

perkins County Senior Center News

May

2019

420 Central Avenue
PO Box 314
Grant, NE 69140
308-352-4236 Grant
Perkins County Public Transit 308-352-4597
www.pcsenior.org
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

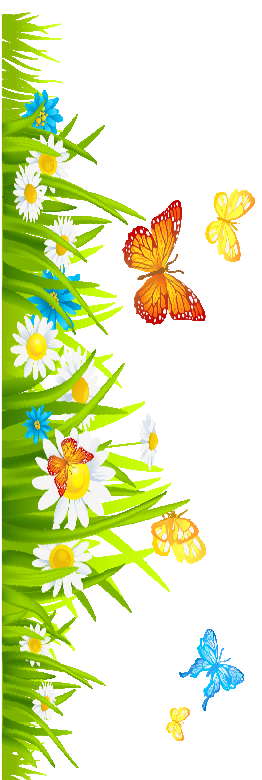
Venango Legion

Meal Site



Activity Calendar

May, 2019



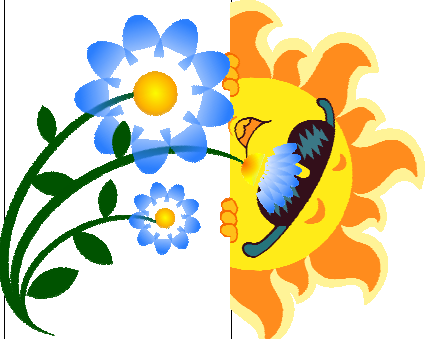
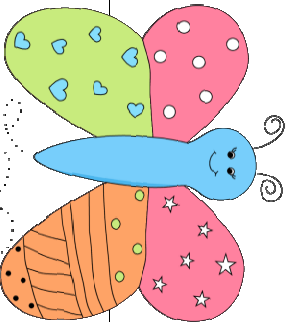


Monday

Tuesday

Wednesday

Thursday

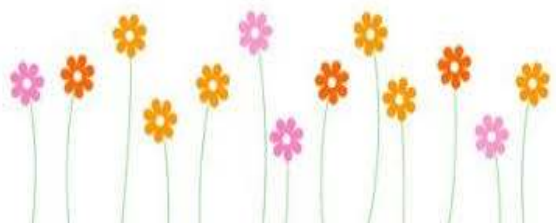
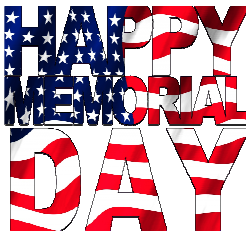
Friday

		1 9 - 11am Stepping On Rotary Program 12:30	2	3 Bunco Pie Friday 2:30 - 3:30 Tai Chi
6 8:30 Board Meeting 10:30 TS Meeting 1:00 Card Party	7 12:00 - Venango Meal 2:30 - 3:30 Tai Chi	8 9 - 11am Stepping On Rotary Program 12:30 Foot Clinic 12:00	9 	10 Bunco Birthday Dinner 2:30 - 3:30 Tai Chi
13 2:30 - 3:30 Tai Chi	14 12:00 - Madrid Meal	15 9 - 11am Stepping On Rotary Program 12:30	16 Chamber - 12:00	17 Bunco Anniversary Dinner 2:30 - 3:30 Tai Chi
20 1:00 Card Party	21 Bingo - 12:30 2:30 - 3:30 Tai Chi	22 9 - 11am Stepping On Rotary Program 12:30	23 	24 Bunco Pie Friday 2:30 - 3:30 Tai Chi
27 CLOSED 	28 12:00 - Madrid Meal	29 Rotary Program 12:30	30 	31 Bunco Pie Friday

Grant Senior Center Menu

May, 2019

(Menu subject to change)

Mon	Tues	Weds 1	Thurs 2	Fri 3
		Sweet & Sour Pork Rice Winter Blend Veggies Bread, Dessert	Philly Cheese Steak Fresh Veggies Hash Brown Pattie Dessert	Chicken Sopa Casserole Asparagus Pie
6	Venango Meal 7	8	9	Birthday 10
Sausage Egg Casserole Cinnamon Roll Fruit	Lasagna Fresh Veggies Garlic Bread Dessert	Chicken Fried Steak Mashed Potato Gravy Peas Bread, Dessert	Cod Rice California Blend Veggies Dessert	Roast Beef Mashed Potato Gravy Mixed Veggies Roll Birthday Cake
13	Madrid Meal 14	15	16	Anniversary 17
Sub Sandwich French Fries Pork & Beans Dessert	Spaghetti Mixed Veggies Garlic Bread Dessert	Pork Roast Hash Brown Casserole Green Beans Roll Dessert	Oven Fried Chicken Mashed Potato Gravy Corn Roll, Dessert	Baked Potato Bar Cheesy Broccoli Roll Anniversary Cake
20	21	22	23	24
Smoked Sausage Tater Tots Cabbage Bread Dessert	Hamburgers Baked Beans Chips Dessert	Ham Au Gratin Potato Carrots Roll Dessert	BBQ Ribs Potato Wedges Cauliflower Roll Dessert	Chicken Ala King Biscuit Broccoli Pie
27	Madrid Meal 28	29	30	31
CLOSED 	Turkey Mashed Potato Gravy Green Beans Bread Dessert	Pork Fritter Mashed Potato Gravy Corn Bread Dessert	Hamburger Gravy Mashed Potato Peas Bread Dessert	Chicken Salad Tortilla Wrap Fresh Veggies Chips Dessert

Salad Bar Available Daily

Suggested Contribution 60+ or spouse - \$4.50

Under 60 - \$6.00

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.

35% 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

June 5th ~ 9:00 - 11:00

June 12th ~ 9:00 - 11:00

June 19th ~ 9:00 - 11:00

YOUR NEW MEDICARE CARDS

The following article is taken from the SHIP/SMP newsletter:

A senior writes, "I am 67 years old and I never received my new Medicare card. My sister, who is 71 says she received her card months ago. I am very concerned. My old Medicare card has my Social Security number. Medicare redesigned the cards to have random letters/numbers to protect seniors from identity theft. What do I need to do to get my new Medicare card?"

The Centers for Medicare and Medicaid has announced that the mailing of the new Medicare cards have been completed. People who have not received their new cards are asked to do the following:

Look around your home for any old or unopened mail. The new Medicare cards were sent in a plain white envelope from the Department of Health and Human Services.

Sign into www.mymedicare.gov to get your new number or print an official card. You will need to create an account if you do not already have one.

If you do not use a computer, you should call 1-800-MEDICARE to request a new card.

Until you locate, or receive, a new Medicare card, you can continue to use your old Medicare card. The old Medicare cards are valid until Jan. 1, 2020. Once you locate or receive your new Medicare card, you should destroy your old card. If you have any questions call the Area Agency on Aging in No. Platte 1-800-662-2961

BINGO!!

Tuesday, May 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!!!



Mark your calendar!!

Card Party will be
held at 1pm on
Monday
May 6th & 20th



BUNCO



Every Friday before
lunch!!



Join in on the Fun!!



May Birthdays


	1st	Richard Brixius	6th	Barbara Kirkpatrick	
--	-----	-----------------	-----	---------------------	---

		Hazel Gimeson		Gail Nelson	
--	--	---------------	--	-------------	---

	2nd	Kenneth Hightower		Neal Vlasin	
--	-----	-------------------	--	-------------	---

		Connie McClenahan	12th	Lillian Hanson	
--	--	-------------------	------	----------------	---

	3rd	Pam Harms		Clinton Schmidt	
--	-----	-----------	--	-----------------	---

	4th	Grace Schimonitz	23rd	Roger Tjaden	
--	-----	------------------	------	--------------	---

	5th	Jan Schilling		Roger Gifford	
--	-----	---------------	--	---------------	---

		Darrell Hagan			
--	--	---------------	--	--	---

		Leon Regier			
--	--	-------------	--	--	---

		James Terrel			
---	--	--------------	--	--	--

		Leon Rowley			
--	--	-------------	--	--	---



Anyone who is celebrating a Birthday in May is invited to join us for a FREE lunch and Birthday Cake on Friday, May 10th anytime from 11am - 1pm.



		The Thrift Shop is	
--	--	---------------------------	---

		OPEN	
--	--	-------------	---



Normal Business Hours are:
Saturday, May 4th 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!!

			
--	--	--	---



Spring Flowers Word Search



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

Anemone	Daffodil	Iris	Lily	Rose
Carnation	Daisy	Lavender	Orchid	Snapdragon
Chrysanthemum	Hydrangea	Lilac	Poppy	Sunflower



March Volunteers



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

Center

Nancie Peterson	16.5 Hours
Deb Cornelius	15 Hours
Barb Kirkpatrick	12 Hours
Ellen Gillett	9 Hours
David Peterson	8 Hours
Reenie Mercier	4.5 Hours
Jasmine Schulze	3 Hours
DeAnn Zwickl	2 Hours
Dan Wallin	1.75 Hours
Katy Miyamoto	1 Hour
Gloria & Ron Patrick	1 Hour

That's a Total of
521.5 Volunteer
Hours in the
Month of March!!

Thrift Shoppe

Cindy Salsman	48.5 Hours	Garnett Templeton	14 Hours
Joyce Hightower	48.5 Hours	Shari Friedel	13.5 Hours
Lorryley Rice	31.5 Hours	Gloria Niblack	12 Hours
Doris Olsen	31 Hours	Lois Gaston	11.5 Hours
Deb Hansen	28 Hours	Donna Lundvall	10.5 Hours
Diana Tate	20.75 Hours	Roxie Lampmann	10.5 Hours
Rubydell Bogaert	20 Hours	Joyce Mannhalter	10 Hours
Ronda Lawyer	18 Hours	Kris Long	7.5 Hours
Charlotte Kumor	17.5 Hours	Jean Gregg	7 Hours
Pauline Zwick	17.5 Hours	Marlene Pritchett	5.25 Hours
Kay Bengé	16.75 Hours	Norma Hamm	5 Hours
Alice Tines	16.5 Hours	Betty Thomas	3.5 Hours
Carolyn McArtor	16 Hours	Virginia Deaver	3 Hours
Bonnie Taubenheim	14.5 Hours	Linda Cornelius	3 Hours
Lou Tietjen	14 Hours	Holly Cornelius	1 Hour

Venango

There will be a meal in Venango on Tuesday, May 7th at 12:00 noon at the Legion Hall.

Please RSVP by Monday, May 6th by calling the Center at 308-352-4236

Thank You.

Thank You to Chris Crostini for volunteering to take the May meal to Venango!

Lunch in Madrid!!

Join us for lunch in Madrid on Tuesday, May 14th and 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.

