The wait is over!!!!!!!!

You heard me right we are opening things up a little more! I am so excited to have life in the senior center again!

Make sure you check out every page in this newsletter. It will be filled with very specific information about what will be available and what will still have to wait. Remember that changes will be small and hopefully get to progress as time goes on. Until then we will continue to do our best to make the transitions as smooth as possible.

While we celebrate this good news it is also important to take a moment and remember each and every person who gave their life serving our country. Without their sacrifices, we may not be able to celebrate the way we do. For that I am truly grateful.

Always,
Rachel
We are opening the dining room Monday, May 3, 2021!

We are excited to be opening our dining room for the first time in over a year! We have been planning and preparing for this and hope it is a smooth transition. At this time we will continue to have to-go meals with a few changes. As with everything during the pandemic, I am asking that everyone continue being patient and understand that this will be a work in progress. Things may change month to month depending on many different factors. Below are a few changes that will come with us opening.

**Dining Room Guidelines**

- No one will be allowed in the dining room before 11:00am unless they are volunteering.
- The dining room is limited to 32 diners/ 4 people per table.
- If there are ever more than 32 diners signed up for a meal, names will be drawn. Those who are not chosen to be a diner will be called and given the option to have a to-go meal or cancel.
- Coffee, water and milk will be served by a volunteer. There will be no shared items for the time being.
- We will call diners one table at a time like before to allow for proper social distancing.
- We will not be having activities for now. This includes but is not limited to Music with Dolores, Bread Bingo, and Birthday Bingo.

**To-Go Meal Guidelines**

- We will no longer be serving meals in the parking lot.
- To-go diners will need to park on 3rd street and enter through the North door of the building.
- Meals will be available for pick up between 11:45am and 12:00pm

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**Farmers Market Coupons** will be available June 1st. See page 8 for more info.

**We are opening up the dining room.** See below and page 10 for more info.

**Give Hastings Day** Thursday May 6, 2021 Please see the insert or contact the center for more information.

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Let's Eat!
OTHER SERVICES & VOLUNTEER OPPORTUNITIES

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

* Long term care 0mbudsman volunteers—Do you want to get paid six figures in S*M*I*L*E*S? Then Becoming an advocate for seniors in long-term and assisted living facilities may be for you. As a volunteer you would be going into facilities, and visit with the residents about any concerns that they may have. The appropriate candidates will be working directly with the program coordinator. Training provided free of charge after background checks are completed.

  Please contact
  Brenda McVey
  Midland Area Agency on Aging
  402-463-4565 Ext 311

* Home Delivered Meal Drivers—Do you have some free time over the lunch hour? A few individuals to help deliver home delivered meals in Adams County. This is a volunteer position with the opportunity for mileage reimbursement. Meals are delivered year round Monday–Friday (Holidays and severe weather excluded). You can deliver 1-5 days per week. All volunteers are required to pass a background test.

  Please contact
  Rachel Devlin at
  402-460-1246
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.
**Watermelon Waldorf Salad**

**Ingredients:**
- 2 cups cubed watermelon (about 1/2-inch cubes)
- 1/2 cup sliced celery
- 1/2 cup seedless red grape halves
- Dash of salt
- 1/4 cup Greek yogurt
- 2 tablespoons sliced almonds

**Instructions**
- Stir watermelon, celery and grapes together in a bowl. Just before serving, stir salt into yogurt for dressing.
- You may want to add a little water to lighten the thickness.
- Pour mixture over fruit, and stir until coated.
- Sprinkle with almonds.

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**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.

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**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

**ElderAccessLine®**

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

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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.
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
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.
Our Monthly Toenail Clinic is Tuesday, May 11, 2021

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

What are Farmers Market Coupons???
They are a part of our wonderful nutrition program that can help offset your summer food costs

How do I qualify????
Farmers’ Market coupons are available for those who meet 3 criteria:
1.) You must live in Adams County
2.) You must be at least 60 years of age by June 1, 2021
3.) Your annual income cannot exceed
   One Person Household: $23,828
   Two Person Household: $32,227

What can I use them for????
These coupons can be used to redeem fresh, nutritious, unprepared, locally owned, fruits, herbs, and honey from any Nebraska certified Vendor.

   Coupons can be used at
   ANY Farmers’ Market in the state of Nebraska.

There are limited amounts of coupons available
If you are interested in this program please call 402-460-1246. If there is no answer, please leave your NAME and PHONE NUMBER on the answering machine.

Calls will be returned in the order they were received.
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.

May Birthdays

1—Shirley McCallum
7—Dee Scott
9—Leslie Mohling
11—Helen Wigert
13—Sharon Oldham
14—Esmeralda Kee
15—Judy Bronson
16—Ethel Schukei, Iva Polland, Wanda Hartsock

19—Bill Roth
20—Keith Worley, Nola Cornell, Virginia Mikesell
25—Joann Mertens, Wauneta Schiefelbein
28—Carolyn Kassebaum, Joan Schneider
30—Jergen Loschen
31—Alex Eckert
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.

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

402-463-4565 EX. 301

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact Christine Nicholls to place an ad today!

cnicholls@4lpi.com
or (800) 950-9952 x5841

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

Edward Jones
MAKING SENSE OF INVESTING
### Meal Reservation Procedure

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**

Please confirm if your meals is Dine-In or To-Go and milk preference when placing your reservation.