

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 - 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-11:00 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 - 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**

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

# Senior News & Views

Vol. 36, No. 4

December 21, 2015

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

*"Bless us Lord,  
this Christmas,  
with quietness of  
mind; Teach us  
to be patient and  
always to be  
kind." By   
Helen Steiner Rice*

*"Merry Christmas  
Happy New Year!"*  
  
Gayla  
Lanell  
Barbara

**LAFF FOR THE DAY:**

  
What REINDEER  
has the cleanest  
antlers?  
 **COMET!**

## 2016 Social Security & Medicare Information

This month you should have received your Social Security yearly benefit statement. It contains information about your 2016 Social Security monthly benefit. It will also show your Part B premium of \$104.90. Your Prescription Drug Plan Part D premium for next year if you have it taken out of your Social Security check will be on this statement. This Part D premium may be incorrect if you switched plans for 2016. If

you switched plans the statement may reflect your 2015 plans new premium for 2016. Example of this would be if you had Silver-Script Choice in 2015 and the premium was \$25.00 the statement will show your premium of \$20.20. The reason for the wrong information is that it takes Social Security around three months to make this correction for everyone across the United States, who switched to new plans for 2016. You

should receive a letter from Social Security informing you of the correct amount they are taking out of your Social Security check for Part D premium for 2016 in the first few months of the new year.



## Assistance With Taxes and LIEAP

The Marion County Dept. on Aging is offering to help individuals file their Low Income Energy Assistance Program applications plus the Homestead Refund for homeowners

starting January 20. 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 \$50,000.





### Older Driver Safety Awareness

Older Driver Safety Awareness Week was December 7-11, 2015 aims to promote understanding of the importance of mobility and transportation to ensuring older adults remain active in the community. Changes in vision, flexibility, strength, range of motion and even height are all part of the aging process and they can affect senior drivers behind the wheel. That's why it's so important to educate yourself about how to choose or make alterations to ensure it's the right vehicle for you, one that will optimize your driving performance and safety. Here are a few things to check to ensure

you're positioned properly in your vehicle. All of these adjustments can help improve safety for senior drivers in the event of a crash. Sit 10 inches away from the steering wheel to give the airbag the time and space it need to expand in an impact. Sliding the seat back will help obtain proper positioning in relation to the airbags. Be able to see at least three inches over the top of the steering wheel, so you'll have the proper range of vision. Raising the seat can get you high enough to see over the steering wheel. Wear your safety belt so the bottom strap fits low on your hips and the shoulder strap sits snugly across

your chest and over the center of your shoulder. If the shoulder strap cuts into your neck or doesn't rest firmly on your chest and shoulder, it's not positioned right. Be able to operate the accelerator and the brake without having to stretch your leg or lift your heel off the floorboard. Moving the seat forward can help you reach the pedals better. We all remember the day we got our driver's license because of the freedom and independence it represented. Today, more than ever, driving is an essential activity in our fast-paced, mobile society.

### Family/Friend Christmas Memory Game

Before the holidays, gather up stacks of old Christmas cards and cut each card cover in half. Begin the game by flipping all of the card's picture sides face down into a rectangular grid. Keep the grid as uniform as possible

order to prevent making it easier to memorize card locations. The player going first turns over any two cards in the grid, flipping them all the way over and laying them down with the pictures facing up. The player collects the two cards if the same

pictures otherwise the two cards are turned back over and it is the next player's turn. A player that makes a match continues until they can't make a match. The game is over once all the matches have been made.

### CONGRATULATIONS

#### KANSAS

on your  
155th Birthday  
January 29, 2016



### OLDER KANSANS DAY



February 16, 2016  
Topeka, Kansas

### HANDY HINT:



**Foggy Headlights:** Simply apply WD-40 on a clean rag and wipe off headlights making them shiny again. It will also make it brighter at night to see.

### Safety Items For Driving

Adaptable equipment can assist in a person being able to drive longer and safely on the road. Here are some items you might want to consider and if not too late add to your Christmas list. Adaptive Key Devices fit on your regular key and give better leverage to make turning keys easier. Hardware stores and home healthcare stores have different styles from which to choose. Be sure to try them first to see which works best for you. Check out handy driving

aids at [www.dynamic-living.com](http://www.dynamic-living.com) if you can't purchase locally. Check with your local dealer if you are needing the turn signal to be on the other side of steering wheel. These and similar adaptive driving aids are installed by a dealer using bands, not screws so it leaves your vehicles' interior in its original condition. Trouble with peripheral vision or turning your head consider installing a panoramic or wide angle rear and side view mirrors to widen your view. By using

the regular and wide angle mirrors together, you'll have greater visibility and won't have to turn your neck as much. If you have trouble managing your seatbelt an extender, a piece of seatbelt material about 8" long with a buckle on the end of it that clicks into the existing seat belt. Check with your local dealer to see if they have a seatbelt for your type of vehicle.



### Hypothermia Can Be Dangerous

The frosty air of winter can be invigorating. But cold air can also pose threats to your health, whether you're indoors or outside. If your body temperature drops below normal body temperature of 98.6, it can lead to a serious condition known as hypothermia. Low body temperatures can impair vital organs.

When cold affects the body, people may have trouble thinking clearly, talking properly or moving well. They may not realize what's happening or they might not be able to take steps to warm up or ask for help. Left untreated, hypothermia can quickly turn dangerous. Several hundred people in the U.S. half of them 65 or

older die from hypothermia each year. Some ways to help prevent it in the first place are: dress in layers, cover up with blankets and if you're expected to be out in the wind and weather wear a waterproof and windproof outer shell.



### Mark your calendar for the upcoming events: ✓

#### JANUARY:

January 15-SCMC Bd. Mtg.-Hillsboro Durham

#### FEBRUARY:

February 19-SCMC Bd. Mtg.-

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

December 24 & 25-Christmas, January 1-New Year's Day, January 18-Martin Luther King, Jr. Day and February 15-President's Day.

Nutrition-Sites will be closed on January 18, Martin Luther King, Jr. Day

