



Seward County Aging Services

320 S. 14th , Seward, NE 402-646-7110.

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



DECEMBER 2023

As the frost-kissed December winds usher in the joyous holiday season, we extend warm wishes to our cherished community. In this December edition, we celebrate the spirit of togetherness and resilience that defines our generation. As we gather around the hearth of memories, let's reflect on the precious moments that have shaped our lives and share the wisdom that only time can bestow. Embrace the festive cheer with stories of yesteryear, cozy winter recipes, and tips for staying active and connected during the winter months. May this December be filled with the magic of nostalgia, the warmth of friendship, and the joy of creating new memories. Wishing you a season brimming with love, laughter, and the timeless beauty that comes with age.

Tips to stay active:

- ⇒ **Indoor Exercise Routine:** Design a simple indoor exercise routine that includes stretching, chair exercises, and light strength training. There are many online resources and videos tailored specifically for seniors.
- ⇒ **Walking Groups:** Join or form a local walking group with fellow seniors. Choose well-lit indoor spaces for winter walks, promoting both physical activity and social interaction.
- ⇒ **Senior Fitness Classes:** Explore fitness classes at local community centers or gyms. Classes like yoga, tai chi, or water aerobics offer low-impact options suitable for seniors.
- ⇒ **Virtual Workouts:** Take advantage of virtual workout classes or follow exercise videos from the comfort of your home. This allows you to stay active regardless of the weather.
- ⇒ **Technology Workshops:** Attend workshops on using technology to connect with friends and family. Learn to use video calls, social media, and messaging apps to stay connected, especially if travel is challenging.
- ⇒ **Senior Center Activities:** Participate in activities offered by local senior centers. From card games to arts and crafts, these centers provide opportunities for socializing and staying mentally active.
- ⇒ **Winter Gardening:** Consider indoor gardening during the winter months. Planting and caring for indoor plants not only keeps you active but also adds a touch of nature to your living space.
- ⇒ **Cooking Classes:** Explore new recipes by attending cooking classes. This not only encourages a healthy diet but also provides a chance to share meals and recipes with friends.
- ⇒ **Book Clubs:** Join a book club or start one with friends. Reading and discussing books together is a great way to stay mentally engaged and connected with others.
- ⇒ **Volunteer Opportunities:** Engage in volunteer work for local charities or community events. This not only keeps you active but also provides a sense of purpose and connection.



Remember, staying active and connected is crucial for overall well-being, especially during the winter months. Choose activities that bring you joy and allow you to connect with others in meaningful ways.

Did you
know

FOOD CONNECTION:

BEAVER CROSSING: a FREE weekly food distribution is available each Tuesday at 4:00 pm at the Hope Church at 816 Dimery Ave, Beaver Crossing, NE This requires inside pick up. leadeship@hopecenterbc.com or 402-532-5195 with questions.

FOOD BANK OF LINCOLN:

BEAVER CROSSING: 2nd Tuesday of the month 10:00-11:00 am at the Hope Center at 816 Dimery St., Beaver Crossing, NE.

SEWARD: 2ND Tuesday of the month 2nd Tuesday of the month 4:30-5:30 at St. John Lutheran Church, 919 N. Columbia., Seward, NE.

FOODNET: Offering free produce, boxed and canned items. No qualifications necessary, just supply your name and number of people it will benefit. Staffed with volunteers and food donations are from local grocery stores, restaurants, and individuals.

SEWARD: Every Thursday, 5:00-6:00 pm drive through at the Seward United Methodist Church parking lot. 1400 No 5th St., Seward, NE

MILFORD: Every Friday 5:30 pm at the We-bermeier Library. 617 2nd St., Milford, NE.

Merry
Christmas



Cozy Cranberry-Orange Baked Oatmeal for Two

Ingredients:

- 1 cup old-fashioned oats
- ¼ cup chopped walnuts or pecans
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- Pinch of salt
- 1 cup milk
- 1 large egg
- 2 Tablespoons melted butter or coconut oil
- 2 Tablespoons pure maple syrup
- 1 teaspoon vanilla extract
- Zest of one orange
- 1/3 cup fresh or frozen cranberries
- Additional maple syrup and sliced oranges for serving (optional)

Instructions

- Preheat oven to 350 degrees. Grease a baking dish suitable for two servings.
- In a medium bowl, mix together the oats, chopped nuts, baking powder, cinnamon and salt.
- In another bowl, whisk together the milk, egg, melted butter or coconut oil, maple syrup, vanilla extract and orange zest.
- Pour the wet ingredients into the dry ingredients and stir until well combined.
- Gently fold in the cranberries, distributing them evenly throughout the mixture.
- Pour the mixture into the prepared baking dish and spread it evenly.
- Bake in the preheated oven for 25-30 minutes or until the edges are golden brown and the center is set.
- Remove it from the oven and let it cool for a few minutes before serving.
- If desired, drizzle with additional maple syrup and garnish with sliced oranges for a burst of citrus flavor.

LAUNDRY LOVE-SEWARD

Need help? Do your laundry for free! Bring your laundry to Econowash at 727 Seward St., Seward, NE. Please enter the south (back) door where volunteers will be waiting to serve you. They will give you money and soap for the machines. They will provide help on a first-come, first-served basis. They have never turned anyone away. There are no income requirements.

1st & 3rd Saturdays of each month 1-4 p.m. (last load in the washers at 3:30). Limit: 3 regular loads of laundry per individual or 6 regular loads per family.

Laundry Love is a nationwide movement whose mission is to help low/no income families across the U.S. with the expense of washing their clothes and bedding. To learn more about this program, go to www.laundrylove.org. In Seward, *Laundry Love* is sponsored by a partnership between St. Andrew's Episcopal Church and the Seward Econowash, and partially underwritten by a generous grant from Thrivent Financial Services.

GRIEF SUPPORT GROUP:

Tabitha hosts a grief support group the 2nd Tuesday of every month from 5 to 6:30 at St. Andrew's Episcopal Church in Seward. To register, call Tabitha at 402-362-7739.

Promedica will hold a grief support group on the 2nd Wednesdays of every month at the Seward Civic Center. 616 Bradford St., Seward, NE. Call 402-858-3700 or email rayl.robbs@promedica.org for information.

ALZHEIMER'S SUPPORT GROUP:

Alzheimer's care givers support group will meet at Kinship Pointe the 3rd Tuesday of every month. Meetings begin at 7 pm. Contact Cass at 402-258-3700.