

BUTLER COUNTY SENIOR SERVICE PROGRAM
NEWSLETTER 2017



Thanks for the GREAT donations: Virgene Otte, Jackie Mahlin, Maxine Riddle, Dorothy Schultz, Ruby Langhorst, Esther Bailey, Barb O'Connell, Karen Fendrich, Marlene Hein, Bill Andel, Jim Bathen, Irene & Cy Svoboda, Elaine Secher, Sharon Reisdorff, Doris Stoll, Kathy Machal, Nancy Prochaska, Gene Zeilinger, Roy Devall, Maxine Birkel, Genon Crook, Joe Hotovy, Glayda & Mervin Scofield, WFL Lodge 68, Margie Sima, Leona Prochaska, Margaret Pecha, American Legion Auxiliary, DAR, Donna Steager, Marge Woolsey, Tony & Betty Dolezal, Keith & LeAnn Wisnieski, Mary Ann Hotovy, Marce Sabata, Don & MaryAnn Svoboda, Janet Malovec, Becky Fiscus, Kathy Roubal, Diana & Rodney McDonald, & Diane Kozisek. Memorials: John Sabata Jr family and Jackie Mahlin in memory of John Sabata Jr. Memorials from Lucy & Dale Cooper, Elizabeth & Lynn Ostermeier, Lisa & Jud Ruth, Wilma Heins, Dawn Hoeft and Don Styskal family in memory of Don Styskal. 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 6:30 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.

December 11th Aquinas High School will be here at 12:30 to perform for us.

December 20th David City Public Grade School will be here at 12:30 to perform for us

December 21st David City Public High School will be here at 12:30 to perform for us.

December 22nd We will have our Christmas Meal. Please call ahead to make a reservation.

December 25th We are closed to observe Christmas.

As much as we do not want to think about it, winter is around the corner and we just want to remind everyone, that we will be closed when school closes due to snow & ice.



Lights are twinkling across houses and trees, bells are jingling on street corners and holiday tunes are telling you *it's the most wonderful time of the year*. And yet, you're just not feeling it. If you're far from merry and not the least bit jolly, you may be suffering from a bout of the holiday blues. Between the gift buying, feast prepping and sometimes less-than-peaceful family gatherings, experiencing feelings of sadness, disappointment, frustration or fatigue is not unusual, according to the American Psychological Association. But the holiday blues are often temporary and limited to the season; and there are steps you can take to help minimize stress, improve your outlook and feel better. Here are some:

Have realistic expectations.

You won't be able to buy everything on your family's wish lists, you might not find one of the decorations you packed away last year, and no doubt you'll burn something or other in the oven. So what? Holidays don't have to be perfect and resting comfortably in that fact may help ease frustration. Also remember that as families grow and change so will the way you celebrate the holidays. Preserve a few of your favorite traditions and rituals if you can, but be open to creating new ones.

Maintain healthy habits.

Having an extra holiday cookie now and then is one thing, but overindulging at every party, eating and drinking until you can't fit any more in, only adds to feelings of guilt. And sleeping less or skipping regular exercise both contribute to depressive symptoms. Do your best to stick to your normal routine.

Plan ahead.

Set aside specific days to shop or bake; think about your holiday dinner menu and make a grocery list; buy extra hostess gifts so you're prepared for parties — all practical ideas that help prevent the late scramble or frantic store run, which can add an insane (and unnecessary) amount of stress.

Take a breather.

It's easy to get swept up in the frenzy, trying to be everything to everyone. Remember you are only one person and you need to take care of yourself, too.

Spending even just 15 minutes alone, without distractions, may be enough to recharge your battery. Take a walk, listen to soothing music, watch a funny show — whatever helps calm and clear your mind.

Be mindful of your feelings.

If you experience a number of more severe symptoms — such as persistent unhappiness or hopelessness; losing interest in activities you used to love; changes in appetite, or sleep; trouble concentrating or lack of energy — and these feelings begin to interfere with everyday life, talk to your doctor. He may evaluate you for seasonal affective disorder, a type of depression that lasts the same few months every year, or clinical depression, which requires treatment.

