

BUTLER COUNTY SENIOR SERVICE PROGRAM  
NEWSLETTER 2020



Thanks for the GREAT donations: Virgene Otte, Jackie Mahlin, Dorothy Schultz, Ruby Langhorst, Esther Bailey, Barb O'Connell, CeCe Bechtel, Tony Dolezal, Bill Andel, Jim Bathen, Glayda and Mervin Scofield, Faye Osborn, Jane Dobesh, Sharon Reisdorff, Rebecca Boyle, Janet Malovec, Doris Stoll, Keith & LeAnn Wisnieski, Florence Buresh, Garrison Card Club, Peggy Kaufmann, Vivian Harris, Jan Rudolph, Eldon & Bev Coufal, Donna & Robert Steager, Beth & Brian Zeilinger, Virginia Rerucha, Versatile, Kathy Roubal, Becky Fiscus, Joanna Brandenburgh, Diana McDonald & Diane Kozisek. Memorial in memory of Fred Vandenberg from Tom & Barb Barlean and Bob & Jan Palik. 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 or leave a message, 402-367-6131 or 402-367-6132. For emergencies after hours, you can call our cell phone 402-270-4379. Thank-you ☺

**Pitch night:** We will not have evening cards until March. We do however encourage players to come play during the day. Our 1<sup>st</sup> Pitch night will begin March 3<sup>rd</sup>, cards start at 6PM.

**Day's to remember:** 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:**

February 6<sup>th</sup> – 12:30 Meridian Garden's

February 7<sup>th</sup> – 2:15 Angel's Care

February 12<sup>th</sup> - 12:30 St Joseph Villa Entertainment & Dessert

February 20<sup>th</sup> -12:30 David Place Brain Trivia & Dessert

**Reminder:**

Brunch & Bake sale – February 9<sup>th</sup>, we will be serving 9:00-12:30.

President's Day - We will be closed February 17<sup>th</sup>



# February is American Heart Month - Changes Everyone Can Make

February is American Heart Month, a federally designated event, made possible by President Lyndon B. Johnson by a proclamation in February of 1964. At that time, more than half the deaths in the U.S. were caused by cardiovascular disease. Today, heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

- Heart disease and stroke cause 1 in 3 deaths among women each year – more than all cancers combined. **Go Red For Women** inspires women to make lifestyle changes, mobilize communities and shape policies to save lives.
- African American men, especially those who live in the southeast region of the United States, are at the highest risk for heart disease. **Million Hearts®** is encouraging African American men to take charge of their health and start one new, heart-healthy behavior that can help reduce their risk of heart disease and stroke.

While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year. That number is expected to rise to more than 23.6 million by 2030.

Heart disease can often be prevented when people make healthy choices and manage their health conditions. As healthcare professionals we should encourage our patients, friends and families, and ourselves to make health changes to lower the risk of developing heart disease. We should encourage everyone to:

- Schedule a visit with a doctor to talk heart health
- Increase healthy eating
- Watch your weight
- Quit smoking and stay away from secondhand smoke
- Control cholesterol and blood pressure.
- Take medication(s) as prescribed
- Reduce stress
- If you drink alcohol, drink only in moderation.
- Get active

According to the American Heart Association 80 percent of cardiac and stroke events may be prevented with education and action! The perfect gift this Valentine's Day is the gift of heart health. This year have a heart-to-heart with your patients, friends, and family and commit to a healthy lifestyle. Small changes can make all the difference.