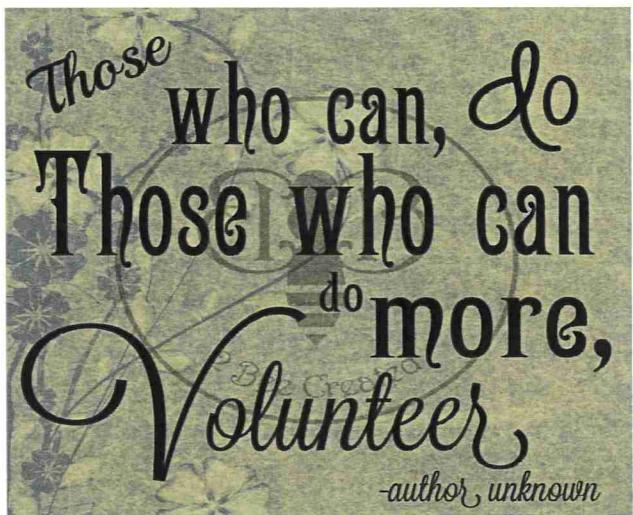


City Office

AUGUST

Heritage Happenings 2024



2024 VOLUNTEER LUNCH

Our 2024 Volunteer Lunch will be on Friday August 30, 2024. We will be serving Chicken Fried Steak, Mashed Potatoes, Green Bean Casserole, Sunshine Salad, Birthday Cake, Rolls, and Milk. You will receive your invitation in the mail, with your lunch ticket. This lunch ticket is only good for the Volunteer Lunch. We hope to see all of our wonderful volunteers. You are greatly appreciated.

Please RSVP by August 28th
RSVP to 345-1760 Or 345-6098

FARMERS MARKET COUPONS

I have four coupon books left for this year. Please contact me at 308-345-1760, if you are interested and qualify or if you know of anyone who could use them.



We will be serving Root Beer Floats with our Sloopy Joes on Thursday August 8th.

We will be serving Cherry Limeade Lemonade on August 13th with our chicken salad sandwiches



Reminder we will host a Nebraska Extension Air Fryers cooking demonstration
July 30th at 10:00 am to 11:00 am

Discover the magic of Air frying. Learn the benefits, techniques, and recipes, plus enjoy samples.
We will also be hosting an Insta Pot cooking class September 12th.





CREAM OF WHAT NOW?

Cream of tartar is one of those mystery ingredients you might have seen in your grandma's pantry without knowing what it's used for. After all, its name doesn't give you a clue—not like baking powder or baking soda. Yet just a touch of it makes a big difference in your baking and cooking. Here's what it is and how to use it in recipes, and even around the house.

What is cream of tartar?

First of all, it's not creamy. It's a dry, powdery, acidic byproduct of fermenting grapes into wine. Its scienctific name is potassium bitartrate, aka potassium hydrogen tartrate or tartaric acid (hence the commercial name). But you can find it in the spice aisle labeled as plain ol' cream of tartar. It is a byproduct of the wine making process.

What is cream of tartar used for?

Adding a small amount of cream of tartar when you are beating egg whites—usually 1/8 teaspoon per egg white—speeds up the creation of foam and helps stabilize the structure of those minuscule air bubbles you're whipping up. In baking, this means mile-high meringue pies, melt-in-your-mouth meringue cookies, and angel food cakes that practically float off the plate.

Why use cream of tartar in snickerdoodle cookies?

It's what separates a tangy, chewy snickerdoodle from an ordinary cinnamon-coated sugar cookies. The acid in cream of tartar gives snickerdoodles their distinctive tangy flavor, and the chew happens because cream of tartar prevents sugar in the cookie dough from crystalizing into crunchiness. Science!

How else is cream of tartar used in recipes?

When combined with baking soda, it becomes a leavening agent (the stuff that makes baked goods puff up in the oven) by producing carbon dioxide gas. If you ever run out of baking powder, you can substitute 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar for 1 teaspoon baking powder.

Add a pinch of cream of tartar to boiling vegetables to help them retain their bright, fresh color. A pinch of cream of tartar also helps stabilize whipped cream to prevent it from deflating. Makes colorful, edible play dough!

What can I substitute for cream of tartar?

Use 2 teaspoons lemon juice or vinegar to create the acidic effect of 1 teaspoon of cream of tartar in a recipe.

What is cream of tartar's shelf-life?

Cream of tartar keeps its freshness indefinitely, as long as you store it in a cool, dry spot. When in doubt, you can test it by looking at it and smelling it. It should look white and powdery and it should smell mildly acidic.

Everything you ever wanted to know about cream of tartar and then some.



Thank you to the Doyle Family for designating the Heritage Senior Center as the recipient of Carla Bales memorials. Memorials received from: Sheree Bacus-Reigier and Glen & Judy Haney

August Birthdays

Gloria Mefford	1
George Huff	5
Dan Nothnagel	5
Joan Brand	11
Craig Kutchel	13
Kay Flaska	15
Ann Hart	16
Jim Johnson	16

Marilyn Funk	17
Robert Ihrig	19
Beth Siegfried	19
Karen Mintling	19
Paul Ricley	21
Neil Corey	22
Verna Barnett	25

IMPORTANT INFORMATION AND PHONE NUMBERS

Heritage Senior Center Staff

Beth Siegfried—Director
 Donna Blake—Home Delivered Meals
 Tracy Crocker—Head Cook
 Crystal West—Assistant Cook
 Matt Kenner—Assistant Cook
 Crystal West—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 and Brent Klein
 Open Monday through Friday 8:30 to 4:30 Call 345-6098 to reserve a ride.
 After hours upon request.



Product of the Month Powdered Sugar and Brown Sugar



Blood Pressure Clinic Senior Center Library August 29, 2024 11:00 to 11:45



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

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

THANK YOU FOR DONATIONS MADE IN July

Doug and Linda Burr

Judy Hall

Bob & Janine Patenburg

Fred & Heidi Pinkal

Dick & Ann Trail

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*

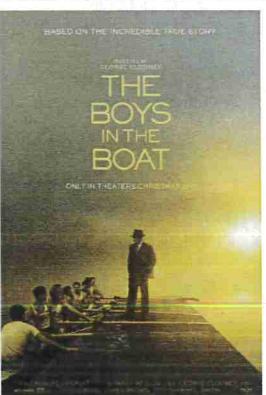
The City of McCook Public Transit provides transportation within the city limits of McCook. It is a demand-response system. The cost to ride the public transit is \$2.00 per boarding. The transit operates Monday through Friday from 8:30 a.m. to 4:30 p.m. Some after hours available upon request.

To schedule a ride call 308-345-6098



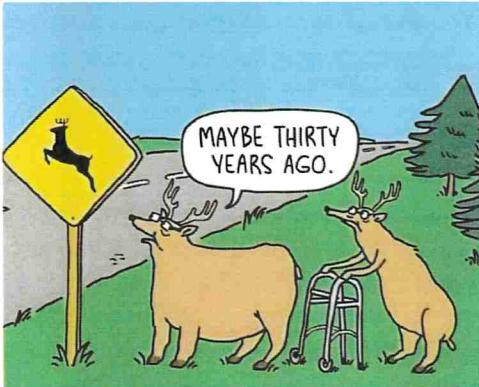
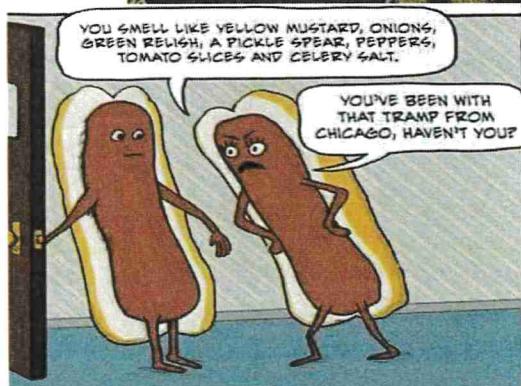
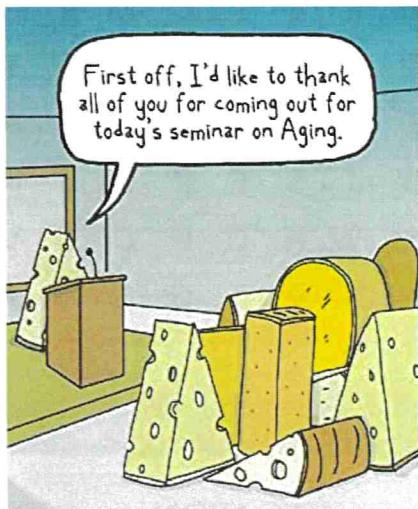
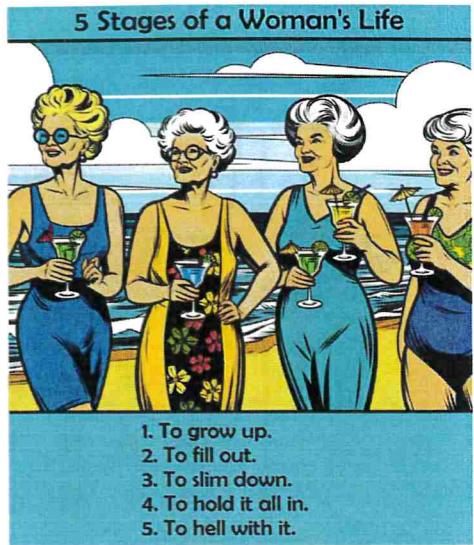
When David Smallbone's music company collapses, he moves his family from Australia to the United States to search for a brighter future. Struggling to make ends meet, the couple soon realize the talents of their children, who go on to become two of the most successful acts in contemporary Christian music.

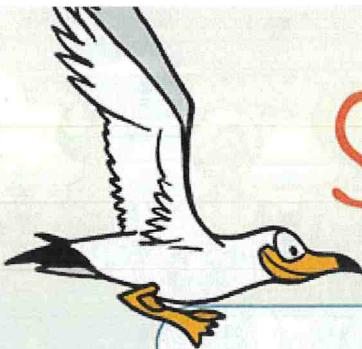
Showing in the Pool Room August 22 at 12:30



During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.

Showing in the Pool Room August 29 at 12:30





Summer Word Search

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

RELAXATION
TRAVELING
HOT
SUNSHINE
POPSICLE

BARBECUE
OCEAN
BEACH
SUNBATHE
GRILLING

VACATION
SWIMSUIT
AIR CONDITIONING
SWIMMING
ICE CREAM

WATER PARK
LAKE
POOL
CAMPING
SPEEDBOAT



Government Imposter Scams Checklist

What Are Government Imposter Scams?

These imposter scams rely on implicit trust in government authorities. The scammers, posing as government officials, will use fear and urgency to pressure you into making a payment or giving personal information. They may threaten you with a loss of benefits, a fine, or even jail time.

- Do** be wary of any unsolicited calls from a government official. The government will always contact you by mail rather than by phone.
- Don't** trust the number on your caller ID without further verification. Your caller ID can be easily tampered with by scammers.
- Do** an internet search with the phone number or information from the suspected government agency along with the words "scam" or "fraud."
- Don't** give payment information to someone who contacts you claiming to be a government official.
- Don't** pay for services with gift cards, cryptocurrency, wire transfer, or mailed cash. Scammers often request forms of payment that are hard to track and even harder to reverse.
- Do** let a family member or friend know your suspicions about a potential scam. Take your time to read reviews and ask around before paying for anything.
- Do** make sure your bank is set up to notify you of unusual activity.

Important Phone Numbers



Nebraska Attorney General's Office

402-471-2682

Nebraska Attorney General's
Consumer Affairs Response Team

800-727-6432

State Unit on Aging

402-471-2307

State Health Insurance Information Program (SHIIP)

800-234-7119

Senior Medicare Patrol (SMP)

877-808-2468

Adult Protective Services

800-652-1999

Better Business Bureau

800-649-6814

Contractor Registration Certificates

402-471-2239

National Do Not Call Registry

888-382-1222

Federal Trade Commission

877-382-4357

Federal Communications Commission

888-225-5322

U.S. Postal Inspection Service

877-876-2455

Free Credit Report

877-322-8228

Opt Out (Opt out of credit and insurance offers)

888-567-8688

AUGUST 2024

SU	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
				1 BEE FIT WITH KRISTEN 12:30 FREE ICE CREAM MIDWEST LIBERTY FEDERAL CREDIT UNION	2 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	3
4	5 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	6 FREE ICE CREAM KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL 12:30 BEE FIT WITH KRISTEN 12:30	7 STRENGTH TRAINING 12:30	8 QUEEN OF CLUBS 12:30 BEE FIT WITH KRISTEN 12:30	9 FRIDAY BRIDGE 12:45 STRENGTH TRAINING 12:30	10
11	12 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 STRENGTH TRAINING 12:30	13 FREE ICE CREAM KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL 12:30 BEE FIT WITH KRISTEN 12:30	14 VICTORY CARD CLUB 12:45 STRENGTH TRAINING 12:30 FREE ICE CREAM COMPLIMENTS OF MCCOOK CHRISTIAN CHURCH	15 BEE FIT WITH KRISTEN 12:30	16 ACE OF CLUBS 12:45 STRENGTH TRAINING 12:30	17
18	19 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING 12:30	20 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	21 MND BANK DRAWING & ICE CREAM DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	22 MOVIE 12:30 BEE FIT WITH KRISTEN 12:30	23 FRIDAY BRIDGE 12:45 STRENGTH TRAINING 12:30	24
25	26 BARGAIN BAZAAR HELPERS 11:45 CLUB 42 12:45 STRENGTH TRAINING 12:30	27 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN 12:30	28 DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	29 BLOOD PRESSURE 11:00 TO 11:45 MOVIE 12:30: BEE FIT WITH KRISTEN 12:30	30 BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING & BIRTHDAY CAKE 11:45	31

August 2024

Monday

Tuesday

Wednesday

Thursday

Friday



1	BEEF STROGANOFF CARROTS TOMATO JUICE COOL EASY PIE BREAD MILK
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2	POPCORN SHRIMP AUGRATIN POTATOES CALIFORNIA BLEND CHEESE STICK PEACHES BREAD
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9

8	LEMON CRUSTED TILAPIA SCALLOPED POTATOES DICED BEETS FRUIT JUICE BREAD MILK
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16

15	CHICKEN SALAD SANDWICH CAULIFLOWER SALAD POTATO SALAD WATERMELON MILK
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23

22	FRENCH ONION BEEF CASSEROLE BROCCOLI CUCUMBER & ONIONS BAKED APPLES ORNAGE COTTAGE CHEESE SALAD BREAD MILK
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30

29	CHICKEN FRIED STEAK MASHED POTATOES NANTUCKET BLEND SUNSHINE SALAD BIRTHDAY CAKE ROLLS MILK
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GOULASH
COLESLAW
CAULIFLOWER
APICOTS
BUG BITES
GARLIC BREAD
MILK

5 OVEN BAKED CHICKEN
BABY BAKER POTATOES
SPRING BLEND
TROPICAL FRUIT
CHOCOLATE CAKE
BREAD
MILK

6 HAM LOAF
SWEET POTATO
PEAS
MANDRIN ORANGE JELLO
BANANA PUDDING
BREAD
MILK

7 SLOPPY JOES
FRENCH FRIES
BAKED BEANS
CANTALOUPE
M&M COOKIES
MILK

SWISS STEAK
BAKED POTATO
ITALIAN BLEND
PEARS
CHOCOLATE PUDDING
BREAD
MILK

12 CHICKEN & DRESSING
GREEN BEANS
KIDNEY BEAN SALAD
MIXED FRUIT
OATMEAL SCOTCHIES
BREAD
MILK

13 BRATWURST ON A BUN
POTATO CHIPS
SAUERKRAUT
ORANGE
FRUIT OATMEAL BAR
MILK

14 CHICKEN SALAD SANDWICH
CAULIFLOWER SALAD
POTATO SALAD
WATERMELON
MILK

TATOR TOT CASSEROLE
MIXED VEGETABLES
FRUIT JUICE
JELLO CAKE
BREAD
MILK

19 CHICKEN ENCHILODA
FIESTA BLEND
DICED TOMATOES
PINEAPPLE / ORANGES
SNICKER DOODLE COOKIES
BREAD
MILK

20 SAUSAGE GRAVY
POTATO CAKE
V-8 JUICE
PEACHES
BANANA BAR
BISCUIT
MILK

21 TURKEY & NOODLES
MASHED POTATOES
BRUSSELS SPROUTS
PEARS
PUMPKIN DUMP CAKE
BREAD
MILK

MEAT LOAF
SEASEONED POTATOES
CREAM CORN
APRICOTS
BREAD
MILK

26 SWEET & SOUR CHICKEN
ASIAN BLEND
ORIENTAL SALAD
APPLESAUCE
PINEAPPLE UPSIDE DOWN CAKE
BREAD
MILK

27 PULLED PORK OVER MAC &
CHEESE
BROCCOLI
PICKELED BEETS
APPLE / GRAPE SALAD
BREAD
MILK

28 CHICKEN ALFREDO LASAGNA
GREEN BEANS
DICED TOMATOES
ORANGE
HEATH COOKIES
GARLIC BREAD
MILK