

# MAY 2018 NEWSLETTER

## GENEVA SENIOR CENTER

1120 F STREET PO BOX 409 GENEVA, NEBRASKA 68361 (402) 759-4921

THE SENIOR CENTER IS CLOSED AFTER BRUNCH ON FRIDAY, MAY 25TH AND CLOSED ALL DAY ON MONDAY, MAY 28TH. HOME-DELIVERED MEALS WILL BE AVAILABLE FROM THE HOSPITAL.

PLEASE MAKE ARRANGEMENTS WITH THE SENIOR CENTER AHEAD OF TIME! THANK YOU!

COFFEE & CONVERSATION	8:30 AM Monday through Friday
NOON MEAL	12:00 PM Monday through Friday
<u>FIT FOR LIFE</u> EXERCISE CLASS	9:15-10:00 AM Monday, Wednesday-Friday
MAYOR CANIDATE ROD RENKEN	MAY 1st 9:00 AM
COUNTY SUPERVISOR-DIST #5 CANIDATE MARK LIGHTWINE	MAY 9th 9:00 AM
MAYOR CANIDATE ERIC KAMLER	MAY 10th 9:00 AM
ENTERTAINMENT JOHNNY GOMEZ	MAY 15th Noon
BLOOD PRESSURE CLINIC	MAY 16th 12:00 PM
BIRTHDAY/ANNIVERSARYMEAL	MAY 16th 12:00 PM
SPEAKER-JILL ENGEL, Nutritional Specialist	MAY 17TH -9:30 AM
LUNCH & LEARN with DOUG RUNG	May 23 rd 12:00 PM
COFFEE & CONVERSATION/City Council/ Chamber	May 25th 9:30-10:00 AM
CENTER CLOSED	May 28th MEMORIAL DAY



**MEMORIAL DAY**  
**MONDAY, MAY**  
**28TH**

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 FOLLOW US ON FACEBOOK @ "GENEVA SENIOR"

 [genevaseniorcenter@gmail.com](mailto:genevaseniorcenter@gmail.com)

# MAY 2018 MEAL MENU

Meals Served at Noon Unless Otherwise Noted

Please Call 759-4921 by 9:30 AM for Reservation

	1 Chicken Drummies Twice Baked Potato Green Beans Dinner Roll Fruit	2 Tator Tot Casserole California Blend Fruit Breadstick	3 B.L.T. on Wheat Bread w/cheese Hardboiled Egg Pea Salad Fruit Fresh Baked Cookie	4 Baked Cod Macaroni Salad Coleslaw Corn Bread Fruit
7 Beef and Noodles Corn Fruit Tossed salad Pudding	8 Parmesan Crusted Chicken Breast Boiled Red Potatoes Broccoli Florets Dinner Roll Fruit	9 Scalloped Ham and Potato Casserole Green Beans Garlic Breadstick Fruit	10 BBQ Rib on a Bun Onion Rings Cucumber & Tomato Salad Fruit	11 Salmon Baby Baked Potatoes Green Beans Fresh Baked Muffin Fruit
14 Teriyaki Chicken Steamed Rice Oriental Blend Veggies Fruit	15 Beef Stroganoff California Blend Fruit Dinner Roll	16 Oven Fried Chicken Mashed Potato & Gravy Green Beans Wheat Bread Fruit Cake & Ice Cream <a href="#">Birthday/Anniversary</a>	17 Taco Salad Bar w/ lettuce, cheese, tomato Black Bean Salad Churros Fruit	18 Tuna Salad on Croissant Escalloped Corn Fresh Relishes Cherry Crisp
21 Spaghetti & Meatballs Green Beans Garlic Bread Fruit	22 Ham Loaf Mashed Sweet Potatoes Steamed Peas Dinner Roll Fruit	23 Open Hot Beef Sandwich Mashed Potatoes & Gravy Mixed Vegetables Fruit	24 Hamburger on a Bun w/Toppings Baked Beans Potato Salad Fruit	25 <a href="#">BRUNCH @ 10:30</a> Sausage Gravy over Biscuits Cheese Omelet Stewed Tomatoes Oranges & Bananas  <a href="#">CINNAMON ROLLS @ COFFEE &amp; CONVERSATION</a>
28  <a href="#">CLOSED MEMORIAL DAY</a>	29 Pork Chop Rice Peas Dinner Roll Fruit	30 Meatloaf Cauliflower & Broccoli Dinner Roll Fruit	31 Breaded Chicken Sandwich Honey Glazed Carrots Potato Salad Fruit	<b>Salad Bar is offered everyday in the dining room.</b>  <b>Milk is offered everyday</b>

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# County Wide Corner

1320 G Street/402-759-4922

bmotis@lincoln.ne.gov

rstokebrand@lincoln.ne.gov

Check us out on-line...fillmorecounty.org>>Senior Services tab

Like us on Facebook-Fillmore County Senior Services



Farmer's Market Coupons will again be available starting in the month of June for those who are interested and who qualify. This program is available for people who are at least 60 years of age **AND** who meet the income guidelines set by the program. I am starting a list for those interested, and because the coupons are limited, you must notify me if you want to be on the list. **\*\*\*Please note that being a recipient of the coupons in prior years does not automatically put you on the list for this year.**

You MUST call and express interest in receiving the coupons for the 2018 season. Income eligibility for 2018 is:

- 1 person household- \$22,345 and
- 2 person household- \$30,451

Please contact Brenda Motis with Fillmore County Senior Services if you are interested in utilizing Farmer's Market coupons for the 2018 season, if you have questions about what this program is about or to see if you are eligible. You may call Fillmore County Senior Services at 402-759-4922 and ask for Brenda or email: [bmotis@lincoln.ne.gov](mailto:bmotis@lincoln.ne.gov)

You still have time to file for Homestead Tax Exemption. This program provides tax relief to homeowners who are age 65 or older by January 1st of the current year and who meet income guidelines or are substantially disabled. Each year you have through the end of June to get your application submitted to the Fillmore County Assessors office. Late applications will result in a lost exemption for that year. You still have May and June to file for this benefit.



*Please join me in congratulating the **Exeter Senior Center** on 20 years of service to their community. They are very proud of their Senior Center and are hosting a **Cake and Punch reception on Tuesday May 8th from 1-4 pm.** You are welcome to stop by and wish them well on this great achievement!!*

May is a celebration of **Older Americans Month**. What a great time to celebrate our older adults and all they do to contribute to our communities throughout Fillmore County. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. The 2018 theme is **Engage at Every Age** and emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental and emotional well-being. So no longer should folks use the excuse, I am not old enough to go to a Senior Center!! No matter where you are in your life, there is no better time than now to start. We hope you will join in and **Engage at Every Age**.



The office of Fillmore County Senior Services will be closed on **Monday May 28th** in observance of Memorial Day.



## Food Sources of Calcium

- Fortified Oatmeal, 1 packet = 350 mg
- Milk, non-fat, 1 cup = 300 mg
- Yogurt, low-fat plain, 1 cup = 300 mg
- Soybeans, cooked, 1 cup = 261 mg
- Orange Juice, fortified with calcium, 6 oz. = 200-260 (varies)
- Cottage Cheese, 1% milk fat, 1 cup = 138 mg
- Ready-to-eat cereal, fortified with calcium, 1 cup = 100-1000 (varies)
- Broccoli, raw, 1 cup = 90 mg

## Food Sources of Vitamin D

- Salmon, 3 oz. = 447 IU
- Tuna fish, canned, 3 oz. = 154 IU
- Orange juice, fortified with Vitamin D, 1 cup = 137 IU
- Milk, Vitamin D fortified, 1 cup = 120 IU
- Margarine, fortified, 1 tbsp. = 60 IU
- Egg, 1 large (Vitamin D is found in yolk) = 41 IU
- Ready to eat cereal, fortified with 10% Daily Value (DV) = 40 IU
- Cheese, Swiss, 1 oz. = 6 IU

## Banana Nut Overnight Oats

### Ingredients:

- |                                   |                            |
|-----------------------------------|----------------------------|
| 1 ½ ripe bananas, sliced, divided | ½ tsp ground cinnamon      |
| ½ cup uncooked traditional oats   | 1/8 tsp ground nutmeg      |
| ½ cup low-fat milk                | ¼ tsp Pure Vanilla Extract |
| 1 Tbsp Greek Yogurt               | 2 Tbsp walnuts, chopped    |

### Directions:

1. Add oats to your contained and pour in milk.
2. Layer Greek Yogurt, bananas, honey, ground cinnamon, nutmeg, vanilla on top, and sprinkle with walnuts
3. Refrigerate overnight and enjoy in the morning!

