



SEPTEMBER 2024 SOMERS POINT NEWSLETTER

Summertime greetings, hope you have driven by to see how the memorial lights are now lighting up our entrance sign.

Doesn't this mixture of weather make you sometimes think about Fall? But the cooler days are so enjoyable to be outside!!!! We also start thinking about the long days of the upcoming seasons. How do you handle them, do we just remain at home alone doing only things for ourselves, or do you keep yourself involved? What we do can do is a two-way street, we can either be alone, or get involved. OR we can even encourage others to get involved with us. But by doing that we have to be careful how our involvement with others can affect those around us. Do we pick who we want to be involved with and ignore the others or are we involved with everyone? Sometimes there is fine line in being involved, it is harder for some than others. One of the things we hope helps here at

Somers Point is the calendar that is included with this newsletter. We encourage you to post it somewhere in your home so you can see what is happening, (that doesn't mean it's always right!!).

Along with that we are always open to suggestions for activities that can involve everyone. So please speak up, speaking up doesn't make you in charge of an event, but we certainly hope you are involved. Life is too short to not be involved, you may be surprised at what you have in common with someone else and what your wisdom can offer. Avoid LONELINESS, get involved.

We thank Betty, Steve, and Margo their friend for the delicious meal they provided in August. We also had guests from the Fire Department, and they shared information on their services with us here at Somers Point, they stated to never hesitate to call for help, they'd prefer to come and not be needed than to not come and it be a serious need. Along with this newsletter is an Emergency

Information Card, they encourage every person to fill out and attach to a site like (the refrigerator) so if they come they can look for any medical information that would help them care for you. So please fill out this card, it could be of great help to you. They also encourage the use of medical alert buttons that can bring you a quick connection for medical assistance. There are many of them available at a minimal cost, far less expensive than a fall could cost you. Check with your insurance plan to see what they offer, or Eastern Nebraska Office on Aging. The following is a list of different services alerts companies you can contact:

- | | |
|---------------------|------------------|
| Mobile Help | Medical Alert |
| One Call Alert | Life Fone |
| Life-Line | Medical Guardian |
| Lively (Jitter Bug) | Life Alert |

Information on these are available on-line, have a family member help you research what is out there, it would give them peace of mind also. You can check at your pharmacy or doctor's office for a recommendation also, if you know someone who has one ask them what they prefer. We want everyone to be as safe as possible.

Our September meal of a chicken casserole, salad, and dessert, will be provided by Vern, Jan, and Leona, on September 12th at 5 p.m. at \$4 per person, a sign-up sheet is at the club house. Eric from American Benefits will be our guest. He will be sharing some of the up-and-coming changes in Medicare for 2025, he will also surprise us with some fun entertainment.

GARAGE SALE September 21st from 8 a.m. to 5 p.m.

You can have a garage full, table full, or share a table with a neighbor, each person is responsible for their own sale. Call Mae at 403-238-6226 or Mildred at 402-620-4762 or sign up at the club house. We will contact you on items to highlight in our newspapers and Facebook ads. Encourage your family members to bring items such as children's items, games, and any "additional treasures".

Some time ago we held a Hobby Day, this provided for our residents to share and show their hobbies, it was a success, and we learned a lot about each other's hobbies. It has been suggested that we have a craft day. We are now working on some

Fall craft ideas on Wednesday mornings during our coffee time. Everyone is invited, we encourage you to share ideas, also craft supplies if you wish to. Show us what you've done or learn something new. We are not professional, so come even if you don't do crafts, but just for the fun and fellowship of time.

NOTE: Eric from American Benefits will also be here again in October to make appointments with anyone who has questions about their insurance supplement. Remember the deadline date comes around fast if you want to make any changes. He will research your needs and help to lead you to a plan that is fitting for you.

Did you know a 2nd person can shoot the moon in a hand of cards to outbid another player who has already shot the moon??? It worked at our Tuesday card playing day, if it doesn't you are really in the HOLE!!!!

This is election year as if we aren't aware of that!!!! It is also the time when our resident officers should be reelected, or new ones elected. We are open for any changes that

you feel would be necessary on our present officers. There is always someone out there that has the ability to hold one of these positions, so if you are one of those or know someone who would agree to hold one of the positions, please submit those names to Rachel. The positions are President, Vice President, and Treasurer.

We send out best wishes and thoughts to those who are dealing with health issues: Betty H., Sandy F., Linda R, and Ruth K. at Nye Point.

Birthdays in September are:

Patty W. -----7th

Donna M.-----9th

Patricia A.-----25th

Pam B.-----25th

Virginia's phone # is 402-459-2099

Always be careful with your words to other people. You never know how many times what you've said to someone will repeat in their heads. BE KIND!

REMINDER: If your mailbox key doesn't work you need to notify the Fremont Housing Agency (not the Post Office).

Management

