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JANUARY

Kathy's Aging Services Newsletter



The January Holidays start off with New Year's Day- the start of a brand-new year! A time for a fresh start and setting some realistic New Year's Resolutions. With the holidays goodies and activities over, now is a good time to reflect on getting back to some healthy and nutritious meals and finding time for you to regroup and find time for yourself to listen to music, read a book, or watch a favorite movie. As we look forward to the New Year, take time to relax and enjoy family and friends that have enriched your life.

It was another very busy and successful Open Enrollment time for the Prescription drug plans that started October 15-December 7, 2022. We were able to inform and save clients money on premiums and prescription costs for the coming year.

We were able to provide clients and caregivers on services and programs available thru Seward County Aging Services.

Good to know!

Free Federal tax forms are available at the library and are located underneath the copier. If the library does not have the form you are looking for, you can visit the following web sites:

www.irs.gov

www.revenue.state.ne.us

Please call [1-800-743-7474](tel:1-800-743-7474) for Nebraska State Tax Forms. These are no longer sent to libraries by the state.

Martin Luther King Jr. Day is a federal holiday. Also called MLK Day, it honors the greatest civil rights activist in American history. His birthday became a National Holiday by an act of Congress in 1983. Many consider it a day to serve your community.

Born on January 15, 1929, Martin Luther King Jr. grew to become one of the greatest social activists the world has ever known. He promoted a non-violent civil rights movement. At 35, he became the youngest person to win the Nobel Peace prize. He was assassinated on April 4, 1968, while making a speech from the balcony of his hotel room in Memphis, Tennessee.

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy." – Martin Luther King Jr.

Thought for the month

May your day be filled with good thoughts, kind people, and happy moments!

We have Covid home test kits available in our office. If you are not in Milford, give us a call at 402-761-3593

HAPPY NEW YEAR

**Did you
know**



January is National Blood Donor Month

A time to celebrate the lifesaving impact of blood and platelet donors. It has been celebrated each January for nearly 50 years and coincides with one of the most difficult times to maintain a sufficient blood supply for patients and this year is no exception. Every two seconds, someone in the U.S. needs blood. And those needs do not diminish during disasters or pandemics. That patient could be a grandparent battling COVID-19 in need of convalescent plasma, a child battling cancer, an accident victim being raced into the ER, or new mom with a complicated childbirth.

Through the national inventory system, the Red Cross has the ability to move blood around the country to wherever and whenever it is needed most. With the help of volunteer donors, the Red Cross stands ready to provide blood and blood products as needed in response to these ongoing emergencies both large and small.

JANUARY IS GLAUCOMA AWARE- NESS MONTH

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

REGULAR EYE EXAMS ARE IMPORTANT

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.



Be Vigilant of VA Caregiver Support Stipend Scams

Caregivers and Veterans, we've recently learned of a potential scam about a VA Caregiver Stipend Recoupment. Please do not respond to such requests, as VA will not email you a request for money.

If you receive a suspicious email from the Department of Veterans Affairs, **DO NOT** open the email or click on any attachments or links. VA does not send emails asking for personal information, threatening emails, or emails claiming to take adverse actions on claimants or beneficiaries (jail or lawsuits). If you receive any of these emails or are in doubt about any communications appearing to be from VA, please contact VA directly at 1 (800) 827-1000.

Protect yourself against potential scams with these tips:

Do not provide personal, benefits, medical or financial details online or over the phone. Federal agencies will not contact you unless you make a request.

Do not click on online ads or engage with social media that seem suspicious.

Check for <https://> at the start of website addresses.

Enable multi-factor authentication on all accounts.

Work with Veteran service providers you already know.

Visit the [Cybercrime Support Network](#) for additional [resources](#) to help Veterans, service members, and their families combat cybercrime.

Source: Department of Veteran's Affairs