



The Senior Star



410 N. Pearl Street

A Monthly publication for the Wayne Senior Center

March , 2021



IT WAS SO COLD: *That roosters were rushing into Kentucky Fried Chicken and begging to use the pressure cooker”*

Spring is around the corner and I am sure we are all looking forward to warmer weather. It’s hard to believe, but it’s been a year on March 17th that our doors have been closed to public gatherings. But we were grateful to be able to continue to provide our wonderful home cooked meals. We pray that soon we will once again be able to be together here at the center with all our friends! **Until then-Be Safe and Happy!**

HISTORY OF SAINT PATRICK’S DAY

In America, St. Patrick’s Day is a day to wear green and have a party. But there is a much deeper meaning to the history of Saint Patrick’s Day.

St. Patrick’s Day is an Irish holiday honoring St. Patrick, the missionary credited with converting the Irish to Christianity in the fifth century. Contrary to popular belief, St. Patrick was not Irish. He was born around 373 AD in either Scotland or Roman Britain and his real name was Maewyn Succat. He took on Patrick after he became a priest. He was kidnapped at age 16 by pirates and sold into slavery in Ireland. During his six-year captivity, he began to have religious visions and found strength in his faith. When he escaped, he went to France where he became a priest and later a bishop.

When he was about 60 years old, Patrick traveled to Ireland to spread Christianity. He used a shamrock to explain the concept of the Trinity. Legend has it that Patrick drove all the snakes out of Ireland and he died in 461 AD.

HAPPY
St. Patrick's
* DAY *

Irish Potato Casserole

- *2 cups peeled and shredded potatoes
- *1/2 cup melted butter
- * 1 tsp. minced onion
- * 1/4 tsp. paprika
- * 1/2 cup shredded sharp cheddar cheese
- * 2 eggs, beaten
- * 1 tsp. salt
- * 1/2 cup milk



Step 1: Preheat oven to 350 degrees. Butter a 1.5 quart baking dish

Step 2: In a medium bowl, combine the potatoes, butter, eggs, onion, salt and paprika. Mix well.

Step 3: Place potato mixture into the prepared baking dish and pour milk over top. Bake for 40 minutes. Sprinkle top with cheese, return to oven and bake until cheese melts and is slightly browned.

St. Patrick’s Day Trivia

Find the answers on the next page

- ◇ What color was originally associated with St. Patrick?
- ◇ What kind of plant is associated with St. Patrick?
- ◇ Which creature did St. Patrick drive out of Ireland?
- ◇ Where was the first St. Patrick’s Day Parade held?
- ◇ When did America begin celebrating St. Patrick’s Day?
- ◇ Which American city holds the largest Parade?
- ◇ In Ireland, what does the color green stand for?
- ◇ What type of creature is a leprechaun?
- ◇ What are shamrocks a symbol of?

True/False

- ◇ In Ireland, St. Patrick’s Day is a religious holiday similar to Christmas and Easter.
- ◇ Saint Patrick was born in Ireland
- ◇ There are 10,000 three-leaf clovers for every 4-leaf clover.

St. Patrick’s Day Traditions

Shamrock– This was a sacred plant in ancient Ireland because it symbolized the rebirth of Spring.

Snakes– It has long been recounted that during his mission in Ireland, St. Patrick once stood on a hilltop, and with only a wooden staff , banished all the snakes from Ireland. In fact, the island was never home to any snakes. The banishing of the snakes was a metaphor for the eradication of pagan ideology from Ireland and the triumph of Christianity.

Corned Beef– Though cabbage has long been an Irish food, corned beef only began to be associated with St. Patrick’s Day at the turn of the century. Poor Irish immigrants substituted corned beef for the traditional dish of Irish bacon to save money.

Leprechaun– Belief in Leprechauns stems from Celtic belief in fairies. These small creatures could use their magical power for good or evil. Leprechauns were known for their trickery, which they often used to protect their much-fabled treasure.





Ways to Feel *Gratitude* Each Day

There are many ways to include gratitude in your daily life. Gratitude starts with noticing the good in life. Feeling grateful is a skill we can develop with practice. The opportunities to find things to be grateful for are endless. Try the following to incite gratefulness into your daily life.

- ◆ **Appreciate Everything**— The habit of being grateful starts with appreciating every good thing in life and recognizing that there is nothing too small for you to be thankful for.
- ◆ **Practice Mindfulness**— Carve out time each day to sit quietly and think of five things for which you are grateful. Doing this every day will rewire your brain to be naturally more grateful, and you'll start feeling happier after each practice.
- ◆ **Focus on Intentions**— When you receive a gift or something good happens to you, consider how someone tried on purpose to bring that goodness into your life.
- ◆ **Keep a gratitude Journal**— Write down what you are grateful for. Keeping a journal of the things you are thankful for can help you remember all the joy life brings.
- ◆ **Create a Gratitude Calendar**— This is a variation of the gratitude journal. Write down 3-5 things you are grateful for each day on your gratitude calendar. Keep this calendar where you can see it frequently so you can look back and see all the goodness in your life.
- ◆ **Use Gratitude Affirmations**— Each day say “I’m grateful for...”. This is a great way to show appreciation for all the little things in your life.
- ◆ **Express Yourself**— Increase your feelings of gratitude by expressing gratitude to the people you care about. Not only does this make their day brighter, but it can do wonders for increasing your levels of gratitude and happiness too.
- ◆ **Mealtime Magic**— During mealtime, invite people around the table to share grateful moments from the day. Notice how the energy resets in the room!
- ◆ **Find Gratitude in your challenges**— Gratitude is not only about being thankful for positive experiences. In fact, sometimes thinking about difficult situations can help you feel more grateful for the good that exists.
- ◆ **Volunteer**— The key to having more gratitude is to give back to others in your local community. Not only will it make you more grateful for the things that you may take for granted, but studies show that volunteering increases our well-being.

grateful



Answers to St. Patrick's Day Trivia

- ◇ Blue
- ◇ Shamrock
- ◇ Snakes
- ◇ Boston
- ◇ 1737
- ◇ New York
- ◇ Hope
- ◇ Fairy
- ◇ The Holy Trinity
- ◇ True
- ◇ False
- ◇ True



Gratitude Kit

- ⇒ Piece of Gum— Reminds you if you stick with it, you can do anything.
- ⇒ Stick of Twizzlers— Reminds you to tie things together.
- ⇒ Peanut Butter Crackers— Reminds you to laugh when things get a little nutty.
- ⇒ Chocolate— Reminds you that you are loved.
- ⇒ Starburst Candy— Reminds you that you are a shining star.
- ⇒ Tootsie Roll— Reminds you not to bite off more than you can chew.
- ⇒ Peppermint— Reminds you of your “commit-mint”.
- ⇒ Smarties— Reminds you that you are smart.

Daylight Saving Time

Don't forget to “Spring Forward” 1 hour on March 14th! Do you know why Daylight Saving Time is used?

Today 40% of countries worldwide use this to make better use of daylight and to conserve energy. In 1914, some areas of Canada began to move their clocks forward one hour for “more daylight”. The idea did not catch on globally until 1916 when Germany used it, 2 years into WW1. The rationale was to minimize the use of artificial lighting to save fuel for the war effort.

Spring forward

Don't forget to set clocks ahead one hour at 2 a.m. Sunday.



**Wayne Senior Center at Wayne, Nebraska --
Monthly Business Meeting
February 10, 2021**

The monthly meeting of the Wayne Senior Center was an in-person meeting with Vice President Carol Dunning calling the meeting to order. (9:00 a.m.) Present: Senior Center Coordinator: Diane Bertrand, Vice President: Carol Dunning, Treasurer: Joan Lage, and Secretary: Verna Mae Baier Absent: President George Burcum and Board Member: Fransisco Morales.

The January minutes were approved as published in the February issue of the Newsletter with a motion by Joan Lage and seconded by Carol Dunning. Motion carried. Treasurer Joan Lage presented the Treasurer's report for 1-10-21 through 2-9-21 with \$0.00 in expenses. This amount of expenses was approved motion by Verna Mae Baier and seconded by Carol Dunning. Motion carried and this financial report was accepted. The Wayne Senior Center continues to receive many financial donations and these are greatly appreciated.

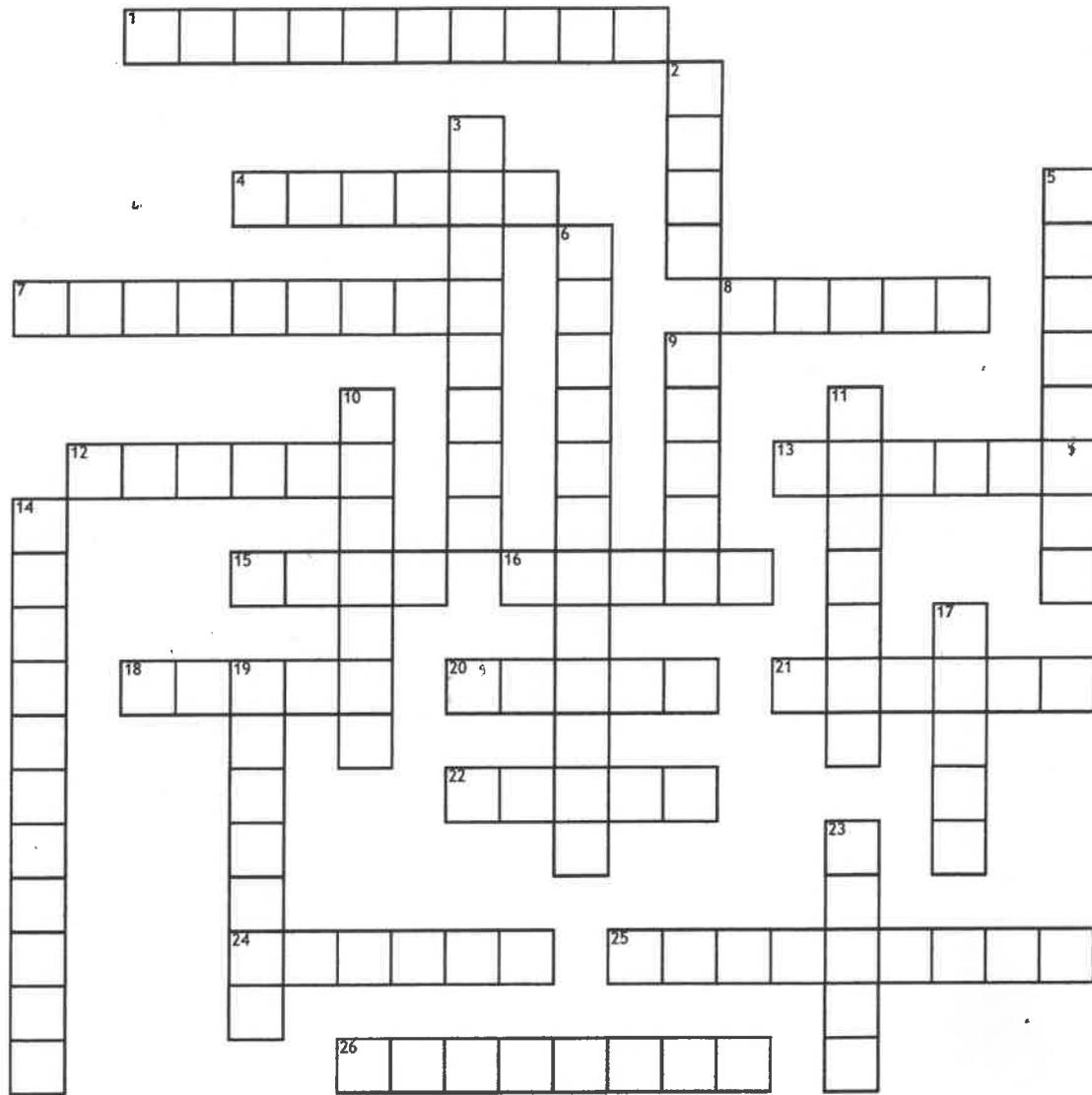
Center Concerns:

1. Coordinator Bertrand presented bids for the Center Sound System. Joan Lage made a motion to co-op with the City of Wayne for the revival of the sound system. Seconded by Verna Mae Baier. Motion carried. More information will be made available at future meetings.
2. COVID Vaccination update was presented. Information was published in the latest newsletter and has been passed on to the Wayne Public Health Department.
3. Coordinator Bertrand presented a Detailed Plan of Operation & Budget 111-B, 111-C and 111-E operations for the new fiscal year to begin July 1. A motion was made by Joan Lage and seconded by Carol Dunning to approve the submission of the Fiscal Year 2022 Detailed Plan of Operation & Budget to the Northeast Nebraska Area Agency on Aging. Motion carried. A motion was made by Carol Dunning and seconded by Joan Lage to approve the 111-B Service Award submitted for 111-B programs awarded by NENAAA for Fiscal Year 2022. Motion carried. A motion was made by Verna Mae Baier and seconded by Joan Lage to approve 111-C(1) and 111-C(2) submitted for 111-C programs awarded by NENAAA for Fiscal Year 2022. Motion carried. A motion was made by Joan Lage and seconded by Carol Dunning to approve the 111-E Service Awards awarded by NENAAA for Fiscal Year 2022. Motion carried.
4. Coordinator Bertrand presented the yearly overview of the Senior Center Constitution. The review was signed by Center Board Members.
5. Coordinator Bertrand presented the yearly overview of Board Member Responsibilities. This review was signed by Center Board Members.
6. Yearly Overview and verification signatures of Senior Center Board Members were completed on: (1) Whistle Blower Policy Acknowledgement (2) Conflict of Interest Policy Acknowledgement (3) Pandemic Influenza / Disaster Plan of Action for Wayne Senior Center Acknowledgement (4) Senior Center Drug Free Work Place Policy Acknowledgement (5) Blood Born Disease (HIV and AIDS) Policy Acknowledgement (6) Personnel Policy Acknowledgement and (7) Wayne Senior Center Background Check Policy Acknowledgement.
7. Coordinator Bertrand participated in a Zoom NENAAA planning meeting. No information was made available on any opening dates.

No additional concerns were voiced. Joan Lage a motion to adjourn the meeting. Seconded by Verna Mae Baier. Motion carried and meeting was adjourned. (10:15 a.m.)

Verna Mae Baier, Secretary

St. Patrick's Day



Across

1. A mischievous elf in Irish Folklore
4. A branch of the Indo-European languages that was spread widely over Europe in the pre-Christian era.
7. To publicly party
8. The Celtic language of Ireland
12. A plant of the genus *Trifolium*
13. March in a procession
15. Something likened to the metal in brightness or preciousness
16. A month of a year
18. Resembling the color of growing grass
20. An occasion on which people can assemble for social interaction and entertainment
21. A staple food of Ireland
22. Occurring by chance
24. A story about mythical or supernatural beings or events
25. An inherited pattern of thought or action

Down

2. Invoke upon
3. A humorous verse form of 5 anapestic lines with a rhyme scheme aabba.
5. A special kind of clover
6. Christian missionary and bishop in Ireland
9. Any art that invokes supernatural powers
10. Achieved independence from the UK in 1921
11. An arc of colored light in the sky caused by refraction of the sun's rays by rain
14. The day of the month of St Patrick's day
17. A small being, human in form, playful and having magical powers
19. Highly valued as a gemstone
23. A form of money

Springtime

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

vibrant umbrella tulips sunshine spring springbreak showers seeds
rainbow rain rabbit puddle picnic peeps pastels new nest may
march lily lilac lamb ladybug kite hunt holiday grass goodies
flowers eggs easter duck daffodil crawfish chocolate chick carrot
candy buzzing butterfly bunny bubble bonnet blossom bloom birds
bees basket april



PHYSICAL THERAPY is so VALUABLE an Insurance Company is Covering the WHOLE COST!

One of the nation's largest insurers, TRICARE, wants their members to get physical therapy for back pain. They think that treating back pain with physical therapy is so important that they're willing to waive the cost to their members. That's a huge deal. When's the last time you remember an insurance company covering the entire cost of anything? Let's dive into back pain treatments and see why TRICARE likes physical therapy so much.

You probably already know that back pain is a common problem. What you might not know is that the medical system isn't very good at treating it. "Non-drug treatments like physical therapy" are the first treatment recommended for back pain. Unfortunately, many providers don't follow this and treatments are often recommended based on opinion rather than research. This means insurance companies and patients often end up spending a lot of money for outcomes that are less than stellar.

Here's how it usually goes: You go see your doctor with back pain. They might give you medication, recommend rest, some stretches, send you for x-rays or an MRI. Next will likely be a referral to a specialist like an orthopedic surgeon. Chances are you won't be having surgery right away, so the specialist will either refer you to physical therapy, or back to your primary care provider where you'll end up with a physical therapy referral. The path will look different for each person, but the end result is usually the same - multiple failed treatments, imaging you probably didn't need and a delay of weeks or months to get to a physical therapist.

Multiple large studies have looked at the effects of early physical therapy on low back pain with impressive results. One of them was done in 2006 in Seattle by Virginia Mason Health Center. They teamed up with Aetna and Starbucks to send workers with back pain to see both a physical therapist and physician for their first treatment. Use of MRI dropped by 1/3, people got better faster, missed less work and were more satisfied with their care. The cost savings was so great, that Virginia Mason was losing money on treating back pain and Aetna ended up paying them more for physical therapy treatments because Aetna was saving so much money.

Intel ran a similar program with their employees, getting people with back pain to a physical therapist within 48 hours. Previously it took about 19 days for people to get to a physical therapist. With the earlier access, patients completed their care in 21 days, compared with 52 days previously and costs dropped between 10 and 30%. Intel also found more satisfaction with care and a faster return to work.

The data is out there that proves physical therapy is the cheapest and most effective treatment for most people's low back pain. It's clear that people with back pain should start treatment with their physical therapist, but most don't. The next time you have back pain, schedule an appointment with a physical therapist as soon as possible for optimal results.

Karen Longe, Doctor of Physical Therapy, is the founder of **KEL Physical Therapy & Wellness** in Wayne, NE. She enjoys helping people get back to activities that they love to do NATURALLY using her manual therapy skills, dry needling, powerful education and instruction in corrective exercises. She is passionate about educating and provides monthly workshops open to all. For more information on her services contact her via phone at 402-999-4564, Karen@KEL-PTwell.com, or visit KEL-PTwell.com or her business Facebook page.

6 Winter Safety and Wellness Tips for Senior Caregivers

With thorough knowledge and planning, you can help your senior client stay ahead of winter's worst. As people age, they become more susceptible to injuries and health conditions that can occur in cold weather. Aides who provide in-home care for the elderly should feel a sense of responsibility to ensure that their clients are cozy and comfortable. You can follow these eight winter wellness tips for seniors to help your companion stay safe, healthy, and happy throughout the winter months.

1. Create a Warm Winter Wardrobe

Over time, a senior's metabolism slows down and they experience poor blood circulation. These biological changes place them at higher risk for winter health issues, such as hypothermia and frostbite. You can prevent these conditions by providing well-insulated clothing for your senior to wear if they are venturing outside. A down jacket, wool socks, thick gloves, scarf, and hat all provide much-needed protection from the frosty temperatures. During extreme cold spells, minimize your senior's time outdoors and watch for signs of overexposure to the cold, such as heavy breathing or coughing.

2. Stock up Before Storms Hit

Heavy snow and ice can cause power outages and make travel to the store dangerous or even impossible. Stockpiling emergency supplies can help you and your senior ride out the storm safely. Bottled water, nonperishable foods, warm clothing, and flashlights are all essential for winter preparedness. If winter weather prevents you from providing in-home care for an elder, contact their neighbor or the police to check on their well-being and ensure they have access to the items they need.

3. Prevent Carbon Monoxide Poisoning

Space heaters, fireplaces, and other heating devices can create dangerously high levels of carbon monoxide, a toxic, odorless gas. Because the elderly are more susceptible to carbon monoxide poisoning, you must make sure the carbon monoxide detectors in your senior's home are functioning properly. The Centers for Disease Control and Prevention (CDC) recommends that you should replace the batteries in detectors every spring and fall and have technicians service your senior's heating appliances once a year.

4. Minimize Chances for Slips and Falls

Falls are the leading cause of injuries for seniors, according to the National Council on Aging. This danger increases during winter, with frozen walkways posing major slip-and-fall hazards. Make sure your senior wears sturdy, high-traction shoes, and fit canes with new tips before heading outside in slippery conditions. Elbow and knee pads can also help minimize the risk of injury to sensitive joints in case a slip or fall occurs.

5. Encourage Regular Exercise

Exercise is vital for both physical and mental well-being. Regular physical activity helps maintain healthy lungs, bones, muscles, and an array of cognitive functions that otherwise tend to decline with age. Whether it is a brief outdoor walk, an indoor workout session, or a group exercise class set to upbeat music, moving around is vital for people of all ages. Because exercise stimulates the production of endorphins that can improve a senior's mood, those who stick to a healthy routine tend to have more energy and feel better during the cold winter months.

6. Keep in Touch

Winter can create feelings of isolation and depression for seniors, especially those who live alone. Visit your senior often and, if possible, arrange visits with their family and friends. If distance and COVID-19 are an issue, organize regular calls, emails, or video chats with loved ones. You can also recruit neighbors to provide a network of care and support.

PLEASE NOTICE

Friday—March 19th

The center **will not** be preparing Meals on Wheels or Drive through Meals

Staff will be available to take your calls on Friday, March 19th between the hours of 7:00 am to 4:00 pm

ALL PATRONS:

You will have the opportunity to receive 2 meals on Thursday—March 18th

If you so choose.

Please notify the center by the **Tuesday** before if you would like an extra meal prepared & delivered on those days!



For much of the Christian church, the final week of the Lenten season is known as Holy Week. This year it falls from March 28-April 3. These days are spent in sacred remembrance of the last week of Jesus' life. It is a time of great solemnity pointing worshippers toward sorrow and repentance as they consider the sufferings of Christ. Holy Week traditions are some of the most ancient in the Christian church and has special days of remembrance including Palm Sunday, Maundy Thursday, Good Friday, and Holy Saturday.

Palm Sunday— the first day of Holy Week, focuses on Jesus' triumphal entry into Jerusalem where crowds of people placed palm branches at His feet.

Maundy Thursday— commemorates the Last Supper, Christ washing the disciples' feet, and His instruction to the disciples to love others as He loved them. Many churches hold services in remembrance of these events.

Good Friday— the day of the crucifixion of Christ. He died, was buried, and rose again on the third day after His death. Solemn Good Friday services are held for people to prepare spiritually for the Easter celebration.

Holy Saturday— is the last day of Holy week and Lent.



If March comes in like a lion, it will go out like a lamb



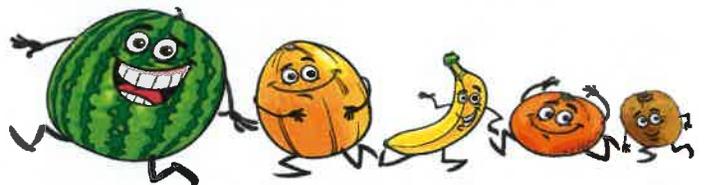
Is there any truth to this saying? Weather folklore sayings are as colorful as our imagination. While many sayings are based on careful observations and turn out to be accurate, others are merely rhymes or beliefs of the people who came before us. Those beliefs often included ideas that there should be a balance in weather and life. So, if a month came in bad (roaring like a lion), it should go out good and calm (docile like a lamb). With March being such a changeable month, in which we can see warm spring-like temperatures or late-season snowstorms, you can understand how this saying might hold true in some instances. However, this saying seems to be simply a rhyme rather than a true weather predictor.



Weird food laws

These food laws have been passed, but many have been repealed, and the rest are not enforced!

- In Iowa, it is illegal to have a rotten egg.
- In California, it is against the law to peel an orange in a hotel room.
- In Lexington, KY, it is illegal to carry an ice cream cone in your pocket.
- In Massachusetts, it is against the law to put tomatoes in clam chowder.
- In Wisconsin, butter substitutes cannot be served at any state institution.
- In North Carolina, it is against the law to take used grease from a restaurant without asking.
- In Oklahoma, it is against the law to take a bite from another person's hamburger.
- In Gainesville, GA, it is against the law to eat fried chicken with a knife and a fork.
- In Idaho, it is a crime to give your significant other a box of candy weighing more than 50 pounds.



Did you know??

The average person spends 38.5 total days brushing their teeth in a lifetime!





OUR GENEROUS DONATIONS

Donna Lundin Alvin Anderson Bev Hansen
Nancy Jo Powers Sandra Henschke Sharon Denker
Darrel & Phyllis Rahn Frank Bird Bev Ruwe
Ron & Sandra Wriedt Wayne Vet's Club
Marcella Larson Ardyce Stanley Janet Bull
Janis Myers Jim & Lynette Joslin Bonnadell Koch
Verna Mae Baier Keith Jech

Memorial Donations

For Diane's Mother: Lois Witte—Jensen and

Misty's Mother: Sally Boyd from Lee Larson

For Lynette Hansen from Julie & Pete Reeg

For Cliff Stalling from Donna Stalling & Family

Thank you Volunteers—We are LUCKY to have you!

The Wayne Public Transit

A COMMUNITY SERVICE FOR ALL

Open for transportation—Monday through Friday
8:00 am to 4:00 pm (Only)

We are an On-demand service with
reservations. Call: 375-1460

Please schedule trips and appointments Accordingly to
hours of operation—\$1.50 Fare for each stop

**COVID PROTOCOLS IN PLACE TO PROTECT
BOTH THE DRIVERS AND PASSENGERS**



WHO'S WHO AT THE WAYNE SENIOR CENTER

Diane Bertrand	Manager
Misty Brasch	Assistant Manager/Head Kitchen
Fran Poehlman	Kitchen Aid
Bea Kinslow	Kitchen Aid
Frank Sheda	Van Driver/Asst.
Halie Chinn	Dispatch/Asst.
Roger Hochstein	Van Driver
Dan Carroll	Van Driver
Denny Spangler	Van Driver
Phil Does	Van Driver
George Burcum	President
Carol Dunning	Vice President
Verna Mae Baier	Secretary
Joan Lage	Treasurer
Francisco Morales	Board Member



Services are provided without regard to race, origin, handicaps, age or sex. The Wayne Senior Center is funded by the City of Wayne, Northeast Nebraska Area Agency on Aging, The Department of Roads, United Way, and your donations.

Are You a Homeowner Age 65 or Older?

The Nebraska homestead exemption provides property tax relief to homeowners age 65 or above if they meet certain guidelines. A homestead is the residence and up to one acre surrounding it. It must be occupied from January 1– August 15 by the owner each year. Homeowner must be 65 by January 1 of the application year.

The tax relief is on a sliding scale based on income. Maximum income for a single person is \$43,800.99, and for a married couple \$52,000.00. All sources of income will be counted.

The percentage of exemption will apply to the taxable value of the home up to \$40,000 or 100% of the average assessed value of a home in the county, whichever is greater. There is a cap on the value of the property at \$95,000 or 200% of the average assessed value whichever is greater.

Applications for the homestead exemption are available through the County Assessor's Office. Applications must be completed and returned to the Assessor's Office by June 30, 2021.

If you need assistance, contact your County Assessor's Office or Legal Aid of Nebraska at 1-800-527-7249 Monday through Thursday from 9:00 am – noon and 1:00 pm– 3:00 pm.

If you are under 65 but suffer from a disability, or are a disabled veteran or widow/widower of a qualified veteran, check with your County Assessor's office for other homestead exemption options.



Senior Center Staff Hours
Available to take your calls

Monday – Friday

7:00 am to 4:00 pm

**For Curb Side Delivery or Meals on Wheels
Delivery—Please call by noon the day before!**

**Suggested Contribution remains:
\$4.95 for 60 & up**

**MARCH HOURS AND SERVICES
WILL REMAIN THE SAME**

**Meals on Wheels delivery leaves the Center
At 11:00 am. For Curb Side pickup meal
Reservations—Drive to the SOUTH Side of the
Building between 11:15—11:30 am**

*If you are unable to be out and about and would
like a meal delivered directly to your home by our*

*Great Volunteers—give us a call
and Visit with Misty or Diane for Details!*



*A special thank you to United Way for
funding the distribution of this newsletter.*