

March

Heritage Happenings 2024



St Patrick's Day Lunch
Thursday, March 14th

Corned Beef & Cabbage

Baby Red Potatoes

Lime Jell-O Salad

Mint Brownies

Rolls

Milk



**WE NEED
VOLUNTEERS**

We are in need of Home
Delivered Meals
Volunteers. If interested
please call Donna at
345-6098

Free Tax Help at First Assembly of God Annex
811 East C St. Starting February 6th through April
15th. Tuesday's 4:00 to 8:00 p.m. Wednesdays
9:00 to 1:00 Call 1-402-478-8301 to make an
appointment. If you have difficulties scheduling
an appointment by calling this
number, you might want to just stop
by and schedule an appointment

AARP



Blood Pressure Clinic
Senior Center Library
March 28th, 11:00 to 11:45

NEBRASKA SHIP

Local help for Nebraskans
with Medicare

Understanding Your Medicare

Medicare Part A: Covers inpatient hospital services, skilled nursing facility services, home health care, and hospice. Most individuals do not owe a premium for Part A, but if neither you or your spouse have 10 years of Social Security work credits you may owe a monthly premium. If you are admitted to the hospital as an inpatient, you will owe a deductible of \$1,600 at the beginning of your stay. If you have multiple hospitalizations, you may owe the deductible more than once. After you meet your deductible, your first 60 days in the hospital and your first 20 days in a skilled nursing facility cost \$0 per day. After that, you owe an out-of-pocket cost for each day of your continued stay.

Medicare Part B: Covers outpatient costs, such as doctor visits and lab test. In 2023, the standard Part B premium was \$164.90. The premium in 2024 will be \$174.70, a month an increase of \$9.80. This automatically gets deducted from your social security. If you have an Advantage Plan you also pay this monthly premium. The annual deductible for all Medicare Part B beneficiaries will be \$240. in 2024 an increase of \$14.00 from the annual deductible of \$226 in 2023. The Medicare Part B one time annual deductible will be \$240 in 2024 and will only affect you, if you have a Plan G supplement, for anyone with a plan F the supplement will cover the deductible. You will continue to owe 20% coinsurance for most services covered by Part B. Thanks to the inflation Reduction Act, you will pay no more than a \$35 copay for each Part B covered insulin product, starting in July of 2023. Insulin products that may be covered by Part B include a pump and the insulin that is used with the pump.

What is IRMAA: The Federal government determines if you're required to pay an IRMAA by looking at your tax returns from two years prior. People who earn over \$97,000 (\$103,000 in 2024) and couples who make over \$194,000 (\$206,000 in 2024). Have an extra fee called an income related monthly adjustment amount (IRMAA) on top of their Medicare Part B and Part D Rates. The fee works on a sliding scale, and it applies to both original Medicare and Medicare Advantage Plans.

You probably received a letter from your supplement telling you the rate increases for 2024. If you are considering changing remember you will have to be able to pass underwriting. As a SHIP Volunteer I can give you a list of supplements available in Red Willow County and what the premiums would be, so you can compare.

It can be very confusing, if you have questions just give me a call at 345-1760



Fish Tickets for March are available for Friday the 15 and Friday the 29th. Please pick them up at the front desk earlier in the week so we have an idea of how much to prepare. Fish people will go through the line first.
Available for dinning room only.



Viaero

Viaero wireless will be presenting a program on protecting your passwords and information on March 22nd at 11:00 am. If you attend, you will receive a complimentary meal ticket from Viaero.

March Birthdays

Patty Frisbey	1
Mary Ellen Monzon	1
Rod Volberding	4
Kathy Adams	8
Roland Anderjaska	10
Judy Bair	11
Helen Marshall	17
Sharon Felker	17
Helen Marshall	17

Candy Owens	18
Bob Patenburg	22
John Hall	22
Cheryl Hamrick	23
Alyce Mae Stritt	27
Pam Wheeler	28
Colleen Walter	29
Doug Burr	31

IMPORTANT INFORMATION AND PHONE NUMBERS

Heritage Senior Center Staff

Beth Siegfried—Director
Donna Blake— Home Delivered.
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 Klein
Open
Monday through Friday
8:30 to 4:30 Call 345-6098
to reserve a ride



THANK YOU FOR SUPPORTING HERITAGE SENIOR CENTER

Community Hospital
Health Foundation: Daily Menu on
KICX

Community Hospital
Monthly Bingo
Menu and Activities in McCook Ga-
zette

FIRST CENTRAL BANK:
Monthly Drawing
Bi-Monthly Birthday Cake

KINSHIP POINTE
Free ice cream on Tuesday all month

MIDWEST LIBERTY
Federal Credit Union
Ice cream

Pinnacle Bank
Quarterly Meal Ticket Drawing

MNB: Monthly Drawing and
Ice Cream,

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

Walmart Bi-Monthly
Birthday Cake

Product of the Month



THANK YOU FOR DONATIONS

MADE IN

February

Doug & Linda Burr

Cindy Dame

JoAnne Dueland

Milton Duffield

Kay Flaska

Pat Foley

Judy Hall

Roger & Coralee Krizek

Nita Malleck

Carla Quinn

Shannon & Greg Pevatoux

Bette Rice

Jane Shield

MAY YOUR troubles BE LESS,
your blessings be more.
& NOTHING BUT
Happiness
COME THROUGH YOUR DOOR.
an irish blessing

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 60 years of age and older

Monday through Friday 8:00 to 4:30.
For more information call 345-1760

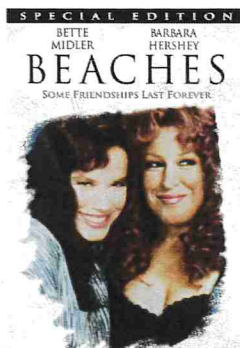
The City of McCook Public Transit provides transportation within the city limits of McCook. It is a demand response dial-a-ride system.

The cost to ride the public transit is \$2.00 per Boarding.

The transit operates Monday through Friday from 8:30 a.m. to 4:00 p.m.

To schedule a ride call 308-345-6098

BEACHES



Hillary (Barbara Hershey) and CC (Bette Midler) meet as children vacationing in Atlantic City, N.J., and remain friends throughout the decades. As CC, a loud New Yorker, pursues a singing career, Hillary, a staid Californian, becomes a successful lawyer. Over the years, they often quarrel or compete, but, as other relationships flourish and die, the two women are always there for each other, traveling from coast to coast through the most tumultuous times.

Showing in the Pool Room Thursday March 21 at 12:30






RAISING HELEN

Single and self-involved, Helen Harris (Kate Hudson) has a thriving fashion career and a lavish lifestyle in New York City. Helen is shocked to hear that her sister and brother-in-law have died in an accident, and alarmed that they have named her the guardian of their three kids (Hayden Panettiere, Spencer Breslin, Abigail Breslin). As the children struggle with the change, Helen has to decide whether she'll cling to her old ways or come to terms with her new family role.

Showing in the Pool Room Thursday March 28th at 12:30



MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 POLLOCK AUGRATIN POTATOES CAULIFLOWER CINNAMON PEARS PINAPPLE DESERT BREAD MILK
4 CHILI MAC GREEN BEANS COLSLAW APPLESAUCE CORN BREAD MILK	5 TURKEY & DRESSING MASHED POTATOES CALIFORNIA BLEND ORANGE JUICE PUMPKIN BAR BREAD MILK	6 HAM SLICE SWEET POTATOES SPRING BLEND PEACHES OATMEAL RAISIN COCKIES BREAD MILK	7 WEINER ROLL UPS KRINKLE FRIES BAKED BEANS APPLE & GRAPE SALAD MILK	8 TUNA & NOODLES PEAS CUCUMBER & ONIONS MIXED FRUIT CHOCOLATE PUDDING BREAD MILK
11 TACO BAKE REFRIED BEANS V-8 JUICE PEARS CHURRO MILK	12 CHICKEN & NOODLES MASHED POTATOES CORN TROPICAL FRUIT BREAD MILK	13 ST. LOUIS RIBS POTATO CASSEROLE CARROTS APRICOTS PEANUT BUTTER COOKIES BREAD MILK	14 CORN BEEF & CABBAGE RED POTATOES LIME JELLO SALAD MINT BROWNIES Rolls MILK 	15 CREAMED CHICKEN OR FISH GREEN BEANS PICKLED BEETS STRAWBERRY/KIWI JUICE BISCUIT MILK
18 OVEN BAKED CHICKEN AUGRATIN POTATOES CALIFORNIA BLEND PEACHES HONEY BUN CAKE BREAD MILK	19 PEPPER STEAK RICE ORIENTAL BLEND OREINTAL SALAD PINEAPPLE BREAD MILK	20 PORKCHOPS MASHED POTATOES DICED BEETS APPLESAUCE OATMEAL CHOCOLATE CHIP COOKIE BREAD MILK	21 CHICKEN SALAD SANDWICH GREEN BEAN SALAD TOMATO JUICE MIXED FRUIT BUG BITES MILK	22 POPCORN SHRIMP PATATO WEDGES CREAM CORN CHEESE STICK PISTACHIO SALAD BREAD MILK
25 CHICKEN STRIPS TATOR TOTS BAKED BEANS APRICOTS SUGAR COOKIES BREAD MILK	26 MUSHROOM STEAK BAKED POTATO WINTER BLEND FRUIT JUICE BUTTERSCOTCH PUDDING DESSERT BREAD MILK	27 KELBASA POTATO CASSEROLE GREEN BEANS BAKED APPLES CARAMEL CAKE BREAD MILK	28 CHICKEN PATTY SANDWICH FRENCH FRIES PEA SALAD GRAPES MILK	29 ROAST BEEF OR FISH MASHED POTATOES CORN TROPICAL FRUIT BIRTHDAY CAKE ROLLS MILK

MARCH 2024

SU	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	 Happy St. Patrick's Day!				1 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	2
3	4 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	5 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	6 STRENGTH TRAINING 12:30	7 NO BEE FIT WITH KRISTEN 12:30	8 FRIDAY BRIDGE STRENGTH TRAINING 12:30 STRENGTH TRAINING	9
10	11 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 SASSY SENIORS 12:45 STRENGTH TRAINING 12:30	12 FREE ICE CREAM KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL 12 BEE FIT WITH KRISTEN 12:30	13 ST THERESA CIRCLE 12:30 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:30	 14 ST PATRICK DAY LUNCH QUEEN OF CLUBS 12:45 BEE FIT WITH KRISTEN 12:30	15 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30 STRENGTH TRAINING 12:30	16
17	18 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	19 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	20 MND BANK DRAWING & ICE CREAM DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	21 MOVIE: BEACHES 12:30 BEE FIT WITH KRISTEN 12:30	22 PASSWORD & INFORMATION SECURITY BY VIAERO 11:00 FRIDAY BRIDGE 12:45 STRENGTH TRAINING 12:30	23
24 /3 1	25 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:4 FOXY LADIES 12:45 STRENGTH TRAINING 12:30	26 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	27 PINNACLE BANK DRAWING- DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	28 BLOOD PRESSURE 11:00 TO 11:45 MOVIE: RAISING HELEN 12:30 BEE FIT WITH KRISTEN 12:3	29 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING & BIRTHDAY CAKE 11:45 STRENGTH TRAINING 12:30	30

AWAKENING
 BASKETBALL
 BLOSSOM
 DAFFODIL
 DAYLIGHT SAVING
 EASTER.
 EQUINOX
 FLOWER
 FRESH
 GREEN
 GROWTH
 HOLI
 KITE
 LEPRECHAUN
 LUCK
 MADNESS
 MARCH
 PARADE
 POT OF GOLD
 RAIN
 REBIRTH
 RENEWAL
 SHAMROCK
 SHOWERS
 SPRING
 ST. PATRICK'S DAY
 WINDY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

I have literally waited my entire lifetime to see this...



Crabby Road

3-5-22

We had "cable" back in my day. One end was connected to the TV, and the other end was connected to the antenna on the roof!



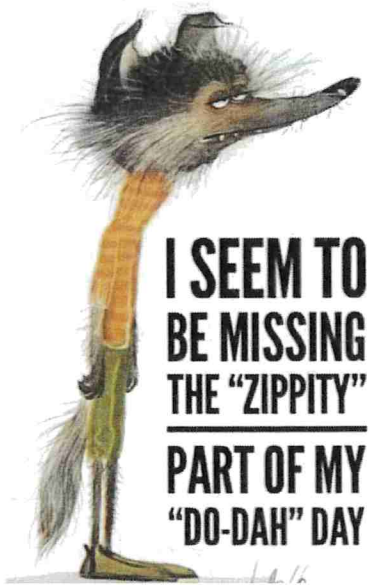
©Hallmark Licensing, Inc.

Maxine.com

It's funny how 8 glasses of water a day seems impossible, but 8 glasses of wine can be done with one meal.

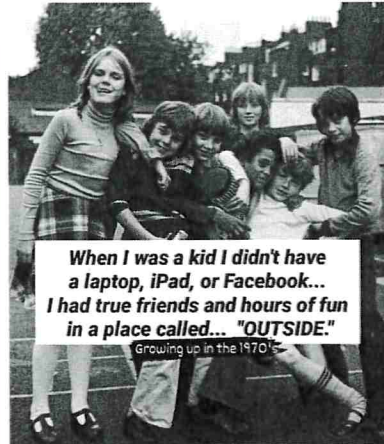


The happiest people in life are the givers, not the getters.



I SEEM TO BE MISSING THE "ZIPPITY" PART OF MY "DO-DAH" DAY

As the Kardashians celebrate their 20th season I would like to congratulate myself for never watching a single episode.



When I was a kid I didn't have a laptop, iPad, or Facebook... I had true friends and hours of fun in a place called... "OUTSIDE." Growing up in the 1970's

WE MIGHT BE OLD ...



BUT WE HAD GREAT HAIR, LISTENED TO COOL MUSIC, AND DROVE THE BEST CARS!

Having trouble with your new \$80,000 Electric Car?

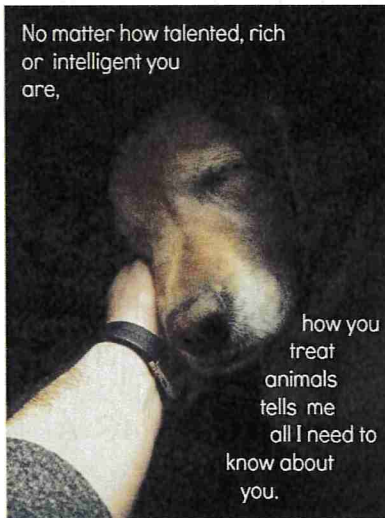


Just remember. . .



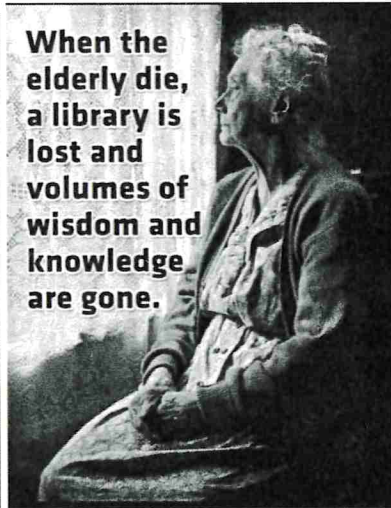
You coulda had a V8

No matter how talented, rich or intelligent you are,

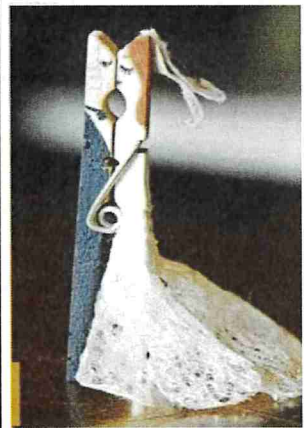


how you treat animals tells me all I need to know about you.

When the elderly die, a library is lost and volumes of wisdom and knowledge are gone.



They met on line



I need to lose weight, I know how to lose weight, but I don't want to do the things that I need to do to lose weight, but I still want to lose weight. You get me?



One of the most terrifying moments in Life ~ When the toilet refuses to flush at Someone else's house

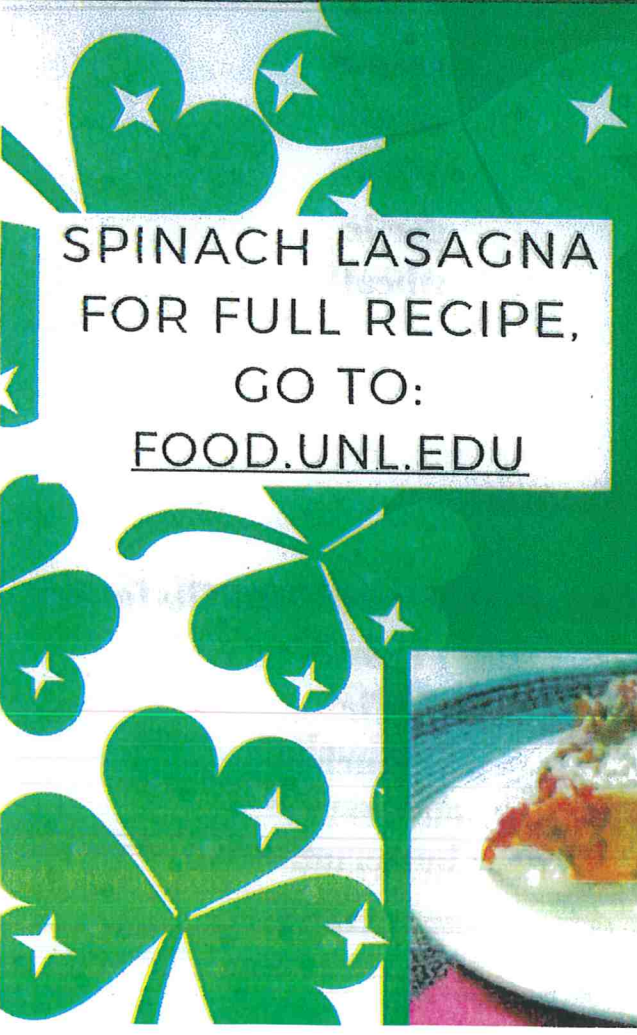
In my mind i'm still 24, but my back is 55, my knee is 67, and my left hip turns 79 next week.



Happy St. Patrick's Day

Most Americans age 2 and older do not eat the recommended amount of vegetables.

- Vegetables provide vitamins and minerals.
- Low in calories and fat.
- Green fruits and vegetables contain health-promoting phytochemicals.
- They help prevent certain cancers.
- Help maintain vision health, strong bones and teeth.



SPINACH LASAGNA
FOR FULL RECIPE,
GO TO:
FOOD.UNL.EDU

MAY YOUR DAY BE FILLED
WITH LUCK & HAPPINESS

EAT MORE VEGGIES

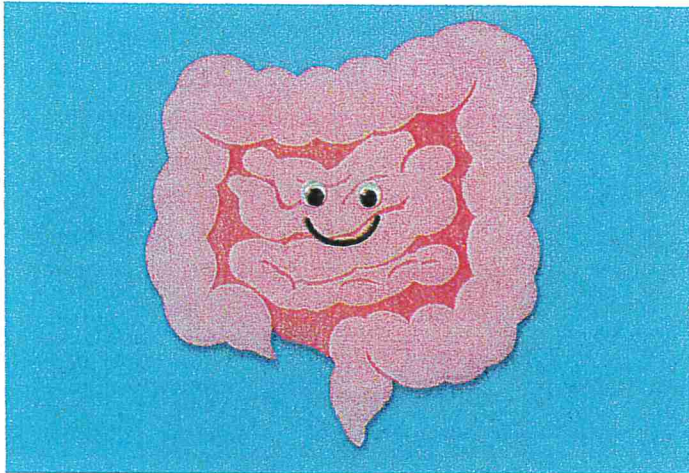
- ADD SPINACH TO YOUR LASAGNA RECIPE.
- MAKE MINI PIZZAS USING TUBE BISCUITS, TOP WITH PIZZA SAUCE, MOZZARELLA CHEESE, AND CHOPPED VEGETABLES.



N
EXTENSION

Digestive Health

The colon is home to trillions of friendly bacteria.
Is your colon in balance?



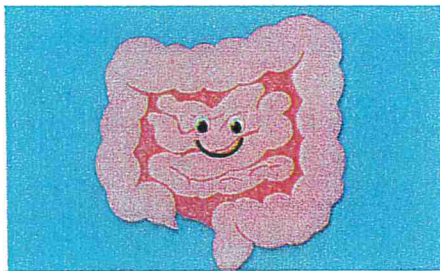
**Causes of an imbalanced
digestive tract:**

- 1. stress**
- 2. diarrhea**
- 3. changes in your diet**
- 4. antibiotics**

N EXTENSION

Digestive Health

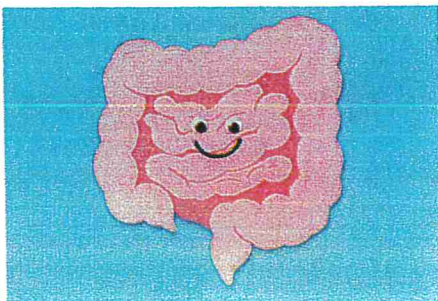
Prebiotics - nondigestible food ingredients



**raisins
beans
plums
garlic
wheat**

Digestive Health

Probiotics - provide health benefits for life.)



**yogurt
kefir
kombucha
sour cream
buttermilk
sauerkraut**