



Aging Office of Western Nebraska

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

Summer Edition

From the Director ~ Cheryl Brunz

Happy summer to everyone! Welcome the hot days of summer, as we know when the hot days come so do the storms. I am hoping that no one in the Panhandle has to see any severe storms this year. As I am writing this article, I look back at the last 4 months with everything that we have been thru with COVID-19. We went from doing business as normal and living our everyday lives to COVID-19 restrictions. Will we ever see normal again? I hope so.

The article this quarter is on beating the heat from the University of Rochester Medical Center.

“ After the age 65, your body can’t adjust to changes in air temperature, especially heat, as quickly as it did when you were younger. That puts you at risk for heat related illnesses. You also may be at greater risk for heat related illnesses if you have a chronic health condition or take certain medicines that interfere with normal body response to heat. But you can still enjoy a safe summer by taking a few precautions when it gets hot.

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Sudoku No. 1

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

Sudoku No. 2

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

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 Kimball Friendship Center/ Nutrition Site.



My name is Eileen Rowley. I was born and raised in Kimball. When I was 23 years old, I got married and have lived in Wyoming, Colorado and back to Nebraska. My family consists of three children and a husband. My son Chris works for FYC as a fuel driver, my daughter Emily is a petroleum department manager in Sterling, Ks. , my son Spud is the manager and Director of the Kimball Recycle Center and my husband is retired from the railroad.

I have been Site Manager at the Kimball Senior Center for 6 years, as well as assistant cook. Teresa Lockwood has been head Cook for 20 years here at the Senior Center, and Connie Huerta has been our delivery person since 2008.

We serve Congregate meals (except during Covid19), home delivered meals and Grab n go meals Monday through Friday. On Monday and Thursday, we have quilters come in for a couple of hours and Tuesday is game day when the seniors play cards, cribbage, and Mexican train. The Center has other activities offered throughout the year. We would love to have you join us for lunch and some socialization. You may call us at 308-235-4505. Have a Great Summer!



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

HELP FEED A HUNGRY SENIOR



Please help end “Hungry Senior Citizens” by making your donation to your local Senior Center or to the Aging Office of Western Nebraska

LAUGH TIL YOUR HEARTS CONTENT WITH JONNAE

**WOULDN'T IT BE SO
GREAT IF WE COULD
PUT "OURSELVES"
IN THE DRYER
FOR 10 MINUTES AND
COME OUT WRINKLE FREE...
AND THREE
SIZES SMALLER!**



LAUGH TIL YOUR HEARTS CONTENT
WITH JONNAE

From the Director ~ Cheryl Brunz—Continued

Ways to keep cool if you cannot afford air conditioning:

Open your windows at night.

Create a cross breeze by opening windows on opposite sides of the house

Cover windows when they are in direct sunlight. Keep curtains, shades or blinds drawn during the hottest part of the day.

Dampen your clothing with water and sit in the breeze from a fan.

Spend at least 2 hours a day (the hottest part, if possible) in an air-conditioned place.

Other Ideas:

Ask a friend or relative to drive you to a cool place on very hot days if you don't drive.

Don't try to exercise, walk long distances, or do a lot when it's hot.

Avoid the sun.

Take cool baths or showers.

Listen to weather and news reports.

I leave you this quarter with the following quote:

“Everybody needs a passion. That is what keeps life interesting. If you live without passion, you can go through life without leaving any footprints.” Betty White.”

Cheryl Brunz, Executive Director

Hidden Pictures Winners

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

Bonnie Hall, Chadron; William McConkey, Gering; Larry Engstrom, Kimball; Mary Soper, Morrill; Moneen Rasmussen, Rushville.

July 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday	
Meals are subject to change		1 Baked Fish Potato Vegetables Bread Milk Dessert	2 Hamburger on Bun Baked Beans Salad Bread Milk Dessert	3 Closed for 4th of July	
	6 Turkey Noodle Casserole Salad Vegetable Bread Milk Dessert	7 Meatballs w/ Gravy Rice Vegetable Bread Milk Dessert	8 Oven Fried Chicken Potato Vegetable Bread Milk Dessert	9 Herb Crusted Pork Chops Potato Vegetable Bread Milk Dessert	10 Smothered Steak w/ Onions Potato Vegetable Bread Milk Dessert
	13 Honey Glazed Chicken Potato Bread Milk Dessert	14 Chili Cheese Dog Potato Vegetable Bread Milk Dessert	15 Crispy Chicken Salad Applesauce Vegetable Bread Milk Dessert	16 Meatloaf Potato Vegetable Bread Milk Dessert	17 COOKS Choice Bread Milk Dessert
	20 Fish Sandwich Potato Vegetables Bread Milk Dessert	21 Liver and Onions or Alternate Potato Vegetable Bread Milk Dessert	22 Beef Macaroni Casserole Salad Vegetable Bread Milk Dessert	23 Baked Chicken Salad Potato Bread Milk Dessert	24 Swiss Steak W/ tomatoes Potato Jello Bread Milk Dessert
	27 Grilled Chicken Sandwich Salad Vegetable Bread Milk Dessert	28 Pork Chop w/ Gravy Potato Fruit Bread Milk Dessert	29 Chef Salad Potato Bread Milk Dessert	30 Herb Baked Chicken Potato Vegetable Bread Milk Dessert	31 Fish Sticks Rice Vegetable Bread Milk Dessert

Let's Talk About It

Let's face it, this last quarter has been tough! If being stuck inside wasn't hard

enough, we were forced to find other means of entertainment. Sometimes that meant watching repeated horrors on the news, leaving us bewildered and fearful of our futures.

Meanwhile, back at the Aging Office, we were doing everything we could do to support our elderly community and bring some joy into the hearts of those we care about.

Let's continue to spread happiness by first thanking some individuals and companies for their assistance. Without them, we wouldn't have had the success of delivering over 1000 shelf-stable meals and 200 PPE bags for our providers containing hand sanitizer, face masks, and gloves.

THANK YOU to:

Steve Tobler at Ashley Furniture for saving cardboard to cut ONE THOUSAND rectangular pieces (Continued on page 10)

ACROSS

- 1. Half-pint
- 3. Sleepy
- 9. Sean Lennon's mom
- 10. Sneezy (phrase)
- 12. "___ apple a day ..."
- 14. Bloom of the Netherlands
- 16. Dopey
- 18. Grumpy
- 22. Happy
- 24. Cheap and showy
- 26. Physician's request
- 28. Doc
- 32. ___ Mahal
- 34. Bashful
- 35. Suitable

DOWN

- 1. Unsullied
- 2. Flower part
- 3. August baby, probably
- 4. Tic-___-toe
- 5. Hubbub
- 6. Monopoly starting space
- 7. Barefoot Food Network star
- 8. Communicate
- 11. Santa syllables
- 13. Clean with a cloth
- 15. Concise
- 16. Don Draper, for example
- 17. Unfit
- 19. Compatriot

- 20. What a swindler does
- 21. Young swan
- 23. Unusual
- 25. Pause mark
- 27. "So there!"
- 29. Forever and a day
- 30. Shakespeare classic: Richard ___
- 31. *Life of Pi* director Lee
- 33. *Dallas* villain

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		

Let's Talk About It (cont.) to place in the bottom of our bags to make them more stable and secure.

Panhandle Coop for offering to provide additional cardboard if we ran out. We thought this was very possible!

Sam and Louie's for donating pizza while we were tirelessly stocking these bags with food.

Elisa Garton, Kevin Hickox, and Tom Zamarripa with Scottsbluff Sanitation for going out of their way to help us dump the cardboard our food was packaged in. It continued to stack up as our bags were being filled. Cardboard... there was cardboard everywhere.

Jennifer Smith and Lucille Cooper for volunteering their time filling these bags. I'm sure their muscles are in protest!

Ryan Sothan with the Attorney General's Office who came all the way from Lincoln just to help fill AND deliver for several days in a row. This was an honor.

The University of Nebraska for providing gallons of hand sanitizer as none could be found. Imagine that! (Continued on page 16)

August 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Chicken Salad on Lettuce Bed Potato Vegetables Bread Milk Dessert</p>	<p>4 Lasagna Salad Bread Milk Dessert</p>	<p>5 Hamburger Parmesan Potato Vegetable Bread Milk Dessert</p>	<p>6 Salmon Patties Potato Vegetable Bread Milk Dessert</p>	<p>7 Baked Ham Potato Jello Bread Milk Dessert</p>
<p>10 Chicken Fried Steak Potato Vegetable Bread Milk Dessert</p>	<p>11 Egg Salad Potato Vegetable Bread Milk Dessert</p>	<p>12 COOKS Choice Bread Milk Dessert</p>	<p>13 Baked Chicken Mac & Cheese Vegetable Bread Milk Dessert</p>	<p>14 Baked Ham Potato Vegetable Bread Milk Dessert</p>
<p>17 Pulled Pork Sandwich Vegetable Juice Bread Milk Dessert</p>	<p>18 Oven Fried Chicken Potato Vegetable Bread Milk Dessert</p>	<p>19 Baked Potato Bar Fruit Salad Vegetable Bread Milk Dessert</p>	<p>20 Swedish Meatballs w/ sauce Potatoes Vegetable Bread Milk Dessert</p>	<p>21 Tuna Noodle Casserole Vegetable Bread Milk Dessert</p>
<p>24 Taco Salad Spanish Rice Vegetable Bread Milk Dessert</p>	<p>25 Paprika Chicken Potato Vegetable Bread Milk Dessert</p>	<p>26 Beef Stroganoff on Noodles Vegetable Bread Milk Dessert</p>	<p>27 Grilled Cheese Sandwich Soup Vegetable Bread Milk Dessert</p>	<p>28 Pork Chops Potatoes Vegetable Bread Milk Dessert</p>
<p>31 Chicken Supreme Rice Vegetable Bread Milk Dessert</p>				<p>Meals are subject to change</p>

Grandma's Letter

Dear Son,

The other day I went up to a local Christian bookstore and saw a "honk if you love Jesus" bumper sticker.

I was feeling particularly sassy that day because I had just come from a thrilling choir performance, followed by a thunderous prayer meeting, so I bought the sticker and put it on my bumper. Boy, I'm glad I did! What an uplifting experience that followed!

I was stopped at a red light at a busy intersection, just lost in thought about the Lord and how good He is, and I didn't notice that the light had changed. It is a good thing someone else loves Jesus because if he had not honked, I'd never have noticed!

I found that LOTS of people love Jesus! Why, while I was sitting there, the guy behind started honking like crazy, and then he leaned out of his window and screamed, "For the love of GOD! GO! GO!"

What an exuberant cheerleader he was for Jesus!

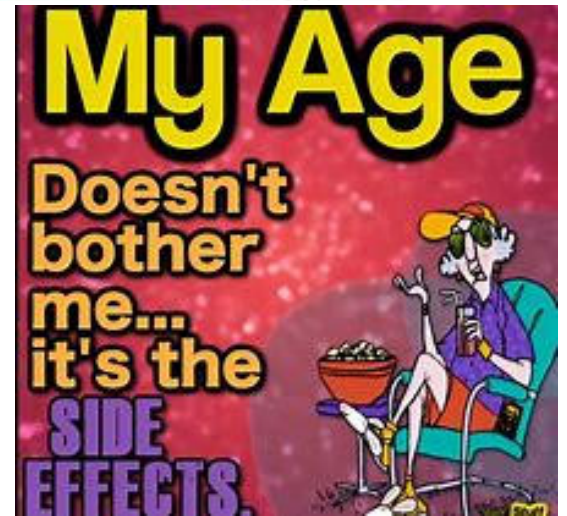
Everyone started honking! I just leaned out of my window and started waving and smiling at all these loving people. I even honked my horn a few times to share in the love! There must have been a man from Florida back there because I heard him yelling something about a "sunny beach" ... I saw another guy waving in a funny way with only his middle finger stuck up in the air. Then I asked my teenage grandson in the back seat what that meant, he said that it was probably a Hawaiian good luck sign or something.

Well, I have never met anyone from Hawaii, so I leaned out the window and gave him the good luck sign back.

A couple of the people were so caught up in the joy of the moment that they got out of their cars and started walking towards me. I bet they wanted to pray or ask what church I attended, but this is when I noticed the light had changed. So, I waved to all my sisters and brothers grinning and drove on through the intersection.

I noticed I was the only car that got through the intersection before the light changed again and I felt kind of sad that I had to leave them after all the love we had shared, so I slowed the car down, leaned out of the window and gave them all the Hawaiian good luck sign one last time as I drove away.





September 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken and Rice Casserole Vegetable Bread Milk Dessert	2 Beef Enchiladas Spanish Rice Vegetable Bread Milk Dessert	3 Vegetable Soup Turkey Cheese Rollup Bread Milk Dessert	4 Roast Pork Potato Vegetable Bread Milk Dessert
7 Closed for Labor Day	8 Baked Fish Rice Vegetable Bread Milk Dessert	9 Baked Ham Potatoes Vegetable Bread Milk Dessert	10 COOKS Choice Bread Milk Dessert	11 Hamburger Steak Potato Vegetable Bread Milk Dessert
14 Chicken Cheddar Casserole Vegetable Bread Milk Dessert	15 Breaded Pork Cutlet Potato Vegetable Bread Milk Dessert	16 Oven Fried Chicken Potatoes Vegetable Bread Milk Dessert	17 Spaghetti/Meat Sauce Salad Bread Milk Dessert	18 Fish Sandwich Mac & Cheese Vegetable Bread Milk Dessert
21 BBQ Chicken Potato Vegetable Bread Milk Dessert	22 Swiss Steak w/ Tomatoes Potatoes Vegetable Bread Milk Dessert	23 Pork Chop w/ Gravy Potato Vegetable Bread Milk Dessert	24 Meatloaf Potato Vegetable Bread Milk Dessert	25 Tuna Noodle Casserole Vegetable Bread Milk Dessert
28 COOKS Choice	29 Taco Salad Tortilla Chips Vegetable Bread Milk Dessert	30 Oven Fried Chicken Potato Vegetables Bread Milk Dessert		Meals are subject to change

Sudoku No. 1—Answer

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

Sudoku No. 2—Answer

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

Let's Talk About It (cont.)

But the sanitizer they had was in Lincoln...

The Chamber of Commerce for volunteering their time to drive all the way to Lincoln and back to retrieve the sanitizer from UNL. What teamwork!

Kamie Stephen with the Star Herald for helping us tell our story. Finally, some positive and happy news!

To the random person who left several home-made face masks at our door for us to find in the morning. You know who you are! And we used them right away.

Our providers and family members that had to step up and bravely face COVID by continuing their care for clients and loved ones.

Our Assisted Living Facilities for working with us and our clients, allowing us to Skype, Zoom, or conduct several phone calls. We all learned a lot from this! (Continued on page 19)



www.hiddenpicturepuzzles.com



The first person aged 60 and older to find the Fire Cracker 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

Recipe—Ruths Ground Beef Zucchini Casserole

Printed from Cooks.com <https://cooks.com/216a425f>

1 lb. Lean ground beef

1 med. Onion, chopped

1 lb. zucchini, unpeeled, chopped

1 can of cream of mushroom soup

3/4 c. grated sharp cheese

Salt & pepper to taste

Seasoned salt to taste

3/4 c. crushed corn flakes

Sauté ground beef and onion; drain. Cook zucchini until tender. Put half of meat mixed in casserole; add zucchini and then remaining meat mixture. Cover with soup and then cheese. Sprinkle with corn flakes. Bake at 350 degrees for 40 minutes.

Answer to Crossword

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

Let's Talk About It (cont.)

Thank you to all our clients as you were forced to accept restricted visits for everyone's safety, which turned in to several phone calls just so we could check in on you. We miss you!

And finally, thank you to everyone at the Aging Office. The restrictions have been hard on us too and we look forward to the day we can come visit!

My muscles are still angry, but my heart is warm. Thank you all so very much.

If you would like to continue to spread happiness, let us talk about it! Don't hesitate to share an experience with me that warmed your heart during this difficult time. I would love to share it in our next article! To submit you can:

Write to anne.marie.lauderdale@aown.org or mail to 1517 Broadway, Suite #122, Scottsbluff NE 69361 with comments, questions, or other inquiries.

"You may remain anonymous!"



www.funnycartoons.com

Order #1110

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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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AOWN.org OR facebook

Aging Office of Western Nebraska Governing Board

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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

- Independence Day—July 4
- Parents Day—July 26
- Korean War Armistice Day—July 27
- Purple Heart Day—Aug 7
- VJ Day—Aug 10
- Labor Day—Sept 7
- Grandparents day—Sept 13
- Patriots Day—Sept 11
- POW/MIA Day—Sept 18
- First Day of Autumn—Sept 22
- Native American Day—Sept 25