

BUTLER COUNTY SENIOR SERVICE PROGRAM  
NEWSLETTER 2018



Thanks for the GREAT donations: Virgene Otte, Jackie Mahlin, Maxine Riddle, Dorothy Schultz, Ruby Langhorst, Esther Bailey, Barb O'Connell, Marlene Hein, Bill Anandel, Jim Bathen, Irene & Cy Svoboda, Elaine Secher, Sharon Reisdorff, Kathy Machal, Ann & Larry Sabata, Roy Devall, Marge Woolsey, Janet Malovec, Olga Lehr, Keith & LeAnn Wisnieski, MaryAnn Hotovy, Becky Fiscus, Kathy Roubal, Diana & Rodney McDonald, & Diane Kozisek. Memorial from Dorothy Schultz, Evelyn Hoeft, Ruby Langhorst in memory of Evie Daro. Memorial from Ruby Langhorst in memory of Geri Devall. Memorial from the family of Margaret Woita in memory of Margaret. If we missed your name, please let us know and we will add your name to next month's list. You are a GREAT asset!!! You can volunteer and make a difference in someone's life. If you are interested in volunteering or donating, please contact Diana McDonald, for more information.

Butler County Transit Van: Operates every day the Butler County Senior Service Program is open. The van provides public transportation for all ages. The van travels to Lincoln, Omaha, Columbus, and surrounding towns weekly. The hours are 8 a.m. until 4 p.m. Call Diana, Program Manager, at 402-367-6131 for an appointment. Please call at least one day in advance if possible. Busy Wheels: Also, operates every day the Butler County Senior Service Program is open. The van provides public transportation for all ages. The hours are 8:30 until 2:30 pm please call for an appointment one day in advance, if possible. This service is provided by great volunteers. Home delivered meals: Are delivered to persons who are physically unable to visit the Butler County Senior Services, due to illness, injury or disability. We have awesome volunteers that deliver these meals, for more information, please call Diana, Program Manager. Suggested contribution: \$3.75 if over 60; under 60 pays \$4.75. Congregate meals: Hot homemade meals are served at 12:00 Noon, five days a week; Monday – Friday on a reservation basis. People wishing to attend, can call or stop by the Butler County Senior Services by 9am the morning of. Suggested contribution: \$3.50 if over 60; under 60 pays \$4.50. Tuesday and Thursday we have salad bar. When there are two Entrée choices you need to sign up for your choice. Services are provided without regard to race, origin, age, sex or handicap. We are a multipurpose program. Call for reservations between 8am and 4pm. 402-367-6131 or 402-367-6132. For emergencies after hours, you can call our cell phone 402-270-4379.

**Pitch night:** Cards start at 6:00 pm. There is a suggested cost of \$1.00 to help with electricity cost. We still need you to sign up, so we can account for you in the computer. Please call us if you have any questions.

**Day's to remember:** Accordion Day the 1<sup>st</sup> Friday of every month and Potato Bake Fundraiser the 2<sup>nd</sup> Thursday of every month, Soup & Salad 4th Wednesday of every month. Alternative Hearing 9a.m. every 1<sup>st</sup> Tues & Beltone 2-4pm every 2<sup>nd</sup> Thurs. Free Blood Pressure checks by David Place 2<sup>nd</sup> Wednesday of every month from 11am-12 noon.

February 2<sup>nd</sup> Pioneer Village will be here to speak.

February 12<sup>th</sup> David Place will be here to speak.

February 23 Angels Care will be here to speak.

February 25<sup>th</sup> is our Sunday Brunch with a Bake Sale. We will be serving 9:00 am-12:30 pm. If you would like to donate bake sale items, please let Diana McDonald or Diane Kozisek know by February 23<sup>rd</sup>. Thank-you ☺

Winter has arrived and we just want to remind everyone, that we will be **CLOSED** when school closes due to snow & ice. Please tune into your local radio and television stations to see school closings. If they have a late start; we will still be opened at our regular time.

### *Fun Facts on Heart Health*

*Your heart is about the size of your two hands clasped together.*

*Regular exercise is the single most important key to heart health-and it's FREE!*

*Each minute your heart pumps 1.5 gallons of blood.*

*The right side of your heart pumps blood into your lungs while the left side pumps it back into your body.*

*A woman's average heartbeat is faster than a man's by almost 8 beats a minute.*

*Heart disease has been found in 3,000 year old mummies.*

*You're more apt to have a heart attack on Monday mornings than any other day of the week.*

*Laughter is the best medicine for a healthy heart. A good belly laugh sends 20% more blood throughout your entire body.*

## Funny Tale of a Lost Senior Citizen

When I went to lunch today, I noticed an old man sitting on a park bench sobbing his eyes out. I stopped and asked him what was wrong.

He told me, 'I have a 22 year old wife at home. She rubs my back every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground coffee.'

I continued, 'Well, then why are you crying?'

He added, 'She makes me homemade soup for lunch and my favourite biscuits, cleans the house and then watches sports TV with me for the rest of the afternoon.'

I said, 'Well, why are you crying?'

He said, 'For dinner she makes me a gourmet meal with wine and my favourite dessert and then we cuddle until the small hours.'

I inquired, 'Well then, why in the world would you be crying?'

He replied, 'I can't remember where I live.'

## Old Memories

Two elderly people are living in a retirement home near Fareham, he was a widower and she a widow, had known each other for a number of years. One evening there was a community supper in the big arena in the Clubhouse. The two were at the same table, across from one another. As the meal went on, he took a few admiring glances at her and finally gathered the courage to ask her, 'Will you marry me?'

After about six seconds of 'careful consideration,' she answered 'Yes. Yes, I will!'

The meal ended and, with a few more pleasant exchanges, they went to their respective places. Next morning, he was troubled. 'Did she say 'yes' or did she say 'no'? He couldn't remember.

Try as he might, he just could not recall. Not even a faint memory. With trepidation, he went to the telephone and called her. First, he explained that he didn't remember as well as he used to.

Then he reviewed the lovely evening past. As he gained a little more courage, he inquired, 'When I asked if you would marry me, did you say 'Yes' or did you say 'No'?'

He was delighted to hear her say, 'Why, I said, 'Yes, yes I will.' and I meant it with all my heart.'

Then she continued, 'And I am so glad that you called, because I couldn't remember who had asked me.'

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All meals must be reserved the day before or by 9 A.M. the day of, by calling 402-367-6131</p>	<p>All meals are served with bread, milk, coffee, and water</p>	<p>All ages welcome Suggested cost for 60 &amp; up \$3.50 and fee for 60 &amp; under is \$4.50</p>		<p>1 Turkey &amp; Rice soup, 1/2 sandwich, mixed vegetables, cookies, salad bar 9:30 A.M. – Quilting &amp; Tai Chi Van to Omaha</p>	<p>2 <b>Accordion Day</b> Meatloaf, baked potato, creamed peas, pears 10:00 A.M. – Quilting &amp; Frogs 1:00 P.M. – Pinochle  <b>Speaker</b></p>	<p>3</p>
<p>4</p>	<p>5 Swedish Meatballs, buttered noodles, corn, pineapple 10:00 A.M. – Quilting &amp; Cards</p>	<p>6 <b>Alternative Hearing</b> Chicken Pot Pie with vegetables, pudding, salad bar 9:30 A.M. – Quilting &amp; Tai Chi Van to Columbus 6:00 PM Supper &amp; Pitch</p>	<p>7 Country style ribs, roasted potatoes, buttered cabbage, jello with fruit 9:30 A.M. – Frogs; Quilting &amp; Cards</p>	<p>8 <b>11:15-12:45 Potato Bake Fundraiser</b> HMD: Creamed Beef on mashed potatoes, broccoli &amp; cauliflower salad, tropical fruit <b>Beltone 2-4 pm</b> 9:30 A.M. – Quilting &amp; Tai Chi Van to Lincoln</p>	<p>9 Sloppy Joes, potato salad, carrots, mandarin oranges 10:00 A.M. – Quilting &amp; Frogs 1:00 P.M. – Pinochle</p>	<p>10</p>
<p>11 </p>	<p>12 <b>Speaker</b> Cornflake Chicken, stuffing, green beans, apricots 10:00 A.M. – Quilting &amp; Cards</p>	<p>13 Spaghetti with meat sauce, Italian vegetables, garlic bread, rosy apple sauce, salad bar 9:30 A.M. – Quilting &amp; Tai Chi Van to Omaha 6:00 PM Supper &amp; Pitch</p>	<p>14 <b>11amFreeBlood</b> <b>Blood Pressure Check</b> Baked Fish, garden rice, California blend, cherry cheese cake 9:30 A.M. – Frogs; Quilting &amp; Cards</p>	<p>15 <b>SupportGroup</b> 1pm Salisbury Steak, hash brown casserole, Harvard beets, fruit cocktail, salad bar 9:30 A.M. – Quilting &amp; Tai Chi Van to Columbus</p>	<p>16 Creamed chicken or Tuna over a biscuit, peas, peaches 10:00 A.M. – Quilting &amp; Frogs 1:00 P.M. – Pinochle</p>	<p>17 </p>
<p>18</p>	<p>19 <b>Closed for Presidents Day</b></p>	<p>20 Goulash, roasted Brussel sprouts, garlic bread, pears salad bar 9:30 A.M. – Quilting &amp; Tai Chi Van to Lincoln 6:00 PM Supper &amp; Pitch</p>	<p>21 Ham, parsley potatoes, scalloped corn, apple crisp 9:30 A.M. – Frogs; Quilting &amp; Cards</p>	<p>22 <b>Birthday Day</b> Chicken strips, sweet potato tots, baked beans, plums, salad bar 9:30 A.M. – Quilting &amp; Tai Chi Van to Omaha</p>	<p>23 <b>Speaker</b> Hamburger or Fish squares on a bun, steak fries, coleslaw, 1/2 banana 10:00 A.M. – Quilting &amp; Frogs 1:00 P.M. – Pinochle</p>	<p>24</p>
<p>25 <b>BRUNCH</b></p>	<p>26 Chicken fried chicken, mashed potatoes, gravy, green beans, cutie orange 10:00 A.M. – Quilting &amp; Cards</p>	<p>27 Runza casserole, tater tots, peas, pudding, salad bar 9:30 A.M. – Quilting &amp; Tai Chi Van to Columbus 6:00 PM Supper &amp; Pitch</p>	<p>28 <b>11:30 – 12:45 Soup &amp; Salad</b> HDM: Garden Minestrone soup, chicken salad sandwich, jello with fruit 9:30 A.M. – Frogs; Quilting &amp; Cards</p>			