



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.



RICE COUNTY COUNCIL ON AGING
114 EAST AVE NORTH
LYONS, KS 67554

www.ricecountycouncilonaging.com

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Funding to publish the Grains of Rice is furnished by mill levy, donation and United Way.

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ISSUE 2 • Circulation 1200 • 2019

Grains of Rice

Grains of Knowledge for Rice County Seniors



mind game

Don't let getting healthy stress you out!

We like routines, and sometimes those routines can be comfy and, yes, a bit lazy. That's especially true on wintry days when you don't want to leave the warmth of your cozy blanket. You know you shouldn't indulge in those cookies and that you should be walking. But you do raid the cookie jar instead of going for a stroll, and you probably feel guilty. Then you feel down.

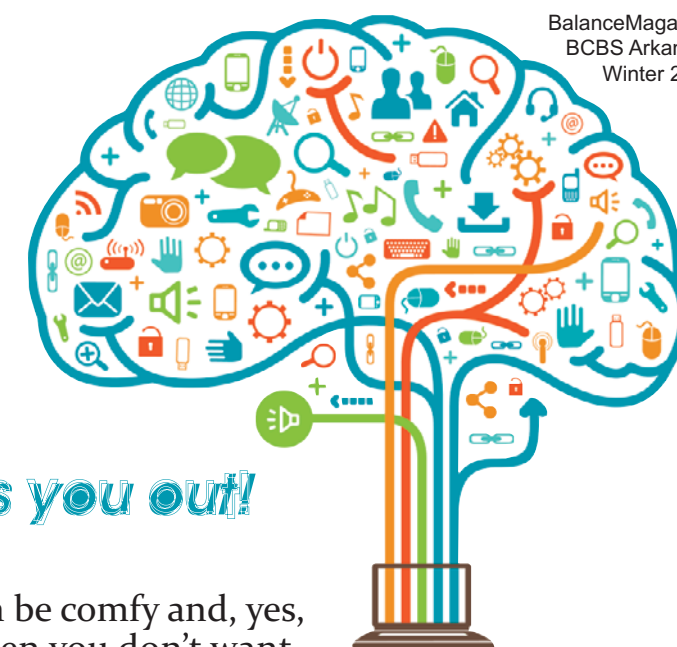
One word: **STOP.**

Shift your perspective. "Mind over matter" really does make an impact when it comes to getting healthier. In fact, more and more medical providers are adding behavioral health experts to their staff to help people develop healthier thought patterns to achieve better weight management.

Behavioral health professionals study the connection between behavior and emotions: how and why people do what they do. Working with such a clinician can help to emphasize how thoughts drive behavior, while increasing motivation, identifying barriers that prevent change, helping you set realistic expectations, targeting triggers that lead to unhealthy behaviors and challenging misleading beliefs.

These changes in behavior won't happen overnight, and you probably will have to attempt them more than once. But with persistence and determination, you will develop new skills to help you become healthier.

Once you get into a groove of healthy eating habits and exercising, you will see increasing energy and alertness, a more positive relationship with food, easier movement and overall improved health.



BalanceMagazine
BCBS Arkansas
Winter 2019



OLDER PEOPLE NEED MORE HELP

Judith Graham, The Washington Post

“About 25 million Americans who are aging in place rely on help from other people and devices such as canes, raised toilets, or shower seats to perform essential daily activities...Nearly 60 percent of seniors with seriously compromised mobility reported staying inside...instead of getting out of the house.” And the statistics continue to go downhill from there.

A previous chair of the Federal Commission on Long-Term Care stated, “The reality is that most of us, as we age, will require help at one point or another...*We need to lean in much harder if we want to help seniors thrive at home as long as possible.*”



In 2015 the National Health and Aging Trends Study, a major voice for needs of adults 65 and older, surveyed 7,000 seniors in their homes and extrapolated the results to 38.8 million older adults who were **not** in nursing homes, assisted-living centers, continuing care retirement communities and other institutions. Some of the findings of the survey: 60% of the respondents used at least one device—usually for bathing, toileting, and moving around. 20% used two or more devices. 13%

also received some personal assistance. 5% needed help but didn’t have any.

In a 2017 study, Johns Hopkins researchers learned the extent of adjustments older adults make to manage daily activities. The study highlighted how often older adults use “assistive devices such as canes, walkers, wheel-chairs, and scooters; shower seats, tub seats, and grab bars; button hooks, reachers, grabbers”; and the needs increase significantly as people get farther from their sixties and closer to their mid-eighties.

One of *The Washington Post’s* closing points is many seniors, particularly those in the lower income brackets, go without assistance. **THAT NEED NOT BE THE CASE IN RICE COUNTY!** The Rice County Council on Aging (RCCA) mission statement 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.”*

That’s why the RCCA has many of the devices and types of personal assistance people need to remain in their homes for as long as it is safe to do so. The moral of this story is: If you need a device or personal assistance to improve your quality of life, or if you know someone who does, don’t wait. Call the RCCA and start the conversation: 620.257.5153.

Ride.



MONDAY-FRIDAY 7:30 - 5:00

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

TRANSIT TO CHASE, STERLING OR OTHER TOWNS IN RICE COUNTY ARE \$2.50 FOR EACH DIRECTION.

PUNCH CARDS ARE \$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.

TRANSPORTATION, MEDICAID, & YOU!

by Alecia Gaines, RCCA Dispatcher

Did you know that if you have Medicaid your transportation to doctors’ appointments and to pharmacies may be free?

If you have Aetna, Sunflower, or United Health-care, check the back of your Medicaid card. There will be a number listed for transportation. If not, call the provider line on your card and tell them you need transportation to a doctor’s appointment.

Call at least 3 days before your appointment and provide the following information:

- Your name and pick-up address
- Your Medicaid ID#
- The doctor’s name and address
- Date of appointment and time
- Requested pick-up time
- If there is a companion riding along (this is a free service)

Request the Rice County Council on Aging (if you like)

This is just a rough overview of the services available. Each insurance company has different guidelines. You may have a spend down with your Medicaid insurance before your transportation would be free. It can’t hurt to call and find out!

*If you want to use the Rice County Council on Aging & Quivira Transit without Medicaid transportation, we are here for **in-county & out-of-county** doctor appointments as well. First-come, first-served within **100 miles** of our office. \$20 round trip to Hutchinson, McPherson, Great Bend, or within same mileage and \$35 round trip to Wichita or within same mileage. In-county \$1.50 each way in the town you live in.*

Call Alecia at 620-257-5153 for more transportation information.

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



Information & Assistance

June & Walter Heilbrun	Nelda Gray	John Walker
Dale Higgins	Rita January	Kenny & Brenda Gomez
Sue Hemry	Dick Wellman	Dean Mitchell
Thomas Madden	Donna Fay Major	Wana Cox
Mary Jochems	Merna Kelley	Lewis Smith
Eva Miranda	Georgia Penn	
Mattie Hemry	Karen Dellinger	

Utilities

Church Women’s Thrift Store
Anonymous

We also received the #500forGood Grant from First Bank (yep, it’s hashtag500forGood)

Newsletter

Poodie Peverley
Jim Crosby
Gerald Nixon
Marvin & Joann Hook
Betty Hunt
Donna Proffitt
Dorothy Grimes

Unrestricted

William & Eleanor Young
Anonymous
Wanda Brewster and those who donated through our Facebook Campaign

Birds, Bees and Bugs

NOTABLE CHANGES IN MEDICARE SUPPLEMENT INSURANCE

Daylene Linville, Senior Health Insurance Counselor of Kansas

A W Y V Z E
R E F L U S D T W C L C
Q I S S I T N A M E E B Y E N O H C
B I F O O D J P B H C N I F T I K P
W K F C C B R G X A H S U R H T A R P X
B M R S J A U I S F G B P S O S N O X Q
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F K Q G R A S S H O P P E R R T O B H K Y
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D U K P F N J C H P C K E O G X C
D E F B U E T G K T M E E
F A K Z Q C S B M
C F Q
J A F

BEETLE
BLUEBIRD
BUMBLEBEE
BUTTERFLY
CARDINAL
COCKROACH
CRICKET

DOVE
FINCH
GNAT
GRASSHOPPER
HONEYBEE
HORNET
KINGBIRD

KITE
LOCUST
MANTIS
MEADOWLARK
MOSQUITO
MONARCH
ORIOLE

ROBIN
SHRIKE
SULFER
SWEATBEE
THRUSH
WASP

In the near future changes will be made that are going to affect anyone enrolling in Medicare for the first time. On or after January 1, 2020, new beneficiaries coming into Medicare will no longer be able to purchase a Supplement Plan C or Plan F. These Supplement plans are the only ones that provide coverage for the annual Part B deductible (\$185 for 2019).

Newly eligible means any person who, before January 1, 2020, is neither 65, nor has Part A. Plans C and F will become Plans D and G for policies sold to those newly eligible. Policies bought before January 1, 2020, won't be affected, because the benefits are grandfathered in.

How does this affect those who have a Plan F (or Plan C) and want to keep their plan? The insurance companies will continue to honor the one extra benefit it covers, which is the annual Part B deductible. However, as fewer people are coming into this pool and other Medicare beneficiaries are dying, the rate of increase for monthly premiums might take a significant jump in the years ahead.

Monthly premiums for Supplement Insurance are based on an individual's current age, zip code and use of any tobacco products. The monthly premium amount could also be based on having a chronic illness. For example, someone on oxygen 24/7 could be paying more for their Plan than a person who doesn't have a breathing condition that requires extra oxygen. The annual increase in premiums is usually based on beneficiaries aging or the increased use of the insurance policy. Not all insurance companies have an annual increase in premiums, but most of them do.

Someone wanting to change from Supplement Plan F to G, may not be able to do so with some insurance companies. There are no requirements



on the insurance providers to NOT underwrite (ask health history questions) when transferring from F to G. *A person who is healthy, without any chronic illness, should pass the underwriting process.* Other questions asked during the underwriting process are to review prescriptions an individual takes to maintain health as well as the reason one takes them. Another question concerns primary care physician's recommendations for surgeries that need to be done in the future. A - NO - answer to those three questions, allows one to make the change. If one wishes to make a change, he or she needs to contact the present insurance company. The company's phone number will be on the Supplement ID card.

If one is going to make a change, other companies that offer Supplement Insurance Plans would be available for Plan G and other plans. Remember, when purchasing a specific product (Plan G) and considering a different insurance company, one is shopping for the same thing. In other words one is comparing apples to apples. It all comes down to how much the person wants to pay for those apples.

Daylene at the Rice County Council on Aging can help those interested with other insurance companies that offer Supplement Plans. Give the office a call and make a appointment at 620-257-5153.

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

Helpful Information
about prescription discount
cards from

LYONS PHARMACY

Everywhere you look, you see ads claiming to offer savings on your prescriptions by using drug discount cards. They come in the mail, your magazines, and TV ads. These cards promise huge savings to patients. But are they able to deliver on these outrageous statements?

TOO GOOD TO BE TRUE

The old saying, "If it seems too good to be true then it probably is" also applies to drug cards. Drug cards have the potential of helping patients save a lot of money, but they're not created equally. There are three basic categories of drug cards:

- Discount Cards
- Copay Cards
- Benefit Cards

They sound the same, but they are very different.

Discount Cards:

The easiest way to differentiate a discount card from a copay or benefit card is that they're required by law to state on the face of the card "**this is not insurance**". Discount cards do not pay anything toward the medication being purchased. The card provider makes money from the card in two different ways:

1. Transaction fees – Each time the card is used, the marketer earns a transaction fee designed to cover expenses and make a profit. The size of the transaction fee varies. Usually, non-profit companies and marketers that don't have expensive marketing programs have lower transaction fees. Lower fees result in more savings for card users. Remember, card users pay these fees.

2. Selling of Information – Some card marketers gather personal information from people who use their cards. Many cards, whether registered for by the consumer or not, can sell patient information. These companies receive personal information each time you use the card at the pharmacy. For example, a company selling diabetic supplies would pay for a list of names and addresses of people who buy insulin.

There are good discount cards out there, but you need to be careful when selecting them. The cards are not paying anything toward the medication you are purchasing but are just putting you on a national pricing schedule that may or may not save you money.

Here are some tips when selecting a drug discount card:

Never pay for a card – There are good cards that are free! There is no reason to pay for a card since it's unlikely it would offer a discount any better than a free one. Most, if not all, retailers offer a card for free that may save you money.

Never register for a card – This is one way card sponsors get personal information that they sell. They can still get this information from the pharmacy if you use it, but it is sometimes treated different in their privacy policy. The pharmacy never sells your information, but by using a discount card, the card company is allowed to access that information.

Read the privacy policy – Make sure the marketer has a privacy policy that you agree with. Unfortunately, there's no

guarantee they will follow it. An example of this is the ScriptRelief privacy policy that says, "we may share your information with other companies whose products and services may be of interest to you." In other words, ScriptRelief's privacy policy clearly gives the company the ability to profit from people's personal information.

Helpline – All reputable marketers have a toll-free helpline. Call and see how responsive they are. Do they have real people answering your questions, or is it just a recording? If you leave a message, do they call you back and answer your questions?

Consider who is making money – Using a card offered by a non-profit is best. Any money they make will further their cause, while the money earned by a for-profit company is being used to only help themselves.

Copay Cards:

The copay card appeared in 2005 and allows pharmaceutical manufacturers to offer an instantaneous rebate to patients. Copay cards are funded by drug manufacturers, mainly those who produce brand name medications. Patients can save significant money using these cards. "With every brand medication, we're always trying to use copay cards to save customers money," said Jacob Edwards, PharmD, pharmacy manager and partner at Lyons Pharmacy. "Our job is to provide the prescription to the patient at the lowest cost possible, and copay cards are a great way to do this." Make sure to read the fine print on copay

cards. None of them can be used with Medicare Part D, Tricare, or any other form of federally funded insurance. These cards conflict with the federal anti-kickback statute and cannot be used at the same time as any other governmental insurance. They often have maximum allowable limits that can be used toward a prescription.

Benefit Cards:

Some providers have attempted a variation on the original copay card by going to a magnetic strip swipe process, where the card runs through the financial software (e.g. Visa/MasterCard and Debit networks). These are very similar to copay cards, except they are used at the point of sale, not when the prescription is filled. These cards are usually provided by non-profits or drug manufacturers and can be used with all prescription insurances. These are very effective but are much less common than copay cards.

There are multiple ways to lower drug costs, but the largest tool at your disposal is to ask your healthcare provider or pharmacist if there are alternatives that are cheaper for you. They work with your medications every day. There are often significant savings to be found if you take the time to ask.

Lyons Pharmacy

921 W Main St., Lyons, KS 67554

620-509-2169

620-509-2184 fax

Monday-Friday 9:00 AM - 6:00 PM

Saturday 9:00 AM - 12:00 PM

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movies for
springtime!

Newer Releases

A STAR IS BORN

Bradley Cooper and Lady Gaga outdo the 1976 Barbra Streisand version of the star-crossed love story. And who knew he could sing and she could act?

BLACKKKLANSMAN

"BlackKkKlansman" presents racism as a dichotomy between the absurd and the dangerous; the film's intentional laughs often get caught in one's throat. Stallworth was a Black Colorado Springs police officer who successfully infiltrated the Ku Klux Klan, going so far as to speak with David Duke on several occasions.

CAN YOU EVER FORGIVE ME?

Melissa McCarthy and Richard E. Grant make movie magic from the true story of deplorable yet adorable entrepreneurs who staved off starvation by hawking forgeries of famous authors' letters.

GREEN BOOK

A film festival surprise prizewinner, this mostly factual 1960s buddy comedy-drama made elated audiences leap to their feet, applauding its message of racial healing.

ROMA

A cinematic elegy to the 1970s Mexico City youth that launched director Alfonso Cuarón, the film centers on the family maid, a mother figure.

SENIORS: *How healthy feet can reduce your risk of falling*



Among older Americans, falls are the number one cause of injuries and death from injury, according to the Centers for Disease Control and Prevention. Not only are seniors more at risk for falls, when they do so, it poses a greater risk for injuries, hospitalization and complications. For a ground-up approach to fall prevention, seniors should start by examining the health of their feet.

“Painful foot conditions, such as osteoarthritis, corns, bunions, hammertoes and diabetes complications, can make it difficult for seniors to maintain balance and coordination when walking or standing,” says Michael Ambroziak, DPM, FACFAS, a board-certified foot and ankle surgeon and Fellow Member of the American College of Foot and Ankle Surgery (ACFAS). “Compounding the issue is that the very exercises intended to correct risk factors for falls, such as lower-body weakness, as well as gait and balance problems, are made difficult to perform when one is suffering from painful foot and ankle conditions.”

While the factors causing falls are numerous, experts say that seniors, and everybody for that matter, can take steps to reduce their risk by minimizing or even eliminating foot pain. Doing so will improve balance, coordination and stability when walking or standing.

Foot and ankle surgeons recommend the following ways to help keep feet and ankles healthy:

- **Do not ignore pain:** Foot pain is not just a normal consequence of growing older, so do not resign yourself to aching and suffering. You likely have a treatable condition. For a proper diagnosis and intervention, be sure to pay attention to your feet and see a foot and ankle surgeon if and when you experience pain.
- **Examine your feet:** You are the gatekeeper of your own health, making regular at-home foot examinations critical. At the first sign of bumps, lumps or other changes in your feet, make an appointment with your foot and ankle surgeon.
- **Exercise:** Simple stretching exercises can help you maintain strength and mobility in your feet and ankles, as well as provide pain relief. Talk to your physician about appropriate exercises for you.
- **Protect:** Use padding, insoles or whatever special footwear you are prescribed. Be sure to wear these, along with comfortable, sensible shoes, every day.
- **Be flexible:** Know that at times, surgery is the appropriate treatment for a condition. Fortunately, many simple surgical techniques allow foot surgery to be performed on an outpatient basis.

For more ways for to keep feet and ankles healthy, prevent falls or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website for ACFAS. Foot and ankle surgeons are experts in providing both conservative care as well as surgical approaches to foot and ankle healthcare.

Remember, just one fall can permanently rob seniors of their independence and dramatically reduce their quality of life. Taking good care of feet and ankles, however, can reduce the risk of a life-altering slip, trip or fall.

<https://www.foothealthfacts.org/article/seniors-how-healthy-feet-can-reduce-your-risk-of-f>

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



RICE COUNTY Senior Centers

Alden

Township Hall
Heidi Bolton
785-223-1248

Bushton

T-Bird Center
Marlin Sittner
620-562-0332

Chase

Chase Senior Center
Silver Ingram
620-938-2010

Geneseo

55+ Club on Main St.
Joyce Mullen
824-6489

Little River

Senior Center
Meredith Davis
620-897-6672

Lyons

Park Place
Darla Graff
620-680-6150

Sterling

Silver Threads
Cindy Lewis
620-278-3280

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C F Q J A F

SOLUTION TO PUZZLE ON PAGE 4

APRIL IS VOLUNTEER APPRECIATION MONTH

April is National Volunteer Month, and the Rice County Council on Aging would like to thank the many volunteers who help us care for and support the senior population of Rice County. Over the years, we have depended on the many volunteers who contribute their time and talents to better our community. The RCCA would not be able to aid as many senior citizens as we do without their help. Our dedicated volunteers help with commodity distribution, our agency's newsletter mailing, and last but certainly not least our governing board of directors and its officers.

Our volunteers are not all senior citizens themselves. During the bimonthly commodity (surplus government food) distribution, we have help from adults and the high school JR ROTC cadets and their sponsors. When the government commodities arrive, a group of adults work together to check the inventory and divide it out into four distribution sites within Rice County. Each site has a volunteer or two who pick up their allotted amount of food and bag it for their distribution site. In Lyons, the JR ROTC cadets bag and carry food for those who need a little extra help in extending their food pantry.

The Grains of Rice, our quarterly newsletter, is something we create and print in-house. But, we have volunteers who attach the address labels to 1,050 newsletters. In addition, these volunteers sort the newsletters, count them, and place them into totes which we take to the Post Office for mailing.

“We must find time to stop and thank the people who make a difference in our lives.”
JOHN F. KENNEDY

Each community in Rice County has two dedicated volunteers who serve on our Board of Directors. The Board and its officers govern our agency in how we serve our community of senior citizens age 60 and over. They make the decisions on policy and procedures, finances, and staff. Board meetings are held 10 months during the year either at the seven different Senior Centers or the RCCA office.

In small rural America, communities strongly rely on volunteers to get the jobs done. Take a look around and see how many agencies or organizations would not be in existence if it were not for volunteers. If you know of someone who volunteers, make a point to express your gratitude for the time and talents they give to the residents in our community.

The Annual RCCA Spring Day Trip will be a Fall Day Trip this year. We are planning on a September trip with a destination of Abilene, Kansas! Watch your Grains of Rice for more details.
Thanks, Daylene Linville



NEW MEDICARE “WHAT’S COVERED” APP

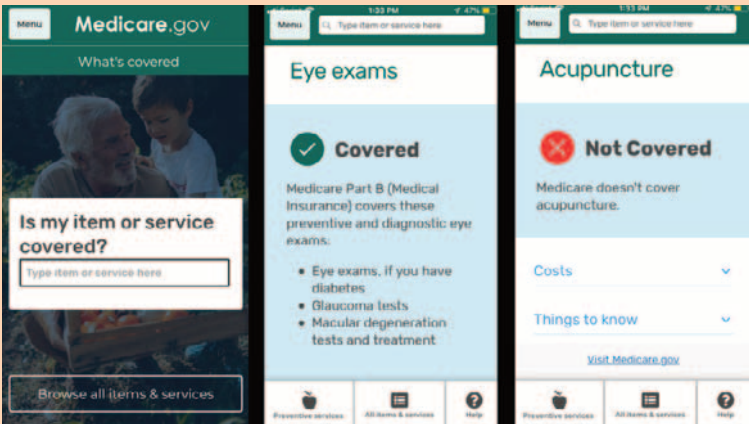
The Centers for Medicare & Medicaid Services (CMS) has launched a new app that gives consumers a modernized Medicare experience with direct access on a mobile device to some of the most-used content on Medicare.gov.

The new “What’s Covered” app lets people with Original Medicare, caregivers and others quickly see whether Medicare covers a specific medical item or service.

Consumers can now use their mobile device to more easily get accurate, consistent Original Medicare coverage information in the doctor’s office, the hospital, or anywhere else they use their mobile device.

In addition to the “What’s Covered” app, through Blue Button 2.0 the agency is enabling beneficiaries to connect their claims data to applications and tools developed by innovative private-sector companies to help them understand, use, and share their health data.

The full press release is available at <https://www.medicare.gov/blog/whats-covered-mobile-app>, including links to download the app through Google Play or the Apple App Store.



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



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 *Grains of Rice*, enclosed is my donation.
- ☐ I wish to receive *Grains of Rice* as an email attachment. My email address is: _____