

NOW IN 2016

**Senior Citizens
Utility Tax Rebates**

**January 1 to March 31
2016**

VOLUME 24 ISSUE 1

Happy New Year
2016



JANUARY/FEBRUARY 2016

Ruth E. Jones, Executive Director

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

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"Its back!"
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DON'T FORGET

Schedule your appointment
for the Senior Citizens
Utility Tax Rebate today!

913-573-8531

(See story on page 4 for
qualifications)

DIVISION OF CHILDREN AND FAMILIES (DCF) WILL NO LONGER PROCESS MEDICAID APPLICATIONS FOR ELDERLY & DISABLED

Effective January 1, 2016, the Department for Children and Families (DCF) will no longer process Medicaid (Kancare) for the Elderly and Disabled after 40 years of providing this service.

THE KANSAS DEPARTMENT OF HEALTH AND ENVIRONMENT (KDHE) WILL TAKE OVER THIS RESPONSIBILITY.

Everyone will still be able to fill out an application for KanCare online at ApplyForKancare.ks.gov. For assistance or paper applications, people with disabilities and the elderly can call 1-800-792-4884. Kansas Department for Health and Environment (KDHE) is deploying an additional 18 out-stationed workers in several cities throughout Kansas, including Kansas City. These out-stationed workers will be available, by appointment only, whenever a face to face visit is required. People with disabilities or the elderly who need to fax in applications or any supporting documentation will now need to use the fax number 1-844-264-6285.

Families and children applying for KanCare can fill out an application online at ApplyForKancare.ks.gov. they can call 1-800-792-4884 and fax applications to 1-800-498-1255.

LA DIVISION DE NINOS Y FAMILIAS (DCF) DEJARA DE PROCESAR LAS SO- LICITUDES DE MEDICAID PARA ANCIANOS Y PERSONAS INCAPACITADAS

Efectivo el 1 de enero de 2016, el Departamento de Niños y Familias (DCF) dejará de procesar Medicaid (Kancare) para los ancianos y los incapacitados, después de 40 años proveyendo este servicio.

EL DEPARTAMENTO DE SALUD Y AMBIENTE DE KANSAS (KDHE) ASUMIRÁ ESTA RESPONSABILIDAD

Todo el mundo seguirá siendo capaz de llenar una solicitud en línea para KanCare en ApplyForKancare.ks.gov. Para obtener asistencia o solicitudes en papel, las personas incapacitadas y los ancianos pueden llamar al 1-800-792-4884. El Departamento de Salud y Ambiente de Kansas (KDHE) está desplegando una red adicional de 18 trabajadores en varias ciudades a través de Kansas, incluyendo Kansas City. Estos trabajadores estarán disponibles, solo por cita, a menos que una visita cara a cara es necesaria. Las personas incapacitadas o los ancianos que necesitan mandar sus solicitudes o cualquier documentación justificativa por facsímil usan el número de fax 1-844-264-6285.

Las familias y los niños que solicitan KanCare pueden llenar una solicitud en línea en ApplyForKancare.ks.gov. o pueden llamar al 1-800-792-4884 y mandar solicitudes por fax al 1-800-498-1255.

Dear Newsletter Recipient:

For years "The Communicator" has served as a vital means for providing seniors in Wyandotte County important information regarding aging news, events, programs, services and much more!

_____	\$100	Advocate <i>defensor</i>
_____	\$50	Benefactor <i>benefactor</i>
_____	\$25	Patron <i>patrón</i>
_____	\$10	Contributor <i>contribuidor</i>
_____		Other <i>otro</i>

The newsletter's continuity depends on your donations for its existence.

Please help us to continue to provide this important publication by becoming a sponsor!

Respectfully,
The Newsletter Committee

¡Necesitamos su ayuda como patrocinador para continuar con esta publicación importante! ¡Gracias!

Thank You!

Appreciation is extended to the following who have contributed toward the cost of this newsletter.

Names are listed in alphabetical order.

Gloria Hernandez (Contributor)

Arlene Long (Contributor)

Seiko Roberts (Contributor)

If you would like to contribute to the cost of the newsletter, please make checks payable to:

Wyandotte/Leavenworth AAA,

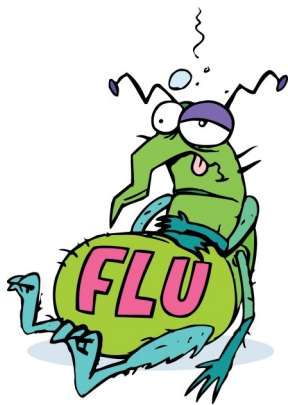
Attn: The Communicator

849 North 47th, Suite C

Kansas City, Kansas 66102

FLU SEASON: "IT'S BACK!"

Chills, fever, body aches, cough, sore throat and headache are all symptoms of influenza - better known as "the flu." Flu is a very serious viral illness that is spread by respiratory droplets so a person can be contagious before he or she becomes symptomatic. The very young, very old, pregnant women and



people with chronic medical conditions are most vulnerable to complications of the flu, such as pneumonia and even death. People can defend themselves against the flu by practicing a healthy lifestyle that includes getting enough rest, eating nutritious meals and exercising. Other healthy habits include thorough and frequent hand washing and keeping your hands away from your face. Coughing and sneezing into your sleeve at the elbow when ill helps to protect others by preventing the spread of germs.

Your best defense against the flu continues to be vaccination which the Centers for Disease Control recommend for those aged 6 months and over. It is readily available through many venues, including pharmacies.

For additional information, consult with your health care provider or the WY County Health Department at 913-573-8855.

Eating Well As You Get Older

How can I lower the amount of fat in my diet?

- Choose seafood, lean poultry (with the skin removed) or lean cuts of meat.
- Trim off any extra fat before cooking.
- Limit whole dairy products.
- Use low-fat or fat-free dairy products and salad dressings.
- Use non-stick pots and pans, and cook without added fat.
- If you currently use butter or other saturated fats, switch to unsaturated vegetable oil or a nonfat cooking spray instead.
- Broil, roast, bake, stir-fry, steam, microwave, or boil foods. Avoid frying them.
- Season your foods with lemon juice, herbs or spices instead of butter.



source: nihseniorhealth.gov

2016 MEDICARE PART B PREMIUM INCREASES

In 2016, the standard Part B premium amount will be \$121.80 (or higher depending on your income). However, most people who get Social Security benefits will continue to pay the same Part B premium amount as they paid in 2015. This is because there wasn't a cost-of-living increase for 2016 social Security Benefits. You'll pay a different premium amount in 2016

if:

- You enroll in Part B for the first time in 2016.
- You don't get Social Security benefits.
- You're directly billed for your Part B premiums.
- You have Medicare and Medicaid, and Medicaid pays your premiums. (Your state will pay the standard premium amount of \$121.80.)
- Your modified adjusted gross income as reported on your IRS tax return from 2 years ago is above a certain amount.

~ Source: www.medicare.gov

AUMENTO DE LA PRIMA DE LA PARTE B DE MEDICARE EN 2016

En 2016, la cantidad de la prima de la parte B estándar será de \$121.80 (o superior dependiendo de sus ingresos). Sin embargo, la mayoría de las personas que reciben beneficios del Seguro Social continuarán pagando la misma prima para la parte B que pagaron en 2015. Esto es debido a que no hubo un aumento del costo de vida para el año 2016 en los beneficios de Seguro Social. Usted pagará una prima diferente en 2016 si:

- Usted se inscribe en la parte B por primera vez en 2016.
- Usted no obtiene los beneficios de Seguro Social.
- Usted paga directamente las primas por su parte B.
- Usted tiene Medicare y Medicaid, y Medicaid paga sus primas. (El estado pagará la prima estándar la cantidad de \$121.80).
- Su ingreso bruto ajustado modificado como se informó en su declaración de impuestos (IRS) desde hace 2 años está por encima de cierta cantidad.

MEALS ON WHEELS CHECK-OFF

Kansas taxpayers have the option again this year of donating part or all of their 2015 income tax refund to the State's *Meals on Wheels* programs.



Individuals who owe taxes may contribute by checking the amount they want to donate and writing a check for the full amount.

Check off funds are distributed to meal programs according to a formula based on the number of meals served.

LEGAL PLANNING AND PRE BURIAL PREPARATION INFORMATION

Sponsored by Metropolitan Baptist Church

An event for seniors to educate themselves regarding financial planning, health care decisions and medical treatments should they be unable to speak for themselves. What are your rights? Who will make these decisions, become your guardian or oversee your legal matters?

January 11, 2015

1pm

Metropolitan Baptist Church
853 Washington Blvd.
Kansas City, Kansas 66101

Inside Lampkin Hall

COLD WEATHER RULE

November 1, 2015 through March 31, 2016

The Kansas Corporation Commission (KCC) wants Kansans to have electric, gas and water services needed to keep their home warm during the winter. The KCC also recognizes the customer's responsibility to make arrangements to pay for that service. The Cold Weather Rule was designed in 1983 to ensure both goals are met.

The Cold Weather Rule ensures you will have electric and gas services for your home during the winter. You must make pay arrangements with your utility company to use the Rule and pay your current bill in full while paying off the overdue amount.

If you have questions or concerns regarding the Cold Weather Rule, you may call (800) 662-0027 or visit: <http://kcc.kc.gov>.

SENIOR CITIZENS UTILITY TAX REBATES

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center (ADRC) staff assists the Unified Government Clerk's Office with the Senior Citizen's Utility Tax Rebate Program (by appointment only). To qualify for this program you must:

1. Be a Kansas City, Kansas resident. Residents of Bonner Springs and Edwardsville are NOT eligible.
2. Be 65 years of age or older during the entire calendar year of 2015 (Born before January 1, 1950).
3. Gross household income from all sources, including that of your spouse shall not exceed \$25,000.



If you are eligible, your refund will be the total of the following, not to exceed \$150.

- Gas franchise tax paid to Kansas Gas or Atmos Energy
- 90% of water pollution control charges paid to the Board of Public Utilities
- 7.9% of water and electricity paid to the Board of Public Utilities
- Franchise tax (special municipal charge) paid to AT&T telephone
- A refund on city sales tax (based on income)

FOR ASSISTANCE:

You may visit the Clerk's office Monday - Friday, 8:30am to 4pm on a first come, first serve basis. The Clerk's office is located inside of City Hall at 701 North 7th Street, KCK 66101 on the 3rd floor.

To visit the Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center, you must schedule an appointment by dialing 913-573-8531. The ADRC will assist on Tuesdays and Thursdays by appointment only.

The program runs from January 2, 2016 to March 31, 2016. For questions or more information regarding the Utility Tax Rebate Program, contact the Unified Government Clerk's Office at 913-573-5260.

LOW INCOME ENERGY ASSISTANCE PROGRAM L.I.E.A.P

The Low Income Energy Assistance Program (LIEAP) is a federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit.



In order to qualify, applicants must:

- Live at the address, be personally responsible for purchasing heating costs incurred at the current residence.
- Demonstrate a recent history of payments.
- Have a combined gross income (before deductions) of all persons living at the address lower than 130% of the federal poverty guidelines.

The application period normally runs from mid January to March 31st. Payments will be made directly to the fuel vendor. For more information or to request an application, please call 1-800-432-0043.

HOMESTEAD REFUND

The Homestead Refund is rebate program for the property taxes paid by homeowners. The refund is based on a portion of the property tax paid on Kansas resident's home. The maximum refund is \$700.

To qualify you must be a Kansas resident, living in Kansas the entire year. Your total household income must be \$34,000 or less.

You must also meet one of the following requirements:

- You were born before January 1, 1961; or
- You must have been totally and permanently disabled or blind during the entire year, regardless of your age; or
- You must have had a dependent child living with you all of last year who was born before January 1, 2015, and was under the age of 18 the entire year

Homestead Refund Advancement Program provides eligible homeowners with the opportunity apply a portion of their anticipated Homestead advancement sent directly to their County Treasurer. If the box is checked on the 2015 K-40H, the homestead advancement will be sent directly from Kansas Department of Revenue to the County Treasurer. This eliminates the need for the homestead claimant to physically deliver the homestead eligibility letter to the County Treasurer.

If you do not check this box, you cannot participate in the homestead advancement program, and none of your homestead refund will be used to pay your following year taxes.

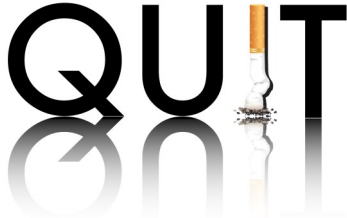
Should you have questions regarding Homestead Refund or the Homestead Refund Advancement Program you may visit the website at www.ksrevenue.org or by dialing 1-785-368-8222.

QUITTING SMOKING FOR OLDER ADULTS:

How Quitting Improves Your Health

Benefits for Yourself

Are you tired of that lingering cigarette smell, stale breath, and tooth discoloration? Maybe you have frequent coughing, shortness of



breath, high blood pressure, or other health symptoms? You can look forward to dramatic changes the moment you quit smoking. Within 20 minutes of smoking that last cigarette, your body starts making healthy changes that will continue for years. You

will add healthy days and years to your life and the lives of your loved ones when you quit. Within just a few weeks of quitting you will start to feel better -- more energized, more relaxed, more confident, and proud that you were able to quit.

Benefits for Your Loved Ones

Your smoking harms those around you, particularly young children. By quitting, you can protect others from the dangers of secondhand smoke.

Benefits to Your Brain:

5 years after quitting your risk of stroke begins to decrease. In 5-10 years, you can reduce your stroke risk to that of a nonsmoker.

Benefits to Your Throat:

One to nine months after quitting, your coughing and shortness of breath decrease.

Benefits to Your Lungs:

Two weeks to three months after quitting, your lung function begins to improve; 10 years after quitting your chance of dying from lung cancer is about half that of a smoker.

Benefits to Your Heart:

Twenty minutes after quitting your heart rate drops to more normal levels. One year after quitting your added risk of coronary heart disease is half of a smoker's risk. Fifteen years after quitting, your risk of coronary heart disease is about the same as a nonsmoker's.

To help you quit, Medicare Part B (Medical Insurance) covers up to 8 face-to-face visits with a doctor or other Medicare-recognized provider in a 12-month period for counseling to stop smoking or using tobacco products.

source: www.nihseniorhealth.gov

DON'T BE A VICTIM

Every year, thousands of people lose money to telephone scams—from a few dollars to their life savings. Scammers will say anything to cheat people out of money. Some seem very friendly, calling you by your first name, making small talk and asking about your family. They may claim to work for a company you trust or they may send mail or place ads to convince you to call them.

If you get a call from someone you don't know who is trying to sell you something you hadn't planned to buy, say "No

thanks!" and, if they pressure you about giving up personal information, like your credit card



or social security number, it's likely a scam. Hang up and report to the Federal Trade Commission.

Often, scammers who operate by phone don't want to give you time to think about their pitch; they just want you to say, "yes". But some are so cunning that, even if you ask for more information, they seem happy to comply. They may direct you to a website or otherwise send information featuring *satisfied customers*. These customers, known as *shills*, are likely as fake as their praise for the company.

Here are a few red flags to help you spot telemarketing scams. If you hear a line that sounds like this, say "no thank you", hang up and file a complaint.

- You've been specially selected (form this offer).
- You'll get a free bonus if you buy our product.
- You've won one of five valuable prizes.
- You've won big money in a foreign lottery.
- This investment is low risk and provides a higher return than you can get anywhere else.
- You have to make up your mind right away.
- You trust me, right?
- You don't need to check our company with anyone.
- We'll just put the shipping and handling charges on your credit card.

Everyone's a potential target. Fraud isn't limited to race, ethnic background, gender, age, education or income. Some scams seem to concentrate in certain groups. For example, older people may be targeted because the caller assumes they may live alone, have a nest egg or may be more polite toward strangers.

If you feel you have been scammed, contact the Federal Trade Commission at 1-877-FTC-HELP.

VALENTINE FACT:

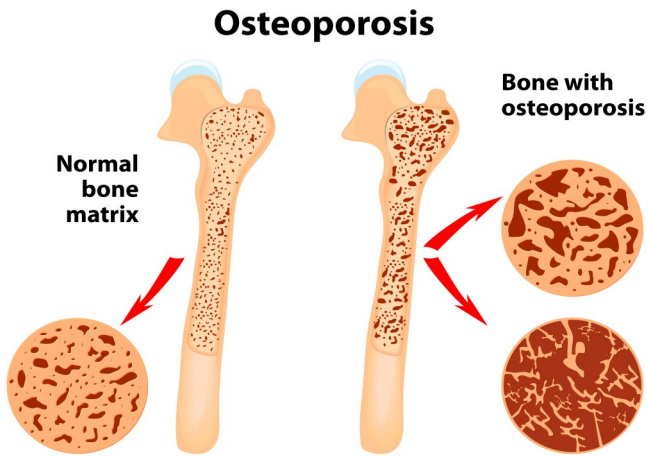
Approximately 150 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas.



OSTEOPOROSIS IN AGING

Bones feel solid, but the inside of a bone is actually filled with holes like a honeycomb. Bone tissues are broken down and rebuild all the time. While some cells build new bone tissue, others dissolve bone and release the minerals inside.

As we get older, we begin to lose more bone than we build. The tiny holes within bones get bigger and solid, the outer layer becomes thinner. In other words, our bones get less dense. Hard bones turn spongy and the spongy bones turn spongier. If this loss of bone density goes to far, it's call Osteoporosis. Over 10 million people nationwide are estimated to have osteoporosis.



It's normal for bones to break in bad accidents. But if your bones are dense enough, they should be able to stand up to most falls. Bones weakened by osteoporosis are more likely to break.

Broken bones can lead to serious problems for seniors. The hip is a common site for osteoporosis, and hip fractures can lead to a downward spiral of disability and loss of independence. Osteoporosis is also common in the wrist and the spine.

Experts suggest that women start getting screened for osteoporosis at age 65. Men should discuss screening recommendations with their health care providers.

There's a lot you can do to lower your risk. Getting plenty of calcium, vitamin D and exercise is a good start. Calcium is a mineral that helps bones stay strong. Vitamin D helps your body absorb calcium. Exercise, especially weight-bearing exercises help bones too.

If you're concerned about your bone health, ask your health care provider about the possibility of a bone density test.

source: nihseniorhealth.gov

SHL HOST DISCUSSION WITH LOCAL LEGISLATORS

The Wyandotte/Leavenworth Silver Haired Legislators (SHL) hosted a luncheon on December 4, 2015 to discuss SHL Bills.

Topics included issues up for consideration in Congress pertaining to the seniors of Wyandotte and Leavenworth Counties.



AGING & DISABILITY RESOURCE CENTER HOSTS MEDICARE EVENT

The Wyandotte/Leavenworth Aging & Disability Resource Center hosted a Medicare event on December 2, 2015. Beneficiaries had the opportunity to compare Medicare Health Plans, prescription drug coverage and make the necessary changes for the 2016 year. The event was open to the public and was well attended.



If you are new to Medicare, turning 65 in 2016 or have recently become disabled, you may contact the ADRC at 913-573-8531 and discuss your options with a SHICK Counselor.

DOES EMAIL WORK FOR YOU?

By joining our email club, you'll get information before everyone else!

Send an email to: 60Plus@wycokck.org with your request.



Easy Tuna Casserole

Ingredients:

- 3 cups cooked macaroni
- 1 (6 ounce) can tuna, drained
- 1 (10.75) can condensed cream of chicken soup
- 1 cup shredded cheddar cheese
- 1 1/2 cups French fried onions

Directions:

Preheat oven to 350°

In a 9x13 inch baking dish, combine the macaroni, tuna and soup. Mix well and then top with the cheese

Bake at 350° for about 25 minutes or until bubbly. Sprinkle with fried onions and bake another 5 minutes.

Serve hot.



A NEW YEAR BRINGS NEW BEGINNINGS

Find and circle all the words hidden in the grid.

- ARROW
- ASH WEDNESDAY
- BALLOONS
- CHANPAGNE
- CHEERS
- CHINESE NEW YEAR
- CHOCOLATE
- COLD
- COUNT DOWN
- CUPID
- FAT TUESDAY
- FREEDOM
- GROUND HOG DAY
- HEARTS
- ICE SKATING
- KANSAS DAY
- KISS
- LEAP YEAR
- LINCOLN
- LOVE
- MARDI GRAS
- MARTIN LUTHER KING
- NEW YEARS DAY
- PRESIDENTS DAY
- RED
- RESOLUTIONS
- ROMANCE
- ROSES
- SNOW
- STREAMERS
- SUPERBOWL
- TIME SQUARE
- TOAST
- UTILITY TAX REBATES
- VALENTINES DAY
- WASHINGTON

R	L	U	S	R	E	E	H	C	Y	M	Q	F	J	Y	Q	M	W	M	S	E	C	N	L	G
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Wyandotte/Leavenworth

Area Agency on Aging

849 North 47th Street - Suite C

Kansas City, Kansas 66102

Phone: 913-573-8531

Fax: 913-573-8577

Email: 60Plus@wycokck.org

DisABLED or 60PLUS?...Call on Us!

PRESORTED STANDARD

U.S. POSTAGE PAID

KANSAS CITY, MO

PERMIT NO. 6412

calendar >>>

NEW YEARS DAY

Friday, January 1, 2016

Unified Government Office Closed

MARTIN LUTHER KING DAY

Monday, January 18, 2016

Unified Government Office Closed



The Communicator is published bi-monthly by the Wyandotte/Leavenworth Area Agency on Aging. It is funded by the Kansas Department for Aging and Disability Services through the Older Americans' Act. We assume no responsibility for the care and return of unsolicited material. Donations are suggested.

The Wyandotte/Leavenworth Area Agency on Aging does not discriminate on the basis of race, color, religion, age national origin, sex, or handicap.

If you feel you have been discriminated against, you may file a complaint with the Kansas Department for Aging & Disability Services at 1-800-432-3535.

Linda Ramirez, Editor

Emma Fonseca, Contributing Editor

coming soon >>>

VALENTINE'S DAY

Sunday, February 14, 2016

PRESIDENTS' DAY

Monday, February 15, 2016

Unified Government Office Closed