

SEWARD COUNTY AGING SERVICES
105 B STREET
MILFORD, NE 68405
402-761-3593
WWW.COUNTYOFSEWARDNE.COM / AGINGSERVICES

Seward County Aging Services is dedicated to helping individuals age 60 and older live independently and remain an active and vital part of their community.

MAY 2020

CANCELLED:

POP-UP CENTER IS CANCELLED

UNTIL FURTHER NOTICE DUE TO COVID 19

STAY WELL!



If you are located near Seward or Milford and are in need of a good lunch, please do not hesitate to call one of the senior centers. They are providing lunches Monday–Friday. Seward 402-643-4466 and Milford 402-761-3367



The Terri Lynn Nuts and Apricots fundraiser for Aging Services are \$10. We have cashews and mix nuts left. You can call Kathy at 402-761-3593 to place an order.

Food Bank of Lincoln will be at St. John Lutheran Church in Seward on May 26th. The organization is giving out pre-packaged food set up as drive-thru.



HOW TO SANITIZE YOUR GLASSES

1. First, run your glasses under warm water covering the entire frame and lenses.
2. Use antibacterial dish soap on your fingers to wipe down all surfaces of your glasses along with the lenses.
3. Rinse your glasses under warm water and dry with a lens cloth. It's important not to use your shirt or a paper towel as they can scratch the surface of your lenses or wipe away any coatings you might have.

When you aren't actively wearing your glasses, place them in their case. This will help keep them from coming into contact with other contaminated surfaces or your hands.

SPRING MONTH

May is commonly associated as a month of spring in the Northern Hemisphere and autumn (fall) in the Southern hemisphere. It is said that this is the month when plants really start to grow.

May's birth flower is the Lily of the Valley and the *Crataegus monogyna*.

The birthstone for May is the emerald which represents love or success.



EXERCISING WITH ARTHRITIS

For people with arthritis, exercise can reduce joint pain and stiffness. It can also help with losing weight, which reduces stress on the joints.

Flexibility exercises such as upper- and lower-body stretching and tai chi can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities.

Strengthening exercises, such as [overhead arm raises](#), will help you maintain or add to your muscle strength to support and protect your joints.

Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Try activities that don't require a lot of weight on your joints, such as swimming and [biking](#).

If you have arthritis, you may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, for example, you may need to focus on another area for a day or two.



May is Older American's Month, the theme is Make Your Mark.

The theme encourages and celebrates countless contributions that older adults make to their communities. Their time, experience and talents benefit family, peers and neighbors every day.

The theme highlights the difference everyone can make-in the lives of older adults, in support of caregivers and to strengthen communities. With our senior centers being closed and everyone following the physical guidelines of staying home, a friendly call to an older adult ,family member, or a neighbor just to visit with them makes a huge difference in their day. You can Make Your Mark in the day for them and yourself.

The Attorney General has issued to warning regarding **COVID-19 Scams**: To avoid falling victim to a scam, keep in mind the following tips:

Disregard solicitations offering “miracle” drugs or remedies to cure or prevent coronavirus(COVID-19). There are no current vaccines, pills, or other prescriptions or over the counter products available to treat or cure coronavirus according to the FDA. Ignore calls or texts requesting your personal information. Our office has received reports of Nebraskans receiving calls and texts asking for personal information under the guises it is needed to “release funds” or “verify a relief check” from the government. Don't let scammers prey on your generosity, many sham charities use names that appear similar to legitimate organizations.

If you have received your **Census 2020**,take time to fill it out and mail it back. It only takes a few minutes to complete for federal funding that goes to hospitals, schools, roads and fire departments, other resources in our communities. If you need any help completing it, call me at 402-761-3593 .

Thought for the Month: Think of all the Beauty still left around you and be happy-Anne Frank

Check out and like Seward County Aging Services Facebook for information on upcoming services and programs in the county.

<https://www.facebook.com/SewardCountyAgingServices/>

