

Senior Citizens of Marion County, Inc.  
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Non-Profit  
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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 - 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 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. 44 No. 2

June 19, 2023

Marion Co. Dept. on Aging

Lu M. Turk, Director  
Lanell M. Hett, Sec./Trans.

“May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.”

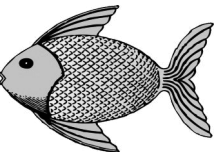


“I like to see a man proud of the place in which he lives. I like to see a man live so that place will be proud of him.”

Abraham Lincoln

LAFF FOR THE DAY:

“Why is a fish easy to weigh?



“Because it has its own scales”

## Hello from Lu Turk, New Director

I’m Luretta Turk, my friends call me Lu. I’m here at this job because I love working/being around older folks. These individuals bring me so much joy and peace in life. I have always been drawn to older people. This is a gift that God has given me and I’m not taking this job lightly. My life began August 31, 1965, in Wichita, KS. My family moved all over the country because dad was in the Airforce. I have one brother and two sisters all living in

or near Wichita, KS. I’m blessed to have my daughter (Kacey) and my three sons (JP, Jeff and Ted) along with 10 grandchildren. I was proudly married to Brad Turk just three weeks shy of our 23rd Anniversary. He was my guy, but God decided to take him this past October. I was his caregiver for many years, and I would not have traded it for anything. He brought me to this wonderful little town of Marion, and this has become my new home and I

could not be any prouder. I have an MBA and a Master in Health Care Leadership both from Friends University. My first official job was working in a long-term care facility in Wellington, KS right out of high school. With that experience I found out my true calling and my passion in life, older folks. My job here is to refer resources to folks 60+ and older in Marion County. I know I have big shoes to fill, Gayla Ratzlaff did a wonderful job (Lu Turk, Director see pg. 3)

## SCMC 63rd Annual Meeting



The Senior Citizens of Marion County, Inc. are making plans for their 63rd Annual meeting that will be held at Marion Sr. Center on Thurs-

day, October 19, 2023. There will be a Registration cost to attend the event. No registrations will be accepted that day. Watch the September Senior News & Views for Registration cost and

more information. This event will be open to anyone with limited registrations.



## SHICK is the SHIP for Kansas



**SHICK**  
(Senior Health Insurance Counseling for Kansas).

People with Medicare often have questions about health insurance, but all too frequently they have limited resources to obtain objective information. Many need information and assistance regarding their decisions in the following areas: \*What kinds of benefits would suit their needs? \*What type of

health insurance coverage they should have? \*How much health insurance coverage they should have? Some people with Medicare have problems such as the following:

\*They don't know what to do about rising health insurance premiums. \*They are overwhelmed with claims paperwork, and they don't know what they owe or don't owe. \*They can't afford the cost of prescription medications. \*They don't know where to get help with their health insurance problems and

other problems. Lu Turk, Director will be going to training on June 22, 2023 in Wichita to help answer these questions.

Side note: Medicare Part D is now covering the Shingles vaccines on most policies for more information call the Marion County Health Department 620-382-2550.



## Lu Turk, Director Pg. 1

in our County. I'm grateful to Lanell Hett for being the Secretary/Trans. Coord. for the past 41 years! I can't believe she's been in the same job for 41 years, that's a true calling. I know many "faces" around Marion County, but I hope to get

to know your names. I look forward to reaching out to everyone and sharing what the Department has available for assistance. I plan on continuing to assist with the Farmers Market Program, the Prescription Drug Plans, Homestead Pro-

gram and helping with Social Security benefits as well as helping with simple taxes. I'm eager to assist and excited to meet new people in the Marion County area.

God Bless you all, Lu.

## Farmers Market Checks

The Marion Co. Dept on Aging is now issuing Farmers Market Coupons. You can stop by the office or 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 income guidelines: House-hold of one-\$2,248,

household of two-\$3,041 and household of three-\$3,833 You will receive ten \$5.00 coupons, totaling \$50.00 to be used to purchase fruits, vegetables, honey and herbs from authorized farmers at any Farmers Markets in Kansas. Benefits provided on a first-come first served

basis. You can only use these at Farmers Market booths which displays a sign which reads "Kansas Senior Farmers Market Nutrition Program, coupons accepted here".

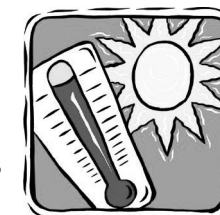


## Key points to remember about hot weather safety

The summer months are a time of fun, adventure and relaxation for many, but they can also be a source of stress for older adults. The heat and humidity are much harder on older adults. The temperature inside or outside does not have to be high to put them at risk for a heat-related illness. Headache, confusion, dizziness or nausea could be a sign of a heat-related illness. Go to the

doctor or to the ER to find out if you need treatment. Key points to help with safety: to keep heat-related illnesses from becoming dangerous heat stroke, remember to: Get out of the sun and into a cool, ideally air conditioner place. Boost your hydration by drinking plenty of fluids but avoid alcohol and caffeine. Shower, bathe or sponge off with cool water. Dress for the weather; wear lightweight, light-

colored and loose-fitting clothing. If you must go outside, wear a hat and limit your time and avoid crowded places and wear sunscreen. Enjoy the early mornings or late afternoons after the sun sets. The sun is the strongest from 10 am to 4 pm, so it's a good idea to spend time those hours in indoors.



## Hydrate your brain

Did you know your brain is made up of 75% water? It is important to every body system. Dehydration can impair short-term memory and recall of long-term memory. Dehydration can physically shrink the gray matter in your brain, which makes your brain work harder to process information. Drinking a glass of water can sharpen your mind and improve your re-

action time and ability to process information. Water is a natural remedy for headaches too! Sugar-sweetened beverages do not have the same effect and do not hydrate as well as water. Tips to stay hydrated and brain healthy: Drink at least 8 glasses of water every day, it's been told you take your weight and divide by 2 and that is how many ounces of water

you should drink a day. Eat plenty of fruit and vegetables, they contain a lot of water. Check your urine, if you drink plenty of water your urine should be colorless or light yellow. If urine is darker, drink more water.



## Mark your calendar for the upcoming events: ✓

**JULY:** July 4-County Offices closed for Independence Day, July 15-22, 2023 - 93rd Annual Marion County Fair- "Stirrup Some Fun" at the Marion County Fair. July 21- SCMC Board Meeting-Peabody Sr. Center

**AUGUST:** August 18-SCMC Board Meeting-Hillsboro Sr. Center.

**SEPTEMBER:** September 4-County Offices closed for Labor Day, September 15-SCMC Board Meeting Lincolnville Community Center. September 30-Marion Old Settler's Day.

**OCTOBER:** SCMC 63rd Annual Meeting, Marion Sr. Center Thursday, October 19, 2023.