NATIONAL BULLYING AWARENESS MONTH

Do you remember the school yard bully? Many people think that bullying ends when children grow into adults, but actually bullying has no age limit. It is not uncommon that bullying rears its ugly head in senior centers too.

I know what you are thinking “This doesn't happen in our center!” Often times we are unaware of the discreet bullying that may be happening right before our eyes.

To really understand we must ask ourselves

“What does bullying in a senior center look like?”

Bullying is defined as a form of aggressive behavior in which someone intentionally causes another person injury or discomfort, BUT bruises do not need to be seen to prove bullying is happening.

Bullying has many forms. Verbal abuse such as yelling or insults, physical abuse such as hitting or kicking, Social cliques not including others and spreading rumors, and sexual harassment or unwanted advances.

Awareness and advocacy is the first step in addressing the growing problems. Please Be Kind to one another, and help each other.

If you yourself feel you are being bullied or if you observe someone else being bullied report any problems to someone that can help.

Lets Remember that kind words are sweet and Healthy for everyone's Soul.

This month lets look for the cats!
• Guidelines are constantly changing please read page 10 for all Meal updates
• Everyone who comes to the center for a meal or activity MUST take their temperature
• If you are showing signs of illness or have a fever over 100.4 you will be asked to leave the building. It is important we all do our part to keep the center open.

**10 POINT PITCH**
Tuesday, October 5, 2021
1:15-3:30pm

Tuesday, October 19, 2021
1:15-3:30pm

**BRIDGE**
We have tables available for Bridge every Tuesday from 1-3:30 for anyone wanting to play.

**Our Monthly Toenail Clinic is Tuesday, October 12, 2021**

*Appointment times will be made for each individual.  *Masks are recommended but not required  *Please do not come if your are ill *Temperatures will be taken for every participant.

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
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

**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 HIGHLY RECOMMENDED

**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

**Maintenance Tai Chi**
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

**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.

**Tai Chi: Moving for Better Balance**
Tai Chi is considered a great exercise for all ages due to its low-impact nature and its ability to improve overall health. It is especially beneficial for those with limited mobility or joint pain as it can be performed seated or standing. Tai Chi movements are slow and controlled, focusing on breath control and mindfulness.

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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.
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

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**HALLOWEEN FUN FACTS**

- When trick-or-treating first became popular in the United States in the 1800s, more children played mischiefful pranks than asked for candy. By the 1950s, the focus had switched to good old family fun, with children dressed in costumes.

- Fifty percent of kids prefer to receive chocolate candy for Halloween, compared with 24% who prefer non-chocolate candy and 10% who preferred gum.

- The owl is a popular Halloween image. In medieval Europe, owls were thought to be witches, and to hear an owl’s call meant someone was about to die.
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.
Come goblins, ghouls, and witches and join us for our annual Halloween Party and Costume Contest!!!!!

Friday, October 29, 2021
11:30

Prizes for best Male & Female Costumes

Space is limited so reserve your spot early!
MUMMY DOGS

Ingredients:
• 1 can refrigerated Crescent Rolls (8 Count)
• 2 1/2 slices American cheese, quartered
• 10 hot dogs
• Cooking spray
• Mustard or ketchup, if desired

Instructions:
1. Heat oven to 375°F.
2. Unroll dough; separate at perforations, creating 4 rectangles. Press perforations to seal.
3. With knife or kitchen scissors, cut each rectangle lengthwise into 10 pieces, making a total of 40 pieces of dough. Slice cheese slices into quarters (1/2 slice cheese, cut in half).
4. Wrap 4 pieces of dough around each hot dog and 1/4 slice of cheese to look like "bandages," stretching dough slightly to completely cover hot dog. About 1/2 inch from one end of each hot dog, separate "bandages" so hot dog shows through for "face."
5. On ungreased large cookie sheet, place wrapped hot dogs (cheese side down); spray dough lightly with cooking spray.
6. Bake 13 to 17 minutes or until dough is light golden brown and hot dogs are hot. With mustard, draw features on "face."
**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.

**Midland Area Agency on Aging**

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

402-463-4565 EX. 301

**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.

**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@lpicommunities.com or (800) 950-9952 x5841
<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><strong>Orders MUST be received by 2pm the day before.</strong></td>
<td><strong>To order meals please call (402) 460-1246</strong></td>
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<td>4</td>
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<tr>
<td>Baked Steak, Mashed Potatoes/Gravy Corn, Peaches, Roll, Fruit Crisp</td>
<td>Chicken Parmesan, Au Gratin Potatoes, Carrots, Grapes, Cheesy Bread, Brownie</td>
<td>Tater Tot Casserole, Green Beans, Honeydew, Roll</td>
<td>Churrasco Pork, Mashed Potatoes/Gravy, Roasted Squash, Cantaloupe, Roll</td>
<td>Salmon Loaf, Cheesy Hashbrowns, Peas, Fruit Salad, Biscuit</td>
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<tr>
<td><strong>FROGS 3-4</strong></td>
<td><strong>Bread Bingo 10pt Pitch &amp; Bridge 1-3:30pm Maintenance Tai Chi 2-3pm</strong></td>
<td><strong>FROGS 3-4</strong></td>
<td><strong>Blood Pressure Self Monitoring Class 1-2:30pm Maintenance Tai Chi 2-3pm</strong></td>
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<td>Closed Columbus Day</td>
<td>Music With Dolores Turkey, Mashed Potatoes/Gravy, Green Bean Casserole, Cranberry Sause, Roll, Pumpkin Pie</td>
<td>Seasoned Leg Quarters, Au Gratin Potatoes, Roasted Zucchini, Oranges, Roll</td>
<td>Site Council Meeting 9am Egg Casserole, O’Brien Potatoes, Sausage Links, Pancakes, Applesauce, Coffee Cake</td>
<td>Beef Stroganoff, Peas, Grapes, Roll, Fruit Crisp</td>
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<td><strong>FROGS 3-4</strong></td>
<td><strong>Bread Bingo Bridge 1-3:30pm Maintenance Tai Chi 2-3pm</strong></td>
<td><strong>BINGO Following Lunch</strong></td>
<td><strong>FROGS 3-4</strong></td>
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<td>Root Beer Ham, Au Gratin Potatoes, Corn, Grapes, Roll</td>
<td>Orange Chicken, Fried Rice, Peas, Pineapple, Biscuit, Lemon Bar</td>
<td><strong>BIRTHDAY &amp; ANNIVERSARY</strong> Chicken Fried Steak, Mashed Potatoes/Gravy, Green Beans, Oranges, Roll, Cake</td>
<td>BBQ Chicken, Cheesy Hashbrowns, Broccoli, Applesauce, Cheese Bread, Pie</td>
<td>Roast Beef, Mashed Potatoes/Gravy, Beets, Honeydew, Roll</td>
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<td>Hot Dog, Potato Wedges, Cucumber Salad, Cantaloupe</td>
<td>Pork Loin, Mashed Potatoes/Gravy, Mixed Veggies, Strawberries/Bananas, Roll, Fruit Crisp</td>
<td>Lemon Pepper Chicken, Baked Potato, Roasted Veggies</td>
<td>Beef &amp; Noodles, Carrots, Pears, Roll</td>
<td><strong>Halloween Party!!!</strong> Zombie Head (Meatloaf), Mashed Potatoes/Gravy, Witches Fingers (Asparagus) Eyeballs (Grapes, Roll Graveyard Cake</td>
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