

City Office

# JANUARY



## Heritage Happenings 2024



**We will be closed Wednesday January 1st, 2025  
to celebrate the New Year.**

**Advisory Board Meeting  
Tuesday, January 21st, 2025  
10:00 a.m.**

**Conference Room Open to the Public**

**WE NEED  
VOLUNTEERS**

We are in need of Home  
Delivered Meals  
Volunteers.

If interested please call  
Donna at  
345-6098

### INCLEMENT WEATHER

#### INCLEMENT WEATHER POLICY

If it snows during the night or if it is snowing, please turn on your radio and listen to KICX, or KIOD, (High Plains or Coyote Country) radio stations for announcements on the Senior Center, Public Transit and Home Delivered Meals being cancelled. 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 driven home. No passengers will be left stranded. If you signed up for

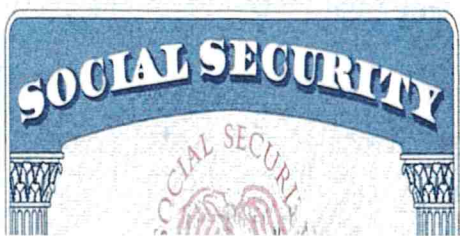
the code **Red** alerts with the city you will be informed by whatever method you chose, text, phone call or e-mail.

**Thank you to everyone who  
has supported Heritage  
Senior Center in 2023.  
Your generosity is  
greatly appreciated.**



If you receive home delivered meals, and are unable to get your sidewalks, steps or driveways cleared, please cancel your meal for the day. We have many volunteers who deliver your meals each day and we want to keep them safe.





**Medicare**

Social Security recipients will receive a 2.5% cost of living increase in 2025. Next year's Social Security statements have come out and are arriving in mailboxes. If you elected to have your Part D Premium (Prescription Drug Plan) deducted from your Social Security

check, depending on when you enrolled your statement may show the Part D premium as your 2024 plan or may not show a deduction being made. This happens every year and will be corrected. Sometimes the old amount is pulled out in January and then it is corrected typically in February. Just a few reminders about the Part B Premium and Part B deductible if you have Plan G Supplement. Medicare Part B covers physicians' services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A. Each year, the Medicare Part B premium, is determined according to provisions of the Social Security Act. The standard monthly premium for Medicare Part B enrollees will go from \$174.70 in 2024, to \$185 for 2025, this is an increase of \$10.30. If you have a higher adjusted income (IRMAA) greater than \$212,000 joint income or \$106,000 for individual you will be assessed an additional amount. The annual deductible for all Medicare Part B beneficiaries will go from \$240 in 2024, to \$257 in 2025 an increase of \$17.00 for the annual deductible. Remember the Medicare Part B annual one time deductible will only affect you if you have a Plan G supplement. If you have a plan F you will not pay the deductible. For those that have a plan G, you as the beneficiary, will be responsible for the first \$257. before the 80/20 split between Medicare and your supplement will take affect. Some major changes this year, there is \$2,000 maximum out of pocket for your Part D Drugs. If you have a plan that the deductible affects you, you will be given options on how you want to pay the deductible all at once, or make a payment plan. The letter you received from your plan will explain it. Also be aware if you doctor with Great Plains in North Platte they will no longer accept appointments from patients with an Advantage Plan. I was told if your Great Plains doctor comes to McCook to see you as a patient and it is billed out of McCook they will continue to see you . You would just have to pay out of network cost. It can all be very confusing if you have questions please call 345-1760.

### **McCook Senior High Jazz Band**

Thank you Donita Priebe and the McCook Senior High Jazz Band. They made our day extra special with their music. What a great group of musicians. Hopefully we can continue to have them every year. It's with a sad heart that this is Donita's last year as she is retiring at the end of the year. She reassured me that her replacement will be working with her the second semester of the school year and will be ready to take over next fall. We wish her the very best! The Grinch even made an appearance this year, I believe he plays the trumpet.





# January Birthdays

Steve Batty	1
Janice Breese	6
Peggy Zlomke	6
Joan Stevenson	7
Donna Swanson	7
Loretta Burns	11
Dixie Dyer	12
Eldon Parde	12
Sandy Gallitan	14

Sandy Gallitan	14
Barry Corder	14
Dennis Elliott	20
Pat Donavan	23
Milton Duffield	25
Pat Powers	26
Betty Kruger	27
Linda Burr	29
Gladys Calvin	30

## 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  
Donna Blake—Dispatcher  
Justin Randolph—Driver  
Substitute Drivers  
Mike Towery and  
Brent Klien  
Open Monday through Friday  
8:15 to 4:30 Call 345-6098  
to reserve a ride



Wishing you a  
year of health,  
wealth, and the  
kind of  
happiness that  
truly matters.  
Happy New  
Year!

## PRODUCT OF THE MONTH



## 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 DECEMBER

McCook Masonic Bodies  
McCook Methodist Women

Dick & Ann Trail

Tom & Nancy Corey

# 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](http://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 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*

*Other times possible upon request*

## **Happy New Year From Heritage Senior Center and City Of McCook Transit**

Changes coming soon!

It is becoming difficult to purchase the sleeves for the silverware so we have decided to go back to the silverware bins. Also we are going to take the condiment holders off the tables. The condiments and silverware will all be on the table with the napkins. We have ordered new coffee mugs and plan to order new trays, as the old ones are getting badly scratched. As you have probably noticed the flooring in the Dining Room needs to be replaced. We are waiting on an updated estimate on the cost. It will probably be over \$60,000. If you are looking for some end of the year giving opportunities we are very appreciative of your donations to the Senior Center. At the present time we are not planning on increasing the suggested donations



Thank you to the family of Jean Beideck for designating the Heritage Senior Center as one of the recipients of Jean's Memorials:  
Steve & Gera Beideck  
Elaine Mcallister,  
Doug & Bobbie Hiatt,





# JANUARY 2025

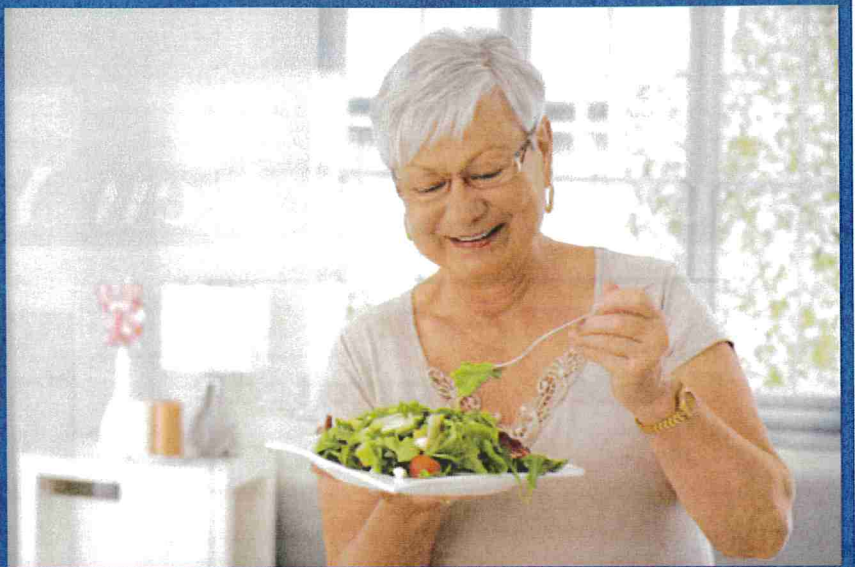
Monday	Tuesday	Wednesday	Thursday	Friday
				
6 LASAGNA CAULIFLOWER COLESLAW BUTTERSCOTCH CAKE GARLIC BREAD MILK	7 CHICKEN & DUMPLINGS CALIFORNIA BLEND 3 BEAN SALAD MIXED FRUIT CHEESE CAKE MILK	8 POLISH DOGS MASHED POTATOES SAUERKRAUT APPLE/GRAPE SALAD PEANUT BUTTER COOKIES BREAD MILK	9 BEEF & BROCCOLI RICE STIR FRY VEGATABLES PEARS TAPIOCA PUDDING BREAD MILK	10 CHICKEN CORDON BLUE SANDWICH POTATO WEDGES CHEESY CABBAGE FRUIT JUICE CARROT CAKE MILK
13 CHEESE STEAK CASSEROLE BRUSSEL SPROUTS CARROT SALAD PEARS BREAD	14 CHICKEN ENCHILADAS CORN REFRIED BEANS TROPICAL BLEND LEMON BROWNIES MILK	15 PULLED PORK & MAC & CHEESE GREEN BEANS TOMATO JUICE MIXED FRUIT BREAD MILK	16 BEEF TIPS RICE CARROTS CAULIFLOWER SALAD BAKED APPLES SNICKER DOODLE COOKIES BREAD MILK	17 BRAUT ON A BUN TATOR TOTS BAKED BEANS STRAWBERRIES/BANANAS WHITE CAKE MILK
20 TACO BAKE REFRIED BEANS FIESTA BLEND PINEAPPLE BUG BITES MILK	21 CHICKEN & NOODLES MASED POTATOES GREEN BEANS PEACHES CHEESE STICK BREAD MILK	22 HAM LOAF SWEET POTATOES PEAS PEARS CHOCOLATE SHEET CAKE BREAD MILK	23 RUNZA CASSEROLE BABY BAKERS ITALIAN BLEND FRUIT JUICE DISHPAN COOKIES BREAD MILK	24 PIZZA BURGER FRENCH FRIES BAKED BEANS APPLESAUCE BANANA BARS MILK
27 SWISS STEAK BAKED POTATO WINTER BLEND TROPICAL BLEND PEANUT BUTTER SHEET CAKE BREAD MILK	28 CHICKEN SPAGHETTI GREEN BEANS DICED TOMATOES MIXED FRUIT BREAD MILK	29 HAM SLICE AUGRATIN POTATOES CREAM PEAS APRICOTS MONSTER COOKIES BREAD MILK	30 TOMATO SOUP GRILLED CHEESE COTTAGE CHEESE BROCCOLI SALAD FRUIT JUICE PUMPKIN BARS MILK	31 CHICKEN FRIED STEAK MASHED POTATOES TUSCAN BLEND 5 CUP SALAD BIRTHDAY CAKE ROLL MILK

# January 2025

SU	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
						
			CLOSED 1	2	3	4
				KT CARD CLUB 12:30 BEE FIT WITHKRISTEN 12:30	ACE OF CLUBS 12:45 STRENGTH TRAINING12:30	
5	6	7	8	9	10	11
	BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	BINGO 12:30 BEE FIT WITHKRISTEN12:30	FREE ICE CREAM COMPLIMENTS OF MIDWEST LIBERTY FEDERAL CREIDT UNION PITCH CARD GROUP 12:30 STRENGTH TRAINING 12:30	QUEEN OF CLUBS 12:3 BEE FIT WITHKRISTEN 12:30	FRIDAY BRIDGE 12:45 STRENGTH TRAINING12:30	
12	13	14	15	16	17	18
	CLUB 42 12:45 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	BINGO SPONSORED by COMMUNITY HOSPITAL12:30 BEE FIT WITHKRISTEN12:30	MNB BANK DRAWING AND FREE ICE CREAM ST THERESA CIRCLE 12:30 VICTORY CARD 12:30 STRENGTH TRAINING 12:30	BEE FIT WITH KRISTEN 12:30	ACE OF CLUBS 12:45 STRENGTH TRAINING12:30	
19	20	21	22	23	24	25
	BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	BINGO 12:30 BEE FIT WITHKRISTEN12:30	DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	GAME DAY 12:30 MEXICAN TRAIN HOSTED BY GLADYS BROCKWAY BEE FIT WITH KRISTEN 12:30	FRIDAY BRIDGE 12:45 STRENGTH TRAINING12:30	
26	27	28	29	30	31	
	CLUB 42 12:45 BARGAIN BAZAAR HELPERS 11:45 STRENGTH TRAINING12:30	BLOOD PRESSURE 11:00 - 11:45 BINGO 12:30 BEE FIT WITH KRISTEN12:30	DLD CARD CLUB 12:45 STRENGTH TRAINING 12:30	BEE FIT WITH KRISTEN 12:30	BIRTHDAY LUNCH 1ST CENTRAL BANK DRAWING STRENGTH TRAINING 12:30	



**TIP #1:**  
**Eat the right  
amount of  
Calories**

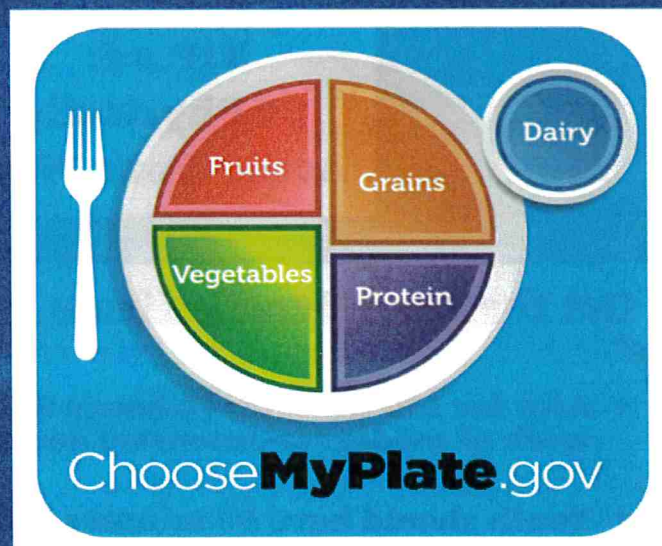


**Everybody requires a different amount  
of calories depending their age, gender,  
height, weight, and physical activity.**

**N** EXTENSION

**New Year – New YOU**

**TIP #2:**  
**Eat from the  
5 food groups  
each day.**



**Build a healthy Plate  
by following MyPlate**  
<https://www.myplate.gov/myplate-plan>

**N** EXTENSION



# New Year – New YOU

**TIP #3:**  
**Eat less saturated**  
**Fat, Sodium, &**  
**Added Sugars**

Consuming foods high in solid fats, added sugars, and salt **INCREASE** your risk of chronic diseases.



# New Year – New YOU



**TIP #4:**  
**Be Physically**  
**Active Your Way**



**Get the Most Benefits from Physical Activity**

- Aim for 150 minutes (2 hours & 30 minutes each week of moderate-intensity aerobic activity.
- Youth should have 60 minutes (1 hour) each day.



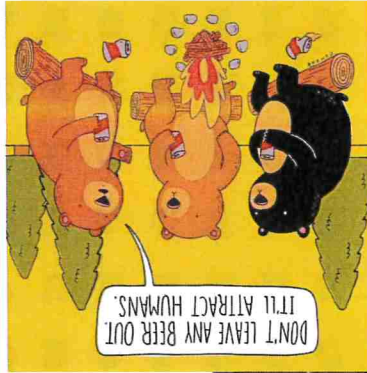
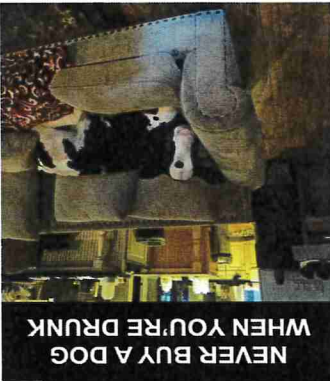


## WORD SEARCH

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

BOOTS  
 CELEBRATE  
 CHILLY  
 COLD  
 EARMUFFS  
 FREEZE  
 FROSTY  
 FROZEN  
 GLOVES  
 HAT  
 HOT COCOA  
 ICE  
 ICICLE  
 JANUARY  
 NEW YEAR  
 RESOLUTIONS  
 SCARF  
 SKIING  
 SLEDDING  
 SLIPPERY  
 SNOWBALL  
 SNOWFLAKE  
 SNOWING  
 SNOWMAN  
 WINTER





I hired a handyman and gave him a to-do list. When I got home he had only completed items 1, 3, and 5 Turns out he only does odd jobs.

