

# October



## Halloween Party October 31st

In the spirit of Halloween please feel free to dress up in your favorite Halloween costume for lunch that day. I will hand out lunch tickets to those who dress up. You must be over 60 and wear a costume.

Advisory Board Meeting  
Tuesday, October 17, 2023  
10:00 Heritage Senior Center  
Conference Room

Blood Pressure Clinic  
Senior Center Library  
Tuesday October 24th  
11:00 to 11:45

## VOLUNTEERS

I am looking for volunteers who would be willing to work with elementary students once a month. Some of the ideas are to teach them how to sew on a button, maybe make a beanbag, hammer a nail, maybe make a small box, write a thank you, set a table and anything else we can come up with. Let me know if you would be interested



Great Job!

Congratulations Justin Randolph for Winning the Bus Division at the 31st annual Nebraska Association of Transportation Providers Roadeo in Kearney. Justin won a monetary award and a trip to West Palm Beach Florida. Thank you for representing the City of McCook Transit. This is a really difficult driving course, plus a written test, a pre-trip inspection test and a wheel chair securement test. Justin has only been driving for three months, so to win this competition is really amazing.



I will start  
scheduling  
appointments on  
Monday  
October 2nd

# DO YOU REVIEW?

**Medicare Open Enrollment: October 15 - December 7**

For a free, unbiased review of your Medicare Part D options contact Beth at the Heritage Senior Center for an appointment

**1-308-345-1760**

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**NEBRASKA** Local help for Nebraskans with Medicare.  
**SHIP** [www.doi.nebraska.gov/ship](http://www.doi.nebraska.gov/ship)

*This project was supported by grant number 90SAPG0078, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.*

# October Birthdays

Charlie Powers	2
Dan Funk	2
Iva Fritz	3
Wanda Miller	6
Tami Lichty	7
Gayle Kircher	17
Anita Koch	19

Benjamin Marshall	19
Sandra McConville	22
Susan Ihrig	23
Mary Lebsack	23
Artie Berry	25
Brent Klien	25
Jim Hamill	27
Carla Quinn	30

## 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
Matt Kenner	Assistant Cook
Paula Missing	Maintenance

Open Monday  
through  
Friday  
8:00 to 4:30  
345-1760 for reservations

### McCook Public Transit Staff

Beth Siegfried	—Director
Justin Randolph	—Driver
Donna Blake	—Dispatcher
Substitute Drivers	
Mike Towery	
Brent Klien	
Open Monday through Friday	
8:30 to 4:30 Call 345-6098	
to reserve a ride	
Phone 345-6098	



**Product of the  
month chocolate  
and caramel syrup**



## THANK YOU FOR SUPPORTING HERITAGE SENIOR CENTER

Community Hospital &  
KINSHIP POINTE: Daily Menu on  
KICX & KIOD

Community Hospital  
Monthly Bingo

FIRST CENTRAL BANK: Monthly  
Drawing Birthday Cake

MIDWEST LIBERTY  
Federal Credit Union  
Ice cream

MNB: Monthly Drawing and  
Ice Cream,  
Pinnacle Bank  
Meal Drawing

U-SAVE PHARMACY:  
Weekly Menu in Gazette

REDWILLOW CO HEALTH  
DEPARTMENT  
Monthly Blood Pressure Clinic  
BEE FIT WITH KRISTEN

## THANK YOU FOR DONATIONS MADE IN September

Rita Bourquin  
Doug & Linda Burr

Kathy Cappell

Jan Clapp

Harlan & Mary Daniels

Suzie Davidson

Mary Duffield

Judy Hall

Jean Hardy

Dan Harland

George & Mary Huff

Nita Malleck

Gene Meints

Heidi Pinkel

Wendell Peters

Shannon & Greg Pevoteaux

Jane Shield

Deanna Snavley

# McCook Heritage Senior Center

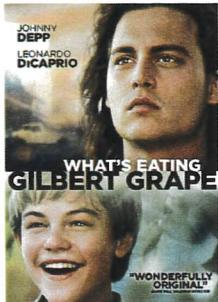
1312 W. 5th St.  
McCook NE 69001

Phone 308-345-1760  
Fax 308-345-6795

**We're on the web!**

[www.cityofmccook.com](http://www.cityofmccook.com)

**"In Youth We Learn  
In Age We Understand"**



## WHAT'S EATING GILBERT GRAPE

**Gilbert Grape** (Johnny Depp) is a small-town young man with a lot of responsibility. Chief among his concerns are his mother (Darlene Cates), who is so overweight that she can't leave the house, and his mentally impaired younger brother, Arnie (Leonardo DiCaprio), who has a knack for finding trouble. Settled into a job at a grocery store and an ongoing affair with local woman Betty Carver (Mary Steenburgen), **Gilbert** finally has his life shaken up by the free-spirited Becky (Juliette Lewis).

Showing in the Pool Room October 18th at 12:30



## HOCUS POCUS 2

Three young women accidentally bring back the Sanderson Sisters to modern day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world.

Showing in the Pool Room October 25th at 12:30

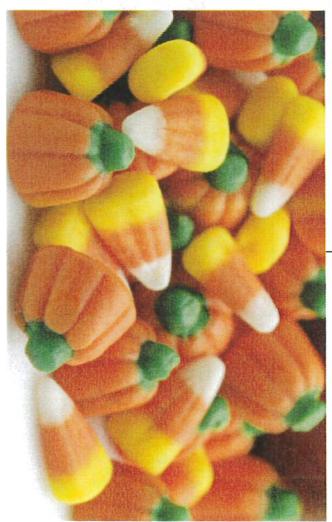
*The City of McCook Heritage Senior Center is sponsored by West Central Nebraska Area on Aging, matching funds from the City of McCook, and personal donations. The senior center provides referral services, nutritional meals, health programs and recreational opportunities to people 60 years of age and older Monday through Friday 8:00 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 demand -response system. The cost to ride the public transit is \$2.00 per boarding. The transit operates Monday through Friday from 8:30 a.m. to 4:30 p.m. To schedule a ride call 308-345-6098*



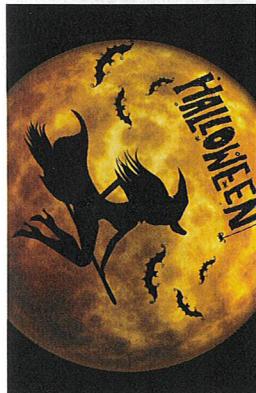
# October 2023

u	Monday	Tuesday	Wednesday	Thursday	Friday	s a
2	LASAGNA CALIFORNIA BLEND COLESLAW APPLESAUCE GARLIC BREAD MILK	3 SWEET & SOUR CHICKEN GREEN BEANS APRICOTS FRUIT COCKTAIL CAKE BREAD MILK	4 POLISH DOG MASHED POTATOES STIR FRY VEGETABLES BROCCOLI SALAD FRUIT JUICE LEMON CAKE BREAD MILK	5 MUSHROOM STEAK BAKED POTATO CARROTS PINEAPPLE/ORANGES BREAD BUG BITES MILK	6 MINI CRAB CAKES BABY BAKERS DICED BEETS APPLE/GRAPE SALAD CHEESE STICK BREAD MILK	
9	TATOR TOT CASSEROLE	10 CHICKEN ENCHILADA REFRIED BEANS CORN PEACHES CHURRO MILK	11 HAM LOAF SWEET POTATOES PEAS PEARS SNICKERDOODLE COOKIES BREAD MILK	12 CHICKEN & NOODLES MASHED POTATOES ITALIAN BLEND FRUIT JUICE BREAD MILK	13 SLOPPY JOES POTATO WEDGES BAKED BEANS SUNSHINE SALAD BROWNIES MILK	
16	BEEF STEW CAULIFLOWER PICKLED BEETS ORANGE COTTAGE CHEESE CORN BREAD MILK	17 TURKEY TETRAZZINI GREEN BEANS CARROT SALAD CRAN/APPLE SALAD BUTTERFINGER CAKE BREAD MILK	18 SAUSAGE GRAVY POTATO CAKE V-8 JUICE GRAPES BISCUIT MILK	19 CHICKEN AND DRESSING SPINACH CELERY/PEANUT BUTTER MIXED FRUIT PISTACHIO BAR BREAD MILK	20 COD SANDWICH FRENCH FRIES MIXED VEGATABLES PINEAPPLE MILK	
23	BEEF STROGANOFF BRUSSEL SPROUTS CELERY/CARROTS FRUIT JUICE BUG BITES BREAD MILK	24 SMOTHERD CHICKEN RICE ITALIAN BLEND APPLE OATMEAL CHOC CHIP COOKIES TOMATO JUICE BREAD MILK	25 HAM & POTATO SOUP CHEESE SANDWICH CAULIFLOWER SALAD PEACHES CHOCOLATE PUDDING MILK	26 CHICKEN ALFREDO NOODLES GREEN BEANS DICED TOMATOES PEARS GARLIC BREAD MILK	27 ROAST BEEF MASHED POTATOES CORN 5-CUP SALAD BIRTHDAY CAKE ROLLS MILK	
30	CHICKEN POT PIE WINTER BLEND APLIE SAUCE PISTACHIO SALAD MILK	31 PEPPER STEAK RICE ORIENTAL BLEND ORIENTAL SALAD DUMP CAKE FRUIT JUICE BREAD MILK				



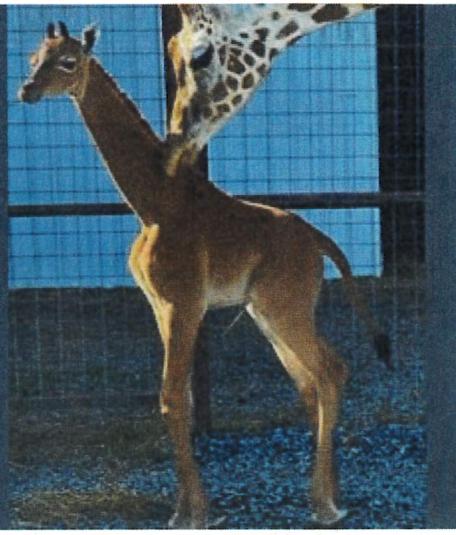
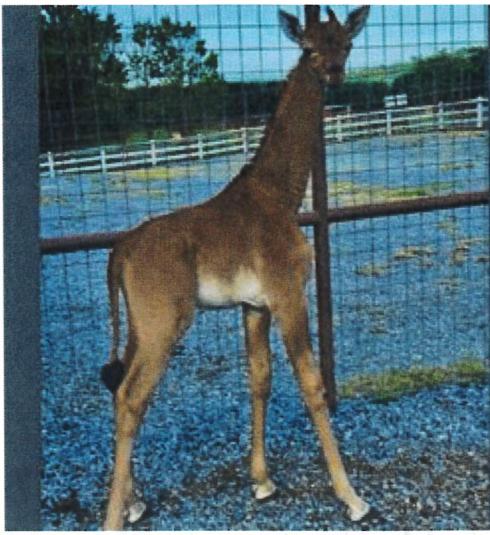
# October 2023

u	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	BINGO 12:30 BEE FIT WITHKRISTEN12:30	STRENGTH TRAINING 12:30	KT CARD CLUB 12:45 BEE FIT WITHKRISTEN12:30	ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	6
2						7
3	BARGAIN BAZAAR HELPERS 11:45 SASSY SENIORS 12:45 CLUB 42 12:45 STRENGTH TRAINING12:30	BINGO SPONSORED by COMMUNITY HOSPITAL12: BEE FIT WITHKRISTEN12:30	ST THERESA CIRCLE 12:45 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:30	QUEEN OF CLUBS 12:45 BEE FIT WITHKRISTEN12:30	FRIDAY BRIDGE 12:45 STRENGTH TRAINING 12:30	13
4						14
5	MEDI CARE PART D REVIEWS START BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	BINGO 12:30 ZUMBA CARD CLUB INDIANOLA CRAZY 8 BEE FIT WITHKRISTEN12:30	MND BANK DRAWING & ICE CREAM 11:45 MOVIE: WHATS EATING GILBERT GRAPE 12:30 ZUMBA DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	BEE FIT WITH KRISTEN12:30	ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	20
6						21
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9	BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	BINGO 12:30 ZUMBA CARD CLUB BLOOD PRESSURE 11:00 TO 11:45 STRENGTH TRAINING12:30	MOVIE: HOCUS POCUS #2 ZUMBA DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	BEE FIT WITH KRISTEN12:30	FRIDAY BRIDGE 12:45 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING BIRTHDAY CAKE 11:45 STRENGTH TRAINING 12:30	27
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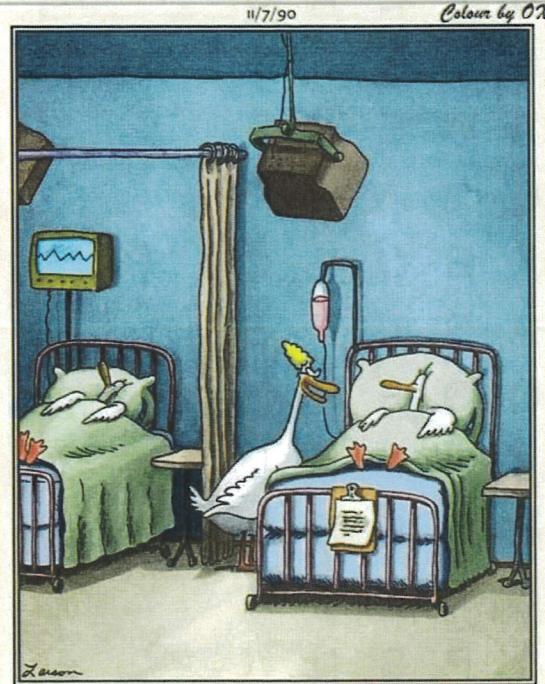
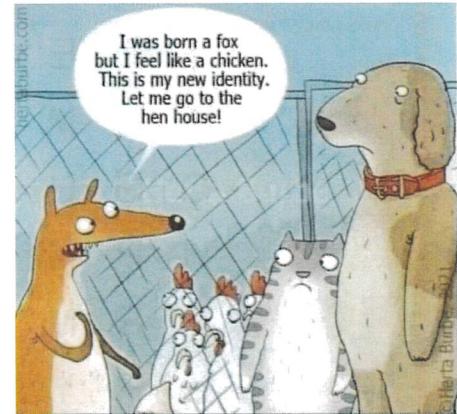


SOUTHWEST NEBRASKA  
THEATER ASSOCIATION  
FRAUD PREVENTION  
PRODUCTION  
OCTOBER 27TH

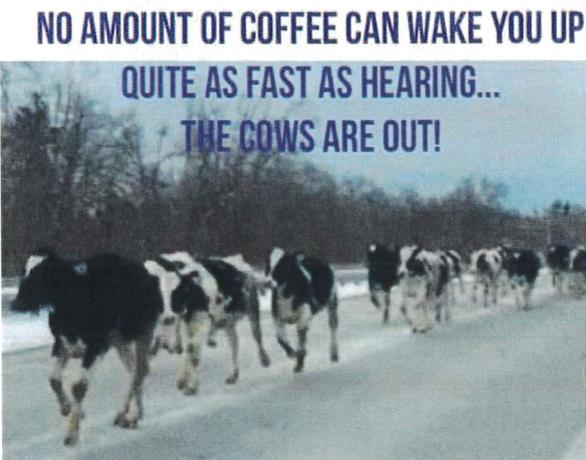
A baby giraffe born without spots at a Tennessee zoo is believed to be the only one of her kind in the world, zoo officials said.



"Public drinking fountains with complimentary splash guards. ... Is this a great country or what?!"



"It's just a miracle you pulled through, George. ... Why, it was only a few hours ago the whole family was deliberating on whether or not to wring your neck."



## Six Important Guidelines in Life:



1. When you are Alone, Mind your Thoughts.
2. When you are with Friends, Mind your Tongue.
3. When you are Angry, Mind your Temper.
4. When you are with a Group, Mind your Behavior.
5. When you are in Trouble, Mind your Emotions.
6. When God starts Blessing you, Mind your Ego.

# Halloween

Find and circle all of the words that are hidden in the grid.

The remaining letters spell an activity played on Halloween.

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

APPLES  
BATS  
BLACK CAT  
BROOMSTICK  
CANDLE  
CANDY  
CEMETERY  
COFFIN  
COSTUME  
DRACULA  
FRIGHTENING

FULL MOON  
GHOSTS  
GHOULS  
GOBLINS  
GRAVEYARD  
JACK O LANTERN  
MASK  
MUMMY  
NIGHT  
PUMPKIN  
SCARECROW

SCARY  
SCREAM  
SKELETON  
SKULL  
SPIDERS  
TOMBSTONE  
VAMPIRE  
WEREWOLF  
WITCHES  
ZOMBIE



# PLANNING FOR YOUR FUTURE!

## What is an Advanced Directive?

An advanced directive is a written statement which reliably shows that you have made your health care decisions known or have appointed another person to make those decision on your behalf. An Advance Directive may be called a “Living Will” or “Power of Attorney for Health Care” However, an Advance Directive may be called other things.

## What is a Living Will?

A Living Will generally states the kind of medical care you want or do not want if you are unable to verbalize your wishes. For example, if you are taken to a hospital in a coma. It is called a Living Will because it takes effect while you are still living. A Living Will must be signed and notarized. A Living Will should clearly states your wishes regarding your health care.

## What is a Power of Attorney for Health Care?

A Power of Attorney for Health Care is a legal paper naming another person to make medical decisions for you should you become unable to make them for yourself, this person should be guided by your instructions as to what you want or do not want. A Power of Attorney for Health Care must be in writing and specifically authorize an “agent” to make health care decision on your behalf if you are unable. This too will need to be notarized.

## What is a “Five Wishes”?

Five Wishes document gives you a way to control how you are treated if you are seriously ill. It is an easy to complete form that lets you say exactly what you want. Once it is filled out and properly signed it is valid under the laws of most states. This can protect your loved ones from having to make hard choices for on your behalf. You get to say what is important to you.

## FYI

- If you have questions, you may talk with family or friends you trust, your doctor, your attorney, or others who could help you understand your choices.
- Make sure your health care provider and your agent have a copy of your paper work.
- You can change or cancel your advance directive at any time, just remember to give your health care professional a new copy for your records.
- Your Advanced Directive only takes effect after you are no longer able to make your own personal decisions.

**For more information or to easily print forms visit, [chmccook.org](http://chmccook.org) and go to the “patient resource” tab. Or pick up your forms or free copy of the “Five Wishes” booklet at Community Hospital (front desk). Several notaries are available at Community Hospital at no charge. Ask for your forms to be added to your personal file.**

