

Senior News & Views

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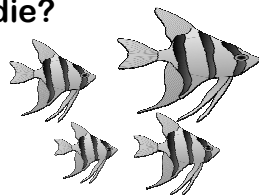


“Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of good conscience, good health, occupation, and freedom in all just pursuits.”

Thomas Jefferson

LAFF FOR THE DAY:

Which fish go to heaven when they die?



Angelfish!

Two-Fold Prevention Plan

Never did our Department ever imagine in our article in the March Newsletter on COVID-19 all that would transpire between then and now. It is a wake up call at just how fragile we all are and how quickly life can be cut short. So how do we move forward in this new normal and become socially engaged with others. The Centers for Disease Control and Prevention recommends 6 feet between you and people that you encounter, but 9 feet

is better than 6 feet. You should practice social distancing with anyone outside your core social unit, meaning the people you live with. This includes friends, close relatives who don't live with you, co-workers, etc. The only people you should be within 6 feet of are those living in the same household as you. While the numbers of cases in Kansas are slowing at the writing of this we should not become lax in our social distancing. Centers for Dis-

Prevention all recommend wearing cloth face coverings in public settings where social distancing is harder to maintain, like at the grocery store. Because this virus can be spread asymptotically (you don't have symptoms) and pre-symptotically (a couple of days before your symptoms start), wearing a mask can prevent invisible transmission and be seen as a sign of respect to others, especially those that may be more vulnerable to COVID-19. (Prevention plan see pg. 2)

SCMC 60th Annual Meeting

The Senior Citizens of Marion County, Inc. Board met on May 15th and voted to move forward with having the 60th Annual Meeting. The meeting will be held at Marion Sr. Center

on Thursday, October 15, 2020 This year the board will be honoring the 60 year history of this organization. The registration cost for the event is \$5.25. Watch the September Senior News &

Views for more information about the Annual Meeting.



Mental Sharpness

Social isolation has been hard these past couple months but here are some ways you can keep your mental sharpness and help your brain stay healthy, no matter what age you are. Here are some evidence based exercises that offer the best brain-boosting benefits. Have fun with a jigsaw puzzle whether it be a 1000 or 100 piece puzzle it will strengthen your brain . Playing a game of solitaire can lead to greater brain volume in several regions of the brain and can improve memory

and thinking skills. Try building a vocabulary by keeping a notebook close by when you read. When you find an unfamiliar word, write it down and look up the definition. Try to use that word five times the next day. Dance your heart out by turning on the radio or playing a favorite CD. Dance moves can increase your brain processing speed and memory. Take a new route to the grocery store, doctor appointment or trip to the pharmacy . Your brain benefits from simple

changes. The bottom line is focusing on your brain health is one of the best things you can do to improve your concentration, focus, memory and mental agility, no matter what your age is.



Prevention Plan (Page 1)

The fabric masks are encouraged to prevent infected people from passing on the infection, not to prevent the wearer from getting infected. Since we know we can have the virus and not have symptoms, it helps to prevent us from accidentally

ring the virus with the grocery store workers and other people in the community providing us services during this time. The infection is spread through droplets produced when an infected person coughs, sneezes or talks. These droplets

can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. So when we all practice social distancing and wear masks the spread is less likely to happen.



Farmers Market Checks

The Marion Co. Dept on Aging has not received the Farmers Market Checks yet. We will place something in the local newspapers once they are available. This summer to help keep people safe we will only be handing out Farmers Market Checks from our office. If you live elsewhere in the county you

can call our office and we will mail out the paperwork with the checks. You are also welcome to make an appointment and come to our office and pick them up. The guidelines are: You must be 60 years of age and meet the following gross monthly income guidelines: House-

hold of one-\$1,968, household of two-\$2,658, household of three-\$3,349 and household of four-\$4,040. These checks can be used to purchase locally grown fresh fruits, vegetables, cut herbs and honey. This year there are seven \$5.00 checks equaling \$35.00.

USDA Commodities

USDA Commodities started coming once a month to Marion County in April. The State of Kansas reports they will come every month through the end of the year. This might continue in to 2021 but will know more as we get closer to that time. The commodities come on the third Wednesday of the month. The income guidelines changed as of May 1, 2020. Gross monthly income for a household of 1: \$1,383, household of 2:

\$1,868, household of 3: \$2,353, household of 4: \$2,839, household of 5: \$3,324, household of 6: \$3,809. The place and times for each community are as follows: Third Wednesday Burns: Community Center in the morning, Goessel Mennonite Church at 5:00 p.m., Lincolnvill: Community Center 11:00 a.m.-Noon, Lost Springs: 11:00 a.m. Peabody Sr. Center: 10:00-11:30 a.m., Pilsen: 11:30 a.m., Ramona: Community Center morning and Tampa

Sr. Center 3:00-4:00 p.m. Third Thursday Florence Sr. Center: 9:00-11:00 a.m. Marion Sr. Center-4:00-6:00 p.m. Third Saturday: Hillsboro Main St. Ministries: 9:00 a.m. –Noon. Starting in July residents of Durham will pick up their commodities in Hillsboro at Main St. Ministries. This schedule is on the www.marioncoks.net website on the Marion County Dept. on Aging page. Any changes will be placed in local newspapers and our website.

Poison Ivy

It is the season for poison ivy try to avoid it. The basic rule for both poison ivy and poison oak, is “Leaves of Three, Leave Them Be”. You might think you are safe if you aren’t outside but pets can bring it into your home. If they brush against the plant they carry the oil on their fur. Some homemade treatments until

you can get to your doctor are as follows: Before doing any of these make sure you first wash the area with soap and water thoroughly, along with affected clothing. Take strips of brown paper bag and soak in apple cider and apply to skin. Make a paste from 1/2 cup of baking soda and add

cold coffee to make a thick paste. Take a warm bath in one cup of oatmeal or two cups of Epsom Salt. If these home remedies don’t do the trick, contact your physician.



Mark your calendar for the upcoming events: ✓

JULY: July 3-County Offices closed for Independence Day, July 17- SCMC Board Meeting Peabody-Sr. Center, July 22-25, 2020 - **90th Annual Marion County Fair- “Fun For The Whole Herd”**

AUGUST: August 21-SCMC Board Meeting-Hillsboro Sr. Center.

SEPTEMBER: The NC-FH AAA 2020 Senior Fair at Salina has been cancelled until September 21, 2021, September 18-SCMC Board Meeting Lincolnvill Community Center. September 26- Marion Old Settler’s Day.

OCTOBER: SCMC 60th Annual Meeting, Marion Sr. Center Thursday, October 15, 2020.

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