

# PERKINS COUNTY SENIOR CENTER NEWS

APRIL

2019

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)

**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

Juan Bazan

**Bus Driver:**

DeAnna Schulze

Kris Jaques

Ronda Hutt



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

**Sandhills State Bank**

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**

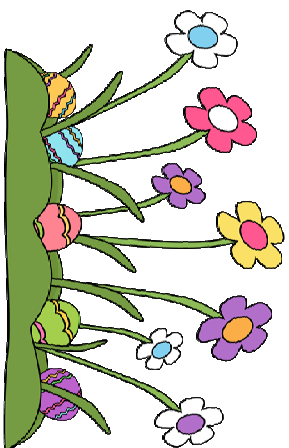


The Senior Center welcomes all types of contributions. We would love to visit with you about sponsorship. We are currently looking for a generous business or individual that would sponsor the salad bar each month.

We also always welcome donations of paper products, and cleaning supplies.

**THANK YOU** for your generosity!!

# Activity Calendar



# April, 2019

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1 1:00 Card Party	2	3 Rotary Program 12:30	4 6:30 pm Bingo & Pie (see pg. 5)	5 Bunco Pie Friday 2:30 - 3:30 Tai Chi
8 8:30 Board Meeting 10:30 TS Meeting 2:30 - 3:30 Tai Chi	9 12:00 - Madrid Meal	10 Rotary Program 12:30 Foot Clinic 12:00	11 2:30 - 3:30 Tai Chi	12 Bunco Birthday Dinner
15 1:00 Card Party	16 12:00 - Venango Meal Bingo - 12:30 2:30 - 4:30 Tai Chi	17 Rotary Program 12:30	18 Chamber - 12:00	19 Bunco Anniversary Dinner 2:30 - 3:30 Tai Chi
22 2:30 - 3:30 Tai Chi	23 12:00 - Madrid Meal	24 Rotary Program 12:30	25	26 Bunco Pie Friday 2:30 - 3:30 Tai Chi
29 2:30 - 3:30 Tai Chi	30			

# Grant Senior Center Menu

April, 2019

(Menu subject to change)

Mon 1	Tues 2	Weds 3	Thurs 4	Fri 5
Ham & Beans Corn Bread Fresh Veggies Cheese Stick Dessert	Chicken Strips Mashed Potato Gravy Peas Roll Dessert	French Dip Potato Wedges Green Beans Dessert	Walking Tacos Fresh Veggies Dessert	Beer Battered Cod Rice California Veggie Pie
8	Madrid Meal 9	10	11	Birthday 12
Ruben Casserole Hash Brown Pattie Summer Blend Dessert	Ham Balls Au Gratin Potato Green Beans Roll Dessert	Oven Fried Chicken Mashed Potato Gravy Corn Biscuit, Dessert	Beef Fajitas Refried Beans Stir Fry Veggies Dessert	Tuna Salad Potato Salad Coleslaw Birthday Cake
15	Venango Meal 16	17	18	Anniversary 19
Chicken Parmesan Wax Beans Baked Potato Bread Dessert	Pot Roast Carrots & Celery Potato Roll Dessert	Chicken Lasagna Garlic Bread Broccoli Dessert	Pork Cutlet Baked Sweet Potato Green Beans Bread Dessert	Fish Baked Potato Asparagus Bread Anniversary Dessert
22	Madrid Meal 23	24	25	26
Hot Dogs French Fries Baked Beans Dessert	Oven Fried Chicken Mashed Potato Gravy Corn Roll, Dessert	Smothered Pork Baked Potato Peas Roll Dessert	Liver & Onions Mashed Potato Gravy Beets Bread Dessert	Breakfast Casserole Fresh Fruit Cinnamon Roll Peach Pie
29	30			
Seasoned Chicken Baked Potato Mixed Veggies Roll Dessert	Beef & Noodles Mashed Potato Green Beans Bread Dessert			

Salad Bar Available Daily

Suggested Contribution 60+ or spouse - \$4.50

Under 60 - \$6.00





JOIN PINNACLE BANK FOR

\*\*\* Family \*\*\*

# BINGO NIGHT

**THURSDAY, APRIL 4<sup>th</sup> • 6:30-8:00 P.M.**  
PERKINS COUNTY SENIOR CENTER

- \$0.25 per game
- Popcorn and drinks will be available
- Pies will also be for sale

*All proceeds from the night will go to the Perkins County Senior Center.*



THE WAY BANKING SHOULD BE

GRANT 345 Central Avenue, 308.352.4131



MEMBER FDIC



THE PERKINS COUNTY SENIOR CENTER WILL BE SELLING SLICES OF HOMEMADE PIE DURING THE FAMILY BINGO NIGHT FOR \$2.00 PER SLICE ICE CREAM INCLUDED!!

**If you would like to donate a pie, please let us know by calling 308-352-4236 or stop by the Center to sign up,**

## MEDICARE & GENETIC TESTING

### Is genetic testing covered by Medicare?

As long as Medicare is the patient's primary insurance, and the test is deemed medically necessary, it is currently covered by Medicare with no co-pay or deductible.

**Screening services**, such as pre-symptomatic genetic test and services, are those used to detect an undiagnosed disease or disease predisposition, and as such are **not a Medicare benefit and not covered by Medicare**. Similarly, Medicare may not reimburse the costs of tests/examinations that assess the risk for and/or of a condition unless the risk assessment clearly and directly effects the management of the patient.

**How could this be Medicare fraud or abuse?** When an individual offers to provide an educational session to a group of seniors, takes their Medicare number, then does a DNA swab, this does not meet Medicare's criteria of medical necessity. They are offering a service to the general population without determining actual need and they are doing it outside the guidance of the Medicare beneficiary's own physician. They are abusing the Medicare system by billing for services that are not reasonable or necessary. They could potentially be committing fraud by billing Medicare for services they know are not necessary.

If you have been offered a DNA genetic test from a source outside of your doctor's office, you may want to proceed with caution before accepting this test, because this type of testing could be used to commit Medicare fraud and/or abuse.

If you are interested in receiving a DNA genetic test you should discuss this with your doctor or healthcare practitioner, as they are the best equipped to determine if you need or can benefit for this type of testing.

If you have received DNA testing from individuals promoting genetic testing of Medicare patients through educational sessions at a senior center or retirement community and would like to discuss this further, you are encouraged to contact your local Nebraska SHIIP office, which also administers the Senior Medicare Patrol (SMP) program, helping to identify and report possible Medicare fraud, error or waste.

West Central NE Agency on Aging  
308-535-8195 / 800-662-2961

# BINGO!!

Tuesday, April 16th

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!!!



Mark your calendar!!

Card Party will be  
held at 1pm on  
Monday  
April 1st & 15th

# BUNCO

Every Friday before  
lunch!!

Join in on the Fun!!



## April Birthdays

3rd	Darlene Stinette	16th	Brad Keuten
4th	Garnett Templeton	19th	Donna Lundvall
7th	Clyde Barry	20th	Barb Van Horn
8th	Joyce Salsman	23rd	Pat Schipper
10th	Leynae Rutter	24th	Kathy Dolezal
12th	Diana Maupin	28th	CJ Rezac
13th	Gladys Tharp		Sylvia Regier
	Catherine Pierce	30th	Joyce Manhalter

Anyone who is celebrating a Birthday in April is invited to join us for a FREE lunch and Birthday Cake on Friday, April 12th anytime from 11am - 1pm.



## The Thrift Shop is *OPEN*

*Normal Business Hours are:*

*Saturday, April 6th 9am - 1pm,*

*(1st Saturday of the Month)*

*Mondays 1 - 4pm and*

*Tuesday thru Friday 9am - 4pm*

*Great Selection of Spring and Summer*

*Clothing now for sale!!*

*Lots of great gifts and Easter decorations as well!!*



# Are you interested in Tai Chi?

The Perkins County Senior Center will be starting a Tai Chi For Better Balance Class this month.

Class will begin on **Friday, April 5th at 2:30 p.m.**

Tai chi is a moving meditation from a universal practice for thousands of years from China. It has proven benefits of enhancing flexibility, balance, oxygen uptake, lowers blood pressure, increases bone density, decreases stress hormones and improves immune function and mood.

If you are interested in taking the course, please let us know at 308-352-4236 or at pcsenior@gpcom.net. Class size is limited and will be filled on a first come first serve basis.

The 1 hour course would be held twice a week for 12 weeks.

See the Activity Calendar on Page 3 for the April Class Schedule.



All classes will be held at the Perkin County Senior Center.

## Stepping On

Building confidence, reducing falls



Join this 7-week workshop where you'll learn exercises and strategies to help prevent you from falling.

The Perkins County Senior Center will be offering the Stepping On program beginning May 1st. If you are interested in the classes, please contact the center at

308-352-4236 to register.

### What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader – someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

### Topics include:

Simple and fun balance and strength training. The role vision plays in keeping your balance. How medications can contribute to falls. Ways to keep from falling when out in your community. What to look for in safe footwear and how to eliminate falls hazards from your home

### Why Should I be Concerned about Falling?

Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.

### Did you know?

- More than one-third of people age 65 or older fall each year.
- Falls are the leading cause of injury and hospitalization for trauma and death among older adults.
- 33% of people who fall become less active.
- 40% of people who enter a nursing home had a fall in the prior 30 days.

### Is this workshop for you?

- Stepping On is designed specifically for anyone who:
  - is 65 or older
  - Has had a fall in the past year
  - is fearful of falling
  - Lives at home
  - Does not have dementia

### Class Schedule

Wednesday,

- May 1st ~ 9:00 - 11:00
- May 8th ~ 9:00 - 11:00
- May 15th ~ 9:00 - 11:00
- May 22nd ~ 9:00 - 11:00
- May 29th ~ 9:00 - 11:00
- June 5th ~ 9:00 - 11:00
- June 12th ~ 9:00 - 11:00
- June 19th ~ 9:00 - 11:00



# FEBRUARY VOLUNTEERS

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

## Center

Ellen Gillett	9.25 Hours
Nancie Peterson	9 Hours
David Peterson	6 Hours
Barb Kirkpatrick	5.5 Hours
Reenie Mercier	4.5 Hours
Katy Miyamoto	2.5 Hours
Deb Cornelius	2 Hours
Jasmine Schulze	2 Hours
DeAnn Zwickl	1 Hour

That's a Total of  
306 Volunteer  
Hours in the  
Month of February!!

## Thrift Shoppe

Lorryley Rice	25 Hours	Donna Lundvall	8 Hours
Gloria Niblack	20 Hours	Holly Cornelius	7 Hours
Cindy Salsman	18.5 Hours	Deb Hansen	7 Hours
Garnett Templeton	17.5 Hours	Barb Van Horn	7 Hours
Doris Olsen	15.5 Hours	Virginia Deaver	3.5 Hours
Betty Thomas	15 Hours	Linda Cornelius	3.5 Hours
Pauline Zwick	15 Hours	Bonnie Taubenheim	3.5 Hours
Joyce Hightower	15 Hours		
Lou Tietjen	14 Hours		
Charlotte Kumor	14 Hours		
Roxie Lampmann	13 Hours		
Alice Tines	13 Hours		
Diana Tate	12 Hours		
Rubydell Bogaert	10.5 Hours		
Carolyn McArtor	8.75 Hours		
Shari Friedel	8.5 Hours		
Lois Gaston	8 Hours		



# Venango

There will be a meal in Venango on  
Tuesday, April 16th at 12:00 noon at the  
Legion Hall.

Please RSVP by Monday, April 15th by calling the  
Center at 308-352-4236

Thank You.

Lunch in Madrid!!

Join us for lunch in Madrid on  
Tuesday, April 9th and 23rd at  
12:00 noon

at the Madrid Community Center.

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

