

# MAY



## Heritage Happenings 2024



### LADIES BREAKFAST

Thursday May 15th, 2025  
8:30 A.M.

Menu  
Orange Juice  
Cinnamon Roll  
Egg Frittata  
Sausage

We are changing it up a bit  
this year instead of our  
afternoon tea will be having  
Breakfast.

Bring and Friend and join the fun.  
RSVP by May 13th, 2024  
by calling 345-1760  
or a sign up sheet will  
be on the credenza



### SHRED DAY

FREE document shredding event for anyone age 60 and older on Thursday May 1st from 2:00 –4:00 P.M. Heritage Senior Center. This event is sponsored and coordinated through the Senior Medicare Patrol (SMP) Program at West Central Area Agency on Aging. This is a good opportunity to SAFELY and SEURELY destroy any sensitive documents. The large shredder truck can handle documents with staples, paperclips, rubber bands, colored paper, file folders, and window envelopes so these items do not have to be removed from documents. IT is a chance to safely destroy documents such as old bank statements, old Medicare summary notices, outdated tax documents, items that include your social security number and/or other personal information.



NEBRASKA  
SHIP  
Local help for Nebraskans with Medicare

 **SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

Thank you McCook Methodist Women for their \$1,000 donation.  
We very much appreciate their continued generous support.

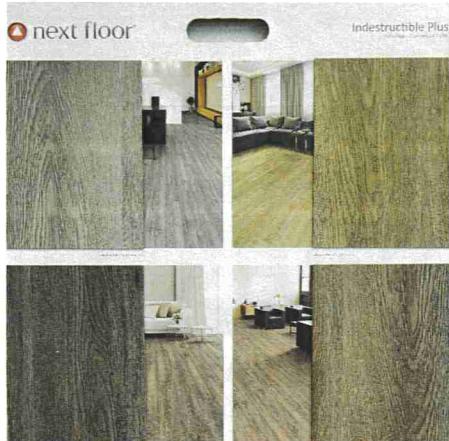


## VOLUNTEERS NEEDED

We are in need of additional Home Delivered Meals Volunteers. If you would be interested, please call Donna at 345-6098



PLEASE RETURN ALL Home Delivered Meal containers. They need to be rinsed out before they are returned. These containers are very expensive. and we are running out because containers have not been returned. Help us out please!



### New Flooring

We are looking at new flooring for the main Dining room and small divided meeting room. This will be a huge project and we will need to close the Dining Room for a few days. Our thoughts are that we will do Home Delivered meals as usual and all other meals will be carry out while the flooring is being installed. We are still deciding on which color flooring. If you would like to voice your opinion they will be on display in the Dining room. Just let me know what you like!

## MAY IS MENTAL HEALTH AWARENESS MONTH

As we spotlight mental health this month, Tri Valley Health Senior Life Solutions programs aims to address the unique mental health needs of older adults in our community by encouraging everyone to:

- ◆ **Challenge Misconceptions:** Mental health struggles are a normal part of aging. They're treatable and with the right support, older adults can thrive.
- ◆ **Share Stories:** By sharing personal experiences, we can break down stigma and inspire others to seek help. Stories of resilience and recovery create a powerful ripple effect.
- ◆ **Support Caregivers:** Caregivers are essential to older adults' well-being. This month, we're highlighting tips and resources to help caregivers prioritize their own mental health.
- ◆ **Foster Connection:** Small actions, like checking in with a loved one or initiating a simple conversation, can make a big difference in someone's day

Join us May 20th before lunch as Dora takes a minutes to tell us about this program.



# May Birthdays

Dick Trail	4
Yvonne West	6
Mary Keslin	9
Lois Hauxwell	11
Greg Pevoteaux	12
Donna Jacobs	16
Miriam Hegwood	19
Mildred Weskamp	20

Eunice Guthrie	21
Debbie Jenkins	23
Phyllis Coolidge	26
Bruce Johnson	26
Shirley Spahn	27
Gary Janousek	27
Doreen Parsons	29
Warren Everts	30

## 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  
 Paige Samway—Assistant Cook  
 Paula Missing—Maintenance  
 Open Monday through Friday 8:30 to 4:30  
 345-1760 for reservations

### McCook Public Transit Staff

Beth Siegfried—Director  
 Justin Randolph—Driver  
 Donna Blake—Dispatcher  
 Substitute Drivers  
 Mike Towery, Milton Duffield Doug Burr and Brent Klein  
 Open Monday through Friday 8:30 to 4:30



**Product of the Month**  
**Brown Sugar and Powdered Sugar.**



## 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

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 April

Verna Barnett  
 Doug & Linda Burr  
 Tom & Nancy Corey  
 Judy Hall  
 Helen Hackney  
 Bill & Sandy McConville  
 Rene Morris  
 Theresa Purvis  
 Jane Shield  
 David Stull

# 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

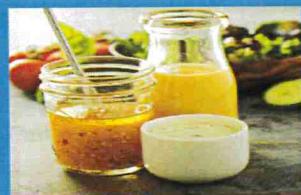
The City of McCook Public Transit provides transportation within the city limits of McCook. It is a demand-response system. The cost to ride the public transit is \$2.00 per boarding. The transit operates Monday through Friday from 8:30 a.m. to 4:00 p.m.



## FREE COOKING CLASS **SPICE IT UP!**

Learn new & creative ways to use spices and herbs to create robust flavors in recipes and homemade dressings. Be ready to safely marinate this grilling season!

Participants will create a seasoning to take home ready to use.



**Tuesday, May 6, 2025**  
**Heritage Senior Center**  
**1312 W 5th Street**  
**McCook, NE**

10:00 a.m.  
**FREE**

Contact Beth for more information at the Senior Center.



**N** EXTENSION

# May 2025

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

# May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			MUSHROOM STEAK BAKED POTATO BRUSSEL SPROUTS LIME JELLO / PEARS CHOCOLATE SUGAR COOKIES BREAD MILK	1 TUNA NOODLES GREEN BEANS V-8 JUICE APRICOTS MUFFINS MILK
SHREDDED CHICKEN TACO SPANISH RICE REFRIED BEANS CORN SALAD MIXED FRUIT CHURRO MILK	5 GOULASH CAULIFLOWER PINEAPPLE CHOCOLATE ECLAIR GARLIC BREAD MILK	6 HAM LOAF SWEET POTATOES PEAS APPLESAUCE DISHPAN COOKIES BREAD MILK	7 POT ROAST POTATOES / CARROTS CABBAGE PEACHES GINGER BAR BREAD MILK	8 9 COD SANDWICH POTATO WEDGES CHEESY BROCCOLI FRUIT JUICE YOGART MILK
CHICKEN SPAGHETTI FIESTA CORN TOMATO JUICE APRICOTS BREAD MILK	12 PIZZA BURGER TATOR TOTS BAKED BEANS PEARS SCOTCHAROOS MILK	13 POLISH DOGS MASHED POTATOES SAUERKRAUT TROPICAL FRUIT SUGAR COOKIES BREAD MILK	14 MOTHERS BREAKFAST 15 CHICKEN POT PIE CUCUMBER & ONIONS CAULIFLOWER GRAPES CANT LEAVE ALONE BAR MILK	16 POLLOCK FRENCH FRIES CARROTS STRAWBERRIES & BANANAS CHEESE STICK BREAD MILK
CHICKEN ROCCOLI RICE CASSE- ROLE PICKELED BEETS FRUIT JUICE BREAD MILK	19 BEEF & NOODLES MASHED POTATOES CORN PEACHES CARROT CAKE BREAD MILK	20 BREAKFAST CASSEROLE POTATO CAKE V-8 JUICE ORANGE COFFE CAKE BREAD MILK	21 CHICKEN PHILLY SAND- WICH POTATO WEDGES BAKED BEANS PINEAPPLE/ORANGES BANANA PUDDING MILK	22 23 HONEY BUTTER SHRIMP AUGRATIN POTATOES CALIFORNIA BLEND FRUIT JUICE ORANGE COTTAGE CHEESE SALAD BREAD MILK
<b>CLOSED MAY 26th</b>  <b>MEMORIAL DAY</b>	27 FRENCH ONION BEEF CAS- SEROLE BABY BAKERS GREEN BEANS RASPBERRY APPLESauce BREAD MILK	28 PORK FRITTER SAND- WICH HASHBROWN CASSEROLE HOMINY APRICOTS DUMP CAKE MILK	29 TACO LASAGNA REFRIED BEANS CORN PEARS MONSTER COOKIES GARLIC BREAD MILK	30 CHICKEN FRIED CHICKEN MASHED POTATOES NANTUCKET BLEND 5 CUP SALAD BIRTHDAY CAKE ROLLS MILK



# Spring Word Search

BLOSSOM

BLOOM

FLOWERS

RAIN

SHOWERS

EASTER

SPRING BREAK

GRASS

HATCH

BIRDS

SUNSHINE

SEASON

MARCH

APRIL

MAY

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

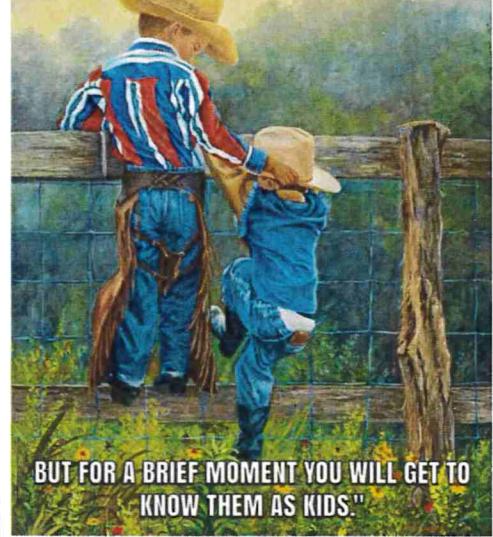
Exercising would be so much more rewarding if calories screamed while you burned them.



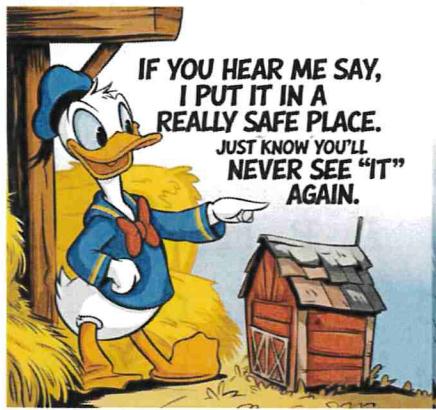
How to tell you're an adult:

- You gain 30lbs overnight.
- You'd rather sleep than go out.
- Everything hurts.
- Comfort comes before style.
- You have a favorite spatula.
- Everything feels like a chore.
- College students look like 12yr olds.
- You're always annoyed

"YOU WILL SPEND THE MAJORITY OF YOUR LIFE KNOWING YOUR CHILDREN AS ADULTS,



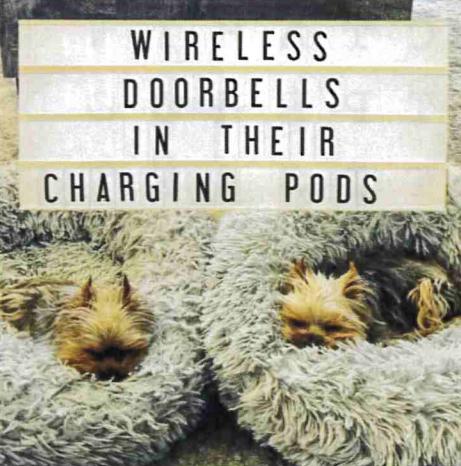
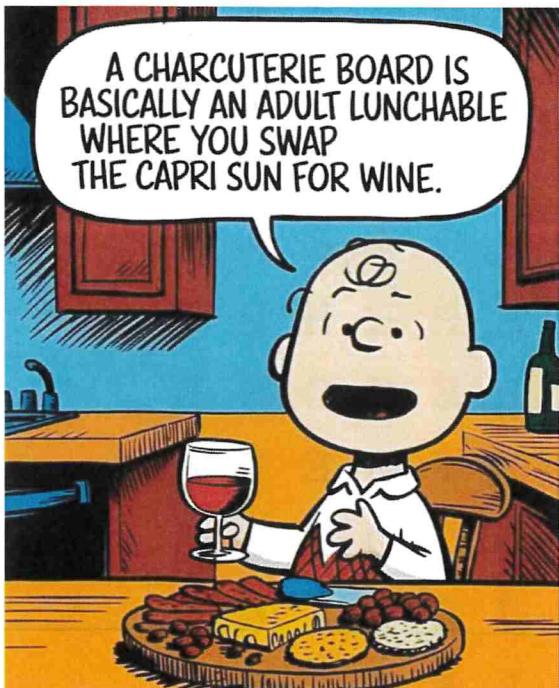
GEEZ, BOB, HOW MANY LADYBUGS DID YOU EAT?



IF YOUR MOM  
DOESN'T HAVE AN  
OLD GIFT BAG  
FILLED WITH  
OTHER OLD GIFT BAGS,  
IS SHE EVEN A  
MOM?



A CHARCUTERIE BOARD IS  
BASICALLY AN ADULT LUNCHABLE  
WHERE YOU SWAP  
THE CAPRI SUN FOR WINE.



Whoever told me to leave my car at the pub and take the bus home... well, it turns out I was in no shape to drive it either!



The fastest land mammal is a toddler who's been asked what's in their mouth.

You can tell a lot about a woman by her hands. For instance, if they are around your throat, she's probably feeling mad.

# Salt is Salt ?

- Sodium Chloride
- Flavors food , binds foods, used as a stabilizer
- There are lots of different salts-each have different flavors and textures.
- There is not a “BEST” salt to us
- Americans consume 1 1/2 teaspoons of salt daily. ( About 3,400mg of sodium)
- Americans over 14 years old SHOULD NOT consume more than 2,300mg per day.
- 71% of salt consumed daily is from processed foods.



## How Much salt do we need?

- 500 mg per day

## Make changes in your sodium intake:

- Read Food Labels.
- Compare products at the supermarket.
- Choose frozen or low –sodium canned or frozen foods.
- Avoid salting food when cooking.
- Use other spices and herbs, flavored vinegar, or citrus juices
- Come to our Spice it Up Class May 6th at 10:00 am Heritage Senior Center

## Sodium can cause:

- High Blood Pressure
- Heart Disease
- Stroke



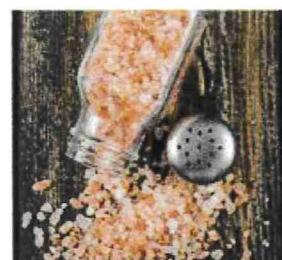
Table Salt



Smoked Salt



Sea Salt      Himalayan salt



Rock Salt



Kosher Salt



## Do You Feel That You've Lost Your Zest For Life?

Take a look at the checklist below and check your mood

- Are you the primary caregiver for a friend or loved one?
- Do you feel hopeless, like you've lost control of your life?
- Do you have a chronic health condition?
- Do you feel isolated or lonely?
- Have you experienced a loss of energy or feeling tired all the time?
- Have you experienced changes in appetite?  
(eating too much or too little)
- Have you experienced changes in your sleeping patterns?  
(sleeping too much or too little)
- Have you experienced feelings of sadness or grief lasting longer than two weeks?
- Have you had a recent health diagnosis?
- Have you had trouble concentrating or thinking clearly?
- Have you lost interest in activities you previously enjoyed?
- Have you recently lost a loved one?

If you checked the box to any of these questions and you would like to talk to someone, Senior Life Solutions can help answer questions confidentially. We believe that quality of life does not have to stop as we age. Contact us today, we may be able to help.

(308) 697-1299