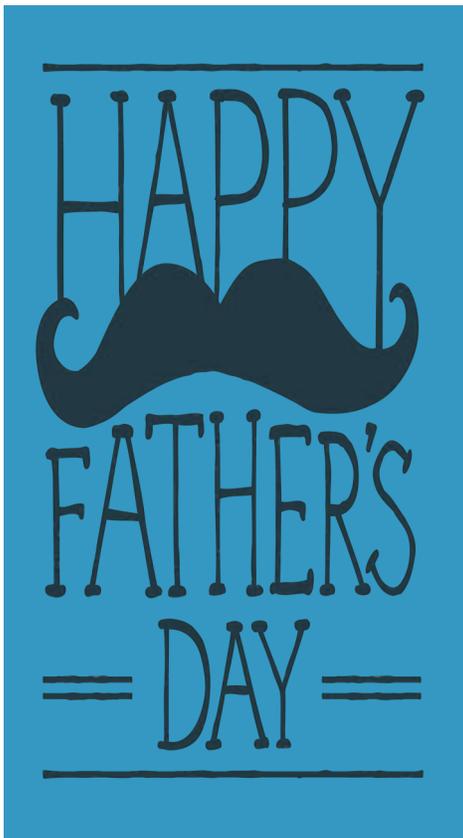


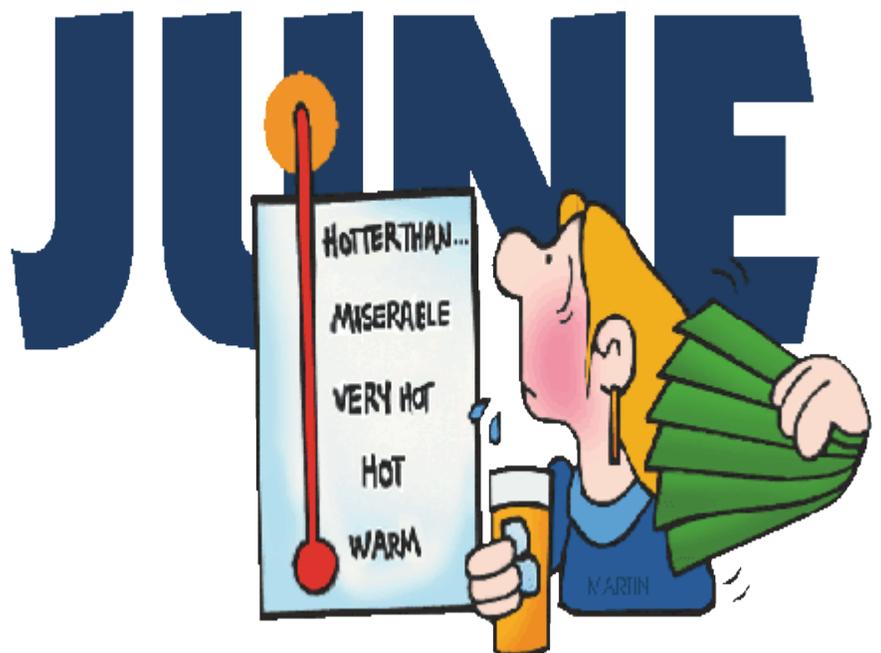
# June 2021

## SENIOR MOMENTS

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The center of a  
doughnut is  
100% fat free.



National Gardening Week is the 1st week of June. It is both a celebration, and an educational opportunity. National Gardening Week celebrates one of America's most popular hobbies. Tens of millions of Americans, young and old alike, grow a garden of some size. This week is a great opportunity to get out into your garden and tend to it, along with enjoying your garden's peacefulness and beauty. Regardless of whether your garden is big or small, show it off to family and gardening friends. National Gardening Week is also a great time to promote this hobby, and offer educational programs to the general public Garden clubs, 4H groups, schools, and even business can get into the act, providing some form of educational programs, demonstrations, or seminars. As individuals, gardeners can encourage others to start gardening. However you celebrate this week, we hope it is a great growing experience for all involved!

# AUTOMOBILES

SEASONEDTIMES.COM

### ACROSS

- 3. Small car
- 7. Military vehicle with four-wheel drive
- 8. Family shuttle
- 10. Open-top car
- 14. Charged with current

### DOWN

- 1. Two-door covered car
- 2. Car with sloping rear car door
- 4. Of mixed origin
- 5. Patrol car
- 6. Four-door car
- 9. Fancy transport
- 11. Classic car
- 12. Suitable for traveling over rough terrain
- 13. Final transport



## Adopt A Cat Month

### Adopt-A-Cat Month®

Brought to you in June by American Humane  
American Humane celebrates Adopt-A-Cat Month® each  
June – a month that also marks the height of “kitten  
season,” when millions of kittens are born and  
often end up in animal shelters.

The feline population increase fills animal shelters across  
the country each June with cats and kittens who need a  
home. In honor of Adopt-A-Cat Month®, American  
Humane and Zoetis Petcare are celebrating  
all things feline and encouraging pet lovers to  
consider giving a cat a forever home.



THANK YOU!

We completed our annual Memorial Day flower sales and we generated about \$1,450 this year! This is a GREAT fundraiser for us! A HUGE Thank you to Carol Winter for repurposing last year's flowers that normally would have went into the landfills! Talk about a Win – Win Situation!

I also want to thank the people that gave us donations during the pandemic .

I'm always looking to bring in new programs and educational opportunities to our Seniors and every dollar counts!

~Cindy

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[columbushosp.org](http://columbushosp.org)  
NEBRASKA

Dr. Paul Sherrerd • Dr. Patrick Henderson • Dr. Nila Novotny



# Menu

## JUNE 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Hamburger/ Bun Tri-Taters 3 Bean Salad Peaches Cookie	<b>2</b> Chicken Fried Chicken Mashed Potatoes & Gravy Green Beans Dinner Roll Applesauce	<b>3</b> Roast Beef Mashed Potatoes & Gravy Peas Dinner Roll Pineapple	<b>4</b> Goulash Lettuce Salad Corn Garlic Bread Oranges
<b>7</b> Chicken Fried Steak Mashed Potatoes & Gravy Carrots Dinner Roll Peaches	<b>8</b> Fish Fillet Scalloped Potatoes Lima Beans Applesauce Squares Dinner Roll	<b>9</b> Chicken Strips Mashed Potatoes & Gravy Buttered Beets Dinner Roll Banana	<b>10</b> Glazed Ham Loaf Sweet Potatoes Green Beans Dinner Roll Spiced Apples	<b>11</b> Hamburger Stroganoff over Mashed Potatoes Peas Dinner Roll Pears
<b>14</b> Pulled Pork Sandwich Tri Taters Carrots Tropical Fruit Salad	<b>15</b> Swiss Steak Baked Potato Mixed Vegetables Dinner Roll Oranges	<b>16</b> Steak & Mushrooms Mashed Potatoes Corn Dinner Roll Peaches	<b>17</b> Ham Salad on Croissant Potato Salad Pickled Beets Oranges	<b>18</b> Sloppy Joe Macaroni Salad Baked Beans Grapefruit
<b>21</b> Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Fruit Mix	<b>22</b> Lasagna Caesar Salad Corn Ambrosia Salad Garlic Bread	<b>23</b> <b>NO LUNCH WILL                      BE SERVED</b>	<b>24</b> <b>NO LUNCH WILL                      BE SERVED</b>	<b>25</b> <b>NO LUNCH WILL                      BE SERVED</b>
<b>28</b> Teriyaki Chicken Breast Rice Pilaf Broccoli Dinner Roll Oranges	<b>29</b> BBQ Riblet Baked Potato Green Beans Dinner Roll Peaches	<b>30</b> Polish Sausage Buttered Potatoes Sauerkraut Dinner Roll Baked Apples		<b>MENU &amp;                      ACTIVITIES ARE                      SUBJECT TO                      CHANGE</b>

# JUNE 2021

# Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00 FROG Class 10:00 FROG Class Crazy 8's Cards Jolly Gals Cards	<b>2</b> Homemade Pie 1:30 Bible Study	<b>3</b> 8:30 TOPS #529 9:00 FROG Class 10:00 FROG Class 9:30—3:30 Sew Together	<b>4</b> Breakfast Pastries
<b>7</b> Farmer's Market Voucher Distribution 9:00—11:00 Fat Quarter's Quilters Evening Guild	<b>8</b> 9:00 FROG Class 10:00 FROG Class Calico Quilter's Card Sharks Jolly Gals Cards	<b>9</b> Homemade Pie Gorgeous 8's Dandy Dozen Down 1 Card Canasta 1:30 Bible Study	<b>10</b> 8:30 TOPS #529 9:00 FROG Class 10:00 FROG Class <i>Celebration Dinner</i> <i>1:00 Advisory Board Meeting</i> Nifty Nines Cards	<b>11</b> Breakfast Pastries All-4-Fun Pitch  <i>Sylvia Frieze is retiring and today is her last day! Wish her well!</i>
<b>14</b> Baker's Dozen Card Queens Auction Pitch	<b>15</b> 9:00 FROG Class 10:00 FROG Class Jolly Gals Cards <i>1:00 Caregiver's Support Meeting</i>	<b>16</b> Homemade Pie Fat Quarter's Quilters 1:30 Bible Study	<b>17</b> 8:30 TOPS #529 9:00 FROG Class 10:00 FROG Class Bridge	<b>18</b> Breakfast Pastries Jolly Pitchers
<b>21</b> The Featherweights Quilting Club	<b>22</b> 9:00 FROG Class 10:00 FROG Class Calico Quilter's Jolly Gals Cards	<b>23</b> Homemade Pie Super 8's Cards Down 1 Card 1:30 Bible Study	<b>24</b> 8:30 TOPS #529 9:00 FROG Class 10:00 FROG Class <i>BINGO by Prairie Village</i>	<b>25</b> Breakfast Pastries NAOMIS
<b>28</b>	<b>29</b> 7:00 Cindy on KLIR Radio 9:00 FROG Class 10:00 FROG Class <i>Merry Makers—The Links 11:30</i>	<b>30</b> Homemade Pie 1:30 Bible Study <i>12:45 Movie: Beautiful Day In The Neighborhood</i>		

Happy June Birthday to:

- 6/2 Millie Wennkamp
- 6/4 Donna Blahak
- 6/7 Helen Goedeken
- 6/9 Terry Smith
- 6/10 Mona Lewien
- 6/11 Carolyn Peterson
- 6/12 Donna Richards
- 6/14 Mona Condon
- 6/15 Larry Hansen
- 6/18 Susan Schoenauer
- 6/19 Mary Roddy
- 6/19 Judy Johnson
- 6/20 Rose Kuta
- 6/20 Sylvia Christensen
- 6/21 Judy Melcher
- 6/24 Annabel Bulger
- 6/24 James Rickert
- 6/24 Marlene Wilke
- 6/24 Susan Engel
- 6/24 Karen Baker
- 6/25 Larry Winter
- 6/25 Glenda Himmelberg
- 6/27 Donna Williams
- 6/28 Catherine Hare
- 6/30 Marlene Beiermann
- 6/30 Pat Hinze



*To Sharon Evans  
for donating funds for cake and  
ice cream to help us celebrate  
our May birthdays!*

# TEXAS JOKES



## HERE IS WHAT JEFF FOXWORTHY HAS TO SAY ABOUT FOLKS FROM TEXAS:

If someone in a Lowe's store offers you assistance and they don't work there, you may live in Texas

If you've worn shorts and a parka at the same time, you may live in Texas

If you've had a lengthy telephone conversation with someone who dialed a wrong number, you may live in Texas

If 'vacation' means going anywhere south of Dallas for the weekend, you may live in Texas

If you measure distance in hours, you may live in Texas

If you know several people who have hit a deer more than once, you may live in Texas

If you install security lights on your house and garage, but leave both unlocked, you may live in Texas

If you carry jumper cables in your car and your wife knows how to use them, you may live in Texas

If the speed limit on the highway is 55 mph & you're going 80, and everybody's passing you, you may live in Houston, Texas

If you find 60 degrees 'a little chilly,' you may live in Texas

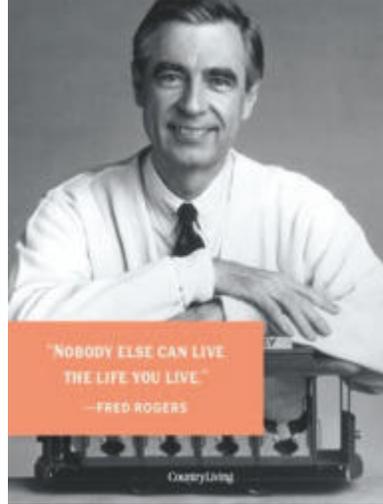
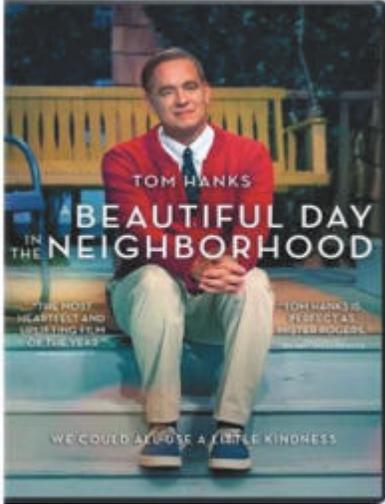
If you actually understand these jokes, and cannot wait to tell all your Texas friends, you definitely have lived in Texas.

**YOU COULD BE FROM  
NEBRASKA TOO!**



## Beautiful Day In The Neighborhood

Two-time Oscar®-winner Tom Hanks portrays Mister Rogers in *A Beautiful Day in the Neighborhood*, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer (Emmy winner Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.



A good father is one of the most *unsung, unpraised, unnoticed,* and yet one of the *most valuable* assets in our society.  
-Billy Graham-





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## National Cheese Day—June 4th

Today is *National Cheese Day*. From breakfast to late night snack, this is a day to enjoy ample amounts of a wide variety of cheeses.

People around the world love cheeses. Americans consume on average around 31 pounds of cheese a year. We get to choose among a huge variety of flavors and textures.

Cheese is produced from pressed curds of milk. It has been a staple of our diets since ancient times, dating back as far back as 10,000 years ago. By the time of the Roman Empire, cheese had become widespread.

Depending upon who is counting, there is between 800 to 1,400 varieties of cheese to choose from, classified by taste and texture. Unfortunately, many of these varieties are little known and hard to find. Even so, there is no shortage of varieties in the market. The flavor and texture of cheeses are influenced by temperature, aging process, and spices.

**Did You Know?** Cheese can be made from the milk of cows, goats, sheep and even buffalos.

It is a sheer pleasure to celebrate *National Cheese Day*. Eat lots of cheeses. From grilled cheese sandwiches to cheese soup and cheesecake, from American cheese to Brie, there's no shortage of cheese varieties and recipes. Holding a Cheese Tasting party is a great way to celebrate *National Cheese Day*. PS Don't forget to pair it with some great wines!

**The Cheesy Challenge:** Eat cheese today at every meal, and with every snack. Most importantly, try a variety of cheese that you've never tasted before.

**June 18<sup>th</sup> is *International Panic Day*, a day for everyone to be worried and concerned. We're not sure what is so big, and so widespread, to create an international incident of this magnitude. But, here it is on the calendar folks..... an international day of panic.**

Millions of people love sweet corn on the cob. As summer nears, we can't wait to bring out the salt and pepper, and boil, steam or grill some fresh, sweet, corn on the cob.

National Corn on the Cob Day encourages us to celebrate and enjoy this tasty summer time treat.

Plainview, Minnesota celebrates National Corn on the Cob Day in a big way. They hold a parade and other festivities.

**Did you Know?** Sweet Corn originated in Mexico. It dates back to about 9,000 BC.

To celebrate National Corn on the Cob Day, boil, steam, or grill it for dinner!

**Tip:** Sweet Corn loses its sweetness rapidly. Home gardeners know to pick it just before it is cooked. When buying sweet corn at a store or farm market, make sure it is fresh picked.

### Creamy Sweet Corn

#### Ingredients

- 2 cups fresh or frozen corn
- 1/4 cup half-and-half cream
- 2 tablespoons butter
- 1 tablespoon sugar
- 1/2 teaspoon salt

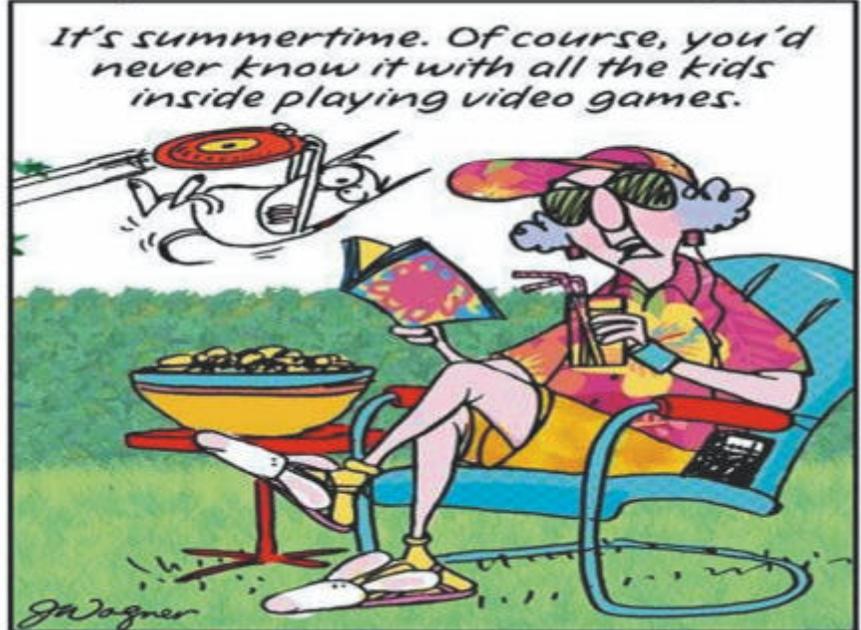
#### Directions

In a large saucepan, combine all ingredients. Bring to a boil over medium heat; reduce heat. Simmer, uncovered, for 6-8 minutes or until heated through.



Crabby Road

6-25-12



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Maxine.com

# National Peanut Butter Cookie Day—June 12th

## Ingredients

- 1 1/3 cup (188g) all-purpose flour
- 3/4 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup (113g) unsalted butter, softened
- 1/2 cup (105g) granulated sugar
- 1/2 cup (110g) packed light brown sugar
- 3/4 cup (185g) creamy peanut butter
- 1 large egg
- 1 1/2 tsp vanilla extract

## Instructions

Preheat oven to 350 degrees. Line two 18 by 13-inch baking sheets with silicone baking liners or parchment paper.

In a medium mixing bowl whisk together flour, baking soda, baking powder, and salt. Set aside.

In the bowl of an electric stand mixer fitted with the paddle attachment cream together butter, granulated sugar, and brown sugar until combined.

Mix in peanut butter then blend in egg and vanilla. With mixer set on low speed slowly add in flour mixture and mix just until combined.

Scoop dough out and shape into balls (30 grams each or nearly 2 Tbs.) then place on baking sheets spacing them 2-inches apart.

Using a long pronged fork flatten cookies slightly then turn fork going opposite direction and flatten just slightly again (it should create that criss-cross pattern).

Bake cookies in preheated oven, one sheet at a time, for about 9 minutes (cookies will appear pale and slightly under-baked, they'll continue to cook slightly as they cool).

Are you ready to chow down a bunch of Peanut Butter cookies!? You'd better be, because today is *National Peanut Butter Cookie Day*.

Perhaps the biggest promoter of peanuts was George Washington Carver. He wrote about growing them, and importantly, in 1910 he published a book with 105 recipes using peanuts. And, you guessed it, his cookbook included a recipe for peanut butter cookies. Since then all sorts of people have created a wide variety of recipes for peanut butter cookies.

Celebrate *National Peanut Butter Cookie Day* to the fullest. Start by baking your own batch of homemade peanut butter cookies. Then, chow down, with a glass of milk on the side.

FYI... You get extra points from the boss, if you make a batch and bring them to work today!

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Gary Sharman  
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June is *Fresh Fruit & Veggies*. Take a vow to eat healthy today (and every day), with fresh veggies for every meal, and for snack, too. Better still, be a vegetarian for a day.

Your body will like it.

Fresh vegetables are tasty, far better tasting than canned or frozen vegetables. They are also healthy and highly nutritious. This makes it easy to add fresh vegetables to the menu at every meal, and for snacking. This time of year, there are plenty of fresh vegetables at your local grocery store, or in your backyard vegetable garden.

So relish *Fresh Veggies Day* with a bountiful supply of fresh picked veggies.

#### The Senior Farmer's Market

Nutrition Program provides qualified seniors aged 60 and over with vouchers that can be exchanged at farmer's markets, roadside stands, and community supported agriculture programs for fresh, nutritious, unprepared, locally grown fruits, vegetables, herbs, and honey. The vouchers can be used until Thursday, October 31st at participating vendors. *Columbus Community Center* will begin distributing Farmer's Market Vouchers starting on June 7th from 9:00am – 11:00am. **NOT BEFORE 9:00!!!** Eligible participants in the Senior Farmers Market Nutrition Program must:

- Be 60 years of age or older at the time of this application, born in or before 1959
- Live in the service area of Columbus & Platte County.
- Have a yearly household income less than \$22,459 for single or \$30,451 for married couple

At this point, we are NOT sure what the amount will be for the vouchers.

Getting a good night's sleep is important for your overall health and your mood at any age. However, it can be particularly important in older adults. With National Sleep Awareness Week this month, now is a particularly good time to discuss your sleep (or lack thereof).

Sleep problems in older adults are not uncommon. While the amount of sleep recommended for an older adult is the same – seven to nine hours each night – sleep can often be less deep and choppy than for those who are younger. Common problems include:

- having trouble falling asleep
- waking up frequently in the night or early morning getting less quality sleep.

Primary sleep disorders can be:

- *insomnia*, or difficulty falling asleep, staying asleep, or restless sleep
- *sleep apnea*, or brief interruptions in breathing during sleep often marked by heavy snoring
- *restless leg syndrome*, or the overwhelming need to move your legs during sleep
- *circadian rhythm sleep disorders*, or a disrupted sleep-wake cycle

Conditions like depression, anxiety, and dementia can increase the risk for sleep disorders, especially insomnia. Certain existing health conditions, including cognitive, neurological, gastrointestinal, respiratory and urologic issues, as well as various medications (for high blood pressure, COPD, rheumatoid arthritis, cardiac disease, GI problems) can also affect a good night's sleep.

If you're having a sleeping problem, it's a good idea to talk to your physician. If he or she suspects a sleep disorder, a sleep study might be recommended.

During such a study, sensors will monitor your body movement, breathing, snoring, heart rate, and brain activity.

Typically, for older adults, non-pharmaceutical treatments like cognitive behavioral therapy constitute the first wave of treatment, since many are already taking multiple medications. This might include having you learn to develop good sleeping habits by:

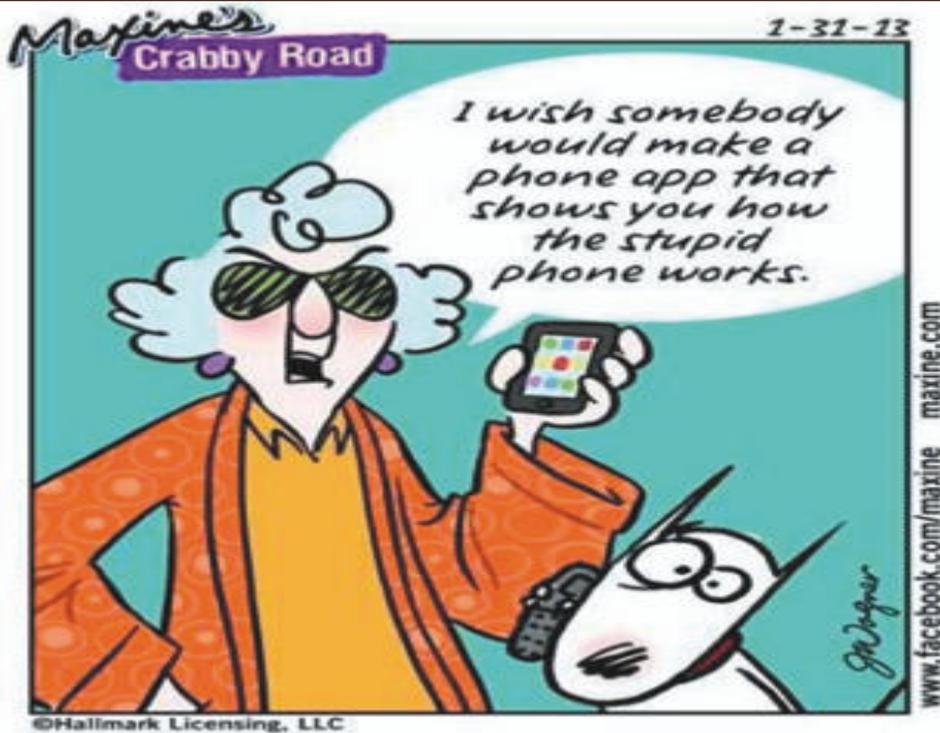
- going to bed and waking up at the same time each day
- using the bed only for sleep and sex, not other activities like work or watching TV
- doing quiet activities, like reading, before bed
- avoiding bright lights before bed
- limiting liquid before bed and avoiding caffeine and alcohol
- keeping a soothing and comfortable bedroom environment
- avoiding naps
- eating three to four hours before bedtime
- exercising regularly, but not right before bedtime
- taking a warm bath to relax

Other treatments may include the use of melatonin, a synthetic hormone that induces sleep faster and restores the sleep-wake cycle. On a short term basis, sleeping medications that may help ease the symptoms of the sleep disorder may also be recommended. This, however, needs to be monitored closely, as sleeping pills can increase the risk of falls and can become habit forming. Most importantly, if you think you have a sleep problem, don't wait until the problem starts to affect your health. Get help now!



**THE IMPORTANCE OF SLEEP!**

## Isn't that the TRUTH!



June 21<sup>st</sup> is National Selfie Day. It's a cinch to participate in this holiday. And, it's fun! Simply take your smartphone out of your pocket or purse, and take a selfie. Better yet, get a couple friends, and take a selfie with them. Make sure to put on as big smile. And, don't forget to post it on Facebook.

Selfies are extremely popular. Millions of them are taken each and every day. It kind of makes you wonder why we need a special day to encourage us to take a selfie.

Most people believe selfies originated when smartphones came on the scene. Smartphones have built-in, hi pixel cameras, with a lens on both sides of the camera, making it easy to take a selfie. In actuality, selfies were around for a long, long time, they just weren't called "selfies". Back in the day of film based cameras, some cameras had a delay feature on the camera. You could set the camera up on a table or tripod, aim it, and press the delay button (usually ten seconds). Then, you had to run to where the camera was aimed and pose. They were not called selfies. Some people referred to them as "self-portraits".



selfie

**Talking to seniors** can involve several nuances in communication. Here are a few things you'll want to avoid when speaking with seniors.

Don't give unwanted advice.

Parents have experience taking care of children themselves. So hearing advice from a child (even if it is an adult child) can feel belittling.

Instead, try to support and encourage your loved one without necessarily giving advice.

Don't use "elderspeak".

There is no need to use condescending language or to talk in a high-pitch voice. You also do not need to shout at an elderly person if they did not hear you the first time you said something. Sometimes, people simply miss words and can hear just fine.

Use your usual vocabulary rather than simplify it. Also, talk to the elderly person directly rather than asking someone else, "How are they doing today?"

Don't forget they are people too.

Do not treat them differently because of your preconceived notions about older adults.

Realize that they have had rich experiences, which you can tap into and learn from.

Effective Communication Methods:

How to Talk to Elderly People

Coming up with elderly topics of interest is challenging on its own, but before you do that, you should master the art of communication with this community. Here are some tips and tricks. Give your full attention and be patient if they are unable to speak at a faster pace. Let them speak freely without interruption.

Focus on one topic at a time. Avoid jumping around several topics to prevent confusion.

Choose the right environment for a conversation. Avoid speaking in noisy areas with competing sounds of a radio or TV.

Try to avoid open-ended queries, especially when speaking with an Alzheimer's or dementia patient. Accept differences in opinion and try to compromise when the two of you need to make decisions.

Pick your battles. It's best to prioritize issues you want to deal with first and then celebrate with each victory.

**National Chocolate Ice Cream Day—June 7th**

*National Chocolate Ice Cream Day* is a great day to eat America's favorite flavor of ice cream.

*National Chocolate Ice Cream Day* is a field day for ice cream makers. However, we probably don't need any additional incentive to eat Chocolate Ice Cream. And, with the arrival of warm, summer weather, cooling off with a little (or a lot) of chocolate ice cream is a natural.

Celebrate *National Chocolate Ice Cream Day* by enjoying it a few times today. It's as simple as that. Just make sure to eat it quickly before it melts in the summer heat.

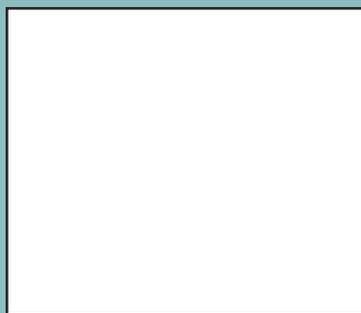
**Solution To Crossword Puzzle From Page 2**

**ACROSS**

- 3. Small car - **COMPACT**
- 7. Military vehicle with four-wheel drive - **HUMVEE**
- 8. Family shuttle - **MINIVAN**
- 10. Open-top car - **CONVERTIBLE**
- 14. Charged with current - **ELECTRIC**

**DOWN**

- 1. Two-door covered car - **COUPE**
- 2. Car with sloping rear car door - **HATCHBACK**
- 4. Of mixed origin - **HYBRID**
- 5. Patrol car - **CRUISER**
- 6. Four-door car - **SEDAN**
- 9. Fancy transport - **LIMOUSINE**
- 11. Classic car - **ROADSTER**
- 12. Suitable for traveling over rough terrain - **JEEP**
- 13. Final transport - **HEARSE**



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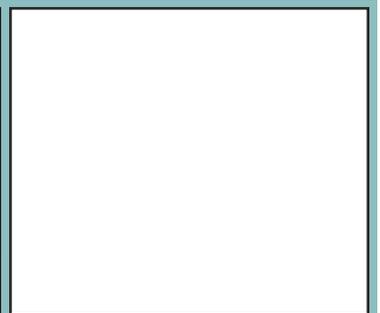


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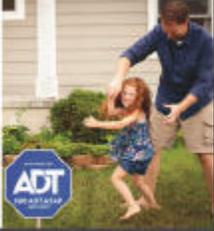
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## Lightning Safety Last Week of June

### Understanding Lightning Science

Lightning is fascinating to watch but also extremely dangerous. In the United States, there are about 25 million lightning flashes every year. Each of those 25 million flashes is a potential killer. While lightning fatalities have decreased over the past 30 years, lightning continues to be one of the top weather killers in the United States. In addition, lightning injures many more people than it kills and leaves some victims with life-long health problems.

Understanding the dangers of lightning is important so that you can get to a safe place when thunderstorms threaten. If you hear thunder—even a distant rumble—you are already in danger of becoming a lightning victim.

### How Thunderstorms Develop

All thunderstorms go through stages of growth, development, electrification and dissipation. Thunderstorms often begin to develop early in the day when the sun heats the air near the ground and pockets of warmer air start to rise in the atmosphere. When these pockets of air reach a certain level in the atmosphere, cumulus clouds start to form. Continued heating causes these clouds to grow vertically into the atmosphere. These "towering cumulus" clouds may be one of the first signs of a developing thunderstorm. The final stage of development occurs as the top of the cloud becomes anvil-shaped.

As a thunderstorm cloud grows, precipitation forms within the cloud. A well-developed thunderstorm cloud contains mostly small ice crystals in the upper levels of the cloud, a mixture of small ice crystals and small hail in the middle levels of the cloud, and a mixture of rain and melting hail in the lower levels of the cloud. Air movements and collisions between the various types of precipitation in the middle of the cloud cause the precipitation particles to become charged. The lighter ice crystals become positively charged and are carried upward into the upper part of the storm by rising air.

The heavier hail becomes negatively charged and is either suspended by the rising air or falls toward the lower part of the storm. These collisions and air movements cause the top of the thunderstorm cloud to become positively charged and the middle and lower part of the storm to become negatively charged.

In addition, a small positive charge develops near the bottom of the thunderstorm cloud. The negative charge in the middle of thunderstorm cloud causes the ground underneath to become positively charged, and the positively charged anvil causes the ground under the anvil to become negatively charged.

### How Lightning Forms

Lightning is a giant spark of electricity in the atmosphere or between the atmosphere and the ground. In the initial stages of development, air acts as an insulator between the positive and negative charges in the cloud and between the cloud and the ground; however, when the differences in charges becomes too great, this insulating capacity of the air breaks down and there is a rapid discharge of electricity that we know as lightning.

Lightning can occur between opposite charges within the thunderstorm cloud (Intra Cloud Lightning) or between opposite charges in the cloud and on the ground (Cloud-To-Ground Lightning). Cloud-to-ground lightning is divided into two different types of flashes depending on the charge in the cloud where the lightning originates.

### Thunder

Thunder is the sound made by a flash of lightning. As lightning passes through the air it heats the air quickly. This causes the air to expand rapidly and creates the sound wave we hear as thunder. Normally, you can hear thunder about 10 miles from a lightning strike. Since lightning can strike outward 10 miles from a thunderstorm, if you hear thunder, you are likely within striking distance from the storm.

**National Iced Tea Day is June 10<sup>th</sup>**  
**Chances are, it is going to be hot this week! Today may serve as a good reminder to make and enjoy your first (of many) Iced Tea drinks of the season. Have it plain, add a little lemon, or sweeten it with sugar. Iced Tea is certainly a favorite summer cooler of millions of Americans. Best of all, tea is good for your health!**

**It takes no imagination to decide how to enjoy this great day: Grab an Iced Tea and head out to the hammock strung under a shady tree.**

### Medicinal value:

**Since ancient times, people have believed that tea has a wide range of medicinal uses. Modern research has given credibility to many of these beliefs and identified more. In some cases research is not conclusive. Regardless of the final determination as to its value over time, drink and enjoy because there is no research to suggest that it can hurt you and it just tastes good.**

**Here are some of the known or suspected medicinal applications:**

- **Avoidance of heart disease**
- **Cancer and tumors**
- **Stomach ailments**
- **Sore throats and colds (often flavored with honey)**



## Interesting Stuff About Dogs

Dogs can be wonderful companions for people of any age. For those of us in the “seasoned times” of life, having a dog around can be especially life-enriching.

If you’re a dog lover, you know how dedicated folks can be to their four-footed friends, often treating them like family. Most dogs feel the same way about their owners and freely share limitless amounts of unconditional love.

Even if you have loads of experience with dogs, there may be a few things you still don’t know about the popular addition to a family.

A few interesting facts about dogs...

Dogs have a keen sense of smell. It is expected that tracking and hunting breeds are able to sniff out a target. But, in general, most dog breeds have an ability to smell that’s way beyond anything we humans can achieve. Dogs have millions more scent receptors in their noses than we do, and the area of a dog’s brain that’s devoted to smell is far larger than ours as well. Your dog can recognize your scent quickly and easily even after you’ve left the room. That’s because, to your dog, your scent is completely unique, much like your fingerprints.

No two dog noses are the same. Speaking of fingerprints, your dog’s nose is similar to a fingerprint because there’s no other dog nose on the planet exactly like it. If you look closely, you can see a pattern of ridges on your dog’s nose. That pattern is unique to your dog.

Dogs aren’t really color blind. It may be a common belief, but it’s not a fact. Dogs may not see colors exactly how we see them, but they do see colors. According to research done on the subject, dogs tend to see colors with blue, yellow, and green tones, but not those with redder hues.

Tail wagging is not the same thing as smiling. A dog’s tail is a communication vehicle that shows a variety of emotions. A basic tail wag may just mean a dog is interested in what’s going on in his/her environment at the moment. A wagging tail that’s low to the ground could mean a dog is feeling aggressive, especially if the dog’s muscles are tensed as well. A full body tail wag, where the body itself is swaying and the tail is making big sweeping motions, is the most likely sign a dog is excited and ready for some friendly interaction.

Dogs have hearing muscles in their ears. Dogs have many more muscles in their ears than humans, which helps the animals hear far better than we do. Their ear muscles make it possible for dogs to move their ears to localize sounds and tune into them, even when the sounds are far away. Because their hearing is so much more sensitive than ours, dogs react to sounds we don’t even hear. That’s why dogs are often startled by a sounds that seems far away to us, like a car door slamming down the street.

“Dog breath” isn’t funny! Plenty of folks throw around the phrase “dog breath” in a joking way. But, a dog with persistent bad breath can be a sign of potentially dangerous health issues, like tooth problems, gum disease, oral tumors, gastrointestinal illnesses, or kidney disease. An odor may signal something as seemingly minor as a tooth cavity, but a simple cavity in a dog that’s left untreated could worsen and lead to a severe infection.

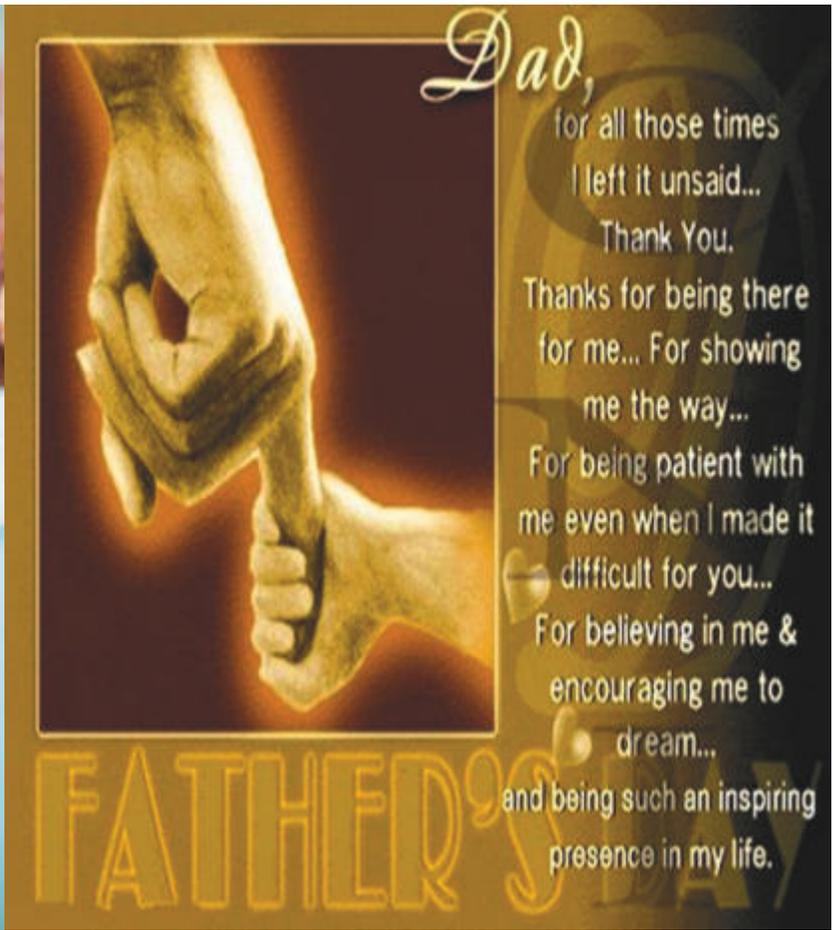




**FAMILIES are LIKE Fudge...  
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NUTS.**

- LES DAWSON

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*Dad,*

for all those times  
I left it unsaid...

Thank You.

Thanks for being there  
for me... For showing  
me the way...

For being patient with  
me even when I made it  
difficult for you...

For believing in me &  
encouraging me to  
dream...

and being such an inspiring  
presence in my life.

FATHER'S DAY

A photograph of a female nurse in a white lab coat and green scrubs, wearing blue gloves and glasses. She is looking up at an IV drip chamber she is holding. The background is a hospital room with a bed.

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## Our Top Senior Websites

AARP: [aarp.org](http://aarp.org)  
Retirement Life Matters: [retirementlifematters.com](http://retirementlifematters.com)  
Love to Know Seniors: [seniors.lovetoknow.com](http://seniors.lovetoknow.com)  
Assisted Living Directory: [assisted-living-directory.com](http://assisted-living-directory.com)  
Road Scholar: [roadscholar.org](http://roadscholar.org)  
Evergreen Club: [evergreenclub.com](http://evergreenclub.com)  
The Senior's Guide to Computers: [seniorsguidetocomputers.com](http://seniorsguidetocomputers.com)  
Age in Place Technology Watch: [ageinplacetech.com](http://ageinplacetech.com)  
Suddenly Senior: [suddenlysenior.com](http://suddenlysenior.com)  
Swap Meet Dave: [swapmeetdave.com](http://swapmeetdave.com)  
Web MD: [webmd.com](http://webmd.com)  
The Mayo Clinic: [mayoclinic.com](http://mayoclinic.com)  
National Institutes of Health Senior Health: [nihseniorhealth.gov](http://nihseniorhealth.gov)  
Medicare: [medicare.gov](http://medicare.gov)  
Retired Brains: [retiredbrains.com](http://retiredbrains.com)  
Work Force 50: [workforce50.com](http://workforce50.com)  
The Money Alert: [themoneyalert.com](http://themoneyalert.com)  
Consumer Reports: [consumerreports.org](http://consumerreports.org)  
Senior Match: [seniormatch.com](http://seniormatch.com)  
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