

April 2025



Milford Senior Connections

APRIL IS NATIONAL VOLUNTEERISM MONTH

The Senior Center would like to thank everyone who volunteers in some way at or for The Center. You are very much appreciated!

7 Benefits of Volunteering

Reduces Stress

Prevents Feelings of Isolation

Gives a Sense of Purpose

Combats Depression

Increases Confidence

Ignites Passion

Makes You Happy

No FOOLIN'!

Help us help the Chamber and STUFF Easter EGGS on **Tuesday, April 1 at 9:30 am**. The eggs are for the Chamber of Commerce Easter Egg Hunt coming up later in April.

PLAY WITH RAE!

Have fun when Rae, from Tabitha, who comes out with a game to play with everyone! Join us on **Friday, April 11 at 12:30 pm** to enjoy some fun!

CARLA KETNER PRESENTS. . .

Join us on **Thursday, April 17 at 12:30 pm** when author, and Seward resident, Carla Ketner shares her story behind the book she wrote about Ted Kooser and the publishing process. Kooser is best known for winning the Pulitzer Prize in Poetry. Mr. Kooser served as Poet Laureate Consultant in Poetry to the Library of Congress from 2004 to 2006.

DISCOVER THE "JOY" OF LIVING

Author Joy Huber will present her experience of being diagnosed with stage 4 cancer at the age of 33 on Friday, April 25 at 12:30 pm. In 2012 Joy wrote *Cancer with Joy: How to Transform Fear into Happiness and Find the Bright Side Effects*. **Discover the "JOY" of Living** when Milford resident, Joy Huber, was diagnosed with stage 4 cancer in



2010 at only 33 years old, "Joy" was the last thing she felt. Shock, fear, and grieving the loss of health and life as she knew it were all understandable. As she came to accept the aggressive treatment ahead, Joy realized "While no one's happy they have cancer, you can have cancer and still be happy!" Joy embraced a, (mostly), positive attitude while suffering the complete loss of her shoulder-length hair and enduring 3 years of chemotherapy. Now, a stage 4 young adult cancer survivor (who Authored the book "Cancer with Joy," published by Morgan James Publishing of NYC), Seward County Resident Joy Huber prioritizes traveling often, going solo safely and successfully, all while she still has her good health. No matter what obstacle you're facing in life, don't miss this special heartwarming and inspiring program. You'll hear funny stories from Joy's journey and see images from some of her cancer and travel adventures while being reminded how to find "JOY" in living. Through choosing our attitude of how we respond to life's obstacles, we can all find humor and live a fulfilling life!

FRIDAY MOVIES WITH WES

Everyone is welcome to view the 1948 Irving Berlin movie, *Easter Parade* with Judy Garland and Fred Astaire on **Friday, April 4 at 12:30 pm.**

CREATING WITH MIKE

Plan on creating with Mike **at 12:30 pm on Tuesday, April 8** to make something fun and spectacular. Take it home or leave it to be used at The Center. You are welcome to join us for lunch then stay to create. Come early for lunch! Make your lunch reservation by 1 pm Monday, April 7.

DAYLIGHT DONUTS

The Donut Trailer will be at The Center on **Wednesday, April 9 from 7 – 10 am.** Don't forget that The Center will be open at 7:00 am as well; bring your treats in and sit and chat for a bit before heading out into the day! Email DaylightYork@gmail.com to pre-order your favorites!

BAKED POTATO FUNDRAISER!



The **Monthly Baked Potato Bar Fundraiser** is held on the second Wednesday of each month. Join us **Wednesday, April 9 from 11 am - 1 pm.**

You will get a baked potato with all the toppings, salad bar, wide selection of desserts, and beverage. Sign-up sheets to volunteer are available now. **The Center is grateful for the many, many volunteers, helping hands, and support of any kind.**

APRIL BIRTHDAY MEAL

Be sure to join us for the March Birthday Meal on **Wednesday, April 30 at 11:45 am.** Entertainment will be Malachi Miller providing beautiful banjo music at 12:45 pm. Our meal is catered by Pizza Kitchen consisting of broasted chicken, cheesy hashbrowns, carrots, drink, and a cupcake. Cupcakes are supplied by Sweet Canvas Cakes. If you cannot make it for lunch, you are welcome to come only for the entertainment! Everyone is welcome!

****Birthday Meals with Entertainment are now \$10 per person.****

Hasn't the weather been wacky? The potato bake had to be moved twice in February, and we thank Katy Pauly for helping Mavis deliver the flyers.

A BIG Thank you also goes out to those who helped sort and pack items for the Bee Auction; your assistance is greatly appreciated.



Friends of the Senior Center hosted a wonderful fundraiser on Saturday, March 22 with a delicious lunch from Pizza Kitchen, and FANTASTIC entertainment by Anthony Manzella who is a Frank Sinatra tribute artist. All of those who utilize The Center are humbled by the hard work, dedication, and contribution of Friends of the Senior Center; we appreciate the work that went into the fundraiser and the continued support! We'd also like to give a huge shout out to PIZZA KITCHEN for the delicious meal and for ALWAYS having our (and everyone's) back!

Sometimes the lyrics from Chicago's old song, *Does Anybody Really Know What Time It Is?* still make us laugh. Does anybody really know what day it is? Laughter around that, too, here at The Center. Some of us get confused. We appreciate the donation of a large digital clock from Joyce Daake which answers both of those questions. Thanks so much, Joyce, for helping us stay on track!

Thank You...



2025 CLIENT INTAKE/REGISTRATION FORM

February 2025

*Aging Partners will maintain the confidentiality of your information.
Your information will never be sold.*

___ Milford
___ Seward
___ Utica

Aging Partners

Legal Name: First: _____ MI: _____ Last: _____

Likes to go by: _____ Email Address: _____

Marital Status: ☐ Divorced ☐ Married.... Spouse's Full Name: _____
☐ Separated ☐ Single ☐ Widowed ☐ Other

Date of Birth: _____ Gender: ☐ Male ☐ Female ☐ Other
Month/Day/Year

For Office Use
Meal Eligibility _____

Phone: (____) _____ Cell Phone: (____) _____ Residence County: _____

Residence Address: Street: _____ City: _____ Zip: _____

Mailing Address: Street/PO Box: _____ City: _____ Zip: _____

Emergency Contact Name: _____ Relationship: _____

Phone: (____) _____ ☐ Home ☐ Cell ☐ Work

Household Gross or Before-Tax Income: Please check the box that best describes your income range.

- One (1) person household Income Annually: ☐ \$0 - \$15,650 ☐ \$15,651 - \$23,475 ☐ \$23,476 or above
(Monthly: \$0 - \$1,304 \$1,305 - \$1,956 \$1,957 or above)
- Two (2) person household Income Annually: ☐ \$0 - \$21,150 ☐ \$21,151 - \$31,725 ☐ \$31,726 or above
(Monthly: \$0 - \$1,763 \$1,764 - \$2,644 \$2,645 or above)
- Please talk to a staff member if there are three (3) or more people in your household.

Race: (Check all that Apply) ☐ White ☐ Black/African American ☐ American Indian/Native Alaskan
☐ Asian ☐ White-Hispanic ☐ Unknown ☐ Native Hawaiian/Other Pacific Islander

Ethnicity: (Please select only one): ☐ Hispanic or Latino ☐ Not Hispanic or Latino ☐ Unknown

Lives With: (Please select only one):

☐ Alone ☐ With family or friends ☐ Nursing Facility/Institution ☐ Lives with Spouse

Benefits: (Please check all that apply)

☐ Medicare ☐ Medicaid Waiver ☐ Energy Assistance ☐ SNAP/EBT (Food Stamps)
☐ Medicaid ☐ Social Services Grant, (Title XX) ☐ Homestead Tax Assistance

Are you a veteran who served on active duty in the armed forces of the United States? ☐ Yes ☐ No

Do you understand English without help? ☐ Yes ☐ No What is your Primary Language? _____

Are you a caregiver? ☐ Yes ☐ No Care Recipient's Name _____ Relationship _____

I understand that demographic information will only be shared with other government agencies including the Nebraska State Unit on Aging for the purpose of developing required State and Federal reports. I understand that my name will only be shared with the Nebraska State Unit on Aging for the same purpose. I also understand that I may receive information about Aging Partners and the services they offer.

Signature

Today's Date

Aging Partners Client Intake Form

Name: _____ Date of Birth: _____

DETERMINE Nutrition Risk Assessment

Check (X) Yes (True) or No (False) for each statement	Yes/True	No/False
1. I have an illness or condition that made me change the kind and/or amount of food I eat.	2	<input type="checkbox"/>
2. I eat fewer than 2 meals per day.	3	<input type="checkbox"/>
3. I eat few fruits, vegetables or milk products.	2	<input type="checkbox"/>
4. I have 3 or more drinks of beer, liquor or wine almost every day.	2	<input type="checkbox"/>
5. I have tooth or mouth problems that make it hard for me to eat.	2	<input type="checkbox"/>
6. I don't always have enough money to buy food I need.	4	<input type="checkbox"/>
7. I eat alone most of the time.	1	<input type="checkbox"/>
8. I take 3 or more different prescribed or over the counter drugs a day.	1	<input type="checkbox"/>
9. Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2	<input type="checkbox"/>
10. I am not always physically able to shop, cook and/or feed myself.	2	<input type="checkbox"/>
Nutrition Risk Score (For Office Use)	0	

Assessment developed and distributed by the Nutrition Screening Initiative

Activities of Daily Living & Instrumental Activities of Daily Living

Independent – Help or oversight required fewer than 1-2 times in a week.

Supervision – Oversight, encouragement, cueing 3+ times or physical assistance 1-2 times in a week

Limited Assistance – Help in maneuvering limbs 3+ times in a week or more help 1-2 times in a week

Extensive Assistance – Weight-bearing assistance 3+ times in a week, but not at all times

Total Dependence – Complete assistance at all times

ADL) Do you have difficulty with the following? Check (X) **ONE** for each activity.

ADL Activities	Independent	Supervision	Limited Assistance	Extensive Assistance	Total Dependence
1. Bathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. Dressing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. Toileting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. Transferring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

IADL) Do you need assistance with any of the following? Check (X) Yes or No for each activity

IADL Activities	Yes	No
1. Heavy housework/yard work/ snow removal	<input type="checkbox"/>	<input type="checkbox"/>
2. Light housework/laundry	<input type="checkbox"/>	<input type="checkbox"/>
3. Medication management	<input type="checkbox"/>	<input type="checkbox"/>
4. Money management	<input type="checkbox"/>	<input type="checkbox"/>
5. Transportation	<input type="checkbox"/>	<input type="checkbox"/>
6. Preparing Meals	<input type="checkbox"/>	<input type="checkbox"/>
7. Shopping	<input type="checkbox"/>	<input type="checkbox"/>
8. Use of telephone	<input type="checkbox"/>	<input type="checkbox"/>

Thank you !

April 2025 ACTIVITIES & CONGREGATE or TO GO MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk is available upon request.</p> <p>Multi grain roll/bread available each day.</p>	<p>1 Coffee 8 - 11am Filling Eggs for Chamber of Commerce Easter Egg Hunt 9:30 am Tai Chi 10:30 am Pitch 1:00 pm Chicken Cordon Bleu Mashed Potato w/ Gravy Broccoli Fruit</p>	<p>2 Coffee 8 - 11am Yoga 9:00 am Resistance Bands 10:30 am Bingo 12:45 pm Pulled Pork Sandwich Scalloped Potatoes Green Beans Fruit</p>	<p>3 Coffee 8 - 11 am Board Meeting 12:30 pm Pitch 1:00 pm Pitch 7:00 pm Pork Loin Roasted Potatoes Carrots Fruit</p>	<p>4 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Movie with Wes 12:30 pm Easter Parade Chicken Fried Steak Mashed Potatoes w/ Gravy Cali Blend Fruit</p>
<p>7 Coffee 8 - 11am Yoga 9:00 am Wii 9:00 am Baked Chicken Rice Broccoli Fruit</p>	<p>8 Coffee 8 - 11am Tai Chi 10:30 am Crafting w/ Mike 12:30 pm Pitch 1:00 pm Carved Ham Baked Potato Green Beans Fruit</p>	<p>9 Daylight Donuts 7 - 10 am Coffee 7 - 11 am Yoga 9:00 am NO Resistance Bands Baked Potato Bar Fundraiser 11 am - 1 pm Pulled Pork Sandwich Scalloped Potatoes Green Beans Fruit</p>	<p>10 Coffee 8 - 11 am AngelsCare presents: Eating Healthy as We Age 12:30 pm Pitch 1:00 pm BBQ Pork Riblet Sandwich Baked Beans Corn Fruit</p>	<p>11 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Play Games with Rae from Tabitha 12:30 pm Chicken Alfredo Noodles Peas Fruit</p>
<p>14 Coffee 8 - 11am Yoga 9:00 am Wii 9:00 am Pork Loin Roasted Potato Green Beans Fruit</p>	<p>15 Coffee 8 - 11am Tai Chi 10:30 am Pitch 1:00 pm Brisket Sweet Potato Casserole Corn Fruit</p>	<p>16 Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am Nutrition Education: Healthy Food for a Healthy You 12:30 pm Pulled Pork Sandwich Baked Potato Broccoli Fruit</p>	<p>17 Coffee 8 - 11 am Meet the Author Carla Ketner 12:30 pm Pitch 1:00 pm Meatball Sub Rice Cali Blend Fruit</p>	<p>18 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Meat Marinara Noodles Garlic Bread Peas Fruit</p>

April 2025 ACTIVITIES & CONGREGATE or TO GO MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 Coffee 8 - 11 am Yoga 9:00 am Wii 9:00 am Brunch w/ Greene 11:30 am	22 Coffee 8 - 11 am Tai Chi 10:30 am Pitch 1:00 pm Salisbury Steak Mashed Potatoes w/ Gravy Corn Fruit	23 Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am Meatloaf Tator Tots Green Beans Fruit	24 Coffee 8 - 11 am Pitch 1:00 pm B-I-N-G-O with Kinship 12:30 pm Brunch w/Kinship 11:30 am	25 Coffee 8 - 11am Yoga 9:00 am Video Exercise Class 10:30 am Joy Huber - <i>Cancer with Joy</i> - 12:30 pm Lasagna Garlic Bread Carrots Fruit
28 Coffee 8 - 11 am Blood Pressures by HoriSun Hospice 8:30 am Yoga 9:00 am Wii 9:00 am Craft with Carla from Kinship 12:30 pm Sloppy Joes Mashed Potatoes w/ Gravy Peas Fruit	29 Coffee 8 - 11 am Tai Chi 10:30 am Pitch 1:00 pm Meatball Sub Baked Potato Cali Blend Fruit	30 Coffee 8 - 11 am Yoga 9:00 am Resistance Bands 10:30 am Birthday Meal 11:45 am Birthday Meal \$10.00 Roasted Chicken Cheesy Hash Browns Carrots Fruit Malachi Miller Banjo Music 12:45 pm		



Rose Bruha	April 1	Beth Stutzman	April 18
Arla Roth	April 4	Dennis Kremer	April 19
Doretta Schweitzer	April 5	Susan Finkbeiner	April 20
Rosalie Huss	April 6	Edna Riedl	April 20
Cliff Irwin	April 9	Diane Kemper	April 22
Chrissy Matzen	April 9	Prue Coccodrilli	April 23
Deb Welsch	April 9	Connie Hoile	April 24
Jean Greenwade	April 14	Shirley Kness	April 25
Patty Brown	April 15	Pastor Lyn Seiser	April 26
Kathy Stutzman	April 15	Noel Koch	April 30
Shelly Bruha	April 16	Burdette Piening	April 30

EVENING PITCH!

Here's the **DEAL**. We are taking the **LEAD** and not going to **PASS** up the opportunity to have another chance to play some **PITCH!**



The next dates are **SET** for
THURSDAY, April 3,
at 7 pm

Don't be a **JOKER!**

SHUFFLE on in and play a few games!
Now take the **LEAD** and invite your friends
to join you for an evening of fun!

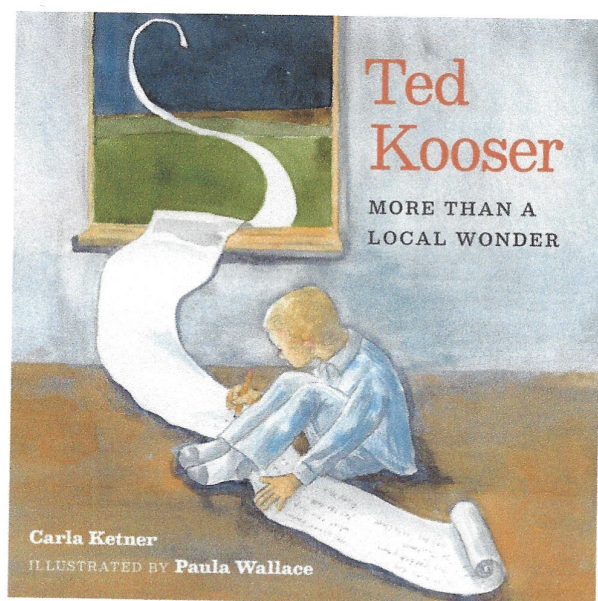
MEET THE AUTHOR!



CARLA KETNER

ABOUT THE AUTHOR

Carla Ketner lives in Seward. She is a former teacher and the owner of Chapters Books & Gifts for 20 years. Her debut publication, ***Ted Kooser: More than a Local Wonder***, was published in November 2023 and won a 2024 Midwest Book Award, Paterson Prize, and Nebraska Book Award.



**MILFORD
SENIOR CENTER**
Thursday, April 17
12:30-1:15 pm
**BOOK TALK AND
SIGNING**

CHECK OUT OUR FACEBOOK PAGE
FOR UPDATES TO MENUS OR
ACTIVITIES
Milford Senior Center

Mystique Lauer, Manager
Senior Center Board Members

Marian Eicher Kelly Haney
Kelli Keib Marianne Pasho
Mary Wiese
City Council Liaison - Tony DeLong

The next Senior Center Board meeting is
Thursday, April 3, at 12:30 pm
at the Senior Center.

2025 INTAKE FORMS

Every couple of years, Aging Partners requests that participants at the Milford Senior Center update their intake form information by filling out a new one. The 2025 version is included in this newsletter. Please fill it out and return to the Senior Center by the end of April. Forms are also available at The Center if you need it.

ACTIVITIES AND MENUS ARE SUBJECT
TO CHANGE

While The Center works hard on providing an accurate calendar with the monthly menu and activities, sometimes there are changes outside of our control. Please keep up-to-date with our Facebook postings, and check your email for notifications of changes.

PLACE ADDRESS
LABEL HERE

POSTAGE

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