

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 - 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

Vol. 42 No. 2

June 21, 2021

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

“Observe good faith and justice towards all nations. Cultivate peace and harmony with all”.

President George Washington



“ It Is Impossible To Rightly Govern A Nation Without God And The Bible”.

George Washington

LAFF FOR THE DAY:

What is the “initial” state of retirement?



SS, CD's, IRA's, AARP.

## Common Dental Problems



Many of us have been wearing a mask on a routine basis throughout the day for the last year. Dentist say there is a new condition which is being reported throughout the United States called, “Mask Mouth”. Reports show an increase in oral health problems like bad breath, dry mouth, tooth decay, gum disease and mouth ulcers. To add to

the problem as we age we are at risk for dental health issues which are compounded by wearing a mask on a regular basis. Some common dental issues for seniors are tooth decay, gum disease, dry mouth and tooth loss. Tooth decay can come about just by years and years of use, accompanied by years and years of teeth being exposed to plaque and bacteria. Gum disease can have various levels of severity that occur due to changes in

physiology as we age. Dry mouth is due to aging salivary glands and can be annoying. Tooth loss is a serious dental problem because it affects our ability to chew food and make us self-conscious if we have missing teeth. It's been awhile since we have seen people smile due to mask wearing. Make sure you take care of your teeth.



## SCMC 61st Annual Meeting

After postponing the Senior Citizens of Marion County, Inc. 60th Annual Meeting last year plans are in the works to hold it this year. The meeting will be held at Marion Sr. Center on

Thursday, October 21, 2021. This year the board will be honoring the 60th 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.



## Share Laughter For Better Health

### Happiness Tip:

Laughter is healing and opens the pleasure pathways to the brain, so it's no surprise that science backs up the claim that "laughter is the best medicine." Four ways Laughter is good for you; 1) Laughter reduces stress. The effect of laughter on the body results in decreased stress, less worry and more happiness. 2) Laughter boosts your immune system. Stress is very tough on the body, and chronic stress



can weaken the immune system. Since laughter helps to decrease stress and increases positive emotions, laughter can help strengthen immunity. 3) Laughter releases endorphins, or "feel-good hormones," into the brain that are responsible for emotion. The more you laugh, the happier you'll feel and the happier you feel, the more you'll laugh. 4) Laughter protects your heart. Laughing boosts cardiovascular health by lowering blood pressure. It also gets your heart pump-

ing and can burn nearly as many calories per hour as walking. So laugh loud and long for your health!



If you meet acquaintance or a friend who is too busy to give you a smile - - -leave one of yours! No one needs a smile so much as the person who has none to give.

## Stay Strong, Stay Healthy Program

K-State Research and Extension, Chisholm Trail District along with Marion County Dept. on Aging is offering Stay Strong, Stay Healthy (SSSH) which is an evidenced based eight week program for older adults that meets the recommendation for healthy

muscle strength. The program's goal is to improve health and quality of life. The program will be held on Tuesdays and Thursdays at 10:30 a.m. starting Tuesday, July 6, 2021 at the Marion Sr. Center. The cost for the eight week program is \$25.00

scholarships available. Call Marion County Dept. on Aging to register at 620-382-3580. Space limited.



## Farmers Market Checks

The Marion Co. Dept on Aging is now issuing Farmers Market Checks. The Dept. can distribute the checks by mailing them to you or you can call and make an appointment to come pick them up. The guidelines are: You must be 60 years of age or older and meet the following gross monthly in-

come guidelines: Household of one-\$1,986, household of two-\$2,686 and household of three-\$3,386. You will receive seven \$5.00 checks to be used to purchase fresh fruits, vegetables, honey and herbs from authorized farmers at any Farmers Market in Kansas. You can only use

these at Farmers Market booths which displays a sign which reads "Kansas Senior Farmers Market Nutrition Program, checks accepted here".



## How to improve your Oral Care

You can improve your overall Oral Care by utilizing the right tools and techniques which will help stop decay and kill the bacteria that leads to gum disease and bad breath. Ask for an electric toothbrush the next time your family members ask you for ideas for your birthday or Christmas. It is important to use the right toothpaste. The four toothpastes recommended were Sensodyne

Pronamel, Crest 3D Whitening, Nuskyn AP 24 Whitening fluoride and Colgate Sensitive. Stay away from acid-producing foods so say no to sweets. Every time your mouth is exposed to sugar, bacteria begins to produce acids that burn your teeth and gums. Eat a healthy diet which includes, sweet potatoes, brown rice, salmon, lean meats and legumes, five portions of fruits and vegetables per day, low fat dairy, healthy

fats found in nuts, fish and oils and also decrease your sodium intake. Stay hydrated with water. Finally make time for routine dental exams.



## Can't Afford Dental Insurance

If you can't afford dental insurance through your Medicare supplemental plan or free standing dental plan here are some options you can consider: Health Ministries in Newton has a dental clinic Monday-Thursday from 8:00 a.m. to 5:00 p.m. You will need to call and make an appointment at 316-804-7785. You need to bring to the appointment your ID and

proof of Insurance or Medical Card. If you are uninsured, bring proof of income so HMC can assign you to a sliding fee scale. Grace Med in McPherson is at 322 North Main Street and the phone number is 620-504-6187. You need to call and make an appointment and bring insurance cards or proof of income to the appointment. Donated Dental Services in Topeka

provides free comprehensive care for people disabled, elderly or medically compromised who can't afford dental care. Call 785-273-1542 to apply or download application from the following website www.DentalLifeline.org. If eligible you will be put on a waiting list and called when services are available.



## Mark your calendar for the upcoming events: ✓

**JULY:** July 5-County Offices closed for Independence Day, July 16- SCMC Board Meeting Peabody-Sr. Center, July 17-24, 2021 - 91st Annual Marion County Fair- "Fun For The Whole Herd"

**AUGUST:** August 20-SCMC Board Meeting-Hillsboro Sr. Center.

**SEPTEMBER:** September 17-SCMC Board Meeting Lincolnville Community Center. September 25 -Marion Old Settler's Day.

**OCTOBER:** SCMC 61st Annual Meeting, Marion Sr. Center Thursday, October 21, 2021.