

August 2022

SENIOR MOMENTS

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



August Birthdays

8/1 Sam Christensen
8/1 Nancy Zoucha
8/4 Glenn Magsamen
8/6 Richard Henderson
8/8 Mary Egger
8/15 David Muhle
8/17 Bob Schmid
8/17 Helen Swartz
8/17 Patty Laska
8/19 JoAnn Thomazin
8/20 Wanda Rezac
8/21 Jeanine Seamans
8/21 LaRee Statsny
8/22 Myra Rogan
8/25 Dorothy O'Kane
8/26 Chuck Kinnison
8/27 Kay Miller
8/28 Belinda Keiter
8/29 Jeanette Jackson
8/29 Pamela Bosch
8/29 Beth Boesch
8/30 Ann Albracht
8/31 Joyce Schmid

Happy Birthday

One and All.

Have a Very Special Day



A Special Thank You

To

Fraternal Order of Eagles Auxiliary

For their very generous donation of \$300 for supplies for our Home Delivered Meal Program. Your support of the Columbus Community Center is very much appreciated.



A Big Thank You also goes out to the following for donations for our Birthday Celebration:

**Verla Ann Stoakes, Leona Prososki,
Iola Werts And Joyce and Bob Schmid**

Donations are always appreciated and help us to keep the Programs going for our Seniors.

Some items we are in special need of include:

Foam coffee cups

Desert plates

Napkins

Paper towels

Food staples:

Sugar

Brown sugar

Powdered sugar

Cornstarch,

Armour Lard

Always Save brand pre-creamed shortening

Flour

Baking cocoa

Cherry pie filling

Sliced canned peaches

Flaked coconut



Hello All,

My name is Patty Laska. I have been the Manager here at the Center since May 8th. I was born and raised in Columbus and have lived here all my life (well ... except for a few years in the 80's during the "sewing my wild oats days"). I come from a large family, having 4 sisters, 3 brothers and lots of cousins. We are all very close and have been known to have a lot of fun when we get together. But we never cause any trouble—just ask my Mom!!!!

I have worked for the City of Columbus for almost 17 years starting in 2005 in the Water Billing office and City Clerk's office. In October of 2008, I transferred to the Finance department and that's where I stayed until coming to the Columbus Community Center.

I love being here everyday seeing all of you and getting to know everyone. There are a lot of faces to put with names, but I will get to know each and every one of you. It's also great to reconnect with those of you that I haven't seen for some time.

You all bring a special version of yourself each day and that makes it a joy to walk through the doors every day.

My office is always open and I look forward to helping you in any way I can.



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or visit columbushosp.org.



Menu

AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Fried Steak Mashed Potatoes/Gravy Wax Beans Dinner Roll Applesauce	2 Goulash Corn Lettuce Salad Garlic Bread Oranges	3 Chicken Fried Chicken Mashed Potatoes/Gravy Carrots Dinner Roll Fruit Salad	4 Bacon Cheeseburger Potato Salad Mixed Fruit Cookie	5 Fish Filet Scalloped Potatoes Cole Slaw Dinner Roll Applesauce Square
8 Chicken Strips Mashed Potatoes/Gravy Broccoli Dinner Roll Pineapple	9 Glazed Ham Loaf Sweet Potatoes Green Beans Dinner Roll Oranges	10 Hamburger Stroganoff Mashed Potatoes/Gravy Brussel Sprouts Dinner Roll Pears	11 Swiss Steak Baked Potato Cauliflower Dinner Roll Oranges	12 Pork Roast Mashed Potatoes Dressing & Gravy Green Beans Dinner Roll Applesauce
15 Steak and Mushrooms Buttered New Potatoes Mixed Vegetables Dinner Roll Mixed Fruit	16 Ham Salad on Croissant Cucumber Salad Three Bean Salad Strawberries and Bananas	17 Salisbury Steak Mashed Potatoes/Gravy California Blend Dinner Roll Pineapple	18 Beef Lasagna Corn Lettuce Salad Garlic Bread Ambrosia Salad	19 Pork Chop Mashed Potatoes/Gravy Brussel Sprouts Dinner Roll Applesauce
22 Taco Burger on Bun with lettuce, cheese Potato Salad Fruit Cocktail	23 Creamed Chicken on a Biscuit Broccoli/Cauliflower Dinner Roll Peaches Cookie	24 Parmesan Chicken Breast Baked Potato Mixed Vegetables Dinner Roll Pears	25 BBQ Riblet Scalloped Potatoes Carrots Dinner Roll Oranges	26 Roast Beef Mashed Potatoes/Gravy Broccoli Dinner Roll Pineapple
29 Polish Sausage Buttered Potatoes Sauerkraut Muffin Peaches	30 Sloppy Joe on a Bun Tri Taters Baked Beans Baked Apples	31 Cabbage Roll Parslied Potatoes Lima Beans Garlic Roll Mixed Fruit		1% milk and butter for the roll served with each meal

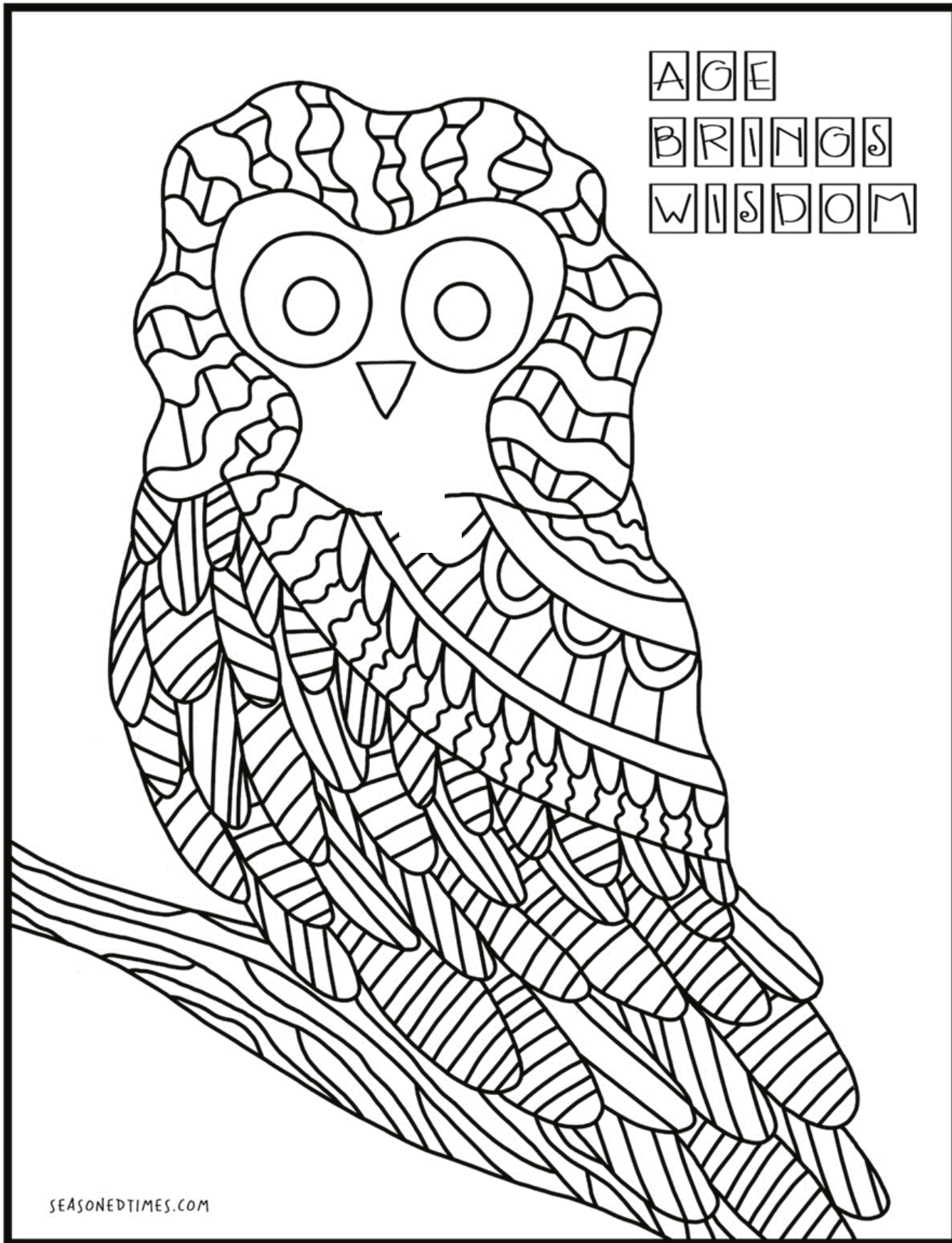
AUGUST 2022

Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Line Dancing	2 Sew In 9:00 FROG Exercise 10:00 FROG Exercise Crazy 8's Cards Pinochle	3 Sew In & Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study	4 Sew In 9:00 FROG Exercise 10:00 FROG Exercise Sew Together Group	5 10:00 Line Dancing 11:00 TOPS #529 Keystone Group
8 10:00 Line Dancing 11:30 Federation of the Blind Fat Quarters Evening Guild Quilters 1:00 Women's Club	9 9:00 FROG Exercise 10:00 FROG Exercise 11:30 Julie Couch Calico Quilters B-D Alumni 10:30-11:30 Blood Pressure Clinic by Angels Care Crazy 8's Cards Card Sharks	10 Pie Day 10:00 Line Dancing 10:30 Bible Study 12:45 Bingo by St. Croix Canasta 1:00 Women's Bible Study	11 9:00 FROG Exercise 10:00 FROG Exercise 11:00 John Johnson 1:00 Advisory Board Meeting Nifty Nines Cards August Birthdays Celebration Dinner	12 10:00 Line Dancing 11:00 TOPS #529 All 4 Fun Pitch
15 9:00 Featherweights Quilters 10:00 Line Dancing 12:45 Root Beer Floats/Games by Emerald Care in the Man Cave	16 9:00 FROG Exercise 10:00 FROG Exercise Pinochle 1:00 Caregivers Support Group	17 Pie Day 10:00 Line Dancing 10:30 Bible Study 11:30 Billy Troy-Merry Makers Music Fat Quarters Evening Guild Quilters	18 9:00 FROG Exercise 10:00 FROG Exercise 9-12 Blood Pressure Clinic by Meridian Gardens 12:45 Bingo by Cottonwood Place	19 10:00 Line Dancing 11:00 TOPS #529 Jolly Pitchers
22 10:00 Line Dancing Auction Pitch Card Queens Bakers Dozen	23 9:00 FROG Exercise 10:00 FROG Exercise Calico Quilters	24 Pie Day 10:00 Line Dancing 10:30 Bible Study Crazy' 8's Cards EMANON Cards	25 9:00 FROG Exercise 10:00 FROG Exercise 12:45 Movie— Still Mine	26 10:00 Line Dancing 11:00 TOPS #529 NAOMIS
29 10:00 Line Dancing 1:30 Alzheimer's Support Group Fabulous Four cards	30 9:00 FROG Exercise 10:00 FROG Exercise	31 Pie Day 10:00 Line Dancing 10:30 Bible Study		Events are subject to change.

Coloring Page

Feeling a little stressed?
Try coloring to relax and reset.



Movie Day

Thursday August 28

12:45pm in the Wellness Room

James Cromwell gives a tour de force performance in "Still Mine", a deeply moving love story about a couple in their twilight years. When Craig sets out to build a more suitable house for his ailing wife Irene, he is blindsided by the bureaucratic codes and officials. As Irene becomes increasingly ill, Craig takes a final stance against all odds to finish the house in a truly inspirational story.

Free Popcorn and Soda provided.




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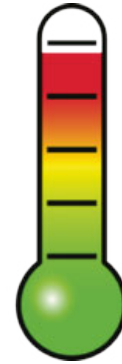
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BEAT THE HEAT: Prevent Dehydration



SUMMERTIME CAN BE A DANGEROUS TIME, ESPECIALLY IF YOU'RE A SENIOR. OLDER ADULTS ARE AT RISK FOR DEHYDRATION WHICH, IN EXTREME CASES, CAN BE LIFE THREATENING. AS TEMPERATURES OUTSIDE RISE, THE RISK OF DEHYDRATION RISES WITH IT.

FIRST SYMPTOMS OF DEHYDRATION

- | | |
|------------|--------------------|
| *Thirst | *Dark yellow Urine |
| *Dry Mouth | *Headaches |
| *Fatigue | *Irritability |

**ACTION:
Drink Water**



MORE SEVERE SYMPTOMS OF DEHYDRATION

- | | |
|--|---------------------|
| *Dizziness | *Muscle Weakness |
| *Feeling of blacking out
When sitting or standing | *Sunken eyes |
| | *Low blood pressure |

**ACTION:
Go to ER or
contact your physician
right away.**

WHY OLDER ADULTS ARE AT RISK

- The feeling of thirst lessens
- Bathroom use increases
- Muscle holds water; fat doesn't. With age, muscle mass and water content decreases
- Having chronic illnesses such as diabetes kidney disease and dementia
- Use of certain medications that increase urination
- Mobility problems that limit the ability to get your own water
- Dehydration symptoms are attributed to other medical conditions, medications or the natural effects of aging

TIPS TO STAY HYDRATED

- Sip water
- Suck on ice cubes or ice pops
- Slowly drink a sports drink that contains electrolytes
- For optimal hydration, avoid alcoholic and caffeinated beverages such as coffee, teas and colas.

Note: Talk to your doctor about how much fluid you need if you have a chronic medical condition such as congestive heart failure

Beat the Heat and Stay Healthy at Home!

Road Trip Hunt



Are you planning on taking a road trip this summer? Here's a fun little game to pass the time that whole family will enjoy. See who can spot all the items first.

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Gary Sharman
Jon Keyes

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Health and Nutrition Benefits of Zucchini

by Alina Petre, MS RD

Zucchini, also known as courgette, is a summer squash in the *Cucurbitaceae* plant family, alongside melons, spaghetti squash, and cucumbers.

Although zucchini is often considered a vegetable, it is botanically classified as a fruit. It occurs in several varieties, which range in color from deep yellow to dark green.

While squashes originated in the Americas, this particular variety was first developed in the early 1800s in Italy.

Zucchini has been used in folk medicine to treat colds, aches, and various health conditions. It also contains small amounts of iron, calcium, zinc, and several other B vitamins. In particular, its ample vitamin A content may support your vision and immune system.

Raw zucchini offers a similar nutrition profile as cooked zucchini, but with less vitamin A and more vitamin C, a nutrient which tends to be reduced by cooking.

Antioxidants are beneficial plant compounds that help protect your body from damage by free radicals. Carotenoids — such as lutein, zeaxanthin, and beta-carotene — are particularly plentiful in zucchini. These may benefit your eyes, skin, and heart, as well as offer some protection against certain types of cancer, such as prostate cancer.

Research indicates that the skin of the plant harbors the highest levels of antioxidants. Yellow zucchinis may contain slightly higher levels than light green ones.

Zucchini may promote healthy digestion in several ways.

For starters, it's rich in water, which can soften stools. This makes them easier to pass and reduces your chances of constipation.

Zucchini also contains both soluble and insoluble fiber.

Insoluble fiber adds bulk to stools and helps food move through your gut more easily, further reducing constipation risk. This benefit is compounded if you have enough fluids in your diet.

Meanwhile, soluble fiber feeds the beneficial bacteria living in your gut. In turn, these friendly bacteria produce short-chain fatty acids (SCFAs) that nourish your gut cells. What's more, SCFAs may help reduce inflammation and symptoms of certain gut disorders, such as irritable bowel syndrome (IBS), Crohn's disease, and ulcerative colitis.

Zucchini is also rich in potassium, which may help reduce high blood pressure by dilating your blood vessels. Healthier blood pressure is linked to a lower risk of heart disease and stroke. Zucchini is a versatile squash, rich in vitamins, minerals, and plant compounds.

It may offer several health benefits, ranging from improved digestion to a lower risk of heart disease. Zucchini may aid your bones, thyroid, and prostate.

Veggie Loaded Zucchini Noodle Lasagna

Ingredients

1 tsp olive oil
2 lbs. extra lean ground turkey
3 cloves garlic, minced
½ red onion, chopped small
1 red pepper, chopped small
1 cup spinach, chopped
1 tsp dried parsley
1 tsp dried basil
1 tsp dried oregano
¼ tsp sea salt
1-14 oz can whole tomatoes, with juice
1-6 oz can tomato paste
4 zucchinis, sliced lengthwise, about ¼ cm thick
2 eggs
15 oz low fat ricotta
¾ cup mozzarella, grated
¼ cup parmesan, freshly grated
Garnish with fresh parsley



Directions

Prep Time: 20 minutes **Cook Time:** 60 minutes **Yield:** 8 servings

Preheat oven to 325 degrees Fahrenheit.

Slice the zucchini's lengthwise using a mandolin or as thin as you can cut them intact (¼ cm).

Next, chop the red pepper, onion, spinach, and garlic. Set aside.

Grate mozzarella and parmesan separately and set aside as well.

Now, add olive oil, onion, garlic, and ground turkey to a pan and cook until the turkey is half done (half pink). Add chopped pepper and spinach and cook until turkey is fully cooked (no longer pink).

Drain excess liquid.

In a separate bowl, mix canned tomatoes, tomato paste, basil, parsley, oregano, and sea salt – reserve 2 tbsp and set aside. Add the remaining amount to the ground turkey and mix thoroughly. Remove turkey mixture from heat.

In a separate bowl, mix ricotta with the eggs. Set aside.

Assembly:

Spread the 2 tbsp of reserved tomato mixture on the bottom of your pan (approx. 12" x 8" in size or 2 smaller pans) and then add the first layer of zucchini noodles (1/3 of the amount you chopped) either lengthwise or widthwise.

Add ½ of the meat mixture and then add another layer of the zucchini noodles (another 1/3 of the amount you cut).

Add the ricotta/egg mixture and lightly sprinkle ¼ cup of grated mozzarella.

Add the last layer of zucchini (last 1/3).

Add the rest of the meat sauce (if you feel like there is too much, save a little for lunch another day).

Sprinkle the remaining ½ cup of grated mozzarella, ¼ cup grated parmesan, and either ½ tsp dried parsley or 1 tbsp fresh parsley for garnish.

Bake 50-60 minutes until bubbling throughout and cheese is lightly browned on top.



I'm old enough to make
my own decisions..
just not young enough
to remember what
I decided..

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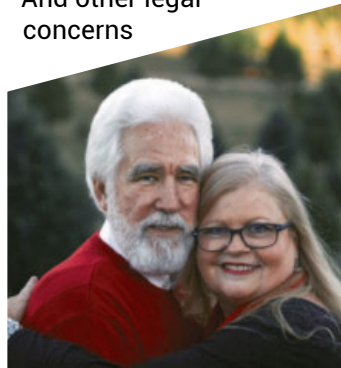
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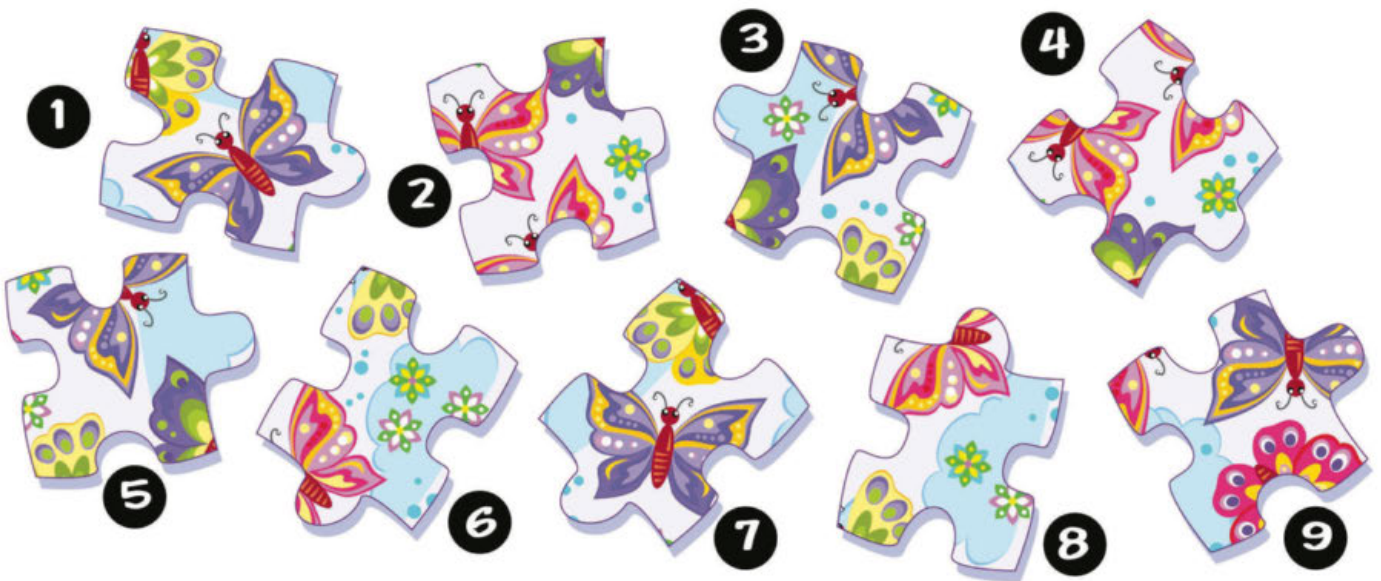
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MISSING PIECES

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August has something for everyone to celebrate!



August 1 National Raspberry Cream Pie Day
and Respect for Parents Day.

August 2 National Coloring Book Day.

August 3 National Watermelon Day

August 6 National Root Beer Float Day.

August 8 National Friendship Day

August 9 National Book Lovers Day.

August 10 National Lazy Day

August 12 National Middle Child Day

August 13 National Left Handers Day

August 16 National Rum Day

August 17 National I LOVE My Feet Day

August 19 National Potato Day

August 20 National Chocolate Pecan Pie Day

August 21 NATIONAL SENIOR CITIZENS DAY

August 22 National Tooth Fairy Day

August 24 National Waffle Day

August 25 National Kiss and Make up Day

August 26 National Dog Day

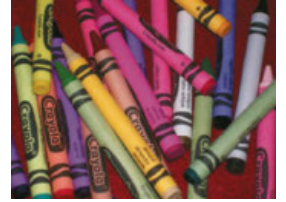
August 27 National Just Because Day

August 28 National Bow Tie Day

August 29 National Chop Suey Day

August 30 National Beach Day

August 31 National Eat Outside Day





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Have a great Day!



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