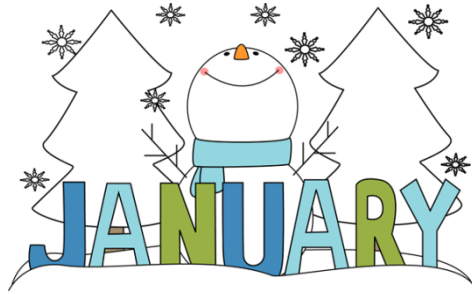


BUTLER COUNTY SENIOR SERVICE PROGRAM
NEWSLETTER 2018



Thanks for the GREAT donations: Virgene Otte, Jackie Mahlin, Maxine Riddle, Dorothy Schultz, Ruby Langhorst, Esther Bailey, Barb O'Connell, Marlene Hein, Bill Andel, Jim Bathen, Irene & Cy Svoboda, Elaine Secher, Sharon Reisdorff, Doris Stoll, Kathy Machal, Gene Zeilinger, Roy Devall, Betty Tarr, Glayda & Mervin Scofield, WFL Lodge 68, Margie Sima, Leona Prochaska, DAR, Mary Ann Hotovy, Dee Lanspa, Joe & Arlene Kobza, Larry Strouf, Ann & Larry Sabata, Vivian Harris, Marge Sima, Jan Rudolph, Becky Fiscus, Kathy Roubal, Diana & Rodney McDonald, & Diane Kozisek. Memorial from Dorothy Schultz in memory of Don Svoboda. 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 1st Friday of every month and Potato Bake Fundraiser the 2nd Thursday of every month, Soup & Salad 4th Wednesday of every month. Alternative Hearing 9a.m. every 1st Tues & Beltone 2-4pm every 2nd Thurs. Free Blood Pressure checks by David Place 2nd Wednesday of every month from 11am-12 noon.

January 1: Closed for New Years.

January 15: Closed for Martin Luther King Jr Day

January 17: Pot Luck

Winter has arrived and we just want to remind everyone, that we will be closed when school closes due to snow & ice.

Cold Weather Tips

- When outdoors, remember to dress warmly.
- Wear loose fitting, layered, lightweight clothing. Mittens are warmer than gloves because fingers generate warmth when they touch each other.
- Always wear a hat to protect against heat loss since about 30% of body heat loss is through the head.
To avoid slips and falls, wear boots that are non-skid.
- If you use a cane, replace the rubber tip before it is worn smooth or it will become slippery especially when it gets wet.
- Keep your thermostat set to at least 65 degrees to prevent hypothermia.
- When the temperature remains at 65, even if you are not at home, you can help to prevent freezing pipes by maintaining a high enough temperature within your walls.
- Outdoor winter tasks such a shoveling snow take more energy than most people think, especially because cold weather puts an added strain on the heart. If you go out to shovel snow, do a few stretching exercises to warm up the body. Also take frequent breaks.

Don't Forget Your Pets!!

- Try to keep dogs and cats indoors during the winter, especially when it is really cold.
- Make sure all of your pets wear collars with your current contact information on identification tags.
- If you walk your dog on sidewalks that have been treated with De-icer, make sure to wash the dog's paws when you get home; chemicals can irritate the skin.

- Most outdoor pets need to be brought inside when the weather turns really cold. The ones that can stay outdoors should be given shelter that is warm and dry, plus additional food for extra energy.
- Make sure all animals have access to clean, fresh water that is not frozen.
- Brush their coats frequently to prevent moisture from collecting.

Winter Word Search



Boots
 Coat
 Freezing
 Gloves
 Hat
 Ice
 Ice Fishing

Ice Skating
 Mittens
 Scarf
 Skiing
 Sledding
 Snow
 Snow Ball

Snow Ball Fight
 Snow Flake
 Snowboarding
 Snowman
 Toboggan
 Winter

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>1 Closed for New Years</p>	<p>2 Baked Fish or Hamburger, Au gratin potatoes, peas, plums, salad bar <u>9:30 A.M. – Quilting & Tai Chi</u> <u>Van to Omaha</u> 6:00 PM Pitch</p>	<p>3 Ham loaf, Baked potato, buttered cabbage, orange <u>9:30 A.M. – Frogs: Quilting & Cards</u></p>	<p>4 Chili, carrots & celery sticks, tossed salad, cinnamon rolls, salad bar <u>9:30 A.M. – Quilting & Tai Chi</u> <u>Van to Columbus</u></p>	<p>Accordion Day 5 Roast Turkey, mashed potatoes, gravy, green beans, peaches <u>10:00 A.M. – Quilting & Frogs</u> <u>1:00 P.M. – Pinochle</u></p>	<p>6</p>
<p>7</p>	<p>8 Sloppy Joes, tator tots, baked beans, applesauce <u>10:00 A.M. – Quilting & Cards</u></p>	<p>9 Alternative Hearing Chicken strips, Macaroni & cheese, Brussel Sprouts, banana cake, salad bar <u>9:30 A.M. – Quilting & Tai Chi</u> <u>Van to Lincoln</u> 6:00 PM Pitch</p>	<p>10 11am Free Blood Pressure Check Smothered Pork Chops, mashed potatoes, gravy, carrots, apricots <u>9:30 A.M. – Frogs: Quilting & Cards</u></p>	<p>11 Potato Bake Fundraiser 11:15-12:45 Beltone 2-4pm HDM Baked Potato, creamed chicken, peas, peaches <u>9:30 A.M. – Quilting & Tai Chi</u> <u>Van to Omaha</u></p>	<p>12 Polish Sausage, dumplings, sauerkraut, pears <u>10:00 A.M. – Quilting & Frogs</u> <u>1:00 P.M. – Pinochle</u></p>	<p>13 All meals are served with bread, milk, coffee, and water</p>
<p>14 All ages welcome Suggested cost for 60 & up \$3.50 and fee for 60 & under is \$4.50</p>	<p>15 Closed for Martin Luther King Jr Day</p>	<p>16 Pizza, Italian Vegetables, mandarin oranges, salad bar <u>9:30 A.M. – Quilting & Tai Chi</u> <u>Van to Columbus</u> 6:00 PM Pitch</p>	<p>17 Pot Luck HDM: Chicken & Rice Casserole, Broccoli, jello with fruit <u>9:30 A.M. – Frogs: Quilting & Cards</u></p>	<p>18 Speaker Ham, potato cakes, succotash, grape salad, salad bar <u>9:30 A.M. – Quilting & Tai Chi</u> <u>Van to Lincoln</u> Asera Care support group 1pm</p>	<p>19 Speaker Salmon Loaf, steak fries, California blend, cookie <u>10:00 A.M. – Quilting & Frogs</u> <u>1:00 P.M. – Pinochle</u></p>	<p>20</p>
<p>21 Brunch</p>	<p>22 Egg & Bacon Casserole with hash browns, stewed tomatoes, fruit salad <u>10:00 A.M. – Quilting & Cards</u></p>	<p>23 Chicken & Dumplings, green beans, plums, salad bar <u>9:30 A.M. – Quilting & Tai Chi</u> <u>Van to Omaha</u> 6:00 PM Pitch</p>	<p>24 11:30-12:45 Soup & Salad HDM: Beef noodle soup, mixed vegetables, buns, pineapple <u>9:30 A.M. – Frogs: Quilting & Cards</u></p>	<p>25 Birthday Day Meat Loaf, parsley potatoes, beets, cake, salad bar <u>9:30 A.M. – Quilting & Tai Chi</u> <u>Van to Columbus</u></p>	<p>26 Pork Cutlers, mashed potatoes, gravy, carrots, baked apples <u>10:00 A.M. – Quilting & Frogs</u> <u>1:00 P.M. – Pinochle</u></p>	<p>27</p>
<p>28</p>	<p>29 Tator Tot casserole, peas, apricots <u>10:00 A.M. – Quilting & Cards</u></p>	<p>30 Cornflake chicken, stuffing, cauliflower, jello with fruit, salad bar <u>9:30 A.M. – Quilting & Tai Chi</u> <u>Van to Lincoln</u> 6:00 PM Pitch</p>	<p>31 Salisbury Steak, creamed potatoes casserole, corn, pudding <u>9:30 A.M. – Frogs: Quilting & Cards</u></p>			<p>Meals are subject to change</p>