HAPPY NEW YEAR!!!!!

A new year is always a time for change, change in our healthy habits, change in the amount of exercise we get, eating less sugar, etc. Any change made is positive, but remember, if you slip and mess up don’t give up. It doesn’t have to be a new year or a new week to make little changes to make a better you. Every day is a new day! Every morning we wake up and get a do-over! Maybe you said something that wasn’t nice yesterday. Well, today you can start over and say something nice. Don’t get stuck in the rut of continuing the same bad habits just because you had an off day. Try again everyday.

As for me, I am going to work harder to get this newsletter out on time each month. I could ramble a list of excuses, but in the end I just didn’t get it done in time. But February is a new month and I will try real hard to get it out on time. Happy New Year from all of us at The GFC. May this year be everything we hope for and more!

Always,
Rachel
• We will continue to serve our meals at the GFC to-go style until further notice.

Colder weather is upon us!
In the event there is severe or dangerous weather, please tune into NBC Nebraska or 10/11 News. We will be listed as the Golden Friendship Center. All services that are canceled will be listed.
You can also check our Facebook page for cancelation notices. Most weather decisions will be made by 9:00am. If you are unsure please contact the office.
If a meals is canceled at the GFC the meal scheduled will be moved to the next operating day.

Midlands Advisory Board
We are in need of 1-2 people to serve on the Midland Advisory Board for Adams County.
The advisory board meet once every 3 months (currently by conference call).
The group discusses updates in each county, gives feedback on current programs, and shares ideas to bring back to the site managers.
If you are interested in being a board member please contact Rachel 402-460-1246

Masks Required
We are asking that everyone wears a mask for our services. This includes but is not limited to donation pick up and drop off, To-Go Meal pick up, and while volunteering.
We do our best to take every precaution to protect you and hope you will take the same precautions to protect us. If we all continue to do our part, hopefully we will get to gather in the future.
We are thankful for your patience as we navigate through this difficult time.
Do you need Groceries?

We are available to make grocery and prescription runs to enable you to keep safe in your own home. If you need any of these services, please call 402-460-1246 and leave a message.

Reassurance Calls

Reassurance calls are available to anyone in Adams County who would like to have someone check in with themselves or a parent over the age of 60. Calls can come daily, weekly, biweekly, or monthly. Calls are made by staff members and volunteers. If you would like more information on this service please call 402-460-1246 and leave a message.

We are also accepting volunteers to help make these calls.
A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

LIGHTING
On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock.

LIMIT NEWS
Limit the amount of time you spend on social media and checking news.

TAKE TIME FOR YOURSELF
Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care.

STAY CONNECTED
Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis.

COPING STRATEGIES
Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety.

HELP OTHERS
Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions.

CONNECT TO YOUR VALUES
Re connect with things that are important to you and try to engage with them on a regular basis.

PLAN YOUR WEEK
Organise your week and plan in activities that provide you with a sense of pleasure and achievement.

STAY ACTIVE
Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood.

POSITIVE HABITS
Write down a list of 5 -10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness.

ASK FOR HELP
If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help.
The Swiss Cheese Respiratory Virus Defence

Recognising that no single intervention is perfect at preventing spread

Each intervention (layer) has imperfections (holes).

Multiple layers improve success.

Are you 60 years of age or older?

We can help you with...

- Elder Abuse and Financial Exploitation
- Power of Attorney
- Collections
- Medicare/Medicaid
- Consumer Protection
- Simple Wills
- Advanced Directives/Living Wills
- Homestead Exemption
- Tenant Issues
- And other legal concerns

Serving Nebraska’s seniors in all 93 counties

ElderAccessLine®
Toll-free: 1-800-527-7249
In Omaha: 402-827-5656

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.ourseniorcenter.com
Do you have insurance questions or need help with resources?

The Nebraska’s Aging and Disability Resource Center is available to provide information to anyone who is aging or individuals with disabilities of any age, their family, friends, caregivers and other community agencies.

We can provide information and assistance about long term services and supports and offer unbiased information that is relevant to your needs.

To reach the ADRC please call (800) 955-9714 ext. 316 or (844) 843-6364, staff are available to answer your call between the hours of 8:00 - 5:00 Monday - Friday.

What did the Polar Bear get after sitting on the Ice?

Polaroids

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“The Value of Excellence At Home”

Give us a call at 402.768.3100
DID YOU KNOW GRANTS ARE AVAILABLE TO ASSIST CAREGIVERS WITH THEIR JOURNEY?

Respite Care
Allows for bringing in extra services to give a caregiver a break

Supplemental Services
Helps pay for meal services, lifelines, etc.

For more information contact
Midland Area Agency on Aging
402-463-4565 ext. 301

I love the quality of light in the winter.
It seems to bring everything into crisp focus.
The whole world takes on a kind of magical hue.
Yeah, it really makes the dust on your furniture sparkle.
I have been asked many questions and received some statements about our meal program over the past few months and I felt it was important to clear up some confusion. I would normally give this information before a meal in the past, but with the changes we have had to make this year I have had to change how I share the information.

**How much does the meal cost?**
For anyone 60 and over our meals are free. The actual cost of a meal is $8.44. We appreciate suggested donation is $5.00 per meal to offset this cost. We never turn away anyone for paying less or more.

**I never see (insert name) make a donation**
Donations are strictly confidential. Some people make a donation daily, some donate once a month, some mail in their donations once a month. There is no way to tell if someone is making a donation or not. Please do not make assumptions regarding donations.

**What happens if I don’t show up to pick up my meal or if I am not home to receive my Home Delivered Meal?**
If we have early enough notice, we try to contact replacements to eat unclaimed meals. Unfortunately, this is not always possible. When someone does not show up to the meal without letting us know and there is no replacement lined up, we will have to throw the meal away. This also means we will lose any funding that would have been provided for the meal. Every time we throw away a meal we are throwing away $8.44. It is very important for you to call if you are unable to make it.

If you would like to be on our extra meal call list, please contact us 402-460-1246

**Where do I park for the to go meals?**
For the most part I think we have the parking situation under control. There are a few key things I would like to mention to help the flow of traffic. Especially on heavy days.

* Please do not block the path for the Parks & Rec employees to get through. There have been a few times they have had to wait for quite some time to leave for their lunch.
* If the line is backed up to the driveway, please wait along the curb before the driveway. When someone stops in the drive way is makes it harder for the ones trying to leave the parking lot.
* Be Kind, Be Patient, No Honking (Unless someone is in danger). Remember this could be someone's first time and they may not understand how the process works. The order should always be what is the safest not the order of arrival. The entire process usually takes no more that 15-20 minutes so letting someone go before you should not make a huge difference in the time spent going through the line.

**Can we have something new on the menu?**
If you have a suggestion for a meal please write it on a slip of paper and hand it with your donation. We love to get new meal ideas. I cannot promise the change will be made but we will do our best to accommodate.
BIRTHDAY ANNIVERSARY DAY CELEBRATION!!

We miss the fun of our Birthdays and Anniversary celebration. Each month we will list those who are celebrating birthdays each month in the Newsletter. On Birthday/Anniversary Day we will acknowledge each person that attends the meal. Please share if you are having an anniversary when you call to reserve your meal. If we missed your Birthday please contact the office. We are trying to update all of our records.

January Birthdays

2—Bonnie Gibson
3—Tom Sommerfeld
4—Gayle Hoops
6—Gayle Krejci, Marilyn Place
7—Belva Anderson
8—Dee Swanson
9—Shirley Chrisman, Jim Healy
12—Naomi Theil
13—Marge Hiatt
14—Virginia Peters
15—Jane Sorgenfrei, Debra Mailander
16—Josephine Mangers
20—Bob Ruxton
27—Karla Adler, Doris Dowling
28—Rogene Roby, Gene Shaw
29—Sandra Miller, Bobbie Burke
30—Verlyn Cornell

Reach the Senior Market

Advertise Here

Christine Nicholls to place an ad today!
cnicholls@lpiseniors.com
or (800) 950-9952 x5841
WHAT WILL THIS COST ME?
All of our meals are contribution based. This means we do not charge for the cost of them, but we suggest a contribution amount that helps keep this program running in the future.

ALL Meals at ALL Adams County Sites for ALL Participants over 60 have a suggested Contribution of $5.00

Meal programs are supported by funding through the Federal Older American’s Act (OAA), the state of Nebraska, local donations, and your contributions. Any contribution is voluntary and confidential.
WHAT CAN MIDLANDS DO FOR YOU????

GRANT PROGRAMS

Homemaker
Helps individuals living in their home who have difficulty with any general cleaning duties

Chore
Helps individuals living in their own home who have difficulty with any heavy tasks such as lawn care, snow removal, and other heavy cleaning.

Lifeline/Emergency Response
Access to Grants to help pay for your service.

Midland Area Agency on Aging oversees programs designed for individuals over the age of 60 set in place by the Older Americans Act (OAA). These programs are funded by state and federal grants and have different eligibility requirements. All OAA services are available to anyone over the age of 60 regardless of ability to contribute monetarily.

FOR REFERRALS OR QUESTIONS CALL
MIDLAND AREA AGENCY ON AGING
AND SPEAK WITH NICOLE

402-463-4565 EX. 301

IN HOME SERVICES

Care Management
Available for individuals that need assistance with coordination of in home services and supports

Case Management
Available up to 4 times per year. For individuals with less intensive needs

Medicaid Waiver
If eligible for Medicaid, individuals may qualify for waiver services to help in the home, transportation, meals, and lifeline

Reach the Senior Market

Advertise Here

CONTACT
Christine Nicholls to place an ad today!
cnicholls@lpiseniors.com or (800) 950-9952 x5841

DON’T SHOP. AD-PT.

Comfort Inn

Edward Jones
Making Sense of Investing

Frank Musalek
402-463-0631
630 W. 2nd St. Hastings, NE 68901
frank.musalek@edwardjones.com

Golden Friendship Senior Center, Hastings, NE

For ad info. call 1-800-950-9952 • www.lpiseniors.com
To-Go Meals

To-Go Meals will be available each day from 12:00pm to 12:30 pm at The Golden Friendship Center 2015 W. 3rd St. Those who are in need of a meal will have it delivered to their vehicle and then are to return home.

You will be given the opportunity to make a contribution when you pick up your meal.

Only one meal per person can be served. This means whoever is eating the meal must be present to receive it. One person cannot pickup up multiple meals for a group of people.

Meals will need to be reserved by 2pm the day before. You can reserve a meal by contacting the office and leaving a message. **(402) 460-1246**