

Senior News & Views

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Marion Co. Dept. on Aging

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Spring Thought

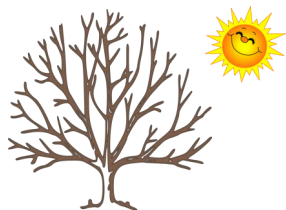
"Spring makes the world a happy place, you see a smile on every face. Flowers come out and birds arrive, Oh, isn't it grand to be alive?"

Anonymous



LAFF FOR THE DAY:

"What did the tree say during springtime?"



"Well, this is a re-leaf?"

Saying Good-bye

I am writing this with mixed feelings. I will be stepping down as Coordinator of Marion County Department on Aging on April 28, 2023 to begin the next chapter of my life in retirement. I started working at the Dept. on April 21, 2008 to take on providing services to the Marion County aging population. I know for many of you I only saw you once or twice a year helping you pick out a prescription drug plan or doing your taxes but it was al-

ways good to re-connect with you. My work would not have been possible without the assistance of Lanell, Office Secretary, Barbara Smith and Virginia Downing Department Volunteers. The majority of my career has been working with the aging population. It has always felt like a good fit for me. This work has given me the opportunity to learn new things in order to best serve you. I would never have imagined I could do Federal/State taxes. I have enjoyed

partnering with you learning about Chronic conditions, Diabetes and Fall Safety in order to make you healthier. The challenges of COVID stretched us in continuing to provide services and keeping connected to all. So, thank you for allowing me to be a part of your life story. I look forward to seeing you in the county. I know the next person, who takes my position will continue providing the same services but also find new ways to serve you.

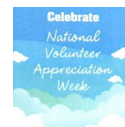
Gayla

National Volunteer Week April 16-22, 2023

Celebrate National Volunteer Week with your Volunteers! In appreciation for their dedication in 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, Nutrition-Site and senior center volunteers.

Thank you for doing your part in helping the aging services in Marion County. Volunteers; Serving, Giving and Caring!



Fraud and Scams

The Department continues to receive calls from people in Marion County, who question if something is a scam or has gotten caught up in a scam. It is scary to receive a text or email that your various accounts have been shut down because of fraud. I have received such a text and immediately hit the site and started giving them information until the minute they asked me for my Social Security number or other secure information. When this happened I immediately stopped and

went to the site and checked to see if my account was shut down. McGill University Neuroscientist Nathan Spreng compared the brains of two groups of people. One group had been scammed and the other same age group had not been scammed. He found that one region in the brain called the "insula" was smaller in the people, who were scammed. He said this area of the brain is what gives us a hunch that the situation is dicey. When we experience these times

which produce fear some parts of our brain are revving up, others are shutting down. When the amygdale senses fear, the cerebral cortex area of the brain that harnesses reasoning and judgement becomes impaired-so now it's difficult to make good decisions or think clearly. So before you react, step back and take a deep breath. The next step is to check your accounts from the original source to see if this is really happening.



Older Americans Month 2023: Aging Unbound



Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is **AGING UNBOUND**, which offers an opportunity to explore diverse aging experiences

and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging and how we all benefit when older adults remain engaged, independent and included.



Medicare Changes To Enrollment

This year, changes to Medicare enrollment periods take effect. The General Enrollment (GEP) runs from January 1st-March 31st of each year. Now, people who enroll in Medicare during the GEP will have their coverage begin the

first of the month following the month they enroll, rather than having to wait until July. The Initial Enrollment period (IEP) is the seven-month period surrounding an individual's 65th birthday month. It includes three months before, the month of, and three months after

someone's 65th birthday. Before 2023, people who enrolled in Medicare during the last 3 months of their IEP had to wait up to 3 months before their coverage would begin. Now, that gap in coverage is eliminated coverage will begin the month after you enroll.

Help Is On The Way

A resource that might be of help to you if you are a victim of Fraud is to call the National Elder Fraud Hotline. Their phone number is 1-833-372-8311 from 9:00 a.m. to 7:00 p.m. This hotline is staffed by professionals who know how to support victims of Fraud. Callers can count on these Case Managers to be caring and understanding. These Case Managers will help you through the reporting process at the Federal, State and local levels. Victims will also be

connected with other resources on a case-by-case basis. You calling this hotline will help authorities identify those who commit Fraud and can also prevent others from becoming victims. This is a FREE resource created by the U.S. Department of Victims of Crime to help people report Elder Fraud. Another resource is offered through AARP at aarp.org/fraudwatchnetwork which has a Fraud Resource Center with more than 60

tip sheets providing do's and don'ts on common scams/fraud. You can sign up for Watchdog Alerts which are delivered by email or text message, on the latest scams and tips how to spot them. You can check a nationwide Scam-Tracking Map, where you can find the latest alerts from your state Attorney General. You can find assistance calling the Fraud Watch Network Helpline 1-877-908-3360.



Scams On Our Technology

Scammers are getting more advanced every day. Just a simple text that says "track your package with a link" to a message that promises to help pay off loans or give you a coupon code. How can you tell if it's a scam text. What to do if you get a scam text on your Iphone: Copy the

message by holding your finger longer on your screen than a tap, another screen will come up and hit copy and forward it to 7726 (SPAM). This helps your wireless provider spot and block similar messages in the future. If you have an Android phone you need to: touch and hold the con-

versation you want to report. Tap block> report spam>OK. If the text message asks you to text STOP to be removed from mailing list or something similar. Don't be fooled by this. If you reply, you can expect more Spam texts and calls. You are better off not responding at all.

Mark your calendar for the upcoming events: ✓

MARCH: March 31-LIEAP deadline.

APRIL: April 2-Palm Sunday, April 7- Good Friday, April 9-Easter, April 21-SCMC County Bd. Meeting at Tampa, April 16-22, 2023 National Volunteer Week, Remember to thank and show your volunteers you appreciate them this week at your site!

MAY: May 10-Second half of Marion County Property Taxes due, May 14- Mother's Day, May 19- SCMC County Bd. Meeting at Lincolnville and May 29-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 - 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-marketers call list you must dial this number from your home or cellular phone.

EMERGENCIES DIAL 911