

The Senior Center

PADUCAH/McCRACKEN COUNTY

CLUB 60+

September 2022

Free Membership for those 60 years of age & older

National Senior Center Month

Celebrated every year in September, Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior Centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities.

10,000 senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior Centers have evolved since their beginning in the 1940's, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

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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.

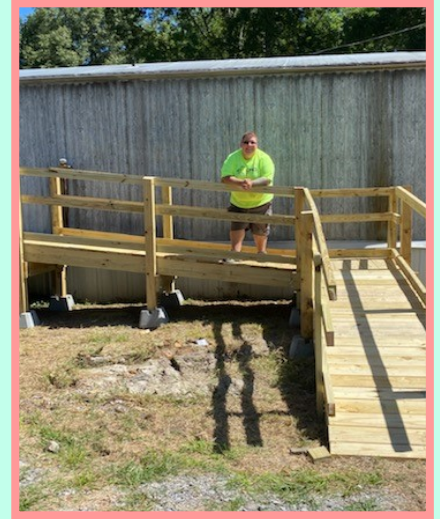
Chair Yoga

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.



September Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <p>Chef Lisa Perry Kitchen Manager</p> <p>Lead Cook: Alma Oddera Cooks: Sherron Arnold, Tasha Bass Dishwasher/Janitor: Earl Jackson</p> </div>			1 Beef Pot Roast Roasted Potatoes & Carrots Confetti Slaw Banana Roll/Butter 1% Milk	2 Ham, Egg & Potato Bake Stewed Tomatoes Hot Fruit Compote Bran Muffin 1% Milk
5 	6 Spaghetti & Meat Sauce Tossed Salad w/Dressing Pineapple Chunks/w Walnuts Roll/Butter 1% Milk	7 Roast Turkey Cornbread Dressing & Giblet Gravy Green Beans & Almonds Pumpkin Custard Cranberry Sauce Roll/butter 1% Milk	8 Barbecue Pork Sandwich Black Bean & Corn Relish Chocolate Pudding Orange Roll/Butter 1% Milk	9 Beef Stew Confetti Slaw Oat Bran Muffin Strawberry Dessert 1% Milk
12 Herb Baked Chicken Roasted Potatoes & Carrots Buttered Green Peas Pumpkin Mousse w/ almonds Roll/Butter 1% Milk	13 Baked Pork Chop Corn Lima Beans Cornbread Mandarin Oranges 1% Milk	14 Swiss Steak Wild Rice Buttered Carrots Roll/Butter 1% Milk	15 Chicken & Dumplings Mashed Potatoes Spinach Oat Bran Bread Baked Apples 1% Milk	16 Salmon Croquettes Tomatoes & Rigatoni Buttered Broccoli Chocolate Pudding Roll 1% Milk
19 Baked Ham Baked Sweet Potato Green Beans Fruit Cup Roll/Butter 1% Milk	20 Hot Turkey Sandwich Mashed Potatoes Buttered Broccoli Angel Food Cake Peach Slices & Peanuts 1% Milk	21 Chili Con Carne Baked Potato Crackers Chocolate Pudding Tossed Salad 1% Milk	22 Thick & Juicy Steak Mashed Potatoes & Gravy Spinach Salad Ambrosia Roll/Butter 1% Milk	23 Roast Pork Pinto Beans Turnip Greens Cornbread Pineapple Cheesecake 1% milk
26 Turkey Tetrazzini Layered Green Salad Oat Bran Muffin Caramel Apples w/ Peanuts 1% Milk	27 Beef Roast Mashed Potatoes Squash & Tomato Casserole Pears & Raisins Roll/Butter 1% Milk	28 Hamburger Deluxe Pork & Beans Baked Potato w/Butter Banana 1% Milk	29 Baked Italian Chicken Pasta Salad Green Peas Peaches Roll/Butter 1% Milk	30 Vegetable Beef Soup Egg Salad Sandwich Saltine Crackers Frozen Fruit Salad Raisins & Peanuts 1% Milk

September 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>			1	2 9:30AM Cards 10am Senior Exercise
5 	6 10:30am Richard Cox 1:15P Yoga/Tai Chi	7 9AM-12PM Flu Shot Clinic hosted by Rick's Pharmacy 10am Senior Exercise	8 11am Family Wishes Planner Seminar 1:30PM Painting/Craft with local artist Jackie Carruthers	9 9:30AM Cards 10am Senior Exercise 1 P.M. Color Bingo— BLUE
12 10AM Senior Exercise 10:30am The Berryhills 2PM Grandparents Day Activity with Grandkids!	13 10:30 Roy Henderson 1:15P Yoga/Tai Chi	14 9:30AM Cards 10am Sr. Exercise 10:30am Nutrition Class w/Stephanie Caldwell	15 10:30 A.M. Mike Ward	16 9:30AM Cards 10am Sr. Exercise 10:30am Card making with Jami Feezor
19 10:30-11:30am Fall Screenings with Mark Vance 10am Senior Exercise 1:30-2:30pm Line Dancing	20 11:30 Parkview 1:15PM—2PM Yoga/Tai Chi Supper Club 5:30 Bandana Barbeque	21 9:30AM Cards 10am Senior Exercise 11am—Humana Birthday Cake	22 10:30am Humana Bingo 11am National Ice Cream Cone Day!	23 10am Senior Exercise 11am Handiman Tricks with Ehomes 1:30m Movie Matinee
26 10:00 A.M. Senior Exercise 11AM—MCLIB Bookmobile 1:30-2:30pm Line Dancing	27 11A.M. Katleah Watson 1:15PM Chair Yoga	28 9:30am Cards 10A.M. Senior Exercise 11am—Black Pearl Home Care	29 10:30 Lisa McGill Arts & Crafts 1pm Book Club	30 10am Senior Exercise 11am Lydia May, Financial Advisor 10A.M. Senior Exercise

Choosing Between Original Medicare and Medicare Advantage

The table below compares Original Medicare and Medicare Advantage. Remember that there are several different kinds of Medicare Advantage Plans. If you are interested in joining a Medicare Advantage Plan, speak to a plan representative for more information.

	Original Medicare	Medicare Advantage
Costs	Standardized Part A and B costs, including monthly Part B premiums and 20% coinsurance for Medicare-covered services if seeing a participating provider (after meeting your deductible).	Varies depending on plan. Usually a copayment is owed for in-network care. Plans may charge a monthly premium in addition to the Part B premium.
Supplemental Insurance	Have the choice to pay an additional premium for a Medigap to cover Medicare cost-sharing.	Cannot enroll in a Medigap plan.
Provider access	Can see any provider and use any facility that accepts Medicare (participating or non-participating)	Typically can see only in-network providers.
Referrals	Do not need referrals for specialists.	Typically need referrals for specialists.
Drug coverage	Must sign up for a stand-alone prescription drug plan.	In most cases, plans provide prescription drug coverage (may charge a higher premium).
Other benefits	Does not cover vision, hearing, or dental services.	May cover additional services, including vision, hearing, and/or dental (additional benefits may increase your premium and/or other out-of-pocket costs).
Out-of-pocket limit	No out-of-pocket limit.	Annual out-of-pocket limit. Plans pay the full cost of your care after you reach the limit.
Notices	Beneficiaries receive quarterly Medicare Summary Notices (MSNs).	Beneficiaries receive monthly Explanation of Benefits (EOBs).

Choosing Between Original Medicare and Medicare Advantage

Be aware of marketing violations and enrollment fraud

Medicare Advantage Plans and Part D plans are administered, marketed, and sold by private companies. Plan representatives, agents, and brokers must follow federal guidelines when marketing to you. These guidelines protect you from manipulative and deceptive sales and enrollment tactics. A fundamental principle is that marketing cannot be conducted under the guise of education. When comparing or enrolling in plans, here are some red flags to look for:

- You signed up for a plan after being told by a company that certain services or prescriptions are covered, but after enrolling, you discover they are not covered
- A company represents itself as coming from Medicare, Social Security, or Medicaid
- You receive an unsolicited phone call or text from a plan with which you have no prior relationship or have asked not to contact you
- An agent discusses other insurance products during a meeting that was scheduled to only discuss a Part D or Medicare Advantage product
- A plan agent returns uninvited to your residence after missing an earlier meeting
- You signed up for a plan after being told by a company that certain prescriptions or services were covered, but after reviewing your EOB, you found they were not covered by the plan and you received a bill instead



You should **report these red flags to your Senior Medicare Patrol (SMP)**. If you enrolled in a plan because of misleading information, you may be able to change your plan by calling 1-800-MEDICARE. Your SMP or State Health Insurance Assistance Program (SHIP) can also help.





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.

Spotlight

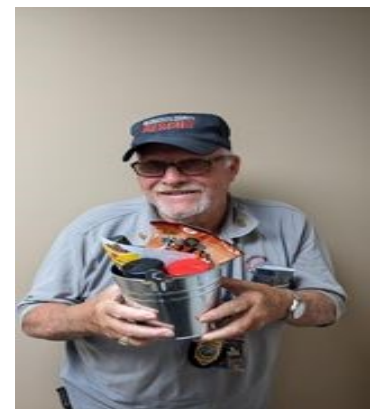
Welcome New Stations

Made to Stay: Made to Stay, a membership organization, is now in its 8th year of serving seniors 55+ and disabled adults in the Paducah/McCracken County area. We are giving seniors in our area the opportunity to remain in their own homes and enjoy a better quality of life.

KentuckyCare: The ARcare Foundation's mission is to promote health for all, no matter their plight in life. Wellness takes many forms, and we strive to promote all of them. By developing a set of clear objectives, we leave no stone unturned in our efforts to provide community support throughout our footprint.

Volunteer of the month

Robert Lee



Robert is the Assistant Chief serving The McCracken County Rescue squad for 51 years



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.)



September Senior Fun

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

Tuesday, September 6 – Jackie Carruthers – Art Activity

Tuesday, September 13 – Patriotic Activity in Remembrance of 9/11

Tuesday, September 20—Bingo

Tuesday, September 27—Senior Medicare Patrol, Alana Miller

Senior Services Coordinator: Gerri Clark, gerri@pmcsc.org

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.