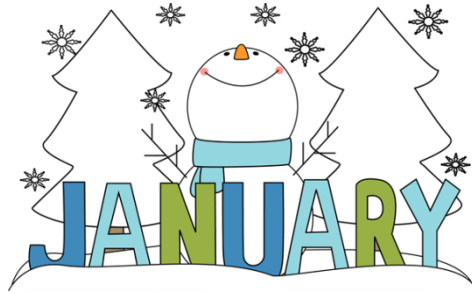


BUTLER COUNTY SENIOR SERVICE PROGRAM  
NEWSLETTER 2018



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 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.

**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