



HERITAGE HAPPENINGS

OCTOBER



2013



MEDICARE PART D OPEN ENROLLMENT

Medicare Part D, which is the prescription drug coverage plan, begins the enrollment period on October 15. What this means is that you can either go online at www.medicare.gov and review the Part D plans available and compare them to your current coverage or you can make an appointment with a SHIIP volunteer who will assist you in looking at the Part D plans available to you. If the current plan is not the best plan for you then you can sign up for a new plan that will begin January 1, 2014. The open-enrollment ends December 7, 2013.

Many people think that once they choose a Part D plan they can keep it forever. You can keep the plan but you may be paying more than you need to. That is why it is important to check your Part D plan every year during open enrollment.

If you would like help from a SHIIP volunteer please call Sue at 345-1760 for an appointment.



COAT CLOSET

With the cooler days we are starting to wear sweaters and jackets. Please be sure to hang your jacket or sweater in the coat closet and not on the back of your chair.



ADVISORY BOARD

The Heritage Senior Center Advisory Board will meet at the center on October 1 at 10:00 a.m.

This meeting is open to the public.

HALLOWEEN PARTY THURSDAY, OCTOBER 31

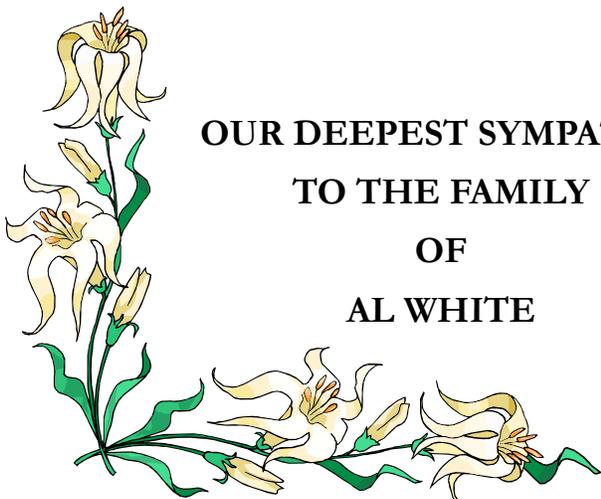
We have had some great costumes over the years. What will this year bring??? Now is the time to plan your costume and join us at the Halloween party on Thursday, October 31 at 11:45. Following our "spooktacular" lunch we will play bingo. Be sure to invite your friends to join you.



CALLING ALL QUILTERS

Do you quilt or would you like to learn to hand quilt?

Reta Bourquin is organizing a quilt group here at the senior center. Reta is a very experience hand quilter having done so for many years. Soon a quilt frame will be added to the dining room with a quilt top. We need people both men and women who enjoy needlework to help complete this project. Reta says this group will have a great time stitching and chatting. The days and time have not yet been set. For more information visit with Reta or Sue.



**OUR DEEPEST SYMPATHY
TO THE FAMILY
OF
AL WHITE**



INTAKE FORMS

When you began eating meals at the senior center you were asked to complete an Intake Form. Updating the Intake Forms is a never ending job but an important one. The information provided is given to the Area Agency in North Platte. North Platte assigns a number to each Intake and that number is used to reimburse the Heritage Senior Center for the meal you eat.

The Area Agency reimburses the senior center anywhere between \$2.60 to \$1.95 per meal. The rate is dependent on the total meals for that fiscal year.

The USDA reimburses \$.57 per meal.

The meal at the senior center costs approximately \$6.50 per person. There is a **suggested** donation of \$3.00 per meal. So as you can see the suggested donation, USDA reimbursement and the reimbursement from the Area Agency are very important to meet our expenses. Without your Intake we can not receive reimbursement from the USDA or the Area Agency. If you move or have a life changing event we need you to "Update" your Intake Form.

If you are not sure you have completed an Intake Form please stop by and visit with Donna or Sue. They will be happy to help you.

Please help us with this very important form. It will make our jobs so much easier.



HOME DELIVERED MEALS VOLUNTEERS



We are in need of volunteers to help deliver meals on Mondays and Fridays. If you are able to spare 45 minutes and would like to help please call Donna at 345-6098.



LOST AND FOUND

Missing your hat or pair of gloves? Check the coat closet. Items that are left behind are put in the closet.

Some people have lost items that have not been returned. If you find you have taken an item by mistake please return it. It is very helpful to put your name or initials inside your hat, coat and gloves.

KEEP FIT

Keeping fit is a very important part of healthy aging. This time of year is great for walking outside.

Red Willow County Health provides "Get Fit" with Peg every Monday and Friday at 11:00 a.m. Strength training is provided at 12:45 Monday, Wednesday & Friday. A treadmill is available for your use anytime the center is open.



HANDWASHING AND GERMS

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eyes, nose or mouth. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.



OCTOBER BIRTHDAYS



Kenneth Martin	2	Rosa Repass	22
Betty Hiatt	3	Lucille Jones	23
Bruce Swanson	6	Bethine Lavery	24
Wanda Miller	6	Lecia Potthoff	26
Mary Hartley	6	Jim Hamill	27
Nila Murrain	8	Marilyn Goodenberger	30
Larry Dyer	9	Carla Quinn	30
Lorna Trupp	10		
Ardith Pinkal	10		
Donna Olson	11		
Velma McBride	12		
Judy Haney	14		
Jane Rayer	14		
Fred Weber	16		
Nadine Moody	18		
Donna Ruppert	18		



THANK YOU FOR THE FOLLOWING GIFTS:

THANK YOU FOR GIFTS GIVEN

IN MEMORY OF:

Gladys Aldrich;
Jim & Marlene Hamill

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

AMFIRST Meal ticket drawing in SEPT

WILLOW RIDGE Monthly bingo and pie

MCCOOK COMM HOSPITAL Sponsoring bingo 2nd Tuesday of the month

MONETARY:

Fred & Bonnie Weber
Joyce Hofman
Trudy Nelson
Dick & Jo Dike
William Gerloff
LaVerna Ely

IMPORTANT INFORMATION AND PHONE NUMBER

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:

Coffee

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
	<p>6</p> <p>GET FIT W/ PEG 11:00 HELPING HAND 12:00 WATER THERAPY 12:00 MON DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>7</p> <p>WAL MART DRAWING 12:45 TWELVESOME 12:45 BINGO 12:45 W/COM HOSPITAL</p>	<p>8</p> <p>4-W'S 12:45 VICTORY CARD CLUB 12:45 RETIRED TEACHERS 12:45 STRENGTH TRAINING 12:45</p>	<p>9</p> <p>WII BOWLING 9:00 BIBLE COFFEE 10:00 QUEEN OF CLUBS 12:45 BLOOD PRESSURE CLINIC 11:00 - 11:30</p>	<p>10</p> <p>GET FIT W/ PEG 11:00 FRI DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>11</p> <p>GET FIT W/ PEG 11:00 FRI DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>
	<p>13</p> <p>GET FIT W/ PEG 11:00 HELPING HAND 12:00 WATER THERAPY 12:00 MON DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>14</p> <p>BINGO 12:45</p>	<p>15</p> <p>MN/FREE ICE CREAM HUSKER BRIDGE 12:45 DLD CARD CLUB 12:45 4-W'S 12:45 STRENGTH TRAINING 12:45</p>	<p>16</p> <p>4-W'S 12:45 HUSKER BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>17</p> <p>WII BOWLING 9:00 BIBLE COFFEE 10:00 CRAZY 8 9:00 KT CARD CLUB 12:45</p>	<p>18</p> <p>GET FIT W/ PEG 11:00 FRI DUP BRIDGE 12:45 STRENGTH TRAINING 12:45 ACE OF CLUBS 12:45 QUEEN OF HEARTS 12:45</p>
	<p>20</p> <p>GET FIT W/ PEG 11:00 HELPING HAND 12:00 WATER THERAPY 12:00 MON DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>21</p> <p>BINGO 12:45 TWELVESOME 12:45</p>	<p>22</p> <p>4-W'S 12:45 HUSKER BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>23</p> <p>WII BOWLING 9:00 BIBLE COFFEE 10:00</p>	<p>24</p> <p>GET FIT W/ PEG 11:00 1ST CENTRAL MEAL TICKET DRAWING @ BD PARTY 12:45 FRI DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>25</p> <p>GET FIT W/ PEG 11:00 FRI DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>
	<p>27</p> <p>GET FIT W/ PEG 11:00 HELPING HAND 12:00 WATER THERAPY 12:00 MON DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>28</p> <p>BINGO 12:45 PIE W/ WILLOWRIDGE</p>	<p>29</p> <p>4-W'S 12:45 STRENGTH TRAINING 12:45</p>	<p>30</p> <p>WII BOWLING 9:00 BIBLE COFFEE 10:00 HALLOWEEN PARTY</p>	<p>31</p> <p>GET FIT W/ PEG 11:00 1ST CENTRAL MEAL TICKET DRAWING @ BD PARTY 12:45 FRI DUP BRIDGE 12:45 STRENGTH TRAINING 12:45</p>	<p>26</p>



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

“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, NE 69001**