

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



March is National Nutrition Month and the theme is “Celebrate a World of Flavors”. This month we want to bring attention and public awareness to the importance of making informed choices and developing sound eating and physical habits. You’ve heard the saying “You are what you Eat”, we are a society of rushed meals and fast food choices. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low fat dairy and lean protein foods. Eating right doesn’t have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Aim to eat at least five servings of fruits and vegetables spaced out through the day.

Identity theft comes in all different forms. It can happen at home, online, at the store, while traveling there are few places these criminals can’t reach. Your trash=their treasures. These days most news about identity theft focuses on information stolen online. But don’t forget about the old-fashioned way-criminals going through your trash (or mail) for financial documents, credit card applications, bank statements, medical records, junk mail offers and any other papers that contain personal information. The best defense against this “dumpster diving” is to invest in a shredder. So that way any sensitive documents or junk mail, there is no chance a criminal could piece it back together.

Kathy Ruzicka, Seward County Aging Program Manager

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



**Thought for the Month:**

**Let your joy burst forth like the flowers in the Spring.**



**March 13** is the start of **Daylight Saving Time**, which begins at 2:00 A.M. that day. Don't forget to "spring forward" and set the clocks one hour ahead, or you may find yourself an hour late to everything!



### **FUN FACTS ABOUT MARCH**

Its birth flower is the **daffodil**. Daffodils are some of the first flowers we see in springtime and are a great indicator that winter is over. Because of this, they are seen to represent rebirth and new beginnings.



March's birthstones are aquamarine and bloodstone. These stones symbolize courage.



Tired of those unwanted spam calls?  
The Do Not Call Registry number is  
1-888-382-1222  
Follow their prompts



The **Seward VFW Auxiliary** meets the second Thursday of each month at 7 p.m. at the VFW Club in Seward. The Auxiliary hosts a breakfast the third Sunday of each month from 8:30 to 11 a.m. at the VFW Club.

### **GRIEF SUPPORT**

Tabitha hosts a grief support group the 2nd Tuesday of every month from 5:00-6:30 p.m. at St. Andrew's Episcopal Church in Seward. To register, call Tabitha at 402-362-7739

Join us for our **Resistance Band Exercise** Classes at the Milford Senior Center Wednesdays at 10:00 & Seward Lied Senior Center Thursdays at 9:00



**The local Alzheimer's Care Givers Support group** will meet at Kinship Pointe the 3rd Tuesday of every month. Meetings begin at 7 p.m. If you are interested in attending, contact Rosie Beck by email at [beckrmb@gmail.com](mailto:beckrmb@gmail.com)