

The Senior Center

PADUCAH/McCRACKEN COUNTY

CLUB 60+

May 2022

Free Membership for those 60 years of age & older



What We Provide	Pg 2
EHomes.....	Pg. 3
Nutrition Programs.....	Pg. 4
Monthly Menu... ..	Pg. 5
Activity Calendar.....	Pg. 6
Medicare Fraud.....	Pg. 7
Medicare Fraud.....	Pg. 8
RSVP.....	Pg. 9
Transportation.....	Pg. 10
Offsite Activities.....	Pg. 11

H A P P Y
Mother's Day

A single pink daisy flower with a yellow center, positioned between the words 'Mother's' and 'Day' in the 'Happy Mother's Day' graphic.

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. 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.

Line Dancing

Line dancing is not only a fun activity but a great workout for seniors! Sign up at the Senior Center office. Every Friday at 1:15PM in the second floor fitness room.

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.

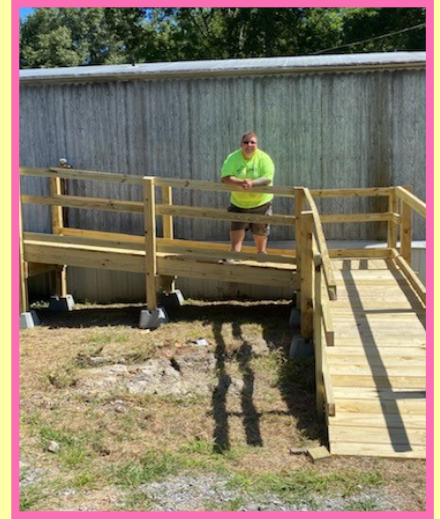
Chair Yoga

Yoga is ideal for seniors looking for a gentle way to care for their mind and body. If your mobility is limited, you can still get the benefits of yoga while sitting in a chair. Yoga for Seniors will be every Tuesday at 1:15PM at the Senior Center.



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**

This program is funded in part by:



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 \$3.00. 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.



May Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese Burger Deluxe Spinach Salad/French Dressing Baked Beans Banana 1% Milk	3 Chicken Tenders Brown Sugar Glazed Carrots Macaroni & Tomatoes Apple Cinnamon Roll Cobbler Roll/Butter 1% Milk	4 Tuna Salad Sandwich Baked Potato Chips Garden Fresh Pasta Salad 1% Milk	5 Baked Chicken Whipped Sweet Potatoes Black Eyed Peas Diced Pears Roll/Butter 1% Milk	6 Sloppy Joe Creamy Cole Slaw Potato Wedges Fresh Fruit Cup 1% Milk
9 Meatloaf Mashed Potatoes Broccoli Chilled Peaches Graham Crackers Roll/Butter 1% Milk	10 Spaghetti Meat Sauce Whole Grain Pasta Penne Broccoli WGrain Breadstick Fruited Gelatin Roll/Butter 1% Milk	11 Roast Turkey w/Gravy Mashed Potatoes Green Beans Fresh Orange Roll/Butter 1% Milk	12 Chicken Pot Pie Stewed Tomatoes Corn Red Grapes Chocolate Chip Cookie Roll/Butter 1% Milk	13 Cornmeal Crusted Pollock Scalloped Potatoes Collard Greens Fresh fruit Cup Roll/Butter 1% Milk
16 Fajita Casserole Corn & Black Bean Fiesta Tropical Fruit Salad Graham Crackers 1% Milk	17 Scrambled Eggs Turkey Sausage Southern Style Biscuit Strawberry Yogurt Fresh Orange 1% Milk	18 Breaded Pork Chops Whipped Sweet Potatoes Stewed Tomatoes Pineapple Dream Roll/Butter 1% Milk	19 Chicken & Broccoli Casserole Brown Sugar Glazed Carrots Banana Roll/Butter 1% Milk	20 Meatloaf Mashed Potatoes Broccoli & Cauliflower Red Grapes Graham Crackers Roll/Butter 1% Milk
23 BBQ Chicken Breast Baked Potato/Sour cream Brussels Sprouts Pineapple Chunks Roll/Roll 1% Milk	24 Roast Turkey Sweet Potatoes Spinach Ambrosia Salad Roll 1% Milk	25 Soft Shell Beef Tacos Mexican Brown Rice Fresh Orange 1% Milk	26 Honey Glazed Pork Chop Whipped Sweet Potatoes Brussels Sprouts Chocolate Chip Cookie Roll 1% Milk	27 Hamburger Steak Mashed Potatoes Peas & Carrots Banana & Vanilla Pudding Roll/Butter 1% milk
30 	31 Chicken Tenders Garden Seasoned Broccoli Mashed Potatoes Banana Roll/Butter 1% Milk			
5 Page Paducah-McCracken County Senior Center			270-443-8579	

May Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 11 A.M. Paparazzi Jewelry	3 10:30 The Neighborhood Bingo	3 10:30 A.M. IMAC Ice Cream Social	4 10:30 A.M. Humana Bingo 1:30 P.M.—3 P.M. Mother's Day Tea Party	5 9:30AM Cards 10am Senior Exercise 10 am Pet Parade 1:15PM-2:15PM Line Dancing
9 10am Senior Exercise 11AM Redneck Box of Magic w/ Joe Cunningham	10 10:30am Entertainment by Roy Henderson 1:15P Yoga/Tai Chi	11 1030am Cards w/ Jami	12 10:30am Mike Ward 1:30PM Painting/Craft with local artist Jackie Carruthers	13 9:30AM Cards 10am Senior Exercise 1:15PM-2:15PM Line Dancing
16 10AM Senior Exercise 10:30 Berryhills	17 11:30am Parkview 1:15P Yoga/Tai Chi Supper Club 5:30PM Flamingo Row	18 9:30AM Cards 10am Sr. Exercise 10:30 Susan Piper Humana Birthday Cake	19 Blue Sky Winery Trip Meet at 8:30 A.M. at the Senior Center	20 9:30AM Cards 10am Sr. Exercise 1 P.M. Color Bingo– Pink 1:15PM-2:15PM Line Dancing
23 10am Senior Exercise	24 10:30 A.M. SouthGate Bingo 1:15PM—2PM Yoga/Tai Chi	25 9:30AM Cards 10am Senior Exercise 10:30 A.M. Nutrition Class with Stephanie Caldwell	26 10:30am Entertainment by Richard Cox 1:30PM Painting with local Artist Jackie Carruthers	27 9:30AM Cards 10am Senior Exercise 1:15PM-2:15PM Line Dancing
30 	31 10:45am Katleah Watson 1:15PM Chair Yoga	Daily from 8am – 3:45 pm Pool/Billiards Room, Weight Equipment / Exercise Room, Card Games & Puzzles, TV, Computers/Internet , Wi-Fi		

Grievances, Complaints, and Beneficiary Resources

What is a grievance?

A grievance is a formal complaint that you file with your plan. If you are dissatisfied with your Medicare Advantage or Part D prescription drug plan for any reason, you can choose to file a grievance. A grievance is not an appeal, which is a request for your plan to cover a service or item that it has denied. Times when you may wish to file a grievance include if your plan has poor customer service or you face administrative problems.

Some examples of issues that might lead you to file a grievance include:

- Your plan fails to return a coverage determination or appeal decision on time
- Your plan fails to expedite a coverage determination or appeal
- You experience poor quality of care from an in-network provider
- You experience poor customer service from a plan representative
- You are asked to pay an incorrect copayment amount
- You are involuntarily disenrolled from your plan
- There is a change in premiums or cost-sharing
- You receive inadequate written communications from your plan
- You experience a potential marketing violation or enrollment fraud



To file a grievance, send a letter to your plan's Grievance and Appeals department.

- Visit your plan's website or contact them by phone for the address.
- You can also file a grievance with your plan over the phone, but it is recommended to send your complaints in writing.
- Be sure to send your grievance to your plan within 60 days of the event that led to the grievance.



Your plan must investigate your grievance and get back to you within 30 days.

- If you made your request in writing, the plan must respond in writing.
- If you made your request over the phone, your plan may respond verbally or in writing, unless you specifically request a written response.
- If your request is urgent, your plan must respond within 24 hours.
- If you have not heard back from your plan within this time, you can check the status of your grievance by calling your plan or 1-800-MEDICARE.

Need help with your grievance? Your State Health Insurance Assistance Program (SHIP) can help you understand when and how to submit grievances. (See the last page.)

Who should I contact if...

I have a quality of care concern?

Contact Local SMP
270 442-8993



- Call your BFCC-QIO if the concern is about a physician, inpatient hospital, hospital outpatient department, hospital emergency room, skilled nursing facility, home health agency, or ambulatory surgery center. Find your BFCC-QIO on www.qioprogram.org/locate-your-qio.
- Call your ESRD Network Organization if the concern is about a dialysis or kidney transplant center. Find your ESRD Network Organization by visiting www.esrdnetworks.org.

I have a complaint about my Medicare Advantage or Part D prescription drug plan?

- Call 1-800-MEDICARE to file a complaint once you have submitted a grievance to the plan.

I have a complaint about my durable medical equipment supplier?

- Call your supplier to submit your complaint.
- You can also call 1-800-MEDICARE.

I suspect potential fraud, abuse, or marketing violation by a Medicare provider or plan

- Contact your provider or plan first to clarify and see if they made an error.
- Contact your Senior Medicare Patrol (SMP) by calling 877-808-2468 or visiting www.smpresource.org to report the potential concerns.

I have questions about my Medicare Part A or B enrollment or my Social Security Benefits?

- Call the Social Security Administration (SSA) helpline at 1-800-772-1213.
- Visit or call your local SSA office.

I need help filing my complaint or understanding my Medicare benefits or enrollment?

- Contact your State Health Insurance Assistance Program (SHIP) by calling 877-839-2675 and saying "Medicare" when prompted, or by visiting www.shiphelp.org.
- Call 1-800-MEDICARE or visit www.medicare.gov.

What other resources are available to Medicare beneficiaries?

State Health Insurance Assistance Program (SHIP): If you have questions about Medicare, call your local SHIP for assistance. SHIPs can help with:

- Medicare Advantage and Part D prescription drug plan selection and enrollment
- Eligibility screenings and enrollment in programs for people with limited incomes
- Questions about what items and services are covered by Medicare
- Appealing coverage denials by Original Medicare, Medicare Advantage, or Part D plans
- Questions about coordination of benefits between Medicare and other types of insurance, like supplemental policies, Medicaid, and retiree coverage

Senior Medicare Patrol (SMP): SMPs empower and assist Medicare beneficiaries, their families, and their caregivers to prevent, detect, and report health care fraud, errors, and abuse.

The Medicare Rights Center is the author of portions of the content in these materials but is not responsible for any content not authored by the Medicare Rights Center. This document was supported, in part, by grant numbers 90SATC0002 and 90MPRC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees

April 2022 Medicare Minute



Volunteer Opportunities

Hickman Co. Memorial Library: The library is looking for general help. Contact Wanda Holbrook 623-332-6089

American Red Cross: Needing volunteers who can work virtually or in person for deploying to disasters near and far as well as home fires. We also need folks that have tech skills.

Salvation Army: The need is to answer phones, greet clients, and some light filing.

Hope Unlimited: Thrift Store help. Sorting and Hanging.

Merryman House: Client Care Center/Shelter/Hotline and transporting clients. Transporting clients to appointments, work, etc. will need to fill out additional paperwork to be placed on our insurance to drive the company vehicle.

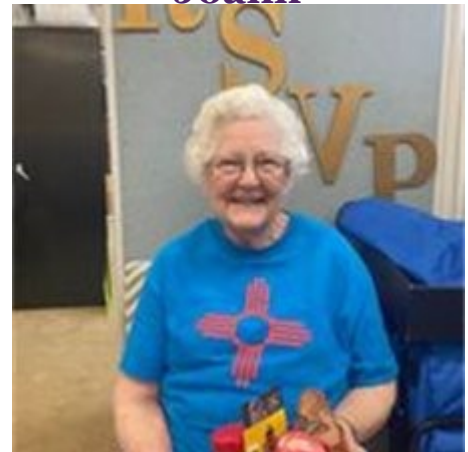
April Volunteers of the Month

**Hickman Co.
Roger**



Roger has been volunteering his time in in Clinton and surrounding Hickman Co. He helps the Mission House, Salvation Army and The Senior Center.

**Paducah-McCracken
Co.
Joann**



Joann volunteers at the Senior Center every Mon., Wed. and Friday for Senior Exercise. She keeps the hearts beating here at the center, and is so appreciated!

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



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.)



May Senior Fun

Tuesday, May 3, 1 PM – Pierce Lackey Court – May Day Celebration

Tuesday, May 10, 1:30 – Pierce Lackey Ct – Spring Snack Activity

Tuesday, May 17, 1:30 – Pierce Lackey Ct– Glen Spangler with Medicare

Tuesday, May 24, 1:30 – Pierce Lackey Court - Spring Bingo

Tuesday, May 31– Pierce Lackey Ct.— Speaker TBD

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 fourth 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.