

Senior News & Views

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*"Christmas is
Family, Friends,
Hope, Joy,
Memories, Peace
and Love."*



Author Unknown

*"Merry Christmas
Happy New Year!"*



*Gayla
Lanell
Barbara*

LAUGH FOR THE DAY:

**Where do the three
wise men go to get
their robes tailored?**



Bethle-HEM!

Prescription Drug Plan

During Prescription Drug open enrollment I heard a lot of people comment they were not happy with their prescription plan because it did not pay anything toward their medications cost. This year there were only four plans which did not have a deductible and the other 24 plans had deductibles ranging from \$100-\$435. The truth be told your plan may have helped you when you were in the deductible. Some plans during the deductible

when you use a preferred pharmacy and they have classified medications Tier 1 or Tier 2 (preferred generic and generic) have a zero co-pay. Example would be if you take Atorvastatin, Furosemide, Gabapentin and Lisinopril the total retail cost of your medications is \$20.99 but buying your medications at a preferred pharmacy you pay only \$2.00 (three of these medications have a "0" co-pay and the fourth one is \$2.00) If you buy

at a standard in-network pharmacy you might pay a set amount for a medication in deductible. Example of this is Digoxin in one plan where the retail cost is \$16.59 but you only pay \$10.00 for the medication or triamcinolone acetonide cream retail cost is \$63.38 and you only pay \$10.00. When you get the monthly summary you see where you have paid \$20.00 for those two medications but the company paid nothing. (Prescription Drug Plan see Pg. 2)

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 21. 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

Prescription Drug Plan (from page 1)

When we run these comparisons we see what the retail cost is and what you pay in the deductible, after the deductible, in the coverage gap and after the gap. Unfortunately for some people based on the plan they are in and where they buy their medications they may be paying the full cost of your medications in the deductible. One way for you to find out if you are getting a break on your medications is to look in your formulary book which tells you the tier of your medications and what your

cost is according to their plan. This formulary does not tell you the retail cost of your medications because everyone uses different pharmacies. On a side note in regards to Prescription Drug Plan premium's if you have chosen to have it come out of your Social Security check for 2020. You will receive your Social Security Benefit statement near the end of December which will tell you what your gross 2020 Social Security benefit is plus how much they are taking out for your Part B (\$144.80) and your Pre-

-um. If Social Security has not received word that you have switched plans by the time they send this out your Prescription Drug Plan premium may reflect your 2019 plans premium for 2020.



2020 Census

The 2020 Census will happen this coming March. Between March 12 and 20, the majority of households will receive a postcard invitation to respond online to the Census. Those who don't answer will then receive the traditional paper form in the mail. If a household still does not respond, the bureau will

send a census taker to knock on the door to collect the household's data. How can you tell if it is a real Census employee verses a scammer? The Census worker will have a valid identification badge with his or her photograph, a Department of Commerce watermark and an expiration date. The real Census employee won't ask for

your full Social Security number, for money or donations, or for bank or credit card numbers. One of the major reasons a Census is taken is because it determines the number of seats in the U.S. House of Representatives and the Electoral College votes that each state gets, are determined by Census numbers.

CONGRATULATIONS KANSAS

on your
159th Birthday
January 29, 2020



OLDER KANSANS DAY



February 11, 2020
Topeka, Kansas

HANDY HINT:

Use a Fork to prevent smashing your fingers when hammering nail, hold the nail in place between the tines of a fork.



Dry Skin

Dry skin is a common problem in the older individual but can become worse in the winter. Dry skin isn't usually serious. In most cases it's caused by factors like hot or cold weather, low moisture in the air, and soaking in hot water. You can do a lot on your own to improve your skin, including using moisturizers and avoiding harsh, drying soaps. Dry skin is likely to cause one or

more of the following: A feeling of skin tightness, especially after showering, bathing or swimming, skin that feels and looks rough, itching (pruritus), slight to severe flaking, scaling or peeling, fine lines or cracks, gray, ashy skin, redness or deep cracks that may bleed. When should you see the doctor: your skin doesn't improve in spite of your best efforts, redness, itching interferes with your sleeping, open

sores or infections from scratching, large areas of scaling or peeling skin.



VOLUNTEERS NEEDED

The Marion County Dept. on Aging is needing volunteers. The first opportunity is at the Marion Sr. Center helping load commodities every other month on the third Wednesday at 8:00 a.m. usually done by 9:30 a.m. The work involves loading cases of canned goods, boxed fruit and

cases of frozen meat into cars/trucks. The next distribution is Wednesday, December 18th. The second opportunity is volunteer driving taking Marion County 60+ residents to medical appointments, grocery store or hair appointments using the Dept. on

Aging van. These trips are in and out of county. The Dept. on Aging operating hours are 8:00 a.m. to 4:30 p.m. Monday through Friday only. If interested in volunteering call the office 620-382-3580.



Mark your calendar for the upcoming events: ✓

JANUARY:

January 17-SCMC Bd. Mtg.-Hillsboro

FEBRUARY:

February 21-SCMC Bd. Mtg.-Marion

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

December 24 & 25-Christmas, January 1-New Year's Day, January 20-Martin Luther King, Jr. Day and February 17-President's Day.

Nutrition-Sites will be closed on January 20, Martin Luther King, Jr. Day.

**Happy New Year
2020**

Senior Citizens of Marion County, Inc.

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620-382-3580

aging@marioncoks.net

Non-Profit

U.S. Postage Paid

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 - 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 tele-marketers call list you must dial this number from your home or cellular phone.

EMERGENCIES DIAL 911