

# Aging Office of Western Nebraska

## SUMMER NEWSLETTER

### From the Director ~ Cheryl Brunz

### Welcome Summer of 2022!

What a year we have had so far. My favorite season is summer with the warm weather, family & friends BBQ's, the lakes, family vacations, and time in our backyard. This quarter I am bringing you an article from AARP titled "The Nutrients a Person Needs".



### Create a plate of healthy food that nourishes the body

Everyone needs high-quality daily meals that balance fiber, healthy fats, carbohydrates, protein, calories and the harder-to-assess invisible ingredients, vitamins and minerals. But how much is enough? Wondering if you're hitting the nutrition mark can stress the chef is a good question. Most of us get all the nutrients we need from a healthy diet, but after age 50 the wiggle room of youth begins to shrink and the ability to absorb vitamins from food slowly diminishes. Vitamin and mineral shortages can have serious consequences.

The best prevention is to learn to spot the signs of malnutrition in aging people and serve meals that are nutrient-dense, packed with vitamins, fiber, complex carbohydrates and protein — much of it plant-based.

### Creating Nutritious Meals: Step by Step

#### Step 1. Stock the fridge and pantry (Cont. Pg 6)

Take a farm-to-table approach that focuses on minimally

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## Sudoku No. 1

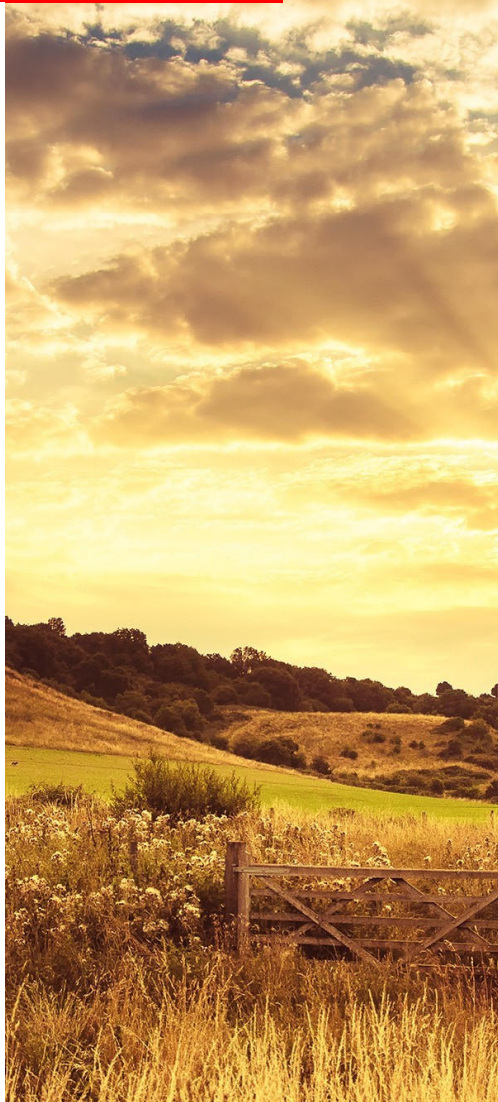
	5				6			7
				4		8		
9			3					5
	6				7			
		4				3		
			9				5	
1					2			6
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5			6					9

## Sudoku No. 2

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

### 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

# Strawberry Rhubarb Pie

**Yield:** 1 9in pie plate

## INGREDIENTS

- 1 (9 inch) unbaked pie crust
- 3 cups rhubarb, sliced 1/4-inch thick
- 1 cup fresh strawberries, quartered
- 3 large eggs
- 1 ½ cups white sugar
- 3 tablespoons milk
- 3 tablespoons all-purpose flour
- ¼ teaspoon freshly grated nutmeg
- 1 tablespoon butter, diced
- 2 tablespoons strawberry jam
- 1/4 teaspoon water



## INSTRUCTIONS

Preheat oven to 350 degrees F (175 degrees C). Place rolled-out pie crust in a 9-inch pie plate and set on a baking sheet lined with parchment paper or a silicone baking mat. Combine rhubarb and strawberries in a bowl; transfer to the pie crust, distributing evenly. Whisk eggs, sugar, milk, flour, and nutmeg together in a medium bowl. Slowly pour filling over rhubarb mixture until it just reaches the top edge of the crust. Scatter diced butter evenly over the top of the filling. Lightly tap and shake the baking sheet to remove any air bubbles. Transfer pie to the preheated oven and bake, turning halfway through, until rhubarb is tender, and custard is set, about 1 hour. Mix strawberry jam and water in a small bowl; heat in the microwave until warm, about 15 seconds. Glaze the top of the pie with the jam mixture and let cool. Refrigerate until ready to serve.

## QUOTABLE QUOTES

1. “Do not regret growing older, it is a privilege denied to many.”
2. “You’re braver than you believe, stronger than you seem and smarter than you think” - Christopher Robin
3. “We make a living by what we get, but we make a life by what we give.”  
Winston Churchill
4. “You are never too old to set another goal or to dream a new dream.” C. S. Lewis
5. “You can’t turn back the clock; But you can wind it up again.” Bonnie Prudden
6. “Speak your mind, even if your voice shakes.” Maggie Kuhn
7. “Age is not the enemy Stagnation is the enemy. Complacency is the enemy.  
Stasis is the enemy.” Twyla Tharp
8. “We are all born ignorant, but one must work hard to remain stupid.”  
Ben Franklin
9. “If you think nobody cares if you’re alive, try missing a couple of car payments.”  
Flip Wilson
10. “True Terror is to wake up one morning and discover that your high school class  
is running the country.” - Kurt Vonnegut

# Elder Access Line

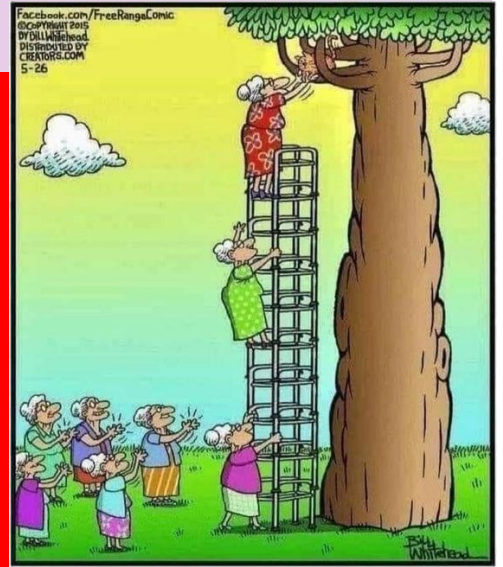
Nebraskans, aged 60 and older, are able to receive help with any questions. Legal Aid of Nebraska operates a statewide Elder Access Line a free telephone access line. **1-800-527-7249**

**Sudoku No. 1—Answer**

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

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

**Sudoku No. 2—Answer**





## Let's Talk - Natalya Malakhova

So many of our senior residents who receive services from the Aging Office have a *Personal Emergency Response System* (PERS) or people refer to as *LifeLine* or *Medical Alert*, which includes a pendant or a wristband, depending on their preference. However, during my monthly visits, I noticed that 65% of our clients don't have it on them. When asked the question, "Where is your button/pendant?" they answer, "on the charger", "in the bedroom", or "on the kitchen table."

According to the CDC, every year, too many people 65 and older will fall. In fact, more than 1 out of 4 older people fall within 12 months, but less than half tell their doctor. Falling once doubles your chances of falling again. Therefore, next time your balance is compromised, whether due to a drop in blood pressure or skyrocketing blood sugar levels, you want to be ready.

### **WHY HAVE ONE**

According to *Nebraska.gov*, these falls tend to happen in odd places and as fast as one can blink an eye. The people who fall at home and are not found for several hours or days suffer irreversible injuries and even death. When a person is alone in the house or outside their home, they can get help within minutes by pushing a button/pendant attached to their bracelet or lanyard.

### **HOW DOES IT WORK**

In case of emergency, the client would reach for the button hanging around their neck or their wrist, and push and hold for 2-3 seconds. The *PERS/LifeLine* triggers the responder from the emergency services to take the call, dialed from the button they pushed. The system is connected through cell waves via surrounding cell towers in the area or a landline phone connection through the landline phone company. It is quick and easy to use and works fast; no numbers to dial, no need to look for your glasses, no need to try to crawl and find the window to scream for help — just push the button that's on you and speak.

### **WHY TO HAVE MY PENDANT ON ME AT ALL TIMES**

There is evidence that seniors who don't have the button on them have decreased their chance to call for help by 85%. If a button is on the top of the coffee table or on the charger placed on a shelf, the person is unable to reach or use the services of the Medical Alert/PERS. Unfortunately, 95% of those who fall are unable to get up on their own, and therefore, unable to get help.

Let's see what happens if you don't have that button on, and just imagine you fall in the bathroom or in the living room. Remember where you told me where your button was when I asked you during the visit? Aha, well of course... this is when I say, "The benefit of the PERS system is when you have it on you at all times." (Continued on page 16)

## From the Director ~ Cheryl Brunz—Continued

processed foods. On your list:

- Non-farmed seafood
- Lean meats, fish, eggs, beans and nuts
- Fresh or frozen produce in a rainbow of colors Frozen or fresh, they have the same nutrients
- Canned produce packed in juice or water
- Dairy products such as plain yogurt, kefir, skim milk, cream and low-fat cheese
- Whole grains such as quinoa, barley, oats, black or brown rice and millet 100 percent whole wheat or whole grain bread

### Avoid:

- Processed food
- Baked goods made with refined flour
- High-sodium foods
- Soft drinks, juice and high-sugar foods

### Know before you go:

- Before shopping, check out family heart-healthy recipes.
- Read labels. Preservatives and other food additives can cause allergies or sensitivities at any age.
- Some fruits and vegetables take in more pesticides than others. The Environmental Working Group issues an annual Dirty Dozen list — foods it recommends buying organic. The Clean Fifteen items contain the least pesticides.

### Dirty Dozen- most pesticides

- Strawberries
- Spinach
- Nectarines
- Apples
- Peaches
- Pears
- Cherries
- Grapes
- Celery
- Tomatoes
- Sweet bell peppers
- Potatoes

### Clean Fifteen-least pesticides

- Avocados
- Pineapple
- Cabbage
- Onion
- Sweet peas (frozen)
- Papaya
- Asparagus
- Mango
- Eggplant
- Honeydew
- Kiwi
- Cantaloupe
- Cauliflower
- Grapefruit

## Step 2. Create a plate

Using the U.S. Department of Agriculture's revamped food pyramid, MyPlate.

Picture the plate divided into quarters.

Cover most of a half with cooked or raw, high- fiber, colorful and dark green vegetables, leaving enough space for a healthy serving of fruit. Five servings a day reduces the risk of heart disease and stroke. Fiber slows digestion and prevents blood sugar spikes.

Fill a scant quarter of the plate with lean protein, as wide and thick as a deck of cards. Fish, poultry, meats, tofu, eggs, nuts and nut butters provide the nutrients needed to build and repair cells, deliver energy, and help create enzymes, hormones and antibodies. (Continued on Page 8)

## Ignorance of Youth

A stuck-up college freshman was attending a recent football game. He took it upon himself to explain to a senior citizen sitting next to him why the older generation couldn't understand his generation.

Your problem is you grew up in a different world, an almost primitive one, says the student, loud enough for many of those nearby to hear. The young people of today are way more advanced than people your age. We grew up with television, jet planes, space travel, a man walking on the moon and the Internet. We have cell phones, nuclear energy, electric and hydrogen cars, computers, automated manufacturing, amazing technologies, and, pausing to take another drink of beer.

The senior took advantage of the break in the student's litany and said, "You're right, son. We didn't have those things when we were young, which is why we invented them. Now, you arrogant little twit, what are YOU doing for the next generation?"

The applause was resounding. **I love senior citizens!**

## Sweet Grandmother



A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, Norma Findlay, Room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her Physician, Dr. Cohen, has scheduled her to be dis-

charged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good News."

The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me S...t"

## Director's Message Continued

Serve fish twice a week.

The last — slightly larger — quarter-plate is for whole grains, such as barley, brown rice, 100 percent whole wheat or whole grain bread, oatmeal, quinoa and beans with brown rice. (Double win: Quinoa and beans with brown rice form a whole protein when eaten in the same day and can be counted as either grain or protein.) Low glycemic, complex carbs provide energy without spiking blood sugar and help reduce insulin resistance and the risk of cardiovascular disease.

Healthy polyunsaturated and monounsaturated fats, such as those found in fatty fish, nuts and seeds, avocados and olive oil, should be an everyday thing. The recommended range is 3-6 teaspoons. The USDA advises that fat account for between 20 and 35 percent of total calories eaten. Less than 10 percent should be saturated— 7 percent for those with high LDL cholesterol.

### Sources of good oils:

- Olive
- Safflower
- Avocado
- Canola
- Fish oil
- Nuts

For flavor, use a dash of walnut or sesame oil.

### Unhealthy fats include:

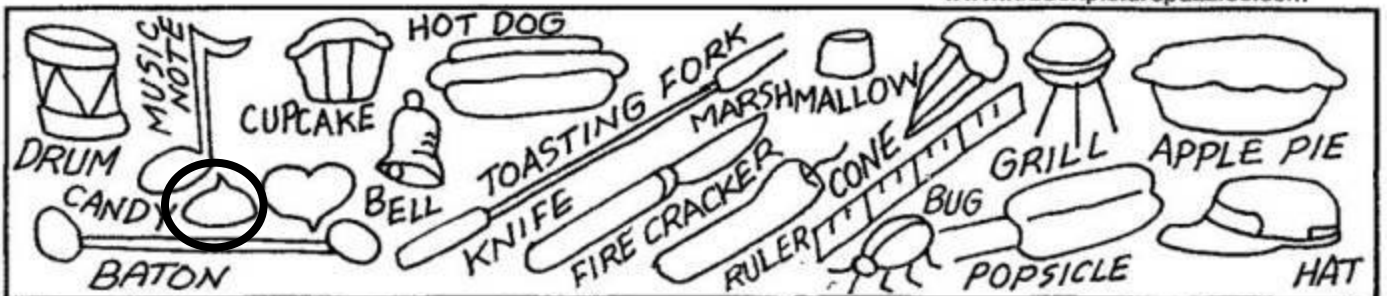
- Animal fat
- Cheese
- Butter
- Lard
- Stick and tub margarines
- Shortening

**Is coconut oil good or bad?** There have been no long-term studies of how coconut oil affects human cholesterol levels. The American Heart Association recommends holding off on coconut oil because it contains saturated fat, which shouldn't exceed 13 grams — about a tablespoon — a day. (Cont. Pg.10)





www.hiddenpicturepuzzles.com



**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.**

**Aging Office of Western Nebraska 308-635-0851**

## Directors Message Continued

### **Step 3. Include calcium**

Serve meal with low-fat milk, no-sugar-added yogurt, kefir, cheese or other dairy product. If your loved one cannot eat dairy, include high-calcium veggies like kale and broccoli, and ask the doctor about adding a calcium supplement.

### **Step 4. Mix it up**

Once you're familiar with portion size, likes and dislikes, you can mix it up. Add almonds to green beans, fruit to salad, tzatziki to chicken, rice to black beans, green onions and apple to quinoa. To make a good meal great and add more nutrients, use spices, herbs, lemons, limes, shallots and garlic.

### **Step 5. Don't forget some sweets**

Celebrations and treats add sweetness to life. Look for recipes such as grilled peaches with pureed raspberries, and no-sugar-added fruit pie with walnut crust, that let you and your loved one enjoy a reasonably healthy splurge.

<b>July 2022 ~ What's for Lunch?</b>					<b>Meals include a Vegetable, Bread, Milk &amp; Dessert</b>				
Monday	Tuesday	Wednesday	Thursday	Friday					
	Meals are subject to Change			<b>1</b> Turkey Roll ups					
<b>4</b> Closed for 4th of July	<b>5</b> Bratwurst	<b>6</b> Oven Fried Chicken	<b>7</b> BBQ Pork Sandwih	<b>8</b> Porcupine Meatballs					
<b>11</b> Tuna Salad	<b>12</b> Salisbury Steak	<b>13</b> Chicken Alfredo	<b>14</b> Liver & Onions or Alternative	<b>15</b> Breaded Pork Chop					
<b>18</b> Meatloaf	<b>19</b> Chicken Salad Sandwich	<b>20</b> Ham Steak	<b>21</b> Baked Fish	<b>22</b> Spaghetti with Meat Sauce					
<b>25</b> Slppy Joes	<b>26</b> Chicken Tacos	<b>27</b> Fish Sticks	<b>28</b> Egg Salad Sandwich	<b>29</b> Cooks Choice					

<b>August 2022 ~ What's for Lunch?</b>					<b>Meals include a Vegetable, Bread, Milk &amp; Dessert</b>				
Monday	Tuesday	Wednesday	Thursday	Friday					
<b>1</b> Meat & Cheese Pizza	<b>2</b> Oven Fried Chicken	<b>3</b> Beef Stroganoff	<b>4</b> Ham Salad Sandwich	<b>5</b> Liver & Onions or Alternative					
<b>8</b> Pork Loin	<b>9</b> Baked Lemon Pepper Fish	<b>10</b> Taco Salad	<b>11</b> Chicken Chow Mein	<b>12</b> Hamburger					
<b>15</b> Chicken Strips	<b>16</b> Tuna Noodle Casserole	<b>17</b> BBQ Meatballs	<b>18</b> Sausage Gravy on Biscuit	<b>19</b> Chicken & Rice Casserole					
<b>22</b> Beef & Cheese Enchiladas	<b>23</b> Baked Pork Chop	<b>24</b> Salmon Patties	<b>25</b> Oven Fried Chicken	<b>26</b> Cook's Choice					
<b>29</b> Goulash	<b>30</b> BBQ Chicken	<b>31</b> Polish Sausage	Meals are subject to Change						

<b>September 2022 ~ What's for Lunch</b>					<b>Meals include a Vegetable, Bread, Milk &amp; Dessert</b>				
Monday	Tuesday	Wednesday	Thursday	Friday					
	Meals are subject to Change		<b>1</b> Liver & Onions or Alternative	<b>2</b> Chicken Salad Sandwich					
<b>5</b> Closed for Labor Day	<b>6</b> Chicken & Noodles	<b>7</b> Tuna Melt	<b>8</b> Grilled Ham & Cheese Sandwich	<b>9</b> Vegetable Beef Stew					
<b>12</b> Oven Fried Chicken	<b>13</b> Sausage & Egg Breakfast Casserole	<b>14</b> Salisbury Steak	<b>15</b> Ham & Beans	<b>16</b> Lasagna					
<b>19</b> Baked Lemon Pepper Chicken	<b>20</b> Pork Roast	<b>21</b> Meat & Cheese Pizza	<b>22</b> Baked Frish	<b>23</b> Meatloaf					
<b>26</b> Chicken tenders	<b>27</b> Chili with Meat andbeans	<b>28</b> Salmon Loaf	<b>29</b> Ham Steak	<b>30</b> Cook's Choice					



## Scams Happening in Nebraska

Beware of Scam Calls coming in from someone you don't know saying they are from Nebraska Aging. A consumer alerted us so we could warn others!

1. Do not answer the phone if you do not recognize the number.
2. Keep your credit card, checking account, insurance info, social security numbers to yourself.
3. Legitimate companies do not call consumers.
4. Don't click on links in a text or press numbers—Just hang up!



## 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

## Jail

In a crazy kind of way... this makes a little sense!! Let's put the seniors in jail and the criminals in a nursing home.

This way the seniors would have access to showers, hobbies, and walks. They'd receive unlimited free prescriptions, dental and medical treatment, wheel chairs etc. and they'd receive money instead of paying it out.

They would have constant video monitoring, so they could be helped instantly if they fell, or needed assistance. Bedding would be washed twice a week and all clothing would be ironed and returned to them.

A guard would check on them every 20 minutes and bring their meals and snacks to their cell.

They would have family visits in a suite built for that purpose.

They would have access to a library, weight room, spiritual counseling, pool, and education.

Simple clothing, shoes, slippers, P.J.'s and legal aid would be free, on request.



# Care Management Services

**Aging Office of Western Nebraska**



**There's no place like home!**

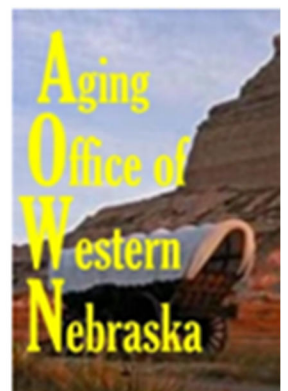
Are you age 60 or older and feeling like you might need some help?

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**

## **Revision of 60s and 70s songs...**

They just don't make the songs like they used to any more!!!!!!

Some of the artists of the 60's and 70's are revising their hits with new lyrics to accommodate aging baby boomers who can remember doing the "Limbo" as if it were yesterday. They include:

Bobby Darin - Splish, Splash, I Was Havin' A Flash

Herman's Hermits - Mrs. Brown, You've Got A Lovely Walker

Ringo Starr - I Get By With A Little Help From Depends

The Bee Gees - How Can You Mend A Broken Hip

Roberta Flack - The First Time Ever I Forgot Your Face

Johnny Nash - I Can't See Clearly Now

Paul Simon - Fifty Ways To Lose Your Liver

The Commodores - Once, Twice, Three Times To The Bathroom

Procol Harem - A Whiter Shade Of Hair

Leo Sayer - You Make Me Feel Like Napping

The Temptations - Papa's Got A Kidney Stone

Abba - Denture Queen

Tony Orlando - Knock 3 Times On The Ceiling If You Hear Me Fall

Helen Reddy - I Am Woman, Hear Me Snore

Leslie Gore - It's My Procedure, And I'll Cry If I Want To

And Last but NOT least... Willie Nelson - On the Commode Again.

## Let's Talk - Natalya Malakhova Continued

I will share one of many stories we have encountered over the years regarding the Medical Alert System and what role the button played in saving people's lives. Just this year, an older woman who was living alone had a heart attack early one morning. She had a *PERS/LifeLine* button on her wrist. After she pushed the button, she lost consciousness and the emergency agent didn't hear her response over the speaker on the button. Immediately, the agent made a call to 911. The response was quick, and the ambulance was at her door within minutes. The key to the door was in a locked box (only the ambulance responders knew the code). She was rushed to the hospital, had heart surgery, and was able to return to her home a few months later. This story ended well for this woman. However, there are far too many stories without a positive outcome.

Once again, I would like to say to those who have their button, wear it at all times...

But those who don't have one, call the Aging Office for more information to get one...and please, have a great, safe summer.

Natalya, Service Coordinator, Chadron AOWN office



# Wood Working Tools

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

AIR COMPRESSOR

DRILL PRESS

LEVEL

SCREW DRIVER

AIR NAILER

DRIVERS

MALLET

SCRIBE

CARPENTERS APRON

FRAMING SQUARE

MITRE

SPEED SQUARE

CATS PAW

HAMMER

PADDLE BIT

SQUARE

CHALK LINE

HAND SAW

PENCIL

STRAIGH EDGE

CIRCULAR SAW

JIGS

PRY BAR

TABLE SAW

CLAMPS

KEYHOLE SAW

RECIPROCATING SAW

TAPE MEASURE

DRILL

LASER LEVEL

ROUTER

WRENCHES

DRILL BITS

LATHE

SAWHORSE

## Hidden Picture Winners

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

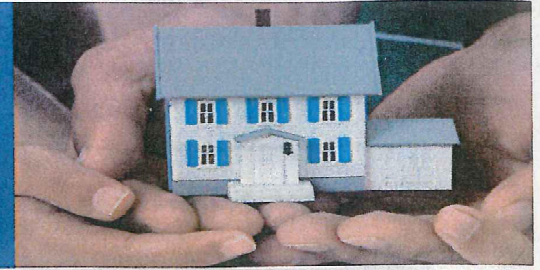
Barbara Snyder—Alliance; Sharon Ragland—Bayard; Dorothy West—Bridgeport;  
Maxine Warren—Chadron; Terrie Klingman-Chappell ; Beth Gibbons—Crawford;  
Lawanda Mendez—Gering; Marilyn Sager—Gordon; NONE—Harrison;  
NONE —Hemingford; Jan Hinton—Kimball; NONE—Mitchell;  
Mary Hood—Morrill; David Rubsam—Oshkosh;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

## Senior Funnies



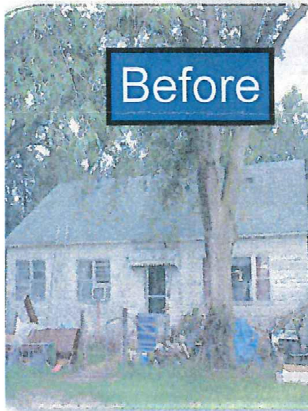


# Does Your Home Need Repairs?



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](mailto: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!**

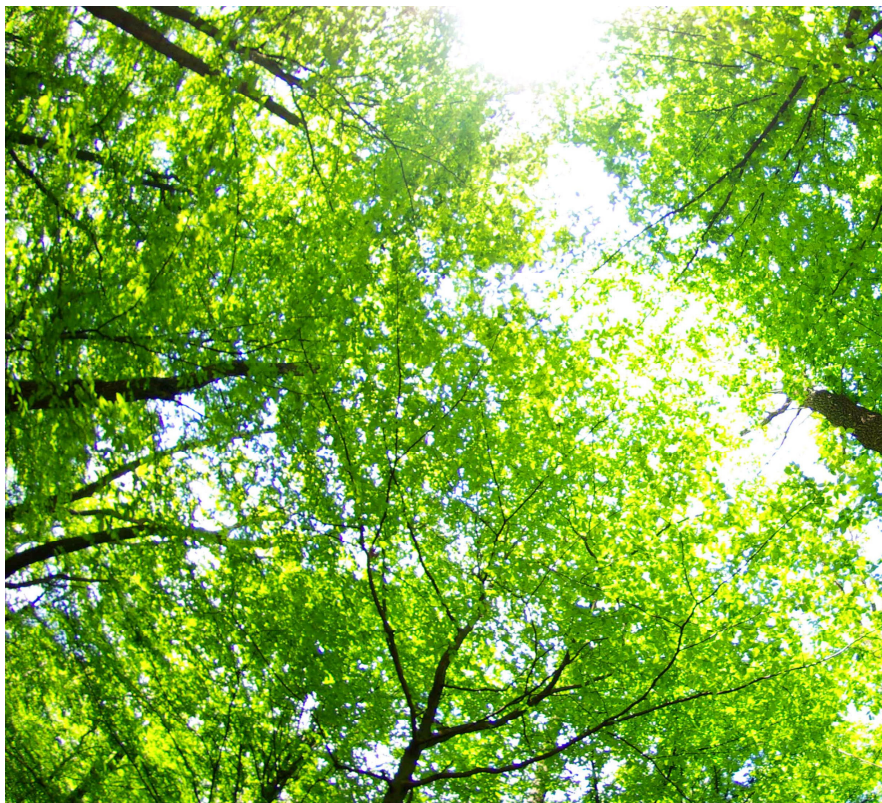
*AOWN.org OR Facebook*

***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

Independence Day –July 4th  
Korean War Armistice Day -July 27th  
Purple Heart Day—July 7th  
Sturgis Rally— Aug 5th  
V-J Day—Aug 8th  
Nation Non-Profit Day –Aug 17th  
Labor Day –Sept 5th  
Patriots Day—Sept 11th  
Grandparents Day –Sept 11th  
POW/MIA Day –Sept 16th  
First Day of Autumn—Sept 22nd  
Native American Day—Sept 23rd