

NOW IN 2016

May is Older Americans Month and National Mental Health Awareness Month

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

VOLUME 24 ISSUE 3

MAY/JUNE 2016

Ruth E. Jones, Executive Director

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

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OLDER AMERICANS MONTH CELEBRATION

You're invited to our Sock Hop

Thursday, May 26, 2016

12p to 3pm

**Pierson Community Center
1800 South 55th Street
Kansas City, Kansas 66106**



- | | |
|---|----------------------------------|
| • Concessions | • Concesiones |
| • Games | • Juegos |
| • Health Screenings | • Evaluaciones Medicas |
| • Informational Booths | • Mesas de Information |
| • Drawings | • Sorteos |
| • Entertainment | • Entretenimiento |
| • Transportation from AAA to event site | • Transporte desde AAA al evento |

Pre - order your \$10 t-shirt for the Sock Hop with Bridget Doty at 913-573-8535.

A limited number of shirts will be available at the event.

**No cost for those 60 years and older!
¡Ningún costo a esos de 60 años o mayores!**

COMMUNITY CHAMPIONS WEEK HELD IN WYANDOTTE COUNTY

Wyandotte County Officials participated in the *Community Champions Week* in Wyandotte County. During the week of March 21, 2016, elected officials, local celebrities and other prominent community figures across the country recognize the need and promote awareness of the Meals on Wheels Program. Below you will find some photos of the officials of Wyandotte County who participated in the 2016 events.



**MEALS on WHEELS
AMERICA**

TOGETHER, WE CAN DELIVER.



Above: Pictured is Commissioner Jane Philbrook; Executive Director of the Area Agency on Aging, Ruth Jones; Betty Ewell, Nutrition Program Manager; Assistant County Administrator, Gordon Criswell and Rev. Jimmie Banks of Strangers Rest Baptist Church share in the festivities of *Community Champions Week*.

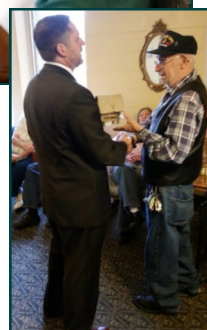
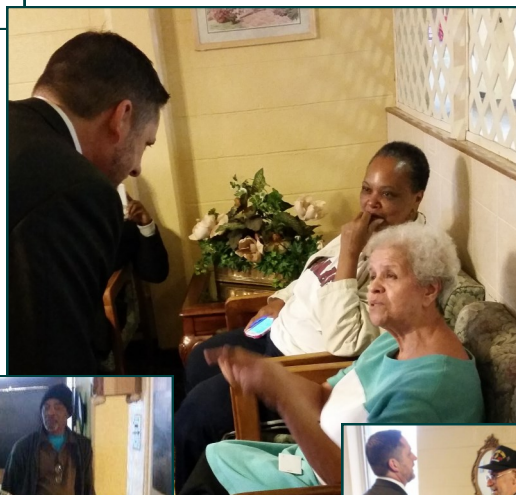
Left/Right respectively: Assistant County Administrator Gordon Criswell and Commissioner Jane Philbrook share a meal with the meal site participants.



Left: Several photos depicting Mayor Mark Holland at the CrossLines Apartments located in the Argentine area.

Mayor Mark Holland delivered meals in the building.

While at the delivery site, the Mayor took a few minutes to speak with all in attendance.





AGING WITH GRACE

The most up-to-date information on health programs “Smart Aging” class, attendees learn about the latest information related to Smart Aging. Learn how to embrace aging. Discuss ways to incorporate this information into daily living. Create life-long behaviors and habits for living longer, healthier and smarter.

TOPICS COVERED

- ⇒ Staying Connected
- ⇒ Walking as Medicine
- ⇒ What’s on Your Plate?
- ⇒ Memory Loss or Something Else?

Our focus is to provide evidence-based health education to equip participants with the tools and opportunities to begin applying the information and to overcome barriers that prevent participants from adhering to healthy behaviors, specifically those encountered by the aging population we serve. By doing so, we hope to modify lifestyle factors that may lower the risk of developing chronic diseases.

Fridays, June 3 to June 24, 2016
10am - 1:30am
Area Agency on Aging
849-C North 47th Street
Kansas City, Kansas 66102

Healthy Snacks Provided

Contact Information & to RSVP:
Trish Weatherspoon, MS
Community Health Advocate
913-945-5023



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**
patrón
- \$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)
- Freda Cole (Contributor)
- Rosia Credit (Patron)
- Lillie M. Elder (Contributor)
- Marie Hamilton (Contributor)
- Edwynne Harrison (Contributor)
- Lucy McIntosh (Contributor)
- Jane Rodabaugh (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

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.



AAA/ADRC DAY IN TOPEKA

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center (AAA/ADRC) took a group of advocates to the State Capitol to advocate issues that are important to senior services across the state of Kansas. The event took place on March 10, 2016 in Topeka, Kansas.

Senators Pat Pettey, Steve Fitzgerald and David Haley along with Representatives Tom Burroughs, Broderick Henderson, Stan Frownfelter, Connie O'Brien, Kathy Wolfe-Moore, Louis Ruiz, Pam Curtis and Valdenia Winn individually took a moment of their time to listen to the concerns of the group. Many familiar faces were in attendance and the group also got a chance to speak to Governor Brownback directly. Below you'll find some photos from the trip.



If you would like to be on the Advocate emailing list, send an email to 60Plus@wycokck.org with that request and you will be notified when advocacy is needed.

FARMER'S MARKET VOUCHERS

The Wyandotte/Leavenworth Area Agency on Aging will be distributing a limited amount of Farmer's Market Vouchers again this year.

The value of the vouchers has not yet been determined and recipients must be 60 years of age and older, live in Wyandotte County and meet income guidelines.

Priority will be given to participants of the Congregate Meal Sites in Wyandotte County. Interested parties may contact the AAA after June 1, 2016 at 913-573-8531.



COMPROBANTES PARA EL MERCADO AGRICOLA

Una vez mas la Agencia de Area para Envejecientes (AAA) en Wyandotte/Leavenworth estara distribuyendo un numero limitado de comprobantes para el Mercado Agricola (Farmer's Market).

El valor de los comprobantes no se ha establecido por ahora. Los comprobantes son para personas de 60 anos de edad y mayores que viven en el condado de Wyandotte y su ingreso anual satisface el requisito para el programa.

Si esta interesado(a) en recibir los comprobantes, puede comunicarse con la Agencia de Area para Envejecientes (AAA) al 913-573-8531 despues del 1 de junio de 2016.

MAKE YOURSELF A
HAPPY PLATE!



MEDICARE MINUTES

Real Talk

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

Getting Medicare When You Turn 65

Most Americans become eligible for Medicare when they turn 65. What you need to do to get Medicare depends on whether you are receiving Social Security retirement benefits or Railroad Retirement benefits.

If you are 65 and receiving Social Security retirement benefits or Railroad Retirement benefits, you will be automatically enrolled in both Medicare Part A and Part B.

You do not need to contact anyone. You will receive a package in the mail three months before your 65th birthday with your new Medicare card and a letter explaining how Medicare works and that you have been automatically signed up for both Medicare Part A and Part B. If you are receiving Social Security retirement benefits, your package and card will come from Social Security. If you get Railroad Retirement benefits, your package and card will come from the Railroad Retirement Board.

The letter will also explain that your monthly Part B premium will be automatically deducted from your Social Security check or railroad retirement check beginning the month your coverage begins. You will be given the option to turn down Part B.

Consider not turning down Medicare Part B unless you have employer insurance from your or your spouse's current job. If you do not have employer insurance and you turn down Part B, you may have to pay a hefty premium penalty when you do sign up.

If you are 65, but are not receiving Social Security retirement benefits or Railroad Retirement benefits, you will need to actively enroll in Medicare. To actively enroll, contact your local social security office or your local Railroad Retirement Board field office. You may not be collecting Social Security retirement benefits if you are still working or if you were born in 1938 or later (the retirement age is higher for people born after 1938).

- "Getting Medicare When You Turn 65." *Medicare Interactive: Medicare Rights Web.* 6 Mar 2016

MEET FELIX!

Hello -

My name is Felix. I turned 89 years old in February. I live alone now. It's been 2 years since my wife, my best friend, and my soul mate passed away from a heart attack. She made me bacon and eggs every morning for the past 65 years, like clockwork. I ate my bacon and she usually had toast and cereal every day, but she was the one to die from a heart attack. It should have been me. Why wasn't it me?

We married in 1949. We were both young and madly in love. It really was love at first sight. Those beautiful blue eyes and her smile. I knew from that very moment that I wanted to spend the rest of my life with her. And we did. We did everything together. We went to restaurants, her favorite thing to do. Our friends used to call us "the food critics" because if a new restaurant opened up, we were the first to try it out. Some we liked. Many we never went back to. But the joy of watching her laugh and hold my hand under the table (you see, she was very shy and did not want to bring attention to us) are memories still dear to my heart.

I miss her every day. I miss the smell of bacon each morning. I miss not going to new restaurants. I miss not being able to hold her hand under the table. I miss her smile. I miss her laugh. I miss having someone to share life with. I miss my best friend. I wish I could stop this hurt, this emptiness I feel inside. I wish I could be with her again. I wish I weren't alone. I feel so lonely now.

Good-bye for now,

Felix

Grief and Loss

Many people experience grief and loss when a loved one dies. Each of us will take our own journey to healing when we experience death or loss of a loved one. Just remember that you are never alone and help is out there. Whether you need one on one counseling, group therapy, or medication, please remember that help is available. Use this month, Mental Health Awareness Month, to take back your life and get on the road to healing.

Submitted by Rik Van Dyke, MSW- Rik has worked in the field of geriatrics for 24 years, with a major in gerontology. He has served as both a clinical social worker and as a social work administrator during his career. In addition, he has played a key role with state policy development and implementation of programs for older adults.

Contact

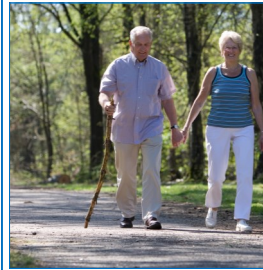
The Wyandotte/Leavenworth Area Agency on Aging

913-573-8531

60plus@wycokck.org

THE BENEFITS OF WALKING

Thinking about adding more physical activity to your day? Walking can be a great way to get more active. Walking is the most popular physical activity among adults and its easy to see why. It requires no special clothes or equipment, and its free.



Regular walking can have many health benefits. It may lower your risk and diabetes. It can strengthen your bones and muscles. It can help you maintain a healthy weight. It might also help lift your mood.

Make walking fun by going to places you enjoy, like a shopping center or park. Bring along someone to chat with, or listen to some of your favorite music (but keep the volume low enough to hear the sounds around you). Think about safety as you plan when and where to walk. Walk with others when possible, and take a phone and ID with you. Let someone know your walking time and route. If its dark outside, wear a reflective vest or brightly colored clothing. And always be aware of your surroundings. For more tips to help make walking a part of your daily routine, visit www.win.niddk.nig.gov.

DON'T MESS WITH SENIORS!

A lawyer and a senior citizen are sitting next to each other on a long flight. The lawyer is thinking that seniors are so dumb that he could get one over on them easily.

So, the lawyer asks if the senior would like to play a fun game. The senior is tired and just wants to take a nap, so he politely declines and tries to catch a few winks.

The lawyer persists, saying that the game is a lot of fun...."I ask you a question, and if you don't know the answer, you pay me only \$5.00. Then you ask me one, and if I don't know the answer, I will pay you \$500.00," he says.

This catches the senior's attention and to keep the lawyer quiet, he agrees to play the game.

The lawyer asks the first question. "What's the distance from the Earth to the Moon?" The senior doesn't say a word, but reaches into his pocket, pulls out a five-dollar bill, and hands it to the lawyer.

Now, it's the senior's turn. He asks the lawyer, "What goes up a hill with three legs, and comes down with four?" The lawyer uses his laptop to search all references he can find on the Net. He sends emails to all the smart friends he knows; all to no avail.

After an hour of searching, he finally gives up. He wakes the senior and hands him \$500.00. The senior pockets the \$500.00 and goes right back to sleep.

The lawyer is going nuts not knowing the answer. He wakes the senior up and asks, "Well, so what goes up a hill with three legs and comes down with four?" The senior reaches into his pocket, hands the lawyer \$5.00, and goes back to sleep.

The moral of the story....**Don't mess with seniors!**

Applesauce Muffins

Ingredients:

- 2 cups all purpose flour
- 1 tablespoon baking power
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 cup sugar
- 1 15-ounce jar applesauce
- 1/2 cup water
- 1/2 cup raisins

Preparation:

- 1) Preheat oven to 375°.
- 2) Mix together flour, baking powder, baking soda, salt, cinnamon and sugar. Add applesauce, water and raisins and stir until just mixed. Line muffin tin with liners and fill to the top. Bake 25 - 30 minutes, until tops of muffins bounce back when pressed lightly.
- 3) Remove from oven and let stand for 1 to 2 minutes, then remove muffins from pan. When muffins are cool, store in an airtight container.



SUMMERTIME!

Find and circle all the words hidden in the grid.

- BARBEQUE
- CINCO DE MAYO
- DIPLOMA
- GARDEN
- GIFTS
- GRADUATION
- GRASS
- GRILLING
- IRIS
- JUNETEENTH
- KITES
- LAVENDER
- LILY
- MEMORIAL DAY
- MOONLIGHT
- MOSQUITO
- MOTHERS DAY
- MOWING
- OLDER AMERICANS MONTH
- PARENTS
- PICNIC
- REMEMBRANCE
- SOCK HOP
- SOLSTICE
- SPRING CLEANING
- SUMMER SCHOOL
- SUNFLOWERS
- TIES
- TOMATOES
- VACATION
- VEGETABLES
- WEDDINGS

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Wyandotte/Leavenworth

Area Agency on Aging

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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 >>>

MOTHER'S DAY

Sunday, May 8, 2016

ARMED FORCES DAY

Saturday, May 21, 2016

MEMORIAL DAY

Monday, May 30 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 >>>

FLAG DAY

Tuesday, June 14, 2016

FATHER'S DAY

Sunday, June 19, 2016

JUNETEENTH

Sunday, June 19, 2016