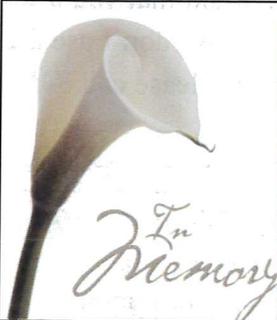
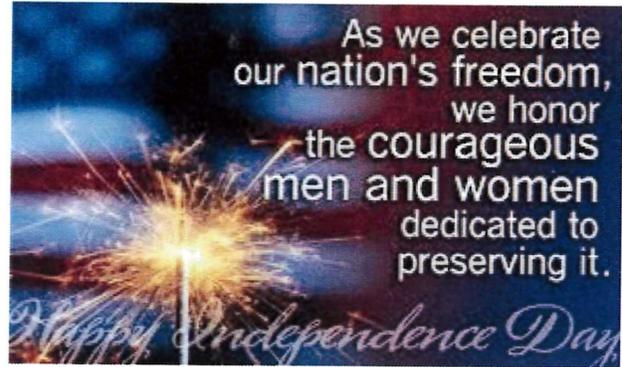


Heritage Happenings

July, 2015



Artie Lebsack Memorial BBQ

Our Dear Friend Artie Lebsack passed away on July 20th., 2014. We miss his cheerful disposition everyday. Artie's daughters Patsy and Lori along with their families are providing a complimentary lunch in memory of their father. Please Join us July 2nd for grilled hamburgers and all the fixings

4th of July Holiday

Since the 4th of July is on Saturday this year. Heritage Senior Center will be closed on Friday July 3rd. We wish you all a fun filled Holiday Week-

Advisory Board

The Advisory Board will meet July 7th, 2015 at 10:00 a.m. in the Conference Room.

This meeting is open to the public.

Welcome Mike Brown Our New Transit Bus Driver

We are please to welcome Mike. Mike worked for Hillcrest Nursing Home for over 12 years and has experience transporting clients. He already has all the required training. He recently worked for McCook Gazette in the Production Department. In His spare time he plays music with his father Ron Scott in his band. He has a very warm, friendly welcoming, passionate personality.

Our Blood pressure clinic has been changed to the first Wednesday of each month. July 1st is the date for the July Clinic.



MEDICARE PART D

Anyone who has Medicare Part A and/or Part B is eligible to join a Medicare Prescription Drug Plan. If you have "creditable coverage" (coverage that is as good as or better than a Part D plan) you do not have to enroll in Part D. If you have creditable coverage through work you may want to wait until your work coverage ends to enroll in Part D.

You must apply for a Medicare Drug Plan (Part D), or a Medicare Advantage Plan (Part C) that has Drug coverage. Remember if you are getting a Medicare Supplement, you should **NOT** get a Medicare Advantage Plan (Part C).

You are eligible for a Part D plan three months before you turn 65, the month of your 65th birthday and three months after your birthday month. This is known as your Initial Enrollment Period. (7 months) If you have chosen to keep a prescription drug plan through work, you will have two months after dropping that plan to enroll in a Medicare Part D plan. If you do not enroll during one of these enrollment periods, you will have a late enrollment penalty when you do choose to enroll in a Part D plan. This penalty will be added to your Part D premium.

There is an Open Enrollment Period from October 15th to December 7th each year when you can review your current plan and determine if you want to keep it or change to a plan that offers better coverage for the medications you are taking. You should review your Part D plans every year since the plans often make changes in premiums and co-pay's from year to year.

Questions? Call the Area Agency on Aging in North Platte at
1-800-662-2961

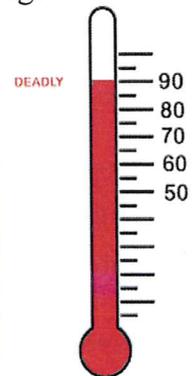
Farmer Market Coupons

Nebraska Senior Farmers' Market Coupons will be distributed July 6 at 1:00 pm, July 8th at 11:00 am, and July 8th, at 1:00 pm. The coupons will be distributed on a first come first serve basis. You must attend an information session and no one will be admitted late. Must be 60 years or older, income at or below \$21,775 for single household or \$29,471 for a two person household. Income is defined as gross before deductions. You will be required to sign a Participant Application Form, which verifies your eligibility for the program. 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. It is very important that you use these coupons or turn them back in. If we don't use them we will not receive as many next year. Please call 345-1760 for more information.

Summer Safety Tips

Know the risk of hyperthermia

During the summer, be particularly cautious about abnormally high body temperature. Heat stroke can be life threatening, signs of heat stroke are: Body temperature greater than 104 degrees, a change in behavior, such as acting confused, agitated or grouchy, dry flushed skin, nausea, vomiting, headache, heavy breathing or rapid pulse, not sweating even when it is hot out, and fainting.



From the Nebraska Department of Roads
When it is 80 outside your car gets to 99 degrees after 10 minutes. After 30 minutes it's 115 degrees, after an hour it's 123 degrees.

July Birthdays

Jane Bell	2	Floyd Bales	18
Erma Hinz	3	Velda Lambert	20
Wendy Reiners	3	Nada Krotter	21
Mike Brown	3	Janine Hall	21
Beverlee Swanson	5	Mary Mouskal	21
Monte Rogers	6	Phyllis Lebsack	22
Shirley Joss	8	Charles Quigley	22
Jean Beideck	10	Gary Roth	23
Alex Bieler	10	Paula Missing	23
Marlene Webster	12	Delores Graff	24
Enid Zapp	14	Mildred Myers	25
Dick Dike	14	Angelia Keller	25
Carla Bales	17	Roger Tinkhem	29
Jerry Felker	18	James Plenis	30
Lester Webb	18	Karen Smith	31
Lois Quigley	18		

THANK YOU FOR SUPPORTING
HERITAGE SENIOR CENTER

AM-First : Drawing

FARRELLS PHARMACY &
WILLOW RIDGE: Daily Menu on KICX

FIRST CENTRAL BANK: Monthly
Drawing and Birthday Party

MNB: Monthly Drawing and Ice Cream

MCCOOK COMMUNITY HOSPITAL
Monthly Bingo

U-SAVE PHARMACY:
Weekly Menu in Gazette

Quality Urgent Care—Bingo

WALMART: Monthly Drawing

WILLOW RIDGE: Monthly Bingo and Pie

IMPORTANT INFORMATION AND PHONE NUMBERS

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
Lonnie Bonar—Maintenance
Open Monday through Friday
8:30 to 4:30

McCook Public Transit Staff

Beth Siegfried—Director
Donna Blake—Dispatcher
Mike Brown—Driver
Substitute Drivers
Eldon Parde
Diane Clark
Open Monday through Friday
8:30 to 4:30



Thank You For Gifts Given
In Memory Of

Jim Harris

by Donald & Marilyn Brandt



DONATIONS

Thank you
Marg Carter
Bill Gerloff
Trudy Nelson
Laverna Ely
Bonnie Weber



PRODUCT OF
THE MONTH :

Coffee

Their Final Fourth: An Inspiring Story of Brotherly Love

Posted: 07/04/2012 11:44 am EDT | Updated: 09/03/2012 5:12 am EDT



Wikimedia P. S. Burton

I sit here in Princeton, New Jersey -- my hometown -- a small city, rich in history dating back to the Revolution, history especially relevant to this holiday weekend. Perhaps that's what's prompted me to sit down and write this post.

The Fourth of July is a "feel good" holiday. Most of us are going to find ourselves beach-bound or at picnics with friends and loved ones, eating and drinking to pleasant excess, enjoying fireworks, while trying to avoid bug bites and sunburn. It's a holiday which few people can take issue with. On a deeper level, to me it carries powerful meaning because of the freedoms that were delivered through our liberation from a tyrannical England, some 236 years ago. A few of the freedoms that still remain somewhat intact allow inspired people with creative ideas to pursue them for the betterment of those who they serve, while also creating a more abundant life for themselves, and

those immediately around them. This is something I absolutely cherish. It's truly American.

While I suspect that our Founding Fathers are rolling over in their graves seeing what we have done with these very liberties and principles in the years that have followed, I will reluctantly hold back from making this into a political commentary. There's something far more interesting to follow, so bear with me, please.

Thomas Jefferson and John Adams became fast friends during the First Continental Congress but the political elections, which made them both presidents, illuminated their very different political views, creating a rift that would last most of their lives. A mutual friend engineered a reconciliation between the two, culminating in a rich and heartwarming relationship, documented in 12 years of letters between them, which historians say must be read to be fully appreciated. As two of the few surviving signers of the Declaration of Independence, they were finally able to see that they had far more in common than any differences they had once perceived.

Amazingly, on July 4th, 1826 -- the 50th anniversary of the Declaration of Independence -- these two luminaries died... within hours of each other.

This alone leaves me spinning.

What's more, Adams' last words, as he drifted in and out of consciousness on his final day, were, "Jefferson...survives."

Jefferson had passed away hours earlier.

In his last moments, Jefferson awakes to ask his aides in his final utterance, "Is it the Fourth?"

Indeed it is, Mr. Jefferson. Today is the Fourth of July. We owe you and Mr. Adams tremendous thanks.

Happy Independence Day!

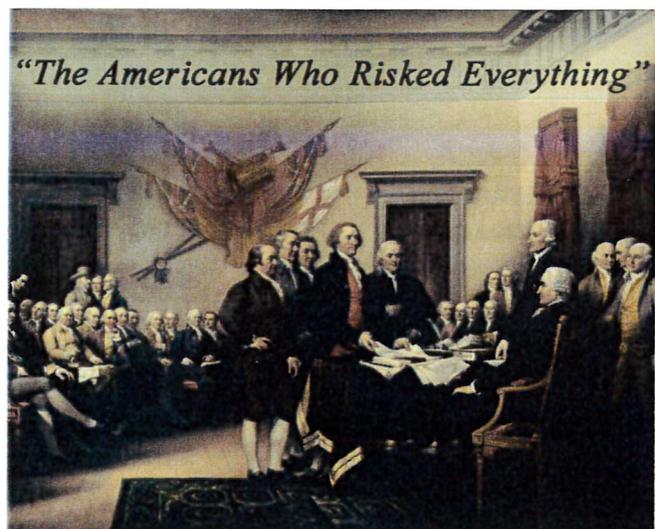
"The Americans Who Risked Everything"

Speech by Rush H. Limbaugh, Jr.

The Background

After the Second Continental Congress adopted the Lee Resolution that "these United Colonies are, and of right ought to be, free and independent," John Adams wrote to his wife:

"You will think me transported with enthusiasm, but I am not. I am well aware of the toil and blood and treasure that it will cost us to maintain this Declaration and support and defend these States. Yet, through all the gloom, I can see rays of ravishing light and glory. I can see that the end is more than worth all the means. And that posterity will triumph in that day's transactions, even although we should rue it, which I trust God we shall not."



Painting by John Trumbull at



Our Great Country



N V F K F Y K N K F Q I N R P I C N I C
 V O P R I S E L I J N J O E R O N O H O
 S D I Y E E B R N D J E I V Y D H Y T G
 B E S T T E E Z E C L Y T O L A O N O M
 R R I R A W D P P B S R A L U J L H Z Y
 R I I N O R E O A P W E R U J T I S Z W
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 T H K H D L E E I O X A L I P A A A V Z
 A S U E T I O T L M H R C O O Y Y R G E
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 P C S A M E R I C A C G D L T I C L H C
 E R N G O V E R N M E N T W G L B S P X
 E U I C I T O I R T A P R E D A O P L M
 B G A N O S Y E S E P I R T S U L I J Y
 Q M A M C R O A Q J Z Q J V X Q B F O M
 O Q S R T I E M S E T A T S D E T I N U
 J J V N U V P P B T I O H E R V X Y I H
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 V O B Q R D C F E G B T Y O V O V P V H
 C M I D I W B L A S C R D X Z S E M F D



AMERICA
 CELEBRATION
 COURAGE
 FIREWORKS
 GOVERNMENT
 INDEPENDENCE
 PATRIOTIC
 RED
 STARS
 UNALIENABLE

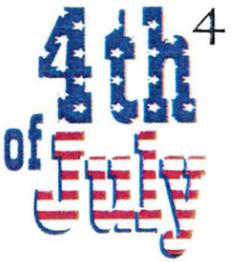


BLUE
 COLONIES
 DECLARATION
 FLAG
 HOLIDAY
 JULY
 PICNIC
 REVOLUTION
 STRIPES
 UNITED STATES



BRAVERY
 COUNTRY
 EQUALITY
 FREEDOM
 HONOR
 LIBERTY
 PRINCIPLES
 RIGHTS
 THIRTEEN
 WHITE

JULY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 AMFIRST DRAWING 11:45 BLOOD PRESSURES LIBRARY 11:00-11:45 Changed day from Thursday to Wednesday	2 BIBLE COFFEE 10:00 ARTIE LEBACK MEMORIAL BBQ 11:45 KT CARD CLUB 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	Closed in³ Observance of July 4th	4th⁴ of July 
5	6 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:45	7 ADVISORY BOARD 10:00 URGENT CARE- BINGO:12:45 BEE FIT W /KRISTEN12:45 HERITAGE QUILTERS12:30	8 ST THERESA CIRCLE 12:45 VICTORY CARD CLUB 12:45 4 W'S CARD CLUB 12:45 STRENGTH TRAINING 12:45	9 BIBLE COFFEE: 10:00 THURSDAY BRIDGE 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	10 ACE OF CLUBS 12:45 FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	11
12	13 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	14 WALMART DRAWING 11:45 COMMUNITY HOSPITAL BINGO 12:45 BEE FIT W ITHKRISTEN12:45 HERITAGE QUILTERS:12:30	15 MNB DRAWING & ICE CREAM 11:45 DLD CARD CLUB 12:45 STRENGTH TRAINING 12:45	16 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	17 FRI . DUPLICATE BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	18
19	20 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	21 BINGO 12:45 INDIANOLA CRAZY 8 12:45 BEE FIT W /KRISTEN12:45 HERITAGE QUILTERS 12:45 12:30	22 4W'S CARD CLUB 12:45 STRENGTH TRAINING 12:30	23 BIBLE COFFEE 10:00 THURSDAY BRIDGE 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	24 ACE OF CLUBS 12:45 FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:30 12:30	25
26	27 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 FOXY LADIES 12:45 STRENGTH TRAINING 12:30	28 FOXY LADIES 12:45 WILLOW RIDGE BINGO 12:45 BEE FIT W /KRISTEN12:45 HERITAGEQUILTERS:12:30	29 STRENGTH TRAINING 12:30	30 BIBLE COFFEE 10:00 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	31 1ST CENTRAL BANK DRAWING & BIRTHDAY PARTY 11:45 STRENGTH TRAINING 12:30	

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SWISS STEAK MASHED POTATOES PEAS & CARROTS PEARS LEMON CAKE BREAD MILK	2 GRILLED HAMBURGER BUN BAKED BEANS POTATO SALAD WATERMELON ICE CREAM SUNDAY	3 CLOSED	4 
5 	6 PORK CHOP SEASONED POTATOES CORN O'BRIEN APRICOTS BREAD MILK	7 SPAGHETTI W/ MEAT SAUCE GREEN BEANS COLE SLAW GARLIC BREAD M&M COOKIES PEACHES MILK	8 ROSEMARY CHICKEN GARDEN RICE ITALIAN BLEND PICKLED BEETS PINEAPPLE BREAD MILK	9 POLISH DOG KRAUT MASHED POTATOES GRAPE JUICE CHERRY OATMEAL BAR BREAD MILK	10 BREADED POLLOCK BAKED POTATO CHEESY CABBAGE APPLE BANANA BAR BREAD MILK	11 SALAD BAR WITH EVERY MEAL
12 CALL FOR A RIDE ON OUR PUBLIC TRANSIT BUS : 345-6098 8:30- 4:00	13 BBQ CHICKEN AUGRATIN POTATOES ITALIAN BLEND CINNAMON PEARS BREAD MILK	14 PORCUPINE MEATBALLS BAKED POTATOES BROCCOLI RAISIN SALAD PEACHES BLUEBERRY MUFFINS MILK	15 BEEF TIPS MASHED POTATOES MIXED VEGETABLES STRAWBERRIES CHEESES STICK BUTTERSCOTCH PUDDING DESERT BREAD MILK	16 WIENER ROLL UP MACARONI SALAD BAKED BEANS TOMATO JUICE BAKED APPLES JELLO CAKE MILK	17 HAM LOAF SWEET POTATO SPINACH PINEAPPLE & ORANGES BROWNIE BREAD MILK	18 
19 	20 SWEET & SOUR PORK GARDEN RICE LIMA BEANS DICED TOMATOES PEARS NO BAKE COOKIE BREAD MILK	21 LASAGNA GARLIC BREAD GREEN BEANS CAULIFLOWER SALAD APRICOTS MILK	22 TURKEY ROAST MASHED POTATOES & GRAVY CARROTS CHERRIES APPLE LAZY DAY COBBLER BREAD MILK	23 POPCORN SHRIMP SEASONED POTATO WEDGES CORN O'BRIEN PEACHES YELLOW CAKE BREAD MILK	24 SMOTHERED CHICKEN BREAST AUGRATIN POTATOES BREADED TOMATOES MIXED FRUIT BREAD MILK	25 PRODUCT OF THE MONTH: COFFEE
26 CALL FOR RESERVATION MONDAY- FRIDAY BY 9:00 AM. 345-1760	27 MEAT LOAF SCALLOPED POTATOES DICED BEETS PEARS BREAD MILK	28 BAKED CHICKEN MASHED POTATOES & GRAVY BROCCOLI RAISIN PEACH CRISP BREAD MILK	29 ROAST PORK SWEET POTATOES PEAS PLUMS CRINKLE COOKIES BREAD MILK	30 SUB SANDWICH POTATO SALAD PORK & BEANS CANTALOUPE MILK	31 ROAST BEEF MASHED POTATOES & GRAVY BABY CARROTS CHERRIES ROLLS BIRTHDAY CAKE MILK	

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**