



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

**September 5th -
CLOSED FOR LABOR DAY**

**September 11th -
PATRIOT DAY/
GRANDPARENTS DAY**

**September 22 -
FIRST DAY OF FALL**

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.



National Senior Center Month, celebrated every year in September, is a wonderful opportunity to showcase your center and market the valuable programs, activities, and services you offer. It's also the perfect time to promote a positive image of aging, highlight how your center improves the lives of local older adults, show your center's importance in the community, and create interest in prospective new participants and collaborative partners.

The National Institute for Senior Center's 2022 theme for National Senior Center Month is Strengthening Community Connections. The 10,000 senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well. Senior centers work with community partners to provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment!

This has never been as evident as over the past two and a half years during the coronavirus pandemic. Senior centers continue to be lifelines in the community—helping older adults stay safe, stay active, and stay connected, and, often, serving as core partners in emergency response for the whole community. We learned high-tech, low-tech, and no-tech ways to reach older adults outside the centers' walls. Now, as we are all learning to live with the pandemic, senior centers are applying these new strategies to reach people where and how they are most comfortable.

This September, join one of our senior centers and celebrate how you Strengthen Community Connections!



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.

****These services are open to the general public****

GRANDPARENTS IN TODAY'S EDUCATION

Foster Grandparents serve in community settings such as schools, daycares, Head Starts, youth centers or any non-profit organization that serves children.

In schools, Foster Grandparents give one-on-one attention to students in support of their academic goals. Foster Grandparents help children learn to read, practice math skills, mentor neglected or abused children, assist children with learning disabilities, keep struggling children on task, and provide encouragement and academic or emotional support to students. Foster Grandparents serve as positive role models and are there to provide additional support to students.

In child care centers, Foster Grandparents provide caring attention to babies, toddlers and preschoolers, helping them with the building blocks of early learning. Foster Grandparents help children to develop skills in early literacy, language and cognitive development, and social skills. To accomplish these goals, Foster Grandparents engage in positive play, reading, modelling, and nurturing. Foster Grandparents feel like an important part of the team – without the responsibilities and pressures of a job.



If you are interested in becoming a Foster Grandparent volunteer, please call Senior Action at 402.463.1440

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.

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

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CONTACT US!

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or (800) 950-9952 x2677

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NUTRITION PROGRAMS

The Golden Friendship Center

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

To-Go Meal

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

Goldbeck Towers

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

Roseland

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

VOUCHERS

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

Limit 10 Vouchers per month

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

HOME DELIVERED MEALS

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

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

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

OTHER PROGRAMS OFFERED

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

Contact our office for more information and a schedule.

IS STIGMA KEEPING YOU FROM GETTING A HEARING AID?

According to the National Institute on Deafness and Other Communication Disorders, only one out of five people who could benefit from a hearing aid wear one. Some simply don't know that they need one. Others don't want to feel old.

But much of the stigma surrounding hearing aids rings false. Siemens Hearing Instruments, (www.medical.siemens.com), one of the largest manufacturers of hearing aids in the world, busts the following myths about hearing aids:

MYTH #1: HEARING AIDS WILL MAKE ME LOOK OLD

Modern hearing aids are sleeker, better-looking, and more effective than the clunkers you remember your grandparents wearing. And nothing makes you seem old like constantly asking people to repeat themselves or speak louder.

MYTH #2: HEARING AIDS WILL MAKE ME HEAR SCREECHING NOISES

This problem, called "feedback," is caused when the microphones in the hearing aid amplify one another.

Some hearing aids offer features that prevent feedback. For example, Siemens offers a line of hearing aids equipped with BestSound Technology, which features a feedback stopper.

MYTH #3: MY HEARING'S NOT BAD ENOUGH FOR HEARING AIDS

Actually, it's better to start wearing hearing aids at the first sign of hearing loss. If your brain gets used to not processing sounds, you will have a harder time adjusting when you do get a hearing aid.

MYTH #4: HEARING AIDS WON'T WORK FOR ME

You may have heard friends say that they gave up on hearing aids, but that doesn't mean the devices won't work for you. Look for hearing aids that offer a wide range of features that might be right for different listening situations. For example, Siemens BestSound Technology offers special features for automatically focusing in different directions and learning your preferences for different environments.

MYTH #5: HEARING AIDS WILL MAKE MY HEARING WORSE

A properly fitted and maintained hearing aid will not damage your hearing. Visit an audiologist to make sure you purchase a hearing aid that will work for you.

(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

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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.

				5	4			
			2	3		5	6	
		8	7	4				
5								
						7	8	1
2				7	3			
			6				1	
		4		2		6		3
			1			2		7

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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: "E" = "I"

"UWAS FSA LTYM GL G MESYHA
LWESY ES SGLTQA, WA OESBM EL
GLLGCWAB LF LWA QAML FO LWA
UFQHB." - RFWS XTEQ

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E041

"When one tugs at a single thing in nature, he finds it attached to the rest of the world." - John Muir

6	8	5	1	3	9	2	7	4	7
7	1	4	5	2	8	6	3		
9	3	2	9	7	4	5	1	8	
1	2	9	4	8	7	3	6	5	
3	4	6	9	5	2	7	8	1	
8	5	7	3	6	1	9	2	4	
5	9	8	7	4	6	1	3	2	
9	6	5	8	3	6	2	1	7	
2	6	3	8	1	5	4	7	9	

Answer to Sudoku

CROSSWORD PUZZLE

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

- ACROSS**
- 1 Federal Aviation Admin. (abbr.)
 - 4 Sinbad's bird
 - 7 Postpaid (abbr.)
 - 10 Festival
 - 11 Amateur Boxing Assn. (abbr.)
 - 12 Islamic teacher
 - 14 Mensa (2 words)
 - 16 Maori seagoing canoe
 - 17 Sheep's cry
 - 18 Portion out
 - 20 Tactical Air Command (abbr.)
 - 21 Birds (pref.)
 - 22 Fist
 - 24 Bait
 - 28 Funeral oration
 - 31 Aoudad
 - 32 Corrode
 - 34 "Dies ____"
 - 35 Fit
 - 37 Father of Ajax
 - 39 Air (pref.)
 - 41 Badly (pref.)
 - 42 Priest's garment
 - 44 Pollen brush
 - 46 Tennis stroke
 - 49 Semitic deity
 - 51 Pimento
 - 53 Shak. villain
 - 54 Council for Econ. Advisors (abbr.)
 - 55 Tanning solution
 - 56 Son of Hermes
 - 57 Propeller
 - 58 River rapids

- DOWN**
- 1 FDR's dog
 - 2 Alberta (abbr.)
 - 3 Narrower than AA
 - 4 Naut. rope
 - 5 Old Gr. coin
 - 6 Fowl
 - 7 Animal's foot
 - 8 Dais
 - 9 Wild mango fruit
 - 10 Witless chatter
 - 13 Son of, in Gaelic names
 - 15 Harangue
 - 19 Golf peg
 - 21 Vestment
 - 23 Pseudonym
 - 24 Hat
 - 25 Pray (pref.)
 - 26 Turnip
 - 27 Knot lace
 - 29 General Accounting Office (abbr.)
 - 30 Poetic contraction
 - 33 Knight
 - 36 Hours (abbr.)
 - 38 Geological epoch
 - 40 Fruit
 - 42 Mother of Hezekia
 - 43 Eucalyptus secretion
 - 45 Olive genus
 - 46 River into the Yellow Sea
 - 47 Eight (Lat.)
 - 48 Insect
 - 50 Longitude (abbr.)
 - 52 Public Broadcasting Service (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		

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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*

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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

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

MAKE A GREAT PLATE.

Toss together chickpea pasta and sautéed vegetables for a quick and tasty meal.

Chickpea Pasta Toss

INGREDIENTS

1 box (8 oz.) chickpea pasta

1 tbsp extra-virgin olive oil

1 shallot, diced

2 cloves garlic, minced

3 cups broccoli florets

1 cup frozen peas

Salt and pepper

¼ cup grated Parmesan

½ cup fresh basil, chopped



DIRECTIONS

Bring water to boil in large pot. **Cook** pasta according to package instructions. **Drain**, saving ¼ cup cooking water. **Heat** oil in large skillet set over medium heat. **Add** shallots. **Cook** 5 minutes, stirring often. **Add** garlic, broccoli and peas. **Cook** and stir frequently, about 6-7 minutes. **Add** salt and pepper to taste. **Divide** pasta among 4 bowls. **Top** pasta with reserved cooking water, vegetables, Parmesan and basil. **Stir** well and serve.

Makes 4 servings. Each: 314 calories • 22g protein • 9g total fat • 45g carb • 9g sugar • 13g fiber • 275mg sodium • 2g saturated fat • 4g mono fat • 2g poly fat • 4mg cholesterol

EBAW © 2022 EBIX INC.

*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

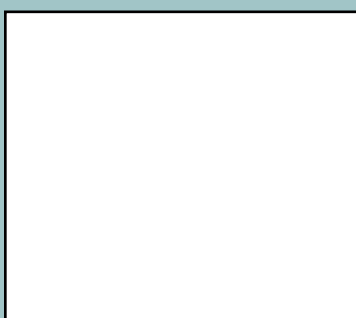
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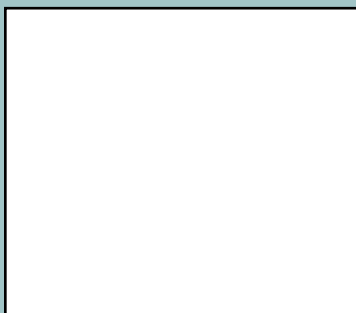
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	LOUP CITY 308.745.0573	650 P St PO Box 624
	CENTRAL CITY 308.946.3018	1634 16th St PO Box 177
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308.728.4355



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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:
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

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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

Autumn

Nothing Gold Can Stay

BY ROBERT FROST

*Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf.
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.*



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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 asks but never answers?

An owl!

I'm tall when I'm young and I'm short when I'm old. What am I?

A candle!

Where do sheep love to go on vacation?

The Baaa-hamas!

Alzheimer's Assistance Dog



Alzheimer's is a progressive form of dementia that affects millions of Americans. The confusion and disorientation that is a result of memory loss can create significant safety and anxiety challenges. Alzheimer's Assistance Dogs are trained as part of a three unit team, where a spouse/full time caregiver utilizes the tasks that the service dog can provide as a tool to assist the client with Alzheimer's or other forms of dementia. The skills of the Alzheimer's Assistance Dog are dependent on the caregiver's commands.

Trained Tasks

Tracking

Often before the individual loses the ability to walk, they can wander from the home and do not have the ability to find their way home or explain to others that they are lost. Alzheimer's Assistance Dogs can be trained in tracking, where a caregiver notices that the individual has become lost and uses the dog scent based search and rescue skills to find the lost person.

Balance

As the disease may be progressive, the partner may experience stability issues. 4 Paws service dogs can be trained to wear a balance harness for non weight bearing support when the individual is in public and the caregiver is there to handle the service dog.

Behavior Redirection

A frustrating aspect of this disease is the mental anguish it can cause. The service dogs can provide a comfort and refocus by providing tasks like kisses, snuggles and laying their head in their partner's lap.

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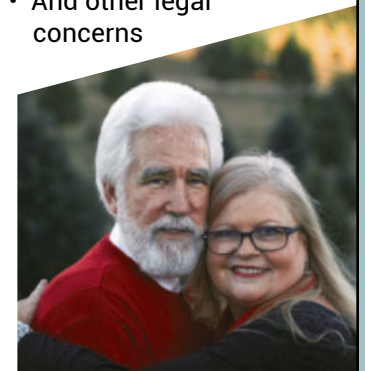
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ARTICLE OF THE MONTH



4 AFFORDABLE BUCKET LIST TRIPS FOR THE SUMMERTIME

The country is filled with adventures to check off your bucket list this summer. From road trips to unique vacations, there's something for everybody! With the help of your smartphone and dependable wireless service, you can stay connected and share the special moments along the way with family and friends. Here are four must-do summer endeavors that won't break the bank.

1. HISTORIC ROUTE 66 — Historic Route 66 was one of the original American highways, extending all the way from Chicago, Illinois, to Santa Monica, California. From a weekend trip to a summer adventure, the route provides an opportunity to see small-town America and famous sites. No matter where you are on the route, Tracfone gives you the ability to look up stops along the way with Unbeatable Nationwide Coverage(TM) on America's largest and most dependable networks and a variety of plans built to fit your needs. There are plenty of must-sees, like the Route 66 drive-in theater in Springfield, Illinois, along with many classic restaurants and historic hotels on the famous route.

2. OUT-OF-THIS-WORLD VIEWS — Looking for something to put you in touch with the great outdoors? The desert landscape of the Southwest is the quintessential American scenery. The rough-cut canyons and red hue make it feel like you're on Mars without having to leave the planet — or even the country! Plan a trip to Arizona or New Mexico to take in these breathtaking views. And when the sun goes down, enjoy the nighttime sky by finding where the stars shine brightest with a light pollution map. With an ideal spot and constellation apps readily available to download on your smartphone, you can take a break and enjoy unforgettable stargazing to truly feel like you're in space.

3. VISIT BASEBALL STADIUMS ACROSS THE COUNTRY — For sports fans, what better way to see the country than by exploring America's favorite pastime? A baseball stadium tour is a great excuse to see new cities and watch hours of baseball. To keep your trip flexible and spontaneous, use your smartphone to find the best prices on tickets, track game updates and research the best spots for a pre-game drink.

4. STAYCATION — For those without the time to get away this summer, new experiences don't have to mean setting aside more time or money than you can afford. Whether it's finally eating at that restaurant you've been meaning to try, or a weekend trip to a nearby lake or park, use the summertime to explore what new activities your area has to offer. You'll be surprised what fun adventures you can find in your own backyard!

Whatever your bucket list items may be, Tracfone can help you stay connected and experience all of the adventures summer has to offer. Learn more at <http://www.Tracfone.com>.

(Courtesy of Brandpoint)