

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

Veteran Service Rep.-2nd Tues. 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

Vol. 36, No. 1

March 23, 2015

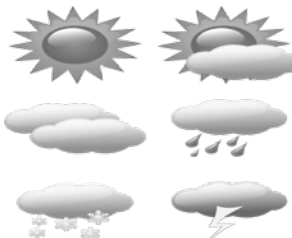
Gayla Ratzlaff, Coordinator
Lanell M. Hett, Sec./Trans.
Barbara Smith, SHICK Vol.

Spring Thought



*“In the Spring, I
have counted 136
different kinds of
weather inside of 24
hours”*

Mark Twain



LAFF FOR THE DAY:

“What do you call
two young married
spiders?”



“Newly Webs!”

March For Meals

What would be one way you could impact your community this year? Eat a meal at one of our local Nutrition Sites in Marion County (Hillsboro, Marion and Peabody). You don't have to be over the age of 60 to eat at a Senior Center. Your eating a meal at the Senior Center can insure a safety check for a home-bound person, a friendly face and a hot nutritious meal for the day. In this day with cutbacks hitting a lot of service programs one

way to make sure our older adult meal programs continue is by the number of meals served every day in our county. Our three Senior Centers are not presently in jeopardy of facing cutbacks but prevention is the key. Prevention comes in the way of support from local communities to make sure the program is there for those who can't come to our local senior centers for a meal. A home-bound person receiving a nutritious

meal can affect their overall health by: reducing their physical health from getting worse, combatting depression by having a friendly visitor throughout the week and a safety check. Our three Senior Centers combined serve a daily average of 177 people a nutritious meal 5 days a week. You can pick up a menu calendar at the Senior Centers or go to www.marioncoks.net on the Dept. on Aging web page for a menu. Call by 9:00 a.m. to make a meal

National Volunteer Week April 12-18, 2015

“Volunteers A Work Of Heart” is the 2015 theme. Thank You Volunteers countywide for volunteering with such a GENEROUS heart! Volunteers are essential to the well-being of each

community that they serve. This week allows us the opportunity to recognize all the things volunteers do each day that mean so much at our Senior Centers and Nutrition Sites.

Volunteers give a priceless gift of time; a willingness to care and share that comes straight from the heart.



Matter of Balance Class

The Marion County Dept. on Aging will be offering an 8 week Fall Prevention Class "Matter Of Balance" in Florence starting the end of April. The class will be from 9:30 a.m. to 11:30 a.m. Thursday mornings starting on April 23rd in the Community Room at Carriage Manor. The cost of the class is \$8.00. The class is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. The participants will learn how to

set realistic goals for increasing activity, change their environment to reduce fall risk factors and promote exercise to increase strength and balance. The class format includes group discussion, problem solving, skill building, exercise and videos. Anyone who is concerned about falls has sustained a fall in the past, restricts activities because of concerns about falling should consider taking this class. You can call and register at [620-382-3580](tel:620-382-3580).

Matter of Balance Class

Carriage Manor
Community Room
Florence, KS.

April 23-June 11, 2015

9:30 a.m. -11:30 a.m.

Cost of Class-\$8.00



TAX Scammers

Tax season is here, and for some people, so is an experience with tax identity theft or IRS imposters. Tax identity theft happens when someone uses your Social Security number to get a tax refund or job. You usually find out something's wrong after you file your tax return. IRS impos-

ters work year round, posing as the IRS when they call and say you owe taxes. They even threaten to arrest you if you don't put money on a prepaid debit card. They might know all or part of your Social Security number and can fake caller ID information to make it look like it really is

the IRS calling. Don't fall for this scam! The IRS will first contact you by mail. If you receive such a call hang up. Contact the IRS directly at [800-829-1040](tel:800-829-1040).



Farmer Market Vouchers

The Marion County Dept. on Aging will be offering vouchers to local Farmer's Markets in the county starting late spring. You are eligible for this program if you are age 60 or older and meet the income guidelines. Household of one

with gross monthly income of \$1,800, household of two \$2,426, household of three \$3,051 and household of four \$3,677. Each household will receive \$30.00 worth of vouchers for the Farmer's Market Season. These vouchers can be

used to purchase fresh vegetables and fruits sold by authorized farmers. Watch local newspapers for when we have the vouchers in our office for distribution.



Older Americans Month

This May is the 50th Anniversary of the Older Americans Act (OAA), the theme for Older Americans Month in 2015 is "Get Into The Act". To meet the diverse needs of the growing numbers of older persons in the United States President Lyndon Johnson on July 14, 1965, signed into law the Older Americans Act (OAA). The OAA set out specific objectives for maintaining the dignity and welfare of providing community-based services and op-

portunities for older Americans and their families. This ACT created the Nutrition Programs in senior centers, Area Agency on Aging, home and community based services and National Family Caregiver support program. Each May, we celebrate Older Americans Month to recognize their contributions to the nation.



Affordable Care Act Special Enrollment for Kansans is March 15-April 30, 2015. For individuals who don't have health coverage for 2015, had to pay an income tax fee for not having 2014 health coverage and can attest you first became aware of implications of Shared Responsibility payment after the end of open enrollment with preparing 2014 taxes. This does **not** apply to people with Medicare. Call [620-382-3580](tel:620-382-3580) if you have questions about this special enrollment.

Appealing to Prescription Drug Plans

The Spring of the year brings Part D Prescription Drug plans an opportunity to remove some medications from the formulary. Medicare allows them to change their formulary. If you receive a letter from your Prescription Drug Plan notifying you they are removing one of your medi-

cations from their formulary you can ask for an exception. The plan must notify you at least 60 days in advance. You may have to change to another drug (that's similar to the one you're taking) on the plans formulary or ask for an exception. You will need your doctor to help you file an

exception. The doctor will need to send in medical reasons that justify asking for an exception. This can take some time to do but most of the time if you ask for an exception the plan will approve you staying on the medication for the rest of the year.



Mark your calendar for the upcoming events: ✓

MARCH: March 31-LIEAP deadline

APRIL: April 5- *Easter Sunday*, April 12-18, 2015-*National Volunteer Week, "Volunteers A Work Of Heart!" Be sure to thank volunteers this week at your site!*, April 17 Tampa Seniors host County Bd. Meeting,

MAY: May 10- *Mother's Day*, May 11-Second half of Marion County Property Taxes due, May 15- *Marion Seniors* host County Bd. Meeting and May 25-*Memorial Day*, all County Offices and Nutrition-Sites closed.