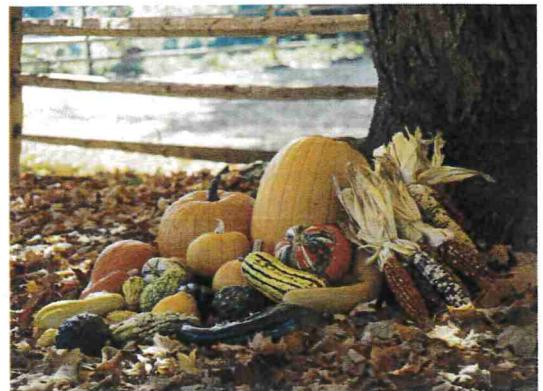
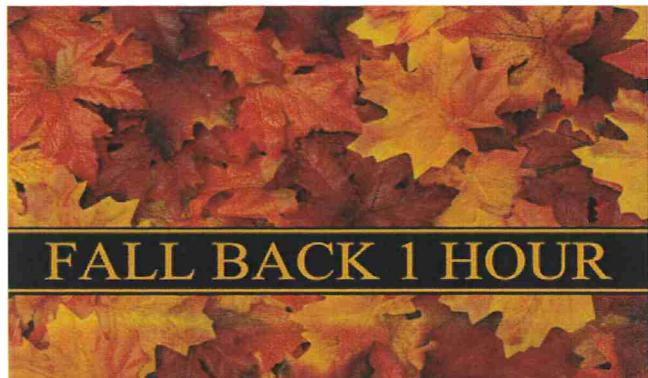


November Heritage Happenings 2023



Veterans Day

This year we will be closed the Friday before Veterans Day. On Thursday, November 9th we will honor our Veterans with a complimentary lunch. Anonymous Donors have graciously stepped forward to make this possible. Come and help us honor these individuals.



FALL BACK 1 HOUR

**Don't forget to set your clocks
back on Fall Back Sunday**

November 6, 2023

Happy Thanksgiving

We will be closed

November 23th and 24th

**Thanksgiving Dinner
November 22, 2023**

**Turkey
Mashed Potatoes Stuffing
Green Bean Casserole
Cranberry Salad
Pumpkin Pie
Rolls
Milk**



Blood Pressure Clinic Senior Center Library November 30, 11:00 to 11:45

Things to think about when comparing Medicare Advantage Plans to Medicare Supplement Plans. We now have several Advantage Plans available in Red Willow Country from Blue Cross Blue Shield and Medica.

There are a variety of Medicare Advantage, and Medigap (Supplements) available on the market. This is just a general overview of how they compare

ADVANTAGE PLANS

Act as primary insurance instead of Medicare

Premiums are usually lower

Claims paying is less straight forward, but you can appeal denied claims

You have a greater risk of out of pocket costs

Must offer benefits considered at least equal to what Original Medicare offers

Part D Prescription Drug plans may be included in plan

Doctor network varies by plan

Medigap commonly referred to as Medicare Supplement

Original Medicare remains primary

Premiums are usually higher

Claims are automatically paid once approved by Original Medicare

Typically lower risk of high out of pocket cost

Covers benefits offered under Original Medicare

Doesn't include prescription drug coverage; you choose your own plan

You can use any provider, nationwide, who accepts Medicare

You may prefer a Medicare Advantage Plan if:

- You prefer lower monthly premiums, and don't mind potentially high out of pocket cost
- You don't currently have a preferred doctor or hospital network you want to stay in
- You want additional benefits example dental or vision
- You don't mind being hands on with your coverage, as you're more likely to need to obtain prior authorization for covered services

You may prefer a Medigap or Supplement plan if:

- You don't mind higher premiums if they reduce your risk of having to pay high out of pocket costs
- You want consistent coverage nationwide, from providers who accept Medicare
- You prefer to choose your own prescription drug plan
- You want an easy and hands off claims paying process

If you purchased an advantage plan and would like to return to your traditional supplement that you had before your advantage plan you have 12 months to do so without having to pass underwriting. After 12 months you will need to be able to pass underwriting if you switch back to your old plan or if you chose a different traditional supplement.

November Birthdays

Cecelia Koch	2
Dennis Kofler	4
Marilyn Malleck	4
Barb Daily	5
Darrell Mickey	6
Shirley Drimel-Perez	9
Harlow Wilhelm	11
Nancy Vrbas	13
Carol Berryman	13
Karen Berry	13
Kent Kotschwar	16

Kent Kotschwar	16
Gloria Warren	16
Peggy Appleyard	17
Kay McConnell	18
Sharon Koetter	20
Linda Hansing	20
Natalie Mickey	21
Judy Anderson	23
Lynda Talley	26
Cavid Battreall	26

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

Phone: 308-345-1760

McCook Public Transit Staff

Beth Siegfried—Director
Justin Randolph—Driver

Donna Blake—Dispatcher

Substitute Drivers

Mike Towery

Brent Klien

Open Monday through Friday
8:15 to 4:30 Call 345-6098
to reserve a ride
Phone 345-6098



PRODUCT OF THE MONTH COFFEE



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

Red Willow Co Health Department
Monthly Blood Pressure Clinic
BEE Fit With Kristen

BEE Fit With Kristen
Weekly Exercise Classes

THANK YOU FOR DONATIONS MADE IN October

Doug & Linda Burr

Jan Clapp

Gene Meints

Shannon Pevatouex

Social Security has announced that there will be a 3.2% cost of living raise for 2023! Your part B premium will increase \$9.80 from \$164.90 in 2023 to \$174.70 in 2024. Your Part B deductible For Plan G Supplements will increase \$14.00 from \$226.00 in 2023 to \$240.00 in 2024.

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"**

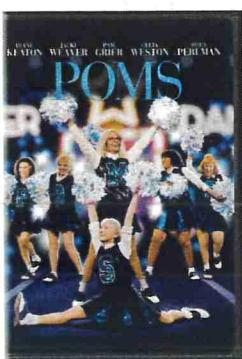


Don't forget to schedule your Medicare Part D annual check up. It only takes a few minutes. Open Enrollment is from October 15th to December 7th



The Hill is an inspiring, true story of baseball phenomenon Rickey Hill (Colin Ford). The son of a small-town traveling pastor (Dennis Quaid), Rickey shows an extraordinary talent for baseball despite being burdened by leg braces from a degenerative spinal disease. Driven by his faith and love of the sport, he continues to play against his father's wishes. But when a scout for the major league (Scott Glenn) arrives, he must overcome his worsening condition and the division it causes in his family in order to fulfill his dream of playing professional baseball.

SHOWING IN THE POOL ROOM NOVEMBER 22, 2023



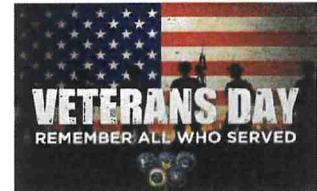
Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you.

SHOWING IN THE POOL ROOM NOVEMBER 29, 2023

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 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 dial-a-ride 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

November 2023

u	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 STRENGTH TRAINING 12:30	2 BEE FIT WITH KRISTEN 12:30	3 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	4
5	6 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	7 BINGO 12:30 BEE FIT WITH KRISTEN 12:30	8 ST THERESA CIRCLE 12:45 RETRIED TEACHERS 12:45 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:30	9 VETERANS DAY LUNCH- QUEEN OF CLUBS 12:45 BEE FIT WITH KRISTEN 12:30	10 	11
2	13 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 SASSY SENIORS 12:45 STRENGTH TRAINING 12:30	14 BINGO SPONSORED by COMMUNITY HOSPITAL 12 BEE FIT WITH KRISTEN 12:30	15 MND BANK DRAWING & ICE CREAM ZUMBA DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	16 BEE FIT WITH KRISTEN 12:30	17 ACE OF CLUBS 12:45 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING BIRTHDAY CAKE 11:45 STRENGTH TRAINING 12:30	18
9	20 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	21 BINGO 12:30 INDIANOLA CRAZY 8 BEE FIT WITH KRISTEN 12:30	22 MOVIE: THE HILL THANKSGIVING DINNER ZUMBA DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	23 	24 	25
16	27 BARGAIN BAZAAR HELPERS 11:45 FOXY LADIES 12:45 CLUB 42 12:45 STRENGTH TRAINING 12:30	28 BINGO 12:30 BEE FIT WITH KRISTEN 12:30	29 MOVIE STRENGTH TRAINING 12:30	30 BLOOD PRESSURE 11:00 TO 11:45 BEE FIT WITH KRISTEN 12:30		

November 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
			<p>1 PORK CHOP AUGRATIN POTATOES SPINACH PINEAPPLE BREAD MILK</p>	<p>2 GERMAN MEATBALLS BAKEDD POTATO CAULIFLOWER MIXED FRUIT PEANUT BUTTER COOKIES BREAD MILK</p>	<p>3 TUNA & NOODLES PEAS PICKLED BEETS BAKED APPLES CHEESE STICK MUFFIN MILK</p>	
6 GOULASH GREEN BEANS COLESLAW APRICOTS GARLIC BREAD MILK	7 CHICKEN BROCCOLI RICE CASSEROLE DICED BEETS PEACHES CHEESE CAKE BREAD MILK		<p>8 PORK FRITTER MASHED POTATO CALIFORNIA BLEND TROPICAL FRUIT SUGAR COOKIES BREAD MILK</p>	<p>9 PIZZA CORN CELERY/ PEANUT BUTTER GRAPES BREAD PUDDING MILK</p>	10 	CLOSED FRIDAY OBSERVANCE OF VETERANS DAY
13 MEATLOAF BAKED POTATO BROCCOLI PEARS BREAD MILK	14 CHICKEN & NOODLES MASHED POTATOES CARROTS RASPBERRY APPLESAUCE HONEY BUN CAKE BREAD MILK		<p>15 ST LOUIS RIBS POTATO CASSEROLE MIXED VEGATABLES FRUIT JUICE BREAD MILK</p>	<p>16 TACO SOUP CHEESE SANDWICH CORN SALAD PEACHES M&M COOKIES MILK</p>	17 CHICKEN FRIED STEAK MASHED POTAOS SPRING BLEND SUNSHINE SALAD BIRTHDAY CAKE ROLLS MILK	
20 SWISS STEAK BABY BAKERS HOMINY APRICOTS BREAD MILK	21 CHICKEN FAJITAS REFRIED BEANS TOMATO JUICE MIXED FRUIT APPLECAKE MILK		<p>22 THANKS GIVING DINNER TURKEY & DRESSING MASHED POTATOES GREEN BEAN CASSEROLE CRANBERRY SALAD PUMPKIN PIE ROLLS MILK</p>	23 	24 	CLOSED THANKSGIVING DAY AND THE FOLLOWING FRIDAY HAPPY THANKSGIVING
27 CREAMED CHICKEN BISCUIT DICED BEETS PEARS BUG BITES MILK	28 MUSHROOM STEAK BAKED POTATO GREEN BEANS PEACHES JELLO CAKE BREAD MILK		<p>29 POLISH DOG MASHED POTAOTES SAUERKRAUT RASPBERRY APPLESAUCE BREAD MILK</p>	<p>30 CHICKEN STRIPS TATOR TOTS BAKED BEANS FRUIT JUICE OATMEAL SCOTHCIE BARS BREAD MILK</p>		



Happy Thanksgiving

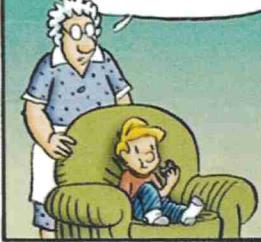
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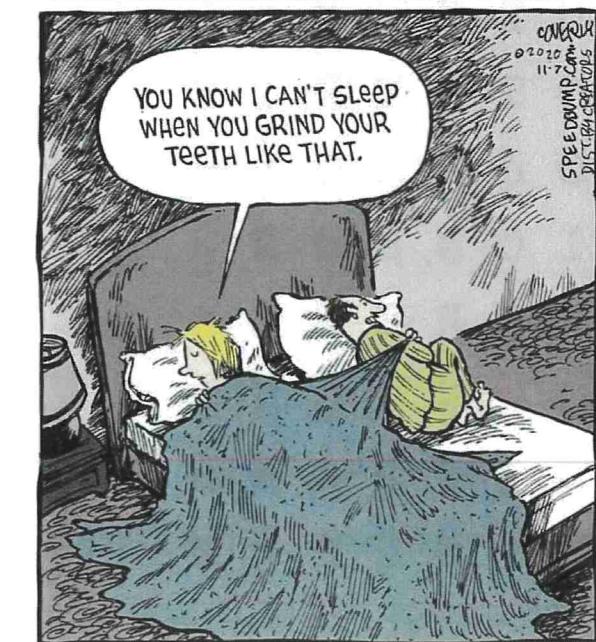
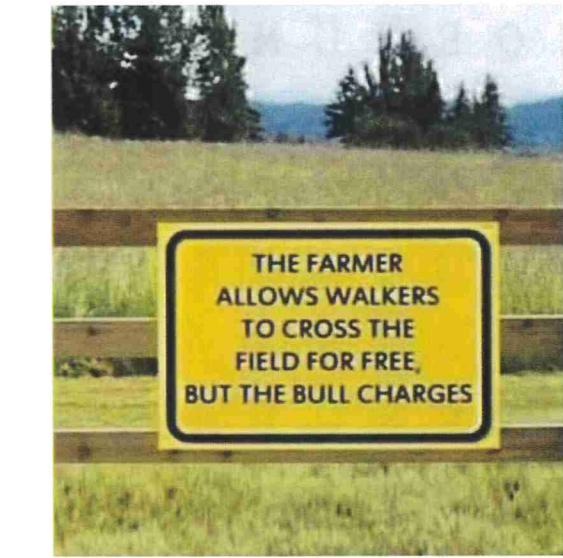
GATHER
THANKFUL
FAMILY
PUMPKIN
FUN
TURKEY
PIE
INVITE
EAT
AUTUMN
LOVE
TRADITIONS
YAMS
JOY
KINDNESS
DESSERT
BLESSING
BREAD
CORN
DISH

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

NELSON, YOU'RE SITTING IN GRAMPA'S CHAIR. THAT MAKES HIM CRANKY.



OH, AND YOU'VE GOT HIS TV REMOTE. THAT'LL MAKE HIM REAL CRANKY.



© 2010 Speed Bump, Bill Waddell/Speed Bump Creations

AND YOU'RE EATING ONE OF HIS SPECIAL COOKIES. THAT MAKES HIM CRANKY TOO.



HEAVENS, NO. HE GETS BORED WHEN HE'S NOT CRANKY.



8/27

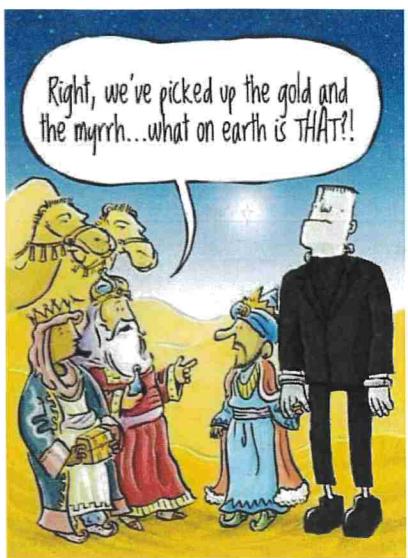
THE BAD NEWS IS, FLUFFY ATE THE SQUEAKER OUT OF HER TOY.

THE GOOD NEWS IS, IT'S GOING TO SOUND HILARIOUS COMING OUT.



7-24 © 2010 SPEED BUMP, BILL WADDELL/CREATIONS

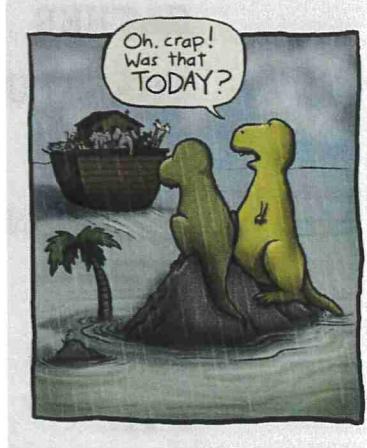
Right, we've picked up the gold and the myrrh...what on earth is THAT?!



I CAN'T SLEEP... I HAVE INDIGESTION FROM EATING ALL THEM FIRE ANTS BEFORE BED...



YOU'D BETTER TAKE AN ANT ACID...



If you put 100 black ants and 100 red ants in a jar, nothing will happen.

But if you shake the jar hard, the ants will start killing each other.

The red ants will consider the black ants their enemies, and the black ants will consider the red ants their enemies.

The real enemy is the one who shakes the jar.

The same thing happens in human society.

So before we attack each other, we should think about who is shaking the jar!

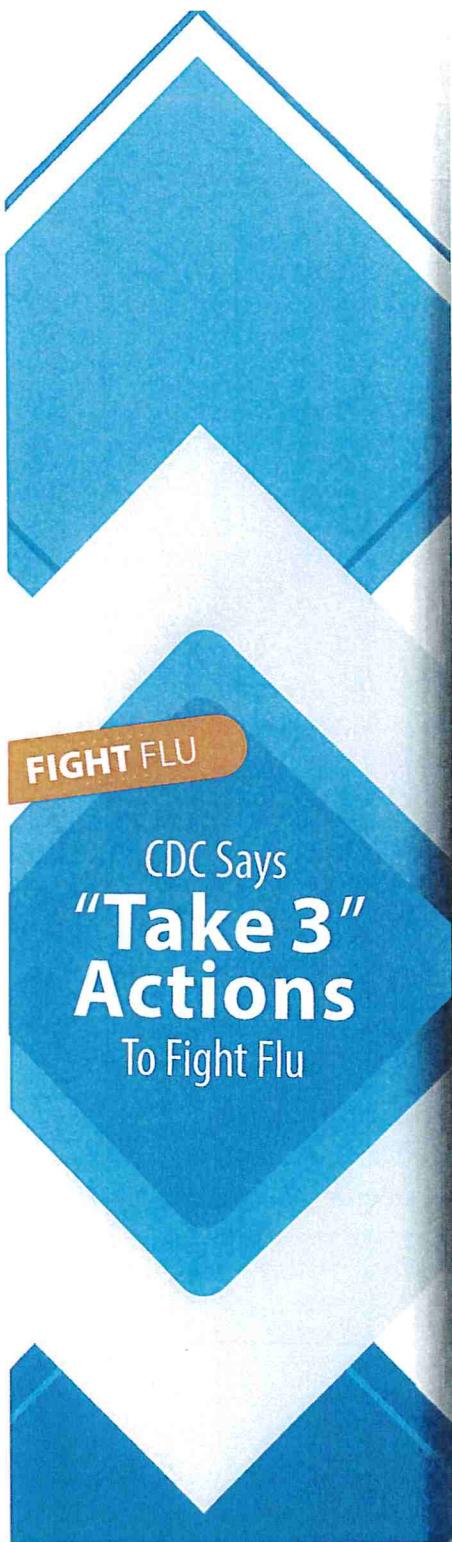


whyatt

© 2010 SPEED BUMP, BILL WADDELL/CREATIONS

YOU KNOW I CAN'T SLEEP WHEN YOU GRIND YOUR TEETH LIKE THAT.





#1

TAKE TIME TO GET A FLU VACCINE.

- **CDC recommends a yearly flu vaccine** as the first and most important action to protect against flu and its potentially serious complications.
- People at higher risk of serious flu complications include young children, pregnant people, people with certain chronic health conditions, and people 65 years and older.
- New this season, CDC and ACIP preferentially recommend three flu vaccines for people 65 and older:
 - **Fluzone High-Dose** quadrivalent inactivated flu vaccine
 - **Flublok Quadrivalent** recombinant flu vaccine
 - **Fluad Quadrivalent** adjuvanted inactivated flu vaccine

Available studies suggest that in this age group, these higher-dose vaccines are potentially more effective than unadjuvanted standard-dose flu vaccines.

- **Everyone 6 months and older should get an annual flu vaccine**, ideally by the end of October. Vaccination of people at higher risk is especially important to decrease their risk of severe flu illness.

#2

TAKE EVERYDAY PREVENTIVE ACTIONS TO HELP REDUCE THE SPREAD OF GERMS.

- **Avoid close contact with sick people.**
- **Wear a face mask when caring for a sick person with flu** at home. The sick person should avoid close contact with others or wear a face mask when around others in the home.
- **Wash your hands with soap and water.** If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose and mouth.** Germs spread this way.
- **When sick, limit your contact with others** as much as possible to keep from infecting them.

#3

TAKE FLU ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM.

- **If you get sick with flu, antiviral drugs can be used to treat your illness.**
- **CDC recommends prompt treatment with antiviral drugs** for people who have flu or suspected flu and who are at higher risk of serious flu complications
- Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Studies show that **flu antiviral drugs work best for treatment when they are started within two days of getting sick**, but starting them later can still be helpful, especially if the sick person is at increased risk or is very sick from flu.
- **If you get flu symptoms and are at higher risk for serious flu complications, call your health care provider as soon as possible** so you can be treated with flu antivirals if needed.

FLU-LIKE SYMPTOMS INCLUDE:

fever* or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscles and body aches, headache, fatigue, sometimes diarrhea and vomiting.

*It's important to note that not everyone with flu will have a fever.



CHARLOTTE MARKS RN, BSN

Transition of care nurse / Patient Educator

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#AgeFriendlyHealthSystems

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308.344.8261 • Fax 308.344.xxxx



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information, visit www.cdc.gov/flu or call 800-CDC-INFO

CDC