

# The Senior Center

PADUCAH/McCRACKEN COUNTY

## CLUB 60+

## August 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. 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.

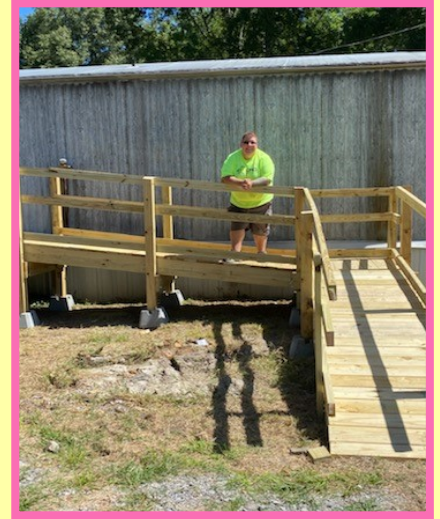
## Chair Yoga

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.







# August Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Pork Chops Creamed Spinach Cheesy Mashed Potatoes Fresh Fruit Cups Graham Crackers Roll 1% Milk	<b>2</b> Cornmeal Crusted Pollock WW Hamburger Bun Baked Potato w/sour cream Broccoli Diced Pears 1% Milk	<b>3</b> Baked Chicken Brown Rice Broccoli & Cheese Apple Crisp Roll/Butter 1% Milk	<b>4</b> Pizza Casserole Broccoli Pineapple Chunks Roll/Butter 1% Milk	<b>5</b> Meatloaf Garlic Mashed Potatoes Green Peas Chilled Peaches Roll/Butter 1% Milk
<b>8</b> Chicken Tenders Brussels Sprouts Corn Banana Pudding Roll w/ butter 1% Milk	<b>9</b> Breaded Pork Chops Baked Potato/sour cream Carrots Diced Pears Roll/Butter 1% Milk	<b>10</b> BBQ Chicken Breast WW Hamburger Bun w/ lettuce tomato Brown Sugar Glazed Carrots Lima Beans Fresh Fruit Cup Roll/Butter 1% Milk	<b>11</b> Chicken Tetrazzini Zucchini & Summer Squash Chocolate Chip Cookie Roll/Butter 1% Milk	<b>12</b> Cheeseburger Deluxe Potato Wedges Southern Green Beans Chilled Peaches 1% Milk
<b>15</b> Turkey Roast Broccoli & Cheese Mashed Potatoes Apple Crisp Roll/Butter 1% Milk	<b>16</b> Sweet Southern BBQ Chicken Sandwich Peas & Carrots Smashed Sweet Potatoes Vanilla Pudding 1% Milk	<b>17</b> Sloppy Joe & Macaroni Casserole Brussels Sprouts Apple Brown Betty Roll/Butter 1% Milk	<b>18</b> Fish Sandwich Carrots Creamy Cole Slaw Fruit Medley 1% Milk	<b>19</b> Chicken Cordon Bleu Asparagus Garlic Mashed Potatoes Strawberry Cream cheese Brownie Roll 1% Milk
<b>22</b> Spaghetti Noodles w/ Meat Sauce Tossed Salad/French Dressing Chocolate Chip Cookie Roll/Butter 1% Milk	<b>23</b> Herbed Pork Loin Roasted Red Potatoes Creamed Spinach Spiced Applesauce Roll/Butter 1% Milk	<b>24</b> Soft Shell Beef Tacos Corn Vanilla Pudding Banana 1% Milk	<b>25</b> Herb Marinated Chicken Breast Southern Green Beans Cheesy Mashed Potatoes Blueberry Cobbler Roll/Butter 1% Milk	<b>26</b> Cheeseburger Deluxe Creamy Cole Slaw Potato Wedges Apple Slices 1% milk
<b>29</b> Bean w/ Ham Soup Collard Greens Red Grapes Cornbread 1% Milk	<b>30</b> Tuna Salad Sandwich w/ lettuce tomato Baked Potato Soup WW Crackers Fresh Orange 1% Milk	<b>31</b> Baked Spaghetti Broccoli Tossed Salad w/Ranch Dressing Mixed Fruit 1% Milk	<div> <p><b>Chef Lisa Perry</b>  <b>Kitchen Manager</b></p> <p>Lead Cook: Alma Oddera  Cooks: Sherron Arnold, Tasha Bass  Dishwasher/Janitor: Earl Jackson</p> </div>	
<b>5 Page   Paducah-McCracken County Senior Center</b>				<b>270-443-8579</b>



# August Activities

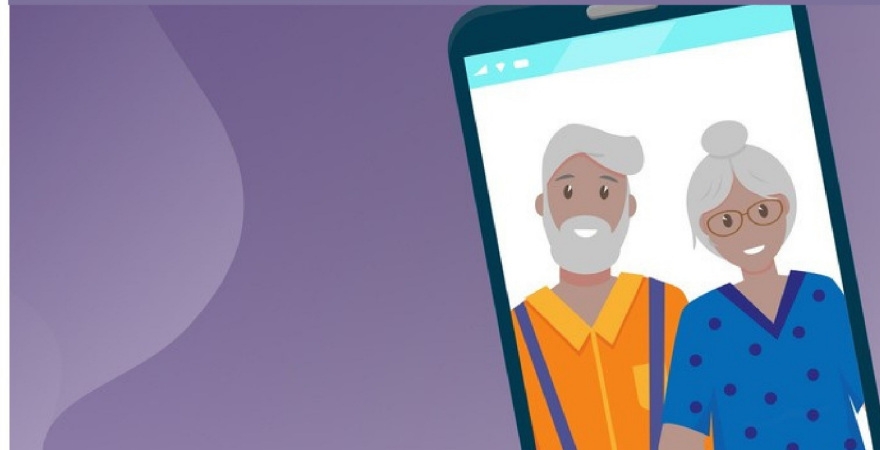
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>10am</b> Senior Exercise <b>10:45am</b> Faithful Warriors	<b>2</b> <b>10:30am</b> Susan Piper <b>11am</b> —National Ice Cream Sandwich Day! <b>1:15P</b> Yoga/Tai Chi	<b>3</b> <b>10am Senior Exercise</b> <b>11am</b> Health Department	<b>4</b> <b>10:30am</b> Roy Henderson <b>11am</b> National Chocolate Chip Cookie Day!	<b>5</b> <b>9:30AM</b> Cards <b>10am</b> Senior Exercise <b>11am Rivers Edge Vet</b>
<b>8</b> <b>10am</b> Senior Exercise	<b>9</b> <b>10:30am</b> The Neighborhood Bingo <b>1:15P</b> Yoga/Tai Chi	<b>10</b> <b>10am</b> Senior Exercise	<b>11</b> <b>10:30am</b> Cards with Jamie <b>1:30PM</b> Painting/Craft with local artist Jackie Carruthers	<b>12</b> <b>9:30AM</b> Cards <b>10am</b> Senior Exercise <b>1 P.M.</b> Color Bingo—Yellow
<b>15</b> <b>10AM</b> Senior Exercise <b>10:30am</b> The Berryhills	<b>16</b> <b>11:30 A.M.</b> Parkview <b>1:15P</b> Yoga/Tai Chi <b>Supper Club 5:30</b> <b>El Torito</b>	<b>17</b> <b>9:30AM</b> Cards <b>10am</b> Sr. Exercise <b>11am—Humana</b> <b>Birthday Cake</b>	<b>18</b> <b>10:30 A.M.</b> Mike Ward <b>Fall Planting Day in the Garden! 8-10am</b>	<b>19</b> <b>9:30AM</b> Cards <b>10am</b> Sr. Exercise <b>10:30am</b> Ehomes Workshop— Electric Safety <b>Happy National Senior Citizens Day!</b>
<b>22</b> <b>10am</b> Senior Exercise <b>11am</b> MCLIB Bookmobile	<b>23</b> <b>10:30</b> Richard Cox <b>1:15PM—2PM</b> Yoga/Tai Chi	<b>24</b> <b>9:30AM</b> Cards <b>10am</b> Senior Exercise <b>10:30am</b> Nutrition Class w/Stephanie Caldwell	<b>25</b> <b>10:30am</b> Humana Bingo <b>1PM</b> Book Club	<b>26</b> <b>11AM Ext Office</b> <b>Master Food Volunteer Sorbet Sample</b> <b>1:30m</b> Movie Matinee
<b>29</b> <b>10:00 A.M.</b> Senior Exercise <b>11AM—Black Pearl</b> <b>Home Care</b>	<b>30</b> <b>11A.M.</b> Katleah Watson <b>1:15PM</b> Chair Yoga	<b>31</b> <b>10A.M.</b> Senior Exercise <b>10:30am—</b> Mary K w/ Rachel Biggers	<b>Daily from 8am – 3:45 pm</b> <b>Pool/Billiards Room, Weight Equipment / Exercise Room, Card Games &amp; Puzzles, TV, Computers/Internet , Wi-Fi</b>	

# KENTUCKY SMP NEWSLETTER

**SMP**

Senior Medicare Patrol

Preventing Medicare Fraud



## **Grandparent Scams & How to Avoid Them**

The grandparent scam, which was first reported to the FBI in 2008, is a fraud that preys on seniors -- particularly seniors who are grandparents.

In this scam, fraudsters usually call seniors to tell them that their grandchild or other close relative is in trouble and needs them to send money quickly to resolve the issue. Scammers have been known to make up stories about arrests, car accidents, or injuries to sell this scam to their targets. Sometimes the scammer poses as the grandchild/relative, and sometimes they pose as police officers, lawyers, doctors, or other authority figures. The scammer may even have your "grandchild" get on the phone and ask for your help. This is a particularly creative scam -- don't fall for it!

This scam can be pretty stressful, overwhelming, and confusing, and its success relies on evoking panic and a sense of urgency.

## **August Tech Tip**

Two-factor authentication is a great way to protect all of your important accounts! This common login function adds a second step to logging into accounts in which you must enter a unique verification code (in addition to your username and password) before you can get access to your accounts. Check your important accounts' privacy settings to see if two-factor authentication is an option for you!







In case you are ever on the receiving end of the grandparent scam, here are some tips to help you keep a clear head and determine the best course of action.

- Resist the pressure to act/send money quickly.
- Hang up and try to contact your grandchild or other relatives directly to verify the caller's story.
- Never wire money based on a request through phone calls or email.

### **Paducah Doctor Admits Medicare Fraud**

A doctor in Paducah, Dr. Patrick Finney, admitted in June to making over \$3 million in false claims to Medicare.

He partnered with a physician staffing firm Barton Associates to provide telehealth to its clients, many of whom were Medicare beneficiaries. During this time, Dr. Finney received illegal compensation from Barton Associates to refer Medicare clients for DME and genetic testing that the beneficiaries did not need, thus violating the Anti-Kickback Statute. Dr. Finney is liable to the United States for over \$11 million, but Dr. Finney has agreed to pay \$561,800 back.



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### **SMP Mission**

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

### **Call your KY SMP**

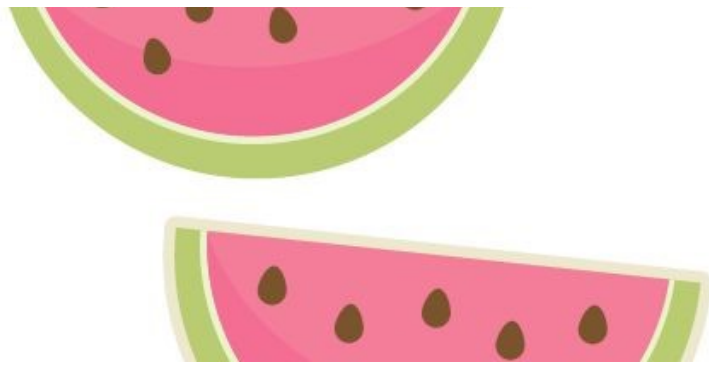
Toll-free: 1-877-603-6558  
 Brighton Center: 859-491-8303  
 GRADD: 800-928-9094  
 Morehead State: 606-783-2085  
 McCracken Co.: 270-442-8993  
 Western KY Allied Services: 800-294-2731



**SMP**  
 Senior Medicare Patrol  
 Preventing Medicare Fraud

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## Volunteer Opportunities

**Merryman House:** Reception, Garden, Kitchen, Facility/ Maintenance and more.

**Market House Theater:** In need of ushers.

**Family Service Society:** Clothing room sorting and hanging clothing. Reception

**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.

**Hope Unlimited:** Thrift Store help. Sorting and Hanging.  
to drive the company vehicle.

**Mercy Health Lourdes:** Currently seeking Shuttle Driver, Gift Shop Clerk.

## Quarterly Luau Breakfast

Volunteering only 1 hour will earn you an invitation to our Quarterly Breakfast.  
Call Rhoni at 270-442-8993 or email [rhoni@pmcsc.org](mailto:rhoni@pmcsc.org)



RSVP Project Director Rhoni Lowery 270-442-8993 e-mail [rhoni@pmcsc.org](mailto: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 Appointments .....Food 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.)



# August Senior Fun

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

**Tuesday, August 2 – Pierce Lackey Court – Bingo**

**Tuesday, August 9 – Pierce Lackey Ct – Game Day**

**Tuesday, August 16 –Pierce Lackey Ct– Jackie Carruthers, Painting Craft**

**Tuesday, August 23 – Pierce Lackey Court - Glenn Spangler, MedCare**

**Tuesday, August 30—Stephanie Caldwell, McCracken County Ext. Office**

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 8am 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.**