

March

Heritage Happenings 2016



St Patrick's Day Lunch
 Wear your Green and come to lunch
 March 17th
 Corned Beef and Cabbage
 Baby Red Potatoes
 Lime Jell-O with Cottage Cheese and Pineapple
 Rolls
 Milk
 Chocolate Mint Brownies



Mark your calendar for
 the Volunteer Lunch
 April 21, 2016

Easter Lunch
 March 25, 2016

Roast Beef or Pollock
 Mashed Potatoes & Gravy
 Corn, Peaches
 Rolls Milk
 Birthday Cake

Blood pressure clinic Wednesday
 March 2, 2016, 11:00 to 11:45

Legal Aid of Nebraska
 Will have a presentation on April 29,
 2016 here at the Senior Center.



It would really help us a lot if
reservations for lunch were
called in by 9:30 am.

Make a
RESERVATION

March is National Colorectal Cancer Awareness Month

Colorectal cancer is the third leading cause of cancer death among men and women in the US, but many colon cancers can be *prevented* with regular testing. March is National Colorectal Cancer Awareness Month – no better time to learn the facts about colon cancer and get tested. It could save your life.

The American Cancer Society recommends – if you are 50 or older – that you talk with your doctor about colon cancer screening. Only about 60% of adults of screening age are up-to-date on their colon cancer screening, and many have never been screened at all.

Screening can find colon cancer early, before symptoms develop, when it's easier to treat and survival rates are more favorable. Some of the tests can help doctors find growths called polyps that can be removed before they turn into cancer.

What's encouraging is that fewer people have been dying from colon cancer over the past few decades. That's due partly to improvements in screening. However, more than 50,000 deaths from colon cancer are expected this year, accounting for 9% of all cancer deaths.

Half of all colon cancer deaths could be prevented, if people got tested regularly. That's why the American Cancer Society, in partnership with several organizations, has set a goal to increase colon cancer screening rates to 80% by 2018. Doing so could save more than 7,000 lives a year.

Why Are There Different Premiums for Medicare Part B

Medicare beneficiaries are beginning to ask why some people pay different premiums for the same medical benefits. Beginning in January, thirty percent of people with Medicare part B began paying a premium of nearly \$121.80 a month, while the other seventy percent continue to pay 104.90.

The standard Part B premium amount in 2016 is \$121.80 (or higher depending on personal income). However, most people who get Social Security benefits will continue to pay the same Part B premium they paid in 2015. This is because there was no cost-of-living increase for 2016 Social Security benefits. Part B premiums are not allowed to rise unless there is a comparable increase in Social Security benefits.

You will be in the higher premium group if:

- * You enroll in Part B for the first time in 2016
- * You are not receiving Social Sec. benefits.
- * You are billed directly for your Part B premiums.
- * You have both Medicare and Medicaid, and Medicaid pays your premiums.
- * Your 2014 IRS tax return reported a Modified adjusted gross income above \$85,000 (single) or \$170,000 (married)

Alicia Jones, director of the Nebraska Senior Health Insurance Information Program, said "People paying \$104.90 will continue paying that premium for Part B until there is a cost-of-living adjustment in Social Security benefits. When that happens, everyone can expect to pay the same Part B premium again."

Nebraskans can get impartial answers to their Medicare questions from the Nebraska Senior Health Insurance Information Program (SHIIP). A federally-funded division of the Nebraska Department of Insurance, SHIIP offers free, unbiased information about Medicare and related insurance to seniors and people with disabilities. For more information contact Nebraska SHIIP at 800-234-7110 or go to www.doi.nebraska.gov/shiip/.

Questions? Call WCNAAB at 800-662-2961



March Birthdays

THANK YOU FOR SUPPORTING
HERITAGE SENIOR CENTER

Dorothy Eckhardt	1	Sharon Felker	17
Delores Abby	1	Marguerite Henn	17
Mary Ellen Monson	1	Don Warren	18
Barbara O'Day	2	Sandra Maris	19
Donna Anderson	2	Vernice Sines	19
Thelma Walter	7	Betty Woodruff	21
Geri Rasser	8	Willis Jones	21
Judy Bair	11	Bud Hanke	21
Sam Brunswick	13	Bob Patenburg	21
Bonnie Wacker	13	Cheryl Hamrick	23
Shirley Johnson	14	Marvin Lorentz	24
Phyllis McCarville	14	Vera Bobinmyer	25
Don Abby	15	Rick Kendall	26
Helen Marshall	17		

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 February

Ace of Clubs
John & Judy Anderson
Jerry & Jean Beideck
Dick and Jo Dike
Laverna Ely
Bill Gerloff
Jeanine Hall
Marvin & Dixie Lorentz
Bob Patenburg

PRODUCT OF
THE MONTH
DAWN DISH SOAP





WHAT WILL IT BE LIKE TOMORROW?



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



BAROMETER
 CLOUDY
 FLOOD
 FREEZE
 HAIL
 MOISTURE
 RAINFALL
 STORM
 TEMPERATURE
 WEATHER



BLIZZARD
 DEGREES
 FOG
 FROSTY
 HEAT WAVE
 OVERCAST
 SLEET
 SUNNY
 TORNADO



CLEAR
 DRIZZLE
 FORECAST
 GUSTY
 HUMIDITY
 PERCIPITATION
 SNOWFALL
 SUPER CELL
 VISIBILITY



Palm Sunday

It was Palm Sunday and, because of a sore throat, five year old Johnny stayed home from church with a sitter. When the family returned home, they were carrying several palm branches. The boy asked what they were for. "People held them over Jesus head as he walked by." "Wouldn't you know it." The boy fumed. "The one Sunday I don't go, he shows up!"

Children's Sermon

One Easter Sunday morning as the minister was preaching the children's sermon, he reached into his bag of props and pulled out an egg. He pointed at the egg and asked the children, "what's in here?" "I know!" a little boy exclaimed. "pantyhose!"

Support A Family

The prospective Father-In Law asked. Young, can you support a family?"The surprised groom-to be replied, "well , no I was just planning to support your daughter. The rest will have to fend for themselves."

Grandma's Age

Little Johnny asked his Grandma how old she was. Grandma answered . "39 and holding." Johnny thought for a moment, and then said. "and how old would you be if you let go"

First Time Users

A little boy in church for the first time watched as the ushers passed around the offering plates. When they came near his pew, the boy said loudly, "Don't pay for me Daddy, I 'm under five."

Prayers

The Sunday school teacher asked, "Now Johnny, tell me, do you say prayers before eating?" No sir," he replied, "we don't have to. My Mom is a good cook!"

Climb the Walls

"Oh I sure am a happy to see you." the little boy said to his Grandmother on his Mother's side. "Now maybe Daddy will do the trick he has been promising us." The Grandmother was curious. "What trick is that?" she asked. "I heard him tell Mommy that he would climb the walls if you came to visit" the little boy answered.

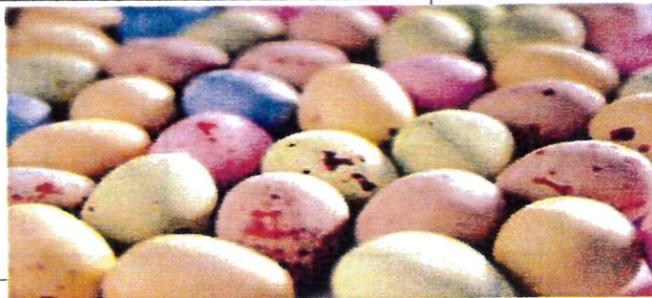
The Water Pistol

When my three-year old son opened the birthday gift from his Grandmother, he discovered a water pistol. He squealed with delight and headed to the nearest sink. I was not pleased. I turned to Mom and said. "I'm surprised at you. Don't you remember how we use to drive you crazy with water guns?" Mom smiled and then replied."I remember."

Life after Death

"Do you believe in life after Death?" the boss asked one of his employees. "Yes sir," the new employee replied. "Well the , that makes everything just fine," the boss went on., "after you left early yesterday to go to your Grandmother's funeral, she stopped in to see you!"

MARCH 2016

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

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 MUSHROOM STEAK SEASONED POTATOES WINTER BLEND APRICOTS MANDARIN ORANGE CAKE BREAD MILK	2 SMOTHERED PORK CUTLET CHEESE POTATOES PEAS PEARS BREAD MILK	3 CHILI CHEESE SANDWICH CARROTS & CELERY MIXED FRUIT GINGER COOKIES MILK	4 SALMON LOAF BAKED POTATO GREEN BEANS WOLDORF SALAD RAISINS BREAD MILK	5
6 	7 POT ROAST POTATOES & CARROTS CABBAGE & ONIONS GRAPE JUICE PEACH CRISP BREAD MILK	8 BEEF FINGERS MASHED POTATOES 3 OZ. COTTAGE CHEESE CORN CINNAMON PEARS BREAD MILK	9 SMOTHERED CHICKEN BREAST GARDEN RICE DICED BEETS COPPER PENNY SALAD APRICOTS OATMEAL CAKE BREAD MILK	10 WIENER ROLL UP OVEN FRIES BAKED BEANS APPLE PEANUT BUTTER COOKIES MILK	11 POLLOCK BAKED POTATOES GREEN & WAX BEANS PLUMS PINEAPPLE UPSIDE DOWN CAKE BREAD MILK	12 PRODUCT OF THE MONTH: DAWN DISH SOAP 
13 MENU IS SUBJECT TO CHANGE	14 SWISS STEAK MASHED POTATOES GREEN BEANS ORANGES RAISIN BARS BREAD MILK	15 MEATLOAF BAKED POTATO CREAM CORN PLUMS APPLE CAKE BREAD MILK	16 ROSEMARY CHICKEN MASHED POTATOES CARROTS PEARS BREAD MILK	17 CORNED BEEF BABY RED POTATOES CABBAGE LIME JELLO W/ COTTAGE CHEESE & PINEAPPLE CHOC MINT BROWNIE ROLLS MILK 	18 BREADED COD AUGRATIN POTATOES LIMA BEANS CHERRIES SUGAR COOKIES BREAD MILK	19
20	21 TURKEY ROAST MASHED POTATOES & GRAVY PEAS & CARROTS PEARS M&M COOKIES BREAD MILK	22 PORK CHOP BAKED POTATO CAULIFLOWER & CHEESE PLUMS UGLY DUCKLING CAKE BREAD MILK	23 GOULASH GREEN BEANS APPLE SLAW CHEESE STICK PINEAPPLE GARLIC BREAD MILK	24 BREADED CHICKEN BREAST ON A BUN CURLY FRIES BAKED BEANS APRICOTS CHERRY BAR MILK	25 ROAST BEEF OR POLLOCK MASHED POTATOES & GRAVY CORN PEACHES SRPING SALAD ROLLS BIRTHDAY CAKE MILK 	26
27	28 CHICKEN DRESSING CASSEROLE MIXED VEGETABLES KIDNEY BEAN SALAD CHERRIES CHEESE STICK BREAD MILK	29 HAM SCALLOPED POTATO GREEN BEANS PINEAPPLE RHUBARB CAKE BREAD MILK	30 GERMAN MEATBALLS BAKED POTATOES CARROTS PEARS PEACHES & CREAM BAR BREAD MILK	31 BBQ CHICKEN RANCH POTATOES COLE SLAW LEMON POPPY SEED MUFFINS BAKED APPLES 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 KEY TO OUR SUCCESS
REST IN PEOPLE LIKE YOU!

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



Movies

Former bull-riding champion Luke (Scott Eastwood) and college student Sophia (Britt Robertson) are in love, but conflicting paths and ideals threaten to tear them apart: Luke hopes to make a comeback on the rodeo circuit, and Sophia is about to embark on her dream job in New York's art world. As the couple ponder their romantic future, they find inspiration in Ira (Alan Alda), an elderly man whose decades-long romance with his beloved wife withstood the test of time.

