

THE MILFORD MAILER

MARCH 2016

As I write this news letter, I am finishing up my second full week as the Senior Center Manager. I am learning something new every day and sincerely appreciate all the help and direction everyone has offered. Thank you for the warm welcome! Please feel free to come and talk to me about your desires for the direction of the Senior Center as we work to bring in new activities and improvements.

We are introducing a couple of new activities in March, Crafting with Kathy, and a game day. We hope to see you this month.

Nancy Buchli, Senior Center Manager

MEAL ASSISTANCE

If you know someone 60 or older with an income of \$1104 or less per month for an individual, or \$1239 or less per month for a couple, they may qualify for free meals. Arica Dawe at the Senior Center, will be glad to help fill out the needed paperwork.

Aging Services Newsletter

Check out and like us on our Facebook page, Seward County Aging Services. There you will find information on services and

March Birthdays

4- Deanna Portz

11- Doris Kunzie

15- Sharon White

16-Mavis Ferris

22-Gwen Hershberger

24- Sharon Bender

Birthday Celebration is March 28

programs available through the county program.

The Memorial Health Care Systems Health Fair is Wednesday, April 6 from 5:30 am—1 pm at the Ag Pavilion in Seward. I will be having a booth at the health fair where we will be conducting Bone Density Testing from 9:00– 11:30 am and 12:00-1:00 pm along with Grip Strength Testing being done by Aging Partners Health and Fitness student nurses. It is free to anyone 60 and over and a \$5 donation for those under 60.

I will also be providing certificates to anyone 60 and over for \$5 off the cost of the blood workups that day. You must be pre-registered for the blood workups to use the certificate. These certificates will be available through the three senior centers or by calling Kathy at 402-761-3593.

Aging Services Town Hall Meeting: Wednesday March 16, 6:00 pm, Seward Civic Center, 616 Bradford Street, Seward, NE. Seward County Aging Services in collaboration with the Seward County Senior Centers and Aging Partners invite you to discuss needs of the aging. What services are currently successful and meeting community needs? Where do you see gaps or areas that may be underserved in the county? This event is open to all residents of Seward County.

Kathy Ruzicka

Seward County Aging Program Manager

March 4

Crafting with Betty

March 10

Brunch

Bingo:

Hosted by Heartland

March 14—Crafts with Kathy

Egg Shell Decorations

March 17 – Bingo:

Hosted by Crestview

March 30—Blood Pressure &
Sugar Level Checks

March 28—Birthday Meal

Tuesdays– Tai Chi & Cards

Wednesday—Wii Bowl and
Hot Dish/Salad Bar

Thursday—Bingo

Fridays—Exercises

Community Bulletin Board

MHCS Happenings:

"Healthy U" at the Seward County Ag Pavilion on Wednesday, April 6, 2016. Remember to sign up for this Health Fair by March 30.

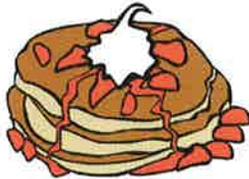
For more information you can contact Jane Rehmer at 402-646-4626.

MHCS Auxiliary Spring Bazaar, with craft items, baked goods, Spring decorations, and jewelry Thursday March 3, 10:00am—6:00pm and Friday March 4, 10:00 am—

Milford Fire Department Pancake Feed,

March 22,

5:00 pm-8:00 pm



DAY TRIPS

\$10



March 5, view the Sandhill Cranes and enjoy an evening dinner in Grand Island before heading home.

April 9th, 1:30-5:00

Visit Harmony Nursery Daylily Farm where you can pot a plant and enjoy lemon aid and cookies on the patio as well as ice cream for the ride home.

For more information

Contact

Seward County Transit

402-643-4067

 * POTATOE BAKE *
 * Utica Senior Center *
 * Sunday March 13 *
 * 11:00 am—1:00 pm *



Seward County Aging Services Fundraiser

Terri Lynn Nuts and Apricots

Pecan Pieces \$10

Walnuts \$10

Apricots \$7

Available at the Milford Senior Center