

HERITAGE HAPPENINGS

JUNE 2013

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www.cityofmccook.com

June 2013



FARMERS MARKET COUPONS

Nebraska Senior Farmers' Market Nutrition Program provides low-income senior citizens with coupons to purchase fresh produce or honey (pure only) at Nebraska Farmers' markets and roadside stands. If you are interested in receiving coupons (the number is limited) please contact Sue at 345-1760.

TRANSIT FARES TO INCREASE

The McCook City Council voted to increase McCook Public Transit fares for one-way trips from \$1.00 to \$2.00. This change will take effect on July 1, 2013. Children 6 and younger will continue to ride free when accompanied by an adult. The cost for a book of ten one-way fares will also increase from \$10.00 to \$20.00 beginning July 1, 2013.

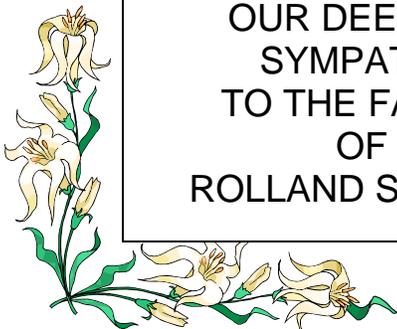
MEN'S BREAKFAST

Gentlemen be sure to sign up for the Men's Breakfast which will be held on Wednesday, June 12 at 8:30 a.m. Vicki McCarty, who entertained the ladies at their tea, will be back to share some fun and great stories. This is definitely a breakfast you won't want to miss. Invite your friends and be sure to sign them up along with yourself so we have plenty of room and food. Speaking of food Sandy, Tracy and Joanne will be preparing a scrumptious breakfast that is sure to start your day off right!

THANK YOU

A big **THANK YOU** to the members of St. John's Commandery, Emma Easterday Memorial, for their very generous donation to the Home Delivered Meal Program. Each year this group gives a generous donation to ensure that the Home Delivered Meal program will continue to provide hot nutritious meals to those individuals who are homebound. Your generosity is appreciated very much.

OUR DEEPEST
SYMPATHY
TO THE FAMILY
OF
ROLLAND SHIELDS



McCOOK HERITAGE SENIOR CENTER ADVISORY BOARD MEMBERS

DEE MESSINGER – PRESIDENT
PEGGY APPEYARD – VICE PRESIDENT
JOYCE HUFMAN - SECRETARY
JOAN DIKE GENE MEINTS
JIM HAMMIL SHARON PARDE

SHIIP NEWS

Nebraska SHIIP 1-800-234-7119

MEDICARE (1-800-633-4227)

www.medicare.gov

SENIORS SAVED OVER \$6 BILLION

As the third anniversary of the Affordable Care Act approaches, Health and Human Services Secretary Kathleen Sebelius announced that over \$6 billion was saved on prescription drugs due to the health care law. The Affordable Care Act makes Medicare prescription drug coverage (Part D) more affordable by gradually closing the gap in coverage where beneficiaries must pay the full cost of their prescriptions out of pocket. This gap is known as the donut hole.

People with Medicare in the donut hole now receive discounts when they purchase prescription drugs at a pharmacy or order them through the mail, until they reach the catastrophic coverage phase. The Affordable Care Act gave those who reached the donut hole in 2010 a one-time \$250 check, then began phasing in discounts and coverage for brand-name and generic prescription drugs beginning in 2011. The law will provide additional savings each year until the coverage gap is closed in 2020.

In 2013, the health care law increases the discounts and savings to 52.5 per cent of the cost of most brand name drugs and 21 per cent of the cost of covered generic drugs.

IMPORTANT PHONE NUMBERS

Senior Center – 345-1760 Please call for meal reservations by 9:15 the day you plan to eat.

Suggested donation \$3.00

Home Delivered Meals – 345-6098

Suggested donation \$3.25.

Public Transit – 345-6098 One-way trip \$1.00.

Children 6 and younger ride free with an adult.

ADVISORY BOARD

The Heritage Senior Center Advisory Board will meet on Tuesday, June 4, 2013 at 10:00 a.m.

This meeting is open to the public. An agenda is posted on the bulletin board by the ice cream machine.

ADULT BULLIES

As people mature and progress through life you would think that they would stop the behaviors of their youth. Sadly, adults can be bullies, just as children and teenagers can be. While adults are more likely to use verbal bullying as opposed to physical bullying, the fact of the matter is that adult bullying exists. The goal of an adult bully is to gain power over another person, and make himself or herself the dominant adult. They try to humiliate victims, and “show them who is boss.”

Here are several types of adult bullies and how they operate:

Narcissistic Adult Bully They are self-centered and do not share empathy with others. They seem to feel good about themselves, but in reality they have a brittle narcissism that requires putting others down.

Impulsive Adult Bully They are more spontaneous and plan their bullying out less. Even knowing that consequences are likely they have a hard time restraining their behavior. In some cases, this type of bullying may be unintentional, resulting in periods of stress, or when the bully is actually upset or concerned about something unconnected with the victim.

Verbal Adult Bully Adult bullies who use this type of tactic may start rumors about the victim, or use sarcastic or demeaning language to dominate or humiliate another person. This subtle type of bullying also has the advantage of being difficult to document. The emotional and psychological impacts of verbal bullying can be felt quite keenly and can result in depression.

Secondary Adult Bully This bully does not initiate the bullying, but joins in so that he or she does not actually become a victim down the road. Secondary bullies may feel bad about what they are doing, but are more concerned about protecting themselves.



Happy Birthday

June Grossman	1
Patricia Alano	1
Jackie Lankford	2
Ervin Bley	4
Gene Meints	4
Rose Hull	5
Alice Harpst	5
Mary Hlavinka	5
Kent Kelsey	6
Freda Clapp	6
Russ Dowling	8
Richard Patterson	9
Kathleen Deuter	11
Edward Spahn	11
Roger Dowling	12
Elda Youngs	14
Harley Morthole	14
Glen Randolph	15
Tracy Crocker	17
Carol Samway	20
Ruth Bridgman	21
Marlene Foster	21
Andy Anderson	22
Ruth Hackenkamp	22
Marie Coffey	24
Erv Friehe	25
Betty Jo Tompkins	25
Donna Blake	28
Margaret Calhoon	28

MONETARY GIFTS

THANK YOU

Helen Berndt
St. John's Commandery
Fred & Bonnie Weber
Bill Gerloff

SUPPORT OF THE HERITAGE SENIOR CENTER

THANK YOU

WALMART Meal Ticket drawing and donation of monthly birthday cake

MNB Monthly meal ticket drawing and ice cream

FIRST CENTRAL BANK Monthly meal ticket drawing and birthday party

FARRELLS PHARMACY Sponsoring daily menu on KICX radio 96.1

AMFIRST Meal ticket drawing in April

WILLOW RIDGE Monthly bingo and pie

Heritage Senior Center Staff

Sue Chipman – Director
Donna Blake – Public Transit/Home Del. Meals
Sandy Brown – Head Cook
Tracy Crocker-Assistant Cook
Joanne Kivlehen-Assistant Cook
Paula Missing-Maintenance
Erwin Fredde-Maintenance

McCook Public Transit Staff

Sue Chipman – Director
Diane Clark – Public Transit Driver
Eldon Parde – Public Transit Substitute Driver

McCook Heritage Senior Center
1312 W. 5
McCook, NE 69001



ADDRESS CORRECTION REQUESTED

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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THE SENIOR CENTER IS SPONSORED BY THE NEBRASKA COMMISSION ON AGING THROUGH THE WEST CENTRAL AREA AGENCY ON AGING WITH MATCHING FUNDS FROM THE CITY OF MCCOOK AND PERSONAL DONATIONS. THE SENIOR CENTER PROVIDES REFERRAL SERVICES AND RECREATION TO THE PERSONA OF MCCOOK WHO ARE 60 YEARS OF AGE OR OLDER MONDAY THROUGH FRIDAY 8:30 TO 4:30

1	2	3	4	5	6	7	8
PRODUCT OF THE MONTH: COFFEE	CARDS WII DOMINOES GET FIT / PEGGY 11:00 STRENGTH TRAINING 12:45 WATER THERAPY HELPING HAND MON DUP BRIDGE 12:45	BINGO 12:45 ADV BOARD 10:00	BINGO 12:45 STRENGTH TRAINING 12:45 4 W'S 12:45 HUSKER BRIDGE 12:45	WII BOWLING 9:00 BIBLE COFFEE 10:00 KT CARD CLUB 12:45	WII BOWLING 9:00 BIBLE COFFEE 10:00 KT CARD CLUB 12:45	GET FIT W/ PEGGY 11:00 MEXICAN TRAIN 12:45 STRENGTH TRAINING 12:45 FRIDAY BRIDGE 12:45 QUEEN OF HEARTS 12:45	 POOL EXERCISE BINGO
9 	10 GET FIT / PEGGY 11:00 STRENGTH TRAINING 12:45 WATER THERAPY HELPING HAND MON DUP BRIDGE 12:45	11 WAL MART DRAWING	12 MENS BREAKFAST 9:00 STRENGTH TRAINING 12:45 4 W'S 12:45 HUSKER BRIDGE 12:45	13 BLOOD PRESSURE CLINIC 10:30 TO 12:00 QUEEN OF HEARTS	14 GET FIT W/ PEGGY 11:00 MEXICAN TRAIN 12:45 STRENGTH TRAINING 12:45 FRIDAY BRIDGE 12:45 ACE OF CLUBS 12:45	15 22 	
16 HAPPY FATHERS DAY	17 GET FIT / PEGGY 11:00 STRENGTH TRAINING 12:45 WATER THERAPY HELPING HAND MON DUP BRIDGE 12:45	18 BINGO 12:45	19 STRENGTH TRAINING 12:45 4 W'S 12:45 HUSKER BRIDGE 12:45 MNB DRAWING 11:45	20 WII BOWLING 9:00 BIBLE COFFEE 10:00 KT CARD CLUB 12:45	21 GET FIT W/ PEGGY 11:00 MEXICAN TRAIN 12:45 STRENGTH TRAINING 12:45 FRIDAY BRIDGE 12:45 QUEEN OF HEARTS 12:45	22 29 	
23 	24 GET FIT / PEGGY 11:00 STRENGTH TRAINING 12:45 WATER THERAPY HELPING HAND MON DUP BRIDGE 12:45	25 BINGO 12:45 PIE W/ WILLOW RIDGE	26 STRENGTH TRAINING 12:45 4 W'S 12:45 HUSKER BRIDGE 12:45	27 WII BOWLING 9:00 BIBLE COFFEE 10:00	28 GET FIT W/ PEGGY 11:00 MEXICAN TRAIN 12:45 STRENGTH TRAINING 12:45 FRIDAY BRIDGE 12:45 ACE OF CLUBS 12:45 1ST CENTRAL DRAWING 11:45	29 CALL 345-1760 BY 9:00 AM FOR RESERVATIONS	
30 MENU IS SUBJECT TO CHANGE							

June 2013

Sun _____ Mon _____ Tue _____ Wed _____ Thu _____ Fri _____ Sat _____

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		MEALS SERVED FROM: 11:45 TO 12:45 MON. THRU FRI.					MEALS SERVED FROM: 11:45 TO 12:45 MON. THRU FRI.					
2	MENUS SUBJECT TO CHANGE	BRQ MEAT BALLS BAKED POTATOES CHEESY CABBAGE APPLE JUICE PEACH CRISP BREAD MILK	3	HAM SWEET POTATOES GREEN BEANS APRICOTS BROWNIES BREAD MILK	4	MUSHROOM STEAK MASHED POTATOES & GRAVY CAULIFLOWER CHERRIES WHITE CAKE BREAD MILK	5	TUNA SALAD ON A BUN PI CELERY STICK PORK & BEANS LEMON JELLO SALAD RASBINS MILK	6	SMOTHERED CHICKEN BREAST RICE BROCCOLI DICED TOMATOES PLUMS BREAD MILK	7	
9		PORK CUTLET BAKED POTATO BRUSSELS SPROUTS MELON JELLO CAKE BREAD MILK	10	SWISS STEAK MASHED POTATOES CARROTS APRICOTS CHOC CHIP COOKIES BREAD MILK	11	SWEET & SOUR CHICKEN BREAST PARSLEY POTATOES PEAS GRAPES BUG BITES BREAD & MILK	12	SUB SANDWICH POTATO SALAD PICKELED BEETS PEACHES TAPIOCA PUDDING MILK	13	GERMAN MEAT BALLS CHEESY POTATOES LIMA BEANS 5 CUP SALAD HONEY BUN CAKE BREAD MILK	14	TEA & COFFEE!!
16	HAPPY FATHERS DAY	HOT BEEF SANDWICH MASHED POTATOES & GRAVY ITALIAN BLEND PLUMS CHEESE CRACKERS MILK	17	ST. LOUIS RIB TATER TOTS CORN PEACHES CHOC CAKE BREAD MILK	18	BAKED CHICKEN PARSLEY POTATOES BROCCOLI CHERRY APPELSAUCE PEANUT BUTTER COOKIES BREAD MILK	19	MEAT LOAF POTATO CASSEROLE BAKED BEANS PEAS CHERRIES TURNOVERS BREAD MILK	20	SALMON PATTY BAKED POTATO PEAS GRAPE JUICE FRUIT COCKTAIL CAKE BLUEBERRY MUFFINS MILK	21	
23		PORK CHOP MASHED POTATOES & GRAVY DICED BEETS PINEAPPLE & ORANGES SANDIES BREAD MILK	24	ROTTISERIE CHICKEN GARDEN RICE LIMA BEANS DICED TOMATOES PEACHES BREAD MILK	25	HAM LOAF SWEET POTATOES CAULIFLOWER PLUMS LEMON CAKE BREAD MILK	26	GOULASH COTTAGE CHEESE GREEN BEANS APPLE SLAW PEACHES MILK	27	ROAST BEEF MASHED POTATOES & GRAVY BABY CARROTS WATERMELON BIRTHDAY CAKE BREAD MILK	28	BINGO EVERY TUE AT 12:45
30	SALAD BAR COMES WITH EVERY MEAL!!								29			