

# Senior News & Views

Vol. 43 No. 1

March 28, 2022

## Marion Co. Dept. on Aging

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## Spring Thought



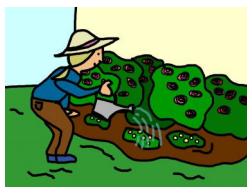
*"Remember that children, marriages and flower gardens reflect the kind of care they get."*

*H. Jackson Brown, Jr.*



## LAFF FOR THE DAY:

*"Why did the gardner bury all her money?"*



To make her soil rich!

## **Common Scams**

Our office from time to time gets calls from people asking whether a phone call, e-mail or postcard is a scam. So why do scammers target seniors. The same reason famed bank robber Willis Sutton said he robbed banks: "Because that's where the money is." Seniors have had longer to build up their savings, so they're more likely to have a tidy nest egg and own their homes outright. Another factor is older people are often more inclined to trust

strangers to begin with. People who grew up before 1960 were often raised to be polite and to assume other people are honest. This makes older people less willing to interrupt a sales pitch or hang up on a scammer. Common scams that target seniors are Social Security scams, where they are told their Social Security number (SSN) has been suspended unless they call in and "reactivate" the SSN. Medicare number scam is where they call to

verify your number in order to bill for services. Others include fake anti-aging products, funeral fraud, phone scams after your credit card number and phishing scams over the internet. You can protect yourself from scams by being suspicious, don't trust phone numbers, don't give out personal information over the phone, read fine print, don't get caught up in the urgency, talk it over with friends and family and use traceable payments.

## **National Volunteer Week April 17-23, 2022**

Celebrate National Volunteer Week with your Volunteers! In appreciation for their dedication and commitment for making a difference in the lives of others the

Marion County Dept. on Aging expresses sincere thanks to the volunteer drivers, newsletter volunteers, SCMC Board Members, Senior Center Presidents, volunteers at the Nutrition-Sites

and senior centers. Thank you for doing your part in helping the aging services in Marion County.



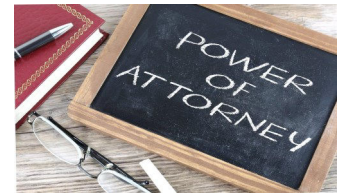
thank  
you

## Power of Attorney

Most of us don't know Powers of Attorney are until we need them. But we should all at least have one so decisions don't need to be made on the fly or by the courts. Having this document in place could give you the confidence in knowing that your choices about your financial life and medical care would not be left in the hands of a stranger if you no longer could make decisions for yourself. A Power of Attorney (POA) is a document that gives adults over the age of 18 to designate an-

other person to manage your financial and medical affairs if, because of health issues, you couldn't. There are five different types of grant varying levels of authority. The most common in Kansas are the Durable Power of Attorney for finances and health care decisions (DPOA F and HC). Both of these you appoint someone you really trust and make sure they know your wishes and preferences. They only come into play when you cannot speak for yourself in regards to your medical

care, financial and legal matters. You can do a Durable Power of Attorney for health care without a lawyer and most hospitals, nursing homes or the Dept. on Aging have forms. There are do-it-yourself for a DPOA for finances but it is best to consult an attorney since State Law regarding DPOA's may vary.



## Older Americans Month 2022: Age My Way



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month. ACL will be focusing on aging in place, how older adults can plan to stay in their homes and live independently in their communities for as long as

possible. The 2022 theme is **Age My Way**, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

## Smoke Alarms



We just passed the time for the year, did you replace your batteries in your smoke alarm and carbon monoxide detector. Hopefully you have both of these in your home if you don't you might want to consider

getting one. This would be the perfect gift for Mother and Father's Day coming up in the next couple of months. You should have a smoke detector on every floor of your house and one in every bedroom. You should test your alarm every month to

make sure it is working. You should have an escape plan and practice it twice a year. The escape plan needs to have two routes for escape. There are over one million burn injuries every year, don't be a statistic.

## VOLUNTEER - Volunteering Can Make You Happy

Volunteering can have positive benefits in your life. Giving to others can help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. Yes, it can sometimes be hard to find the time in our busy lives, but it is well worth the effort. \* Volunteering connects you to others. It allows you to connect to your community and make it a better place. \* Volunteer-

ing is good for your mind and body. Nothing relieves stress better than a meaningful connection to another person. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety. \* Volunteering brings fun and fulfillment to your life. It is a fun and easy way to explore your interests and passions. Doing volunteer work that you find meaningful can be relaxing, energizing escape from your day-to-day rou-

tine. By: Lisa Woodward

There are many places and organizations in your community to volunteer. They would be grateful and appreciative to have your help.



Marion County Dept. on Aging, 309 S. Third, Marion, KS is in need of Volunteer Drivers to sign up call 620-382-3580.

## Two Habits For Healthier Sleep

As we age, our bodies produce lower levels of growth hormone, often resulting in a decrease in slow wave or deep sleep. When this happens, we produce less melatonin, we often experience more fragmented sleep, waking up more often throughout the night. There are two

daytime habits that you can develop to counteract these occurrences. The first one is to improve your diet by eating less sugar and limiting processed foods that contain higher amount of sugar. Reducing your amount of caffeine or alcohol consumption can lead to less repeat

sleep disruptions. Get moving is the second. Particularly aerobic activity, releases chemicals in the body that promote restful sleep. Try marching in place either seating or standing, sitting and kicking while moving your arms.



## Mark your calendar for the upcoming events: ✓

**MARCH:** March 2-Ash Wednesday, March 31-LIEAP deadline.

**APRIL:** April 15- *Good Friday* & SCMC County Bd. Meeting at Tampa, April 17-*Easter Sunday*, April 17-23, 2022 *National Volunteer Week*, *Remember to thank and show your volunteers you appreciate them this week at your site!*

**MAY:** May 8 - *Mother's Day*, May 10-Second half of Marion County Property Taxes due, May 20- SCMC County Bd. Meeting at Lincolnville and May 30-*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 tel-emarketers call list you must dial this number from your home or cellular phone.**

**EMERGENCIES DIAL 911**