

# Family & Consumer Sciences Newsletter

## Upcoming FCE Events

July 19-22, 2018  
National FCE Conference  
Shooting for the Stars  
Austin, TX

October 1-3, 2018  
KAFCE Conference  
Russell, KS

October 2018  
Southeast Area Educational Program

November 2018  
Southwind Fall Program  
Host: Bourbon County

2018 Lessons and other information available at:  
[southwind.k-state.edu/home-family/fce](http://southwind.k-state.edu/home-family/fce)

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K-State Research and Extension Southwind District

## Medicare Cards, Out with the Old

*What do you need to know about your new Medicare card?*

The Centers for Medicare and Medicaid Services (CMS) is mailing new Medicare cards to all 57.7 million Medicare beneficiaries starting April 2018 through April

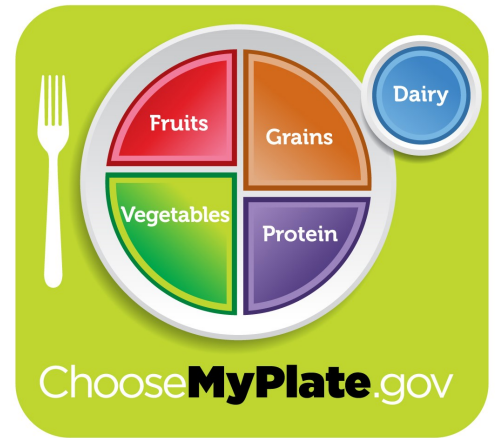
2019. Kansas beneficiaries are in the third group and cards will be automatically mailed out after June 2018 - you do not need to take any action. It is important to make sure that your

mailing address is up-to-date by calling the Social Security Administration at 1-800-772-1213 or visit <https://ssa.gov/myaccount>.

*CMS Cautions and Fraud Alerts:*  
(continued on page 4)

## **MyPlate Tip of the Day: Stay Hydrated**

Carry a reusable water bottle with you throughout the day. It can save you time, money, and make choosing a healthy beverage easy!



## **Woodson County Joining Southwind District July 1st**

Join us for an **Open House June 28th from 2-6 p.m.** to welcome Barbara Stockebrand, Family and Consumer Science Extension Agent. Barbara's program focus is Adult Development and Aging. Location: **Woodson County Extension Office 211 W. Butler Yates Center, KS**

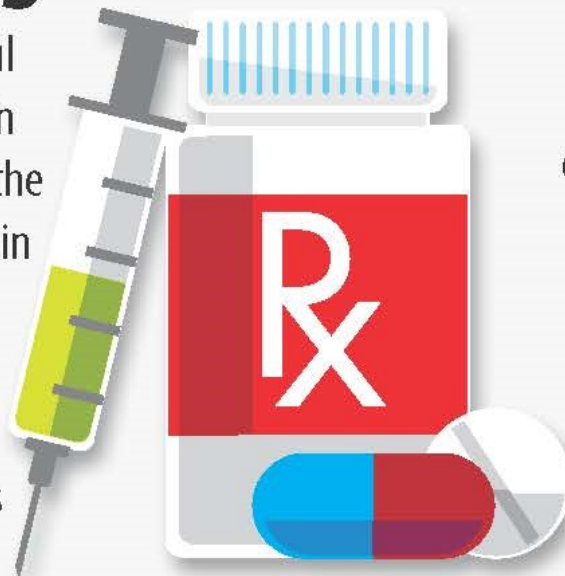
# The Opioid Crisis

The opioid epidemic has become a public health crisis with devastating consequences.

## Opioids

include powerful prescription pain medications and the illegal drug, heroin

**~25%** of patients prescribed opioids for pain misuse them



**115+** Americans die each day from opioid overdose

**80%** of heroin users first used prescription opioids

If change doesn't occur, the death toll will keep rising.



**K-STATE**  
Research and Extension

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer. MF3405 May, 2018

## Make A Change

### Practice safe storage of medications

#### Treat opioid medications like you would a firearm:

- Store in a safe, secure location
- Utilize a lockbox
- Never leave medications on a counter, nightstand, or other accessible locations
- Return medications to a secure location after each use

#### Dispose of medications safely:

- Dispose of your medications at DEA authorized collectors or at drug take-back events
- Utilize medication disposal bags
- Mix your medication with an undesirable substance, seal it in a bag, and dispose of it in your household trash
- Mark out labels and safely dispose of your medication bottles so you don't become a target for break-ins

## Save a Life

### Know how to respond in an emergency

#### Signs of an overdose are:

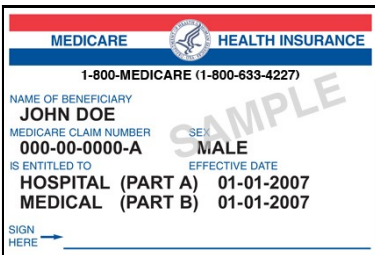
- Shallow breathing
- Gasping or choking for air
- Pale skin
- Blue lips and/or fingertips
- Small, pinpoint pupils
- Unconsciousness

#### If you suspect someone is overdosing:

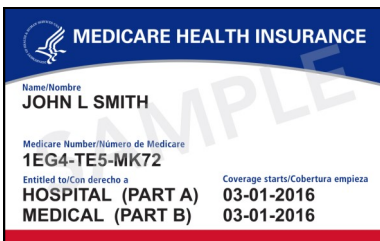
1. **Rouse and stimulate.** Attempt to wake the person.
2. **Call 911.** The dispatcher may advise you to perform CPR.
3. **Administer naloxone.** If you or another bystander has naloxone, administer it.

210 S. National  
Fort Scott, KS 66701

## Medicare ID Cards, Out with the Old continued



Example of an original Medicare card with Social Security based Health Insurance Claim Number.



Example of a new Medicare card with unique and randomly assigned Medicare Beneficiary Identifier.

### Guard your Card.

Protect your new Medicare card the same way you protect a credit card.

- Beware of anyone who contacts you about your new Medicare card. CMS will never ask you to give a personal or private information to get your new Medicare number and card.
- Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- You do not need to pay for your new Medicare card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).
- If someone calls you unexpectedly saying they work with or represent Medicare and need your card number or other personal information, hang up. Medicare will only call you if you have called and left a message or if a representative said that someone will call you back.