



Saline County Aging News

Volume 1, Issue 12

July 2016

Bring On July!

Happy July and happy soon to be 4th of July! If you get this issue in time, I hope you are able to beat this heat and get out and enjoy your town's festivities for the 4th of July weekend. Speaking of heat it has been a hot one lately in Saline County and surrounding areas. With heat can come some dangers to our bodies. It is crucial to stay hydrated and keep drinking water even when you do not feel thirsty. Staying on top of your water intake could prevent a visit to the hospital later. Because I believe so much in prevention I have included some articles in this month's newsletter on how you can beat the heat.

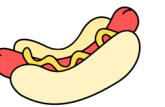
In other news I cannot believe half of the year is almost over! There have been some exciting things happening at Saline County Aging Services and we are planning even more for the next half of the year. With that being said though if you ever want something in your area of Saline County do not hesitate to let us know. We are open to suggestions and ideas on how we can best serve our clients.

I would like to start off this month with a few fun facts about July.

- July starts on the same weekday as April every year.
- On average it is the coldest month in the much of the Southern hemisphere and warmest in the Northern hemisphere.



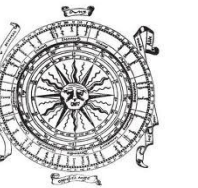
- In America it is Baked Beans Month, Ice Cream Month, Hot Dog Month, and Blueberries Month.



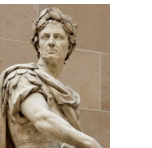
- July is one of the seven months with 31 days in it.



- In the Roman calendar July was originally called Quintilis which means fifth. This was because July was once the fifth month of the year until Julius Caesar added two months to the start of the year.



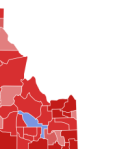
- July is named after Julius Caesar. He not only moved the position of the month but also added an extra day to it.



- The gem for July is the ruby and the flower for July is the Larkspur.



- Idaho became the 43rd state on July 3, 1890.



So there is a little fun information for you to read while you are inside and beating the heat! As always if you have any questions or concerns please do not hesitate to call the office and let us know!

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Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330



Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.



Independence Day

Independence Day has only been a United States federal holiday since 1941, but the tradition goes back to the 18th century and the American Revolution. July 4th of 1776 is when the continental congress approved the Declaration of Independence. This was a revolutionary document that announced the 13 American colonies were free from British rule. The History Channel says that some people think we should celebrate Independence Day on July 2nd instead because this is the day the delegates actually voted on the declaration, they just did not have the written document completed and printed until the 4th.

The History Channel has a few more facts you may not know about Independence Day. The famous liberty bell in Philadelphia was not actually rung on July 4, 1776, but July 8, 1776 to honor the first public reading of the

declaration. There have been no fewer than 3 presidents who have died on this day. John Adams and Thomas Jefferson died a few hours apart on July 4, 1826 and 5 years later James Monroe passed July 4, 1831.

One thing that has not gone out of style when celebrating the Fourth of July is fireworks. There are more than 14,000 firework displays across the nation. The largest one is held in New York City at Macy's 4th of July Spectacular. They use around 75,000lbs of fireworks to put on a show for the 2 million people who come to watch.



Exercise of the Month— Heel-to-Toe Walk

1. Position the heel of one foot in front of the toes of the other foot. Your heel and toes should touch or almost touch.
2. Chose a spot ahead and focus on it as you walk.
3. Take a step and put one heel just in front of your toes of the other foot.
4. Repeat for 10-20 steps.

Make sure you are next to a wall or counter while doing this exercise so you have something to hold onto. If putting your heel in front of your toe is too challenging put your heel of one food by the middle of the other. Take the rest of your steps like this.



This exercise is part of Go4Life from the National Institute on Aging.

This exercise will help improve your balance.



Want Saline County Aging News sent to your door???



Cut this slip out, fill the information in below, and send it to

Saline County Aging Services

Attn: Macey Moore

109 West 3rd Street– Wilber, NE 68465

or bring it into our office.

Name:

Address:

If you would rather have it send via email please provide email address:



Answers to Last Month's Puzzles

Answers to Last Month's Puzzles

CAMPING

SUNGLASSES

SWIM

FLOWERS

7	6	4	3	2	1	9	5	8
9	2	3	8	6	5	7	1	4
1	8	5	9	4	7	6	3	2
5	9	6	2	7	8	1	4	3
3	7	2	1	5	4	8	9	6
8	4	1	6	3	9	2	7	5
6	1	9	5	8	3	4	2	7
4	3	8	7	9	2	5	6	1
2	5	7	4	1	6	3	8	9

Service Spotlight



Saline County Aging Services makes free, short term loans of durable medical equipment to any Saline County Resident, regardless of age!

Our loan program is perfect for individuals :

- Recovering from illness or injury
- Recuperating from surgery
- Attending events, doctor's ap-

- pointments or day trips
- Trying a new device before buying one
- Students with sports injuries or recovering from sprains, strains or breaks



Our Equipment

Walkers	Grab Bars
Wheelchairs	Crutches
Toiler Risers	Canes- Regular and Quad
Shower/ Tub Chairs, Stools and Benches	Portable Commodes



ANNOUNCEMENTS



Saline County Aging Services has an ongoing rain gauge fundraiser. They are a clear green color with our logo placed on the front. The cost is 1 for \$3 or 2 for \$5. You can stop by the office anytime to pick some up. Thank you for the support!



Friend Community Healthcare System will be hosting a Lunch and Learn the first Tuesday of every month. July's Topic is Chronic Obstructive Pulmonary Disease (COPD).

Speaker Heidi Cochran, Registered Respiratory Therapist from Fillmore County Hospital will be speaking along with Don Kuehler, COPD Nebraska State Leader/ Champion and Karolyn Glenn, COPD Champion. The Lunch and Learn is Tuesday, July 5th from 11:45- 1:00. There is a complimentary lunch if you RSVP to 402-947-2541 by July 1st. The speaker for August is yet to be determined, but you can always call the hospital to find out more information and RSVP. Hope to see you there!



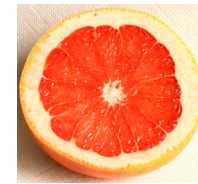
Food for Thought

5 Common Food-Drug Interactions



Grapefruit is not the only food that can cause a food-drug interaction. Steve Plogsted, BS, PharmD, BCNSO, CNSC has an article talking about the 5 most common foods that will interact with medications.

1. Grapefruit Juice



Grapefruit juice increases the absorption of certain drugs. This can happen with some, but not all cholesterol-lowering statins.

That is one reason why MedicinePlus recommends avoiding grapefruit juice if you are taking statins. Grapefruit juice can also interact is by causing the body to metabolize drugs abnormally, which can result in lower or higher than normal blood levels of the drug. If you are taking antihistamines, blood pressure drugs, thyroid replacement drugs, birth control, stomach acid-blocking drugs, and the cough suppressant dextromethorphan it is best to avoid grapefruit because these are affected the most. If you are curious as to why grapefruit juice is concerning and other citrus juices are not it is because grapefruit juice has a class of compounds called furanocoumarins in it that alter medications. Orange juice and other citrus juices do not have these.

2. Green Leafy Vegetables



When a person eats too many green leafy vegetables it can decrease the ability of blood-thinning drugs like Coumadin (warfarin) to prevent clotting. This is because Coumadin can interfere with vitamin K-dependent clotting factors and green leafy vegetables are high in vitamin K. Plogsted

says you do not need to give up greens all together but should not significantly increase or decrease the amount, rather keep it consistent.

3. Natural Black Licorice (Glycyrrhiza)



Glycyrrhiza is the natural ingredient used to make black licorice. This can deplete the body of potassium while causing an increased retention of sodium.

Digoxin (heart failure medication) can be affected by this. Other medication like Coumadin can increase the body's clotting mechanism if glycyrrhiza is consumed. Artificially flavored black licorice does not contain glycyrrhiza and is not a concern, only in the natural form.

4. Salt Substitutes



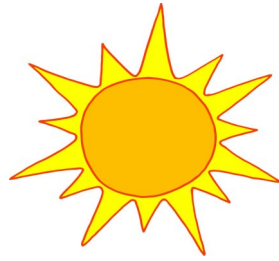
People who take digoxin or ACE inhibitors need to be cautious with salt substitutes. With increased amounts of potassium consumed the effectiveness of these medications can be decreased.

5. Tyramine-Containing Foods



High blood levels of the amino acid tyramine can increase blood pressure. Medications that interfere with the breakdown of tyramine are monoamine oxidase inhibitors, and drugs used to treat symptoms of Parkinson's disease. If you are taking those it is recommended to stay away from foods that are rich in tyramine: chocolate, aged and mature cheeses, smoked and aged/fermented meat, hot dogs, some processed lunch meats, fermented soy products, and draft beers.

Beating Nebraska Heat



We sure have been blessed with some warm weather in June. If this continues into July and August, which I have a good feeling it will, it is important to remember how dangerous heat can be if we are not taking proper care of our bodies. According to Centers for Disease Control and Prevention people aged 65 years or older are less likely to sense and respond to changes in temperature. It is important to keep these things in mind:

- Stay in air- conditioned buildings as much as possible.
- Do not rely on just a fan as a primary cooling device during extreme heat.
- Drink more water than usual. DO NOT

WAIT UNTIL YOU ARE THIRSTY TO DRINK.

- Check on a friend or neighbor and have them do the same for you.
- Try to stay away from using the stove or oven to cook, as this can make your home hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check the news for any local safety updates.
- Seek medical care immediately if you have or know someone who has any heat related illness like muscle cramps, headaches, nausea, or vomiting.

Difference Between Heat Exhaustion & Heat Stroke

There is a difference between heat exhaustion and heat stroke. Knowing the difference can help prevent worsening conditions and getting the help you may need right away.

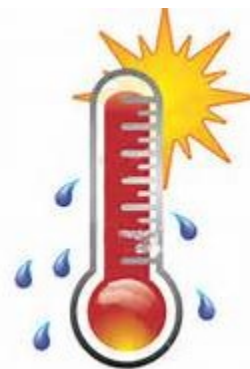
Signs of Heat Exhaustion:

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

In these situations you should move to a cooler location as soon as you can, lie down and loosen your clothing, apply cool, wet cloths to as much of your body as possible, sip water, and if you vomiting continues seek medical attention right away.

Signs of Heat Stroke:

- High body temperature above 103 degrees
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness



In this situation you need to call 911 immediately, because this is a medical emergency. After you call get the person into a cooler place, reduce the body temperature with cool cloths or a cool bath, and do NOT give fluids.

All of these facts and information come from the Centers for Disease Control and Prevention. For more information please contact the website.

What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, JULY 6th
Program- Know Your Flag Menu- Sloppy Joes & Potato Salad Bridge & Dominos
WEDNESDAY, JULY 13th
Program- Fun With Veggies by Macey Moore Menu- Codfish & Baked Potato Cards or Dominos
WEDNESDAY, JULY 20th
Program- Name That Tune by Linda Menu- Meatloaf Bridge & Dominos
WEDNESDAY, JULY 27th
Program- How's Your Sweet Tooth? Menu- Beef Stroganoff Cards or Dominos

Interested in Home Delivered Meals?

For DeWitt, call:402.683.6475

For Wilber, call: 402.821.2331

All others in Saline County call: 402.821.3330

Other Happenings around the County

Community Supper

Join community members of all ages and walks of life at United Methodist Church in Wilber every Monday at 5:30 for a meal and fellowship. No cost, open to everyone regardless of age.

Important Dates to Remember:

Lunch and Learn @ FCHS: July 5th 11:45-1:00

Ice Cream Social @ SCAS: July 22nd 2-3pm

Tai Chi in Wilber: Until August

Wilber Farmer's Market: Running until October



Winner of June's riddle:

Barb Kruger

Barb received a \$5 gift card to Subway! Get your answers in for this month's riddle so you can be the next winner!

The answer to June's riddle was Watermelon

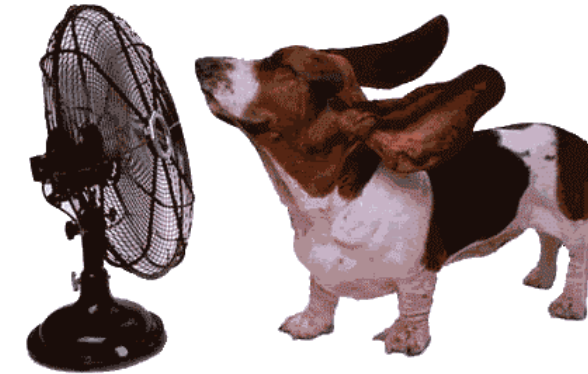


A special wish to all of the July Birthday's out there from Saline County Aging Services!

July 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	Ice Cream Month				1  American Zoo Day	2
3  Eat Beans Day	4 SCAS Closed Independence Day 	5 @ Wilber Tai Chi 2-3:00	6  National Fried Chicken Day	7 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	8 @ Wilber Tai Chi 2-3:00	9  National Sugar Cookie Day
10	11  National Rainier Cherries Day	12 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	13	14 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	15  Shark Awareness Day	16
17  Disneyland's Anniversary	18	19 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	20  National Lollipop Day	21 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	22  Ice Cream Social @ SCAS Back Room 2-3pm	23  Gorgeous Grandma Day
24  Parents Day	25  Ice Cream @ DeWitt Quick Shop 3:30	26 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	27	28 @ DeWitt Tai Chi 9-10:00 Quilting 1-5 @ Wilber Tai Chi 2-3:00	29  National Lasagna Day	30
31						

Need Help Cooling Off This Summer?



Saline County Aging Services is again participating in DHHS's fan program! This program is funded by the Low Income Heating Energy Assistance Program (LIHEAP) and provides free fans to low income families, the elderly, or the disabled.

If you feel you qualify and are in need of a fan, please stop in the office or call 402-821-3330!

Recipe of the Month

Yummy Frozen Fruit Cups

Prep Time	Freezing Time	Total Time
20 minutes	1 hour	1 hour & 20 minutes

Ingredients

- 1 can (8oz) unsweetened crushed pineapple
- 1 can (8oz) apricot or peach halves
- 1 cup sliced fresh strawberries
- 1 medium firm banana, sliced
- 1/4 cup sugar
- 2 tablespoons water

Directions

1. Drain pineapple and apricots/ peaches, saving the juices. Cut the apricot/ peaches into bite-sized pieces; set aside. In a small saucepan combine the sugar, water, and juices; cook and stir over a medium-high heat for 2-3 minutes until the sugar dissolves. Cool for 5 minutes.
2. Stir in the pineapple, apricots/ peaches, strawberries, and bananas. Pour into four 6oz disposable plastic cups. Cover and freeze until solid. Remove from the freezer 40-50 minutes before serving.

Tip

Use your favorite fruits in this dish to help cool off this summer! Enjoy!



Caregiver's Corner

Caregiving as a Business



Have you ever thought about what life would be like if you set up your caregiving responsibilities as a business? An

article I found from agingcare.com talks about the benefits that can result from setting up a business plan.

Caregiving is a job, plain and simple, so why not start treating it like a job as well? Ms. Laverty who is a caregiver advocate and founder of The Care Company and The Cindy Laverty caregiving talk show says, "Running caregiving like a business empowers you and helps you secure a sense of control." If you were going to start a new business there would be a few things you would think through before you dove in. Caregiving should be treated like this as well and certain aspects need to be organized before getting started.

Business Plan

The first step is developing a business plan. This includes a solid care plan to help keep you on task, better manage your time, and to be more productive and efficient in accomplishing your goals. It is important to try to lay out and analyze all components of the caregiving process before you start. This can happen by brainstorming all possible scenarios that could occur. Some of this may include managing your parent's finances, safety-proofing the home, organizing a power of attorney while getting legal documents in place, figuring out who will do the transpor-

tation to appointments, and coordinating medical care.

Hierarchy

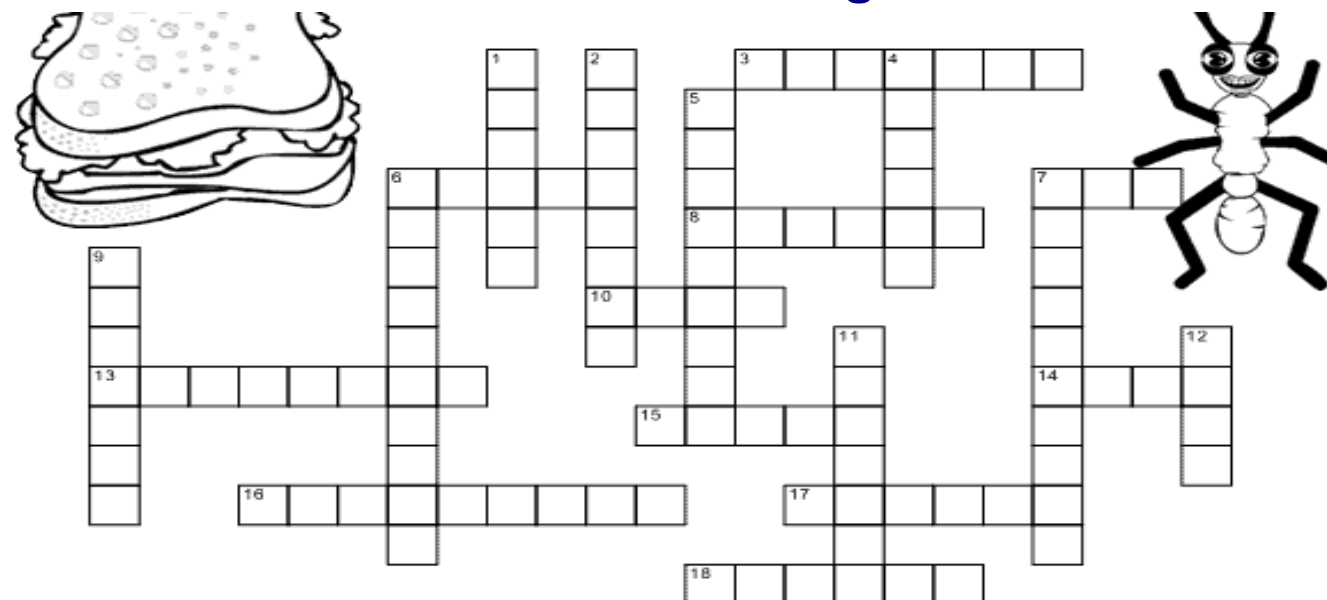
The next step is establishing a hierarchy. In the article the "primary caregiver" is considered the CEO. Even though you are the CEO that does not mean you need to do everything yourself. An effective CEO knows to delegate tasks and find the right resources needed to get the job done. If it is possible divide up tasks whenever you can. Maybe your sister has a better schedule to transport your loved one to appointments and maybe your brother has a strong finance knowledge and can take over making sure all the bills get paid. Whatever you can do will help not let the burden fall directly on you. There is no shame when it comes to asking for extra help when you need it, especially if someone is offering to help you.

Outside Help

If family or friends are not able or not wanting to help it may be time to bring in some outside resources. These outside resources may be someone like a home health care worker or a geriatric care manager. It is important to remember that these options are not free, but could save you quite a bit on your emotional health and well-being, which is worth more than any amount of money.

Setting up caregiving as a business is not going to take away troubles you may face. There will still be those difficult times where everything seems to go wrong. By being organized it can help you find time for yourself, ensure that your loved one is getting the best care possible, and preserve your sanity.

The Fun Pages



ACROSS

- 3. A fun picnic game played with a disc shaped toy.
- 6. Coleslaw is a type of _____.
- 7. A popular round-shaped baked dessert that is cut into wedges to serve.
- 8. One type of container used to carry picnic goodies.
- 10. It's yummy on the cob.
- 13. This comes in black lumps and is sometimes used on a picnic grill.
- 14. This type of weather can often ruin a picnic.
- 15. Tall and leafy, these provide shady places for your picnic blanket.
- 16. A bright evening show that sometimes follows a picnic.
- 17. A square of cloth or paper used to keep things clean when eating your picnic meal.
- 18. Grilled wiener on a bun.

DOWN

- 1. A picnic container that keeps food cold.
- 2. Two pieces of bread stuffed with meat, cheese, or other good stuff.
- 4. Most popular season of the year for picnics in North America.
- 5. A ground beef patty on a bun.
- 6. Eye protection from the sun.
- 7. A fun area for kids inside some parks.
- 9. Red condiment made from tomatoes.
- 11. Yellow sauce sometimes used on hamburgers and hotdogs.
- 12. Tiny picnic invaders.

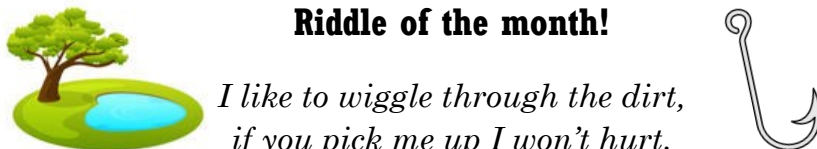
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	2		1	7	8		3
	4		3		2		9
1							6
		8	6		3	5	
3							4
		6	7		9	2	
9							2
	8		9		1		6
	1		4	3	6		5

The Fun Pages

Riddle of the month!



*I like to wiggle through the dirt,
if you pick me up I won't hurt.*

*Sometimes you put me on a hook,
to catch fish at the nearby brook.*

What Am I?

Call in or stop by the office to answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month! **Please include your phone number with your answer!**



- CONGRESS
- CONNECTICUT
- DELAWARE
- ENGLAND
- FIREWORKS
- FLAG
- FREEDOM
- GEORGIA
- JULY
- KING
- LIBERTY
- MARYLAND
- MASSACHUSETTS-BAY
- NEW HAMPSHIRE
- NEW JERSEY
- NEW YORK
- NORTH CAROLINA
- PARADE
- PENNSYLVANIA
- RHODE ISLAND
- SOUTH CAROLINA
- STATES
- TAXES
- UNITED
- VIRGINIA

P N A I N I G R I V D A M W
 W F R E E D O M L A T Y A V
 G G B S W T R I I U H A R X
 N P T E J V B U C O K B Y U
 E A P X E E K I N G F S L I
 W R L A R U T Z O I L T A D
 Y A W T S C L M R J T T N N
 O D Y H E S O E T N O E D A
 R E V N Y D W T H Z W S D L
 K A N I L O R A C H T U O S
 C O N G R E S S A R W H G I
 C S A K L F T M R C G C E E
 E U S D B A P F O S O A O D
 A H O J T S N C L W V S R O
 O A D E H J M D I A K S G H
 N N S I Z U U Z N B G A I R
 Q L R D E L A W A R E M A J
 P E N N S Y L V A N I A N H



Smart Moves Program in Saline County



Do you have prediabetes? 86 million adults have prediabetes. 9 out of 10 people with prediabetes do not even know that they have it. Prediabetes means your blood sugar is high, but not high enough to be considered diabetic. It also means that you are at a high risk of becoming diabetic. 15-30% of people with prediabetes will develop type 2 diabetes within 3 to 5 years. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the

seventh leading cause of death in the United States. **Smart Moves** is a lifestyle change program of the National Diabetes Prevention Program. This program is proven to help people with prediabetes make lasting and healthy changes and cut their risk of type 2 diabetes. Individuals that have a family history of diabetes, are overweight, get little or no exercise or if they are 65 years or older are at a high risk for prediabetes. Could you be at risk? Contact lifestyle coach Kerry Hage-meier at 402-821-7483 (if no answer, leave message), or pick up a brochure at Saline County Aging Services to learn more. If enough interest is expressed a class could be starting in Crete and Wilber.

Mark Your Calendars for Care As We Age

Crete Area Medical Center is teaming up with VetSet, Public Health Solutions, Saline County Aging Services and Tabitha to present a series of community talks – Care As We Age.

July 7th 12-1pm: VetSET Nebraska, Lunch & Learn

August 10th 12-1pm: PHS, Fall Prevention, Lunch & Learn

Each facility is presenting on a different subject in regards to the aging process. The series was put together after Crete Area Medical Center CEO Rebekah Mussman was approached at a Community Breakfast by a concerned Crete citizen who had navigated through the aging process with his mother and was now in the middle of things himself.

September 8th 10-11am: Get to Know Saline County Aging Services and Learn About Scams Targeting Seniors, Refreshments provided

September 15th 12-1pm: Tabitha, Undergoing Hospice Care, Lunch & Learn

All of the presentations will be held at the Crete Area Medical Center conference rooms as either a Lunch and Learn or a mid-morning talk. Reservations are only necessary for the Lunch & Learns. If interested in attending a Lunch & Learn please RSVP to the agency who is hosting the event.

Here is the schedule for the presentations:



Get To Know Saline County Aging Services!

What's your full name?

Except for business that requires my legal name, only my Mother and a few of my very best friends know my full name. Everyone else just knows me by Scott Bartels.



How long have you been with Saline County Aging Services and what is your position?

Ever since I started working full time at Saline County Area Transit, which was fall of 1999. Currently I am a board member.

What's your favorite color?

There are so many to choose from! Today I'll say cobalt blue.



What is your favorite time of the year?

Spring when everything is turning green and the winter cold is losing its grip. And fall when the foliage is such a brilliant array of contrasting colors.



Where do you most want to travel, but have never been?

Well again, I have two answers! I would like to go to South America – like Peru. My nephew has an acreage down there in the tropical jungle and I would LOVE to see it. It is so remote and unspoiled by human development. The second place would be through Canada to Alaska to see the glaciers before they all disappear.



If you won the lottery what is the first thing you would do?

Tithe. Set up a foundation to provide relief funds. There is so much good that could be accomplished if funding were available. I would probably focus on medical needs and the financial stress that illness and disease causes. Next would be providing opportunities for youth.



What is your favorite part of Saline County Aging Services?

Very simply the caring nature and respect that our programs provide for the elderly.



What is something interesting about you?

I am with me every day, so everything about me seems pretty mundane and boring. If you can find anyone that finds me interesting, you better ask them this question. Perhaps you should also intervene and tell them to “get a life!”



What 3 things would you bring with you if you were stranded on a desert island?

Drinking water, food and fire. But if I knew they were coming soon to rescue me, I'd take a hammock, umbrella, and full supply of marguerites!



What is your best/ favorite piece of advice?

I am always fearful of giving advice. I prefer to help people look at the facts and then help guide them to the best decision for the most favorable outcome in their situation. That way they still own the end result. That's kind of how my parents handled me as I was growing up and making mistakes – I had to deal with the situation I created. I feel that I passed that on to my children and they have become very capable, independent individuals.



Note from the Director

As we wrap up our fiscal year, it is a slightly bittersweet time. While we are sad that the food pantry will be closing, we are excitedly looking forward to the year to come. With our space in the back, we can focus on more services and programs to better serve you! We also hope to bring our services on the road to other towns and villages....but that's still in the works!

This last month, we had our first “home” event, celebrating “National Eat all your Veggies day”. Participants enjoyed fresh veggie trays, freshly made dips and vegetable bingo, complete with garden themed prizes, of course!

We sincerely hope that each and every one of you will find an upcoming program or event to enjoy and look forward to seeing you! Friday, July 22nd we will be hosting an ice cream social in the back room. Please come and join us for a cool treat to see and learn more about our plans for the back room.



Ice Cream Social

with

Saline County Aging Services



What: Come and enjoy ice cream and a program with us in the back room. Learn about the plans we have and upcoming events.

When: Friday, July 22nd 2-3pm

Where: Saline County Aging Services
(Back Room)

Why: We are starting to utilize our back room in different ways. Come to hear our plans and share your ideas!

Please RSVP to 402-821-3330 if you plan on coming so we can have enough ice cream!