

Senior News & Views

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Road Safety for Seniors

Spring Thoughts

*“Sweet April
Showers do
spring May
flowers!”*

By: Thomas Tusser



*“Spring is when
life’s alive in
everything.”*

By: Christina Rossetti

April is National Distracted Driving Awareness month. A study by Sunanda Dissanayake, Ph.D., P.E. from Kansas State University did a study on older driver safety issues in Kansas. She did a comparison between older drivers and all drivers. Her study found that most accidents happen for both age groups on straight and level roadway, in the daylight on rural roads at a four way intersection. Older adults reported that roundabout lo-

cations are the most difficult. So why do perfect road conditions result in crashes? We are not as attentive during these times and believe we can do other things while we drive. By using common sense and eliminating distractions that take our mind, hands or eyes off the road, we can reduce the number of crashes caused by distraction. Some smart and simple steps to take toward the goal include the following: Keep your phone or other electronic de-

vices in the back seat or glove box. Set your GPS before you start driving. Avoid eating and drinking while driving. Don’t use the car as your dressing or make up room. Pull over if you need to discipline grandchildren or reposition your pets or other items. Remain focused on your driving and stay alert for other drivers who may be distracted. Remember, as the saying goes, “the door to safety swings on the hinges of common sense” and (Road Safety see pg. 2)

LAFF FOR THE DAY:

“Where does the Easter Bunny eat breakfast?”



“Ihop!”

National Volunteer Week April 15-21, 2018

“Volunteers are the Heart of Our Team” is the 2018 theme. Volunteers are outstanding in the things they do, upstanding in their service all year through, reliable and treasured

wherever they are and do more than their part with a generous heart! Let the volunteers in your community know how much you care and appreciate them. Many thanks to the volunteers countywide for

volunteering with such a generous heart for all the aging programs throughout Marion County! You are appreciated!!

thank
you 

AARP Smart Driver

There are several programs for older adults to help them maintain their highest performance at driving. One of the programs is the AARP Smart Driver Course it is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. You can take this program in a group or on-line. The course covers: research-

based safe driving strategies: Information on the effects of medication on driving, preventive measures to reduce driver distractions, proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today, techniques in 19 key areas, including construction zones, child safety seats, school buses, cell phone use and easy-to-follow format incorporating adult-learning principles. If you want to take this course in the comfort of our own

home, you can find it at www.aarpdriversafety.org The course is 8 hours long and costs \$24.95.



CarFit

The Marion County Dept. on Aging offers CarFit an educational program that provides a quick, yet comprehensive review of how well you and your vehicle work together. The program involves you sitting in your car and going through a 12-point checklist with a CarFit technician. The en-

tire process takes about 20 minutes. You will look at such things as clear line of sight over your steering wheel, plenty of room between your chest and the airbag, your sit fits comfortably and safely, how easy is it to reach your gas and brake pedals and properly adjusted head

restraint. You will leave with recommended car adjustments and adaptations, a list of local resources in your area and greater peace of mind. If you are interested in this program, call Marion County Dept. on Aging at 620-382-3580.

Older Americans Month May 2018

The 2018 theme for OAM "Engage at Every Age", emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental and emotional well-being. Participating in activi-

ties that promote mental and physical wellness, offering your wisdom and experience to the next generation. It also celebrates the many ways in which older adults make a difference in our communities.

Road Safety (Pg. 1)

we all have the capacity to improve our driving behaviors and stay alert behind the wheel. Your life and the lives of others may depend on it.



Diabetes Prevention Program

The Diabetes Prevention Program will be offered in Hillsboro beginning May 1 at Trinity Mennonite Church, 211 South Elm, Hillsboro, Kansas. The class will meet Tuesdays from 7:00-8:00 p.m. This program is for individuals, who have been told by their physician they have prediabetes. The class is designed to prevent or delay the onset of diabetes. This class is not for individuals with Type 1 or 2 diabetes. This is a year-long program where the

group meets once a week for the first four months and then once or twice a month for the rest of the year. The program is led by a lifestyle coach where the first four months you will learn how to eat healthy, add physical activity to your life, deal with stress and cope with challenges that can derail your hard work. In the second half of the program, you will enhance the skills you've learned so you can maintain the changes you've made. You will have

the benefits of the others in the group through similar goals and challenges. The cost of the program is \$120.00 and if you attend all of the classes you will receive half of your cost back. An informational meeting will be held on Tuesday, April 24 at 7:00 p.m. at Trinity Mennonite Church.



Preventing Type 2 Diabetes

About 29 million Americans, or nearly 1 in 10 people, have diabetes. Many more have a condition called prediabetes. People with prediabetes usually have no symptoms, yet they're at risk for eventually developing Type 2 Diabetes, heart disease and stroke. Prediabetes is a

very early form of diabetes. The first thing you should know about prediabetes is that it is reversible and does not have to lead to full blown diabetes. The second thing you should know about prediabetes is that you-and really only you-have the power to reverse it. How can you do that?

Research shows that you can greatly reduce your risk for Type 2 diabetes and prediabetes by eating a healthy diet, getting plenty of activity and losing excess weight.



Mark your calendar for the upcoming events: ✓

MARCH: March 31-LIEAP deadline.

APRIL: April 1-Easter Sunday April 20 -Tampa Seniors host County Bd. Meeting, April 15-21, 2018-National Volunteer Week, "*Volunteers are the Heart of Our Team!*" *Be sure to thank volunteers this week at your site!*

MAY: May 10-Second half of Marion County Property Taxes due, May 13- Mother's Day, May 18- Marion Seniors host County Bd. Meeting and May 28-Memorial Day, all County Offices and Nutrition-Sites closed.

Senior Citizens of Marion County, Inc.

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Non-Profit

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Permit 20

Marion, Kansas. 66861

Address Service Requested

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 - Ph. 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

Kindred Hospice - 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