggs, or other ingredients that can spoil back in the cooler immediately after serving.

- **Monitor the cooler:** Make sure your cooler is stored in a shady spot and that the ice is keeping the contents cold.

- **Cooked or raw:** Either cook the dish thoroughly before the picnic or wait to start it until you arrive. Partially cooked meat increases the risk for food poisoning.

Learn more about the steps you can take to avoid food poisoning by visiting the Centers for Disease Prevention and Control Foodborne Germs and Illnesses webpage.





Worried about transportation for the upcoming school year?

Call 1-888-997-1655 to schedule your ride or to receive further information.



WHAT WE DO

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.

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.

WHERE WE SERVE

Services are provided in Clay, Howard, Merrick, Nuckolls, and Webster Counties. We offer rides both in and out of town.

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 Clay, Howard, Merrick, Nuckolls, and Webster counties.



WAYS TO AVOID A LIFE-CHANGING FALL

Advances in healthcare and other technology are increasingly allowing aging Americans to live longer at home. However, many are unable to continue to do so once they take a serious fall at home. The following steps can be taken to prevent debilitating falls from ever taking place:

- **Recognize Your Risk.** Various health issues, medications, alcohol, or dehydration may increase your risk for a fall. Being aware helps you prepare.
- **Optimize Your Health.** Take responsibility for staying as healthy and fit as possible by remaining active, drinking enough water, limiting alcohol, avoiding smoking, and eating a healthy diet with plenty of calcium and vitamin D
- **Fall-Proof Your Home.** Walk through your home to identify and fix any possible dangers. You can find great resources for this in the AAOS and Orthopaedic Trauma Association Falls Awareness and Prevention Guide (<https://www.orthoinfo.org/globalassets/pdfs/aaosfallprevention.pdf>).
- **Wear the Right Shoes.** Limit footwear to well-fitting, low-heeled shoes or slippers with rubber or other non-skid soles. Also watch for untied shoelaces. *(Courtesy of BPT)*

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.

Webster 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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LPi Contact us at: careers@4lpi.com | 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.

Fitting in Fitness

Make Movement Part of Your Daily Routine

Exercise can fit into the busiest days.

It helps reduce stiffness and stress

and keep you energized for long days. No
time for hour workouts at the gym? You'll
benefit from all movement for any amount of
time: it all adds up.

By staying physically active, we can fight
many common chronic health problems
as well as enjoy health benefits, including
better sleep, stress relief and improved
blood pressure and mental health.



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)

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

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

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midwesthydraulic@qwestoffice.net

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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

AUGUST WORD SEARCH

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rabbits

ferriswheel

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pigs

cattle

cotton candy

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

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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

Stomach Pain and Stress

Your brain and your digestive system have a direct relationship. That's why almost everyone has felt butterflies in their stomach when nervous or even experienced stomach pain, nausea or other digestive problems when stressed about personal or work matters.

Of course, stress can be physical, such as barely missing getting in a car accident. And emotional stress can be related to a happy event, like a wedding. But these stressful situations aren't constant.

It is ongoing stress, often related to work or personal relationships, which can keep your brain's stress response system — the flight or fight reaction — on high alert and impact other parts of your body. Your heart beats faster and your blood pressure rises. And the flight-or-fight response also causes delayed emptying of the stomach, potentially leading to heartburn, nausea and stomach pain. What's more, worrying about your stress-caused digestive symptoms can cause even more stress and more stomach pain.

Of course, any chronic or severe stomach pain needs your health care provider's attention.

But if your stomach pain is stress-driven, these self-care strategies can help soothe stress and calm related tummy ills.

- Take short breaks during the day. Practice slow breathing to dampen down your body's stress response. Inhale slowly, pushing your stomach out and then exhale slowly through your nose.
- Exercise, whether it's aerobics, a walk or doing yoga. Just 15 minutes a day can help reduce chronic stress.
- Learn to say no. Don't add to your stress level by taking on too many extra responsibilities.



*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

DONIPHAN SENIOR CENTER

103 W. Pine, Doniphan
402-845-6583

CONGREGATE MEAL

Monday-Friday 11:30-12:30

CONGREGATE MEAL

Monday - Friday at Noon

CURBSIDE MEAL

Monday-Friday 11:30-12pm

TO-GO MEAL

Monday - Friday at Noon

HOME DELIVERED MEAL

Monday - Friday for eligible participants in Grand Island

HOME DELIVERED MEALS

Monday - Friday for eligible participants in Doniphan

OTHER PROGRAMS

Recreation Room, Cards, Fitness Classes, BINGO, Support Groups, and More.

OTHER PROGRAMS

Cards, Blood Pressure Clinic, Puzzles, Walking, 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

HOME DELIVERED MEALS

Monday - Friday for eligible participants in Hamilton County.

CURBSIDE

Monday - Friday at 11:30

Please call by 9am to reserve your meal

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.

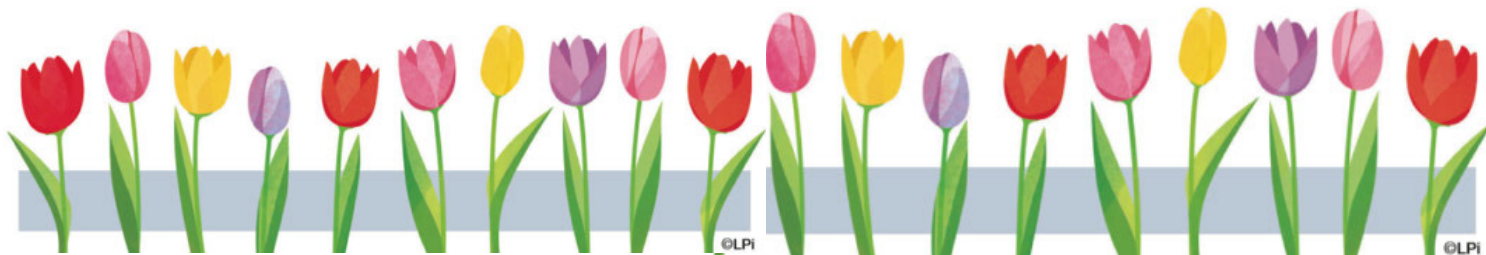
To cancel a meal, please call by 8:30am

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



Hometown Professionals
Caring for Hometown
Folks

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308.728.4355



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



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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:
120 Douglas St
Guide Rock, NE 68942
402-257-3615

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

WOOD RIVER

WOOD RIVER SENIOR
CENTER
120 E 9TH, WOOD RIVER
308-583-2066

NUTRITION PROGRAMS

CONGREGATE MEAL

MONDAY - FRIDAY AT NOON

TO-GO MEAL

MONDAY - FRIDAY AT NOON

HOME DELIVERED MEALS

MONDAY - FRIDAY FOR
ELIGIBLE PARTICIPANTS IN
WOOD RIVER



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



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frank.musalek@edwardjones.com

Edward Jones
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Midland Area Agency on Aging, Hastings, NE

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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.

What do you call a labrador at the beach in August?

A hot dog!

Where do goldfish go on vacation?

Around the globe!

Why do fish swim in saltwater?

Because pepper makes them sneeze!

THE 5 STAGES OF GRIEF

Throughout life, we experience many instances of grief.

Grief can be caused by situations, relationships, or even substance abuse. Children may grieve a divorce, a wife may grieve the death of her husband, a teenager might grieve the ending of a relationship, or you might have received terminal medical news and are grieving your pending death.

- DENIAL
- ANGER
- BARGAINING
- DEPRESSION
- ACCEPTANCE

Why is it important to understand the stages of grief?

Grief is a natural emotion to experience when going through a loss.

While everyone experiences grief differently, identifying the various stages of grief can help you anticipate and comprehend some of the reactions you may experience throughout the grieving process. It can also help you understand your needs when grieving and find ways to have them met.

Understanding the grieving process can ultimately help you work toward acceptance and healing.



How to support someone who is grieving:

- Be a good listener
- Respect their way of grieving
- Accept mood swings
- Avoid giving advice
- Help out with practical tasks
- Stay connected and available
- Offer words of kindness

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- Paying large nursing care bills not covered by Medicare?
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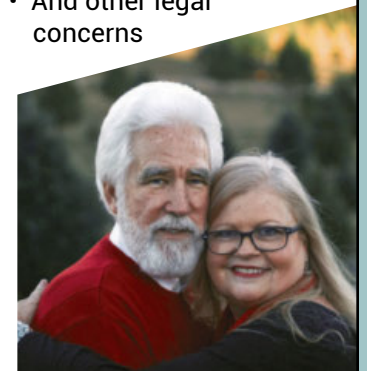
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Midland Area Agency on Aging, Hastings, NE

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In 1988, President Ronald Reagan signed a proclamation declaring August 21st as National Senior Citizens Day in the U.S. Created to support, honor, and show appreciation to older adults, the day was also created to recognize their achievements and contributions to society.

In his proclamation, Reagan said, "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land."

National Senior Citizen Day is a great reminder not to let age stand in the way of success or happiness! Some notable Americans found both in their later years. Take Colonel Sanders, the founder of Kentucky Fried Chicken. He founded the company at age 65 and went on to become a multimillionaire. Famed painter Grandma Moses picked up a brush at 75 and painted until she died at 101. Laura Ingalls Wilder, author of the Little House Books, published "Little House in the Big Woods" when she was 64 and published her last book, "These Happy Golden Years," when she was 76.

Ways to Celebrate

Here are a few ideas to get started:

1. Check into Local Senior Events

Do a quick search for activities at local senior centers, libraries, restaurants, and retail stores to see if there are any events going on.

2. Start Writing Your Memoirs

Memoir writing classes are often held at community libraries or through university extensions. This might be a great time to jot down your family history to pass on to children and grandchildren.

3. Take a Class

Learn to paint, make pottery, create soaps, knit, sew, or dance. Schools, libraries, senior centers, and university extensions often offer classes for the young at heart to learn something new. Who knows? It may be a stepping stone to a new career!

4. Look for Discounts

Take advantage of senior discounts at restaurants, hotels, and stores. Special rates exist for seniors at national parks, too. Annual rates for seniors are \$20, or \$80 for a lifetime membership.

5. Volunteer Your Time

With the extra time retirement brings, many older adults enjoy helping others. See if there are opportunities to volunteer at your senior center. Hospitals often need volunteers to rock babies in the neonatal wings or knit hats for newborns. And schools often welcome grandparents to read stories to young students.

6. Enjoy Yourself

Take a leisurely walk at the park, go bowling with a buddy, read a book by the lake, go golfing, take in a movie. Whatever sounds good, do it, and have fun!