

2017 CALENDERS ARE AVAILABLE

Stop by the Area
Agency on Aging
and pick up your
copy today!

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Ruth E. Jones, Executive Director

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

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TOP TEN NEW YEARS RESOLUTIONS FOR SENIORS

A New Year's Resolution is a tradition in which a person makes a promise to do an act of self improvement or something slightly nice, such as opening doors for people beginning January 1st.

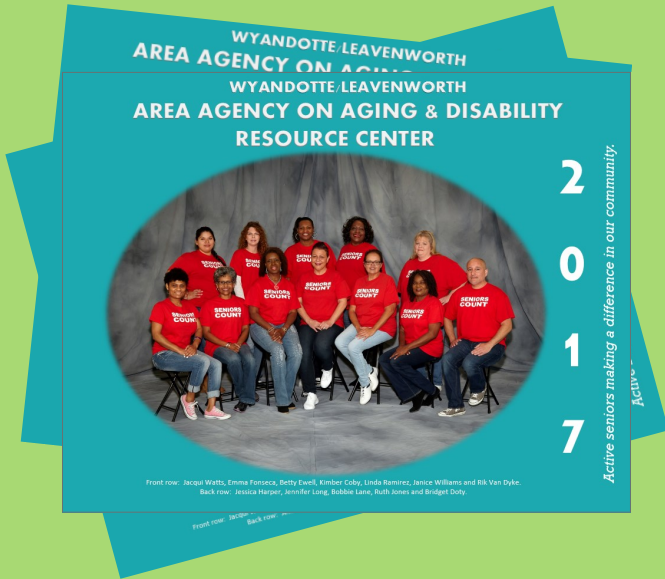
Its not about losing weight, paying off debt or breaking bad habits for seniors...

See below what seniors of 2016 think they may want to name as their resolutions for 2017.

- 1) **Be around next year to make another resolution!** It's all about living life to the fullest and focusing on being happy throughout the year.
- 2) **Get tech savvy!** Apparently it's never too late to start learning how to use an iPhone, maybe even try out Facebook and at least attempt Twitter.
- 3) **Socialize more!** Vow to take more group trips and classes like cooking or painting. Even make an effort to contact old friends.
- 4) **Spend more time with family and friends!** Revisit memories of the past by telling our children, grandchildren and family about the lives we've lived. Take our memorable moments even a step further by writing memoirs for families and friends.
- 5) **Celebrate the little things in life!** Throughout adulthood you worry about the little things in life, now its time to celebrate them and be thankful for them.
- 6) **Pray for peace in the world!** Hope that the future brings more love and compassion to the people of the universe; we now know they need it.
- 7) **Age gracefully!** Choose to exercise and eat healthier.
- 8) **Volunteer!** Help others and friends in need.
- 9) **Smile more!** It's a good time to learn to be kinder, more understanding and learn to have more patience. It's important to make an effort to never go to bed angry and wake up with cheerful thoughts of each day.
- 10) **Be a better listener!** When you're wise and have so much to say, it's sometimes difficult to not interrupt others when speaking.



THE 2017 CALENDARS ARE IN



Stop by the Area Agency on Aging & Disability Resource Center and pick up your copy today!

Donations are appreciated



SUPPORT YOUR LOCAL MEALS ON WHEELS PROGRAM

Kansans filing their state income tax return can donate to the local Meals on Wheel Program.

QUESTIONS? Contact the Wyandotte County Meals on Wheels Department at 913-573-8546.

KANSAS DAY

January 29, 2017

Kansas Day has been celebrated on January 29th of each year since 1877. Its annual observance commemorates the state's admission to the union in 1861.

Citizens are invited to explore the state's history on this day, as it is not a public holiday but an opportunity for residents to visit a local museum and learn some history of the state of Kansas!



A Call for Volunteers

Now taking applications for volunteers in the Kansas City Metro & Wichita areas.

Call (785) 296-2081

Email: Lisa.Churchill@ks.gov

Do you have compassion, good communication skills and at least three hours a week to help Kansas Medicaid consumers?



TAX CHECK OFF SUPPORTS MEALS ON WHEELS PROGRAM

Again this year, Kansans filing their State income tax returns have an opportunity to help ensure their elderly neighbors continue to receive warm, nutritious meals through the Meals on Wheels Program.

The federally funded Nutrition Program for the Elderly, which provides meals to older adults in senior center, nutrition sites and in their own homes, began more than 30 years ago.

Monies donated to the Kansas Meals on Wheels Fund through the income tax check-off are distributed by the Kansas Department for Aging & Disability Services to the local senior nutrition programs according to a formula based on the number of meals served by each program. Those funds helped fill a gap that could have otherwise crippled many meal services across the State.

The Senior Citizens Meals on Wheels Contribution Program was created in 2002 by the Kansas Legislature to allow tax payers to make voluntary donations to support home delivered meals. Individuals receiving a state income refund can indicate in the designated space on the tax form an amount of their refund they would like to contribute to the Meals on Wheels Program. Contributions can range from \$1 to all of the refund.

Questions regarding the tax check off or the Wyandotte County Meals on Wheels Program may be directed to 913-573-8546.

ORAL HEALTH FOR OLDER AMERICANS

Older Americans with the poorest oral health are those who are economically disadvantaged, lack insurance and are members of racial and ethnic minorities. Being disabled, homebound, or institutionalized also increases the risk of poor oral health.

Many older Americans do not have dental insurance. Often these benefits are lost when they retire. The situation may be worse for older women, who generally have lower incomes and may never have had dental insurance.

Medicaid, the jointly-funded Federal-State health insurance program for certain low-income and needy people, funds dental care for low income and disabled elderly in some states, but reimbursements for this care are low. Medicare, which provides health insurance for people over age 65 and people with certain illnesses and disabilities was not designed to provide routine dental care.



Practice the tips below to increase the longevity of your teeth:

Practice the tips below to increase the longevity of your teeth:

- * Practice good oral hygiene. Careful tooth brushing and flossing to reduce dental plaque can help prevent periodontal disease.
- * It is important to see your dentist on a regular basis, even if you have no natural teeth and have dentures. Professional care helps to maintain the overall health of the teeth and mouth, and provides for early detection of pre-cancerous or cancerous lesions.
- * Avoid tobacco. In addition to the general health risks posed by tobacco use, smokers have seven times the risk of developing periodontal disease compared to non-smokers. Tobacco used in any form - cigarettes, cigars, pipes, and smokeless (spit) tobacco increases the risk for periodontal disease, oral and throat cancers and oral fungal infections. Spit tobacco containing sugar also increases the risk of cavities.
- * Limit alcohol. Drinking a high amount of alcoholic beverages is a risk factor for oral and throat cancers. Alcohol and tobacco used together are the primary risk factors for these cancers.
- * Caregivers should reinforce the daily oral hygiene routines of elders who are unable to perform these activities independently.
- * Sudden changes in taste and smell should not be considered signs of aging, but should be a sign to seek professional care.
- * If medications produce a dry mouth, ask your doctor if there are other drugs that can be substituted. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum and avoid tobacco and alcohol.

Information provided by www.cdc.gov

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!

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—————	\$10	Contributor <i>contribuidor</i>
—————		Other <i>otro</i>

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.

Patricia Krambeck (Contributor)
Janeria Phillips (Contributor)
Dorothy Reed (Contributor)
Jameelah Shakir (Contributor)

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

Wyandotte/Leavenworth AAA,
Attn: The Communicator
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Kansas City, Kansas 66102

DOES EMAIL WORK FOR YOU?

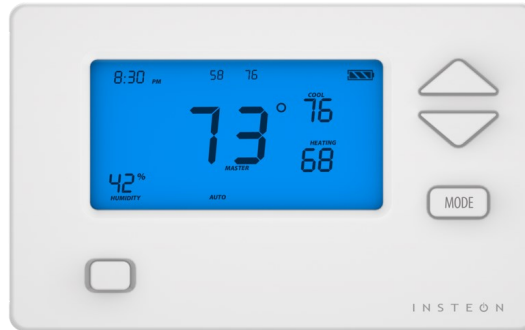
By joining our email club, you'll get information before everyone else!

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



7 Tips To Lower Your Winter Bill

1. Lower your thermostat and wear socks and a sweater in doors. Lowering the thermostat by just one degree Fahrenheit can reduce energy use by 3 percent.
2. If you have a forced air furnace, inspect your filters at the beginning of the heating season and monthly as long as you've got the system running. Clean or replace them if there is significant dust build up.
3. Install do-it-yourself plastic film storm windows.
4. Weather strip and caulk windows. Check window frames for cracks and fill them with caulk that contains silicon. Putty-like "rope caulk" can help seal large cracks and save you up to 5 percent on your energy bill.
5. Close the fireplace damper and seal the opening shut when not in use. Never use a traditional fireplace for supplemental heating. A fireplace sucks heated air out of your home to fuel the fire; then your furnace has to turn on to replace that warm air.
6. Dispose of older incandescent lights and buy new LED holiday lights for no more than 5 hours per day (to keep energy use down).
7. Close off any unused rooms. Shut the doors to them but also close the heating vents. If the room is closed off, it will not need to be heated as much. The exception to this is if the room is where the thermostat is located.



The Kansas Low Income Energy Assistance Program (LIEAP)



LIEAP is a federally funded program that helps eligible households pay for home energy costs. The application period is from Tuesday, January 17, 2017 through March 31, 2017.

In order to qualify,

**You may make application by dialing
1-800-432-0043**

applicants must meet the following requirements:

1. An adult living at the address must be personally responsible for purchasing heating costs incurred at the current residence, payable either to the landlord or to the fuel vendor.
2. Applicants must demonstrate a recent history of payments toward

purchase of the primary heating energy.

Benefit levels vary according to the following factors:

1. Household income
2. Number of persons living at the address
3. Type of dwelling
4. Type of heating
5. Heating rates

History of Groundhog Day!

Groundhog Day, February 2nd is a popular tradition in the United States. It is also a legend that has clouded the mists of time with ethnic cultures and animal awakenings on specific dates. Myths such as this tie our present to the distant past when nature did, indeed, influence our lives. It is the day that the groundhog comes out of his hole after his long winter sleep to look for his shadow.

If he sees it, he regards it as an omen of six more weeks of bad weather and returns to his hole.

If the day is cloudy and hence, shadow less, he takes it as a sign of spring and stays above the ground.

The groundhog tradition stems from similar beliefs and the days of early Christians in Europe for centuries the custom was to have the clergy bless candles and distribute them to the people. Even then, it marked a milestone in the winter and the weather that day was important.



TAX ASSISTANCE IS AVAILABLE

The Volunteer Income Tax Assistance (VITA) Program offers free tax help to people who generally make \$53,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

In addition to VITA, the Tax Counseling for the Elderly (TCE) program offers free tax help for all taxpayers, particularly those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues unique to seniors. The IRS certified volunteers who provide tax counseling are

often retired individuals associated with non-profit organizations that receive grants from the IRS.

Before going to a VITA or TCE site, check the “what-to-bring” listing below:

- √ Proof of Identification (photo ID)
- √ Social Security cards for you, your spouse and dependents
- √ Birthdates for you, your spouse and dependents on the return.
- √ Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc).
- √ Interest and dividend statements from banks (Forms 1099)
- √ A copy of last years federal and state returns, if available.
- √ Proof of bank account routing and account numbers for direct deposit such as a blank check.
- √ To file taxes electronically on a married filing-joint tax return, both spouses must be present to sign.

Majority of the TCE sites are operated by the AARP Foundations' Tax-Aide program. **You may call the *AARP Site Locator* by dialing 1-888-227-7669 between January and April 2017.**



CAREGIVER APPRECIATION PROJECTS

In honor of National Caregiver Recognition Month (November), the Wyandotte/Leavenworth Area Agency on Aging (AAA) sponsored area caregivers with two events.

The “Take The Night Off” program delivered dinner for the caregiver and the person they care for to their home by volunteers for an entire week. The goal was to provide needed respite from the task of dinner preparation.



The “Book Club” hosted by the AAA was a four week caregiver support project during the month of November. Caregivers read, “Make It Wright” written by a local author, Lana A. Perry. The book focused on resources and stress management techniques for caregivers. These projects prioritized caregivers who provided 24 hour care.

PLANNING YOUR DOCTOR VISITS

How well you and your doctor talk to each other is one of the most important parts of getting good health care. Unfortunately, talking with your doctor isn't always easy. In the past, the doctor typically took the lead and the patient followed. Today, a good patient-doctor relationship is a partnership. You and your doctor can work as a team.

A Partnership - Creating a basic plan before you go to the doctor can help you make the most of your visit. The tips in this article will make it easier for you and your doctor to cover everything you need to talk about.

Make A List Of Your Symptoms - Talking about your health mean sharing information about how you feel. Sometimes it can be hard to remember everything that is bothering you during your doctor visit. Making a list of your symptoms before your visit will help you not forget to tell the doctor anything.

What To Include - when you list your symptoms, be specific. Your list should include:

What the symptom is, when it started, what time of the day it happens and how long it lasts, how often it happens, anything that make it worse or better, anything it prevents you from doing.

To provide you with the best care, your doctor must understand you as a person and know what your life is like.

CHANGES TO THE SENIOR CITIZENS UTILITY TAX REBATES

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center would like to make you aware that changes to how the Senior Citizens Utility Tax Rebates will be processed for 2016 are coming. Our office is not aware if household income limits or the amount of the rebates will be affected. We do know that we will be assisting in the filings once the information is available to us.

Appointments will be scheduled for Tuesday & Thursday mornings after the first of the year by dialing 913-573-8531. Until the information is passed on to us, no appointments will be scheduled.

HOW DO DIFFERENT CULTURES TAKE CARE OF SENIORS?

People have been aging since the beginning of time. Although different cultures have separate aging attitudes and traditions, perspectives on aging can be very different across the world.

When examining a universal human experience such as aging, it can be both interesting and helpful to see how people in other places and times approach the topic. For example, today people are living much longer across the world, so people's perspective on aging is different. However, some cultures treat their elderly with more respect and dignity than others.

America, is one of the places around the world where seniors are not always given the respect they deserve.

Although, America is starting to take action to honor seniors and provide for them, especially as the aging baby boomers reach senior status at record numbers each day. Many religions in America regard the elderly with the dignity and appreciation, and good Samaritans volunteer to help the elderly at senior centers or senior living communities. Society is taking measures to remember that senior citizens are knowledgeable people who have lived through both the heartache and jubilation of life shown through Senior Citizens Day and Older Americans Month.

In **China**, respecting the elderly is part of the actual law in China. In fact, elderly parents in China can sue their grown children for both emotional and financial support.

Companies are also required to give workers time off to see their parent. Given the dense population and growing elderly population this makes sense, as families need to take care of elders so as not to put the economy in jeopardy. While obligation is one of the driving factors to care and show dignity toward elderly, the Chinese culture has always stressed respect toward elders. So practices of honor and kindness toward seniors is normal life in China.



The **Japanese** culture values the elderly. Appreciation for elders has been engrained in families and their children, making Japan one of the most kind places in the world for seniors. Many Japanese families have several generations living under one roof. This arrangement is believed to be one of the many reasons the elderly in Japan live longer than any other population. In fact, there are more elderly citizens than young people in Japan as the population is comprised of more people over the age of 65 than any other group.

Older people are valued as an asset in **Scotland**. Their voices are heard and they are supported to enjoy full and positive lives in family settings.

Scotland has pledged to hear the elderly. Cultural thinking and money has shifted away from hospitals and toward preventative care. This paradigm shift has allowed this culture to value life, rather than treat ailments. Scotland also adapts homes so that people can age and stay in them. Families do their best to care for their elderly loved ones and keep them as valued members of society.

In **Vietnam**, being old is considered an asset, not a liability; a shift of perspective that helps make a long life harmonious in this culture. The Vietnamese truly value the "respect your elders" sentiment. In fact, elders are considered the carriers of knowledge, tradition and wisdom in the Vietnamese culture. Elderly grandparents live with their families for support and contribute to the household by preparing meals and caring for the young.

How people view and perceive the aging process varies greatly from culture to culture. Depending on cultural norms, beliefs and standards, aging can be seen as an undesirable phenomenon, reducing beauty and bringing one closer to death, or as an accumulation of wisdom and status worthy of respect.

Shared by Dana Larson

7-Up Biscuits

INGREDIENTS:

- 2 cups baking mix (Jiffy or Bisquick)
- 1/2 cup sour cream
- 1/2 cup 7-Up
- 1/4 cup melted butter

DIRECTIONS:

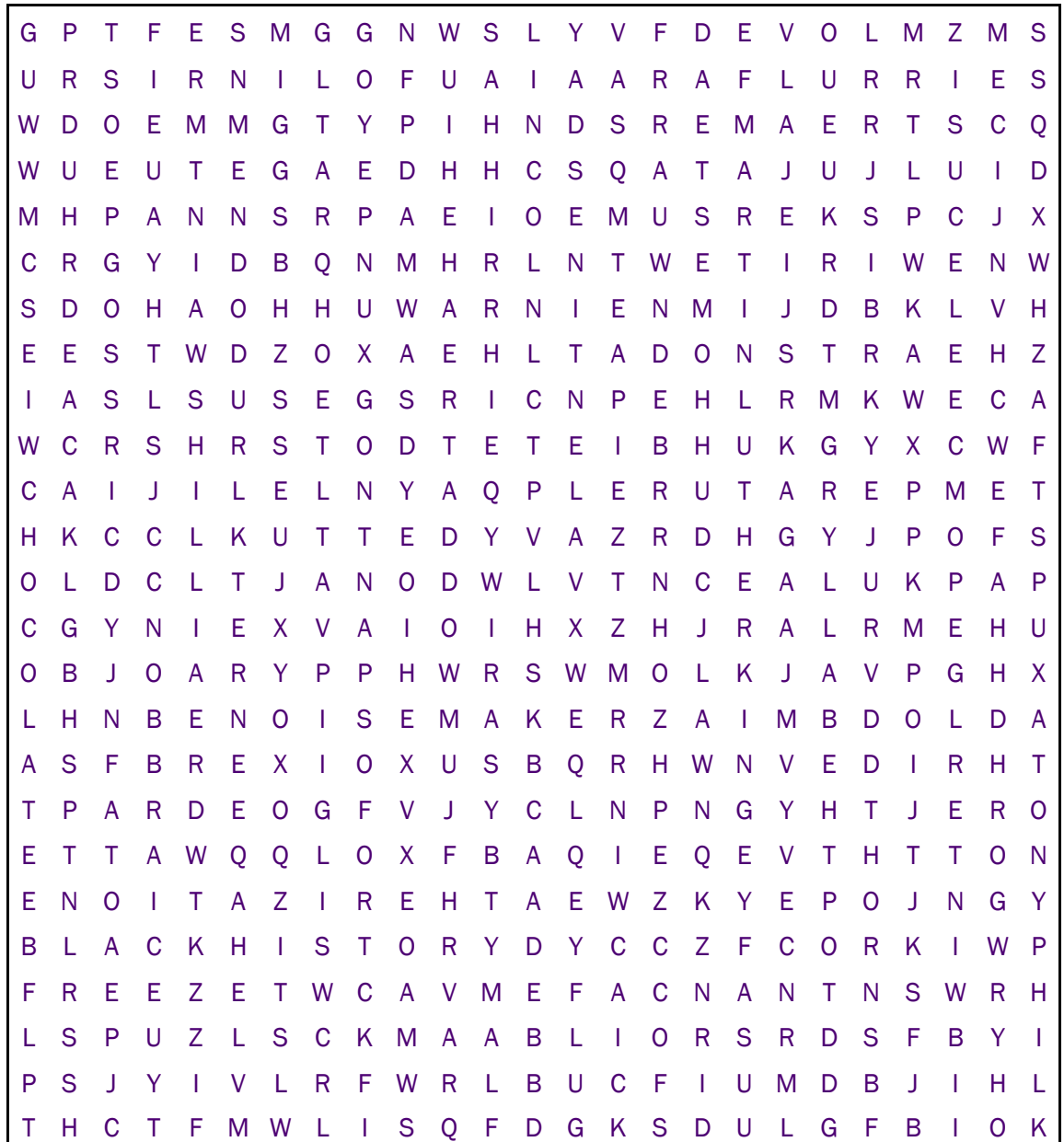
- 1) Preheat oven to 450°.
- 2) Cut the sour cream into your baking mix. (Cutting is simply mixing your sour cream into your baking mix without using a mixer). You just want to make sure that each portion of your (wet) ingredient gets coated with the dry mix.
- 3) Stir in 1/2 cup of 7-Up. The dough will be very soft, don't worry.
- 4) Sprinkle additional baking mix on to your counter, about 1/2 cup seems to work just fine.
- 5) Knead and fold dough until coated with your baking mix. Pat dough out, (no rolling needed) and cut biscuits using a round biscuit/cookie cutter. Don't have one, no problem, you can certainly use a glass or empty soup can to cut out your biscuits.
- 6) Melt butter in a 9-inch square pan. You can put it in the oven for a few minutes, watching not to burn the butter.
- 7) Place cut biscuits on top of melted butter and bake for 12-15 minutes or until brown.



HAPPY NEW YEAR

Find and circle all the words hidden in the grid.

- BLACK EYED PEAS
- BLACK HISTORY
- BLIZZARD
- CHAMPAGNE
- CHEERS
- CHOCOLATE
- CONFETTI
- CUPID
- DROP THE BALL
- FLURRIES
- FREEZE
- GROUND HOG DAY
- HEARTS
- HOMESTEAD
- HORNS
- ICICLE
- KISSES
- LINCOLN
- LOVE
- MARTIN LUTHER KING
- NEW YEAR
- NOISE MAKER
- PRESIDENTS DAY
- PUXATONY PHIL
- RED
- RESOLUTIONS
- STREAMERS
- SUPERBOWL
- TEMPERATURE
- TIME SQUARE
- UTILITY TAX REBATE
- VALENTINES DAY
- WASHINGTON
- WEATHERIZATION
- WINTER
- WINTER STORM



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calendar >>>

NEW YEARS DAY

Sunday, January 1, 2017

NEW YEARS DAY RECOGNIZED

Monday, January 2, 2017

Unified Government Office Closed

MARTIN LUTHER KING DAY

Monday, January 16, 2017

Unified Government Office Closed

KANSAS DAY

Sunday, January 29, 2017



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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 >>>

GROUNDHOG DAY

Thursday, February 2, 2017

VALENTINES DAY

Tuesday, February 14, 2017

PRESIDENTS DAY

Monday, February 20, 2017

Unified Government Office Closed

FLAG DAY

Friday, February 24, 2017