

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

Senior Citizens of Marion County, Inc. & Marion County Dept. on Aging

Senior News & Views

Vol. 42 No. 1

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Gayla Ratzlaff, Coordinator
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Barbara Smith, Dept. Vol.

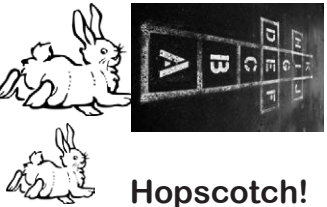
Spring Thought
"You can bury
a lot of troubles
digging in the
dirt"

Author Unknown



LAFF FOR THE DAY:

"What game do little
bunnies like to
play?"



Hopscotch!

Vaccinated What Now?

The big question on everyone's mind after vaccinated is, "Can I stop wearing a face mask?" Let's "face" it. The answer is no. Some are forecasting maybe next Fall. But one thing we have learned through this whole experience is information and data can change. So try to think of your face mask as your new best friend. Since the vaccine doesn't provide 100% protection. the mask might just provide that added protection you need. The other

thing is just because you have been vaccinated you might get COVID-19 and not know it. Then you could become a silent spreader to others. So stay safe and protect others by wearing a mask. Can I hang out with friends and family? It is probably pretty safe to see others who were vaccinated, after everyone gets both doses and waits a few weeks. If you are visiting with others, who are not vaccinated it would be best if they quarantined

10 days before you get together. It would be best to make your visit outdoors if weather permits. Can I travel if I've been vaccinated? It is probably not wise to be traveling internationally or domestically due to emerging variants of COVID-19. Just think of how far we have come this far and hopefully we all can see the end of the tunnel if we follow the Public Health recommendations we will get there a lot sooner.



National Volunteer Week April 18-24, 2021

Thank you Volunteers! We are so grateful to each and everyone of you volunteers countywide making a difference for the Marion County Dept. on Aging,

Marion County Senior Centers and Nutrition Sites throughout the County. We are so thankful for the volunteer drivers, commodity volunteers, kitchen volunteers, Senior Center Officers, and

SCMC Board Members. You all play an important role in keeping the aging services in Marion County up and going.

thank
you

Older Americans Month 2021: Communities of Strength

Administration for Community Living (ACL) is pleased to announce that the theme for Older Americans Month (OAM) 2021 is

“Communities of Strength”. Older adults have built resilience and strength over their lives through successes, failures, joys and difficulties. Their stories and contributions help to support and inspire others. In May, ACL will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in build-

ing strong communities. There are many things we can do to nurture ourselves, reinforce our strength and continue to thrive. Connecting with others is one of the most important, it plays a vital role in our health and well-being and in that of our communities. In 1963, President John F. Kennedy and members of the National Council of Senior Citizens met to address the growing concerns of America's 17 million individuals ages 65 and older. At the time, one-third of all sen-

iors lived in poverty with few social programs available to help support them. The President proclaimed May as Senior Citizens month. Two years later, President Lyndon B. Johnson passed the Older Americans Act of 1965 and formally declared May as Older Americans Month. The Act established an agency to address the struggles of older Americans as well as Federally funded nutrition and transportation programs.

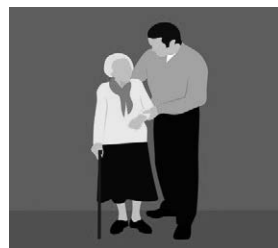


Senior Life Solutions

Senior Life Solutions is partnering with St. Luke Hospital to help all individuals suffering from issues related to aging-including the following: isolation, depression, anxiety, recent health diagnosis, chronic health conditions, grief and loss, difficult life transi-

tions and loss of interest in activities. The services they will be offering include psychiatric evaluation, group therapy, individual therapy, family therapy, medication management, resource development and discharge planning. Anyone can make a referral to

Senior Life Solutions. You can contact them at 620-382-2177, Ext. 520.



Senior Food Boxes

The Marion County Food Bank offers Senior Food Boxes once a month. To apply you can pick up an application at the Marion County Food Bank, Marion County Dept. on Aging or call 316-265-3663. You will need to provide

a valid driver's license or State I.D. for everyone in the household, proof of address-utility bill, lease rental agreement, bank statement and proof of income-pay stubs for the past 30 days, or a Social Security statement, unemployment and

any retirement information such as pension received. Eligibility: You must be 60 years of age or older and meet income guidelines. You have to reapply every year to continue to receive the Food Box.

USDA Commodities

Since last Spring we have been receiving USDA Commodities each month. We are now receiving frozen meat and fruit, nuts and canned items. The distribution date is the **third Wednesday** of the month: March 17, April 21, May 19, June 16, July 21, August 15, September 15, October 20, November 17 and December 15. The following sites and distribution times are as follows: **Wednesday**-Burns Community Center-morning, Goessel Men-

nonite Church-5:00 p.m., Lincolnville Community Center-10:30- 11:00 a.m., Lost Springs-Marion Sr. Center-11:00 a.m., Marion Sr. Center-10:00 a.m.-1:00 p.m., Peabody Sr. Center-10:00-11:30 a.m., Ramona Community Center-morning and Tampa Sr. Center-3:00-4:00 p.m. **Thursday**-Florence-9:00-11:00 a.m. **Saturday**-Hillsboro Main St. Ministries-9:00 a.m.-Noon. (pick up site for Lehigh and Durham residents). You must meet the follow-

ing **Income Guidelines:** Household size 1-\$1,383.00, 2-\$1,868.00, 3-\$2,353.00, 4-\$2,839.00, 5-\$3,324.00 and 6-\$3,809.00. The commodities are distributed first come first serve. You need to check with your local distribution site to receive your commodities. If your site does not have any left you can pick up in another community.



Did you get your \$600.00 Economic Stimulus Check?

Did you get your \$600.00 Economic Stimulus Check sent out the first of January? If not you need to file a Federal return. The only way you will get this \$600.00 is to file a 2020 return. The Marion County Dept. on Aging is helping individuals recoup their \$600.00. You will need to

bring in your Social Security 2020 benefit statement and any other income such as: pension, IRA distribution, bank interest, disability benefits (employer funded) dividends, farm income, gambling winnings, hobby income, railroad retirement, rents, self-employment and unem-

ployment compensation. You have until **April 15, 2021** to file a Federal return. Call **620-382-3580** and we can help you file.



Mark your calendar for the upcoming events: ✓

MARCH: March 31-LIEAP deadline.

APRIL: April 4-Easter Sunday, April 16-SCMC County Bd. Meeting, April 18-24, 2021-National Volunteer Week, Remember to thank and show volunteers you appreciate them this week at your site!

MAY: May 9 - Mother's Day, May 10-Second half of Marion County Property Taxes due, May 21- SCMC County Bd. Meeting and May 31-Memorial Day, all County Offices and Nutrition-Sites closed.