

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 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 what ever 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.



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

**"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.

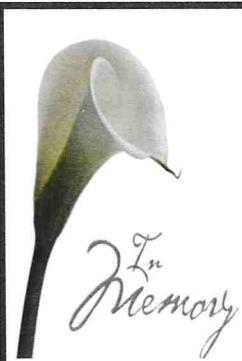
It is a dial-a-ride system. The cost to ride the public transit is \$2.00 per boarding. The transit operates Monday through Friday from 8:30 a.m. to 4:00 p.m.

*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!

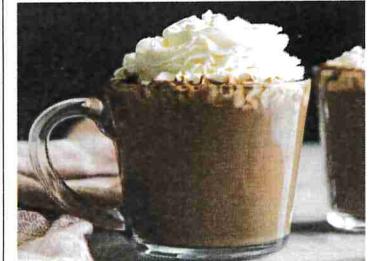
It is becoming difficult to purchase the sleeves for the silverware so we have decided to go back to the silverware bins. Also we are going to take the condiment holders off the tables. The condiments and silverware will all be on the table with the napkins. We have ordered new coffee mugs and plan to order new trays, as the old ones are getting badly scratched. As you have probably noticed the flooring in the Dinning 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,



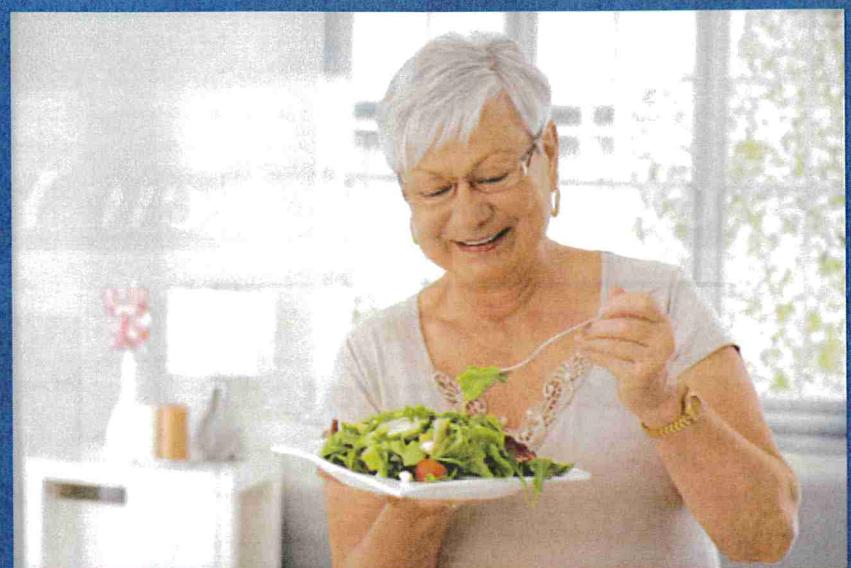
JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
LASAGNA CAULIFLOWER COLESLAW BUTTERSCOTCH CAKE GARLIC BREAD MILK	6 CHICKEN & DUMPLINGS CALIFORNIA BLEND 3 BEAN SALAD MIXED FRUIT CHEESE CAKE MILK	7 POLISH DOGS MASHED POTATOES SAUERKRAUT APPLE/GRAPE SALAD PEANUT BUTTER COOKIES BREAD MILK	8 BEEF & BROCCOLI RICE STIR FRY VEGATABLES PEARS TAPIOCA PUDDING BREAD MILK	9 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
TACO BAKE REFRIED BEANS FIESTA BLEND PINEAPPLE BUG BITES MILK	20 CHICKEN & NOODLES MASED POTATOES GREEN BEANS PEACHES CHEESE STICK BREAD MILK	21 HAM LOAF SWEET POTATOES PEAS PEARS CHOCOLATE SHEET CAKE BREAD MILK	22 RUNZA CASSEROLE BABY BAKERS ITALIAN BLEND FRUIT JUICE DISHPAN COOKIES BREAD MILK	23 24 PIZZA BURGER FRENCH FRIES BAKED BEANS APPLESAUCE BANANA BARS MILK
SWISS STEAK BAKED POTATO WINTER BLEND TROPICAL BLEND PEANUT BUTTER SHEET CAKE BREAD MILK	27 CHICKEN SPAGHETTI GREEN BEANS DICED TOMATOES MIXED FRUIT BREAD MILK	28 HAM SLICE AUGRATIN POTATOES CREAM PEAS APRICOTS MONSTER COOKIES BREAD MILK	29 TOMATO SOUP GRILLED CHEESE COTTAGE CHEESE BROCCOLI SALAD FRUIT JUICE PUMPKIN BARS MILK	30 31 CHICKEN FRIED STEAK MASHED POTATOES TUSCAN BLEND 5 CUP SALAD BIRTHDAY CAKE ROLL MILK

January 2025

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

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

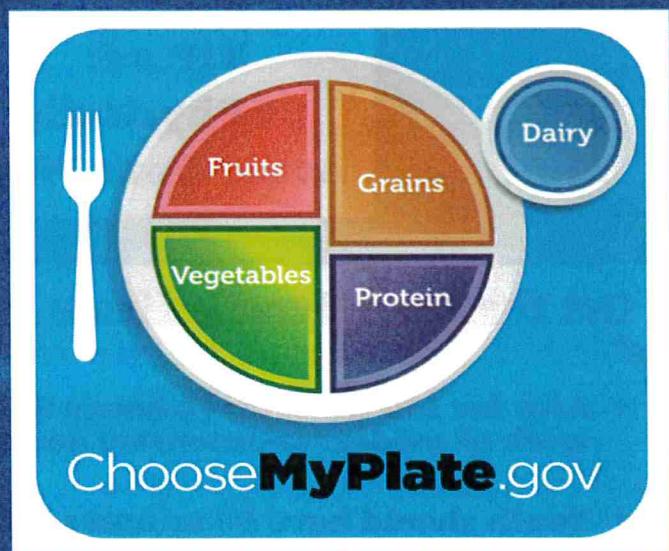


Everybody requires a different amount of calories depending their age, gender, height, weight, and physical activity.

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

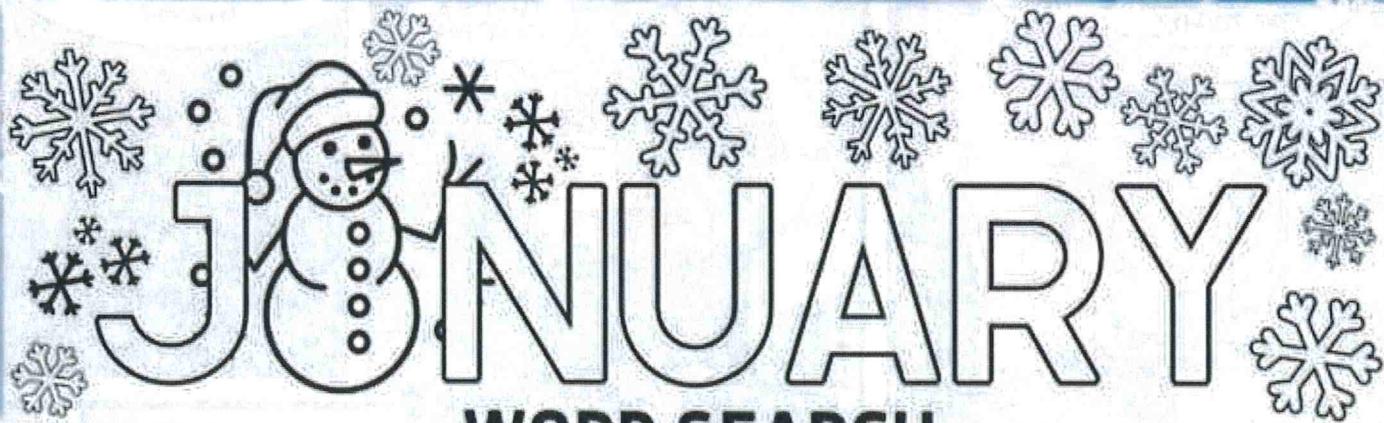


TIP #4: Be Physically Active Your Way



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.



JANUARY 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

