February is all about love, or a groundhog, or presidents, but love is what echoes in my head when I think about February. I remember Valentine's day as a school age girl. I would go through each Valentine and pick out specific ones for each person. The boring ones to the kids who didn't like me, the lovey ones to the crushes I had over the years, and the heart felt ones to those who were near and dear to me. We kind of forget the excitement that came with spreading the love for Valentine's day. This year let's try to remember that excitement and use it to spread love to those around us. Below is a poem about smiling. I think it is a simple way of spreading love and it doesn't cost a thing. This is an epidemic I could handle spreading. Wishing everyone a love filled month!

Always with Love,
Rachel

Smile

Smiling is infectious
You catch it like the flu
When someone smiled at me today
I started smiling too!
I walked around the corner
And someone saw my grin
When he smiled I realized
I had passed it onto him
I thought about the smile
And then realized its worth
A single smile like mine
Could travel round the earth
So if you feel a smile begin
Don't leave it undetected
Start an epidemic
And get the world infected

“LOVE is the only force capable of transforming an enemy into a friend.”

Martin Luther King Jr
• 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 still in need of 1 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.
HEART HEALTH

Awareness in the U.S.

- Every 34 seconds, someone in the U.S. has a heart attack.
- 5.7 million people in the U.S. are currently diagnosed with heart failure.
- 49% have at least one of three risk factors for heart disease: smoker, high LDL cholesterol, high blood pressure.
- 935 thousand Americans have a heart attack annually.
- 1/4 deaths in the U.S. occur from heart disease.
- $108.9 billion U.S. health care costs of coronary heart disease annually.
- 385 thousand happen in people who have already had a heart attack.
- $352.71 annual amount of money spent if it were divided between every U.S. citizen.

The National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention. 2010.
National Wear Red Day, on the first Friday in February, is an annual campaign to raise awareness about heart disease in women. Heart disease and stroke kill one in three women. According to Go Red for Women’s official website these diseases are 80 percent preventable.

Some risk factors you can’t do anything about. But others you can treat, manage or control with the help of your healthcare provider. Those you can’t change are still important when assessing your risk for heart disease and stroke.

<table>
<thead>
<tr>
<th>Risk Factors You Can’t Control</th>
<th>Risk Factors That Can Be Managed</th>
</tr>
</thead>
<tbody>
<tr>
<td>You can’t change these risk factors:</td>
<td>You can control or treat these risk factors with lifestyle changes and your healthcare provider’s help:</td>
</tr>
<tr>
<td>*Age</td>
<td>*High blood pressure</td>
</tr>
<tr>
<td>*Gender</td>
<td>*Smoking</td>
</tr>
<tr>
<td>*Race</td>
<td>*High blood cholesterol</td>
</tr>
<tr>
<td>*Heredity (family health history)</td>
<td>*Lack of regular activity</td>
</tr>
<tr>
<td>*Previous stroke or heart attack</td>
<td>*Obesity or overweight</td>
</tr>
<tr>
<td></td>
<td>*Diabetes</td>
</tr>
</tbody>
</table>

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

This advertisement was supported by grant number 139-2020-VA1029 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice, through the Nebraska Crime Commission.
**Affordable Heart-Healthy Eating**

**Q:** Which month has 28 Days?

**A:** All of them!

**Q:** Why do cows have bells?

**A:** Because their horns don’t work!

**Q:** What did zero say to eight?

**A:** Nice Belt!

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**Support the Advertisers That Support Our Community**

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

Golden Friendship Senior Center, Hastings, NE
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.

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. 311
Our Monthly Toenail Clinic is Back Tuesday, February 9, 2021!!!!!!!

We will be running things a little different for the time being so please see the requirements below.

*Appointment times will be made for each individual. *Please do not come before your scheduled time and leave promptly after you are finished. *You will enter by the East entrance. *Masks must be worn at all times. *Please do not come if you are ill.

The cost is still $10. As normal, we will only be able to service 12 people per month. The list will fill quickly, but once filled you will have the opportunity to be put on the following months list.

To Schedule an appointment please call 402-460-1246
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.

February Birthdays

3—MaryAnn Loeffler
4—Trionne Brown, Duan Bohlen
7—Martha Leavell
8—Loree Harig
9—Christine Loschen, Neal Mannin
10—Norma Jean Rose
13—Jovita Lemke, Viola Bruce
14—Steve Portenier
17—Kevin Ehly
19—Laura Ritterbush, Nadeen Debban
21—Cheryl Fahrenburch, Tom Shane
24—Joan Price
26—Rod Heideman
27—Joyce Roper
28—Carol Waite, Don Jones
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.

HOME DELIVERED MEAL
Home Delivered Meals are provided in the participants home five days a week. Nutritious meals, education, and risk screening are provided for individuals over the age of 60 who are homebound by reason of illness or disability, who are otherwise isolated and or deemed eligible.

CONGREGATE MEALS
We are currently providing To-Go meals due to the need for social distancing please see page 12 for more information.

VOUCHERS
Vouchers can still be used at The Village Diner. Additional vouchers are available by appointment only. Please call 402-460-1246 and leave a message.

HOME DELIVERED MEAL UPDATE
We have instituted no contact home delivered meal delivery which involves the delivery person leaving the meal on a table by the door or hanging on the door knob in a bag. The delivery person will wait for an acknowledgment from the recipient. We will ring the doorbell twice to let you know that your meal has arrived. We will then wait for you to open the door to get your meal. In the event no one responds, a phone call will be made to see if you are home. If no one answers the phone call the driver will take your meal back to the center.

Precautions
Our staff is taking extra steps to minimize the potential transmission of the virus and prioritize your safety. Staff is to be washing hands and/or using hand sanitizer between each delivery.

- Regularly washing hands with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing (alcohol-based hand sanitizer with at least 60% alcohol if soap and water is not readily available)
- Avoiding close contact with people who are sick
- Avoid touching eyes, nose, and mouth
- Covering coughs and sneezes with tissue, then throw the tissue in the trash

Nutrition Programs
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
### GOLDEN FRIENDSHIP CENTER FEBRUARY 2021 TO-GO MEALS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2 Churro Pork, Roasted Potatoes, Broccoli/Cheese, Honey Dew, Breadstick</td>
<td>3 Seasoned Chicken Leg Quarters, Au Gratin Potatoes, Roll, Zucchini, Strawberries/Bananas</td>
<td>4 Meatloaf, Mashed Potatoes/Gravy, Corn, Garlic Bread</td>
<td>5 Tater Tot Casserole, Black Bean &amp; Corn Salad, Bananas, Roll</td>
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<tr>
<td></td>
<td><strong>Groundhog Day</strong></td>
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<tr>
<td>8</td>
<td>9 Swiss Steak, Baked Potatoes, Broccoli/Cheese, Honey Dew, Breadstick</td>
<td>10 Smothered Pork Chop, Red Potatoes, Mixed Vegetables, Grapes, Roll</td>
<td>11 Baked Chicken, Mashed Potatoes/Gravy, Carrots, Biscuit, Pineapple</td>
<td>12 Lasagna, Cream Cheese Corn, Applesauce Jell-O, Breadstick</td>
</tr>
<tr>
<td></td>
<td><strong>Foot Clinic</strong></td>
<td></td>
<td></td>
<td><strong>Wear RED Day for Heart Health</strong></td>
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<tr>
<td>15</td>
<td><strong>CLOSED PRESIDENTS DAY</strong></td>
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<tr>
<td>16</td>
<td>17 Baked Steak, Mashed Potatoes/Gravy, Green Beans, Mixed Fruit, Biscuit</td>
<td>18 Roasted Turkey, Mashed Potatoes/Gravy, Corn, Roll, Watermelon</td>
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<tr>
<td></td>
<td><strong>Birthday &amp; Anniversary Celebration</strong></td>
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<tr>
<td>22</td>
<td>23 BBQ Chicken Leg Quarters, Green Beans, Cantaloupe, Baked Potatoes, Garlic Bread</td>
<td>24 Tuna Noodles, Creamed Peas, Roll, Yogurt Parfaits</td>
<td>25 Chili, Fritos, Cole Slaw, Apples, Cinnamon Rolls</td>
<td>26 Salmon Patties, Potato Wedges, Peas, Oranges, Biscuits</td>
</tr>
<tr>
<td></td>
<td><strong>Spaghetti w/Meat Sauce, tossed Salad, Pears, Bread Stick</strong></td>
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</table>

### 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**