

MAY



Heritage Happenings 2024

Mother's Day
May 12th



VOLUNTEERS NEEDED

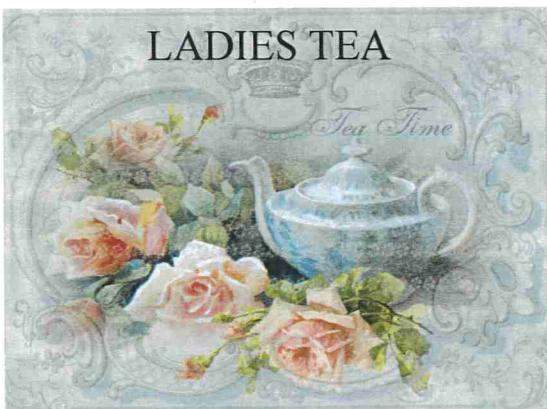
We are in need of additional Home Delivered Meals Volunteers. If you would be interested, please call Donna at 345-6098

REMINDER

We have been receiving many late calls for reservations or no calls at all to cancel meals. Please call between 8 and 9 if you are making reservations the same day you want to eat or if you are cancelling. If you have a guest under 60, please see either Beth or Donna and pay for the meal. You can not use meal tickets to pay for under 60 guest meals. It is great having a soft-serve ice cream machine. Please do not use salad bowls, coffee cups etc. for the ice cream. If you take a double, triple or quadruple serving please pay double, triple or quadruple the price of \$1.00, \$1.50 or \$2.00. You would be paying way more elsewhere for the same product. Please don't abuse the self service.



LADIES TEA



Ladies Tea

May 23rd
2:00 P.M.

Come join the fun.
RSVP by May 13th, 2024
by calling 345-1760
or a sign up sheet will
be on the credenza

Exercise

We offer year around exercise classes, that you can join at any time. Monday, Wednesday and Friday we have Strength Training. On Tuesday and Thursday after lunch Kristen Puckett with Red Willow Co Health Department get things moving with Bee Fit with Kristen. All classes are free. Come enjoy the Fun and get the benefit of increased stamina and balance.



WCNAAA PROGRAM OVERVIEW: Care Management (CM) Program

The Care Management program aims to reach the elderly individuals in our service area and assist them with services to prevent premature institutionalization. Care Management services are available to persons 60+ years old who live in our 17 counties. Individuals must have a deficit in at least 2 Activities of Daily Living. These activities of daily living include bathing, dressing, toileting, mobility, and transferring. We have three Care Managers in our office that cover our 17 counties. The Care Managers meet with the individuals in-person to complete the initial assessment to see if the individual will qualify for services. The Care Manager assists the individual with finding providers and services appropriate for them. The Care Manager has ongoing contact with the clients, in-person and over the phone, to monitor the services. The Care Management program is income-based, and the person may be required to pay for a portion of their services depending on their monthly income. The fee scale is sent to us yearly from the State of Nebraska and is determined by the Federal Poverty Guidelines. We will explain to the person these costs before services are put into place. Services available under the Care Management Program include Homemaker (housekeeping, laundry, meal preparation), Personal Care, Assisted Transportation, and Lifeline. The current grant amount for Care Management services is \$100/month. Grant amounts are dependent upon funding available. If you are interested in learning more about these services or placing a referral, please call our office at 1-800-662-2961.

Important Documents



INTAKE FORMS AND MEAL VERIFICATION SHEETS

West Central Area Agency on Aging is the agency we go through to receive our federal funding. This is the agency that requires you to update your intake form annually or as a new participant to fill one out. Thank you for your cooperation. We appreciate you taking the time to fill these out each year.

For Home Delivered meal recipients, thank you for signing the form when the volunteers bring your meal. This is more work for our volunteers, but we are getting a much better return rate. Thank you.



Bingo

Bingo is kind of a big deal here at the Senior Center. We are looking for an additional volunteer to call bingo. I promise it wouldn't be every week. We play Bingo every Tuesday after lunch. Please let us know if you are interested.



May Birthdays

Dick Trail	4
Christine Roth	5
Yvonne West	6
Lou Ann Broze	7
Mary Keslin	9
Helen Berdt	10
Greg Pevoteaux	12
Donna Jacobs	16

Miriam Hegwood	19
Mildred Weskamp	20
Eunice Guthrie	21
Deb Jenkins	23
Phyllis Coolidge	26
Bruce Johnson	26
Shirley Spahn	27

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 8:30 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 Klein
 Open Monday through Friday 8:30 to 4:30
 Phone 345-6098 to schedule a ride



Product of the Month
Brown Sugar and Powdered Sugar.



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 Tuesdays

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 April

Doug & Linda Burr
 Freda Clapp
 Mary Ann Colling
 Pat Foley
 Kent Kotschwar
 Dick & Ann Trail
 Carla Quinn
 Cindy Wilson
 Robert Stuck
 Carol Collicott
 Christine Johnson
 Karen Stevenson

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

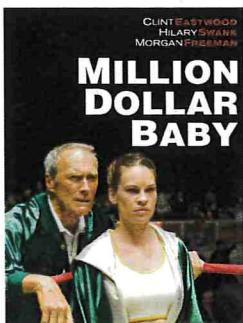
***"In Youth We Learn
In Age We Understand"***

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 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.



MILLION DOLLAR BABY

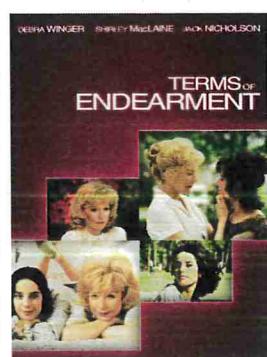


Frankie Dunn (Clint Eastwood) is a veteran Los Angeles boxing trainer who keeps almost everyone at arm's length, except his old friend and associate Eddie "Scrap Iron" Dupris (Morgan Freeman). When Maggie Fitzgerald (Hilary Swank) arrives in Frankie's gym seeking his expertise, he is reluctant to train the young woman, a transplant from working-class Missouri.

Showing in the Pool Room Thursday May 15 at 12:30



TERMS OF ENDEARMENT



Widow Aurora Greenway (Shirley MacLaine) and her daughter, Emma (Debra Winger), have a strong bond, but Emma marries teacher Flap Horton (Jeff Daniels) against her mother's wishes. When the marriage grows sour due to Flap's cheating, Emma eventually splits from him, returning to her mother, who is involved with a former astronaut (Jack Nicholson). Soon, Emma learns that she has terminal cancer. In the hospital, supported by Aurora, she tries to make peace with Flap and her children.

Showing in the Pool Room Thursday May 30th at 12:30

MAY 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	S
			1 PORK CHOP SCALLOPED POTATOES DICED BEETS APRICOTS PEANUT BUTTER COOKIES BREAD MILK	2 PIZZA BURGER FRENCH FRIES BROCCOLI FRUIT JUICE LEMON PUDDING MILK	3 BEEF STROGANOFF MASHED POTATOES ORIENTAL BLEND TROPICAL FRUIT BREAD MILK	
6	MEAT LOAF BAKED POTATO WINTER BLEND PEACHES OATMEAL BAR BREAD MILK	7 LEMON PEPPER CHICKEN BUTTER NOODLES GREEN BEANS PEARS BREAD MILK	8 ST LOUIS RIBS HASH BROWN CASSEROLE SPRING BLEND MIXED FRUIT CHOCOLATE ÉCLAIR BREAD MILK	9 TURKEY TETRAZINIE CHEESY CABBAGE CELERY W/ PEANUT BUTTER ORANGE PISTACHIO SALAD BREAD MILK	10 POLLOCK AUGRATIN POTATOES CARROTS FRUIT JUICE CHERRY CAKE BREAD MILK	
13	LASAGNA CAULIFLOWER COLESLAW PINEAPPLE/ORANGES GARLIC BREAD MILK	14 SWEET & SOUR CHICKEN STIR FRY VEGETABLES ORIENTAL SALAD BAKED APPLES SNICKERDOODLE BAR BREAD MILK	15 HAM & CHEESE ROLLUP TATOR TOTS CAULIFLOWER PEACHES MILK	16 BEEF ENCHALADA CASSEROLE REFRIED BEANS CORN APRICOTS SOPAIPILLA CHEESE CAKE MILK	17 TUNA & NOODLES PEAS PICKELED BEETS PEARS ALMOND CAKE BREAD MILK	
20	MUSHROOM STEAK SEASON POTATOES GREEN BEANS FRUIT JUICE BREAD MILK	21 CHICKEN & NOODLES MASHED POTATOES CARROTS APPLE JUICE BUTTERFINGER COOKIES BREAD MILK	22 HAM SLICE SWEET POTATOES HOMINY TROPICAL FUIT BROWNIES BREAD MILK	23 BEEF STEW BRUSSSEL SPROUTS GRAPES FRUIT COCKTAIL CAKE CORN BREAD MILK	24 POPCORN SHRIMP POTATO WEDGES ITALIAN BLEND PLUMS CHEESESTICK BREAD MILK	
27	CLOSED 	28 CHICKEN SPAGHETTI CORN V-8 JUICE PEACHES CHURRO BREAD MILK	29 PULLED PORK SANDWICHES POTATO SALAD GREEN BEANS FRUIT JUICE BUTTERSCOTCH DESSERT MILK	30 TATOR TOT CASSEROLE MIXED VEGETATBLES PEARS SUGAR COOKIES BREAD MILK	31 CHICKEN FRIED STEAK MASHED POTATOES NANTUCKET BLEND SUNSHINE SALAD BIRTHDAY CAKE ROLLS MILK	

May 2024

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
			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 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	8 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:30	9 QUEEN OF CLUBS 12:30 BEE FIT WITH KRISTEN 12:30	10 FRIDAY BRIDGE 12:45 STRENGTH TRAINING 12:30	11
12	13 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 STRENGTH TRAINING 12:30	14 FREE ICE CREAM KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL 12 BEE FIT WITH KRISTEN 12:30	15 MNB SENIOR FRAUD PRESENTATION 10:45 MND BANK DRAWING & ICE CREAM STRENGTH TRAINING 12:30	16 MOVIE: MILLION DOLLAR BABY 12:30 BEE FIT WITH KRISTEN 12:30	17 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	18
19	20 BARGAIN BAZAAR STRENGTH TRAINING 12:30	21 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	22 DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	23 LADIES TEA 2:00 BEE FIT WITH KRISTEN 12:30	24 FRIDAY BRIDGE 12:45 STRENGTH TRAINING 12:30	25
26	27 	28 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	29 DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	30 BLOOD PRESSURE 11:00 TO 11:45 MOVIE: TERMS OF ENDEARMENT 12:30 BEE FIT WITH KRISTEN 12:30	31 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING & WALMART BIRTHDAY CAKE 11:45 STRENGTH TRAINING 12:30	

Tea Party

Word Search

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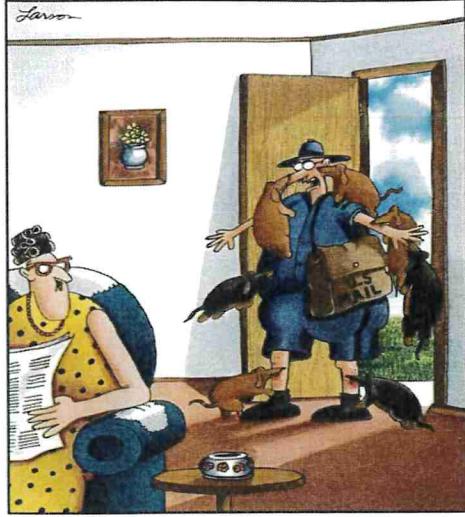
teacup
scone
jam
cream

teabag
napkin
sandwich
cake

china
sugar
teapot
steep

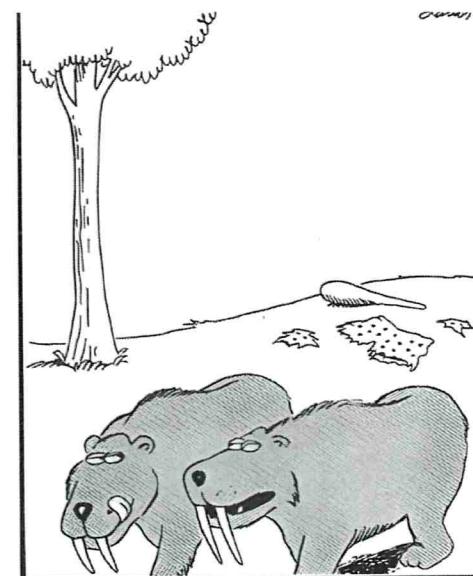
kettle
cookie
lemon
clotted cream

Larson



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Give me a hand here, Etta ... I got into a nest of wiener dogs over on Fifth and Maple."



"I've heard all kinds of sounds from these things, but 'yabba dabba doo' was a new one to me."

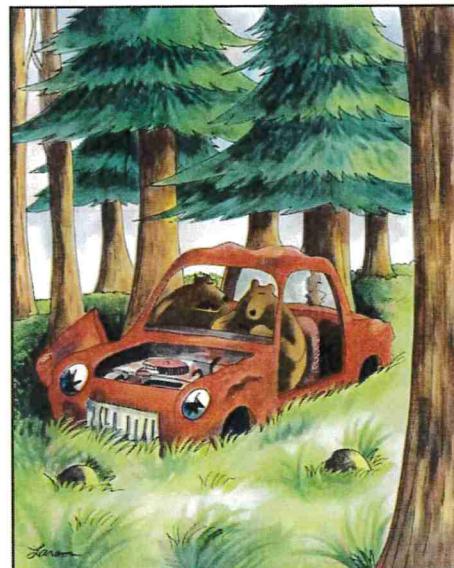
Y'all better stop being so mad and enjoy what's left with your life. Learn to appreciate what you have and love on those who love you.

Tomorrow is not promised!



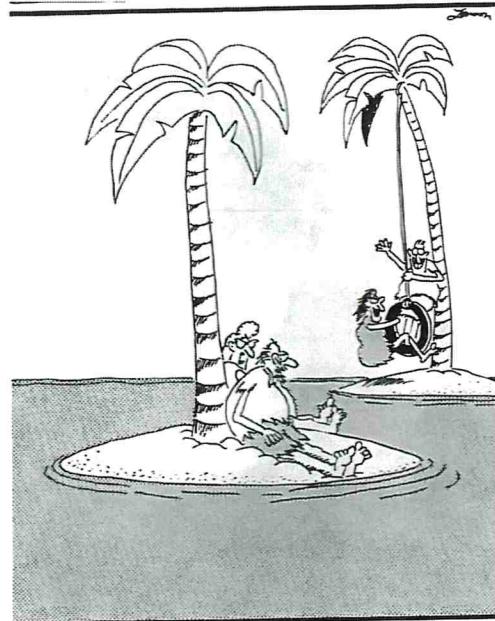
9/5/91

Larson

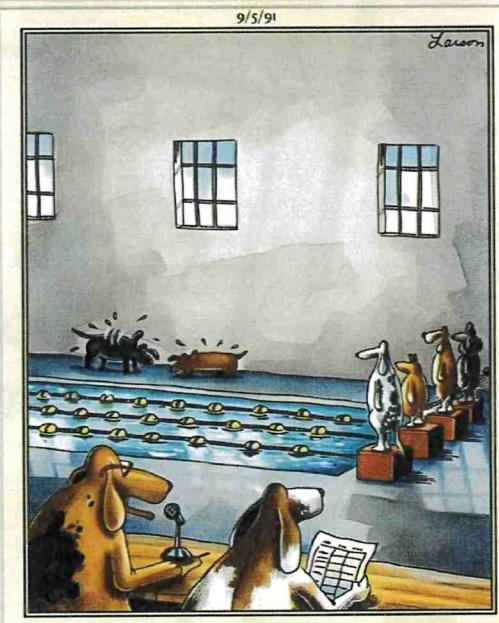


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"Think about it, Murray. ... If we could get this baby runnin', we could run over hikers, pick up females, chase down mule deer —man, we'd be the grizzlies from hell."

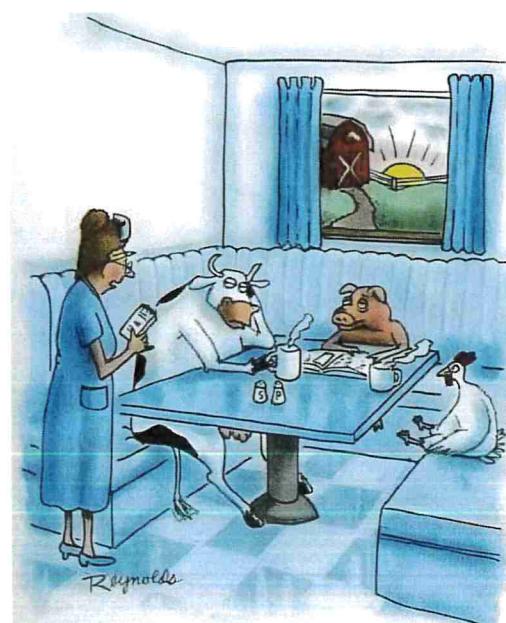


"Well, the Sullivans are out on their tire again."



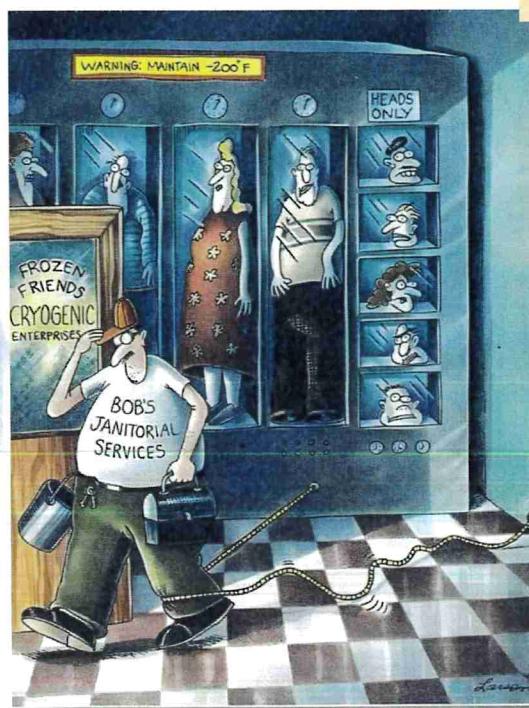
9/5/91

"Well, we're ready for the males' 100-meter freestyle, and I think we can rest assured that most of these athletes will select the dog paddle."



Reynolds

"So, that's 3 ham and cheese omelets ... one order without cheese, one without ham, and another without eggs."



"Again? Oh, all right. ... One warm, summer evening many years ago, I was basking on a stretch of Interstate 95 not far from here ..."

I SPENT THE FIRST 2/3 OF MY LIFE ACQUIRING STUFF THAT DOESN'T MATTER ONLY SO THAT I CAN SPEND MY LAST 1/3 GETTING RID OF IT

