

Senior Citizens of Marion County, Inc.
309 South Third
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 - 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 - 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 - 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.



*“You’re a grand
old flag, You’re a
high flying flag and
forever in peace
may you wave.”*

By George M. Cohan



Happy 4th of July!

LAFF FOR THE DAY:

“How do baseball
players stay cool?”



“They sit next to
their fans!”

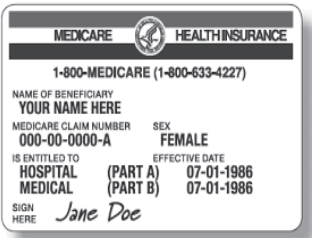


New Medicare Card

Kansans will start receiving their new Medicare Card after June 2018. Instead of your Social Security Number (SSN), your new Medicare Card will include a new number unique to you. This will help to protect you against identity theft and protect Medicare from fraud. Medicare will automatically mail your new card to the address you have on file with Social Security. Each person with Medicare will get their own randomly-generated Medi-

care Beneficiary Identifier (MBI) number. Spouses or dependents who may have had similar numbers will have their own different MBI. When you’ve received your new Medicare Card, take these steps to protect your information and identity: Destroy your old Medicare card right away. Start using your new Medicare Card. Doctors, other health care providers and plans approved by Medicare know that Medicare is replacing the old cards,

so carry the new card with you. Protect your Medicare Number like you would your credit cards. Only give your new Medicare Card Number to doctors, pharmacists, other health care providers, your insurer or people you trust to work with Medicare on your behalf. (Medicare Card see pg. 2)



Farmers Market Checks

The Marion Co. Dept on Aging has Farmers Market Checks available. Individuals age 60 and above and meet the income guidelines which is a monthly gross income for a house-

hold of one-\$1,872, household of two-\$2,538, household of three-\$3,204 and household of four-\$3,840. These checks can be used at any Kansas Farmer Markets to purchase fresh fruits

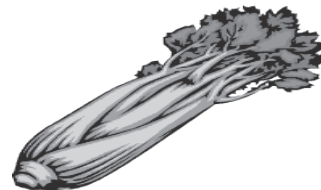
and vegetables from an authorized farmer. The Farmers Booth will display a sign “Senior Farmer Market Nutrition Program-checks accepted here.” The checks are \$30 and can be used until Nov

Medicare Part A

Recent national news reported that Medicare will go broke three years earlier than expected. This report was not about the whole Medicare Program which includes Medicare Part A, B, C and D. This report was referring to the trust fund paying for hospital services called Medicare Part A will be depleted in 2026. This part of Medicare is what you have paid into while you were working and is free compared to Medicare Part B premium of \$134.00 a month. Even in 2026 the Hospital Insurance Trust

Fund is projected to still be sufficient to pay 88 percent of Medicare costs. Medicare does continue to pose long-term budgetary challenges, stemming from the aging population and the continued rise in costs throughout the U.S. Health Care system. Some recent strategies to try to slow down the depletion have included Medicare not paying more for services based on the setting in which those services are delivered and reducing use of services that are unnecessary.

HANDY HINT



If you want to keep celery fresher longer, wrap it tightly in aluminum foil and refrigerate. Celery generally lasts between three to four weeks.

Medicare Card (from page 1)

Beware of people contacting you about your new Medicare Card and asking you for your Medicare Number, personal information or to pay a fee for your new card. Medicare will never contact you uninvited to ask for personal information.

Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card. If someone asks you for your information, for money or threatens to cancel your health benefits if you

don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).



Move With Balance

Last Thursday the Marion County Dept. on Aging began offering a 10 week class called Move with Balance. The class is Thursday mornings from 10:30-11:30 a.m. at Marion Sr. Center from June 21– August 26. It is not too late to come join us. The class focuses on vision training and sensory motor

integration. Our exercises include strengthening exercises for the lower body, regular balance exercises and other integrative, fun activities and games that progressively challenge the older adults balance and brain in a safe environment. These exercises can be done sitting down

or standing up. Move withBalance is an award-winning, evidence-based program that is proven to reduce falls.



Woodworkers

The Senior Citizens of Marion County, Inc. Board will be honoring woodworkers this year at their SCMC 58th Annual Meeting to be held on Thursday, October 18, 2018. Woodworkers are individuals skilled at making items from wood and includes cabinet making, furniture, toys, wood carving, whittling, scrolling and wood inlays. You can nominate someone by picking up a nomination form starting July

11th from your local senior center, Marion County Dept, on Aging or go to the Department webpage at www.marioncoks.net and download the form or call the Dept. on Aging (620-382-3580) and request to have a form mailed to you. The nomination form must be received at the Marion County Dept. on Aging by August 15th. The nominee must live in Marion County and be 60 years of age. The nominee will be honored at the SCMC 58th An-

nual Meeting on Thursday, October 18, 2018 and must attend to be recognized.



Protect Yourself From Bug Bites



Summer is a great time to be outdoors too bad we have to share it with mosquitoes and ticks. Here are some steps to protect yourself from them. For mosquitoes use insect repellent which has one of these ingredients: DEET, Picaridin, Lemon eucalyptus oil, Paramenthane-idol or 2 Undecanone, wear

light colored clothing that covers arms/legs, repair holes in screens, remove objects in yard that can collect water like old tires, bird baths and buckets. Precautions for ticks include staying out of wooded areas, high grass or brush, check your pets and use flea/tick medication and keep your yard

tall grass. If you find a tick, remove it immediately by using tweezers to grasp the tick close to the skin and pulling upwards gently. Clean the bite with rubbing alcohol, soap and water or iodine scrub. Submerge tick in alcohol or flush in toilet but don't crush tick with your fingers because it can still transmit a disease.

Mark your calendar for the upcoming events: ✓

JULY: July 4-County Offices & Nutrition Sites closed for Independence Day, July 20– SCMC Board Meeting-Burns Community Center, July 21-29, 2018 - 88th Annual Marion County Fair-“Homegrown HEROES.”

AUGUST: August –3-5, 2018-Goessel Country Threshing Days, August 17-SCMC Board Meeting-Peabody Sr. Center.

SEPTEMBER: September 1-3, 2018-Labor Day Celebration-Florence. September is National Senior Center Month. The 2018 theme is: “Senior Centers: Building Momentum!” September 18-Senior Fair at Salina Tony's Pizza Event Center, 8:00 a.m.-4:00 p.m. September 21-SCMC Board Meeting Lincolnville Community Center.