

BUTLER COUNTY SENIOR SERVICE PROGRAM
NEWSLETTER 2019



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, Jim Bathen, Glayda and Mervin Scofield, Sharon Reisdorff, Janet Malovec, Kathy Machal, Doris Stoll, Garrison City Card Club, Keith & LeAnn Wisnieski, Dawn Hoeft, Randy & Lori Rech, Jim Angel, Faye Osborn, Mary Ann Hotovy, Marge Woolsey, CeCe Bechtel, Rebecca Boyle, Leona Prochaska, Becky Fiscus, Betty Tarr, Kathy Roubal, Diana McDonald & Diane Kozisek.

Memorials: In memory of Luella Byam from the Byam family, Dan & Barb Rasmussen, Peg Kaufman, Sharon Smith, Villa Court Sr Pytlik and Deb Dinkelman. In memory of Lillian Palik from Bev & Eldon Coufal and Bob & Janet Palik. In memory of Martha Malley from Ruby Langhorst. In memory of Terry Grubaugh from Bev & Eldon Coufal. 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.

Winter has arrived and we just want to remind everyone, that we will be **CLOSED** when school closes due to snow & ice. Please tune into your local radio and television stations to see school closings. If they have a late start; we will still be opened at our regular time.

Pitch night: Cards Tuesday evenings at 6:00 pm. 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. If you are not signed up and the decision has been made to cancel we will not be able to notify you.

Day's to remember: Accordion Day the 1st Friday of every month and Potato Bake Fundraiser the 2nd Thursday 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.

Speakers:

February 1st - 2:30 pm Prairie Village bringing snacks after Accordions

February 13th 12:30 entertainment from the Villa

February 15th 12:30 Sandra Burwell from BCHC Heart Health

February 21st 12:30 David Place Brain Trivia & Dessert

February 18th – Closed for Presidents Day

Survey: Aging Partners has provided us with a survey to fill out and return to them by February 15th. This will help them with the 4 year plan that gets submitted to the State Unit on Aging. Please fill this out and return to the office. You will be helping out the future all of our area senior centers.

Donations:

It has been suggested that we put an entry way on the East side of the building, like we have on the front. With our handicap entrance being on the Eastside, the door stays open longer, which in turn lets the heating and air escape. I will work on getting 3 bids so we have a better idea on how much money we need to raise. I talked to the Senior Advisory Board and it was suggested that we try and raise 50% of the cost and the Senior Center would pay the other 50%. Also, 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.



Have you ever felt hangry (hungry + angry)? Food and mood have an effect on one another. Understand how they interact so you can make good diet choices and avoid emotional or impulse eating. Maybe it's no coincidence that food and mood are just a letter apart; the two are peas in a pod. Think about it: you stick to a giant dinner salad on a "winning it" kind of day, and reach for a tub of ice cream after a bad date or a frustrating day at work. It's a delicate relationship, and it can spin out of control if you're not careful. Let's look at the food-mood relationship, and how to set it right again when it goes wrong.

The First Craving Even if you maintain a healthy diet, it's normal to desire high calorie, unhealthy treats when stressed or depressed. This makes sense: your body wants to fuel up for fight-or-flight mode when times get tough, but it can mistake the stress of fighting traffic on the freeway for fighting predators on the savanna. It's no wonder a whole pizza, a plate piled with fried chicken, or a chocolate milkshake can seem like a cure for a downer of a day--there's a reason it's called "comfort food."

Vicious Cycle A cheat meal every now and then can be okay, but if you use food to battle the blues, you're going to lose the war. Research shows that foods full of fat and sugar only increase the likelihood of depression and anxiety, and that means you'll only want more sugary junk to fight the new bad mood. This cycle is a feedback loop.

The Downward Spiral If the consumption of fats and sugar goes on too long, your body will adapt to it, and think it's normal. Then, when you try to start eating right, you could throw off your system and further increase anxiety and depression, trapping you in a cycle of bad eating to try to maintain happiness.² It's a terrible place to be.

Breaking the Cycle There's a way to avoid the downward spiral; you're not trapped. In the same way that unhealthy comfort food can keep you feeling low, healthy food can boost you up. In one study, the happiness that came from eating eight portions of fruits and vegetables a day was equal to the joy experienced by an unemployed person finding a job. That's a huge lift in attitude!

Things Keep Looking Up When you're happier; you're more likely to crave healthy foods. In one study, participants watching a happy movie opted for grapes; while those watching a sad movie reached for the popcorn. It's easier to stay healthy when you stay happy. And don't forget, eating healthier helps you stay happier.

Up, Up, and Away! There are long term mental health effects to eating well. Research has shown that healthy choices, like the Mediterranean diet, full of fruits, vegetables, whole grains, and lean proteins, can help keep depression at bay, stabilizing mood and keeping you out of the danger zone where it feels like only a cupcake will save the day.

Good Mood Foods There are some specific foods to keep an eye on to boost your mood:

1. **Fruits and Vegetables** -- An apple a day keeps the doctor away--and maybe the psychiatrist, too. As noted, fruits and veg have been linked to higher levels of happiness.
2. **Omega-3 Fatty Acids** -- This is the good stuff, found in foods like fish and nut oils. Low Omega-3 fatty acids have been correlated to depression and impulsivity. Getting plenty of this in your diet keeps your levels high, that's a good thing.
3. **Chocolate** -- As a special treat, chocolate may have properties that improve mood and even reduce tension. But remember, the key is to choose real chocolate (dark is best), and in moderation. **Start Now: Break the Bad Mood/ Bad Food Cycle! Go out and stock up on these wonderful foods!!**