

JUNE



Heritage Happenings 2024



Men's Breakfast
Thursday
June 20th, 2024
8:30

Heritage Senior Center
Menu

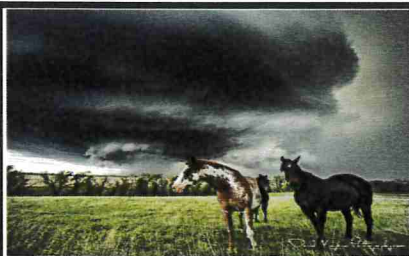
Orange Juice
Cinnamon Roll
Egg Frittata
Sausage

Bring a Friend and Join Us
Sign up sheet will be on the
Credenza. To reserve your spot
sign up by June 17th.



Sorry Kitchen
CLOSED

Heritage Senior Center Kitchen will be closed on Thursday June 6th and Friday June 7th due to lack of staff. No meals will be served those days. The Senior center will remain open for activities and the Transit will still be running. Sorry for any inconvenience.



It's That Time Of Year

Remember a Tornado Watch means a tornado is possible, be prepared. A Tornado Warning means seek shelter immediately, a tornado is on

the way. The warning sirens in McCook are intended as outdoor warning devices, not to be heard inside. If you hear the sirens you should go inside and turn on the radio or T.V. to find out why they are sounding it. It could be for something other than a severe storm. If you signed up for this portion of the CODE RED Alerts, you should be receiving notifications from by voice mail or text message, whatever you chose.



PLEASE RETURN
YOUR MEALS ON
WHEELS TRAYS.
WE ARE RUNNING
OUT OF TRAYS.
TRAYS NEED TO BE
RINSED OUT AND
GIVEN TO YOUR DELIVERY PERSON THE NEXT



NEBRASKA SENIOR FARMERS MARKET NUTRITION PROGRAM

The Nebraska Senior Farmers Market Nutrition Program (SFMNP) provides low-income senior citizens with coupons to purchase fresh produce or honey (pure only) at Nebraska farmers markets and roadside stands. The purposes of the program are to provide fresh, nutritious, unprepared, locally grown fruits, vegetables, herbs and honey to low-income seniors and increase the consumption of agricultural commodities by expanding or aiding in the development of new farmers markets and roadside stands.



Coupons will be available through the Heritage Senior Center. Once again it will be first come first serve and you must attend an informational meeting in order to receive the coupons. I have 28 coupon books. You must be 60 years or older, income at or below \$27,861 for a single household or \$37,814 for a double household. Value of the coupons is \$48.00 and can be used at any Farmers Market in the state of Nebraska. The vendor just needs to be signed up with the state to be able to redeem the coupons. I will have four sessions Tuesday June 18th, Wednesday June 19th, Tuesday June 25th and Thursday June 27 all will be at 1:00pm. Call 345-1760 for information.

You have to attend a session in order to receive a coupon book. Please spread the word.

Coupons must be spent on or before October 31, 2024. Klooz Farm will once again accept the coupons.



HAPPY FLAG DAY JUNE 14. WHEN WE HONOR OUR FLAG WE HONOR WHAT WE
STAND FOR AS A NATION-FREEDOM, EQUALITY, JUSTICE, AND HOPE.

Ronald Reagan

COULD YOU BE THE NEXT VOLUNTEER???

You are probably wondering.... why ME?

Well Volunteering increases your self-confidence, self-esteem, and life satisfaction. You are doing **good for others** and the **community**, which provides a natural sense of accomplishment. Your role as a **volunteer** can also give you a sense of pride and identity.

Here are some of the benefits YOU receive when you volunteer:

Volunteering time makes you feel like you have more time. Studies have found that people who give their time felt more capable, confident and useful. Since they were able to accomplish one thing, they feel they will easily accomplish tasks in the future. So, even though they realistically have less time, they feel as though they have more time.

It is good for mental health. Volunteering keeps the brain active, which contributes to a person's cognitive health. The National Institute on Aging reported that taking part in activities that are meaningful and productive may lower the risk of dementia and other health problems in seniors.

Helps prevent senior isolation and depression. Studies have found the individuals who engaged in volunteering activities experienced a shorter course of depression than those who did not volunteer. Volunteering provided a sense of purpose and accomplishment.

There are many opportunities to volunteer. Find something that you love to do and see if there is a need for a volunteer.

June Birthdays

Marilyn Anderjaska 1
 Matt Kenner 1
 Chris Berry 1
 Carmen Wesch 2
 Gene Meints 4
 Tom Volz 4
 Anne Wolf 5
 Alice Harpst 5
 Freda Clapp 6
 Dan McCormick 8
 Greg Pevoteaux 12
 Mary Lee Corey 14
 Rachel Hay 15
 Mary Lou Drake 16

Tracy Crocker 17
 Melvin Nicholson 17
 Vernon Porter 17
 Jeanne Moody 17
 Jean Sughrue 19
 Leroy Stevenson 19
 Charlotte Hewitt 19
 Carol Samway 20
 Craig Spencer 23
 Carolyn Woolard 24
 Lynn Psota 27
 Donna Blake 28
 Gladys Brockway 30

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

First Christian Church
 Ice Cream

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

IMPORTANT INFORMATION AND PHONE NUMBERS

Heritage Senior Center Staff

Beth Siegfried—Director
 Donna Blake— Home Del. Meals
 Tracy Crocker—Head Cook
 Matt Kenner—Assistant
 Paula Missing—Maintenance
 Open Monday through Friday
 8:00 to 4:30
 Phone: 308-345-1760

McCook Public Transit Staff

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



“
 The older I
 get the smarter
 my father
 seems to get.”
 TIM RUSSERT

Product of
 the Month
 Cake Mixes



THANK YOU FOR
 DONATIONS MADE IN MAY

Doug & Linda Burr

Lavera Brooks

Barbara Daily

Judy Hall

Helen Hackney

George & Mary Huff

McCook Heritage Senior Center

City of McCook Transit

**1312 W. 5th St.
McCook NE 69001**

**Phone 308-345-1760
Transit 308-345-6098**

We're on the web!

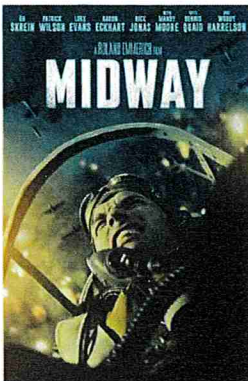
www.cityofmccook.com

***"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

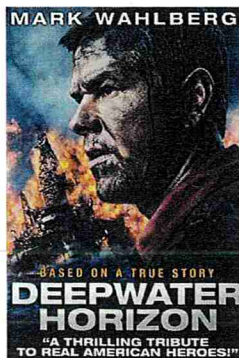
The City of McCook Public Transit provides transportation within the city limits of McCook. It is a demand-response system. The cost to ride the public transit is \$2.00 per boarding. The transit operates Monday through Friday from 8:30 a.m. to 4:30 p.m. To schedule a ride call 308-345-6098

Happy Father's Day



MIDWAY centers on the Battle of Midway, a clash between the American fleet and the Imperial Japanese Navy which marked a pivotal turning point in the Pacific Theater during WWII. The film, based on the real-life events of this heroic feat, tells the story of the leaders and soldiers who used their instincts, fortitude and bravery to overcome the odds.

Showing in the Pool Room June 20th at 12:30



Mark Wahlberg leads an all-star cast in this unforgettably powerful film inspired by a thrilling story of real-life heroes. For the one hundred and twenty-six people aboard the Deepwater Horizon offshore oil rig, April 20, 2010, began like any normal day. Before day's end, the world would bear witness to one of the greatest man-made disasters in U.S. history. Deepwater Horizon reveals the brave acts of the men and women who rose to the challenge—and risked everything to lead others to safety.

Showing in the Pool Room June 27 at 12:30

JUNE 2024

SU	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
						1
2	3 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	4 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	5 STRENGTH TRAINING 12:30	6 BEE FIT WITH KRISTEN 12:30	7 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	8
9	10 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 STRENGTH TRAINING 12:30	11 FREE ICE CREAM KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL 12 BEE FIT WITH KRISTEN 12:30	12 DLD CARD CLUB 12:45 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:30	13 QUEEN OF CLUBS 12:30 BEE FIT WITH KRISTEN 12:30 FREE ICE CREAM MIDWEST LIBERTY FEDERAL CREDIT UNION	14 FRIDAY BRIDGE 12:45 STRENGTH TRAINING 12:30	15
16	17 BARGAIN BAZAAR STRENGTH TRAINING 12:30	18 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	19 MND BANK DRAWING & ICE CREAM DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	20 MEN'S BREAKFAST 8:30 MOVIE MIDWAY 12:30 BEE FIT WITH KRISTEN 12:30 FREE ICE CREAM MCCOOK CHRISTIAN CHURCH	21 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	22
23 /3 0	24 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 STRENGTH TRAINING 12:30	25 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	26 DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	27 BLOOD PRESSURE 11:00 TO 11:45 MOVIE: DEEP WATER HORIZON 12:30 BEE FIT WITH KRISTEN 12:30	28 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING & BIRTHDAY CAKE 11:45 FRIDAY BRIDGE 12:45 STRENGTH TRAINING 12:30	29

JUNE 2024

Monday		Tuesday		Wednesday		Thursday		Friday		S
3 GOULASH WINTER BLEND CUCUMBERS & ONIONS APRICOTS BUG BITES GARLIC BREAD MILK		4 CHICKEN ENCHILADAS REFRIED BEANS CORN APPLESAUCE SOPAIPILLA CHEESE CAKE MILK		5 HAM LOAF SWEET POTATOES PINEAPPLE DISHPAN COOKIES BREAD MILK		6 KITCHEN CLOSED NO MEALS SENIOR CENTER WILL BE OPEN FOR ACTIVITIES AND CITY OF MCCOOK TRANSIT WILL BE RUNNING		7 KITCHEN CLOSED NO MEALS SENIOR CENTER WILL BE OPEN FOR ACTIVITIES AND CITY OF MCCOOK TRANSIT WILL BE RUNNING		
10 CHICKEN ALFREDO SPRING BLEND PICKLED BEETS PEACHES GARLIC BREAD MILK		11 PEPPER STEAK CARROTS TOMATO JUICE PEARS PISTACHIO BAR BREAD MILK		12 POLISH DOGS MASHED POTATOES SAUERKRAUT WALDORF SALAD JELLO CAKE BREAD MILK		13 SWEET & SOUR MEAT BALLS ITALIAN BLEND CELERY W/ PEANUT BUTTER FRUIT JUICE BREAD MILK		14 COD SANDWICH FRENCH FRIES CHEESY CAULIFLOWER GRAPES CHOCOLATE PUDDING MILK		
17 OVEN FRIED CHICKEN SCALLOPED POTATOES CREAM CORN TROPICAL FRUIT APPLE CAKE BREAD MILK		18 TOCO BAKE REFRIED BEANS SPANISH RICE DICED TOMATOES APRICOTS MILK		19 PORK FRITTER MASHED POTATOES CALIFORNIA BLEND RASPBERRY APPLESauce PEACH COBBLER BREAD MILK		20 CHICKEN SALAD SANDWICH PEA SALAD WATERMELON CHOCOLATE SUGAR COOKIES MILK		21 WEINER ROLL UPS TATOR TOTS BAKED BEANS PUMPKIN DUMP CAKE MILK		
24 CHICKEN STRIPS POTATO WEDGES CARROTS PEARS BUG BITES ORANGE COTTAGE CHEESE SALAD		25 SLOPPY JOES POTATO CAKE GREEN BEANS JELLO WITH FRUIT CHOCOLATE ECLAIRE MILK		26 SAUSAGE GRAVY WAFFLE FRIES V8 JUICE GRAPES COFFEE CAKE BISCUIT MILK		27 CHICKEN CORDON BLEU CASSEROLE 3 BEAN SALAD BRUSSELS SPROUTS PEACHES LEMON PUDDING BREAD		28 ROAST BEEF MASHED POTATOES SPRING BLEND 5 CUP SALAD BIRTHDAY CAKE BREAD MILK		

I just got excited
about a new scent
of dish soap.

Nobody warned me
that adulthood was
going to be such a
non-stop thrill ride.



My kids laugh because they think i'm crazy 🤪
I laugh because they don't know it's Hereditary

Old age is golden I've often heard it said,
but sometimes I wonder as I crawl in my bed.
With my ears in my drawer, my teeth in a cup
and my eyes on a shelf until I wake up.
When sleep dims my eyes I think to myself,
is there anything else I should put on that shelf?
The reason I know my youth has been spent,
is my-get-up-and-go has got-up-and-went!
But, I really don't mind as I think with a grin,
of all the fun places my get-up has been !

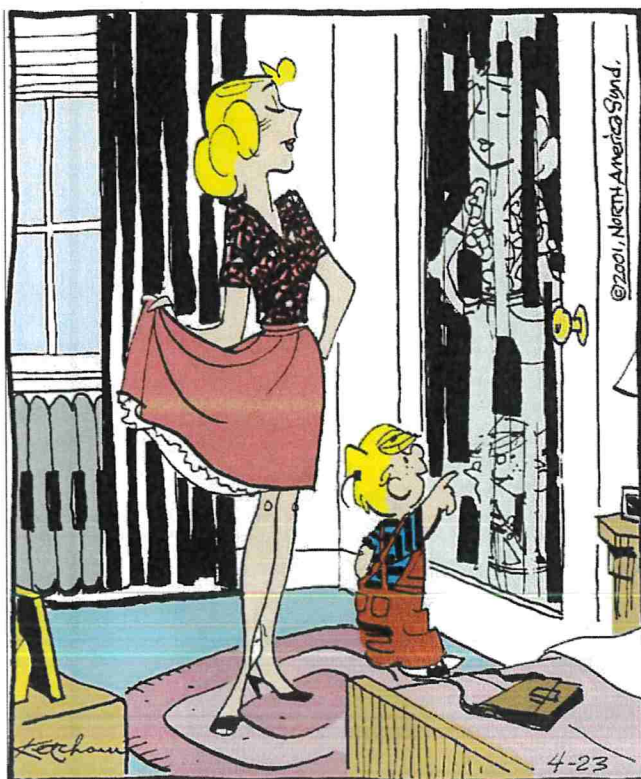
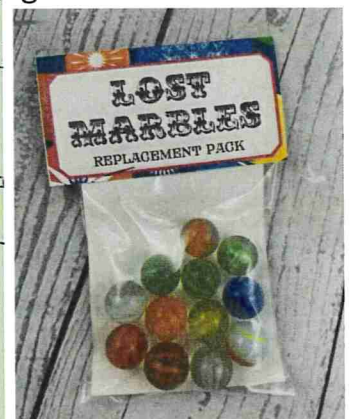


The bottle came back...

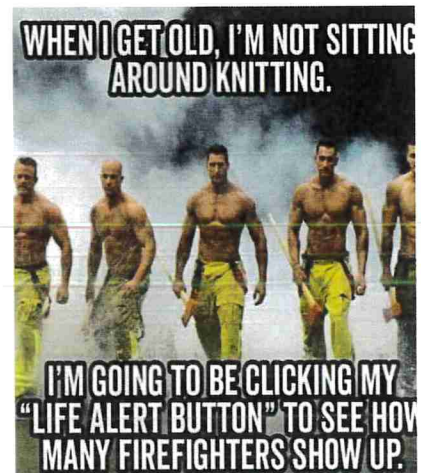


The note says: stay where you
are, the US has gone crazy...

And they said I
couldn't
get them back!!!



"THAT MIRROR SURE LOOKS PRETTY WHEN
YOU'RE IN IT, MOM."



Father's Day Word Search

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



CARD
CARING
CELEBRATE
CHILDREN
DAD
FAMILY

FATHER
GIFT
HOLIDAY
JUNE
LOVING
PARENT



Eye Health

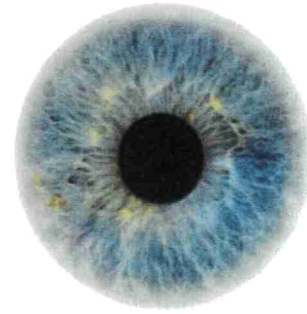
Macular Degeneration is the leading cause of vision loss in the US for people over 60.

- **This is the deterioration of the central region of the retina called the macula.**

KNOW THE RISKS!

Risk Factors of Macular Degeneration:

- Smoking – increases the risk by 3 times.
- Sunlight – Overexposure – use sunglasses.
- Exercise – Lead an active lifestyle – walk regularly.
- Age – incidence increases with age.
- Genetics – though lifestyle changes help.
- Gender – more common in women over 50.
- Light skin & eye color – occurs more frequently in blue-eyed females.



RESEARCH

Research has shown a connection between Macular Degeneration and nutrition.

- Increase fruit and vegetable intake.

N EXTENSION

Eye Health

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

The leading cause of vision loss in the United States for people over age 60 is Macular degeneration. Macular degeneration is the deterioration of the central region of the retina called the macula. A “healthy” macula is about the size of this letter “O,” and is necessary for central vision. In age-related macular degeneration (AMD), the central vision becomes blurry. Nearly 2 million Americans have vision loss from advanced AMD, and another 7 million with early AMD are at risk for vision loss.

- **Dry AMD**, more common and less severe, occurs when light-sensitive cells in the macula slowly break down. Untreated dry AMD can progress (sometimes very quickly) to wet AMD.
- **Wet AMD** is caused by abnormal growth of blood vessels under the macula. This leads to rapid loss of central vision. Wet AMD is otherwise known as advanced AMD.

Treatment: Medical treatments are limited and sometimes ineffective, so getting an early diagnosis is important. Know what the risk factors are, especially those factors that may be affected by your lifestyle choices.

Nutrition and AMD: Dozens of studies on nutrition and AMD point to a relationship between increased fruit and vegetable intake and a decrease in the risk for both dry and wet AMD. More research is needed, but clearly increased intake of certain fruits and vegetables is necessary for better eye health.

Risk Factors:

Smoking - Research shows AMD occurs two to three times more often among tobacco users.

Sunlight - Overexposure to sunlight as a teen has been linked to later AMD. Fair-skinned people seem to be more prone to AMD, but whether previous sun exposure is the cause is unknown.

Exercise - A recent study revealed people lead an active lifestyle are less likely to develop wet AMD. A 15-year study showed that participants with increased walking regularly (3 or more times/week) decreased their risk of wet AMD.

Age - The incidence of AMD increases with age.

Genetics - The healthy eye of an individual with advanced AMD in one eye is at risk for AMD in the other eye. Lifestyle changes at any age can be beneficial.

Gender - The incidence of AMD is most common in white women over age 50.

Light skin or eye color - AMD occurs more frequently in blue-eyed white females in the U.S.



If you have concerns, be sure to schedule a regular eye exam and begin to make small changes in your daily schedule.