



Heritage Happenings



Christmas Dinner

Please join us for Christmas Dinner
December 15th serving
Chicken Cordon Blu
Baby Baked Red Potatoes
Green Beans with Almonds and Bacon
Frog Eye Salad
Assorted Pies
Rolls
Milk



NEBRASKA
ATTORNEY GENERAL
OFFICE

FRAUD PROTECTION PROGRAM

DECEMBER 15th at 12:15

Ryan Sothan with the Nebraska Attorney General's Office will present a program on protecting yourself from fraud and identity theft. Please Bring a friend and stay after lunch for this presentation. I have seen this presentation and it is very worthwhile. You will learn about what is happening in Nebraska, how to stop unwanted telemarketing, junk mail, receive important phone numbers, web site and e-mail addresses., information on well known charities and how much of your donation goes to the actual cause. This is your chance to ask questions and get answers.



Volunteers Needed

We are in need of volunteers for our Meals On Wheels Program to deliver meals on every day except Monday.

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 or 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.

Blood pressure clinic Wednesday
December 2, 2015, 11:00 to 11:45

We will close at 12:00 Noon on
December 24 and closed on
Christmas.

The Long-term Care Ombudsman Program Of Nebraska

The term ombudsman means “advocate”. The Long Term Care (LTC) Ombudsman is an advocate for the rights and wellbeing of nursing home and assisted-living facility residents.

Available services include:

Education to inform residents, families, facility staff and others on a variety of issues related to aging, long-term care and residents’ rights.

Information and Referral to empower individuals to resolve concerns and complaints on their own behalf.

Consultation to make recommendations for protecting the rights of residents and improving their care and quality of life.

Individual Advocacy to facilitate the resolution of concerns and complaints and to protect the rights of residents.

Systems Advocacy to identify significant concerns and problematic trends and to advocate for systemic changes that will benefit the current and future residents of long-term care facilities.

Anyone can contact the LTC Ombudsman Program to discuss or seek assistance in resolving a problem, concern, or complaint impacting one or more residents of a long-term care facility. This includes residents, friends, family members, facility staff, and others.

As the resident advocate, however, the LTC Ombudsman always seeks to resolve the concern to the satisfaction of the resident. You can contact the State Office of LTC Ombudsman to find out which LTC Ombudsman program serves your area of the state:

Office of State LTC Ombudsman

HHS – State Unit on Aging

P.O. Box 95044

Lincoln, Nebraska 68509-5044

(402) 471-2307

(800) 942-7830 (Nebraska Only)

Questions? Call WCNAAB at 800-662-2961

Medicare Prescription Drug Plan Part D

Last chance to have your Medicare Part D Drug Plan review on December 1st. Open enrollment closes on December 7th. Call 345-1760 to make an appointment or talk to Beth.



Thanks to everyone who got into the spirit of Halloween and came in costume for lunch.



CHRISTMAS EVE DAY BRUNCH

10:00 a.m. December 24th

Mark your calendar, grab a friend or bring your family that is in town for the holidays. We will be serving Waffles Sausage, Hash browns, Mixed fruit, Jucie and Milk Call and make your reservation today 345-1760.



Wishing You and Yours

Peace, Happiness and

The Very Best During

This Christmas Season

From your friends at the Heritage Senior Center

Beth, Donna, Sandy, Tracy, Joni, Lonnie,

Paula, Eldon and Diane

December Birthdays

Beth Augustyn 2
 Mary Colling 3
 Marion Dempewolf 4
 Betty Wortman 5
 Mary Jane Mires 8
 Robert Stuck 10
 Bobby Lakey 10
 Sandy Fisher 10
 Roselin Doss 10
 June Cooper 11
 Marjorie Carter 11
 Beulah Harris 11
 Roberta Spilinek 13
 Mary Poore 14
 Sandra Novak 15
 Irene Schneider 15
 Bonita Weber 16
 Lavonne Ohlson 18
 Rose Day 19
 Carol Bridgeman 20

Gerald Beideck 20
 Ruth Shields 20
 Dot Evans 20
 Dollie Miller 20
 Bonnie Urling 21
 Marlene Hamill 22
 Betty Davidson 22
 Delores Burton 23
 Doris Chehey 24
 Mary Duffield 24
 Tom Kiplinger 24
 Karen Meints 26
 Judy Dow 28
 Laverna Ely 29
 Lucille Wolvin 30
 Stephen LeBash 30
 Francis Unger 31
 Judy Robbs 31
 Joanne Dueland 31

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

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

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



THANK YOU FOR DONATIONS MADE IN NOVEMBER

Laverna Ely
 Bill Gerloff
 Bonnie Weber
 Dike and Jo Dike



In Memory of ;Donna Butler
 by Donna and Roger Miller

GOOD ADVICE

Shredding Guidelines

Tax-related documentation 7 Years

Business contracts and
correspondence 6 Years

Medical (bills and insurance
statements) 5 Years

PRODUCT OF THE MONTH



Shredding Guidelines
 Pay studs and cancelled checks 1 Year
 Credit card, debit card and ATM
 Receipts 3 Months

Elderly Banking... ..PRICELESS!!

Shown below, is an actual letter that was sent to a bank by an 82-year-old woman. The bank manager thought it amusing enough to have it published in the New York Times.

Dear Sir:

I am writing to thank you for bouncing my check with which I endeavored to pay my plumber last month. By my calculations, three nanoseconds must have elapsed between his presenting the check and the arrival in my account of the funds needed to honor it.

I refer, of course, to the automatic monthly deposit of my entire pension, an arrangement which, I admit, has been in place for only eight years.

You are to be commended for seizing that brief window of opportunity, and also for debiting my account \$30 by way of penalty for the inconvenience caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways. I noticed that whereas I personally answer your telephone calls and letters, --- when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has become.

From now on, I, like you, choose only to deal with a flesh-and-blood person.

My mortgage and loan repayments will therefore and hereafter no longer be automatic, but will arrive at your bank, by check, addressed personally and confidentially to an employee at your bank whom you must nominate.

Be aware that it is an OFFENSE under the Postal Act for any other person to open such an envelope.

Please find attached an Application Contact which I require your chosen employee to complete.

I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative.

Please note that all copies of his or her medical history must be countersigned by a Notary Public, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

In due course, at MY convenience, I will issue your employee with a PIN number which he/she must quote in dealings with me.

I regret that it cannot be shorter than 28 digits but, again, I have modeled it on the number of button presses required of me to access my account balance on your phone bank service.

As they say, imitation is the sincerest form of flattery.

Let me level the playing field even further.

When you call me, press buttons as follows:

IMMEDIATELY AFTER DIALING, PRESS THE STAR (*) BUTTON FOR ENGLISH

#1. To make an appointment to see me.

#2. To query a missing payment.

#3. To transfer the call to my living room in case I am there.

#4. To transfer the call to my bedroom in case I am sleeping.

#5. To transfer the call to my toilet in case I am attending to nature.

#6. To transfer the call to my mobile phone if I am not at home.

#7. To leave a message on my computer, a password to access my computer is required. Password will be communicated to you at a later date to that Authorized Contact mentioned earlier.

#8. To return to the main menu and to listen to options 1 through 7 again

#9. To make a general complaint or inquiry. The contact will then be put on hold, pending the attention of my automated answering service.

#10. This is a second reminder to press* for English.

While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement.

May I wish you a happy, if ever so slightly less prosperous New Year?

Your Humble Client

And remember: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to upset us.



Happy Holidays Word Search



See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|--------------|----------------|-----------------|------------|
| 1. Happy | 5. Family | 9. Shopping | 13. Santa |
| 2. Holidays | 6. Friends | 10. Candy canes | 14. Songs |
| 3. Christmas | 7. Presents | 11. Cookies | 15. Movies |
| 4. Vacation | 8. Decorations | 12. Milk | 16. Fun |

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 ROTISSERIE CHICKEN MASHED POTATOES GRAVY BROCCOLI CHERRY BAR PLUMS MILK	2 PORK CUTLET BAKED POTATO CARROTS PEACHES LEMON CAKE BREAD MILK	3 ST. LOUIS RIB ON A BUN CURLY FRIES BAKED BEANS APPLE CANT LEAVE ALONE BAR MILK	4 BREADED COD POTATO CASSEROLE CORN CHEESE STICK GRAPE JUICE GINGER COOKIES MILK	5 
6 	7 MEAT LOAF AUGRATIN POTATOES GREEN BEANS WALDORF SALAD HONEY BUN CAKE BREAD MILK	8 SWEET & SOUR CHICKEN BREAST RICE CARROTS KIDNEY BEAN SALAD APRICOTS DISHPAN COOKIES BREAD MILK	9 MUSHROOM STEAK BAKED POTATO MIXED VEGETABLES PEARS BREAD MILK	10 HAM & BEANS CORN BREAD TOMATO JUICE PICKLED BEETS PEACHES CHOC PUDDING DESERT BREAD MILK	11 TURKEY & NOODLES MASHED POTATOES BROCCOLI PEANUT BUTTER & CELERY CINNAMON APPLESAUCE BREAD MILK	12
13	14 ROAST PORK SWEET POTATOES MIXED VEGETABLES PLUMS BREAD MILK	15 <u>CHRISTMAS DINNER</u> CHICKEN CORDON BLU BABY BAKED RED POTATOES GREEN BEAN ALMONDS & BACON APPLE JUICE FROG EYE SALAD ASSORTED PIES ROLLS MILK	16 SWISS STEAK SEASONED POTATOES CAULIFLOWER PEARS BREAD MILK	17 TATER TOT CASSEROLE CORN CHEESE STICK RAISINS PEACH COBBLER DISHPAN COOKIES BREAD MILK	18 <u>BIRTHDAY DINNER</u> ROAST BEEF MASHED POTATOES GRAVY BABY CARROTS STRAWBERRIES & BANANAS ROLLS BIRTHDAY CAKE MILK	19  <u>NO SALAD BAR ON HOLIDAYS</u>
20	21 SALISBURY STEAK MASHED POTATOES GRAVY LIMA BEANS PEACHES BREAD MILK	22 HAM BAKED SWEET POTATO PEAS PINEAPPLE CHUNKS BROWNIES BREAD MILK	23 CHILI CHEESE SANDWICH CARROTS & CELERY CHERRIES PEANUT BUTTER COOKIES MILK	24 WAFFLES / SYRUP SAUSAGE LINKS HASH BROWNS MIXED FRUIT MILK	25  <u>CLOSED</u>	26
27 	28 GOULASH COTTAGE CHEESE COLE SLAW GREEN BEANS GARLIC BREAD MILK	29 PORK CHOP SEASONED POTATO CARROTS PINEAPPLE CHUNKS BREAD MILK	30 CHICKEN & DUMPLINGS DICED BEETS PEA SALAD CHEESE STICK BAKED APPLES FRUIT COCKTAIL CAKE MILK	31 PIZZA CARROTS & CELERY RANCH DRESSING CORN PEARS CHEESECAKE MILK		

DECEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 BINGO 12:45 EIGHTSOME BRIDGE 12:45 HERITAGE QUILTERS 12:30	2 BLOOD PRESSURE CLINIC LIBRARY 11:00-11:45 AMERICAN LEGION 12:45 4W'S CARD CLUB 12:45	3 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	4 FRI. DUP. BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	5
6	7 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	8 WALMART DRAWING 11:45 COMMUNITY HOSPITAL BINGO 12:45 BEE FIT W /KRISTEN 12:45	9 ST THERESA CIRCLE 12:45 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:45	10 BIBLE COFFEE 10:00 THURSDAY BRIDGE 12:45 QUEEN OF CLUBS 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:30	11 FRIDAY BRIDGE 12:45 ACE OF CLUBS 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	12
13	14 HELPING HAND 12:00 SASSY SENIORS 12:45 MONDAY DUP BRIDGE 12:45	15 CHRISTMAS DINNER BINGO 12:45 INDIANOLA CRAZY 8 12:45 EIGHTSOME BRIDGE 12:45 BEE FIT W WITH KRISTEN 12:45	16 MNB DRAWING & ICE CREAM 11:45 4W'S 12:45 DLD CARD CLUB 12:45 STRENGTH TRAINING 12:45	17 CRAZY 8 9:00 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 BEE FIT W /KRISTEN 12:45	18 1ST CENTRAL BANK DRAWING & BIRTHDAY PARTY 11:45 FRI. DUP. BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	19
20	21 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	22 BROOKDALE BINGO 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:45	23 MOVIE 12:45 STRENGTH TRAINING 12:30	24 CLOSING AT NOON After Brunch	25 CLOSED Merry Christmas	26
27	28 HELPING HAND 12:00 FOXY LADIES 12:45 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	29 BINGO 12:45 EIGHTSOME BRIDGE 12:45 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:45	30 4W's: 12:45 STRENGTH TRAINING: 12:30	31 BIBLE COFFEE 10:00 BEE FIT W /KRISTEN 12:45 HERITAGE QUILTERS 12:45		

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!**

AS I AGE

As I Age, I Realize That:

I talk to myself, because sometimes I need expert advice.

The biggest lie I tell myself is "I don't need to write that down, I'll remember it."

When I was a child, I thought naptime was punishment. Now Its like a mini vacation

Wouldn't it be nice if we could put ourselves in the dryer for ten minutes: come out wrinkle free and 3 sizes smaller.

When the kids text me "plz" which is shorter than please I text back "no" which is shorter than "yes".

If God wanted me to touch my toes, he would've put them on my knees.