

The Senior Center

PADUCAH/McCRACKEN COUNTY

CLUB 60+

January 2022

Free Membership for those 60 years of age & older

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Mission Statement: We provide services and opportunities for Seniors which enhance personal wellbeing, promote friendship, facilitate sustainable independence and dignity.

Daily Activities Include

Wii, Card Playing, Puzzles, TV, Fellowship, Exercise Workout Room, Billiards Room, Computers with Internet, Corn Hole, Exercise Classes and Lunch.

Exercise for Seniors

Easy stretching and toning exercises; many completed while seated. Good fellowship and friends working together Mon. Wed. & Fri. at 10 am.

Exercise Workout Room

Commercial treadmills, weight machine, recumbent bikes, free weights and TV. Open Free for Registered Seniors 8am–3:45. Mon. - Fri. No crowds during the afternoon hours.

Spunky Old Gals Eating Out

Meet the Spunky Old Girls for dinner out on the town. Scheduled one evening in the months of April, July and November.

Health Speakers & Presentations

Weekly presentation on topics of interest for aging and active senior adults.

Billiards Room

The Pool Room is open for men and women from 8am–3:45 pm Mon—Fri. We have professional grade pool tables. The yearly membership fee to use the pool room is \$20 for unlimited play.



We can assist in minor home repair for low income home owners in McCracken County.

Projects include: locks, fire extinguisher, grab rails, hand held shower units, security, maintenance, storm doors, minor electrical, minor plumbing & ramps.



Call our Ehomes Coordinator, Teresa Meadows, at **270-210-5113** or **270-443-8579**

Hot Lunch Programs.....

Our meal program is composed of two areas of focus: The Congregate Meal served at the Senior Center and the Meal Delivery Program. Both programs require that the participant be 60 years of age or older.

Our lunches are developed by a certified dietitian and are 1/3 of the adult daily food requirement. We use low sodium recipes. The hot nutritious lunch includes meat, vegetables, whole wheat roll, milk and fruit or dessert .

We offer **Congregate Lunch served at the Senior Center** dining room that is served promptly at 12 noon Monday through Friday for a suggested donation of \$2.00. We serve coffee, ice tea and milk with the congregate lunches. We suggest you arrive no later than 11:45 for lunch.

Meal Delivery is a limited program for our homebound senior individuals in McCracken County. Delivery clients must be homebound, living alone and have severe debilitating ailments that keep them from cooking their own meals. This program also requests a donation for each meal. Call and talk to Robin to complete an application and determine eligibility. If eligible, you will then be placed on our waiting list for the delivery program.

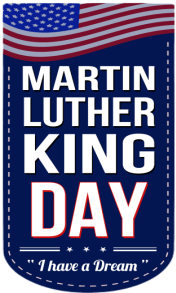


January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grilled Chicken Sandwich Cooked Cabbage Carrots Sugar Cookie Banana 1% Milk	4 Meatloaf Mashed Potatoes Green Peas Ambrosia Salad Roll 1% Milk	5 Herbed Pork Loin Whipped Sweet Potatoes Green Beans Cinnamon Applesauce Graham Crackers Wheat Roll 1% Milk	6 Roast Turkey Scalloped Potatoes Lima Beans Mixed Fruit Roll 1% Milk	7 Baked Chicken Succotash Macaroni & Cheese Chocolate Pudding Roll 1% Milk
10 Breakfast Casserole WW English Muffin Fresh Fruit Cup Blueberry Muffin 1% Milk	11 Chili with Beans Carrot Raisin Recipe Fresh Orange WGrain Breadstick 1% Milk	12 Breaded Pork Chops Cooked Cabbage Baked Apples Roll 1% Milk	13 Chicken Tetrazzini Broccoli Apple Crisp Roll 1% Milk	14 Sloppy Joe Macaroni & Cheese Green Beans Banana Roll 1% Milk
17 	18 Chicken Pot Pie Broccoli Corn Gelatin w/ Fruit Roll 1% Milk	19 Chicken & Vegetable Stir Fry White Rice Fresh Orange 1% Milk	20 Oven Fried Chicken Lima Beans Stewed Tomatoes Vanilla Pudding Roll 1% Milk	21 Cheese Burger Deluxe Potato Wedges Cole Slaw Red Grapes Graham Crackers 1% Milk
24 Taco Pie Pinto Beans Tropical Fruit Salad 1% Milk	25 Chicken & Broccoli Casserole Carrots Chocolate Pudding 1% Milk	26 Chunky Vegetable Soup Chicken Salad Sandwich Tomato Wedges Apple Slices Chocolate Chip Cookie 1% Milk	27 Roast Turkey Mashed Potatoes Zucchini & Summer Squash Sugar Cookie Roll 1% Milk	28 BBQ Chicken Breast Sweet Potatoes Collard Greens Diced Pears Roll 1% Milk
31 Hamburger Steak Peas & Carrots Mashed Potatoes Banana Roll 1% Milk	Kitchen Manager: Khiry Jordan Paducah Senior Center 270-443-8579			



Activities January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 10am Senior Exercise	4 10:30am Entertainment by the Berryhills	5 10am Senior Exercise	6 10:30am MCLIB	7 10am Senior Exercise
10 10am Senior Exercise	11 10:30am Entertainment by Susan Piper	12 10am Senior Exercise 10:30am Cards w/ Jami Feezor	13 10:30am Entertainment by Mike Ward	14 10am Sr. Exercise 10:30am River's Edge Vet, Karla Cunningham
17 	18 10:30am Entertainment by Dave West Supper Club @ 5:30pm New Asia Contact Robin Ross	19 10am Sr. Exercise Humana January Birthday Cake	20 10:30am Bingo by Providence Point	21 10am Sr. Exercise 10:30am Presentation by District Attorney Jamie Mills & Sherriff
24 10am Senior Exercise	25 10:30am Bingo By South Gate	26 10am Senior Exercise	27 10:30am Entertainment by Roy Henderson	28 10am Senior Exercise 1:30PM Free Movie w/ Popcorn and Soda
31 10am Senior Exercise		Daily from 8am – 3:45 pm Pool/Billiards Room, Weight Equipment / Exercise Room, Card Games & Puzzles, TV, Computers/Internet , Wi-Fi		

Medicare Durable Medical Equipment:

Prevent, detect, and report DME fraud, errors, or abuse.

Some examples of DME fraud and abuse might include:

Someone uses a fraudulent physician's identity, or a physician's stolen identity, to medically certify that you need supplies.

Someone steals your Medicare number and uses it to bill Medicare for DME that is not needed or is never delivered.

Someone calls you or visits your home to offer you "free" equipment that you do not need, and then bills Medicare for the equipment.

A DME supplier bills Medicare for more expensive equipment than the equipment that is provided or continues billing Medicare after equipment has been returned.



Remember the rules about Medicare's coverage of DME. Medicare should not cover DME unless your PCP has certified that you need it. Be aware of aggressive marketing that tries to offer you "free" equipment or persuade you to change DME suppliers. Before making a decision to change suppliers, speak with your doctor and your current supplier to see if there is a need for you to change. Be skeptical of offers that seem too good to be true, and do not give any personal information to someone who calls offering DME that you did not ask for. Regularly check your Medicare Summary Notices if you have Original Medicare, or your Explanations of Benefits if you have a Medicare Advantage Plan. If you see any suspicious charges or have any reason to believe your provider is inappropriately billing Medicare, call your provider to see if they have made a billing error. If you still suspect a health

care provider of DME fraud, contact your Senior Medicare Patrol (SMP).

Take Action:

Speak with your doctor if you believe you need DME. Remember that an order from your doctor and a face-to-face visit is required for Medicare to cover your DME.

Contact your State Health Insurance Assistance Program (SHIP) to learn more about Medicare coverage of DME and to find local suppliers who accept assignment.

Call your Medicare Advantage Plan to learn about any additional requirements you must meet to receive covered DME and to request a list of in-network DME providers.

Contact the Senior Medicare Patrol (SMP) to report potential incidents of Medicare fraud, errors, or abuse.

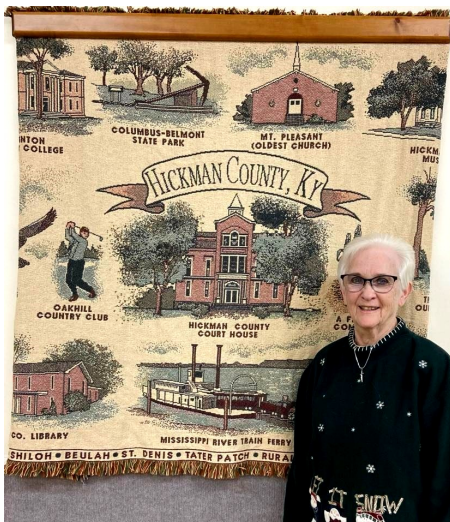
The smallest act of kindness is worth more than the greatest intention...

Oscar Wilde



November Volunteers of the Month

**Hickman Co.
Sue**



Sue volunteers all over Hickman Co. She Volunteers at the Library, Hickman Co. Museum, Elementary School and Women's Club.

**Paducah— McCracken Co.
Melba**



Melba volunteers at St. Vincent DePaul in Paducah. She volunteers several hours a week sorting and hanging clothes and a pleasure to be around.

RSVP Project Director Rhoni Lowery 270-442-8993 e-mail rhoni@pmcsc.org



Cobertura de Medicare de las vacunas

Vacunas que Medicare Parte B cubre

Medicare Parte D cubre la mayoría de las vacunas, pero hay ciertas vacunas que están cubiertas bajo la Parte B:

Vacunas contra la influenza

Medicare cubre una vacuna contra la influenza cada temporada de influenza. La temporada de influenza generalmente va de noviembre a abril. Dependiendo de cuándo elija vacunarse contra la influenza, Medicare puede cubrir una vacuna contra la influenza dos veces en un año natural.

Por ejemplo, si se vacunó en enero de 2021 para la temporada de influenza 2020/2021, usted podría ponerse otra vacuna en noviembre de 2021 para la temporada de influenza 2021/2022.

Vacunas contra la neumonía

Medicare cubre una primera dosis si usted nunca antes ha recibido cobertura de la Parte B para una vacuna contra la neumonía. Usted tiene cobertura para una segunda vacuna diferente un año después de haber recibido la primera vacuna.

Vacunas contra la hepatitis B

Medicare cubre la vacuna contra la hepatitis B si usted tiene un riesgo moderado o alto de padecer hepatitis B. Si usted tiene un riesgo bajo, la Parte D cubrirá la vacuna.

Medicare considera que tiene un riesgo moderado o alto si usted, por ejemplo, tiene la enfermedad renal en etapa terminal (ESRD, por sus siglas en inglés), tiene hemofilia o diabetes, usa drogas inyectables, vive con alguien que tenga hepatitis B o es un profesional de la atención de salud que tiene contacto frecuente con sangre o fluidos corporales durante su trabajo de rutina. Otros factores también pueden incrementar su riesgo de padecer hepatitis B. Hable con su médico para averiguar si usted tiene un riesgo alto o moderado de padecer hepatitis B.

Vacuna contra el COVID-19

Medicare original Parte B cubre las vacunas contra el COVID-19 sin costos compartidos, sin importar si usted tiene Medicare original o un Plan Medicare Advantage. Debe traer su tarjeta roja, blanca y azul de Medicare a su cita de vacunación, incluso si tiene un Plan Medicare Advantage.

¿Con quién puedo comunicarme si tengo preguntas?

Programa Estatal de Asistencia sobre Seguro Médico (SHIP): su SHIP proporciona asesoría y asistencia personalizada e imparcial sobre Medicare, incluida información sobre la cobertura de Medicare de las vacunas. La información de contacto del SHIP se encuentra en la siguiente página.

Patrulla de Medicare para Adultos Mayores (SMP): su SMP puede ayudarle a prevenir, detectar y reportar fraudes, errores y abusos de atención de salud, incluidas las estafas relacionadas con el COVID-19. La información de contacto de la SMP se encuentra en la siguiente página.

1-800-Medicare: también puede llamar a Medicare si tiene preguntas sobre su cobertura. Llame al 1-800-MEDICARE (1-800-633-4227 o TTY 1-877-486-2048).

Su proveedor de atención de salud: pregúntele a su proveedor de atención de salud si usted está al corriente con sus vacunas y si le recomienda que se aplique alguna vacuna.

Su plan Medicare: contacte a su plan de la Parte D o Plan Medicare Advantage para averiguar qué farmacias están dentro de la red y si usted reúne los requisitos de elegibilidad para una vacuna que podría recibir.

Senior Transportation

Providing rides for Sr. Adults in McCracken County.
Pre-registration is required at the Senior Center.

Transport to the following locations:

To the Senior Center for lunch & activities..... Pharmacy.....Medical AppointmentsFood Stamp Office...

Social Security Office... Government Offices-upon approval..... The Bank of your choice, once per month..... Grocery Tues. & Fri. Only. You can be transported to the grocery closest to your home or the closest Kroger. (No Wal-Mart rides) Your packages are limited to 4 bags that you must be able to handle yourself. We strongly recommend that you use a foldable cart to hold the groceries so they will not roll around the bus. The driver is not responsible to assist in carrying the purchases or loading or unloading the cart, although the driver will assist the rider.

We suggest a donation of \$1 each way. We partner with the Paducah Area Transit-PATS to provide rides for our Seniors. It is mandatory that you make your "Senior Ride" reservation with PATS at 270-444-8700 a minimum of 24 hours before the planned trip.(PATS offices closed Sat. & Sun.)



January Senior Fun

**In the community room at Pierce Lackey
Non-residents age 60+ are welcome
All Activities are at 1:30pm**

Tuesday, January 4 – Pierce Lackey Court – BINGO

**Tuesday, January 11 – Pierce Lackey Court - Glen Spengler
from MEDCARE**

Tuesday, January 18 –Pierce Lackey – BINGO

Tuesday, January 25 – Pierce Lackey - BINGO

Contact Us

The Senior Center

PADUCAH/McCRACKEN COUNTY

1400 H.C. Mathis Dr.
Paducah, KY 42001
270-443-8579

The Senior Center Board of Directors meets each month on the third Tuesday at 8:30 am at the Senior Center Building



Proudly Funded

In part by:

- City of Paducah
- United Way of Paducah
- Paducah Housing Authority
- Purchase Area Dev. Dist. Admin. Aging-US Department of Health & Human Services
- Kentucky State Cabinet of Health and Family Services
- Center for Medicare/Medicaid Services, Adm. for Comm. Living Louisville/Jefferson Co. Metro Gov.
- Corporation for Nat. & Community Services—Senior Corp—RSVP
- Donations from local individuals, businesses, congregations, civic groups and advocates for Seniors

•Our Senior Friends who donate regularly.