

SUNSHINE CENTER, INC.

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

JULY, 2018

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. - 4:00 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!

National Air Conditioning Appreciation Days July 3rd to August 15th

July 3rd to August 15th are officially known as the **Air Conditioning Appreciation Days**, because that's when we appreciate air conditioning the most!

How do air conditioners help us? Here are a few things that air conditioners have helped make possible:

Medical advancements – before there were ACs, hospitals were simply cooled off via fans or other less effective devices. As a result, thousands more deaths occurred each year that would have otherwise been preventable. Children and the elderly are especially vulnerable to overly hot environments. With the addition of air conditioners in hospitals, doctors and nurses were able to more effectively combat diseases like malaria.

Comfortable work environments – Air conditioners make it so we are able to stay active and productive throughout the day.

Homes where you can relax on a 100 degree day – before air conditioning you wouldn't want to stay at home on a hot summer day. Instead, you'd go out to the lake, seek shelter at a local theater, or hide away in a basement. ACs allow us to stay in the comfort of our own homes.

Treated air for those with extreme allergies – air conditioning has also allowed people with severe allergies to find a little relief. Your AC isn't just giving you cold air – it's also filtering out pollens, dusts, and other debris that can cause sneezing and wheezing attacks.

JULY OBSERVANCES

- ◆ INDEPENDENCE DAY
- ◆ NATIONAL HOT DOG MONTH
- ◆ NATIONAL ICE CREAM MONTH



Driver Safety

SAFER DRIVING
CAN SAVE YOU MONEY

AARP Smart Driver Course TUESDAY, July 17th

12:30-4:30 p.m.
Sunshine Center

\$15 for AARP Members
\$20 for non-members

Pre-Register by July 12th
Call 402-372-3800
(need 4 person minimum)

Building Confidence and Reducing Falls

Begins July 12th, 2018
(and runs each Thursday through August 23rd)

Sunshine Center
1:00 pm—3:00 pm

No Cost , but Free Will Donation Accepted

Pre-register by July 11th

402-529-2233
(need a *minimum* of 5 people)



DONATIONS FROM FRIENDS

A BIG **THANK YOU** to the following friends for their donations to the Center this past month!

Sylvia Iden	Kitchen Towels & Cloths
Maren Reppert	\$50.00
Louise Schulzkump	X-Ige Coffee
Hanna Martin	3 pkg small plates, large coffee
Linda Baumert	\$20.00
Rita McGill	\$10.00
Janice Woerner	6 rolls paper towels
Jan Harstick	Large coffee, 3 box Kleenex, 12 rolls toilet paper
Linda Michaelis	Mailing labels
Norma Pagels	\$20.00
Marlene Brockemeier	\$20.00
Rita Steffensmeier	3 boxes Kleenex
Debra Schroeder	Large coffee
Janice Woerner	3 large pkg napkins
Suzann Sanderson	Large dish soap, sandwich Bags, large trash bags
Bea Seeman	\$20.00

Strawberry Spinach Pasta w /Orange Poppy Dressing

Ingredients:

8 ounces cooked penne noodles
 2 cups baby spinach leaves
 1 cup sliced strawberries
 1 cup pineapple chunks
 ¼ cup dried cranberries
 ½ cup salted cashews, pecans or walnuts

orange poppy seed dressing

½ cup olive oil
 1/3 cup apple cider vinegar
 ¼ cup plain greek yogurt
 1 tablespoon dijon mustard
 3 tablespoons honey
 1/2 cup orange juice
 2 teaspoons poppy seeds
 optional: pinch of salt and pepper



Combine all dressing ingredients in a jar, cover, and shake well. Set aside. Combine penne, spinach, strawberries, pineapple, cranberries, and cashews in a large bowl and toss with the prepared dressing. Serve immediately or cover and chill for 1 hour before serving.

Memorial Donation

Dean Wingate in Memory of Robert Jaschke

THE BOARD OF DIRECTORS MEETING June 13th, 2018

The meeting was called to order by President Donna.

Roll call: Present were Donna, Cecil, Sandy, Theresa, Marilyn, Virginia and Diane, absent was Merna.

The Minutes of the 5-9-18 Board Meeting were read. Cecil made a motion to approve the minutes as read. It was seconded by Theresa. The motion carried.

The Minutes of the 5-16-18 General meeting were read.

Theresa gave the Treasurers Report.

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

The Transportation Report was given. There were 134 one way trips made in the month of May.

OLD BUSINESS - none

NEW BUSINESS

- The Center received the annual Evaluation Letter from NENAAA (North East Nebraska Area Agency on Aging). It was a great evaluation with only one small recommendation for change and that was to add the age of participants in the foot care clinics.
- There was a discussion on suggestions for activities for July.
- Discussion was held on the ad for the Senior Living Tab in the paper July 18th. Cost \$53.50. Motion to place the ad was made by Theresa and second by Virginia. Motion approved.
- Bylaws were discussed regarding audit of Senior Center finances. We have been having more of a compilation of the books. Discussion was tabled at this time. Diane and president Donna will sign a letter of Engagement to have Oelkers and Associates transfer old records to them and help us with this.

Virginia made a motion to adjourn and there was a second by Marilyn. The Motion carried.

Sandy Boots, Secretary

I WAS
BORN TO ★
★ BE WILD BUT
ONLY UNTIL
ABOUT 9PM
OR SO. ★

July Birthdays

Sue Robinson	2nd	Norma Pagels	6th	Ken Echtenkamp	17th
Margaret Franzluebbbers	2nd	Lloyd Tietz	8th	Doreen Meyer	18th
Kenneth Schorn	2nd	Vera Bracht	9th	Rita McGill	19th
Gerhard Brockemeier	3rd	Adeline Poppe	11th	Mary Jean Hagedorn	19th
Sylvia Iden	3rd	David White	12th		

Fourth Of July

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an Abraham Lincoln quotation.

L B C E L G A E D L A B N T H L O D S
 A E S E F E W P A T R I O T I C E N T
 V N H O L D E S N E A Y G B I C O H R
 I F S F O E R T K T E A E N O O O E E
 N R T E A Y B A I D L R C R L M E Y C
 R A R S T R C R O F T I A L A M C T N
 A N E U S O B S A Y P T A S F A N O O
 C K A O M T H A O T I B J T R H E D C
 E L M H A S O N I O I E R C E B D O B
 B I E E D I T D N H F O O P E A N O E
 A N R T A H D S S F P M N A D S E H T
 R G S I N D O T E E E L S R O E P N S
 B Y E H H E G R R D V E E A M B E O Y
 E A I W O I S I Y T R A P D T A D I R
 C D N N J O A P O T F O R E A L N T O
 U I O T N S R E G R U B M A H L I A S
 E L L H U E M S K R O W E R I F I N S
 S O O R E D W H I T E B L U E E L H V
 E H C M E H T N A L A N O I T A N S P

BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES

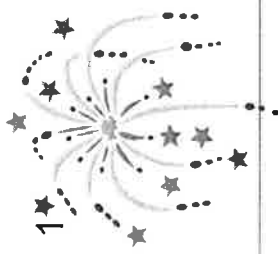


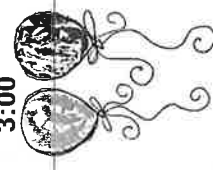
CONCERTS
DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS
HISTORY

HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL ANTHEM
NATIONHOOD
PARADE
PARTY

PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS JEFFERSON
USA
WHITE HOUSE



July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 POOL BINGO 1:00 CRAFT WITH BONNIE 3:00	3 POOL TAI CHI/EXERCISES 9:30 FOOT CARE 1:00 APP'T NEEDED	4 CENTER CLOSED in observance of July fourth 	5 POOL TAI CHI/EXERCISES 9:30 BLOOD SUGAR SCREENING 10:30-11:30	6 POOL CARDS 1:00	7
8	9 POOL	10 POOL TAI CHI/EXERCISES 9:30 BLOOD PRESSURE SCREEN 12:30-1:00 FOOT CARE 1:00 APP'T NEEDED	11 POOL BOARD MEETING 9:15 CARDS 1:00 (TREATS BY ST. JOE'S)	12 TAI CHI/ EXERCISE 9:30 REGISTRATION DUE FOR JULY 17 AARP DRIVER SAFETY COURSE 'STEPPING ON' CLASS 1:00-3:00 REGISTER BY JULY 11	13 POOL CARDS 1:00	14
15	16 POOL BINGO 1:00 (TREATS BY PREMIER ESTATES)	17 POOL TAI CHI/EXERCISES 9:30 AARP DRIVER SAFETY CLASS 12:30	18 POOL GENERAL MEETING 11:30 CARDS 1:00	19 TAI CHI/EXERCISES 9:30 'STEPPING ON' CLASS 1:00-3:00 CAREGIVER'S SUPPORT GROUP 4:00-5:30 	20 POOL CARDS 1:00	21
22	23 HUMANITIES PROGRAM 1:00 SPEAKER PAT BOILESEN "SING ME A STORY" PUBLIC WELCOME	24 POOL TAI CHI/EXERCISES 9:30 FOOT CARE 1:00 APP'T NEEDED	25 POOL CARDS 1:00	26 POOL TAI CHI/EXERCISES 9:30 'STEPPING ON' CLASS 1:00-3:00	27 BIRTHDAY/ ANNIVERSARY PARTY CARDS 1:00 REFRESHMENTS 3:00 	28
29	30 POOL COFFEE WITH FRIENDS @ ST. JOE'S 10:00 BINGO 1:00	31 POOL TAI CHI/EXERCISES 9:30				

Caregiver Tips

Things You Can and Can't Do With Power of Attorney

By Anne-Marie Botek | Last Updated 2.8.2018

Part Two

A generic POA document that does not contain any limitations typically gives an agent broad power over medical or financial decisions. However, there are still a few things that an agent cannot do. One of the fundamental rules governing an agent's power is that they are expected to act in their principals' best interest.

An agent cannot:

- Change a principal's will.
- Break their fiduciary duty to act in the principal's best interest.
- Make decisions on behalf of the principal after their death. (Unless the principal has also named the agent as the executor of their will or the principal dies without a will and the agent then petitions to become administrator of their estate.)
- Change or transfer POA to someone else. An agent has the right to decline their appointment at any time. However, unless the principal named a co-agent or alternate agent in the same POA document or is still competent to appoint someone else to act on their behalf, an agent cannot choose who takes over their duties.

The Uniform POA Act

Each state has statutes that govern how power of attorney documents are written and interpreted. This can be very confusing when a principal decides what powers to give to their agent and an agent tries to determine what actions are legally within their power.

For this reason, twenty-five states have adopted the Uniform Power of Attorney Act (UPOAA). Created in 2006 by the Uniform Law Commission, this law aims to create universal default rules for POA contracts across states. It determines which powers are included in the document by default, and which must be explicitly addressed in order to be bestowed on an agent.

Among other things, the UPOAA mandates that:

- A POA is valid and durable as soon as it's signed. According to Fricker, this provision is important because it gives a principal the flexibility to decide how involved they want their agent to be while they are still in possession of their faculties. For example, a financial agent could handle the day-to-day tasks of paying bills and buying food, while the principal continues to make their own investment and major purchasing decisions.
- Compensation for decision-makers, gift-giving, and any beneficiary changes must be specifically outlined in the POA document. One common question people have about POA documents is whether an agent is allowed to receive compensation for making decisions on behalf of a loved one. Fricker says that any compensation must be clearly outlined in the document before it is executed for it to be legal. She advises older adults who are considering appointing someone as their agent to think about including a provision that allows that person to be paid for their services. "Offering to pay a chosen POA is a way to incentivize them to take the extra time and care necessary to literally manage another human being's affairs," she says. The time and effort that an agent must invest to make decisions for another person can easily overshadow an agent's own responsibilities and affairs.
- Third parties, such as banks, doctors and other family members, cannot be held accountable for upholding the decisions of an agent with a POA document that appears to be legitimate.
- A POA designation ends upon the death of the principal.

According to the Uniform Law Commission, as of 2018, a total of 25 states have enacted the Uniform Power of Attorney Act, including Alabama, Arkansas, Colorado, Connecticut, Hawaii, Idaho, Iowa, Maine, Maryland, Montana, Nebraska, Nevada, New Hampshire, New Mexico, North Carolina, Ohio, Pennsylvania, South Carolina, Texas, Utah, Virginia, Washington, West Virginia, Wisconsin and Wyoming. Because all 50 states have not yet enacted this precedent for POA documents, it is always best to err on the side of caution. A reputable elder law attorney can discuss your desires and concerns and devise POA documents that clearly explain the extent of power you want your agent(s) to have and any limitations they must abide by.

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 DIJON HONEY PORK CHOP SWEET POTATOES PEAS FRUITED JELLO COOKIES BREAD	3 CHICKEN ALMONDINE SEASONED RICE GREEN BEANS FRESH PINEAPPLE PEACH COBBLER BREAD	4 CENTER CLOSED to observe 4TH OF JULY 	5 BEEF BRISKET OVEN BROWNED POTATOES BAKED BEANS SPICED APPLE RINGS BREAD	6 UNBREADED POLLOCK OR PORK CUTLET FOUR CHEESE BAKED ZITA CARROTS STRAWBERRIES QUICK BREAD with nuts	7	
8 	9 HAMBURGER STEAK/GRAVY MASHED POTATOES VEGETABLE BLEND STUFFED PEACHES RASPBERRY CRUMB BARS BREAD	10 MEATBALL STROGANOFF NOODLES VEGETABLE BLEND GRAPE SALAD PEARS BREAD	11 FRIED CHICKEN MASHED POTATOES/GRAVY BEETS WALDORF SALAD BREAD	12 SWISS STEAK DICED POTATOES WAX BEANS DILLY VEGETABLE SALAD CHOCOLATE OATMEAL CAKE BREAD	13 BREADED COD OR CHICKEN BREAST BAKED POTATO SWISS VEGETABLE MIX WATERMELON BREAD	14	
15	16 BREADED PORK CHOP/GRAVY MASHED POTATOES VEGETABLE BLEND COLESLAW STRAWBERRY SHORTCAKE BREAD	17 TURKEY /GRAVY DRESSING OR MASHED POTATOES MIXED VEGETABLES PICKLED BEETS CANTALOUPE BREAD	18 PORK ROAST/ GRAVY MASHED POTATOES CARROTS CUCUMBER SALAD CINNAMON APPLE BREAD PUDDING BREAD	19 BEEF PHILLY SANDWICH POTATO SALAD BBQ GREEN BEANS FRESH FRUIT SALAD	20 BREADED POLLOCK HAMBURGER PATTY HASHBROWN CASSEROLE VEGETABLE BLEND DEVILED EGGS APRICOTS BREAD	21	
22	23 BACON CHEESEBURGER OVEN BROWNED POTATOES BAKED BEANS RASPBERRY APPLESAUCE	24 ROAST BEEF MASHED POTATOES/GRAVY VEGETABLE BLEND STRAWBERRIES SOUR CREAM RAISIN BAR BREAD	25 CHICKEN ALA KING on BISCUIT GREEN BEANS BROCCOLI RAISIN SALAD PEARS	26 PORK TENDERLOIN MASHED POTATOES/GRAVY SCALLOPED CORN WATERMELON BREAD	27 SALMON PATTY OR CHICKEN BREAST PARSLIED POTATOES CREAMED PEAS CUCUMBER SALAD CARROT CAKE BREAD	28 	
29	30 DIJON HONEY PORK CHOP SWEET POTATOES PEAS FRUITED JELLO COOKIES BREAD	31 CHICKEN ALMONDINE SEASONED RICE GREEN BEANS FRESH PINEAPPLE PEACH COBBLER BREAD	<p>PLEASE PLAN TO JOIN US FOR A MEAL SOON!!!!!!!!!!!!!!</p> <p>MEALS ARE SERVED 11:30-NOON with RESERVATIONS REQUIRED BY 9:00 A.M. (402) 372-3800</p> <p>SPECIAL DIETS AVAILABLE by request</p>				<i>enjoy</i>