

The Senior Center

PADUCAH/McCRACKEN COUNTY

CLUB 60+

July 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



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. September—May

Senior Book Club

Book club members meet once a month. Book selections are provided by McCracken County Library.

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.





July Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Chicken Brown Rice Broccoli & Cheese Apple Crisp Roll/Butter 1% Milk
4 	5 Breaded Pork Chops Baked Potato/sour cream Carrots Diced Pears Roll/Butter 1% Milk	6 BBQ Chicken Breast WW Hamburger Bun w/ lettuce tomato Brown Sugar Glazed Carrots Lima Beans Fresh Fruit Cup Roll/Butter 1% Milk	7 Chicken Tetrzzini Zucchini & Summer Squash Chocolate Chip Cookie Roll/Butter 1% Milk	8 Herbed Pork Loin Roasted Red Potatoes Creamed Spinach Spiced Applesauce Roll/Butter 1% Milk
11 Meatloaf Garlic Mashed Potatoes Green Peas Chilled Peaches Roll/Butter 1% Milk	12 Cheeseburger Deluxe Potato Wedges Southern Green Beans Chilled Peaches 1% Milk	13 Pizza Casserole Broccoli Pineapple Chunks Roll/Butter 1% Milk	14 Turkey Roast Broccoli & Cheese Mashed Potatoes Apple Crisp Roll/Butter 1% Milk	15 Herb Marinated Chicken Breast Southern Green Beans Cheesy Mashed Potatoes Blueberry Cobbler Roll/Butter 1% Milk
18 Spaghetti Noodles w/ Meat Sauce Tossed Salad/French Dressing Chocolate Chip Cookie Roll/Butter 1% Milk	19 Sweet Southern BBQ Chicken Sandwich Peas & Carrots Smashed Sweet Potatoes Vanilla Pudding 1% Milk	20 Sloppy Joe & Macaroni Casserole Brussels Sprouts Apple Brown Betty Roll/Butter 1% Milk	21 Chicken Cordon Bleu Asparagus Garlic Mashed Potatoes Strawberry Cream cheese Brownie Roll 1% Milk	22 Cheeseburger Deluxe Creamy Cole Slaw Potato Wedges Apple Slices 1% milk
25 Bean w/ Ham Soup Collard Greens Red Grapes Cornbread 1% Milk	26 Tuna Salad Sandwich w/ lettuce tomato Baked Potato Soup WW Crackers Fresh Orange 1% Milk	27 Baked Spaghetti Broccoli Tossed Salad w/Ranch Dressing Mixed Fruit 1% Milk	28 Soft Shell Beef Tacos Corn Vanilla Pudding Banana 1% Milk	29 BBQ Chicken Breast Smashed Sweet Potatoes Lima Beans Pineapple Chunks Roll/Butter 1% Milk
5 Page Paducah-McCracken County Senior Center				270-443-8579



July Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily from 8am – 3:45 pm Pool/Billiards Room, Weight Equipment / Exercise Room, Card Games & Puzzles, TV, Computers/Internet , Wi-Fi</p>				<p>1 9:30AM Cards 10am Senior Exercise 11A.M. 4th of July Party!</p> 
<p>4</p> 	<p>5 10:30am Piano by Susan Piper 12:30 Tik Tok Class 1:15P Yoga/Tai Chi</p>	<p>6 10am Senior Exercise</p>	<p>7 10:30am The Neighborhood Bingo 1:30PM Painting/Craft with local artist Jacke Carruthers</p>	<p>8 9:30AM Cards 10am Senior Exercise 1 P.M. Color Bingo— Red, White, & Blue!</p>
<p>11 9:30am Muffins & Mimosas  10AM Senior Exercise 10:30am The Berryhills</p>	<p>12 10:30 am Roy Henderson 11 A.M. Bookmobile MCLIB 12:30pm Tik Tok 1:15P Yoga/Tai Chi</p>	<p>13 9:30AM Cards 10am Sr. Exercise 10:30am Mike Ward</p>	<p>14 10:30 A.M. Cards with Jami Feezor</p>	<p>15 Thrifty Bus—Depart at 8:30am 9:30AM Cards 10am Sr. Exercise</p>
<p>18 10am Senior Exercise</p>	<p>19 11:30 A.M. Parkview 12:30pm Tik Tok 1:15PM—2PM Yoga/Tai Chi Supper Club 5:30P.M. New Asia</p>	<p>20 9:30AM Cards 10am Senior Exercise 10:30am Nutrition Class w/Stephanie Caldwell Humana Birthday Cake National Lollipop and Fortune Cookie Day!</p>	<p>21 1:30PM Painting with local Artist Jackie Carruthers</p>	<p>22 9:30AM Cards 10am Senior Exercise</p>
<p>25 10:00 A.M. Senior Exercise 11AM—Hot Fudge Sundaes!</p>	<p>26 11A.M. Katleah Watson 12:30pm Tik Tok 1:15PM Chair Yoga</p>	<p>27 10A.M. Senior Exercise 11am Black Pearl Home Care 1PM Senior Book Club Meeting</p>	<p>28 10:30A.M. Humana Bingo</p>	<p>29</p>

Medicare Coverage of Hospice Care

In this resource on hospice care, we speak directly to patients as if they are the ones taking these actions or making these decisions. However, discussions about hospice often involve caregivers and family members as well. If you are a caregiver, family member, or a patient's appointed representative, you may be leading these conversations or decisions, rather than the patient.

What is the Medicare hospice care benefit?

Hospice is a program of end-of-life pain management and comfort care for those with a terminal illness. Medicare's hospice benefit offers end-of-life palliative treatment, including support for your physical, emotional, and other needs. It is important to remember that the goal of hospice is to help you live comfortably, not to cure an illness.

To elect hospice, you must:

1. Be enrolled in Medicare Part A
2. Be certified, by the hospice doctor and your doctor, if you have one, to have a terminal illness, meaning a life expectancy of six months or less if the illness takes its normal course
3. Sign a statement electing to have Medicare pay for palliative care (pain management), rather than curative care (unless your provider is participating in a special demonstration program)
4. And, receive care from a Medicare-certified hospice agency.

Once you choose hospice care, all of your hospice-related services are covered under Original Medicare, even if you are enrolled in a Medicare Advantage Plan, unless your plan is part of a special demonstration program.



Your Medicare Advantage Plan will continue to pay for any care that is unrelated to your terminal condition. Hospice care should also cover any prescription drugs you need for pain and symptom management for your terminal condition, while your Part D plan may cover medications that are unrelated to your terminal conditions.



Hospice generally takes place at home, with your hospice provider sending aides, nurses, and/or skilled therapists to provide the pain management services in your place of residence.



Hospice can sometimes take place at an inpatient facility, if your hospice provider determines inpatient care is necessary for you. If your hospice provider determines that you need inpatient care, they must be the one to make the arrangements. The cost of your inpatient stay is covered by the hospice benefit, but if you go to the hospital for hospice care and your hospice provider didn't make the arrangements, you might be responsible for the full cost of the stay.

June 2022 Medicare Minute

Medicare Coverage of Hospice Care

How can I recognize and report potential hospice fraud?

Hospice fraud occurs when Medicare is falsely billed for any level of hospice care or service. Scammers may try to get beneficiaries to agree to hospice even though they do not qualify for the hospice care benefit. As a Medicare beneficiary, you should be on the lookout for suspicious behavior that might indicate Medicare fraud or abuse. Report potential hospice care fraud, errors, or abuse if:

- You were enrolled in hospice without your or your family's permission
- You find out someone is falsely certifying or failing to obtain physician certification on plans of care
- You were offered gifts or incentives to receive hospice services or to refer others for hospice services
- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) that you were billed for different hospice services than what you received or needed
- You experienced high-pressure and unsolicited marketing tactics of hospice services, such as unsolicited home visits or phone calls from hospice providers
- You know a hospice beneficiary being abused or neglected by a hospice worker



If you suspect that a provider is committing potential hospice care fraud, you should contact your local Senior Medicare Patrol (SMP). Your SMP can help you identify potential fraud, errors, and abuse, and report your concerns.

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 undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



In Loving Memory



Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.
– *Matthew 25:21*

Hickman Co.



Walter Doering

Dec. 14, 1936-June 9, 2022

Paducah-McCracken Co.



Auburn White

March 21, 1944-June 9, 2022

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.)



July Senior Fun

All activities are at 1:30 P.M. (Unless stated)

Tuesday, July 6 – Pierce Lackey Court – 4th of July Celebration/Craft

Tuesday, July 13 – Pierce Lackey Ct – Glen Spangler with MedCare

Tuesday, July 20 –Pierce Lackey Ct– Chuck Walter, Fraud Prevention

Tuesday, July 27 – Pierce Lackey Court - Bingo

Senior Services Coordinator: Gerri Clark

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.