

July

Heritage Happenings 2016



In observance of the Fourth of July, we will be closed Monday July 4th .



Happy 4th of July

**Blood pressure clinic Wednesday
July 6, 2016 11:00 to 11:45**

Advisory Board

The Advisory Board will meet Tuesday July 5th, 2015 at 10:00 a.m. in the Conference Room.

This meeting is open to the public.

We are looking for a volunteer to wrap silverware on Thursday mornings and help sit tables. For more info ask Beth

PLEASE WELCOME BOB ALLEN

Bob Allen is our new City of McCook Transit Driver. Bob comes to us after retiring from the McCook Fire Department after 24 years of service, with the last 20 being full time. Bob will continue going to EMS classes and teaching EMS it's a big part of his life.. He has been married to his wife Kim for 22 Years, and has a daughter Katelyn and two stepsons Tyler and Travis.



PART D APPEALS

If your pharmacist tells you that your plan will not pay for your prescription drug, they should give you a notice titled, *Medicare Prescription Drug Coverage and Your Rights Notice*.

If you were denied coverage for a prescription drug, you should ask your plan to reconsider its decision by filing an appeal. First, call your plan to find out the reason it is not covering your drug. Your plan may deny coverage because your drug is not on its formulary (list of covered drugs) or because a coverage restriction imposes requirements you must meet before you can get your drug.

a. In certain cases, you may appeal to get a lower co pay.

b. There are other reasons that you may be paying more than usual at the pharmacy, such as being in your deductible phase, entering the donut hole, or going to an out-of-network pharmacy.

You do not have appeal rights in these situations. When you call your plan, it should let you know if any of these situations apply.

Once you have talked to your plan about why your drug was not covered at the pharmacy, you should talk to your prescribing physician about your options. For example, you may be able to try a comparable drug that is on the formulary. If switching to another drug is not an option, you should appeal. If you do appeal, your doctor may appeal on your behalf, or help you with the appeal process, but is not required to do so.

You will need to file an exception request. Call you plan to learn how do this. Your doctor may file on your behalf but is not required to do so. Either way, you will need a doctor's letter of support for your request.

If your exception request is approved, your drug will be covered. If it is denied, your plan should send you a Notice of Denial of Medicare Prescription Drug Coverage. You will have 60 days to start a formal appeal.

You can contact your plan to find out how to continue in the appeal process.

Questions? Call WCNAAB at 800-662-2961



WE'RE GOING TO HAVE A PARTY

Mark your calendars for August 1st. Enjoy the lunch here at the Senior Center and then complimentary cake and ice cream. We are going to have a party in honor of our dear friend and colleague Sandy Brown. After 17 years Sandy has decided to hang up her apron. We are going to miss her amazing cooking skills and fun sense of humor. Over the last 17 years Sandy has prepared approximately 588,671 meals, that's over half a million meals. I asked her what her favorite meal is and she said the chicken enchiladas. She has many memories and hopefully she will share some with us at the party. She stated the hardest part of her job is saying good bye to all the many friends she has made over the years that have passed away. Sandy we will miss you. Come back and visit any time, we promise we won't make you cook.

July Birthdays

Jane Bell	2	Lois Quigley	18
Erma Hinz	3	Floyd Bales	18
Wendy Reiners	3	Richard Elder	19
Bev Swanson	5	Darlene Cuellar	19
Larry Hall	6	Glen Randolph	15
Monte Rogers	6	Marie Foley	19
Shirley Joss	8	Gene Morris	20
Jan Sides	9	Nada Krotter	21
Jean Beideck	10	Janine Hall	21
Alex Bieker	10	Mary Moskal	21
Marlene Webster	12	Charles Quigley	22
June McDonald	12	Paula Missing	23
Enid Zapp	14	Delores Graff	24
Dick Dike	14	Marlene Foster	21
Myrne Marshall	16	Angelia Keller	25
Carla Bales	17	James Plenis	30
Barb Marquardt	18	Inger Jacobs	30
Jerry Felker	18	Karen Smith	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

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
Bob Allen –Driver
Donna Blake—Dispatcher
Substitute Drivers
Eldon Parde
Diane Clark
Open Monday
through Friday
8:30 to 4:30



In Memory of:
Mary Beth Augustyn
By: Verna Barnett
By: Eugene & Nancy
Morris

THANK YOU FOR DONATIONS MADE IN June

Florene Burton
Marge Carter
Dick and Jo Dike
Laverna Ely
Bill Gerloff
Joyce Hofman
Gene Meints
Mary Poore
Ardis Ruppert
Karen & Leroy Stevenson
Rosalie Weskamp

Product of The Month

Caramel and Chocolate Syrup



JULY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 4TH OF JULY BBQ FRIDAY DUP.BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	2
3	4 CLOSED 4th of July	5 BINGO 12:30 BEE FIT WITH KISTEN 12:45	6 ADVISORY BOARD MEETING 10:00 BLOOD PRESSURE CLINIC LIBRARY 11:00-11:45 AMERICAN LEGION: 12:45 AM FIRST DRAWING 11:45 STRENGTH TRAINING 12:45	7 BIBLE COFFEE 10:00 KT CARD CLUB 12:45 BEE FIT WITH KISTEN 12:45	8 ACE OF CLUBS 12:45 FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	9
10	11 HELPING HAND 12:00 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	13 VICTORY CARD CLUB :12:4 +W's: 12:45 ST THERESA CIRCLE : 12:45 STRENGTH TRAINING 12:45	14 BIBLE COFFEE 10:00 QUEEN OF CLUBS 12:45 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 12:45	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 INDIANOLA CRAZY 8 12:45 BEE FIT WITH KRISSEN 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 WITH KISTEN 12:45	22 ACE OF CLUBS 12:45 FRIDAY BRIDGE 12:45 INDEPENDENTS 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:12:30 BEE FIT WITH KRISSEN 12:45	27 MOVIE, POPCORN,CANDY, AND POP 12:30 +W's: 12:45 STRENGTH TRAINING 12:45	28 BIBLE COFFEE 10:00 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 12:45	29 1ST CENTRAL BANK DRAWING & BIRTHDAY PARTY 11:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	30

July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					GRILLED HAMBURGERS BAKED BEANS POTATO SALAD WATERMELON M&M COOKIES ICECREAM SUNDAE MILK		
3	 Happy 4th of July! CLOSED	GOULASH GARLIC BREAD GREEN BEANS COLE SLAW PEACHES COTTAGE CHEESE MILK	CHICKEN & DRESSING DICED BEETS COPPER PENNY SALAD PEARS RHUBARB CAKE CHEESE STICK MILK	PORK CUTLET BAKED POTATO BROCCOLI PINEAPPLE BREAD MILK	POPCORN SHRIMP POTATO WEDGES PEA SALAD CINN APPLES CHOC CRINKLE COOKIES BREAD MILK	2 9	
10	SHAKE & BAKE CHICKEN BAKED POTATO CORN OBRIEN BREAD MILK	MEAT LOAF SCALLOPED POTATOES PEAS CHERRY APPLESAUCE MANDARIN ORANGE CAKE BREAD MILK	TURKEY ROAST MASHED POTATOES & GRAVY GREEN BEANS CRAN APPLE SALAD BREAD MILK	SWEET & SOUR PORK GARDEN RICE STIR FRY VEGETABLES PICKLED BEETS NO BAKE COOKIES PLUMS MILK	POLLOCK POTATO CASSEROLE SPINACH CHERRIES BLUEBERRY MUFFINS MILK	MENU IS SUBJECT TO CHANGE 16	
17	PRODUCT OF THE MONTH CHOCOLATE SYRUP CARAMEL SYRUP 	SMOTHERED PORK CHOP MASHED POTATOES CORN GRAPE JUICE PUMPKIN BARS BREAD MILK	LEMON PEPPER CHICKEN AUGRATIN POTATOES GREEN BEANS PEARS BREAD MILK	SLOPPY JOES TATAR TOTS BAKED BEANS APRICOTS CHERRY DUMP CAKE MILK	TUNA & NOODLE CASSEROLE CHEESE STICK PEAS DICED TOMATOES CANTALOUPE MONSTER COOKIES MILK	PEPPER STEAK RICE CARROTS ORIENTAL SALAD MIXED FRUIT BREAD MILK	23
24	SPAGHETTI GARLIC BREAD COLE SLAW PINEAPPLE & ORANGES COTTAGE CHEESE MILK	BBQ CHICKEN BREAST BAKED POTATOES BROCCOLI CINN PEARS FRUIT COCKTAIL CAKE MILK	PIZZA CORN CUCUMBER & ONION SALAD CHERRIES CANT LEAVE ALONE BAR MILK	SAUSAGE GRAVY BISCUIT DICED BEETS CELERY & PEANUT BUTTER WATERMELON MILK	ROAST BEEF MASHED POTATOES & GRAVY BABY CARROTS PEACHES ROLLS BIRTHDAY CAKE MILK 	30	
31							

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"**

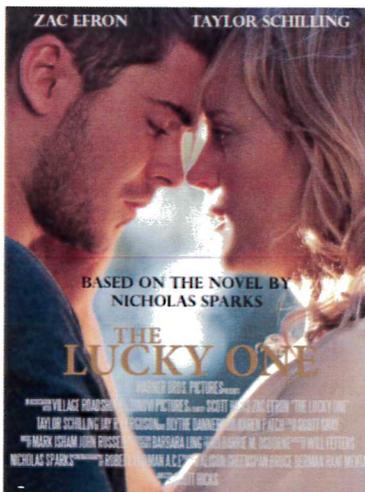
The City of McCook Heritage Senior Center is sponsored by the Nebraska Commission on Aging with matching funds from the City of McCook, and personal donations. The senior center provides referral services, nutritional meals, health programs and recreational opportunities to people over 60 years of age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

ANOTHER NICHOLAS SPARKS MOVIE

SHOWING JUNE 27TH AFTER LUNCH

