

# THE MILFORD MAILER

JUNE 2016



Summer officially starts this month, and with it, lots of vacations, visits from family and friends, ballgames, camping and of course, yard work. Be sure to have your car tuned up before leaving for any road trips, check the air in your tires, including your spare tire, also take plenty of water with you.

Proper lifting and posture is important to protect your back as you work and play more this summer. Join us for Wellness Wednesday June 15 following Salad Bar, Dr Jordan Folkers of Milford Chiropractic will be giving us some valuable information to help keep everyone moving and pain free this summer.

Some of the new exercise equipment has started to arrive and we are getting excited! When everything is in place, we will celebrate with an open house and training session. Be sure to watch for updates on this project.

Nancy Buchli, Senior Center Manager

## Aging Services Newsletter

Thank you to everyone participating in the fundraiser for Aging Services county budget. The Terri Lynn nuts were a success and we will be looking to sell them again in the fall.

June 6, 2016—Senior citizens and other residents are invited to attend a free Power of Attorney (POA) presentation from 9:30 a.m. to 2 p.m. Monday, June 20 at the Lied Senior Center of Seward, 1010 Manor Drive W. The presentation will be conducted by Craig Buford, a paralegal with Buford Law Office.

At the presentation, participants will be able to ask questions about what is included in a POA, questions about living wills, and also to obtain documents that can be used for POAs. Half-hour consultations will be scheduled to give participants the opportunity to ask questions specific to their situation, and to have personal legal documents reviewed. The individual consultations will begin after a group presentation at 9:30 a.m.

Craig Buford has worked under the supervision of Mary L. Buford-Wilson, Attorney at Law, for over 30 years in the area of aging law. Their firm has been providing legal services to Aging Partners for over 25 years.

Attendance at the presentation and individual consultations are free of charge, but preregistration, including consultation scheduling, is required by calling the Seward Senior Center at (402) 643-4466.

Kathy Ruzicka

Seward County Aging Program Manager

## June 9-Brunch

Bingo: Hosted by Heartland

## June 15– Wellness Wednesday

Dr. Jordan Folkers 12:30

## June 16 – Friends of the Senior Center: Annual Meeting 12:30

## June 27—Birthday Meal

*Entertainment by*

*Ron Johnson, Beaver Crossing*

*“Making Bows and Arrows,*

*Flint Napping”*

## June 29—Blood Pressure & Sugar Level Checks 9:30

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## Tuesdays– Tai Chi & Cards

## Wednesdays—Wii Bowl and Hot Dish/Salad Bar

### June Birthdays

*Dorothy Stauffer June 3*

*Keith TeSelle June 23*

### BIRTHDAY CELEBRATION

June 27

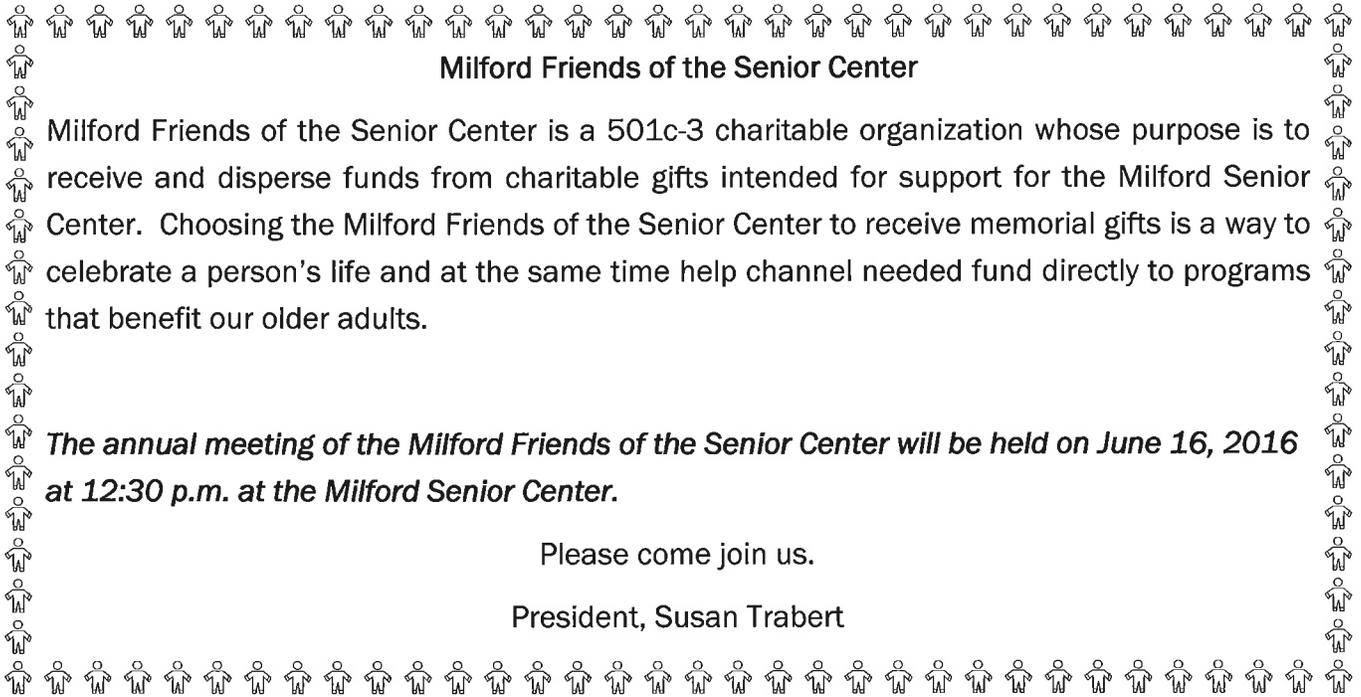
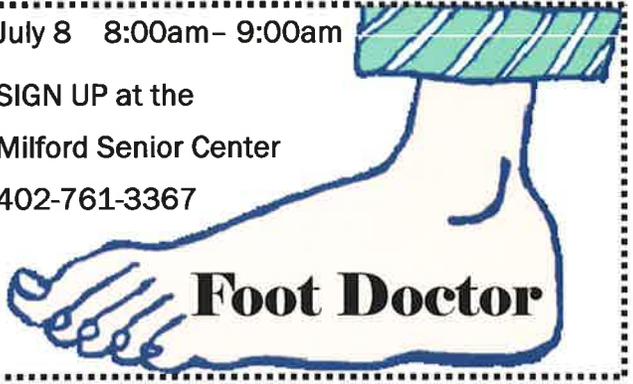
# Community Bulletin



**POTATO BAKE**  
Milford Senior Center  
Wednesday June 29  
11:00 am—1:00 pm

July 8 8:00am– 9:00am

SIGN UP at the  
Milford Senior Center  
402-761-3367



## Milford Friends of the Senior Center

Milford Friends of the Senior Center is a 501c-3 charitable organization whose purpose is to receive and disperse funds from charitable gifts intended for support for the Milford Senior Center. Choosing the Milford Friends of the Senior Center to receive memorial gifts is a way to celebrate a person's life and at the same time help channel needed fund directly to programs that benefit our older adults.

**The annual meeting of the Milford Friends of the Senior Center will be held on June 16, 2016 at 12:30 p.m. at the Milford Senior Center.**

Please come join us.

President, Susan Trabert



### Senior Water Aerobics

Beginning June 6

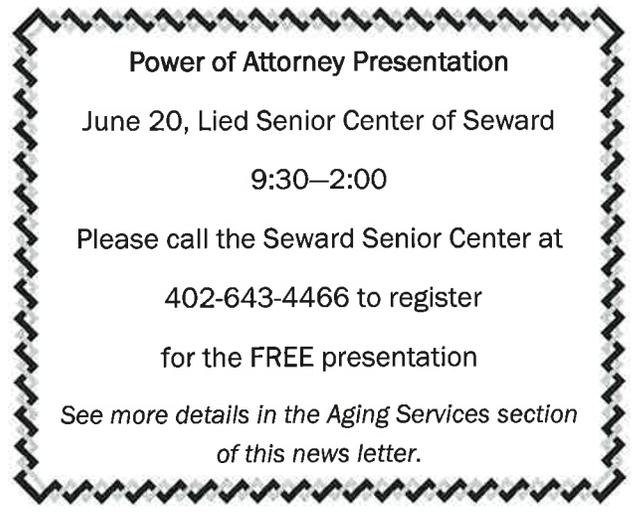
Monday, Wednesday, Friday 10:30—11:30

Milford Public Swimming Pool

\$2 per session, or a Senior Pool Pass.

Senior Pool Passes : Double Pass \$25

Single Pass \$15



### Power of Attorney Presentation

June 20, Lied Senior Center of Seward

9:30—2:00

Please call the Seward Senior Center at

402-643-4466 to register

for the FREE presentation

See more details in the Aging Services section of this news letter.