Thanksgiving is a time to be grateful!! And that should Make Everyone Happy!
Maybe one of your traditions is to have everyone say what they are Thankful for before you eat your Meal, and before you say your Blessings.
We all love the delicious food and desserts too, but just being with our Family and love ones makes us so Grateful for all the Love we have been blessed with.
I have read the translation of “gratitude is not giving thanks but recognizing the good.”
So Everyone Have a Happy Thanksgiving this Year, and I wish all a Blessed Day.
ANNOUNCEMENTS

- Guidelines are constantly changing please read page 10 for all updates
- The Golden Friendship Center and all Adams County Programs will monitor weather conditions closely. In the event of severe weather we will close the office building. If we do close, there will be NO services OR Home Delivered Meals.
  *Please watch your local TV stations for closings. Look for “The Golden Friendship Center”

10 POINT PITCH

Tuesday, November 2, 2021
1:00-3:30pm

Tuesday, November 16, 2021
1:00-3:30pm

BRIDGE

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

Our Monthly Toenail Clinic is Tuesday, November 9, 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

Join us as we celebrate our Veterans on Wednesday, November 10th
Special recognition before the meal.

Thanksgiving Meal Tuesday, November 23, 2021

To-Go will start serving at 11:45
Dining Room Served at 12:15.
Get you name on the list because spaces fill up fast!
**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

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**Contact Christine Nicholls to place an ad today!**

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

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**WE’RE HIRING**

**AD SALES EXECUTIVES**

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- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community

Contact us at careers@4lpi.com
www.4lpi.com/careers
**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

**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 is every Tuesday and Thursday 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.

"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"
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

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

Why was the Thanksgiving soup so expensive?
It had 24 carrots.
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 whom 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
Medicare Part D
SHIIP
OPEN ENROLLMENT
Starting October 15th

It's time to get your insurance check up!

Due to the risk of Covid-19 there will be limited open enrollment events or walk-in services in our region.
If you need assistance evaluating plans
WE ARE HERE TO HELP.

Midland Area Agency on Aging will be providing services to anyone needing help with their Medicare Part D Plans.
Appointments are required and will be completed over the telephone or if necessary, in person.
Please contact us today to schedule an appointment

SCHEDULE YOUR APPOINTMENT TODAY
402-463-4565 ext 300
Monday—Friday
8 AM-5 PM
EASY ZUCCHINI BREAD

Ingredients

3 Eggs
1 cup Vegetable Oil
2 teaspoons Vanilla
2 cups Sugar
2 cups Zucchini (grated)
3 cups Flour
¾ teaspoon Salt
1 teaspoon Baking Soda
3 teaspoons Cinnamon
¾ teaspoon Baking Powder
1 cup Unsweetened Applesauce

Instructions

1. Preheat your oven to 350 degrees and grease two bread loaf pans.
2. Peel your zucchinis and then put them through your food processor.
3. In a mixer mix your eggs, sugar, vanilla, and oil.
4. Add in to the mixture next in your applesauce and zucchini.
5. Next add in the flour, baking soda, baking powder, salt, and cinnamon.
6. Allow to blended till mixed well. The zucchini will stick to your whisk, that is completely normal when you go to pour this into your bread pans.
7. This bread batter tends to be runny so it's normal to seem liquidy.
8. Pour into 2 well greased and floured loaf pans. Bake at 350 degrees for 1 hour or until a toothpick inserted in center of bread comes out dry.
9. Cool on wire baking racks be-
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.

**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.

**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

CONTACT CHRISTINE NICHOLLS TO PLACE AN AD TODAY!

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

**ADT-MONITORED HOME SECURITY**

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

1-855-225-4251

**F RANK M U S A L E K**

402-463-0631

630 W. 2nd St. Hastings, NE 68901

frank.musalek@edwardjones.com

Edward Jones

MAKING SENSE OF INVESTING
<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>Smothered Pork Loin, Mashed Potatoes/Gravy, Green Beans, Oranges, Breadstick</td>
<td>2 Monterey Chicken, Roasted Potatoes, Roll Zucchini, Cantaloupe, Cookie</td>
<td>3 Hamburger Steak, Mashed Potatoes/Gravy, Carrots, Peaches, Roll, Fruit Crisp</td>
<td>5 Seasoned Chicken Quarters, Wild Rice, Creamed Peas, Roll Bananas, Dessert Bar</td>
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<td>Bread Bingo 10pt Pitch &amp; Bridge 1-3:30pm Maintenance Tai Chi 2-3pm</td>
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<tr>
<td>8</td>
<td>Chili, Crackers, Mixed Veggies, Honeydew, Cinnamon Roll</td>
<td>9 Chicken Alfredo, Broccoli, Mixed Fruit, Cheesy Bread, Pie Bread Bingo Bridge 1-3:30pm Maintenance Tai Chi 2-3pm</td>
<td>10 Chicken Fried Steak, Mashed Potatoes/Gravy, Green Beans, Pears, Roll, Cheesecake</td>
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<tr>
<td>15</td>
<td>Hamburger Gravy, Smashed Potatoes, Peas, Peaches, Biscuits Dessert Bar</td>
<td>16 Music With Dolores Baked Ham, Scalloped Potatoes, Carrots, Grapes, Roll Bread Bingo Bridge 1-3:30pm Maintenance Tai Chi 2-3pm</td>
<td>17 BIRTHDAY &amp; ANNIVERSARY Baked Steak, Mashed Potatoes/Gravy, Corn, Oranges, Roll, Cake BINGO Following Lunch</td>
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<td>22</td>
<td>Seasoned Chicken Breast, Au Gratin Potatoes, Pea Salad, Pears, Biscuit</td>
<td>23 Thanksgiving Celebration Turkey, Dressing, Mashed Potatoes/Gravy, Green Beans, Roll, Pumpkin Pie, Roll Bread Bingo Bridge 1-3:30pm Maintenance Tai Chi 2-3pm</td>
<td>24 Pasta Stefano, Tossed Salad, Grapes, Cheesy Bread, Fruit Crisp</td>
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<td>29</td>
<td>Pork Chops, Mashed Potatoes/Gravy, Mixed Veggies, Mandarin Oranges, Roll</td>
<td>30 Lasagna, Cheesy Cauliflower, Grapes, Cheesy Bread, Tiramisu Bread Bingo Bridge 1-3:30pm Maintenance Tai Chi 2-3pm</td>
<td>1 BBQ Chicken Quarters, Au Gratin Potatoes, Cream Cheese Corn, Cantaloupe, Roll</td>
<td>3 Seasoned Pork, Macaroni Salad, Baked Beans, Fruit Glaze Salad, Roll, Cookie</td>
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Orders MUST be received by 2pm the day before. To order meals please call (402) 460-1246