

CLUB NEWS

The Golden Glow Senior Citizens' Meeting April 8, was called to order by Duane McEwen, President. The meeting began at 6 p.m. at the Community Building in Norton. Duane gave thanks for the food and we ate a wonderful potluck meal. Following the meal we were again called to order for the business meeting. Darlene Mc led the flag salute and she and Margaret T. led the song "Make New Friends." Duane reported there were 10 members present and 1 visitor, Margaret Seemann.

The Treasurer, Margaret Thomas, gave the report. It was accepted. No Secretary's report was given.

The question was raised about giving a donation to the Post Prom Committee. Dr. Peterson moved we donate \$25.

Carolyn Applegate will be our

delegate to the Silver Haired Legislature. This group has always paid expenses for this meeting and it was approved that we continue this.

Margaret T. asked about a "hands-free" microphone. Duane has one and will bring it.

Melinda, our new Director, announced that 28 or 29 meals were eaten daily at noon. We need someone to deliver meals at noon. This person receives a free meal and \$.30 for delivering the meals.

A Spaghetti dinner is planned for April 20th from 5 to 7 P.M. It is a fundraiser for whatever our center needs. The roof has been patched and recoated with funds from the insurance and other funds that were available.

Tom answered a question about the roof. A different design, instead of trusses, needs to

be resolved. It will cost \$30,000 to \$35,000 and we need to have half on hand before we can apply for a grant. We have about \$12,000 on hand.

Bob Anderson is the new custodian. Melinda is filling in for him as he is completing chemotherapy.

Melinda will send cards to those of our friends. Golden Glow will pay postage.

Duane led the group in "What Do You Know About Kansas History?" We never did get the "hang" of the bubble thing, but we sure learned a lot and laughed a lot! Doc's team won. He shared the prize with his team.

Any Senior Citizen is welcome to attend. The dues are \$2.50 per person for the year. The next meeting is May 6 at 6 p.m.

Family fun, food and fitness...



Eisenhower Elementary 4th graders along with family members enjoyed a great evening Thursday Night celebrating Nutrition and Wellness. The event consisted of four 20-minute stations that the groups rotated through. The four stations were: fitness activities (a partner, a small group, and a game), a homemade healthy snack, speed stacks and hands on CPR. From the left are Brock and Jennifer Miller and then Mindy and Jason Jones along with their daughter Courtland and Emily Miller, daughter of Brock and Jennifer with her back to the camera. The evening was possible because of a mini "Team Nutrition" grant from the Kansas Department of Education's Child Wellness and Nutrition Department, the Norton County Health Department, Norton's Coordinated School Health Committee, and Eisenhower Staff as well as volunteers from our Community.

- Telegram photo by Mike Stephens

NEW ALMELO NEWS

By Betty Otter

Luke Victor James was born on March 21, 2013 at Hays Medical Center. He is the son of Wes and Alice James, Ellis. His grandparents are Tom and Gayle James, Lenora; and George and Vickie Gassmann, great-grandmothers are Maggie Gassmann, Quinter and Betty James, Selden. He has three older sisters, Maggie, Violet and Hannah.

Family spending Easter at the home of Roger and JoAnn Long were Stephanie Kirk, Lafayette, La.; Daniel Schuster, Milford, Ohio; and his classmate from Benedictine College in Atchison. On Monday, JoAnn and Stephanie went to Concordia to visit Sister Francis Margaret Otter, who has been seriously ill since early March. Marion and Marilyn Otter had visited the Wednesday before Easter and again this past week.

Miriam Slipke's family gathered at her home in Hoxie at noon on Holy Saturday. Those attending were Linda Baumberger, Salina and her daugh-

ters, Kendra Baumberger, Salina; Heather and Robbie Russell, Wichita; Raymond and Bonita Slipke and family, New Almelo; William and Michelle Slipke and family, Hoxie; Alan and Phyllis Slipke and girls, Netawaka.

Marcia and Russ Aumiller ate Easter dinner at the home of Jeremy and Missy Rumbach and girls in Lenora. Ron and Paula Rumbach, Oakley, were also dinner guests.

Karl Otter, Great Bend; and Charles Otter, Salina spent Easter with their parents, Alfred and Betty Otter.

Frank and Ceena Owens and family, Hays; and Kirk and Renee Persinger, Norton; were at the home of Gary and Bertise Bruinekool for Easter dinner.

Celebrating Easter with Ray and Ardith Scheetz were Chris and Julie Scheetz, Jared and Stacy Scheetz and family, Sara and Troy Collins and girls, Norton; Harry and Marge Unrein.

On April 2, Sydnie Ann Scheetz was born at the Hays Medical Center. She is the daughter of Jared and Stacy

Scheetz. Grandparents are Ray and Ardith Scheetz and Don Schuckman, LaCrosse. She has an older sister, Hailee and brother, Braydon.

On Saturday, April 6 Ray and Ardith Scheetz attended the wedding of their granddaughter, Rachelle Goldsby and Michael Heatwole from Garden City at the Methodist Church in Hillsboro. The rest of the festivities were held at Newton. Rachelle is the daughter of Alan and Michelle Goldsby, Hillsboro. Hailee Scheetz was a Junior Bridesmaid, Braydon Scheetz and Aisley Collins passed out programs and bubbles. Emma Collins passed out coloring books and crayons at the reception. Other family members attending the wedding were Chris and Julie Scheetz; Kayla Scheetz and Billy Broeckelman; Steve Scheetz, Hays; Jared Scheetz; Sara and Troy Collins, Norton; Stacy Scheetz and baby, Sydnie, were at home with grandpa Schuckman coming to help while everyone was at the wedding.

Senior health insurance training

The Northwest Kansas Area Agency on Aging and the Kansas Department for Aging and Disability Services will sponsor training for the Senior Health Insurance Counseling for Kansas (SHICK) program. The training will be held in Hays on May 2, June 12, and July 10. Attendance at all three days is required to be fully certified. Alternate training dates and locations are available. Mileage

and lodging (if needed) will be paid. Pre-registration by April 24 is required.

SHICK is a free program that uses trained community volunteers to answer people's questions about Medicare and other insurance issues. SHICK counselors provide free, unbiased, and confidential assistance to beneficiaries, their caregivers, and others who have questions about Medicare.

SHICK volunteers receive training on Medicare, Medicare Prescription Drug Insurance, Medicare Supplement Insurance, Long-Term Care Insurance and other health insurance subjects that concern Kansans.

For more information contact Glenna Clingingsmith at the Northwest Kansas Area Agency on Aging at 1-800-432-7422 or (785) 628-8204.

Continued education for nurses

Come and spend a fast-paced, information packed day learning what every health provider in Kansas should know about HIV infection in our state and our world today. The Kansas AIDS Education & Training center will be presenting an interactive program giving you the latest information on HIV infection, including testing, treatment, pathogenesis, new medications, co-infection, and prevention.

The instructors for this class will be two of The Kansas AIDS Education & Training Center

Staff - Susan Tuscher, LMSW and Steve Randall, PA-C.

This eight hour CE class will meet from 9 a.m. - 5 p.m. on Wednesday, May 8, at CCCC - Geary County Campus, 631 Caroline Avenue, Junction City,

KS.

For further information or to pre-register, please call 1.800.729.5101, ext. 370 or 785.243.1435, ext. 370 at Cloud County Community College or email: jball@cloud.edu.

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