

SEWARD COUNTY AGING SERVICES

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MARCH 2023

March is National Nutrition Month: this started 50 years ago by the Academy of Nutrition and Diabetics. During this month, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is "Fuel for the Future". Food is the fuel that keeps your body running smoothly throughout your life, so give it the nutrients to meet each life stage. Look at how you can plan your meals and snacks around fresh, frozen, canned and dried foods. Practice gratitude for your body by giving it the fuel it needs.

SCAM ALERT: If you receive a call from someone claiming to represent Medicare, they often will know some general information about you, but need more information to complete their fraudulent activities. Other scam calls include offering of back, knee braces, a plastic Medicare card or DNA testing to detect Cancer or Cardiovascular risks. Don't give them any information-HANG UP! Remember it's okay to be rude. Scammers are creative and will stop at nothing to make a quick buck.

Seward County Aging Services will have a booth at the Memorial Health Care Systems Health Fair on Wednesday, April 5th. The theme is "Don't Fool Around with Your Health". The health fair is from 5:30 a.m. to noon.

Memorial Health Care Systems

Community Health Fair "Don't Fool Around With Your Health"

Seward County Ag Pavilion
Wednesday, April 5, 2023
5:30 a.m.-Noon



Utica Senior Center Potato Bake

Sunday, March 12th 11 AM to 1 PM

Free will offering. Potato, Salads, desserts, coffee or tea





Seward County Aging fundraiser has the Terri Lynn nuts for sale at the Milford, Seward and Utica Senior Centers. Nuts are \$12

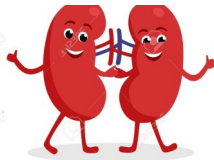
Thought for the month

Always begin the day with a smile and a positive thought!



March is National Kidney Month!

Did you know kidney disease is often referred to as a “silent disease,” because there are usually no symptoms during its early stages? In fact, as many as 90% of Americans who have chronic kidney disease (CKD) don’t know they have the disease until it is very advanced. See attached flyer.



March is Colorectal Cancer Awareness Month!

Colorectal cancer is the second-leading cause of cancer death in men and women combined and 1 in 20 people will be diagnosed in their lifetime. See attached flyer.



We have Covid home test kits available in our office. If you are not in Milford, give us a call at 402-761-3593

Resistance Band Classes:

Tuesdays and Thursdays: Seward Senior Center
9:00 a.m.

Wednesdays: Milford Senior Center
10:00 a.m.

Stepping On Class in Utica

Beginning April 18th, a 7 week class will take place on Tuesdays from 1-3. Barb from Four Corners Health Department will lead the class. There is a \$25 charge. Sign up will take place March 22nd with an infomercial at the Utica Senior Center at 12:15.

