

APRIL



Heritage Happenings 2025



Easter Lunch

Thursday April 17, 2025

Ham

Sweet Potato Casserole

Corn Casserole

Creamy Applesauce Salad

Chocolate Covered Strawberry Brownies

Rolls

Milk

HOME DELIVERED MEAL TRAYS



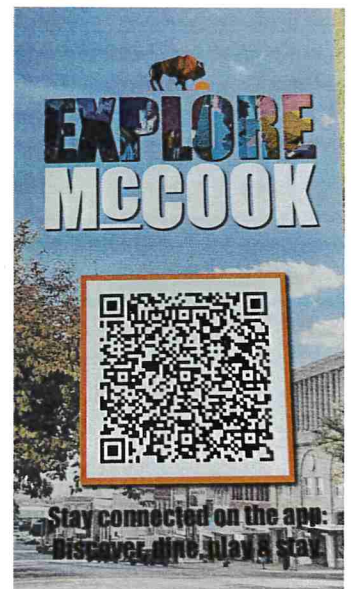
PLEASE RETURN ALL Home Delivered Meal containers. They need to be rinsed out before they are returned. These containers are very expensive. We are running out because containers have not been returned. Help us out please!

EXPLORE MCCOOK

Stay connected: Discover,
dine, play and stay.
Download the app today.

This is a great app to use to
know what is available,
and what is going on in
your community. Including
sporting events.

Let us know if you need
help with the download!



Advisory Board Meeting
10:00 a.m.

Tuesday April 15, 2025
Conference Room

This meeting is open to the public

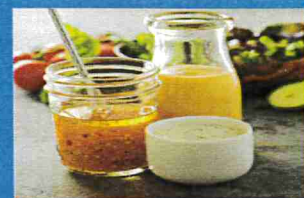
FREE COOKING CLASS **SPICE IT UP!**

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.



N EXTENSION



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.



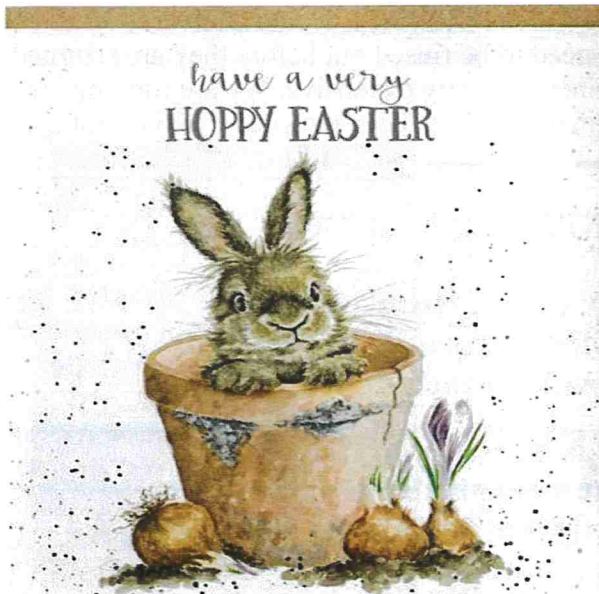
Confusion

Sorry for the Confusion! When we offer meal choices, for example fish or roast beef. This is only available in the Dining room. We are not able to offer this for our Home Delivered or Carry out meals.



Aaron Rothenberger
308-895-5447

Last Month I put this information in the newsletter only to find out that Kathy Susca has retired. Aaron Rothenberger is helping to cover our area until a replacement can be found. Aaron is located in Kearney. I have had several people mention to me in the last several months, about the prohibitive cost of hearing aids. This group may be able to help you. I have been reading lately that there may be a correlation between dementia and hearing loss, so I think it is really important to have your hearing checked.



Wishing you all a very Happy and Blessed Easter from all of us at Heritage Senior Center and City of McCook Transit

Wednesday Bread Giveaway
Thank you to Larry Pollman for delivering the bread each Wednesday. A donation container is sitting on the bread table. Please consider leaving a donation to help defray the cost for the program. It is a great program and I know many of you are enjoying the products.



April Birthdays

Lavera Brooks	1
David Mefford	3
Dorothy Hauxwell	3
Connie Olson	6
Marianne Colling	7
Harry Lebsack	14
Virgil Guthrie	18
David Dame	19
Robert Redden	21

Melvin Matson	21
Rosalie Redden	22
Karen Brown	24
Sandy Pettera	26
Kristen Puckett	28
Glen Haney	28
Greg Larson	28
Greg Larson	28

IMPORTANT INFORMATION

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 Klien
 Open Monday through Friday
 8:30 to 4:30



Product of the
 Month
 Olive Oil



We are currently looking for additional volunteers for the Home Delivered Meals Program. It is a rewarding volunteer opportunity. The recipients truly appreciate receiving the meal. Meals are packed at 10:45 each day and then delivered. Routes take from 20 to 30 minutes. Please call us if you would be interested. 345-6098

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 March

Verna Barnett

Doug & Linda Burr

Marianne Colling

Helen Hackney

Sharon Koetter

Bill & Sandy McConville

Bette Rice

Dan Stramel

Connie Wiess

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.

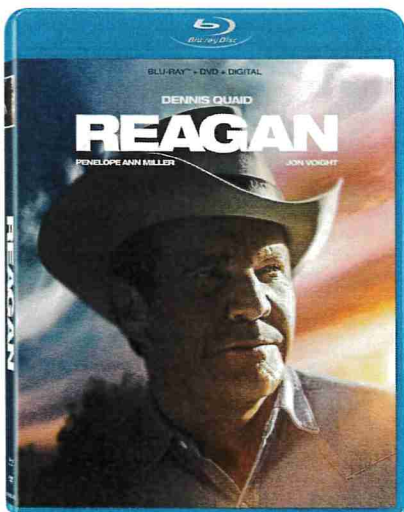
Monday through Friday 8:30 to 4:30.
For more information call 345-1760

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 4:30 p.m.
To schedule a ride call 308-345-6098



Blood Pressure Clinic Senior Center Library April 29th 11:00 to 11:45





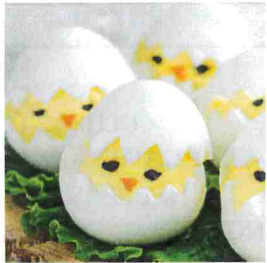
Reagan

Dennis Quaid delivers a Tour-DE-Force performance as the 40th U.S. President Ronald Reagan in this cinematic journey that encapsulates the spirit of the American Dream. From his small – town roots to the glitter of Hollywood where he meets actress Jane Wyman and Warners Brothers studio president Jack Warner, Reagan's incredible story culminates in obtaining the presidency with the loving support of his loving wife Nancy. Told through the voice of a former KGB agent Reagan offers a perspective as unique as it is captivating.

Showing in the Pool Room April 17, 2025 at 12:30



APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>SHAKE & BAKE CHICKEN BABY BAKERS CARROTS PEARS PECAN PIE BAR BREAD MILK</p>	<p>2</p> <p>ST LOUIS RIB AUGRATIN POTATOES ORIENTAL BLEND APRICOTS OATMEAL SCOTCHIE BAR BREAD MILK</p>	<p>3</p> <p>TACO BAKE REFRIED BEANS FIESTA BLEND APPLESAUCE PEANUT BUTTER CAKE MILK</p>	<p>4</p> <p>POLLOCK FRENCH FRIES BROCCOLI STRAWBERRIES & BANANAS CHEESE STICK BREAD MILK</p>
<p>7</p> <p>TATOR TOT CASSEROLE GREEN BEANS MIXED FRUIT BREAD MILK</p>	<p>8</p> <p>CHICKEN ENCHILADAS REFRIED BEANS SPANISH RICE TROPICAL FRUIT CHURRO CHEESE CKAE MILK</p>	<p>9</p> <p>PULLED PORK OVER MAC & CHEESE COLESLAW BAKED BEANS FRUIT JUICE SUGAR COOKIES BREAD MILK</p>	<p>10</p> <p>BEEF & BROCCOLI RICE ASIAN BLEND APPLE CRISP RAISINS BREAD MILK</p>	<p>11</p> <p>GRILLED SALMON SCALLOPED POTATOES DICED BEETS CHERRY JELLO W/PEACHES CHEESE STICK BREAD MILK</p>
<p>14</p> <p>BBQ BEEF SANDWICH POTATO WEDGES BAKED BEANS FRUIT JUICE MILK</p>	<p>15</p> <p>CHICKEN CACCIATORE RICE ITALIAN BLEND TOMATO JUICE PISTACHIO BAR GARLIC BREAD MILK</p>	<p>16</p> <p>SHEPERDS PIE BROCCOLI GRAPES CHOCOLATE CHIP COOKIES BREAD MILK</p>	<p>17</p> <p>EASTER DINNER HAM SLICE SWEET POTATO CASSEROLE CORN CASSEROLE CREAMY APPLESAUCE SALAD CHOCOLATE COVERED STRAWBERRY BROWNIES ROLLS & MILK</p>	<p>18</p> <p>LEMON TILAPIA FRENCH FRIES CREAM PEAS APRICOTS TAPIOCA PUDDING BREAD MILK</p>
<p>21</p> <p>CHICKEN FAJITA REFRIED BEANS CORN PEACHES BUG BITES MILK</p>	<p>22</p> <p>SLOPPY JOES TATOR TOTS BAKED BEANS PEARS ALMOND CAKE MILK</p>	<p>23</p> <p>PORK CHOP AUGRATIN POTATOES CALIFORNIA BLEND APPLESAUCE BREAD MILK</p>	<p>24</p> <p>CHICKEN STRIPS POTATO WEDGES GREEN BEANS MIXED FRUIT PEANUT BUTTER CHOCOLATE CHIP COOIKES MILK</p>	<p>25</p> <p>CHICKEN FRIED STEAK MASHED POTATOES TUSCAN BLEND TROPICAL FRUIT BIRTHDAY CAKE ROLLS MILK</p>
<p>28</p> <p>SPAGHETTI CAULIFLOWER COLESLAW FRUIT JUICE CHOCOLATE PUDDING GARLIC BREAD MILK</p>	<p>29</p> <p>CHICKEN SALAD SANDWICH POTATO SALAD PEA SALAD PEACHES LEMON CAKE MILK</p>	<p>30</p> <p>HAM & CHEESE ROLL-UP POTATO WEDGES HARVARD BEETS 5-CUP SALAD BREAD MILK</p>		

April 2025

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



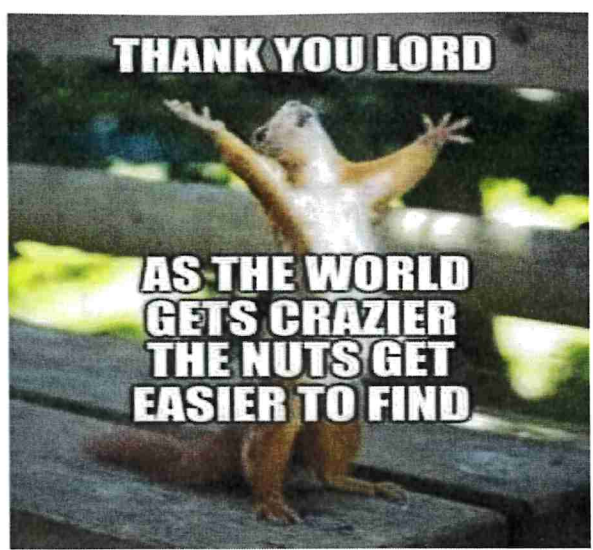
R Y W Z J L X X D C X Y T N J
 I N C H R I S T R H U N T U E
 S Z H M K F J S S I A Q H A L
 E O O R K E E W P C L P R R L
 N L C H U R C H T K T I A W Y
 Z D O D N P V G Q V F R B R B
 C E L E B R A T I O N Y B H E
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 R G E Y F T U C S P R I N G S
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

EASTER

BASKET	BUNNY	CARROT	CELEBRATION	CHICK
CHOCOLATE	CHRIST	CHURCH	DECORATED	DUCKLINGS
EASTER	EGGS	FLOWERS	GRASS	HOP
HUNT	JELLYBEANS	JOY	LIFE	PARADE
RABBIT	RISEN	SPRING	SUNDAY	TULIP

Sometimes I get road rage walking
behind people in the grocery store.

Brain at 3AM: I can see you're trying to sleep, so I
would like to offer you a selection of every
memory, unresolved issue, mistake, or thing you
should have said or done today or in the past 40-



Pure Bread Dog



Whenever I see chocolate, I hear
TWO voices in my head
One of them says
"Eat the chocolate"
& the other one says
"You heard her...
Eat the chocolate."



Me after watching a murder
mystery documentary:



"I need to get in shape, or my
chalk outline is gonna be
a circle."

"Day 21, No one suspects a thing"



I was just going about my day, then suddenly I realized 1975
was 50 years ago!

I just fired myself from cleaning my house. I don't like my
attitude & I got caught drinking on the job

The adult version of "head, shoulders, knees, and toes" is "wallet, glasses, keys, and phone."

People with siblings have better survival skills because they've had experience in physical
combat, psychological warfare and sensing suspicious activity

Processed Foods

Have you heard the nutrition tip - avoid processed foods? The purpose of this newsletter is to provide a full explanation of processed foods. Processed foods are typically identified as packaged, canned, or boxed foods and have been labeled as “unhealthy.” But are all processed foods unhealthy? Let’s look at how processing foods can impact their nutritional value.

What are processed foods? The U.S. Department of Agriculture (USDA) defines a processed food as one that has been altered from its natural state by using a wide variety of techniques, such as; washing, cutting, heating, cooking, canning, freezing, drying, or packaging. The more a food is processed, the more it loses its natural nutrients. This is why we see the biggest difference in nutritional value between a minimally processed apple, like apple slices, versus an ultra-processed apple product, like apple-flavored candy. Processed foods can be broken down into three categories: minimally processed, processed, and ultra-processed.

- **Minimally processed foods:** These foods have undergone minimal changes to help make them consumable while retaining most of their nutritional content. Examples include fresh or frozen fruit and vegetables, fruit canned in 100% fruit juice, unsalted canned vegetables, whole grains, canned or dried beans, meat and poultry (including cuts and ground versions), unsweetened dairy (milk, yogurt and natural cheese) and fresh or frozen seafood.
- **Processed foods:** These foods involve adding ingredients like salt, oil, and sugar or using additional preparation methods that can alter nutritional content. Examples include whole-grain bread, fortified whole-grain cereal, hummus, white pasta, white rice, canned fruits in heavy syrup, salted canned poultry or fish, and salted or sugared nuts and seeds.
- **Ultra-processed foods:** These foods are often very high in added salt, sugar, hydrogenated oils, and saturated fat, making them calorically dense but nutrient-poor. They have often been highly modified from their original form. This category includes sugar-sweetened beverages, ice cream, pastries, cake, frozen meals, candy, fried foods, potato chips, and processed meats that have been cured, smoked, or salted, like ham, salami, bologna, bacon, sausage, and hot dogs.

Are all processed foods unhealthy? Some processing is required to make foods consumable, but that doesn’t automatically make them unhealthy. The key factors to consider are: 1.) The degree of processing in your food choices. 2.) Whether processing has added in high amounts of saturated fats or sugar. and 3.) Whether nutrients, such as fiber, have been stripped away through processing.

The American Institute for Cancer Research, or AICR, says there is an increased risk of cancer with diets high in nutrient-poor processed foods. They recommend limiting “fast foods” and other processed items high in fat, sugar or starch, such as: sodas and other sugary drinks, packaged cookies and pastries, and crackers and chips.

So, what should I eat? Including minimally processed foods and nutrient-rich processed foods in your daily diet can positively impact your health. By reading ingredients and nutrition labels, you can decrease your consumption of saturated fats, added sugars, and sodium.

Source: McKenna Patsios, MMN, Nutrition Therapist Trainee



Processed Foods?

- Foods that are packaged, canned or boxed.
- Eaten often - choose low sodium, low sugar & low-fat options

Minimally Processed Foods?

- Fresh or frozen fruits and vegetables
- 100% fruit juices
- whole grain foods



Ultra Processed Foods?

- Foods high in salt, sugar, hydrogenated oils, & saturated fats.
- ice cream, pastries, frozen meals, fried foods, potato chips