

## BUTLER COUNTY SENIOR SERVICE PROGRAM NEWSLETTER 2018



Thanks for the GREAT donations: Virgene Otte, Jackie Mahlin, Dorothy Schultz, Ruby Langhorst, Esther Bailey, Barb O'Connell, Marlene Hein, Bill Anzel, Mary Lou Null, Glayda and Mervin Scofield, Sharon Reisdorff, Janet Malovec, Butch Hein, Margie Sima, Marce Sabata, Richard & Virginia Rerucha, Arnie Svoboda, Elaine Beringer, Doris Stoll, Vivian Harris, Keith & LeAnn Wisnieski, Rich & Virginia Rerucha, Mary Ann Hotovy, Bev Coufal, Leona Prochaska, Gene Zegers, Marge Woolsey, Carm & John Schmidt, Richard Bennet, Tony & Betty Dolezal, Betty Tarr, Bob & Jan Palik, Judy Severin, Dean Jones, Gene Anzel, Jim Masek, Marvine Oborny, Becky Fiscus, Kathy Roubal, Diana & Rodney McDonald, & Diane Kozisek.

Memorials: In memory of Dr Lanspa from Barb Rasmussen, Jackie Mahlin and Richard & Virginia Rerucha. In memory of Eilert Fricke from Louis Jean & Lowell Glock. 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:**

September 7<sup>th</sup> - 2:30 pm Prairie Village bringing snacks after Accordions.

September 12<sup>th</sup> - 12:30 Speaker Angels Care

September 17<sup>th</sup> -12:30 Speaker David Place and Dessert

September 18<sup>th</sup> – 12:30 Speaker Green Place and Dessert

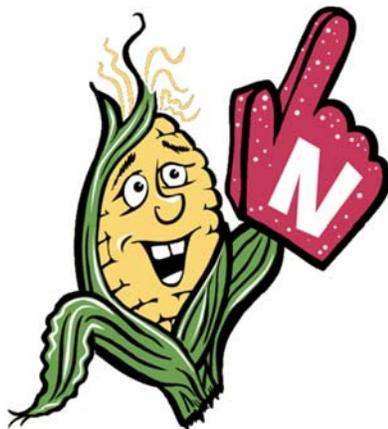
September 19<sup>th</sup> – Free Lunch Provided by St. Joseph Villa

September 27<sup>th</sup> – 12:30 Activity and Dessert provided by St Joseph Villa

Attention everyone that would like to know more about Diabetes and Diabetes Self-Management. Great Plains will be coming in and hosting a 6 week class. No registration required. You do not have to attend all classes, although it would be more beneficial to do so. See attached flyer.

**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.



## Fall prevention: Simple tips to prevent falls

**Falls put you at risk of serious injury. Prevent falls with these simple fall-prevention measures, from reviewing your medications to hazard-proofing your home.**

By Mayo Clinic Staff

Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall-prevention strategies.

### 1. Make an appointment with your doctor

Begin your fall-prevention plan by making an appointment with your doctor. Be prepared to answer questions such as:

**What medications are you taking?** Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your doctor may consider weaning you off medications that make you tired or affect your thinking, such as sedatives and some types of antidepressants.

**Have you fallen before?** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your doctor identify specific fall-prevention strategies.

**Could your health conditions cause a fall?** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your doctor may evaluate your muscle strength, balance and walking style (gait) as well.

### 2. Keep moving

Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility. If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility, muscle strength and gait.

### 3. Wear sensible shoes

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

#### **4. Remove home hazards**

Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your home safer: Remove boxes, newspapers, electrical cords and phone cords from walkways. Move coffee tables, magazine racks and plant stands from high-traffic areas. Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home. Repair loose, wooden floorboards and carpeting right away. Store clothing, dishes, food and other necessities within easy reach. Immediately clean spilled liquids, grease or food. Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

#### **5. Light up your living space**

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also: Place night lights in your bedroom, bathroom and hallways. Place a lamp within reach of your bed for middle-of-the-night needs. Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches. Turn on the lights before going up or down stairs. Store flashlights in easy-to-find places in case of power outages.

#### **6. Use assistive devices**

Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example: Hand rails for both sides of stairways. Nonslip treads for bare-wood steps. A raised toilet seat or one with armrests. Grab bars for the shower or tub. A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down.

If necessary, ask your doctor for a referral to an occupational therapist. He or she can help you brainstorm other fall-prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or a larger investment. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.