

Deadlines near for energy assistance, Homestead refunds

Thank you to those that have complimented me on my article. Hey, we elderly have to help each other!

How did you weather the past month? Quite the snowstorms, weren't they? I am sure we will have more like them, but I for one hope not for quite some time

Did you call you neighbors to check on them? They could possibly need you help, even if just for something small it could be a blessing to them.

Dates to remember

- March 31 — deadline to file for energy assistance
- April 17 — filing deadline for Homestead refund and the Food Sales Tax Refund.

- Also on April 17 the deadline to file for a telephone tax refund. This refund is for everyone regardless of age or income.

You must have paid into this tax during a time period of Feb. 28, 2003 through Aug. 1, 2006, to get a refund. This refund is for everyone regardless of age and income. Caution though, some elderly do not pay a long distant toll fee on their phones. I will assist those that ask me to with these applications, just call me.

Hot topics

Assistance available to custodial grandparents

The Kansas Department of Social and Rehabilitation Services is taking applications for the Grandparents as Caregivers program.

The program provides monthly financial assistance to grandparents or other relatives who are raising children. Eligible grandparents will receive \$200 per grandchild, not to exceed \$600 per month.

To qualify for the program, you must be a grandparent or other qualifying relative, have legal cus-



Rosalie Seemann

● Silver-Haired Legislator

tody of and be living with children, be age 50 or older, and have a traditional annual household income of less than 130 percent of the federal poverty level.

For information, call (888) 369-4777 or visit: www.srskansas.org/ISD/ees/grandparents_caregivers.htm

The Grandparents bill was a Silver Haired Legislative bill that we worked on for several years.

From Topeka

Also currently going on in Topeka are some bills the Silver Haired had worked on but had dropped for lack of cooperation.

In the Senate Assessment and Taxation Committee, two recent bills, Concurrent Resolution SCR 1602, the other was Senate Bill SB29, which would provide tax breaks that SHL'ers have discussed in previous years, but not recently.

SB29 would remove the state income tax on any Social Security benefits, which become taxable by the federal tax and therefore carried down to Kansas tax. Kansas is one of only 10 states which still tax this money.

The other bill, SCR 1602, would prohibit increases for certain residential property owned by a person 65 years of age or older for property tax purposes. Members of this committee are Barbara Allen of Overland Park, chairwoman; Les Donovan of Wichita, vice chairman; Derek Schmidt or Independence, vice chairman; and Pat

If you know one or more of these members, contact them with your feelings about the two bills and that you are in favor of them. Please pass the information along to your senior centers or your senior groups.

E-mail Scams

Still getting new and different e-mail scams nearly every day. The last one was concerning diabetes. It is shame those people have nothing better to do. Maybe they would come to the Colby area to scoop snow.

I visited with Hays Medical Center about the Care Van. Yes, it will run again from Colby to Hays, but they have no idea when. Perhaps it would help if more people called them to ask about it.

Until next time, stay healthy.

Editor's note: As a way to inform older readers about ongoing and changing topics, Rosalie Seemann, secretary of the Northwest Kansas Area Agency on Aging, will answer questions or provide information about the agency on a monthly ba-

sis. Readers may submit questions by writing Seemann at: Chat with Rosalie c/o Rosalie Seemann, 426 Hale, Levant, Kan. 67743, or by emailing: rseemann@st-tel.net.

The Northwest Kansas Area Agency on Aging is part of a national network of agencies created in 1973 by the Older Americans Act. It is a private, nonprofit organization with the responsibility of administering Older American Act programs in the 18 counties of northwest Kansas.

College offers April trip to Santa Fe and Taos

Colby Community College is offering a fine arts experience class with a weekend trip to Santa Fe and Taos, N.M., and other Southwest destinations April 12-15.

In order to make trip reservations, students should sign-up prior to March 16, said Cindia Carlson-Tsuda, Colby College art instructor.

Those who enroll will meet Thursday, March 29, to discuss essential information regarding the trip including schedules, hotel information, maps, directions and the proposed itinerary.

The remainder of the class period

will be devoted to discussing various artworks, architecture and sculptures to be viewed on the trip.

The second class period on Thursday, April 5, will be devoted to viewing and analyzing art and the specific exhibits to be included on the tour.

Students will view selected works from the museum collections.

The final class period of Thursday, April 26, will be a gathering and sharing of experiences and information collected from the trip.

To enroll or questions, call Carlson-Tsuda at 460-5459

Gambling in school, stress highlighted

Dear Dr. Brothers: My husband had great hopes for our only son, and we were so pleased that he was accepted into a very good university and seemed to be both happy and pleased with his instructors and campus life generally.

In addition to getting financial help from us, he was left a considerable sum in a trust from my mother.

Thank goodness he wasn't able to get his hands on it all, because he finally admitted he'd blown well over \$2,000 by gambling in his frat house and in casinos.

I don't know when all this started. We knew that like some of his friends here, he became fascinated with poker, but this situation was a complete shock.

He's now on spring break at home, but he and his dad aren't speaking. — H.L.

Dear H.L.: While I sympathize and understand how disturbing this news must be for you and your husband, nationally this has been a growing problem for some time with adolescents and young people generally, as television and the Internet have turned poker and casino gambling into an exciting and intoxicating national hobby. There has been a vast increase in gambling in high schools and colleges, and unfortunately young people haven't been prepared or warned about how a seemingly harmless pastime can end in a dangerous addiction for some.

Dear Dr. Brothers: I'm a woman in my late 40s, now a single mother of two children — one off to college, the other still a needy teenager. My doctor keeps telling me I must get my blood pressure down, but



Joyce Brothers

● Ask Dr. Brothers

I'm already on medication, and he suggested some things to try to reduce my stress. As long as I've been alive, I think I've had more than the average amount of stress, partly because I often find I'm angry at so many things — to me, very legitimate things that are simply wrong, in any language.

I don't feel guilty about my anger, but I would like to get rid of my high blood pressure and high stress. — C.W.

Dear C.W.: We often need to be reminded that no matter what our age or how rigid we've become, it's always possible to change, to learn new ways of dealing with destructive patterns that might wreck both our physical and emotional health. For instance, one can learn how to be more positive. Instead of always reacting in the same negative way, we can experiment, try playing a different role in life.

Sometimes it helps to think of an actress changing, adopting different ways that are appropriate to a new character she's trying out.

If you can do this, one thing that might surprise you is how differently those around you will react to the new you.

If you're less angry at others, at the world around you, you'll inspire less hostility in others. In short, if you're more lovable, they'll be more lovable.

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