

Aging Office of Western Nebraska

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

From the Director ~ Cheryl Brunz Welcome to Summer from Director Cheryl Brunz

Welcome to Summer of 2021. Wow, what a year and a half of COVID-19. I am going to give you information about making an informed decision about the COVID-19 vaccine this quarter.

COVID-19 has changed how we live and how we feel. Vaccines are now widely available and getting vaccinated is the first step in a process that will get us back to doing what we miss most.

GetVaccineAnswers.org offers five things you and your family should know about COVID-19 vaccines so you can make informed decisions about being vaccinated.

- You wont' get COVID-19 from a COVID-19 vaccine. The vaccines are safe and effective. Researchers began developing vaccines for COVID-19 in January 2020 based on decades of understanding immune response and how vaccines work. Thousands of volunteers participated in clinical trials that started that spring, making sure we can trust the vaccines to be safe and effective.
- The federal government is providing the vaccine free of charge to all Americans. Insurance providers will cover the vaccine's cost and the government has set up a system to cover the costs without insurance. No one can be denied a vaccine even if they're unable to pay the administration fee.

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Sudoku No. 1

Sudoku No. 2

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

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

Senior Center Locations

Alliance
308-762-8774
Banner Co. Sch.
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. 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.	308-436-6687
Sheridan Co.	308-360-3504



Senior Volunteer Program Volunteers



Crawford, NE—Carolyn Lemmen, Lola Garner, Helen Arnold



Lisa Blanton—AOWN



Lewellen, NE Tiger Den—Carol Strange Garnet Storer, Peggy Lubner



Harrison, NE - Phillip Skavdahl, David Dunn, Donna Wickersham, Misty Skavdahl, Ginnie Sides, Donita Weis, not in picture.



Oshkosh, NE-Mary Britton, Lucille



Dalton, NE - Margaret McCabe, Ruth Sullivan, Bernice Russell, Jan Reimer, Trudy Ketteler and Robert Ketteler



Kimball, NE—Marlene Walker, Donna DeFreece, Rosalee Lewellen, Linda Thompson



Chappell, NE—Coralee Hays, Sheila Cheleen, Fauneil Johnson

AOWN says "Thank You" to the Senior Volunteer Program Volunteers for their service to their senior community.



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

Meal Vouchers available for Panhandle Coop Deli

The Aging Office of Western Nebraska is offering a voucher meal card for the Panhandle Coop Deli for meals for seniors 60 years of age or older. The Deli offers a daily meal special, or another choice is the one trip to the soup and salad bar for seniors. The Deli offers a nutritious meal meeting the daily requirements of the Older Americans Act.

The voucher tickets must be purchased at the Aging Office of Western Nebraska located at 1517 Broadway Suite 122, Scottsbluff and then must be presented at the Deli located at Beltline and Avenue B, Scottsbluff for your meal choice. The voucher meal suggested contribution is \$4.25. We have 10 and 20 punch voucher cards available, but we can do any number of meals you would request.

We would love for you to give the voucher meal program a try and enjoy some delicious food and some socialization with friends and family. If you have any questions concerning the voucher program, please call Mary at the Aging Office at 308-635-0851.

Homemaker and Chore Voucher Program

Do you need assistance to get your house cleaned? Do you need assistance to get your lawn mowed?

Aging Office of Western Nebraska can help. We provide vouchers to clients over the age of 60. The grant we use for this program is to assist financially/supplement what you are already paying for chore service or for homemaker service. We do ask for a contribution that will be based off your monthly income. This contribution helps us to assist more people in the community.

If you live in Morrill County, you can call the Handyman program at 308-262-1846. If you live in Box Butte County, you can call the Handyman program at 308-762-1293. If you live in Kimball County, you can call the Handyman program at 308-230-0185.

The remaining counties will be served by Client directed Care Program. For Scotts Bluff County, please call Mandy at 308-635-0851. All other Panhandle counties (not served by a Handyman program) please call Jill at 308-635-0851. We allow you to choose who will do the work for you, and it is up to you to decide if they are meeting your needs. The client is required to pay the provider once work is finished. Then a monthly calendar must be turned into our office for reimbursement. We reimburse at set rates, so we understand that we may only be subsidizing what you are already paying.

Homemaker vouchers may be used for light housekeeping. Dusting, trash disposal, cleaning bathroom, sweeping, vacuuming, laundering of bedding, etc. The Chore program will reimburse for lawn mowing in the summer, or snow removal in the winter.

Please call the Aging Office of Western Nebraska for more information.

From the Director ~ Cheryl Brunz—Continued

- Health providers shouldn't discriminate against undocumented individuals from getting the COVID-19 Vaccines. Some personal information – which will vary by site- might be requested.
- Although fear is a reality for members of the undocumented community when giving out personal information, it's important to seek information from community allies. Speak with a local trusted source about how you get a COVID-19 vaccine in your state and what personal information will be needed.
- Speak with a local trusted source about how you can get a COVID-19 vaccine in your state and what personal information will be needed.
- Researchers made sure the trials include adults of Diverse backgrounds, races, ethnicities, and geographic areas of
- Continue wearing masks, stay six feet apart from people frequently.

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19. Protecting yourself also protects the people around you, like those at increased risk of severe illness from COVID-19 or those who can't get vaccinated- including infants, or people with weakened immune systems from things like chemotherapy for cancer. Another benefit is that once you are fully vaccinated for COVID-19, you can safely resume many activities that you did prior to the pandemic, without wearing a mask!

For more information, go to getvaccineanswers.org

I leave you this quarter with the following:

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there." George Burns

(Continued on page 13)

Hidden Pictures Winners

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

Lillian Nelson—Alliance; None—Bayard; Darlene Loomis—Bridgeport; None— Chadron; Beth Gibbons—Crawford; Betty Case—Gering; Bill Bailey—Gordon; Margaret Dunn—Harrison; Linda Peterson—Hemingford; Larry Engstrom—Kimball; Laura Jacobson—Mitchell; Mary Soper—Morrill; None—Oshkosh; Moneen Rasmussen—Rushville; Betty Casteneda—Scottsbluff; Susan Ross—Sidney.

	July 2021 ~ What's for Lunch?										
Monday	Tuesday	Wednesday	Thursday	Friday							
Meals are subject to change			1 Breaded Pork Chop Potatoes Vegetable Bread Milk Dessert	2 Hamburger / bun Baked Beans Potato Salad Bread Milk Dessert							
5 CLOSED for the Holiday July 4th	6 Meatball W/Gravy Rice Vegetable Bread Milk Dessert	7 Oven Fried Chicken Potato Vegetable Bread Milk / Juice Dessert	8 Pulled Pork Sandwich Potatoes Vegetable Bread Milk Dessert	9 Smothered Steak w/ onions Potatoes Vegetable Bread Milk Dessert							
12 Honey Glazed Chicken. Potatoes Vegetable Bread Milk Dessert	13 Chili Cheese Dog Potatoes Vegetable Bread Milk Dessert	14 Crispy Chicken Salad Fruit Vegetable Bread Milk Dessert	15 Meatloaf Potatoes Fruit Bread Milk Dessert	16 COOKS CHOICE Bread Milk Dessert							
19 Liver & Onions or Alternate Potato Vegetable Bread Milk Dessert	20 Fish Sandwich Potatoes Coleslaw Bread Milk Dessert	21 Beef Macaroni Casserole Three Bean Salad Bread Milk Dessert	22 Baked Chicken Potato Vegetable Bread Milk Dessert	23 Swiss Steak w/ Tomatoes Potato Jello Bread Milk Dessert							
26 Grilled Chicken Sandwich Macaroni Salad Vegetable Bread Milk Dessert	27 Pork Chop w/ Mushroom Gravy Potato Vegetable Bread Milk Dessert	28 Chef Salad Potatoes Bread Milk Dessert	29 Spaghetti w/ Meat sauce Salad Bread Milk Dessert	30 Fish Sticks Rice Pilaf Vegetables Bread Milk Dessert							

Gering Nutrition Site Needs Voluteer Delivery Drivers

The Aging Office of Western Nebraska Gering Nutrition Site needs volunteers to deliver meals to older adults in Scottsbluff, Gering and Minatare.

On Weekdays, Volunteers will pick up coolers holding eight to ten meals at the Gering Nutrition Site, 2005 Depot, Gering Nebraska 69341.

The Volunteers would be asked to deliver meals one to three days per week. When making a delivery, we ask you to place the meal in a plastic bag, knock on the door or

ring the doorbell of the meal recipient, then place the bag on the doorknob or a nearby table.

After the route - which should take about an hour—is completed, volunteers return the coolers to the Gering Nutrition site.

For information, please contact the Aging Office of Western Nebraska at 308-635-0851 and ask for Mary Smith.



Across

1. Gem units

7. Revolutionary Guevara

10. Sea creature that moves sideways

14. Common recipe amount

15. Actor Holbrook

16. Turner of Hollywood

17. Masonry work that may be smoothed with a trowel

19. Grace finisher

20. Deadly snake

21. Shoving away, footballstyle

23. Director Bob who won a Tony, Oscar and Emmy all in the same year

24. Evicts

25. Quester for the Golden Fleece

28. Hen's place

30. "It's a sin to tell _____"

31. Goes 80, say

34. Fellow

37. More rain and less

light, e.g., to a pilot

40. Sault ____ Marie

41. Ill-____ gains

42. Hitchhiker's need

43. Tabbies

44. Person whose name appears on a museum plaque, e.g.

45. Zorro's weapon

48. Colorado resort

51. Some memorization in arithmetic class

54. Airport overseer: Abbr.

57. Director Kazan

58. Earlier ... or a hint to the words circled in 17-, 21-, 37- and 51-Across

12. Concerning

13. Hair over the forehead

60. Book after John

61. Coach Parseghian

62. White fur

63. Two tablets every six hours, e.g.

1	2	3	4	5	6		7	8	9		10	11	12	13
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20	┢	\vdash		21					\vdash	22				
			23		⊢					24				
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37		┢	┢	38						┢	39		┢	\vdash
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60		┢			61				62					\vdash
63		┢			64				65	┢			⊢	┢

64. Thieve	18. State known for its	43. See 39-Down
65. Target and J. C. Penney	cheese: Abbr.	44. Gobi or Mojave
	22. Hen's place	45. Lieu
Down	23. Enemies	46. Radio word after
1. Nostra	25. 1975 thriller that took a	"Roger"
2. Six-legged intruders	big bite at the box office	47. Skips
3. Sign on, as for another	26. Very much	48. Popular BBC import,
tour of duty	27. Father	for short
4. N.C. State's group	28. Give	49. mo replay
5. University of Arizona's	29. Chief Norse god	50. Israel's Shimon
home	31. Many a person whose	52. Skier's transport
6. Leopard markings	name starts Mac	53. Prefix with -nautic
7. Rub raw	32. Flower holders	54. Light-skinned
8. .5	33. Suffix with differ	55. Actress Heche
9. Singer Fitzgerald	34. Enter	56. Citrus coolers
10. Zip one's lip	35. Ruin	59. M.D.'s group
11. Harold who directed "Groundhog Day"	36. Belgian river to the North Sea	est m.p.s group

38. "Zounds!"

39. Laundry implement that might make a 43-Down

Funny Stories

Listen To Your Doctor - Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful." The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful."...ooh!

"Will I Live To 80?" - I recently picked a new primary care physician. After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age. A little concerned about that comment, I couldn't resist asking him," Do you think I'll live to be 80?" He asked, "Do you smoke tobacco or drink beer or wine?" "Oh no," I replied. "I'm not doing drugs, either." Then he asked, "Do you eat rib-eye steaks and barbecued ribs?" I said, "No, my other Doctor said that all red meat is very unhealthy." "Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?" "No, I don't," I said. He asked, "Do you gamble, drive fast cars, or have a lot of sex?" "No," I said. "I don't do any of those things." He looked at me and said, "Then why do you want to live to 80."

	August 202	21 ~ What's	s for Lunch?)
Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Chicken Potato Vegetable Bread Milk Dessert	3 Pork Roast Potatoes Vegetable Bread Milk Dessert	4 Hamburger Parmesan Potatoes Vegetable Bread Milk Dessert	5 Salmon Patties Potato Vegetable Bread Milk Dessert	6 Baked Ham Sweet Potato Jello Bread Milk Dessert
9 Chicken Fried Steak Potato Vegetable Bread Milk Dessert	10 Egg Salad Sandwich Jello Vegetable Bread Milk Dessert	11 COOKS CHOICE Bread Milk Dessert	12 Chicken Salad on Lettuce Bed Mac & Cheese Summer Squash Bread Milk Dessert	13 Herb Crusted Pork Loin Green Bean Casserole Potatoes Bread Milk Dessert
16 Pulled Pork Sandwich Baked Beans Cole Slaw Bread Milk / Juice Dessert	17 Oven Fried Chicken Potato Vegetable Bread Milk Dessert	18 Baked Potato Bar Fruit Salad Bread Milk Dessert	19 Swedish Meatballs Potato Fruit Bread Milk Dessert	20 Tuna Noodle Casserole Vegetable Jello Bread Milk Dessert
23 Taco Salad Refried Beans Spanish Rice Bread Milk Dessert	24 Paprika Chicken Potatoes Vegetable Bread Milk Dessert	25 Beef Patty w/ Onions Vegetable Bread Milk Dessert	26 Chicken Pasta Soup Vegetable Bread Milk Dessert	27 Pork Chops Potatoes Vegetable Bread Milk Dessert
30 Spaghetti & Meat Sauce Tossed Salad Bread Milk Dessert	31 Tuna Salad Sandwich Pea & Cheese Salad Vegetable Bread Milk Dessert			Meals are subject to change

Emergency Response System and the Risk of Falling

The Aging Office of Western Nebraska is pleased to offer an Emergency Response System dedicated to providing peace of mind for the safety of yourself and those you love in the event of fall. This wonderful device simply works with the push of a button as it will connect you and enable you to speak to a live operator to assist after the alert. This device comes equipped with GPS in the event emergency personnel need to be dispatched to assist to a specific location in the event you are away from your home.

Please, reach out to Mandy Fertig or Jill Forella at the Aging Office 308-635-0851 for more information regarding the cost of this life-saving device.



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



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Continuation : Directors Letter

"The Wedding"

George and Edith had been high school sweethearts 50 years ago but had gone their separate ways after graduation. Then, two years ago, their paths crossed again, and they began seeing each other regularly.

With age 75 just around the corner, they decided life was too short, and they might as well spend the rest of their lives together.

Excited about their decision to marry, they went for a stroll to discuss the wedding, and found themselves in front of a drugstore. George said, "Let's go in. I have an idea."

Addressing the man behind the counter, George asked, "Are you the owner?" The pharmacist answered, "Yes sir, I am. How can I help you?"

George: "Do you sell heart medications?" Pharmacist: "Of course." George: "How about support hose?"

Pharmacist: "Definitely."

George: "What about medications for rheumatism, osteoporosis and arthritis?" Pharmacist: "All kinds."

George: "How about waterproof furniture pads and Depends?" Pharmacist: "Yes, sir."

George: "Hearing aids, denture supplies and reading glasses?" Pharmacist: "Yes."

George: "What about eye drops, sleeping pills, Geritol, Preparation-H and Ex-Lax?" Pharmacist: "Absolutely."

George: "You sell wheelchairs, walkers and canes?" Pharmacist: "Yes, indeed. But why all these questions?"

George smiled, glanced shyly at Edith and replied, "We've decided to get married and we're considering you for our bridal registry.

"Highway Driving"

As a senior citizen was driving down the freeway, his cell phone rang. Answering, he heard his wife's urgent voice warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!"

"Heck!" said Herman, "It's not just one car. It's hundreds of 'em!"

Se	ptember 2	3 021 ~ Wha	at's for Lunc	:h?
Monday	Tuesday	Wednesday	Thursday	Friday
Meals are subject to change		1 Corn Flake Chicken Potato Vegetable Bread Milk Dessert	2 Porcupine Meatballs Sweet Potato Casserole Vegetable Bread Milk / Juice Dessert	3 Lemon Pepper Fish Rice Vegetables Bread Milk Dessert
6 CLOSED For Holiday	7 BBQ Baked Chicken Potato Salad Baked Beans Bread Milk Dessert	8 Ham Salad Sandwich Potatoes Vegetable Bread Milk Dessert	9 COOKS CHIOCE Bread Milk Dessert	10 Turkey Rice Casserole Fruit Cup Vegetable Bread Milk Dessert
13 Chicken Salad Sandwich Potatoes Vegetable Bread Milk Dessert	14 Sausage and Egg Bake Fruit Cup Vegetable Bread Milk Dessert	15 Oven Fried Chicken Potatoes Vegetable Bread Milk Dessert	16 Hamburger Macaroni Salad Baked Beans Bread Milk Dessert	17 Fish Sandwich Mac & Cheese Vegetable Bread Milk / Juice Dessert
20 Cheesy Tuna Casserole Vegetable Bread Milk Dessert	21 Chicken Fried Steak Potatoes Vegetables Bread Milk Dessert	22 Pulled Pork Sandwich Cheesy Hash Browns Coleslaw Bread Milk Dessert	23 Cottage Cheese w/ fruit and Rolled Meat Plate Potatoes Bread Milk Dessert	24 Lasagna Tossed Salad Bread Milk Dessert
27 Chicken Fettucine Vegetable Bread Milk Dessert	28 COOKS CHIOCE Bread Milk Dessert	29 Brats and Sauerkraut Potato Salad V-8 juice Bread Milk Dessert	30 Liver and Onions or Alternate Potatoes Vegetable Bread Milk Dessert	10/01 Pork Chops Potatoes Vegetables Bread Milk Dessert

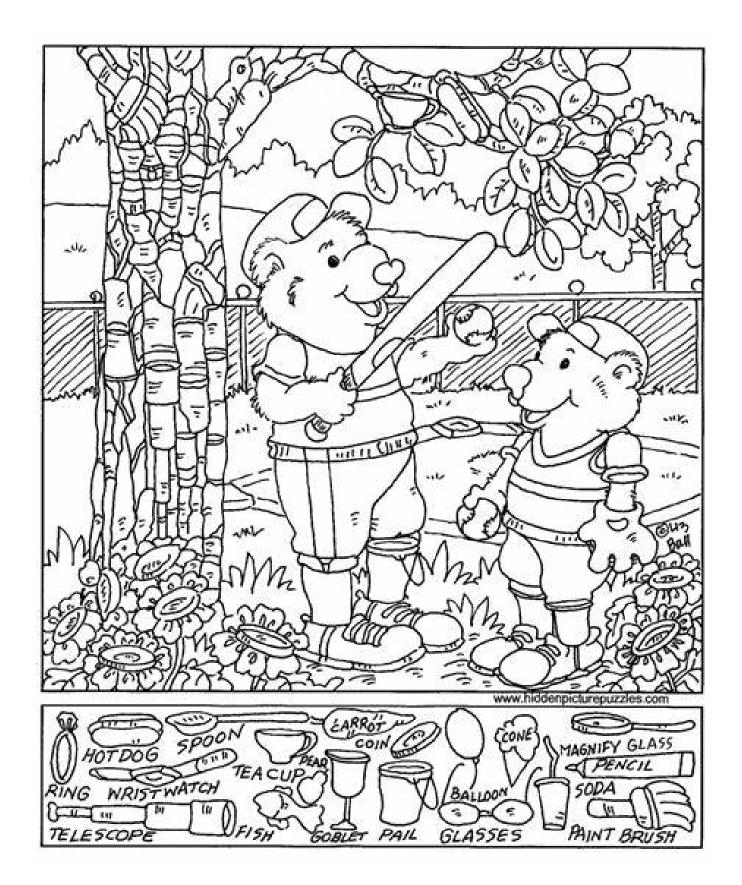
Sudoku No. 1—Answer

Sudoku No. 2—Answer

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

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



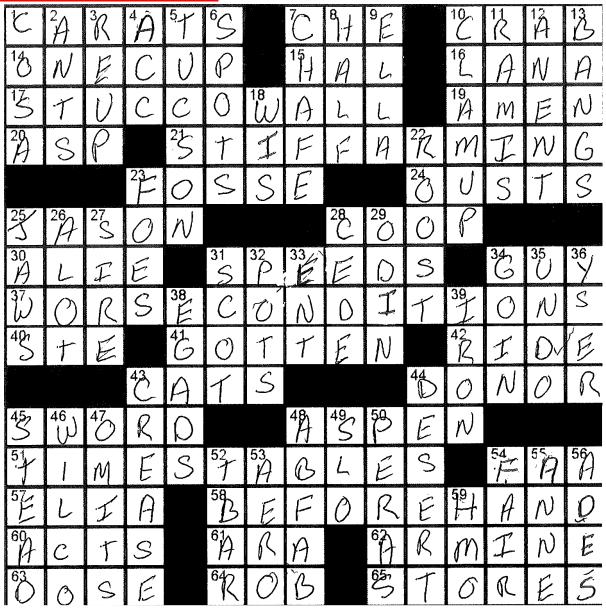


The first person aged 60 and older to find the ring in the hidden picture and call our office to tell us where they are in the picture will receive one free meal at the Senior Center of your choosing. Aging Office of Western Nebraska 308-635-0851

More Funnies



Answer to Crossword



IRS can help you collect 2020 stimulus payments.

Last year, the IRS experienced a wide range of difficulties issuing COVID stimulus payments; both the initial \$1,200 payments for adults and the accompanying \$500 payment for minor children, as well as the more recent \$600 payment for both adults and minor children.

While the agency did attempt to reach all qualified tax- payers and ensure correct payments throughout 2020, manytaxpayers, including several older adults, are still waiting to receive all or some of their payments.

You can find free-filing tools by visiting IRS.gov or calling the 211 Helpline.

The IRS was required by law to issue the first payment by Dec. 31, 2020 and the second payment by Jan. 15, 2021. The timeframe for processing all direct payments, including direct deposits or paper checks, has ended.

This does not mean the payments can no longer be claimed and received by qualified taxpayers, but that taxpayers will instead need to file a 2020 personal income tax return and claim the Recovery Rebate Credit on their 2020 Form 1040 or 1040 SR.

This Recovery Rebate credit covers all Economic Impact Payments not received, both the \$1,200 and the \$600 and can be done for free online. This also applies to older adults and retirees that normally do not have to file personal income tax returns.

You can find free filing tools by visiting IRS.gov. The other option is to call the 211 Helpline operated locally by the United Way of the Midlands and ask for tax preparation assistance to claim your COVID payment. While this also is a free service, it may involve a waiting period.

The IRS strongly encourages taxpayers to file electronically when possible, as this will avoid the congestion of the U.S. Postal Service that paper returns suffer from and allow the payments to reach taxpayers much quicker.

(This information was submitted from the office of U.S Representative Don Bacon.)



Aging Office of Western Nebraska 1517 Broadway Suite 122 Scottsbluff, NE 69361

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 Loren Paul – Sheridan County Terry Krauter - Garden County Steve Burke—Box Butte County Ken Meyer – Scotts Bluff County William Klingman – Deuel County



Independence Day—July 4th Korean War Armistice Day—July 27th Purple Heart Day—Aug 7th V-J Day—Aug 14th Sturgis Rally—Aug 6—15th Nat. Non-Profit Day—Aug 17th Labor Day—Sept. 6th Patriots Day—Sept 11 Grandparents day—Sept 12 POW/MIA Day—Sept 17 First Day of Autumn—Sept 22 Native American Day—Sept 24

