Marilyn Mroz has been a Meals on Wheels volunteer since March, 2020. Prior to that, Marilyn was our volunteer Yoga instructor at the Center. Here’s some tidbits about Marilyn:

Three words to describe you: I got nothing. If you could be a fictional character, who would you choose? When I was a child, wanted to be Black Beauty until I found out “she” was a stallion.

What was your first car? 1970 Chevy Nova purchased with 17 birthday presents of $25 US savings bonds and a few larger denominations that I got for special occasions.

What really makes you laugh? When my adult children start slinging, well that stuff they sling at each other – it can get pretty outrageous.

What habit are you most proud of breaking? Biting my fingernails

What would you tell your 40 year old self? "You’re going to have an accident in 3 years—he’ll be adorable."

(Continued on page 6)
ANNEC-DOTES—A MESSAGE FROM THE EXECUTIVE DIRECTOR

I have always felt myself incredibly lucky to work with volunteers. Volunteers are a special kind of people. Their focus is external. “How can I serve? What can I do? How can I help?” They are engaged in providing masks for seniors in need, helping with packaging our home-delivered lunches at the senior center and delivering meals to the homebound, running monthly commodity boxes throughout Platte County, making changes in their personal schedules to accommodate a donation of perishables that has to get out before it goes bad. These and many, many more activities genuinely make a meaningful impact on our world. Who wouldn’t want to be around this AWESOME group of people that are assisting us through this challenging time? As much as we have grown to rely on their support to keep the center moving forward in its primary mission; Nutrition—we realize the need and importance of our senior center.

We are looking forward to welcoming you all back to the Senior Center as soon as it’s deemed safe. Before we can open, we need permission from the Health Department and county officials and time to implement the protocols/restrictions from the State Health Department. When we re-open to the public, we will have new rules that must be agreed to prior to re-entry. Please ponder what the future looks like for us. It will include the constant wearing of a mask. Some people do not like it or believe they have conditions that cause them not to wear one. If you are too frail to wear a mask, you are too frail to be out in public. We MUST consider the safety of all over the comfort of a few.

As much as we want you all to return and spend time here with us, we are dedicated to making your safety, health and wellness our top priority.

Stay safe and remember .... Social distancing does not have to mean social isolation! - Anne

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NORTERRE
An Active Adult Managed Community

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Mount Rushmore, The Badlands & The Black Hills of South Dakota
August 2-8, 2020

Iceland Explorer
June 3-9, 2020

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For ad info. call 1-800-950-9952 • www.lpiseniors.com  Platte County Senior Center, Kansas City, MO  B 4C 02-1070
What to Consider When Choosing Medicare Coverage During AEP

Did my monthly premiums increase?
Your ANoC explains how your current coverage will change the following year—including whether you’ll see an increase or not in your monthly premiums. Look at the premium for your current plan and compare it with the premium amount shown on your ANoC. A significant increase is a good sign it may be time to shop around for a new plan.

Are my medications still listed on my drug formulary?
A new year can also bring changes to your drug formulary, the pricing tiers that medications are placed in, or the copays required for various types of prescriptions.

In addition, some Medicare Advantage prescription drug plans now require prior authorization for certain expensive brand-name drugs, potentially making it more difficult to get Medicare to cover these medications.

Find out whether your prescription plan will cover your current medications in the upcoming year, and how much you’ll pay for them. If you take expensive medications, it’s a good idea to explore other prescription plans available in your area to see if they have lower copays.

What are my predicted annual medical costs going to be?
Make a list of the doctor visits and procedures you expect for next year. Then estimate what you will pay for them out of pocket with your current Medicare coverage. Add in a years’ worth of premiums and you’ll have a good estimate of what your healthcare will cost you next year.

You can do this same calculation with other Medicare plans you’re considering, to compare the overall cost of one plan to another. This is one of the many things our agents do each year with our clients.

Is my doctor still in my plan’s network of providers?
A new year can also bring changes to your Medicare Advantage plan’s network of doctors. Confirm that your current providers will still be in your plan’s network for the upcoming year. If they aren’t, you will have to change plans or providers or pay much higher out-of-pocket costs to stay with the same doctors and the same plan.

Another option is to switch back to Original Medicare and enroll in a Medigap plan. Although you’ll most likely have to answer questions about your health to enroll, there are no provider networks with Medicare and Medigap. You can see any healthcare provider that accepts Medicare.

More on Medicare in our next month’s issue.
Marsha Clason was the last “newbie” to join the Center before COVID-19 closed our doors on Friday, March 13, 2020. She didn’t attend daily but always enjoyed herself while at the Center.

Let’s get to know Marsha:

- **You only get three words to describe yourself – what are they?** Social, determined, caring.
- **If you could be a fictional character, who would you choose?** Nancy Drew, I love a good mystery.
- **What was your first car?** 1966 Dodge Coronet 440 convertible.
- **What really makes you laugh?** Children
- **What habit are you most proud of breaking?** Cussing
- **What would you tell your 40 year old self?** Work hard, so you can rest easy when you’re old.
- **Who was your most influential teacher/mentor/person throughout the years?** My older sister
- **Three things you are most grateful for today:** My family, my health, my independence.
- **Where were you born and raised?** Tell us a little bit about your family.
- **Favorite invention during your lifetime?** Air conditioning
- **Who was your most influential teacher/mentor/person throughout the years?** My older sister
- **Three things you are most grateful for today:** My family, health and independence
- **Where were you born and raised?** Born and raised 30 miles north of Detroit Michigan, I am one of 6, growing up away from town and no close neighbors, so my siblings and I are very close. My parents taught us there were no boy or girls jobs we learned to do it all. I have 3 children, and 6 granddaughters.
- **How did you make your living and when did you retire?** I delivered mail for the US post office for 21 years. Then I worked at a car repair garage and was hired by General Motors. When I was 62, I went on disability due to my health and retired last year when I turned 65.
- **What would you like to say to all the seniors reading this right now?** I have lots of time on my hands if any of you care to reach out, I am here!

Thank you Marsha, for sharing yourself with us!

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An important message from Anne, our Executive Director:

When this is all over, we are throwing the biggest St. Patrick's Easter de Mayo of July party anyone's ever seen
Continued from Pg. 1:

Favorite invention during your lifetime? I suppose the internet. I thought we were incredibly fortunate because we had an Encyclopedia Britannica. Anything I wanted to know was on the bookshelf. It makes my mind explode to think about how accessible information is now right from our phones.

Who was your most influential teacher/mentor/person throughout the years? My mom

Three things you are most grateful for today: The good husband, good education, good friends

Where were you born and raised? Tell us a little bit about your family. I’m a lifetime local kid. My grandparents immigrated here in the early 1900s, found each other, married and raised families. As a 16 year old girl my grandmother crossed the Atlantic and half a continent by herself knowing that she’d never see her folks again. Circumstances must have been dire. Their hardships give me a soft spot for immigrants and refugees. My mom said they were too poor to notice a Great Depression.

How did you make your living and when did you retire? 30 years at AT&T, various roles

How long have you been volunteering at PSSI instructing yoga? 2 years, but I lead yoga. I’m not comfortable claiming to teach it.

What would you like to say to all the seniors reading this right now? Well, I sure miss seeing everyone.

Thank you Marilyn, for sharing a slice of your life with us, for your kind, caring and witty nature (our three words to describe you), and for your dedication and service to the seniors of Platte County and PSSI. We are grateful!
Healthy Voting tips
Find healthy, secure, and safe ways to cast your ballot this year.
https://www.healthyvoting.org/missouri/

Official election website
Get details and deadlines for voting in your area
https://www.sos.mo.gov/elections/govotemissouri

General election - Nov 3
Absentee voter deadlines
Application by mail - Oct 21
Application in person - Nov 2
Submission by mail - Nov 3
Submission in person - Nov 2

Early voting
Not exactly early voting, but absentee voters with a valid excuse for not voting on Election Day can cast their ballot starting 42 days before the day.

Begins - Sep 22
Ends - Nov 2
Above: A card was sent to one of our staff back in April, 2020, by a MOW volunteer, Clare. The sentiment is priceless.

Right: Marilyn Mroz, in our Volunteer Spotlight this month (See Pg. 1), designed her unique way of communicating which Route she

Right: Three generations of Scrimshers delivering Meals on Wheels to our Platte County seniors: Daughter, Jeni; Grandson, Henry; and Mom, Joyce. Thanks for helping us out!

Left: Beverly Nichols, wife of Bob Nichols, has been sewing masks since March, 2020, and has created and distributed over 500 masks to seniors in our community. Kudos to Beverly!!!
### Menu for PSSI, INC./MOW/HDM Meals

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>YOU MUST CALL (816) 270-4100 BY 11:00 AM THE BUSINESS DAY BEFORE TO CANCEL/RESERVE YOUR MEAL</td>
<td><strong>HOLIDAY CLOSED</strong></td>
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<td>BBQ Chicken</td>
<td>BBQ Beef</td>
<td>Tilapia, Breaded</td>
<td>Meatloaf</td>
<td>Chicken Strips</td>
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<tr>
<td>BBQ Chicken</td>
<td>BBQ Beef</td>
<td>Sweet Potato</td>
<td>Mashed Potatoes</td>
<td>Sweet Potato Wedges</td>
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<td>Prince Edward Mix</td>
<td>Potato Salad</td>
<td>Sweet Potato</td>
<td>Brown Gravy-Low Sod</td>
<td>Orange</td>
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<td>Potato Salad</td>
<td>Calif. Blend</td>
<td>Spinach</td>
<td>Fiesta Vegs</td>
<td>Multigrain Bread</td>
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<tr>
<td>Tropical Fruit Mix</td>
<td>Banana</td>
<td>Tropical Fruit Mix</td>
<td>White WG Bread</td>
<td>1000 Island Dressing</td>
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<td>WG HB Bun</td>
<td>WG HB Bun</td>
<td>White WG Bread</td>
<td>Tartar/Vinegar</td>
<td>Honey Mustard</td>
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<td></td>
<td>Tartar/Vinegar</td>
<td>Shortbread Cookies</td>
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<td><strong>25 BDAY LUNCH</strong></td>
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Menu is subject to change; substitutions may be made if approved by dietician.
Hollywood Squares ran for 26 years. Here are some good ones:

Q. Paul, what is a good reason for pounding meat?
A. Paul Lynde: Loneliness! (The audience laughed so long and so hard it took up almost 15 minutes of the show!)
Q. It is the most abused and neglected part of your body, what is it?
A. Paul Lynde: Mine may be abused, but it certainly isn’t neglected.
Q. Do female frogs croak?
A. Paul Lynde: If you hold their little heads under water long enough.
Q. If you're going to make a parachute jump, at least how high should you be?
A. Charley Weaver: Three days of steady drinking should do it.
Q. True or False, a pea can last as long as 5,000 years?
A. George Gobel: Boy, it sure seems that way sometimes.
Q. You've been having trouble going to sleep. Are you probably a man or a woman?
A. Don Knotts: That's what's been keeping me awake.
Q. According to Cosmopolitan, if you meet a stranger at a party and you think that he is attractive, is it okay to come out and ask him if he's married?
A.. Rose Marie: No, wait until morning.
Q. Which of your five senses tends to diminish as you get older?
A. Charley Weaver: My sense of decency.
Q. What are 'Do It,' 'I Can Help,' and 'I Can't Get Enough'?
George Gobel: I don't know, but it's coming from the next apartment.
Q. As you grow older, do you tend to gesture more or less with your hands while talking?
A. Rose Marie: You ask me one more growing old question Peter, and I'll give you a gesture you'll never forget.
Q. Paul, why do Hell's Angels wear leather?
A. Paul Lynde: Because chiffon wrinkles too easily.
Q. Charley, you've just decided to grow strawberries. Are you going to get any during the first year?
A. Charley Weaver: Of course not, I'm too busy growing strawberries.
Q. In bowling, what's a perfect score?
A. Rose Marie: Ralph, the pin boy.
Q. During a tornado, are you safer in the bedroom or in the closet?
A. Rose Marie: Unfortunately Peter, I'm always safe in the bedroom.
Q. Can boys join the Camp Fire Girls?
A. Marty Allen: Only after lights out.
Q. When you pat a dog on its head he will wag his tail. What will a goose do?
A. Paul Lynde: Make him bark.
Q. If you were pregnant for two years, what would you give birth to?
A. Paul Lynde: Whatever it is, it would never be afraid of the dark..
Q. According to Ann Landers, is there anything wrong with getting into the habit of kissing a lot of people?
A. Charley Weaver: It got me out of the army.
Q. Back in the old days, when Great Grandpa put horseradish on his head, what was he trying to do?
A. George Gobel: Get it in his mouth.
Q. Jackie Gleason recently revealed that he firmly believes in them and has actually seen them on at least two occasions. What are they?
A. Charley Weaver: His feet.
Q. According to Ann Landers, what are two things you should never do in bed?
A. Paul Lynde: Point and laugh.
Q. What should you call a group of dancers in a ballet?
A. Paul Lynde: Silly savages.
Q. In the Bible, who is Naomi's faithful companion?
A. Paul Lynde: Tonto.
Me: Alexa, what's the weather going to be this weekend?
Alexa: Why? Where do you think you're going?

HOW AM I DOING? WELL, I JUST WIPED DOWN THE BLEACH CONTAINER WITH A LYSOL WIPE
I'M FINE... EVERYTHING IS FINE

Caregiver's Corner
Caregiver’s Corner is a support group held on the 1st and 3rd Tuesdays of every month on Zoom. Call the office for more info—(816) 270.4100.

An old photo of people eating in a restaurant. Photo was taken in 2019 B.C. (before Corona)
**GARDEN VEGETABLE CRUSTLESS QUICHE**

The season's best vegetables and a variety of cheeses make this vegetable quiche a crowd-pleasing and healthy meal that can be assembled the night before, refrigerated and cooked just prior to serving. It's filled with calcium, and the vegetables provide vitamin C, fiber, vitamin E and antioxidants. This is a tasty way to get your fill of vegetables.

1 ½ cups egg substitute  
3 large eggs  
1 ½ cups (6 ounces) shredded reduced-fat Monterey Jack cheese, divided  
½ cup low-fat milk  
½ cup all-purpose flour (about 2 ¼ ounces)  
1 teaspoon baking powder  
½ teaspoon salt  
1 (16 ounce) carton fat-free cottage cheese  
Cooking spray  
4 cups sliced zucchini  
2 cups diced potato with onion (such as Simply Potatoes)  
1 cup finely chopped green bell pepper  
1 (8 ounce) package sliced mushrooms  
½ cup chopped fresh parsley  
2 tomatoes, thinly sliced

Preheat oven to 400 degrees. Beat egg substitute and eggs in a large bowl until fluffy. Add ¾ cup cheddar cheese, ¾ cup Monterey Jack cheese, milk, flour, baking powder, salt and cottage cheese. Heat a large nonstick skillet over medium-high heat coating pan with cooking spray. Add zucchini and the next 3 ingredients; sauté for 5 minutes or until tender. Add the zucchini mixture and parsley to the egg mixture. Pour mixture into a 3 quart casserole dish coated with cooking spray. Top with remaining ¾ cups cheddar and Monterey Jack cheese. Arrange tomato slices over cheese. Bake at 400 degrees for 15 minutes. Reduce oven temperature to 350 degrees (do not remove dish from oven) and bake for 35 minutes or until lightly browned and set.  
**Note:** you may substitute corn or spinach for some of the vegetables, if you wish. Enjoy!

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**SEPTEMBER FLOWER—ASTER:**
The aster signifies happiness, loyalty and elegance. You want to lead a life that would make you content and happy. You try your best and always succeed in whatever you do. You are good at emoting but you like to have a patient ear as well.

**Sapphire (The September Stone):**
To the ancient and medieval world, Sapphire of heavenly blue signified the height of celestial hope and faith and was believed to bring protection, good fortune and spiritual insight. It was a symbol of power and strength but also of kindness and wise judgment.

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**HERE'S WHAT OTHERS ARE SAYING:**
“This is to tell you about the extra noodle meals I got! They were delicious! Enjoyed them very much! Stay safe to you and your co workers.” Ramona
“I can’t put into words to ALL of you, because I love and appreciate everything you do for me and so many others.” Sue
“Soup was so tasty! Simply awesome.” Hazel
“Thank you SO much for the extra goodies!” Jannie