NORTH PLATTE

SENIOR CENTER CURRENTLY OPEN FOR HOME DELIVERY AND PICK-UPS ONLY.

The North Platte Senior Center is funded in part by the West Central Nebraska Area Agency on Aging under the authority of the Older Americans Act and the generous contributions of our clients and those who support our programs including Mid Plains United Way.

The North Platte Senior Center is administered by Community Action Partnership of Mid-Nebraska, a private, non-profit organization. The Senior Center provides information and referral services, health programs as well as many different programs for you to participate in.

We serve individuals sixty years of age or older and also welcome anyone of any age for meals and friendship. Congregate meals and Home Delivered Meals are served Monday through Friday at a suggested rate of **$4.50** for persons over 60. Persons under the age of 60 are charged a set price of **$6.50** per meal. Children age 5 to age 10 is $5.00.

Consider making a Charitable Gift to benefit the North Platte Senior Center. These contributions and memorials allow the Center to use your donations where it is needed most. Unrestricted gifts allow us to continually enhance our programs for the elderly. The North Platte Senior Center is a 501(c)3 nonprofit agency and your gift is tax deductible.

Events

MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday

St. Patrick's Day Fun Facts

Every March 17, St. Patrick's Day is celebrated with parades, parties, and a lot of green.

The Shamrock

St. Patrick used the three-leafed shamrock to explain the Trinity. The first is for hope, the second for faith and the third for love.

Pinching

The tradition in America is to pinch anyone who isn't wearing green on St. Patrick's Day. Legend has it that wearing green makes you invisible to leprechauns, who pinch anyone they see.

Green was originally Blue

Wearing green has become a staple of St. Patrick's Day, but the holiday was originally associated with the color blue. It's thought that the shift to green happened because of Ireland's nickname "The Emerald Isle," the green in the Irish flag and the shamrock, or clover. Green ribbons and shamrocks were worn as early as the 17th century.

Corned Beef & Cabbage

A staple at St. Patrick's Day celebrations. In 2014, there were 40.3 billion pounds of United States beef and 2.2 billion pounds of cabbage production in the U.S.

FOOT CLINIC

DATES & TIMES

12:30 P.M.-3:30 P.M.

11:30 P.M.—3:30 PM

COST: $12.00

CALL FOR AN APPOINTMENT

532-6544

North Platte Area Retired & Senior Volunteer Program
★serve your neighbor ★serve your community ★serve your country
901 East 10th Street, North Platte NE, 69101
(308) 535-6777
www.facebook.com/nprsvp
www.volunteematch.org
www.ci.north-platte.ne.us/volunteer/rsvp

Carpenter MEMORIAL CHAPEL
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carpentermemorial@gmail.com

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308-534-1147
1845 West A • North Platte, NE

Community News

On December 17, 1941 a train was scheduled to arrive with the Nebraska National Guard Unit Company D—local soldiers fighting in World War II. Family and friends gathered at the depot, excited to give Christmas gifts to their soldiers. When it became apparent it was not the expected troops on the train, but another company of soldiers, residents shared their gifts with the strangers. For the duration of the war, local residents provided food, magazines, and friendship to all the troops that passed through. Lincoln County Residents banded together during difficult times to share hope and hospitality.

In that same volunteer spirit, The North Platte Community Playhouse presents the Canteen Cabaret. The Cabaret is a variety show, with a different theme each month to lift your heart and cheer your spirits. Small casts of local residents will be performing—following social distancing protocol as set forward by the West Central Health District. Through these performances we hope to re-ignite the Canteen spirit—offering hope and cheer to those who are passing through dark times. We hope these six unique programs touch your heart. If you feel the Canteen spirit, please consider making a financial donation to the playhouse. If you are not in a position to donate financially, sharing these livestreams on your Facebook page costs nothing, and helps others to have the opportunity to watch the program.

We are FOR the community, BY the community

AREA FOOD PANTRIES

Cornerstone Church
1620 West 4th st
(308)-539-8208

Episcopal Church of Our Savior
203 West 4th st
(308)-532-0515

Grace Ministries
114 East C st
(308)-532-1083

Parkview Church
1802 North Jeffers
(308)-532-0613

Salvation Army
1020 North Adams
(308)-532-2038

Spanish Christian Church
510 North Jeffers
(308)-660-3209

St. Patrick's
401 1/2 East 3rd st
(308)-532-8800

Western Frontier County
Rt3 Box 160
Curtis, Ne 69025
(308)-613-0950

Cozad Food Pantry
302 East 8th st
Cozad, Ne 69130
(308)-784-4545

Lexington Food Pantry
931 West 7th st
Lexington, Ne 68850
(308)-324-4219

Church of God Prophecy
1011 North Lincoln
Lexington, Ne 68850
(308)-325-9899

Gosper County Pantry
601 Rush st
Elwood, Ne 68937
(308)-785-8141

OUR GIFT CARD WINNER FOR

CONGRATULATIONS WINNERS!!!!!

LIKE TO DANCE??

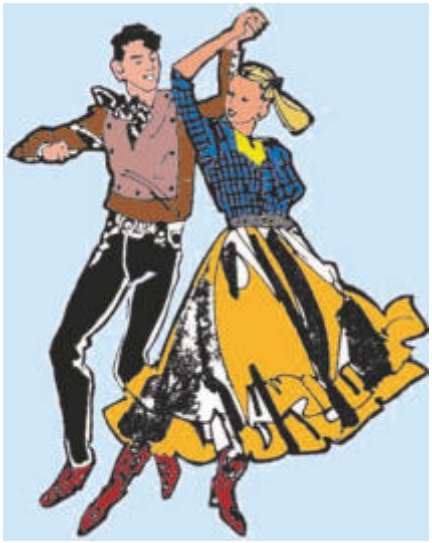
LIVE MUSIC EVERY WEDNESDAY NIGHT

$7.00 COVER AT THE DOOR

WHERE DO YOU ASK???

NORTH PLATTE SENIOR CENTER

901 EAST 10TH STREET, NORTH PLATTE



— Ray Mullen

—Lou Kraus

—Ray Mullen

—Top Shelf

— Top Shelf

Please bring finger foods!

COME HAVE A GOOD TIME!

PRODUCT OF THE MONTH

KETCHUP

STEAK SAUCE

PAPER TOWELS

And WHEAT BREAD

BE SURE TO SIGN AT THE DESK WHAT YOU BROUGHT IN!

ALL DONATIONS

APPRECIATED !!

Also Available at the North Platte Senior Center…….

Lending Library ~ We have lots of books, audio books, VHS tapes & DVD's available to borrow.

Medical Equipment ~ North Platte Senior Center has the following items available to borrow: Power chairs, Wheelchairs, Walkers, Canes, Toilet Seat Risers, Bath Tub Handles, Wound & Colostomy supplies, Cpap & much more. Hospital Beds, Specialized Wheel Chairs, Wound Care & Colostomy Supplies, A pap and C pap machines.

We also accept these items as donations.

Open Mic Night at the Espresso Shop
419 N. Dewey.
North Platte's Open Mic brings new comers and established performers together twice a month from 7-10 p.m. -- second and fourth Friday.
No admission charge.
Refreshments, soups, sandwiches and snacks on sale at the counter.

Odean Colonial Chapel
at C and Sycamore
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Proudly serving the North Platte Senior Center
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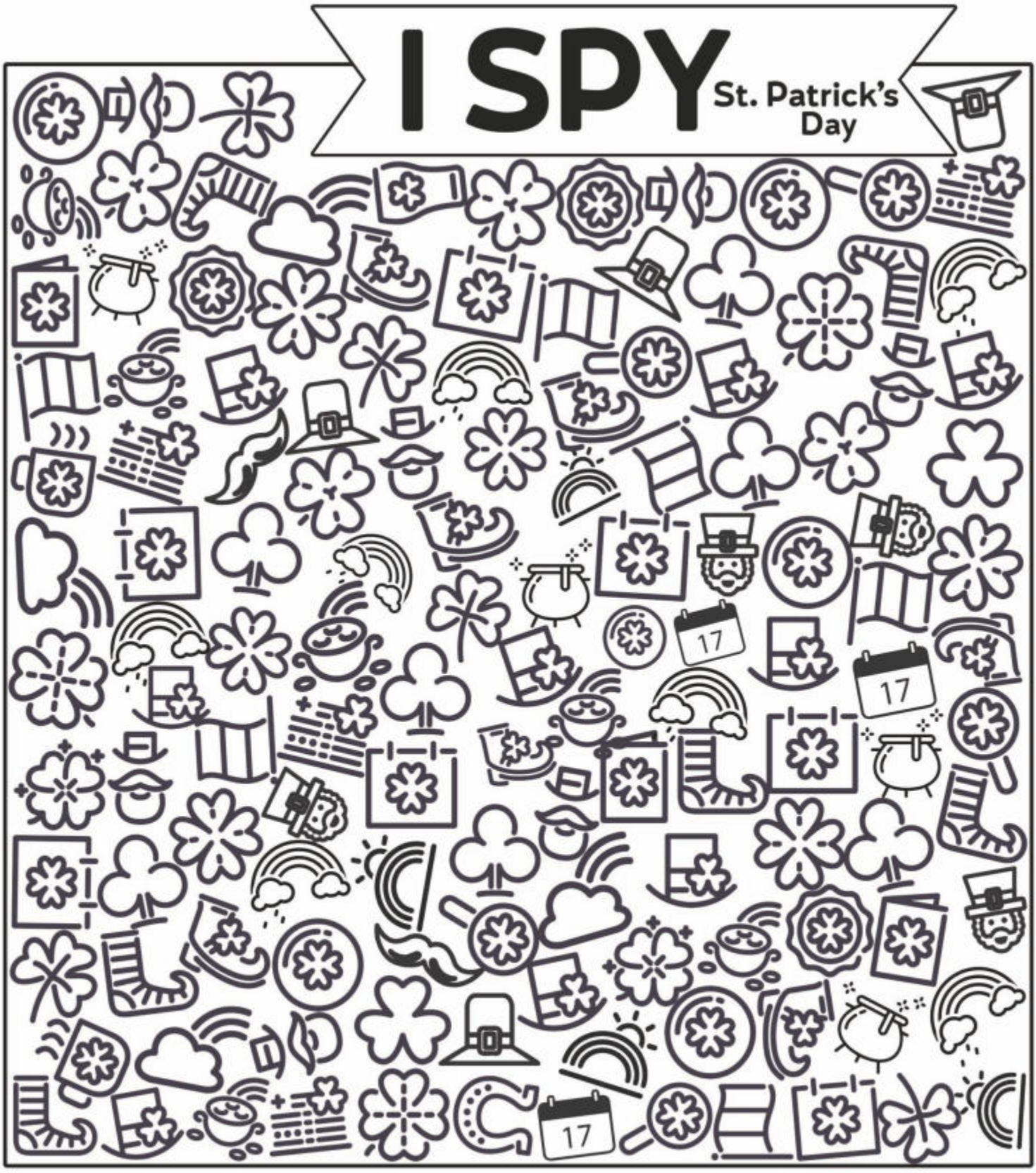
Great Western Bank
Making Life Great
111 South Dewey
North Platte, NE

MARCH Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 SWISS STEAK MASHED POTATOES WITH GRAVY CARROTS PEACHES VANILLA PUDDING	2 CHX ENCHILADA MEXICAN RICE BLACK BEANS FRUIT COCTAIL LETTUCE SALAD	3 HAM & BEANS V-8 JUICE MACARONI SALAD APRICOTS CORN BREAD	4 TATOR TOT CASSEROLE TOMATOES WITH ZUCCHINI PEA SALAD PEARS	5 POPCORN SHRIMP AUGRATIN POTATO BEETS PINEAPPLE JELLO
8 BEEF & NOODLES MASHED POTATOES BRUSSEL SPROUTS PEARS COTTAGE CHEESE	9 PULLED PORK SANDWICH STEAK FRIES BAKED BEANS PEACHES JELLO	10 HOT TURKEY SANDWICH MASHED POTATOES WITH GRAVY GREEN BEANS PINEAPPLE PB CAKE	11 SPAGHETTI WITH MEAT SAUCE CORN LETTUCE SALAD FRUIT COCKTAIL GARLIC BREAD	12 OVEN FRIED CHX SCALLOP POTATO MIXED VEGGIES APRICOTS
15 PORK CHOP HASHBROWN CASSEROLE LIMA BEANS PINEAPPLE	16 SWEET & SOUR CHICKEN BREAST RICE GREEN BEANS PICKLED BEETS MANDERIAN ORANGES EGG ROLL	17 STPATRICKS DAY CORN BEEF AND CABBAGE PARSLEY POTATO CARROTS PISTACHIO SALAD FRUIT SALAD RYE BREAD	18 POLISH DOG CHUNKY POTATOES SAUERKRAUT APPLE SAUCE COOKIE BAR	19 TAVERN FISH MAC & CHEESE PEAS COLE SLAW PEACHES
22 PORK CUTLET MASHED POTATOES W/COUNTRY GRAVY CORN FRUIT COCKTAIL CHOCOLATE PUDDING	23 MEATLOAF BAKED POTATO BROCCOLI WITH CHEESE PEARS BROWNIE	24 BBQ CHICKEN AUGRATIN POTATO WAX BEANS PEACHES APPLE CRISP	25 CHILI BURGER TATOR TOTS CARROT RAISIN SALAD APRICOTS	26 BIRTHDAY PORK ROAST MASHED POTATO WITH GRAVY HOMINY TROPICAL FRUIT CAKE&ICE CREAM DINNER ROLL
29 CREAMED CHICKEN OVER BISCUIT MASHED POTATOES MIXED VEGGIES PEACHES CHEESE CUBES	30 CHEESE OMELET SAUSAGE PATTY HASHBROWN CASSEROLE TOMATOES WITH ZUCCHINI GRAPE JUICE DANISH	31 REUBEN CASSEROLE AUGRATIN POTATO PEAS PEARS JELLO RYE BREAD	**MENU SUBJECT TO CHANGE**	

I SPY St. Patrick's Day



2 4 4 2 4 5 7 4 6 5

1 6 7 1 3 6 7 4 7 4

3 2 4 6 2 7 3 9 6 3

RECIPE

Irish Soda Bread Muffins

Ingredients

3 cups all-purpose flour
1 cup raisins
½ cup white sugar
2 tablespoons white sugar
1 tablespoon caraway seeds
1 tablespoon baking powder
1 teaspoon salt
¼ teaspoon baking soda
1 ¾ cups buttermilk
1 egg
¼ cup butter, melted

Directions

1. Preheat oven to 400 degrees F (200 degrees C). Line a muffin tin with paper liners.
2. Mix flour, raisins, 1/2 cup plus 2 tablespoons sugar, caraway seeds, baking powder, salt, and baking soda in a large bowl.
3. Whisk buttermilk and egg together in a small bowl. Stir into flour mixture. Fold butter into the batter.
4. Spoon batter into the prepared muffin tin.
5. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 30 minutes.

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Tips During an Infectious Disease Outbreak

WHAT TO EXPECT

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation.

PEOPLE MAY FEEL:

- Anxiety, worry, or fear related to:
  - *Your own health status or others.
  - * The resentment that yours friends and family may feel if they need to go into quarantine as a result of contact with you.
  - * The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease.
  - * Time taken off from work and the potential loss of income and job security.
  - * The challenges of securing things you need, such as groceries and personal care items.
- Concern about being able to effectively care for children or others in your care.
- Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about the future.
- Loneliness associated with feeling cut off from the world and from loved ones.
- Anger because you think you were exposed to the disease due to others' negligence, or because you may not be able to work or engage in regular day-to-day activities.
- Uncertainty or ambivalence about the situation.
- A desire to use alcohol or drugs to cope.
- Feelings of hopelessness, change in appetite, or sleeping too little or too much.

Ways to Support Yourself During a Disease Outbreak

UNDERSTAND THE RISK

- Consider the real risk of harm to yourself and others around you. Media coverage may create the impression that people are in immediate danger when really the risk for infection may be more moderate. Take steps to get the facts.
- Stay up-to-date on what is happening, while limiting your social media exposure. Avoid watching and listening to news reports 24/7 since this tends to increase anxiety and worry.
- Look to credible sources for information.

EDUCATE YOURSELF

- Do not be afraid to ask questions—clear communication with a health care provider may help reduce any distress associated with social distancing, quarantine, and isolation.

CONNECT WITH OTHERS

- Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation.

USE PRACTICAL WAYS TO COPE & RELAX

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities that you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive thinking. Write down things you are grateful for or that are going well.

The Downhill Slope: Prolonged Stress

Exhaustion, fear, anger, cynicism, disillusionment, and sadness are common reactions to prolonged stress.

These responses are normal and appropriate, but over time they can lead to more negative results, suck as:

- Difficulty falling or staying asleep
- Nightmares
- Irritability; outbursts of anger
- Excessive drinking/drug use
- Difficulty concentrating
- Excessive worry, hypervigilance or extreme concern
- Re-experiencing the event
- Guilt and self-doubt
- Withdrawal and suspicion
- Sudden painful emotions
- Apathy, avoidance of emotions, activities, and situations associated with the event

Everybody has their own individual timetable for recovery.

Some people may go through the rest of their lives angry with the unfairness of the event. With support and guidance, however, most people are able to move beyond these feelings.

The Uphill Climb:

Recovery

Adversity is never pleasant, but valuable lessons and new insights can result, such as:

- Re-framing the meaning of life and setting priorities; finding larger purposes, value, and meaning to life.
- Realizing the importance of relationships and that helping others may be a way to "repay" the help received during the disaster.
- The positive power of connection to our neighbors and communities.
- The qualities of strong families: commitment, appreciation, communication time, coping, and spiritual wellness.
- The need to say thanks and the benefits of celebration.

Here is what you can do right now to ensure you are ready for the uphill climb!

- Get plenty of rest.
- Take time for yourself.
- Talk to someone if you are feeling overwhelmed.

NEBRASKA STRONG
RECOVERY PROJECT

MON-FRI 8AM TO 5PM
Nebraska Rural Response Hotline
1-800-464-0258

24 HOURS A DAY / 7 DAYS A WEEK
Nebraska Family Helpline
1-888-866-8660

St. Patrick's Day Word Search

Search for the words hidden up, down, left and right.

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

CLOVER
FAIRY
GREEN
IRISH
JIG
LEPRECHAUN
LUCK
MARCH
MUSIC
PATRICK
SEVENTEENTH
SHAMROCK

HAPPY BIRTHDAY TO OUR SENIOR CENTER FRIENDS

3/2 LEVA COCHRAN
3/5 DEL ROE
3/6 GOLBERT TINAJERA
3/6 ALICE PATTERSON
3/14 GORDON MCINTOSH
3/20 CLYDE ROBERTSON
3/20 MARY JANE COHN
3/21 KAY TINAJERA
3/23 JEANETTE COLEMAN
3/25 DELOREWS GALE
3/25 JACK WHITCOMB
3/27 PHILLIP WEBSTER
3/29 PAT JOHNSTON
3/30 CHUCK INGOLD
3/31 MARILYN REITZ
3/31 KEN DIXON

BIRTHDAY DINNER PRIZES!!

Join us on Birthday Dinner Day. Let the front desk staff know if you had a birthday this month and receive a small prize!

NORTH PLATTE CARE CENTER

North Platte Care Center, LLC is a private nursing home that is located in North Platte, Nebraska.

The facility accepts Medicare, Medicaid, and Private Pay.
Rehabilitation • PT OT Long & Short term care • In & Out Patient

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102 West Front • North Platte

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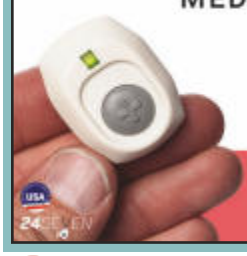

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aaguilar@lpiseniors.com or (800) 950-9952 x2677

BINGO—OPEN TO THE PUBLIC

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EARLY BIRD GAME AT 6:30 P.M.,

BINGO BEGINS AT 7:00 P.M.

CASH COW—SPECIAL GAMES—
PICKLE CARD SALES

NORTH PLATTE SENIOR CENTER

901 EAST 10TH STREET

ALL PROCEEDS BENEFIT THE SENIOR CENTER

Community Connections Drug Collection

Community Connections is offering a drug disposal program at the Platte River Mall, 1000 South Dewey Street, on Saturday , from 11:00 a.m.-1:00 p.m. This program is an excellent way to dispose of prescriptions & over the counter medications that are expired or no longer needed. The medications are turned over to the Nebraska State Patrol who destroys them in an environmentally friendly manner.

DONATION KORNER

WE WOULD LIKE TO THANK YOU FOR ALL OF YOUR DONATIONS THAT HELP SUPPORT YOUR SENIOR CENTER

Donations towards our Home Delivered Meals Program & Fuel:
Del Roe: $.00
Ivan Sandberg: $41.50

Memorials:
Cliff Gordon: **$660.00**

Donations to the Center by Individuals or Group:
Duane Deterding:$33.50

Product of the Month Donations:
Jo Cooper: paper towels

FAMOUS BIRTHDAYS

MARCH 1ST
1904: GLENN MILLER: American Band Leader

MARCH 2ND
1793: SAM HOUSTON: American soldier & politician

MARCH 3RD
1831: GEORGE PULLMAN: Railroad Car Builder
1847: ALEXANDER GRAHAM BELL: Telephone Inventor

MARCH 4TH
1747: CASIMIR PULASKI: Revolutionary War Hero
1888: KNUTE ROCKNE: Football Legend

MARCH 6TH
1475: MICHELANGELO: Painter

MARCH 7TH
1707: STEPHEN HOPKINS: Signed Declaration of Independence

MARCH 9TH
1451: AMERIGO VESPUCCI: Italian Explorer
1934: YURI GAGARIN: Russian Cosmonaut

MARCH 10TH
1903: CLAIRE BOOTHE LUCE: Politician & Playwright

MARCH 11TH
1916: HAROLD WILSON: British Prime Minister

MARCH 12TH
1881: MUSTAFA KAMAL ATATURK: Founder of Turkey

MARCH 13TH
1733: JOSEPH PRIESTLY: Discovered Oxygen

MARCH 14TH
1833: LUCY HOBBS: 1st Female Dentist
1879: ALBERT EINSTEIN: Scientist

MARCH 15TH
1767: ANDREW JACKSON: 7th U.S. President

MARCH 16TH
1751: JAMES MADISON: 4th U.S. President

MARCH 17TH
1777: ROGER B TANAY: U.S. Supreme Court Justice

MARCH 18TH
1937: GROVER CLEVELAND: 22nd & 24th U.S. President

MARCH 19TH
1589: WILLAIM BRADFORD: 1st Governor of Plymouth
1813: DAVID LIVINGSTONE: Explorer
1848: WYATT EARP: Lawman & Gunfighter
1860: WILLIAM JENNINGS BRYAN: American Politician

MARCH 20TH
1904: B.F. SKINNER: American Psychologist

MARCH 21ST
1685: JOHANN SEBASTIAN BACH: Composer

MARCH 24TH
1874: HARRY HOUDINI: Magician

MARCH 26TH
1911: TENNESSEE WILLIAMS: American Playwright

MARCH 29TH
1790: JOHN TYLER: 10th U.S. President

MARCH 30TH
1853: VINCENT VAN GOGH: Painter

MARCH 31ST
1732: FRANZ JOSEPH HAYDN: Composer
1878: JACK JOHNSON: Boxing Champ

St. Patrick's Day Word Search

c	i	r	e	l	a	n	d	s	i	p
j	s	w	e	u	m	a	r	c	h	t
p	f	p	a	c	u	h	s	d	a	r
f	a	o	i	k	a	c	p	s	r	a
a	o	t	u	y	h	e	a	h	t	i
l	e	p	r	r	e	c	h	a	u	n
u	m	a	a	i	t	r	r	m	w	b
i	e	r	r	o	c	e	s	r	x	o
r	r	a	s	d	l	k	p	o	t	w
i	a	d	g	g	o	l	d	c	h	n
s	l	e	a	r	v	l	l	k	t	d
h	d	s	c	h	e	s	a	i	n	t
k	w	e	e	r	r	e	f	r	i	e
h	c	g	o	h	o	l	n	t	f	k

Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March

WEIGHT STRENGTHENING CLASS

The class is taught by Jon Wieseler, a licensed physical therapist.

Our sessions are 8 weeks long. There are 16 classes total, each Tuesday and Thursday from 10:00 am to 11:00 a.m.

A full session payment is $25.00 or you can pay by the class at $3.00 a day.

It is a gentle exercise that helps build strength and mobility.

Our new session starts and goes through , but all are welcome to join at any time.

For more information on this class please contact Becky Blume at the North Platte Senior Center. 308-532-6544.

BINGO

The Senior Center in currently in need of Bingo volunteers. If you are interested or know someone who would be, contact Becky at 532-6544.

Bingo is held Saturday nights and hours needing volunteers would be approximately 5:00 P.M.– 9:00 P.M.

NORTH PLATTE

SENIOR CENTER

(308) 532-6544

901 EAST 10th STREET

NORTH PLATTE, NE. 69101

HOURS

MONDAY-FRIDAY

8:00 A.M. TO 4:30 P.M.

YOU CAN FIND US ON

FACEBOOK!

COME JOIN US!!

SENIOR CENTER STAFF

REBECCA BLUME, DIRECTOR

STEPHANIE GILMORE, HOME DELIVERY COORDINATOR

CHRIS EDWARDS, KITCHEN MANAGER

URSULA GEARY, KITCHEN ASSISTANT

JULIAN SMALL, KITCHEN AIDE

Meal programs

Sponsored by:

West Central Nebraska Area Agency on Aging

United Way

& contributions from clients

Our mission

To support the Independence and well being of adults age 60 and older, enhance their dignity and self respect, and promote participation in all aspects of community life through creative programming and providing opportunities and resources in the area of physical and mental well being, nutrition, recreation, and education.