

Grains of Rice



Grains of Knowledge for Rice County Seniors

COVID-19, OUR BRAINS, & THE new normal

by Alecia Gaines

Mask or no masks? Visit friends and family, don't visit friends and family? Social distancing inside, outside? If we are six feet apart do we still have to wear a mask? If we are outside do we need to wear a mask?

What are the answers? Who is right? Who do we listen to? Our brains are a jumbled mess now full of opposing information. None of us are sure what to do, who to listen to, and how to behave from one day to another. Here is some information you may or may not agree with, but, *this could be our new normal*.

The Rice County District Hospital, along with the Lyons Medical Center, the Sterling Medical Center, and the Rice County Health Department, believes that face coverings help slow the spread of the virus. The hospital has also posted these helpful hints to help slow the spread of COVID-19:

- Maintain social distancing.
- Avoid gatherings greater than 90 persons.
- Wear cloth face coverings or homemade masks when in public.
- Practice cough etiquette and wash hands with soap and water for at least 20 seconds.



Regardless of your stance on the mask situation, social distancing, public gatherings, and politics (*don't forget to vote, but that subject has no place in this conversation*), our Rice County physicians want us to wear masks. Their stance is it will help keep the pressure off the medical community and not tax their limited resources. So, let's all do our part to help our Rice County friends at the hospital and our clinics.

Another helpful piece of information. The Rice County Council on Aging requires a mask be worn in our office by anyone over the age of two. All riders over the age of two, on the Quivira Transit,

must also wear a mask. If you don't have one, we have them in our office, or the driver will have one when they arrive to pick you up. Thank you for your cooperation. If you would rather not mask-up, then you can call the office, and take care of your business with a phone call.

Thank you, stay safe and wash your hands!

No Bull from Rocky

ROCKY GAINES, Board President
Rice County Council on Aging



STRATEGIC PLAN - TRANSPORTATION! RICE COUNTY COUNCIL ON AGING

Your Rice County Council on Aging (RCCA) has a number of responsibilities. The first of these is to, “**Develop a plan** for a comprehensive, coordinated system of delivering senior services to qualifying adults in Rice County.” Next is to, “**Establish goals** to meet identified needs of the qualifying adults of Rice County.” In other words, the plan lays out the road map, and the goals tell us if we’re making progress. The RCCA staff has the privilege of doing most of the work—with your input.

We start with the basic guidance of our mission: “To identify the needs of the citizens 60 years of age and older living in Rice County, Kansas.” And, “To develop and implement a plan for satisfying those needs on a priority basis and for affirmatively changing those conditions which either directly or indirectly pose significant barriers to those older *persons who desire to live independently in the community.*”

Throughout the next few months we will take a refresher course on some of the ways the RCCA works hard to help our clients live independently in our communities. One of our most visible services is providing transportation through Quivira Transit.

The Critical Success Factor here is to “Improve Access to Services. And we do this in several ways:

- First, we need to determine what services you need and the kind of trips that will be the most helpful.
- Next, we try to advertise our availability and services through all the different forms of media available—digital, hard copy, and person to person.
- Third, we coordinate with outside agencies to augment our services:
 - Medicaid trips
 - Private sector needs
 - Regional needs within 100 miles (except for extenuating medical needs).
- Finally, it is very important that we stay on top of changing needs and conditions by identifying future needs and gaps in services that we can control.

By working in support of these main guidelines, we can remain an example for other organizations in Kansas, and more importantly, ensure we are supporting **YOU**.

Ride.



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*LYONS STOPS ARE \$1.50.
ADDITIONAL STOPS ARE \$1.50.

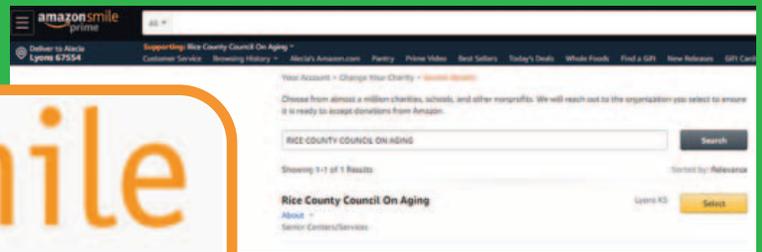
RIDES to CHASE, STERLING OR
OTHER CITY IN RICE COUNTY,
\$2.50 for EACH DIRECTION.

PUNCH CARDS - \$20.00 for 20
RIDES! A \$10.00 SAVINGS!

APPOINTMENTS ARE FIRST-COME,
FIRST-SERVED.

THIS PROJECT FUNDED BY THE KDOT TRANSPORTATION
PROGRAM AND THE RCCA.

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\$197,064,477 donated to charity worldwide so far.

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You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages.

AARP EMPHASIZES VOTER SAFETY AS ELECTION DAY APPROACHES

BY DENA BUNIS, AARP, AUGUST 3, 2020

PROTECT VOTERS 50+ VOTER-ENGAGEMENT EFFORTS AIMED AT HELPING AMERICANS CAST BALLOTS SAFELY

Between now and the November election, AARP is waging a multifaceted, multiplatform voter engagement campaign to make sure Americans age 50-plus can vote safely during this pandemic, however they decide to cast their ballot.

"We are going to spend a lot of time, state by state, making sure they understand the absentee ballot process – by mail or during early voting – and making sure they feel comfortable if they choose to vote in person on Election Day," says John Hishta, AARP senior vice president for campaigns.

The campaign will also focus on the core issues that AARP members and the 50-plus population say are most important to them: protecting Social Security and Medicare, lowering prescription drug prices, keeping residents and staff of long-term care facilities safe, and helping Americans recover from the impact of the pandemic on the nation's economy.

This is the first time, Hishta says, that AARP will concentrate on helping people understand some of the changes in the election process that are taking place in states because of the pandemic. "In many respects we're serving as a communications vehicle to make sure people know how to vote," he says. "We want to make sure people know what to expect and when to expect it."

The 2020 campaign will be different from previous voter engagement efforts, Hishta says, because the focus of AARP's work will be virtual. "In years past, we have communicated to the candidates and our members in a variety of ways, including in-person events," Hishta says. "All of that has changed."

The key elements of AARP's voter-engagement campaign include:

- ◆ Individualized voter education pages with key dates, methods and rules for voting safely at polling places and at home for all 50 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands. The state guides will be featured in the September and October Bulletins and via aarp.org/election2020.
- ◆ A strong informational campaign that will combine safe voting tips and issue positions through direct mail, e-mail, social media, and digital and radio advertising.
- ◆ Polling of Americans age 50 and over in targeted battleground states (for both the presidential race and competitive U.S. Senate races) to highlight for candidates the importance of older voters and the issues they care about.
- ◆ A strong multicultural component to ensure that AARP communicates with communities of color across the country with issue information, advertising and social media.
- ◆ Experiments with virtual meet-ups to take the place of conventional town hall meetings during the COVID-19 crisis. AARP will ask candidates to appear on tele-town halls so members and 50-plus voters can get their questions answered and have virtual access to the politicians asking for their votes.

BRAIN TEASERS!

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9 gesg segg gegs gges	10 podpodpod	11 p o u r	12 poFISHnd

SOLUTION TO PUZZLE ON PAGE 9

CALL the Rice County Council on Aging if you need assistance with pick-up and delivery of groceries!

THIS IS A FREE SERVICE for *vulnerable residents* of the **City of Lyons** that have a legitimate need.

Sponsored by the SPARK Fund.

CALL 620-257-5153 FOR MORE DETAILS

Would you like an email copy of **Grains of Rice**?

Call 620-257-5153 to sign up!

Grains of Rice is also available on our website:

www.ricecountycouncilonaging.com

FINDING HAPPINESS in dark times



Ok friends, you know I never lie to you, and this week is no different. I must admit, I have felt incredibly challenged. Lately I have been relying on my tools to maneuver through the past few weeks. I've been feeling really angry, frustrated, sad, and scared.

These are not feelings that I'm used to feeling (*very often*), and especially not all in a condensed period of time. In recent weeks, feeling happy has felt elusive and out of reach.

Perhaps this is because of the state of the world, or maybe it is due to all of the separation I've witnessed. It could be related to my own mind running rampant or a combination of many things. The point is that I've been feeling low, and it's been a real journey to come back to a sense of equilibrium and peace.

I have had so many people ask me my thoughts on how to feel happy and "*normal*" when the times we live in feel far from either. I've really had to think long and hard about my answer because I felt stumped for a while. I had to do the work on my own to discover an authentic path to inner peace and contentedness during very distressing times.

First of all, I think it's only natural for us all to feel subpar these days. Our internal state is matching the external environment. We wouldn't be sensitive, feeling

humans, if we didn't feel influenced by the world events.

The trick is, how can we balance out our reactions to the external world, so that it doesn't severely influence our internal world?

There is a way! And of course, it takes practice and a strong reliance on our own sense of self. So if you, too, feel taken over by sadness and grief, I share these tips with you in hopes to help you feel a sense of normalcy, so that we can all remain on our paths of being great lights in the world. I hope you find this helpful:

- Remember that you cannot control the external world, but you can control what happens within!

Once you recognize this, everything changes. Create a strong foundation inside yourself. Get grounded and secure in who you are, what you stand for, and how you want to present yourself to the world.

- Allow yourself the time and space to process your thoughts and feelings.

It's ok to be vulnerable, out of sorts, or under the weather, in fact, it's normal. Honor this time and this space. Rely on your practices to hold you in this time. I personally do this in my daily meditation

and journaling practices. During this time I witness my thoughts, honor them, and let them go.

- Explore activities and hobbies that bring you pure joy.

Set an intention to participate in things that make you truly happy. Give yourself your presence to be captured by joyful moments.

- Take time to be with the ones you love.

Reconnect with friends and family you might feel distance from. Remind someone that they are loved and valued. Do nice things for strangers for no reason at all. When the world feels dark, the only thing that brings me back to light is to remember that in the end the love we have for each other is stronger than anything else.

- Take inspired action.

Consider how you could make a positive impact in the world and be an example of love in motion. When each of us make moves to create the world we want to live in, the world has no choice, but to react to it. Remember, you are powerful!

Wishing you all happiness and peace this week as always,

~ xoxo Michelle



MICHELLE MAROS

Michelle is Peaceful Mind Peaceful Life's Creative Director and resident writer. She has a degree in Journalism from Indiana University and is also a certified holistic health coach through the Institute for Integrative Nutrition and registered yoga teacher with trainings with Anuttara Yoga Shala and Strala Yoga. Michelle has a deep desire to help people find happiness in all areas of their lives, and truly believes the Peaceful Mind Peaceful Life movement will bring lasting change to the world. Michelle splits her time between Florida and New York City and loves connecting with people from all over the world. If you'd like to contact her, she can be reached at michelle@peacefulmindpeacefullife.org

Keeping Family Together During COVID-19

Keeping Family Together During COVID-19: A Checklist



During the 2008 Financial Crisis the housing market and economy collapsed, finances were decimated and adult children moved back in with their parents. Cases of elder abuse involving physical, emotional and financial harm soared. As a result of COVID-19, we are seeing an increased risk of similar trends.

Let's learn from the past, so that we can prevent similar mistakes ahead.



Prevent Physical and Emotional Abuse

Even in the most genial of families, close quarters and changes in living situations may heighten emotions, potentially contributing to family discord. Efforts can be made to reduce tensions and promote a healthy and safe environment for all.

1. Discuss physical boundaries and household norms to respect one another's space.
2. Communicate calmly, it is natural to feel unsettled and on edge. Recognize and acknowledge these emotions.
3. Engage in individual hobbies or family activities that can help reduce anxiety and bring you joy.
4. Take time to exchange stories about your family and growing up, sharing:
 - Funniest moments,
 - Happiest moments, and
 - Embarrassing moments.
5. Share household chores and ask "How would you like this done?"
6. Take time out for yourself exercise or go for a walk.
7. Create an enjoyable and productive daily routine.



Prevent Financial Abuse

If loved ones are moving back in together, encourage open communication from the onset and form an agreement of plans prior to move in day. Hopefully this is a temporary situation, but should it drag on, it is best to communicate from the very beginning, to eliminate risk of misunderstandings due to unspoken expectations.

1. Establish a task list and schedule for errands, cleaning, and other household chores.
2. Discuss if or how you plan to pool funds and allocate expenses.
3. Respect family members' privacy, including their confidential financial information and resources.
4. Consider if it is appropriate to enter into protective financial arrangements like powers of attorney.



Communication is key. Don't be afraid to establish boundaries and promote a healthy living environment for all.

In these days of increased requests for service & decreased funding, we are most grateful for each one that donates.

Alice Rogers
 B.K. & R.A. Small
 Church Ladies Thrift Shop
 Debra Metzger
 Greg Wellman
 Helen Stockstill
 James Crosby
 Janet Caywood
 Jim Wise
 Judy Borgen
 Lydia Ann Crawford
 Lyons Christian Church
 Max Sauer
 Mike Kelso
 Mike McCormick
 Naoma Peverly
 Robert & Carolyn Behnke
 Ron Harkrader
 The Von Lehe's
 United Way
 Vickie Folck
 Wanda Brewster
 Wanda & Roger Reid
 Wendy's Restaurant

Older & Bolder, August-September 2020

KEEP YOUR SANITY AS THE CRISIS DRAGS ON!



The COVID-19 pandemic has taken a toll on everyone, and not just physically. Taking care of your mental health is important too, especially because no one knows when the crisis will end.

The GOV.UK website shares this guidance on staying sane during these uncertain times:

STAY CONNECTED

Maintain your relationships with friends and family. Social distancing guidelines may be looser these days, making things easier, but if

you or a loved one is in self-quarantine because of a positive test for the coronavirus, don't stay isolated. Reach out.

TALK ABOUT YOUR WORRIES

Whether you work with a counselor or just talk to friends, don't bottle your emotions up. Speak up about what's worrying you. Letting your feelings out is good for your mind and soul.

Keeping Family Together During COVID-19

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Naoma Peverly
Robert & Carolyn Behnke
Ron Harkrader
The Von Lehe's
United Way
Vickie Folck
Wanda Brewster
Wanda & Roger Reid
Wendy's Restaurant

A Checklist: Starting the Conversation

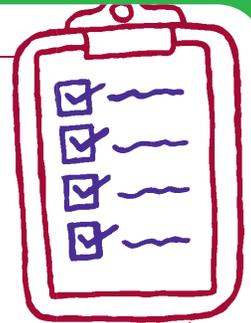
Keep your family from falling apart while coming together by engaging in thoughtful conversations in the beginning to avoid awkward conversations later.

Prior to moving, discuss expectations:

- Maintain courtesy, respect, gratitude, and openness while communicating.
- Forecast duration, formulate an exit plan, put it in writing and have everyone sign.
- Establish individual or shared living spaces and storage of excess belongings.
- Determine payments for rent and utilities.
- Discuss whether groceries will be purchased on an individual basis or shared.
- Make a chore list to determine who will do laundry, shopping, medication runs, transportation, cooking or cleaning activities.
- Consider the need to change existing financial arrangements such as personal banking, managing bills, and permitting access.
- Discuss shared transportation, driving responsibilities, and management of costs; considering shared arrangements, driving responsibilities, and insurance costs.
- Determine if there is a need for medication management.



It is natural to be stressed during these times. When it comes to family matters, envisioning a checklist and making carefully planned decisions can foster respect and a healthy living environment.



NCEA
National Center on Elder Abuse

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Keck School of
Medicine of **USC**

TAKE CARE OF YOURSELF PHYSICALLY

Eat healthy meals and exercise. Take a walk or a bike ride now that communities have started to open up. Work in your garden. Getting outside and staying in good physical shape will help you maintain a healthy mental state.

GET PLENTY OF SLEEP

Sleep can be elusive when you're nervous about life. Stick to a routine that encourages eight or nine hours of sound sleep every night. You'll get the physical rest you need and the mental break necessary to brain health.



MANAGE YOUR MEDIA CONSUMPTION

There's lots of information out there, often more negative than positive. Don't obsess over every new report. Limit your intake of news so you don't start feeling overwhelmed and helpless. Check the facts to be sure you're not being exposed to bad information.

FIND THINGS TO ENJOY

Make a point of pursuing pleasurable activities to take your mind off things. Read a good book, watch a lighthearted movie, finish a jigsaw puzzle, cook a gourmet meal - do anything that lifts your spirits and makes you feel better!



HAND SANITIZER RECALL: FDA LIST OF NEARLY 150 'DO NOT USE' PRODUCTS

<https://nypost.com/article/hand-sanitizer-recall-list-fda/>
By Jackie Salo August 13, 2020 | 12:48pm

The Food and Drug Administration has recalled more hand sanitizers with a new, deadly toxin — bringing its growing “do not use” list to nearly 150 products.

The new additions contain a substance known as 1-propanol, which if ingested can depress the central nervous system and cause death.

“FDA is warning consumers and health care professionals about certain hand sanitizer products, including those manufactured by Harmonic Nature S de RL de MI in Mexico, that are labeled to contain ethanol or isopropyl alcohol but have tested positive for 1-propanol contamination,” the agency said Wednesday.

“1-propanol, not to be confused with 2-propanol/isopropanol/isopropyl alcohol, is not an acceptable ingredient for hand sanitizer products marketed in the United States and can be toxic and life-threatening when ingested.”

Skin or eye exposure to the products can result in irritation, and in some cases, allergic reactions have occurred, the agency said.

The FDA also said it has seen a growing number of products that are labeled as containing ethanol but have tested positive for methanol, which can be toxic when absorbed through the skin or ingested.

The recalled list as of Thursday includes more than 100 hand sanitizers, most of which were developed in Mexico, though some were from China and the US, Newsweek reported.

Updated FDA list of ‘do not use’ hand sanitizers:

All-Clean Hand Sanitizer
Andy’s or Andy’s Best
Assured Aloe
Assured Instant Antiseptic Hand Sanitizer with Aloe and Moisturizers
Assured Instant Antiseptic Hand Sanitizer with Vitamin E and Aloe
Assured Instant Hand Sanitizer (Aloe and Moisturizers or Vitamin E & Aloe)
Be Safe Hand Sanitizer
Bersih Antiseptic Alcohol 70% Topical Solution hand sanitizer or Gel
bio aaa Advance Hand Sanitizer
BLUMEN Advanced Hand Sanitizer or Aloe or Aloe with 70% alcohol
BLUMEN Advanced Hand Sanitizer Clear or Lavendar with 70% alcohol
BLUMEN Advanced Instant Hand Sanitizer Clear
BLUMEN Advanced Instant Hand Sanitizer Clear Ethyl Alcohol 70%
BLUMEN Advanced Instant Hand Sanitizer Lavender or Aloe or Clear Lavender
BLUMEN Aloe Advanced Hand Sanitizer, with 70 Alcohol
BLUMEN Antibacterial Fresh Citrus Hand Sanitizer
BLUMEN Clear Advanced Hand Sanitizer or with 70% Alcohol

BLUMEN Clear Advanced Instant Hand Sanitizer
BLUMEN Clear LEAR Advanced Hand Sanitizer
BLUMEN Hand Sanitizer Fresh Citrus
BLUMEN Instant Hand Sanitizer Aloe Vera or Frangrance Free
Born Basic. Anti-Bac Hand Sanitizer 65% Alcohol or 70% Alcohol
Britz Hand Sanitizer Ethyl Alcohol 70%
Cavalry
CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol or 80% Alcohol
Cleaner Hand Sanitizer Rinse Free 70%
Clear Advanced Hand Sanitizer with 70% Alcohol extra soft with glycerin and aloe
DAESI Hand Sanitizer
Earths Amenities Instant Unscented Hand Sanitizer with Aloe Vera Advanced
ENLIVEN Hand Sanitizing Gel
Esk Biochem Hand Sanitizer
GelBact Hand Sanitizer
Hand Sanitizer Agavespa Skincare
Hand Sanitizer Disinfectant Gel 70% Ethyl Alcohol
Hand Sanitizer Disinfectant Gel 70% Ethyl Alcohol Rinse Free Hand Rub
Hand Sanitizer Gel Alcohol 70%
Hand Sanitizer Gel Unscented 70% Alcohol
Handzer Hand Sanitizer Rinse Free
Hello Kitty Hand Sanitizer
Herbaciil Antiseptic Hand Sanitizer 70% Alcohol
Jaloma Antiseptic Hand Sanitizer Ethyl Alcohol 62% with Vitamin E
KLAR & DANVER Instant Hand Sanitizer
Kleanz Antibacterial Hand Sanitizer Advanced
Lavar 70 Gel Hand Sanitizer
Leiper’s Fork Distillery Bulk Disinfectant per 5 gallon & 16oz bottle
LumiSkin Advance Hand Sanitizer 16 & 4 oz
Lux Eoi Hand Sanitizing Gel
Medicare Alcohol Antiseptic Topical Solution
Modesa Instant Antiseptic Hand Sanitizer w/Moisturizers and Aloe Vera or E
MODESA Instant Hand Sanitizer Moisturizers and Vitamin E
Mystic Shield Protection hand sanitizer
NeoNatural
NEXT Hand Sanitizer
NuuxSan Instant Antibacterial Hand Sanitizer or Instant Hand Sanitizer
Optimus Instant Hand Sanitizer or Optimus Lubricants
Parabola Hand Sanitizer
Plus Advanced
Purity Advanced Hand Sanitizer
QualitaMed Hand Sanitizer
Saniderm Advanced Hand Sanitizer
Sayab Antiseptic Hand Sanitizer 100
Scent Theory – Keep It Clean – Pure Clean Anti-bacterial Hand Sanitizer
Selecto Hand Sanitizer
Shine and Clean Hand Sanitizer
The Good Gel Antibacterial Gel Hand Sanitizer
The Honeykeeper Hand Sanitizer
TriCleanz or TriCleanz Tritanium Labs Hand Sanitizer
Urbane Bath and Body Hand Sanitizer
Vidanos Easy Cleaning Rentals Hand Sanitizer Agavespa Skincare
Wave Hand Sanitizer Gel



HOW TO SPOT FALSE CLAIMS ON SOCIAL MEDIA

Like any sales pitch, if it seems too good to be true, it probably is, and the same goes for extra-nasty posts or ads.

Be especially cautious on group pages or private Facebook groups, where you may not know the people who are engaging. Some could be anonymous or fake accounts. Misinformation also can linger in private groups not seen by a wider audience who are able to flag or debunk it.

Read beyond headlines. And remember, images and videos can be taken out of context.

Keep in mind that you can flag a suspicious post on Facebook or contact FactCheck.org or PolitiFact directly by email or their websites if you are unsure about whether a political post or ad is real.

POLITICAL SCAMS

AARP Fraud Resource Center

<https://www.aarp.org/money/scams-fraud/info-2020/political.html>

If you're a person with strong political beliefs, you might jump at the chance to give a few dollars to support a candidate who shares your views or an organization that advocates on an issue you care about. Scammers are eager to take advantage of your civic engagement by tricking you into contributing to a bogus political action committee, also known as a scam PAC.

Legitimate political action committees are federally registered groups formed to raise and spend money to elect or defeat candidates. Scam PACs exist primarily to raise money for themselves. They may claim to support a particular politician or cause, but the vast majority of donor dollars go to cover fundraising costs and enrich the organizers, who collect big salaries or run affiliated companies that charge the PACs inflated fees for services.

These sham PACs mount aggressive campaigns by phone, mail and social media to lure potential donors, often targeting older Americans. They might name-drop a prominent politician or high-profile media figure (who may not even be running for office), or press ideological hot buttons. In one case, a fundraiser even claimed some of the money would pay for attorneys to ensure the integrity of elections. (He pleaded guilty in 2019 to a federal fraud charge.)

Some PAC scams are more like charity scams, soliciting money to supposedly support law enforcement officers, veterans or cancer research. Whatever the pitch, the con can be lucrative. One operator of bogus PACs defrauded tens of thousands of donors of more than \$1 million before he was caught. Another admitted to fraudulently raising hundreds of thousands of dollars for multiple 2016 presidential candidates, much of which he diverted to personal and travel expenses, including hotel minibars and a deep-tissue massage. Both got prison time.

Other political scams ramp up as election season heats up. You might get a call from a purported pollster, who promises a gift card or other reward in exchange for your opinions — they just need your credit card number to cover shipping or taxes. Or, the caller will offer to help you register to vote or even cast your ballot by phone (things no state allows). It's just a ploy to get personal information such as your Social Security number or date of birth for use in identity theft. Exercise your right to hang up.

Warning Signs

- A PAC has a name that sounds more like that of a charity.
- PACs registered with the Federal Election Commission (FEC) are supposed to focus on political activity.
- The PAC's website does not list the names of the people running it or provide contact information.
- A caller claiming to be a pollster or elections official asks you for personal or financial data.

DO

- ↳ **Do check out a PAC before you donate.**
You can look up individual groups and get detailed information on their fundraising, spending and leadership at the websites of the FEC and the nonprofit Center for Responsive Politics.
- ↳ **Do contribute to candidates you support through their official campaign websites,**
or via legitimate conduits such as ActBlue and WinRed (which process payments for Democratic and Republican campaigns, respectively).
- ↳ **Do create a "refusal script" with potential responses to high-pressure fundraising requests.**
For example: "Let me review the organization and get back to you," or, "I've already determined my donations for the year."

DON'T

- ↳ **Don't make donations or provide personal or financial information** to organizations that contact you out of the blue.
- ↳ **Don't give in to pressure to contribute by a particular method.**
Scammers may push you to send a check, for example, because processing fees won't be taken out of the donation but really because it makes it harder to dispute the charge.
- ↳ **Don't give to a PAC that does not ask about your citizenship status and employment.**
Real PACs do so because they are legally barred from taking donations from federal contractors & foreign nationals.
- ↳ **Don't provide private information to political canvassers.**
They should not ask for personal information other than whether you are registered to vote & who you plan to vote for.

SOLUTION TO PUZZLE ON PAGE 4

- | | | |
|-----------------------|-----------------------|--------------------------|
| 1. Once Upon a Time | 5. Hand-in-Hand | 9. Scrambled Eggs |
| 2. Go Four It | 6. Man Overboard | 10. Three p's in a pod |
| 3. Two Eggs Over Easy | 7. Double Dribble | 11. Down Pour |
| 4. Easy on the Eyes | 8. Splitting Headache | 12. Big Fish Little Pond |

Housekeeping & Attendant Care Services

Let us help you, with the things we all hate to do!

Are you 60 or older?

We have openings for our Attendant Care and Housekeeping services.

Our Attendant Care Provider can assist with:

- Medication Management
- Bathing
- Local Pharmacy Pick-ups

Our Attendant Care provider will assist you in daily living tasks. She will help you with bathing, dressing, and other areas of self-care, as well as pharmacy pick-ups and medication preparation. She will give you the supervision and/or help with any area you may need under the direction of a licensed health care professional.

Our Housekeepers can assist with:

- General House Cleaning
- Laundry
- Meal Prep
- Local Errands

Our Housekeeping Services can help you with the household tasks that we all hate to do. No one likes to dust, vacuum, or do laundry. Also, why does a vacuum cause so much pain? Not to mention how dangerous cleaning a bathtub actually is. The RCCA can assist you with all of those mundane and unsafe jobs.

Rice County Council on Aging has openings for both housekeeping and attendant care services. If you would like to talk about our services, call Alecia

620.257.5153 or aleciagrcca@gmail.com

OPEN ENROLLMENT ⇄ MEDICARE PART D OCTOBER 15-DECEMBER 7

PRESCRIPTION DRUG PLAN WORKSHEET

COVID-19 has changed the way we will help our Rice County Medicare Part D Beneficiaries during Open Enrollment this year. To make this challenging time more user friendly, we ask that you complete the worksheet to the right and either, email (daylenercca@gmail.com), snail mail (RCCA, 114 East Ave. North, Lyons, KS 67554), or drop off the form at the office.

Remove the sheet, fill it out completely and return!

Once we receive your completed form we will

- ⇒ Prepare a comparison report from the Medicare Plan Finder Program
- ⇒ If you provide an email, we will email a comparison report
- ⇒ If you sent in your form by snail mail, we will mail you a comparison report
- ⇒ If you dropped off your form, we will mail you a comparison report

After you receive your report and have made a decision, call the office and schedule your **phone appointment** to enroll you in your 2021 prescription drug plan. We will have multiple people to help you and it will be first-come, first-served. *Reservations for your "choice" of counselor is not guaranteed.* If you have any questions, please call the office at 620-257-5153.

STEP 1: GATHER YOUR PRESCRIPTIONS or CALL YOUR PHARMACY FOR LIST

STEP 2: FIND YOUR MEDICARE CARD

STEP 3: FIND YOUR PART D PRESCRIPTION DRUG ID CARD

LIST ALL PRESCRIPTION DRUGS THAT YOU TAKE INCLUDING DOSAGE & NUMBER PER DAY.

(DO NOT LIST OVER-THE-COUNTER MEDICATION)

(If you leave off a medication and it is not covered you can not change your plan after January 1, 2021)

Name as it appears on your Medicare card? _____

Address: _____ City: _____ Zip Code: _____

Phone: _____ Medicare Card #: _____ Date of Birth: _____

Effective date for Medicare Part A: _____ Effective date for Medicare Part B: _____

Has the RCCA helped you in the past with your Medicare drug plan (Part D)? _____

How would you like us to get your prescription drug plan (Part D) comparison report to you? _____

Email: _____ Email address: _____

Mail: _____ Mailing address: _____

Call: _____ Call me at this number for pick-up of comparison: _____

I would like my prescriptions refilled every **30 days** _____ **60 days** _____ **90 days** _____

DRUG NAME	DOSAGE	30-DAY QUANTITY
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____
6. _____	6. _____	6. _____
7. _____	7. _____	7. _____
8. _____	8. _____	8. _____
9. _____	9. _____	9. _____
10. _____	10. _____	10. _____
11. _____	11. _____	11. _____
12. _____	12. _____	12. _____
13. _____	13. _____	13. _____
14. _____	14. _____	14. _____
15. _____	15. _____	15. _____



FUNDING TO PUBLISH THE GRAINS OF RICE IS FURNISHED BY MILL LEVY AND YOUR DONATIONS.

As a non-profit organization, the Rice County Council on Aging advocates for, serves and empowers the aging citizens of Rice County, Kansas, providing them with the resources needed to continue living an active, healthy and independent lifestyle.

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...Information & Assistance Supervisor

Alecia Gaines
.....Supervisor of Operations

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.....Nurse Advisor

Gena Kelly, CMA
.....Attendant Care/Housekeeping

Denise Johnson
.....Housekeeping

Michelle Kralik
.....Housekeeping

Donna Grizzle
.....Dispatcher/Receptionist

Rick Hager
.....Transportation

Dave Suhler
.....Transportation

Rocky Gaines
.....Transportation

Amy Gaines
.....Transportation

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.....Transportation

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.....Transportation

Disclaimer: Although we attempt to ensure accuracy we cannot accept responsibility for the correctness of the information supplied herein or for any opinions expressed.



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