

Senior News & Views

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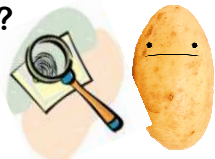
"We might think we are nurturing our garden but of course it's our garden that is really nurturing us."

By Jenny Uglow



LAFF FOR THE DAY:

"Why do potatoes make good detectives?"



Because they keep their eyes peeled!"

7 New Brainy Bits

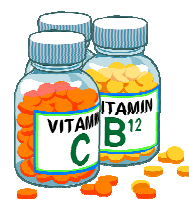
Research has confirmed that people of all ages even those in their 80's can improve cognitive function and even reduce their risk of Alzheimer's Disease and other dementias through certain lifestyle behaviors. A little walking goes a long way. Experts recommend that older adults who do 75 minutes per week of brisk walking or other exercise can result in cognitive benefits. Boost heart-healthy behaviors which include watching your weight and

not smoking can lower risk of cognitive impairment by 35-37 percent. Dancing regularly can improve cognition in older adults.



Make the cocoa connection by drinking two cups of cocoa a day for a month in a recent study showed improved blood flow on brain scans and better scores on cognitive tests.

Social activity is associated with better memory and other cognitive benefits. Research suggests that as many as 43 percent of older adults may have B12 deficiencies. Get more B12 in your diet through dairy, fish and beef. The last thing you can do is learn a particularly challenging new skill such as photography and photo editing have significantly better cognitive perform-



Move with Balance

The Marion County Dept. on Aging is offering an 8 week Move with Balance Class, an award winning, evidence-based program that is proven to reduce falls. The class is Thursday

mornings from 10:30 -11:30 a.m., June 27 -August 15. Come check it out this Thursday, no charge for class. The class focuses on vision training, sensory motor integration, lower body strength-

ening and balance exercises, other integrative, fun activities and games that progressively challenge the older adults balance and brain in a safe environment. Class can be done sitting or standing.

Talking to your Doctor

We've all been there. After waiting endlessly for a doctor's appointment, your physician breezes in and out of the exam room, seems rushed and leaves you little time to ask questions. Before you know it, your appointment is over and you feel like little more than a series of medical tests and health conditions. So here are some suggestions for your next doctor visit. Write things down. Before your appointment, jot down your questions. Then, bring a copy of what you've written

to your doctor. Make sure you ask the most important questions first. If you have trouble hearing tell your doctor. Share your strengths and preferences by sharing your biggest health concerns and personal concerns related to your condition plus things that matter to you, friends and pets to your spirituality. Ask about your medications: why are you on it, do you still need it, what would happen if you went off. Tell your doctor about the little things. Tell them something that's been nor-

mal for you has changed, even if it doesn't seem related to your health such as changes in your diet or how much you're walking or socializing. Finally stick with the same doctor.



Senate Bill to Raise Eligibility for Help with Medicare Part D

Senator Casey from Pennsylvania introduced bill to expand Medicare Part D's Extra Help Program. This bill if passed would eliminate the asset test completely which right now is \$14,100 for individuals and \$28,150 for couples which does not include

your house and car. The income limit would be at or below 200% of the Federal poverty level would be a gross monthly income for an individual of \$2,081 and for a couple \$2,818. These changes would make the Part D extra help available to mill-

ions more Medicare beneficiaries. These changes would allow seniors to have more needed income available to meet their basic living costs.

Farmers Market Checks

The Marion Co. Dept on Aging has Farmers Market Checks available. Individuals age 60 and above and who meet the income guidelines which is a monthly gross income for a household of one-\$1,926, household of two-\$2,607, household of three-\$3,289 and household of four-\$3,970.

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 1st.

Call to set up an appointment at 620-382-3580 to fill out paperwork to get your checks.



SCMC 59th Annual Meeting

The Senior Citizens of Marion County, Inc. Board will be honoring Volunteers this year at their SCMC 59th Annual Meeting to be held on Thursday, October 17, 2019. Volunteers are individuals, who have volunteered at your place of business, agency or organization for 5 years or more. 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 59th Annual Meeting on Thursday,

October 17, 2019 and must attend to be recognized.



Medicare Prescription Drug Premiums

The beginning of this year Social Security had a problem with payments for prescription drug monthly premiums. The monthly premiums were not taken out from the Social Security check beginning in February of 2019. If you were affected you need to follow any instructions from your Medicare plan regarding

your premiums. The Social Security System has been corrected. Unless you told your plan you now want to pay premiums a different way, your plan premiums will be taken out properly from your Social Security payments beginning in June or July 2019 through the rest of the year. If you receive a bill from your

plan, your plan must offer you a "grace period" to repay your premiums that were missed.



Mark your calendar for the upcoming events: ✓

JULY: July 4-County Offices & Nutrition Sites closed for Independence Day, Peabody Fourth of July Festival, July 6-4th of July Celebration-Ramona, July 19- SCMC Board Meeting-Burns Community Center, July 20-28, 2019 - **89th Annual Marion County Fair- "Returning to our Roots."**

AUGUST: August -2-4, 2019-46th Annual Threshing Days, Goessel, Kansas. August 16-SCMC Board Meeting-Peabody Sr. Center.

SEPTEMBER: August 31-September 2, 2019-Labor Day Celebration-Florence. September is National Senior Center Month. The 2019 theme is: **"Senior Centers: The Key to Aging Well!"** September 17-Senior Fair at Salina Tony's Pizza Event Center, 8:00 a.m.-4:00 p.m. September 20-SCMC Board Meeting Lincolnville Community Center. September 28-Marion Old Settler's Day.

Senior Citizens of Marion County, Inc.

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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