

September Heritage Happenings 2016



Succulent Fun

Bring a container and join us September 30th after lunch to plant a succulent container. Common Scents will bring the dirt and succulents. You bring the Container. Cost for the class will be \$1.00 plus the cost of the succulents. The plants run around \$4 dollars a piece. Debbie Hoffman suggested maybe smaller containers 11" or less since succulents grow slower than some other plants so you could have a fuller container. If you have any questions just let me know and I will try to answer them. Come and have fun.



**Blood pressure clinic Wednesday
September 7 2016 11:00 to 11:45**



**City of McCook Transit
and Heritage Senior
Center will be closed,
Monday September 5th,
2016.**



At the recent four state Midwest Transportation Conference in Kansas City Missouri, Beth Siegfried was honored with the Transit Manager Rookie of the Year Award. Beth is shown with Scott Bartels NATP President

1. Who needs a flu vaccine?

- a) You
- b) You
- c) You
- d) All of the above

We will be offering flu shots here at the Senior Center, with the Red Willow County Health Department. We will have the date soon.

**MEDICARE PART D
LATE ENROLLMENT PENALTY**

Individuals who did not enroll in a Medicare Part D Plan (or have creditable coverage through an employer group plan, retiree or union health plan, for more than 63 days after the initial enrollment period), will face a Part D late enrollment penalty when they choose to enroll in a Prescription Drug Plan. Currently, the late enrollment penalty amount is 1% of the “national base beneficiary premium” for each full, uncovered month that the person was eligible to join a drug plan and didn’t. The monthly penalty is added to the premium of the plan that the beneficiary selects and will be assessed for as long as the beneficiary has a Part D plan. **In 2016, the penalty is about \$.34 per month for every month the beneficiary did not have creditable coverage.**

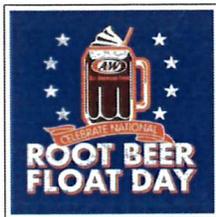
FOR EXAMPLE: Josephine was not taking any prescriptions when she turned 65 in June of 2009. She signed up for Medicare Parts A and B but chose not to take Part D. During the Annual enrollment in 2014, she decided that she needs to enroll in a Part D plan because she now has several prescriptions. Josephine’s Part D penalty will begin October of 2009 (the month following the end of her Initial Enrollment Period). It will run through December of 2014 (the month before her Part D coverage begins). She will have a total of a 64 month penalty.

64 months without coverage x \$.34 per month = \$21.76 additional monthly. This will be added to the premium of the plan she chooses.

The Late Enrollment Penalty (LEP) will be assessed as long as she is enrolled in Part D, regardless of whether she changes plans during another Annual Enrollment Period.

Questions?

Call the Area Agency on Aging
535-8195 or 800-662-2961



We collected \$132.42 on the free will offering for the Root Beer Floats. The money was given to the local American Legion Chris Hansen # 203. The money will stay local for the use of Veterans. Thank you to everyone who donated.

Deco Wreath Class

Would you be interested in making a wreath for your door or wall? We will have a class if there is enough interest. The cost for the sun flower wreath would be around \$18.00 and the cost for the snowman would be around \$25. I would get all the supplies for you. Let me know if you would be interested. Also I am looking into having a canvas painting class, we would serve carbonated apple juice and do a little painting. I did this in Lincoln and it was a lot of fun.



September Birthdays

THANK YOU FOR SUPPORTING
HERITAGE SENIOR CENTER

Shirley Huff	1
Fred Pinkal	3
Varlen Neal	3
Stan Quigley	5
Janet Fletcher	6
Mary Ann Hlavinka	6
Bill Witt	7
Marjorie Brown	7
Jeanie Thurston	8
Joan Dike	9
Jackie Rippen	10
Maxine McCoy	11
Sharon Parde	11
Jean Grant	12
Harold Clapp	14
Karen Stevenson	15
Harold McCarville	15
Betty Gillen	18

Sharon King	18
Dennis Erwin	19
Mitty Quigley	19
Roger Ellies	21
Betty Knapper	21
Marion Brown	21
Kay Jankovits	23
Ron Manger	23
Elaine Witt	25
Fred Krotter	25
Pat Larson	25
Florene Burton	26
Jean Perry	27
Jeannie Eisenach	27
Paul Gonzales	27
Nancy Wilhelm	29
Cathrine Lubben	30

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
Tracy Crocker—Head Cook
Joni Kivlehen—Assistant Cook
Tony Marsden—Assistant Cook
Paula Missing—Maintenance
Lonnie Bonar—Maintenance
Open Monday through Friday
8:30 to 4:30
345-1760 for reservations

Phone: 308-345-1760

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



THANK YOU FOR DONATIONS MADE IN

August
Peggy Appleyard
Jerry & Jean Beideck
John & Dorothy Corder
Marge Carter
Bill Gerloff
Bruce Hampton
Gene Meints
Eldon & Sharon Parde

Product of The Month



How do you know when it is time
to "hang up the car keys"?
I say when your dog has this
look on his face!
A picture is worth a thousand



**Heritage Senior Center
Heritage Days Picnic
September 23, 2016**



**Pulled Pork Sandwiches,
Potato Salad, Baked Beans, and
Sunshine Salad**



**Brownie Sundaes
Compliments of
McCook National Bank**

**12:30 Bingo & Prizes
Sponsored by Wells Fargo**

Suggested Donation for Lunch

60 and older \$3.00

Under 60 pay \$6.50

Call 345-1760 for Reservations

SEPTEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Call 345-1760 for more information				1 BIBLE COFFEE 10:00 KT CARD CLUB 12:45	2 FRIDAY DUP. BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	3
4	5 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	6 BINGO 12:30 BEE FIT WITH KISTEN 12:45	7 BLOOD PRESSURE CLINIC LIBRARY 11:00-11:45 AM-FIRST DRAWING: 11:45 + W'S 12:45 AMERICAN LEGION: 2:00 STRENGTH TRAINING 12:45	8 BIBLE COFFEE 10:00 QUEEN OF CLUBS: 12:45 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 12:45	9 FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	10
11	12 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	13 WALMART DRAWING 11:45 EIGHTSOME BRIDGE: 12:30 BINGO -COMMUNITY HOSPITAL 12:30 BEE FIT WITH KISTEN 12:45	14 RETIRED TEACHERS: 12:30 ST THERESA CIRCLE : 12:45 VICTORY CARD CLUB : 12:4 STRENGTH TRAINING 12:45	15 BIBLE COFFEE 10:00 CRAZY 8 9:00 HORIZON BANK FRAUD PREVENTION PROGRAM: 12:20 KT CARD CLUB 12:45	16 FRI. DUP. BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	17
18	19 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	20 BINGO: 12:30 INDIANOLA CRAZY 8 12:45 BEE FIT WITH KRISSEN 12:45	21 MNB DRAWING & ICE CREAM 11:45 DLD CARD CLUB : 12:45 + W'S: 12:30 STRENGTH TRAINING: 12:30	22 BIBLE COFFEE 10:00 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 12:45	23 NORRIS BREAKFAST 7:30 HERITAGE DAYS PICNIC STYLE LUNCH 12:00 MNB BROWNIE SUNDAES- WELLS FARGO BINGO 12:30 FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	24
25	26 FOXY LADIES: 12:45 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	27 EIGHTSOME BRIDGE: 12:30 BINGO BROOKDALE: 12:30 BEE FIT WITH KRISSEN 12:45	28 MOVIE, POPCORN, CANDY, AND POP 12:30 STRENGTH TRAINING 12:45	29 BIBLE COFFEE 10:00 BEE FIT WITH KISTEN 12:45	30 1ST CENTRAL BANK DRAWING & BIRTHDAY PARTY 11:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45 COMMON SCENTS PLANT A SUCCLENT CONTAINER 12:30	

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 POPCORN SHRIMP RANCH POTATOES BROCCOLI PLUMS BREAD MILK	2 BEEF & NOODLES MASHED POTATOES CHEESE STICK GREEN BEANS PEARS MILK	3 <u>SALAD BAR SERVED WITH EVERY MEAL</u>
4	5 LABOR DAY CLOSED	6 OVEN BAKED CHICKEN SCALLOPED POTATOES CARROTS APPLESAUCE BREAD MILK	7 WIENER ROLL UP POTATO WEDGES PEA SALAD CHERRIES COFFEE CAKE MILK	8 TACO BAR REFRIED BEANS LETTUCE & TOMATOES CHEESE PEACHES OATMEAL SCOTCHIES MILK	9 POLLOCK SEASONED POTATOES BREADED TOMATOES GRAPES LEMON BAR BREAD MILK	10	
11 <u>MENU IS SUBJECT TO CHANGE</u>	12 CHICKEN CACCIATORI NOODLES GREEN BEANS CARROT SALAD PINAPPLE GARLIC BREAD MILK	13 CHICKEN FRIED STEAK MASHED POTATO CORN CHERRIES HONEY BUN CAKE BREAD MILK	14 PORK CHOP BAKED POTATO BRUSSELS SPROUTS STRAWBERRIES / BANANAS BREAD MILK	15 TURKEY TETRAZINI COTTAGE CHEESE SPINACH KIDNEY BEAN SALAD ORANGE JUICE BLUEBERRY MUFFINS MILK	16 HAM & BEANS PICKLED BEETS CUCUMBER SALAD MIXED FRUIT CORNBREAD / HONEY MILK	17	
18	19 MEAT LOAF BABY BAKER POTATOES CAULIFLOWER WALDORF SALAD BREAD MILK	20 ROAST PORK SWEET POTATOES GREEN BEANS APRICOTS SUGAR COOKIES BREAD MILK	21 CHICKEN ENCHILADAS REFRIED BEANS CORN RAISINS CHERRY JELLO W/ MIXED FRUIT MILK	22 BREADED COD CHEESY CABBAGE 3 BEAN SALAD GRAHAM CRACKERS CINN BAKED APPLES BREAD MILK	23 ROAST BEEF MASHED POTATOES CARROTS PEACHES ROLLS BIRTHDAY CAKE MILK 	24 <u>NEED A RIDE CALL 345 6098</u>	
25 <u>CALL FOR A RESERVATION MONDAY THROUGH FRIDAY BY 9:00</u>	26 SLOPPY JOE ON A BUN CHEESY POTATO CASSEROLE CAULIFLOWER PLUMS BREAD MILK	27 BEEF STEW ORANGE COTTAGE CHEESE LIMA BEANS TOMATO JUICE APRICOTS BISCUIT / HONEY MILK	28 HAM SLICE AUGRATIN POTATOES PEAS MIXED FRUIT CHOC CHIP COOKIES BREAD MILK	29 CHICKEN & BROCCOLI CASSEROLE GREEN BEANS DICED TOMATOES APPLE / PEANUT BUTTER RHUBARB CAKE BREAD MILK	30 PULLED PORK ON A BUN POTATO SALAD BAKED BEANS SUNSHINE SALAD BROWNIE SUNDAY 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 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



**Showing September 28,th after lunch
in the Pool Room.**

