

# Perkins County Senior Center News

## August

420 Central Avenue

PO Box 314

Grant, NE 69140

308-352-4236 Grant

Perkins County Public Transit 308-352-4597

[www.pcsenior.org](http://www.pcsenior.org)

[pcsenior@gpcom.net](mailto:pcsenior@gpcom.net)

## 2018

**Executive Director:**

Trish Jimenez

**Lead Cook:**

Lisa Resor

**Kitchen Staff:**

Joyce Hightower

Kelan Sis

**Housekeeping:**

Jasmine Schulze

**Board Members:**

Kris Jaques

Nancie Peterson

Marian Robertson

Joyce Hightower

Dan Wallin

Katy Miyamoto

Nancy Reynolds

**Meal Providers:**

Tin Can Diner (Venango)

**Bus Driver:**

Heather Hampton

DeAnna Schulze



The Perkins County Senior Centers are sponsored by West Central Area Agency on Aging, (WCAAA) which provides partial funding for meal programs and related activities. The Centers are a non-profit organization operating under a 501c3 tax exempt status. The purpose is to provide a nutritious meal and countless hours of activities and entertainment Monday ~ Friday 9 am to 4 pm. For person 60 years of age and older the suggested contribution rate is \$4.50 per meal, guests under 60 will be charge \$6.00. Home delivery is calculated according, adding \$.25.

# Thank you to the Local Businesses who Sponsor Perkins County Senior Centers

## Grant

Adams Bank & Trust

Birthday Cakes - Grant

Pinnacle Bank

Birthday Meals - Grant

Valley Bank & Trust

Anniversary Meals - Grant

Grant Tribune Sentinel

Newspaper - Grant

United Methodist Church

Postage for Bulk Mailers

Hatch's Super Foods

Kitchen Supplies - Grant Donations for Fund Raisers

## Madrid

Adams Bank & Trust

Village of Madrid

## Elsie

Hi Line Coop

Sandhills State Bank

## Venango

Tin Can Diner

Help with all Fund Raisers & Meal Site - Venango



# Activity Calendar

# August, 2018

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



	<p>1 Rotary Program 12:30</p>	<p>2 Rotary Program 12:30</p>	<p>3 Bunco Pie Friday</p>
<p>6 8:30 - Board Mtg 10:30 - Thrift Shopp Meeting 1:00 Card Party</p>	<p>8 Rotary Program 12:30 Foot Clinic 12:00</p>	<p>10 Bunco Birthday Dinner</p>	<p>17 Bunco Anniversary Dinner</p>
<p>13  </p>	<p>14 Venango Day 12:00 - Madrid Meal</p>	<p>15 Rotary Program 12:30</p>	<p>16 Chamber 12:00</p>
<p>20 1:00 Card Party</p>	<p>21 Venango Day Bingo - 12:30</p>	<p>22 Rotary Program 12:30</p>	<p>23 Bunco Pie Friday</p>
<p>27  </p>	<p>28 Venango Day 12:00 - Madrid Meal</p>	<p>29 Rotary Program 12:30</p>	<p>30  </p>
			<p>31 Bunco Pie Friday</p>

# Grant Senior Center Menu

August, 2018

(Menu subject to change)

Mon	Tues	Weds 1	Thurs 2	Fri 3
		Pork Roast Baked Potato Broccoli Bread Dessert	Waffles Sausage & Egg Casserole Fresh Veggies Fresh Fruit	Chicken Ala King Biscuits Mixed Veggies Pie
6	7	8	9	Birthday 10
Baked Ziti Italian Veggies Garlic Bread Dessert	BBQ Pork Sandwich Tater Tots Wax Beans Dessert	French Dip Potato Wedges Mixed Veggies Dessert	Beer Battered Cod Herb Rice Peas Roll Dessert	Chicken Pattie Mashed Potato Gravy Corn Roll Birthday Cake
13	Madrid Meal 14	15	16	Anniversary 17
Turkey Salad Mac Salad Fresh Veggies Fresh Fruit	Roast Beef Mashed Potato Gravy Green Beans Roll Dessert	Pork Steak Mashed Potato Gravy Corn Roll Dessert	Oven Fried Chicken Potato Salad Baked Beans Bread Dessert	BBQ Ribs French Fries Broccoli & Cauliflower Roll Anniversary Cake
20	21	22	23	24
Ham & Beans Cornbread Fresh Veggies Cheese Stick Dessert	Fish Cucumber & Tomato Salad Hash Brown Pattie Bread, Dessert	Ham Balls Scalloped Potato Italian Blend Veggies Garlic Bread Dessert	Chicken Lasagna Peas Garlic Bread Dessert	French Toast Fried Ham Fresh Veggies Fresh Fruit
27	Madrid Meal 28	29	30	31
Beef Salad Potato Salad Broccoli Salad Fresh Fruit	Turkey Mashed Potato Gravy Carrots Bread Dessert	Oven Fried Chicken Mashed Potato Gravy Peas Bread, Dessert	Hamburgers Baked Beans Hash Brown Pattie Dessert	Chicken Strips Fresh Veggies French Fries Roll Pie

Salad Bar Available Daily

Suggested Contribution 60+ or spouse - \$4.50

Under 60 - \$6.00

## ADVANCE DIRECTIVES

### Avoid confusion: let others know what you want.

Advance directives explain how you want medical decisions to be made when you're too ill to speak for yourself. These legal documents tell your family, friends, and health care professionals: **WHAT KIND OF HEALTH CARE YOU WANT** and **WHO YOU WANT TO MAKE DECISIONS FOR YOU**.

### Types of advance directives:

A health care proxy is a document that names someone you trust to make health decisions if you can't. This is also called a durable power of attorney.

A living will tells which treatment you want if your life is threatened, including

- Dialysis and breathing machines
- Resuscitation if you stop breathing or your heart stops
- Tube feeding
- Organ or tissue donation after you die.

Choose someone who will understand and be able to carry out your wishes even if they include stopping life-sustaining treatment. You should also name a back-up agent to make decisions, in case the first person is not able to do so.

### How to get advance directives:

Get an advance directive from any of these:

- Your health care provider
- Your attorney
- Your local Area Agency on Aging
- Your state health department



### What to do with your advance directives:

- Keep the original copies of your advance directives where you can easily find them.
- Give a copy to your health care proxy, health care providers, hospital, nursing home, family, and friends.
- Carry a card in your wallet that says you have an advance directive
- Review your advance directives each year.

West Central Nebraska Area Agency on Aging, North Platte, NE 69101, 800-662-2961 or 308-535-8195

## Fun Facts about the Month of August

What hidden meanings lie behind August, also known as the "holiday month", the final month of summer.

- ⇒ The birthstones for August are the peridot and the sardonyx.
- ⇒ The zodiac signs for August are Leo (July 23 – August 22) and Virgo (August 23 – September 22)
- ⇒ August in the Northern Hemisphere is similar to February in the Southern Hemisphere.
- ⇒ August's flower is the gladiolus. The flower was discovered in Africa in the 17-18th centuries and was initially used as food (don't try this at home!).
- ⇒ The name "August" was given by Roman emperor August, in 8BC. Until then, the Romans called August "Sextilis" meaning the sixth month of their calendar. Augustus claimed this month his own because most of his victories occurred during August. Many other versions of the name designate this month as Harvest Month.
- ⇒ Famous birthdays in August include Barack Obama, Herman Melville, Hulk Hogan, Mila Kunis, Jennifer Lawrence, Ben Affleck, Madonna, Robert DeNiro, Peter O'Toole and Cameron Diaz.



# U.S. Landmarks

H	S	F	O	D	I	S	N	E	Y	W	O	R	L	D
J	T	W	S	T	L	O	U	I	S	A	R	C	H	L
U	A	S	A	M	T	R	U	S	H	M	O	R	E	A
A	T	W	I	L	L	I	A	M	S	B	U	R	G	K
L	U	M	R	U	W	Q	P	L	B	C	T	R	U	E
A	E	Y	O	S	E	M	I	T	E	N	E	E	T	T
M	O	R	Q	D	X	Z	R	U	M	X	S	D	E	A
O	F	T	C	A	P	E	C	O	D	E	I	B	S	H
R	L	L	D	R	Y	I	M	D	H	H	X	V	V	O
U	I	E	S	Y	E	L	L	O	W	S	T	O	N	E
Y	B	B	T	S	F	A	F	G	U	I	Y	S	W	E
T	E	E	V	V	D	M	T	G	H	J	S	A	D	T
G	R	A	N	D	C	A	N	Y	O	N	I	D	G	Y
R	T	C	S	E	R	U	F	O	P	U	X	G	T	U
D	Y	H	D	G	D	I	S	N	E	Y	L	A	N	D

Alamo  
Cape Cod  
Disneyland  
Disneyworld  
Grand Canyon

Lake Tahoe  
Maui  
Mt Rushmore  
Myrtle Beach  
Route Sixty Six

Statue of Liberty  
St Louis Arch  
Williamsburg  
Yellowstone  
Yosemite





## August Birthdays

1st	Letha Oldaker	16th	Katherine Woodhead
5th	Ascencion Arias	17th	Judith Gollner
8th	Thomas Schroder		Marilyn Regier
9th	Nancy Burge	22nd	Delores Sexson
10th	Lucille Foster	29th	Kay Bengé
11th	Gloria Patrick	30th	Duane Russell
	Judy Tickle		

★ **HAPPY** ★  
**BIRTHDAY!**

Mark your  
calendar!!

Card Party will be  
held at 1pm on

Monday

August 6th & 20th

Everyone is invited!!

BUNCO

Every Friday before lunch!!

Come & Join in  
on the Fun!!



**BINGO!!**

TUESDAY, AUGUST 21ST

BINGO WILL BE HELD ON THE 3RD TUESDAY OF THE  
MONTH AT **12:30 P.M.**,

COME ON DOWN AND ENJOY!!!

FREE TO PLAY!!! LOTS OF FUN PRIZES!!!



The Thrift Shop is  
**OPEN**

We have what you need for "Back To School"  
plus LOTS of other great items and gifts!!

Normal Business Hours are:

Saturday, August 4th 9am - 1pm,

(1st Saturday of the Month)

Mondays 1 - 4pm and

Tuesday thru Friday 9am - 4pm



We are currently searching for individuals that would like to Volunteer at the Senior Center.

We are in need of someone who would be willing to deliver meals once a week to the homebound. We are also in need of people that would be willing to work the desk at the center occasionally.

If you are someone you know might be interested, please call us at 308-352-4236 or stop by the center at 420 Central Avenue.



# June Volunteers

**We Couldn't Do It Without YOU!! Great Job!!**

## Center

Idonna Deaver	10 Hours
Nancie Peterson	9.75 Hours
Kevin Tickle	9 Hours
Lorene Mercier	7.75 Hours
Ellen Gillett	6 Hours
David Peterson	4 Hours
Gloria & Ron Patrick	1.5 Hours
DeAnn Zwickl	1 Hour

That's a Total of  
400.25 Volunteer  
Hours in the  
Month of June!!

## Thrift Shoppe

Barb Van Horn	23.5 Hours	Deb Hansen	13 Hours
Pauline Zwick	21 Hours	Lou Tietjen	12.75 Hours
Cindy Salsman	20.25 Hours	Lois Gaston	12.5 Hours
Holly Cornelius	20 Hours	Doris Olsen	8 Hours
Jean Gregg	18.5 Hours	Bonnie Taubenheim	6 Hours
Charlotte Kumor	17.5 Hours	Rubydell Bogaert	6 Hours
Shari Sexson	17.5 Hours	Shari Friedel	5.5 Hours
Pat Wilson	17.25 Hours	Loretta Armbruster	5 Hours
Pennie Reese	16 Hours	Norma Hamm	3.5 Hours
Virginia Deaver	16 Hours	Kay Benge	3.5 Hours
Roxie Lampmann	15.5 Hours		
Pat Schipper	15 Hours		
Donna Lundvall	15 Hours		
Joyce Hightower	14.5 Hours		
Garnett Tempelton	14 Hours		
Lorryley Rice	14 Hours		



# Verango - August



Menu Tuesday, August..

7th: Fried Chicken, Mashed Potato, Gravy, Corn, Pears, Chocolate Cake

14th: BBQ Ribs, Baked Potato, Mixed Veggies, Baked Apple, Birthday Cake

21st: Chicken Salad, Coleslaw, Mac Salad, Strawberries, Angel Delight

28th: Roast Beef, Mashed Potato, Gravy, Green Beans, Watermelon, Peach Cobbler

Also Available: Juice, Saltines, Wheat Crackers, Club Crackers, Graham Crackers, Peanut Butter, Fruit & Wheat Bread, Salad Bar.

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**Thanks Tin Can!!**



## Lunch in Madrid!!



Join us for lunch in Madrid on  
Tuesday, August 14th and August 28th  
at 12:00 noon  
at the Madrid Community Center.



Please RSVP to Nancie Peterson at 308-326-4292  
by 12 noon the day before.

