

NOW IN 2016

Area Agency on Aging
sponsored outing
August 11th.

DETAILS INSIDE THIS
EDITION OF
THE COMMUNICATOR



VOLUME 24 ISSUE 4

JULY/AUGUST 2016

Ruth E. Jones, Executive Director

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

In this issue >>>

- Demand Response Transportation
- KCK Cooling Centers
- Medicare Minutes
- Older Americans Month Celebration Held
- Hoarding and How to Clean It Up
- AAA Sponsored Outing - Would You Like To Visit Union Station?
- Senior Care Act Funding Reduced

HEAT STRESS IN OLDER ADULTS

Older adults are more prone to heat stress than younger people for several reasons. Older adults do not adjust as well to sudden changes in temperature, they are more likely to have a chronic medical condition and are more likely to take prescription medications.

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature and can cause death or permanent disability if emergency treatment is not provided. Symptoms of "heat stroke" may include the following: extremely high body temperature (above 103°F), rapid or strong pulse, throbbing headache, dizziness or nausea.



Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Warning signs may include the following: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting, skin may be cool and moist, pulse rate (fast and weak) and the persons breathing may be fast and shallow.

Drink cool, non-alcoholic beverages, take a cool shower or bath, seek air-conditioned environment, wear lightweight clothing and do not engage in any strenuous activities.

If you see any signs of severe heat stress or stroke, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Get the person cooled down by whatever methods you can. For example, cool beverages, immersing the person in a tub of cool water or sponge the person with cool water.

Never dismiss symptoms of heat stroke or exhaustion. Seek medical assistance as soon as possible!



IF YOU WOULD LIKE TO
DONATE OR REQUEST A
FAN, DIAL 816-968-9432. THE
CHANNEL 9 FAN CLUB WILL
DIRECT YOU TO THE
ORGANIZATION NEAREST

DEMAND RESPONSE TRANSPORTATION

Demand Response is a door to door transportation service provided to Senior Citizens age 65 and older, living in Wyandotte County to destinations within the county. *Demand Response* allows Senior Citizens to call and schedule rides on a public transit system that would not otherwise be available in their area.

The fare charged for eligible *Demand Response* trips is \$2 each way. Please have the exact cash fare; drivers DO NOT carry cash to make change. One personal assistant may ride along free of charge.



Demand Response provides curb to curb service to the most exterior door and cannot enter residences or businesses. Please be ready and waiting near the most exterior door. Your vehicle may arrive any time between your 1-hour pickup window and will be a mini-bus clearly marked with the "Aging" head sign.

If you are using a wheelchair, there must be an accessible path from your pickup point to the vehicle. Drivers are unable to transport wheelchairs up or down steps or along other non-accessible paths.

Those interested in using *Demand Response* will need to register by submitting a completed registration form along with proof of age to:

**Unified Government Transit
5033 State Avenue
Kansas City, Kansas 66102**

Registration forms are available from the Unified Government Transit Center by dialing 913-573-8351. You are encouraged to pre-register once you turn 65 years of age.

Transportation services are provided to ADA (Americans with Disabilities Act) clients that are certified as disabled. "Dial-A-Ride" service is provided Monday through Friday. The fare for this pre-reserved service is: \$3 each way

For assistance call (913)573-8351

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! The newsletter's continuity depends on your donations for its existence. Please help us continue to provide this important publication by becoming a sponsor!

- \$100 **Advocate**
defensor
- \$50 **Benefactor**
benefactor
- \$25 **Patron**
patron
- \$10 **Contributor**
contribuidor
- **Other**
otro

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.

Evelena Blackwell (Contributor)
Alma L. Godfrey (Contributor)
Jessie M. Grant (Patron)
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Johnella D. Newton (Patron)
Dorothy Smith (Advocate)
Anita Strub (Contributor)
Anna Todd (Patron)

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

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.



MEDICARE OPEN ENROLLMENT COMING SOON!

October 15 - December 7

Open enrollment events will be scheduled in **October, November and December.**

Individualized counseling will be given at these events.

More information to be published in the September/October issue.

WYANDOTTE COUNTY COOLING CENTERS

Should you need relief from the heat, don't hesitate to visit one of the public cooling centers listed below.

Kansas City Kansas City Hall

701 North 7th Street
8am-5pm, M-F

Willa Gill Center

645 Nebraska Avenue, KCK
9a-1p & 2p-5p, M-F

One of the following **KCK Libraries** listed below (during business hours).

Main Branch

625 Minnesota, KCK

Wyandotte West Branch

1737 N 82nd Street, KCK

South Branch

3104 Strong, KCK

Turner Community Library

831 South 55th Street, KCK

One of the following **Parks and Recreation Centers** (hours indicated).

Eisenhower Community Center

2901 North 72nd St., KCK
9am - 9pm, M-F

Argentine Community Center

2810 Metropolitan, KCK
9am-9pm, M-F

Armourdale Community Center

730 Osage, KCK
4pm-9pm, M-F

John F. Kennedy Comm. Center

1310 North 10th Street, KCK
12p-9pm, M-F

Turner Recreation Commission

831 South 55th Street, KCK
8am-5pm, M-F

MEDICARE MINUTES

Real Talk

Medicare Minutes are a series of brief, but informative, timely Medicare topics presented in our newsletter.

Mr. Lee has Medicare. One evening he received a phone call from a woman who identified herself as a Medicare representative. The representative told Mr. Lee she could save him hundreds of dollars each month by signing him up for the new Medicare Prescription Drug Coverage. Mr. Lee pays over \$300 in drug cost each month, so he was eager to join. When the woman said she could sign him up over the phone and asked for Mr. Lee's Medicare and checking account numbers, he gave them to her.

After sleeping on it, Mr. Lee realized he had made a mistake by giving out his personal information and contacted Senior Medicare Patrol (SMP). SMP helped Mr. Lee contact his bank, close his account and report the crime to the police and Medicare.

DON'T BE A VICTIM.....PROTECT Yourself Against Medicare Fraud

TIPS TO PREVENT MEDICARE FRAUD

Do's

- Do protect your Medicare number and your Social Security Number. Treat your Medicare card like it's a credit card.
- Do remember that nothing is ever "free." Don't accept offers of money or gifts for free medical care.
- Do ask questions. You have a right to know everything about your medical care including the costs billed to Medicare.
- Do educate yourself about Medicare. Know your rights and know what a provider can and can't bill to Medicare.
- Do use a calendar to record all of your doctor's appointments, tests, procedures, etc. Then check your Medicare statements carefully to make sure you received each service listed and that all the details are correct. If you spend time in the hospital, make sure the admission date, discharge date and diagnosis on your bill are correct.
- Do be wary of providers who tell you that the item or service isn't usually covered, but they "know how to bill Medicare" so Medicare will pay.
- Do make sure you understand how a plan works before you join.

Don'ts

- Don't allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Don't contact or let anyone persuade you to see a doctor for care or services you don't need.
- Don't accept medical supplies from a door-to-door salesman. If someone comes to your door claiming to be from Medicare or Medicaid, remember that Medicare and Medicaid don't send representatives to your home to sell products or services.
- Don't be influenced by certain media advertising about your health. Many television and radio ads don't have your best interest in mind.
- Don't give your Medicare card or Social Security Number to anyone except your doctor or other authorized Medicare provider.

If you suspect that you have been a victim of Medicare Fraud please contact the local SMP office at 1-800-432-3535.

OLDER AMERICANS MONTH CELEBRATION HELD FOR THE COMMUNITY



The Wyandotte/Leavenworth Area Agency on Aging held its Annual Older Americans' Month Celebration on May 26, 2016. The community came out and enjoyed the Sock Hop themed event which included, health screenings, food, music, dancing, karaoke and door prize drawings.

Appreciation is given to the following event supporters (*in alphabetical order*): Access Medical, Adult Health Services, Alliance Home Health, Assisted Transportation, Baker Chiropractic & Acupuncture, Catholic Community Hospice, Connect Hearing, Cremation Center of Kansas City, Faith Home Healthcare, Kansas City Kansas Fire Department, Optum, Philips Lifeline, Sunshine Home Health Care, The Dreamworks, Unified Government Emergency Management, Unified Government Transit Department and United Health Care - Community Plan.

Above/Below: Volunteers and Area Agency on Aging staff worked hard to make the event a success.



HOARDING AND HOW TO CLEAN IT UP

Hoarding, which studies estimate affects between 2 and 5 percent of the population, is characterized by the excessive accumulation of things and difficulty discarding them. The behavior may focus on one type of item - such as books, papers or clothing - or encompass anything and everything. While many of us have more things than we need, for hoarders clutter in the home becomes a barrier to normal activity.

Pet infestation, fire risk, difficulty cleaning and deferred maintenance are common problems in the homes of hoarders and renters with hoarding behavior are often at risk for eviction and homelessness.

A qualitative study of 22 adults age 65 and older with hoarding issues, found that while hoarding behavior often begins before adulthood, it seems to become more problematic as people age. People with hoarding problems are often undertreated for the medical problems that can accompany aging. Sometimes, this is because hoarders may need a home health aide but don't feel comfortable letting anyone into their homes; in other situations, the hoarder may lack the organizational skills to get to a doctor or to follow through with recommended treatment. The crowded physical environment in a home can also contribute to falls, and some older people with hoarding problems cannot use necessary equipment, like walkers and wheelchairs because there is simply isn't enough room.

Whether it's a case of accumulated memorabilia or an extreme case of simple hoarding, sorting through belongings is exhausting.

Here are a few tips to help you get through the cleanup.

1. **Enlist a crew** - Whether its your family members or friends, get a group of people together to help with the process.
2. **Find and set a date** - It's inevitable, it has to be done. Schedule a date, preferably a Saturday morning to start the process.
3. **Work room by room** - forget about the 5 rooms that need to be done, start sorting through one room at a time. Huge tasks of outrageous proportions, broken up into small segments, seem more attainable. By taking a room by room approach, your progress will be noticeable on day one.
4. **Use a system** - As you go through each room, set aside a place for each of the following: charitable and donations, keepsakes and valuables and finally, trash.



Once you've done this in all rooms, hire a professional to clear the trash and professionally clean.

Keep in mind that this process could take a month or so, depending on whether you want to power through. Don't get frustrated. Set goals and know that your mission will eventually get accomplished.

INTERESTED IN SOCIAL ACTIVITIES?

If you are interested in seeing activities for seniors in Wyandotte County, please fill out the survey below and remit to:

Wyandotte/Leavenworth AAA
849 North 47th Street, Suite C

Please take a moment to complete this survey to help us improve programs for social activities in Wyandotte Co.

AGE:

- 50 - 59
- 60 - 69
- 70 - 79
- 80+

Would you participate in events and/or activities at a Wyandotte County Senior Center?

- YES
- NO

Would you need transportation to attend activities or event at a senior center in Wyandotte County?

- YES
- NO

GENDER:

- MALE
- FEMALE

How many days a week would you attend activities and/or an event at a Wyandotte County Senior Center?

- 1 - 2 days
- 3 days
- 4 - 5 days

What are your interests?
(Check all that apply)

- Bingo
- Educational Classes
- Arts & Crafts
- Volunteering Activities
- Other: _____
- Zumba/Line Dancing
- Gardening
- Cooking Classes
- Social Outings

ZIP CODE:

THANK YOU FOR YOUR PARTICIPATION!

WOULD YOU LIKE TO VISIT UNION STATION AND ITS EXHIBITS?

The Wyandotte/Leavenworth Area Agency on Aging will be sponsoring a trip to Union Station on August 11, 2016 at 11am.



The trip includes:

- ⇒ **A boxed lunch** - Lunch at AAA before departure.
- ⇒ **Union Station Exhibit: Body Works & The Circle of Life** - A remarkable educational exhibition that invites you to consider the form, function and beauty of the human body through all stages of life. (A \$21.95 value)
- ⇒ **Arvin Gottlieb Planetarium - Stargaze Kansas City.** This interactive show, (an educator led 3D astronomical experience) will teach guests about constellations, deep space objects and other features of our universe. (A \$6.00 value)
- ⇒ **Ride on the new StreetCar KC** - To and from Union Station and chartered bus stop.
- ⇒ **Chartered Bus Transportation** - To StreetCar KC stop.

Participants must be 60 years of age. Only 20 seats are available, so reserve your spot today! The cost of the trip is \$22 per individual. Your spot is reserved once payment is made to the WY/LV Area Agency on Aging at 849 North 47th Street, Kansas City, Kansas 66102. Contact Linda Ramirez at 913-573-8543 if interested. Reservations must be made by August 1, 2016.

JOIN US FOR POPCORN!

When: August 19, 2016

Where: 849 North 47th Street

Time: 10am - 2pm



In celebration of **National Senior Citizens Day**, an observance in August to honor the contributions of senior citizens in the United States.

KANSAS TARGETS SENIORS TO HELP BALANCE BUDGET SHORTAGES

Effective July 1, 2016, the Kansas Legislature reduced the Senior Care Act state budget due to limited state resources.

The Senior Care Act Program provides needed in-home care services to individuals 60 years and older. These services include personal care and homemaking for qualified seniors.

As a result of Kansas Legislature deciding to cut services to seniors, many seniors across Kansas will see their services reduced drastically because the cuts totaled \$2.1 million. Unfortunately, without these needed services, this places seniors at risk for nursing home placement.

If you are a customer receiving services under this program, you may experience a reduction in hours or service due to these cuts.

4 Reasons To Drink More water...

<h3>MORE ENERGY</h3> <p>A major cause of fatigue and weakness is dehydration. Proper hydration helps maintain clear thinking and better concentration.</p>	<h3>HEALTHY SKIN</h3> <p>Consuming enough water hydrates your skin, diminishes the appearance of wrinkles, and it flushes toxins out of your body!</p>
<h3>WEIGHT LOSS</h3> <p>Staying hydrated ensures that your organs work optimally. This increases metabolism, allowing you to burn more fat. Plus water has no calories!</p>	<h3>YOU NEED IT</h3> <p>Water allows nutrients & oxygen to travel to organs & cells. Water also regulates our body temperature, removes waste and protects joints & organs!</p>

Old Fashioned Potato Salad

Ingredients:

- 5 potatoes
- 3 eggs
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup sweet pickle relish
- 1/4 tsp. garlic salt
- 1/2 tsp. celery salt
- 1 tbsp. prepared mustard
- Ground pepper to taste
- 1/4 cup mayonnaise

Preparation:

- 1) Bring a large pot of salted water to boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool, peel and chop.
- 2) Place eggs in a saucepan and cover with cold water. Bring water to boil; cover, remove from heat and let eggs stand in hot water for 10 to 13 minutes. Remove from hot water, cool, peel and chop.
- 3) In a large bowl, combine the potatoes, eggs, celery, onion, relish, garlic salt, celery salt, mustard, pepper and mayonnaise. Mix together well and refrigerate until chilled.



RELAXATION!

Find and circle all the words hidden in the grid.

- AMERICAN
- APPLE PIE
- BACK PACKS
- BACK TO SCHOOL
- BEACHBALL
- CAR WASH
- COLLEGE
- CONSTITUTION
- COOK OUT
- EAGLE
- FAMILY REUNION
- FIRE FLIES
- FIRE WORKS
- FOURTH OF JULY
- FREEDOM
- GARAGE SALE
- ICE CREAM
- LIBERTY BELL
- LUNCH BOX
- MOSQUITOS
- PATRIOTIC
- PICNIC
- PLAYGROUND
- POTATO SALAD
- RED WHITE BLUE
- SANDALS
- SCHOOL SUPPLIES
- SPARKLERS
- STARS AND STRIPES
- SUMMER
- SUNBLOCK
- SUNGLASSES
- SWIMMING POOL
- UNIFORMS
- VACATION
- WATERMELON

J	F	Q	M	H	R	H	T	Y	P	T	Y	X	B	N	L	F	N	E	H	W	R	C	V	K
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A	G	J	F	G	R	C	N	L	Q	I	T	S	M	R	O	F	I	N	U	Q	K	S	Z	B
C	W	G	Y	V	X	O	E	T	L	S	N	T	Q	W	F	X	X	Z	B	X	O	L	S	E

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

July >>>

INDEPENDENCE DAY

Monday, July 4, 2016

Unified Government Offices 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

August >>>

DAY TRIP Union Station

Thursday, August 11, 2016

NATIONAL SENIOR CITIZENS DAY Sunday, August 21, 2016

National Senior Citizens Day will be observed at the Area Agency on Aging Office, Friday, August 19, 2016

Popcorn & a cool drink!