

City Office

December



Heritage Happenings 2024



We will be closing at Noon on
Tuesday December 24th,
and all day
Wednesday December 25th

Christmas Eve Brunch Tuesday December 24th

10:00 a.m.

Egg Frittata
Sausage
Potato Cake
Peaches
V-8 Juice
Cinnamon Rolls
Milk



Christmas Dinner And December Birthday Dinner

Friday December 20th

Serving
Roast Beef
Mashed Potatoes
Cream Corn
Applesauce Salad
Assorted Fruit Pies
Rolls
Milk



2025

Social Security recipients will receive a 2.5% cost of living adjustment in 2025. The Centers for Medicare & Medicaid Services (CMS) has announced that the standard monthly Part B premium will be \$185.00 in 2025, an increase of \$10.30 from \$174.70 in 2024. The annual deductible for Medicare Part B will increase by \$17 in 2025 to \$257.00 from \$240.00. Part B deductible will affect only those who have a Plan G Supplement.

Please make your Christmas Dinner and

Christmas Brunch reservations as soon as possible!

NEBRASKA SHIP

Local help for Nebraskans
with Medicare

The December 7, 2021 deadline to get your Medicare Part D Drug plan review done is coming up fast. It only takes about 10 minutes to check to see if you still have the best drug plan or if you can save money by changing plans. Please take the time to do this each year.

I have had many questions about the constant commercials you are seeing and mailings you are receiving regarding Medicare Advantage plans. If you listen closely or read the fine print it says "you may be eligible for benefits based on your zip code." This means that not all the benefits they are mentioning may be available in Nebraska or Red Willow County.

Willow County. These are national ads and they make it sound really good. I would encourage anyone who is interested in a Medicare Advantage Plan to please check with your local providers dental vision etc. to see if they will accept your plan. and not just go off what you hear on the commercials. I encourage you to do some research and make sure you understand how they work before enrolling into one. They work very differently from traditional Medicare and Medicare Supplements. If you do decide to try out the Advantage Plans available in Red Willow Co, remember you have up to 12 months to change your mind and go back to your supplement without having to pass underwriting. After a year if you want to go back you will have to be able to pass underwriting. Great Plains Regional Medical Center in North Platte will no longer schedule Patient with Advantage plans as of January 1st, 2025. If you have questions, just call me at 345-1760.

Product of the Month Coffee

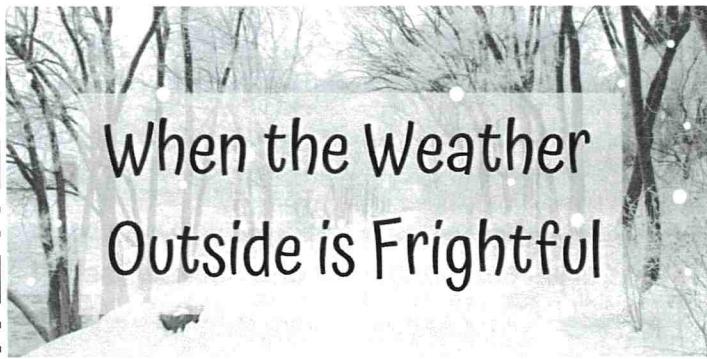


VOLUNTEERS NEEDED

We desperately need more volunteers to deliver meals Monday through Friday. If you or anyone you know would be interested Please call Donna at 345-6098. It takes around 30 minutes to do a route . We currently have 8 routes and deliver around 70 meals each day. The kitchen staff start packing the meals at 10:30.

INCLEMENT WEATHER POLICY

Please listen to KICX, KIOD, or NTV for announcements on the Senior Center, Public Transit and Home Delivered Meals being cancelled. Also if you signed up for the Code Red with the City of McCook you will get a message. Our policy is if McCook Public Schools are closed due to bad weather, then we will be closed. If McCook Public Schools are delayed the Senior Center and Public Transit will operate with normal hours. If travel becomes hazardous during the course of the day due to bad weather, the activities may be canceled for the remainder of the day. If this occurs, all transit passengers will be taken home. No passengers will be left stranded.



When the Weather
Outside is Frightful

December Birthdays

Susan Davidson	3	Sharolyn Hornkohl	14
Marion Dempewolf	4	Rose Day	19
Marilyn Wilson	4	Willetta Bieker	20
Vickey Weigel	4	Marlene Hamill	22
Linda Moses	7	Pam Jacobs	22
Diane Purvis	7	Ron Jacobs	24
Myrna Haag	7	Mary Duffield	24
Roger Krizek	9	Tony Jackson	24
Sylvia Patterson	9	Karen Meints	26
Sandy Fisher	10	Jo Ann Austin	28
Gloria Tinkham	10	Shannon Pevoteaux	29
Mike Brown	12	Ed Sugroue	30
Lois Cain	13		

IMPORTANT INFORMATION AND PHONE NUMBERS

Heritage Senior Center Staff

Beth Siegfried—Director

Donna Blake—Home Del. Meals

Tracy Crocker—Head Cook

Crystal West—Assistant Cook

Paige Samway—Assistant Cook

Paula Missing—Maintenance

Open Monday through Friday
8:00 to 4:30

345-1760 for reservations

Phone: 308-345-1760

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

Phone 345-6098

BIG THANKS

Thank you to all our awesome volunteers who have helped use this past year. We would not be able to do what we do without your help.



Transit will close on Tuesday the 24th of December at noon, and all day Wednesday December 25th.

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 November

Joann Brand

Cathy Cappel

Susie Davidson

Mary Duffield

George & Mary Huff

Sandy McConville

Nita Malleck

Dick & Ann Trail

Gregg & Shannon Pevoteaux

McCook Heritage Senior Center

1312 W. 5th St.
McCook NE 69001

Phone 308-345-1760
Fax 308-345-6795

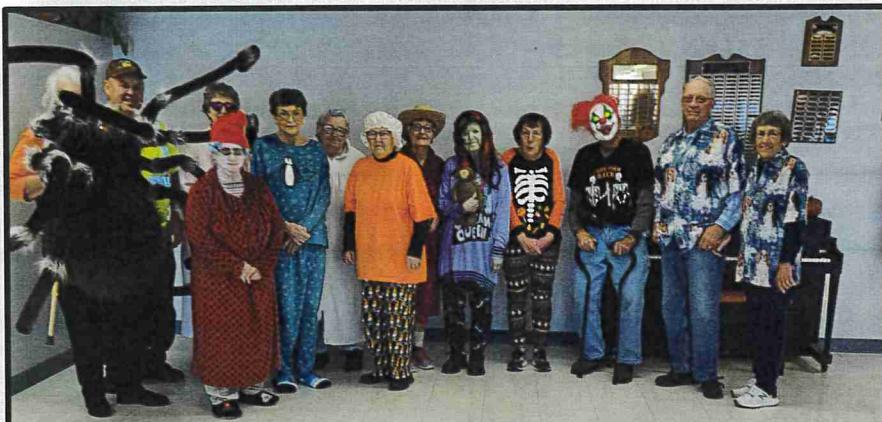
We're on the web!

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 Heritage Senior Center provides referral services, nutritional meals, health programs and recreational opportunities to people over 60 years of age. 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 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



Thanks for getting into the spirit of things and dressing up for Halloween.



If you have a guest you is under 60 the cost for their meal is \$7.50 If your guest is under 12 the cost is \$3.50. Do not put this money in the money box. This money needs to be paid to either Donna or Beth. Please help us by doing this.

Do not take more than two cookies the serving size is two cookies

Please try to make every effort to call and make reservations by 9:00 am for the same day reservations

Please make reservations if you plan to eat.

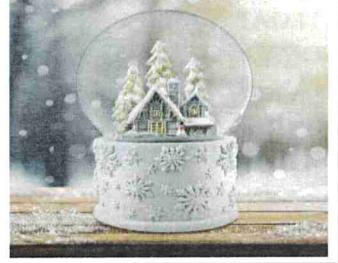


May warm, special memories brighten your holidays. Wishing you all the blessings of CHRISTMAS ...and time to enjoy them. May you stay healthy this holiday season and throughout the New Year. MERRY CHRISTMAS and HAPPY NEW YEAR from the staff of Heritage Senior Center and City of McCook Transit .

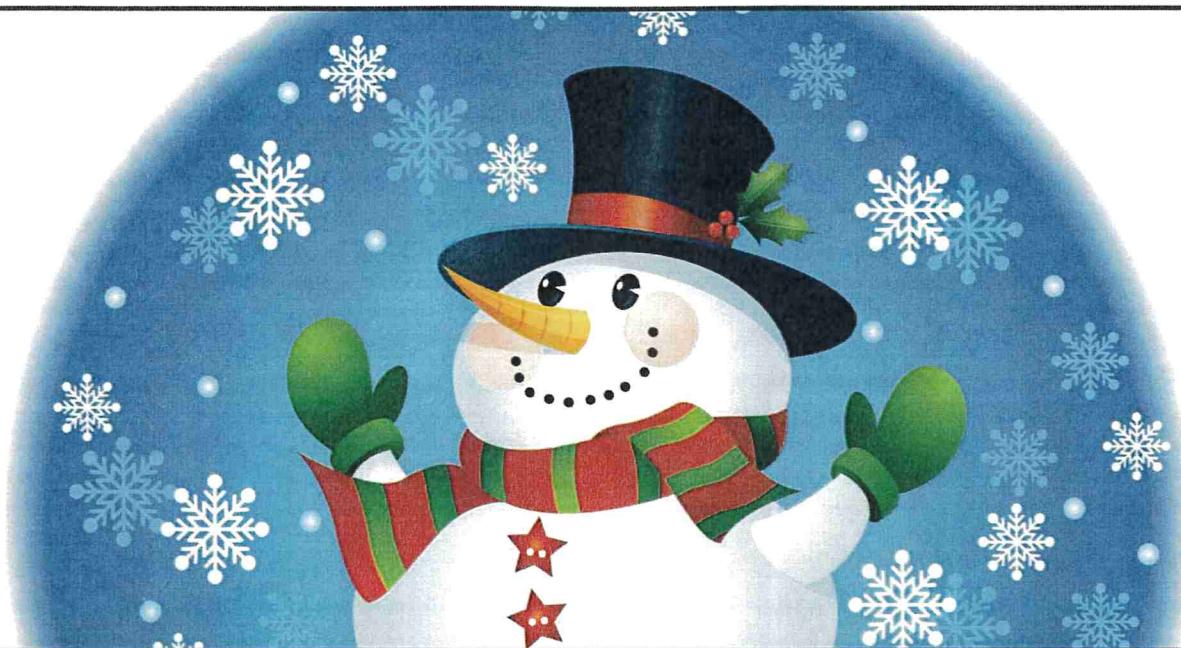
December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	S
MUSHROOM STEAK BAKED POTATO TUSCAN BLEND FRUIT JUICE BREAD MILK	2 CHICKEN ALFREDO NOODLES GREEN BEANS DICED TOMATOES PEARS SUGAR COOKIE BAR GARLIC BREAD	3 PORK CHOP AUGRATIN POTATOES CALIFORNIA BLEND PEACHES BREAD MILK	4 TATOR TOT CASSEROLE CARROTS MIXED FRUIT JELLO CAKE BREAD MILK	5 COD SANDWICH FRENCH FRIES DICED BEETS CHEESE STICK APRICOTS MILK	6
SPAGHETTI WINTER BLEND CELERY / PEANUT BUTTER APPLE BUG BITES GARLIC BREAD MILK	9 CHICKEN FAJITA FIESTA CORN REFRIED BEANS PEACHES TAPIOCA PUDDING MILK	10 KIELBASA POTATO CASSEROLE BROCCOLI PINEAPPLE / ORNAGES ALMOND CAKE BREAD MILK	11 SLOPPY JOES TATOR TOTS BAKED BEANS FRUIT JUICE PISTACHIO SALAD MILK	12 POLLOCK POTATOE WEDGES MIXED VEGATABLES CHEESE STICK TROPICAL FRUIT BREAD MILK	13
GOULASH COLESLAW GREEN BEANS PEARS GARLIC BREAD MILK	16 WHITE CHICKEN CHILI CHEESE SANDWICH CORN SALAD DICED TOMATOES FRUIT JUICE SOPAIPILLA CHEESE CAKE MILK	17 SAUSAGE GRAY POTATO CAKE V-8 JUICE ORANGE COTTAGE CHEESE SALAD RAISINS BISCUIT MILK	18 CHICKEN/BROCCOLI RICE CASSEROLE DICED BEETS BAKED APPLES CHOCOLATE CHIP COOKIES BREAD MILK	19 ROAST BEEF MASHED POTATOES CREAM CORN APPLESAUCE SALAD ASSORTED PIES ROLLS MILK	20
BEEF ENCHALADA CASSE- ROLE REFRIED BEANS CORN APRICOTS MILK	23 EGG FRITTATA SAUSAGE V-8 JUICE CINNAMON ROLL PEACHES MILK	24	25	26	27
MEATLOAF SEASONED POTATOES ITALIAN BLEND ORANGE BUTTERSCOTCH PUDDING	30 PIZZA GREEN BEANS CAULIFLOWER SALAD PEARS CHOCOLATE SUGAR COOKIES	31 			

December 2024

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
1	2 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	3 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITHKRISTEN12:30	4 WEDNESDAY PITCH 12:30 LOOKING FOR MORE PLAYERS STRENGTH TRAINING 12:30	5 KT CARD CLUB 12:30 BEE FIT WITHKRISTEN 12:	6 ACE OF CLUBS 12:45 STRENGTH TRAINING12:30	7
8	9 CLUB 42 12:45 SASSY SENIORS 12:30 BARGAIN BAZAAR HELPERS 11:45	10 HOLIDAY AIR FRYER FOR CHRISTMAS CLASS 10:00 FREE ICE CREAM KINSHIP POINTE BINGO SPONSORED by COMMUNITY HOSPITAL12:30	11 ST THERESA CIRCLE 12:30 VICTORY CARD 12:30 STRENGTH TRAINING 12:30	12 QUEEN OF CLUBS 12:3 BEE FIT WITHKRISTEN 12:30	13 FRIDAY BRIDGE 12:45 STRENGTH TRAINING12:30	14
15	16 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	17 FREE ICE CREAM KINSHIP POINTE BINGO BEE FIT WITHKRISTEN12:30	18 MCOOK HIGH SCHOOL CHOIR & BAND PERFORM DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	19 BEE FIT WITH KRISTEN 12:30 FREE ICE CREAM COMPLIMENTS OF MIDWEST LIBERTY FEDERAL CREIDT UNION	20 CHRISTMAS DINNER BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING ACE OF CLUBS 12:45	21
22	23 CLUB 42 12:45 FOXY LADIES 12:30 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	24 CHRISTMAS EVE BRUNCH SERVING AT 10:00 CLOSING AT NOON	25 	26 BLOOD PRESSURE 11:00 - 11:45 BEE FIT WITH KRISTEN 12:30	27 FRIDAY BRIDGE 12:45 STRENGTH TRAINING12:30 FREE ICE CREAM COMPLIMENTS OF MCCOOK CHRISTIAN CHURCH	28
29	30 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	31 FREE ICE CREAM KINSHIP POINTE BINGO 12:30 BEE FIT WITH KRISTEN12:30				30

WINTER WORD SEARCH

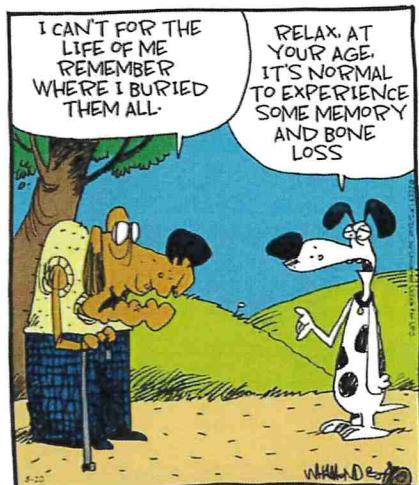
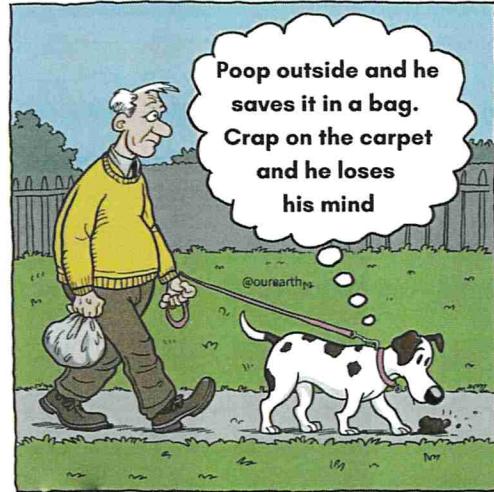
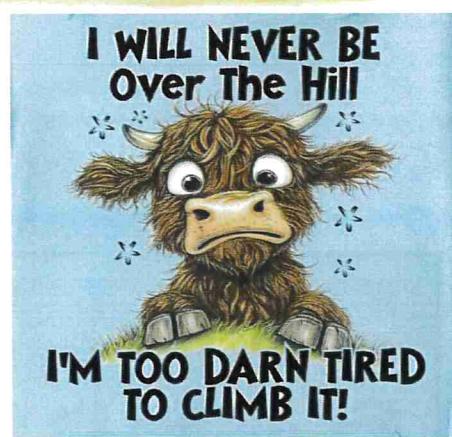
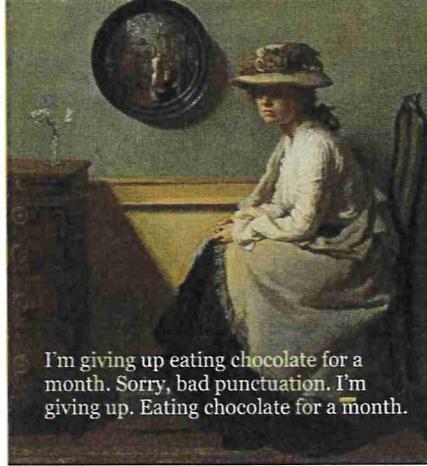
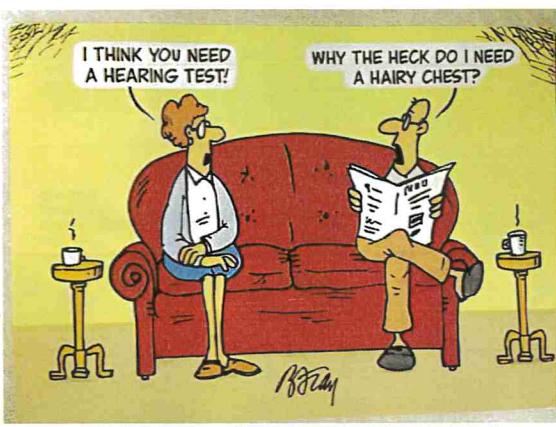
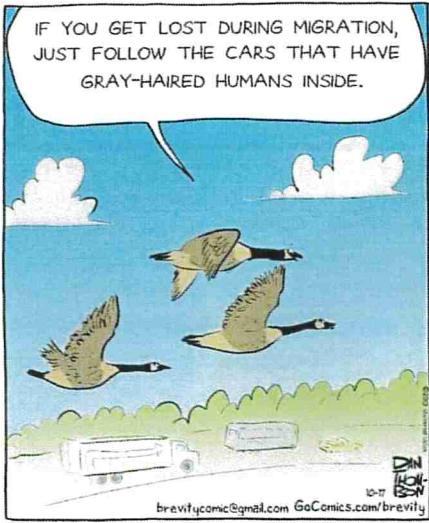


Created by
Sue Lindlauf
Grand Forks Herald
2010



See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

1. Snow	5. Shovel	9. Slippery	13. Scarf
2. Snowman	6. Cold	10. Slide	14. Hat
3. Winter	7. Freezing	11. Sledding	15. Earmuffs
4. Weather	8. Snowflake	12. Skating	16. Mittens



FALL ALWAYS TAKES SQUIRRELS BY SURPRISE.



Dist. by King Features

Plan for the Thaw

Make enough space in the fridge.



ALLOW 24 HOURS
FOR EVERY 4-5
POUNDS OF TURKEY

Find turkey tips at:
<https://go.unl.edu/turkey-time>

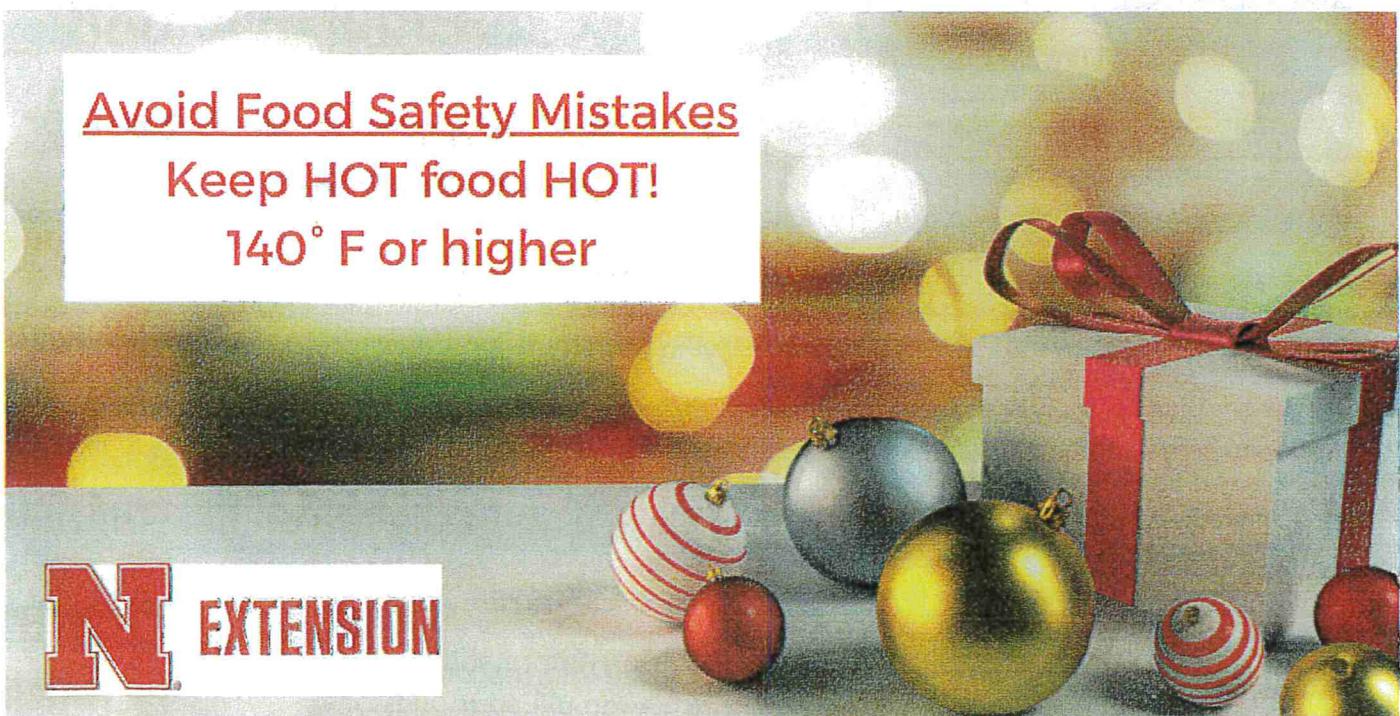
Place the turkey in a pan for drips.

#UNLFoodSafety



Avoid Food Safety Mistakes

Keep HOT food HOT!
140° F or higher

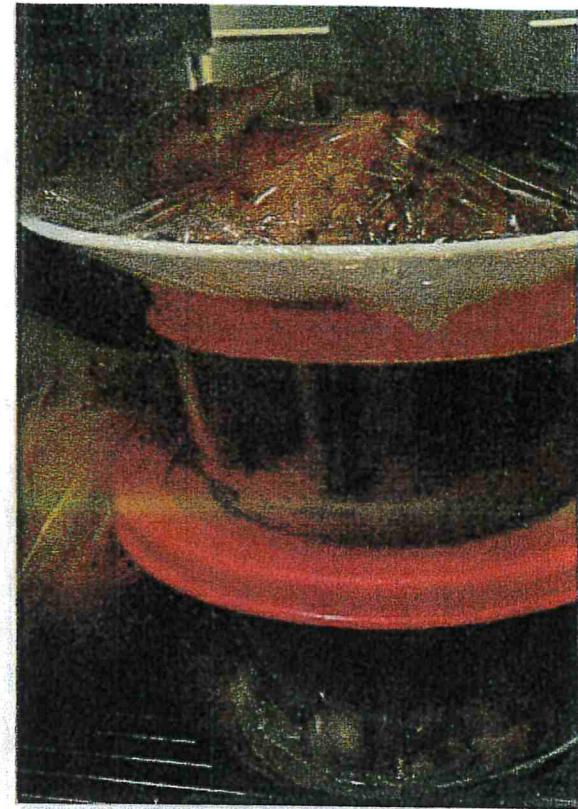


Throw out perishable food left at room temperature longer than 2 hours.

Leftover Turkey

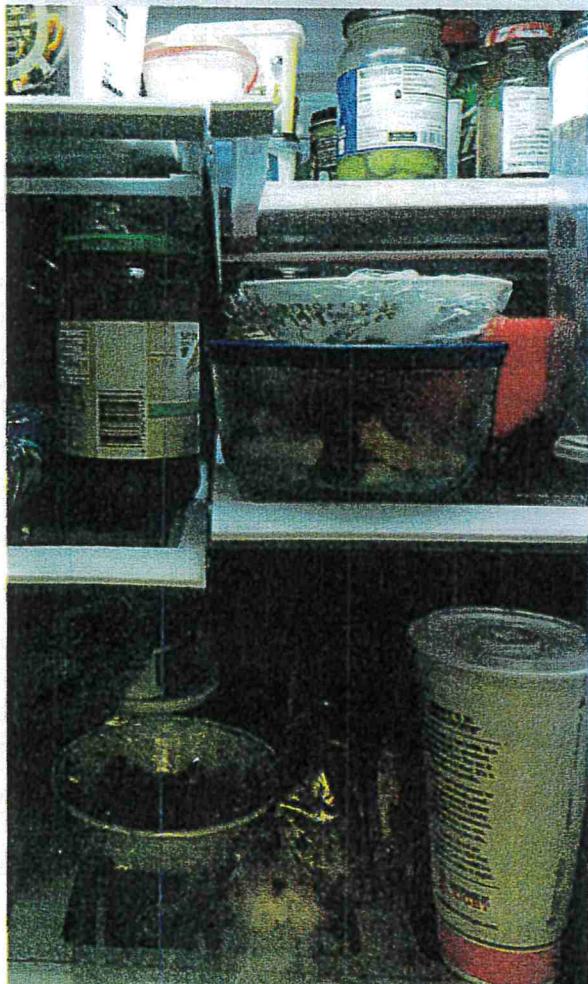
Eat leftover turkey within 4 days or freeze for later.

Reheat leftovers to 165°F.



#UNLFoodSafety

Is Your Fridge Frightening?



It's time to tackle!

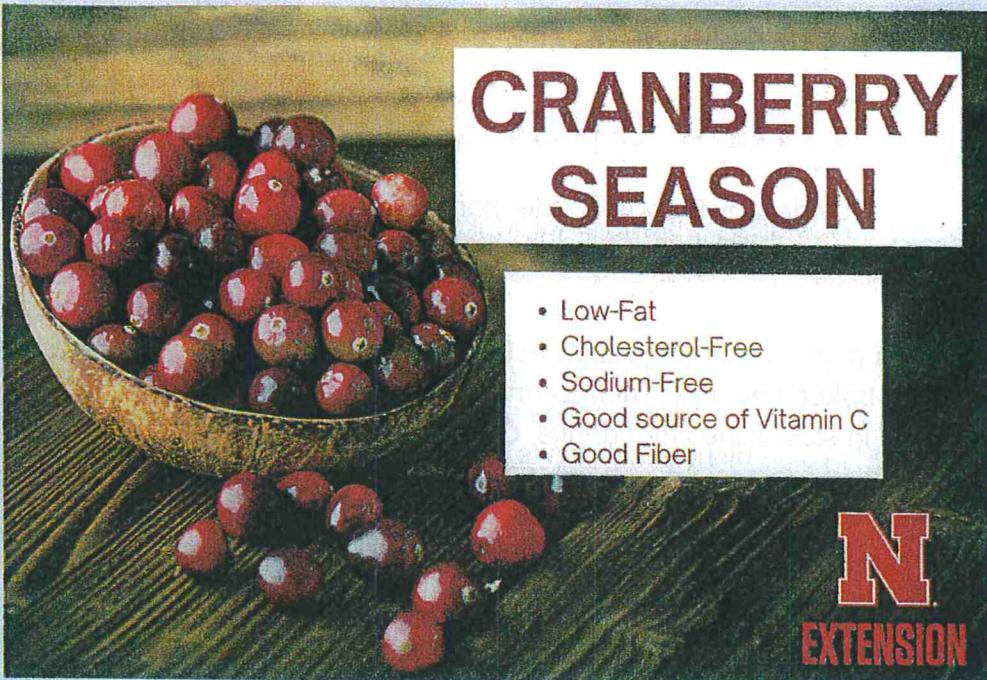
Toss questionable food.

- ✓ Use hot, soapy water on all shelves, drawers and the interior.
- ✓ Rinse and dry.
- ✓ Still smells? Wipe interior with equal parts vinegar and water or sprinkle baking soda in a shallow container and place it at the bottom of the refrigerator.

For More Information:
<https://go.unl.edu/foodstorage>

#UNLFoodSafety





CRANBERRY SEASON

- Low-Fat
- Cholesterol-Free
- Sodium-Free
- Good source of Vitamin C
- Good Fiber

N
EXTENSION

GO WILD FOR CRANBERRIES



- Rinse fresh or frozen cranberries before cooking under cool water.
- Try cranberry juice mixed with apple, orange, or grape juice.
- Add dried cranberries to a salad, trail mix, oatmeal or even chicken salad.
- Fresh cranberries work well in quick bread or muffins recipes.

N
EXTENSION

Crazy over Cranberries

Provided by Brenda Aufdenkamp (baufdenkamp1@unl.edu)

FNH Extension Educator located in North Platte.

Cranberries are a popular fruit, especially in December. They are used in baked items like muffins and cookies, but can also be used in side dishes and drinks. Often, because of their tartness, they are cooked with other fruits or added sugar. Dried cranberries taste great alone as a snack or can be added to trail mix or muffins. Fresh cranberries are fat-free, cholesterol-free, sodium-free and a good source of vitamin C and fiber.

The peak harvest season for fresh cranberries is October through December. Sometimes fresh cranberries can be found in the freezer section. Cranberry juice, sauce and dried cranberries can be found year-round. Be sure to pick up an extra bag of fresh cranberries this time of year and store in the freezer for use later in the year.

Cranberry Salsa

1(12 oz) bag fresh cranberries
 ¾ C white sugar
 1 bunch cilantro, chopped
 1 bunch green onions, chopped
 1 med jalapeno pepper, seeded and minced
 2 limes, juiced
 1 pinch salt

Combine cranberries, sugar, cilantro, peppers, lime juice and salt in a food processor with a medium blade, process until a medium consistency has been achieved.

Serve with corn chips or as a side with turkey and stuffing.

Source: www.allrecipes.com



Tips for getting creative with cranberries:

- Rinse fresh or frozen cranberries before cooking under cool water and throw out any that are shriveled or bruised.
- Try mixing cranberry juice with other juices such as apple, orange, or grape.
- Dried cranberries can be added to nuts, trail mix, granola, oatmeal, or even chicken salad.
- Fresh cranberries work well in quick breads such as muffins, sweet breads, or yeast breads.
- Add dried cranberries to any green salad just like you might with raisins. These make a great hand-held snack this time of year.
- Wash and re-freeze cranberries to use in place of ice cubes in drinks.