July 2018

SENIOR MOMENTS

To some people, age is just a number. But to others, it’s a gift.

A Little Gray Hair Is A Small Price To Pay For All This Accumulated Wisdom.

“I honestly think it is better to be a failure at something you love than to be a success at something you hate.”
George Burns
**6 Signs of Caregiver Burnout**

1. *I just don’t feel like talking to or seeing anyone today—even my friends and family.* If you discover that you consistently don’t want to interact with people, especially close family and friends, it could be a sign that caring for your elderly loved one is becoming too draining.

2. *I used to really enjoy reading mystery novels, but for some reason, even a thrilling ‘Whodunit’ doesn’t seem to hold my interest anymore.* If your favorite hobbies and pastimes aren’t interesting to you anymore, it may indicate that you need a break from being a caregiver.

3. *Sometimes taking care of mom is too much—I feel like I want to end it all.* Thoughts of suicide or hurting your elderly loved one are dangerous warning signs of extreme burnout and probable depression. You should immediately seek help from a mental health professional if you find yourself having violent thoughts.

4. *I’ve been eating weird lately.* Abnormal eating patterns, whether it’s eating too much or not enough might be an indication of extreme stress.

5. *I’ve been sleeping weird lately.* If you can’t seem to fall asleep at night, or have trouble getting out of bed in the morning, you may be feeling the effects of too much caregiving responsibility.

6. *It’s been several weeks and I can’t seem to shake this cold.* Stress can wreak havoc with your immune system. Illnesses that last longer than they should are a sign of reduced immune system functioning that could be due to your caregiving duties.

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**Pamela Sue Performance!**

Performing live at The Columbus Community Center on Friday, July 6th at 12:45—1:45!

‘Pamela Sue’ Pam Kragt is a multi-talented performer who has lived in the Omaha area for 25 years. She grew up on a northwest Iowa dairy farm – yes, she is the farmer’s daughter. That is where she caught the bug for singing and acting at the age of eight. “Entertainment is just part of me. I love to encourage people to enjoy each chapter in their life. And as we all know, it may be a quick read! We need to cherish each day!”

A former member of the WWII singing group, The Avi8ors, and also the duo “DeJa Blu” singing across the country, Pam now sings country and popular music from the 20’s thru today. “Singing great old favorites make people happy and help us all remember a simpler time in life.” Pam grew up as the farmer’s daughter - a country gal, singing the songs we all love to remember. “Sharing memories and stories through song, doesn’t get any better than that!”

Pam has been married to her high school sweetheart Jon for 30 years and they have two young adult children, Matt and Nikki. In her spare time she enjoys gardening & landscaping, decorating, and visiting family & friends.

Pam is part of Merrymakers—an entertainment group out of Omaha.
Eat some beans today and toot about it, for today is *Eat Beans Day*. Humans have been eating beans since they first began to walk upright on the planet. Beans are grown all over the world. Most people find beans to be very tasty. And that’s a good thing, as beans are very good for you.

Beans are healthy and nutritious. Sure, vegetables in general are healthy for you. Beans are among the healthiest. These legumes are a major source of protein and fiber. They contain many other minerals and vitamins, too. They have no fat, and are very low in cholesterol. Diabetics love the low carbs. About the only downside, is that beans can cause flatulence.

It’s easy to celebrate this very special day, simply eats beans, and lots of them. There are over 40,000 varieties of beans to choose from, and no shortage of recipes. Now, that’s something to toot about!

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<td>4 CLOSED FOR INDEPENDENCE DAY</td>
<td>5 Chicken Fried Steak Mashed Potatoes &amp; Gravy Corn Dinner Roll Peaches</td>
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<td>16 Chicken Strips Mashed Potatoes &amp; Gravy Carrots Dinner Roll Apricots</td>
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<td>18 Meat Loaf Mashed Potatoes &amp; Gravy Corn Dinner Roll Peaches</td>
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<td>24 Sloppy Joe Potato Salad Cucumbers &amp; Onion Salad Tropical Fruit Cookie</td>
<td>25 Swiss Steak Baked Potato Cauliflower Dinner Roll Pears</td>
<td>26 Beef Tips &amp; Gravy Mashed Potatoes Peas Dinner Roll Oranges</td>
<td>27 Steak &amp; Mushrooms Mashed Potatoes &amp; Gravy Carrots Dinner Roll Plums</td>
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**MENU IS SUBJECT TO CHANGE**
# JULY 2018

## Events

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Senior Moments Newsletter | 5
In the early evening of August 21, 2015, the world watched in stunned silence as the media reported a thwarted terrorist attack on Thalys train #9364 bound for Paris—a attempt prevented by three courageous young Americans traveling through Europe. The film follows the course of the friends' lives, from the struggles of childhood through finding their footing in life, to the series of unlikely events leading up to the attack. Throughout the harrowing ordeal, their friendship never wavers, making it their greatest weapon and allowing them to save the lives of the more than 500 passengers on board.

Music is effective in slowing the regression of speech and language skills. Rhythm-based exercises paired with words can enhance speech intelligibility. Because music is processed in both hemispheres of the brain, music may be used as a tool to access language in ways that verbal language cannot. As dementia progresses and the ability to speak is lost, many people are still able to sing favorite songs or hum.

Music can be used to maintain memory organization and attention processing. Long-term memory holds our rehearsed music. It is processed in the emotional part of the brain, the amygdala. This is where you remember music played at your wedding, dating years, and that first kiss. In this way, music acts as a bridge, allowing individuals to tap into stored musical memories that are not damaged by disease.

Dancing, exercising and music movement activities can help the body to coordinate and recover body functions. For instance, using instruments (such as drums) can be a motivating way to improve purposeful hand use and range of motion for the arms.

Come in out of the heat and cool off during a FREE movie!
SHOWING AT THE COLUMBUS COMMUNITY CENTER:
Monday, July 9th at 12:45. Popcorn, soda and drawings provided!
Independence Day—July 4th

The fourth of July is the birthday of our nation. Today, we celebrate and enjoy the freedom that comes with the event that made this day so special.

Thomas Jefferson, is the author of the Declaration of Independence. He led a committee that crafted the declaration between June 11-28, 1776. Jefferson and other representatives from the thirteen colonies, voted and approved it on July 4, 1776. The document declared freedom for the 13 colonies from British rule. It currently resides in the Exhibition Hall of the National Archive in Washington, D.C.

Did you know? The Declaration of Independence was not signed by all representatives until August, 1776. To make it official, John Hancock, President of the Continental Congress signed it. Now, can anyone guess where the saying "put your John Hancock on it" came from?! Today, we enjoy the benefits of the freedom which the framers signed and ultimately fought for. For us, it is a time for baseball, hot dogs and family picnics. Summer is in full swing and life is good.

Fourth of July is not complete without parades and fireworks. Fireworks are enjoyed by almost everyone. You should have your choice of several locations in your area on the Fourth, or even the day before. Many cottage owners on lakes will set out flares along the shore creating a "Ring of Fire". Add to this an abundance of fireworks, and you have quite a display.

NATIONAL FATHER-IN-LAW DAY IS JULY 30TH

Father-In-Law Day honors your loving, funny, and cheerful father-in-law. Okay, so perhaps sometimes he is a little grumpy and intimidating. Regardless of his personality and charms, this day is dedicated to your spouse's Dad. And, he certainly deserves a little recognition.

Good ways to celebrate this day are to send him a card, spend a little time with him, or give him his favorite snack.
Chicken Wings...Come and get ‘em!

International Chicken Wing Day - July 1
National Chicken Wing Day - July 29

Buffalo, NY is the home to the Buffalo Chicken Wing. They were invented at the Anchor Bar and Grill in Buffalo, NY in 1964 by Teressa Bellissimo. She served her creation as a late night snack for her son Dominic and his college friends. It immediately became wildly popular there. The recipe spread, and it rapidly became wildly popular in the United States, and ultimately world-wide.

Chicken Wing Day is a celebration of a very popular snack and appetizer. It's actually more than that, as some people consume chicken wings as the main meat course of their lunch or dinner meal.

The original Buffalo Chicken Wing was made by frying wings and then tossing them in a spicy sauce. Blue Cheese is commonly served on the side, as many people dip the wings into the blue cheese to "cut" the heat of the sauce. Since the creation of the first Buffalo wings, many variations to the recipe have been made. Some wings are baked, and the selection of sauces is limited only by your imagination.

Chicken wings are extremely popular around the world. In the U.S. over 27 billion wings are consumed every year. They are most popular at Superbowl parties. Over 1.25 billion wings consumed during the Superbowl game alone!

We hope that you celebrate both International Chicken Wing Day and National Chicken Wing Day with a big dish of Chicken Wings covered with your favorite sauces.

Chicken Wing Trivia:
* Prior to the invention of Buffalo Chicken Wings, wings were largely used as soup stock.
* The Anchor Bar in Buffalo sells more than 70 thousand pounds of chicken wings per month.
* Wing sauces commonly come mild, medium or hot. Too many people, especially the citizens of Buffalo, NY, think that the hotter the sauce, the better.
* The ideal match-up. Some folks cannot imagine eating pizza without wings.
* The peppers used to make the hot sauce contains the chemical Capsaicin. The more Capsaicin, the hotter the pepper and the hotter the sauce.

Many THANKS to:
Sylvia Christensen
Donna Richards &
Vance & Mona Condon
For donating money to help pay for our cake and ice cream on Celebration Day!
Your generosity is ALWAYS appreciated!!
Fourth of July Food Facts

Hot Dog Hogs
According to TIME Magazine, Americans eat 20 billion hot dogs per year. That averages out to about 70 hot dogs per person, each year. On July 4, Americans consume 155 million hot dogs on that day alone, more than any other day during the year.

Get Grilling
The Hearth, Patio, and Barbecue Association reports that the Fourth of July traditionally tops the list of the most popular grilling holidays, beating out Memorial Day, Labor Day, and Father’s Day. And 87 percent of all American homes have an outdoor grill — that’s a lot of grilling!

Chicken cravings
The week before official Fourth of July activities, 700 million pounds of chicken are bought, according to US Census Bureau. Good thing there are countless ways to prepare the poultry staple.

Star Spangled Drinking Anthem
Legend has it that the tune for the national anthem was in fact a drinking song — the melody that Francis Scott Key put his patriotic lyrics to was actually a famous bar tune praising wine. Bar melodies were recycled over and over for varying celebrations in the 1800s, and Key put his American praise to the tune of an infamous bar jig.

White House Party
According to History.com, Americans have been technically celebrating Independence Day on July 4 since 1777, but an official event at the White House wasn’t held until 1801, when President Thomas Jefferson opened up the White House to the public. Jefferson held a huge party, opening the White House to American citizens and serving “bowls of punch and plates of sweets.” Continuing Jefferson’s tradition to this day, Fourth of July celebrations at his personal residence, Monticello, also are open to the public.

Number One U.S. Beer-Drinking Holiday
According to the Beer Institute and the National Beer Wholesalers Association, the Fourth of July is America’s number one occasion to buy, serve, and drink beer. Nationwide, it beats out Memorial Day, Labor Day, and even Super Bowl Sunday. Be careful when handling sparklers this Fourth of July.

Apple Pie
Apple pie is synonymous with the word “America” as well as “Fourth of July.” Considered a typical American dessert, it is no wonder apple pie places first as the most-craved Independence Day dessert.

1776 Calories
Did the Founding Fathers predict correctly? A study by Thatsfit.com shows that Fourth of July menus can rack up as much as 1,776 calories — which could literally take hours to run off. Eat mindfully this holiday!

Proud to Be an American, Where at Least I Know My Meat
According to statistics from the USDA National Agricultural Statistics Service, there’s a one in six chance that the beef, burgers, hot dogs, and steak grilling on your barbecue came from Texas. The Lone Star State is the leader in the production of cattle and calves, with more than 6.5 billion pounds.

Bean Town
Everybody loves a warm side of beans to accompany hot dogs and other traditional Fourth of July fare. While chowing down on baked beans this Fourth of July, know you nibble on your buttery corn on the cob, look to Florida, California, Georgia, Washington, and New York for growing 66 percent of the fresh market sweet corn produced nationally.
2 cups fresh or frozen whole kernel corn
3/4 cup cucumber, peeled, seeded and diced
1/2 cup diced red onion
3 tomatoes, chopped
6 scallions, chopped into 1/4-inch segments
3 tablespoons sour cream
Salt and pepper
1/4 cup red wine vinegar
1/2 cup salad oil
3 tablespoons chopped fresh cilantro

Directions for Corn Salad: Combine corn, cucumbers, onions, tomatoes, and scallions in salad bowl. In a separate bowl, blend sour cream with salt, pepper, vinegar, oil and chopped cilantro. Add sour cream mixture to corn and toss gently to coat. Chill and serve in large bowl, family style.

Makes 6 servings

Pick up your fresh produce at the local Farmer’s Market!
Lucille Ball

The Importance of Walking and other things

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where the heck he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is so when you die, they will say, 'Well, she looks good doesn't she?'

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years...just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads.

That's my story and I'm sticking to it!

Every time I start thinking too much about how I look, I just find a Happy Hour, and by the time I leave, I look just fine.

11 Things You Didn't Know About Lucille Ball

Take a wild guess how old she was when I Love Lucy first aired. We all know her as America's favorite redhead, but did you know Lucille Ball's hair wasn't really red? Along with that surprising tidbit, here are few more facts you might not know about the Queen of Comedy.

1. At 12, she auditioned for her first role. After being encouraged by her stepfather, Lucille auditioned for a spot in the chorus line of a local stage production. Naturally, she won the role, and that experience led her to seek a career in showbiz.

2. She was the first female to run a major Hollywood studio. Desilu Productions — named for its founders, Lucille and Desi — was formed in 1950. And until its reincorporation into Paramount Television in 1967, it not only produced I Love Lucy, but it also brought Star Trek, Mission: Impossible, and The Untouchables to the small screen.

3. She celebrated her 40th birthday before I Love Lucy began airing. In an industry where women are all too often tossed to the side after 35, Lucy got her biggest break when she was already 40 years old.

4. Desi and Lucy were TV's first interracial couple. Before her show began production, Lucy insisted that her then-husband, Cuban-American actor Desi Arnaz, be cast as her onscreen husband.

5. Her natural hair color was brown. Before she made a big splash in the comedy world, Lucy appeared as a brunette in her earlier headshots. And it wasn't actually all that red on I Love Lucy. Lucy originally dyed her locks for a role in Du Barry Was a Lady, then kept it that way for I Love Lucy. But rather than the vibrant red we all envisioned it to be, her hairstylist Irma Kusely described it as more of a "golden apricot" shade.

6. She was an avid gardener.

7. She nearly drowned during the famous grape-stomping scene. Apparently, the other actress involved didn't speak English and some direction was lost in translation, so one actually held Lucy's head underneath the grape juice.

8. Lucy was the first pregnant actress to play a pregnant woman on television. When Lucy was expecting her second child, son Desi Arnaz, Jr., writers wrote the pregnancy into the show instead of hiding it. Of course, they used the word "expecting" rather than "pregnant" to keep everyone happy.

9. She actually had both of her children later in life. Her first baby, daughter Lucie Désirée Arnaz, was born when she was 40. And her second was born when she was nearly 42. And clearly, she and Desi were so inspired by their own names that they gave them to their children.

10. She kept her trademark hair color for more than four decades. Some prefer to go gray as they get older, but Lucy kept her stunning hue all the way until 1989.
WHY FIREWORKS??  For as long as Americans can remember, the nation has celebrated the Fourth of July by staging grand fireworks shows in public squares and lighting smaller displays at home. Why do we commemorate Independence Day by setting off thousands of small explosions? Because John Adams wanted us to. Before the Declaration of Independence was even signed, he envisioned fireworks as a part of the festivities. In a letter to Abigail Adams on July 3, 1776, he wrote that the occasion should be commemorated “with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more.” The first commemorative Independence Day fireworks were set off on July 4, 1777. The Pennsylvania *Evening Post* wrote that in Philadelphia, “The evening was closed with the ring of bells, and at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated.” The paper noted that “Everything was conducted with the greatest order and decorum, and the face of joy and gladness was universal.” That same year, fireworks also lit up the sky in Boston, where they were exhibited by Col. Thomas Crafts over the common. By 1783 a large variety of fireworks were available to the public. In 1784 one merchant offered a range of pyrotechnics that included “rockets, serpents, wheels, table rockets, cherry trees, fountains, and sun flowers.” While some historians have suggested that India first invented fireworks, modern fireworks seem to have come to the West by way of China. Most early fireworks were simply repurposed military munitions, fired for entertainment rather than to frighten or kill the enemy. In the 12th century, the Chinese improved the burning fire arrow (a long-established weapon) by affixing small packs of gunpowder to it. From there it was not long before they invented rockets, simply stuffing a container with gunpowder and leaving a hole in one end for propulsion. These “ground-rats” or “fire-rats,” as they were called, were wildly unpredictable, however, and while this made them less effective, it did contribute to their entertainment value. These rockets made their palace hall debut when Emperor Li Tsung brought them before the empress Kung Sheng, but when one scurried up to her, she gathered up her skirts and brought the feast to a halt. During the Renaissance, fireworks became popular in Europe and were used in nationalist and imperialist celebrations by figures like Peter the Great and Louis XIV, who were especially big fans of the pyrotechnics.

-Tradition alone, of course, does not explain the popularity of fireworks here and abroad. As with many festive decorations, including streamers, confetti, festival lights, and balloons, people often appreciate them simply for their bright colors. Others may appreciate the technical ingenuity and the choreography that goes into the show. And others just like dramatic loud noises, the sense of destruction, and the thrill of danger. Over time, fireworks shows can bring back memories of other festive occasions and warm summer nights. On the other hand, there are the occasional fireworks haters.
July Facts

The 7th month of the year brings us Independence Day and Canada Day.

In the Georgian calendar, the calendar that most of the world uses, July is the seventh month. However, on the Roman calendar, it was actually the fifth month and was call Quintilis, which meant fifth. Later in 46 B.C., Caesar gave 31 days and the Roman Senators named the month Julius in honor of Caesar. In northern hemisphere, July is usually the hottest month of the year when it is actually a winter time in southern hemisphere. It gets very cold in Antarctica and cold and rainy in South America. Because there isn't much rain in July, the grass loses its greenness. Moreover, the abundance of flowers and insects occur in July.

Below are some fun facts about July:
- The birthstone for July is the Ruby.
- The zodiac signs for July are Cancer (June 21 - July 22) and Leo (July 23 - August 22)
- The birth flower for July is the water lily.
- The month of July was named after Julius Caesar.
- On July 1, 1867, the Dominion of Canada was established due to the British North America Act.
- On July 1, 1898, the San Juan Hill was occupied by the American troops during the Spanish-American War.
- During World War I on July 1, 1916, the Battle of Somme began.
- On July 2, 1881, President James Garfield was killed by Charles Guiteau.
- On July 2, 1890, the Sherman Antitrust Act (an Act to prohibit trusts) was passed by the United States Congress.
- On July 5, 1971, Amendment 26 was proclaimed which set the voting age at 18 in the United States.
- On July 6, 1854, the Republican Party held its first state convention at Jackson, Michigan.
- On July 11, 1804, during a duel between Aaron Burr and Alexander Hamilton, Hamilton was killed.
- The 38th President of the United States, Gerald R. Ford, was born on July 1, 1913.
- On July 16, 1790, District of Columbia was established.
- The first atomic bomb was set off by scientists in Alamogordo, New Mexico on July 16, 1945.
- National Blueberry Month
- National Ice Cream Month
- National Hot Dog Month
- July 1 - Canada Day
- July 4 - Independence Day

FREE MOVIE SHOWING AT THE COLUMBUS COMMUNITY CENTER: Wednesday, July 25th at 12:45

Popcorn, soda and drawings provided!
McKown Funeral Home was established in 1925 and is proud to be family owned and operated. We believe family ownership and management allows us to make a tremendous difference in the sincerity and care we provide to the families we serve:

- Serving all faiths
- Serving the Columbus and Silver Creek areas and surrounding communities
- Pre-arranged trust managed locally
- Ample parking
- Handicap accessible
- Community commitment
- We invite and encourage comparison of funeral costs

FREQUENTLY ASKED QUESTIONS:

I have chosen cremation. Is it possible to have a traditional funeral service with viewing?
Yes, more and more families who have chosen cremation have decided to have a traditional funeral service with cremation following. This eases the expense of purchasing a casket while maintaining traditional visitation and funeral rites at church or other facility. A specially designed casket used for this purpose is rented and used for these rite.

I am a Veteran, are there any Veteran's Benefits available to me?
If you are currently receiving a pension from the VA or are on disability because of a service connected injury, you may be eligible for monetary help with the funeral expenses. All honorably discharged veterans are eligible for military honors with presentation of the Flag, and a government headstone. A veteran may be eligible for other benefits, including benefits during the life of the veteran. Veterans should check on their eligibility by talking with the County Veterans Service Officer. See our link to the Department of Veterans Affairs.

What about Social Security Benefits?
The only social security death benefit that is available is a lump sum death benefit in the amount of $255, payable only to an eligible surviving spouse or to a dependent child. The funeral will notify Social Security following the death. See our link to Social Security Administration for more information on Social Security benefits.

How do I obtain a certified copy of a death certificate?
Certified copies of the death certificate are obtained from the State of Nebraska. The cost for each copy is $11.00. We can assist you in obtaining a copy or you may contact them directly at: Health Records Management, P.O. Box 95065, Lincoln, NE 68509-5065, ph. (402) 471-2871.

What is the average cost of a traditional funeral?
The cost of the funeral is dependent upon the services used and the merchandise selected. There are three places where expenses are incurred:
- Professional Services
- Merchandise selected (casket, vault)
- Cash Advance Items. Cash advance items are items that we pay for on a family's behalf that are not directly our services. These items include clergy honorarium, music honorarium, grave opening, flowers, lunch, and monument work to list the most common. With the many options available to you, it is hard to determine what an "average" funeral cost is. We would be more than happy to sit down with you and discuss the expenses either in person or by phone as the law requires. We invite the comparison of funeral expenses.
Can I Give You A Hug?

ALWAYS the 3rd Monday in July (July 16th this year)

Global Hug Your Kids Day is a day you can get your arms around. The purpose of this day is simple...... give your kids a hug or two, so they know you love them. Use a hug to let them enjoy the comfort, safety, and security that a hug provides. Your kids are precious, and should never be taken for granted. Express your love with hugs.

Hugging is instinctive, and almost universal among mammals. Research has proven that everyone needs a hug. We should hug our kids at least once or twice each and every day. You will find that not only is a hug good for your kids, it's also good for you.

A hug is a way to say everything is, or will be okay. Hugs are good in so many ways. In a simple physical way, it expresses love, comfort, security, caring, sympathy in times of sadness, and so much more. It is a natural stress reliever.

While this may be Hug Your Kids Day, it is certainly fine to hug others in your life today. They will feel better for it, and so will you!

Uncommon Benefits of Hugs

- Strengthen the immune system by creating white blood cells.
- Reduce the risk of suffering from early dementia because it balances the nervous system.
- Reduce blood pressure. It's better than never eating salt.
Columbus Community Center
3111 19th Street
Columbus, NE  68601

Monday—Friday
8:00—4:00

COMMUNITY CENTER STAFF

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Food Service Specialist

Kathy Hash
Food Service Coordinator

Sylvia Frieze
Food Service Coordinator