

The Senior Center

PADUCAH/McCRACKEN COUNTY

CLUB 60+

November 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 Monday at 12:30PM 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:



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.





November Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Oven Fried Chicken Stewed Tomatoes Baked Potato w/ Sour Cream Diced Pears Wheat Roll w/Butter 1% Milk	2 Roast Turkey Mashed Potatoes Brown Sugar Glazed Carrots Mixed Fruit Wheat Roll/Butter 1% Milk	3 Baked Chicken Maple Granola Crusted Sweet Potatoes Brussels Sprouts Apple Cobbler Wheat Roll w/Butter 1% Milk	4 Chicken Noodle Soup w/ Pimiento Cheese Sandwich Baked Potato Chips Tropical Fruit Salad WW Crackers 1% Milk
7 Spaghetti Meat Sauce Broccoli & Cauliflower Pineapple Chunks WGrain Breadstick w/ Butter 1% Milk	8 Chicken & Dumplings Green Beans Corn Banana Wheat Roll w/ Butter 1% Milk	9 Pinto Beans Seasoned Greens Beets Mandarin Oranges Cornbread/Butter 1% Milk	10 Herbed Pork Loin Creamed Spinach Sweet Potatoes Fried Apples Wheat Roll/Butter 1% Milk	11 Lasagna Collard Greens Diced Pears Chocolate Chip Cookie Wheat Roll/Butter 1% Milk
14 Grilled Chicken Breast Sandwich w/lettuce & Tomato Hashbrown Casserole Broccoli Red Grapes 1% Milk	15 Closed for Mandatory Staff Training	16 Turkey & Stuffing Casserole Mashed Potatoes w/ Gravy Brussels Sprouts Pumpkin Spice Bars Wheat Roll/Butter 1% Milk	17 BBQ Chicken Breast Baked Sweet Potato Half Cauliflower & Peas Ambrosia Salad Wheat Roll/Butter 1% Milk	18 Chicken Pot Pie Broccoli Corn Tropical Fruit Salad Wheat Roll/Butter 1% Milk
21 Potato Crunch Fillet Baked Potato w/Sour Cream Zucchini & Summer Squash Fruit Cocktail Wheat Roll/Butter 1% Milk	22 Cheeseburger Deluxe Sweet Potato Fries Green Beans Tropical Fruit Salad 1% Milk	23 Chicken & Broccoli Casserole Carrots Chocolate Pudding Wheat Roll/Butter 1% Milk	24 	25 CLOSED
28 Roast Beef Cheesy Mashed Potatoes Southern Green Beans Baked Apples Wheat Roll/Butter 1% Milk	29 Chicken & Vegetable Stir Fry Brown Rice Broccoli Mandarin Oranges Wheat Roll/Butter 1% Milk	30 Sloppy Joe & Macaroni Casserole Whipped Sweet Potatoes Spinach Diced Pears 1% Milk	<div> <p>Chef Lisa Perry Kitchen Manager</p> <p>Lead Cook: Alma Oddera Cooks: Sherron Arnold, Kimberly Hamm Dishwasher/Janitor: Earl Jackson</p> </div>	

November Activities



Monday	Tuesday	Wednesday	Thursday	Friday
	1 1:15pm—Chair Yoga	2 10am Senior Exercise	3 10:30am Cards w/Jami Feezor	4 9:30AM Cards 10am Senior Exercise 11am Dept. of Veteran Affairs
7 10am Senior Exercise 10:30am Berryhills 12:30-1:30pm Line Dancing	8 10:30am Richard Cox 1:15P Chair Yoga	9 10am Senior Exercise 10:30am Bingo with Lisa McGill	10 10:30am Roy Henderson 1:30PM Painting/Craft with local artist Jackie Carruthers	11 9:30AM Cards 10am Senior Exercise 11:30 Parkview Veterans Day! 1 P.M. Color Bingo— Brown
14 10AM Senior Exercise 10:30am Piano w/ Susan Piper 11am MCLIB Book-mobile 12:30-1:30pm Line Dancing	15 Closed for Mandatory Staff Training	16 9:30AM Cards 10am Sr. Exercise 10:30am Nutrition Class w/Stephanie Caldwell Humana Bday Cake!	17 10:30 A.M. Mike Ward National Baklava Day!	18 9:30AM Cards 10am Sr. Exercise 1:30pm Movie Matinee
21 11am Heart USA 10am Senior Exercise 12:30-1:30pm Line Dancing	22 10:30am Humana Bingo 1:15PM—2PM Chair Yoga	23 9:30AM Cards 10am Senior Exercise 10:30am Arts & Crafts w/ Lisa McGill	24 	25 CLOSED
28 10:00 A.M. Senior Exercise 12:30-1:30pm Line Dancing	29 11am Katleah Watson	30 10:00 A.M. Senior Exercise 11am Gospel Music with Tammy and Shawn	<div>Daily from 8am – 3:45 pm Pool/Billiards Room, Weight Equipment /Exercise Room, Card Games & Puzzles, TV, Computers/Internet , Wi-Fi</div>	

KENTUCKY SMP NEWSLETTER

**SMP**

Senior Medicare Patrol

Preventing Medicare Fraud



KY Attorney General joins the fight against frauds targeting seniors

During the last couple of years, scams have been at an all-time high. According to the Kentucky Office of Senior Protection, there was a 135% increase in the amount of money lost because of scams in the state of Kentucky during 2021. That number is expected to continue to rise as we progress through 2022.

In response to this, the Kentucky Attorney General's office kicked off their "Be a Fraud Fighter" campaign in July, a new program aimed at combatting the increase in scams affecting people in our state. This campaign, headed by Attorney General Daniel Cameron, aims to raise awareness about the scams affecting Kentuckians, with the end goal of preventing the high levels of financial losses that this state has seen over the last 2 years.

October Tech Tip

While using the Internet, be wary of untrustworthy and insecure sites. Most popular web browsers will show you whether a website is secure or not. While on secure sites, there should be a lock symbol at the top of the page near the website's URL. If you don't see this, be wary of staying on the website and definitely do not enter personal information or click on links!



According to Attorney General Cameron's office, the COVID-19 pandemic had a big influence on the sudden upswing in scams and fraud in Kentucky. During the pandemic, scammers saw a chance to capitalize on the fear, isolation and increased time spent online that has defined the last two years. Scammers' tactics worked -- from 2019 to 2021, Kentucky saw fraud reports increase from about 600 reports per year to 7000 reports per year.

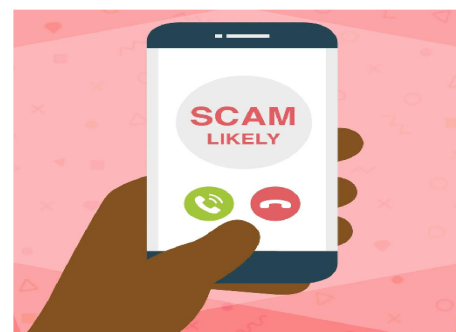


For more information on KY Attorney General Cameron's fraud fighting campaign or for educational resources on scams, visit ag.ky.gov/FraudFighter.

Keep yourself safe during enrollment

Open enrollment begins this month on the 15th! Keep yourself and your benefits safe with these reminders:

- Medicare will never call you to verify your personal information
- Medicare Advantage companies/agents cannot call you without your permission
- Never give your Medicare number out over the phone



Follow us on Facebook! @KentuckySMP



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.

Fraud Text Alerts

It's easy to sign up for our weekly educational texts about fraud from the KY SMP's nationally recognized Fraud Text Alerts program! Text "KYSMP" to 74121 to opt-in to our fraud alerts.

Call the SMP!

Toll-free: 1-877-603-6558
 Brighton Center: 1-859-491-8303
 GRADD: 1-800-928-9094
 Morehead State: 1-606-783-2085
 McCracken Co.: 1-270-442-8993
 Western KY Allied Services:
 1-800-294-2731
 MSU at Prestonburg:
 1-877-815-0111



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September Employee of the Month—Jerry Humm, Meals on Wheels Driver

Jerry Humm has been an employee of the Senior Center for almost 14 years! Jerry was born in Chicago and grew up in Southern IL. Jerry is a retired maintenance worker. He is the father of two grown kids and 3 grandchildren. Jerry enjoys fishing, hunting, and spending time at the lake.



November 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

November 10th at 8:30 am

Grab your junkin' buddies and join us on a fun filled Road-Trip through Massac Co. IL

5th Annual CHRISTMAS BARN SALE TRAIL

THURSDAY, NOVEMBER 10TH (vip experience)
Friday, November 11th & Saturday, November 12th 2022

10 FEATURED BARNs | ALL WITHIN 7 MILES OF EACH OTHER:

CUSTOM SOUTHERN CO. @ INDUSTRIAL VINTAGE REDO | SANIDEL'S TREASURES | THE CHIPPY HIPPIE | THE LITTLE GRAIN BIN SIGN CO | CIRCLE K CREATIONS | BURNHAM'S CRAFTS | BLESSED-GRATEFUL | THE RUSTIC ROSE | GILTNER FAMILY BARN | FAERIE GLEN FARM

WWW.THECHRISTMASBARNSALETRAIL.COM

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

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.)



November Senior Fun

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

Tuesday, November 1st—Judy Yetter, Embracing the Aged

Tuesday, November 8th —Bingo

Tuesday, November 15th—Canceled

Tuesday, November 22—Thanksgiving Craft & Snack

Tuesday, November 29—Alana Miller & Kathie Hunt, SMP

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.