

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-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 - 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. 37, No. 3

September 26, 2016

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

*"Autumn carries
more gold in its
pocket than all the
other seasons"*



Jim Bishop

LAFF FOR THE DAY:
Why did the scarecrow get a promotion?



**"Because he was
outstanding in his
field!"**



Dan Martel of Peabody
Sensational Sunflower



Prescription Drug Enrollment

Open enrollment for Prescription Drug Plans begins October 7 through December 15. It is always best to look at the material your plan sends you about their changes for the New Year. Many times their deductible goes up, premium changes and co-pays on medication. We are fortunate here in Marion County because some of our pharmacies will do the comparison for you if you purchase your medications from them. I would

strongly encourage you to use this resource. If you purchase your medications in or out of county the Marion County Dept. on Aging will be glad to do your comparison for you. If you want the Dept. on Aging to do your comparison, please call and make an appointment (620-382-3580) and bring with you a list of your prescriptions, dosages and how often you take your medications. It is very important when we input your medication we

name to get an accurate picture of your cost for 2017. Gayla will be at the Hillsboro Sr. Center on Monday, October 24, Thursday, November 3 and Tuesday, November 29 from 8:00 a.m. to 4:30 p.m. Call the Hillsboro Sr. Center to make an appointment for these dates (620-947-2304), Gayla will be in Peabody Sr. Center on (continued on Pg. 3)



The 2016 Good Vibrations Sunflower Fair

Marion County's "Sensational Sunflower" Dan Martel of Peabody, Kansas was honored on Sept. 20, 2016 at the NC-FH AAA Sunflower Fair. He was chosen by the SCMC Board. He

serves on the Peabody Sr. Center Board and the SCMC Transportation Committee. He generally assists whenever and however he can. Dan has left a trail both deep and clear to

follow by volunteering his time at the Peabody Sr. Center and for seniors in the community. Dan is indeed a Sensational Sunflower!



1960 SCMC 56th Anniversary 2016

The Senior Citizens of Marion County, Inc. will be holding their 56th Annual Meeting on Thursday, October 20, 2016 at noon at the Marion Sr. Center. This year the SCMC Board will be honoring 15 local instrumental musicians. The guest speakers for the Annual Meeting will be Mike Ward and Mike Martin. A Free Will Offering will be taken to continue the

SCMC goal of providing a scholarship for a Marion County High School 2017 Graduate interested in pursuing a degree in an age-related field such as medicine, nursing, social work, gerontology and therapies (physical, speech and occupational) The registration cost for the event is \$5.25 and includes lunch menu: Country Fried Steak, Mashed Potatoes

with Gravy, Green Beans, Salad and Apple Crisp. The deadline for registration is October 11, 2016. You can pay for regis-



Best Time To Contact Medicare



You can call Medicare 24/7 and get a Customer Representative. Don't call Mondays and Tuesdays between the hours of 10:00 a.m. to 4:00 p.m, these are their busiest times. Medicare's phone number is 1-800-633-4227. You can

also choose a person or person you have chosen to have access to your personal health information. You can specify the individual have access to information about your Medicare eligibility, Medicare claims, plan enrollment, premium payments

and health information. The Marion County Dept. on Aging has a copy of this form if you would like to appoint someone.



Marion County Health Fair

The Marion County Health Fair will be Saturday, November 5 from 8:00 a.m. to 11:00 a.m. at the USD 408 Sports and Aquatic Center. The goal of the Health Fair is to raise awareness for health services provided in our county. The

fair will offer agency and organization booths from across the county plus a lab draw. Come see what our county has to offer.



VOLUNTEER DRIVERS NEEDED!

Marion Co. Dept. on Aging 309 South Third, Marion, KS is in need of **VOLUNTEER DRIVERS** for the transportation service offered by the Department. Contact the Dept. on Aging to sign up to be a volunteer **620-382-3580.**

Thank you!



October is Fire Prevention Month



Older adults are at a greater risk of fire injury than the general population. Risk factors that make older adults more vulnerable are: living alone, having physical and mental impairments and disabilities, having reduced sensory ability such as smell, touch, vision and hearing and medication which makes them drowsy. If there is a fire in your home, you have less than 3 minutes to get out. There are some prevention measures you can

take to reduce your risk. You should know two ways out of every room in your house and practice using both ways. Remove any items that may block your way of the room or your home. If you need to use a wheelchair or a cane, make sure you can get to it easily and get out quickly. If you wear hearing aids or eyeglasses, put them next to your bed while you are sleeping. Smoke alarms should be replaced every 10 years on the back of the alarm will have a date.

You should have a smoke alarm on every level, including the basement. Test smoke alarms at least once a month by pushing test button.



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Wednesday, October 26th and Wednesday, November 16 from 9:00 a.m. to noon. She will be at Indian Guide Terrace in the afternoon from 1:00 p.m. to 4:30 p.m. Call Peabody Sr. Center (620-983-2226) for morning appointments and Indian Guide Terrace (620-983-2958) for afternoon ap-

pointments. Gayla will be at Bethesda Home on Monday, October 31 and Tuesday, November 15 from 8:30 a.m. to 4:30 p.m. call (620-382-3580) to make an appointment. According to Medicare they strongly encourage individuals to be enrolled in a plan by November 15 especially if

you want your premium to come out of your Social Security check.



Mark your calendar for the upcoming events: ✓

OCTOBER: October 1 -Annual Chili Cook Off at Marion Co. Lake & Lincolnville October Fest October 20-SCMC 56th Annual Meeting-Marion Sr. Center

NOVEMBER: November 18-SCMC Bd. Mtg.-Peabody Sr. Center, County Offices closed for these holidays-November 11-Veterans Day, November 24 & 25 Thanksgiving Holiday

DECEMBER: December 16-SCMC Bd. Mtg.-Marion Sr. Center, County Offices closed for these holidays-December 23 & 26-Christmas Holidays and January 2, 2017-New Year's Day Holiday.