



Aging Office of Western Nebraska

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

Winter Edition

From the Director ~ Cheryl Brunz

Hello 2020! I hope that everyone enjoyed spending time with loved ones during the holiday season. The winter months are now upon us. During the winter months, ice, snow and cold temperatures can make life challenging for seniors. Check out the tips below for preventing common cold weather dangers to seniors according to Care.com:

Avoid slipping on ice-“Unfortunately falls are a common occurrence for seniors, especially during the winter months.” Says Dr. Stanley Wang, a physician at Stanford Hospital in Palo Alto, CA. Often these falls cause major injuries that can include fractures.

Make sure to wear shoes with good traction and no-skid soles and stay inside until the roads are clear.

Dress for warmth-Cold temperatures can lead to frostbite and hypothermia—a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia related deaths were of people over the age of 65.

Fight wintertime depression- it can be difficult and dangerous to get around, many seniors have less contact with others during the cold months. To help avoid these issues, (Continued on Page 6)

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Sudoku No. 1

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

Sudoku No. 2

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

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's Get Cooking

Hot Apple Cider Orange Drink

- 1 gal. apple cider
- 1 lg. frozen can orange juice
- 2 cans of water
- 1/2 c brown sugar
- 1 squirt of lemon juice
- 12 whole cloves
- 1 cinnamon stick

Simmer above ingredients. Serve with Orange slices.

Hot Buttered Pineapple Drink

- 1 (48 oz.) pineapple juice
- 2/3 c. orange juice
- 2 tbsp. butter
- 2 tsp. brown sugar
- 4 (3 inch) cinnamon sticks

Combine all ingredients in a large saucepan and bring to a boil. Reduce heat and simmer for 20 minutes. Remove cinnamon sticks and serve hot. Will serve 5 cups.

Let me introduce you to the Chadron Senior Center/ Nutrition Site.



Our Chadron Senior Center is located at 251 Pine Street. My name is Sheila Motz. I am the Site Manager for the nutrition site. I have worked at this site for 28 years. Worked as a cook's aide, cook and now site manager. I really enjoy working at the Senior Center and my staff is great to work with.

Our cook is Jody Larsen, she cooks good home cooked meals Monday thru Friday and the meals are delicious. We are always happy to have people stop in and enjoy a good home cooked meal with us. We are a big happy family.

Cherie Chanchett is our new cook's aide, she is from Hawaii. So she is in the learning stages, but doing very well.

We have a great bunch of delivery people. Each week we have to different groups. They enjoy delivering meals and getting to socialize with the people.

We have special entertainment for each holiday and a special meal. We have country music singers, line dancers, a piano player and sometimes we even have a magician and many other fun things. (Continued on page 13)

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

ESTATE PLANNING SERVICES



FREE FOR AREA SENIORS (60 YEARS AND OLDER)

REGISTRATION IS REQUIRED - LIMITED SPOTS AVAILABLE

Your estate planning documents will be prepared in advance by student attorneys following phone consultation(s) and finalized during your scheduled appointment.

The documents will be executed and notarized on-site, and you will leave with the fully executed copies of your estate planning documents in hand.

Documents to be prepared may include: **Simple Will, Power of Attorney, Health Care Power of Attorney, and Living Will.**

April 3, 2020

(1-hour sessions, by appointment only)

Aging Office
of *Western Nebraska*

To register for an appointment contact the Nebraska Law Civil Clinic at (402) 472-3271
(press "0" when you hear the recording)

Registration deadline is March 4, 2020

Aging Office of Western Nebraska
1517 Broadway Ste 122 | Scottsbluff, NE



COLLEGE OF LAW

From the Director ~ Cheryl Brunz—Continued

try going to the Senior Citizen centers for meals and activities.

Check the car-Driving during the winter can be hazardous for everyone. It is especially dangerous for older people who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits-check things like the oil, tires, and battery and wiper blades.

Prepare for power outages- winter storms can lead to power outages. Make sure that you have easy access to flashlights and a battery-powered radio. Stockpile warm blankets.

Eat a varied diet-people spend more time indoors and may eat a smaller variety of foods, nutritional deficits—especially Vitamin D—can be a problem.

Prevent carbon monoxide poisoning- using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask people for help. Don't be afraid to reach out for help. Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

Hidden Pictures Winners

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

Francis Synoground, Alliance; Betty Reuter, Bridgeport; Frederika /Sommerville, Chadron; Lois Kris, Crawford; Wilma Geiser, Harrison; Barbara Novak, Kimball; Joella Johnson, Mitchell; Mary Soper, Morrill; David Rubsam, Oshkosh; Thomas Meyer, Scottsbluff; Julie Visser, Sidney.

January 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are subject to change		1 Closed for New Years	2 Cream of Potato Soup Turkey and Cheese Roll up Vegetable Bread Milk Dessert	3 Chicken Fried Chicken Potatoes Vegetable Bread Milk Dessert
	6 Turkey Tetrizzini on Pasta Vegetable Salad Bread Milk Dessert	7 Breaded Pork Cutlet Potato Vegetable Bread Milk Dessert	8 Italian Baked Fish Rice Pilaf Vegetable Bread Milk Dessert	9 Pot Roast Potatoes Vegetable Bread Milk Dessert
	10 Chicken Supreme Potatoes Vegetable Fruit Juice Bread Milk Dessert	13 Swedish Meatballs Potato Vegetable Bread Milk Dessert	14 Hot Turkey Sandwich Potatoes Vegetable Bread Milk Dessert	15 Chicken Parmesan Potato Vegetable Bread Milk Dessert
	16 Meatloaf Potatoes Vegetable Bread Milk Dessert	17 Cooks Choice Bread Milk Dessert	20 Herb Baked Chicken Potato Vegetables Bread Milk Dessert	21 Liver and Onions or Alternate Potatoes Vegetable Bread Milk Dessert
	22 Pork Loin Potato Vegetable Bread Milk Dessert	23 Chili W/ Crackers and Cheese Salad Juice Bread Milk Dessert	24 Chicken and Noodles Vegetable Bread Milk Dessert	27 Tuna Melt Potatoes Vegetable Bread Milk Dessert
	28 Chicken Fried Steak Potato Vegetable Bread Milk Dessert	29 Three Cheese Quiche Sausage links Potato Bread Milk Dessert	30 Oven Fried Chicken Potatoes Vegetable Bread Milk Dessert	31 Breaded Pork Chop Potato Bread Milk Dessert

Let's Talk About It

Bringing in the New Year can generate feelings of excitement, happiness, and even sadness. Keeping a chronological score of our lives for 365 days a year encompasses goals, shortcomings, happy and sad moments, among other feelings and events that can be all too overwhelming. We often make resolutions to make the New Year better than the last, instead of being fulfilled in the fact that we have conquered yet another year.

It's not just the New Year we celebrate. We often celebrate on Fridays at the end of a perilous work week. We celebrate that it's over and loath the Monday to come. We even celebrate when a hard day is over, again, not the fact that we conquered it.

Always celebrate a new day. Enjoy the victories, learn from mistakes, and make the best of every moment (Continued on Page 10)

The Wrath of....

Robert Stockton

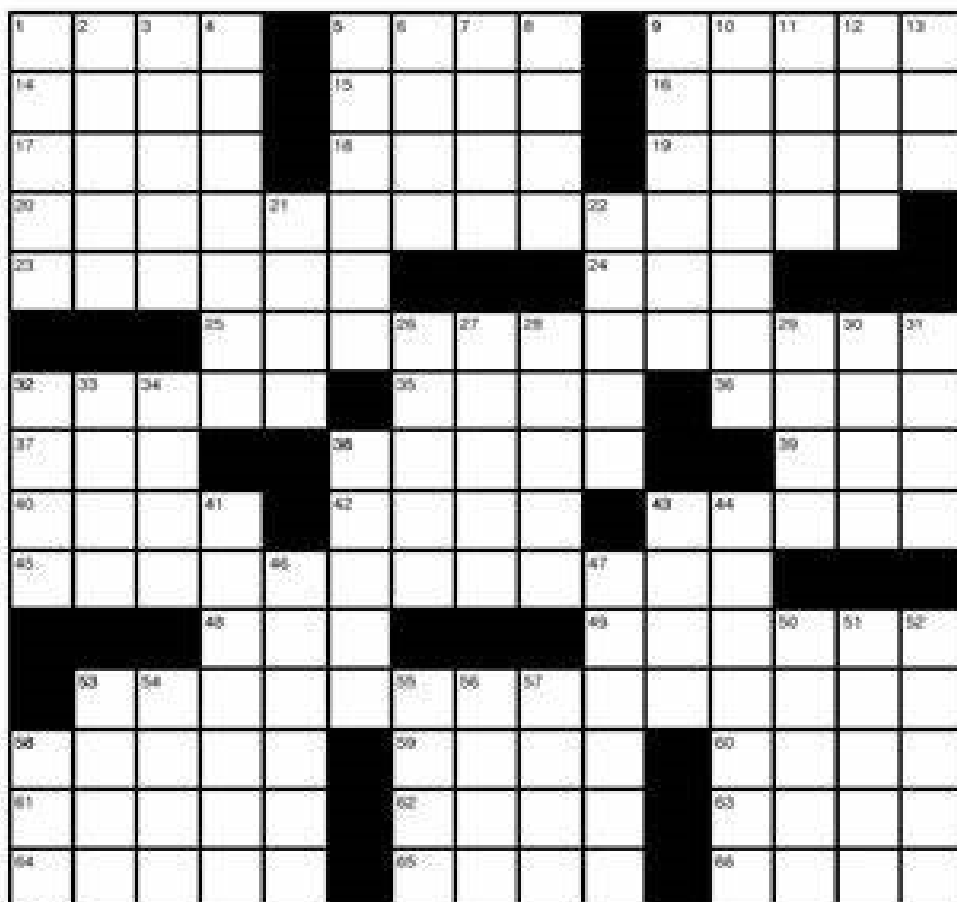
ACROSS

- 1. He may cross the line
- 5. Literary Finn
- 9. Divide
- 14. Desire
- 15. Eye with desire
- 16. Desire
- 17. Made mad
- 18. "Kaboom!"
- 19. Loosen up
- 20. CON
- 23. Affirm at the altar
- 24. Liza Doolittle's dwelling
- 25. CON
- 32. Drilled
- 35. Domain of Eos
- 36. Put to flight
- 37. Hollywood Gardner
- 38. Stan's comedic pal
- 39. Former fort near Salinas
- 40. "99 Luftballons" singer
- 42. Freshman, typically
- 43. Dates with a Dr., perhaps
- 45. CON

- 48. Word with go or by
- 49. Recited in rhyme, perhaps
- 53. CON
- 58. Tartan garment
- 59. "Night Sins" author Tami
- 60. SASE, typically
- 61. Dancer's support
- 62. Fit
- 63. "Dollhouse" heroine
- 64. Jerk
- 65. Mexican sauce
- 66. Eye affliction

DOWN

- 1. Sends to stores
- 2. Jazz Chick
- 3. Rich Little's trade
- 4. Place for a glasses case
- 5. Rub elbows
- 6. Unpleasant-sounding citrus



© 2010

- 7. They may have their own tartan
- 8. 1996 VP candidate
- 9. Cut corners
- 10. Factory configurations
- 11. "Mission: Impossible" composer Schifrin
- 12. "Meatbals" director Reitman
- 13. Popular cowboy nickname
- 21. Was laid low by a high?
- 22. Broadcasting pioneer Arledge
- 26. Jung contemporary
- 27. Yarns
- 28. "Dallas" family name
- 29. "Breakfast for Dinner" eatery
- 30. ____ cloud (home for comets)
- 31. Assents
- 32. "Kaboom!"
- 33. Out's partner
- 34. Punjabi princess
- 38. SNL alum, Cheri
- 41. Surreptitious romances
- 43. Love personified
- 44. Jazz-men Ellis and Russell
- 46. Type of bicycle
- 47. High point
- 50. Color lightly
- 51. Like wool sweaters, for some
- 52. Daphnis's love
- 53. Response to a rake
- 54. Legal opening?
- 55. Imitation
- 56. Bindlestiff
- 57. Eden event
- 58. NOVA network

This puzzle was created using CrossFire (<http://breakperlabs.com/crossfire>)

Let's Talk About It (cont.)

you have, for “the miracle of your existence calls for celebration every day.” - Oprah Winfrey

I am still attempting to cook new recipes if any more of you are interested in submitting. I look forward to learning to cook and bake new things!

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

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

“You may remain anonymous!”

February 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are subject to change				
<p>3 Meatballs on Noodles Vegetable Bread Milk Dessert</p>	<p>4 Pork Chop W/ Mushrooms Potato Vegetable Bread Milk Dessert</p>	<p>5 Chicken and Rice Casserole Salad Vegetable Bread Milk Dessert</p>	<p>6 Salmon Patties Potato Vegetable Bread Milk Dessert</p>	<p>7 Pizza W/ Meat and Vegetables Fruited Jello Bread Milk Dessert</p>
<p>10 Meatloaf Potato Vegetable Bread Milk Dessert</p>	<p>11 Paprika Chicken Potato Vegetable Bread Milk Dessert</p>	<p>12 Cooks Choice Bread Milk Dessert</p>	<p>13 Chili Con Carne Salad Vegetable Bread Milk Dessert</p>	<p>14 Sweetheart Roast Turkey Potato Vegetable Bread Milk Dessert</p>
<p>17 Glazed Chicken Potato Vegetable Juice Bread Milk Dessert</p>	<p>18 Country Style Ribs Potatoes Vegetable Bread Milk Dessert</p>	<p>19 Hot Turkey Sandwich Potato Vegetable Bread Milk Dessert</p>	<p>20 Pork Cutlet Potatoes Vegetable Bread Milk Dessert</p>	<p>21 Tuna Noodle Casserole Vegetable Bread Milk Dessert</p>
<p>24 Smothered Steak w/ onions Potato Vegetable Biscuit Milk Dessert</p>	<p>25 Pulled Pork BBQ Sandwich Salad Vegetable Bread Milk Dessert</p>	<p>26 Lasagna Jello Salad Bread Sticks Milk Dessert</p>	<p>27 Creamed Chicken on Biscuit Vegetable Bread Milk Dessert</p>	<p>28 Baked Fish Rice Vegetable Bread Milk Dessert</p>



Freeus goes 4G LTE

Freeus introduces the reimagined Belle, designed for the Verizon 4G LTE network

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

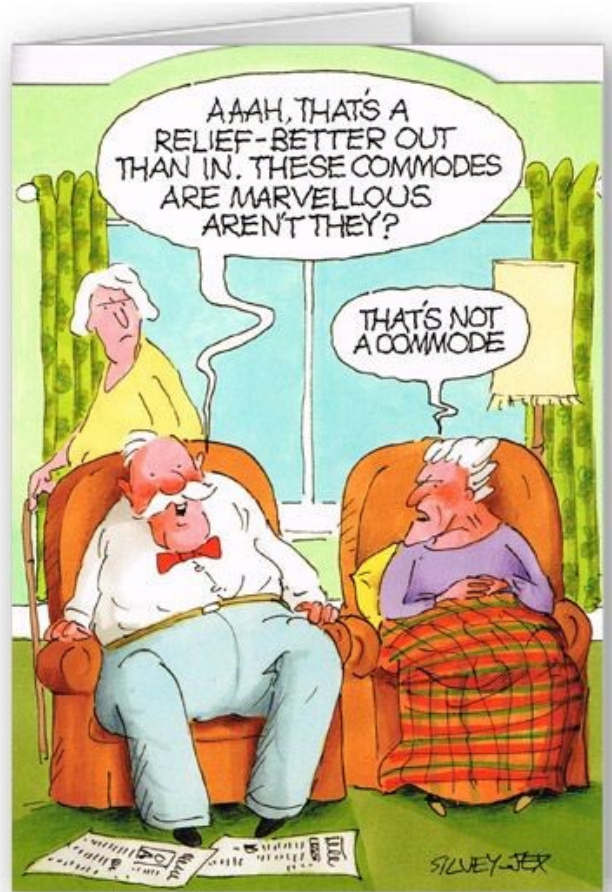


AGING OFFICE OF WESTERN NEBRASKA
1517 BROADWAY, SUITE 122, SCOTTSBLUFF, NEBRASKA 69361
(308) 635-0851 or 1-800-682-5140

Chadron Senior Center (continued)

We host a Tai Chi event on Monday and Wednesday mornings from 10:00—11:00 am. We have bingo on Tuesday and Thursday at 12:45—2:00 pm. We have Cards (pitch) on Monday and Wednesday at 12:45—3:00 pm and Pokeno is played at 12:45—2:00 pm. on Fridays.

Everyone is welcome to come and enjoy the great food and activities. If anyone gets to Chadron and has any questions or would like to eat a meal with us, call us at 308-432-2734



March 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breaded Pork Chop Potatoes Vegetable Bread Milk Dessert	3 Chicken Kiev Rice Vegetable Bread Milk Dessert	4 BBQ Meatballs Potato Vegetable Bread Milk Dessert	5 Pot Roast Potato Vegetable Bread Milk Dessert	6 Tomato Soup Grilled Cheese Sandwich Vegetable Bread Milk Dessert
9 Goulash Corned Obrien Vegetable Bread Milk Dessert	10 Breaded Pork Cutlet Potatoes Vegetable Bread Milk Dessert	11 Beef Enchiladas Refried Beans Spanish Rice Bread Milk Dessert	12 Scalloped Chicken Potato Salad Bread Milk Dessert	13 Lemon Pepper Fish Rice Vegetable Bread Milk Dessert
16 Chicken BBQ Drummies Salad Vegetable Bread Milk Dessert	17 Corned Beef & Cabbage Potatoes Cranberry Salad Bread Milk Dessert	18 Baked Ham Potatoes Vegetable Bread Milk Dessert	19 Cooks Choice Salad Bread Milk Dessert	20 Tuna Melt Potatoes Vegetable Bread Milk Dessert
23 Chicken Alfredo Fettucine Noodles Vegetable Bread Milk Dessert	24 Hamburger Parmesan Potatoes Vegetable Bread Milk Dessert	25 Oven Fried Chicken Potatoes Vegetable Bread Milk Dessert	26 Pork Loin Potato Vegetable Bread Milk Dessert	27 Fish Sandwich Mac & Cheese Vegetable Bread Milk Dessert
30 Liver & Onions or Alternative Potatoes Vegetable Salad Bread Milk Dessert	31 Breaded Pork Cutlet Potatoes Vegetable Bread Milk Dessert			Meals are subject to change

Sudoku No. 1—Answer

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

Sudoku No. 2—Answer

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

Aging and Disability Resource Center (ADRC)

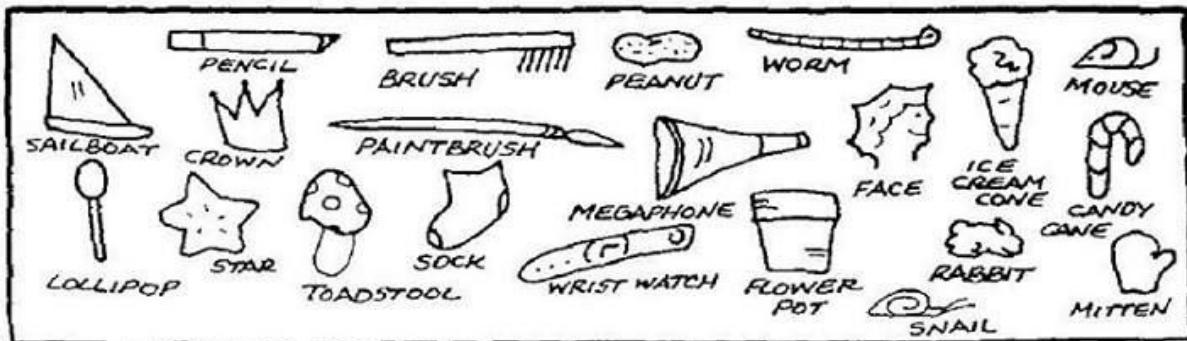
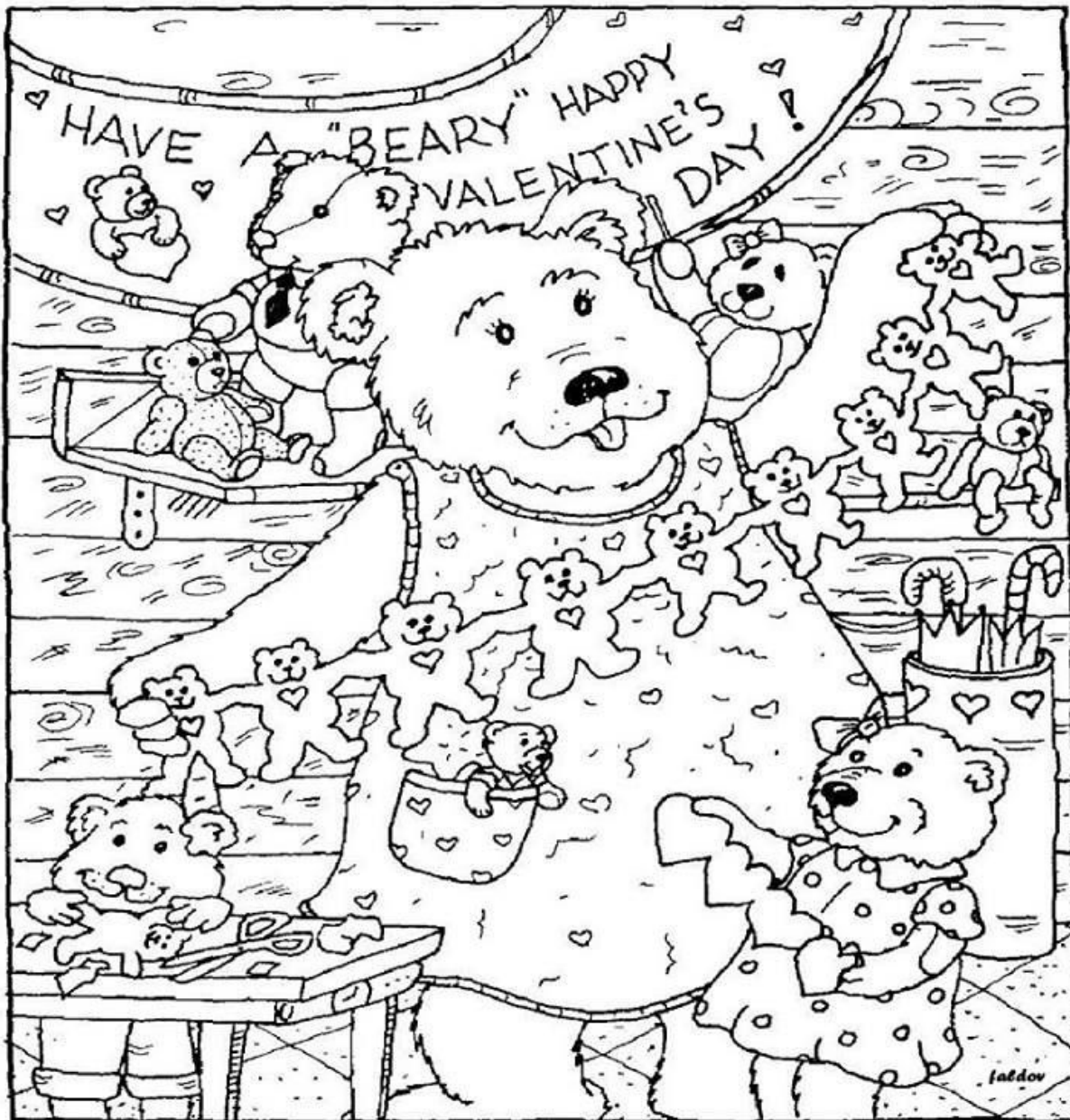
Now that the holidays are over, I thought maybe some of you noticed friends or family that could use a little help. The Aging and Disability Resource Center (ADRC) is here to help.

Maybe Grandma could benefit from home delivered meals, or enjoy the socialization of a congregate meal at the Senior Center? There are 19 nutrition sites in the Panhandle that serve nutritious meals throughout the week. Maybe your sister needs help with her child that has autism? It's possible that the family would qualify for assistance. Maybe your mother could use some help, or a break, while caring for your father? Medicaid waiver helps people stay in their homes and Nebraska Lifespan Respite could possibly provide a break for your mother.

Maybe your neighbor is struggling to feed their family? There are many local food pantries, as well as free meals available in the community. Maybe your friend fell? A Lifeline may come in handy, or possibly someone to shovel the snow would help. Maybe a friend is being abused by her partner? There are housing options, as well as domestic violence counseling and assistance.

These are just a few examples of resources available in the community. ADRC can help you navigate the resources and make suggestions. There are also several support groups for caregivers, chronic illnesses, disabilities, and dementia.

Call me, Mandy! We can talk through the options and eligibility requirements.



The first person aged 60 and older to find the Peanut 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

One liners

We could certainly slow the aging process down if it had to work its way through Congress.

Will Rogers

I've learned that life is like a roll of toilet paper. The closer it gets to the end, the faster it goes. **Andy Rooney**

You know you're getting old when the candles cost more than the cake. **Bob Hope**

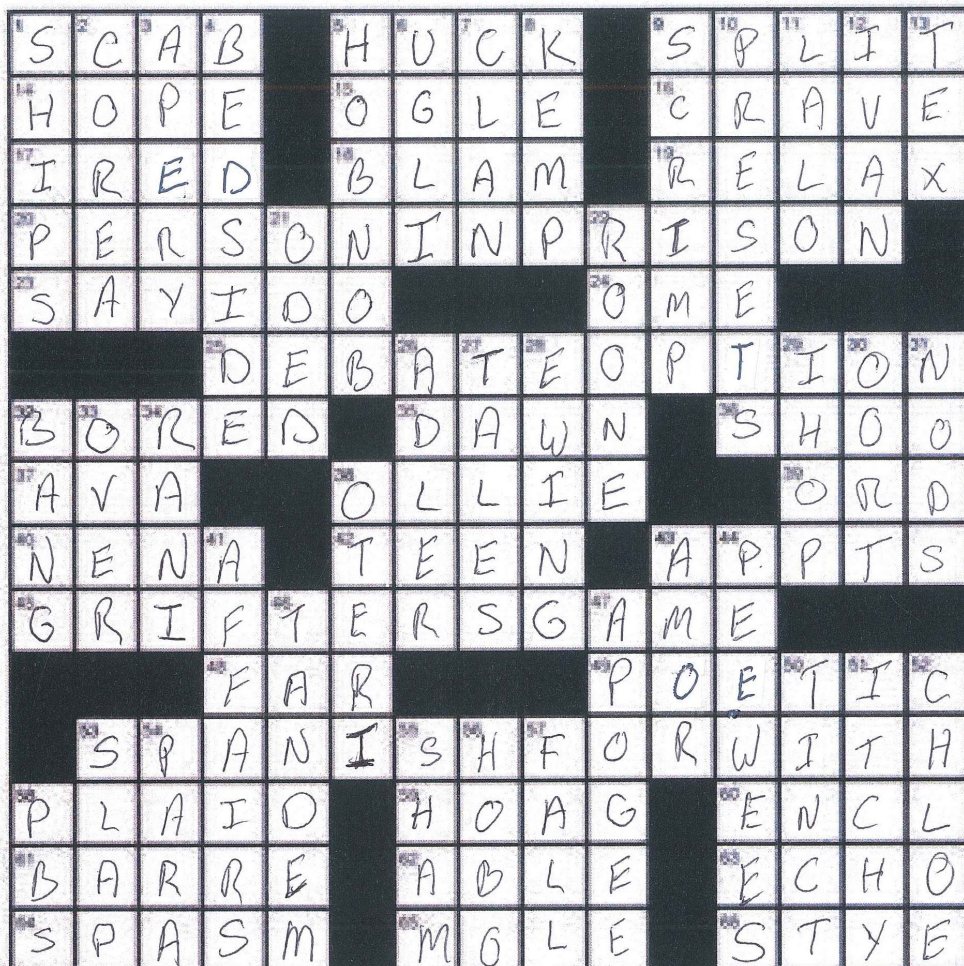
By the time a man is wise enough to watch his step, he's too old to go anywhere. **Billy Crystal**

He's so old that when he orders a three-minute egg, they ask for the money up front.

George Burns

Answer to Crossword Puzzle

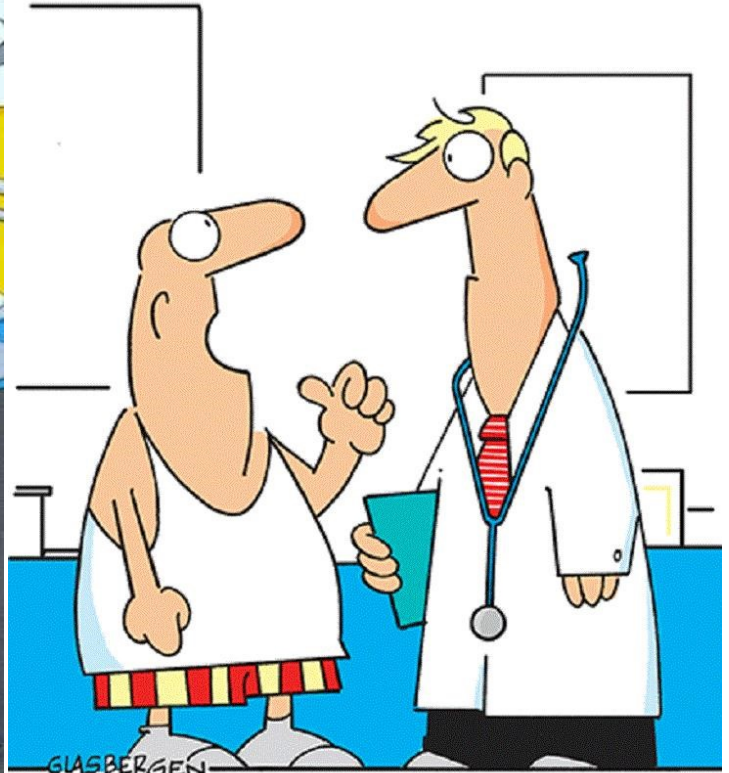
Robert Stockton





Madge figured if her upper arm was gonna flap, she might as well make patriotic use of it.

© Randy Glasbergen / glasbergen.com



"I could be a healthy person if you'd stop finding things wrong with me!"

amazonsmile

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
INFO HERE

RETURN SERVICE REQUESTED

VISIT US ON THE WEB!

AOWN.org OR facebook

Aging Office of Western Nebraska Governing Board

Sharon Sandberg – Banner County
Susanna Batterman – Morrill County
Webb Johnson – Dawes County
Hal Downer – Sioux County

Larry Engstrom – Kimball County
Phil Sanders – Cheyenne County
Loren Paul – Sheridan County
Terry Krauter - Garden County

Doug Hashman – Box Butte County
Ken Meyer – Scotts Bluff County
William Klingman – Deuel County

Dates to Remember

New Year's Day Jan 1st
Epiphany Jan 6th
Martin Luther King Jr. Day Jan 20th
Groundhog Day Feb 2nd
Valentines Day Feb 14th
Presidents Day Feb 17th
Ash Wednesday Feb 26th
Daylight Savings Time Begins Mar 8th
St. Patrick's Day Mar 17th
First Day of Spring Mar 20th

