

# HERITAGE HAPPENINGS

## JULY 2013

Volume 1, Issue 2

www.cityofmccook.com

July 2013



### TRANSIT FARES 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.

If you have old tickets valued at \$1.00 you may use 2 tickets to pay for your one-way ride.

### MAY I SIT THERE??

Lately I have had some people express confusion and complain about saving seats at tables. This problem is not new and I do understand that when you come to lunch you would like to sit with your friends.

Since this is an age old problem guidelines were established. They are:

1. Seats are reserved by the receptionist for anyone who is physically or mentally challenged.
2. You may put a reserved card for you and your spouse or significant other. **No one else**
3. You may **not** move any reserved seating card already on the table.



### BLOOD PRESSURE CLINIC

Please note that there is a **TIME CHANGE:**  
2<sup>nd</sup> Thursday of each month from  
**11:00 to 11:45 a.m.**



### FOURTH OF JULY PARTY

We will be celebrating the 4<sup>th</sup> of July a day early on July 3<sup>rd</sup>. The ladies have a wonderful picnic type lunch for us that day.

#### **MENU**

Fried Chicken  
Potato Salad  
Baked Beans  
Fruit Salad  
Cherry Pie/ice cream  
Bread/Milk

We are in need of volunteers to help with the home delivered meal program on Fridays. If you can help please visit with Donna or call 345-6098

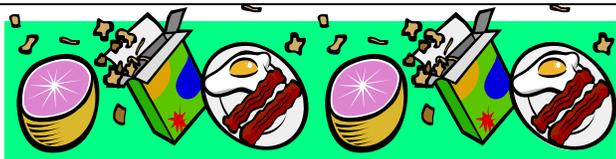
### HOT SUMMER DAYS

During these hot summer days remember to drink plenty of water, wear loose light colored clothing and stay indoors with air conditioning. If you don't have an air conditioner you are welcome to come to the senior center. We are open 8:00 a.m. to 4:30 p.m.

## ADVISORY BOARD

The Heritage Senior Center Advisory Board will meet on Tuesday, July 2, 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.



## SANDY'S BREAKFAST CASSEROLE

We had many people comment about the breakfast casserole the ladies in the kitchen served for the Men's Breakfast. Below is the recipe. Enjoy!

### **HASH BROWN & EGG CASSEROLE**

1 (2 pound) package frozen hash brown potatoes thawed

1 small onion, diced

5 eggs

½ cup milk

½ teaspoon onion powder

1/8 teaspoon garlic powder

Salt and ground black pepper to taste

12 ounces shredded Cheddar cheese

Directions

1. Preheat oven to 350. Grease a 2 quart baking dish. Place the hash brown potatoes in the bottom of the baking dish.
2. Heat skillet over medium heat and sauté onions. Whisk together the eggs, milk, onion powder, garlic powder, salt and pepper, and pour over the potatoes. Layer with half the Cheddar cheese, the remaining cheddar cheese. Cover with aluminum foil.
3. Bake in the preheated oven for 1 hour. Remove cover; return casserole to the oven and bake until a knife inserted in the center comes out clean, about 10 minutes. Let stand for 5 minutes before serving.

## SHIIP NEWS

Nebraska SHIIP 1-800-234-7119

MEDICARE (1-800-633-4227)

[www.medicare.gov](http://www.medicare.gov)

## GET READY FOR YOUR SUMMER TRIP

If you're planning a vacation this summer, you know there's a lot to do before you leave but don't forget to include 2 very important items on your travel to-do list if you plan to leave the country on your trip:

1. Look into Medicare coverage outside the United States.
2. Think about getting additional health care coverage.

You have Medicare, so your health care services and supplies are covered when you're in the U.S., which includes Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands. But, if you plan to travel overseas or outside the U.S. it's important to know if your Medicare coverage will be different.

In most cases, Medicare won't pay for health care services or supplies you get outside the U.S. Medicare may pay health care and services you get outside the U.S. in rare cases.

Because Medicare coverage outside the U.S. is limited, you may want to buy a travel insurance policy. To find out more about these policies, talk to an insurance or travel agent. Not all travel policies include health insurance, so ask questions and read the terms and conditions carefully.

Figuring out your health care coverage will help you be prepared so you can have a stress-free trip. To be even more prepared for your vacation visit the Centers for Disease Control's *Traveler's Health* page for more information on how to stay healthy abroad.



## 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 \$2.00.

Children 6 and younger ride free with an adult.

# Happy Birthday

Robert Christie	1
Jane Bell	2
Artie Lebsack	3
Charles Dack	3
Wendy Reiners	3
Beverlee Swanson	5
Jan Kalinski	5
Monte Rogers	6
Shirley Joss	8
Maxine Fuller	9
Jean Beideck	10
Alex Bieker	10
Marlene Webster	12
Hazel Brenning	13
Enid Zapp	14
Dick Dike	14
Carla Bales	17
Norma Doyle	17
Jerry Felker	18
Lester Webb	18
Lois Quigley	18
Floyd Bales	18
Velda Lambert	20
Florence Phillips	21
Janine Hall	21
Mary Moskal	21
Phyllis Lebsack	22
Charles Quigley	22
Gary Roth	23
Paula Missing	23
Dolores Graff	24
Mildred Myers	25
Beau Gilbert	25
Angelia Keller	25
Howard Huff	28
LaVonne Benton	29
James Plenis	30
Carol Huff	30
Karen Smith	31

**PRODUCT OF THE MONTH**  
**COFFEE**

**PRODUCT OF THE MONTH**

**THANK YOU**

COFFEE – FRED & BONNIE WEBER

CARAMEL SYRUP –  
FRED & BONNIE WEBER  
SHARON MARR

**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 July

**WILLOW RIDGE** Monthly bingo and pie

**Heritage Senior Center Staff**

Sue Chipman – Director

Donna Blake –Home Delivered

Meals/Volunteers

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

Donna Blake - Dispatcher

Diane Clark – Public Transit Driver

Eldon Parde – Public Transit Substitute Driver

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



ADDRESS CORRECTION REQUESTED



