

Senior News & Views

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Marion Co. Dept. on Aging

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*"A good conscience
is a continual
Christmas."*

By Benjamin Franklin



*"Merry Christmas
Happy New Year!"*



Gayla & Lanell

LAUGH FOR THE DAY:

**"What do snowmen
eat for breakfast?**



"Frosted Flakes!"

Over the Counter Hearing Aids

This past October individuals started buying over the counter (OTC) hearing aids in stores and online. In the past in order to get a hearing aid you needed a prescription. The OTC hearing aids are for adults. (18 or older) who believe they have mild to moderate hearing loss, even if they have not had a hearing exam. If you have a hard time hearing when you're in a group, on the phone or when you can't see who is talking or turn up the volume

higher on tv/radio then these OTC hearing aids might be helpful. The FDA has established regulations that manufacturers of OTC hearing aids need to follow. They must ensure that the OTC devices are safe and effective for people. They have set standards for package labels to help buyers understand OTC hearing aids and who might benefit from them. The labels also include warnings and other information you should know before buying or when us-

ing the hearing aid, such as signs that indicate that you should see a doctor. What should you know before buying an OTC hearing aid. While it's not required, it's still recommended that you speak with a licensed audiologist to determine your exact hearing aid needs. Here are five steps to review when getting ready to buy an OTC hearing aid. First, determine which style works best for you in the canal, behind the ear, receiver (Over the Counter Hearing Aids see Pg. 3)

LIEAP and Tax Assistance

The Dept. on Aging is offering to assist individuals file Low Income Energy Assistance and Homestead Refunds starting January 3. We will provide assistance by phone, you can

drop off your information or by appointment if not possible to do it by phone. We will start doing State/Federal returns starting February 6th but will not do in-person appoint-

ments. You can drop off tax documents, we will call you when return is completed and set up a time to go over return. Income Guideline assistance is \$60,000.00 or less.

COVID Tests

Our office has received word from several Marion County residents that they have received COVID test kits in the mail. They did not order the test kits. These are not free because the Federal government stopped sending out free test kits in September. These kits may have been billed to your Medicare. Some people who received the tests say they are out of date. Medicare is saying if you received these in the mail to call them and let them know at 1-800-633-4227. They will ask you to

mail them back to the company. This is key to mailing them back is DO NOT OPEN the package or you will have to pay to mail them back. One Marion resident said their test kits came from the Fulfillment Center, 27111 W. Market, PO Box 5468, Fairlawn, OH. If you received COVID tests early in the year when you got them free be sure to check and make sure they haven't expired. Just some precautions headed into the rest of the holiday season. If you haven't got your new

booster which came out this fall you might want to consider getting it before you gather with family. If you are gathering with family for the Christmas holidays you might want to minimize your exposure in the week before the holiday. That means wearing a mask in public indoor spaces. When you gather as a family and if the weather is not too cold even cracking a window and letting in fresh air can improve the air flow.



Volunteer Drivers Needed!




Marion Co. Dept. on Aging, 309 South Third, Marion, KS is in need of **VOLUNTEER DRIVERS** for the 60+ transportation service offered by the department. Volunteer Drivers would drive the Department's 2018 Dodge Caravan to transport individuals to appointments.

Volunteer Drivers fill out a volunteer driver application. They are reimbursed for meals or will receive a meal stipend for driving a trip. Contact the Dept. on Aging to sign up to be volunteer 620-382-3580. Five Reasons to Volunteer; 1. You might need help some day. 2. Your Family could use a break from you. 3.

When you stay home you get too many telemarketing calls. 4. Soap operas all sound alike and 5. If you don't go out each day, you get old! Thank you for your consideration of being a volunteer driver for the Dept. on Aging!



CONGRATULATIONS

KANSAS 
on your
162nd Birthday
January 29, 2023

Handy Hints:

Heating Milk: When heating milk, pour a layer of water in first before you add the milk. This will keep the milk from getting scorched. Do not stir until you are finished heating.

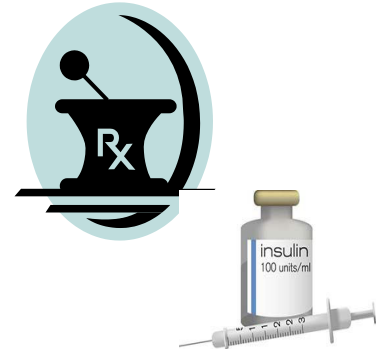
Smart Egg Tip! This tip is handy to use when you're cooking eggs in a skillet or using them in a mixing bowl. When a small piece of eggshell happens to break off and falls into your cooking apparatus, simply use the larger egg shell to remove it!

Inflation Reduction Act what's in it for Seniors

The Inflation Reduction Act passed this August includes many benefits for seniors. Starting in January 2023, people enrolled in a Medicare Prescription Drug Plan will not pay more than \$35.00 for a month's supply of each insulin that they take and is covered by their Medicare Prescription Drug Plan. The Part D deductibles won't apply to the covered insulin product. Starting in July

people with traditional Medicare who take insulin through a traditional pump will not pay more than \$35.00 for a month's supply of insulin. The adult vaccines recommended by the Advisory Committee on Immunization Practices, including the shingles vaccine, will be available to people with Medicare Part D at no cost to them. Come this September, CMS will announce the first 10 Medicare Part D drugs selected

for the Drug Price Negotiation Program. Maximum fair prices negotiated for these first 10 Part D drugs will go into effect in 2025.



Over the counter Hearing Aids Pg. 1

receiver in the ear. The National Council on Aging website tells you the pros and cons of each style and fit. Second review the features such as are you looking for noise reduction, rechargeable batteries, wireless connection, telecoils, directional microphones or remote control. Third ask

for a trial period. Many hearing aids come with trial period. Have the dispenser put in writing the cost of a trial, whether this amount is credited toward the final cost of the hearing aid and how much is refundable if you return the hearing aids. Fourth check to

see if there is a warranty. Finally compare the cost of the device. Make sure to shop around and do your research.



Mark your calendar for the upcoming events: ✓

JANUARY:

January 20-SCMC Bd. Mtg.-Hillsboro

FEBRUARY:

February 17-SCMC Bd. Mtg.-Marion

**Happy New Year
2023**

Holiday Closing Dates for the County Courthouse and Marion County Dept. on Aging:

December 23 & 26-Christmas, January 1-New Year's Day, January 16-Martin Luther King, Jr. Day and February 20-President's Day.

Nutrition-Sites will be closed on January 16, Martin Luther King, Jr. Day.

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 - 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

Gentiva 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