MAYOR KIM LOHSE

PRESIDENT OF COUNCIL SCOTT JUENEMAN

COUNCIL MEMBERS

COBY SEDLACEK

DON SPENCER

NICK GARBER

CHUCK GARBER



CITY OF HANOVER NEWSLETTER

JANUARY/FEBRUARY 2024 CITY CLERK KATLIN BRUNA 785.337.2261

WATER COMMISSIONER SCOTT WIEDEN 785.337.2591

FIRE CHIEF SHAWN MINGE

## **OFFICE HOURS**

**MONDAY-THURSDAY** 

8:00AM-5:00PM

**FRIDAY** 

8:00AM-12:00PM

OFFICE CLOSURES WILL BE POSTED ON THE OFFICE DOOR &
ON THE NEWSLETTER CALENDAR!





-ROAD CLOSURES, ETC.

# 2024 ATV, UTV, & GOLF CART REGISTRATION is due‼

REGISTER AT: CITY OFFICE 201 S RAILROAD ST.

HOURS: MONDAY-THURSDAY 8:00AM-5:00PM FRIDAY 8:00AM-12:00PM

REGISTRATION FEE: \$20.00/VEHICLE

### MARK YOUR CALENDARS

PET TAGS ARE DUE MAY 1, 2024

#### **PET CLINIC** LOCATION, TIME, & DATE TO BE ANNOUNCED!

PET REGISTRATION COSTS CAT: \$5.00/CAT

MALE/SPAYED FEMALE DOG: \$7.50/DOG

FEMALE DOG: \$7.50/DOG

PROOF OF REGISTRATION IS REQUIRED!

IF NOT REGISTERED BY MAY 1, 2024,





PROOF OF INSURANCE IS REQUIRED BEFORE PERMIT IS GIVEN!



## Thyroid Awareness Month By Aubrie Schaefer, MSN, APRN, FNP-C



The American Thyroid Association recognizes January as Thyroid Awareness Month. Resources are dedicated during this time to bring awareness to the American public about thyroid disorders, including thyroid cancers.

#### What is the thyroid, and what does the thyroid do?

The thyroid is a gland in the neck that generates chemicals that help the body regulate metabolism. It plays a role in every cell of your body.

#### What are the types of thyroid disorders?

- **-Hyper**thyroidism is where the thyroid produces too much chemical.
  - **-Hypo**thyroidism is when the thyroid produces too little chemical.

#### How common are thyroid disorders?

20 million people have some type of thyroid disease. 60% of people that have a thyroid problem don't realize they have a thyroid problem.

#### How common is thyroid cancer?

44,000 people in the U.S. were diagnosed with thyroid cancer in 2022.

#### What are symptoms of thyroid disorders?

Some people will develop depression, weight gain, weight loss, temperature intolerance, fatigue, vision changes, memory issues, trouble sleeping, to name a few...

#### What if my thyroid disease is left untreated?

Cardiovascular conditions can develop as well as osteoporosis and worsening of other current diseases.

#### How can I be screened?

Talk to your provider about symptoms you may be experiencing as well as any family history of thyroid problems you might have. A physical exam and blood test would be a great way to start the screening process.

## HANOVER HEADLINES

OFFICIAL NEWS •

FEBRUARY 2024

HANOVER ISB



We love puppies! Thank you to Kelly Minge for sharing your puppies with us! Did you know that being around animals can reduce anxiety, tension and stress hormones? It can even reduce our heart rate and blood pressure! They can reduce feelings of Ionliness or encourage isolation and communication skills! This was very important during the month of January while we had to pause activities for a short time in order for everyone to remain healthy!





#### **BINGO BUCKS!**

If you follow our Facebook page, you are no stranger to understand how important Bingo is to our residents. We are trying something new with our prizes this year! Instead picking from our usual prize baskets, the residents will earn "Bingo Bucks". After reading an article about a gentleman who's mother earned "Bingo Bucks" in a long term care home, I was inspired to try it with our residents. His mother always had a stash of "this and that", and he was puzzled by some of the items she possessed. After explaining to him why she had some of her leut, he realized these Bingo Bucks gave her the autonomy to share her "earnings" with those whom she loved. Some of her bucks were cashed in for a stuffed animal for a grandchild's birthday, a book to gift to a friend, etc. She was able to feel she was contributing to the ones she loved and cared for, by shopping from the "Bingo Store" in order to purchase gifts for them. I pitched this idea to the residents-so far they are excited and ready to play! I will offer clothing items, books, nonperishable food items, decor, stuffed animals, etc. If you have ideas or want to donate, please don't hesitate to reach out! Let the games begin!





#### **HEALTH FAIR! APRIL 6TH!**

Our 2nd Annual Health Fair will be Saturday April 6th! ISB will be hosting another bake sale! Contact Amy if you are interested in donating a baked good!

785.337.2214

OR

amschaefer@hanoverhospitalks.com



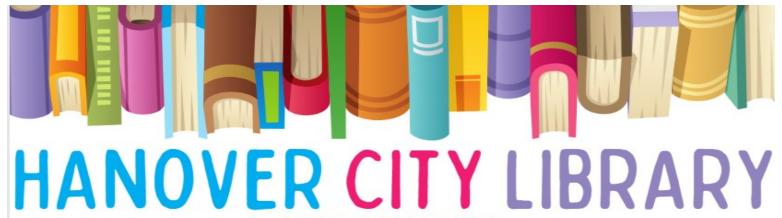






Have you heard? Wheelchair Workouts are the new thing! We work out while listening to loud music, and have a few good laughs. These are safe and fun workouts while we sit! We are building our endurance which improves the quality of our heart, lungs, and circulatory system! Want to join us? The more the merrier!

A QUICK NOTE! I KNOW IT SEEMS FAR AWAY, BUT SPRING IS RIGHT AROUND THE CORNER! IT'S NEVER TOO SOON TO START GATHERING UP OR PURCHASING THE CLOTHING ITEMS NEEDED FOR YOUR LOVED ONE HERE AT THE ISB. WE WILL ALSO HELP WITH SORTING THROUGH CLOTHING IF YOU WOULD LIKE!



785.337.2424

MONDAY: CLOSED THURSDAY: 12PM-5PM TUESDAY: 12PM-5PM FRIDAY: CLOSED WEDNESDAY: 8AM-1PM SATURDAY: 8AM-1PM



HEAD TO THE LIBRARY TO SIGN UP YOUR BOOK WORMS FOR THE "1000 BOOKS BEFORE KINGERGARTEN" CHALLENGE!!

\*TALK TO DONNA FOR MORE INFORMATION



\*EVERY WEDNESDAY AT 9AM

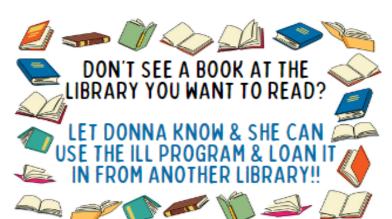
\*ALL AGES WELCOME

\*TALK TO DONNA FOR MORE INFORMATION

# WAYS TO READ AT THE HANOVER LIBRARY









facebook.com/ hanoverkslibrary

# UPCOMING EVENTS





#### 311 W NORTH ST. HANOVER KS

CALL: 785.337.2961

OPEN MONDAY-SATURDAY 4pm-12am

			·			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBI	RUARY	SPEC	CIALS	1 CHIMICHANGA Loaded Baked Potato NACHOS	PORK CUTTLET	FRENCH DIP
CLOSED	5 CHICKEN BACON RANCH PIZZA	BACON LOVER BURGER	7 \$1.00 WING NIGHT	8 Hot beef sandwich	9 CHICKEN FRIED STEAK	10 Steak special
CLOSED	\$10.00 Pepperoni Pizza	FAT TUESDAY SPECIALS PATTY MELT	S1 WING NIGHT SURF & TURF BAKED POTATO	STREET TACOS LOADED POTATO TACO PIZZA	16 CHICKEN FRIED STEAK SHRIMP BASKET	17 Haaburger Steak Baked Potato Green Beans
CLOSED	S10.00 Hamburger & Mushroom Pizza	MUSHROOM SWISS BURGER	\$1.00 WING NIGHT	22 CHICKEN ALFREDO	23 CHICKEN FRIED STEAK SHRIAP ALFREDO BREADED SHRIAP	24 BRISKET SPECIAL
CLOSED	BBQ PIZZA SPECIAL	ONION BURGER	S100 WING NIGHT	TACOS CHICKEN CRUNCH BURRITO TACO PIZZA		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4 GUG'S 2ND ANNIVERSARY				PORK CUTLET SHRIMP ALFREDO SHRIMP BASKET	RIB SPECIAL
CLOSED	PEPPERONI HONEY JALAPENO PIZZA	5 GRILLED CHICKEN JALAPENO BACON SANDWICH	6 \$100 WING NIGHT	SPAGHETTI SPECIAL	8 CHICKEN FRIED STEAK GRILLED SHRIMP SHRIMP BASKET	9 Steak special
CLOSED	11 HAMBURGER PIZZA W/ ONIONS OR MUSHROOMS	BACON LOVER BURGER	S1.00 WING NIGHT	TACOS CHIMICHANGA LOADED POTATO NACHOS	15 CHICKEN FRIED CHICKEN SHRIMP ALFREDO SHRIMP BASKET	CORN BEEF SPECIAL LIVE ENTERTAINMENT
CLOSED	18 CHICKEN POPPER PIZZA	ONION BURGER	20 \$1.00 WING NIGHT	21 CHICKEN ALFREDO	22 CHICKEN FRIED STEAK GRILLED SHRIMP SHRIMP BASKET	BBQ CHICKEN & 1/2 CHICKEN SPECIAL
CLOSED 31	BACON CHEESEBURGER PIZZA	26 PATTY MELT	\$1.00 WING NIGHT	Z8 TACOS CHICKEN CRUNCH BURRITO NACHOS TACO PIZZA	29 CHICKEN FRIED CHICKEN PORK CUTLET	30 BRISKET SPECIAL

**MARCH SPECIALS** 

# FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY  2  HSBB VS. REPUBLIC COUNTY	SATURDAY  WHITETAILS UNLIMITED AT COMMUNITY BUILDING
4	CITY OFFICE CLOSED	HSBB VS. CLIFTON-CLYDE	7	8 JR. HIGH SCHOLARS BOWL िन CLIFTON CLYDE	9 HSBB [47] D. West	10
11	12	HSBB [47] Washington	CITY COUNCIL MEETING: 6PM	JR. HIGH SCHOLARS BOWL WI LINN PARENT/TEACHER CONFERENCES	16 HSBB VS. TROY SENIOR NIGHT	17
18	HSBB M  AXTELL  CITY OFFICE CLOSED	BVL SCHOLARS BOWL MI HANOVER	21	22	23	24
25	26	27 JR. HIGH SCHOLARS BOWL শো WASHINGTON	28	29		

# **MARCH 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 STATE BAS	EARLY DISMISSAL IM 11:30AM  KETBALL	9
10	CITY OFFICE CLOSED	12	— SPRING BREAK -	14	15	16
17	18	TVL MUSIC [47] Blue Valley	20	21	22	23
24	25 HS GOLF [67] ROYAL VALLEY 1PM HS TRACK [67] WASHINGTON	JHTRACK [47] MASHINGTON	27	28	NO SCHOOL  CITY OFFICE CLOSED	30





## 1983 JOHN DEERE GRADER

THE CITY OF HANOVER IS ACCEPTING SEALED BIDS FOR THE \_ JOHN DEERE GRADER.

GRADER IS BEING SOLD AS IS.
CALL 785.337.2261 OR 785.337.2591,
IF YOU WOULD LIKE TO SET UP A TIME TO VIEW GRADER.

PLEASE TURN IN BIDS AT THE CITY OFFICE--201 S RAILROAD ST.
OFFICE HOURS: MONDAY-THURSDAY 8AM-5PM
FRIDAY 8AM-12PM
DROPBOX AVAILABLE IF DROPPING AFTER OFFICE HOURS OR IF OFFICE IS CLOSED.

BIDS ARE DUE NO LATER THAN 5PM ON WEDNESDAY MARCH 13, 2024.
ALL BIDS WILL BE OPENED DURING THE COUNCIL MEETING THAT EVENING.
MEETING BEGINS AT 6PM.

PLEASE PLACE ALL BIDS IN A SEAL ENVELOPE LABELED "1983JOHN DEERE GRADER BID".

ANY & ALL BIDS CAN BE REJECTED.