

Heritage Happenings

August 2014

www.cityofmccook.com



Getting to Know Your AREA AGENCY ON AGING

The West Central Nebraska Area Agency on Aging, located in North Platte, serves the counties of Arthur, Chase, Dawson, Dundy, Frontier, Gosper, Grant, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow and Thomas. One of the many services it offers is:

Care Management Program

Care Managers conduct a comprehensive assessment of an individual to determine their needs, develop a care plan, help arrange community resources and provide regular follow-up to assure satisfaction and identify changing needs.

When you work with a care manager, you'll receive the help you need, whether it is information you'll use once a month, or a service you'll use every day.

The Care Management Program is certified by the Nebraska Department of Health and Human Services and the State Unit on Aging.

By State statute, an individual's ability to cost share is determined per a sliding fee scale. However, no individual will be denied services due to their inability to pay.

**For more information, call the Area Agency on Aging in No. Platte, at
1-800-662-2961 or 535-8195**

June Statistics

Served 1811 Meals In The Dining Room
Delivered 1,045 Meals On Wheels
540 Handi-Bus Riders
21 Days Served

Car Keys



Several days ago as I left a meeting at a hotel; I desperately gave myself a personal TSA pat down. I was looking for my keys. They were not in my pockets. A quick search in the meeting room revealed nothing. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot. My husband has scolded me many times for leaving the keys in the ignition. My theory is the ignition is the best place not to lose them. His theory is that the car will be stolen. As I burst through the door, I came to a terrifying conclusion. His theory was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and it had been stolen. Then I made the most difficult of all, "Honey I stammered; (I always call him "honey" in times like these) "I left my keys in the car and it's been stole." There was a period of silence. I thought the call had been dropped, but then I heard his voice. "are you kidding me" he barked, " I dropped you off"!!! Now it was my time to be silent. Embarrassed, I said, "Well, come and get me." He retorted, "I will, as soon as I convince this cop I didn't steal your car.

Yep, it's the golden years

Please let Beth know if you have any changes to your card groups. I know many will be starting to play again in September





AUGUST BIRTHDAYS



Marlene Rogers	1
Elsie Sullivan	2
Ron Heble	3
Luanne Haller	3
George Huff	5
Margie Welch	5
James Waddell	6
William Gerloff	7
Patsy Hebel	7
Warren Barnell	9
Peggy Everitt	10
Duane Henn	10
Harold Beebe	13
Roberts Propes	13
Arlene Lasneski	14
Patrick Burns	15
Florence Pottoff	15
June Huffman	15
Kay Flaska	15
Myrna Bollerup	17
Marilyn Funk	17

Howard Hoffman	15
Lois Simcox	20
June Donnelly	21
Phyllis Clapp	21
Deanna Komethscher	22
Lucille Hagen	22
Rosa Repass	22
Barbara Pantenberg	23
Diane Hanson	24
Verna Barnett	25
Yvonne Dybdahl	29
Eugene Baumfalk	31
Marie Alberts	31

**THANK YOU FOR SUPPORTING
HERITAGE SENIOR CENTER**

WALMART: Monthly Drawing

MNB: Monthly Drawing and Ice Cream

**FIRST CENTRAL BANK: Monthly Drawing
and Birthday Party**

**FARRELLS PHARMACY & WILLOW
RIDGE:
Daily Menu on KICX**

U-SAVE PHARMACY: Weekly Menu in Gazette

WILLOW RIDGE: Monthly Bingo and Pie

**MCCOOK COMMUNITY HOSPITAL:
Monthly Bingo**

AM First : 100 Club Drawing

THANK YOU FOR GIFTS GIVEN IN

Memory OF:
Margaret Hunter
Traci Taylor
Roger Taylor



DONATIONS
Fred & Bonnie Weber

William Gerloff

Dick & Joan Dike

June Jolly

IMPORTANT INFORMATION AND PHONE

Heritage Senior Center Staff

Beth Siegfried—Director
Donna Blake— Home Del. Meals
Sandy Brown—Head Cook
Tracy Crocker—Assistant Cook
Joni Kivlehen—Assistant Cook
Paula Missing—Maintenance
Erwin Freddie—Maintenance
Open Monday through Friday
8:30 to 4:30
Phone: 308-345-1760

McCook Public Transit Staff

Beth Siegfried—Director
Donna Blake—Dispatcher
Diane Clark—Driver
Eldon Parde—Substitute Driver
Open Monday through Friday
8:30 to 4:30
345-6098



**PRODUCT OF
THE MONTH :**
Brown Sugar
Powdered Sugar



Farmer Market Coupons

Nebraska Senior Farmers' Market Coupons are still available. I have received 5 more coupon books. Must be 60 years or older, income at or below \$21,590 for single household or \$29,101 for a two person household. You will receive (16) \$3.00 coupons valued at \$48.00. Coupons may be used starting July 1st to purchase fresh grown fruits, vegetables, herbs, and / or honey from certified vendors anywhere in the state.



Please call 345-1760 and ask for Beth to get more information.

Blood Pressure Clinic

August 7th 11:00 to 11:45

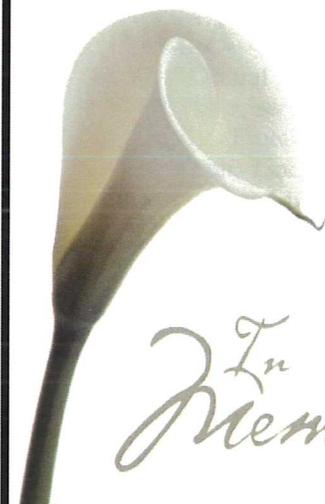
Dessert

Do you have a favorite dessert? The dessert basket will be back on the credenza for you to add new ideas. We will draw August 7th. Sour Cream Raisin Bars the July winner will be served on the 7th of August.



Advisory Board

The Advisory Board will meet August 5th, 2014 at 10:00 a.m. in the Conference Room. This meeting is open to the public.



Our Dear Friend Artie Lebsack passed away on July 20th. Artie had just celebrated his 94th birthday on July 3rd. His cheerful disposition is missed everyday. We are very grateful to his family for designating the Heritage Senior Center as one of the recipients for his memorial funds.

Memorials received from:

MariBeth Augustyn	Steve & Diane Marr
Bryant & Peggy Brooks	Sharon Marr
Donna Butler	Trudy Nelson
Darrell & Kristine Eckhart	Maria Novotney
Janet Fritsche	Joe & Tracey Ruiz
Tom Kiplinger	Beth Siegfried
Bruce & Beverlee Swanson	

In Memory

Thanks to everyone for coming for lunch on July 3rd



Farmer Market Coupons

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- Sharon Marr
- Trudy Nelson
- Maria Novotney
- Joe & Tracey Ruiz
- Beth Siegfried

Thanks to everyone for coming for lunch on July 3rd



McCook Heritage Senior Center

**1312 W. 5th St.
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 over 60 years of age and older Monday through Friday 8:30 to 4:30.

For more information call 345-1760

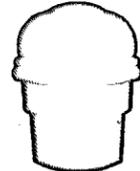
The City of McCook Public Transit provides transportation within the city limits of McCook. It is a dial-a-ride system. The cost to ride the public transit is \$2.00 per one-way trip. The transit operates Monday through Friday from 8:30 a.m. to 4:00 p.m.

To schedule a ride call 308-345-6098

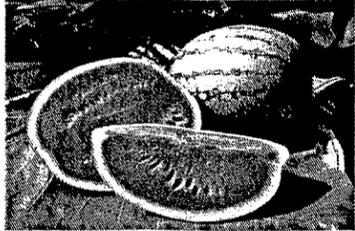
**McCook Heritage Senior Center
1312 W. 5th St
McCook NE 69001**

**Hot Summer Days
If you are in need of a fan
Barb Ostrum with Community
Action still has some to give
away, it will help circulate air
even if you have an air
conditioner.
Call 345-1187**

August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 POLLOCK CHEESE POTATOES DICED BEETS PEARS BREAD MILK	2 <u>PRODUCT OF THE MONTH:</u> BROWN SUGAR POWDERED SUGAR
3 ICE CREAM .50 CENTS	4 POT ROAST POTATOES & CARROTS ONIONS & CABBAGE PLUMS BREAD MILK	5 PORK CHOP SWEET POTATOES CORN CANTALOUPE FRUIT COCKTAIL CAKE BREAD MILK	6 SWEET & SOUR CHICKEN BREAST GARDEN RICE BROCCOLI TOMATO JUICE APRICOTS BREAD MILK	7 CHEESE BURGER CURLY FRIES BAKED BEANS SLICED PEACHES PEANUT BUTTER COOKIES MILK	8 TUNA TETRAZZINI GREEN BEANS PICKLED BEETS BAKED APPLES GARLIC BREAD MILK	9 
10 	11 HAM SCALLOPED POTATOES PEA SALAD PINEAPPLE & ORANGES CORN BREAD MILK	12 MUSHROOM STEAK MASHED POTATOES DICED BEETS WATERMELON BREAD MILK	13 BBQ CHICKEN BREAST BAKED POTATO CARROTS PEACHES CANT LEAVE ALONE BARS BREAD MILK	14 TATER TOT CASSEROLE GREEN BEANS CORN SALAD APRICOTS YELLOW CAKE BREAD MILK	15 SWISS STEAK MASH POTATOES COLE SLAW CHERRY APPLESAUCE BRAN MUFFINS MILK	16 MENU IS SUBJECT TO CHANGE
17 OPEN MONDAY - FRIDAY 8:30 TO 4:30	18 LEMON PEPPERED CHICKEN BREAST GARDEN RICE CHEESY CAULIFLOWER DICED POTATOES PLUMS BREAD MILK	19 MEAT LOAF BAKED POTATO DICED BEETS PEARS LEMON BAR ROLLS MILK	20 BEEF TIPS NOODLES GREEN BEANS CARROT SALAD GRAPE JUICE BREAD MILK	21 POLISH DOG MASHED POTATOES SAUERKRAUT PEACHES JELLO CAKE BREAD MILK	22 POP CORN SHRIMP SEASONED POTATOES PEAS 5 CUP SALAD SNICKERDOODLES RAISINS BREAD MILK	23 
24 	25 SWEET & SOUR PORK BAKED POTATO SPINACH APRICOTS BREAD MILK	26 SALISBURY STEAK MASHED POTATOES & GRAVY MIXED VEGETABLES PINEAPPLE NO BAKE COOKIES BREAD MILK	27 ALFREDO CHICKEN NOODLES GREEN BEANS TOMATO JUICE APPLE GRAPE SALAD BREAD MILK	28 SAUSAGE GRAVY BISCUIT CARROTS BROCCOLI RAISIN SALAD PEARS OATMEAL SCOTCHES MILK	29 ROAST BEEF MASHED POTATOES & GRAVY CORN WATERMELON ROLLS BIRTHDAY CAKE MILK	30 FOR RESERVATION CALL 345-1760 BY 9:00
31						

AUGUST 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 QUEEN OF HEARTS 12:45 FRI DUPLICATE BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	2
3	4 HELPING HAND MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:45	5 ADVISORY BOARD 10:00 BIBLE STUDY 10:00 BINGO 12:45 GET FIT W / Peg 12:45 QUILTING 12:30	6 4W'S CARD CLUB 12:45 STRENGTH TRAINING 12:30	7 BLOOD PRESSURE 11:00-11:45 BIBLE COFFEE 10:00 Wii BOWLING 12:30 KT CARD CLUB 12:45 QUILTING 12:30	8 FRI. DUPLICATE BRIDGE 12:45 ACE OF CLUBS 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:30	9
10	11 HELPING HAND MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	12 WALMART DRAWING 11 :45 COMMUNITY HOSPITAL BINGO 12:45 QUILTING 12:30	13 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:30	14 BIBLE COFFEE 10:00 THURSDAY BRIDGE 12:45 GET FIT W/PEG 12:30 Wii BOWLING 12:30 QUILTING 12:30	15 FRI. DUPLICATE BRIDGE 12:45 QUEEN OF HEARTS 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:30	16
17	18 HELPING HAND MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	19 BIBLE STUDY 10:00 BINGO 12:45 CRAZY 8 PINOCHLE 12:45 GET FIT W / Peg 12:45 QUILTING 12:30	20 MNB DRAWING & ICE CREAM 11:45 DLD CARD CLUB 12:45 4W'S CARD CLUB 12:45 STRENGTH TRAINING 12:30	21 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 GET FIT W/PEG 12:30 Wii BOWLING 12:30 QUILTING 12:30	22 FRI. DUPLICATE BRIDGE 12:45 ACE OF CLUBS 12:45 INDEPENDENTS 12:45	23
24 31	25 HELPING HAND MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	26 BINGO WILLOW RIDGE 12:45 GET FIT W/PEG 12:30 QUILTING 12:30	27 STRENGTH TRAINING 12:30	28 THURSDAY BRIDGE 12:45 BIBLE COFFEE 10:00 Wii BOWLING 12:30 QUILTING 12:30	29 1ST CENTRAL BANK DRAWING & BIRTHDAY PARTY 11:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:30	30