



**Aging Office
of Western
Nebraska**

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

Fall Edition

From the Director ~ Cheryl Brunz

I hope that everyone handled all of the storms that our areas were hit with. Hopefully autumn will bring milder temperatures and less severe storms.

Fortunately by following a few tips and best practices, seniors can stay safe and enjoy everything that the autumn season has to offer.

Get the influenza vaccine: While the flu may not be as detrimental to the health of younger people, seniors are at risk from flu complications, such as pneumonia and bronchitis. These complications can result in serious illness, hospitalization, and even death. Adding to this, the flu can also worsen pre-existing conditions.

Reduce the risk of influenza: In addition to vaccination, it's best to take additional steps toward reducing the risk of the flu:

- Avoid contact with those that are ill.
- Wash hands with warm water and soap frequently throughout the day
- Regularly disinfect surfaces that are likely to be contaminated
- Improve the immune system through regular exercise (with physician approval)

Reduce fire risk: As the temperature falls, it's common to start using space heaters or fireplaces to warm up the home. Seniors should ensure that flammable objects are kept far away from these types of appliances. It's also important to inspect
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Sudoku No. 1

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

Sudoku No. 2

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

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	Morrill 308-247-3323
Chappell 308-874-2954	Oshkosh 308-772-3400
Crawford 308-665-1515	Rushville 308-327-2061
Gering 308-436-3233	Scottsbluff 308-635-0263
Gordon 308-282-2939	Sidney 308-254-4835
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.	308-436-6688
Sheridan Co.	308-360-3504





Let me introduce you to the Gering Senior Center/ Nutrition Site.



Our Gering Senior Center is located at 2005 Depot Street. Just look for the “old Train” just across the tracks, we’re located right behind it.

We have the most amazing, creative and fun staff! Our cook, Jennifer Hernandez is dedicated to serving a meal 5 times a week that is not only delicious but fun, new and exciting while keeping it with a home cooked flare.

Shayna Hudson, is such an asset, not only in the kitchen but where ever we need her to be. Shayna is also our substitute Delivery Driver.

Our delivery driver John Hernandez delivers meals Monday through Friday. John enjoys delivering meals, seeing his people, and visiting with them daily.

I never thought I could love working at the Gering Senior Center as much as I do. We are like family here and like family, more are always welcome. There is always room at the table, not only for lunch but we also play BINGO, Domino’s , cards and puzzles. We also host Tai Chi on Monday and Wednesday mornings from 10:00 to 11:00am. All our welcome!!

Legal—Top Scams Targeting Seniors

A recent article by the Better Business Bureau of Kansas recently listed the top 9 scams currently affecting older Americans. The list included:

Medicare/health insurance scams,	Counterfeit prescription drugs,
Funeral and cemetery scams,	Fraudulent anti-aging products,
Telemarketing/phone scams,	Internet fraud, Investment schemes,
Homeowner/reverse mortgage scams,	and Sweepstakes and lottery scams.

As scammers continually innovate and find new ways to defraud the elderly, it is important to remain vigilant. The best thing you can do to prevent fraud is to communicate with your friends and loved ones about suspicious offers and solicitations.

If you are 60 years or older and have questions regarding scams, or other legal issues you can also call the Legal Aid of Nebraska Elder Access Line® at 1-800-527-7249. “

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

Spring - Legal Clinic –CALL TODAY

FREE

Advance Directive Document Drafting

FOR AREA SENIORS (60 years and older)



Spring of 2020 (Date will be announced at a later date)

(One-hour sessions, by appointment only)

REGISTRATION IS REQUIRED - LIMITED SPOTS AVAILABLE

To register and schedule your appointment contact the University of Nebraska College of Law Civil Clinic at (402) 472-3271 (press "0" when you hear the recording).

Ageing Office of Western Nebraska

1517 Broadway, Suite 122

Scottsbluff, Nebraska 69361

From the Director ~ Cheryl Brunz—Continued

fire extinguishers to ensure they are in working condition, and that batteries are replaced in smoke detectors.

4. **Keep warm:** While on the subject of dropping temperatures, it's imperative that seniors protect themselves from the cold. Although autumn doesn't present the same bitter weather as winter, there's still a palpable risk. In fact, the National Institutes of Health reports that hypothermia can develop rather quickly after being exposed to relatively mild cold temperatures. Seniors should venture outside only when absolutely necessary. When they do, it's important to dress in layers of loose-fitting clothing.

Clear away the leaves: Though certainly pleasing to the eye, fallen leaves can easily cause seniors to slip and fall. They should be raked away from the driveway and sidewalks. This is especially important once they become slippery and soggy from the rain.

I will leave you this quarter with some "One Liners"

Moses had the first tablet that could connect to the cloud.

Just burned 2,000 calories. That's the last time I leave brownies in the oven while I nap.

The first computer dates back to Adam and Eve. It was an Apple with limited memory, just one byte. And then everything crashed.

Don't let your worries get the best of you; remember, Moses started out as a basket case.

You have two parts of brain, 'left' and 'right'. In the left side, there's nothing right. In the right side, there's nothing left.

After the helicopter crash, the blond pilot was asked what happened. She replied, "It was getting chilly in there, so I turned the fan off."

Why did the blonde stare at a frozen orange juice can for 2 hours? Because it said "concentrate"!

Hidden Pictures Winners

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

Eileen Jensen, Alliance; Marg Stephensen, Bayard; Sandra Winters, Bridgeport; Beth Gibbons, Crawford; Bill Bailey, Susan Evans, Gering; Gordon; Margaret Dunn, Harrison; Barb Bowron, Kimball; Mary Hood, Morrill; Ruth Rubsam, Oshkosh; Ginger Moore, Rushville; Glenda Cook, Scottsbluff; Myron Leypolde, Sidney

October 2019 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
30 Breaded Pork Cutlet Potatoes Vegetable Bread Milk Dessert	1 Lemon Baked Fish Potatoes Vegetable Juice Bread Milk Dessert	2 Sweet & Sour Chicken Rice Vegetable Bread Milk Dessert	3 Meat Loaf Potatoes Vegetable Bread Milk Dessert	4 Liver & Onions or Alternate Potatoes Vegetable Bread Milk Dessert
7 Chipper Fish Potatoes Salad Bread Milk Dessert	8 Baked Ham Potato Vegetable Bread Milk Dessert	9 Herb Baked Chicken Potato salad Vegetable Bread Milk Dessert	10 Smothered Hamburger steak & Onions Potatoes Vegetable Bread Milk Dessert	11 Hot Turkey Sandwich Potatoes Vegetable Fruit Juice Bread Milk Dessert
14 Chicken & Noodle Salad Vegetable Bread Milk Dessert	15 Salmon Patties Potatoes Vegetable Bread Milk Dessert	16 Sloppy Joe's Potato Vegetable Bread Milk Dessert	17 Roast Turkey Potatoes Vegetable Bread Milk Dessert	18 BBQ Pork Chops Potatoes Vegetable Salad Bread Milk Dessert
21 Oven Fried Chicken Potato Vegetables Bread Milk Dessert	22 Swedish Meatballs Potatoes Vegetable Bread Milk Dessert	23 Meaty Baked Pasta Salad Vegetable Bread Milk Dessert	24 Herbed Pork Loin Potatoes Vegetable Bread Milk Dessert	25 Beef Stew Salad Vegetable Bread Milk Dessert
28 Beef Stroganoff Salad Vegetable Bread Milk Dessert	29 Chicken Pattie Sandwich Vegetable Bread Milk Dessert	30 Pollock Parmigianino Potato Bread Milk Dessert	31 Breaded Pork Chops Potatoes Vegetable Bread \\ Milk Dessert	Meals are subject to change

Let's Talk About It

October in National Cookbook month!

Growing up, I was always my mother's "little helper" in the kitchen while she prepared supper. She had it down to an exact science where each dish was magically finished and placed on the table at exactly 5:15. This was just enough time for my father to get home, take off his tie, and retire for the evening after a nice, home cooked meal.

When I visit my father, I love to make him some of the classics my mother artistically perfected. I loved her chicken and dumplings and cube steak, and the smells that wafted through the air during holidays. It's a time to share laughter and memories, such as my older sister attempting to hide her beets in the skin of her baked potato.

(Continued on Page 10)

Halloween Formal

Robert Stockton (© 2007)

Across

1. Play a trick on
5. Bats
9. Streisand, when not being formal
13. Aspirin and ibuprofen
16. _____ above
17. Spectral Guest at the Halloween Formal
19. Hi-speed net
20. Hearty partying
21. Interfere
22. The evil eye, e.g.
24. "Amen!!!"
27. Plague carrier
28. Scandalous company?
30. In excelcius ____
31. "Puttin' on the Ritz" accessory
32. Halloween greeting
34. More cunning
37. Disc Jockey at the Halloween Formal
39. Wee ones
41. A Govt. dept.
42. Pro-sobriety org.
43. Slimy swimmer
45. Conductor Solti
49. "But, ___ long the heaven of this pure affection became darkened, and gloom, and horror, and grief swept over it in clouds." -- E.A. Poe
50. Cow chow
53. Gore concern, abbr.
54. Lawrence's land
56. Dawn goddess
58. Poison Ivy portrayer
59. Play a game at the Halloween Formal
63. Potter's postmen?

64. Bad luck interval
 65. Dagestan denial
 66. Paternal parents
 67. Home of Paris
- Down**
1. Proceed slowly
 2. You may sing in it
 3. Ghastly shade
 4. Building bend
 5. _____ charmed life
 6. Donny or Marie
 7. Tech. company bigwig
 8. Halloween's mo.
 9. Loose lady
 10. Terror from the skies?
 11. Dedicated driving area
 12. Holy gatekeeper

14. Supermodel Carangi
15. Jerk
18. Horror film reaction, perhaps
23. German house spirit
25. Like many zombies
26. Devilish adornment
29. Four-time SuperBowl coach Chuck
31. Star Wars droid, for short
33. Switch position
35. 1977 double-platinum Steely Dan album
36. Fictional traveler Phileas
37. Like many fords
38. Wilbur Post's pal
39. Apply cream cheese
40. Like skeletal tissue
44. Looked bad?
46. Lens system
47. Cinematic zombie master
48. Like a zombie's stare
50. Evergreen
51. 50 across for 38 down
52. Horsey hues?
55. Come out on top
57. Secret agent man
60. Gave blood to a vampire
61. Fertility clinic stock
62. Snit

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			

Let's Talk About It (cont.)

I would like YOU to share some of your favorite recipes! What is something you have loved and perfected over time and would like to share with all of us?

I am more than happy to try to make some of these recipes, and share a photo and the experience with you next quarter. Please, submit your recipes with the information provided below. I look forward to hearing about them!

Do you have any questions or input you would like to share on Talk About It?

Write to Anne Marie @ AnneMarie.Lee@nebraska.gov or mail to 1517 Broadway, Suite #122, Scottsbluff NE 69361 with comments, questions, or other inquiries.

"You may remain anonymous!"

November 2019 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday	
Meals are subject to change				1 Paprika Chicken Potatoes Vegetable Bread Milk Dessert	
	4 Salisbury Steak w/ Brown Gravy and Mushrooms Potatoes Bread Milk Dessert	5 Chicken Supreme Brown Rice Vegetable Bread Milk Dessert	6 Lasagna Coleslaw Vegetable Bread Milk Dessert	7 Hungarian Pork Chops Potato Vegetable Bread Milk Dessert	8 Meatloaf Potatoes Vegetable Bread Milk Dessert
	11 Turkey Divan Breaded Tomato Vegetable Bread Milk Dessert	12 Peppered Steak Potato Vegetable Bread Milk Dessert	13 Hot Chicken Salad Salad Vegetable Bread Milk Dessert	14 Pork w/ Mush- room Gravy Potatoes Vegetable Bread Milk Dessert	15 Herb Crusted Cod Noodles Vegetable Bread Milk Dessert
	18 Turkey Tetraxini Potato Vegetable Juice Bread Milk Dessert	19 Herb Crusted Pork Chop Potatoes Vegetable Bread Milk Dessert	20 Crispy Baked Chicken Potato Vegetable Bread Milk Dessert	21 Parmesan Fish Potatoes Vegetable Bread Milk Dessert	22 Chili Con Carne Salad Cinnamon Roll Bread Milk Dessert
	25 Chicken Pot Pie Salad Vegetable Biscuit Milk Dessert	26 Hungarian Goulash Jello Vegetable Bread Milk Dessert	27 Pizza-Meat & Cheese Salad Bread Sticks Milk Dessert	28 Closed	29 Chicken & Rice Casserole Salad Bread Milk Dessert



Freeus goes 4G LTE

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

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



AGING OFFICE OF WESTERN NEBRASKA
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(308) 635-0851 or 1-800-682-5140

Gering Senior Center (continued)

During Husker football season we have 2 drawings on Fridays for door prizes. Wear your "RED" (if you want) and join us.

Every month we also host a Blood Pressure Clinic. A nurse from Heritage Estates provides the service.

We are also looking for new and exciting activities to hold at the Gering Senior Center. We plan to start a Book Club, as well as a cribbage game time. We are making plans to host a Christmas Open House and looking forward to Christmas entertainment from local schools and groups during lunch throughout the month of December.

We are here for you Monday through Friday from 8:00am to 1:00pm. Lunch is served at 11:30am.

Come have lunch with us! And stay for a while and play.



Instead of the John I call my
bathroom the Jim!
That way it sounds better when I
say I go to the Jim first thing
every morning!!!

December 2019 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Chicken Potatoes Vegetable Bread Milk Dessert	3 Roast Pork Potato Vegetable Bread Milk Dessert	4 Brd Fish Filets Noodles Romanoff Vegetable Bread Milk Dessert	5 Vegetable Soup Turkey Cheese Roll-ups Cabbage Slaw Bread Milk Dessert	6 Baked Breaded Beef Potato Vegetable Bread Milk Dessert
9 Chicken Fried Chicken Potatoes Vegetable Bread Milk Dessert	10 Hamburger Steak w/ Mush Gravy Potatoes Vegetable Bread Milk Dessert	11 Baked Fish Potato Vegetable Bread Milk Dessert	12 Chicken Strips Potato Salad Bread Milk Dessert	13 Ham Potato Vegetable Bread Milk Dessert
16 Pizza-Meat & Cheese Salad Vegetable Bread Milk Dessert	17 Roast Turkey Potatoes Cranberry Salad Bread Milk Dessert	18 Honey Glazed Pork Chop Potatoes Vegetable Bread Milk Dessert	19 Liver & Onions or Alternative Potatoes Vegetable Salad Bread Milk Dessert	20 Hot Roast Beef Sandwich Potatoes Vegetable Bread Milk Dessert
23 Chicken Cacciatore Potatoes Vegetable Bread Milk Dessert	24 Swedish Meatballs Potatoes Vegetable Bread Milk Dessert	25 Closed	26 Pinto Beans & Ham Coleslaw Vegetable Bread Milk Dessert	27 Tuna Melt on Bun Minestrone Soup Salad Bread Milk Dessert
30 Liver & Onions or Alternative Potatoes Vegetable Salad Bread Milk Dessert	31 Breaded Pork Cutlet Potatoes Vegetable Bread Milk Dessert			Meals are subject to change

Sudoku No. 1—Answer

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

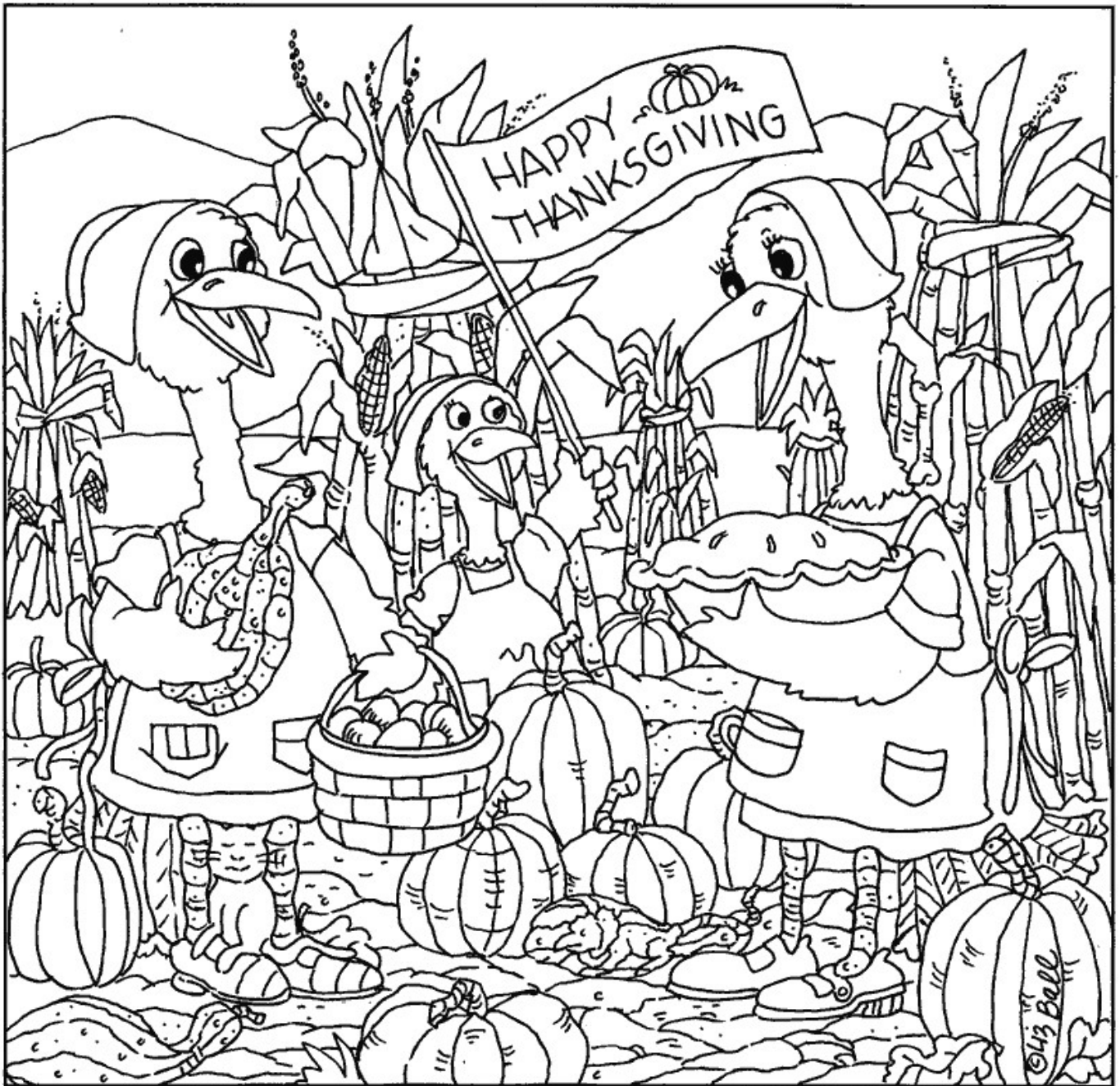
Sudoku No. 2—Answer

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

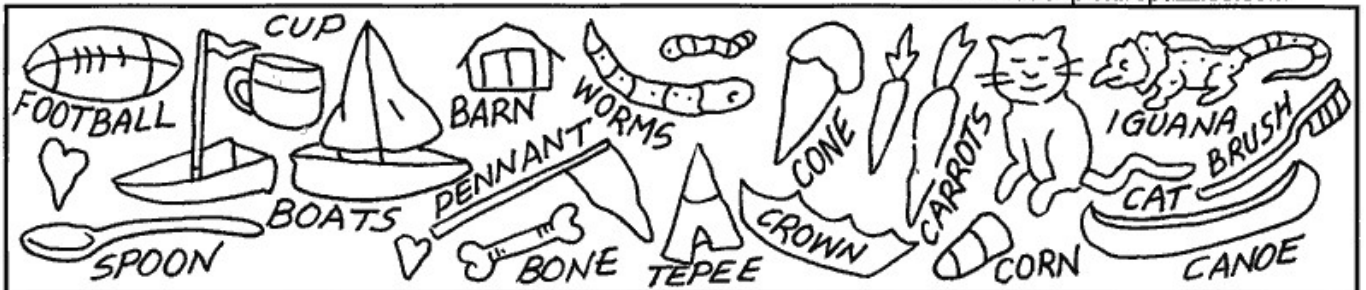


Incredible

"I'm getting so old that all my friends in heaven will think I didn't make it!"



www.hiddenpicturepuzzles.com



The first person aged 60 and older to find the Pennant 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.

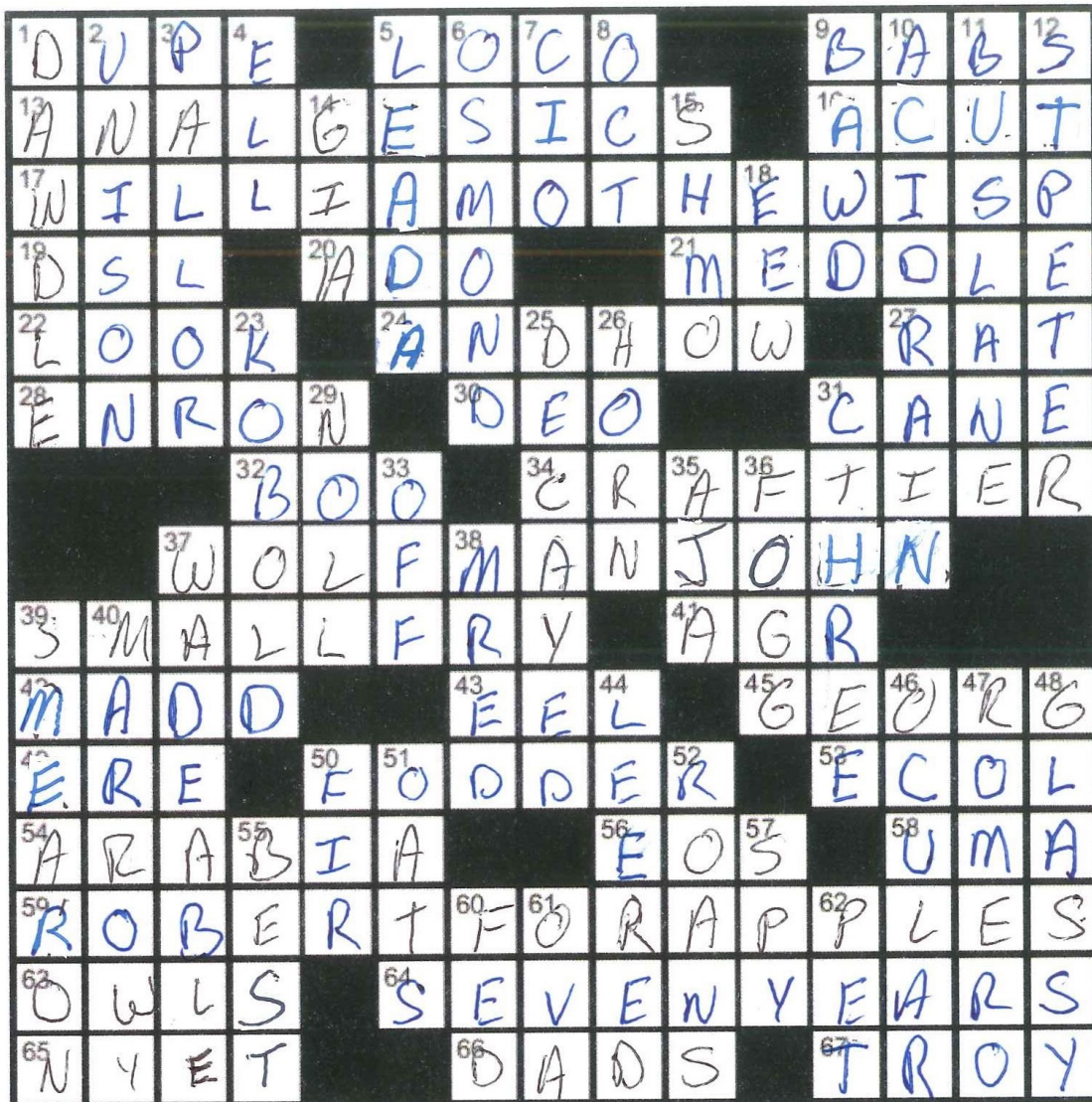
Ageing Office of Western Nebraska 308-635-0851

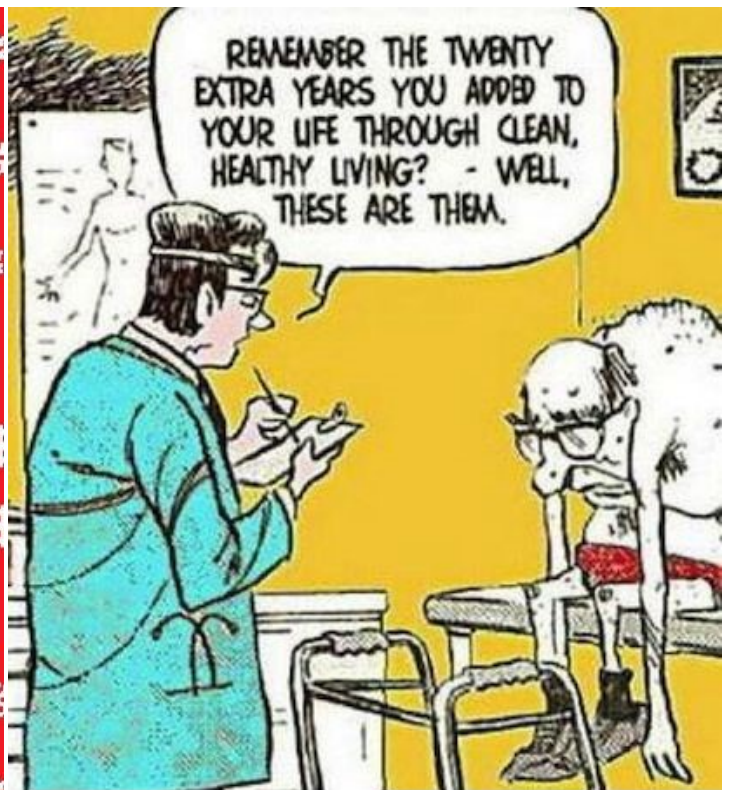
Senior Volunteer Program

The senior volunteer program is a program we offer in the small communities to help people in their home. We are always looking for volunteers to help a frail elderly person go to doctor appointments, be an advocate for the person, shopping, visit them in their home, or help around their home. To become a volunteer you need to be over 60. To be the elderly frail person served you need to be over 60.

Right now we have this program in 7 different communities..... Kimball, Crawford, Oshkosh, Banner County, Chappell, Lewellen, and Dalton. If you are interested in becoming a volunteer or if you know of someone who needs some assistance, please contact the Aging Office 308-635-0851.

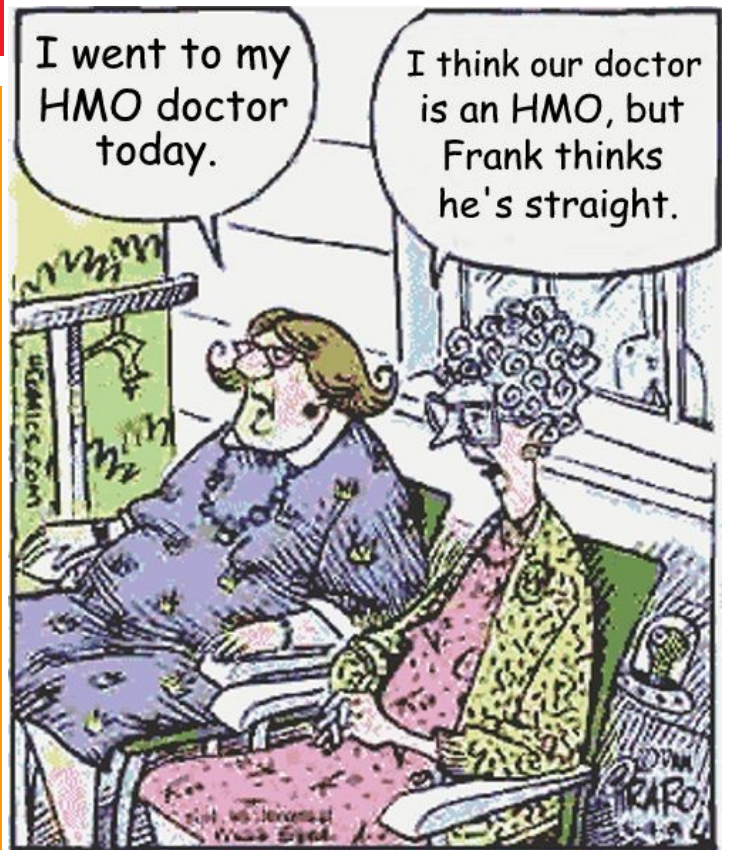
Answer to Crossword Puzzle





amazonsmile
 You shop. Amazon gives.

The Aging Office of Western Nebraska is now registered as a participating charity for AmazonSmile! If you already shop on Amazon (even if you don't yet!), this is a simple way to help fund our mission. Simply go to www.smile.amazon.com in your internet browser and choose Aging Office of Western Nebraska as your charity of choice. We will automatically receive a 5% donation of all eligible purchases. Thank you!



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
Susanna Batterman – Morrill County
Webb Johnson – Dawes County
Hal Downer – Sioux County

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

Doug Hashman – Box Butte County
Ken Meyer – Scotts Bluff County
William Klingman – Deuel County

Dates to Remember

Columbus Day—Oct 14
Halloween—Oct 31st
All Saint's Day—Nov 1st
Veteran's Day—Nov 11th
Armistice Day—Nov 11th
Thanksgiving—Nov 28th
Pearl Harbor - Dec 7th
Christmas Eve—Dec 24th
Christmas—Dec 25th
New Year's Eve—Dec 31

