

# Senior News & Views

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March 23, 2020

Gayla Ratzlaff, Coordinator

Lanell M. Hett, Sec./Trans.

Barbara Smith, Dept. Vol.

## Spring Thought

*"The Glory of  
gardening: hands  
in the dirt, head in  
the sun, heart with  
nature. To nurture  
a garden is to  
feed not just the  
body, but the  
soul."*

*Alfred Austin*



## LAFF FOR THE DAY:

"What season is it  
when you are on a  
trampoline?" ☀️



"Spring time."

## Coronavirus

The United States Centers for Disease Control and Prevention are responding to the outbreak of the respiratory disease caused by a new coronavirus (COVID-19) that was first detected in Wuhan City, China. Early on, many of the patients in the COVID-19 outbreak had some link to large seafood and live animal market, suggesting animal-to-person spread. Later, a growing number of patients reportedly did not have exposure to

animal markets, indicating person-to-person spread. The virus is spread by being in close contact with another person within about 6 feet, respiratory droplets produced when the infected person coughs or sneezes and spread from contact with infected surfaces or objects. It is thought that some people may be exposed before the infected person is showing any symptoms of the virus. The symptoms of the virus is fever, cough and short-

ness of breath. What can you do to help keep yourself and others healthy? Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, eating, blowing your nose, coughing or sneezing. Avoid touching your eyes, nose and mouth with unwashed hands, stay-home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. A vaccine for the virus may be a year (Coronavirus see pg. 3)

## National Volunteer Week April 19-25, 2020

The 2020 theme is "**Volunteers Very Incredible People**". Volunteers are people we treasure, value and respect beyond all measure! Thanks for helping with all you do, we're so

grateful for incredible people like you! Your incredible dedication always comes through. Set a date to honor the volunteers in your community show them you care and appreciate them. Many thanks to the

volunteers county-wide who volunteer for the aging programs throughout Marion County! You are appreciated!!

thank  
you 🍀

## Book Lovers Live Longer

There is a special day for readers, it is April 23 World Book Day. As if we need another reason to love books, scientists have now found a correlation between reading and longevity. Published by Yale University researchers in the Social Science and Medicine journal, the study found that book readers lived 23 months longer than their counterparts. The researchers looked at readers over the age of 50 whose reading habits ranged from not reading at all to reading over 3.5 hours per week. Control-

ling four factors such as race, gender, education and wealth, the results concluded that "book readers experienced a 20% reduction in risk of mortality over the 12 years of follow up compared to non-book readers. And while scientists don't know exactly why this correlation exists, the study did find that reading magazines and newspapers did not have the same health benefits, suggesting that books "engage readers' minds more than newspapers and magazines, leading to cognitive benefits that drive the ef-

fect of reading on longevity. Don't have hours on end to devote to reading? Not to worry, even a chapter a day will do the trick. The study states: "those who read books for an average of 30 minutes per day, say, a chapter a day showed a survival advantage, compared to those who did not read books. The robustness of our findings suggest that reading books may not only introduce some interesting ideas and characters, it may also give more years of reading."



## Kansas Senior Farmer Market Checks

The Marion Co. Dept. on Aging will be participating in distributing Farmer Market checks again this summer. The KSFMNP helps low-income seniors purchase fresh fruits and vegetables, fresh herbs and local honey at Farmers Markets, roadside stands

and farm stores. Eligible seniors receive a one-time annual benefit of \$30.00 to purchase approved foods from certified farmers. Watch local newspapers when the checks will be available in Marion County. We are looking for local farmers or gardeners to

participate in this program so senior citizens can buy their products with these checks. If you or someone you know would be interested in knowing more about the program please have them give the office a call 620-382-3580.



## Older Americans Month May 2020

The 2020 theme for OAM "**Make Your Mark: May 2020**". ACL selected this theme to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience and talents

benefit family, peers and neighbors every day. This year's theme highlights the difference everyone can make in the lives of older adults, in support of caregivers and to strengthen communities.

## Handy Hint:

### No More Cling

No more cling use hair spray on clothes to get rid of static cling.

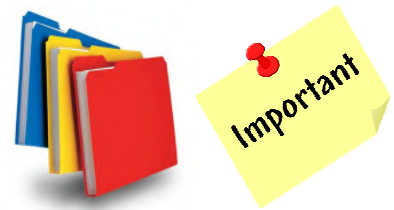


## Keeping Records In Case Of A Disaster

We are headed into severe weather now that Spring is upon us. The one thing that every person who has been through a fire, flood, tornado, hurricane or other major disaster wish they had is a home inventory. To expedite your insurance payouts after damage or disaster you will need to provide proof of what you owned and what your personal effects are worth. A comprehensive home inventory lists your belongings including make,

model and serial number, when applicable, value and date acquired. The easiest way to make a list is to video all the rooms in your home, one at a time. If you have big items, consider a video of the serial numbers and models of these items. Open drawers and closets and video the contents. This might be a great project you can assign to your grandchildren over the Easter holiday to do with their phone. Keep documentation like receipts, credit

card statements, appraisals or other types of valuation documents together and make sure to update it as you acquire or get rid of items over time. Keep your inventory safe. Make sure your list or video is saved (put in the cloud) or store it somewhere off your property, such as a bank safe, deposit box or other secure location.



## Coronavirus (pg. 1)

away. Medicare Part B will cover the test to see if you have coronavirus. This test is covered when your doctor orders it, if you got the test on or after February 4, 2020. Your provider will need to wait until after April 1, 2020 to be able to submit a claim to Medicare for the test.

## Facts About Seasonal Allergy



Spring allergy season may mean your symptoms are worse now that you are older. Here are 5 tips to manage your allergies. 1. Learn allergy symptoms which include runny nose, watery or itchy eyes, sneezing, coughing and dark circles under the eyes. 2. Avoid high pollen

days. Pollen count is highest from 5:00-10:00 am on warm, dry and windy days. 3. Wear proper clothing such as sunglasses, hat, long sleeves and pants to keep pollen off you. 4. Eat immune-boosting foods: apples, berries, cabbage, fatty fish (salmon, tuna) and yogurt. 5. Talk to your doctor.

## Mark your calendar for the upcoming events: ✓

**MARCH:** March 31-LIEAP deadline.

**APRIL:** April 12-Easter Sunday , April 17-Tampa Seniors host County Bd. Meeting, April 19-25, 2020 National Volunteer Week, *"Volunteers Very Incredible People!" Remember to thank and show volunteers you appreciate them this week at your site!*

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

**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-10:00 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**

**Kindred 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**