

Chat with Rosalie

Seniors' questions answered

Q. What can seniors do to help their doctors avoid prescription drug interaction?

A. Keep a pencil copy of all your medication, vitamins, etcetera in your purse or wallet, listing the name of medication, how often taken (directions for use), milligrams per dosage. If your record is in pencil each time a dosage is change you can erase and keep your record current.

This record should also include your name, address, phone number, birthday, allergies, your doctor's name, pharmacy, Living Will, yes or no, if so, location, Durable Power of Attorney for Health Care, yes or no, and the name of the person in charge. Also include current medical conditions you are being treated for, any surgeries, type and the year. This is a long answer but could be very beneficial for your doctor, emergency medical technicians and so forth.

Q. What, and when, do seniors need to inform their children of their financial, long-term care, life insurance and other essential issues about aging.

A. Whenever the person thinks the time is right. Each family will, and should, set its own priorities. I have told my children where things are, but not given them written statements. That should also be done at the same time as the family talk is. Put everything in writing and give a copy to each child. If you have a computer you could also tell your children your information is on the computer and how you labeled the information. At the same time, a Power of Attorneys, a Living Will and a Durable Power of Attorney should be drawn up. There is a lot of information available on the Internet concerning these topics.

Q. Is there anything new concerning the Medicare Prescription Plan D Program?

A. On Sept. 30, the *Wichita Eagle* had a very informative article, "Medicare adds to drug plan options." Now there will be 53 plans in Kansas to choose from,

WOW, thought 40 were way too many!

When a person receives their "2007 Medicare and You" booklet, all of the plans will be listed as this year, look them over very carefully, compare the plans with your current plan.

One person said "competition is working," but I think it may be more confusing. Many of the new plans are offering coverage that seniors have been asking for, such as no deductible or coverage in the so-called "doughnut hole."

The doughnut hole is the gap created at the point when beneficiaries have to pick up all of their drug costs.

"The new options that are available are primarily options that provide enhanced coverage," the article said. If seniors are not satisfied with their plans, they can switch to a new one during the open enrollment period. Read your "Medicare and You" booklet very carefully to check on the enrollment or change period.

A. Is there anything new concerning generic drugs?

A. Also from the *Wichita Eagle* on Sept. 30, a very interesting article on some popular drugs, "Does your drug have a generic?"

Wondering if a drug you take is available in a generic form? There were five new generic drugs listed: Zocor, Percocet, Zithromax, Zoloff and Flonase.

The Generic Pharmaceutical Association says the easiest way to find out (about generic drugs) is to ask your doctor or pharmacist. You also can use an online resource such as the U.S. Food and Drug Administration's "electronic orange book," which lists drugs, at www.fda.gov/cder/ob.

To use it, first search by brand name to find the active ingredient in the drug. Then search by the active ingredient: The generic drug manufacturers will be listed beside the brand name manufacturer.

For example, *The Eagle* looked up Zoloff, which is a medication for depression and anxiety. The Web site showed that the active ingredient is sertraline hydrochloride.

Rosalie Seemann, secretary of the Northwest Kansas Area Agency on Aging, will answer questions or provide information about the agency on a monthly basis. Readers may submit questions by writing Seemann at: Chat with Rosalie c/o Rosalie Seemann, 426 Hale, Levant, KS 67743, or by emailing: rseemann@st-tel.net.



LAWN RIDGE FLOAT tied for first place in the Christmas parade held Nov. 24 at the Christmas opening in St. Francis. Hilltop General Store and the Good Samaritan Village floats were also first place.

Herald staff photo by Karen Krien

Resident wants recycling bins moved

By Melinda Basnett

Bird City resident Terry Glasco addressed the City Council on Monday evening to ask for the relocation of the recycle bins. Other places to move the bins are being looked at.

Mr. Glasco told the council of plans for redevelopment of the property where the bins are located. Living Water Fellowship purchased the lots this year and plan to tear out some of the sidewalk and curb where the bins are to allow for a parking lot.

"The bins technically set on the city's right of way which is 40 feet from the center of the street," said city superintendent Sam Beeson.

"You wouldn't put them on a private resident's right of way would you?" Mr. Glasco asked. "It's been 90 days since I first contacted the council on this matter and we would like them moved."

"Right now we really don't have a suitable place to go with them — give us a couple weeks and we'll get them out of your way," mayor Troy Burr said.

A temporary location suggested would be west of the city shop, but a concern is the build up of ice and snow along that area. Other suitable sites will be investigated and the bins will be moved in the next two weeks.

Unification

Newly elected commissioner

Ernie Ketzner spoke to the council during the public agenda concerning the recent trends of unification.

"I think we need to fight this stuff" Commissioner Ketzner said. "We need to get together and be a strong county. Be sure to sign the petitions to keep our driver's license station, and our soil conservation office. Let the state groups know that we want to keep what we have. The things that are good for us, we need to keep."

Law enforcement

Sheriff Troy Gardner reported 165 hours of patrol in Bird City, a lot of it concentrated on the school zone.

Sheriff Gardner also informed the council of an incident at the school last week. The Cheylin School had a Code Blue situation in which they went into lock down. The incident involved threats made by a student. One individual was arrested.

"The lockdown by the school in this situation made our job much easier, and the school is to be commended", Sheriff Gardner said.

The law enforcement agreement between Bird City and the Sheriff's department was renewed for the upcoming year.

Bird City entrance

Century II plans for the improvement of the entrance to Bird City will include three flag poles. The tallest will be the American Flag, the next

the Kansas State flag, and the third will be interchangeable between welcome, Cougars or holiday flags.

The new Bird City sign will also have plants and shrubs around it. There will be a new hydrant installed in the area to care for these plants. It will be padlocked, and Century II Foundation will cover it's expenses. These installations will be done in the spring.

The Cougar sign will be moved. Century II purchased a second Cougar sign to match the new one that Booster Club purchased this summer and arranged for the two to be installed along the highway both east and west of town.

Living snow fence

Preparation for the living snow fence has begun. The city and county crews have been removing old trees and opening up the ground as Kansas State University officials requested.

Hal Sager has been working with Dave Flemming on the project. The trees will be planted on Mr. Sager's property on the west side of the city. In a few years the trees should protect that side of town from huge snow drifts, and maybe the invasion of tumbleweeds that they suffer with each year.

The old trees have been pushed into a pile, and Mr. Sager plans to cut them

for firewood. Council members have been contacted about concerns of the pile drawing skunks and other problems.

The council decided that Mr. Sager would have until the beginning of February to get the wood, and after that access would be opened up to others for 30 days and the remainder then hauled to the dump.

Other business

In other business:
 • Councilman Loren White reported that he had located a blade for the new skid loader at Ken Gerdes' equipment lot. The cost would be \$550 and about \$300 to put a quick attach on it. That is a fraction of the cost of a new one. Council members voted to approve the purchase.

• The bathrooms at the park had to be closed down for the cold weather. The heaters are not keeping the plumbing from freezing. Ways of correcting this problem will be looked at.

• The January city council meeting will be Jan. 8 with a public hearing on the sewer project held first and then the council meeting will follow.

• A 20-minute executive session was held to discuss the emergency building and personnel. No decisions were made after the executive session and the meeting was adjourned.



Herald Happenings:

To participate in a Special Section contact Casey McCormick at

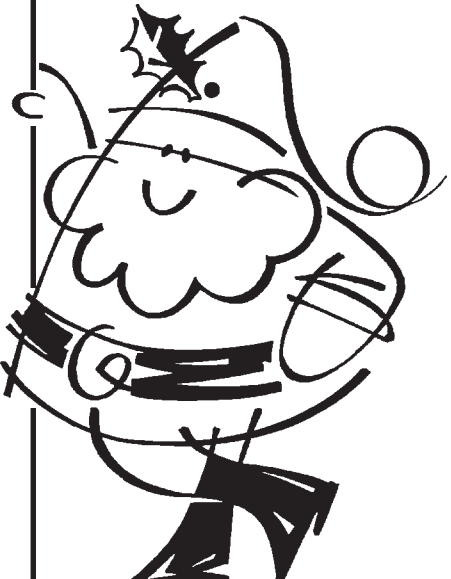
The Saint Francis Herald
 P.O. Box 1050, St. Francis, KS 67756 • 785-332-3162
 — and —
Bird City Times
 PO Box 220, Bird City, KS 67731

Christmas seen through the eyes of a child is priceless

This year, as in the year's past, the Special Christmas and New Year's sections will be published before the holidays. The sections will feature letters from Santa, answers of questions asked of school children, memories and recipes.

The *Saint Francis Herald* and *Bird City Times* staffs welcome participation from children to adults. All items must be received by Dec. 6 in order to get them into the special section.

Send letters, special memories, articles and recipes to The Herald at P.O. Box 1050, St. Francis, KS 67756 or fax 785-332-3001, or drop them off or e-mail to sfherald@nwkansas.com titling the subject as "Christmas for the Paper."



DON'T MISS BRINGING IN 2007 WITH A MESSAGE TO YOUR CUSTOMERS IN THE NEW YEAR'S SUPPLEMENT.

Winter Sports Special Section

COMING THIS JANUARY!

This supplement will feature St. Francis and Bird City Jr. High and High School Basketball players, Wrestlers and Cheerleaders!

To participate in the winter sports tab or for more details contact: