

# March 2021

## SENIOR MOMENTS

3111 19th Street | Columbus, NE 68601 • (402) 563-4444



## Happy March Birthday To:

- 3/2 Rose Shain
- 3/3 Mary Wojcik
- 3/4 Evelyn Badje
- 3/4 Sandy Kosch
- 3/5 Lavina Adkisson
- 3/5 Jean Miller
- 3/7 Doris Horne
- 3/9 Beryldean Lauterbach
- 3/11 Joy Dannelly
- 3/12 Marcia Veal
- 3/20 Phyllis Groteluschen
- 3/21 Marie Klug
- 3/21 Doris Busse
- 3/22 Margaret Krings
- 3/22 LuAnn Warth
- 3/22 Margie Sergent
- 3/22 Kathy Brenner
- 3/23 Fay Keller
- 3/23 Karen Penington
- 3/25 Marilyn Bartholomew
- 3/25 Kim Meyer
- 3/25 Betty Keller
- 3/26 Betty Harlow
- 3/26 Lyle Henggeler
- 3/28 Dick Keller
- 3/30 Mark Kersch
- 3/30 Bev Jaixen
- 3/30 Janet Hibbs-Jones

## Employee Appreciation Day—March 5th

If the boss can get a Bosses Day, then it's only fair that employees get a day in their honor.

Employee Appreciation Day is YOUR day!

For almost 8 years, I have gotten to know 3 pretty awesome ladies! Pat Hinze is our Cook! (Can you imagine cooking for well over 200 people?) Sylvia Frieze helps out everywhere, but mainly in the kitchen! Donna Klopnieski is my right hand lady in the office! She tries to keep me in line!

Allen Foltz joined our team last March and he has been quite an asset to us all!

I can't thank you all enough for your dedication to the seniors in our Community!

Our Center is only as great as our staff!!

With much admiration ~ Cindy



March 10th is International Find a Pay Phone Booth Day. It's not so easy to spot a phone booth any more. They are on the "Endangered Species" list. While they are few and far between, pay phone booths are still out there. You just have to look. Today is a call to action. Your mission today, is to go out and find one of the increasingly rare phone booths. In the days before cell phones, you could find a phone booth almost anywhere you looked. You could find them in any city or town, on almost every street corner in America. Phone booths were in every restaurant, store, mall, and public building. For a dime, now a quarter, you

could quickly and easily place a phone call.

Over the several decades of their use, there have been many variations of phone booth designs. The traditional phone booth was an enclosed, rectangular box. Original designs were wooden frames with glass walls, evolving to metal frames with glass or plexi-glass walls.

Modern, indoor phone booths are an open booth, with a pay phone inside of it

Daylight Savings Time March 14th

Crabby Road

3-12-07

*I never bother turning my clock ahead. It's easier to just show up for everything an hour late.*



On March 16th will have been closed for an entire year!  
What a year it has been! It looks like there is a light at the end of the tunnel! Once the senior population gets their vaccine shots, we will be ready to open!!

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Dr. Brandon L. Borer



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# Menu

## MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> BBQ Riblet Au Gratin Potatoes Green & Wax Beans Dinner Roll Pineapple	<b>2</b> Polish Sausage Mashed Potatoes & Butter Sauerkraut Muffin Baked Apples	<b>3</b> Roast Beef Mashed Potatoes & Gravy Corn Dinner Roll Grapefruit Sections	<b>4</b> Hamburger on Bun Tri Taters Broccoli Apricots Cookie	<b>5</b> Vegetable Lasagna Lettuce Salad Peas Garlic Bread Ambrosia Salad
<b>8</b> Pulled Pork/Bun Potato Wedges Carrots Tropical Fruit Salad	<b>9</b> Goulash Lettuce Salad Corn Garlic Bread Strawberries & Bananas	<b>10</b> Chicken Fried Steak Mashed Potatoes & Gravy Carrots Dinner Roll Peaches	<b>11</b> Swiss Steak Baked Potato Mixed Vegetables Dinner Roll Oranges	<b>12</b> Tuna & Noodles Coleslaw Peas & Carrots Biscuit & Honey Apricots
<b>15</b> Hamburger Stroganoff over Mashed Potatoes Green Beans Dinner Roll Peaches	<b>16</b> Glazed Ham Loaf Sweet Potatoes Wax Beans Dinner Roll Grapefruit Sections	<b>17</b> Cabbage Rolls AuGratin Potatoes Lima Beans Dinner Roll Pineapple	<b>18</b> Steak & Mushrooms Mashed Potatoes & Gravy Mixed Veggies Dinner Roll Mixed Fruit	<b>19</b> Fish Sandwich Broccoli Cheese Soup Carrots Apricots Cookie
<b>22</b> Chicken Strips Mashed Potatoes & Gravy Broccoli Dinner Roll Fruit Mix	<b>23</b> Taco Potato Boat (meat, lettuce & cheese) Muffin Apricots	<b>24</b> Salisbury Steak Mashed Potatoes & Gravy Cauliflower Dinner Roll Applesauce Squares	<b>25</b> Lasagna Lettuce Salad Carrots Garlic Bread Ambrosia Salad	<b>26</b> Tuna Salad on Croissant Potato Soup Pickled Beets Pineapple Cookie
<b>29</b> Chicken Fried Chicken Mashed Potatoes & Gravy Mixed Vegetables Dinner Roll Oranges	<b>30</b> Beef Tips & Gravy Mashed Potatoes Lima Beans Dinner Roll Peaches	<b>31</b> Meat Loaf Mashed Potatoes & Gravy Broccoli Dinner Roll Tropical Fruit		

# The Mysteries Behind Dreaming

Everyone dreams. Some people may not remember their dreams, but they do dream. According to dream studies, we usually have multiple dreams each night. No one knows for sure why we dream or exactly what our dreams mean. It may be that dreaming helps the brain process and organize information and memories.

After we enter our seasoned years, memories of the past increasingly fill our dreams. In fact, research suggests that many people in their later years have more dreams about their earlier life than any other age group.

Here are a few interesting things you may not know about dreams and some tips for remembering your dreams.

## A few interesting facts about dreams...

The brain is awake while we dream. Some areas of the brain are just as active while we're dreaming as they are when we're awake.

There are certain types of dreams we all experience. Although our dreams may not mirror each other exactly, there are dream themes that are familiar to almost everyone. Common themes include falling, being unable to move, being late for something important, and reliving our school days. Most folks have had dreams about the fear of not graduating.

Animals dream. When you watch your dog sleep and see his feet moving or his ears twitching, he is probably dreaming. Research suggests that animals go through the same sleep stages as humans and so do indeed dream. In one study, a gorilla that had been taught human sign language actually signed while asleep and dreaming.

Dreams are mostly visual. Although dreams can involve sounds, taste, and smell, the majority tell their story in pictures.

Dreams may help us figure things out. What we see, hear, and experience in a dream may seem far from realistic, but the emotions attached to whatever is going on in the dream are often very real. Some researchers believe dreams reflect our thoughts and emotions and are actually a continuation of our minds working on an issue we are dealing with in life.

## Tips for Remembering Dreams

A lot of us have trouble remembering our dreams. Unless we wake up during a dream, the dream is often lost. However, there are a few things we can do to get better at remembering dreams.

**Be proactive.** Before falling asleep each night, consciously remind yourself that you want to remember your dreams.

**Keep a bedside dream journal.** Make sure it is by your bed whenever you sleep so you can write about your dreams before the memories and images have a chance to fade and disappear. Don't wait for morning. Even dreams that seem so vivid that you are sure you'll remember them can quickly slip away.

**Wake up on your own, whenever possible.** If you wake up to an alarm, the sound can be like a jolt to the brain and cause you to lose all recollection of even the most intense dream. Waking naturally is less jarring.

**Take your time.** If you wake up in the morning with no memory of dreaming, try staying in bed, closing your eyes, and quieting your mind. Dream images may unfold for you.

**Use the power of suggestion.** Come up with a mantra like "I remember my dreams" or "I do not forget my dreams." Repeat it with conviction every now and then during the day. You may also want to write the mantra down a few times.





# Fruit Bowl Fun



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

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Looking for kinds of fruit. They may be spelled forward, backward, downward, upward, or diagonally.

- APPLE
- BLUEBERRY
- GRAPES
- LEMON
- MELON
- MULBERRY
- PEACH
- PERSIMMON
- PINEAPPLE
- POMEGRANATE
- PRUNE
- STRAWBERRY
- WATERMELON



## Credit Card Reduction Day is March 21st

Credit card debt can have a crushing and devastating affect on our lives. It keeps us from buying the house of our dreams, or a new car. It restricts our ability to make other purchases. It adds stress to our lives. Credit card debt comes with high interest rates. As credit card balances go up, so do the minimum payments, which can put a real crimp on our limited discretionary spending.

**Did you Know?** If you only pay the minimum amount due each month, it will seemingly take forever to pay off the balance. That's exactly what credit card companies are hoping you do.

So, increase your personal wealth, and improve your quality of life. Today is the day to begin doing something about reducing your credit card debt. You don't need to pay off the balance today. Rather, today is a great day to begin whittling away at the balance.

Here are some ways to "celebrate" this very special day, so you can eventually liberate yourself from the claws of credit card companies:

1. First, make an extra payment on your credit card balance.
2. Implement a plan to pay just a few dollars more each month
3. Limit new purchase, until your credit card balance is paid in full.
4. Double down..... Add the money you didn't spend on #3 above to your next credit card payment.  
You will have a zero balance even sooner!
5. Reduce the number of credit cards you have.
6. Once you have paid off the balance, Pay the full amount due each and every month...no exceptions.

By participating in this day, you are on your way to financial freedom!

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## What is “Inner Peace” and Where Can I Get Some?

Those of us in our seasoned years have been hearing about achieving “inner peace” since the 1960s and “the summer of love.” Unlike a lot of the popular lingo from those days – like “flower power,” – the term “inner peace” has stayed around over the decades, evolving, widening its appeal, and becoming embraced by younger generations. Even though the words are very familiar to people in their “seasoned” years, plenty of us have little or no idea what exactly achieving “inner peace” is supposed to mean. Is it about achieving constant happiness? Is it a way to escape the emotional demands of living? Could it be some kind of internal ticket to our very own nirvana or trouble-free paradise?

If you google “inner peace,” you’ll find more information than you can possibly sift through in one sitting. From many viewpoints, finding “inner peace” seems to be about finding balance and a sense of resilience in life. It’s about constructively managing the stress, anxiety, tension, and worries that can so easily overwhelm us. Medical science supports the benefits of living a balanced, less stressful life style. Studies have proven that finding effective ways to deal with the stresses of daily life can have a very positive impact on overall health and well-being.

So how do you go about finding inner peace? There are many popular practices and techniques to try. Some are centuries old, while others are more recent discoveries. Some people have found the following tips helpful in achieving “inner peace.” Perhaps you’ll find one or two of these techniques beneficial as well. If you are feeling especially overwhelmed by the stressors in your life, please make sure to let your doctor know.

### **A few ways can help achieve some inner peace...**

**Live in the present.** Be mindful of, appreciate, and enjoy today. Remember, yesterday is gone and tomorrow is never a “sure thing.” Try to concentrate your attention on what is going on right here and now instead of regretting or fretting over the past or worrying about or anticipating the future. Take a few minutes each day to ground yourself in the moment. Really listen to the sounds around you, notice the colors, taste the smells, feel the textures, etc.

**Just breathe.** Close your eyes, sit quietly, and simply breathe. Clear your mind, focus on your breathing, and relax your body. When thoughts come into your head... and they will... acknowledge them and then let them go like clouds passing in the sky. Feel your breath enter your body as you inhale, pay attention to your breath as it fills your lungs and belly, and feel your breath leave your body as you exhale. Do this for a few minutes every day with the intention of letting go of your stress and worries and you’ll feel more peaceful.

**Connect with nature.** Many people in the seasoned years of life remember when most of the hours in a child’s day were spent outside. We recall the sense of peace and contentment we felt as kids as we played surrounded by fresh air, grass, and trees. Scientific research has found a strong correlation between spending time in nature and improved mental and physical health. Studies suggest that connecting with nature can help reduce stress, muscle tension, and blood pressure. It can also help improve self-esteem and boost the immune system.

**Find a reason to laugh.** It’s almost impossible not to feel good when enjoying a real belly laugh. Laughter can help lighten your mood even during the most trying times. Laughing helps create a more peaceful feeling by lowering stress hormones and increasing endorphins within the body. A good laugh can boost blood circulation and soothe tension. Try to find some humor in everyday life. Spend time with fun, funny people. Watch television shows and movies that make you laugh. Go to a local comedy show.

**Put on some tunes.** Research has proven that music influences disposition and temperament. Listening to soothing music is calming. It can lower blood pressure, heart rate, and anxiety. Listening to upbeat, high-spirited, or lively music can help relieve tension, dissipate anger, strengthen resolve, heighten self-esteem, foster a positive outlook, and inspire action. Put on your favorite tunes next time you’re feeling low – *or even mediocre* – and see if it helps put you in a better and perhaps more peaceful mood.

## Saint Patrick's Day—March 17th

Saint Patrick's day is in honor of the Patron Saint of Ireland, who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs.

Saint Patrick's' Day has many symbols and traditions, from shamrocks and leprechauns, to green beer and Corned Beef and Cabbage. Saint Patrick's Day parades are popular in many cities around the U.S. Interestingly, the first St. Patrick's Day parade did not take place in Ireland. It took place in New York City, in 1762.

**Are you** Irish, me lads and me lassies?! Well, the saying goes everyone is a little Irish on Saint Patrick's Day.

**Roots of Tradition:** Saint Patrick's day is held in honor of Saint Patrick, the missionary who brought Christianity to the Irish people in the 400's AD.

**Erin Go Braugh** is perhaps the most common Irish term you will hear. It means "Ireland Forever"

**Did You Know?** Over 34 million Americans are of Irish descent. That's almost nine times the population of Ireland!

## Peep Fun



To one of my favorite peeps. It's Easter, for Peep's sake! You and I are like two peeps in a pod.

I heard you wanted to see a peep show.

Hope you enjoy this peeps offering.

Power to the Peep-le!

To a real peep-le person.

I *do* want to hear another peep out of you – keep in touch!

Our friendship is growing by peeps and bounds!

Hope you enjoy this tongue-in-peep gift.

I never get tired of hanging with my peeps.

I heard you like hanging out with your peeps.

*Gass Haney*  
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## 10 Trigger Foods for Gout

Gout is a painful condition that affects 1-2% of North Americans through their lives. While gout can eventually go away on its own, it may last for years. Gout attacks last for about a week in length, and the majority of sufferers experience multiple attacks per year.

Untreated gout can cause a risk for diabetes and heart disease. Chronic gout can also cause kidney stones. Gout is caused by a buildup of uric acid in the blood. It crystalizes in the joints, with the big toe being the location in half of the cases. This is called podagra.

The symptoms of a gout attack can be controlled through nonsteroidal anti-inflammatory drugs and other medication. The prevention of gout attacks lies in diet. There are a number of foods that can trigger a gout attack. Recent studies have found that many of the vegetables we believe because gout attacks in fact can decrease the risk. These foods include beans, peas, and leafy greens.

**Here are 10 common trigger foods for gout.**

**Try and avoid these or have them in moderation to keep your gout at bay.**

1. Fish
2. Alcohol
3. Caffeine
4. Organ Meats
5. Fried Foods
6. Beef
7. Soda
8. Rich Sauces.
9. Shellfish
10. Fruit Juice

## Popcorn Lover's Day—March 12th

Many of us love popcorn. So, it only makes sense that there should be a special day just for popcorn lovers.

Popcorn is good for you, when eaten plain. It is not as healthy, when it's loaded with salt and butter.

This day is intended to enjoy popcorn and share it with others. Bring some to work. Or microwave some and put in in a basket in your office.

You can have it in a traditional way, with salt and butter. Or, you can add anyone of a number of flavors to it. Some popular flavors are cheddar cheese, parmesan garlic, and even hot pepper! There is no requirement as what seasoning to use today, as long as your eat plenty popcorn.

Now, that's not hard to do, is it!?

Have you ever looked at the last few loads of laundry and considered just throwing them away?

- Author unknown



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## What Vegetables Can I Plant In March??

In places that experience drastic cold winters, March is a critical month to plant vegetables--it may be early for some vegetables or late for others. For some regions, March is the earliest time to get out and work the ground. For others, such as in temperate zones, March is the prime time for getting plants established for abundant summer growth. In addition, some cool season vegetables are ideal for planting in March.

### Beets

Beet (*Beta vulgaris*) is a popular garden vegetable throughout the United States. It is frost-hardy and can establish in the garden in March or 30 days before the first frost-free date in cold areas.

Soak beet seeds overnight in lukewarm water, drain them and plant them 1 inch deep and 1 inch apart. Cover them with loose soil and break the crust formed by beating rains with the gentle action of the rake. Transplant seedlings 3 inches apart and when they are 3 inches tall. The seedlings establish more easily under cool, moist conditions. Harvesting occurs 50 to 70 days after planting.

Beets cannot compete with weeds, especially when small. Frequent, shallow hand-weeding is necessary to control weeds. Remove weeds while they are still young. Deep cultivation after the weeds grow larger will damage the beet roots. Beets need a moist, fertile soil that is high in potassium to ensure they grow vigorously.

### Broccoli

Broccoli (*Brassica oleracea*) is a hardy vegetable of the cabbage family. Broccoli is a cool-weather crop that does poorly in hot summer weather. Growing in the heat of summer will reduce the quality and quantity of yields. Broccoli develops best during cool seasons of the year, when exposed to an average daily temperature between 65 and 75 degrees F.

Broccoli prefers sunny locations and fertile, well-drained soil. Incorporating plenty of organic matter and a complete fertilizer into the area before planting will give the soil added nutrients. Plant seeds 1/4 inch to 3/4 inch deep, two to three weeks before the last frost of spring.

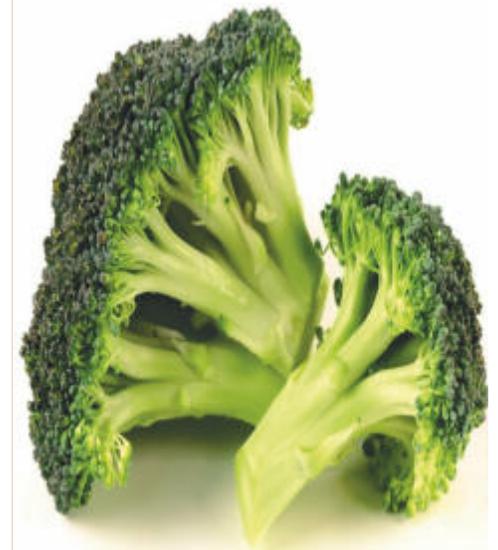
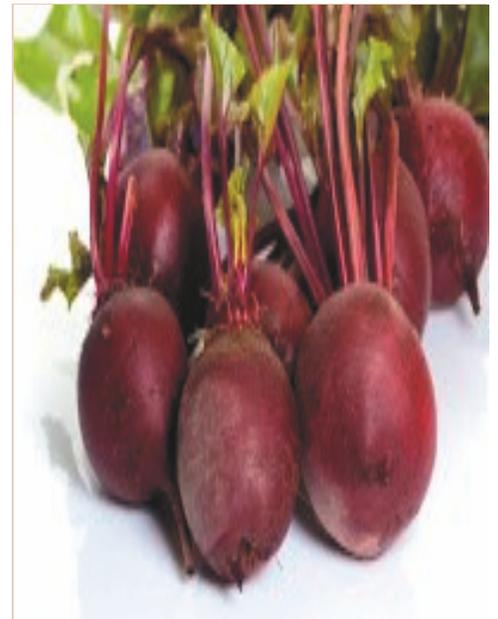
Thin seedlings or transplant broccoli 12 to 18 inches apart, in rows 2 to 3 feet apart. Side-dressing with additional nitrogen fertilizer after harvesting will encourage side-shoot development. Deep, infrequent irrigation (1 to 2 inches of water) and use of mulch will conserve water and reduce weed growth. Harvest broccoli when the heads are large and compact but before the flower buds open, approximately 80 to 90 days after planting.

### Radishes

Radish (*Raphanus sativus*) is a cool-season, fast-maturing vegetable. Garden radishes can grow wherever there is sun and moist, fertile soil, even on the smallest city lot. The majority of radish varieties grow best in the cool days of spring, and some late growers can also grow in the summer.

Plant radishes in early to mid-spring. In spring, sow salad radishes at 10-day intervals starting two weeks before your average last spring frost, continuing to three weeks after your last frost date.

Radishes prefer well-prepared, moist, fertilized soil. Loosen the soil 6 to 10 inches deep, and mix in good compost or well-rotted manure. Sow seeds 1/2 inch deep and 1 inch apart, in rows spaced 12 inches apart. Seeds will sprout in 3 to 7 days when sown in soil temperatures of 60 degrees F. Thin salad radishes to 3 inches apart and Asian radishes to 8 to 10 inches apart after seedlings appear. Harvest 25 to 40 days after planting.



## Current Scams and Fraudulent Calls:

The first is to Publishers Clearing House website's FAQs, specifically its answer to the question "How are PCH winners notified?" Other popular frequently asked questions can be found highlighted with a blue background towards the top right of the page.

[http://pch.custhelp.com/app/answers/detail/a\\_id/147/~how-are-pch-winners-notified%3F](http://pch.custhelp.com/app/answers/detail/a_id/147/~how-are-pch-winners-notified%3F)

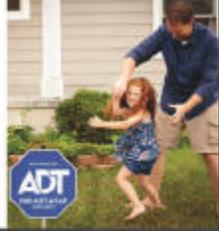
Next, is the Federal Trade Commission's recent posting about the upcoming release of the COVID-19 vaccines and the anticipated surge in scam calls tied to the release? I'm providing the link but also copying and pasting the recommendations of what you need to know to avoid a vaccine-related scam:

<https://www.consumer.ftc.gov/blog/2020/12/covid-19-vaccines-are-pipeline-scammers-wont-be-far-behind>

"While we wait for a timeline and more information, there's no doubt scammers will be scheming. Here's what you need to know to avoid a vaccine-related scam:

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to the vaccine.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine. Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.

If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam. Don't pay for a promise of vaccine access or share personal information. Instead, report it to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud) or file a complaint with your state or territory attorney general through [consumerresources.org](https://www.consumerresources.org), the consumer website of the National Association of Attorneys General."

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## The Nutritious Meals We Offer

### Meals

Food is one of the most basic of human needs. Yet it is something many of us take for granted. Some people who are homebound are unable to prepare their own meals. Others may choose not to cook a hot and nutritious meal for themselves or don't want to eat alone. For those individuals, a home delivered or congregate meal is the answer. Nutritious meals and or socialization at mealtime may mean the difference between independence in their own home or institutionalization.

Nutritionally balanced and healthy meals are designed and approved by our team of registered dietitians. They meet one third of the daily-recommended dietary needs of adults age 60 or older, as established by the USDA.

### Eligibility

*The eligibility for congregate and home delivered meals is as follows:*

Any person aged 60 or over

The spouse of any person aged 60 or over

A disabled person under age 60 who resides in housing facilities occupied primarily by older persons at which congregate nutrition services are provided

A disabled individual who resides at home with an older individual eligible under the Older American Act (OAA)

### Home Delivered Meals

*To receive home delivered meals; eligible individuals must meet one of the following criteria:*

The individual is homebound and does not leave his/her home under normal circumstances

The individual is physically incapable of preparing meals due to impaired vision, hearing, mobility, dementia, or alcoholism, drugs or other therapy causing loss of appetite and emotional instability

Physical problems

Spouse or caregiver of a home delivered meal person

### Curbside Meals

We offer congregate meals M-F. You can make reservations up until 8:30 that morning.

**Q: What happened to the Easter Bunny when he misbehaved at school?**

**A: He was egg-spelled!**

**Q: What happened when the Easter Bunny caught his head in the fan?**

**A: It took ears off his life!**

**Q: What is the Easter Bunny's favorite sport?**

**A: Basket-ball**

**Q: Where did the Easter Bunny go to school?**

**A: John Hop-kins University**

**Q: Why was the father Easter egg so strict?**

**A: He was hard-boiled**

**Q: How did the Easter Bunny dry himself after getting wet in the rain?**

**A: With a hare dryer**

**Q: Why couldn't the Easter egg family watch T.V.?**

**A: Because their cable was scrambled**

**Q: Why did the Easter egg hide?**

**A: He was a little chicken**



## Best Senior Exercises To Improve Your Golf Game

### Smartalec Caddy

**A very bad golfer is playing at new course and he is having a very bad day. He is on the 18th hole, and he spots a lake. He says to his caddy "I think I'm going to go drown myself in that lake". The caddy says, "I don't think you can, you can't keep your head down that long."**



When you're building a strength training and stretching routine to improve your golf game, it's important to hit the most common trouble spots for seniors. You'll want to focus on the ankles, hips and shoulders, as well as the legs and back. Here are some great exercises:

Strengthen your shoulders by training on the rowing machine at the gym or doing dumbbell rows. If dumbbells are too intense, start out with a very low weight or with no weight, and increase the amount that you're lifting as you build up your strength.

Improve shoulder flexibility with the "golf twist." This move mimics the golf swing and helps improve your range of motion. If the medicine ball is too heavy, try holding something lighter, like a small bottle of water -- or even nothing -- until you get stronger.

Shoulder stretches improve range of motion. Try doing simple shoulder rotations forward and backward or a rotated shoulder stretch.

Strengthen and stretch your ankles with seated ankle rotations (clockwise and counterclockwise) or with seated and standing calf raises.

Stretch your ankles with calf stretches. While it might not feel like these stretches benefit the ankles, stretching the surrounding muscles will help with ankle flexibility.

Strengthen your hips with squats and lunges. Georgia State University has an excellent page on lower-body exercises, including instructions on how to do squats and lunges properly.

Stretch your hips for better range of motion. Hip drops and this seated hip stretch from the Mayo Clinic are excellent for improving flexibility in the hips.

Stretch your quadriceps with a simple quad stretch with torso rotation. This stretch will also improve balance, and the rotation mimics the golf swing for an added benefit. If you need to, do this stretch close to a wall, so you can steady yourself until your balance improves.

[www.georgiastatesports.com](http://www.georgiastatesports.com)

[www.mayoclinic.org](http://www.mayoclinic.org)

## Are You a Homeowner Age 65 or Older

The Nebraska homestead exemption provides property tax relief to homeowners age 65 or above if they meet certain guidelines.

A homestead is the residence or mobile home and up to one acre of land surrounding it. It must be occupied by the owner of record from January 1 through August 15 in each year. The homeowner must be 65 or older before January 1 of the application year.

The amount of tax relief that a homeowner receives is a sliding scale based on annual income. Income from all sources will be counted. Annual income can be reduced if the homeowner has out of pocket medical and dental expenses that total more than 4% of household income. The maximum income allowed for a single individual to qualify for homestead exemption is \$43,800.99. For a married couple, the maximum is \$52,000.99.

The percentage of exemption that a homeowner receives will apply to the taxable value of the home up to \$40,000.00 or 100% of the average assessed value of a home in the county whichever is greater. There is a cap on the value of the property of \$95,000.00 or 200% of the average assessed value of a home in the county whichever is greater. If the value of the home exceeds the maximum value allowed in the county by more than \$20,000.00, no tax relief will be allowed.

Applications for the homestead exemption are available through the County Assessor's Office. Applications must be completed and returned to the Assessor's Office by **JUNE 30, 2021**.

If you need assistance with completing an application, you can contact your County Assessor's Office or you can contact Legal Aid of Nebraska. Legal Aid of Nebraska can be contacted toll free at 1-800-527-7249 Monday through Thursday from 9:00 a.m. to Noon and 1:00 p.m. to 3:00 p.m. Central Standard time.

If you are under 65 but suffer from a disability, or are a disabled veteran or widow/widower of a qualified veteran, check with your county assessor's office for other homestead exemption options.

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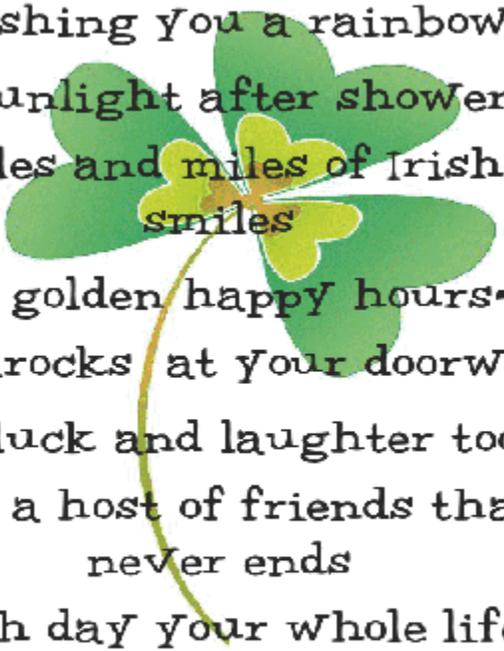
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E 4C 05-1066

Columbus Community Center  
3111 19th Street  
Columbus, NE 68601

Monday—Friday  
8:00am—4:00pm



Wishing you a rainbow  
For sunlight after showers—  
Miles and miles of Irish  
smiles  
For golden happy hours—  
Shamrocks at your doorway  
For luck and laughter too,  
And a host of friends that  
never ends  
Each day your whole life  
through!

Irish Rhinoceros

**COMMUNITY CENTER STAFF**

**Cindy Branting**  
Community Center Manager

**Donna Klopnieski**  
Office Associate

**Pat Hinze**  
Head Cook

**Sylvia Frieze**  
Program Assistant

**Allen Foltz**  
Program Assistant