

SUNSHINE CENTER, INC.

PROMOTING THE HEALTH, INDEPENDENCE & QUALITY OF LIFE FOR OLDER ADULTS

JANUARY 2019

140 W. BRIDGE, WEST POINT

Sunshine Center, Inc. is funded by the NENAAA, the City of West Point, donations, and fundraising events. Services are provided without regard to race, color, national origin, handicap or sex. There are no membership fees or attendance requirements. Hours are 8 a.m. - 5 p.m., Monday - Friday. Nutritious, well-balanced meals are served from 11 :30 a.m. - noon with reservations required by 9 a.m. Transportation services are available from 8:30 a.m. - 3:00 p.m. within the City limits of West Point for appointments, errands, shopping, and trips to the Center. Please call in advance to schedule a ride. Call 402-372-3800 for more information. New faces and guests of all ages are always welcome!

TODAY I AM PRETENDING TO BE HERE



When the winter temperatures are sub-zero, it's easy to let the weather get you down.. So take a virtual vacation!

Here are a few simple ways to trick yourself into feeling like you're at the beach. Even when you're stuck in Nebraska!!

A big bowl of fruit – pineapple, kiwi, mango. – the tropics in a bowl!

Find a fabulous tropical photo and make it your screen saver. It's a total mood lifter!

Fresh flowers will brighten up a room – and your spirit. Take advantage of Flower and Gift Gallery's \$5.00 Fridays. Or buy a small bouquet out of their cooler. An extravagance. for sure, but so much cheaper than plane fare to Hawaii. Besides, you are worth it!

Pick up a "beach read" from the Library to be immediately transported to the tropics. A page-turning story is the perfect way to relax.

Try one or all these tropical tricks for a virtual vacation. Add a little sunshine to your day without leaving town.

JANUARY OBSERVANCES



1st - New Years Day
Oatmeal Month
Nat'l Glaucoma Awareness Month
Thyroid Awareness Month

The Joy of Not Cooking

Enjoy a delicious meal at the Sunshine Center served Monday through Friday from 11:30 a.m.— Noon. Call (402) 372-3800 by 9:00 a.m. for a Reservation.

Our Transportation Service is available Monday—Friday from 8:30—3:00. Call us for rides to & from medical appointments, hair appointments, for shopping & other errands & for trips to the Center! Individuals must be age 60+ to utilize this service.

*Thank
You*

to the following friends for their
donations to the Center this past
month.

Ann Beckenhauer/Wimmer	Large coffee
Anonyomous	\$100.00 \$100.00
Bob Vogltance	\$25.00
Hannah Martin	Large Coffee, Napkins, Large & Small Plates
Debra Schroeder	Poinsetta
Rose Ann Prinz	\$60.00
Lloyd/Helen Tietz	\$20.00
Janice Woerner	12 Rolls Toilet Paper 8 Rolls Paper Towels
Norma Pagels	Large Coffee
Marvin Kappius	2 Large Pkg Napkins
Linda Baumert	\$20.00
Marlene Brockemeier	\$20.00
Claire Smidt	\$20.00
Sue Robinson	12 Rolls Paper Towels
Mildred Toelle	\$20.00
Ray/Janet Sellentin	\$1,000.00

MEMORIALS

Center Friends Lucille Schultz

CROCKPOT HAM AND BEAN SOUP

Ingredients:

2 (15-oz) can great northern beans
2 (14-5 oz) can chicken broth
2 c chunked potatoes
2 c diced carrots
1-1/2 c chunked ham
1/2 c chopped onion
1/4 c parsley flakes
1/4 teas. pepper



Place all ingredients in a crockpot and cook for 4 hours. Begin on high and, when simmering, set controls on low for remaining time.

BOARD OF DIRECTORS MEETING December 12, 2018

The meeting was called to order by President Donna. Roll call: Present were Donna, Cecil, Sandy, Theresa, Virginia, Marilyn and Diane. Absent Merna.

The Minutes of the 11-14-18 Board Meeting were read. Cecil made a motion to approve the minutes as read. It was seconded by Marilyn. The motion carried.

The Minutes of the 11-21-18 General meeting were read.

Theresa gave the Treasurers Report. A motion was made by Virginia and seconded by Theresa to approve the expenditures and accept the Treasurers Report. Motion passed.

The Transportation Report was given. There were 108 one-way trips made in the month of November. It was noted that the Center was closed three days for Veteran's Day and Thanksgiving.

OLD BUSINESS:

- Discussion was held on the need for a new contracted cleaning service. An advertisement was placed in the Elkhorn Valley Shopper. So far, we have received only a few inquiries. Diane will continue to make contacts and get estimates.

NEW BUSINESS:

- Discussion was held on whether to place an ad in the 2019 Cuming County phone book at a cost of \$81. The Board agreed to not pay for this for the coming year but have Diane request another listing in the book for Senior Center/Sunshine Center in addition to the existing listing of Sunshine Center.
- A suggestion was made to have all the lighting at the Center changed to LED lights. We could see considerable savings in the electricity cost. Diane and Cecil will get more information before a decision is made.
- Discussion was held on Christmas remembrances for shut-ins this year and it was agreed to send cards.
- Upcoming activities were reviewed.

Sandy made a motion to adjourn. More discussion was held on the LED lighting. Virginia seconded motion to adjourn at 10:25 a.m. Motion carried.

Sandy Boots, Secretary

January



HONOREES

1st Sarah Nielsen
2nd Rosalyn Kindschuh
2nd Norval Utemark

4th Janice Woener
16th Loretta Muhs
18th Ted Buchholz

ANNIVERSARIES

9th William/Ruth
Nagengast

HAWAII

M T H S E E W A L O O H A K R E S A U T
 U R R E E O N M A M N G T L Y T S L K R
 H T A P H O O A A L N I P O U R U A E O
 A T P W A L N N I I O E E N U E R N L P
 O O N I O C T A L I A H A S S R F A E I
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ALOHA
 ARCHIPELAGO
 BEACHES
 CANOEING
 COFFEE
 GRASS SKIRT
 HAWAIIAN
 HONOLULU
 HULA






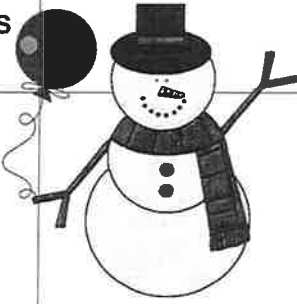

KAHO'OLAWA
 KAUA'I
 KAYAKING
 KONA COAST
 LANA'I
 LUAU
 MACADAMIA NUTS
 MANTA RAYS
 MAUI



NI'HAU
 NORTH SHORE
 O'AHU
 PACIFIC OCEAN
 PEARL HARBOR
 PINEAPPLES
 RESORTS
 SAND
 SCUBA DIVING

SUGARCANE
 SURFING
 TOURISTS
 TROPICAL
 UKELELE
 VACATION
 VOLCANOES
 WAIKIKI
 WAIMEA BAY

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HAPPY NEW YEAR!!! CENTER CLOSED	2 POOL CARDS 1:00	3 TAI CHI/ EXERCISES 9:00 BLOOD SUGAR SCREENING 10:30-11:30	4 POOL CARDS 1:00	5
6	7 POOL BINGO 1:00	8 TAI CHI/ EXERCISES 9:00 BLOOD PRESSURE SCREENING 12:30-1:00 FOOT CARE 1:00 APPT' NEEDED	9 BOARD MEETING 9:15 CARDS 1:00 (TREATS by ST. JOE'S)	10 POOL TAI CHI/ EXERCISES 9:00	11 POOL CARDS 1:00	12 
13 	14 POOL	15 POOL TAI CHI/ EXERCISES 9:00 FOOT CARE 1:00 APPT' NEEDED	16 POOL GENERAL MEETING 11:30 CARDS 1:00	17 TAI CHI/ EXERCISES 9:00 <i>all</i> HEART CAREGIVER'S SUPPORT GROUP 4:00-5:30	18 POOL CARDS 1:00	19
20	21 POOL BINGO 1:00 (TREATS FURNISHED BY ST. JOE'S) MARTIN LUTHER KING JR. DAY	22 POOL TAI CHI/ EXERCISES 10:00 FOOT CARE 1:00 APPT' NEEDED	23 POOL CARDS 1:00	24 POOL TAI CHI/ EXERCISES 9:00	25 BIRTHDAY/ ANNIVERSARY PARTY CARDS 1:00 REFRESHMENTS 3:00	26 
27	28 POOL COFFEE with FRIENDS at ST. JOE'S 10:00	29 POOL TAI CHI/ EXERCISES 9:00	30	31 		

Caregiver Tips

How to Protect Elders from Frigid Winter Weather

Anne-Marie Botek

Chilling temperatures and treacherous snow and ice can pose serious problems for seniors and their caregivers during the winter months. Consider using the following pointers to adapt your loved one's care plan, minimize health risks and ensure you're prepared for whatever Old Man Winter may bring your way:

1. Hypothermia

Each year, half of Americans who die from hypothermia are at least 65 years old. Older individuals are particularly susceptible to cold weather because they have less body fat, less efficient circulation and a slower metabolism. A senior can even become hypothermic while indoors, so the thermostat should never be set below 65 degrees for a person who is 75 or older. Make sure that your loved one is warmly dressed when inside the house as well as outside.

If an aging loved one is struggling to pay their heating bills or needs financial assistance to weatherize their home this winter, consider helping them apply for the Low-Income Home Energy Assistance Program (LIHEAP). LIHEAP is a federally funded assistance program that helps low-income families stay warm during winter and cool during summer. To find out more information about your state's eligibility requirements and how to apply, visit the LIHEAP Clearinghouse website.

2. Dehydration

Seniors are especially prone to dehydration because they tend to eat and drink less than younger people, thus they consume less water. In general, people also feel less thirsty during the winter and are more prone to not drinking as much as they should. Make sure your elderly loved one is drinking consistently. Monitoring their water intake can be an easy way to guarantee they are getting enough fluids.

3. Ice and Snow

Sidewalks slick with ice and snow pose a serious falling hazard for an elderly person. Make sure that your loved one's porch, driveway, sidewalk, etc. have been thoroughly salted and shoveled. If they are at all unsteady on their feet, it's best to have someone else handle these tasks, like a neighbor or an outside service. To maximize a senior's stability, be sure that they have well-fitting shoes with non-slip soles and new treads on any mobility aids that they use.

4. Disaster Kits

Winter storms can be fierce enough to knock down power lines and confine seniors to their homes. It is essential to make sure your loved one is equipped with a disaster kit to help them get through these times. Each kit should include enough nonperishable food and water for several days (at least 3 gallons of water per person per day), a can opener, a few days' worth of any necessary medication, a flashlight, a battery-powered radio, extra batteries, and first-aid essentials.

5. Space Heaters

While these devices can provide much-needed warmth during the colder months, precautions must be taken so these sources of heat don't become health hazards. If the senior uses a gas-powered heater or generator, make sure there is a functional carbon monoxide detector in their home. If they use electric heaters, inspect all power cords for fraying and get rid of any damaged devices. Keep all heaters away from flammable materials, such as cloth and paper, and make sure to regularly test and place new batteries in all smoke detectors and carbon monoxide detectors.

6. Clothing

Mittens, scarves, sweaters, hats and coats are a few must-have articles of clothing for seniors living in colder climates. Even when an elderly person is indoors, they should be dressed in warm, comfortable layers, so they can take items off if they are too hot or put more on if they are too cold.

7. Electric Blankets

Electric blankets can keep seniors toasty, but they must be used very carefully to avoid burns, electric shocks and even fires. If a senior owns an electric blanket or mattress pad that is more than a few years old, it may be time to replace it. The coils inside the blanket as well as the power cords and controls can get damaged over time, increasing the risk of accident or injury. Look for a model that has an automatic shutoff feature and be sure to use and store electric blankets responsibly.

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AN OPTIMIST STAYS UP UNTIL MIDNIGHT TO SEE THE NEW YEAR IN. A PESSIMIST STAYS UP TO MAKE SURE THE OLD YEAR LEAVES!!!!!!</p>		<p>1  CENTER CLOSED</p>	<p>2 SWEDISH MEATBALLS NOODLES GREEN BEANS COLESLAW PEACH PIE</p>	<p>3 BREADED PORK CHOP MASHED POTATOES/ GRAVY CAULIFLOWER/ CHEESE BAKED APPLES BREAD</p>	<p>4 PARMESAN BAKED FISH OR POLISH SAUSAGE SCALLOPED POTATOES BABY CARROTS FRUIT COCKTAIL HARVEST CAKE BREAD</p>	<p>5</p>
<p>6</p>	<p>7 TURKEY DRESSING OR MASHED POTATOES BROCCOLI CRANBERRY SAUCE APPLE PIE</p>	<p>8 MEATLOAF BAKED POTATO STEWED TOMATOES CUCUMBER SALAD MANDARIN ORANGE JELLO BREAD</p>	<p>9 FRIED CHICKEN MASHED POTATOES GRAVY BEETS LIME PEARS PRALINE BAR BREAD</p>	<p>10 BRATWURST/ OR TACO SALAD AUGRATIN POTATOES SAUERKRAUT FRUIT CRISP BREAD</p>	<p>11 SALMON PATTY OR CHICKEN STRIPS CREAMED POTATOES VEGETABLE BLEND STRAWBERRY/ BANANA JELLO BREAD</p>	<p>12</p>
<p>13</p>	<p>14 BONELESS CHICKEN THIGH WILD RICE CREAMED PEAS BLUEBERRY COBBLER PEARS</p>	<p>15 ROAST BEEF/ GRAVY SOUR CREAM MASHED POTATOES VEGETABLE BLEND BROCCOLI SALAD FRUITED JELLO</p>	<p>16 SWISS STEAK BAKED POTATO GREEN BEAN CASSEROLE APPLE CRUMB COBBLER BREAD</p>	<p>17 LIVER & ONIONS OR HAMBURGER MASHED POTATOES/ GRAVY VEGETABLE BLEND PINEAPPLE BREAD</p>	<p>18 BREADED FISH OR BBQ MEATBALLS OVEN ROASTED POTATOES MIXED VEGETABLES PEACHES/JELLO LEMON MERINGUE PIE BREAD</p>	<p>19</p>
<p>20</p>	<p>21 RIBS POTATO SALAD PORK & BEANS APPLESAUCE CARROT CAKE BREAD</p>	<p>22 OVEN FRIED CHICKEN RED SKIN POTATOES ASPARAGUS STRAWBERRIES & BANANAS/JELLO BREAD</p>	<p>23 BEEF TIPS/ GRAVY MASHED POTATOES PEAS & CARROTS APRICOTS BREAD</p>	<p>24 HAM STEAK SWEET POTATOES PARSLIED CAULIFLOWER APPLE SNICKER SALAD TROPICAL FRUIT BREAD</p>	<p>25 FISH NUGGETS OR TURKEY CHEESY RICE TOMATOES/ ZUCHHINI CUCUMBER SALAD PEACH PIE</p>	<p>26</p>
<p>27</p>	<p>28 BAKED HAM O'BRIEN POTATOES SPINACH WALDORF SALAD BREAD</p>	<p>29 CHICKEN STIR FRY & VEGETABLES FRIED RICE EGG ROLL FRUIT COCKTAIL STRAWBERRY CHEESECAKE BREAD</p>	<p>30 SWEDISH MEATBALLS NOODLES GREEN BEANS COLESLAW PEACH PIE</p>	<p>31 BREADED PORK CHOP MASHED POTATOES/ GRAVY CAULIFLOWER/ CHEESE BAKED APPLES BREAD</p>	<p>YUMMY MEALS SERVED WEEKDAYS 11:30-12:00 RESERVATIONS REQUIRED- CALL 402-372-3800 BY 9:00 A.M.</p>	