



Aging Office of Western Nebraska

Phone: (308) 635-0851
1517 Broadway,
Suite 122
Scottsbluff, NE 69361

Fall Edition

From the Director ~ Cheryl Brunz

Welcome to Fall from Director Cheryl Brunz

Fall is in the air. We will welcome cooler temperatures and a true fall with the leaves changing colors before they fall from the trees.

The Aging Office of Western Nebraska is looking for volunteers in all our communities in the Panhandle. If you would like to volunteer, please speak to a Site Manager at your local Senior Center or call our office at 308-635-0851. Did you know that volunteering decreases the risk of depression, gives a person a sense of purpose and teaches valuable skills, helps people stay physically and mentally active, may reduce stress levels, may help you live longer, and helps you meet new people? All of this will be answered below from the Mayo Clinic Health System.

Helping people, changing lives: The 6 health benefits of volunteering

Volunteers make an immeasurable difference in the lives of others. Oftentimes, they perform with the core intention of helping others. But did you know that volunteering can benefit your own health as well? Researchers have attempted to measure the benefits that volunteers receive including positive feeling referred to as helper's high, increased trust in others and increased social interaction. (Continued on page 6)

Inside This Issue...

From the Director	1
Sudoku Puzzles	2
Senior Center Location Information	2
Thank You to SVP Volunteers	3
Elder Access Line	4
Let's Talk About it.....	5
Director's Message Continued.....	6
Hidden Picture Winners.....	6
Meals Calendar: October 2021	7
Volunteers needed in Gering	8
Crossword Puzzle	9
Funny Stories.....	10
Meals Calendar: November 2021	11
Emergency Response Service.....	12
Director's Message Continued	13
Meals Calendar: December 2021.....	14
Sudoku Puzzles Answers	15
Comics	16
Hidden Picture Puzzle	17
More Funny Stories	18
Answers for Crossword Puzzle	18
Perfect Marriage?	19
Comics	19
AOWN Amazon Smile Info	19
AOWN Governing Board Members.....	20
Dates to Remember	20

Sudoku No. 1

			7	3				
	1	3			8			5
					1			4
		4	2				8	
	3						2	
	7				5	6		
1			8					
7			5			3	6	
				2	9			

Sudoku No. 2

				6			1	
3	5	2	7				8	
				5			4	
							9	
5		8				3		4
	1							
	7			8				
	4				9	5	2	6
	6			4				

Senior Center Locations

Alliance 308-762-8774	Hemingford 308-635-0851
Banner Co. Sch. 308-436-5262	Kimball 308-235-4505
Bayard 308-586-1966	Lewellen Tiger Den 308-778-0102
Bridgeport 308-262-1868	Mitchell 308-623-1145
Chadron 308-432-2734	Oshkosh 308-772-3400
Chappell 308-874-2954	Rushville 308-327-2061
Crawford 308-665-1515	Sidney 308-254-4835
Gering 308-436-3233	
Gordon 308-282-2939	
Harrison 308-668-2261	
Hay Springs 308-638-4534	

Handy-Bus Contacts

Box Butte Co.	308-762-3596
Cheyenne Co. Sidney	308-254-7070
Chadron	308-432-0520
Crawford	308-665-1256
Kimball Co.	308-235-0262
Panhandle Trails	308-761-8747
Scotts Bluff Co.	308-436-6687
Sheridan Co.	308-360-3504




BEEF WITH APPLES & SWEET POTATOES

2 lb. boneless beef chuck shoulder roast
1 (40 Oz can) sweet potatoes, drained
2 small onions, sliced
2 apples, cored, sliced
1/2 cup beef broth
2 minced garlic cloves
1 tsp. salt
1 tsp. dried thyme
3/4 tsp. black pepper, divided
1 tbsp. cornstarch
1/4 tsp cinnamon
2 tbsp. cold water

Trim fat from beef and cut into 2-inch pieces. Place beef, sweet potatoes, onions, apples, beef broth, garlic, salt, 1/2 tsp thyme, 1/2 tsp. Pepper in slow cooker. Cover, cook on low for 8-9 hours. Transfer beef, sweet potatoes, and apples to platter, keep warm. Let liquid stand 5 minutes. Skim off fat. In small bowl, combine cornstarch, remaining 1/2 tsp. thyme, 1/4 tsp. pepper, cinnamon, and water, stir into liquid in slow cooker. Cook 15 minutes or until thickened. Serve sauce with beef, potatoes, and apples. A very warming, fulfilling

JOKES FROM THE DIRECTOR

"Newspaper"

I was visiting my son this week and asked him where his newspaper was.  He laughed and said, "Dad, it's the 21st century. We stopped buying newspapers years ago. It saves trees. But you can borrow my iPad." Okay, fine, whatever. But that pesky housefly never knew what hit it.

"Greeting Card"

For the occasion of her new shop grand opening, a salon owner ordered a beautiful, expensive floral arrangement. When it arrived, she was miffed that the large announcement card read, "May You Rest in Peace." She called the flower shop and complained to the owner, who moaned, "Uh, oh. Now there's a fancy bouquet at funeral home with a big sign that says, 'Best of luck in your new location!'"

Elder Access Line

Any Nebraskan aged 60 and older regardless of income, race or ethnicity is able to receive help with questions on topics like bankruptcy, homestead exemptions, bill collections, power of attorney, Medicare, Medicaid, grandparent rights and Section 8 housing. Legal Aid of Nebraska operates the Elder Access Line through a free telephone access line.

The statewide Elder Access Line is 1-800-527-7249

Lets Talk About It

Just before we know it, we will turn around and there will be a foot of snow on the ground. Or the threat of a foot of snow on the ground, at least...

With winter comes a lot of seasonal depression for many individuals – myself included. The lack of sunlight and being cooped up inside can be difficult for everyone, especially when we have been cooped up for so long already!

There are several things you can do to help curve this feeling, but one of my favorites is **Paying it Forward**. Personally, I have a lot of fun paying the bill for the car behind me at a drive through restaurant. The cashiers always laugh because I tell them they have to let me make a getaway first so the “lucky individual” doesn’t identify me. In the matter of moments, at least three people have smiled from just one small act of kindness.

Don’t have a lot of money? That’s fine! Taking a few extra minutes to mow your neighbor’s yard. Pluck that little extra weed growing on their side. You can volunteer your time in a multitude of ways. Every kind thing you do has a ripple effect. Sometimes it’s just a few people and sometimes it’s massive.

Once, I went back to a restaurant in Torrington, Wyoming after Paying it Forward (Burger King). It was about a month later so I had completely forgotten about it. Low and behold the cashier recognized me and said “oh my goodness, that went on for like 10 cars”! I smiled do much after I left my cheeks hurt. It makes you wonder how many people I helped smile that day. So whether it seems big or small, you never know the imprint you will leave behind. Leave one anyway.

Have you been the lucky individual of someone Paying it Forward and want to Talk About It? Let’s keep the goodness going in such a dark world. Be the change you want to see in the world. Share your story by writing to the address below and I would love to feature it next quarter. As always, you may remain anonymous if you wish.

Email or write to me at AnneMarie.Lauderdale@aown.org or 1517 Broadway, Suite #122, Scottsbluff NE, 69341.

From the Director ~ Cheryl Brunz—Continued

From lowering stress to boosting self-confidence, research has shown that volunteering offers many health benefits, especially for older adults, such as:

1. **Volunteering decreases the risk of depression.** Research has shown that volunteering leads to lower rates of depression, especially for individuals 65 and older. Volunteering increases social interaction and helps build a support system based on common interests — both of which have been shown to decrease depression.
2. **Volunteering gives a sense of purpose and teaches valuable skills.** Volunteers, such as those at Mayo Clinic Health System, perform critical roles in assisting patients, families and staff. They serve as greeters providing patient room information and directions, as transporters of patients and patient items, and as surgery and Critical Care waiting room attendants. They make prayer shawls, blankets, sweaters, and hats typically given to newborn babies and cancer patients. Services they provide include working in the hospital gift shop, performing clerical duties for staff and offering pet therapy to patients through the Paws Force team. The work that volunteers provide is essential to everyday processes, which gives volunteers a sense of purpose.
3. **Volunteering helps people stay physically and mentally active.** Volunteer activities get you moving and thinking at the same time. One study found that volunteering among adults age 60 and over provided benefits to physical and mental health. Another study found that, in general, volunteers report better physical health than do non-volunteers. Older volunteers experience greater increases in life satisfaction and greater positive changes in their perceived health as a result of volunteering.

(Continued on page 13)

Hidden Pictures Winners

Were you a Hidden Picture Winner in the last edition of our newsletter? These folks were!!

None—Alliance; Linda Loutzenhizer—Bayard; None—Bridgeport; Pauline Heesacker—Chadron; None-Chappell None—Crawford; Billie Kenzie—Gering; None—Gordon; None—Harrison; None—Hemingford; None—Kimball; Jbella Johnson—Mitchell; David Rubsam—Oshkosh; None—Rushville; Betty Casteneda—Scottsbluff; Susan Starr—Sidney.

October 2021 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are subject to change				1 Pork Chops Potatoes Vegetables Bread Milk Dessert
4 Homemade Meatloaf Bake Potato Vegetable Bread Milk Dessert	5 Turkey and Noodles Vegetable Bread Milk Dessert	6 Swiss Steak w/ tomatoes Mac & Cheese Jello Bread Milk / Juice Dessert	7 Smothered Chicken Rice Vegetable Bread Milk Dessert	8 Oven bake Fish Cheesy Potato Casserole Vegetable Bread Milk Dessert
11 COOKS CHOICE Bread Milk Dessert	12 Hot Roast Beef Sandwich Potatoes w/Gravy Vegetable Bread Milk Dessert	13 Smothered Pork Chop Potato Vegetable Bread Milk Dessert	14 Oven Fried Chicken Potatoes w/ Gravy Vegetable Bread Milk Dessert	15 Chili w/ beans and Hamburger Vegetables Bread Milk Dessert
18 Fish Sticks w/tartar Mac & Cheese Vegetable Bread Milk Dessert	19 Chicken Parmesan Buttered Noodles Vegetable Bread Milk Dessert	20 Pork Loin Scalloped Potatoes V Bread Milk Dessert	21 Beef Stew Tossed Salad Vegetable Bread Milk Dessert	22 Chicken Pot Pie Jello Bread Milk Dessert
25 Taco's w/ ground Beef & Cheese Refried Beans Fiesta Rice Bread Milk Dessert	26 Tuna Salad on Lettuce Leaf O'Brien Potato Vegetable Bread Milk Dessert	27 Spaghetti w/ Meat sauce Italian Blend Vegetables Bread Milk Dessert	28 Pork Roast Bake Sweet Potatoes Vegetable Bread Milk Dessert	29 Liver & Onions or Alternate Mashed Potato Vegetables Bread Milk Dessert

Gering Nutrition Site Needs Volunteer Delivery Driv-

The Aging Office of Western Nebraska Gering Nutrition Site needs volunteers to deliver meals to older adults in Scottsbluff, Gering and Minatare.

On Weekdays, Volunteers will pick up coolers holding eight to ten meals at the Gering Nutrition Site, 2005 Depot, Gering Nebraska 69341.

The Volunteers would be asked to deliver meals one to three days per week. When making a delivery, we ask you to place the meal in a plastic bag, knock on the door or ring the doorbell of the meal recipient, then place the bag on the doorknob or a nearby table.

After the route - which should take about an hour—is completed, volunteers return the coolers to the Gering Nutrition site.

For information, please contact the Aging Office of Western Nebraska at 308-635-0851 and ask for Mary Smith.



Across

- 1. Throw
- 5. See 36 across
- 9. Wile E's supplier
- 13. Loja's loc.
- 14. Unrehearsed
- 16. Destitute
- 17. Legal rep.
- 18. Nursery rhyme porridge
- 19. Air quality portmanteau
- 20. Insomniac's occupation
- 23. Pull out
- 24. Starchy staple in West Africa
- 25. Ambient musician Brian
- 28. Fruity dessert
- 29. Hundred Acre ursine
- 32. Lend an ear
- 34. Proxmire award

- 36. With 5 across, "California Dreaming" singer
- 39. Pier grp.
- 40. Sets a price
- 41. Review for "Treasure Island"
- 46. Teacher's task unit
- 47. Floating, perhaps
- 48. File folder fitting
- 51. Lion tail?
- 52. Rapa ____ (Easter Island)
- 54. Baltimore bird
- 56. Wrapped pork snack
- 60. Some Feds
- 62. Garr of Mr. Mom
- 63. ____ ex machina
- 64. Farm cry

- 65. Sometime still shot shade
- 66. Long division word
- 67. Vaudeville vignettes
- 68. Condemn
- 69. Business grp.

Down

- 1. Saucer go-with
- 2. Inky invertebrates
- 3. Leave in stitches?
- 4. "Just ____" (Nancy Reagan line)
- 5. Domed building, frequently
- 6. Gulf port
- 7. Smelting side-effect
- 8. Hardly a he-man
- 9. Abbey alcove
- 10. Vies
- 11. Farm cry
- 12. Work unit
- 15. Interest
- 21. Graphic beginning?
- 22. Expressionist painter Nolde
- 26. Vampire's target, perhaps
- 27. Small bills
- 30. Bearer of Hugin and Munin
- 31. Hagar the Horrible home-maker
- 33. He played Robin in "Robin and Marian"
- 34. Spaces
- 35. Those opposed
- 36. Survey option

- 37. Olympian warrior
- 38. Like some youths
- 42. Atari classic
- 43. Alaskan natives
- 44. Like some harps
- 45. ____ avis
- 48. Subway scratch?
- 49. Alaskan natives
- 50. Backs
- 53. "____ a drink!"
- 55. Mumbai's motherland
- 57. Sets pen to
- 58. It's melodious in Milan
- 59. It's found on a fedora, but not a fez
- 60. Ode opening?
- 61. Label on an amp

1	2	3	4		5	6	7	8		9	10	11	12
13					14				15		16		
17					18						19		
20				21						22			
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28				29		30	31		32		33		
			34					35					
36	37	38				39				40			
41				42	43				44	45			
46							47				48	49	50
51				52		53			54		55		
		56	57				58	59					
60	61				62						63		
64					65						66		
67						68					69		

Meet Morgan Gardner

Hello. My name is Morgan Gardner .



I am the new Resource Provider, I grew up here in Scottsbluff and after high school went on to Wyoming where I went to college and graduated in 2008. I then came back to the valley and worked as a cosmetologist and Telemetry Tech at RWMC. I then moved to Denver Colorado for the last 12 years where my husband and I married and started a beautiful family. We were blessed with our son and soon after our daughter. We love to ski and snowboard, camp and golf, we are needless to say a

very active family. I truly enjoy everyone I have had the honor of meeting and love to listen to all our clients' stories. I feel so blessed that all of you have become a little piece of my family.

November 2021 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Ground Beef Goulash Pea Salad Vegetable Bread Milk Dessert</p>	<p>2 Ham and Beans Fruit Salad Bread Milk Dessert</p>	<p>3 Lemon Pepper Fish Scalloped Corn Dream Salad Bread Milk Dessert</p>	<p>4 Pulled Pork Sandwich Peas Coleslaw Bread Milk Dessert</p>	<p>5 Oven Fried Chicken Mashed Potatoes Cream Corn Bread Milk Dessert</p>
<p>8 Meatballs w/ mushroom gravy Buttered Pasta Vegetable Bread Milk Dessert</p>	<p>9 Baked Ham Sweet Potatos Vegetable Bread Milk Dessert</p>	<p>10 Beef Stroganoff w/ noodles Buttered Carrots Jello Bread Milk Dessert</p>	<p>11 Biscuit w/ Sausage Gravy Hashbrowns Vegetable Bread Milk Dessert</p>	<p>12 Chicken Tenders w/honey mustard Sauce Potatoes Kidney bean salad Bread Milk Dessert</p>
<p>15 Pork Cutlet Baked Potato Buttered Lima beans Bread Milk / Juice Dessert</p>	<p>16 Tater tot casserole Green beans Ambrosia Salad Bread Milk Dessert</p>	<p>17 BBQ Chicken Potato Vegetable Bread Milk Dessert</p>	<p>18 Spaghetti w/meat sauce Tossed Salad Potato wedges Bread Milk Dessert</p>	<p>19 Roast Turkey Mashed Potato w/ gravy Green bean Casserole Bread Milk Dessert</p>
<p>22 Cooks Choice Bread Milk Dessert</p>	<p>23 Ham Loaf Au Gratin Potatoes Vegetable Bread Milk Dessert</p>	<p>24 Hamburger & Cheese Pizza Fruit Salad Vegetable Bread Milk Dessert</p>	<p>25 CLOSED FOR THANKSGIVING</p>	<p>26 Swiss Steak Buttered rice Vegetable Bread Milk Dessert</p>
<p>29 Ham and Beans Corn Salad Fruit Cup Bread Milk Dessert</p>	<p>30 Liver & Onions Or Alternate Mashed Potato w/gravy Vegetable Bread Milk Dessert</p>	<p>Tater tot casserole Green beans Ambrosia Salad Bread Milk Dessert</p>		<p>Meals are subject to change</p>

Emergency Response System and the Risk of Falling

The Aging Office of Western Nebraska is pleased to offer an Emergency Response System dedicated to providing peace of mind for the safety of yourself and those you love in the event of fall. This wonderful device simply works with the push of a button as it will connect you and enable you to speak to a live operator to assist after the alert. This device comes equipped with GPS in the event emergency personnel need to be dispatched to assist to a specific location in the event you are away from your home. Please, reach out to Mandy Fertig or Jill Forella at the Aging Office 308-635-0851 for more information regarding the cost of this life-saving device.



Freeus introduces the reimagined Belle, designed for the Verizon 4G LTE network, coming soon!

This next generation of Belle works at home and away, offering the same beloved market-leading 30-day battery life that currently wows our dealers and customers.

It provides users with the same quick access to our expertly efficient and compassionate emergency care specialists at our UL-Listed, TMA Five Diamond Certified central station.

Specialists can speak with users with two-way voice, locate them with WiFi location services, and send emergency personnel or loved ones to assist, depending on need.

What's new with Belle?

for Verizon 4G LTE
Designed for use on Verizon 4G LTE

smallest Belle ever
Smaller than ever and 15% lighter than the previous Belle, plus it is rated IP67 for increased water-resistance

circular light
The new LED around the button lets users know when a call is in progress and when the pendant needs to be charged



battery status button
Press anytime for a real-time battery level update

updated cradle
Smaller and designed for easier charging

belt clip
Interchangeable with the new lanyard for easier wearing and carrying



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Continuation : Directors Letter

4. **Volunteering may reduce stress levels.** Volunteering may enhance a person's social networks to buffer stress and reduce risk of disease. By savoring time spent in service to others, you will feel a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

5. **Volunteering may help you live longer.** An analysis of data from the Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not, even when controlling for age, gender, and physical health. In addition, several studies have shown that volunteers with chronic or serious illness experience declines in pain intensity and depression when serving as peer volunteers for others also suffering from chronic pain.

6. **Volunteering helps you meet others and develop new relationships.** One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity together. Volunteering is a great way to meet new people who share common interests with you. Dedicating your time as a volunteer also helps you expand your network and practice social skills with others.

Check out the jokes provide by the Director on page 3

December 2021 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are subject to change		1 Fish Sandwich French Fries Vegetable Bread Milk Dessert	2 Smothered Pork Chop Fluffy Rice Vegetable Bread Milk / Juice Dessert	3 Chili w/ meat & beans Vegetables Jello Bread Milk Dessert
	6 Hot Turkey Sandwich Mashed Potatoes Vegetables Bread Milk Dessert	7 Beef & Bean Burrito Spanish Rice Tossed Salad Bread Milk Dessert	8 Baked Chicken Cheese Potato Casserole Vegetable Bread Milk Dessert	9 Pork Loin Creamed Potatoes Vegetable Bread Milk Dessert
	10 Cabbage Burgers Potato Salad Vegetable Bread Milk Dessert	13 Ham Salad Sandwich Potatoes Vegetable Bread Milk Dessert	14 Chicken & Noodles over Mashed Potatoes Vegetable Bread Milk Dessert	15 Chicken Fried Steak Potatoes & Gravy Vegetable Bread Milk Dessert
	16 Cheddar Baked Chicken Au Gratin Potatoes Vegetables Bread Milk Dessert	17 Batter Dipped Fish Tater Tots Vegetable Bread Milk / Juice Dessert	20 Sloppy Joes Potato Casserole Vegetable Bread Milk Dessert	21 Baked Ham Sweet Potatoes Vegetables Bread Milk Dessert
	22 Chicken Pot Pie Jello Bread Milk Dessert	23 COOKS CHOICE Bread Milk Dessert	24 CLOSED FOR CHRISTMAS	27 Beef Stew Potatoes & Vegetable in stew Bread Milk Dessert
28 Oven Fried Chicken Mashed Potatoes Creamed Corn Bread Milk Dessert	29 Ham Salad Sandwich Tater Tots 3 bean Salad Bread Milk Dessert	30 Meat Loaf Baked Potatoes Vegetable Bread Milk Dessert	31 CLOSED FOR NEW YEARS EVE	

Sudoku No. 1—Answer

4	8	5	7	3	2	9	1	6
9	1	3	4	6	8	2	7	5
6	2	7	9	5	1	8	3	4
5	6	4	2	9	7	1	8	3
8	3	9	1	4	6	5	2	7
2	7	1	3	8	5	6	4	9
1	5	6	8	7	3	4	9	2
7	9	2	5	1	4	3	6	8
3	4	8	6	2	9	7	5	1

Sudoku No. 2—Answer

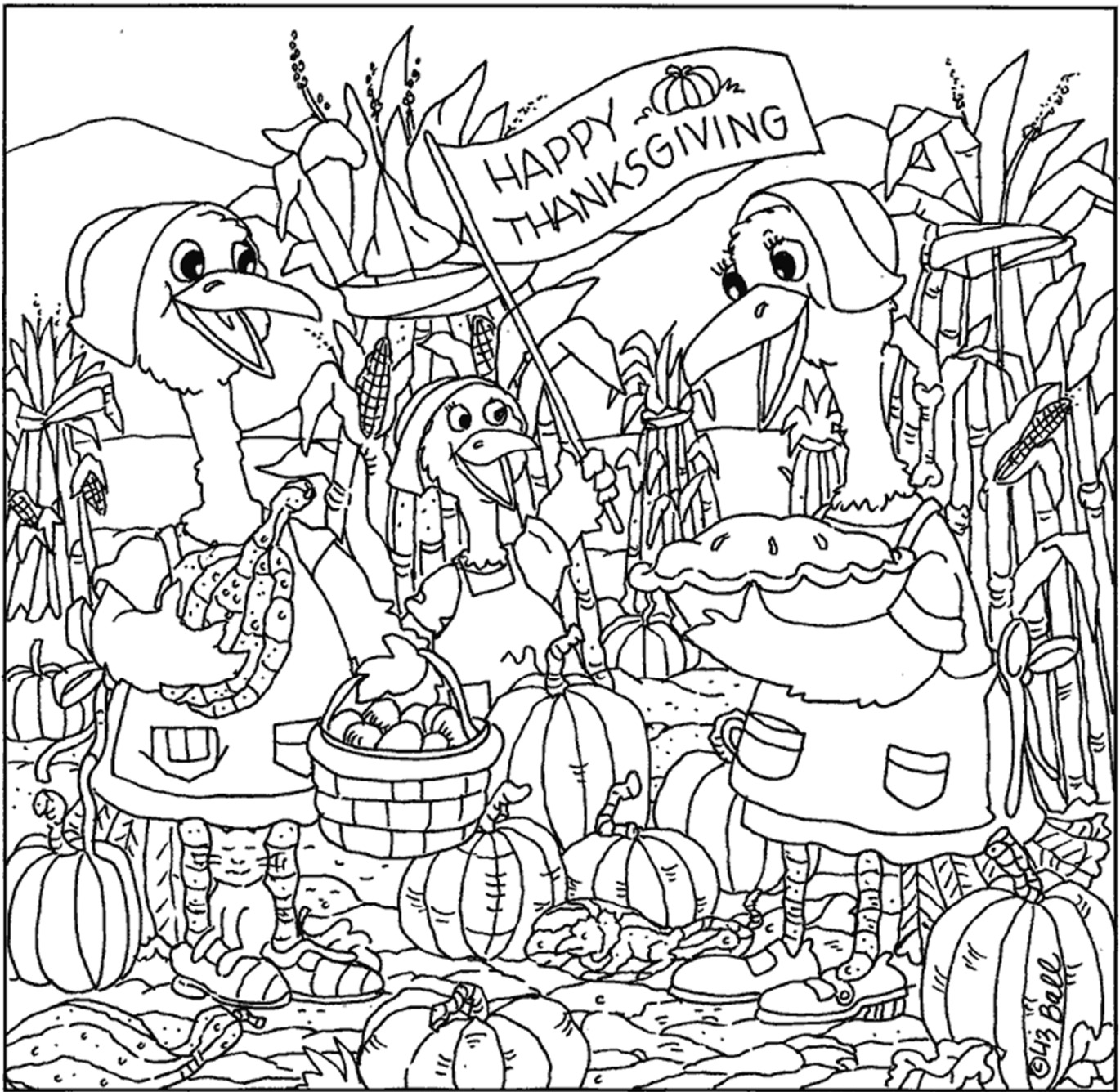
4	8	7	9	6	3	2	1	5
3	5	2	7	1	4	6	8	9
1	9	6	2	5	8	7	4	3
6	3	4	8	2	5	1	9	7
5	2	8	1	9	7	3	6	4
7	1	9	4	3	6	8	5	2
9	7	5	6	8	2	4	3	1
8	4	1	3	7	9	5	2	6
2	6	3	5	4	1	9	7	8



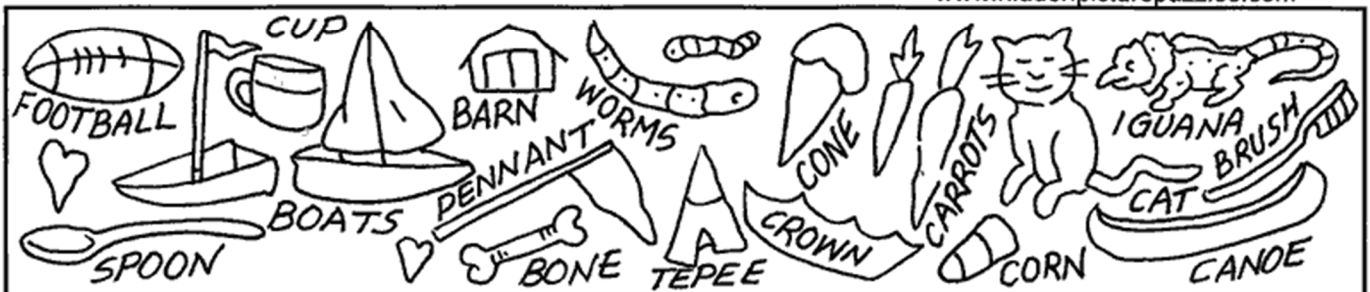
"I need the technology to tell me which political candidate will offer me the lowest tax rate."



"Sims, I give you a free office, computer, tech support, health coverage. What's this about you wanting a salary, too?"

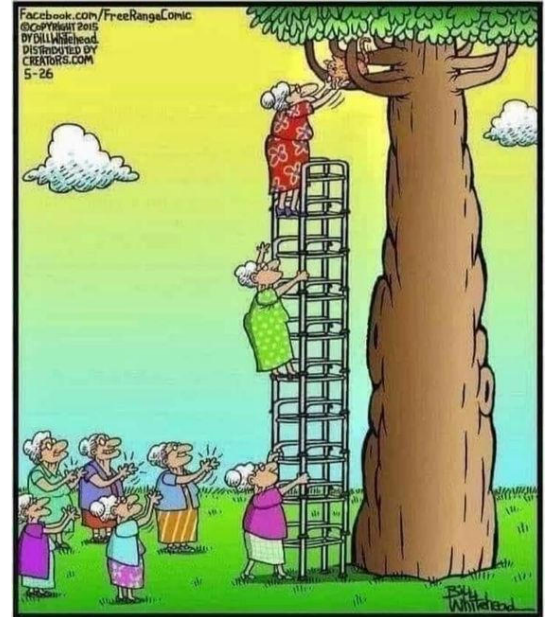


www.hiddenpicturepuzzles.com



The first person aged 60 and older to find the small heart in the hidden picture and call our office to tell us where they are in the picture will receive one free meal at the Senior Center of your choosing. Aging Office of Western Nebraska 308-635-0851

More Funnies



Answer to Crossword

1	T	2	O	3	S	4	S	5	C	6	A	7	S	8	S	9	A	10	C	11	M	12	E
13	E	C	V	A	14	A	O	L	I	15	B	16	P	O	O	R							
17	A	T	T	Y	18	P	E	A	S	E		19	S	M	O	G							
20	C	O	U	N	21	T	I	N	G	S	H	22	E	E	P								
23	U	P	R	O	O	T				24	Y	A	M		25	E	N	27	O				
28	P	I	E		29	P	O	30	H	31		32	L	33	S	T	E	W					
				34	G	O	L	D	E	N	35	F	L	E	E	C	E						
36	M	37	A	M	A			39	I	L	A			40	A	S	K	S					
41	A	R	I	P	42	P	I	N	G	Y	44	A	45	R	N								
46	L	E	S	S	O	N		47	A	S	E	A		48	T	49	A	50	B				
51	E	S	S		52	N	U	53	I			54	O	R	55	I	O	L	E				
			56	P	57	I	G	I	N	58	A	59	B	L	A	N	K	E	T				
60	T	61	M	E	N			62	T	E	R	R	I		63	D	E	U	S				
64	O	I	N	K				65	S	E	P	I	A		66	I	N	T	O				
67	A	C	T	S				68	D	A	M	N		69	A	S	S	N					

A Perfect Marriage?

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask about it.

For all of these years the old man had never thought about the box. But, one day the little old woman got very sick and she knew she would not recover. In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside. She agreed it was time that he should know what was in the box.

When he opened it he found two crocheted dolls and a stack of money totaling \$95,000. He asked her about the contents.

"When we were to be married," she said, "my grandmother told me the secret of a happy marriage was never to argue. She told me that if I ever got angry with you I should just keep quiet and crochet a doll."

The little old man was moved to tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"



Aging Office of Western Nebraska
1517 Broadway Suite 122
Scottsbluff, NE 69361

POSTAGE
INFO HERE

RETURN SERVICE REQUESTED

VISIT US ON THE WEB!

AOWN.org OR facebook

Aging Office of Western Nebraska Governing Board

Sharon Sandberg—Banner County
Josh Schmidt – Morrill County
Levi Grant—Dawes County
Hal Downer – Sioux County

Larry Engstrom – Kimball County
Phil Sanders – Cheyenne County
Loren Paul – Sheridan County
Terry Krauter - Garden County

Steve Burke—Box Butte County
Ken Meyer – Scotts Bluff County
William Klingman – Deuel County



Dates to Remember

Columbus Day Oct 11th
Halloween Oct 31st
All Saints Day Nov 1st
Daylight Saving Time Ends Nov 7th
Veterans Day Nov 11th
Thanksgiving Nov 25th
Presidents Day Nov 26th
Pearl Harbor Day Dec 7th
Winter Solstice Dec 20th
Christmas Eve Dec 24th
Christmas Day Dec 25th
New Years Eve Dec 31st