

APRIL



Heritage Happenings 2024



Easter Lunch

Wednesday April 3, 2024

Ham

Sweet Potato Casserole

Scalloped Corn

Pistachio Salad

Raspberry Zinger Poke Cake

Rolls

Milk

Advisory Board Meeting
10:00 a.m.

April 16, 2024

Conference Room

This meeting is open to the public

CITY OF MCCOOK

CODERED

MASS NOTIFICATION SYSTEM

WHAT IS CODERED?

The city of McCook has partnered with OnSolve CODERED to provide an emergency alert system to call, email, or text residents to alert them of major emergency situations as critical events can happen every day.

WHY SHOULD I SIGN UP?

Residents should sign up to ensure they will be aware and up-to-date during an emergency.

You will be receiving information on how to sign up with your city water bill.

Jennifer Doucet with the McCook Police Department will be here at the Senior Center on **Thursday April 4, at 12:30** to help people get signed up. This notification system will be good for anyone in the county, but especially good for City of McCook Residents. You will be able to get City of McCook Alerts, Red Willow County Alerts, Senior Center and Home Delivered Meal, City of McCook Transit alerts, Non Emergency Messages, and Water Related Alerts.

You can chose to receive alerts, by voice calls, emails and or text messages.

This will be great for getting notified about our closures, storm warnings, water alerts, prisoner escapes etc.

Nebraska Public Transit Week

April 21-27

Governor Jim Pillen has proclaimed the week of 21-27 as Public Transit Week in the state of Nebraska. Congratulating the Nebraska Public Transit Association for its 43 years of service to our state's citizens. Nebraska currently has two urban transit systems, five small urban transit systems, and 50 rural transit systems in 89 Nebraska counties. Nebraska public transit is working together to promote and support safe, affordable, and efficient public transit to those who have no access to a vehicle. In 2023 Nebraskans traveled nearly 10 million miles via public transit to access critical services like medical care, education, employment, shopping and more. Nebraska has numerous public transit professionals who provide service to Nebraskans. The Nebraska Association of Transportation Providers recognizes the important role that public transit professionals play, and wishes to acknowledge that role. Special recognition is given to the public transit employees who work each day to make public transit possible in Nebraska. These professionals are respected and admired for their tireless service, without which this invaluable community resource would not be possible. The city of McCook Public Transit had a total of 5,882 boardings in 2023.

The City of McCook Public Transit will be holding a drawing for a book of tickets for all riders during the week. Ride and you will automatically be entered. We will also offer one free round trip ride during transit week to any individual over the age of 6 who has never used Transit.

Justin Randolph started as our Transit Driver June of 2023. Justin participated in the annual Nebraska State Transit Rodeo in September after only driving for 3 months and won the Bus division. The rodeo consists of a written test, driving course test, and wheel chair securement test.

Thank you to our Transit Staff Donna Blake, Dispatcher, Justin Randolph Driver, Mike Towery and Brent Klein Substitute Drivers and Beth Siegfried Transit Manager.

To make a reservation for a ride please call
Donna at 345-6098.



**Congratulations Justin Randolph for Winning the Bus
Division at the 31st annual Nebraska Association of
Transportation Providers Rodeo in Kearney September 2023. .**

April Birthdays

| | |
|------------------|----|
| Linda Frickie | 1 |
| Lavera Brooks | 1 |
| Robert Ortiz | 1 |
| David Mefford | 3 |
| Dorothy Hauxwell | 3 |
| Rod Volberding | 4 |
| Marianne Colling | 7 |
| Harry Lebsack | 14 |
| Toni Chancellor | 15 |
| Jim Jenkins | 17 |

| | |
|-----------------|----|
| Virgil Guthrie | 18 |
| David Dame | 19 |
| Robert Redden | 21 |
| Rosalie Redden | 22 |
| Jean Hardy | 24 |
| Karen Brown | 24 |
| Sandy Pettera | 26 |
| Kristen Puckett | 28 |
| Glen Haney | 28 |
| Stan Reynolds | 28 |

IMPORTANT INFORMATION

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
 8:30 to 4:30
 345-1760 for reservations

McCook Public Transit Staff

Beth Siegfried—Director
 Justin Randolph —Driver
 Donna Blake—Dispatcher
 Substitute Drivers
 Mike Towery, and Brent Klien-
 Open Monday through Friday
 8:30 to 4:30



Product of the Month Coffee



I missed getting these on the Activity sheet. The public health nurse from the Southwest Nebraska Health Department will talk about the health risks of exposure to lead and possible sources of lead to look for in your home on Friday April 12th at 11:45. Viaero will be back on April 19th at 11:00 for their third and final presentation on Social Media safety and will offer complimentary lunch for those attending.

THANK YOU FOR SUPPORTING HERITAGE SENIOR CENTER

Community Hospital
 Health Foundation: Daily Menu on KICX

Community Hospital
 Monthly Bingo
 Menu and Activities in
 McCook Gazette

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

THANK YOU FOR DONATIONS MADE IN March

Judy Hall

Helen Hackney

Gene Meints

Greg & Shannon Pevoteaux

Charlie & Lois Quigley

Sid & Cathy Stewart

Cindy Wilson

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

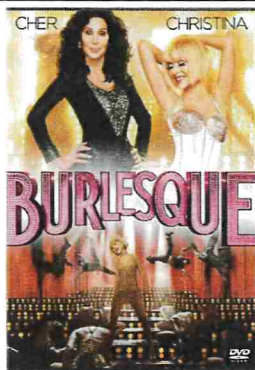
*"In Youth We Learn
In Age We Understand"*

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 8:30 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 boarding.

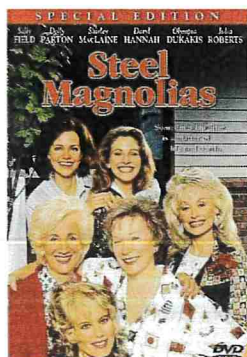
The transit operates Monday through Friday from 8:30 a.m. to 4:30 p.m.
To schedule a ride call 308-345-6098



BURLESQUE

A small town singer, Ali (Christina Aguilera), moves to the big city for her chance at stardom where she is enchanted by Burlesque, a glamorous nightclub packed with dancers, sizzling music and an owner in need of a star Cher). Jam-packed with visually stunning musical numbers and an all-star cast featuring Eric Dane, Kristen Bell and Stanley Tucci.

SHOWING IN THE POOL ROOM THURSDAY
APRIL 18th at 12:30




STEEL MAGNOLIAS

Six divas of the silver screen-Sally Field, Dolly Parton, Shirley Maclaine, Daryl Hannah, Olympia Dukakis and Julie Roberts- come together as bosom buddies in this hilarious and heartwarming story of life, love and loss in a small Louisiana Parish. At the center of the group is Shelby Eatenton (Julia Roberts), newly married and joyfully pregnant, despite the fact that her diabetes could make childbirth life-threatening.


Terrified and angry at the possibility of losing her only daughter, M'Lynn Eatenton (Sally Field) looks to her four closest friends for strength and laughter as she battles her deepest fears of death in order to join Shelby in celebrating the miracle of new life.

SHOWING IN THE POOL ROOM APRIL 25 at 12:30

APRIL 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----|---|--|--|--|---|
| 1 | MEAT LOAF BAKED POTATO CARROTS PEACHES BREAD MILK | 2 CHICKEN & DRESSING CASSEROLE CHEESY BROCCOLI DICED TOMATOES PEARS DISH PAN COOKIES BREAD MILK | 3 HAM SWEET POTATO CASSEROLE CREAM CORN PISTACHIO SLALAD STRAWBERRY CRUNCH CAKE RAISINS ROLLS MILK | 4 SLOPPY JOES KRINKLE WEDGES BRUSSEL SPROUTS MIXED FRUIT COOL EASY PIE MILK | 5 CRAB CAKES SCALLOPED POTATOES CALIFORNIA BLEND FRUIT JUICE CHEESE STICK BREAD MILK |
| 8 | GOULASH GREEN BEANS COLESLAW PLUMS LEMON PUDDING GARLIC BREAD MILK | 9 LEMON PEPPER CHICKEN BUTTER NOODLES GREEN BEANS CARROT SALAD PINEAPPLE/ORANGES BREAD MILK | 10 SAUSAGE GRAVY POTATO CAKE V-8 JUICE CHERRY APPLESAUCE BISCUIT MILK | 11 PIZZA CORN CELERY / PEANUT BUTTER APRICOTS M&M COOKIES MILK | 12 BEEF SHEPARDS PIE BROCCOLI SALAD ORANGE PEACH UPSIDE DOWN CAKE BREAD MILK |
| 15 | CHICKEN BACON RANCH CASSEROLE DICED BEETS PEARS BREAD MILK | 16 BEEF FINGERS MASHED POTATOES SPRING BLEND PEACHES APPLE CHERRY CRISP BREAD MILK | 17 HAM LOAF SWEET POTATOES PEAS TROPICAL FRUIT OATMEAL SCOTCHIES BREAD MILK | 18 SWEET & SOUR CHICKEN RICE ORIENTAL BLEND BROCCOLI SALAD FRUIT JUICE BREAD MILK | 19 CHEESE STEAK CASSEROLE MIXED VEGETABLES 3 BEAN SALAD STRAWBERRIES/BANANAS WHITE CAKE BREAD MILK |
| 22 | CHICKEN ENCHILDAS REFRIED BEANS SPANICH RICE CORN SALAD PINEAPPLE CHURRO MILK | 23 SPAGHETTI WINTER BLEND KIDNEY BEAN SALAD APPLE CHOCOLATE CAKE GARLIC BREAD MILK | 24 POLISH DOGS MASHED POTATOES SAURKRAUT MIXED FRUIT BREAD MILK | 25 RUNZA CASSEROLE TATOR TOTS BAKED BEANS NO BAKE COOKIES MILK | 26 CHICKEN FRIED CHICKEN MASHED POTATOES GREEN BEANS 5-CUP SALAD BIRTHDAY CAKE ROLLS MILK |
| 29 | SWISS STEAK BAKED POTATO SPINACH PEACHES BUG BITES BREAD MILK | 30 CHICKEN BROCCOLI RICE CASSEROLE BRUSSEL SPROUTS BAKED APPLES JELLO CAKE BREAD MILK |  | | |

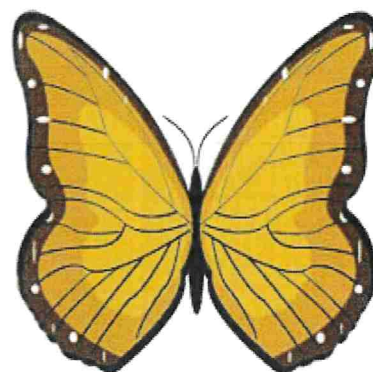
APRIL 2024

| SU | Monday | Tuesday | Wednesday | Thursday | Friday | Sa |
|----|--|--|---|---|--|-----------|
| | 1 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30 | 2 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30 | 3 EASTER LUNCH STRENGTH TRAINING 12:30  | 4 BEE FIT WITH KRISTEN 12:30 | 5 Viero Phishing Program Complimentary lunch for those who attend ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30 | 6 |
| 7 | 8 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 STRENGTH TRAINING 12:30 | 9 FREE ICE CREAM KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL 12 NO BEE FIT WITH KRISTEN 12:30 | 10 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:30 | 11 QUEEN OF CLUBS 12:30 NO BEE FIT WITH KRISTEN 12:30 | 12 FRIDAY BRIDGE STRENGTH TRAINING 12:30 | 13 |
| 14 | 15 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30 | 16 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 NO BEE FIT WITH KRISTEN 12:30 | 17 MND BANK DRAWING & ICE CREAM DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30 | 18 MOVIE: 12:30 QUEEN OF CLUBS 12:45 NO BEE FIT WITH KRISTEN 12:30 | 19 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30 | 20 |
| 21 | 22 BARGAIN BAZAAR CLUB 42 12:45 FOXY LADIES 12:45 STRENGTH TRAINING 12:30 | 23 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30 | 24 MND BANK DRAWING & ICE CREAM DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30 | 25 BLOOD PRESSURE 11:00 TO 11:45 MOVIE: 12:30 BEE FIT WITH KRISTEN 12:30 | 26 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING & BIRTHDAY CAKE 11:45 STRENGTH TRAINING 12:30 | 27 |
| 28 | 29 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30 | 30 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30 |  | | | |
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APRIL

WORD SEARCH

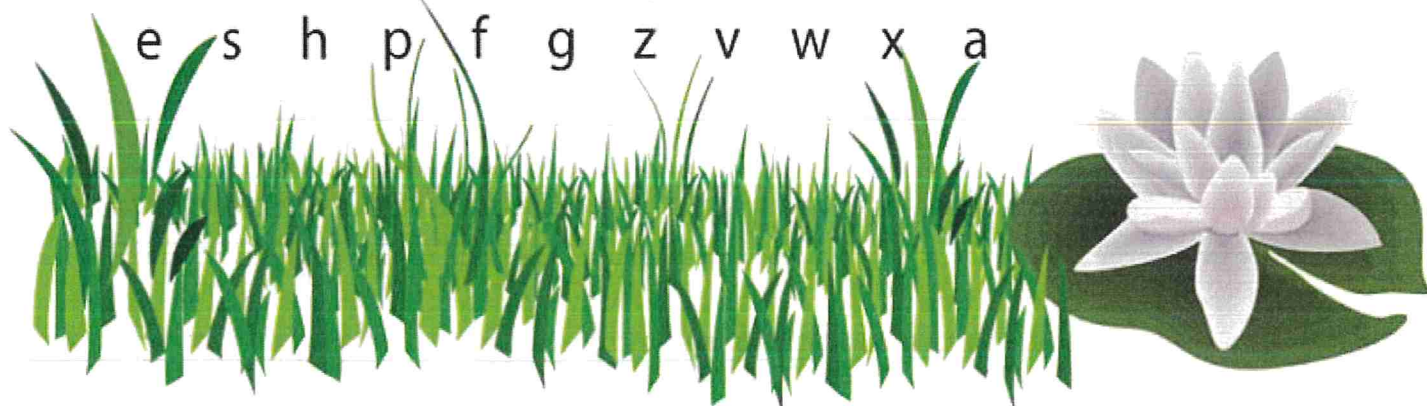


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WORDS



showers
underground
daffodil
tulip
bloom
taurus
diamond
earth
easter
passover
fool

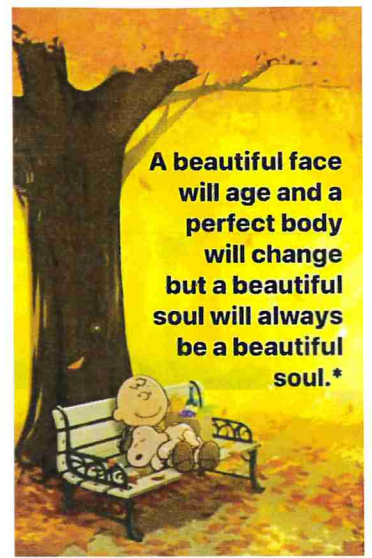




This is a shared post!



I got my wife to help me put some posts in the ground for our new fence, I gave her the new hammer and I said, "When I nod my head, you hit it." I don't remember much after that.

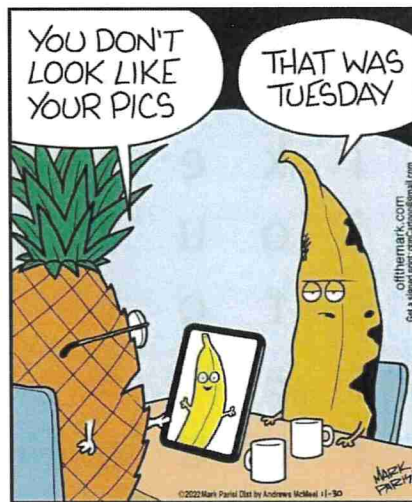
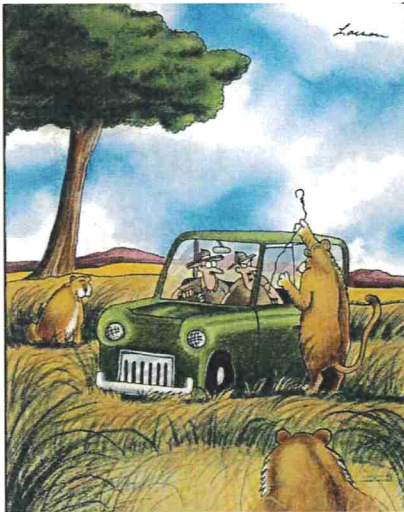


I LOVE WHEN PEOPLE GET MAD AND SPEED PAST ME, ONLY TO END UP AT THE SAME RED LIGHT.

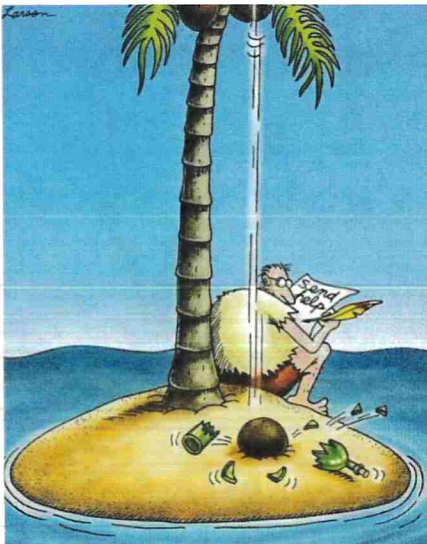


So Daffy Duck and Elmer Fudd break into a distillery Daffy turns to Elmer and says: "Is this Whiskey?" Elmer says: "Yeth but not as whiskey as wobbling a bank!!"

Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.



GANG VIOLENCE HAS TO STOP 🙏🙏



One of my favorite speeches comes from Robert Duvall in "Second Hand Lions":

"Sometimes the things that may or may not be true are the things that a man needs to believe in the most. That people are basically good. That honor, courage and virtues mean everything. That power and money, money and power mean nothing; that Good always triumphs over Evil; and I want you to remember this: That Love, true Love never dies. Doesn't matter if any of this is true or not. You see a man should believe in these things because these are the things worth believing in."



Nourish Your Joints

Provided by Brenda Aufdenkamp (baufdenkamp1@unl.edu)
FNH Extension Educator in North Platte.

Most of us experience some joint stiffness during seasonal changes. However, degenerative diseases such as arthritis can inhibit daily activities. Help keep your joints mobile with these tips:

Stay Fit – Be good to your joints by staying faithful to a physical activity routine. Benefits of fitness routines include: weight loss, reduced risk of osteoarthritis and improved flexibility.

Try these joint-friendly fitness ideas – water aerobics, swimming, dancing, cross-country skiing, biking, or pickleball.

Exercise Tips – Begin a new exercise slowly. Keep joints warm. Stretch and warm up. Keep to low-impact exercises, not bouncing movements that stress joints. Don't do anything that causes more pain.

Stay Hydrated – Drinking plenty of water is important to prevent dehydration and for keeping joints lubricated. Often as we age, our thirst mechanism stops working as well, so drink water even when you might not feel very thirsty.

Eat Smart – Eating a balanced diet with plenty of fruits and vegetables, and food rich in omega-3 fatty acids is important for joint health. Get 2 to 3 cups of fruit and 2 to 3 cups of vegetables each day to maintain adequate nutrition and provide your body with vital antioxidants.

Consider Some Extras - If your doctor has recommended adding a supplement, be careful to follow the instructions on the label. Common supplements taken to relieve joint pain include: Glucosamine/Chondroitin, Omega-3/ Fish oil, Tart cherry, Turmeric, or Hydrolyzed collagen.

Sources:

NDSU Extension: <https://www.ndsu.edu>

Office of Dietary Supplements - National Institutes of Health: <https://ods.od.nih.gov>

Test Your Knowledge:

How many Americans have osteoarthritis?

- a. 2 million
- b. 27 million
- c. 1 billion
- d. 5

Which joint disease is characterized by morning stiffness and heated, swollen joints?

- a. Osteoarthritis
- b. Rheumatoid arthritis
- c. Lupus
- d. Chronic hypertarboitis

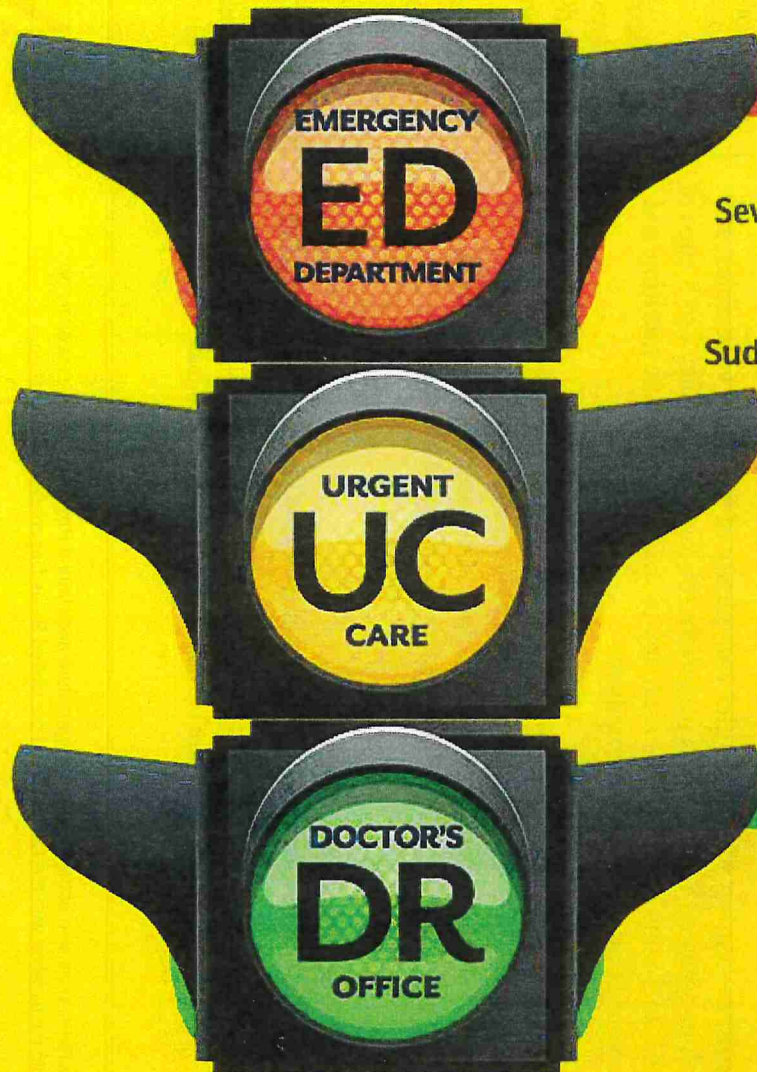
What is generally known as the “wear-and-tear” joint disease?

- a. Osteoarthritis
- b. Lupus
- c. Hip dysplasia
- d. Rheumatoid arthritis

True or False: Vitamin D deficiency may increase pain and make walking more difficult for osteoarthritis patients.

(Answers 1. B; 2. B; 3. A; 4. True: Recent studies have shown a connection between vitamin D and joint health. Maintaining adequate levels of vitamin D is important for many parts of the body, including joints.)

WHEREFORCARE



GO TO HOSPITAL EMERGENCY DEPARTMENT

ISSUE IS LIFE-THREATENING - CALL 911 OR GO TO ER

| | |
|---|------------------------------|
| Severe Chest Pains Radiating to Arm/Jaw | Seizures, Choking, Poisoning |
| Difficulty Breathing | Serious Accident or Injury |
| Slurred Speech, Facial Paralysis | Bleeding That Won't Stop |
| Sudden Head Pain, Blurred/Double Vision | Sudden Severe Pain |

CALL AFTER HOURS # OR GO TO URGENT CARE

ISSUE IS NOT LIFE-THREATENING BUT NEEDS ATTENTION NOW

| | |
|-----------------------------------|----------------------------|
| Sprains, Strains, Minor Fractures | Minor Burns or Cuts |
| Eye Infections | Minor Rashes |
| Urinary Tract Infections | Vomiting |
| Sore Throat, Ear Ache, Bad Cough | Fever, Persistent Diarrhea |

CALL DOCTOR'S OFFICE

ISSUE CAN WAIT FOR DOCTOR'S APPOINTMENT

| | |
|------------------------|----------------------|
| Cold or Flu Symptoms | Yearly Screenings |
| Simple Aches and Pains | Vaccinations |
| Minor Injuries | Prescription Refills |
| Pregnancy Tests | Referrals |