

February 2022

SENIOR MOMENTS

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



HAPPY FEBRUARY BIRTHDAY

- 2/1 Gloria Miller
- 2/3 Angie Kleeveman
- 2/7 Sandy Scheffler
- 2/7 Angeline Nickolite
- 2/8 Karen Senften
- 2/14 Darlene Pickrel
- 2/18 Ben Schaf
- 2/19 Dorothy Ebel
- 2/20 Jane Davis
- 2/20 Donna Klopnieski
- 2/21 Lynda Bowen
- 2/21 Louise Chohon
- 2/21 Elizabeth Kush
- 2/23 Della Seda
- 2/23 Mary Halsted
- 2/26 Bonnie Konert
- 2/25 Rogene Anderson
- 2/25 Marilou Pieters
- 2/26 Mildred Mausbach
- 2/27 Gene Hoessel

*Friends pick us up when we
fall down, and if they can't
pick us up, they lie down
and listen for a while.*

- Author Unknown



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You know you are "seasoned" if...

*You enjoyed
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Maxine is at it AGAIN!



A woman walks into a post office and notices a middle-aged, well-dressed man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. As he seals each envelope he sprays it with a puff of perfume.

The woman's curiosity gets the better of her, so she goes up to the man and asks what he is doing. The man replies, "I'm sending out 1,000 Valentine cards signed, 'Guess who?'"

"But why?" she asks.

"Because I'm a divorce lawyer," the man replies.

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Columbus Community Center, Columbus, NE

A 4C 05-1066


Menu

FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Fried Chicken Mashed Potatoes & Gravy Wax Beans Dinner Roll Applesauce	2 Cabbage Roll Rice Pilaf Broccoli Dinner Roll Pineapple	3 Goulash Lettuce Salad Corn Garlic Bread Oranges	4 Chicken Fried Steak Mashed Potatoes & Gravy Carrots Dinner Roll Peaches
7 Fish Fillet Scalloped Potatoes Lima Beans Dinner Roll Applesauce Squares	8 Chicken Strips Mashed Potatoes & Gravy Buttered Beets Dinner Roll Pineapple	9 Ham Loaf Sweet Potatoes Green Beans Dinner Roll Mixed Fruit Salad	10 Hamburger Stroganoff Mashed Potatoes Brussel Sprouts Dinner Roll Pears	11 Chili Carrots & Celery Peanut Butter Cinnamon Roll Apple Juice
14 Chicken Cordon Blue Rice Pilaf  Broccoli Cheesecake Strawberries Apple Juice Dinner Roll	15 Steak & Mushrooms Mashed Potatoes & Gravy Mixed Veggies Dinner Roll Mixed Fruit	16 Ham Salad on Croissant Potato Soup Carrots Strawberries & Bananas	17 Sloppy Joe Tri Taters Baked Beans Applesauce Cookie	18 Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Pineapple
21 CLOSED FOR PRESIDENTS DAY	22 Creamed Chicken over Biscuit Winter Vegetables Dinner Roll Peaches	23 Taco Potato Boat Muffin Fruit Cocktail	24 Beef Stew Green Beans Corn Bread Baked Apples	25 Baked Teriyaki Chicken Breast Rice Pilaf Green Beans Dinner Roll Oranges
28 BBQ Riblet Baked Potato Carrots Dinner Roll Mixed Fruit				MENU IS SUBJECT TO CHANGE

Activities

FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 FROG 10:00 FROG Crazy 8's Cards	2 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study	3 10:00 TOPS #529 9:00 FROG 10:00 FROG Sew Together	4 10:00 Line Dancing Keystone Lunch & Meeting
7 10:00 Line Dancing Fat Quarter's Evening Guild 1:00—3:00 Woman's Club Fabulous Four	8 9:00 FROG 10:00 FROG Calico Quilters BD Alumni Lunch & Meeting Crazy 8's Cards <i>Angel Care Classroom</i>	9 Pie Day 10:00 Line Dancing Canasta <i>Fact or Fiction... By St. Croix</i>	10 10:00 TOPS #529 9:00 FROG 10:00 FROG <i>10:00— Johnny Johnson Music Nifty Nines Celebration Dinner Advisory Board</i>	11 10:00 Line Dancing All-4-Fun Cards
14 10:00 Line Dancing  Baker's Dozen Card Queens 6 Pack Cards Featherweight Fellowship <i>Merry Makers: Joyce Torchia 11:30—12:30</i>	15 9:00 FROG 10:00 FROG <i>11:30 Julie Couch 1:00 Caregiver's Support Group Pinochle Cards 1:00 Munchies in The Man Cave by Emerald</i>	16 Pie Day 10:00 Line Dancing Fat Quarter Quilter's Guild	17 10:00 TOPS #529 9:00 FROG 10:00 FROG <i>9-12 Blood Pressure Clinic by Heritage at Meridian Gardens</i>	18 10:00 Line Dancing <i>10:00—11:00 Brain Games by Alternative Hearing Jolly Pitchers</i>
21 CLOSED FOR PRESIDENTS DAY	22 9:00 FROG 10:00 FROG Calico Quilters <i>12:45 BINGO by Promedcare</i>	23 Pie Day 10:00 Line Dancing Crazy 8's Cards EMANON Cards	24 10:00 TOPS #529 9:00 FROG 10:00 FROG <i>12:45 BINGO by Prairie Village</i>	25 10:00 Line Dancing NAOMIS
28 10:00 Line Dancing				ACTIVITIES ARE SUBJECT TO CHANGE

Challenging your Brain with Video Games

Keeping the mind active is important as we age. Exercising the brain in our later decades helps us in many ways. It helps us think and focus better. It helps us problem solve and remember better. It helps us make and control our movements better. And it helps us live independently longer. Studies even suggest that keeping the mind active results in better well-being and emotional health.

There are lots of ways to stimulate the brain and keep the mind active. One of the most fun is by playing video games. When playing three-dimensional video games we must use spatial awareness and engage our memories. When gaming, we also get to see all we've accomplished over time. Most video games keep track of our histories as we play the game again and again, which spotlights our improvements and progress along the way.

Some "seasoned" folks think of gaming as a pastime for the young. But, that's so very far from the truth. Millions of us enjoy video games, and we are benefiting from playing them. In fact, a survey by AARP found that more than 51 million Americans (age 50 and over) were active video gamers in 2019.

Brain Matter Matters

Normal aging is associated with some gradual brain atrophy. If the brain is not challenged or isn't learning new things as people age, gray matter in the brain can atrophy to an even greater extent. The brain's gray matter is important because it's associated with cognitive functioning, memory, and motor control.

An interesting 2017 study by the University of Montreal determined that playing video games can help older people maintain or even increase the volume of gray matter in their brains. Researchers studied a group of 33 participants (aged 55 to 75) who had been randomly placed in three separate groups. One group played the video game Super Mario 64 for 30 minutes each day, five days a week. Another group took piano lessons and played the instrument for the same amount of activity time as the game players. The third group did not perform any assigned task. The six-month long study was conducted in the homes of the participants.

Participants were evaluated at the beginning and end of the study. Variations in the amount of gray matter in the brains of study participants were measured through both cognitive testing and magnetic resonance imaging (MRI). Testing allowed researchers to study brain activity and determine any changes in the dorsolateral prefrontal cortex (planning, decision-making, and inhibition), the cerebellum (motor control and balance) and the hippocampus (spatial and episodic memory).

At the end of the study, MRI testing established that only the participants in the gaming group saw increases in gray matter volume in the hippocampus and cerebellum. In addition, participants in the gaming group also showed improvements in short-term memory. In the group taking piano lessons, gray matter increases were seen in the dorsolateral prefrontal cortex and cerebellum. However, some degree of atrophy was noted in all three areas of the brain among those in the group not assigned a task.

Whether or not you choose video gaming as a pastime to keep your mind active is up to you. The important thing is to exercise and stimulate your mind in some way. It's probably best to find a few activities that challenge your mind and you enjoy enough to continue doing on a regular basis.



I didn't get old on purpose,
it just happened. If you're
lucky, it could happen to you.

- Andy Rooney



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your review mirror



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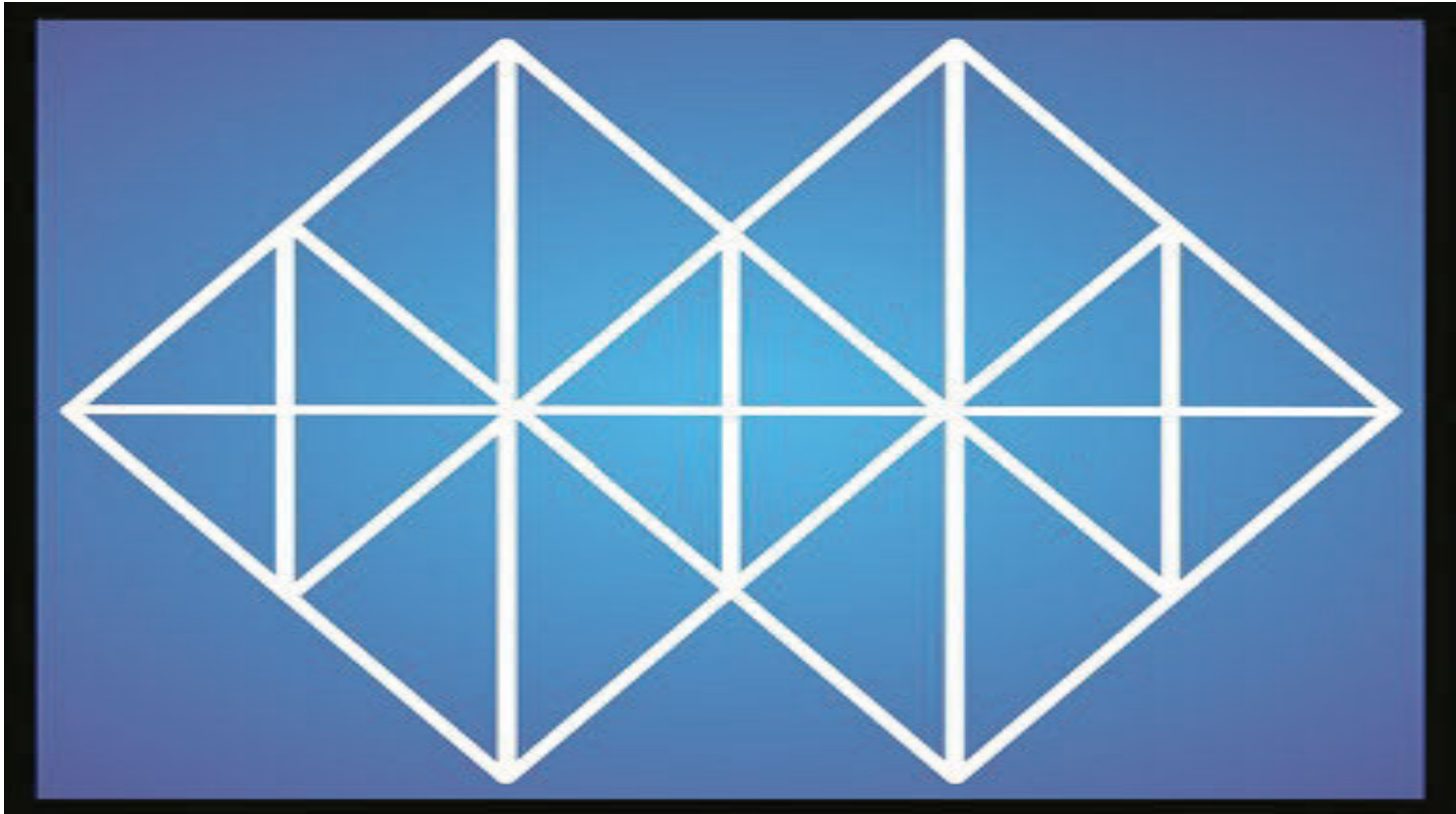


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▲ COUNT THE TRIANGLES ▲



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- Attach an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip. Ice grip tips can be purchased at Drug Stores or online.
- Choose winter shoes with rubber soles to maintain traction on slippery surfaces.

Carry kitty litter for slick surfaces

Carry a zip top bag filled with a lightweight kitty litter in their pocket and cast it out ahead of themselves on slick surfaces.

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- Replace multifocal glasses with single vision eyeglass lenses
- Grab bars in bathroom and next to outside steps or inside thresholds
- Install firm stair railings on both sides of stairways and set automatic lights over stairways and by outside entrances
- Shorter days mean more time in the dark—give tiny flashlights to attach to keys, hats, and coat buttons

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Old Friends are the Keepers of Our Journey

You are who you are because of everyone you have been before. We evolve during every stage of life. We continue to build upon our core self until the day we die. Being with old friends helps connect us with the journey that helped us become the people we are today.

Our old friends have walked hand-in-hand with earlier versions of our self. Each version is a valuable piece of the puzzle that makes us whole. Being with people who loved us through it all – the ups and the downs – can feel like wearing a warm, wooly sweater... comforting and safe.

Old friends can also bring a breath of youth along with them. They remind us of what it felt like at different points in life... what it felt like to wonder... what it felt like to learn... what it felt like to be happy, sad, disappointed or surprised... and what it felt like to grow and evolve...

Old friends help us understand and know ourselves better, because they know who we were and where we came from. Here are a few reasons why old friends are so important in the journey through life.

A few reasons why old friends are so special...

Old friends don't care about the frills. An old friend sees beyond our accomplishments and possessions or lack of them. They see us for who we are at our core. They love us despite our flaws, and they are not in awe of our achievements. We could be a CEO or make a living selling street art. Old friends do not care. An old friend loves you... period.

Old friends aren't family. Most people have a family that loves them... if they're lucky, that is. But often, without meaning to and because they want the best for us, family members have expectations for us. And expectations, even well-meaning expectations, tend to put pressure on a person. Old friends love us like family, but without the expectations. There's no pressure to be anything other than who you are with an old friend who loves you.

Old friends do not have to be carbon copies. Old friends can be very different from each other – even polar opposites – and still somehow accept and love each other. They don't compete, compare, or covet. They don't have to agree or convince. They don't even have to share any of the same interests. You can be exactly who you are with old friends and they can be exactly who they are with you. And that is a very comfortable feeling.

Old friends inspire peace and smiles. Simply sharing stories with an old friend is sure to put a smile on your face or provide a sense of peace. It feels good to talk about an event or moment in life with someone else who was around to experience it with you. Walking through the past is a release. It opens us up and life feels less heavy.

Old friends are a safe place. Think about all the disappointments, frustrations, and pain our old friends have seen us through. Think about how good it feels to see that person's face when you're feeling down. How it feels to just sit next to the person, whether talking or sharing silence. It helps, and sometimes heals. Nothing has to be said. Nothing has to be done.





www.columbusne.us

You can download our newsletters from the site!

Oh to be 6 Again!

A man was sitting on the edge of the bed, observing his wife, looking at herself in the mirror. Since her birthday was not far off he asked what she'd like to have for her Birthday.

"I'd like to be six again", she replied, still looking in the mirror.

On the morning of her Birthday, he arose early, made her a nice big bowl of Lucky Charms, and then took her to Six Flags theme park. What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Monster Roller Coaster, everything there was. Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down.

He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake.

Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&M's. What a fabulous adventure! Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his wife with a big smile and lovingly asked, "Well Dear, what was it like being six again??"

Her eyes slowly opened and her expression suddenly changed. "I meant my dress size, You dumb ass!"

The moral of the story: Even when a man is listening, he is gonna get it



REACH Initiative

Raising Effective Advocacy for Crime Victim Health and Safety

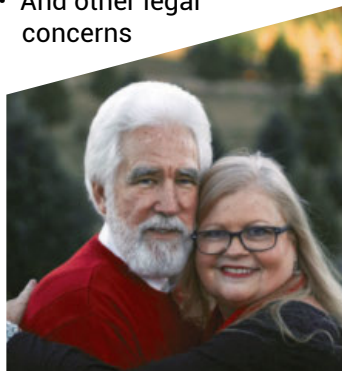
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Aluminum Foil Can Do What???

You won't believe it 'til you try it!

Aluminum foil... tin foil... whatever you may call it, there's probably a roll of the shiny stuff somewhere in your kitchen. Aluminum foil has been around for generations, perhaps even centuries. The first mass-produced, widely-used foil was made from tin. It was used primarily for industrial purposes, like lining cigarette and chewing gum packages. Because the original "tin" foil sometimes left a metal-like taste on food, it was replaced by aluminum, which became the foil we use in our homes today.

Traditionally, aluminum foil is used to cook with and store leftovers. It can also be used to line the bottom of the oven to catch anything that might bubble over. There are lots of other reasons to pull out a sheet of aluminum foil. Here are a few clever uses for aluminum foil that may be new to you.

A few unusual uses for aluminum foil...

REPLACE DRYER SHEETS

A crinkled up ball of aluminum foil thrown in the dryer with your clothes can reduce static just as well as fabric softener or dryer sheets. The only thing missing is the fragrance that's added to the standard products. Aluminum foil lasts a lot longer too. The same ball of foil can be used for months.

MAKE A FUNNEL

How many times have you tried unsuccessfully to pour something into a smallish hole without the aid of a funnel? Never again. Just take a sheet of aluminum foil, curl it into a cone-like shape, tape it together, and you'll be ready to pour easily without spillage. You can even bend the end of your aluminum foil funnel if you need to reach difficult spots.

FIX A LOOSE BATTERY CONNECTION

When a battery-operated appliance won't work, we often assume it must be because the battery needs to be replaced. Not so fast! The battery may be fine. Instead, it could be simply that the spring holding the battery in place has become loose and is no longer connecting with the battery. Fold a small piece of aluminum foil until it's the right size to fit snugly between the spring and the battery. That might resolve the problem with no new battery required!

KEEP PETS OFF FURNITURE

Even in homes where pets are allowed on furniture, there may be one or two special pieces that are off limits. If you want to keep pets off you're a favorite piece of furniture, just spread a sheet of aluminum foil over it. Pets tend to shy away from the sound of crinkling foil and its uncomfortable feel.

POLISH AND PROTECT SILVERWARE

Aluminum foil can make polishing tarnished silver a snap. Line a pan with aluminum foil, fill with water, and add two teaspoons of salt. Place your silverware in the solution and let sit for two or three minutes. Remove, rinse, and dry. Your silver will be shining! Then, to keep that shine, store your silverware on a sheet of aluminum foil.

SOFTEN HARDENED BROWN SUGAR

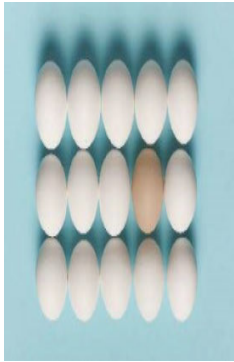
Brown sugar that's been stored for a while tends to solidify. When you need brown sugar for a recipe, it can be very aggravating to find it has turned hard as a rock. To loosen up the granules, wrap chunks of the hardened brown sugar in aluminum foil and place in a 300° oven for about five minutes. The brown sugar should soften up and be ready to use in your recipe.

KEEP INSECTS OUT OF YOUR GARDEN

If you have a vegetable garden, you know how many hungry insects are just waiting to attack it. Mix strips of aluminum foil in with your garden mulch and you won't see as many bugs dining in your garden.

CLEAN YOUR OUTDOOR GRILL

A barbecued meal is delicious, but it can also leave behind quite a mess on the grill. How many times have you opened your grill to use it and found the remnants of your last meal still stuck to the grate? Those unsavory leftovers will clean up easily with a bit of scrubbing with some crumpled up aluminum foil.



Eggs Are a Great Way to Start Your Day

One **egg** has only 75 **calories** but 7 grams of high-quality protein, 5 grams of fat, and 1.6 grams of saturated fat, along with iron, vitamins, minerals, and carotenoids. The **egg** is a powerhouse of disease-fighting **nutrients** like lutein and zeaxanthin

Whole eggs are incredibly nutritious, containing a very large amount of nutrients compared to calories. The nutrients are found in the yolks, while the whites are mostly protein.

Studies show that eggs actually improve the cholesterol profile. They raise HDL (good) cholesterol and increase the size of LDL particles, which should lower the risk of heart disease.

Choline is an essential nutrient that few people get enough of. Egg yolks are an excellent source of choline.

Eggs are an excellent source of protein, with all the essential amino acids in the right ratios.

Eggs are very high in the antioxidants lutein and zeaxanthin, which can drastically reduce the risk of macular degeneration and cataracts

Eggs are very satiating. As a result, eating eggs for breakfast may reduce calorie intake later in the day and promote fat loss.

Whole eggs are among the most nutritious foods on the planet, containing a little bit of almost every nutrient you need. Omega-3 enriched and/or pastured eggs are even healthier.

Eggs are pretty much nature's perfect food.

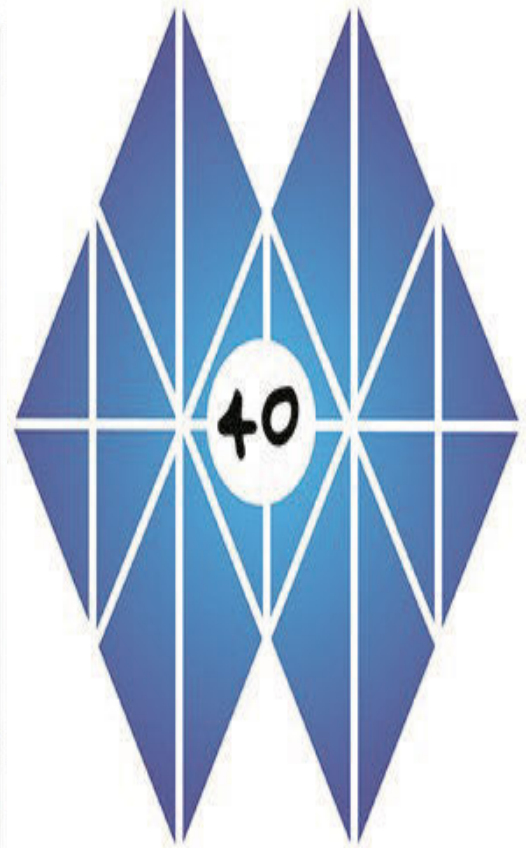
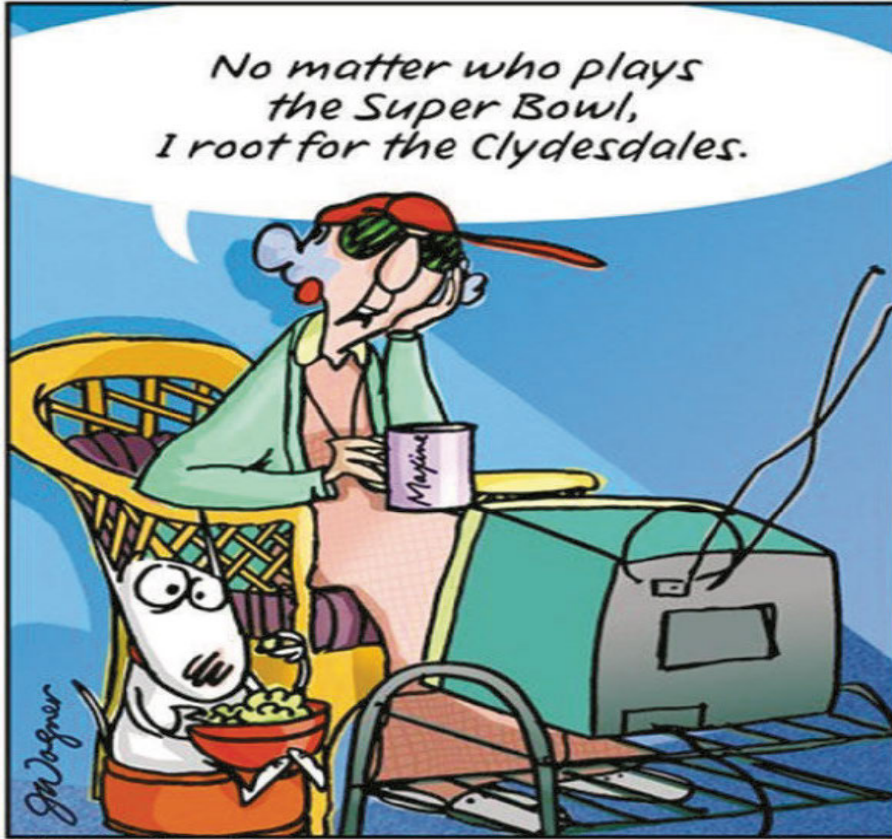
On top of everything else, they are also cheap, easy to prepare, go with almost any food and taste awesome.

There is no nutritional difference between brown and white eggs. However, a hen's diet and environment can affect an egg's nutrition.



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