

August 2021

SENIOR MOMENTS

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

A recent study has found that women who carry a little extra weight live longer than the men who mention it.



FIRST DAY BACK TO SCHOOL

FROM DIFFERENT POINTS OF VIEW



The first and second words have the same relationship to each other as the third word has to the missing word. Select the missing word from those provided and you'll have the answer.



1. FUZZY is to clarity as _____ is to FLEXIBILITY
 - FLEXIBILITY
 - RIGID
 - CLEAR
 - FORTHRIGHT

2. _____ is to FESTIVE as FUNERAL is to SOMBER
 - TENSION
 - CELEBRATION
 - EULOGY
 - TEARS

3. PALLID is to color as TACTLESS is to _____.
 - HUE
 - TASTELESS
 - VITALITY
 - DIPLOMATIC

4. LUGGAGE is to _____ as CASK is to WINE
 - BICYCLE
 - GLASS
 - VINE
 - CLOTHING

5. MALLET is to _____ as RACKET is to TENNIS
 - BOWLING
 - BALL
 - CROQUET
 - NET

Parallel Puzzlers

We have Durable Medical Equipment to use for FREE!

Durable medical equipment is a term that covers a diverse range of apparatus that has been designed to assist patients suffering from illnesses or injuries which restrict their normal mobility and function, and can help people to lead much more normal lives without such a heavy reliance on help from family and care givers. There are many different types of durable medical equipment available at The Columbus Community Center such as wheelchairs, walkers, commodes, stool risers, canes, bedside tables, and much more! We also have highly specialist devices such as hearing tools and breathing apparatus. Many of these items can significantly improve the quality of life for seniors and offer them ways in which they can be more mobile and independent. These items are at NO COST to seniors! We accept equipment donations, get them checked out and lend them out to individuals as needed! What a perfect way to help out others

No peaking! Solutions to Page 2.

1. **RIGID.** Fuzzy means lacking in clarity, and rigid means lacking flexibility.
2. **CELEBRATION.** A celebration is festive, and a funeral is somber.
3. **DIPLOMATIC.** Pallid means lacking in color, and tactless means lacking diplomacy.
4. **CLOTHING.** Luggage holds clothing and a cask holds wine.
5. **CROQUET.** A mallet is used to play croquet, and a

**Expert Care,
Close to Home**

— COLUMBUS —
OTOLARYNGOLOGY
— CLINIC —

Columbus Community Hospital
columbushosp.org
NEBRASKA

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

f t i p



Menu

AUGUST 2021

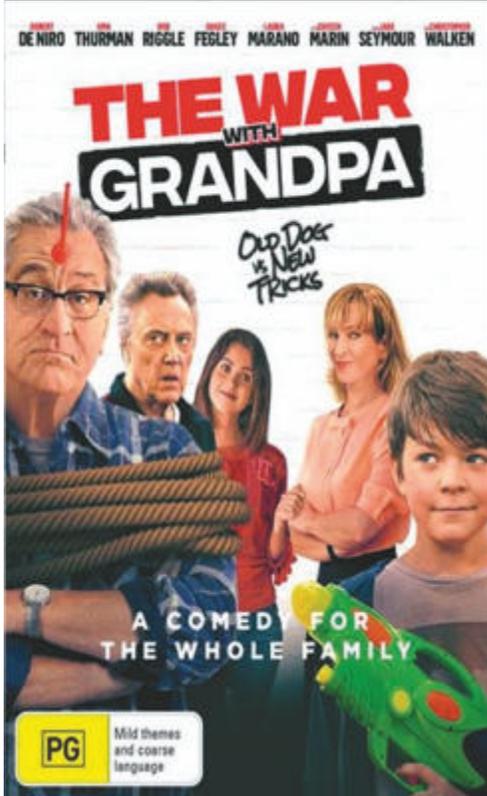
Monday	Tuesday	Wednesday	Thursday	Friday
2 Cabbage Rolls Au Gratin Potatoes Peas Dinner Roll Pineapple	3 Goulash Lettuce Salad Corn Garlic Bread Oranges	4 Chicken Fried Steak Mashed Potatoes & Gravy Green Beans Dinner Roll Peaches	5 Fish Fillet Scalloped Potatoes Lima Beans Applesauce Squares	6 Chicken Strips Mashed Potatoes & Gravy Carrots Dinner Roll Pears
9 Steak & Mushrooms Buttered New Potatoes Mixed Vegies Dinner Roll Mixed Fruit	10 Hamburger Stroganoff over Mashed Potatoes Peas Dinner Roll Pears	11 Pulled Pork Sandwich Potato Wedges Carrots Tropical Fruit Salad	12 Swiss Steak Baked Potato Cauliflower Dinner Roll Oranges	13 Ham Loaf Sweet Potatoes Green Beans Dinner Roll Peaches
16 Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Pineapple	17 Sloppy Joe Pasta Salad Baked Beans Applesauce Cookie	18 Ham Salad on Croissant Potato Salad Pickled Beets Oranges	19 NO LUNCH SERVED! ALL ACTIVITIES ARE STILL AVAILABLE!	20 Chicken Stir Fry Rice Pilaf Stir Fry Vegetables Egg Rolls Peaches
23 Chicken Fried Chicken Mashed Potatoes & Gravy Green Beans Dinner Roll Tropical Fruit	24 Beef Tips & Gravy Mashed Potatoes Peas Dinner Roll Oranges	25 Taco Potato Boat (Potato, Meat, lettuce, & Cheese) Muffin Fruit Cocktail	26 BBQ Riblet Scalloped Potatoes Peas Dinner Roll Pineapple	27 Polish Sausage Mashed Potatoes & Butter Sauerkraut Dinner Roll Baked Apples
30 Hamburger on a Bun Tri Taters Broccoli Peaches Cookie	31 Roast Beef Mashed Potatoes & Gravy Corn Dinner Roll Pineapple			MENU IS SUBJECT TO CHANGE

AUGUST 2021

Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Line Dancing	3 9:00 FROG 10:00 FROG Crazy 8's Cards	4 Homemade Pie 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study <i>11:30 Julie Couch</i>	5 8:30 TOPS #529 9:00 FROG 10:00 FROG Sew Together Quilters	6 Breakfast Pastries 10:00 Line Dancing
9 10:00 Line Dancing Fat Quarter's Evening Guild	10 9:00 FROG 10:00 FROG Crazy 8's Cards Card Sharks	11 Homemade Pie 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study Angel's Presentation	12 8:30 TOPS #529 9:00 FROG 10:00 FROG 10:00 Johnny Johnson Music 12:00 Celebration Dinner 1:00 Advisory Board Meeting	13 Breakfast Pastries 10:00 Line Dancing All-4-Fun Pitch
16 10:00 Line Dancing Auction Pitch Baker's Dozen Card Queens Featherweights Sewing Club	17 9:00 FROG 10:00 FROG Card Sharks 10:30 Pinochle <i>1:00 Caregiver Support Group</i>	18 Homemade Pie 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study Fat Quarter's Evening Guild	19 8:30 TOPS #529 9:00 FROG 10:00 FROG <i>9:30—12:00 Blood Pressure Clinic</i>	20 Breakfast Pastries 10:00 Line Dancing Jolly Pitchers
23 10:00 Line Dancing	24 9:00 FROG 10:00 FROG Crazy 8's Cards Calico Quilters	25 Homemade Pie 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study <i>12:45 Movie: The War With Grandpa</i>	26 8:30 TOPS #529 9:00 FROG 10:00 FROG <i>BINGO by Prairie Village</i>	27 Breakfast Pastries 10:00 Line Dancing NAOMIS
30 10:00 Line Dancing <i>1:30 Alzheimer's Meeting</i>	31 7:00 Cindy on KLIR Radio 9:00 FROG 10:00 FROG			ACTIVITIES ARE SUBJECT TO CHANGE

Featuring on August 25th at 12:45



Peter and his grandpa used to be very close, but when Grandpa Jack moves in with the family, Peter is forced to give up his most prized possession: his bedroom. Peter will stop at nothing to get his room back, scheming with friends to devise a series of pranks to drive him out. However, grandpa doesn't give up easily, and it turns into an all-out war between the two.

Rated PG

94 minutes in length

Come and enjoy popcorn and soda!
Donations are always appreciated!



Unusual Uses for Butter

If you're only using butter on your toast, you're tapping in to just a fraction of its potential. Check out these unusual uses for butter.

Cut through sticky foods easily. Rub a little butter over your knife to make cutting into things like dates, or even marshmallows, hassle free. Butter will keep sticky foods from sticking to the blade.

Preserve partially used onions. Rub the cut area of the onion lightly with butter to keep it from drying up or getting moldy.

Keep mold off cheese. A light coat of butter on a block of hard cheese like cheddar will keep the cheese fresh and free of mold. When cutting into the block, coat the edge of your knife with butter.

Remove tight rings. If a ring on your finger is tight and won't come off, cover the ring with butter and it should slide right off.

Treat dry hair. Just a small amount of butter can add glossy shine to dry hair. Massage the butter into your hair, cover with a shower cap, and wait for about a half hour. Then shampoo as usual.

Get rid of that fishy smell on hands. After preparing fish, rub some butter on your hands and then wash with warm soap and water.



Gross Reasons Why You Should Never Wear Your Shoes At Home

I grew up wearing my shoes inside the house, much like many others. Mornings were naturally spent in socks but once my shoes were on, they stayed on. Unless my shoes were visibly dirty or my feet hurt from wearing them all day, I was perfectly content as a kid, teenager, and adult trotting around my home in my sneakers.

Your shoes are a magnet for E. coli, which most people associate with dirty rivers and lakes. You're dragging this harmful bacteria into your home after a day of walking outside on sidewalks and floors littered with bird droppings, dog waste, and urine, just to name a few. According to recent studies, your shoes can carry an average of 442,000 different types of bacteria, which you transfer 90-99% of into your home when you wear your shoes inside.

E. coli (*Escherichia coli*) is a bacterium that lives in your intestines. It can lead to diarrhea, intestinal problems, and urinary tract infections. Symptoms include abdominal cramps, diarrhea, nausea, and constant fatigue. You can get infected just by swallowing a small amount of the E. coli bacteria, which surrounds you when you wear your shoes inside.

Furthermore, a recent study conducted in Houston, Texas found that 25% of people's shoes carried a harmful bacteria called C difficile (*Clostridium difficile*), which causes life-threatening inflammation of the colon. This bacteria caught on to the shoe from parks, fast food restaurants, and commercial stores, which left traces in their home.

Imagine a baby crawling around on a floor covered in bacteria from outside, or suddenly feeling sick to your stomach and not knowing where it came from. Gross, right?

Perhaps it's time to give slippers a try and save yourself and your family from getting sick by something that could have been easily avoided. Wearing slippers around my home has been an easy adjustment, and I can't even imagine wearing sneakers on my carpet again.



RAIRIE VILLAGE
Retirement Center

Celebrating 27 Years of Service

3000 39th Avenue • Columbus, Nebraska 68601 | 402-563-4213
Independent & Assisted Living • Retirement Living at its Finest!



Arby's COLUMBUS
2521 23rd St.

**SENIORS ENJOY A
FREEDRINKWITHAMEAL**

**COLUMBUS
MONUMENT CO.**
Making Lasting
Memories
564-8033
3811 17th St., Columbus



k t l x
91.3 fm

McKrown

FUNERAL HOME
Established in 1925
2922 13th Street
Columbus, NE
402-564-4232



FRC Housing - Senior Living at its best!

You will love affordable living at FRC Housing & enjoy:

- ✓ Upscale appliances ✓ Ceiling fans throughout ✓ Central air condition/heat
- ✓ Free Utilities including recycling ✓ Care-free living with no worries about lawn care, snow removal ✓ Free wireless internet

Live with following conveniences - all accessible by elevator:

- ✓ Designated storm safety area ✓ Two community rooms ✓ Exercise area
- ✓ On-site parking & large guest parking ✓ Individual & secure storage area
- ✓ Senior Center for meals ✓ Family Resource Service Providers located on ground floor

Professionally Managed by:



MESNER DEVELOPMENT CO.

Income limits apply
FOR MORE INFORMATION
CALL LYNN AT: (402) 615-2220
ACCEPTING APPLICATIONS, SCHEDULE A TOUR.
3116 18th St., Columbus, NE
At the former Columbus Hospital building, SW Entrance



Diabetes Heat Safety

People with diabetes should be extra careful during hot weather. Temperatures of 80°F (about 27°C) or above, especially with high humidity, can affect medication, testing supplies, and your health.

If you have diabetes, it is harder for your body to handle high heat and humidity. The heat index, which measures how hot it really feels by combining temperature and humidity readings, advises caution starting at 80°F with 40 percent humidity.

Here are suggestions from CDC's Division of Diabetes Translation on taking care of yourself during hot weather:

- Heat can affect your blood glucose (sugar) levels and also increase the absorption of some fast-acting insulin, meaning you will need to test your blood glucose more often and perhaps adjust your intake of insulin, food and liquids.
- Drink plenty of fluids, especially water, to avoid dehydration. Avoid sugar-sweetened beverages such as sweet tea and sodas.
- If your doctor has limited how much liquid you can drink, ask what to do during times of high heat.
- Check package inserts with medications to learn when high temperatures can affect them. Take medications with you if you will need to take them while you're away from home, and protect them from the heat.
- If you're traveling with insulin, don't store it in direct sunlight or in a hot car. Keep it in a cooler, but do not place it directly on ice or on a gel pack.
- Check glucose meter and test strip packages for information on use during times of high heat and humidity. Do not leave them in a hot car, by a pool, or on the beach.
- Heat can damage insulin pumps and other equipment. Do not leave the disconnected pump or supplies in the direct sun.
- Get physical activity in air-conditioned areas, or exercise outside early or late in the day, during cooler temperatures.
- Use your air conditioner or go to air-conditioned buildings in your community.

National Senior Citizens Day—August 21st

National Senior Citizens Day honors our elderly population. On this day, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society.

In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older.

On **National Senior Citizens Day**, we should:

Spend some extra time with senior citizens and show our appreciation for senior citizens—take someone special out for lunch!

Do volunteer work in support of the elderly

If you are a senior citizen, enjoy your day any way you desire.

After all, this is your day! Make sure to take advantage of senior citizens specials and discounts. There's bound to be plenty offers today.



Do you need a ride to go out of town and back? Call us to get information on a transportation service that will help you with all your out of town needs!
402-563-4444

For in town rides call Columbus Area Transit at 402-564-9293

Gass Haney
 Funeral Home

Gary Sharman
 Brad Ramaekers

2109 14th St, Columbus, NE 68601
402-564-5227

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Anita Aguilar** to place an ad today!
 aaguilar@lpicommunities.com or **(800) 950-9952 x2677**

HEARING AID CENTER
 OF COLUMBUS

3704 23rd St.
402-563-2787
 Mindy Wemboff, BS, HIS

AFFORDABLE!
SATISFACTION GUARANTEED!

Your Health is an Investment, not an Expense.

DR. TRAVIS J TESSENDORF D.C.
 CHIROPRACTOR
 402-564-0193
 2360 26th Ave. • Columbus
 www.tessendorfchiro.com

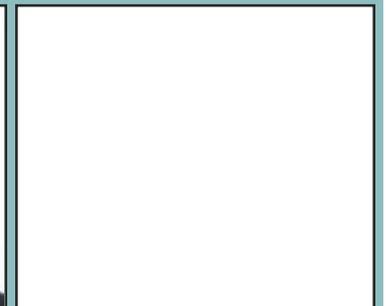
Don Dreesen

402-276-0050

kw ELITE
 KELLERWILLIAMS.

My extensive experience will assist you in selling or purchasing a home.

REALTOR OPPORTUNITY



Auto Quality
 SALES & SVC

402-564-7360
3221 13th St., Columbus

SUPPORT OUR ADVERTISERS!

Happy August Birthday:

Karen Melcher 8/2

Donna Dishner 8/5

Richard Henderson 8/6

Jean Jones 8/13

Ellie Zulkoski 8/16

Robert Schmid 8/17

Helen Schwartz 8/17

JoAnn Thomazin 8/19

Jeanine Seamans 8/21

Jane Tooley 8/21

Pat Koza 8/21

Dorothy O'Kane 8/25

Chris Steinke 8/25

Chuck Kinnison 8/26

Elaine Tiaden 8/27

Noel Pinney 8/28

Pamela Bosch 8/29

Rita Borchers 8/29

Ann Albracht 8/30

Carol Jaworski 8/30

Joyce Schmid 8/31

THANK YOU

Thank You To: Dolly Kuta,
Verla Stoakes, Jane
Konicek & Iola Wertz
for donating money to
help pay for ice cream
and cake for July's party



Kitchen Hacks to Waste Less Food

Whether you are on a budget or striving to reduce food waste in the environment, these 20 tips will help you trim your grocery bills and make for fewer trips to the trash can.

Apples will last 10 times as long if they are kept in the coldest part of the refrigerator (usually the bottom drawer).

Make a mixture of one-part vinegar to three-parts water to wash your berries in. They will stay fresh for several more days than they would otherwise.

Store onions in a hole-punched paper bag secured with a clip. They will keep for three months on the counter.

If your greens go limp, soak them in ice water for half an hour to revive them.

Garlic, onions, and tomatoes spoil faster when stored in the refrigerator.

If you buy more fruit than you are able to eat before spoilage occurs, store it in the freezer to make smoothies.

Break your bananas apart (instead of keeping them in a bunch) to greatly lengthen their lifespan.

Make one-ingredient ice cream! Slice bananas that are beginning to brown into evenly sized slices and put the pieces in an airtight container or freezer bag and freeze them for at least two hours.

Process the frozen pieces in a food processor until the mixture is a creamy texture with a consistency similar to soft-serve ice cream.

Transfer the mixture to an airtight container and freeze until solid.

Store peaches upside down so that they will not roll around and get squished and bruised.

Basil should not be refrigerated. Store in a cool, shady part of the kitchen with the stems submerged in a glass of water. Put a zip-top bag over the top to keep the leaves moist.

Check bags of apples, pears, potatoes, and onions for spoilage regularly.

If one goes bad, it can jeopardize all of the produce.

Store your cucumbers at room temperature so that they do not develop pits and become watery. Keep them separate from fruits that give off ethylene gas, such as tomatoes, melons, and bananas.

If mold grows on hard cheeses such as Asiago, Jarlsberg, or smoked Gouda, you can cut it away and eat the rest.

Freeze your leftover wine and tomato paste in ice cube trays for up to three months.

Store bread in your freezer for up to six months. Use stale (not moldy) bread for croutons or bread crumbs.

Store your leftovers in a clear container so that you can see what is in them. Leftovers will keep in the refrigerator for four days.

Put a clean, fresh stalk of celery into a bag of bread to help keep it fresh longer.

Turn leftover steamed rice into fried rice or rice pudding.

For pantry items like cereal, crackers, or cookies, take them out of the box as soon as you get home and store them in airtight containers to extend their shelf life.

Walking Routine for Better Health

Although many seniors believe that in order to get any benefits from exercise, they must find a strenuous activity to do, that's not entirely true. According to various sources, walking has a large number of benefits that can help seniors to stay healthy and well. Below, we've highlighted the top 5 benefits a walking routine has for seniors. These can include:

Helping seniors manage weight. This seems like a no-brainer, however it's not as easy as it seems. Many seniors' metabolism lowers as they age making it harder for them to lose weight without a significant lifestyle change. According to AARP, when combined with healthy eating habits, physical activity can help to control weight. When seniors are within a healthy weight range they are less likely to suffer from diabetes, heart disease and strokes, making a walking routine seem much less daunting to enact in the long run.

Decreasing the risks of heart attacks. Going for walks allows for a decreased risk of heart attacks because of a boost in good cholesterol and a lowering of high blood pressure. According to AARP, walking briskly for only three hours a week can lower a senior's risk of a heart attack exponentially. In fact, just by walking this minimum amount women have a 30 to 40 percent lower risk of heart disease.

Improving balance and decreasing falls. Because many seniors are more prone to falls as they age, it's nice to know that walking can help. In an article by Harvard Health Publications, it states that walking builds lower body strength and increases balance and flexibility. When seniors have poor balance, they are more likely to fall and cause themselves injuries such as hip fractures. Walking consistently can help to lessen the chances of falls and breaks.

Increasing social opportunities and decreasing depression. Many seniors tend to walk with either a friend or family member, but those who do not may find themselves walking on the same schedule as others and making friends. By walking with others, seniors have an increased opportunity to socialize and often feel less isolated. Not only does walking with others increase social opportunities, but it can also help to increase positive endorphins that can help to decrease the likelihood of depression.

Strengthening bones and keeping joints flexible. Walking can help seniors to relieve arthritis and back pain while helping to strengthen the bones and joints over time. While many people believe that exercise can make arthritis and its pain worse, the opposite is actually true. According to another article by Harvard Health, taking walks during the week can help to ease pain and improve symptoms of arthritis such as fatigue and stiffness. These symptoms will improve over time as the routine becomes more normal.

Come join our Walking Group! We help your success out with a FREE pedometer!

TOPS—Take Off Pounds Sensibly

You're welcome to attend your first meeting free of charge—bring a friend if you like. There's no obligation. Each chapter is a little different, so feel free to try more than one. Here are some tips for [choosing the right chapter](#) for you or [starting your own](#) chapter.

Meetings usually last an hour or so.

Each member has a private weigh-in before the meeting.

Meeting starts with members sharing challenges, successes, or goals.

There's a brief program. TOPS gives each chapter engaging, professionally prepared programs covering a variety of health and wellness topics.

Awards go to weekly or monthly best losers, contest winners, and members who've reached goal!

When needed, there's a quick business meeting before the closing.

Meeting closes with a thought for the week or other inspirational activity.

We have 1 TOPS Group that meets at the Community Center each week. For more information, please call 402-563-444.

Health Benefits Swimming Offers To Seniors

The health benefits offered by swimming for seniors are numerous, according to a wide variety of studies. The Journal of National Health and Aging reports that seniors who swim on a regular basis have better hand-eye coordination and balance. Plus, swimming can lower blood pressure and improve cognition.

Swimming is a low impact workout, so it presents little risk of injury to seniors. Water exercises work all the muscles in the body so it's a complete, ideal workout for the elderly. Some of the other benefits swimming provides seniors include:

- Fights osteoporosis
- Increases muscle strength and tone
- Improves posture and flexibility
- Boosts mental health
- Enhances heart health



Subject Heading

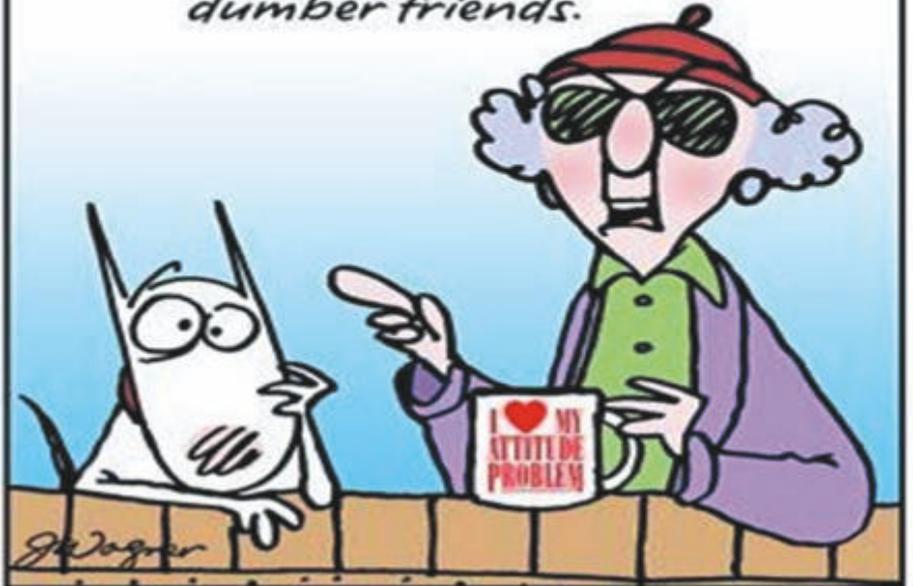
FRESH PRODUCE

Thank you to everyone that has been bringing in their fresh produce!!! All us "non" gardeners sincerely appreciate your generosity!



Crabby Road Greatest Hits

If your friends can accurately guess your age, you need to find dumber friends.



©Hallmark Licensing, Inc.

Maxine.com

Pinnacle Bank
 COLUMBUS
 210 E. 23rd St., 402.562.8936
 2661 33rd Ave., 402.562.8935
 pinnbank.com
 MEMBER FDIC

PROTECTING SENIORS NATIONWIDE
 MEDICAL ALERT SYSTEM

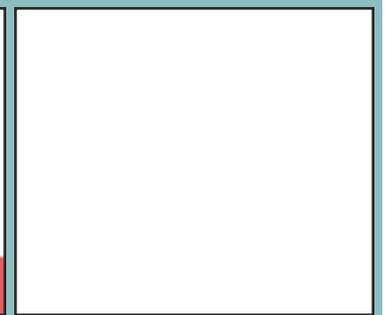


\$29.95/MO
 BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS SPECIAL OFFER

CALL NOW! 1.877.801.5055
 WWW.24-7MED.COM



The Heritage Assisted Living
 Memory Support
 at Meridian Gardens
 4515 38th St. • Columbus, NE 68601
 heritage-communities.com • (402) 564-6300

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider SafeStreets 1-855-225-4251

NEVER MISS A NEWSLETTER!
 Sign up to have our newsletter emailed to you at
www.mycommunityonline.com

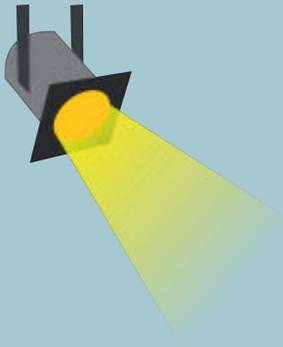


"Finding a Solution for Your Lifestyle, Your Needs and Your Budget is My Priority!"
 Call for your FREE Hearing Evaluation
402.562.4327



Kimberly Oberg, BC-HIS
 Board Certified in Hearing Instrument Sciences

Alternative HEARING
 1355 32nd Ave • Columbus, NE



Hearing Loss Statistics

About 20 percent of Americans, 48 million, report some degree of hearing loss.

At age 65, one out of three people has a hearing loss.

60 percent of the people with hearing loss are either in the work force or in educational settings.

While people in the workplace with the mildest hearing losses show little or no drop in income compared to their normal hearing peers, as the hearing loss increases, so does the reduction in compensation.

From 2000 to 2015, the number of Americans with hearing loss has doubled. Globally the number is up by 44%.

~50 million people in the America and ~360 million worldwide

1 in 5 teens

1 in 5 adults

3 in 5 veterans returning from war

Hearing loss is the 2nd most prevalent health issue globally

The number of people with hearing loss is more than those living with Parkinson's, epilepsy, Alzheimer's and diabetes combined.

Tinnitus (ringing/buzzing in ears) affects ~10% of Americans on a regular basis

25 million American adults have reported having had tinnitus for five or more continuous minutes in the past year

A majority of people with tinnitus also report difficulty hearing

16 million people seek medical attention for tinnitus

Causes of Hearing Loss and Tinnitus

Genetic factors

Noise

Trauma

Ototoxic medications (medicine-induced hearing loss)

Viral or bacterial infections

Aging

**SO... WHY THE STEADY INCREASE IN NUMBERS?
NOISE-INDUCED HEARING LOSS**

People are overexposed to excessive noise at work or in leisure activities

26 million people in U.S. between ages 20-69

16% of teens ages 12-19 have reported hearing loss due to loud noise

~30 million U.S. workers are exposed to hazardous noise levels

AGE-RELATED HEARING LOSS

The population of people age 65+ is expanding... rapidly

16% of teens ages 12-19 have reported hearing loss due to loud noise

~30 million U.S. workers are exposed to hazardous noise levels

ECONOMIC IMPACT ASSOCIATED WITH HEARING LOSS

Lifetime costs of profound hearing loss can be as much as \$1 million per person in the U.S.

Quality of Life

Communication is the backbone of society. Untreated hearing loss can make communicating at school, work, and in everyday situations more difficult, which can result in a withdrawal from social situations and even depression. Wearing hearing devices can restore our ability to communicate effectively, leading to a higher quality of life.



Kimberly Oberg, BC-HIS

1355 32nd Avenue

402-562-4327

Bringing Home Leftovers...Safely

It's always a treat to visit a favorite restaurant and be served a favorite meal. But sometimes dining out can offer too much of a good thing. The portions served in some restaurants are so plentiful there's just too much food on the plate to comfortably eat in one sitting. That's when a "doggie bag" comes in handy.

Tonight's restaurant leftovers can make for an extra tasty lunch tomorrow. As great as leftovers can be, it's extremely important to handle them safely. The kinds of bacteria that cause food poisoning can be sneaky. They don't always change the taste, smell or appearance of foods, which can make it impossible to tell just by looking... or even tasting... whether leftovers have spoiled and become dangerous to eat.

If you ever doubt the safety of your leftovers, it's best to dispose of them. Here are some additional tips from the U.S. Food and Drug Administration.



A few helpful tips...

Always go directly home after eating out if you're bringing home leftovers. Don't leave your doggie bag sitting in the car while going to a movie or stopping to visit friends. If you will not be arriving home within two hours or less of being served, it is best not to take your leftovers home.

Put leftovers in the refrigerator right away. Don't place them on the counter or kitchen table and forget about them for a while.

Repackage your leftovers. Don't leave food in restaurant containers. Store them in airtight wrap or sealed storage containers.

Eat refrigerated leftovers within a couple days to reduce the risk of food poisoning. If you don't think you'll be eating your leftovers so soon, freeze them immediately.

Heat your leftovers thoroughly. Heat gravies and sauces until they're steaming hot.



Some people see the glass half full, others see it half empty. I see a glass that's twice as big as it needs to be.

- George Carlin



SEASONEDTIMES.COM

"Isn't the principal a dummy!" said a boy to a girl.
"Well, do you know who I am?" asked the girl.
"No," replied the boy.
"I'm the principal's daughter." said the girl.
"And do you know who I am?" asked the boy.
"No," she replied.
"Thank goodness!" said the boy with a sigh of relief.



ON-SITE INTRAVENOUS INFUSION THERAPY

at Columbus Community Hospital

 **COLUMBUS**
COMMUNITY HOSPITAL
f t i p columbushosp.org



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Columbus Community Center, Columbus, NE

E 4C 05-1066

Columbus Community Center

3111 19th Street

Columbus, NE 68601

402-563-4444

Monday—Friday

7:30a—3:00p

SIMPLE FORMULA FOR LIVING

Live beneath your means.
Return everything you borrow.
Stop blaming other people.
Admit when you make a mistake.
Give clothes not worn to charity.
Do something nice and try not to get caught.
Listen more; talk less.
Every day take a 30 minute walk.
Strive for excellence, not perfection.
Be on time. Don't make excuses.
Don't argue. Get organized.
Be kind to unkind people.
Let someone cut ahead of you in line.
Take time to be alone.
Cultivate good manners.
Be humble.
Realize and accept that life isn't fair.
Know when to keep your mouth shut.
Go an entire day without criticizing someone.
Learn from the past. Plan for the future.
Live in the present.
Don't sweat the small stuff.
It's all small stuff.



COMMUNITY CENTER STAFF

Cindy Branting
Community Center
Manager

Donna Klopnieski
Office Associate

Pat Hinze
Head Cook

Al Foltz
Program Assistant

Bonnie Kracman
Program Assistant