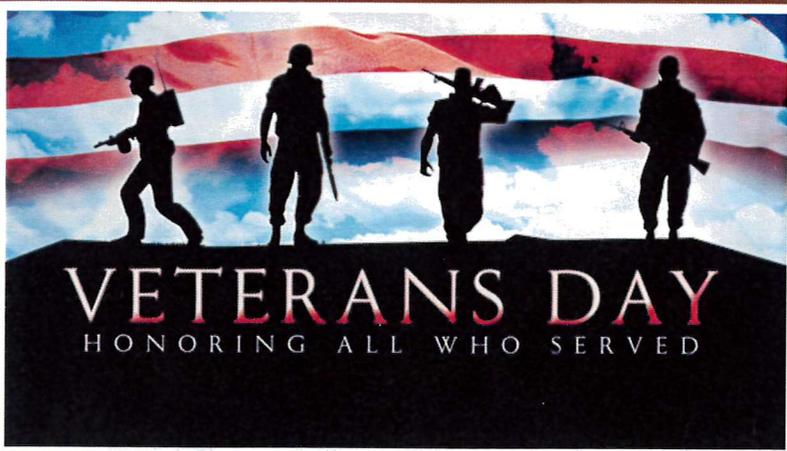




November Heritage Happenings



Veterans Day

On November 11th we will honor our Veterans with a complimentary lunch. Anonymous Donors have graciously stepped forward to make this possible. Come and help us honor these individuals and join in a short sing along.



Volunteers Needed

We are in need of volunteers for our Meals On Wheels Program to deliver meals on Tuesdays and Thursdays. If you are interested please call Donna at 345-6098 or stop in. We are flexible you can chose to do it weekly, every other week of once a month. Meals are ready for delivery a little after 10:45. Most routes have around 8 meals. Please let us know if you are interested in helping. Thank you to the McCook Police Department our newest volunteers.

THANK YOU

Wayne and Donna Pick for your many years service delivering Meals On Wheels.

**Blood pressure clinic Wednesday
November 4, 2015, 11:00 to 11:45**



THANKSGIVING DINNER

Please join us for a traditional Thanksgiving Dinner on November 18th. Served by City of McCook Managers Nate Schneider, Lea Ann Doak, Kyle Potthoff, Jessie Dutcher, Ike Brown Mark Harpham, Jody Crocker, Beth Siegfried and City Attorney Nathaniel Muston.

- Turkey & Dressing**
- Mashed Potatoes and Gravy**
- Green Bean Casserole**
- Cranberry Salad**
- Pumpkin Dessert**
- Rolls**
- Milk**

We will be closed
Thanksgiving Day November 26 and
Friday November 27th.

SPOUSAL IMPROVEISHMENT

Under the Spousal Impoverishment Protection Law, when one spouse enters the nursing home, the spouse who remains at home retains his/her personal income. This includes Social Security, pensions, interests, dividends, etc.

The spouse in the nursing home will be required to use his/her income to pay for his/her care, except for a personal allowance of \$50 per month (\$90 per month for veterans).

After the income has been split, if the spouse at home gets less than **\$1,966.25** every month, he/she may keep part of the nursing home spouse's income, giving the spouse at home at least a monthly income of **\$1,966.25**

If the spouse at home has to pay high rent, mortgage or utilities, he/she may be able to keep more of the nursing home spouse's income.

The spouse at home is entitled to keep at least half of all countable assets, within the following guidelines:

MINIMUM: at least \$23,844 in 2015

MAXIMUM: up to \$119,220 in 2015

The Department of Health & Human Services will complete an assessment form to find out the total value of the couple's combined finances during the month of admission to the nursing home.

CAUTION!

Persons who give away or transfer assets in order to get Medicaid help may end up waiting longer before Medicaid will help.

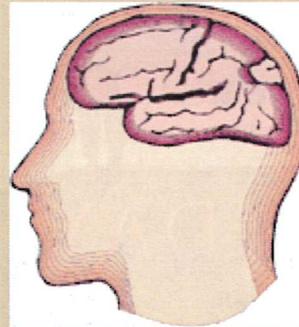
Always check with AccessNebraska (through the Nebraska Dept. of Health and Human Services) at 855-632-7633 to determine eligibility. This information is provided for your guidance only.

Questions? Call WCNAAB at 800-662-2961

Medicare Prescription Drug Plan Part D

Its always a good idea to look at your options each year even if your prescriptions haven't changed, because the drug plans often do change. Alyisa and Cidney will be here to help you every Tuesday morning from 9:00 to 12:00 through December 1st. Call 345-1760 to make an appointment or talk to Beth.

Test Your Brain



This is really cool.

ALZHEIMER'S EYE TEST

(I love this part.. Its absolutely amazing!)

Count every "F" in the following text:

FINISHED FILES ARE THE RE
SULT OF YEARS OF SCIENTI
FIC STUDY COMBINED WITH
THE EXPERIENCE OF YEARS.....
(SEE BELOW)

HOW MANY 'F's?

Count them again.

WRONG, THERE ARE 6 -- no joke..

READ IT AGAIN !

Really, go back and try to find the 6 'F's

For the answer look on the back of the word find page.

November Birthdays

Sandy Brown	1
Cecelia Koch	2
Alice Ruppert	3
AM Johnston	3
Dorothy Henton	4
Randy Andrews	5
Betty Younkers	5
Barb Brown	7
Judy Weintz	7
Richard Quinn	7
Shirley Drimil	9
Robert McBride	9
Sandra Nicholson	10
Betty Adkins	11
Andre Lefebvre	11
Carol Berryman	13

Leona Wudke	14
Gloria Warren	16
Kent Kotschwar	16
Peggy Appleyard	17
Adeline Kuhlmann	19
Phyllis Gould	20
Leona Nelson	20
Natalie Mickey	21
Dixie Lorentz	21
Donna Bailey	25
Richard Bair	25
Barbara Daily	25
Joyce Hofman	26
Lou Miner	29
Peggy Cisar	30
Barbara Frisch	30

IMPORTANT INFORMATION AND PHONE NUMBERS

THANK YOU FOR SUPPORTING HERITAGE SENIOR CENTER

AM-First: Drawing

FARRELLS PHARMACY &
BROOKDALE: Daily Menu on KICX

FIRST CENTRAL BANK: Monthly
Drawing and Birthday Cake

MNB: Monthly Drawing and Ice Cream

MCCOOK COMMUNITY HOSPITAL
Monthly Bingo

QUALITY URGENT CARE
Bingo

U-SAVE PHARMACY:
Weekly Menu in Gazette

WALMART: Monthly Drawing

BROOKDALE: Monthly Bingo and Pie

REDWILLOW CO HEALTH
DEPARTMENT

Monthly Blood Pressure Clinic
BEE Fit With Kristen
Weekly Exercise Classes

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



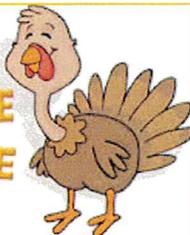
DONATIONS THANK YOU

Laverna Ely
Bill Gerloff
Jim & Marlene Hamill
Dwayne Fortkamp

PRODUCT OF THE MONTH



GOBBLE
GOBBLE
GOBBLE



In Memory of Donna Butler
by Bruce & Beverlee Swanson
by Beth Siegfried

In Memory of Terry Rouse
by Kim Rouse

In Memory of Charles Traxler
by Shirley Driml-Perez and Ernie Perez

The reasoning behind this is

The brain cannot process "OF".



F INISHED **F** ILES ARE THE RE
SULT **OF** YEARS **OF** SCIENTI
F IC STUDY COMBINED WITH
THE EXPERIENCE **OF** YEARS.....

Incredible or what?

Anyone who counts all 6 'F's on the first go is a genius.

If you managed that, you are either a genius or don't have Alzheimer's.

It is your turn to see how many of your friends belong in an old age home!

..

Three is normal, four is quite rare.

Send this to your (older!) friends.

It will drive them crazy....

And keep them occupied

For several minutes..!



Our Thanks on Veteran's Day



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



AIR FORCE
 ARTILLERY
 CALVARY
 FREEDOM
 INFANTRY
 MALITIA
 NATIONAL GUARD
 PLANES
 SHIPS
 TROOPS
 WAR



ARMISTICE DAY
 ATTACK
 DEFEND
 HELICOPTER
 JEEPS
 MARINES
 NAVY
 POW
 TANK
 VICTORY
 WWI



ARMY
 BATTLE
 DESERT STORM
 HEROES
 KOREA
 MILITARY
 PEACE
 SACRIFICES
 TREATY
 VIETNAM
 WWII



NOVEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	3 QUALITY URGENT CARE- BINGO 12:45 EIGHTSOME BRIDGE 12:45 HERITAGE QUILTERS 12:30 BEE FIT W /KRISTEN12:45	4 BLOOD PRESSURE CLINIC LIBRARY 11:00-11:45 AMFIRST DRAWING 11:45 AMERICAN LEGION 12:45 4W'S CARD CLUB 12:45 STRENGTH TRAINING 12:45	5 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS12 :30	6 FRI. DUP. BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	7
8	9 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 SASSY SENIORS 12:45 STRENGTH TRAINING 12:30	10 WALMART DRAWING 11 :45 COMMUNITY HOSPITAL BINGO 12:45 BEE FIT W /KRISTEN12:45 HERITAGE QUILTERS 12:30	11 VETERANS DAY APPRECIATION LUNCH RETIRED TEACHERS:12:45 ST THERESA CIRCLE 12:45 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:45	12 BIBLE COFFEE 10:00 THURSDAY BRIDGE 12:45 QUEEN OF CLUBS 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	13 FRIDAY BRIDGE 12:45 ACE OF CLUBS 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	14
15	16 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	17 BINGO 12:45 INDIANOLA CRAZY 8 12:45 EIGHTSOME BRIDGE 12:45 BEE FIT W ITHKISTEN12:45 HERITAGE QUILTERS 12:30	18 THANKS GIVING DINNER MNB DRAWING & ICE CREAM 11:45 4W'S 12:45 DL D CARD CLUB 12:45 STRENGTH TRAINING 12:45	19 CRAZY 8 9:00 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	20 1ST CENTRAL BANK DRAWING & BIRTHDAY PARTY11:45 FRI . DUP. BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	21
22	23 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 FOXY LADIES 12:45 STRENGTH TRAINING 12:30	24 BROOKDALE BINGO 12:45 BEE FIT W /KRISTEN12:45 HERITAGE QUILTERS 12:45	25 MOVIE 12:45 STRENGTH TRAINING 12:30	26 CLOSED HAPPY THANKSGIVING	27 CLOSED	28
29	30 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30					

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 CHICKEN ENCHILADAS CORN DICED TOMATOES APRICOTS PUMPKIN BAR MILK	3 ROAST PORK AU GRATIN POTATOES BRUSSELS SPROUTS PEACHES BREAD MILK	4 HOT TURKEY SANDWICH MASHED POTATOES & GRAVY GREEN BEANS CHERRIES PEANUT BUTTER BAR MILK	5 BEEF & NOODLES DICED BEETS PLUMS CHEESE STICK PINEAPPLE PUDDING BREAD MILK	6 POTATO BAR BROCCOLI CHEESE TACO MEAT CHEESE CELERY/ PEANUT BUTTER PEARS CHERRY BAR BREAD MILK	7
8 CALL FOR A RESERVATION MONDAY - FRIDAY BY 9:00 A.M. 345-1760	9 SWEET & SOUR PORK RICE WINTER BLEND PICKLED BEETS 5 CUP SALAD RAISINS BREAD MILK	10 MEATLOAF SCALLOPED POTATOES PEAS PEACH CRISP APPLE JUICE BREAD MILK	11 BEEF STEW GREEN BEANS COTTAGE CHEESE PEARS CORNBREAD MILK	12 ST LOUIS RIB POTATO WEDGES CORN MIXED FRUIT LEMON BAR BREAD MILK	13 POLLOCK SEASONED POTATOES CHEESY CABBAGE APRICOTS BREAD MILK	14 
15	16 HAM SWEET POTATOES PEAS PINEAPPLE CHERRY OATMEAL BAR BREAD MILK	17 PEPPER STEAK NOODLES CARROTS V8 JUICE BAKED APPLES BREAD MILK	18 <u>THANKSGIVING DINNER</u> TURKEY & DRESSING MASHED POTATOES & GRAVY GREEN BEAN CASSEROLE CRANBERRY SALAD PUMPKIN PIE ROLLS MILK	19 SLOPPY JOE TATER TOTS BAKED BEANS PEARS MILK	20 <u>BIRTHDAY PARTY</u> ROAST BEEF MASHED POTATOES GRAVY WAXED BEANS PEACHES ROLLS MILK	21 PRODUCT OF THE MONTH: COFFEE
22	23 PORK CHOP SCALLOPED POTATOES MIXED VEGETABLES PLUMS NO BAKE COOKIES BREAD MILK	24 BBQ MEATBALLS PEAS & CARROTS APPLE GRAPE SALAD PINEAPPLE UPSIDE DOWN CAKE BREAD MILK	25 HAM & POTATO SOUP CRACKERS CHEESE SANDWICH KIDNEY BEAN SALAD PEACHES MILK	26 <u>CLOSED</u> HAPPY THANKSGIVING	27 <u>CLOSED</u>	28
29 	30 LASAGNA GREEN BEANS APPLE COLE SLAW APRICOTS GARLIC BREAD 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

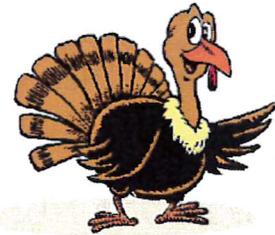
**"In Youth We Learn
In Age We Understand"**

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.

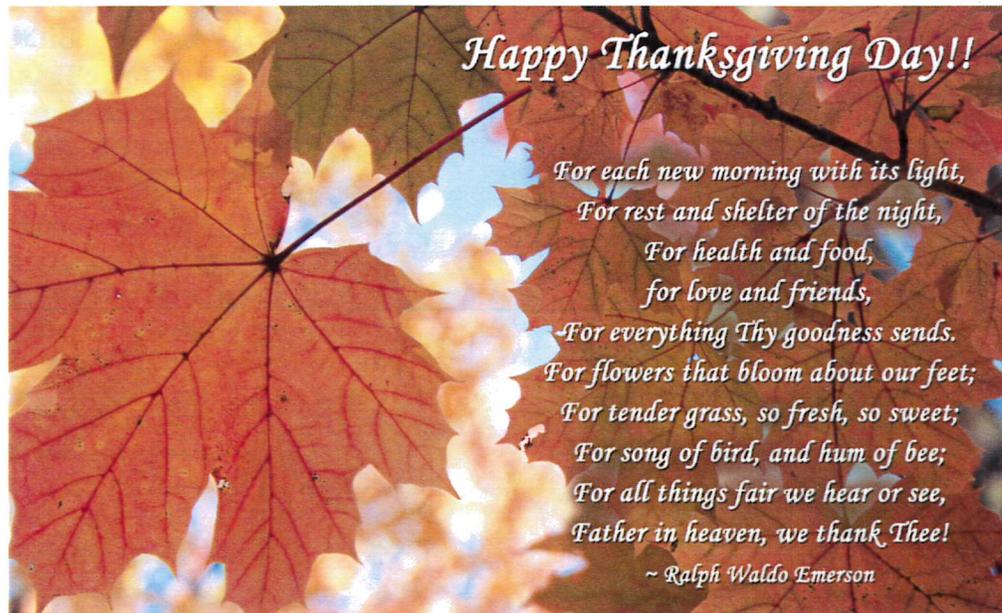
For more information call 345-1760

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



THE KEY TO OUR SUCCESS
REST IN PEOPLE LIKE YOU!



Happy Thanksgiving Day!!

For each new morning with its light,
For rest and shelter of the night,
For health and food,
for love and friends,
For everything Thy goodness sends.
For flowers that bloom about our feet;
For tender grass, so fresh, so sweet;
For song of bird, and hum of bee;
For all things fair we hear or see,
Father in heaven, we thank Thee!

~ Ralph Waldo Emerson