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

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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# Grains of Rice



*Grains of Knowledge for Rice County Seniors*

By Marie Hartwell-Walker, Ed.D.

See full article online at <https://psychcentral.com/lib/the-empty-chair-at-the-holiday-table/>

## The Empty Chair at the Holiday Table



Negotiating through the first holiday season following a death is seldom uncomplicated. Although the traditions that evolve in subsequent years may be fine in their own way, holidays without our loved one will never be quite the same. The holidays after a recent death highlight the absence and often throw people into confusion. Grieving people know they should "move on" – *whatever that means* – but aren't at all sure they want to and don't know how. Those who care about the person in mourning want to be helpful but are equally

confused about how to do it. It's a situation that is poignantly human.

For those of you who have lost a loved one within the past year, thinking about the empty chair at the holiday table may intensify grief in all its complex manifestations: sadness, anger, resentment, and maybe even guilt about the loss and, yes, joy and sweetness and gratitude that the person was in your life. For those who care about the grieving person, it can be difficult to know how best to honor the memory without contributing to pain.

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**Pre-order Cinnamon Rolls  
by November 20th.**

\$15.00 per dozen - \$8.00 per 1/2 dozen  
*pick up at the United Way Christmas Bazaar*

**620-257-5153**

**COMMODITIES  
NOVEMBER 30TH  
1:00 - 3:00 \* RICE COUNTY COUNCIL ON AGING**

# No Bull from Rocky



To Help Clients Stay in Their Homes through Excellent Home Services.

ROCKY GAINES  
RICE COUNTY COUNCIL ON AGING  
BOARD PRESIDENT

Your Rice County Council on Aging (RCCA) Board of Governors' very first responsibility is to, "Develop a plan for a comprehensive, coordinated system of delivering senior services to qualifying adults in Rice County."

The mission statement that guides us is, "To develop and implement a plan for...affirmatively changing those conditions which...pose significant barriers to those older persons who desire to live independently in the community."

Here's how we built the plan to provide quality nutrition services in Rice County:

- ◆ Obtain and increase federal and state funding
- ◆ Know/use federal and state field service guidelines
- ◆ Seek participant input

- ◆ Promote a strong volunteer program
- ◆ Continue to work closely with
  - ◆ Friendship Meals
  - ◆ Meals on Wheels
- ◆ Provide nutrition education training for health care providers

**The real message here: the RCCA wants to assure the citizens of Rice County that their RCCA has a dynamic mission and plan to help clients remain in their homes, living healthy, happy, independent lives as long as absolutely possible.**

## Housekeeping Services

Do you need help running the vacuum?



### Is your laundry piling up?

Rice County Council on Aging has openings for housekeeping services. If you would like to schedule an appointment to talk about our services, call **620.257.5153**.

## Attendant Care Services

Attendant Care Services include the basic care services that will enable an individual in need of care to live in their home and carry out functions of daily living, mobility, and self-care, rather than living in a care facility. The RCCA can provide supervision and/or assistance with bathing, medications, dressing, and personal appearance under the direction of a licensed health professional.



Call for more information and/or to set up an appointment.

**620.257.5153**

# Ride.

MONDAY-FRIDAY  
7:30 - 5:00

**257.5153**

free rides to friendship meals  
Rice County's only  
Public Transportation



\*STOPS ARE \$1.50 IN LYONS. ADDITIONAL STOPS ARE \$1.50. TRANSIT TO STERLING OR OTHER TOWNS IN RICE COUNTY \$2.50 EACH DIRECTION. PUNCH CARDS ARE \$20.00 AND YOU GET 20 RIDES! THAT MAKES EACH STOP \$1.00. A SAVINGS OF \$10.00 FOR 20 RIDES. APPOINTMENTS ARE FIRST-COME, FIRST-SERVED. THIS PROJECT FUNDED BY THE KDOT TRANSPORTATION PROGRAM AND THE RCCA.

## COUNT ME IN!

Please take a little time to fill out the coupon below. This helps us to use the funds we have wisely and to know whether Grains of Rice is serving the seniors of our community.

I want to support the Grains of Rice, enclosed is my donation.

I wish to receive the Grains of Rice as an email attachment. My email address is:

The Grains of Rice is also available on our website:  
[www.ricecountycouncilonaging.com](http://www.ricecountycouncilonaging.com)

Would you like an email copy of the Grains of Rice?  
Call 620-257-5153 to sign up!

# The Empty Chair at the Holiday Table

(continued from cover)

Grief counselors generally agree on some basic guidelines that can help you manage a personal loss or help support those in mourning during the holiday season.

## If you are the grieving person:

- **Allow yourself the right to grieve.** If someone dear to you died during this past year, remind yourself that it's normal and healthy to want to bow out of some of the events of the winter holidays.
- **Take care of yourself.** Discipline yourself to get enough sleep, to eat right, and to follow your normal routines – especially if you don't feel like it.
- **Plan ahead.** Do you want to be alone or will being with those who love you ease the pain? Sometimes being alone makes the aloneness much too hard to bear. Sometimes being in a crowd is overwhelming. Only you know what is best for you.
- **Rethink hosting the party.** If yours is the usual gathering place, think about whether you want to do it this year. Some people like getting lost in the details of planning. But if you are one of those who finds it just too hard to make a party when in mourning, know that it's okay to be "selfish".
- **Give people permission to share stories.** Many people have the idea that the best way to help someone in grief is to avoid talking about the person who has passed. Most of the time, they are mistaken. Let people know it's important to remember the good times, to laugh about funny things they did or said, and to acknowledge that he or she is missed.
- **Do things a little differently.** For some people, doing the usual traditions and celebrations makes the loved one's absence all the more painful. Think about whether doing things a bit differently or going to a different place would be helpful.

## If you are a family member or friend of someone who is grieving:

- **Allow the person the right to grieve.** Everyone does it differently. Some people want to withdraw from the world and work through their sadness alone. Others carry on as usual. Carefully consider what your loved one needs.
- **Take care.** If you notice that your family member or friend isn't eating, getting enough sleep, or functioning well, don't ignore it. These are signs that the person is possibly getting clinically depressed.
- **Plan ahead.** Ask the person in mourning what they want to happen. Some families set an empty place at the table and talk about the person who has passed away. Talk together about what will feel best for every one involved.
- **Offer help.** If the grieving person is the one who usually hosts family gatherings, see if someone else can offer to do it this year. If she wants to keep up the tradition, get as many family members as possible to help.
- **Talk to the grieving person about the loss.** Listen without judgment. Resist giving advice. Just be there.
- **Try out a new activity.** It's helpful to do some things that aren't shadowed by the fact that the last time we did them, the deceased person shared it. If people like the new ideas, they can become part of the family tradition.

Time does indeed heal most things. But everyone has his or her own sense of timing. If this is your first holiday season since the loss of a loved one, give yourself permission to feel what you need to feel and do what you need to do to get through it. Find ways to honor the memory of your loved one and to accept the support and care of those who love you.

# LEAVING YOUR MARK IN RETIREMENT

Retiring well isn't just about having enough money to last. It's also about planning ways to occupy your newfound free time. After the initial honeymoon period, many retirees find themselves searching for a way to connect with and give back to others. If this sounds like you, here are a few activities that can help you leave your mark in retirement.

## Donate Your Time

According to the Bureau of Labor Statistics Time Use Survey, retirees spend about 30 minutes per day volunteering. Many volunteer at local schools, churches and community organizations. The type of work includes serving meals at local food kitchens, staffing non-profit boards or committees, building or doing repair work, driving the elderly to appointments, fundraising and providing clerical support.

If you're looking for your next volunteer endeavor, you may want to consider becoming more active in a group you belonged to before retirement. If you want to start something new, the Kansas Volunteer Commission can connect you with volunteer centers across the state. Visit [kanserve.org/Volunteer](http://kanserve.org/Volunteer) or call 785-368-7436 to learn more.

## Mentor In Your Community

Another way retirees are giving back is through tutoring and youth mentoring. This is especially popular among retired teachers. Others choose to mentor at-risk youth, serve as scout troop leaders or become foster grandparents. You don't have to look far to find a mentoring opportunity. The Kansas Department of Education has a directory of mentoring programs in every county in Kansas. And they have a few statewide programs, too. You can search for one in your area at: [community.ksde.org/Default.aspx?tabid=5194](http://community.ksde.org/Default.aspx?tabid=5194) or contact 785-368-6211.

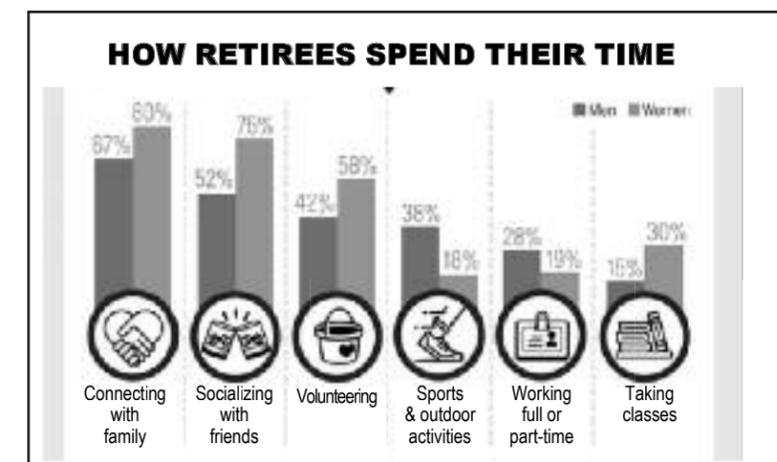
## Give to a Cause You Believe In

Many retirees want to leave a legacy to help the less fortunate or support a cause close to their hearts. That's why some choose to set up a gift fund or endowment for their alma mater, church or community organization.

You can add charitable giving as part of your estate planning. If you donate the money now, you may be able to enjoy some tax benefits in retirement. In addition, by creating a charitable gift now, you can involve your loved ones and pass down your core values. If you'd prefer to wait, naming a charity as your beneficiary may be a good way to lower your taxable estate. Keep in mind, you cannot name a church or other charitable organization as a KPERs beneficiary.

Before you contribute, you may want to consult your tax adviser or a certified financial planner. To search for one, visit [letsmakeaplan.org](http://letsmakeaplan.org).

No matter how you plan to leave your mark, it's important to look for opportunities that relate to your passions and interests, and fit your level of commitment. Remember, doing good work doesn't just help others. It can help you lead a more fulfilling retirement, too.



# Presents for Everyone!



## Happy Holidays!

Wishing you a joyous holiday season and New Year full of happiness.

Your friends at the  
**Rice County Council on Aging**



### Defensive Driving Class

by the Kansas Highway Patrol  
with *Technical Trooper Chad Crittenden*

**Monday · November 27, 2017**

**Lyons State Bank Room**  
**9:00am - 4:00pm**  
*Call Tory for reservations*  
**\$20 per person**

\*Auto insurance savings, check with your insurance agent.

**Tory Tipp, Agent**

126 East Ave South  
Lyons, KS 67554-2720  
Office: 620-257-3106 · Cell: 620-615-0777  
[www.torytipp.com](http://www.torytipp.com)



Rice County Council on Aging is the Rice County contact for the Salvation Army and the monetary donation drop-off location for our area. We are open 8:00-4:30, Monday through Friday. For more information, call 620-257-5153.

**IN THESE DAYS OF INCREASED REQUEST FOR SERVICE & DECREASED FUNDING, WE ARE MOST GRATEFUL FOR EACH ONE THAT DONATES.**

*Newsletter*

Donna Proffitt  
Jim Crosby  
Pat Johannsen  
Harland Gene Johnson  
Robert Von Lehe

*Unrestricted*

Shirley Kelley  
Anonymous  
Peggy Narron

*Legal Services*

Gwen Hogg

*I & A Donations*

Zelena Hemry	Liz Higgins
Jeanne Leonard	Maxine Strong
Lewis Smith	Elda Perkins
Shirley Kelley	Ray & Laura Riggs
Mary Schoonover	Rita January
Maxine Burroughs	Greg Wellman

*Equipment*

Connie Jones

*Utilities*

Trustees of the Christian Church  
Church Womens Thrift Store

**Rice County United Way  
2017 CHRISTMAS BAZAAR**

**SATURDAY · DECEMBER 2**

**8:30AM - 3:00PM**

**AT THE CELEBRATION CENTRE**

LulaRoe Clothing

*Pink Zebra*

Scentsy

*Barnwood, Metal*

*Signs & Decor*

Infinity Snaps

*Fused Glass*

Painted Signs

*Handmade*

*Rolling Pins*

Tastefully Simple

*Pampered Chef*

Gift Baskets

*Handcrafted Items*

Norwex & More!

*Concessions provided by RCCA:*

*Walking Tacos, Chili, Cinnamon Rolls & Pie!*

**Pre-order Cinnamon Rolls by November 20th.**

\$15.00 per dozen - \$8.00 per 1/2 dozen

**620-257-5153**

**2018** Obamacare Open Enrollment  
Nov.1, 2017 to Dec.15, 2017

If you miss open enrollment,  
you could face tax penalties  
and go uninsured until 2019.



eHealth Source: eHealth.com 2017



*Helping People.  
Changing Lives.*

The Mid-Kansas Community Action Program, Inc. is a community-based, non-profit organization that helps people move out of poverty.

We do this by:

- 1) Providing programs and services focused on expanding community housing options, education, employment and economic mobility, family development, and support services;
- 2) Actively engaging community members, businesses and social service organizations in anti-poverty collaborations;
- 3) Continuously improving the accountability and capacity of our organization to pursue our mission of "Helping People, Changing Lives".

To learn more about these projects and programs in your area, please note the contact information below.

**Central Administration for Community Service Offices**

730 Cliff Drive ~ Augusta, KS 67010 · Call 316-775-3000 or 1-800-281-6373  
Office Hours: 9am to 5pm, Monday through Friday · <http://www.mid-capinc.org>  
**Rice County** · Office & Hours Determined by Appointment · Call 316-570-1946

# Your Medicare Card

<https://www.medicare.gov/forms-help-and-resources/your-medicare-card.html>

When you're enrolled in Medicare, you'll get your red, white, and blue Medicare ID card in the mail. If you're automatically enrolled, you'll get your red, white, and blue Medicare card in the mail 3 months before your 65th birthday or your 25th month of getting disability benefits. Your Medicare card shows that you have Medicare health insurance. It shows whether you have Part A (Hospital Insurance), Part B (Medical Insurance) or both, and it shows the date your coverage starts.

Be sure to carry your card with you when you're away from home. Let your doctor, hospital, or other health care provider see your card when you need hospital, medical or other health services.

## New Medicare cards are coming

Medicare will mail new Medicare cards between April 2018 and April 2019. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number.

This will help to protect your identity. See an example of the new Medicare card below.

## Things to know about your new Medicare card

- You don't need to take any action to get your new Medicare card.
- The new card won't change your Medicare coverage or benefits.
- Medicare will never ask you to give us personal or private information to get your new Medicare number and card. Learn more about the limited situations in which Medicare can call you.
- There's no charge for your new card.

## Watch out for scams

Scam artists may try to get your new Medicare number and other personal information by contacting you about your new Medicare card. They often claim to be from Medicare and use

various scams to get your Medicare Number including:

- Asking you to confirm your Medicare or Social Security Number so they can send you a new card.
- Telling you there's a charge for your new card and they need to verify your personal information.
- Threatening to cancel your health benefits if you don't share your Medicare Number or other personal information.

If someone calls you and asks for your Medicare number or other personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227).

## How can I replace my Medicare card?

If your Medicare card is lost, stolen or damaged, you can ask Social Security for a new one.

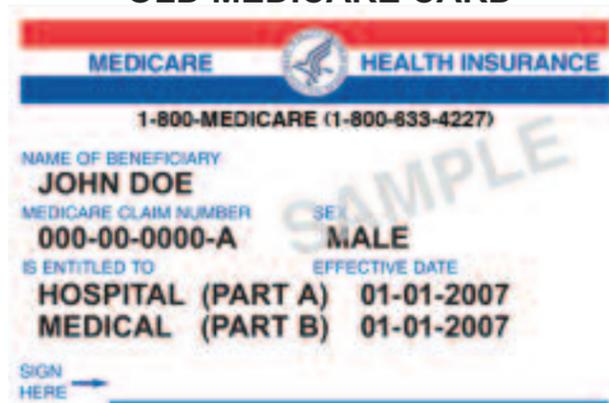
- Your Medicare card will arrive in the mail in about 30 days.
- Social Security will mail your card to the address they have on file for you.
- If you need proof that you have Medicare sooner than 30 days, you can request a letter from Social Security. The letter will arrive in the mail in about 10 days.

If you need proof immediately for your doctor or for a prescription, visit your local Social Security office. There is a Social Security office located in Reno County at 811 E. 30th Ave., Suite A., Hutchinson, KS 67502.

## How do I change my name or address?

Medicare uses the name and address you have on file with Social Security. To change your name and/or address, visit your online my Social Security account at: <http://www.ssa.gov/myaccount/>

### OLD MEDICARE CARD



### NEW MEDICARE CARD



## 2017 OPEN ENROLLMENT at the RCCA

by Daylene Linville

A year ago during the Medicare Open Enrollment at the RCCA, we were able to help over 215 Medicare beneficiaries with their Part D prescription drug insurance for 2017. Every year, by law, Medicare beneficiaries have an opportunity to check on their Part D monthly premiums and prescription drug costs for the upcoming year. If they discover increases in monthly premiums or drug costs, they have the power to change the insurance provider to one who could save them money.

We were able to save the 215 plus clients a total of over \$149,114<sup>00</sup>! The largest savings we had was \$19,684<sup>00</sup> for a single person and \$25,361<sup>00</sup> for a couple.

Open enrollment is available until December 7, 2017. Call the RCCA today and schedule your appointment with Daylene or Carla at 620-257-5153.