



Aging Office of Western Nebraska Spring NEWSLETTER

From the Director ~ Cheryl Brunz Hello Spring of 2022-23!

I am sure ready for Spring. We have had enough snow this year and now I am ready for the sunshine. It will be time for the flowers to start blooming and people to start their gardening projects.

The article by Jeff Hoyt, Editor in Chief of Seniorliving.org is “The Benefits of Senior Gardening.”

Gardening is a hobby everyone can enjoy, including seniors. Planting a garden and seeing it grow is rewarding within itself, but the activity of gardening also has many other benefits as we age.

Health Benefits of Gardening for Seniors

Gardening gives us fresh air and helps us connect with the environment. But, did you know there are also health benefits as we watch those flowers grow?

Gardening relieves stress. Alleviating stress is something we all look to do at any age. Researchers found that gardening can lower levels of cortisol which cause stress, high blood pressure and even affects glucose levels.

(Continued on Page 6)

Inside This Issue...

From the Director	1
Sudoku Puzzles	2
Senior Center Location Information	2
Thank you and Goodbye	3
Recipe—One Bowl Strawberry Cake	3
Elder Access Line	4
Sudoku Puzzles Answers	4
Meet Our New A.D. Waver Supervisor	5
Story from Kansas State Hwy Patrol	5
Director’s Message Continued.....	6
Word’s to live by	7
Senior Funnies.....	8
Find the Picture.....	9
What would you rather have ?	10
Meals Calendar: Summer 2022.....	11
Stop Being Scammed	12
Emergency Response Service.....	12
Story of Pistol Packing Granny	13
Care Management	14
Meet Anne Marie Lauderdale.....	15
Recipe—Holy Cow Cake	16
Word Search Puzzle	17
Hidden Picture Winners.....	18
Comics.....	18
USDA Rural Development Home Repair	19
AOWN Governing Board Members.....	20
Dates to Remember	20

Sudoku No. 1

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

Sudoku No. 2

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

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

Morrill Co.
308-262-2000

Saying Goodbye to Two Board of Directors



The Aging Office of Western Nebraska would like to say thanks and goodbye to two Board of Directors, Larry Engstrom and Sharon Sandberg. Both of served as Board of Directors for many years and have done a great job for AOWN. Thank you for your service.

ONE BOWL STRAWBERRY CAKE

Ingredients

- 2 Eggs
- 2 cups All Purpose Flour
- 2 teaspoons Baking Powder
- add pinch Salt
- ½ cup Vegetable Oil
- 1 cup Sugar
- 1 cup Sour Cream
- 12 ounces Strawberries
- add Powdered Sugar (for dusting)

Instructions

- Heat you oven to 350 F or 177 C.
- Beat the eggs and sugar in bowl in a bowl until they turn a pale color.
- Add in the sour cream and oil and beat until well combined.
- Sift in the flour, baking powder, and salt. Mix over low speed until a smooth batter forms.
- Grease and line a pan with parchment paper.
- Pour half the batter in and top with diced strawberries.
- Add the remaining half of the batter and cover with the remaining diced strawberries.
- Bake for 50 to 60 minutes.
- Allow to cool completely.
- Dust with confectioners sugar and serve.



Elder Access Line

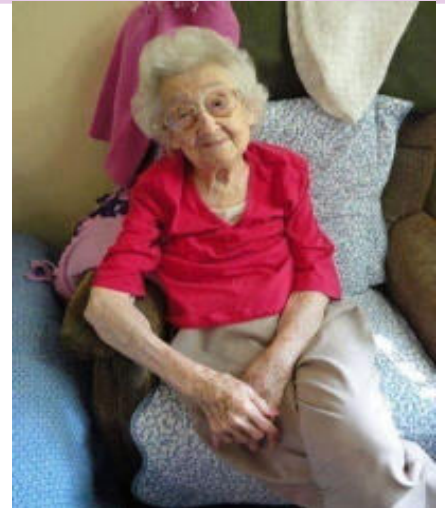
Nebraskans, aged 60 and older, are able to receive help with any questions. Legal Aid of Nebraska operates a statewide Elder Access Line a free telephone access line. **1-800-527-7249**

Sudoku No. 1—Answer

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

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

Sudoku No. 2—Answer

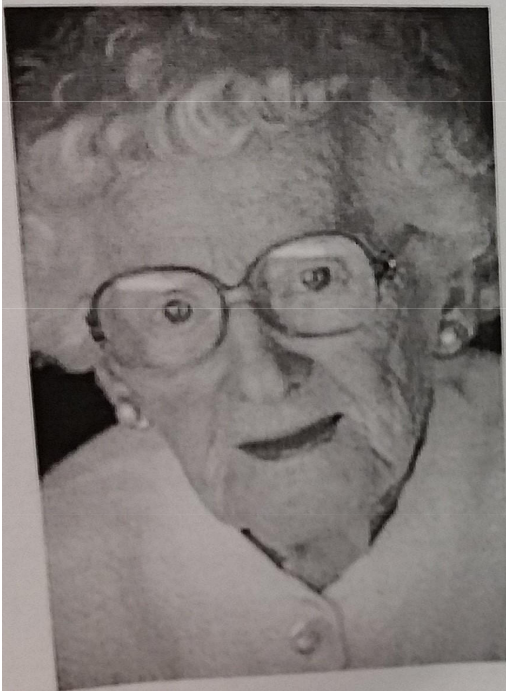


Meet Our New A. D. Waiver Supervisor - Amy Nelson



I'm Amy Nelson. I am the new AD Waiver Supervisor at AOWN. My office is in Kimball. I've been with AOWN since October 2019, where I started as a waiver service coordinator. I am married and have one daughter. I am currently pursuing a Gerontology certificate through Iowa State University. I love following Iowa State sports, listening to music, lounging in front of the fire pit, and playing with my dogs. My husband and I are fosters with Black Dog Animal Rescue in Cheyenne, Wyoming. In the 8 years we have been fosters, we have fostered over 100 dogs. All of my current dogs are foster fails from BDAR.

tory from a Kansas State Highway Patrol officer:



I made a traffic stop on an elderly lady the other day for speeding on U.S. 166 Eastbound at Mile Marker 73 just East of Sedan, KS. I asked for her driver's license, registration, and proof of insurance. The lady took out the required information and handed it to me. In with the cards I was somewhat surprised (due to her advanced age) to see she had a conceal carry permit. I looked at her and ask if she had a weapon in her possession at this time.

She responded that she indeed had a .45 automatic in her glove box. Something---body language, or the way she said it---made me want to ask if she had any other firearms. She did admit to also having a 9mm Glock in her center console. Now I had to ask one more time if that was all. She responded once again that she did have just one more, a .38 special in her purse. I then asked her what was she so afraid of.

She looked me right in the eye and said, "Not a fu[redacted] thing!"

Gardening increases serotonin levels. Just as gardening lowers our cortisol levels, it also raises our serotonin levels. Serotonin is a chemical in the brain that helps to put you in a good mood and helps you feel calm.

Gardening boosts the immune system. Studies have shown that spending time in the garden can also boost the immune system. The so-called “friendly soil bacteria” (*Mycobacterium vaccae*) found in garden dirt has been found to alleviate problems like asthma, psoriasis, and asthma. So, go ahead and get your hands dirty! It’s good for you!

Gardening is good exercise. While you may not be running a 5k, there’s no doubt that gardening gets the blood pumping. Bending, squatting, and pulling weeds takes a lot of physical energy. Any type of exercise is good for the body and can help slow down the aging process. It may be a good idea to get some stretches in before you hit the garden to avoid straining a back muscle or injuring something else.

Gardening may lower the risk of dementia. Gardening requires a lot of hand/eye coordination as well as sensory awareness which may be why researchers have found that it helps to lower the risk of dementia

Gardening for Seniors with Alzheimer's & Dementia

While gardening can help to lower the risk of dementia, it can also serve as a form of therapy for those dealing with dementia as well as Alzheimer's disease. Some facilities offer therapeutic gardens to help residents better stimulate their senses. Gardening can also help with eating habits if residents are planting, growing, and then enjoying what they sow.

If gardening was a hobby that brought great joy before memory problems set in, bringing it back can also provide a sense of comfort since many with Alzheimer's remember the things that made them most happy.

The calm surroundings of the garden also provide a serene environment for those dealing with memory issues. Many gardens for those with Alzheimer's will be shaped like the number eight because dead ends can prompt more confusion. Care facilities take this into consideration as well as safeguards to avoid any patients from mistakenly wandering off.

If anyone has questions about any of our programs please contact us at 308-635-0851.

I leave you this quarter with these jokes:

You know you’re getting old when the rocking chair feels like a roller coaster.

What do you get when you freeze dentures? Frostbite.

You know you are old when you’re told to slow down by your doctor and not the police.

WORDS TO LIVE BY

Life isn't fair, but it's still good.

Your job won't take care of you when you are sick; your friends and parents will: stay in touch.

You don't have to win every argument; agree to disagree.

Make peace with your past so it won't screw up the present.

Don't compare your life to others; you have no idea what their journey is all about.

Over prepare, and then go with the flow.

Be eccentric now; don't wait for old age to wear purple.

Frame every so-called disaster with these words: "In five years, will this even matter?"

What other people think of you is none of your business.

Your children only get one childhood.

If we threw our problems in a pile and saw everyone else's, we'd grab ours back.

Envy is a waste of time. You already have all you need.

No matter how you feel, get up, dress up and show up.

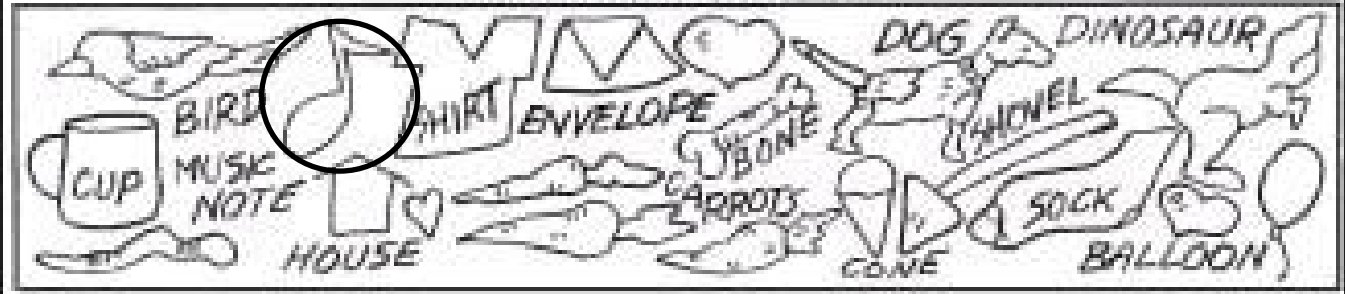
Life isn't tied with a bow, but it's still a gift.

-Regina Brett, 90 years old





www.hiddenpicturepuzzles.com



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

What would you rather have.....?

At our age, what would you rather have, Parkinson's or Alzheimer's?

Parkinson's. Better to spill half an ounce of scotch than to forget where you keep the bottle.



April 2023 ~ What's for Lunch?					Meals include a Vegetable, Bread, Milk & Dessert				
Monday		Tuesday		Wednesday		Thursday		Friday	
3 BBQ Chicken		4 Beef Tips & Gravy		5 Marinated Pork Loin		6 Spaghetti w/ Meat Sauce		7 Baked Lemon Pepper Fish	
10 Ham Steak		11 Beef Soft Tacos		12 Chicen Salad Sandwich		13 Baked Pork Chop		14 Tuna Noodle Casserole	
17 Orange Chicken		18 Meatloaf		19 Grilled Turkey & Swiss Sandwich		21 Salisbury		21 Fish & Cheese Sandwich	
24 BBQ Pork Sandwich		25 Oven Fried Chicken		26 Sloppy Joe		27 Liver & Onions or Alternative		28 Cooks Choice	
								Meals are subject to Change	

May 2023 ~ What's for Lunch?					Meals include a Vegetable, Bread, Milk & Dessert				
Monday		Tuesday		Wednesday		Thursday		Friday	
1 Chicken Alfredo		2 Egg Salad Sandwich		3 Parmeson Crusted Fish		4 Chicken Chow Mein		5 Sausage Gravy Over Biscuit	
8 Chicken Strips		9 Goulash		10 Pork Roast		11 Chicken, Broccoli & Rice Casserole		12 Fish Sticks	
15 Beef Stroganoff		16 Chicken & Cheese Enchiladas		17 Cheeseburger (with Trimmings)		18 BBQ Chicken		19 Hot Dog	
22 Sausae, Egg & Cheese Breakfast Casserole		23 Turkey Roll Up		24 Swiss Steak & Tomatoes		25 Homemade Ham and Cheese Pizza		26 Creamed Chicken over Biscuit	
29 Closed Memorial Day		30 Liver & Onions or Alternative		31 Cooks Choice				Meals are subject to Change	

June 2023 ~ What's for Lunch?					Meals include a Vegetable, Bread, Milk & Dessert				
Monday		Tuesday		Wednesday		Thursday		Friday	
		Meals are subject to Change				1 Tuna Melt		2 Taco Salad	
5 Bratwurst		6 Oven Fried Chicken		7 Ham Salad Sandwich		8 Beef & Broccoli		9 Breaded Pork Chop	
12 Chicken Salad Sandwich		13 Baked Lemon Pepper Fish		14 BBQ Meatballs		15 Spinach & Cheese Egg Bake		16 Tater Tot Casserole	
19 Fish Tacos		20 Pork Cutlet with Gravy		21 Sloppy Joe		22 Polish Sausage with Onions & Peppers		23 Baked Ziti	
26 Tuna Salad Sandwich		27 Ham Steak		28 Chicken Strips		29 Liver & Onions or Alternative		30 Cook's Choice	

Stop Being Scammed

Beware of Scam Calls coming in from someone you don't know .

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 Pistol Packing Granny

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle.

She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! Get out of the car!" The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition.

She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee and two 12-packs of beer in the front seat. A few minutes later, she found her own car parked four or five spaces farther down.

She loaded her bags into the car and drove to the police station to report her mistake.

The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a carjacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed. The moral of the story?

If you're going to have a senior moment... make it memorable.



Care Management Services

Aging Office of Western Nebraska



There's no place like home!

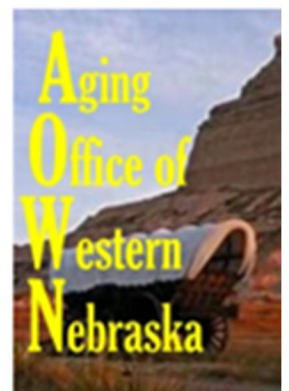
Are you age 60 or older and feeling like you might need some help?

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



Meet Anne Marie Lauderda—Care Management Unit Supervisor



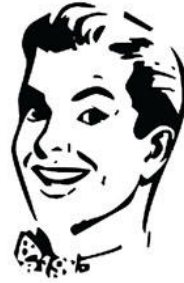
Hello, again. For those of you that don't know me yet, my name is Anne Marie. I am from Casper, Wyoming where I earned my bachelor's in psychology and later my master's in community counseling. I moved to Nebraska in 2016. In my free time, I practice as a mental health therapist, draw, play the piano, and hang out with my cats.

I have worked at AOWN since September of 2018 as the CHOICES and AD Waiver Supervisor and have transitioned to the Care Management Supervisor. In this role, I oversee the Care Management team, the ADRC Option's Counselor, the Caregiver Service Coordinator, and our regional Ombudsman. My team is designed to assist all ages, support providers, assist the elderly in the aging process, assist all age groups get in touch with the services we they need, and much more.

As always, if there are any topics or you'd like to see in the newsletter (including questions about our services), reach out to AnneMarie.Lauderdale@aown.org or give me a call at 308-635-0851. You may always remain anonymous.

Senior Humor

Four men are in the hospital waiting room because their wives are having babies. * A nurse goes up to the first guy and says, "Congratulations! You're the father of twins." * "That's odd," replies the man. "I work for the Minnesota Twins!" * A nurse says to the second guy, "Congratulations! You're the father of triplets!" * "That's weird," says the second man. "I work for the 3M company!" * A nurse tells the third man, "Congratulations! You're the father of quadruplets!" * "That's strange," he responds. "I work for the Four Seasons hotel!" * The last man is groaning and banging his head against the wall. * "What's wrong?" the others ask. * "I work for 7-Eleven!"



Ultra Horse Wordsearch

ORWEGHAWHGHANDBSSTRRETHQKAYRUBZFCXRDAGNIXQQLYKSEFGFTTJVVUZZQJBGMAFFD
 BCGEWFNMOAODEUALBERTOFGPCTSAIYVZSEYKSEFGFTTJVVUZZQJBGMAFFD
 YPUIOATIPKSKKCUVLEHSCJQSWHGEKLDYCNWZPTAIAJYVZSEYKSEFGFTTJVVUZZQJBGMAFFD
 XENPPAPKSKKCUVLEHSCJQSWHGEKLDYCNWZPTAIAJYVZSEYKSEFGFTTJVVUZZQJBGMAFFD
 OYBPRMUAZARERMSNPBQCELSQFCHGAWRRTZJLZIGRKYW
 LNOARUCYBACHHYE
 XMYOKAWMAGFI
 BTTDAOFGIL
 CNLALM
 KGC

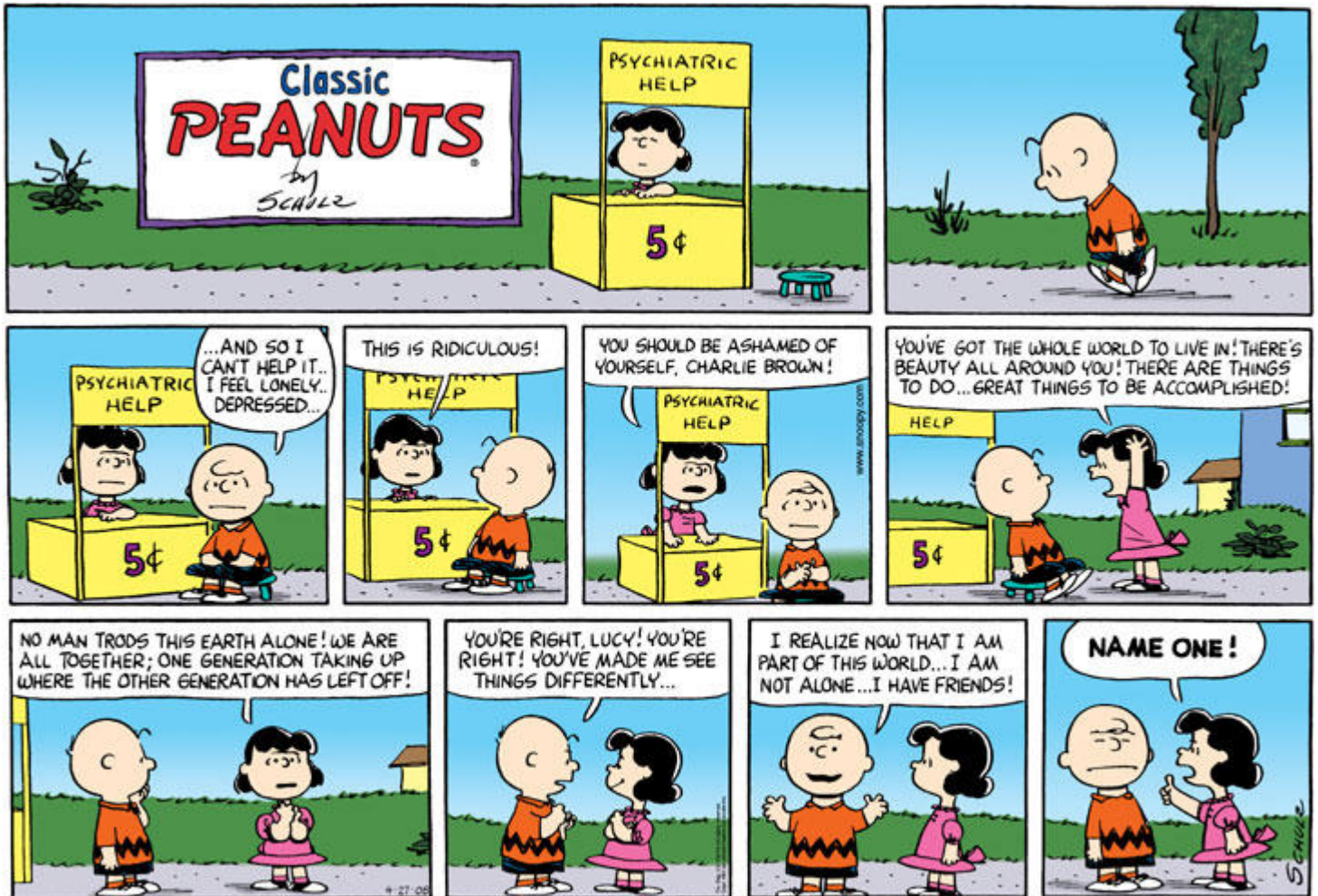
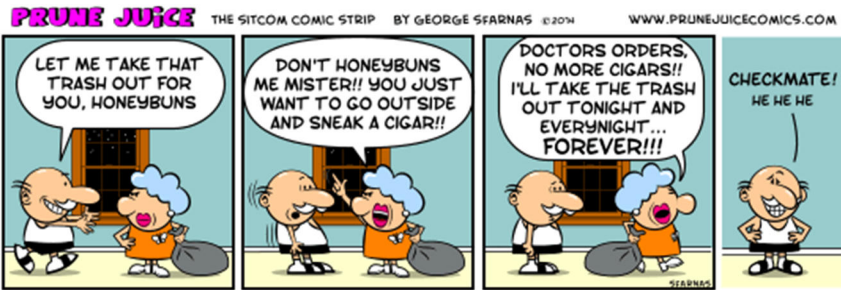
Bareback
 Barouche
 Bit
 Black
 Blanket
 Bread
 Bridle
 Brougham
 Brown
 Buckboard
 Buckskin
 Buggy
 Cabriolet
 Calash
 Canter
 Carriage
 Cart
 Chariot
 Clarence
 Coach
 Colt
 Coupe
 Curricule
 Curry
 Dam
 Dandy
 Farrier
 Feedbag
 Fiacre
 Filly
 Foal
 Food
 Gallop
 Gig
 Grain
 Grey
 Groom
 Hackney
 Halter
 Hands
 Hansom
 Hay
 Hoof

Jump
 Kick
 Landau
 Lie Down
 Mane
 Mare
 Neigh
 Nuzzle
 Oats
 Phaeton
 Pony
 Race
 Rein
 Ride
 Rockaway
 Shoes
 Show
 Sire
 Sleigh
 Stable
 Stagecoach
 Stall
 Stallion
 Sulky
 Tail
 Tallyho
 Tandem
 Tether
 Tibbury
 Train
 Trap
 Trot
 Trot
 Victoria
 Wagon
 Walk
 White
 Yearling

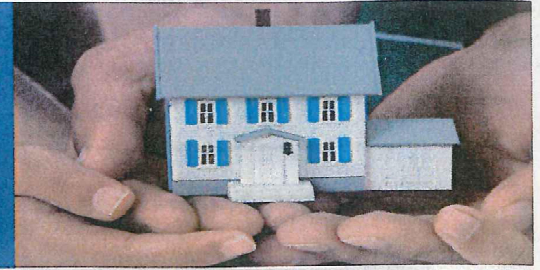
Hidden Picture Winners

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

None—Alliance; None—Bayard; Hallie Sawyer—Bridgeport;
 Pauline Heesacker—Chadron; None-Chappell ; Rosalene Tollman—Crawford;
 Thomas Meyer—Gering; None—Gordon; None—Harrison;
 None—Hemingford; None—Kimball; Ruth Hamilton—Lewellen; NONE—Mitchell;
 None—Morrill; Freda Champion—Oshkosh; Moneen Rasmussen—Rushville;
 Letha Tagler—Scottsbluff; Ken Stute—Sidney.

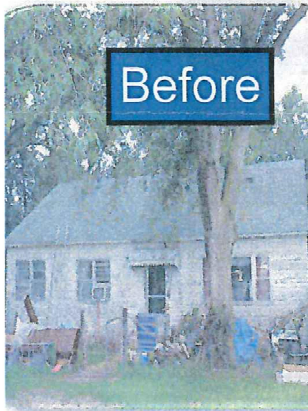


Does Your Home Need Repairs?



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

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

**Laif Anderson—Banner County
Josh Schmidt – Morrill County
Webb Johnson—Dawes County
Hal Downer – Sioux County**

**Elyse Lukassen—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

**April 1st - April fools day
April 2nd - Palm Sunday
April 5th - Passover Begins
April 7th - Good Friday
April 9th - Easter
April 22nd - Earth day
May 4th - National Day of Prayer
May 5th - Cinco de Mayo
May 14th - Mothers Day
May 20th - Armed Forces Day
May 28th - Pentecost
May 29th - Memorial Day
June 14th - Flag Day
June 18th - Fathers Day
June 19th - Juneteenth
June 21 - Fist day of Summer**