April showers bring………..

changes to the senior center! (and this is no April fool’s joke!) Spring always brings new beginnings and fresh starts, but it also revives things that have been dormant over the winter months. Animals awaken from their hibernation, flowers start to emerge from the ground, and the trees begin to have buds and new growth.

I like to think of our changes as our revival from a dormant year. Now I know that many of you will be frustrated that the changes are limited, but just like a flower trying to bloom certain things have to happen. There has to be the right mixture of sun, rain, and warmth for a flower to bloom, and as we wait for the right mixture to allow us to fully open, I ask that you continue to be patient.

I appreciate all of the support you have offered over the past year and I look forward to embracing our new normal together.

Always,

Rachel

“Spring will come and so will happiness. Hold on. Life will get warmer.”

Anita Krizzan
ANNOUNCEMENTS

- We will continue to serve our meals at the GFC to-go style until further notice.
- Fitness programs will be starting up again on Monday, April 5, 2021. For more information about our fitness programs, please see page 4.
- Homebound Covid vaccinations will soon be available. See page 5 for more information.
- 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.

Spring Minestrone

Ingredients
* 1 Tablespoon Olive Oil
* 1 Small Onion, finely diced
* 1 Stalk Celery, finely diced
* 2 Sprigs Fresh Thyme
* 1 Bay Leaf
* 6 Cups Chicken Stock
* ¾ Cup Snow Peas, halved
* 1 Cup Kale, chopped
* 1 Large Carrot, peeled into ribbons
* 1 Can Cannellini Beans, drained and rinsed
* ¾ Cup Fresh or Frozen Peas
* 2 Tablespoons Pesto, Homemade or Store-Bought
* 1 Cup Cooked Small Pasta
* Parmesan Cheese, for garnish
* Salt & Pepper, to taste

Instructions
* Heat the olive oil in a soup pot over medium heat. Add in the onion and celery and sauté until translucent and fragrant, about 2-3 minutes. Add the thyme sprigs and bay leaf and sauté another minute.

Pour in the chicken stock and bring to a strong simmer. Add in the snow peas and cook for 2 minutes.

Stir in the kale, carrot, and cannellini beans and remove the soup from the heat. Let stand for 5 minutes.

Add in the peas and pesto, give the soup a good stir and let stand another 2 minutes. Stir in the pasta and taste; season with salt and pepper.

Serve the spring minestrone topped with parmesan cheese and enjoy!
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.
WE ARE OPEN FOR FITNESS!!!!!!

MASKS

MASKS ARE REQUIRED INSIDE THE BUILDING.

MASKS ARE REQUIRED FOR ALL FITNESS CLASSES

MASKS ARE REQUIRED IF THERE IS MORE THAN ONE PERSON IN THE ACTIVITY ROOM

SANITIZATION

PLEASE BRING YOUR OWN WATER BOTTLE AS IT WILL NOT BE AVAILABLE.

HAND SANITIZER WILL BE AVAILABLE THROUGHOUT THE BUILDING.

YOU ARE REQUIRED TO SANITIZE EQUIPMENT AFTER USE.

STAFF WILL BE SANITIZING SURFACES DAILY AND AFTER EACH CLASS.

NO CONGREGATING IS PERMITTED AFTER CLASSES OR WHILE WAITING TO WORK OUT.

WALKING

The gym offers a smooth surface and a controlled climate. The gym is available for walking any time it is unoccupied Monday—Friday.

Below are the current available hours open to walk.

Monday 10am-1pm
Tuesday 8am-2pm
Wednesday 8am-1pm
Thursday 10am-2pm
Friday 8am-1pm

ACTIVITY ROOM

There can only be one person on each half of the room exercising unless you are from the same household.

Our Activity Room is available Free of Charge Monday—Friday 8:00 am to 4:00 pm

All participants MUST have a signed waiver on file to use all exercise equipment.

Equipment available
- 2 NuStep
- 2 Treadmills
- 1 Elliptical
- 1 Air Dyne

Tai Chi: Moving for Better Balance

An evidence-based interventions for the prevention of falls. The Oregon Research Institute (ORI) developed Tai Chi: Moving for Better Balance, which was tested and demonstrated effective in decreasing the number of falls, the risk of falling, and fear of falling. The purpose is to improve the functional balance and physical performance in adults aged 60 and older.

Tai Chi Advanced: Tuesdays and Thursdays 2-3pm (Must complete a minimum of 1 session of beginner classes)
Tai Chi Beginner: New Beginner classes 3-4pm

FROGS

An exercise program designed to help older adults improve their mobility and strength to help prevent injuries caused by falls. Exercise is low impact, with or without chair assistance, and only as strenuous as you want it to be!

FROGS is held every Monday and Wednesday from 3-4 pm.
Do you have Medicaid?

If you have Medicaid, we can give you a ride to your medical appointments! We are currently contracted with Nebraska Total Care, United Health Care and Well Care of Nebraska to provide transportation services.

When making your appointment ask for Midland Public Transit, 1-888-997-1655.

South Heartland District Health Department will be offering in home Covid-19 vaccinations for residents who are homebound in Adams, Clay, Nuckolls, and Webster counties.

If you or someone you care for are interested please contact Midland Area Agency on Aging at:

402-463-4565 Extension—499

(*If there is no answer, please leave a message and we will return your call within two business days*)

For specific Covid-19 vaccine related questions, please contact the 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

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.
Q: What do you say to a fancy cactus?
A: You look Sharp!

Q: What goes up when the rain goes down?
A: An Umbrella!

Q: What time is it when an elephant sits on your fence?
A: Time to get a new fence!

Solve the Rebus

Spring Is Here
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

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY
Our Monthly Toenail Clinic is Tuesday, April 13, 2021

*Appointment times will be made for each individual. *You will enter by the East entrance. *Masks must be worn at all times. *Please do not come if your are ill.

The cost is $10. We are only 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

1. There are 251 million tons of trash in the United States
2. It takes 6 weeks to manufacture, fill, sell, recycle and re-manufacture an aluminum beverage can
3. There are 88 million tons of materials recycled in the United States
4. 42 million tons of all paper products were recycled in the United States
5. In the United States, a single person produces 4.6 pounds of trash per day
6. About 53 percent of all paper products are recycled in the United States
7. About 82 percent was composted, which is a good percentage
8. 8 of total waste is recycled in the United States
9. The number of curbside recycling programs in the United States recently is 8,660
10. The approximate percentage of increase in total recycling in the United States during the past decade is 100%

Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.

- The Lorax by Dr. Seuss
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.

April Birthdays

1—Donnie Dyer
4—Mary Schukar, Pat Drummond
5—Evelyn Till
7—Don Baker, Leone Sommerfeld
12—Mary Ries, Steve Katzberg
13—Paul Kothe, Rose Foster
14—Susan Pendergast, Joyce Lindahl
16—Pat Day
17—Don Pettengill
19—Virginia Peters
20—Betty Classen
22—Jan Johnson, Jeanette Klein
23—Connie Pettengill
25—David May
26—Bill Kassebaum, Kay Davison
29—Dorothy Hoffman
30—Maria Lara
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.
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 April 2021 To-Go Meals

**To-Go Meals**

- To-Go Meals will be available each day from 12:00 pm to 12:30 pm at The Golden Friendship Center 2015 W. 3rd.
- 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 2 pm the day before. You can reserve a meal by contacting the office and leaving a message. **(402) 460-1246**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>1 Easter Dinner</td>
<td>2 Closed Good Friday</td>
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<td></td>
<td></td>
<td></td>
<td>Baked Ham, Potato Salad, Mac &amp; Cheese, Glorified Rice, Dinner Roll, Apple Crisp</td>
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<tr>
<td><strong>Deep Dish Pizza Day</strong></td>
<td><strong>Peach Cobbler Day</strong></td>
<td><strong>Coffee Cake Day</strong></td>
<td><strong>National Burrito Day</strong></td>
<td><strong>Liver &amp; Onions, Mashed Potatoes/Gravy, Corn, Pineapple, Roll</strong></td>
</tr>
<tr>
<td>Pizza, Tossed Salad, Pears, Breadstick</td>
<td>BBQ Chicken, Corn, Au Gratin Potatoes, Watermelon, Corn Muffin, Peach Cobbler</td>
<td>Sausage Links, Hash Brown Patties, Scrambled Eggs, Grapes, Pancakes, Coffee Cake</td>
<td>Burritos, Spanish Rice, Refried Beans, Apples, Tortilla Chips</td>
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<td>6</td>
<td>13</td>
<td>7</td>
<td>8</td>
<td>9</td>
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<tr>
<td>Roast Beef, Mashed Potatoes/Gravy, Green Beans, Jell-O/Pineapple, Roll</td>
<td>Roast Beef, Baked Potatoes, Green Beans, Cantaloupe, Breadstick</td>
<td>Coffee Cake Day</td>
<td>National Burrito Day</td>
<td>Liver &amp; Onions, Mashed Potatoes/Gravy, Corn, Pineapple, Roll</td>
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<td>14</td>
<td>15</td>
<td>21</td>
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<td>23</td>
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<tr>
<td>Swiss Steak, Baked Potatoes, Green Beans, Cantaloupe, Breadstick</td>
<td>Monterey Chicken, Mac &amp; Cheese, Asparagus, Grapes, Roll</td>
<td>Birthday/Anniversary Meatloaf, Mashed Potatoes/Gravy, Green Beans, Oranges, Roll, Cake</td>
<td>Orange Chicken, Fried Rice, Peas, Pineapple</td>
<td>National Picnic Day</td>
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<tr>
<td>20</td>
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<tr>
<td>Smothered Pork Chops, Peas, Smashed Potatoes, Cantaloupe, Corn Muffin</td>
<td>Birthday/Anniversary Meatloaf, Mashed Potatoes/Gravy, Green Beans, Oranges, Roll, Cake</td>
<td>Chicken Fried Steak, Mashed Potatoes/Gravy, Green Beans, Grapes, Biscuit</td>
<td>Salmon Loaf, Baked Potatoes, Cauliflower Cantaloupe, Breadstick</td>
<td>Swedish Meatballs/Noodles, Peas, Mixed Fruit, Roll</td>
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<tr>
<td>27</td>
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<td>30</td>
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<tr>
<td>Chicken Strips, Mac &amp; Cheese, Broccoli Salad, Watermelon, Garlic Toast</td>
<td>Chicken Fried Steak, Mashed Potatoes/Gravy, Green Beans, Grapes, Biscuit</td>
<td>Salmon Loaf, Baked Potatoes, Cauliflower Cantaloupe, Breadstick</td>
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