

## JUNE 2016 NEWSLETTER

# GENEVA SENIOR CENTER

1120 F STREET PO BOX 409

GENEVA, NEBRASKA 68361

(402) 759-4921

### JUNE CALENDAR OF EVENTS

—All Events Take Place at the Senior Center Unless Otherwise Noted —

COFFEE AND CONVERSATION	8:30 AM Monday through Friday
NOON MEAL	12:00 PM Monday through Friday
<i>Fit for Life</i> Exercise Class	8:45-9:30 Monday, Wednesday, Friday
"Oregon Trail Experience"	Learn & Lunch, 12:00 PM Wednesday, June 8th
Father's Day Celebration	Friday, June 10th @ Coffee
Choices Program	Learn & Lunch, 12:00 PM Tuesday, June 14th
BIRTHDAY/ANNIVERSARY MEAL	12:00 PM Wednesday, June 15th
BLOOD PRESSURE CLINIC	11:30 AM Wednesday, June 15th
Caring Friends	9:00 AM Thursday, June 23rd
Picnic in the Park Fundraiser	11:30 AM—1:00 PM Friday, June 24th

### PICNIC IN THE PARK FUNDRAISER!

Join us for a meal and entertainment in the park on Friday, June 24th! The lunch menu includes grilled hamburgers and hot dogs with all the "fixings," salads, chips, and desserts! There will also be live music from Jon Scoville and Roger Pittard! Come support the future of the Senior Center and take advantage of the park!

This event will be held at the city park, in the area to the east of the Log Cabin. Lunch will be offered from 11:30-1:00. "To-go" meals will be available. Open to the public. Free will donation.

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genevaseniorcenter@gmail.com

**FUN VOLUNTEER OPPORTUNITY!**

The Senior Center is in need of a Bingo Caller! Bingo is a favorite activity and social opportunity for many of the Center's participants. In the past, Bingo has been played on the 2nd Monday of each month, following lunch. A new Bingo caller can change the date/time to accommodate their schedule. Call or stop in to learn more!

**SENIOR BEHAVIORAL HEALTH OPPORTUNITY**

A therapist with Fillmore County Behavioral Health will be available at the Senior Center twice a month for anyone who wishes to seek their assistance. This service will be available on June 1st from 9:30-10:30 AM, and June 15th from 11:00 AM- 12:00 PM. Please call the Senior Center for more information.

**Choices Program June 14th Noon**

Join us for a live testimonial from a 74-year-old recovering gambling addict and learn about the road to recovery from the Choice's Treatment Center in Lincoln. As always, the public is invited.

**New "Lunch & Learn" Series**

A series of educational and exciting programs by local historian Doug Rung will begin in June at the Senior Center! Below, you will find the series schedule, Be sure to book your spot in advance for these awesome presentations!

\*June 8th "Oregon Trail" \*July 13th "Civil War" \*August 10th "Fairmont Air Base"

**Father's Day Celebration!**

Each and every father is invited to join us on June 10th during morning coffee for a special tribute in honor of Father's Day. There will be treats and a raffle!

**Fillmore County Public**

**Transit**

759-3345

[bsherwin@bvca.net](mailto:bsherwin@bvca.net)

JUNE 2016

2nd Hastings

7th Lincoln

16th Lincoln

21st Grand Island

23rd Lincoln

28th Lincoln

30th York

**Fillmore County Senior Services**

*"It's Our Focus & Your Future"*  
Call 759-4922, with your Aging Concerns.

[bmotis@lincoln.ne.gov](mailto:bmotis@lincoln.ne.gov)

[rstokebrand@lincoln.ne.gov](mailto:rstokebrand@lincoln.ne.gov)


**Kitchen Wish List**

- \*Sandwich-Size Fold Top Baggies
- \*Coffee
- \*Creamer
- \*60 Watt Light Bulbs
- \*Spray Disinfectant

Thank you!!!!

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# JUNE 2016 MENU

All Meals Served at Noon

Please Call 759-4921 by 9:30 AM for Reservations

		1 Salisbury Steak Mashed Potatoes Wheat Bread Green Beans Fruit Ambrosia	2 Pulled Pork Sandwiches  Salad Bar  Pudding	3 Popcorn Shrimp Sweet Potatoes Creamed Peas Bananas
6 Chicken Strips Broccoli Salad Corn Bread Peaches	7 French Dip Sandwich Baby Bakers Honey Baked Carrots Pears  Chocolate Ice Cream Day	8 Pork Chops Rice 7 Layer Salad Biscuits w/Honey Applesauce Oregon Trail Experience w/Doug Rung @ Lunch	9 Baked Potato Bar  Salad Bar  Cookies	10 Salmon Filets Biscuits w/Honey Beets Grapes  Father's Day Celebration @ Coffee
13 Fairbury Hot Dog on a Bun w/Toppings Baked Beans Tater Tots Apricots	14 Chicken Drumsticks Cheesy Potatoes Steamed Broccoli Wheat Bread Peaches  Choices Program @ Lunch	15 Meatloaf Macaroni & Cheese Mixed Vegetables Wheat Bread Pears Brownies w/Ice Cream Birthday/Anniversary Lunch	16 Taco Salad/Nacho Bar  Salad Bar  Ice Cream Drumsticks	17 Baked Tilapia Sweet Potato Fries Peas Bananas Muffins
20 Chicken Salad on a Croissant Carrots Corn Nuggets Grapes	21 Ham Loaf Corn Bread Sweet Potatoes Pineapple  Lemon Pineapple Mousse	22 Chicken Fried Steak Mashed Potatoes & Gravy Green Beans Peaches Dinner Roll	23 Goulash & Bread  Salad Bar  Jell-O Caring Friends Program @ Coffee	24 <i>Picnic in the Park Fundraiser</i>  <i>Home Delivered Meals from Hospital</i>
27 Hamburger on a Bun w/Toppings French Fries Beets Melon	28 Oven Fried Chicken Mashed Potatoes & Gravy Corn & Asparagus Oranges  Poke Cake	29 Pancakes Sausage Links Egg & Cheese Omelets Fresh Fruit	30 Pizza & Breadsticks  Salad Bar  Rice Krispy Bars	

# I Don't Like Vegetables... Now What?

Vegetables are one of those foods people either love or hate. The problem with hating vegetables is that they are arguably the most health-promoting food group on the planet. If you aren't eating vegetables, you aren't getting all their amazing components like fiber, antioxidants, vitamins and minerals that they have to offer!

So what's a veggie-hater to do? People who think they hate vegetables can definitely learn to embrace this colorful food group.

Are veggie haters born, or made? The answer seems to be both. Some of us have negative veggie experiences from our childhood that come back to haunt us as adults, like being forced to eat vegetables to get to dessert. Maybe you were served overcooked, mushy vegetables and now don't like them?

If veggies are only served in ways that don't match your personal flavor preferences, they won't seem exciting or enjoyable. So if you love spicy food, you won't like veggies served plain; or if you love simple, earthy flavors, veggies covered with rich sauce won't appeal.

But there are also physical reasons why some people don't like certain vegetables. A genetic trait has been identified that seems to make some people have extra-sensitive receptors for bitter tastes and may make up to 25% of the population. The vegetables that tend to be the bitter offenders are cruciferous vegetables (which includes broccoli and cauliflower), some of the leafy greens, and eggplant.

Never fear though! There are clever ways to tame the bitter taste in these nutrition-packed vegetables and more ways to trick veggie haters into eating these wonderful foods.

- Add veggies you *almost like* to dishes you already love: Layer zucchini slices, spinach, or cooked carrots into lasagna. Stir broccoli florets into macaroni and cheese. Toss whatever veggies you like (tomatoes, spinach, mushrooms, broccoli, asparagus) into an omelet or quesadilla.
- Steam and blend veggies to add into other dishes: Try steaming cauliflower, carrots, celery together; then blend them into a puree. These vegetable purees can be added to just about anything including meatloaf; give casseroles extra creaminess; and used as a soup thickener.
- Try them in soup: Embellish your favorite soups with added veggies. Some soups already contain vegetables, but

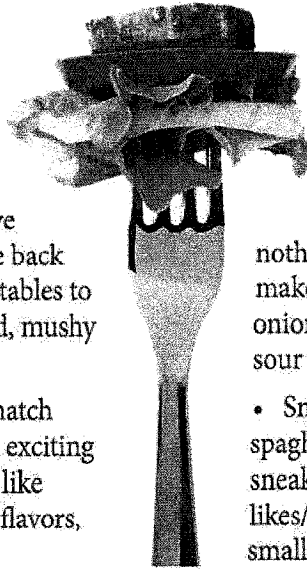
most canned and commercial choices can stand to have their veggie quota bumped up. Just add the raw, canned, or frozen vegetables while you are cooking or heating the soup.

- Serve them raw: Raw veggies can be more appetizing than their cooked counterparts to people who aren't crazy about vegetables. The flavors of raw veggies can be milder than those of cooked ones. And the texture is crispy, rather than mushy which may be more appealing.

- Take those raw vegetables for a dip: There's nothing like a little light ranch dressing or onion dip to make a platter of raw veggies disappear. To make light onion dip, stir onion soup mix into some fat-free or light sour cream or plain Greek yogurt.

- Sneak them into spaghetti and pizza: Most people like spaghetti and pizza, which make them a good place to sneak in some vegetables. Chop any veggies your family likes/tolerates and add them to the spaghetti sauce. The smaller you chop them, the less likely anyone will notice that they're there.

- Drink your vegetables: There are several good vegetable juices on the market (V-8 or carrot juice), even veggie-fruit juice blends that taste great. Or, create your own veggie blend juice by blending some carrot juice with a fruit juice (like mango, tangerine, or orange juice).
- Grill: After you take your meat off the grill, throw on some veggie kebabs. Before grilling, just brush veggies lightly with canola or olive oil, light Italian dressing, or the same marinade you're using for your meat (make sure to use marinade that hasn't touched the raw meat). Large pieces can go straight onto the grill, string smaller pieces onto a skewer for a veggie kabob.
- Cheese it up: When all else fails, you can always sprinkle a little grated, reduced-fat cheese over the top. Parmesan is delicious over green beans. If cheese sauce is more your style, drizzle it over vegetables like broccoli or cauliflower and suddenly, it's a whole different ball game. Here's a recipe for Lower Fat 3-Cheese Sauce.



A Pioneering Area Agency on Aging



# County Wide Corner

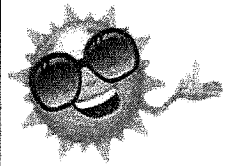
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Check us out on-line...fillmorecounty.org>>Senior Services tab

Like us on Facebook-Fillmore County Senior Services



## FINAL CALL

June is the last month you have to file a Homestead Exemption. This program provides tax relief to homeowners age 65 or older who meet income guidelines or are substantially disabled. Each year you have through the end of June to get your application submitted. Late applications will result in a lost exemption for that year. Please feel free to contact Brenda Motis or Rhonda Stokebrand if you would like more information about this service.

Just a reminder that Fillmore County Senior Services is always appreciative of any used Durable Medical Equipment that anyone may want to donate. All we ask is that it is clean and in good, durable condition. We have a supply of equipment that gets loaned out on a continual basis from requests all across the county. If you or anyone you know has any canes, walkers, toilet seat risers, shower chairs etc., we would be happy to take them off your hands. Thank you for keeping us in mind.



Farmer's Market Coupons will again be available in the month of June for those who are interested. This program is

available for people who are at least 60 years of age **AND** who meet the income guidelines set by the program. These coupons may be used at any Farmers' Market or roadside stand who is a "certified vendor." I am starting a list for those interested, and because the coupons are limited, you must notify me if you want to be on the list. Please contact Brenda Motis with Fillmore County Senior Services if you are interested in utilizing Farmer's Market coupons for the 2016 season, if you have questions about what this program is about or to see you are eligible. My contact number is 402-759-4922 or email at [bmotis@lincoln.ne.gov](mailto:bmotis@lincoln.ne.gov).

Taking you back in time.....

Does anyone remember **Sunbrite Cleanser**? Before niche soaps and detergents dominated entire supermarket aisles, Sunbrite worked its magic on all types of surfaces. What about **DUZ soap**? "DUZ does everything." This laundry soap came about when the military requested a cleanser that could hold up to seawater. DUZ was known for the glassware and china included as a bonus in each box. (Bring back any memories??) What about **Old Dutch Cleanser**? After this was launched in 1905, Old Dutch became one of the most trusted and recognizable brands of the 20th century.

Fillmore County Senior Services has a Aging Commission Board that serves as a sounding board for the agency and helps with program ideas and suggestions. One of our current and dedicated members would like to step down from serving on this board. Anyone who may be interested in serving on this commission, please talk to Brenda Motis. We only meet 6 times a year, every other month.

**Happy Father's Day on June 19th!!!**

**Wishing all the father's, grandfathers and uncles a great day!!!!**

GENEVA SENIOR CENTER

PO BOX 409

GENEVA NE 68361

# CELEBRATE!

## BIRTHDAYS!

1st	Lorelei Edwards	16th	Lorene South
10th	June Rozanek	22nd	Darrel Hughes
12th	Betty Betka	25th	Peg Whitley
14th	Dorothy Petersen	25th	Hugh Wilkins
18th	Doug Rung	27th	Ione Schelbitzki

## ANNIVERSARIES!

2nd	John & Charlene Browsers
4th	Harlan & Alice Fangmeyer
25th	Doug & Billie Rung
28th	John & Kathy Freeman