

Senior Citizens of Marion County, Inc.
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Marion, KS. 66861
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 telemarketers call list you must dial this number from your home or cellular phone.

EMERGENCIES DIAL 911

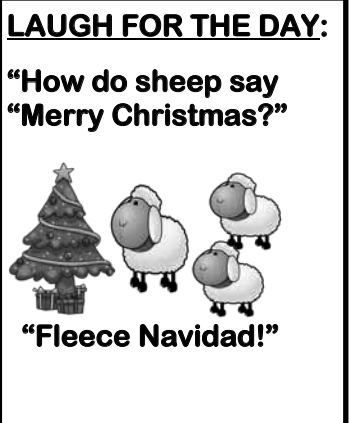
Senior Citizens of Marion County, Inc. & Marion County Dept. on Aging

Senior News & Views

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Gayla Ratzlaff, Coordinator
Lanell M. Hett, Sec./Trans.
Barbara Smith, Dept. Vol.



Medicare Part D Can Make Changes

Your Medicare Part D Plan is allowed to make changes to your prescription drug plan formulary throughout the plan year. But, to protect plan members, Medicare Part D plans are restricted as to the types of changes made to a drug list. For instance, your Medicare Part D plan is permitted to make a lower-costing generic drug substitution for a brand –name drug as a formulary “maintenance change”. In other words, since a generic drug equivalent is available, your Medicare Part D Plan can replace the brand-name drug. In fact, a Medicare Part D can immediately drop your brand-name drug from the plan’s formulary when a new generic equivalent becomes available. A Medicare Part D Plan can also immediately remove a medication if FDA found the drug to be dangerous. Finally, when a prescription drug is being discontinued by the manufacturer, your plans may provide coverage until there is no longer a supply of the medication available. What can I do when a drug is dropped? Your drug plans may inform you there is a drug change, unfortunately, many people learn that their brand medication is no longer being covered while waiting to get a prescription filled. If your medication is no longer being covered by your drug plan then you can first see if the newly introduced generic is an adequate substitute or you (Medicare Part D see Pg. 2)

LIEAP and Tax Assistance

The Dept. on Aging is offering to assist individuals file Low Income Energy Assistance and Homestead Refunds starting January 4. We will provide assistance by phone, you can drop off your information or by appointment if not possible to do it by phone. We will start doing State/Federal returns starting February 1st but will not do in-person appointments. You can drop off tax documents, we will call you when return is completed and set up a time to go over return. Income Guideline assistance is \$60,000.00 or less.

Not Falling During The Winter Months

With the arrival of cold winter weather, elderly adults should be aware of the increased risk for falls. Ice and snow presents a serious danger for anyone venturing outdoors in the winter. Conditions that put elderly adults at risk is the loss of sensation in feet, taking multiple medications and unsteady gait due to weakened muscles. Here are some suggestions for preventing falls. Plan trips around the weather. Allow enough time to get where you are going. Exercise caution when getting

into and out of the vehicle. ask someone to help you navigate slippery or unsafe paths. Concentrate on where you are walking and walk slowly. Wear appropriate footwear and gloves. Avoid carrying items. Clean your shoes after going inside.



Walk Safely in Winter



Take short steps or shuffle for stability. Bend slightly forward and walk flat-footed with your center of gravity directly over your feet. Keep your hands out of coat pockets. If you fall, fall with sequential contacts at your thigh, hip and shoulder. Don't brace self with outstretched arms. Bend your back and head forward to avoid hitting your head against the ground.

Medicare Part D (Pg.1)

and your prescriber can review your plan's formulary to see if your Medicare Part D plan covers another medication that might also work for you.



CONGRATULATIONS

KANSAS

on your
160th Birthday
January 29, 2021



HANDY HINT:

ICE-B-GONE!

Mix 1 tsp. of Dawn Dish Soap with 2 Tbsp. of Rubbing Alcohol and 1/2 gallon of warm water. Apply to your steps and sidewalks to avoid the freezing all together! (And no more salt eating away at your concrete).



FOG-FREE CAR WINDOWS

Use a small amount of Shaving Cream instead of glass cleaner to clean the inside of your car windows. They won't fog up!



COVID-19 2020

When this over, may we never again take for granted a handshake with a stranger, full shelves at the store, conversations with neighbors, a crowded theatre, Friday night out, the taste of communion, a routine checkup, the school rush each morning, coffee with a friend, the stadium roaring, each deep breath, a boring Tuesday, life itself. When this ends, may we find that we have become more like people we wanted to be, we were called to be, we hoped to be and may we stay that way—better for each other because of the worst. By: Laura Kelly Fannucci

Tis The Season For Giving

While the season looks different than years past, we still can make it a special one. Here's some simple, but nice ideas: Write a letter to your grandkids with memories of how you spent holidays as a child. Connect with your daughter or daughter-in-law and pass on a family recipe. If family live close by make the recipe and have them pick it up at your house, don't for-

get to include the recipe. Call up a friend and have each of you share a story of a fun trip that you took with your family or friend. Call a grandchild or great grandchild nightly and read a bedtime story. Start a pen pal with a grandchild, family member or friend. Send a note to a health care worker or first responder. Reach out to another senior who might be alone this season and deliver a special meal or

treat to them. Do you have a skill such as knitting you could make hats and scarfs and donate to second hand stores in Marion County. Make walker caddies for walkers for nursing home residents. Put together a birthday box, cake mix, birthday hats and candles and donate to local food banks.



Gratitude Jar/Box

Hopefully you see the light at the end of the tunnel with the pandemic. But as you wait for it to be over maybe you might want to consider making a gratitude jar. Similar to a gratitude journal, it's a jar or box filled with reminders of what you're grateful for. The opposite of those crushing "I don't"

statements, gratitude reminds us of what we do have. It's what makes the glass half full and research shows that staying grateful can improve our mental health. It just takes finding a jar or box. Every day, sometimes several times a day, write down what

you are grateful for and add these "gratitude notes" to your jar. And when you have a down day, pulling a note or two from your gratitude jar reminds yourself that life is full of wonder and you have the strength and support to overcome anything.

What are you grateful for?

Mark your calendar for the upcoming events: ✓

JANUARY:

January 15-SCMC Bd. Mtg.-Hillsboro

FEBRUARY:

February 19-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 18-Martin Luther King, Jr. Day and February 15-President's Day.

Nutrition-Sites will be closed on January 18, Martin Luther King, Jr. Day.

Happy New Year
2021