Museum News
Shari Buss, Director

The great state of Kansas has completed its first full week of “staying home” as ordered by Governor Kelly. One way to think of this order as a blessing is that the order coincides with the time that many people think of as spring-cleaning time. I have often stated that I do not have time to “deep” clean and I have now discovered that “time” really isn’t my problem…my “want-to” has been the culprit all along. Nevertheless, we forge ahead, plowing new ground as we all try to find creative ways to make the most of this time of staying home.

Museum members, please note that your second quarter newsletter will not be arriving until some time after the “stay home” order has been lifted. We feel it would be futile to produce a newsletter at this time because we are not able to plan definitive dates for classes and events. Once the all-clear has been issued, we will begin rescheduling classes and events with gusto. So, expect your mailboxes to explode with mail from the Hansen Museum at that time.

Fortunately, the judges for our Open Call Barn Quilt Exhibit were able to view the barn quilts before the COVID-19 virus banished us to our homes. Over the next few weeks, I will announce a winner or two in the Museum’s weekly news article. Rickie Crandell’s Kaleidoscope was awarded Best of Show. Congratulations Rickie! Rickie’s barn quilt is a 4’ by 4’ psychedelic delight. Composed by mostly 1.5” by 1” diamonds, this wonder took Rickie approximately 80 hours to create. A lover of rainbows, Rickie

City Office of Lenora

Please ONLY flush toilet paper or flushable wipes. This will prevent any sewer problems in the future.

The City-Wide Clean-Up has been postponed until further notice.
We currently don’t have a future date of when this will happen.
Thank you!

For Sale
Tingley overshoes for sale, Size Large, 17” tall, Button on the top, New, 2 pair, $25.00 each pair, Call 785-567-4538

F.C.E. Bingo
Saturday, May 2nd, 16th, 30th
Senior Center
used the whole array of rainbow colors to create her barn quilt. The focal points are two rings of violet that trick the eye into believing the colors are shifting and blending into each other exactly like what occurs when viewing and turning a real kaleidoscope. It is an absolutely stunning piece of art that must be seen in-person to get the full scope of its mastery. When planning the Open Call Barn Quilt Exhibition, it was decided to determine a Best of Show and four Hansen Museum Award winners through a double-blind judging system. Part two was to allow all in-house Museum viewers to choose the People’s Choice Award. The blind judging has been accomplished and it is our hope to extend the Barn Quilt exhibit long enough to allow the People’s Choice Award to indeed be chosen by in-person viewing. If we are unable to facilitate in-person viewing for choosing the People’s Choice Award, an alternate method will be employed. Until next week, please maintain social distancing and remain healthy. We look forward to opening our doors and seeing our visitors once again – you are all dearly missed!

Ricki Crandell’s **Kaleidoscope** received the Best of Show award in the Dane G. Hansen Museum’s Open Call Barn Quilt Exhibition. Rickie is from Inland, NE.

New Country Corner Hours

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<th>Mon to Fri</th>
<th>Saturday</th>
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**April 2020**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Chicken Fried Chicken</td>
<td>Ham &amp; Beans</td>
<td>Pulled Pork</td>
<td>Little Smokies</td>
<td>Tuna and Noodles</td>
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<td>Mashed Potatoes/Gravy Italian Blend Vegetables Bread</td>
<td>Spinach Salad Combread Plums</td>
<td>Tater Tots or Triangles Green Beans Bun Pineapple</td>
<td>Baked Potato Peas &amp; Carrots Bread Mixed Fruit</td>
<td>Catalina Blend Vegetables Bread Fruit Cobbler or Crisp</td>
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<tr>
<td>Emerald Pears</td>
<td>Tropical Fruit Crackers Brownie</td>
<td>Chicken Dressing Casserole California Blend Vegetables</td>
<td>Baked Fish Creamed Potatoes Peas Bread</td>
<td>Soft Taco Lettuce, Cheese, Tomato Mexican Corn Tortilla</td>
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EXERCISE AT HOME:
14 Easy Exercises to Keep Your Strength & Balance

Falls are one of the leading causes of injury and death for Seniors. However, you don’t have to fall prey to slips and falls. With exercise, you can improve your balance and your strength. Try building in these 14 exercises into your weekly routine so you can stand tall and feel more confident when walking.

Exercise 1: Single Limb Stance
Stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.

Exercise 2: Walking Heel to Toe
Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 10 steps.

Exercise 3: Rock the Boat
Stand with your feet apart, so that the space between them is the same width as your hips. Press both feet and push into the ground firmly. Stand straight with your head level. Transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (no more than 30 seconds). Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start with this exercise five times per side. Work up to more repetitions.

Exercise 4: Clock Reach
You’ll need a chair for this exercise. Hold the chair with your left hand. Lift your right leg and extend your right arm so it’s pointing to the number 12. (Like a clock.) Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time. Repeat this exercise twice per side.

Exercise 5: Back Leg Raises
Stand behind a chair. Slowly lift your right leg straight back – don’t bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg.

Exercise 6: Single Limb Stance with Arm
Stand with your feet together and arms at your side on a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold that position for ten seconds. Repeat the same action on the right side.

Find and contact your local office: angelscarehealth.com
Have I Got The Flu, Allergies or COVID-19?

Check Your Symptoms

**COVID-19**
- Fever
- DRY COUGH
- SHORTNESS OF BREATH
- MUSCLE OR BODY ACHES
- FATIGUE & WEAKNESS
- SYMPTOMS APPEAR 2-14 DAYS AFTER EXPOSURE

**FLU**
- FEVER
- COUGH
- HEADACHE
- MUSCLE OR BODY ACHES
- FATIGUE & WEAKNESS
- SORE THROAT
- CONGESTION

**ALLERGIES**
- SNEEZING
- COUGH
- ITCHY NOSE, EYES OR ROOF OF MOUTH
- RUNNY, STUFFY NOSE
- WATERY, RED OR SWOLLEN EYES

Angels Care Home Health
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