

October Heritage Happenings 2016



**Blood pressure clinic Wednesday
October 5, 2016 11:00 to 11:45**

Advisory Board

The Advisory Board will meet Tuesday
October 7, 2016 at 10:00 a.m. in the
Conference Room.

This meeting is open to the public.



Bob Allen participated in the Mini-Van Division at the annual Nebraska Association of Transportation Providers Transit Roadeo. The Roadeo consists of a written test, pre-trip inspection, wheelchair securement, smoothness of operation and an obstacle course with ten different skills

**Flu & Pneumonia Shot Clinic
Thursday, October 6, 2016
10:30 to 11:45
Divided Meeting Room**



**SCHEDULE A REVIEW OF YOUR
MEDICARE PRESCRIPTION DRUG PLAN
OPTIONS**

**Medicare Prescription Drug Plan
Open Enrollment
October 15 - December 7, 2016**

Let us assist you with:

- Medicare Drug plan comparison
- Medicare Advantage plan comparison
- New 2017 Medicare information
- Applying for Extra Help to lower your Medicare prescription costs

**Call 308-345-1760
to make an appointment**

**Happy
Halloween**

Halloween Party October 31st

In the spirit of Halloween please feel free to dress up in your favorite costume for lunch that day and eat free. You must be over 60 to eat free and wear a costume.. Bingo after Lunch with Prizes

BE ON THE ALERT FOR SCAMS!

I know of this happening to at least three local people recently. Please be on the look out and don't fall for it.

Lincoln police said two people nearly became victims of the so-called grandparent scam in the past week. And in a case last month, an elderly woman was scammed out of nearly \$40,000. In two of the cases, con artist convinced a 79-year-old man and a 78 year-old woman to send \$10,000 in cash by claiming in phone calls to be their grandchildren and saying they needed cash for bail money. Lincoln Police officer Katie Flood said Thursday. Scammers often start the conversation with, "Hey, it your favorite grandson," hoping the victim will fill in the blanks and say a grandchild's name. The Con artist makes excuses for their voices sounding different by saying they were in a car wreck or are sick. In each case, the victim shipped cash via FedEx, she said. The caller insisted the victim not tell anyone else, but in both cases the grandparent called a family member after sending the money. The woman called her granddaughter, who confirmed she wasn't in jail. The man contacted his son, who said his son was not in jail. The woman called FedEx and had the package stopped. It's unclear how the man got his money back, but police reports say the package showed up on his door step with "return to sender" written on it. In the third case of a scam in Lincoln, Flood said an 89 year old woman got a call last month saying she had won \$250,000 and needed to pay associated fees of 1 percent of the winnings, or \$5,250 to collect. She sent the money to an out-of state address and then got two more calls asking for money. The women sent \$39,701 in all, Flood said. The victim's bank is working with her family to set up oversight of her account, she said. Flood said any phone request to use a courier or send money by mail or through western Union or Money Gram should be suspect.

Copied from Lincoln Journal Star Nichole Manna Aug. 18, 2016

In the local cases they were asked to go to Wal-Mart for to send the money. Locally the lady who was contacted about winning a large sum of money was suspicious and asked a lot of question until the Scam Artist hung up. Please be very careful and don't send any large sums of money to anyone you are not familiar with. Please call a family member and tell then what is happening.

MNB Bank will be sponsoring Ryan Sothan from the Nebraska Attorney General's office to present a Fraud Protection Program here at the Senior Center in December. He plans to be able to stay longer this time to answer questions and help with any concerns



Southwest Nebraska Public Health Department brought disaster kits to Heritage Senior Center for delivery to homebound seniors that received home delivered meals. This project was developed as part of National Preparedness Month with the support of the West Central Nebraska Area Agency on Aging. Additional sponsors include: McCook Rotary Club, AmFirst Bank, Horizon Bank, McCook National Bank and Wal-Mart. Those

involved include l/right: Myra Stoney, SWNPHD Director; Joy Trail, SWNPHD Program Assistant; Donna Blake, Home Meal Delivery Coordinator Heritage Senior Center; Beth Siegfried, Director Heritage Senior Center; Mason Holmes, SWNPHD Program Assistant and Tracy Crocker, Head Cook Heritage Senior Center. McCook Gazette Story

A big thank you to all of our Meals On Wheels Volunteers who delivered the kits.

October Birthdays

THANK YOU FOR SUPPORTING
HERITAGE SENIOR CENTER

Mary Osterman 1
Kenneth Martin 2
Sharon Shuttler 4
Barbara Klein 6
Bruce Swanson 6
Wanda Miller 6
Mary Hartley 6
Nila Murrain 8
Larry Dyer 9
Donna Olson 11
Marilyn Unger 11
Velma McBride 12
Phillip Wolvin 13
Glor Clark 14
Judy Haney 14

Jane Rayer 14
Bette Rice 15
Lyle Hilker 16
Robert Woodruff 18
Donna Ruppert 18
Benjamin Marshal 19
Lucille Jones 23
Bethine Lavery 24
Dorothy Roth 24
Ted Chambers 25
Jim Hamill 27
Marilyn Goodenberger 30
Carla Quinn 30
Robert Allen 31

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
Phone 345-6098



AM-First: Drawing
FARRELLS PHARMACY &
BROOKDALE: Daily Menu on KICX
FIRST CENTRAL BANK: Monthly
Drawing and Birthday Cake
MNB: Monthly Drawing and
Ice Cream, Brownie Sundaes
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
Weekly Exercise Classes
Wells Fargo
Bingo

THANK YOU FOR DONATIONS MADE IN September

Marge Carter
Dick & Jo Dike
Laverna Ely
Bill Gerloff
Janine Hall
Bruce Hampton
Shirley Johnson
Gene Meints
Eldon & Sharon Parde
Lois Quigley
Ardis Ruppert

Product of The Month





Autumn Word Search



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

ACORN
 BEAUTIFUL
 CORNUCOPIA
 FOOTBALL
 LEAVES
 OCTOBER
 RAKE
 SCENIC
 SQUIRREL
 YELLOW

APPLE
 BONFIRE
 CRISP
 HARVEST
 MIGRATION
 ORANGE
 RIPE
 SEASON
 SUNFLOWER

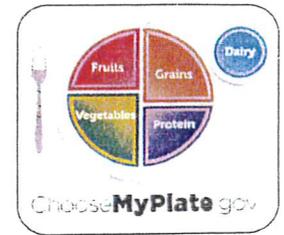
AUTUMN
 BROWN
 FOLIAGE
 HAYRIDE
 NOVEMBER
 PUMPKIN
 SCARECROW
 SEPTEMBER
 SUNSHINE

10 tips

Nutrition Education Series

focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 keep visible reminders
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

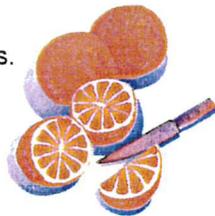


2 think about taste
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



3 think about variety
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4 don't forget the fiber
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



5 be a good role model
Set a good example for children by eating fruit every day with meals or as snacks.

6 include fruit at breakfast
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



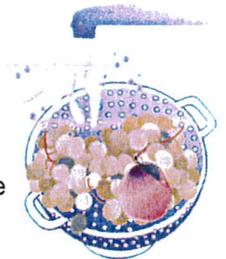
7 try fruit at lunch
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 experiment with fruit at dinner, too
At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9 snack on fruits
Dried fruits make great snacks. They are easy to carry and store well.



10 keep fruits safe
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CALL FOR A RESERVATION 345-1760
2	3 GOULASH COTTAGE CHEESE GREEN BEANS COLESLAW PEACHES MILK	4 ROTISSERIE CHICKEN MASHED POTATOES GRAVY DICED BEETS PINEAPPLE CANT LEAVE ALONE BAR BREAD MILK	5 HAM LOAF SWEET POTATO PEAS APPLES SAUCE BREAD MILK	6 PIZZA CORN CARROTS & CELERY CINN. PEARS CHOC CRINKLE COOKIES MILK	7 POLLOCK SEASONED POTATOES BROCCOLI CHERRIES BREAD MILK	8
9 MENU IS SUBJECT TO CHANGE	10 RUNZA CASSEROLE BAKED POTATO CALIFORNIA BLEND APRICOTS COOKIES MILK	11 CHICKEN & NOODLES MASHED POTATOES CORN PLUMS CHOC PUDDING CAKE BREAD MILK	12 PEPPER STEAK RICE CARROTS V8 JUICE PEARS BREAD MILK	13 ST. LOUIS RIB ON A BUN POTATO WEDGES BAKED BEANS PEACH CRISP RAISINS MILK	14 COD SOUR CREAM & CHIVE POTATOES ORIENTAL BLEND GRAPE JUICE DISHPAN COOKIES BREAD MILK	15
16	17 CHICKEN & DRESSING CASS CHEESE STICK GREEN BEANS 3 BEAN SALAD CINN BAKED APPLES BREAD MILK	18 POT ROAST POTATOES & CARROTS CABBAGE & ONIONS CHERRIES BISCUIT MILK	19 SWEET & SOUR PORK STIR FRY VEGETABLES GARDEN RICE ORIENTAL SALAD PEACHES BREAD PUDDING BREAD MILK	20 CHILI CHEESE SANDWICH PICKLED BEETS PINEAPPLE WALDORF SALAD NO BAKE COOKIES MILK	21 POPCORN SHRIMP AUGRATIN POTATOES CARROTS PEARS BLUEBERRY MUFFINS MILK	22 <u>EAT AT THE CENTER</u> 60 OR OVER IS 3.00 UNDER 60 IS 6.50 UNDER 12 IS 3.00 EVERYONE IS WELCOME !!
23	24 BBQ MEATBALLS BAKED POTATOES SPINACH PEACHES BREAD MILK	25 PORK CHOP SCALLOPED POTATOES ITALIAN BLEND APPLE GRAPE SALAD HUMMING BIRD CAKE BREAD MILK	26 BEEF STROGANOFF GREEN BEANS DICED BEETS APRICOTS BANANA PUDDING BREAD MILK	27 SMOTHERED CHICKEN RICE PEAS & CARROTS BROCCOLI SALAD MIXED FRUIT BREAD MILK	28 ROAST BEEF MASHED POTATOES CORN CHERRIES ROLLS B-DAY CAKE	29
30 HAVE A HAPPY HALLOWEEN !!	31 WIENER ROLLUP BAKED BEANS TATOR TOTS GREEN APPLESAUCE MUD PIE MILK					

OCTOBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Call 345-1760 for more information						1
2	3 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	4 BINGO 12:30 EIGHTSOME BRIDGE: 12:30 BEE FIT WITH KISTEN 12:45	5 BLOOD PRESSURE CLINIC LIBRARY 11:00-11:45 STRENGTH TRAINING 12:45	6 BIBLE COFFEE 10:00 FLU SHOT CLINIC 10:30 – 11:45 BEE FIT WITH KISTEN 12:45	7 ADVISORY BOARD 10:00 FRIDAY DUP BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	8
9	10 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 SASSY SENIORS 12:45 STRENGTH TRAINING 12:30	11 WALMART DRAWING 11:45 BINGO -COMMUNITY HOSPITAL 12:30 BEE FIT WITH KISTEN 12:45	12 RETIRED TEACHERS: 12:30 ST THERESA CIRCLE : 12:45 VICTORY CARD CLUB : 12:4 STRENGTH TRAINING 12:45	13 BIBLE COFFEE 10:00 QUEEN OF CLUBS: 12:45 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 12:45	14 FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	15
16	17 HELPING HAND 12:00 MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	18 BINGO: 12:30 EIGHTSOME BRIDGE: 12:30 INDIANOLA CRAZY 8 12:45 BEE FIT WITH KRISEN 12:45	19 MNB DRAWING & ICE CREAM 11:45 DLD CARD CLUB: 12:45 STRENGTH TRAINING: 12:30	20 BIBLE COFFEE 10:00 CRAZY 8 9:00 KT CARD CLUB 12:45 BEE FIT WITH KISTEN 12:45	21 FRIDAY DUP BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	22
25/30 Wear your favorite costume on Halloween Monday and eat free	24/31 MONDAY DUP BRIDGE 12:45 FOXY LADIES 12:45 STRENGTH TRAINING 12:30 STRENGTH TRAINING 12:3 HALLOWEEN MONDAY DUP BRIDGE 12:45 STRENGTH TRAINING 12:30	25 BINGO BROOKDALE: 12:30 BEE FIT WITH KRISEN 12:45	26 MOVIE, POPCORN, CANDY, AND POP 12:30 STRENGTH TRAINING 12:45	27 BIBLE COFFEE 10:00 THURSDAY BRIDGE 12:45 BEE FIT WITH KISTEN 12:45	28 1ST CENTRAL BANK DRAWING & BIRTHDAY FRIDAY BRIDGE 12:45 INDEPENDENTS 12:45 STRENGTH TRAINING 12:45	29

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 Wednesday
October 26th after lunch in
the Pool Room

A girl in a small town forms an unlikely bond with a recently paralyzed man she's taking care of.

