



# Aging Office of Western Nebraska FALL NEWSLETTER

## From the Director ~ Cheryl Brunz Welcome FALL of 2022!

We are just around the corner from another year slipping by. Looking back at this year thus far a tremendous amount has impacted all of us. The nation was still firmly in the grip of COVID-19 with the new contagious variant, Omicron, attacking individuals again. With that came the notion everyone needed the booster vaccine.

We had the election fallout with the demonstrators storming the U.S. Capital to stop lawmakers from certifying the results of the 2020 presidential election. Then came the inauguration of our 46<sup>th</sup> President of the United States, Joe Biden and his Vice President Kamala Harris.

The U.S. had the military withdrawn from Afghanistan in April and the upheaval in Haiti in July. The Olympics were held in Tokyo, Japan. Meghan, Duchess of Sussex, and Prince Harry left the royal life and moved to make their home in Southern California.

And finally, we experience the terrible weather everywhere from the Winter Storms in Texas in February to the historic heat in late June all the way thru now in the Northwest and the Mid-West. The Category 4 Hurricane Ida that hit Louisiana, Alabama, and Mississippi in August. The latest and most notable is the passing of Queen (Continued on page 6)

## Inside This Issue...

From the Director .....	1
Sudoku Puzzles .....	2
Senior Center Location Information .....	2
Recipe—Oreo Fluff Salad .....	3
Back Seat Driver .....	3
Elder Access Line .....	4
Sudoku Puzzles Answers .....	4
Lets Talk - Natalya Malakhova .....	5
Director’s Message Continued.....	6
Observation on Aging.....	7
Same Class? .....	7
Senior Funnies.....	8
Find the Picture .....	9
Recipe—Cheesy Bread .....	10
Meals Calendar: Summer 2022.....	11
Scams Happening in Nebraska.....	12
Emergency Response Service.....	12
Stories of Grand Parents .....	13
Care Management .....	14
Recipe—No Bake Peanut Butter Balls....	15
Recipe—Holy Cow Cake .....	16
Word Search Puzzle .....	17
Hidden Picture Winners.....	18
Senior Funnies.....	18
USDA Rural Development Home Repair	19
AOWN Governing Board Members.....	20
Dates to Remember .....	20

## Sudoku No. 1

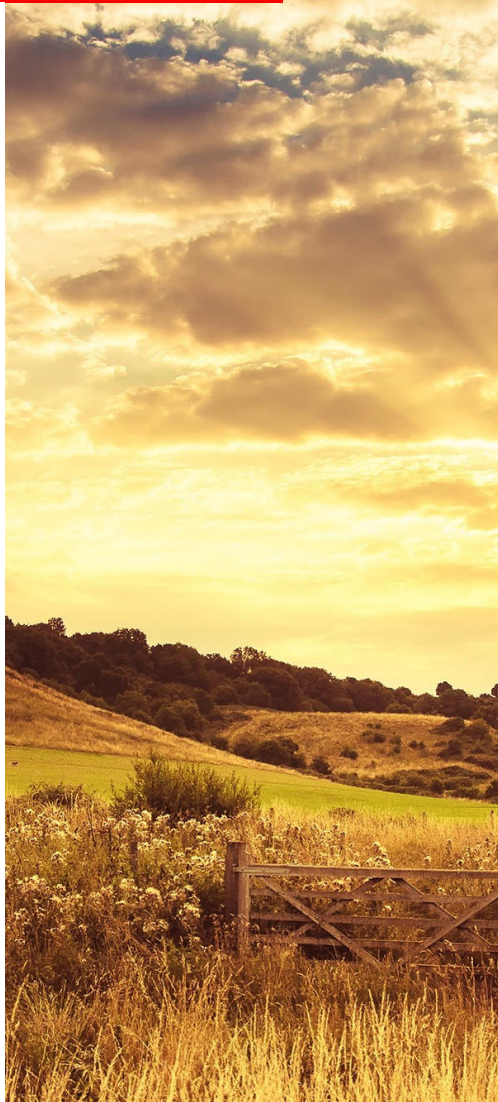
			7			8		
	7			9				
			2	5		7		4
	1		5			4		
		6				5		
		9			3		7	
3		4		2	5			
				7			3	
		5			1			

## Sudoku No. 2

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

## Senior Center Locations

Alliance	308-762-8774
Banner Co.	308-436-5262
Bayard	308-586-1966
Bridgeport	308-262-1868
Chadron	308-432-2734
Chappell	308-874-2954
Crawford	308-665-1515
Gering	308-436-3233
Gordon	308-282-2939
Harrison	308-668-2261
Hay Springs	308-638-4534
Hemingford	308-487-3444
Kimball	308-235-4505
Lewellen	
Tiger Den	308-778-0102
Mitchell	308-623-1145
Oshkosh	308-772-3400
Rushville	308-327-2061
Sidney	308-254-4835



## Handy-Bus Contacts

Box Butte Co.  
308-762-3596

Cheyenne Co.  
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

# Oreo Fluff Salad

## Ingredients

- 4 cups milk
- 2 (3.4 ounce) packages instant vanilla pudding mix
- 2 (8 ounce) containers whipped topping (such as Cool Whip®)
- 30 chocolate sandwich cookies (such as Oreo®), crushed, or to taste

Original recipe yields 12 servings

## Directions

Whisk together milk and instant pudding mix in a large serving bowl until thickened, about 2 minutes. Fold in whipped topping until incorporated.

Stir crushed cookies into pudding until well blended. Cover the bowl with plastic wrap. Refrigerate until chilled and thickened, at least 1 hour to overnight.



## BACK SEAT DRIVER

**A wife was making a breakfast of fried eggs for her husband.**

Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'



# Elder Access Line

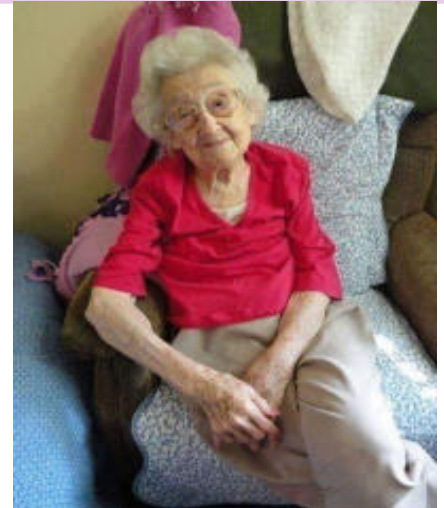
Nebraskans, aged 60 and older, are able to receive help with any questions. Legal Aid of Nebraska operates a statewide Elder Access Line a free telephone access line. **1-800-527-7249**

**Sudoku No. 1—Answer**

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

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

**Sudoku No. 2—Answer**



## Let's Talk - Natalya Malakhova

It has been almost a year since I took a position as a Service Coordinator at the AOWN in Chadron, NE. I would like to reassure you that my journey with the Aging Office of Western Nebraska has not ended but will be shifting into another position as a Care Management Unit Supervisor within the AOWN organization. My job will consist of supervising and managing the Care Management program and will contribute to quality assurance of the services we provide for our retired population in Western Nebraska. I'm looking forward to utilizing my skills, knowledge, and education to continue to strengthen our mission and serve our older population in the Nebraska Panhandle.

As we are all trying to embrace and understand the aspects of aging, many still are figuring out what will help individuals to stay independent in their own home during health and medical tribulation. In addition, many are facing the loss of a formal/informal support systems as well. Perhaps the loss of a spouse or a new financial need has created difficult circumstances, requiring a closer look at the person's well-being. When someone is alone, it is hard to find all the answers. The AOWN Care Management Program can come to the rescue . . .

Some of you may be wondering what the Care Management program entails. The Care Management Program is designed to identify and coordinate community resources and services to assist the older population to meet individual needs. The program is a state-certified program through the State Unit on Aging. One of the underlining objectives of the Care Management Program is to help provide the services that enable individuals to continue to live their lives independently. Under the watchful eye of a Care Management specialists, the person in need and their family (most likely whoever took on responsibility to care for the person in need) would be provided services and consultation regarding the options the Care Management program may offer.

Referrals to the Care Management program are accepted from any source. The program is available in all eleven counties in the AOWN service area. Please, if you know anybody who might benefit from some of the services and programs, call us at (308) 635-0851.

I hope you read and enjoy our next quarterly newsletter. Let me know what you think! Until next time . . .

Sincerely, Natalya Malakhova, Care Management Unit Supervisor

## From the Director ~ Cheryl Brunz—Continued

Elizabeth II of the United Kingdom and 14 other Commonwealth realms. Not to mention the killings that are happening daily all across our great country. This and so much more has made it in the news for 2022.

I leave you this month with the following:

# A-A-R-P! I wanna join the A-A-R-P!



The Retirement Village People



*I decided  
to take  
an  
aerobics class.  
I bent,  
twisted,  
gyrated*

*and jumped up and down  
for an hour.*

*But, by the time  
I got my leotard on,  
the class was over.*



*When I was a kid,  
I wanted to  
be older...  
This is not what  
I expected!*

## Observation on Aging

Some people try to turn back their odometers. Not me! My theory on aging is that I want people to know 'why' I look this way. I've traveled a long way and many of the roads weren't paved.

First you forget names, then you forget faces. Then you forget to pull up your zipper.

Being young is beautiful, but being old is comfortable.

When you are dissatisfied and would like to go back to your youth, remember Algebra.

One of the many things no one tells you about aging is that it is better than being young.

You know you are getting old when everything either dries up or leaks.

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride!"

## Same Class?

While waiting for my first appointment in the reception room of a new dentist, I noticed his certificate hanging on the wall; it gave his full name.

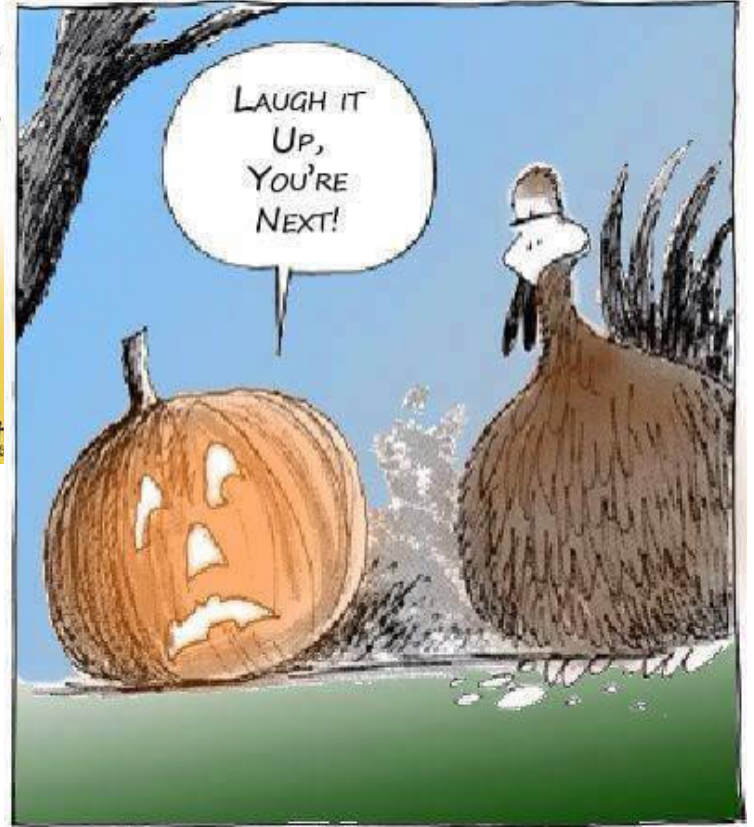
Thinking hard, I remembered that a tall, handsome boy with the same name had been in my high school class some 36 years ago.

Upon seeing him, however, I quickly discarded any such thought. This balding, grey-haired man with the deeply lined face was way too old to have been my classmate.

After he had examined my teeth, I asked him if he had attended the local high school. 'Yes,' he replied. 'When did you graduate?' I asked. He answered, 'In 1971. Why?' 'You were in my class!' I exclaimed.

He looked at me closely, and then the thoughtless idiot asked, 'What did you teach?'

# Seasonal Funnies





# Joyful Music

bell

sock

pear

Santa's head

candle

Can you find these hidden pictures?

wrapped present

star

ice skate

snowman

button

candy cane

worm

fishing bobber

sled

14

Illustrated by Unacids Gilene

The first person aged 60 and older to find the Item Circled in the hidden picture, and call our office to tell us where it is in the picture will receive one free meal at the Senior Center of your choosing.

**Aging Office of Western Nebraska 308-635-0851**

## Cheesy Bread

I like to make two...one for the adults and one without jalapeños for the little ones.

- 1 (16- to 18-ounce) round loaf Italian or sourdough bread
- 1/4 cup butter melted
- 1 teaspoon dry ranch dressing mix
- 1/2 cup (about 5 slices) cooked chopped thick-cut bacon
- 1/4 cup jarred jalapeño peppers, chopped
- 10 (3/4-ounce) slices cheese chopped
- 2 teaspoons chopped fresh parsley, if desired



Heat oven to 350°F. Place two (24-inch) pieces aluminum foil, crossing one over the other, on flat surface. Cut bread, using serrated knife, in grid pattern, spacing about 1-inch between rows. Do not cut through bottom crust. Set aside.

Combine melted butter and ranch dressing in medium bowl. Add all remaining ingredients except parsley; mix well.

Place loaf in center of aluminum foil pieces. Spoon cheese mixture into cut areas of bread. Wrap foil loosely around bread. Place onto ungreased baking sheet.

Bake 30 minutes. Pull back foil; continue baking 5-10 minutes or until loaf is golden brown and cheese is melted. Sprinkle with parsley, if desired.

Serve immediately. Pull out individual bread pieces, using tongs or 2 forks and reaching down into loaf to include filling and bread.

October 2022 ~ What's for Lunch?		Meals include a Vegetable, Bread, Milk & Dessert		
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Chicken Enchilada Casserole	<b>4</b> Marinated Pork	<b>5</b> Roasted Turkey w/ Gravy	<b>6</b> Beef Stroganoff w/ Noodles	<b>7</b> Oven Fried Fish
<b>10</b> Pork Roast	<b>11</b> Smothered Steak	<b>12</b> BBQ Chicken	<b>13</b> Penne Polish Sausage Bake	<b>14</b> Chicken Strips
<b>17</b> Swedish Meatballs w/ Sauce	<b>18</b> Ham Steak	<b>19</b> Chili	<b>20</b> Chicken and Noodles	<b>21</b> Fish Sandwich
<b>24</b> Cabbage Burgers	<b>25</b> Open Faced Turkey Sandwich w/ Gravy	<b>26</b> Sweet and Sour Pork	<b>27</b> Liver and Onions or Alternative	<b>28</b> Cook's Choice
<b>31</b> Meatloaf				Meals are subject to Change

November 2022 ~ What's for Lunch?		Meals include a Vegetable, Bread, Milk & Dessert		
Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Oven Fried Chicken	<b>2</b> Pork Cutlet w/ Gravy	<b>3</b> Beef Pot Roast	<b>4</b> Chicken & Dumplings
<b>7</b> Goulash	<b>8</b> Tuna Melt	<b>9</b> Salisbury Steak	<b>10</b> Chicken Chow Mein	<b>11</b> Beef Soft Tacos
<b>14</b> Chicken Pot Pie	<b>15</b> Grilled Ham and Cheese	<b>16</b> Beef Stroganoff over Noodles	<b>17</b> Roasted Turkey	<b>18</b> Cheeseburger w/ trimmings
<b>21</b> Tater Tot Casserole	<b>22</b> Smothered Pork Chop	<b>23</b> Sagheti w/ Meatballs	<b>24</b> Closed: Thanksgiving	<b>25</b> Sausage Gravy on Biscuit
<b>28</b> Oven Fried Chicken	<b>29</b> Liver and Onions or Alternate	<b>30</b> Cook's Choice		Meals are subject to Change

December 2022 ~ What's for Lunch?		Meals include a Vegetable, Bread, Milk & Dessert		
Monday	Tuesday	Wednesday	Thursday	Friday
	Meals are subject to Change		<b>1</b> Taco Salad	<b>2</b> Garlic Sausage Sandwich
<b>5</b> Homemade Hamburger and Cheese Pizza	<b>6</b> Hot Ham Sandwich	<b>7</b> Sloppy Joe	<b>8</b> Fish Sticks	<b>9</b> Cheesy Chicken, Broccoli and Rice Casserole
<b>12</b> Sausage and Egg Breakfast Casserole	<b>13</b> Tuna Noodle Casserole	<b>14</b> Lasagna	<b>15</b> Chicken Strips	<b>16</b> Vegetable Beef Stew
<b>19</b> Turkey Roll up w/ Lettuce and Cheese	<b>20</b> Ham	<b>21</b> Meatloaf	<b>22</b> Creamed Chicken Over Biscuit	<b>23</b> Swiss Steak w/ Tomatoes
<b>26</b> Closed: Christmas	<b>27</b> Swedish Meatballs over Rice	<b>28</b> Polish Sausage w/ Onions and Peppers	<b>29</b> Liver and Onions or Alternate	<b>30</b> Cook's Choice

## Scams Happening in Nebraska

Beware of Scam Calls coming in from someone you don't know saying they are from Nebraska Aging. A consumer alerted us so we could warn others!

1. Do not answer the phone if you do not recognize the number.
2. Keep your credit card, checking account, insurance info, and social security numbers to yourself.
3. Legitimate companies do not call consumers or go door to door.
4. Don't click on links in a text or press numbers—Just hang up!



## 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



www.freeus.com • sales@freeus.com • 888-924-1026  
Belle® is a registered trademark of Freeus, LLC.

## Stories of Grand Parents

1. Maverick, 18 yrs. old:

“One day while he and his fellow soldiers were marching through the countryside, they came upon a church where one of the walls had been blown down as a casualty of war. Inside this old church was a beautiful grand piano untouched by the explosion that had taken out that wall. Grandpa Bill sat down at this piano and played as the troops were marching by. With victory in the air, I can only imagine how wonderful this must have been for him. Fortunately, my grandpa survived WWII. I am grateful to him and the rest of the ‘Greatest Generation’ who fought and died for the freedom we have today.”

2. Aleem, 18 yrs. old:

“The most touching story that my grandma shared with me was of a time when she and my grandfather were living in poverty...One year, money was low in the household, and it looked like my grandparents would no longer be able to afford [the school my dad and uncle attended]...My grandma took all of her remaining wedding jewelry and sold it. With the money she received, she managed to send her kids to school for another year...My dad and my uncle were able to use that sacrifice to move out of a poverty-stricken region of India to the United States, taking my grandma and grandpa with them. Happy ending!”



# Care Management Services

**Aging Office of Western Nebraska**



**There's no place like home!**

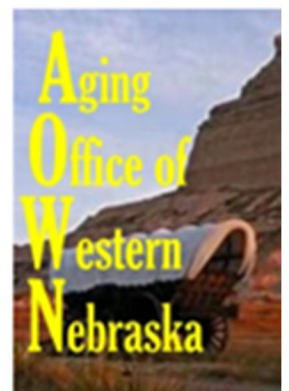
Are you age 60 or older and feeling like you might need some help?

If so, the **Care Management Program** at the **Aging Office of Western Nebraska** is here to help!

AOWN's trained Care Managers can help guide you in finding the services and resources you want and need to safely remain in your home as long as possible!

*We are here to help!*

Call us at:  
**800-682-5140**



## No Bake Peanut Butter Balls

- 1/2 cup melted butter
- 1 1/2 cups peanut butter
- 2 1/2 cups powdered sugar
- Some chocolate chips



Mix butter, peanut butter, and powdered sugar until well blended. More or less powdered sugar can be used to make mixture more or less dry. Make 1 inch balls and freeze for about 20 minutes or until firm.

Microwave chocolate chips for 60 seconds, stopping every 15 seconds to check and stir. Adding some vegetable shortening can make the chocolate thinner and easier work with.

Remove balls from freezer and dip most of the way into the chocolate, coating all but a small circle on top. Using a toothpick for this works well but simply dipping it in and pulling it out with a fork also works. Place completed buckeyes on wax paper and allow to harden. Refrigerate if needed.

# Holy Cow Cake

Chocolate Cake Mix (your preference), baked as directed

## Ingredients

- 1-14 oz. can of sweetened condensed milk
- 8 oz. jar of caramel topping
- 4-5 Butterfingers candy bars, crushed
- 1-8 oz. cream cheese, softened
- 12 oz. Cool Whip



## Directions

1. Prepare and bake cake as directed on package.
2. Meanwhile, blend caramel and sweetened condensed milk.
3. After removing cake from oven, use a skewer or fork to poke holes into the top of the cake.
4. Pour caramel mixture over cake.
5. Crush candy bars and sprinkle half of them over the warm cake. Chill.
6. Stir cream cheese and Cool Whip together until blended well. Spread over cooled cake.
7. Sprinkle with remaining candy.



# BlackDog's Christmas Word Search



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

## Word List

Christmas  
 Bells  
 Candy  
 December  
 Eggnog  
 Elf  
 Family  
 Frosty  
 Gifts  
 Holiday  
 Holly  
 Jolly  
 Mistletoe  
 Presents  
 Reindeer  
 Rudolph  
 Santa  
 Sleigh  
 Snowflake  
 Snowman  
 Workshop

© 2002 BlackDog - The Site for Kids! - [www.blackdog.net](http://www.blackdog.net)

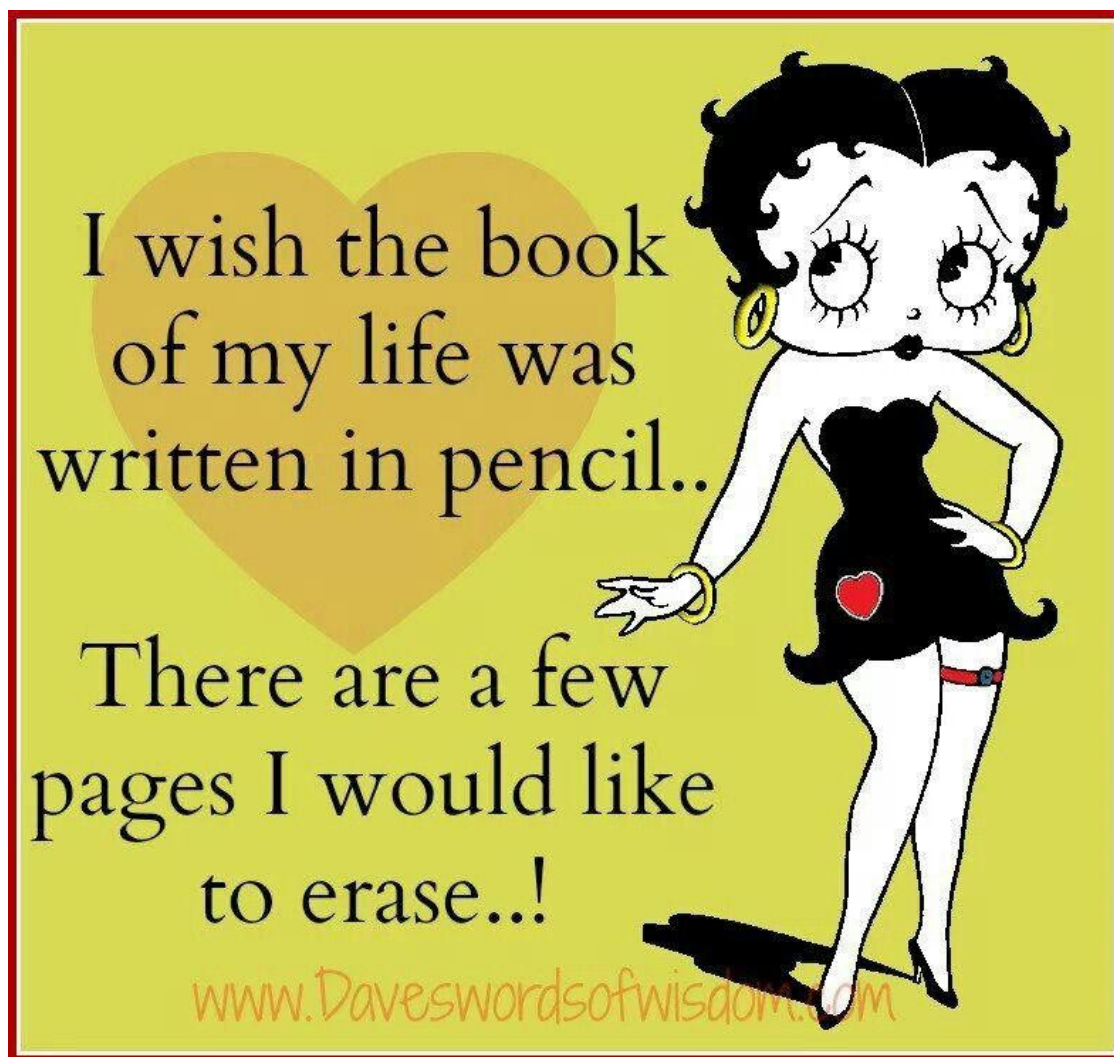


## Hidden Picture Winners

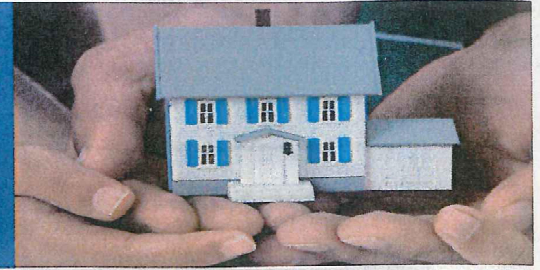
Were you a Hidden Picture Winner in the last edition of our newsletter? These folks were!!

None—Alliance; Sharon Ragland—Bayard; None—Bridgeport; Pauline Haesacker—Chadron; Roger Ohnesorg-Chappell ; Beth Gibbons—Crawford; Vicky Stone—Gering; None—Gordon; Margret Dunn—Harrison; Linda Peterson—Hemingford; Diana Engstrom—Kimball; NONE—Mitchell; None—Morrill; None—Oshkosh; Moneen Rasmussen—Rushville; Joyce Nelson—Scottsbluff; Barbara Filanowski—Sidney.

## Senior Funnies

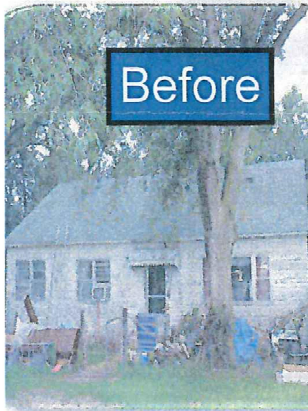


# Does Your Home Need Repairs?



Let USDA Rural Development Nebraska help you

## Improve Your Home!



Before



After

### VERY AFFORDABLE 1% Fixed Rate Repair Loans for Home Owners

- ⇒ Up to 20 year loan term
- ⇒ \$20,000 maximum outstanding loan amount
- ⇒ Improve/modernize/remove health & safety hazards
- ⇒ Home must be owner occupied
- ⇒ Income guidelines apply (by county)—See reverse

**USDA** Rural Development  
U.S. DEPARTMENT OF AGRICULTURE

- ⇒ **Payment examples:** \$2,500 = **\$11.48/mo.**; \$7,500 = **\$34.43/mo.**; \$20,000 = **\$91.80/mo.**
- ⇒ Loan/Grant combos or grants may be available based on set eligibility formulas (for 62 & older). Maximum \$7,500 lifetime grant assistance. Under age 62 = Loan program only.
- ⇒ All communities in NE are eligible EXCEPT: Fremont, Grand island, Hastings, Kearney, Lincoln, North Platte, Omaha, & South Sioux/Dakota City

## Contact Us Today for More Information

**402-437-5551 Option 1.**

If no answer, please leave a brief message with name and phone number.

The first available Housing Specialist will return your call.

Or e-mail: [SM.RD.NE.SFHQST@usda.gov](mailto:SM.RD.NE.SFHQST@usda.gov)

USDA is an equal opportunity provider, employer, and lender.

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

POSTAGE  
INFO HERE

Phone: 308-635-0851

**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  
Webb Johnson—Dawes County  
Hal Downer – Sioux County**

**Larry Engstrom – Kimball County  
Phil Sanders – Cheyenne County  
Dan Kling – Sheridan County  
Terry Krauter - Garden County**

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



## Dates to Remember

**International day for Older Persons Oct 1st  
Columbus Day Oct 10th  
Halloween Oct 31st  
All Saints Day Nov 1st  
Daylight Savings Time Ends Nov 6th  
Election Day Nov 8th  
Veterans Day Nov 11th  
Thanksgiving Nov 24th  
Pearl Harbor Day Dec 7th  
Hanukkah begins Dec 18th  
Winter Solstice Dec 20th  
Christmas Eve Dec 24th  
Christmas Day Dec 25th  
New Years Eve Day Dec 31st**