

June

Heritage Happenings 2016



Thank you First Central Bank for honoring
Thirteen Veterans with meal tickets on
Friday May 27th.

Happy
Father's
Day



Men's Breakfast

June 16, 2016

8:30

Heritage Senior Center

Menu

Orange Juice

Sandy's Cinnamon Rolls

Egg Casserole

Sausage & Bacon

Bring a Friend and Join Us

Please remember to push your chair in when you get
in line to go to the salad bar or get you lunch tray.

Thank you!



I DIDN'T TRIP



THE
CHAIR
JUMPED
OUT
AND
ATTACKED ME...

Farwell to our dear friend
Mary Beth Augustyn. She
was always a supporter of
the Senior Center and an
awesome volunteer for
many, many years. She
had a kind and loving heart
and is greatly missed.



Would you consider being a Front Desk
Volunteer, we are in need of a couple.

What to Do With Your HAS (Health Savings Account) Money When You Go on Medicare

Q: What's the best thing to do with my HSA funds when I retire and go on Medicare? Are there any rules that say I need to spend it since I won't have a high-deductible health plan any longer?

A: There are no rules requiring you to spend your existing HSA balance or take any IRA-like required minimum distributions once you become a Medicare beneficiary. And because these accounts grow tax-free, there's no real hurry to spend it down.

But be aware that you will not be able to add any new contributions to your existing HSA once you leave the high-deductible health plan.

Because you won't pay income tax on any HSA distributions that are used for qualified medical expenses, it makes the most financial sense to continue to use this money for health care needs. If you are over 65, you can even use your HSA funds to pay for Medicare insurance premiums, although premiums for Medicare supplemental insurance are not viewed as qualified expenses.

If you withdraw the money for non-medical expenses prior to age 65, you will face a 20% penalty on the sum and it will be taxed as part of your income. Once you've turned 65, you can withdraw your HSA money for any expenses without triggering a penalty – but you will still owe income tax on the withdrawals.

You can also take money out of your HSA to reimburse yourself for qualified medical expenses that you incurred – but did not pay for from your HSA – at any point after the account was established. Save invoices and bills for past medical expenses that were not paid for from the HSA, and then reimburse yourself for these expenses from the HSA 20 years from now.

Questions? Call WCNAANA at 800-662-2961



**Thank You Nebraska Humanities,
and First Central Bank for
helping us sponsor our
Ladies Tea Program presented
by Sue McLain "Yesterdays Lady"**



Sue presented a delightfully,
Entertaining, educational program
on the history of the bra and
ladies fashion.

June Birthdays

THANK YOU FOR SUPPORTING
HERITAGE SENIOR CENTER

Pat Alano	1
Jackie Lankford	2
Carmen Wesch	2
Ervin Bley	4
Gene Meints	4
Ann Wolf	5
June Goad	5
Alice Harpst	5
Mary Hlavinka	5
Kent Kesley	6
Freda Clapp	6
Ed Span	6
Rita Bourquin	8
Richard Patterson	9
Joanne Kivlehen	10
Kathleen Dueter	11
Roger Dowling	12
Marvin Dybdahl	12

Mary Corey	14
Elda Youngs	14
Richard Blake	15
Glen Randolph	15
Catherine Neal	16
Shelia Berles	17
Tracy Crocker	17
Vernon Porter	17
LeRoy Stevenson	19
Carol Samway	20
Don Schamel	20
Marlene Foster	21
Ruth Hackenkamp	22
Diane Clark	24
Betty Jo Tompkins	25
Donna Blake	28
Nancy Morris	28

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
345-1760 for reservations

McCook Public Transit Staff
Beth Siegfried—Director

Donna Blake—Dispatcher

Substitute Drivers
Eldon Parde
Diane Clark

Open Monday through Friday
8:30 to 4:30

Phone 345-6098



In Memory of:
Mary Beth Augustyn
By: Bruce & Beverlee
Swanson

THANK YOU FOR
DONATIONS
MADE IN
May

John & Judy Anderson
Marge Carter
Dick and Jo Dike
Bill Gerloff
Gene Meints
Linda Moses
Eldon & Sharon Parde
Ardis Ruppert
Karen & Leroy Stevenson

**Product of the
month**





FLAG DAY



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



AMERICA
 DEMOCRACY
 FIVE POINTED
 HOME OF THE BRAVE
 LAND OF THE FREE
 PEACE
 RED
 STRIPES
 UNITED STATES



BETSY ROSS
 ENGLISH
 FLAG
 HOPE
 NATION
 PLEDGE OF ALLEGIANCE
 SACRAFICE
 THIRTEEN COLONIES
 VETERNS



BLUE
 FIFTY
 GLORY
 JUNE
 PATRIOTS
 PROUD
 STARS
 UNION
 WHITE



Farmers Market Coupons

Nebraska Seniors Farmers Market Nutrition Program



The Nebraska Senior Farmers' Market nutrition program provides low income senior citizens with coupons to purchase fresh produce or honey (pure only) at Nebraska Farmers' Markets and roadside stands. The purposes of the program are to provide fresh, nutritious, unprepared, locally grown fruits, vegetables, herbs and honey to low income seniors and increase the consumption of agricultural commodities by expanding or aiding in the development of new farmers' markets and roadside stands. Nebraska Senior Farmers' Market Nutrition Program state plan of Operations was officially approved early in the year, allowing the state to continue the operation of this program for 2016.

In order for participants to be eligible for the program, individuals must meet categorical and income eligibility requirements. Categorically, participants must be 60 years of age or older. Income is measured in one of two ways. An individual, single household gross income cannot exceed \$21,978; a two person household's gross income cannot exceed \$29,637. Older adults wanting to be considered for the program may be asked to provide documentation showing age and income eligibility at the time of registration.

Older adults enrolled in the program will receive Senior Farmers' Market Nutrition Program coupons, which they will be able to exchange for fresh, nutritious, unprepared locally grown fruits, vegetables, herbs, and or honey at registered farmers markets and road side stands. Coupons must be spent on or before October 31, 2016.

Heritage Senior Center will distribute coupons at meeting June 20th 1:00 pm, June 22 at 10:30 a.m. and 1:00 pm. You must attend a meeting in order to receive coupons.

Note: Because appropriations are limited, services will not be provided in every community, and not all eligible seniors may be served. If additional funding appears likely, waiting list may be used.

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 PORK CHOPS AUGRATIN POTATOES DICED BEETS PEACHES WHITE CAKE BREAD MILK	2 MUSHROOM STEAK CHEESE STICK RANCH POTATOES PEAS PEARS BREAD MILK	3 ROTISSERIE CHICKEN MASHED POTATOES GRAVY CARROTS CHERRY APPLESAUCE PEANUT BUTTER COOKIES BREAD MILK	4
5	6 BEEF & NOODLES COTTAGE CHEESE TOMATO JUICE BAKED APPLES BUTTERFINGERS CAKE BREAD MILK	7 HAM LOAF SWEET POTATOES GREEN BEANS RAISINS PEACH CRISP BREAD MILK	8 BBQ MEATBALLS CHEESY POTATOES BRUSSELS SPROUTS APRICOTS BREAD MILK	9 CHICKEN ENCHILADAS CORN REFRIED BEANS PLUMS JELLO CAKE MILK	10 SUB SANDWICH PASTA SALAD PORK & BEANS PICKLED BEETS PEARS MILK	11
12	13 PORCUPINE MEATBALLS BAKED POTATOES LIMA BEANS APRICOTS APPLE CAKE BREAD MILK	14 ST. LOUIS RIB POTATO CASSEROLE ITALIAN BLEND PEARS BREAD MILK	15 ALFREDO CHICKEN NOODLES GREEN BEANS FRUIT SALAD PLUMS BREAD PUDDING BREAD MILK	16 MENS BREAKFAST WIENER ROLL UPS OVEN FRIES BAKED BEANS WATERMELON CHOC CHIP COOKIES MILK 	17 POLLOCK SCALLOPED POTATOES CORN PEACHES BREAD MILK	18
19 	20 ROAST PORK & GRAVY STUFFING SPINACH PICKLED BEETS PINEAPPLE & ORANGES BREAD MILK	21 LASAGNA GREEN BEANS KRAUT SALAD CHERRIES GARLIC BREAD MILK	22 SMOTHERED CHICKEN GARDEN RICE CAULIFLOWER TOMATO JUICE WHITE CAKE / STRAWBERRIES BREAD MILK	23 HAM SALAD POTATO SALAD CARROTS & CELERY COTTAGE CHEESE CINNAMON PEARS SUGAR COOKIES MILK	24 ROAST BEEF MASHED POTATOES GRAVY PEAS PEACHES HOT ROLLS BIRTHDAY CAKE MILK 	25
26	27 SWEET & SOUR CHICKEN BREAST RICE GREEN BEANS DICED TOMATOES PEARS LEMON PUDDING BREAD MILK	28 BEEF & KRAUT CASSEROLE BAKED POTATO CARROTS PLUMS APPLE LAZY DAY COBBLER MILK	29 HAM SCALLOPED POTATO WINTER BLEND 5 CUP SALAD RAISINS BREAD MILK	30 BBQ BEEF ON A BUN TATER TOTS CORN APRICOTS CHERRY TURNOVER MILK		

JUNE 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BLOOD PRESSURE CLINIC LIBRARY 11:00-11:45 +W's: 12:45 STRENGTH TRAINING 12:45	2 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:45	3 FRIDAY DUP.BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	4
5	6 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	7 BINGO 12:30 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	8 ST THERESA CIRCLE 12:45 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:45	9 BIBLE COFFEE 10:00 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:45	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 12:30 EIGHTSOME BRIDGE 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:30	15 MNB DRAWING & ICE CREAM 11:45 OLD CARD CLUB 12:45 +W's: 12:45 STRENGTH TRAINING 12:45	16 MENS BREAKFAST:8:30 BIBLE COFFEE 10:00 CRAZY 8 9:00 KT CARD CLUB 12:45 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS 12:45	17 FRI. DUP. BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	18
19 HAPPY FATHER'S DAY	20 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	21 BINGO:12:30 INDIANOLA CRAZY 8 12:45 BEE FIT WITH KRISSEN 12:45 HERITAGE QUILTERS 12:30	22 STRENGTH TRAINING 12:45	23 BIBLE COFFEE 10:00 BEE FIT WITH KISTEN 12:45 HERITAGE QUILTERS: 12:45	24 1ST CENTRAL BANK DRAWING & BIRTHDAY PARTY 11:45 ACE OF CLUBS 12:45 FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	25
26	27 HELPING HAND 12:00 FOXY LADIES: 12:45 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING	28 BROOKDALE BINGO:12:30 EIGHTSOME BRIDGE 12:45 BEE FIT WITH KRISSEN 12:45 HERITAGE QUILTERS 12:30	29 +W's: 12:45 MOVIE, POPCORN,CANDY, AND POP AFTER LUNCH STRENGTH TRAINING 12:45	30 BIBLE COFFEE 10:00 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 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"**

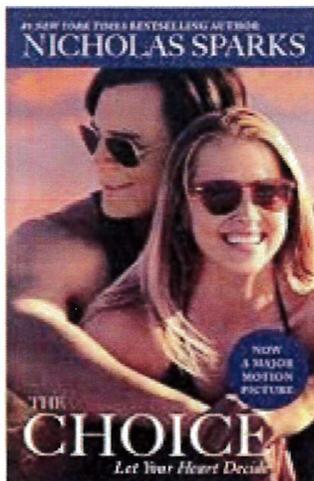
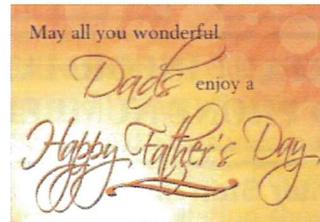
The City of McCook Heritage Senior Center is sponsored by the Nebraska Commission on Aging with matching funds from the City of McCook, and personal donations. The senior center provides referral services, nutritional meals, health programs and recreational opportunities to people over 60 years of age 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 MOVIE FOR JUNE WILL BE THE CHOICE

ANOTHER NICHOLAS SPARKS MOVIE

SHOWING JUNE 29TH AFTER LUNCH

