

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 - Ph. 620-382-2550

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

Mental Health Service - Hillsboro - 620-947-3200

Veterans Service Rep.-2nd Tuesday even number months-11:00 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 (formerly SRS) - Newton Office - 1-888-369-4777

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

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

Harden 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.



## A Day to Celebrate

*"The coals are red hot,  
The flag's proudly  
waving, The fireworks  
are popping and the  
band's loudly playing.  
All over the country we  
see the stripes and stars.  
Today we celebrate this  
great country of ours"*

*By Sharon Hendricks*

## LAFF FOR THE DAY:

"Where does a fish  
keep his money?"



"In the river bank!"

## Summer Classes Offered

The Marion County Dept. on Aging will be offering several classes this summer. There is no fee for any of the classes. Tai Chi will be offered in Hillsboro and Marion. Tai Chi is a series of slow, flowing motions which help improve balance, lower blood pressure, heart and breathing rate. The participant will learn as they follow along. The Tai Chi Class will be 20-30 minutes. The Hillsboro Class will be at 8:00 a.m. every Thursday in the Hillsboro Park

starting on July 2 through August. The Marion Class will be on Thursdays at 10:30 a.m. at the Marion Senior Center starting July 2. Come check us out . A Caregiver Support and Education Class will be at the Marion Assisted Living starting in July. Watch local newspaper for date and time. This class is for caregivers and provides information for reducing stress, communication and dealing with emotions. Living with Diabetes is a six

week class starting August 4th at 9:30 a.m. at Hilltop Manor in Marion. This is a self-management class for individuals with diabetes and family/friends of a person with diabetes. A Tai Chi for Diabetics will be offered to people with diabetes. The class will be every Tuesday starting August 4th at 1:00 p.m. for 6 weeks.



## Kansas Legal Services

The Kansas Legal Services which serve Marion County is located in Emporia. This office provides assistance with non-fee producing cases that affect individual's income, hous-

ing, healthcare and consumer concerns. The application process has changed from contacting them by phone to applying for legal assistance by filling out an application online at

www.kansaslegalser  
vices.org. The second option is calling the toll free number 1-800-723-6953 (Mon-Fri) from 7:30 a.m. to 5:45 p.m. to see if you are eligible for legal assistance.

## Medications and Sun



Summer is here and the days continue to get hotter.

It is important to be more mindful and watchful of the medications during warmer months for a number of reasons. The reasons that everyone loves summer; the water, sun and heat are the exact same reasons that extra care must be taken when using medications. During the hot summer months, it is easy to become dehydrated. Dehydration is made worse when individuals decrease their fluid intake in an attempt to manage bathroom visits. Add in "water pills" or diuretics and the loss of fluid dehydration can be profound. Additionally, constipation is often caused by not consuming enough fluids and may be worsened during the summer months due to evapo-

ration of fluid from the skin. When certain medications are taken, exposure to the sun may also cause individuals to sunburn more easily. Reactions may occur with topical tetracycline and some sulfur-based products. Medications that are taken orally may also cause this response. A few well-known examples are amiodarone, sulfur compounds and tetracyclines, thiazide diuretics and some anti-diabetic agents. The heat may cause greater problems as we age. Older people may become more sensitive to any increase in the heat and may rapidly overheat. Certain medications may worsen this problem, causing individuals to be less likely to sweat and perspire, thus blocking their response to the heat and humidity. Medications such as haloperidol, thioridiaz-

ine and several others may cause individuals not to sweat. The release of heat is suppressed and individuals can overheat. While taking these medications, overheating may result in heat stroke. Use extra care to prevent becoming overheated from sun exposure, exercise and hot weather. For all above reasons, during the sunny months, it is extremely important to ask a healthcare provider about being out in the sun when starting any new medication or routine medications. How a person might react to a medication is often dependent on the dosage, the length of time in the sun and the sun exposure. Be mindful that these reactions can occur with any medication that is taken or applied.



## Farmers Market Voucher Program

The Marion Co. Dept. on Aging is distributing Farmers' Market Vouchers again this summer. This program is available to individuals 60 years and older, live in Marion County and meet the Gross Monthly Income Guidelines as follows: household of one-\$1,815, household of

two-\$2,456, household of three-\$3,098 and a household of four-\$3,739. The vouchers are worth \$30.00. They can only be used at certified farmer booths which will display a sign of their participation. The vouchers can only be used on local grown fruits, vegetables, herbs and honey for

human consumption. Call the Dept. on Aging at 620-382-3580 about receiving the vouchers or any questions you might have about the program.



## New Medicare numbers

President Obama signed a bill in April which will remove the Social Security number from your Medicare Card. This won't happen overnight. The plan is for the next four years new people applying for Medicare for the first time will be the first to have a different number. There are nearly five thousand people, who apply for Medicare every day. Then following those four years there will be four more years where they will change present card hold-

ers number. The cost will be \$320 million to pay for this change. So present card holders this won't begin until tentatively around the year 2020. The operational plans to implement the law have not been worked out. This law hopes to protect individuals from identity theft. The Marion County Department on Aging will make present cardholders aware when this process begins for them. You will receive no phone call from Medicare or Social Security in re-

gards to the changing of your number. These two agencies do all their correspondence by mail. Unfortunately when changes like this happen it opens the door up for scammers to try to take advantage of people.

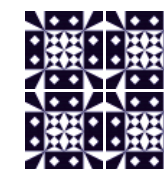


## SCMC 55th Annual Meeting

The Senior Citizens of Marion County, Inc. Board is beginning celebration plans for their **55th Annual Meeting on Thursday, October 15, 2015** at the Marion Sr. Center. This year the Board will be honoring fabric quilters. You will be able to nominate

someone by picking up a nomination form starting July 6 from your local senior center, Marion Co. Dept. on Aging or go to the Department Webpage at [www.marioncoks.net](http://www.marioncoks.net) and download the form. This nomination must be received at the Marion

County Dept. on Aging by August 19th and will be reviewed by the SCMC Board at their meeting on August 21st.



## Mark your calendar for the upcoming events: ✓

**JULY:** July 3-County Offices & Nutrition Sites closed, July 4-Independence Day, July 17- SCMC Board Meeting-Hillsboro Sr. Center, July 22-25, 2015-**85th Annual Marion County Fair- "Blue Jeans & Country Dreams!"**

**AUGUST:** July 31 & August 1-2-Goessel Threshing Days, August 21-SCMC Board Meeting-Burns Community Center.

**SEPTEMBER:** September 5-7-Labor Day Celebration-Florence. September 18-SCMC Board Meeting Peabody Sr. Center. September 22-Senior Fair at Salina Bicentennial Center 8:00 a.m.-4:00 p.m. September is National Senior Center Month. The 2015 theme is: **"Celebrate LIFE at your Senior Center!"**