

Aging Office of Western Nebraska SPRING NEWSLETTER

From the Director ~ Cheryl Brunz
It's Spring 2022!

Hello everyone! We are now getting ready for Spring- did we ever really have winter or at least snow? Weather will be steadily improving, and daylight will be longer each day. People will be getting outside to enjoy the weather, doing yard work, getting garden spots ready and just enjoying the sunshine. This quarter I want to share from National Institute on Aging:

How Older Adults Can Get Started with Exercise

Exercise and physical activity are great for your mental and physical health and help keep you independent as you age. Here are a few things you may want to keep in mind when beginning to exercise.

Start Slowly When Beginning Exercise

The key to being successful and safe when beginning a physical activity routine is to build slowly from your current fitness level. Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach. (Continued on page 6)

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Sudoku No. 1

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

Sudoku No. 2

8						7	1	6	
2					4				7
5					2				
	1	5	9						
						8	2	3	
					7				4
6					5				9
	2	4	3						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	308-635-0851
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

Milly's Oatmeal Brownies

Yield: 1 9x13-inch pan

INGREDIENTS

- 1 butter at room temperature
- 1 cup firmly packed light brown sugar
- 1 egg
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1 1/2 cup all purpose flour
- 2 cups rolled oats
- 1/2 cup chocolate chips
- 1/2 cup raisins



INSTRUCTIONS

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13-inch baking pan.

In a large bowl, beat the butter, brown sugar, and white sugar until thoroughly mixed and creamy. Beat in the eggs, one at a time, mixing well after each addition. Stir in the vanilla extract until well mixed, and mix in salt, baking soda, baking powder, flour, rolled oats, plus chocolate chips, raisins, and chopped nuts if desired. Mix well to moisten all ingredients, and spread into the prepared baking pan.

Bake in the preheated oven until golden brown, 20 to 25 minutes. Let cool in the pan for about 5 minutes before cutting into bars.

QUOTABLE QUOTES

I leave you this quarter with the following quotes:

1. "I am a marvelous housekeeper. Every time I leave a man I keep his house." Zsa Zsa Gabor
2. "I have a new philosophy. I'm only going to dread one day at a time." Charles M. Schulz
3. "You can lead a man to Congress, but you can't make him think". Milton Berle
4. "If you want to be thought a liar, always tell the truth." Logan Pearsall Smith
5. "Reality continues to ruin my life." Bill Watterson
6. "Imagination was given to man to compensate him for what he is not, a sense of humor to console him for what he is." Francis B
7. "We know the nature of genius is to provide idiots with ideas twenty years later." Louis Aragon
8. "Housework can't kill you, but why take a chance.. Phyllis Diller
9. "To label me an intellectual is a misunderstanding of what that is." Dick Cavett
10. "My uncle Sammy was an angry man. He had printed on his tombstone: What are you looking at?" Margaret Smith
- 11 "Any man who says he can see through women is missing a lot." Groucho Marx.
- 12 "If at first you don't succeed...so much for skydiving." Henny Youngman
- 13 "I love mankind, it's people I can't stand." Charles M Schulz

Elder Access Line

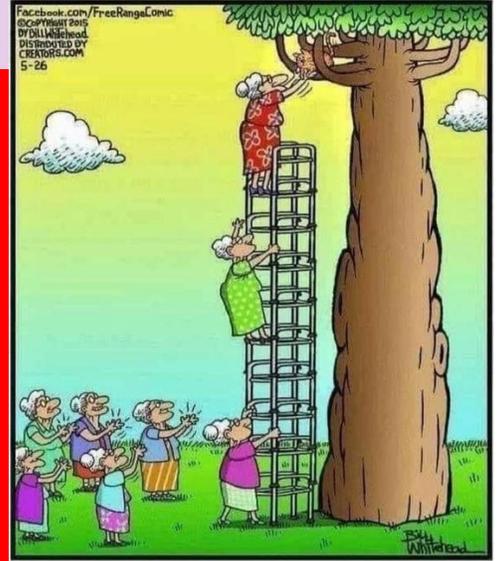
Nebraskans, aged 60 and older, are able to receive help with any questions. Legal Aid of Nebraska operates a statewide Elder Access Line a free telephone access line. **1-800-527-7249**

Sudoku No. 1—Answer

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

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

Sudoku No. 2—Answer



Gerontology Meetings

Needs of Aging Nebraskans to Be Discussed in Upcoming Listening Sessions

Nebraskans over the age of 50 are invited to share their opinions to help shape the future of services and care for aging populations.

The Department of Gerontology at the University of Nebraska at Omaha (UNO) is joining with area agencies on aging (AAAs) to hold listening sessions across the state. Older Nebraskans are invited to share their thoughts to help researchers gauge the awareness and satisfaction of federal services delivered by area agencies on aging (AAAs).

These sessions will take place at various town halls in cities across Nebraska. A schedule for all listening sessions can be found below. People can attend whichever session is closest to them, regardless of hometown residency. The structure of questions will be open-ended to allow for attendees to openly voice their opinions on their various needs.

The data on these sessions will be part of a report helping the state understand the current and future needs of older Nebraskans. Results will be factored into Nebraska's next five-year plan that will be sent to the federal government later this calendar year.

Schedule Overview:

May 17: Chadron, Gering, Central City, and Grand Island

May 18: Sidney, Holdrege, Kearney, North Platte, McCook

May 19: Bellevue

May 23: Lincoln, Nebraska City, Beatrice, Omaha

Please, see [Department of Gerontology | University of Nebraska Omaha \(unomaha.edu\)](https://www.unomaha.edu/gerontology) for the full schedule for detailed time and location information.

Questions about the sessions can be directed to Christopher Kelly, Ph.D., chair of gerontology at UNO, at cmkelly@unomaha.edu

From the Director ~ Cheryl Brunz—Continued

To play it safe and reduce your risk of injury:

- Begin your exercise program slowly with low-intensity exercises.
- Warm up before exercising and cool down afterward.

Pay attention to your surroundings when **exercising outdoors**.

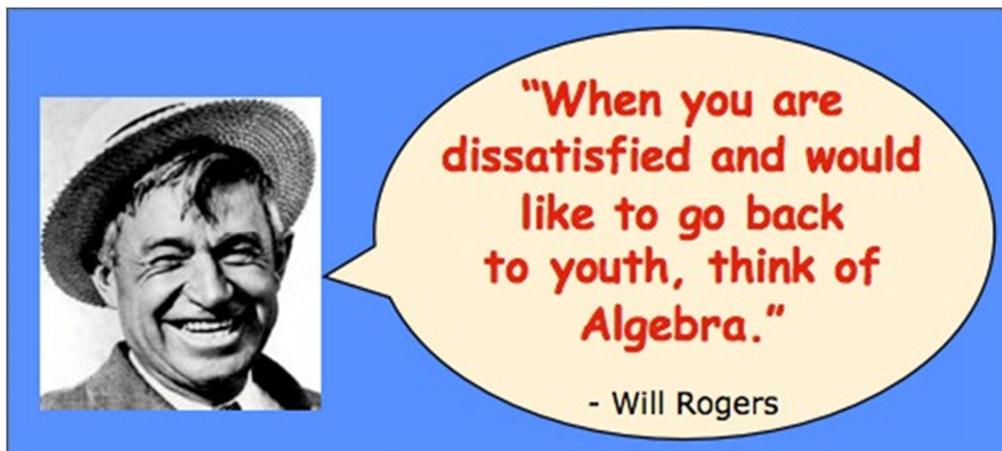
Drink water before, during, and after your workout session even if you don't feel thirsty. Play catch, kickball, basketball, or soccer.

Wear appropriate fitness clothes and shoes for your activity.

If you have specific health conditions, discuss your exercise and physical activity plan with your **health care provider**.

Don't forget to test your current fitness level for all **4 types of exercise**—endurance, balance, flexibility, and strength. You may be in shape for running, but if you're not stretching, you're not getting the maximum benefit from your exercise. Write down your results so you can track your progress as you continue to exercise.

Make notes about how these test exercises feel. If the exercises were hard, do what's comfortable and slowly build up. If they were easy, you know your level of fitness is higher. You can be more ambitious and challenge yourself.



LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.



Sheridan County Journal Star

Niccie Stuck receives Hulda Osborn award for providing outstanding healthcare services

By Scott Bidroski

A family need drew Niccie Stuck back to her hometown of Gordon, Nebraska. Her mother was receiving substandard care in her later years, so Stuck stepped up to fill the need of caregiver.

The Aging Office of Western Nebraska informed Stuck that they would hire her to provide that care to her mother, so she made the move back to Sheridan County from Colorado in 2001.



And what started as simply taking care of her mom, has snowballed into what Stuck calls her true calling; being a caregiver to people in need. Stuck has been in that role for 20 plus years now and her efforts were recently recognized in a big way.

The Nebraska Association for Home Healthcare and Hospice presented it's Hulda Osborn Award to Stuck at their Partner Expo Conference in Lincoln, Neb. on January 19. The Hulda Osborn award is presented to individuals who have made outstanding contributions to the home care and hospice industry.

"I was just in shock. It was really an honor that little ole me from Gordon, Nebraska was picked for the award," said Stuck.

But the path to this award has been a long and winding one.

She was working in Colorado in the restaurant industry when she made the transition into health care. But after a few years in the field, she knew she was right where she needed to be.

"A few years into this, actually God kind of knocked me on the head and said hey, this isn't just a job for you, this is your calling," said Stuck.

"The more I got into it, the more I loved it and I just felt like I needed to help people however I could. And if I can make their life just a little bit better, then I'm good," she added with a smile.

Stuck has been doing just that for 34 individuals over the years. She notes that her day-to-day duties change almost every hour.

She said that she finds herself helping people with laundry, transportation to appointments, light housework, or even a bath. The frequency of her visits varies from client to client. Sometimes its a visit once per week or multiple times per day, depending on the situation.

Stuck was nominated by two colleagues of hers from the Chadron, Neb. area. Diana Lecher, RN and Alynn Risseuw, BSW submitted the nomination for the award. They, along with many others, recognized the outstanding care that Stuck was providing on a day-to-day basis and believed she deserved the recognition.

"Niccie (Stuck) found this such a rewarding experience for her own family, she decided to remain in the area and provide care giving services for other individuals," said Diana Lecher.

"She has been in high demand over the past years as she has proven to be reliable, responsible, and goes above and beyond in her caring with her loving and respectful nature," added Lecher.

Stuck is honored by the award but she is back to doing what she does best, being an outstanding caregiver.

"Back before I started in this profession, I thought I don't even like old people," said Stuck.

"And I still don't like old people. Now I love them!"

Caregiver Support Program—Looking to help you. Call 308-635-0851

The primary purpose of the Caregiver Support Program is to provide RESPIRE for the Caregiver. The Caregiver is, in fact, the CLIENT in this program, not the person the Caregiver is providing care for.

To qualify for this Program, the Caregiver doesn't necessarily need to live with the Care Receiver but DOES need to be with the Care Receiver on a daily basis, providing assistance with basic daily activities (such as bathing, dressing, assisting with eating, walking, etc.). Caregivers sometimes work outside the home either part-time or full-time.

Depending on the situation, RESPIRE might mean having one of our contracted in-home health agencies come into the home to provide up to 6 hours per WEEK of in-home respite. This would give a BREAK to the Caregiver, enabling him/her to leave the home (if they so choose) during that time to run errands, keep appointments, or just do enjoyable things.

As an alternative, RESPIRE might mean having up to 5 days per MONTH for the Care Receiver to attend an approved Adult Day Center (ADC). Although the Care Receiver would likely benefit from spending time at a Center, the primary purpose of having AOWN provide this type of support is to give the Caregiver breaks or respite.

A word of clarification: A Caregiver must decide which type of Respite will be used, either in-home or adult day care (ADC). However, it is possible that a Care Receiver may start attending ADC, but due to health reasons or not wanting to participate, may switch from ADC to In-home respite per the approval of the Caregiver and Case Manager.

(Continued on page 16)

Spring Fever

Robert Stockton (© 2008)

Across

- 1. Loading locale
- 5. Harriet Tubman, once
- 10. They share a Ma and Pa
- 14. Free speech org.
- 15. Itching to begin
- 16. Greeting in Guadalajara
- 17. SPRING
- 20. Tither's portion
- 21. Something to run in a bar
- 22. Big name in 2008 politics
- 23. Singer & activist Joan
- 25. Intoned endlessly
- 26. SPRING
- 31. Canonized king of Nor.
- 32. Warty amphibian
- 33. ENT's org.
- 36. RBI or ERA, e.g.
- 37. Come to pass
- 39. Rush to review
- 40. "The Fox in the Hound" fox
- 41. Animation
- 42. Like urban air, often
- 44. SPRING
- 46. Ships of the desert
- 49. West coast gas brand
- 50. New York politician Alfonse D'_____
- 51. Future home of W's presidential library
- 53. Like some beers
- 57. SPRING
- 60. 1993 peace accord locale
- 61. Approach indicated by two lanterns
- 62. French bean?
- 63. Close by
- 64. Raise up

65. Phonograph frustration

Down

- 1. Kind of tense
- 2. Frozen drink brand
- 3. Animation
- 4. Declining industrial region, slangily
- 5. One in a hundred in DC
- 6. Taoism founder
- 7. Kodak competitor
- 8. Eat or greet, e.g.
- 9. Byron's "before"
- 10. Cindy Lauper hit single
- 11. Herbert Hoover or Meredith Wilson, by birth
- 12. Fault

13. Green course

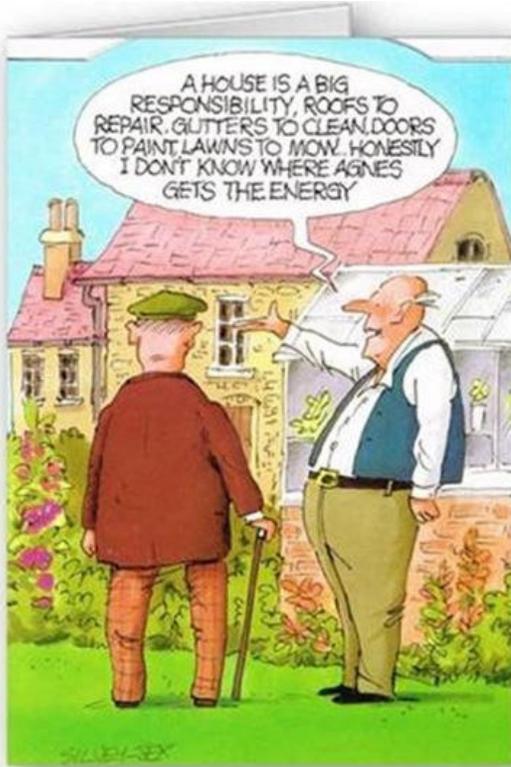
- 18. Scarlett surname
- 19. Santa-tracking org.
- 24. Exertions
- 25. Letter opener
- 26. "Hey! Over here!"
- 27. Camp Swampy canine
- 28. Pictish pigment
- 29. Maj.'s boss, perhaps
- 30. Slugger Gehrig
- 33. Jason's craft
- 34. Nativity trio
- 35. _____ nitrite (heart medicine)
- 38. Langley org.
- 39. Gilligan's Island props, often
- 41. Under

43. "Solid Gold" host Marilyn

- 44. Shooting star
- 45. Hardy pal
- 46. Fatty fowl
- 47. Entertain
- 48. Donald Trump ex-wife Maples
- 51. Place for a final voyage
- 52. Table-like terrain
- 54. Wearying walk
- 55. When we meet Quince and Bottom
- 56. Sugary Easter treat
- 58. "Honest" president
- 59. Posed for a portrait

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		

More Senior Funnies



**Men at 25 play football.
Men at 40 play tennis.
Men at 60 play golf.**

**Have you noticed, that
as you get older, your
balls get smaller?**



April 2022 ~ What's for Lunch?					Meals include a Vegetable, Bread, Milk & Dessert				
Monday	Tuesday	Wednesday	Thursday	Friday					
	Meals are subject to Change			1 Baked Fish & Rice Pilaf					
4 Homemade Meatloaf	5 Oven Fried Chicken	6 Tuna Noodle Casserole	7 Pork Cutlet	8 Egg Salad Sandwich					
11 Smothered Chicken	12 Spaghetti W/ Meat Sauce	13 Chicken Salad Sandwich	14 Ham and Beans	15 Fish Sandwich					
18 Liver & Onions or Alternate	19 Cooks Choice	20 Chicken Broccoli Rice Casserole	21 Breaded Pork Chop	22 Fish Sticks					
25 Creamed Chicken	26 Pork Roast	27 Sloppy Joe	28 BBQ Chicken	29 Beef and Cheese Enchiladas					

May 2022 ~ What's for Lunch?					Meals include a Vegetable, Bread, Milk & Dessert				
Monday	Tuesday	Wednesday	Thursday	Friday					
2 Ham Salad Sandwich	3 Beef Stew	4 Tuna Patties	5 Liver & Onions or Alternate	6 Meat Loaf					
9 Meat & Cheese Pizza	10 Chicken & Noodles	11 Pulled Pork Sandwich	12 Cooks Choice	13 Taco Salad on Chips					
16 Chicken Parmesan	17 Hamburger w/ Lettuce, tomato, Onion, Cheese	18 Pork Chow Mein	19 Beef Stroganoff	20 Breaded Fish					
23 Egg Sausage Bake	24 Grilled Ham & Cheese	25 Chicken Strips	26 Breaded Pork Cutlet	27 Swiss Steak w/ Tomatoes					
30 CLOSED Memorial Day	31 Spaghetti w/ Meat Sauce		Meals are subject to Change						

June 2022 ~ 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 Ham	3 Oven Fried Chicken					
6 Liver & Onion or Alternate	7 Chicken Salad on Lettuce	8 Fish Sticks	9 Goulash	10 Pulled Pork Sandwich					
13 Chicken & Rice Casserole	14 Sloppy Joes	15 Pork Roast	16 Tuna Salad Sandwich	17 Lasagna					
20 Baked Chicken	21 Pork Cutlet	22 Salmon Loaf	23 Beef & Cheese Enchiladas	24 Sausage Gravy on Biscuit					
27 Spaghetti w/ Meat Sauce	28 Ham Salad Sandwich	29 Chicken & Rice Casserole	30 Meatloaf	1-Jul Turkey, Lettuce & Cheese Rollups					

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, where 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 at 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



www.freeus.com • sales@freeus.com • 888-924-1026

Belle® is a registered trademark of Freeus, LLC.

I'M A SENIOR CITIZEN

And proud of it!

I'm the life of the party... even when it lasts until 8 p.m.

I'm very good at opening childproof caps with a hammer.

I'm usually interested in going home before I get to where I am going.

I'm good on a trip for at least an hour without my aspirin, beano, and antacid.

I'm the first one to find the bathroom wherever I go.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a word you're saying

I'm very good at telling stories. Over and over and over and over.

I'm aware that other people's grandchildren are not as bright as mine.

I'm so cared for - long term care, eye care, private care, dental care.

I'm not grouchy, I just don't like traffic, waiting, crowds, children, politicians.

I'm positive I did housework correctly before my mate retired.

I'm sure everything I can't find is in a secure place.

I'm wrinkled, saggy, lumpy, and that's just my left leg.

I'm having trouble remembering simple words like...uh???...uh.

(Continued on page 15)





Care Management Services

Aging Office of Western Nebraska



There's no place like home!

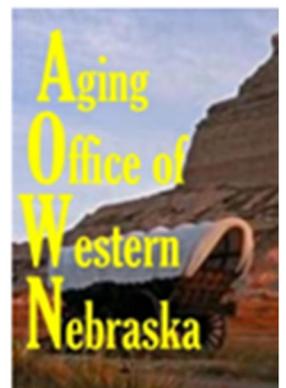
Are you age 60 or older and feeling like you might need some help?

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



I'M A SENIOR CITIZEN Continued

I'm now spending more time with my pillows than with my mate.

I'm realizing that aging is not for sissies.

I'm anti-everything now: anti-fat, anti-smoke, anti-noise, anti-inflammatory.

I'm walking more (to the bathroom) and enjoying it less.

I'm going to reveal what goes on behind closed doors. Absolutely nothing!

If you are what you eat, I'm Shredded Wheat and All-Bran.

I'm sure they are making adults much younger these days.

I'm in the initial stage of my golden years. SS, CD's, IRA'S, AARP.

I'm wondering if you're only as old as you feel, how could I be alive at 150?

I'm supporting all movements now...by eating bran, prunes, and raisins.

I'm a walking storeroom of facts, I've just lost the key to the storeroom.

I'm a SENIOR CITIZEN, and I think I am having the time of my life!!!!

ALWAYS REMEMBER: The world was made round so that we would never be able to see too far down the road.



Caregiver Support Program—Looking to help you. Call 308-635-0851

To be considered for the Caregiver Support Program, the Caregiver will be asked to meet with a Caregiver Support Program Coordinator from AOWN in the Caregivers home. This first meeting will take about 1.5 hours of time. The Caregiver Support Program Coordinator and the Caregiver will complete an Assessment to determine eligibility, to get to know one another, and discuss how things are going for the Caregiver. During this time, specific types of support will be discussed, and information provided to the Caregiver about the Program.

If the Caregiver and Care Receiver qualify for the Program, the Case Manager and Caregiver will work on some preliminary goals to help the Caregiver receive the RESPITE that he/she would like and assist the Caregiver in planning for the future as the Care Receiver's needs increase. After the Program officially starts, it is one of the responsibilities of the Caregiver Support Program Coordinator to be in contact with the Caregiver at least once per month to provide on-going support. A schedule of home visits and phone calls will be presented to the Caregiver.

All the respite services provided in Caregiver Support are paid for in total by the Aging Office of Western Nebraska. The Caregiver In our program will receive a Contribution Request Statement after each month of respite services. Based on the monthly income (sliding fee scale) of both Caregiver and Care Receiver (if married) or Just the Care Receiver If single, the Statement will suggest an amount to consider **as a** financial contribution ("donation"). However, Caregivers are not required to send this amount. Caregivers can choose to contribute more, less, or nothing (because of other financial obligations). Caregivers will still receive services regardless. AOWN does not want to add to a Caregiver's stress.

Call the Aging Office of Western Nebraska 308-635-0851. Ask for Debi

FIND 12 HIDDEN OBJECTS IN THE PICTURE



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.

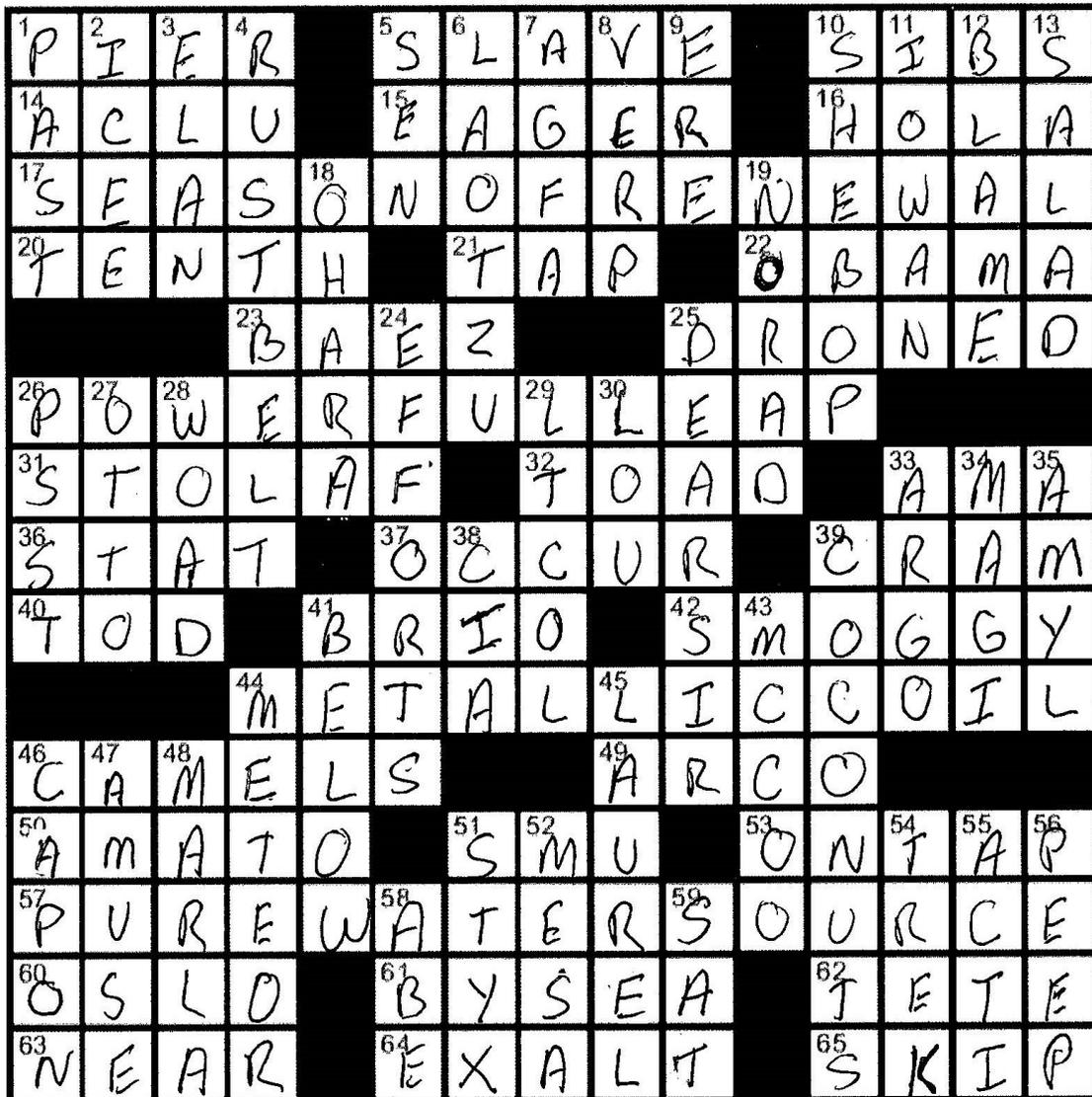
Ageing Office of Western Nebraska 308-635-0851

Hidden Picture Winners

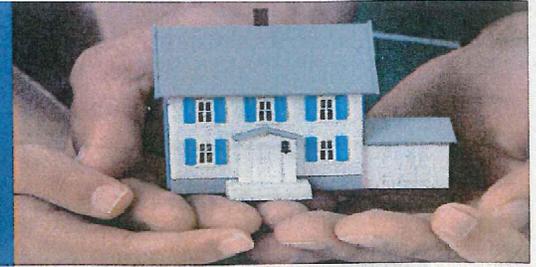
Were you a Hidden Picture Winner in the last edition of our newsletter? These folks were!!

Barbara Snyder—Alliance; Sharon Ragland—Bayard; Dorothy West—Bridgeport; Maxine Warren—Chadron; Terrie Klingman-Chappell ; Beth Gibbons—Crawford; Lawanda Mendez—Gering; Marilyn Sager—Gordon; NONE—Harrison; NONE —Hemingford; Jan Hinton—Kimball; NONE—Mitchell; Mary Hood—Morrill; David Rubsam—Oshkosh; Cathleen Burbach—Rushville; Donna Kisler—Scottsbluff; Patricia Albers—Sidney.

Answer to Crossword

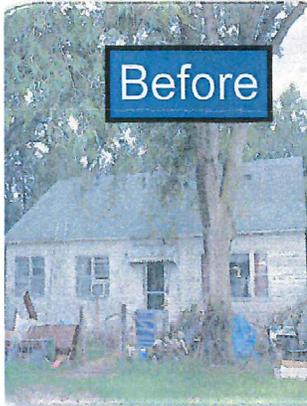


Does Your Home Need Repairs?

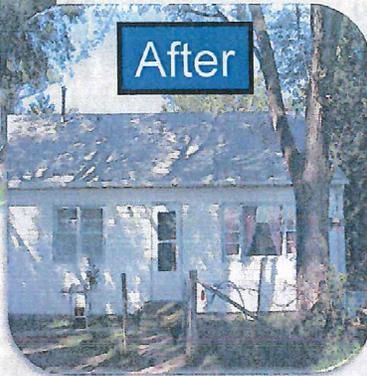


Let USDA Rural Development Nebraska help you

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

Sharon Sandberg—Banner County
Josh Schmidt – Morrill County
Levi Grant—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

April Fool's Day—Apr 1st
Palm Sunday—Apr 10th
Good Friday—Apr—15th
Passover Begins—Apr 15th
Easter—Apr 17th
Administrative Professionals Day - Apr 27th
Teacher Appreciation Day May—3rd
Cinco De Mayo—May 5th
Nurses Day—May 6th
Mother's Day May 8th
Armed Forces Day—May 21st
Memorial Day—May 30th
Flag Day—June 14th
Father's Day—June 19th
First Day of Summer—June 21st