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Still, Kathleen Romig, director of Social Security and Disability Policy at the Center on Budget and Policy Priorities, says increased Medicare premiums will "absorb a disproportionate share of the COLA for most people." One premium is rising by an estimated 6%, or roughly \$9.90 a month.

"Seniors and people with disabilities tend to spend a greater share of their incomes on health care, and

clares.

While the money is used to pay people currently receiving benefits, any unused money goes to the Social Security trust fund. Some of the money in the trust, together with the Social Security contributions of people in the workforce, pay for future benefits.

To determine what amount of Social Security you'll receive, the government calculates a percentage of your highest wages from your top 35

more economic. Analyst at Bankrate. "Of course, food, shelter, and energy costs are all still elevated. Those are things most people cannot go without."

Is the trust running out of money?

Future problems with the fund have long been predicted, largely because of demographic shifts. As birthrates decline, fewer people become workers, which results in fewer payments of payroll taxes. Mean-

more than 20% cut, if the administration fails to address the shortfall," Hamrick said. "The gospel is, 'You can't touch Social Security.' The longer this problem is unresolved, the less optimal the solutions become."

YMCA tumbling program receives Rotary Foundation grant

MCCOOK, Neb., — The McCook Rotary Club, dedicated to supporting local organizations that make a positive impact on the community, proudly presented the YMCA of McCook with a generous grant of \$1,260. This funding, made possible through the Rotary Foundation District Grant program, is earmarked for the YMCA Tumbling program, enhancing its equipment and capabilities.

The YMCA Tumbling program, launched in late spring 2023, has gathered strong support from both its members and the community.

Thanks to the grant, the program has been able to expand its equipment offerings which will greatly enrich the experiences of its students and their ability to progress.

Among the notable additions to the pro-

gram's equipment inventory are an Octagon Tumbler, Springboard, Kip Bar, and an 8-foot Floor Beam. While the dedicated Tumbling instructors have performed well with the equipment available at the pro-

gram's inception, the introduction of these new pieces will undoubtedly take the program to new heights.

"We are extremely grateful for the contribution from the McCook Rotary Club to assist our efforts to provide quality programming for our community," said Mitch Gross, YMCA CEO. "This is another example of organizations working

together to achieve a common goal of making McCook a better place to live. The YMCA strives to be a partnership-based association and we look forward to continuing serving the community in this regard through

collaboration."

YMCA tumbling classes are designed to provide a safe, supportive, and fun environment for students of all levels to learn and grow in their movement journey.

Winter classes start Nov. 2 in the YMCA Multipurpose Room. Online registration is now available and strongly encouraged as space is limited.

For more information and to register for YMCA tumbling programs, visit mccookymca.org or call 308-345-6228.

About McCook Rotary Club: The McCook Rotary Club is a dedicated group of community leaders committed to service above self. With a mission to support and enhance local organizations making a positive impact, the Rotary Club has a long-standing history of contributing to the betterment of McCook and its surrounding areas.



Courtesy photo

YMCA of McCook tumbling instructor Zoie Horinek, center front, gathers with, from left, YMCA CEO Mitch Gross, McCook Rotary Secretary Caitlin Whitehead, Tumble Instructor Tavio Hargrove, YMCA Fitness Director Vincent Allen, and Rotarian Jessica Bortner for presentation of a Rotary grant that will be used for tumbling equipment.