



# Aging Office of Western Nebraska

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Scottsbluff, NE 69361  
**Winter Edition**

## From the Director ~ Cheryl Brunz

Happy Holidays and Welcome 2022!

Where has the time gone? When you receive this newsletter, the holidays will be behind us and winter upon us. I am not looking forward to the snow flying and the ice that comes with Nebraska winters. Below is an article from Frankie Wallace:

Don't let your Health Slip in the Icy Winter

Taking care of your physical and mental health is important all year. But winter can create some extra health concerns that deserve your attention.

Some researchers believe that colder temperatures can weaken your immune system. You might be less active during the winter, eat more "comfort foods," and have a different sleep cycle than normal thanks to fewer hours of daylight. Some people have more respiratory issues in the winter. Others deal with dry, cracking skin.

Throw the stress from the holidays in there, and it is no wonder winter can potentially wreak havoc on your mental and physical well-being.

Thankfully, there are plenty of things you can do to ward off some common winter health concerns and stay feeling good all season long.

### Boost Your Immune System

Thanks to a lack of Vitamin D and a blast of cold, your immune system can take a beating during the winter. While cold weather doesn't cause the common cold, it can make you more susceptible to illnesses. Some of the most prominent during the winter months include:

- Cold
- Flu
- Pneumonia
- Sore throat/strep throat **(Continued on page 6)**

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## Sudoku No. 1

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

## Sudoku No. 2

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

## 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



# How To Make Slow-Cooker Mulled Cider

**YIELD** Makes 1 gallon; 16 (8-ounce) drinks

## INGREDIENTS

- 1 gallon fresh apple cider or unfiltered apple juice
- 1 medium orange
- 1 (1 1/2-inch) piece fresh ginger
- 5 (3-inch) cinnamon sticks
- 1 tablespoon whole cloves
- Orange slices, for serving (optional)

## INSTRUCTIONS

**Fill the slow cooker.** Pour the cider or juice into a 5-quart or larger slow cooker.

**Add the fresh ingredients.** Cut the orange into 1/4-inch-thick rounds. Cut the ginger into 1/4-inch-thick slices. Add both to the slow cooker.

**Slow cook the cider for 4 hours.** Cover the slow cooker and cook until the flavors meld, 4 hours on **LOW**. (If there are clumps of spices floating at the top that you wish to remove, strain the cider through a fine-mesh strainer or cheesecloth into a large pot.) Keep warm and serve in mugs garnished with additional orange slices if desired.

## QUOTABLE QUOTES FROM THE DIRECTOR

I leave you this quarter with the following quotes:

1. “Better to remain silent and be thought a fool than to speak out and remove all doubt.”  
– Abraham Lincoln
2. “The only mystery in life is why the kamikaze pilots wore helmets.”  
– Al McGuire
3. “I always wanted to be somebody, but now I realize I should have been more specific.” – Lily Tomlin
4. “Luck is what you have left over after you give 100 percent.” – Langston Coleman
5. “When I hear somebody sigh, Life is hard, I am always tempted to ask, ‘Compared to what?’” – Sydney Harris
6. “Age is of no importance unless you’re a cheese.” – Billie Burke
7. “The minute you settle for less than you deserve, you get even less than you settled for.” – Maureen Dowd
8. “The more you weigh, the harder you are to kidnap. Stay safe. Eat cake.”

# 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

As we all know, our "seasonal hibernation" will last for a quite some time during the winter months. A lack of sunlight and warmth on snowy days might bring some setbacks in family gatherings, meeting each other for lunch, or even having a desire to go out. The question is... how do we keep ourselves healthy and safe during the long months of winter?

Here are a few things to remember.....

Healthy Diet!

Hydration!

Awareness!

Read more below and circle two foods you already have in your diet. This will reassure you that you are prepared and staying on top of your healthy choices for this winter season.

We all know the benefits of having a different variety of foods that help to keep us healthy. But how many of us understand which ones boost our energy, increase our metabolism, and provide benefits to overall health?

If you haven't yet, add cranberries, oranges, beets, sweet potatoes, carrots, celery, Bok Choy, and cabbage to your diet. This is a good time to have your shopping list ready with these choices. According to American Heart Association, the following are several things these foods have in common: strengthen your immune system, decrease inflammation in your body, and maintain bone health and energy during the cold winter. (See a list of seasonal foods in *Seasons of Eating Infographic* at [www.heart.org](http://www.heart.org))

Many of us may agree with the statement that we do not drink enough fluid throughout the day. When is the last time you felt like having a cold glass of water in the middle of January or February? In fact, according to [www.healthcells.org](http://www.healthcells.org), we decrease our fluid intake right when the weather temperature decreases outside.

According to recent articles on dehydration at [www.elder.org](http://www.elder.org), there are several signs and symptoms to watch for to know whether your body is dehydrated. Look for dark-colored urine, blurry vision, irritability, recent diagnosis of a UTI, headache, and extreme ongoing fatigue.

### ***Tips to stay on top of hydration:***

- 1) Have 3 small bottles wrapped with brightly colored tape and fill it with water. Add a lemon and place the water bottle in the area you spend most of your day.
- 2) Have celery and cucumbers in your diet to help with hydration throughout the day.
- 3) Add soups, juices, and hot beverages as a snack to keep you warm and hydrated.

In my recent visits with AWON clients, I was pleased to see several of my clients had water bottles and glasses with water on their side tables. Great job to our AOWN Panhandle residents!  
**(Continued on page 10)**

## From the Director ~ Cheryl Brunz—Continued

One of the best ways to fight back is to give your immune system a boost. There are several ways to improve your natural immunity, but the easiest place to start is with your diet.

You have heard the saying “you are what you eat,” and this rings true when it comes to immune system health. Added sugars, salty foods, and processed meats can all weaken your immune system. Foods rich in Vitamins A, C, E, D, and B will make your immune system stronger. Lean meats, leafy greens, and other fruits and vegetables will also boost your immune system. So, while it can be tempting to cave into salty or sugary winter comfort food, making smarter nutritional choices will keep you healthier. If you are still worried about getting sick this winter, make an appointment with your physician. Getting a flu vaccine can protect you, and your doctor may have other ideas on how to prevent common illnesses.

### Protect Your Skin

Statistics show that over 81 million people experience dry, itchy skin between November and March. When the air is cold and dry, your skin suffers. It is always important to keep in mind that healthy skin is more than just a vanity issue. It protects you from bacteria and helps to regulate body temperature. Taking care of it should be a top priority.

To protect your skin from blistering cold temperatures and dry air this winter, try some of these simple tips:

- Keep your skin protected with face coverings, gloves, and scarves
- Use a rich moisturizer daily
- Stay hydrated to moisturize from the inside out

Run a humidifier in your bedroom at night

It is also just as important to protect your skin against sun damage during the wintertime as you do during the summertime. Most days might seem dark and gloomy, but the sun is still there, and it could easily cause UV damage.

If you live in an area that doesn't experience a lot of cold weather, it's always important to protect your skin with sunscreen, wear the proper clothing, and limit your exposure to the sun throughout the day. No matter what the weather is like where you live, a healthy skincare routine and protective measures will always be important.

**(Continued on page 13)**

## Hidden Pictures Winners

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

Doug Hashman—Alliance; Peggy Nuss—Bayard; Elizabeth Reuter—Bridgeport;  
Fred Somerville—Chadron; Dean Walmsley-Chappell ; None—Crawford;  
Vicki Stone—Gering; Bill Bailey—Gordon; Margaret Dunn—Harrison;  
Linda Peterson—Hemingford; Jan Hinton—Kimball; Nedra Snyder—Mitchell;  
Mary Soper—Morrill; Ruth Rubsani—Oshkosh; Moneen Rasmussen—Rushville;  
Letha Tagler—Scottsbluff; Julie Visser—Sidney.

# January 2022 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pork Fritter Potatoes Vegetables Bread Milk Dessert	4 Hot Beef Sandwich Potatoes Vegetables Bread Milk Dessert	5 Ham and Beans Spinach Bake Corn Bread Milk Dessert	6 Cheddar Egg Bake Baked Tomatoes Sausage Links Bread Milk Dessert	7 Baked Fish Rice Pilaf Carrots Tomato Juice Bread Milk Dessert
10 Hamburger Vegetable Soup Potatoes Bread Milk Dessert	11 Chicken & Noodles Potatoes Vegetable Bread Milk Dessert	12 Smothered Pork Chop Fluffy Rice Vegetables Bread Milk / Juice Dessert	13 Taco Salad on Chips Spanish Rice Refried Beans Bread Milk Dessert	14 Hot Chicken Salad Jello w/ Mandarin Oranges Vegetable Bread Milk Dessert
17 COOKS CHOICE  Bread Milk Dessert	18 Liver and Onions Or Alternate Potatoes Vegetable Bread Milk Dessert	19 Home Made Ham- burger and Cheese Pizza Salad Bread Milk Dessert	20 Pork Roast Potatoes Juice Vegetable Bread Milk Dessert	21 Oven Fried Chicken Potatoes Vegetables Bread Milk Dessert
24 Grilled Cheese Sandwich Soup Fruit Salad Bread Milk Dessert	25 Pork Cutlets Brown Rice Kidney Bean Salad Bread Milk Dessert	26 Tuna Patties Mac & Cheese Vegetables Bread Milk Dessert	27 Sloppy Joe Potatoes Vegetable Bread Milk Dessert	28 Chicken Pot Pie Cranberry Apple Salad Bread Milk Dessert
31 Lemon Pepper Fish Creamed Potato Beets Bread Milk Dessert				<b>Meals are                      subject to                      change</b>

## Meet Natalya Malakhova



My name is Natalya Malakhova, and I am very happy to introduce myself as a new team member of AOWN, Panhandle of Western Nebraska. Recently, I took a position as a Service Coordinator in AOWN in their Chadron location. Recently, I have moved to Nebraska from Washington, Illinois, and I have loved every minute of it. I grew up in Far East Russia and have lived in the United States for over 25 years. In Russia, I majored in pediatric psychology, education, and research, and I loved working with a diverse population.

While working and studying in the U.S., I was an owner and services provider of a few local businesses in central Illinois. In addition, I worked in sub-acute rehabs in long-term facilities as a licensed healthcare provider. In the spring of 2011, I completed a master's degree in human services administration and management, and since then,

**(Continued on page 16)**



# Dance Fever

Robert Stockton

## ACROSS

- 1. Iron boxer Tyson
- 5. Small app?
- 9. Elbow
- 14. "Iliad" spear carrier
- 15. "The Biggest Little City in the World"
- 16. It may leave you in tears
- 17. \*6 friends were showing off at the Disco. The librarian whispered: ....
- 20. Acclimated
- 21. "Robin Hood" extras
- 22. 1984 clut classic feature Emilio Estevez
- 24. Sea of \_\_\_\_ (Black Sea arm)
- 25. \*The chess teacher instructed: ....
- 30. Friend of Eliphaz, Bildad and Zophar
- 33. US weather agcy.
- 34. Milton's Muse
- 35. March time
- 37. "All aboard!" bldg.
- 40. Disco dance hit by the Village People
- 41. Thanks for the escargot
- 43. Scale adjustment
- 45. Nintendo DS competitor
- 46. \*The patrolman announced: ....
- 50. "I must agree!"
- 51. Japanese earthenware
- 55. Like Everest, barely
- 59. Enlightens
- 60. \*Their friends weren't impressed. The pastry chef, roofer, and haberdasher replied: ....
- 62. Something to start with
- 63. Managed, with "out"

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17				18					19					
20							21							
22						23		24						
			25				26					27	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		

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- 64. Prefix with sweet or tones
- 65. Safari member
- 66. Motored
- 67. Idle on Broadway
- 11. 1962 hit singer of "The Wanderer"
- 12. Joint affliction suffered by Franklin
- 13. Fangorn dwellers
- 18. Skeletor's nemesis
- 19. Hard to make out
- 23. The Tar Heel St.
- 26. If you make it right, you might gain time
- 27. Seductress
- 28. Abbreviated add-ons
- 29. Dawn, Dove, or Dial
- 30. First name at Woodstock
- 31. Where to watch Euripides
- 32. Shoulder of a sort
- 36. Brave land of song
- 38. Cabinet organizers
- 39. Dialer's digits
- 42. Close enough
- 44. Relish
- 47. Oom-pah instrument
- 48. Creator and chronicler of Yossarian
- 49. Feared fly
- 52. Poe family name
- 53. The "Cruise Ship Capital of the Word"
- 54. Caper
- 55. Yegg's take
- 56. Philippine island or its seaport
- 57. Berry famed for anti-oxidant properties
- 58. Nevada city ENE of 15 across
- 61. Famous Turner in Atlanta

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)

## Continuation of Lets Talk About it

### *Be aware:*

According to Centers for Disease Control and Prevention, falls in the geriatric population are increasing. By 2030, falls are predicted to increase to staggering numbers for those who are 65 and older. During the winter season, slippery sidewalks, stairs outside your home, and even a lack of mobility sometimes causes frequent falls in the older population. The rule of thumb is:

1. Have someone with you during your outings.
2. Have a family member pick up your mail if your mailbox far is away.
3. Use assistive devices (2-wheel walker, 4-wheel rollators, canes, etc.) at all times, even though you feel steady without it.
4. Go on a walk on a daily basis while at home (walk 5-10 times from your favorite chair to the kitchen or a bedroom and back).

I hope you have a great health winter season!

Stay warm and healthy! Till next time!

Yours Truly,

Natalya Malakhova

# February 2022 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Chili w/ meat and beans Carrots &amp; Celery Jello Bread Milk Dessert</p>	<p>2 Chicken ala King Spinach Jello Bread Milk Dessert</p>	<p>3 Sweet &amp; Sour Pork Fluffy Rice Vegetable Bread Milk Dessert</p>	<p>4 Hot Beef Sandwich Potatoes Vegetable Bread Milk Dessert</p>
<p>7 Battered Fish Rice Pilaf Coleslaw Bread Milk Dessert</p>	<p>8 BBQ Chicken Potato Casserole Vegetable Bread Milk Dessert</p>	<p>9 Meatloaf Potatoes Green Beans Bread Milk Dessert</p>	<p>10 Baked Ham Sweet Potato Vegetable Bread Milk Dessert</p>	<p>11 Baked Potato Bar Jello Bread Milk Dessert</p>
<p>14 Spaghetti w/meat sauce Tossed Salad Juice Garlic Bread Milk / Juice Dessert</p>	<p>15 Egg Salad Sandwich Potato Bacon Soup Kidney Bean Salad Milk Dessert</p>	<p>16 Chicken &amp; Rice Casserole Harvard Beets Bread Milk Dessert</p>	<p>17 Chicken Fried Steak Potatoes Carrots Bread Milk Dessert</p>	<p>18 Fish Sticks Mac &amp; Cheese Sauteed Cabbage Bread Milk Dessert</p>
<p>21 Salisbury Steak Potato Wedges Peas Bread Milk Dessert</p>	<p>22 Rope Sausage Potatoes &amp; Onion Vegetable Bread Milk Dessert</p>	<p>23 Chicken Salad Sandwich Soup Jello Bread Milk Dessert</p>	<p>24 Pork Roast Potatoes Vegetables Bread Milk Dessert</p>	<p>25 Cooks Choice  Bread Milk Dessert</p>
<p>28 BBQ Chicken Baked Beans Sugar Snap Peas Bread Milk Dessert</p>				<p><b>Meals are subject to change</b></p>

## Box Butte County Handyman Program

The Box Butte County Handyman program will be making some changes. Effective January 1, 2022, The Aging Office of Western Nebraska will now oversee and run the program. This will be a self-directed care program, and clients will receive vouchers for reimbursement. The services covered will be lawn care/snow removal and/or housekeeping.

We are also interested in contacting people that may be willing to provide these services.

For more information or questions, please contact Mandy Fertig 308-635-0851

## Emergency Response System and the Risk of Falling



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

### Mental Health Issues

It's estimated that about 5% of adults in the U.S. experience Seasonal Affective Disorder (SAD). Some of the most common symptoms are: Anxiety; Depression; Discontent; Mood swings; Fatigue; Irritability; and Sleep deprivation.

Many of those symptoms can cause even bigger mental health issues and create a vicious cycle throughout the winter that will become hard to escape from on your own. If you are someone who struggles with feelings of sadness and/or loneliness through the winter, start finding ways to combat those feelings now, before the cold weather sets in. Waking up earlier to enjoy more daylight hours is a good start. Setting a regular sleep schedule can also help.

Exercising and staying active can be a huge help with everything from anxiety and depression to stress levels. Things like yoga can reduce your feelings of worry and stress while providing physical benefits, as well. Creating a workout plan can also help you stay consistent, especially on days when you are less motivated to lace up your running shoes or hit the weights.

Spending time outside is another great way to fight back against seasonal depression and other mental health issues. Nature is an inherent mood booster, and you can enjoy some of the unique activities the season has to offer, like sledding, skiing, and snowshoeing.

You do not have to completely change your routine during the winter months. But, making a few adjustments in your eating habits, sleeping patterns, skincare regimen, and activity levels can all make a big difference. If you are already thinking about winter health concerns, now is the time to be proactive and start adjusting some of your habits for a healthier, happier season.

# March 2022 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Meals are subject to change</b>	1 Pancakes Eggs and Sausage Fruit Juice Bread Milk Dessert	2 Liver & Onions Or Alternate Potatoes Vegetable Bread Milk Dessert	3 Cabbage Burgers Potato Salad Vegetable Bread Milk Dessert	4 Tuna Noodle Casserole Vegetables Jello Bread Milk Dessert	
	7 Lasagna Vegetables Garlic Bread Milk Dessert	8 Pork Roast Potatoes Lima Beans Bread Milk Dessert	9 Hot Chicken Salad Hashbrowns Vegetable Bread Milk Dessert	10 Beef & Cheese Enchiladas Spanish Rice Refried Beans Bread Milk Dessert	
	14 Chicken Pot Pie Fruited Jello Bread Milk Dessert	15 Ham & Beans Carrot & Celery Peach Salad Corn Bread Milk Dessert	16 COOKS CHOICE  Bread Milk Dessert	17 Corn Beef and Cabbage Potatoes Jello Bread Milk Dessert	18 Chicken Tenders Tator Tots Pea Salad Bread Milk / Juice Dessert
	21 Meat Loaf Baked Potato Vegetable Bread Milk Dessert	Oven Fried Chicken Mashed Potatoes Vegetables Bread Milk Dessert	23 Polish Sausage Scalloped Potato Sauerkraut Bread Milk Dessert	24 Hot Turkey Sandwich Mashed Potato Vegetable Bread Milk Dessert	25 Salmon Patties Fluffy Rice Baked Tomatoes Bread Milk Dessert
	28 Spaghetti W/ Meat Sauce Scalloped Corn Jello Garlic Bread Milk Dessert	29 BBQ Chicken Mac & Cheese Spinach Bread Milk Dessert	30 Sloppy Joe Tater Tots Baked Beans Bread Milk Dessert	31 Pork Cutlet Candied Yams Tossed Salad Bread Milk Dessert	

## Sudoku No. 1—Answer

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

## Sudoku No. 2—Answer

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

## Continued: Meet Natalya Malakhova

I have continued my professional experience working predominantly with the geriatric population. There is nothing as fulfilling and rewarding as working with older folks.

My family and I are very sport-oriented; I, personally, love scuba diving, skydiving, running in mini-triathlons, participating in 50-mile bike rides, and going on long-range hikes. I have two grown kids, college-age, who are very talented, innovative, and successful individuals. Finally, anyone who knows me would agree that I would go above and beyond to help those in need. My passion lies in assisting others who need it the most. Call or come and visit us at the Chadron Senior Center! We are here for you!

Sincerely, Natalya Malakhova



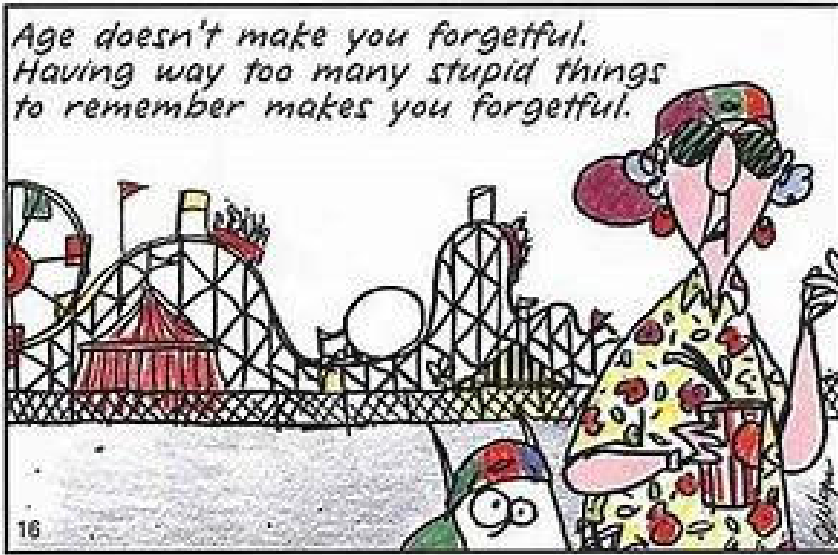




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**The first person aged 60 and older to find the Item Circled in the hidden picture and call our office to tell us where they are in the picture will receive one free meal at the Senior Center of your choosing. Aging Office of Western Nebraska 308-635-0851**

# More Funnies



## Answer to Crossword

1	M	2	I	3	K	4	E		5	P	6	R	7	O	8	G		9	N	10	U	11	D	12	G	13	E
14	A	R	E	S					15	R	E	N	O					16	O	N	I	O	N				
17	H	E	Y	C	17	H	E	C	K	T	H	I	S	O	19	U	T										
20	I	N	U	R	E	O				21	P	E	A	S	A	N	T	S									
22	R	E	P	O	M	A	N	23				24	A	Z	O	V											
					25	W	A	T	C	26	H	M	Y	M	O	27	V	28	E	29	S						
30	J	31	O	32	B				33	N	O	A	A					34	E	R	A	T	O				
35	I	D	E	36	S				37	R	R	S	T	A	38		39		40	Y	M	C	A				
41	M	E	R	C	42	I				43	T	A	R	E	44			45	P	S	P						
46	I	A	M	O	N	47	T	48	H	E	B	E	A	T	49												
					50	T	R	U	E						51	S	A	T	S	52	U	53	M	54	A		
55	S	56	C	57	A	L	A	B	L	58	E				59	C	U	E	S	I	N						
60	W	E	C	A	N	A	L	L	61	T	O	P	T	H	A	T											
62	A	B	A	N	G					63	E	K	E	D				64	S	E	M	I					
65	G	U	I	D	E					66	R	O	D	E				67	E	R	I	C					

## Senior Marriage

There were two elderly people living in a Florida mobile home park. He was a widower and she a widow. They had known one another for a number of years.

One evening there was a community supper in the big activity center. The two were at the same table, across from one another. As the meal went on, he made a few admiring glances at her and finally gathered his courage to ask her, "Will you marry me?"

After about six seconds of 'careful consideration,' she answered. "Yes. Yes, I will."

The meal ended and, with a few more pleasant exchanges, they went to their respective places. The next morning, he was troubled. "Did she say 'yes' or did she say 'no'?" He couldn't remember. Try as he would, he just could not recall. Not even a faint memory. With trepidation, he went to the telephone and called her. First, he explained that he didn't remember as well as he used to. Then he reviewed the lovely evening past.

As he gained a little more courage, he inquired, "When I asked if you would marry me, did you say 'Yes' or did you say 'No'?"

He was delighted to hear her say, "Why, I said, 'Yes, yes I will' and I meant it with all my heart." Then she continued, "I am so glad that you called because I couldn't remember who had asked me."



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## Dates to Remember

New Years Day—Jan 1st  
Martin Luther Kind Jr. Day—Jan 17th  
Groundhog Day—Feb 2nd  
Super Bowl— Feb 13th  
Valentine’s Day—Feb 14th  
President’s Day—Feb 21st  
Ash Wednesday—Mar 2nd  
Daylight Savings - Mar 13th  
St. Patrick’s Day—Mar 17th  
1st Day of Spring—Mar 21st  
Vietnam War Veterans Day—Mar 29