I LOVE MARCH!!!

March is filled with all sorts of fun. Dr. Suess’ Birthday, Pi Day, St. Patrick’s day, Daylight savings day, first day of spring, my birthday.... The list keeps going and going!

Spring means new beginnings and growth. I know March can be a moody month when it comes to the weather, but overall things start turning pretty beautiful. The grass gets greener, flowers start sprouting, baby animals are born, the birds start coming back. You can’t help but love March!

As of March 13th it will be one year since we gathered here at the center. Some days it feels like longer, yet other days it has flown. Although the timeline of us gathering again is unsure, I know it will be here before we know it. Until then take some time to soak in the beautiful miracles that March has to offer.

Always,
Rachel

Today I shall behave as if this is the day I will be remembered.
Dr. Seuss
• 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 meal is canceled at the GFC the meal scheduled will be moved to the next operating day.

Sunday, March 14, 2021 Daylight Savings Begins

Midlands Advisory Board

We are still in need of 1 person to serve on the Midland Advisory Board for Adams County.

The advisory board meets 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
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 them 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.
6 Ways to Eat Well as You Get Older

1. Know what a healthy plate looks like
   See how to build a healthy plate at ChooseMyPlate.gov

2. Look for important nutrients
   Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

3. Read nutrition labels
   Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings
   Learn the recommended daily servings for adults aged 60+ at heart.org

5. Stay hydrated
   Water is an important nutrient tool. Drink fluids consistently throughout the day.

6. Stretch your food budget
   Get help paying for healthy food at BenefitsCheckUp.org/getSNAP
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 HELP SIGNING UP FOR THE COVID-19 VACCINE?

We can help individuals 60 and over sign up for the COVID-19 vaccine. Please call:

Midland Area Agency on Aging
402-463-4565
Extension – 499

For specific Covid-19 vaccine related questions, please contact your local Health Department.

Legal Aid of Nebraska Initiative
Raising Effective Advocacy for Crime Victim Health and Safety

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

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

Golden Friendship Senior Center, Hastings, NE
Q: What kind of bow can’t be tied?
A: A Rainbow!

Q: When is a potato not an Irish potato?
A: When it’s a French fry!

Q: When does a leprechaun cross the road?
A: When the light is GREEN!

SOLVE THE REBUS

BARTHOLOMEW  YERTLE
BOOKS  HORTON
CAT IN THE HAT  MULBERRY
GERALD  RHYMES
GIESEL  SEUSS
GREEN EGGS  SNEETCHES
GRINCH  THE LORAX
HOP ON POP  THIDWICK
YERTLE  WHOVILLE

MILONELION

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY
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 Sheryl at 402-463-4565 ex. 309, 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, March 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 serve 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.

March Birthdays

4—Pauline Craft
8—Judy Bullard
9—Donna Waddle, Evelyn Viglicky
10—Ruth Royston
11—Bill Ries
12—Linda Morgan, Betty Bates
14—Marile Jirkovski
15—Shirley Kothe, Bill Harrold
16—Mary Keogh
17—Marian Kerr, Katherine Sigman
20—Janet McConnell
21—Coral Hughbanks
27—Rachel Devlin
28—MaryAnn Niemoth
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

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.

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

Edward Jones
MAKING SENSE OF INVESTING
**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