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Senior Citizens of Marion County, Inc. & Marion County Dept. on Aging

Senior News & Views

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Address Service Requested

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No More Secrets on Drug Prices

For years, most pharmacists were restrained in telling customers an easy way to save money on prescription drugs. When the cash price for a prescription is less than what you would pay using your Insurance plan, pharmacists will no longer have to keep that a secret. This bill affecting Medicare beneficiaries won't take effect until January 1, 2020. Banning gag clauses will make it easier for more Americans to afford their prescrip-

tion drugs because pharmacists will be able to proactively notify consumers if a less expensive option may be available. You don't have to wait until the gag order ban takes effect in two years. The Medicare rule also says that if a senior asks about a lower price for a prescription, the pharmacist can answer. Another piece to the drug prices is when the legislation removes the gag orders, it doesn't address how patients who pay the cash price out-

ance plan can apply the expense toward meeting their policy's deductible. But for Medicare beneficiaries there is a little-known rule not found in the "Medicare & You" handbook or on its website that helps people with Medicare Part D or Medicare Advantage coverage. If they pay the lower cash price for a covered drug at a (Drug Prices see Pg. 2)



"It is Christmas in the heart that puts Christmas in the air!"

By: W.F. Ellis

"Merry Christmas Happy New Year!"



Gayla
Lanell
Barbara

LAFF FOR THE DAY:

What do snowmen eat for breakfast?



Snowflakes!

LIEAP and Tax Assistance

The Marion County Dept. on Aging is offering to help individuals file their Low Income Energy Assistance Program applications starting January 22. The Department will also

help with filing Homestead Refund for homeowners. Interested persons can set up an appointment by calling 620-382-3580. There is no charge for this service. Barbara Smith, Vol-

unteer and Gayla Ratzlaff, Coordinator will be helping individuals with State and Federal Income Tax returns starting February 4 for individuals with income less than \$60,000.00.

Drivers License Renewal: Vehicle Dept. Courthouse Tuesday through Friday:

8:30 a.m. to 4:00 p.m. Ph. 620-382-3106

Keep the following agencies & phone numbers handy:

Marion County Health Department all day clinics on Wednesdays - 620-382-2550

Marion County Home Care - Marion - 620-382-3690

Mental Health Service - Hillsboro - 620-947-3200

Veteran Service Rep. - 2nd Tues. even number months-10:00 a.m. at Marion Sr. Center

Social Security - Toll Free-1-800-772-1213 or call Salina Office-1-877-405-3494

Dept. of Children & Families - Newton Office -1-888-369-4777 or 316-283-3015

Central Home Care - Newton - 316-283-8220 or 1-800-301-9499

Harry Hynes Memorial Hospice - Wichita-1-800-767-4965

Gentiva Hospice of Kansas - McPherson - 1-800-854-4802

Kansas Alzheimer's Help Line - 1-800-432-3535

DO NOT CALL LIST - 1-888-382-1222 - To have your phone number removed from the telemarketers call list you must dial this number from your home or cellular phone.

EMERGENCIES DIAL 911

Winter Blues

During the winter months, many people find themselves feeling down. Whether it's the cold weather, shorter days, the holidays over or missing loved ones, seasonal sadness can often creep in during this time of year. While these feelings may be hard to dismiss, it's important to remember that every day is truly a blessing! Here are some ideas to counter those blues: 1) Brighten Your Home- the Vitamin D from natural light can help to improve your mood. Make it a daily rou-

tine to open your blinds and curtains. 2) Anticipate an Event-Looking forward to an upcoming party or celebration, planning to redecorate for the spring or waiting for a package to arrive, can help to create positive feelings and excitement. 3) Stick to a schedule-It can be tempting to alter your schedule to avoid activities and socialization and hibernate instead. 4) Eat a balanced Diet-This is a natural way to boost your mood and energy. Avoid unhealthy snacks and instead snack on complex carbohydrates

hummus, blueberries and Greek yogurt. 5) Stay active-Exercise can be vital to lifting you up during the winter. You can walk indoors, stretching or lifting light weights. 6) Accomplish a Goal-If you've been putting off a task now is the time to tackle it. Add it to your to do list and once it's finished, cross it off. 7) Socialize-Being around other people talking to them can lift spirits. Get together with friends/family or simply give them a call.

2019 Social Security Benefit Statement

This information is for those of you, who switched prescription drug plans and have your premium deducted from your Social Security check. Your 2019 Social Security benefit statement you receive in December may have your old plans premium for next year. Sometimes when it is re-

quested on-line for it to come out of your Social Security check it doesn't happen. In this case you will need to call your new company and request it come out of your Social Security check. We would be glad at the Dept. on Aging to assist you with getting this straightened out.

Drug Prices (from page 1)

pharmacy that participates in their Insurance plan and then submit the proper documentation to their plan, insurers must count it toward patient's out-of-pocket expenses. This can be beneficial for people who get into the donut hole during the year.

CONGRATULATIONS

KANSAS

on your
158th Birthday
January 29, 2019



OLDER KANSANS DAY



February 12, 2019
Topeka, Kansas

HANDY HINT:

Ring Around The Pot to keep potatoes or pasta from boiling over, rub a little vegetable oil around the rim of the pot.



National Popcorn Day

January 19th is National Popcorn Day. Whether you pop it on the stove or in the microwave, make sure you take time to celebrate this super snack that is both fun to eat and a healthy snacking option. Some fun facts about popcorn are: Americans average an annual consumption of 68 quarts of popcorn each year which means we eat more than 17 bil-

lion quarts of popcorn all by ourselves. Sugar shortages during WWII made candy hard to come by, catapulting popcorn consumption to three times its pre-war levels. Popcorn is made up of both yellow and white kernels but only about 1 in 10 kernels are white. A single kernel pops with such force that it can be propelled up to 3 feet in the air. If you laid popcorn kernels end to end from

coast to coast beginning in New York City and ending in Los Angeles, it would take more than 350 million popped kernels to span the distance. Popcorn is also high in fiber, very low in fat and contains no salt or sugar.



Tijuana Trash

This recipe can help the Winter Blues by making it and inviting friends over to help you eat it. You could even make it on January 19 to celebrate National Popcorn Day, New Year's Eve or Super Bowl party. 2 cups Tortilla Chips, broken into 1 inch pieces (I like to use small Tostitos and break them in half), 1 1/2 cups Crispix Cereal or 1 1/2 cups Corn Chex , 4-5 cups of

popped popcorn, 6 ounces Nuts, of choice, 4 tbsp. light Corn Syrup, 4 tbsp. Butter, 4 tbsp. Brown Sugar, 3/4 tsp. Chili Powder, 1/8 tsp. ground Cinnamon, 1/4 tsp. Cayenne Pepper. Directions: Preheat oven to 250 degrees F., Combine Tortilla Chips, Cereal, Popcorn and Nuts in large roasting pan. Combine corn

syrup, butter, brown sugar, chili powder, cinnamon and cayenne pepper in a small saucepan and heat to boiling. Pour over the cereal-popcorn mixture in the pan; stir to coat thoroughly. Bake uncovered 1 hour, stirring every 20 minutes. Remove from oven and turn onto a sheet of waxed paper to cool. It will keep in an airtight container for about 2 weeks.

Mark your calendar for the upcoming events: ✓

JANUARY:

January 18-SCMC Bd. Mtg.-Hillsboro

FEBRUARY:

February 15-SCMC Bd. Mtg.-Durham



Holiday Closing Dates for the County Courthouse and Marion County Dept. on Aging:

December 24 & 25-Christmas, January 1-New Year's Day, January 21-Martin Luther King, Jr. Day and February 18-President's Day.

Nutrition-Sites will be closed on January 21, Martin Luther King, Jr. Day.