October is Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, which is a worldwide annual campaign to increase awareness and to promote regular screening and early detection of breast cancer. Other than skin cancer, breast cancer is the most common cancer affecting American women, with 1 in 8 receiving the diagnosis of breast cancer during one’s lifetime. Early detection provides the best chance of successful treatment and cure. Over 3.5 million breast cancer survivors are alive today thanks to advances in screening, detection, and treatment.

The Senior Center would like to celebrate our survivors and commemorate those we’ve lost to Breast Cancer by inviting our senior friends for a small ceremony to hear stories from breast cancer survivors on Friday, October 21st at 11am. We will also be serving pink cupcakes during the ceremony.

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

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 Monday at 1:30PM 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:
Nutrition Programs

**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.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Spaghetti w/Meat Sauce Broccoli &amp; Cauliflower Pineapple Chunks WG Breadstick 1% Milk</td>
<td>4 Baked Chicken Maple Granola Crusted Sweet Potatoes Brussels Sprouts Fried Apples Wheat Roll w/butter 1% Milk</td>
<td>5 Chicken Noodle Soup Pimiento Cheese Sandwich Baked Potato Chips Tropical Fruit Salad WW Crackers 1% Milk</td>
<td>6 Chicken &amp; Dumplings Corn Green Beans Banana Roll/Butter 1% Milk</td>
<td>7 Breakfast Casserole Whole Wheat Muffin Strawberry nonfat yogurt Cream of Wheat Fresh Fruit Cup 1% Milk</td>
</tr>
<tr>
<td>10 Grilled Chicken Breast Sandwich w/lettuce &amp; tomato Broccoli Red Grapes Hashbrown Casserole 1% Milk</td>
<td>11 Meatloaf Mashed Potatoes Lima Beans Mandarin Oranges Wheat Roll w/ Butter 1% Milk</td>
<td>12 BBQ Chicken Breast Baked Sweet Potato Half Cauliflower &amp; Peas Ambrosia Salad Wheat Roll/butter 1% Milk</td>
<td>13 Chicken Pot Pie Broccoli Corn Tropical Fruit Salad Roll/Butter 1% Milk</td>
<td>14 Potato Crunch Fish Fillet Baked Potato Zucchini &amp; Summer Squash Fruit Cocktail Wheat Roll 1% Milk</td>
</tr>
<tr>
<td>17 Cheeseburger Deluxe Sweet Potato Fries Green Beans Tropical Fruit Salad Wheat Roll/Butter 1% Milk</td>
<td>18 Chicken &amp; Broccoli Casserole Carrots Chocolate Pudding Wheat Roll/Butter 1% Milk</td>
<td>19 Pinto Beans Seasoned Greens Mandarin Oranges Beets Cornbread 1% Milk</td>
<td>20 Fish Sandwich Creamy Cole Slaw Oven Browned Potatoes Mixed Fruit 1% Milk</td>
<td>21 Hamburger Steak Scalloped Potatoes Cooked Cabbage Chilled Peaches Wheat Roll/Butter 1% Milk</td>
</tr>
<tr>
<td>24 Breaded Pork Chop Sweet Potatoes Zucchini &amp; Summer Squash Fried Apples Wheat Roll/Butter 1% Milk</td>
<td>25 Chicken &amp; Vegetable Stir Fry Brown Rice Broccoli Mandarin Oranges Graham Crackers Wheat Roll w/butter 1% Milk</td>
<td>26 Chicken Tetrazzini Collard greens WGrain Breadstick Whipped Sweet Potatoes Chocolate Pudding 1% Milk</td>
<td>27 Sloppy Joe &amp; Macaroni Casserole Spinach Diced Pears Wheat Roll/Butter 1% Milk</td>
<td>28 Salmon Patty American Fried Potatoes Brussels Sprouts Chilled Peaches Chocolate Graham Cracker Wheat Roll/Butter 1% milk</td>
</tr>
<tr>
<td>31 Roast Beef Cheesy Mashed Potatoes Southern Green Beans Baked Apples Wheat Roll/Butter 1% Milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Chef Lisa Perry  
Kitchen Manager  
Lead Cook: Alma Oddera  
Cooks: Sherron Arnold, Kimberly Hamm  
Dishwasher/Janitor: Earl Jackson
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am Senior Exercise</td>
<td>4 10:30am– Richard Cox</td>
<td>5 10am Senior Exercise</td>
<td>6 10:30am Cards w/Jami Feezor</td>
<td>7 9:30AM Cards</td>
</tr>
<tr>
<td>10:30am Piano w/ Susan Piper</td>
<td>1:15pm—Chair Yoga</td>
<td>11am—Heart USA</td>
<td>10am Senior Exercise</td>
<td>10:30am– Bingo w/ Lisa McGill</td>
</tr>
<tr>
<td>12:30-1:30pm Line Dancing</td>
<td>National Cinnamon Bun Day!</td>
<td>National Do Something Nice Day!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am Senior Exercise</td>
<td>10:30am Humana Bingo</td>
<td>12 10am  Health Department</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30am Berryhills</td>
<td>1:15P Chair Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:30pm Line Dancing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10AM Senior Exercise</td>
<td>11 10:30am Parkview</td>
<td>19 9:30AM Cards</td>
<td>20 10:30 A.M. Mike Ward</td>
<td>21 9:30AM Cards</td>
</tr>
<tr>
<td>11am MCLIB Bookmobile</td>
<td>1:15P Chair Yoga</td>
<td>10am Sr. Exercise</td>
<td>10am Sr. Exercise</td>
<td>10am Senior Exercise</td>
</tr>
<tr>
<td>12:30-1:30pm Line Dancing</td>
<td>Supper Club 5:30 Mellow Mushroom</td>
<td>10:30am Nutrition Class w/Stephanie Caldwell</td>
<td>10:30am Health Department</td>
<td>11am River’s Edge Vet</td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am Senior Exercise</td>
<td>18 11:30 Parkview</td>
<td>26 9:30AM Cards</td>
<td>27 10:30am Arts &amp; Crafts w/ Lisa McGill</td>
<td>28 10am Senior Exercise</td>
</tr>
<tr>
<td>10:30am Berryhills</td>
<td>1:15P Chair Yoga</td>
<td>10am Senior Exercise</td>
<td>10am Senior Exercise</td>
<td>1PM Halloween Party &amp; Costume Contest</td>
</tr>
<tr>
<td>12:30-1:30pm Line Dancing</td>
<td></td>
<td>1PM—Decorate a Pumpkin!</td>
<td>1pm Book Club</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11am Black Pearl Home Care</td>
<td>25 11am Katleah Watson</td>
<td>26 9:30AM Cards</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am Senior Exercise</td>
<td>1:15PM—2PM Chair Yoga</td>
<td>10am Senior Exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:30pm Line Dancing</td>
<td></td>
<td>10am Senior Exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 A.M. Senior Exercise</td>
<td>26 9:30AM Cards</td>
<td>27 10:30am Arts &amp; Crafts w/ Lisa McGill</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:30pm Line Dancing</td>
<td>10am Senior Exercise</td>
<td>1pm Book Club</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am Senior Exercise</td>
<td>27 10:30am Arts &amp; Crafts w/ Lisa McGill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:30pm Line Dancing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 A.M. Senior Exercise</td>
<td>28 10am Senior Exercise</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:30pm Line Dancing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Daily from 8am – 3:45 pm
Pool/Billiards Room, Weight Equipment /Exercise Room, Card Games & Puzzles, TV, Computers/Internet, Wi-Fi
Medicare Open Enrollment

Medicare’s Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. You can make as many changes as you need to your Medicare coverage during Open Enrollment. The last change you make will take effect on January 1. Take action during Open Enrollment to ensure your coverage will meet your needs in 2023.

Know the changes you can make during Medicare’s Open Enrollment

The changes you can make include:
- Joining a new Medicare Advantage Plan or Part D prescription drug plan
- Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Note: If you leave a Medicare Advantage Plan to join Original Medicare, you may also be able to purchase a Medigap policy. Medigap policies help with out-of-pocket costs and only work with Original Medicare. Contact your State Health Insurance Assistance Program (SHIP) to learn about your state-specific Medigap rights and options.

Review your coverage for 2023

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will still be covered and your providers and pharmacies will still be in network.
- If you have Original Medicare, visit Medicare.gov or read the 2023 Medicare & You handbook to learn about Medicare’s benefits for the upcoming year. The handbook is available in different languages.
- If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan’s Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).
  - Explore other plans in your area. You may find a cheaper plan that meets your healthcare and prescription drug needs. Research shows you can lower your costs by shopping around.
  - Medicare Advantage Plans have significant flexibility in the supplemental benefits they are allowed to offer their members, including whether some benefits are offered to all members or just some members. This includes the ability to offer benefits to some members that are not directly considered medical care, like nutrition services. This means that there are many factors to consider when comparing Medicare Advantage Plan options.

Things to consider when choosing a new plan

Always read your plan’s Annual Notice of Change (ANOC) and Evidence of Coverage (EOC). Will you be impacted by any changes in coverage for 2023 compared to 2022?

Ask yourself the following questions before choosing a Part D drug plan:

Does the plan cover all the medications I take?
- Does the plan have restrictions on my drugs?
  - Prior authorization means that you must get approval from your Part D plan before the plan will pay for the drug
  - Step therapy means that your plan requires you to try a cheaper medication first
We love our volunteers who provide entertainment and education opportunities to our senior members!

Richard Cox, Music

Jami Feezor, Arts & Crafts

Stephanie Caldwell, Education

August Employee of the Month—Caitlin Smith, Meals on Wheels Driver

“Hi, I’m Caitlin! I’ve been working at the Senior Center for about a year! I absolutely love what I do! I have 3 amazing children and I have two huskies! I enjoy spending my time with my family doing fun things outdoors.”

July Employee of the Month—Kim Hamm, Cook & Meals on Wheels Driver

Kim Hamm has been an employee of the Senior Center for almost 2 years! She is a native of Paducah and has been happily married for 21 years. She is the mother of 3 beautiful daughters, 3 dogs, and 1 cat. She loves spending time with friends & family.
October 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.

**Paducah Cooperative Ministry:** 2 pantry workers on Tuesday afternoon from 1:00 – 3:30. Call Karen at call at 270-442-6795

Upcoming trips

**October 11th** – Makers Mark Distillery Tour. Stop along for lunch. After the tour head to Lexington and check-in at the hotel. That evening dine at Joe Bolgna’s a staple to Lexington since the early 70’s.

**October 12th** – Continental breakfast at the hotel. Leave at 10:30 to go to Keeneland where we’ll have reserved Grand Stand seating for the day. Watch the races outside from individual seats within the Grandstand with an excellent view of the track. This seating offers backs and armrests and is under cover from the elements. There are steps. That evening we will be dining at the Infamous Columbia Steak House downtown Lexington.

**October 13th** – check out and leave for our 10:30 am reservation at The Kentucky Castle for brunch. Well head back to Paducah just after.

Call or see Rhoni 270-442-8993

Cost is per person, $403. Sgl. $225

Keenland/Lex Bourbon Tour

Costs are not included

**Lights under Louisville**

December 9th 2022

December 9th- Leave the Senior Center at 9am head to Louisville with stops on the way for breaks, snacks and lunch. Check in at The Holiday Inn Express and go to The Lights Under Louisville display. Dinner and time TBD.

December 10th – Continental breakfast. Check out and head to The Christmas Show at the Expo Center. Hours 10-7. We will leave and head back to Paducah stopping for a quick dinner along the way.

Call or see Rhoni 270-442-8993

Cost is per person, $175. Sgl. $125. Double

Meals are not included
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.)
Offsite Activities

October Senior Fun

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

Tuesday, October 4th—Regina Stubblefield, Fall Flowery Arranging

Tuesday, October 11—LaDonna Smith, Senior Helpers of West Kentucky

Tuesday, October 18—Halloween Party & Craft

Tuesday, October 25—Alana Miller, SMP Open Enrollment

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