



# Heritage Happenings

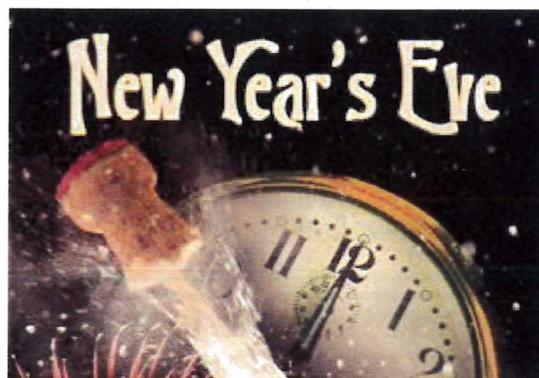
## INCLEMENT WEATHER POLICY

If McCook Public Schools are closed due to bad weather, all Senior Center activities/classes/Meals on Wheels /transportation/ lunches are cancelled and the Senior Center and Public Transit will be closed. If McCook Public Schools are delayed the Senior Center and Public Transit will operate with normal hours. If travel becomes hazardous during the course of the day due to bad weather, the activities may be canceled for the remainder of the day. If this occurs, all transit passengers will be driven home. No passengers will be left stranded.



Blood pressure clinic Wednesday  
January 7, 2016, 11:00 to 11:45

We will closed Friday January  
1st. HAPPY NEW YEAR



## Calling all Card Players

I need your help. Please give me a new schedule for the new year if you haven't already. IF YOU CANCEL PLEASE CALL BETH OR DONNA, NOT THE FRONT DESK VOLUNTEER. Thanks A Bunch.



## 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 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.



**ADVISORY BOARD MEETING**  
**Tuesday, January 5 2015**  
**10:00 am Conference Room**  
**This meeting is open to the public.**

## Medicare Due to Disability

**Who Qualifies?** Those under age 65 who have received Social Security disability benefits or Railroad Retiree disability benefits for 24 months are eligible.

Persons under age 65 who have ALS receive Medicare benefits the first month they receive disability benefits.

Generally, beneficiaries with disability determinations are automatically enrolled in Medicare Part A and Part B for coverage beginning the 25<sup>th</sup> month of entitlement to Social Security benefits.

If a person stops receiving Social Security disability benefits due to "medical recovery", Medicare entitlement based on disability also ends.

### Medicare Supplements (Medigap)

In Nebraska, companies are not required to sell Medicare Supplement policies to persons under 65. Companies can refuse coverage because of health reasons.

Upon turning 65 a person will have a six-month Open Enrollment Period to purchase any Medicare Supplement policy. During Open Enrollment, any company selling Medicare Supplement policies in Nebraska is required to accept all applicants, regardless of health.

**Medicare Advantage** is an alternative to Original Medicare coverage and a supplement. An MA plan is a health plan option that is approved by Medicare and managed by private companies. Most MA plans also cover Part D (prescription drugs) benefits.

MA plans are required to accept all Medicare beneficiaries, with the exception of those with End-Stage Renal Disease. Medicare Advantage plans cannot have a waiting period for pre-existing conditions.

Each plan has a yearly out-of-pocket maximum amount that a beneficiary will pay for hospital and medical services.

Upon turning 65, a person with an MA plan will have a six month open enrollment period to switch to Original Medicare and get a Medigap Supplement if they want.

For more information on Medicare Due to a Disability, call the Area Agency on Aging at 800-662-2961

Questions? Call WCNAAG at 800-662-2961



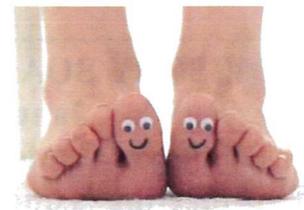
## Foot Clinic

Once again we have received grant funds from West Central Nebraska Area Agency on Aging. I have 17 coupons that can be used for a pedicure. You will need to request a coupon from the Senior Center, it will be first come, first serve



basis. Once you have a coupon then you can call the Red Willow Co Health Department to make an appointment. The phone number is 345-1790. Peggy will make appointments starting January 19th, and she will be able to do one a day. She request that you bring your own basin and a large clean bath towel.

**DID YOU KNOW:** A foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles. There is 250,000 sweat glands that excrete as much as half a pint of moisture everyday. Many foot problems can be prevented through regular, proper foot care. It's essential, especially as one ages, that foot care is not neglected. Foot care should be considered as much a necessity as brushing your teeth.



# January Birthdays

Mike Koetter	1	Jean Anderson	18
Ed Unger	1	Christine Meyerle	20
Donna Miller	2	Bob Tiller	21
Evelyn Warner	3	Lois Tiller	21
Janice Breese	6	Geraldine Adams	25
Joan Stevenson	7	Helen Beier	26
Loretta Burns	11	Donna Chamber	29
Karen Dyer	11	Gerald Disney	30
Eldon Parde	12	Gladys Calvin	30
Joan Gilliam	12	Irene Neumann	31
Betty Budke	17		

**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**

## 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 DONATIONS MADE IN DECEMBER

**John & Judy Anderson  
Dick and Jo Dike  
Laverna Ely  
Bill Gerloff  
Delores Gettman  
St. John's Lutheran Guild  
Gene Meints**

## PRODUCT OF THE MONTH

Brown Sugar

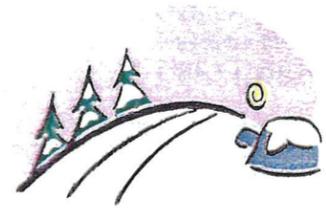


Powdered Sugar

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."



# January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <b>CLOSED</b> 	2 
3	4 LASAGNA GARLIC BREAD GREEN BEAN SALAD PLUMS MILK	5 BEEF FINGERS MASHED POTATOES LIMA BEANS CINNAMON PEARS APPLESAUCE CAKE BREAD MILK	6 CHICKEN & DRESSING CASSEROLE TOMATO JUICE BROCCOLI ORANGE COTTAGE CHEESE SUGAR COOKIES MILK	7 VEGETABLE BEEF SOUP CRACKERS PICKLED BEETS CHERRIES BROWNIES MILK	8 POP CORN SHRIMP CUBED POTATOES & ONIONS CORN O'BRIEN APPLESAUCE OAT FRUIT BAR BREAD MILK	9
10	11 CHICKEN FRIED STEAK MASHED POTATOES & GRAVY CORN 5 CUP SALAD RAISINS BREAD MILK	12 SMOTHERED PORK CHOP RICE COLE SLAW CARROTS APPLE CRISP BREAD MILK	13 CHICKEN ENCHILADAS REFRIED BEANS LETTUCE AND TOMATOES BANANA PUDDING PEACHES MILK	14 TUNA NOODLES GREEN BEANS CARROTS & CELERY W/ PEANUT BUTTER GRAPES BLUEBERRY MUFFINS MILK	15 BEEF & KRAUT CASSEROLE BAKED POTATO DICED BEETS PEARS WHITE CAKE MILK	16
17 	18 CHICKEN & NOODLES MASHED POTATOES GREEN BEANS CRANBERRY SALAD CHOCOLATE CAKE BREAD MILK	19 ROAST PORK SEASONED POTATOES CHEESY CABBAGE PEARS BREAD MILK	20 BEEF STEW TOMATO JUICE BISCUIT & JELLY APRICOTS CHEESE STICK RAISIN BAR MILK	21 WIENER ROLL UP TATER TOTS BAKED BEANS PINEAPPLE PEANUT BUTTER COOKIE MILK	22 BAKED POTATO BAR CHILI BROCCOLI & CHEESE OR CHEESE PEACHES BREAD PUDDING MILK	23
24	25 BAKED HAM BAKED SWEET POTATO PEA SALAD BAKED APPLES BREAD MILK	26 SWISS STEAK MASHED POTATOES CAULIFLOWER PEACHES SNICKERDODLE COOKIES BREAD MILK	27 GERMAN MEATBALLS SEASONED POTATOES MIXED VEGETABLES PLUMS BREAD MILK	28 CREAMED CHICKEN OVER BISCUIT COTTAGE CHEESE GREEN BEANS BROCCOLI SALAD MIXED FRUIT LEMON CAKE MILK	29 <u>BIRTHDAY PARTY</u> ROAST BEEF MASHED POTATOES & GRAVY BABY CARROTS APRICOTS ROLLS BIRTHDAY CAKE MILK	30
31						

# JANUARY 2016

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

# 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](http://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!



**When a woman  
says "What?",  
it's not because  
she didn't hear you.**

**She's giving you  
a chance to change  
what you said.**