Fall is right around the corner!

Football is starting, days will begin to be chillier, and leaves will start changing. Changes have been occurring at the senior center as well. Find out more about our new employees below and be sure to check out the changes happening due to Covid-19 on page 10.

The first day of fall is right around the corner. This issue has some great fall prevention tips and information.

There were 80 pencils in last month’s newsletter. Let’s look for footballs!

Terri Knoedler
Adams County Site Supervisor

Terri is a Hastings native who has 3 grown children and 4 grandkids. She enjoys gardening and being with her family.

Katelin Kenton
Nutrition/Office Assistant

Katelin is from Pocatello, Idaho. She moved to Nebraska when she was 14. She lives in Hastings with her fiancé Jonathan and their 6 year old daughter Sophia.

“One reason people resist change is because they focus on what they have to give up, instead of what they have to gain.”

Rick Goodwin
• Guidelines are constantly changing please read page 10 for all updates
• Maintenance Tai Chi is returning!!! See Page 4 for more details
• BIG RED FRIDAYS ARE BACK!!! Wear Red every Friday to help us support the Huskers!

Our Monthly Toenail Clinic is Tuesday, September 14, 2021
*Appointment times will be made for each individual. *Masks are recommended but not required *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 waiting list or the following months list.
To Schedule an appointment please call 402-460-1246
**Volunteer Opportunities**

- **Long Term Care Ombudsman 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 will be 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? We need 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 The Golden Friendship Center at 402-460-1246

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

For ad info. call 1-800-950-9952 • www.lpicommunities.com
**FITNESS FUN**

**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**
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.

Maintenance Tai Chi will return every Tuesday and Thursday beginning September 7, 2021 from 2:00–3:00pm
You MUST have completed a beginners course before attending Maintenance
We currently do not have a beginners class available

**SANITIZATION**
- **PLEASE BRING YOUR OWN WATER BOTTLE AS BEVERAGES 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.**

Although masks are not required they are walking

**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.

"Just when I begin to think life is totally meaningless, football starts again."
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.

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®
In Omaha: 402-827-5656
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.
### Each year, 3 million older people are treated in emergency departments for fall injuries. Follow these realities to help you NOT become one of the statistics.

| Myth 1: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence. |
| Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling. |
| Myth 2: Falling is something normal that happens as you get older. |
| Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall. |
| Myth 3: If I limit my activity, I won't fall. |
| Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health. |
| Myth 4: As long as I stay at home, I can avoid falling. |
| Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps. |
| Myth 5: Muscle strength and flexibility can't be regained. |
| Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls. |
| Myth 6: Taking medication doesn't increase my risk of falling. |
| Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications. |
| Myth 7: I don't need to get my vision checked every year. |
| Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral. |
| Myth 8: Using a walker or cane will make me more dependent. |
| Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use. |
| Myth 9: Falling happens to other people, not to me. |
| Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S. |
| Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling. It will hurt their feelings, and it's none of my business. |
| Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam. |
INGREDIENTS

- 4 tablespoons Unsalted butter (plus more for greasing)
- 1 Onion (finely chopped)
- 2 teaspoons Thyme (minced)
- 4 cups Corn Kernels (frozen, about 20 ounces, thawed)
- ½ cup Stone-Ground Cornmeal
- add Kosher Salt (and freshly ground pepper)
- 5 Large Eggs
- 3 cups Half-And-Half
- 1 cup Sharp White Cheddar Cheese (shredded)

How to Prepare

1. Preheat the oven to 350°. Butter a 9-by-13-inch shallow ceramic baking dish. In a large skillet, melt the butter. Add the onion and thyme and cook over moderate heat until the onion is softened, about 8 minutes. Remove from the heat. Add the corn and cornmeal and toss to combine. Season with salt and pepper and let cool.

2. In a large bowl, whisk the eggs with the half-and-half. In a blender or food processor, combine 1 cup of the custard with 1 cup of the corn mixture and puree until smooth. Whisk the puree into the custard. Then stir in the corn mixture, cheese, 2 teaspoons of salt and 1/2 teaspoon of pepper until well blended.

3. Spread the mixture in the prepared baking dish and bake for about 40 minutes, until the pudding is slightly puffed and just starting to brown. Let stand for 10 minutes before serving.
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

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

Congregate meals are served in a group setting. Often times activities, educational programming and entertainment are offered. Participants have the opportunity to socialize while enjoying nutritionally balanced meals in a comfortable and welcoming environment.

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.

CONGREGATE MEAL UPDATE

- Dining room is limited to 6 people per table
- Although masks are not required they are highly recommended
- Diners can come into the dining room at any time
- We will continue to have a volunteer serving Coffee and water.
- All volunteers and staff will have to wear masks when serving food.

TO-GO MEAL UPDATE

- At this time we will still serve to-go meals.
- Meals will be available at the North door at 11:45 each day.
- If you come before 11:45 we ask that you wait in the gym and not the dining room.
- Please park on 3rd street and use the north door to pick up your meals.

WHAT WILL THIS COST ME?
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

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**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.

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**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,

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**AVAILABLE FOR A LIMITED TIME!**

**ADVERTISE HERE NOW!**

Contact Christine Nicholls to place an ad today!

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

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**Edward Jones**

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frank.musalek@edwardjones.com

**Making Sense of Investing**

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

Golden Friendship Senior Center, Hastings, NE

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<thead>
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<td>Roast Beef, Mashed Potatoes/Gravy, Beets, Honeydew, Roll, Cookie</td>
<td>Chicken Fried Steak, Mashed Potatoes/Gravy, Corn, Applesauce, Roll Banana Bar</td>
<td>9 Site Council Meeting <strong>9am</strong></td>
<td>10 Lemon Pepper Chicken, Mac&amp;Cheese, Roll, Cauliflower, Cantaloupe, Peach Crisp</td>
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<td><strong>Maintenance Tai Chi 2-3pm</strong></td>
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<td>Goulash, Corn, Peaches, Breadstick, Ice Cream Bar</td>
<td><strong>Music With Dolores</strong></td>
<td><strong>BIRTHDAY &amp; ANNIVERSARY</strong></td>
<td>Ham &amp; Beans, Smashed Potatoes, Roasted Zucchini, Watermelon, Corn Muffin</td>
<td>Salisbury Steak, Mashed Potatoes/Gravy, Carrots, Cantaloupe, Roll, Brownie</td>
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<td>Swiss Steak, Baked Potatoes, Green Beans, Cantaloupe, Biscuits, Birthday Cake</td>
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<td>Root Beer Ham, Au Gratin Potatoes, Cauliflower, Roll, Cookie</td>
<td>Chicken Strips, Mac&amp;Cheese, Broccoli Salad, Watermelon, Garlic Toast Bread Bingo</td>
<td>Smothered Pork Chops, Mashed Potatoes/Gravy, Corn, Grapes, Roll, Jell-O-Cake</td>
<td>Chicken &amp; Noodles, Mashed Potatoes, Green Beans, Cantaloupe, Biscuit</td>
<td>Swedish Meatballs/ Noodles, Peas, Mixed Fruit, Roll, Brownie</td>
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Orders MUST be received by 2pm the day before. To order meals please call (402) 460-1246.