

# THE MESSENGER

Extra Edition #228 2024



## September 2024

| Sun | Mon            | Tue               | Wed           | Thu | Fri | Sat            |
|-----|----------------|-------------------|---------------|-----|-----|----------------|
| 1   | 2<br>Labor Day | 3<br>Council 10am | 4             | 5   | 6   | 7              |
| 8   | 9              | 10                | 11            | 12  | 13  | 14             |
| 15  | 16             | 17<br>Waycross    | 18<br>Retreat | 19  | 20  | 21             |
| 22  | 23             | 24                | 25            | 26  | 27  | 28<br>Catering |
| 29  | 30             |                   |               |     |     |                |

### Lions Schedule

#### September

- 18 Amici
- 25 Friendly Neighbors

#### October

- 2 Sunny Circle
- 9 Monrovia
- 16 Amici
- 23 Friendly Neighbors
- 30 Executive Board



Hello!

Happy Friday! I hope everyone has had a wonderful week and ready for the weekend. There's plenty of things to do around Morgan County if you are looking for something "Fall-ish" to do. The weather might not be Fall yet but the festivals are happening.

Next week is the Fall Retreat at Waycross! I hope everyone going has a wonderful time and take lots of pictures to share. Waycross is beautiful and the weather looks great for some outdoor walks. Enjoy!

September 28th– Catering job– more info on the next page of newsletter!

Farmer's Day is back to being inside and outside. All the schools have been invited and flyers are getting sent around! It's a full day of fun!

I hope everyone has a wonderful weekend!

Have a great day,

Amy



## Recycling Plastic Caps for Benches Effort Needs (Kid) Sorters!

Once again, we have a plastic caps for benches mission in Morgan County 4-H. As a memorial to Marthena Smith, who bequeathed a generous gift to Morgan County 4-H, we will be making a bench for the fair-grounds. This is a great opportunity to collect and recycle plastic caps and to learn about the recycling process. Continue to collect clean caps (#2, 4 and 5 on the recycling triangle) until January when we will begin sorting and bagging the caps for shipment to Green Tree Plastics in Evansville. Here are a few examples of what to save: water, pop and drink bottle caps, mayo and peanut butter jar lids, lids from sour cream/cottage cheese containers, butter/margarine lids, shampoo lids, shower soap lids and milk jug caps. Lids should be no larger than an ice cream bucket lid (8 inches). DO NOT save metal caps or anything that is made partially of metal! Marker/pen caps are the wrong kind of plastic and should not be collected. No medicine bottles.



The Great Apple Crunch is happening at noon during Farmer's Day! Join Us!



## HELP is still needed!

**Catering job on Sept. 28th!**- Help! Needing at least 2 people from each club but would take more if volunteers are available. Please contact Denise Walker if you are available, as soon as possible, it would be much less stressful knowing how many volunteers we have helping earlier rather than later:) Thank you!!

**Farmer's Day on Oct. 10th!**- If you would like to help out at Farmer's Day we can definitely use the help! Kids are coming from the schools and we need lots of volunteers! Don't worry if you don't have a craft to do, we have plenty of stations that could just use a few extra hands. Right now the count is 253 kids from area schools and it's still early, this number can still go up! Contact Olivia if you are available to help, thank you!!



Grocery shopping tip!





Sewing fills my days, not to mention the living room, bedroom, and closets.



# Sewing/Quilting Seminar

Saturday,  
October 12, 2024

9:00 a. m. - 2:00 p.m.  
**(Doors Open at 8:15 a.m.)**  
Hamilton County  
4-H Fairgrounds  
Exhibition Center



Sponsored by:  
Purdue Extension Hamilton County  
[www.extension.purdue.edu/county/hamilton](http://www.extension.purdue.edu/county/hamilton)

**PURDUE** UNIVERSITY | Extension HAMILTON COUNTY

Purdue University is an equal opportunity/equal access/affirmative action institution.

## Sewing/Quilting Seminar Registration Form

One name per form please. Space is limited.

October 12, 2024, 9:00 a.m. - 2:00 p.m. **(Doors Open at 8:15 a.m.)**

**\$20.00 registration fee includes lunch catered by Carolyn Moreland**

For special dietary needs, contact Purdue Extension Hamilton County (317-776-0854) no later than October 4, 2024.

**\*\*\*Email confirmation will be sent right after the deadline with final details.\*\*\***

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

**PAYMENT AND REGISTRATION DEADLINE: OCTOBER 4, 2024**

**Space is limited to first 150 persons.**

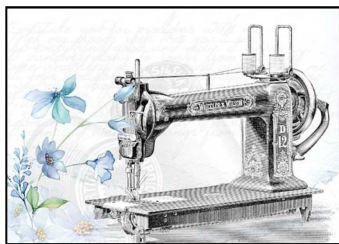
Tickets will not be mailed. Check in at the door. Doors open at 8:15 a.m.

Make checks payable to: Purdue Extension Hamilton County, 2003 Pleasant Street, Noblesville, IN 46060

**Doors open at 8:15 a.m.**

### 2024 Vendors

- Always In Stitches
  - Back Door Quilts
  - Fabric Floozies
  - University of Sewing
  - Mixed Media
  - More
- 
- Possible Fabric Swap for participants



### Questions?

Contact Bernie Huber  
Purdue Extension Hamilton County  
2003 Pleasant Street  
Noblesville, IN 46060-3697  
317-776-0854  
bchuber@purdue.edu

# Topics

- 8:15 a.m. Doors Open  
Shop the vendors and visit displays
- 9:00 a.m. "Tips, Tricks and Tools"  
Capi Saxton, Always in Stitches
- 9:30 a.m. "Accept the Challenge - Just Do It"  
Doris Goins
- 10:30 a.m. BREAK  
Vendor Demonstrations, Shopping,  
Fabric Swap, etc.
- 11:15 a.m. "Our Favorite Notions"  
Teri Dougherty, Linda Hale, Back Door  
Quilts
- 11:45 a.m. "Declutter and Organize Your  
Sewing Room"  
Jamie Gaetano, mixed media artist
- 12:15 p.m. LUNCH  
Visit sales, booths, and displays
- 1:00 p.m. "Repairing Vintage & Antique Quilts"  
Cindy Baker, 4-H Sewing Leader and  
Boone County Extension Homemaker
- 1:30 p.m. "Fitting Hacks - Shoulders, Back,  
and Arms"  
Margaret Fette, University of Sewing
- 2:00 p.m. Closing/Evaluations

(Times and topics are subject to change.)

Purdue Extension Hamilton County  
Attention: Bernie Huber  
2003 Pleasant Street  
Noblesville, IN 46060-3697

## Sewing/Quilting Seminar

**Saturday, October 12**

**9:00 a. m. - 2:00 p. m.**

**(Doors Open at 8:15 a.m.)**

**Hamilton County 4-H Fairgrounds**

**Exhibition Center**

**Sponsored by:**

**Purdue Extension Hamilton County**



A \$20.00 registration fee includes a day of presentations and demonstrations on quilting & sewing techniques, and creative ideas. Registration is open to any interested person. Participants must submit their registration form to the Purdue Extension Hamilton County Office no later than Friday, October 4, 2024. Forms are available by visiting the Purdue Extension Hamilton County Office at 2003 Pleasant Street, Noblesville, or by visiting our website at

[www.extension.purdue.edu/county/hamilton](http://www.extension.purdue.edu/county/hamilton)



**SEPTEMBER 13 & 14, 2024**

**5pm - 10 pm**



**2024 Colonel Vawter Day**

Get your friends together and meet up in Morgantown for Colonel Vawter Day on September 4. This annual event runs from 8 am to 9 pm and features several activities through the day. Activities planned for this year's event include a car, truck and motorcycle show, pet parade, art show, several art and craft vendors, rummage sale, historic wagon rides, a chainsaw carving demonstration, baking contest, and a fun kid zone. There is fun for all at this year's Col. Vawter Day!

- 7-10 am Biscuits & Gravy Breakfast, Morgantown Baptist Church
- 9-11 am Baking Contest Drop Off at Whitaker Auto
- 9 am - 12 pm Registration for Car, Truck & Motorcycle Show
- 9 am Tractor & Farm Machinery Display on Church Street
- 9 am Morgantown United Methodist Church Rummage Sale
- 9 am Vendor Booths Open
- 9 am - 12 pm Chainsaw Carving by Chris Trotter (Big Red Parking Lot)
- 9 am - 4 pm Kid Zone on Church Street Bounce Houses, Games & Raffle
- 12 pm Cake Judging at Whitaker Auto
- 12-3 pm Car, Truck & Motorcycle Show (Awards at 2:45)
- 1 pm Sawdust Scramble in the Kid Zone
- 1-3 pm Historic Wagon Ride with Grandpa Jeff
- 2:45 pm 50/50 Drawing
- 3 pm Drawings (Grocery & Gas Gift Cards & Wood Carving Raffle)
- 4 pm Vendor Booths Close



Rediscover Martinsville invites you to come downtown and play on Saturday, September 14, beginning at 11 am. They'll be hosting the Artesian Bubble Fest, covering downtown Martinsville in bubbles! Bring the whole family and enjoy food trucks, limited vendors, a bounce house, games and more! Don't miss the pet parade at Noon, Karaoke from 1 to 4 pm and a corn hole tournament from 3-5. Stick around at the end of the night for a fun performance from the Martinsville Community Band at The Venue, titled Dancing in the Park!



Head to downtown Mooresville for a fun Street Fair this September! The Downtown Mooresville Street Fair will feature a wide variety of vendors, live music, food trucks, shopping and even a bounce house for the kids! Located at Indiana and East Main Street, next to Bicentennial Park, this is a great opportunity to get out and enjoy a day in Mooresville. The Street Fair will take place on September 14 from 10 am to 3 pm.

## How to protect yourself from Medicare Scams

Criminals have been fraudulently obtaining Medicare information to defraud you and the government from billions of dollars. Fraud occurs by either taking your private health information, or sometimes called “identity theft,” or by submitting fraudulent claims on your behalf. Scammers have been known to call, text, or email these services; or through utilization of websites and print materials. A telephone scam may seem legitimate at first, and scammers sound very professional. But don’t be fooled! They do this to bait an answer from you. Out of the blue telephone calls requesting your health information should not be trusted.

*If it sounds too good to be true, it is.*

How to spot fraud:

1. Anything free. Scammers will offer you free prescriptions, equipment, testing, or care; Medicare does not give out free items.
2. Pressure or threats- Be on the lookout if someone tells you that you are “pre-approved” for a new plan, or qualify for lower premiums or better benefits. If someone wants to charge you a “fee” for enrollment, do not pay them. You will never be called to verify your information by Medicare, and you will NOT be cancelled if you do not immediately answer.
3. New cards. If anyone calls to activate, renew, or update your Medicare card- hang up. You will NEVER be charged a fee to activate a current card, NOR update your Medicare card.
4. Know what is covered. You can find out what services are covered in your “Medicare and You” handbook. You can call Medicare for a copy at 1-800-MEDICARE or visit: [medicare.gov/medicare-and-you](https://www.medicare.gov/medicare-and-you).

How to Protect Yourself:

NEVER share your Medicare Beneficiary Identifier (MBI) or Social Security Number to anyone other than a medical provider (Doctor, Pharmacy, SHIP or State Health Insurance Assistance Program, or medical equipment companies). Scammers will use legitimate-looking phone numbers to fish for information, and they may have done some research on you and have some of your personal information. MBI and Social Security numbers should be protected the same as bank account and credit card information. Medicare WILL NEVER call you, unless you called them FIRST. If you do call and request their help, please note that they will have your information and will not ask it of you. (Never verify your date of birth, mother’s maiden name, middle initial- NOTHING)

Watch your clicks! Not only will they call you, but scammers may use legitimate-looking emails and websites to make it look as if you were contacted by Medicare. Never respond to unexpected emails, even through they may appear legitimate. The Medicare website is <https://www.medicare.gov> or call 1-800-MEDICARE.

Medicare will NEVER show up at your home.

Never pay over the phone or online for Medicare. You will be sent a bill in the mail.

Never join a Medicare health or drug plan over the phone. If asked to do so-call Medicare directly.

If you are threatened in any way- disconnect.

Medicare “Advantage” plans. Be wary of salesmen who offer deals “preferred by Medicare.” Medicare lets you self-select your own plan. Additionally, Insurance agents must follow state guidelines. Legitimate agents cannot offer you cash, meals, or gifts (more than \$15), charge an enrollment fee, or ask for contact information for your family or friends.

Destroy your old card. If anyone asks you to send it in for a new card- do not do it. As soon as you have your new card, destroy the old one.

Protect your health information. Again, only share with your known medical providers.

Unauthorized Genetic testing kits. If you should receive one do not accept delivery or send it back.

Watch your Medicare Summary Notice (MSNs) that you get in the mail every three months for Parts A and B services. If Medicare has paid for any procedures or tests that you did not receive, please call Medicare ASAP.

Educate yourself about Medicare. Know your rights, and know what a provider can and can't bill to Medicare. Read your "Medicare & You" handbook, or visit [Medicare.gov](https://www.Medicare.gov) to learn more about your rights and different covered services.

How to Report Scams:

Contact Medicare directly by phone at: 1-800-MEDICARE Senior Medicare Patrol Resource Center in Indiana 1-800-986-3505 or <https://smpresource.org/locator/indiana/>

Federal Trade Commission 1-877-438-4338 or: [ftc.gov/complaint](https://www.ftc.gov/complaint)

To report fraud please have the following items available:

- a. Your name and Medicare Number
- b. Name of Provider listed on MSN
- c. Service you are questioning
- d. Amount Medicare paid
- e. The date of service on your MSN

The Centers for Medicare & Medicaid Services (CMS) provides free auxiliary aids and services, including information in accessible formats like braille, large print, data or audio files, relay services and TTY communications. If you request information in an accessible format from CMS, you won't be disadvantaged by any additional time necessary to provide it. This means you'll get extra time to take any action if there's a delay in fulfilling your request. To request Medicare or Marketplace information in an accessible format you can:

1. Call us: For Medicare: 1-800-MEDICARE (1-800-633-4227) TTY: 1-877-486-2048.
2. Send us a fax: 1-844-530-3676.
3. Send us a letter: Centers for Medicare & Medicaid Services Offices of Hearings and Inquiries (OHI) 7500 Security Boulevard, Mail Stop S1-13-25 Baltimore, MD 21244-1850 Attn: Customer Accessibility Resource Staff Your request should include your name, phone number, type of information you need (if known), and the mailing address where we should send the materials.

References: Five warning signs of a Medicare scam-and how to protect yourself. (2023, October 30). National Council on Aging. <https://www.ncoa.org/article/5-warning-signs-of-a-medicare-scam-and-how-to-protect-yourself> Medicare card scams. (2023, November 9). AARP. <https://www.aarp.org/money/scams-fraud/info/2019/new-medicare-card.html> Nici, D. (2023, October 5). The latest Medicare enrollment scams and how you can avoid becoming a victim. Forbes Health. <https://www.forbes.com/health/medicare/medicare-scams/> Older Americans and scam calls. (ND). US Federal Communication Commission. <https://www.fcc.gov/older-americans-and-medicare-scams> Protecting yourself and Medicare from fraud. (ND). Department of Health and Human Services. <https://www.medicare.gov/Pubs/pdf/10111-Protecting-Yourself-and-Medicare.pdf> Reporting Medicare fraud and abuse. (ND). US Centers for Medicare and Medicaid Services. <https://www.medicare.gov/basics/reporting-medicare-fraud-and-abuse> Schifferle, L. W. Protect yourself against Medicare scams. (2019, March 15). Federal Trade Commission, Division of Consumer and Business Education. <https://consumer.ftc.gov/consumer-alerts/2019-03-protect-yourself-against-medicare-scams/>

IEHA Program Lesson

Angie Ray—Gibson County

Jennifer Stefancik—Daviess County

<https://ieha-families.org/lessons>

Great time to declutter– clean out those garages, basements and medicine cabinets!

**FALL TOX AWAY DAY**  
**October 26, 2024**  
**MARTINSVILLE HIGH SCHOOL**  
**8:00 am – 1:00 pm (rain or shine)**  
**MORGAN COUNTY RESIDENTS ONLY**  
*Businesses are not included (due to the volume of material);  
they may call NuGenesis at 800-487-1010 to make other arrangements.*

**SHREDDING SERVICES WILL NOT BE AT THIS EVENT!**

**What You Can Dispose of for Free:** Prescription Medications & Sharps, Oil fuels, Antifreeze, Motor Oil/Filters, Adhesives, Driveway Sealers, Stain, Pesticides, Herbicides, Fertilizers, Pool Chemicals, Varnish, Auto Batteries, Oil Base and Latex Paints, Paint Tubes/PCB, Ballasts, Acids & Bases, Household Cleaning Agents, Rechargeable Batteries and Weed Killers.

We Accept All Appliances (CFC & non-CFC) for Free: Refrigerators, Freezers, Air Conditioners, Stoves, Washers, Dryers, Water Heaters, Microwaves, Humidifiers, and De-Humidifiers. **FEES for TELEVISIONS and MONITORS: \$20.00 each**

**FEES for TIRES are as follows:**  
Car/Light Truck Tires: First 6 free-----\$2.00 per each additional tire (12 max)  
Heavy/Truck Tires: First 2 free-----\$5.00 per each additional tire (6 max)  
**Farm tractor Tires (54" diameter & greater): intact, \$75.00 each; if fully Quartered (No Halves & No Thirds): first two quartered tires for free; \$15.00 for each additional quartered tire (6 max)**  
Tires on rims are an additional \$1.00 each

**WE WILL NOT ACCEPT: Paper, Asbestos, Lab Chemicals, Large Propane Tanks, Explosives, Ammunition or Firearms, Medical or Infectious Waste, Radioactive Materials.**

**MORGAN COUNTY RECYCLING- (765) 342-2533**  
With the support of:  
The Morgan County Partnership for Water Quality  
The Indiana American Water Company  
Morgan County Soil and Water Conservation District  
Morgan County Substance Abuse Council

**MORE QUESTIONS? EMAIL DIRECTOR- ERICK KIVETT**  
[ekivett@morgancounty.in.gov](mailto:ekivett@morgancounty.in.gov)

**Question:** What's the best way to get rid of medicines (including prescription, over the counter (OTC), and dietary supplements) you no longer need or that have expired?

**FDA-** The best way to dispose of most types of unused or expired medicines (both prescription and over-the-counter) is to drop off the medicine at a drug take back site, location, or program immediately.

Locations in Martinsville– Martinsville Police Station, IU Morgan Hospital, and Tox Away Day