

# The Senior Center

PADUCAH/McCRACKEN COUNTY

## CLUB 60+

## January 2023

**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 Activity 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.....

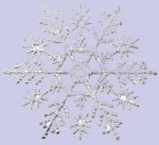
Our meal program is composed of two areas of focus: The Congregate Meal served at the Senior Center and the Meal Delivery Program. Both programs require that the participant be 60 years of age or older.

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.

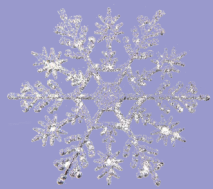
**Meal Delivery** is a limited program for our homebound senior individuals in McCracken County. Delivery clients must be homebound, living alone and have severe debilitating ailments that keep them from cooking their own meals. This program also requests a donation for each meal. Call and talk to Robin to complete an application and determine eligibility. If eligible, you will then be placed on our waiting list for the delivery program.



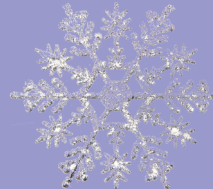


# January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 	<b>3</b> Grilled Chicken Sandwich Roasted Red Potatoes Carrots Sugar Cookie Chilled Peaches Co Jack Cheese Stick 1% Milk	<b>4</b> Meatloaf Mashed Potatoes Green Peas Ambrosia Salad Wheat Roll/Butter 1% Milk	<b>5</b> Herbed Pork Loin Whipped Sweet Potatoes Green Beans Cinnamon Applesauce Graham Crackers Wheat Roll/Butter 1% Milk	<b>6</b> Roast Turkey Scalloped Potatoes Lima Beans Mixed Fruit Wheat Roll/Butter 1% Milk
<b>9</b> Baked Chicken Succotash Macaroni & Cheese Wheat Roll/Butter Chocolate Pudding 1% Milk	<b>10</b> Egg Patty Southern Style Biscuit Oatmeal Sausage Patty Strawberry Banana Yogurt 1% Milk	<b>11</b> Chili w/ Beans Carrot Raisin Recipe Fresh Orange WGrain Breadstick Whole Wheat Crackers 1% Milk	<b>12</b> Breaded Pork Chops Cooked Cabbage Black Eyed Peas Fried Apples Wheat Roll/Butter 1% Milk	<b>13</b> Chicken Tetrzzini Broccoli Black Forest Brownie Wheat Roll/Butter 1% Milk
<b>16</b> 	<b>17</b> Cornmeal Crusted Pollack Scalloped Potatoes Brussels Sprouts Chilled Peaches Graham Cracker Wheat Roll/Butter 1% Milk	<b>18</b> Pork Chop w/Mushroom Gravy Stewed Tomatoes w/Okra Mashed Potatoes Fried Apples Wheat Roll/Butter 1% Milk	<b>19</b> Chicken & Vegetable Stir Fry White Rice Spinach Salad w/Dressing Fresh Orange Wheat Roll/Butter 1% Milk	<b>20</b> Cheese Burger Deluxe Potato Wedges Baked Beans Red Grapes 1% Milk
<b>23</b> Oven Fried Chicken Mashed Potatoes Brussels Sprouts Vanilla Pudding Wheat Roll/Butter 1% Milk	<b>24</b> Bean w/ Ham Soup Cornbread Seasoned Greens Apple Slices w/ Peanut Butter 1% Milk	<b>25</b> Chicken & Broccoli Casserole Carrots Chocolate Pudding Wheat Roll/Butter 1% Milk	<b>26</b> Spaghetti Meat Sauce Whole wheat Penne Tossed Salad w/ Italian Dressing Pineapple Chunks Wgrain Breadstick 1% Milk	<b>27</b> Chunky Vegetable Soup Chicken Salad Sandwich Tomato Wedges Diced Pears Chocolate Chip Cookie 1% Milk
<b>30</b> Turkey & Stuffing Casserole Stewed Tomatoes w/ Okra Mashed Potatoes Pumpkin Spice Bars Wheat Roll/Butter 1% Milk	<b>31</b> BBQ Chicken Breast Sweet Potatoes Collard Greens Diced Pears Wheat Roll/Butter 1% Milk	<div> <b>Kitchen Manager</b>            Lead Cook: Alma Oddera            Cooks: Sherron Arnold, Kimberly Hamm            Dishwasher/Janitor: Earl Jackson         </div>		



# January Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 	<b>3</b> WKCTC Learning for Fun w/Kathie Hunt <b>11:30AM</b>	<b>4</b> <b>10am</b> Senior Exercise <b>10:30AM</b> Humana Bingo  <b>5:30PM</b> Supper Club PBW	<b>5</b> <b>10:30am</b> Cards w/Jami Feezor	<b>6</b> <b>10:30am</b> Senior Exercise <b>10:30AM</b> Bingo w/Lisa McGill
<b>9</b> <b>10am</b> Senior Exercise <b>10:30am</b> Piano w/ Susan Piper <b>12:30-1:30pm</b> Line Dancing	<b>10</b> <b>10:30am</b> Richard Cox <b>1:15P</b> Chair Yoga	<b>11</b> <b>10am</b> Senior Exercise <b>11:30am</b> Health Department	<b>12</b> <b>10:30am</b> Roy Henderson <b>1:30PM</b> Painting/Craft with local artist Jackie Carruthers	<b>13</b> <b>9:30AM</b> Cards <b>10am</b> Senior Exercise <b>RSVP Winterwonderland of Health Fair 10-2pm, KOM</b>
<b>16</b> 	<b>17</b> <b>11:30AM</b> Parkview  <b>1:15PM—2PM</b> Chair Yoga  <b>5:30PM</b> Supper Club at Olive Garden	<b>18</b> <b>9:30AM</b> Cards <b>10am</b> Sr. Exercise <b>10:30am</b> Nutrition Class w/Stephanie Caldwell <b>Humana Birthday Cake</b> 	<b>19</b> <b>10:30 A.M.</b> Mike Ward	<b>20</b> <b>9:30AM</b> Cards <b>10am</b> Sr. Exercise <b>11AM</b> Heart USA
<b>23</b> <b>10am</b> Senior Exercise <b>11am</b> MCLIB Bookmobile <b>12:30-1:30pm</b> Line Dancing	<b>24</b> <b>10:30AM</b> Dr. Braun-Hashemi Neurologist <b>1:15PM—2PM</b> Chair Yoga	<b>25</b> <b>10:30am</b> Hot Chocolate & Cookies Party <b>10am</b> Senior Exercise 	<b>26</b> <b>10:30AM</b> Arts & Crafts w/ Lisa McGill <b>1PM</b> Senior Center Book Club	<b>27</b> <b>9:30AM</b> Cards <b>10am</b> Sr. Exercise  <b>1:30pm</b> Movie Matinee Free Popcorn and Soda!
<b>30</b> <b>10:30AM</b> Berryhills	<b>31</b> <b>11am</b> Katleah Watson <b>1:15PM—2PM</b> Chair Yoga	<div>           Daily from 8am – 3:45 pm            Pool/Billiards Room, Weight Equipment /Exercise Room, Card Games &amp; Puzzles, TV, Computers/Internet , Wi-Fi         </div>		



## Medicare Hospice Patients

# Know Your Rights, Take Action



## Research Your Choices for Hospice Care

Read the [Medicare Hospice Booklet](#).

Ask trusted friends and medical professionals for advice.

Interview prospective hospice providers.

Use [Hospice Compare](#) as one of your resources.



## Know What to Expect

Hospice care is palliative, rather than curative.

Your hospice must develop an individualized written plan of care for you.

Your plan of care must reflect your and your family's goals.

Your hospice must provide services consistent with the plan.

**Report any instances of abuse, neglect or poor care.**



## Take Action Against Poor Care

Talk to the hospice provider and your loved ones if you've experienced abuse, neglect or poor conditions.

Report any instances of abuse, neglect or poor care to the:

- Hospice Administrator
- State Department of Health
- 1-800-MEDICARE (1-800-633-4227)
- Police, if you believe a crime has been committed

Research other hospice providers in your area—you may change your designated hospice provider once in each election period.

OIG's mission is to protect the integrity of HHS programs as well as the health and well being of the people served by those programs. Visit [oig.hhs.gov/hospice](https://oig.hhs.gov/hospice) to learn more about OIG's efforts to improve the Medicare Hospice Benefit.



## November Employee of the Month— Alana Miller, SMP Coordinator

Alana came to work for SMP after 18 years of working with Medicare and Medicare Advantage Plans with a regional provider. She retired in July 2020 and wanted to continue to serve people with Medicare benefits so she loves working with this program. Alana is married with two sons, five grandchildren, and family is her focus.

## December Employee of the Month—Shirley Dunning, Receptionist

Shirley worked 46 years as Office Manager, volunteered at schools for 19 years for grandkids, and went to ISUE. Shirley has one son, three grandsons, and 2 great grandchildren. She loves spending time with our seniors!



### UNITED WE SERVE

The Martin Luther King Jr. National Day of Service is a defining moment each year when Americans across the country step up to make communities more equitable and take action to create the Beloved Community of Dr. King's dream.

On Monday, Jan. 16, and the days surrounding, AmeriCorps invites you to:

- Engage with your community and create constructive action
- Act on Dr. King's legacy of social justice and equity; and
- Recommit by volunteering to serve others.





## January Volunteer Opportunities

**Salvation Army:** Pantry, Call Lt. David Donegan 270-443-8231

**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.

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

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

### Veterans Home and Hospital donation Day

**December 16th** Was a cold, and briskly day, but we made it to the VA Hospital to drop off all our donations then we headed to Anna to the VA Home. Thankful for all the lap blankets, socks, and hygiene products that were donated to the Paducah McCracken and Hickman Sr. Centers. So proud to honor the veterans during the holidays!



## Upcoming trips

**PADUCAH-MCCRACKEN COUNTY SENIOR CITIZEN CENTER PRESENTS**

**San Antonio, TX**

**INCREDIBLE PRICE INCLUDES:**

- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in the San Antonio area
- 10 meals: 6 breakfasts and 4 dinners
- Guided Tour of San Antonio
- Cruise at San Antonio's famous River Walk District
- Visit to the famous ALAMO and IMAX Theater presentation: "ALAMO...The Price of Freedom"
- Visit to the Institute of Texan Cultures and San Antonio Missions
- Tour of the LBJ Ranch

**\$789\***

**7 Days 6 Nights**

**"PER PERSON, DOUBLE OCCUPANCY"**

**(Sun - Sat)**  
**Mar 19 - 25**  
**2023**

For more pictures, video, and information visit:  
[www.GroupTrips.com/PaducahMcCracken](http://www.GroupTrips.com/PaducahMcCracken)

**Departure:** Paducah-McCracken County Senior Center, 1400 H.C. Mathis Dr, Paducah, KY @ 8 am  
**then Murray Senior Center, 607 Popular St, Murray, KY @ 9:15 am**

**Day 1:** Depart your group's location in a spacious, video and restroom equipped Motorcoach, enjoying the great scenery along the way. Then, settle into a comfortable en route hotel for a good night's rest.

**Day 2:** Today after Continental Breakfast, you'll continue towards beautiful San Antonio, TX - Home of the Alamo! Later that day, enjoy a relaxing Dinner and check into your San Antonio area hotel for a 4-night stay.

**Day 3:** After enjoying a Continental Breakfast, your adventure begins with a GUIDED TOUR OF SAN ANTONIO. The tour includes visits to San Fernando Cathedral, the King William Historical District, and El Mercado, an area patterned after an authentic Mexican market. This afternoon you will visit the INSTITUTE OF TEXAN CULTURES. The Institute is devoted to the 26 different cultures that settled Texas. After Dinner, you'll go to the famous RIVER WALK for a SCENIC CRUISE!

**Day 4:** Enjoy a Continental Breakfast before departing for Fredericksburg, "Jewel of the Texas Hill Country." Start with a visit to the NATIONAL MUSEUM OF THE PACIFIC WAR, including the George Bush Gallery. Here, visitors become quickly engaged in the personal stories of Americans from all branches of the military involved in the Pacific theatre of World War II. Then, depart for the Lyndon B. Johnson National Historical Park where you will go on a TOUR OF THE LBJ RANCH, and see the "Texas White House." This evening, enjoy a lovely Dinner complete with entertainment.

**Day 5:** Start the day with a Continental Breakfast. Afterwards, depart for a visit to the SAN ANTONIO MISSIONS NATIONAL HISTORICAL PARK. Experience the "Queen of the Missions" - Mission San Jose, established in 1720. Later, go to the IMAX Theatre at San Antonio Rivercenter to see "ALAMO ... The Price of Freedom." Then, stand where history took place when you visit the buildings and grounds of the ALAMO - "The Shrine of Liberty." This evening, you will relax and enjoy Dinner.

**Day 6:** Enjoy a Continental Breakfast at your hotel before leaving for the Magnolia Market at the Silos in Waco, TX. This evening, relax at your en route hotel.

**Day 7:** Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

**ADD PEACE OF MIND TO YOUR TRIP...**

With Diamond Tours Exclusive Travel Confident® Protection Plan. See separate advertisement...

\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$180 for single occupancy. Final Payment Due: 1/12/2023

**FOR INFORMATION & RESERVATIONS CONTACT:**

**Rhoni Lowery @ (270) 933-3462**

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Stand where history took place at the Alamo

Relax on a cruise at the famous River Walk

Mission San Jose is one of America's great landmarks

Enjoy the sights and sounds of San Antonio

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.)



# January Senior Fun

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

Senior Services Coordinator: Gerri Clark, [gerri@pmcsc.org](mailto:gerri@pmcsc.org)

**Tuesday, January 3rd— Trivia Game**

**Tuesday, January 10th — Bingo**

**Tuesday, January 17th —Carolyn Roberts, Caring People Services**

**Tuesday, January 24th —Art with Jackie, Artist**

**Tuesday, January 31st— Cookies & Hot Cocoa Party**

## 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.**