

Senior News & Views

Vol. 43 No. 2

June 27, 2022

Marion Co. Dept. on Aging

Gayla Ratzlaff, Coordinator

Lanell M. Hett, Sec./Trans.



“Let every nation know, whether it wishes us well or ill, we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and success of liberty”

John F. Kennedy

LAFF FOR THE DAY:

“Why are frogs so good at baseball?”



“Because they catch a lot of flies!”

USDA Commodities

The Marion County Dept. on Aging received word in May from the State of Kansas that distribution was going back to every other month. The reasoning for the change was the Emergency Food Assistance Program or commodities experienced an influx of funding for food purchasing due to the pandemic. The program received funding from Disaster Assistance, Trade Mitigation and CARES Act. These programs allowed the State to provide

month to month aid. We have now moved from pandemic to endemic the funding from these programs have been expended and are no longer being offered. Due to a combination of labor shortages and strained supply chains there may be fewer items. The Marion Co. Dept. on Aging publicize in county newspapers the week prior to the commodities arriving. It is also posted on the digital sign across from Marion City Park on the Wednesday

before they come for the whole week. We also provide flyers to the Marion County Food Bank to hand out the Thursday and Monday before they come on Wednesday. The commodities come on the third Wednesday of the month. The schedule for the rest of the year will be: July 20, September 21 and November 16. This is a first come first serve program. Watch local county papers for any changes.

SCMC 62nd Annual Meeting

The Senior Citizens of Marion County, Inc. are making plans for their 62nd Annual meeting that will be held at Hillsboro Sr. Center on Thursday, October 20, 2022. This year the Guest

Speaker will be Derrick Doty of Manhattan, KS. Mr. Doty's program includes folksy music and stories about Kansas. The registration cost for the event is \$5.25. Watch the September Senior

News & Views for more information. This event is open to anyone with limited registration.



Summer and COVID

Thinking about summer travel to a wedding, family get together or a vacation here are some things you should be aware of in regards to COVID. The first thing would be to check on case numbers where you are going. The CDC recommends you wear a mask indoors in public areas where COVID community transmission is high. Second thing to take into consideration is are you generally healthy and vaccinated and boosted or have underlying health conditions and not fully vaccinated.

The definition for fully vaccinated for individuals 50 and older is you have had your first two vaccinations and your two boosters. You being fully vaccinated lowers your risk of becoming severely ill. If you should contract COVID there are antiviral pills that reduce the chance of severe illness. If you are traveling by air it doesn't hurt to check with your airline on their COVID protocol. You might want to consider taking hand sanitizer, a mask plus your vaccination card. Some areas

of the country are still requiring people to wear masks or show your vaccination card. We hope these suggestions will make your summer a great one.



New Diabetic Medication

The FDA approved a new Type 2 Diabetic medication called Tirzepatide. A person has it as a once-weekly injection under the skin. It has a dual effect, lowering blood sugar and supporting weight loss better than currently available drugs for this

condition. This new medication stimulates the secretion of insulin from pancreas, promotes a feeling of stomach fullness, reduces fat accumulation, increase bone formation and reduces acid secretion in the stomach. The most common side

effects reported were nausea, diarrhea and constipation. Presently Medicare Part D is not covering this medication.



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-\$2,096, household of two-\$2,823 and household of three-\$3,551 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".



Save Money in our Economy

One of the best ways to save money during inflation is by cutting unnecessary expenses. Check your budget and see if you are overspending in a certain area. A program which might put money back in your pocket is a Medicare Savings Program. The income guidelines are gross monthly income and resources for individuals \$1133/\$8,400 and couples \$1525/\$12,600. If you are eligi-

ble your Part B /D will be paid. If you have been put on an expensive prescription contact our office and we can check to see if you qualify for help paying for this medication. You can check out the food banks in Marion County to help subsidize your groceries. Marion County Food Bank is open Mondays 9:00 am-Noon and Thursdays 4:30 pm-7:00 pm. The Hillsboro Food Bank is open Saturday mornings 9:00 am-

Noon. They both require proof of income. We have USDA Commodities coming on July 20th. You could possibly qualify for Senior Food Boxes from Marion County Food Bank. Eligibility is you must be 50 or older and household income for one is \$1383 and two is \$1868. If you are eligible you would receive a monthly box. Call our department for more information 620-382-3580.

Decision Resource

Growing older forces change. And that change often impacts areas of life such as living choices, driving, relationships, financial choices, health and end of life. According to a research study Americans are reportedly conversation avoiders, meaning we haven't talked about any important end-of-life issues with our loved ones. Most of these family conversa-

tions about aging are prompted when a health crisis or other emergency happens and decisions need to be made quickly. The Home Instead has put together a booklet which you can download. The site is <https://www.homeinstead.ie/docs/default-source/dementia-care-resources/40-70-amp-70-40book.pdf?sfvrsn=2>.

Experts have said that by the time you're approaching 40 and a loved one is around 70, you should start to have talks about various issues. This booklet can help you get started having those necessary conversations about aging, finances, health and end of life issues. It has a nice checklist you can use plus other important information for your family to have.

Mark your calendar for the upcoming events:

JULY: July 4-County Offices closed for Independence Day, July 15- SCMC Board Meeting Peabody-Sr. Center, July 16-23, 2022 - 92nd Annual Marion County Fair- "Hooves In The Air"

AUGUST: August 19-SCMC Board Meeting-Hillsboro Sr. Center.

SEPTEMBER: September 5-County Offices closed for Labor Day, September 16-SCMC Board Meeting Lincolnville Community Center. September 24-Marion Old Settler's Day.

OCTOBER: SCMC 62nd Annual Meeting, Hillsboro Sr. Center Thursday, October 20, 2022.

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 Thursday:

8:30 a.m. to 4:00 p.m., by appointment only - 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 Representative-Junction City-785-238-4522

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

Harry Hynes Memorial Hospice - Wichita-1-800-767-4965

Gentiva Hospice - McPherson - 1-620-245-0891

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 tel-emarketers call list you must dial this number from your home or cellular phone.

EMERGENCIES DIAL 911