



Aging Office of Western Nebraska

Phone: (308) 635-0851

1517 Broadway,

Suite 122

Scottsbluff, NE 69361

Spring Edition

From the Director ~ Cheryl Brunz

Welcome Spring to the Panhandle

By the time that you read this edition I am hoping that the Coronavirus (COVID-19) is past us. While I am writing this the world is a buzz. I will be giving some information on everyday preventive actions: This information has come from the Centers for Disease Control (CDC).

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.

If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.

Wash your hands after touching surfaces in public places.

Avoid touching your face, nose, eyes, etc.

Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones) (Continued on page 6)

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Sudoku No. 1

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

Sudoku No. 2

	3							9
1		4	6			8		
9			5				4	
		8			3		6	
3								7
	2		8			9		
	9				6			5
		6			7	2		8
4							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	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 Harrison Senior Center/ Nutrition Site.



I was raised in Sioux County. After living in Colorado for 30 years I moved back to Harrison. I have been the Site Manager at the Sunshine Senior Center for 2 years and the cook for 1 year. We are a small but friendly center and community. We have 2 employees that work daily and 1 employee that fills in when needed. We also have numerous volunteers who help make our Senior Center a success.

We deliver 60-70 meals to our home bound clients and serve around 45-70 meals to our congregate clients weekly. Delivering meals to our home bound clients is a very important part of what we do at the center and its very gratifying just knowing they have a home cooked meal.

We try to make every Holiday special whether it's wearing a Halloween Costume or an Easter Bonnet while enjoying a special meal and conversation with friends. Our 4th of July celebration was a fun filled day with Bingo, Trivia, and Corn Hole, while partaking in a BBQ hamburger and numerous side dishes.

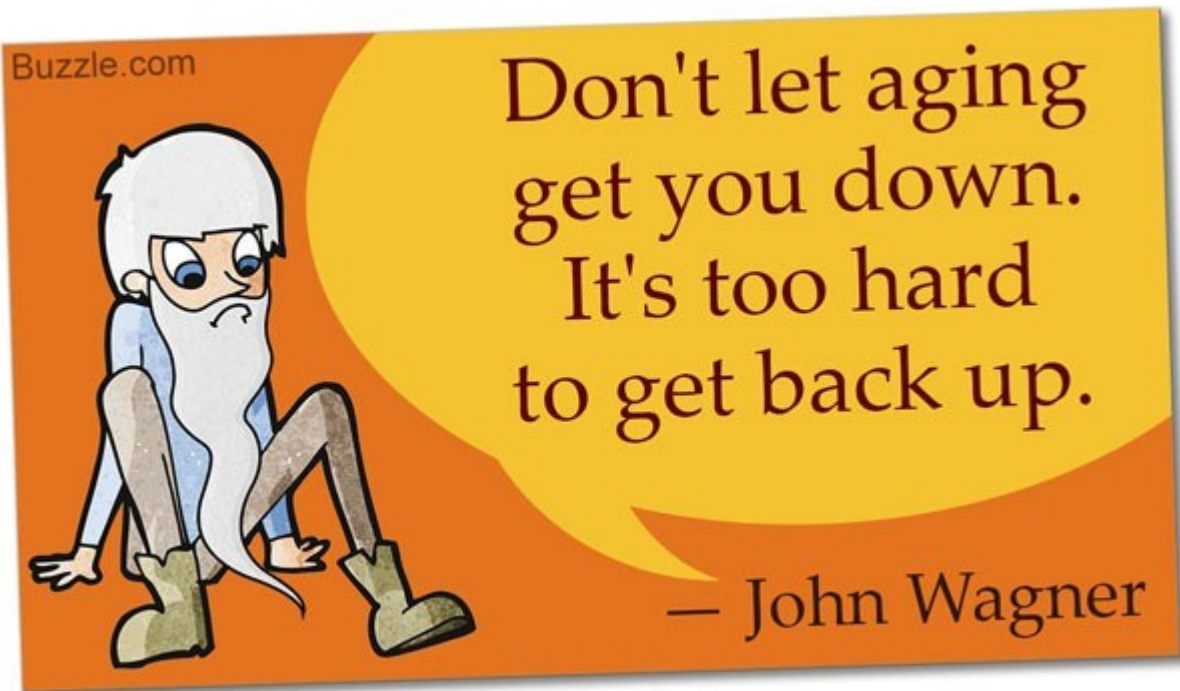
Our Senior Center is involved in the Senior Volunteer Companion program We have 6 volunteers who help our elderly with doctor appointments, snow removal, church, groceries and anything we can do to make the golden years easier. We also have a food bank that comes to Harrison occasionally where you can get free groceries to take home and we take groceries to the home bound clients. Any groceries left at the center you are allowed to take what you can use. This is a huge help when you have a tight budget. I enjoy my job at the senior center and being back in Harrison with family and friends. I would like to invite everyone to join us for lunch at the Sunshine Senior Center we are located at Main and Hwy 20 in Harrison.

Give us a call 308-668-2261

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



Life is Funny—Growing Old

DEAR GRANDSON

I have become a little older since I saw you last, and a few changes have come into my life since then. Frankly, I have become a frivolous old gal. I am seeing five gentlemen every day.

As soon as I wake up, Will Power helps me get out of bed. Then I go to see John. Then Charlie Horse comes along, and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to bed with Ben Gay.

What a life. Oh yes, I'm also flirting with Al Zymer.

Love, Grandma

PS The preacher came to call the other day. He said at my age I should be thinking of the hereafter. I told him, "Oh I do it all the time. No matter where I am, in the parlor, upstairs, in the kitchen, or down in the basement, I ask myself, "Now, what am I here after?"

From the Director ~ Cheryl Brunz—Continued

Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.

Avoid all non-essential travel including plane trips, and especially avoid embarking on [cruise ships](#).

If COVID-19 is spreading in your community

Take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.

Stay home as much as possible.

Consider ways of getting food brought to your house through family, social, or commercial networks

If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

Hopefully this information will help us to reduce our risks of the disease. I leave you this month with the following quote:

"Let us never know what old age is, Let us know the happiness time brings, not count the years" Ausonius

Cheryl Brunz, Executive Director

Hidden Pictures Winners

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

Marriah Miller Alliance; Janice Martin, Bayard; Kosetta Hutchison, Bridgeport; Pauline Heesacker, Chadron; Louise Messing, Chappell; Lois Kris, Crawford; June Parker, Gering; Diana Coats, Gordon; Glenda Bauersach, Harrison; Eloise Kampbell, Hay Springs; Earl Rowley, Kimball; Marlene Chadwick, Oshkosh; Moneen Rasmussen, Rushville; Marcie Schlichtermier, Scottsbluff; Marge Suber, Sidney;

April 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are subject to change		1 White Chicken Chili Vegetables Bread Milk Dessert	2 Stuffed Pork Cutlets Vegetable Bread Milk Dessert	3 Baked Fish Rice Vegetable Bread Milk Dessert
6 Smothered Ham- burger steak w/ Onions Vegetable Bread Milk Dessert	7 Pulled Pork Sandwich Vegetable Bread Milk Dessert	8 Oven Fried Chicken Potatoes Vegetable Bread Milk Dessert	9 Herb Crusted Pork Chops Potatoes Vegetable Bread Milk Dessert	10 Creamed Chicken on Biscuit Potatoes Vegetable Bread Milk Dessert
13 Beef Pot Pie Jello Bread Milk Dessert	14 Tuna Noodle Casserole Apple sauce Vegetable Bread Milk Dessert	15 Chicken Fried Chicken Potato Vegetable Bread Milk Dessert	16 Meatloaf Potatoes Vegetable Bread Milk Dessert	17 Pizza W/ Sausage Salad Fruit Bread Milk Dessert
20 Chef Salad Potato Vegetables Bread Milk Dessert	21 Spaghetti W/ Meat sauce Vegetable Bread Milk Dessert	22 Pork Cutlet Potato Vegetable Bread Milk Dessert	23 Cooks Choice Bread Milk Dessert	24 Egg Salad Sandwich Potato Jello Bread Milk Dessert
27 Liver & Onions or Alternate Potatoes Vegetable Bread Milk Dessert	28 Egg Sausage Bake Potato Fruit Bread Milk Dessert	29 Glazed Chicken Jello Vegetables Bread Milk Dessert	30 Taco Salad Refried Beans Spanish Rice Bread Milk Dessert	

Let's Talk About It

Have you heard of AOWN's Care Management program? If not, now is a time to learn about the services we provide.

Populations are growing older, and needs and demands are ever changing. Because we live in such rural areas, it is extremely valuable to know what options are available to you or a loved one.

Care Management is made available to those aged 60 years and older and cover a multitude of diverse support systems. It is vital to stay up to date regarding what is available to you in our rural areas. With that being said, never hesitate to reach out the Aging Office of Western Nebraska to see what is available and ask -

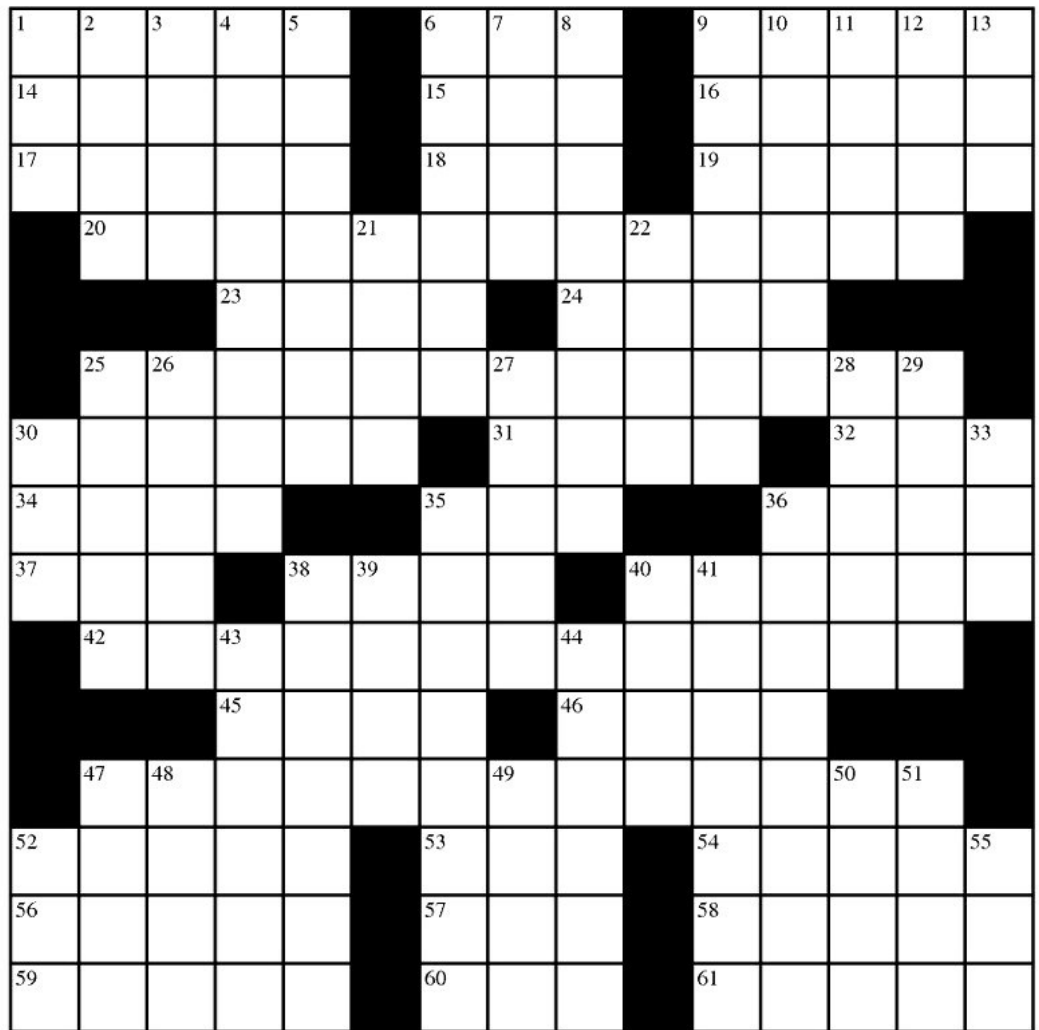
Could you or a loved one benefit from: (Continued on Page 10)

ACROSS

- 1 Singer Abdul or comic Poundstone
6 Shook hands with
9 Separated
14 More competent
15 Midwestern megacampus: abbr.
16 Grounds
17 Veranda, or a Hawaiian island
18 American "Uncle"
19 Slap hard
20 Judicial summons that makes you yawn?
23 Conception
24 Laze (around)
25 Refused to let anyone listen to Kurt Cobain's music?
30 Future cake
31 Boleyn or Frank
32 Eggs, on biology tests
34 Not ____ many words
35 Humongous
36 "I couldn't agree more!"
37 HST's successor
38 Word repeated after "Que" in a song
40 Home of the Mud Hens
42 Women's part of the house in an Iraqi home?
45 Fine ____
46 With, in Bordeaux
47 Itinerary listing after "Argentina ayer, Paraguay hoy"?

DOWN

- 1 Chum
2 Quatrain rhyme scheme
3 Forearm bone
4 Go toward, as the wind
5 She helped Theseus escape the Labyrinth
6 Israeli intel agency
7 Jacob's twin
8 Falling (down)
9 Cleanse of sin
10 Actress Anderson
11 Strong ____ ox
12 Costa ____



- 13 "For shame!"
21 Skeezy look
22 Blue stuff
25 Alternative to a hotel
26 Out on the waves
27 Water nymph
28 Julius in "Gaius Julius Caesar," e.g.
29 Brand of 52-down
30 eBay try
33 "I guess that's ____"
35 South American capital
36 Not as part of a combo
38 Psychologists, casually
39 1999 movie directed by Ron Howard
40 Sandals brand
41 Unity
43 Lead ore type
44 African country whose capital is Lusaka
47 Suspenders alternative
48 Office shape
49 Opera set in ancient Egypt

- 50 Crossword, Iceland or astrophysics
51 Puts 2 and 2 together
52 Place for a facial
55 Watch closely

Let's Talk About It (cont.)

- Participating in an assessment to help determine potential needs in areas such as physical health, mental health, nutrition, and finance?
 - Receiving monthly visits from an Aging Professional as we would continue to monitor overall well-being?
 - Receiving phone-calls for safety reassurance?
 - Receiving a small monthly stipend to assist with chores or housekeeping around your home and *with* the provider of your choice (note: these Provider services vary by county)
 - Receiving assistive devices such as an Emergency Response Unit (ERS) for falls at a discounted price based on your income?
 - Having access to other needed devices available on loan or through other means?
- (Continued on page 16)

May 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are subject to change				1 Cooks Choice Bread Milk Dessert
	4 Beef Stroganoff Noodles Vegetable Bread Milk Dessert	5 Pork Fritter Potato Vegetable Bread Milk Dessert	6 Tuna Melt Potatoes Salad Bread Milk Dessert	7 Chicken & Noodles Potatoes Vegetable Bread Milk Dessert
	8 Vegetable Soup Ham Salad Sandwich Fruit Bread Milk Dessert			
	11 Chicken Supreme Wild Rice Vegetable Juice Bread Milk Dessert	12 Baked Potato Bar Ambrosia Bread Milk Dessert	13 Meatloaf Potato Vegetable Bread Milk Dessert	14 Brd. Pork Cutlet Potatoes Vegetable Bread Milk Dessert
	15 Meaty Baked Pasta Vegetable Bread Milk Dessert			
18 Smothered Pork Chops Potato Vegetable Bread Milk Dessert	19 Porcupine Meatballs Potatoes Vegetable Bread Milk Dessert	20 Chicken Salad Sandwich Salad Baked Beans Bread Milk Dessert	21 Baked Fish Rice Pilaf Vegetable Bread Milk Dessert	22 Oven Fried Chicken Potatoes Vegetable Bread Milk Dessert
25 Closed Memorial Day	26 Salisbury Steak w/ gravy Potatoes Vegetable Bread Milk Dessert	27 Pulled Pork Sandwich Potato Vegetable Bread Milk Dessert	28 Pot Roast w/ Potatoes, Onions, Carrots Jello Bread Milk Dessert	29 Beef/Cheese Enchiladas Spanish Rice Refried Beans Bread Milk Dessert

Homestead Exemption

Return homestead exemption applications by June 30

Applicants whose names are on file in the assessor's office should have a homestead exemption form mailed to them by early March. New applicants must contact your county assessor's office to receive the application.

The 2020 forms and a household income statement must be completed and returned to the county assessor's office by June 30, 2020.

A homestead exemption provides property tax relief by exempting all or part of the homestead's valuation from taxation. The state of Nebraska reimburses the counties and other government subdivisions for the lost tax revenue.

To Qualify for a homestead exemption, a Nebraska homeowner must be age 65 by Jan. 1, 2020, the home's owner/occupant through Aug. 15, 2020, and fall within the income guidelines.

Certain homeowners who have a disability, are developmentally disabled, are totally disabled war veterans or the widow(er) of a totally disabled war veteran-including those who have remarried after age 57-may also be eligible for this annual tax break.

When determining household income, applicants must include Social Security, and Railroad Retirement benefits plus any income for which they receive a Form 1099.

The homestead exemption amount is based on the homeowner's marital status and income level (see below). Maximum exemptions are based on the average assessed value for residential property in each Nebraska county.

For more assistance please call your local assessor's office.

Household income table

<i>Over age 65 married income</i>	<i>Over age 65 single income</i>	<i>Exemption %</i>
0 - \$34,500.99	0 to \$29,400.99	100
\$34,501 - \$36,400.99	\$29,401 - \$30,900.99	90
\$36,401 - \$38,300.99	\$30,901 - \$32,500.99	80
\$38,301 - \$40,100.99	\$32,501 - \$34,000.99	70
\$40,101 - \$42,000.99	\$34,001 - \$35,500.99	60
\$42,001 - \$43,900.99	\$35,501 - \$37,100.99	50
\$43,901 - \$45,700.99	\$37,101 - \$38,600.99	40
\$45,701 - \$47,600.99	\$38,601 - \$40,100.99	30
\$47,601 - \$49,400.99	\$40,101 - \$41,700.99	20
\$49,401 - \$51,300.99	\$41,701 - \$43,200.99	10
\$51,301 and over	\$43,201 and over	0

Life is funny— Being Forgetfull

As I left the hardware store the other day, I was fumbling for my car keys and could not find them. They weren't in my pockets. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot. My wife has scolded me many times for leaving my keys in the car's ignition. She's afraid the car could be stolen. As I looked around the parking lot, I realized she was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car and that it had been stolen.

Then I made the most difficult call of all to my wife: *"I left my keys in the car and it's been stolen."*

There was a long moment of silence. I thought the call had been disconnected, but then I heard a voice. *"Are you kidding me?"* she barked, *"I dropped you off!"*

Now it was my turn to be silent. Embarrassed, I said, *"Well, come and get me then."*

She retorted. *"I will as soon as I convince this cop that I didn't steal your stupid car!"*

June 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breaded Pork Chop Potatoes Vegetable Bread Milk Dessert	2 Chicken Noodles Over Mashed Potatoes Vegetable Bread Milk Dessert	3 Meat Loaf Potato Vegetable Bread Milk Dessert	4 Lemon Baked Fish Rice Vegetable Bread Milk Dessert	5 Homemade Pizza w/ Meat & Vegetable Salad Bread Milk Dessert
8 Cooks Choice Bread Milk Dessert	9 Beef Macaroni Casserole Salad Vegetable Bread Milk Dessert	10 Tuna Melt Potatoes Vegetable Bread Milk Dessert	11 Herb Roasted Chicken Fettucine Noodles Vegetables Bread Milk Dessert	12 Stuffed Green Peppers w/ meat & Rice Vegetable Bread Milk Dessert
15 Baked Fish Almondine Mac & Cheese Vegetable Bread Milk Dessert	16 Beef Pepper Steak On Rice Salad Bread Milk Dessert	17 BBQ Chicken Potatoes Vegetable Bread Milk Dessert	18 Taco Salad Jello Bread Milk Dessert	19 Savory Pork Roast Potatoes Vegetable Bread Milk Dessert
22 Beef Tips in Gravy Potatoes Vegetable Bread Milk Dessert	23 Oven Fried Chicken Potatoes Vegetable Bread Milk Dessert	24 Goulash Vegetable Bread Milk Dessert	25 Chicken Fried Chicken Potato Vegetable Bread Milk Dessert	26 Liver and Onions or Alternate Potatoes Vegetable Bread Milk Dessert
29 BBQ Drummies Potatoes Vegetable Salad Bread Milk Dessert	30 Swedish Meat- balls w/ sauce Noodles Vegetable Bread Milk Dessert			Meals are subject to change

Sudoku No. 1—Answer

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

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

Let's Talk About It (cont.)

- Receiving meals or nutrition assistance?

These are just a few possibilities the Aging Office offers!

We understand asking for help may be difficult for a variety of reasons. That aside, there is nothing wrong with gaining information regarding valued services in our community.

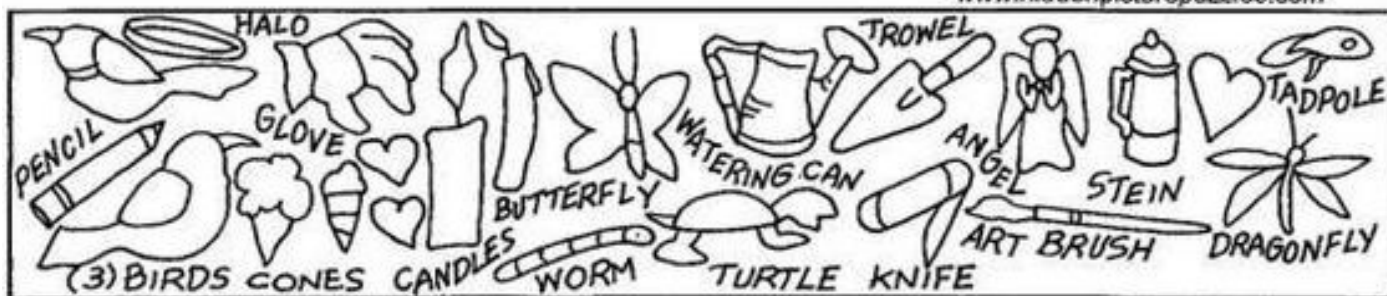
Do you have any questions or input you would like to share on Talk About It?

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

"You may remain anonymous!"



www.hiddenpicturepuzzles.com



The first person aged 60 and older to find all three Birds (only two are pictured in the bottom box) 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

Life is funny - Thinking Fast

An elderly farmer in Florida had a large pond down by his fruit orchard. One evening he decided to go down to the pond and took a five gallon bucket to pick some fruit.

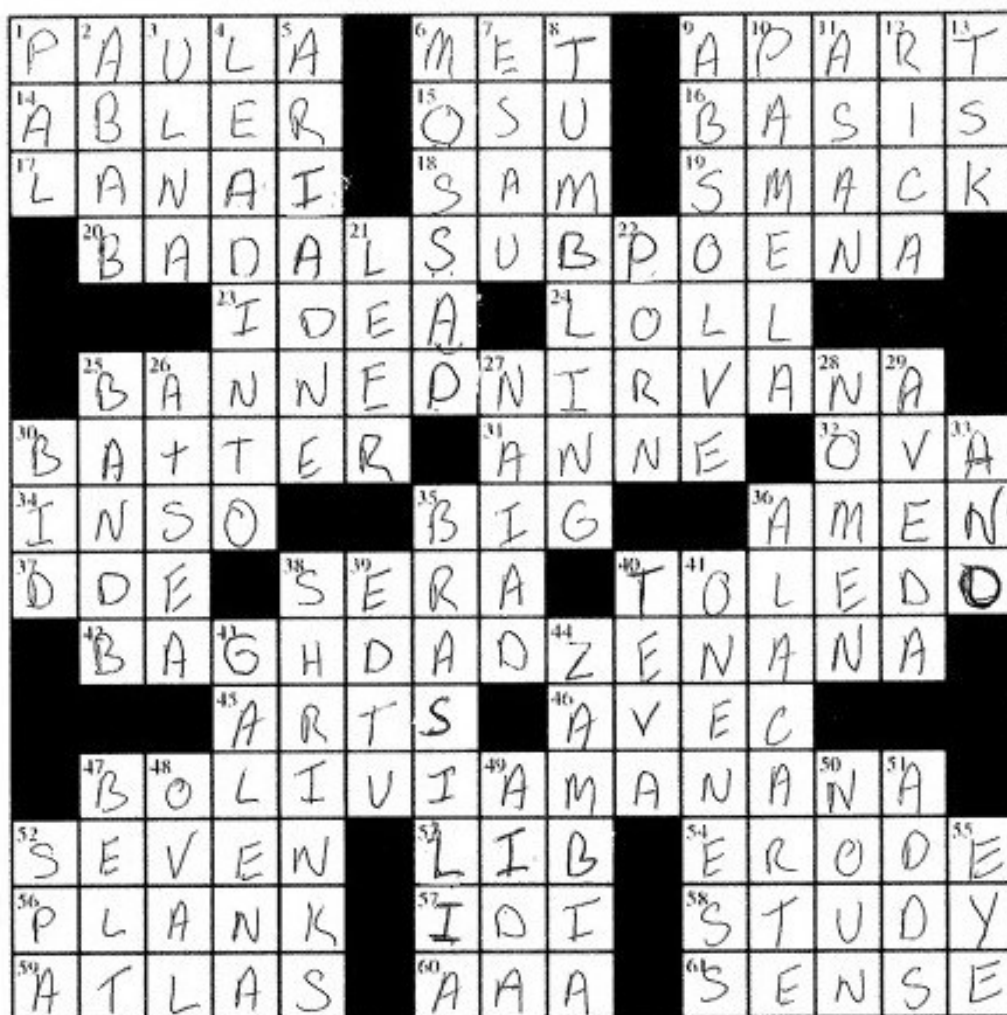
As he neared the pond, he heard female voices shouting and laughing with glee. As he came closer he saw a bunch of young women skinny-dipping in the pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, 'We're not coming out until you leave!'

The old man thought for a second and said, 'I didn't come down here to watch you ladies swim or to make you get out of the pond naked.'

Holding the bucket up he said, 'I'm here to feed the alligator!'



Answer to Crossword Puzzle



Recipes

Cheerio Snacks

3 Cups of mini marshmallows

1/4 Cup Butter

3 Cups of Cheerios

1/4 Cup raisins (or craisins)

1/2 cup butterscotch chips

Melt marshmallows, butter and chips. Add Cheerios and Raisins (craisins). Stir constantly. Wet hands. Form little balls and place on wax paper

Life is funny - Women Friends

Three older ladies were discussing the travails of getting older.

One said, "Sometimes I catch myself with a jar of mayonnaise in my hand in front of the refrigerator and can't remember whether I need to put it away, or start making a sandwich."

The second lady chimed in, "Yes, some times I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third one responded, "Well, I'm glad I don't have that problem; knock on wood," as she rapped her knuckles on the table, then told them "That must be the door, I'll get it!"



amazon smile
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
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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

- April Fools Day—Apr 1
- Palm Sunday—Apr 5
- Good Friday—Apr 10
- Easter Sunday—Apr 12
- Tax day—Apr 15
- Arbor Day—Apr 24
- May Day—May 1
- Cinco De Mayo—May 5
- Mothers Day—May 10
- Armed Forces Day—May 16
- Memorial Day— May 25
- Flag Day—June 14
- Father’s Day—June 21

