

Seward County Aging Services

November 2023



Seward County Aging Services is now located in Seward. We are located in the building that houses the Veterans Administration and the Seward County Transit. **Our phone number is 402-646-7110**

The address is:

320 So 14th-Seward, NE 68434



The **Nebraska State Unit on Aging** has partnered with GetSetUp to provide **free** virtual classes for older adults taught by peers—ask questions, make new friends, learn new things and have fun. See attached flyer!

Need a ride? The **Seward County Transit** can help! Just call 402-643-4067 to get on their schedule. **Milford**, did you know that the Transit is in Milford every Thursday at 10. You can catch a ride to Walmart and be home by noon or they will pick up your items from Walmart and deliver to you! \$4.00 will get you a round trip with two stops! Give them a call! To reserve a spot!

The **Medicare open enrollment** period is set each year from Oct. 15 to Dec. 7. During this time, individuals can join, drop or switch to another drug coverage plan. Older adults should review their plan and verify any new or updated medications are covered. It is especially important to check plan options if medications have been changed to ensure the coverage provides the lowest cost.

Veterans!



Come enjoy a Cup of Joe with a G.I. Every Wednesday from 7:30 a.m. to 8:30 a.m. at **Sparetime Lounge and Grill** (sponsors)



Buddy Check



Join with other Veterans and First Responders over a meal to support each other. 7:00 p.m. on the 22nd of each month at **Bottle Rocket**



Brewery (sponsor) Open to ALL Veterans and First Responders!



If you ever are in need of assisted equipment, such as wheelchairs, etc, the VFW has equipment that you can borrow. Just call Alex at public transit 402-643-4067 and he will help make arrangements for you.

**Our office will be closed Friday, Nov 10th For Veterans Day
and Nov 23rd & 24th for the Thanksgiving Holiday**

HAPPY THANKSGIVING



As the vibrant colors of autumn blanket the landscape, we draw near to a cherished tradition that warms our hearts—Thanksgiving. It's a time when generations gather, sharing laughter, stories, and delicious meals. We reflect on the bountiful blessings of the past year, expressing gratitude for the journey we've traversed and the joy we've experienced. The simplicity of this occasion beckons us to embrace the joys of togetherness, reminiscing about days gone by and creating new memories to treasure. Let's come together, appreciating the simple pleasures, for Thanksgiving is a celebration of love, gratitude, and the enduring bonds that enrich our lives.



In this season of life, caregiving takes on a profound and meaningful role for many of us in the 60 and over age group. As we traverse the golden years, we often find ourselves in the dual roles of both caring for our aging parents or spouses while also offering support to our adult children and grandchildren. This delicate balance requires a blend of empathy, patience, and practical assistance. Whether it's aiding with daily tasks, offering emotional comfort, or providing companionship, caregiving allows us to express our love and commitment to our loved ones during a time when they may need it most. It's an opportunity to cherish the connections we've built over a lifetime and create enduring memories that strengthen family bonds.

In our community, caregiving also extends beyond our immediate family to our broader network of friends and neighbors. We understand the importance of lending a helping hand, whether it's a simple gesture like a friendly visit, transportation to medical appointments, or sharing a meal together. This collective caregiving fosters a sense of camaraderie and unity, reinforcing the notion that we're in this journey of aging together. Through our combined efforts, we can make our community a place where compassion and care flourish, enriching the lives of all those involved.