

Senior Citizens of Marion County, Inc.
309 South Third
Marion, KS. 66861
620-382-3580
aging@marioncoks.net

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Senior Citizens of Marion County, Inc. & Marion County Dept. on Aging

Senior News & Views

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Address Service Requested

Gayla Ratzlaff, Coordinator
Lanell M. Hett, Sec./Trans.
Barbara Smith, Dept. Vol.

Durable Power of Attorney: Whom to Name

It's important to have a Durable Power of Attorney (DPOA-Finances) to assist with your money matters. A DPOA-Finances only comes into play when you are no longer able to handle your financial affairs due to cognitive or physical disabilities. Even though it may seem easier or less expensive, there are definitely reasons to avoid buying a DPOA-F form online. However, even if you hire an attorney to prepare a DPOA form for you, there are still

important decisions to be made and issues to be informed about. One of the most critical DPOA-F decisions is whom should you name as the person to give the powers to (i.e. "Agent")? This individual will have ability to sign your name on checks, open/close bank accounts and possibly decide where you should live, you must have complete trust in their honesty as well as their ability to do the job. The normal tendency for aging parents is to

name their adult children. If you believe that your child is completely trustworthy and up to the task, then certainly naming a child as your Agent is a fine idea. If you trust more than one child, but one lives closer to you then consider naming the closer-living child as your initial Agent, with the other child as the back-up Agent if, for any reason, the initial Agent fails or refuses to serve. You can name Co-Agents, but that can be problematic. (Durable Power of Attorney see Pg. 3)

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

Christmas ★★
"Gifts of time and love are surely the basic ingredients of a truly merry Christmas." ★

★ By: Peg Bracken


"Merry Christmas
Happy New Year!"


Gayla
Lanell
Barbara

LAFF FOR THE DAY:

What do elves learn in school?



The..... Elf-abet!

LIEAP and Tax Assistance

The Marion County Dept. on Aging is offering to help individuals file their Low Income Energy Assistance Program applications starting January 17. The Dept. will also help with filing

Homestead Refund for homeowners. Interested persons can set up an appointment by calling 620-382-3580. There is no charge for this service. Barbara Smith, Volunteer and Gayla

Ratzlaff, Coordinator will be helping individuals with state and federal income tax returns starting February 2 for individuals with income less than \$60,000.

Medicare Supplemental Plans

This time of year our office receives calls from individuals in regard to their supplemental plans. The calls usually are about their premium going up for the year or they can switch to less expensive plan. Many people think this open enrollment from October 15 to December 7 is the only time you can switch to a different supplemental plan. This is partial true and false. It is false because you actually can switch to a different com-

pany plan anytime during this year. But before you cancel your supplemental plan make sure the other company has accepted you. Once you are past your initial enrollment (3 months before 65th, birthday month and 3 months after you turn 65 or guarantee issue right period) or special enrollment (signing up for Part B once you quit work) the insurance company can ask you health related questions. If you are having health problems

they can put a rider on your new plan or deny coverage. It is partial true because sometimes during this period your company may be offering an enrollment period to get into a dental plan they are offering. If you don't join during this time you can't throughout the year unless you are joining a supplemental plan for the first time.



Medicare Advantage Plans

Many people this time of year see advertisements about joining a plan which combines Medicare Part A, drug plan and supplemental. Many times these plans will also offer dental and vision coverage. These plans are called Medicare Advantage plans which is the privatization of Medicare. You can enroll into a Medicare Advantage Plan during

their open enrollment October 15-December 7 which runs concurrent with prescription drug plans. These plans have contracts with certain hospitals and physicians. Our county hospitals/physicians do not have contracts with Medicare Advantage Plans. You can have this plan and use health services in Marion County but since they are out of network you would be responsible for

a percentage of the cost. Example of dental coverage with these plans are \$50 copay for Medicare covered dental and \$0 for routine dental. Vision coverage is \$50 for Medicare covered vision and 20% of eyewear after post cataract.

CONGRATULATIONS

KANSAS

on your
156th Birthday
January 29, 2017



OLDER KANSANS DAY



February 14, 2017
Topeka, Kansas

HANDY HINT:



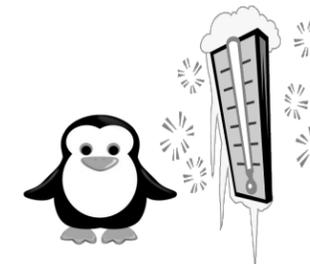
An Easy Thread! If you have trouble threading a needle, spray a tiny bit of hair spray on your finger and twist the end of the thread. This will stiffen the fibers together to be easily threaded.

Walk Like A Penguin

Facing an icy surface can be a paralyzing experience. Not everyone has grippers and other safety aids. So, what should you do? Believe it or not, body movements can increase your stability on an icy surface. Slow down and think about your next move. Keeping your body loose as possible, spread your feet to more than a foot apart and point the feet out slightly to provide a base of support. This will help sta-

bilize you as you walk. Keep your knees loose - - let them bend a bit. This will keep our center of gravity lower to the ground which further stabilizes with the body. Now you are ready to take a step. Make the step small, placing your whole foot down at once. Then shift your weight very slowly to this foot and bring your other foot to meet it the same way. Keep a wide base of support. Some people pre-

fer to drag their feet or shuffle them. If this feels better to you, then do so. Just remember to place your whole foot on the ice at once and keep your base of support approximately one foot wide.



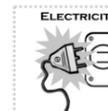
DPOA (from page 1)

You will need two signatures on everything and anyone the Agent deals with will want to be sure that both Agents have agreed to the same course of action. If one of the Agents is ill or unavailable (out of the country, etc.) then it is as if you have no Agent named, since nothing can be done until both Agents have agreed on the action.

Winter Power Outages

What to do when the electricity goes off. Have an emergency kit with medicines, extra batteries, first-aid, flashlight and weather radio. Stock food that can be eaten out of the can and does not need refrigeration/heating. Local senior centers also have emergency meals available. Dress wearing sev-

eral layers of loose fitting, light weight, warm clothing, rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent. Mittens are better than gloves. Wear a hat, most body heat is lost through the top of the head. Cover your mouth with a scarf to protect your lungs.



Mark your calendar for the upcoming events: ✓

JANUARY:

January 20-SCMC Bd. Mtg.-Hillsboro

FEBRUARY:

February 17-SCMC Bd. Mtg.-Durham



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

December 23 & 26-Christmas, January 2-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