

# AUGUST 2013

Volume 1, Issue 3



## **40th Anniversary of the Elderly Nutrition Programs**

The National Association of Nutrition and Aging Services Programs (NANASP) celebrated the *40th Anniversary of the Older Americans Act Nutrition Programs made part of the OAA on March 22, 1972.*

Few if any federal programs in history have performed as effectively for the people it serves than the nutrition programs. Few if any federal programs in history have been as good an investment of the taxpayer dollar as the nutrition programs. According to Assistant Secretary for Aging, Kathy Greenlee, since 1972, eight billion meals have been served to older Americans. Every day an older adult participates in either the congregate or home-delivered meals programs means they are able to remain in their communities and homes, maintain their independence and not face the prospect of hospital or nursing home placement due to malnutrition or hunger.

The future of the nutrition programs may rest on demonstrating the return on investment it provides each and every year and allowing it to expand and become a more integral part of our home and community-based long-term care strategy as well as our health, prevention and wellness strategies for older adults. Dollars invested in the Older Americans Act especially its largest program, the nutrition programs will more than be offset by savings that will be achieved to both Medicaid and Medicare in terms of costs associated with hospital and nursing home care. The Congregate Nutrition Services and Home-Delivered Nutrition Services

provide food and socialization for older adults in their own homes or in the community, for about \$1,300 per year.

This \$1,300 per year is the same as the cost of six days in a nursing home or one day of hospitalization.

We salute the visionaries in the White House and Congress who in 1972 saw the need for this program. We thank those in succeeding Administrations and Congresses who have continued their support of the programs and are addressing its future. We pay tribute to our members and all those dedicated men and women in the national aging network who by their daily work have contributed to the success story of these programs and of course we salute the older adults who participate and benefit from these programs each and every day. They are older adults who are committed to better nutrition being the key to better health. On this occasion we acknowledge a rich and positive past 40 years and look with optimism toward a bright and successful future.



Do you remember making s'mores over the campfire? You would use a graham cracker that you broke in half and add part of a chocolate candy bar. A toasted marshmallow, hot and melting, was put on top of the chocolate candy bar. The other half of the graham cracker was placed on top and then you bit into it mmmm. It was heavenly!

To honor National S'mores day which is August 10 we will be serving s'more bars Friday, Aug. 9 for everyone to enjoy.

# SHIIP NEWS

Nebraska SHIIP 1-800-234-7119

MEDICARE (1-800-633-4227)

www.medicare.gov



## Does Medicare Cover

### Chiropractic Services?

Medicare Part B pays for a chiropractor's manual manipulation of the spine to correct a subluxation (when one or more of the bones of your spine move out of position). Additionally, manual devices (i.e., those that are hand-held with the device being controlled by hand) may be used by chiropractors in performing manipulation of the spine. However, no additional payment is allowed for the use of the device.

Medicare does not cover the following services performed by a chiropractor: Initial physical examinations; Evaluation services; X-Rays; Acupuncture; Physical therapy; Vitamin, mineral and/or food supplements, or other supplies; Orthopedic devices.

### Who is eligible?

All people with Medicare. You pay 20% of the Medicare approved amount and the Part B deductible applies.

## Does Medicare Pay for

### Alternative Therapies?

Alternative Therapy such as homeopathy, naturopathy, acupuncture, holistic therapies, midwifery and herbal medicine are currently not covered by Medicare.

You pay 100% of Alternative Therapy expenses.



## WELCOME AND THANK YOU

McCook Community Hospital will be sponsoring bingo for the senior center every second Tuesday of the month.

They will be giving a discount card from the gift shop to people celebrating their birthday at the monthly birthday party.

### THANK YOU

Thank you to Dick Dike for edging the lawn in front of the senior center.



Do you remember this?

Heritage Days Float, September 2009

Thank you to Sharon Felker for the picture.

The Heritage Senior Center Advisory Board will meet at 10:00 a.m. on August 13, 2013. This is a change from the usual second Tuesday. This meeting will be held at the Heritage Senior Center and is open to the public





## AUGUST BIRTHDAYS



Marlene Rogers	1	Kay Flaska	15
Elsie Sullivan	2	Myrna Bollerup	17
Ron Heble	3	Marilyn Funk	17
Luanne Haller	3	Howard Hoffman	18
Linda Lemmert	3	Lois Simcox	20
Don Smith	5	Mary Moskal	21
Margie Welch	5	June Donnelly	21
Margaret Hunter	6	Phyllis Clapp	21
James Waddell	6	Deanna Kohmetscher	22
William Gerloff	7	Lucille Hagan	22
Patsy Heble	7	Eleanor Berndt	22
Warren Barnell	9	Rosa Repass	22
Peggy Everitt	10	Barbara Pantenburg	23
Harold Beebe	11	Diane Hanson	24
Robert Propes	13	Robert Eisenach	24
Arlene Lasneski	14	Geneva Cain	25
Patrick Burns	15	Yvonne Dybdahl	29
Florence Potthoff	15	Eugene Baumfalk	31
June Huffman	15	Marie Alberts	31

## THANK YOU FOR GIFTS GIVEN IN MEMORY OF:

Joe Singletary

Pat Singletary

Violet Martin

Annie Morse

### MONETARY:

Trudy Nelson

Ace of Clubs

### THANK YOU:

WAMART 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

AMFIRST Meal ticket drawing in August

WILLOW RIDGE Monthly bingo and pie

## IMPORTANT INFORMATION AND PHONE NUMBERS



### Heritage Senior Center Staff

Sue Chipman—Director

Donna Blake— Home Del. Meals

Sandy Brown—Head Cook

Tracy Crocker—Assistant Cook

Joanne Kivlehen—Assistant Cook

Paula Missing—Maintenance

Erwin Fredde—Maintenance

Open Monday through Friday

8:30 to 4:30 Phone: 308-345-1760

### McCook Public Transit Staff

Sue Chipman—Director

Donna Blake—Dispatcher

Diane Clark—Public Transit Driver

Eldon Parde—Public Transit Substitute Driver

Open Monday through Friday

8:30 to 4:30

Phone 308-345-6098

### PRODUCT OF THE MONTH:

Fred & Bonnie Weber

Bill Gerloff



### PRODUCT OF THE MONTH:

COFFEE



# August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	4 GET FIT W/ PEG 11:05 HELPING HAND 12:00 WATER THERAPY 12 STRENGTH TRNG MON DUP BRIDGE 12:45	6 BINGO 12:45	7 RED WILLOW CO HEALTH B.P. 11:00 TO 11:45 STRENGTH TRNG 12:45 4W'S 12:45	1 WII BOWLING 9:00 BIBLE COFFEE 10:00 KT CARD CLUB 12:45	2 GET FIT W/PEG 11:00 CARDS 12:45 STRENGTH TRN 12:45 QUEEN OF HEARTS FRI DUP BRIDGE	3
	11 GET FIT W/ PEG 11:00 HELPING HAND 12:00 WATER THERAPY 12 STRENGTH TRNG MON DUP BRIDGE 12:45	13 10:00 ADV. BD WALMART DRAWING AT 11:45 BINGO W/COMM. HOSP 12:45	14 STRENGTH TRNG 12:45 4 W'S 12:45	15 WII BOWLING 9:00 BIBLE COFFEE 10:00 KT CARD CLUB 12:45	16 GET FIT W/PEG 11:00 CARDS 12:45 STRENGTH TRN 12:45 QUEEN OF HEARTS FRI DUP BRIDGE	17
	18 GET FIT W/ PEG 11:00 HELPING HAND 12:00 WATER THERAPY 12 STRENGTH TRNG MON DUP BRIDGE 12:45	20 BINGO 12:45	21 MNB DRAWING FREE ICE CREAM 11:45 STRENGTH TRNG 4W'S 12:45	22 WII BOWLING 9:00 BIBLE COFFEE 10:00	23 GET FIT W/PEG 11:00 CARDS 12:45 STRENGTH TRNG FRI DUP BRIDGE ACE OF CLUBS	24
	25 GET FIT W/ PEG 11:00 HELPING HAND 12:00 WATER THERAPY 12 STRENGTH TRNG MON DUP BRIDGE 12:45	27 BINGO AND PIE WITH WILLOW RIDGE 12:45	28 STRENGTH TRNG 4 W'S 12:45	29 WII BOWLING 9:00 BIBLE COFFEE 10:00	30 GET FIT W/PEG 11:00 1ST CENTRAL BD PARTY 11:45 CARDS 12:45 STRENGTH TRNG 12:45	31

# August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1	BEEF & CHEESE PIZZA CARROTS & CELERY CUCUMBER & ONION SALAD GRAPES CHERRY BARMILK
2	SWEET & SOUR PORK GARDEN RICE DICED BEETS KIDNEY BEAN SALAD APRICOTS BREAD/MILK

7	SAUSAGE GRAVY BISCUIT COTTAGE CHEESE GREEN BEANS BROCCOLI RAISIN SALAD CHERRIES/SANDIES MILK
8	BREADED COD CHEESY POTATOES ITALIAN BLEND PEARS CHOC. CHIP COOKIES BREAD/MILK
9	PORCUPINE MEATBALLS SCALLOPED POTATOES LIMA BEANS PINEAPPLE CHUNKS SMORE BAR BREAD/MILK

4	SHAKE & BAKE CHICKEN BAKED POTATO BREADED TOMATOES WATERMELON 6 LAYER COOKIES BREAD/MILK
5	BRQ BEEF ON A BUN POTATO WEDGES PEARS BAKED BEANS MIXED FRUIT LEMON PUDDING MILK
6	CHICKEN FRIED STEAK MASHED POTATOES GRAVY PEAS PEACHES BLOND BROWNIE BREAD/MILK
10	BEEF & KRAUT CASSEROLE GREEN BEANS PARSLEY POTATOES PEACHES OATMEAL COOKIES ICE CREAM SUNDAE

11	SWISS STEAK MASHED POTATOES CHEESY CABBAGE PLUMS LEMON CAKE BREAD/MILK
12	HAM LOAF SWEET POTATOES DICED BEETS PINEAPPLE NO BAKE COOKIES BREAD/ MILK
13	ROTISSERIE CHICKEN BAKED POTATO BROCCOLI APPLESAUCE BUG BITES BREAD/MILK
16	POP CORN SHRIMP AUGRATIN POTATOES ASIAN BLEND CANTALOUPE BROWNIE BREAD/MILK

18	PORK CUTLET BAKED POTATO WINTER BLEND PEARS CHEESE TITS BREAD/ MILK
19	TURKEY ROAST MASHED POTATOES CORN APRICOTS APPLESAUCE CAKE BREAD/MILK
20	BEEF TIPS OVER NOODLES CARROTS PEA SALAD MIXED FRUIT BREAD/MILK
21	SPAGHETTI WAX BEANS CHEESE STICK COLE SLAW GARLIC BREAD PEACHES BREAD/MILK
22	COLD HAM & CHEESE ON A BUN CELERY W/PEANUT BUTTER PASTA SALAD PICKLED BEETS MONSTER COOKIES
23	ROAST BEEF MASHED POTATOES GRAVY SLICED CARROTS PINEAPPLE & ORANGES BIRTHDAY CAKE BREAD/MILK

25	MEATLOAF BAKED POTATO PEAS BAKED APPLES PUMPKIN BARS BREAD/MILK
26	BEEF PATTY MASHED POTATOES ORIENTAL BLEND PEACHES GRANDOLA BAR BREAD/MILK
27	SWEET & SOUR CHICKEN GARDEN RICE CAULIFLOWER DICED TOMATOES PLUMS BREAD/MILK
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## McCook Heritage Senior Center

1312 W. 5  
McCook, NE 69001

Phone 308-345-1760  
Fax 308-345-6795

We're on the web!

**[www.cityofmccook.com](http://www.cityofmccook.com)**

“In Youth We Learn  
In Age We Understand”

*The City of McCook Heritage Senior Center is sponsored by the Nebraska Commission on Aging with matching funds from the City of McCook and personal donations. The senior center provides referral services, nutritional meals, health programs and recreational opportunities to people who are 60 years of age and older Monday through Friday 8:30 to 4:30. For more information call 345-1760.*

*The City of McCook Public Transit provides transportation within the city limits of McCook. It is a dial-a-ride system. The cost to ride the public transit is \$2.00 per one-way trip. The transit operates Monday through Friday from 8:30 a.m. to 4:00 p.m. To schedule a ride call 308-345-6098.*

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**McCook Heritage Senior Center**

**1312 W. 5  
McCook, NE 69001**