

BUTLER COUNTY SENIOR SERVICE PROGRAM  
NEWSLETTER 2018



Thanks for the GREAT donations: Virgene Otte, Jackie Mahlin, Dorothy Schultz, Ruby Langhorst, Glayda Scofield, Esther Bailey, Barb O'Connell, Marlene Hein, Bill Andel, Mary Lou Null, Karen Fendrich, Sharon Reisdorff, Bob & Jan Palik, Glayda & Mervin Scofield, Doris Stoll, Betty Miller, Rising City Card Club, Janet Malovec, Vivian Harris, Olga Lehr, Leona Prochaska, Marilyn Sanderson, Rose Klein, Jerome Vavra, Alois Rerucha, Becky Fiscus, Kathy Roubal, Diana & Rodney McDonald, & Diane Kozisek. Memorials: In memory of Jack Kaufmann from Agnes & Arnie Svoboda and Peggy Kaufmann. In memory of Johnnie Sabata from Dorothy Schultz and Tom & Barb Barlean. 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, call for special rates. 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 Tuesday evenings at 6:30. Please sign up by noon the day of so we know if we will have enough people to make it worthwhile to open up. If you have any questions, please feel free to call.

**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. 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.

**Speakers:**

June 1<sup>st</sup> – 2:30 pm Prairie Village bringing snacks after Accordions

June 6<sup>th</sup> – 9:30 am Farmers Market Coupons – To qualify for coupons, you must be a Butler County resident, 60 years of age or older and meet the low income requirements; One person household \$22,459 or Two person household \$30,451. If you have any other questions, please call 402-367-6131.

June 7<sup>th</sup> – 12:30 pm Angels Care Home Health talking about Healthy Hearts

June 12<sup>th</sup> – 12:30pm – Fraud BINGO provided by SHIP, there will be lots of prizes provide. Please join us for lots of information and prizes.

June 21<sup>st</sup> – David Place bringing dessert and brain trivia

**Donations:** We have had a couple suggestions to better the Senior Center, but in order to do that, we are asking for extra donations for these particular projects. It was suggested that we need more advertisement on our building, so people know who we are. I have received a quote from the sign company that did our lettering on our garage and the quote came in for \$1,338. Another suggestion was that we put an entry way on the East side of the building like we have on the front. With us needing a handicap entrance, the door stays open which in turn lets the heating and air escape. I really have no idea on how much that will cost. We will have to advertise for bids thru the County. Something else that I want to get back in the swing of, is anyone that donates over \$100 will get their name put on a plaque that will be displayed in the dining room. Thanking you all in advance.



## How to store summer produce.

When your summer harvest starts coming in fast and furiously, it can be a little overwhelming. While your first instinct may be to just put it all in the fridge and hope it'll last until you can eat it, the average refrigerator temperature (35°-38°F) is simply too cold for many warm-weather crops. Here's how to store summer vegetables so they'll last (and keep their delicious flavor) a little bit longer.

### Leave the stem attached.

With vegetables like cucumbers, peppers, squash, and eggplants, it's a good idea to leave bit of stem when you harvest them. This helps seal the stem end against bacteria, so the fruit will last longer.

### Don't wash vegetables until you're ready to use them.

If you wash produce before storing it, any lingering moisture in those cracks and crevices can cause it to go bad prematurely. Instead, just brush off all visible dirt (use a soft cloth for this if you need to). If produce is wet and dirty at picking, let it dry, then brush off any dirt and blossom bits (use a soft cloth for this if you need to) before storing, as they can cause decay to set in. For especially stubborn bits, a quick rinse should be your last resort. Let the produce sit out overnight to make sure it dries completely before storing.

### Put ripe peppers, summer squash, green beans, and cantaloupe in the fridge.

For best results, wrap fresh produce in a paper towel or thin cotton dish towel, then put it in a perforated plastic bag to boost humidity. You can either stock up on veggie storage bags or make your own by pricking pin holes in the plastic produce bags from the grocery store (aim for about 20 pin-size holes in a gallon-sized bag). Put the bag in the crisper drawer or toward the front of one of the shelves farthest from the freezer, as those tend to be the warmest spots in the fridge. For best flavor, allow produce (especially cantaloupes) to ripen fully before refrigerating.

### Store ripe tomatoes, eggplants, cucumbers, okra, and watermelon in a cool, humid place.

These vegetables just can't handle the chilliness of the fridge. Ironically, though, the kitchen counter isn't the best alternative once fruit is ripe, since the kitchen tends to be the warmest room in most houses. Look for the coolest, most humid spot in your home. Good options to consider include the basement, an insulated garage, a north-facing room, or a root cellar (if you're lucky enough to have one). Make sure the spot you pick is out of direct sunlight and has good air circulation. A basket or bin works well to store most of these vegetables (just avoid any loose wicker pieces), but keep ripening tomatoes on a solid surface like a plate. If you lack a spot with high humidity, try slowing moisture loss by slipping veggies into a vented plastic bag or container. (Once you cut or peel any type of produce, though, it needs to go into the fridge.)