

OCTOBER 2024 | VOL.34

THE SENIOR CONNECTION

INFORMATION ON ACTIVITIES, PROGRAMS
AND SPECIAL EVENTS FOR SENIORS
IN OUR COMMUNITY

600 N JEFFERSON ST KEARNEY MO

816-635-0466

SENIORS@KEARNEYENRICHMENTCOUNCIL.ORG

STAY ACTIVE -STAY SOCIAL-

STAY INFORMED

Do you believe that October and fall are already here, and we are heading into the last quarter of 2024. So many fun and exciting things happen in the fall. I'm looking forward to the beautiful colors as the leaves start to turn. Then there is Halloween. Who doesn't love seeing the little trick or treaters in their costumes!! October is National Breast Cancer Awareness Month. It is a time to recognize and honor all those who have been touched by and continue to fight breast cancer. It is also National Depression Education and Awareness Month. Remember depression is real, and it sometimes comes on fast without you even realizing it. If you struggle with sadness, depression, or loneliness, please reach out to one of us. We are here for you. Please be aware of a form of depression, Seasonal Affective Disorder, which relates to the changes in the season.

It is important to reach out to family, friends or community resources when feeling down or depressed. Always remember...there is help for you. Again, please don't be afraid or embarrassed to reach out for help if needed.

Thank you for being a part of our Senior Center Family. We are here for you.



MARC Lunch Program Reminders

We are thrilled to report that our MARC lunches have been going great! The meals are delicious, and the camaraderie is even better. Just a quick reminder to please call in your reservation by noon on the serving day before your desired lunch. That means, for a Monday meal, you'll need to call by noon on the Friday before.

A \$2 donation per meal is suggested, and your cooperation in helping us plan accurately is greatly appreciated. We've had quite a few no-shows recently. If your plans change, and you're unable to attend, please call and cancel your reservation as soon as possible.

Thank you for helping us keep things running smoothly! We look forward to seeing you at the next lunch!

This is a great time to be a part of the Kearney Senior Community Center!

October is National Spinach Lover's Month. Spinach isn't just for Popeye anymore. The health benefits of eating spinach are numerous. Spinach contains more than 15 different vitamins and minerals. It also promotes heart health.



2025 Medicare Update - What to Know

The Medicare Part B premium is expected to be raised to \$185.00, up from \$174.70. Unfortunately, the Social Security Cost of Living increase is only expected to be 2.5%. There are also changes that will affect almost everyone's prescriptions - regardless if you're in an Advantage Plan or a stand-alone Prescription Drug Plan.

Starting in 2025, the "donut-hole" or Coverage Gap will be eliminated completely. Instead, everyone will have a \$2000 maximum-out-of-pocket annual expense. What that means is that no one, regardless of how much Medicare covered prescriptions cost, will pay more than \$2000 next year.

In addition, you will be allowed to spread the payment of your medications over the entire year at a set amount - not to exceed \$2000. You'll need to contact your Insurance company to set up this payment structure - your pharmacy will not be able to do this for you.

Lastly, always check your ANOC (Annual Notice of Changes) that your Insurance company sends you. Next year, some drug deductibles are going up to \$590 (Tier 3,4,5), and some monthly PDP Premiums are going from \$3.00 per month to \$38 per month. Most won't notice this because it comes directly out of your Social Security payment each month before going into your bank account.

Learn more on October 9th at noon, Matthew West will be here to discuss these changes and answer any questions you may have.

Positive Attitude Month

Positive Attitude Month is an annual designation observed in October. A positive attitude is the best trait you can carry with you because it makes any difficult or frustrating situation a lot easier to deal with. If you look at most scenarios as “glass half empty,” now is the time to change that! Looking at things with a “glass half full” perspective is a small thought process that makes a big difference. Research suggests there are lasting benefits to keeping a positive attitude. • Longer life span because of overall lower stress levels • Lower chance of depression • More resistance to sicknesses like the common cold • Increased physical and mental well being • Less risk of death from cardiovascular disease • More developed coping skills during challenges. Finally, your positive energy will result in more overall motivation, more friends and many more happy memories. Of course, life can be extremely challenging. In our work and personal lives, speed bumps will present themselves...there’s really nothing we can do about it. Why not try to make the best of every situation we are thrown into? So, think positively! Expect great things! Challenge yourself to be so strong that nothing can disturb your peace of mind. If you struggle to keep a good attitude, here are a few steps you can take to move past that. 1. Write it down. List the negative things in your life...the things that really upset you and cause you to lose your cool. Seeing them on paper can help you recognize and address them when they happen in real life. Cross them off when you are able to overcome them. 2. Let go of expectations. Sometimes, negativity begins with unrealistic expectations of yourself or others. Understand that nobody is perfect...and the imperfections add character! They make life real and interesting. If you can learn to work with that, you and those around you will be much happier. 3. Forgive yourself and others. Do not dwell on past mistakes. You are only hurting yourself if you do so. 4. Respond, don’t react. Change can be difficult to manage, but if you take a breath and give yourself some time to think, you’ll find the clarity you need to respond in a positive manner. 5. Surround yourself with positive people. Yeah, yeah, we know, you hear it all the time. But if you can do that, you’ll start to see how happy and successful people think, and you’ll likely start to think the same way.

Keep Your Keys

Friday Oct 11th at 12:30

As you age, driving can become increasingly difficult. The “Keep Your Keys!” program can give you the tools and resources you need to stay safe on the road. The “Keep Your Keys!” program is intended to help the older driver stay on the roadways. The goal is to educate seniors with age-related tips and tools that can help reduce motor vehicle and motor cycle crashes. “Keep Your Keys!” is a free presentation offered for older adults and their family members. The class will provide information and resources to guide in making decisions about current driving status, as well as staying mentally and physically fit to drive.

October 23rd at noon

Bruce Burkhart from
HEARING HEALTH
ASSOCIATES will be here
talking about hearing health
and ways that hearing loss
can impact various parts of
your life.

TECHNOLOGY HELP

Common issues we deal with—
passwords, setting up new devices,
navigating Facebook or certain apps,
saving pictures, exploring features on
your devices, texting, talk features
and more. Keep in mind it's not
always a "one and done"
appointment. We will help solve your
technology issues to the best of our
abilities; however, we **cannot**
guarantee that we can fix every issue
you may have

IT'S NEVER TOO LATE TO LEARN!!
(all help is 100% free)



WE WOULDN'T BE US WITHOUT YOU!!

BINGO

Come have some fun at Bingo on the
1st and 3rd Tuesday at **9:30** and on
the 2nd and 4th Friday at **10:00**

BUNCO

2nd and 4th Tuesday -
if there is a
5th Tuesday, we will play Bunco
9:30-11:30ish



PINOCHLE

Wednesday at 12:30pm.

New players needed!

Drop-ins are welcome.
Experience not necessary!

MUSIC WITH RACHELLE

Each interactive music therapy
session includes:

- *Singing
- *Movement to music
- *Instrument playing
- and *Discussion

**Wednesday Oct 2nd,
and 16th @10:45**

CARDS & GAMES

Thursday at 9am-11:30

Join us for a morning of fun, coffee and
conversation. We play various card
games and dominoes.

We are always willing to learn new
games if you have one!

LET'S GET MOVING

PEPPI EXERCISE

(Peer Exercise Program Promotes Independence) is a physical activity program specifically designed for older adults ages 60+, as well as disabled adults. The goal of the program is to maintain or improve a person's level of fitness and independence. PEPPI includes strength training using resistance bands.

**Monday, Wednesday,
Friday at 10**

Great for all fitness levels!

ZUMBA GOLD

The easy-to-follow program that lets you move to the beat at your own speed! It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold classes provide modified, low impact moves!

Monday at 6:00 PM

Cost is \$7 *payable to the instructor

PER THE CDC, STRENGTH
AND BALANCE ACTIVITIES
PREVENT MOBILITY ISSUES
THAT COME WITH AGING.
WE CAN HELP YOU MAKE
CHANGES!



CARDIO DRUMMING

Use low-impact arm movements with drumsticks and an exercise ball to achieve a full body workout.

For all skill levels.

Benefits the mind and body,
Plus it's a lot of fun!

Thursday at 10

LINE DANCING

You will learn basic line dance steps and routines set to music! Dust off your boots and join us!

Tuesday 12:15

CHAIR YOGA

Wednesday at 9am

Chair yoga is the answer for people with limited mobility or limited strength. We will decompress the spine, increase range of motion while lubricating our major joints, and release tension in the neck and shoulders. Make this class a part of your weekly schedule to help you slow down the aging process and prevent future injuries.

STRETCH & FLEX YOGA

Stretch and Flex with Amy
Please bring a yoga mat if
you have one.

Friday at 9 am



THIS & THAT

DRIVE THRU FOOD DISTRIBUTION

MONDAY OCT 28th@10:30 AM

4th Monday of each month

Kearney Senior Community Center.

Address: 600 N. Jefferson in the parking lot

Time: 10:30 am

No qualifications other than being a 60+ member of our community.

Please call 816-635-0466 for more info.

(*arrangements may be made if you are a nondriver)

Please do not block the highway while waiting in line. This puts this program at risk of being shut down by law enforcement.

LEO (let's eat out) CLUB

Do you like eating out, but don't like going alone? No need to!

Join us each month for dinner.

**This month we will be having a
POTLUCK dinner Oct. 17th**

@ 5pm at the center!

We will be making pasta to share.

Bring a side or a dessert to share with the group. We will also be

playing cards and games after dinner! **Invite your friends!!**

**Sign up sheet is on the
office door.**



Every Tuesday afternoon **LIVE MUSIC!!**

Free Line Dancing Lessons at 12:15.

The band, **Classic Country**, will start playing at 1:00 and will play until 3:30. Put on your dancing shoes and head down to the Center for a rocking good time!

Couples, singles and groups are welcome! (No cover charge)

Dance with friends, enjoy light refreshments and good company.

Don't forget to call Monday if you want to eat lunch before the dance

HOP ON THE BUS

KEARNEY RIDES PROGRAM

Are you 60+ and needing a ride to a doctor appointment? How about the dentist or bank?

LEAVE A MESSAGE AT LEAST 3 BUSINESS DAYS IN ADVANCE AND WE WILL GET YOU WHERE

YOU NEED TO GO!

816-635-0466

SENIOR CENTER SHUTTLE SERVICE

Our Door*2*Door shuttle service is now up and running!! If you would like a ride to the Senior Community Center for activities or would want to ride to the Center for lunches, please contact us

816-635-0444



GROCERY STORE TRIP

On the 1st Thursday Walmart/Dollar Tree and the 3rd Thursday will be Walmart/Aldi. We will pick you up at your home and help you back inside with your bags afterwards.

Call to get on the list.

816-635-0444

PROPERTY TAX RELIEF FOR SENIORS

Join us at the center

OCTOBER 7TH 12-2PM

Representatives from Clay County will be here to answer any questions you have about how to enroll.

****Seniors' Early Voting Transportation****

On **October 23rd**, we will offer a special service for seniors who don't drive and provide transportation to early voting locations. A bus will pick you up from your home and return you afterward. This ensures that everyone has the opportunity to cast their vote comfortably. If you or someone you know would benefit from this service, please contact us to make arrangements. Let's make sure every voice is heard!

816-635-0466



The Kearney Senior Community Center is funded in part by grants from **Clay County Senior Services, MARC**, individual donors, and fundraising activities.

TECH TIP

Master Online Banking and Shopping:

In today's rapidly evolving digital landscape, technology has become an integral part of our daily lives. From staying connected with loved ones to accessing essential services, mastering the basics of technology is more important than ever, regardless of age. If you're a senior aged 60 or older, fear not! Gone are the days of waiting in long lines at the bank or the store. Online banking and shopping offer convenience and flexibility allowing you to manage your finances and purchase goods from the comfort of your home. Ask your current bank about enrolling in online banking services offered by your bank and practice making simple transactions such as checking your balance or transferring funds. When shopping online, always ensure that you're using secure websites and protecting your personal information. Pro-tip: secure websites URL address should have this text in front of it "https://". Avoid clicking on links in emails, texts, and especially online messages. These could be disguised viruses designed on getting your passwords and gaining access to your accounts.



October free lunch drawing. Find Angela and tell her about your favorite Halloween costume! Drawing on October 24th

****Advertise Your Business in Our Monthly Senior Center Newsletter!****

Reach over 2,000 people every month by featuring your business in our senior center newsletter. This is a fantastic opportunity to connect with the community and promote your services.

For more information on advertising options and rates, please contact Angela at 816-635-0466.

Don't miss out on this great chance to grow your business and support our vibrant senior community!

OCTOBER 2024

LUNCH MENU

\$2 DONATION PER LUNCH

PLEASE MAKE OR CANCEL YOUR RESERVATION
BY NOON THE SERVING DAY BEFORE.

816-635-0444 MONDAYS RESERVATIONS NEED
TO BE CALLED IN ON THE FRIDAY BEFORE.

MON	TUES	WED	THURS	FRI
	1 Beef Stew Salad Corn Muffin Banana Cookie	2 Chicken Stir Fry Stir Fry Veggies Pickled Beets Bread Mandarin Oranges/Cookie	3 Meatloaf Gravy Fiesta Veggies Dinner Roll Fruit	4 Fish Green Beans Coleslaw Mac&Cheese Tropical Fruit
7 Swiss Steak with Tomato Mashed Pot. Peas&Carrots Bread	8 Tuna&Noodle Cauliflower/Peas Cucumber Onion Salad Applesauce Bread	9 Taco Salad Pinto Beans Nacho Chips Orange	10 Chicken Breast Broccoli Potatoes O'Brien Pineapple Bread	11 Beef Pattie Salad Steak Fries Banana
14 Chicken Fried Steak/Gravy Mashed Pot. Green Beans Fruit Dinner Roll	15 Chicken & Noodles Carrots Salad Orange Bread	16 Sloppy Joes Potato Salad Carrots Apple slices	17 Eggs Turkey Sausage Links Hashbrowns Applesauce Biscuit Oatmeal Square	18 Veggie Burger Swiss cheese Potato Wedges Salad Banana
21 Fish Spinach Sweet Potatoes Fruit mix Bread Cookie	22 Beef Mac Green Beans Vanilla Wafer Banana Pudding Bread Banana	23 BBQ Riblet Carrots Potato Salad Pears & Strawberries	24 Mostaccioli with meat sauce Italian Veggies Salad Fruit & Grahams Bread	25 Oven Fried Chicken Mashed Pot/Gravy Green Beans Orange Sherbert Cake Dinner Roll
28 Pulled Pork White corn Coleslaw Apple Slices	29 Chicken Salad Cucumber Onions Applesauce Bread	30 Fish Green Beans Coleslaw Tropical Fruit Mac & Cheese	31 Chili w/Beans shredded cheddar salad peach cobbler crackers	All meals served with 1% milk. Bread and pasta are all whole grain.

OCTOBER

ACTIVITIES CALENDAR



MON	TUES	WED	THURS	FRI
NOTE THE TIME CHANGE FOR BINGO AND BUNCO	1 9:30 Bingo 12:15 Line Dancing 1:00 Dance	2 9:00 Chair Yoga 10:00 PEPPi 10:45 Music with Rachelle 12:30 Pinochle	3 9:00 Cards&Games 10:00 Cardio Drumming	4 9:00 Stretch & Flex Yoga 10:00 PEPPi
7 10:00 PEPPi 12-2pm /Clay County Tax Relief 6:00pm Zumba	8 9:30 Bunco 12:15 Line Dancing 1:00 Dance	9 9:00 Chair Yoga 10:00 PEPPi 12:00 Medicare changes talk 12:30 Pinochle	10 9:00 Cards&Games 10:00 Cardio Drumming	11 9:00 Stretch & Flex Yoga 10:00 Bingo 12:30 Keep Your Keys
14 10:00 PEPPi 6:00pm Zumba Gold	15 9:30 Bingo 12:15 Line Dancing 1:00 Dance	16 9:00 Chair Yoga 10:00 PEPPi 10:45 Music with Rachelle 12:30 Pinochle	17 9:00 Cards&Games 10:00 Cardio Drumming 5:00 LEO POTLUCK	18 9:00 Stretch & Flex Yoga 10:00 PEPPi
21 10:00 PEPPi 6:00pm Zumba Gold	22 9:30 Bunco 12:15 Line Dancing 1:00 Dance	23 9:00 Chair Yoga 12:00 Hearing Health Assoc. 10:00 PEPPi 12:30 Pinochle	24 9:00 Cards&Games 10:00 Cardio Drumming	25 9:00 Stretch & Flex Yoga 10:00 Bingo
28 10:00 PEPPi 10:30 Harvesters Food pick up 6:00pm Zumba	29 9:30 Bunco 12:15 Line Dancing 1:00 Dance	30 9:00 Chair Yoga 10:00 PEPPi 12:30 Pinochle	31 9:00 Cards&Games 10:00 Cardio Drumming	