

**WHAT'S
HAPPENING**

**NATIONAL
SENIOR CITIZENS
DAY IS
AUGUST 21ST**

VOLUME 25 ISSUE 4

JULY/AUGUST 2017



Ruth E. Jones, Executive Director

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

In this issue >>>

- Sock Hop Pictures
- SHL Bi-Annual Organizational Meeting
- 5 Rules of Social Etiquette
- Wyandotte County Primary Election
- Painful Joints?
- SHICK Volunteers Needed
- National Senior Citizens Day

Area Agency on Aging
sponsored outing
August 21st

**DETAILS ON PAGE 6
OF THIS
NEWSLETTER**

TIPS FOR SURVIVING A HEAT WAVE WITHOUT AIR CONDITIONING

In summer, heat waves can strike any area of the country. Many homes are still not equipped with air conditioning and surviving in the extreme temperature becomes a challenge. The following steps can help you keep cool during a heat wave. Of course, heading to a cooling center is recommended when temperatures become extreme.

- ◆ Use box and ceiling fans to promote air circulation throughout your home. In the cooler evenings, open all windows and promote as much air circulation as possible. When the sun rises, close all doors and windows, making sure to close curtains and blinds as well, to keep indoors cool.
- ◆ Take advantage of the cooling power of water. Fill buckets and basins and soak your feet. Wet towels and bandannas can have a cooling effect when worn on the shoulders or head.
- ◆ Head downstairs. A basement can be a cool refuge from the midday heat.
- ◆ Eliminate extra sources of heat. Incandescent light bulbs can generate unnecessary heat, as can computers or appliances left running. Eat fresh foods that do not require you to use the oven or stove to prepare.
- ◆ Remember to maintain an adequate level of hydration, which means you'll need to consume more water than you usually do when it's hot. If you're sweating profusely, you will also need to replace electrolytes by eating a small amount of food with your water or by drinking specially formulated fluids.
- ◆ Avoid alcoholic beverages and caffeine, as both of these substances can act as diuretics and promote dehydration.
- ◆ For a homemade "air conditioning" system, sit in the path of a box fan that is aimed at an open cooler or pan with ice.
- ◆ Try to visit public buildings with air conditioning during the hottest hours of the day if the heat becomes unbearable. Libraries, shopping malls and movie theaters can all be good places to cool down.
- ◆ Don't eat large, protein-rich meals than can increase metabolic heat and warm the body.
- ◆ Be able to recognize the symptoms of heat-related illnesses and true heat emergencies (heat cramps, heat rash, heat exhaustion and heat stroke).
- ◆ Finally, remember that pets also suffer when the temperature rises. Cooling animals (dogs and cats) by giving them a cool bath or shower will help keep their body temperature down. A cool towel on the tile floor to lay on, a cool towel or washcloth laying over the skin next to a fan will also help cool the animal. Make sure they have plenty of cool water to drink as well.



Information provided by: www.medicinenet.com

OLDER AMERICAN'S MONTH CELEBRATION

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center held its Annual Older Americans Month Celebration on May 18, 2017. Below you will find a few photos of the event that included free concessions, health screenings, entertainment, games, a dance contest and plenty of door prizes.

We'd like to thank the sponsors of the event listed on the next page of this newsletter. Without them, the event would not be possible. We hope to see you next year!



See a list of our generous donors on the next page!

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!

Respectfully,
The Newsletter Committee

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

¡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)
Lillian Elder (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

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SILVER HAired LEGISLATURE HOLDS BI-ANNUAL ORGANIZATION MEETING

Jay Rowh, SHL President

The Kansas Silver Haired Legislature (SHL) held their bi-annual organization meeting on Wednesday, May 10th, in Salina. The meeting, is for the purpose of electing officers, discussing proposed bi-law changes (if any), meeting the new members recently installed and bringing all members up to speed on the SHL resolutions currently under consideration by the Kansas Legislature.

The officers elected for the next two years include: Speaker - Don Woodard, SHL delegate from Shawnee County (Auburn-Topeka); Speaker Pro Tem - Jane Gingles, SHL delegate from Clay County (Clay Center); and Floor Leader - Ada Bogart, SHL delegate from Ford County (Dodge City). In addition, the Executive Board met following the regular meeting of the full SHL body and elected the following officers: President - Jay Rowh, SHL delegate from Mitchell County (Beloit); and Vice-President - Thomas Gordon, SHL delegate from Wyandotte County (Kansas City).

Speaker Don Woodard discussed the standing of the current proposals as voted on at the October, 2016 Annual Session, which are being deliberated in this year's session of the Kansas Legislature. Two of the proposals were actually passed during this year's legislative session - the resolution for supporting the repeal of the 2012 Income Tax Law and exemption from Kansas Income Tax for 330,000 LLC's across the state, as well as the proposal supporting Medicaid Expansion for Kansas. However, both these measures were vetoed by Governor Sam Brownback, and the legislature failed to override each of these measures by a scant three votes short of the necessary 2/3 favorable margin. Two other resolutions - SHL support for restoration of the \$2.1 million cut to the Senior Care Act (the law that allows elderly Kansans to remain in their own homes for an average assistance of \$240.00 a month), as well as a recommendation for the state to make their full required payment to the KPERS pension fund - are still being debated by the Kansas Legislature as they work on next year's budget.

OLDER AMERICANS MONTH CELEBRATION DONORS

Thank you to the following organizations that contributed to the Older Americans month Celebration!

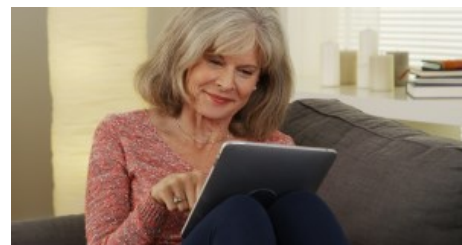
- ADULT HEALTH SERVICES
- ALLIANCE HOME HEALTH CARE, INC.
- ALZHEIMER'S ASSOCIATION
- ASSISTED TRANSPORTATION
- BEST CHOICE HOME HEALTH CARE AGENCY
- CENTRAL AVENUE DENTAL
- COUNTRY PLACE SENIOR LIVING
- DIAGNOSTIC IMAGING CENTERS P.A.
- FAITH HOME HEALTHCARE
- G.A. FOODS - SUNMEADOWS
- HAMILTOM TELECOMMUNICATIONS
- MANOR PLACE
- MID-AMERICA ALLIANCE FOR ACCESS
- MIDLAND CARE - PACE PROGRAM
- KCK MOBILE LIBRARY
- PROVIDENCE MEDICAL CENTER - ST. JOHNS
- RIVERBEND POSTACUTE
- ROLLINGROCER
- SAVING SIGHT
- TREAT AMERICA
- UG HEALTH DEPARTMENT
- UG NEIGHBORHOOD RESOURCE CENTER
- UG TRANSIT
- UNITED HEALTHCARE
- UNITED HEALTHCARE COMMUNITY PLAN
- VILLAGE HOME HEALTH
- WALGREENS
- WYANDOT CENTER

5 RULES OF SOCIAL MEDIA ETIQUETTE

The benefits of being online and involved in social media are huge for seniors and include happiness, lower rates of depression, a feeling of connectedness and an ability to stay in touch with friends and family.

What are older adults doing online? They're using social media platforms to:

- Reconnect with long lost friends and relatives
- Stay in touch with children and grandchildren
- Talk to family and friends who live far away
- Find new hobbies and learn about new interests
- Talk to like-minded people
- See and share pictures of their children and grandchildren



Although most older adults have been able to figure out social media, the intricacies of social media etiquette may not be so apparent, but with that being said, age itself is no guarantee of proper online behavior. People of all ages have made some mistakes and some may have been more serious than others. For the sake of safety and manners, it's a good idea to follow these general social media rules of etiquette, no matter your age.

Don't Overshare - For security purposes it's important that you don't share any personal information like your full name, birthday, address, etc. Most sites will ask for this information when you sign up, but you can set "privacy settings" so that only your friends can see this information. Or, you can lock down your privacy settings altogether so that no one can access these personal details. It is also important to **never** share information like your social security number and bank account information online.

Don't announce on social media platforms the details of your upcoming vacation (or that you're on vacation). There is plenty of time to share this information when you're back from your trip. Be mindful not to share other people's exciting news like an engagement, pregnancy or job change until that person has given you the okay to do so. Sharing this information prematurely can be upsetting to some (especially if they haven't had the opportunity to share their own news).

Sharing Photos - Don't repost someone else's photo. Even if they shared the photo with their social group, they may not be comfortable with strangers seeing it (the people on your social group are strangers to them). It's also proper etiquette to ask before you post pictures that you take of other people. Keep in mind that some people might not be confident of their appearance or may not want pictures of themselves or their family posted online.

Comment Carefully - The age old saying of not discussing religion and politics with friends is often lost when online, but it's still an area in which to tread carefully. Be careful about commenting on people's clothes, appearance or lifestyle choices in a way that could be taken negatively. Although it's tempting to speak your mind freely in comments, think first about what you say and how it will be perceived. You wouldn't want to offend a friend or family member and you also need to consider that your comments will paint a picture of who you are to people who don't know you.

Keep your Circle of Friends Close - Even if you've met your child or grandchild's friend, it doesn't mean that you should invite them to be friends with you on social media. For security and privacy reasons, it's best to invite and accept friendships from people who are actually your friends and family. Remember, it's more meaningful to have a close circle of friends that you care about and interact with than a large number of followers who you don't know (and who don't know you).

Finer Points of Internet Etiquette - You may or may not know that:

- Writing with CAPS LOCK ON means you're yelling at someone.
- Emojis (small pictures that express an emotion) are used to show how you're feeling and can replace words. But if you misuse or overuse them, your meaning can be confusing, lost or misinterpreted.
- Hashtags (a # symbol) are used to categorize and tag pictures and posts so that they can be found again. Misusing or overusing them can be annoying and can make future searches difficult.
- Tagging someone in a picture (or a post about an event) should only be done when the person is actually in the picture or at the event you're discussing—and again, don't overshare information. Make sure the person will be okay with being tagged first.

The ins and outs of social media etiquette can be tricky and intimidating to some older adults, so although it's good to keep these etiquette points in mind, don't let etiquette keep you off of social media. The benefits of being online make it worth taking the plunge. Remember, most of us learn this etiquette through trial and error, and from some friendly advice from our friends and family.

WYANDOTTE COUNTY PRIMARY ELECTION COMING SOON!

Registered voters in Wyandotte County may vote in the Primary Election that will be conducted on August 1, 2017. You have three options to vote:

- ✓ Vote early by mail
- ✓ Vote early in-person
- ✓ Vote on Election Day at your assigned polling place
(August 1st, 7am-7pm)



Should you have any questions regarding the election, need an advance voting ballot, locations for early in-person voting or information about your assigned polling place, you may contact the Wyandotte County Election Office at 913-573-8500 or visit their website at www.wycovotes.org.

Are you having difficulties resolving your KanCare/Medicaid issues?

KanCare Ombudsman

☆ HERE TO ASSIST YOU ☆

1-855-643-8180

KanCare.Ombudsman@ks.gov

www.kancare.ks.gov/ombudsman.htm



A Call for Volunteers

Do you have three hours a week to help Kansas Medicaid consumers?

Call (785) 296-2081 ~ Email: Lisa.Churchill@ks.gov

PAINFUL JOINTS? Early Treatment for Rheumatoid Arthritis is Key

Painful, swollen and stiff joints can be a sign of arthritis. Rheumatoid arthritis is one of the most common forms. The pain and stiffness can interfere with your life at home and at work.

Arthritis is an inflammation of the joints. There are over 100 types of arthritis. While their symptoms can be similar, their underlying causes vary. Osteoarthritis is the most common type of arthritis. It's far more common than rheumatoid arthritis. Osteoarthritis is caused by wear and tear on your joints. In rheumatoid arthritis, your immune system, which normally helps protect your body from infection and disease—starts attacking your joint tissue.

Anyone can get rheumatoid arthritis. The disease most often begins in middle age or later.

But it can occur at any age. Some types of arthritis affect one joint at a time, but rheumatoid arthritis can affect your whole body.

Pain and stiffness may be worse after you wake up or have been resting for a long time. Over time, your immune system damages the tough, flexible tissue (cartilage) that lines joints. This damage can be severe and deform your joints.

The immune system is supposed to be something that does good things for you. It's supposed to help you fight infections. But in rheumatoid arthritis for reasons that we don't yet understand, the immune system gets confused and starts to attack your joints instead.

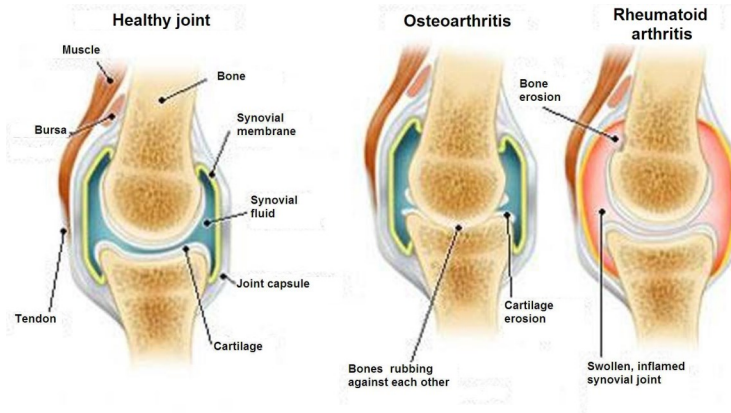
There's no cure for rheumatoid arthritis, but there are

effective treatments. Treatments can relieve pain, swelling, reduce joint stiffness and prevent further joint damage.

Rheumatoid arthritis can affect virtually every area of your life, from work to relationships. If you have rheuma-

toid arthritis, there are many things you can do to help maintain your lifestyle and keep a positive outlook. Exercise helps keep your muscles healthy and strong, preserve joint mobility and maintain flexibility. Rest helps to reduce joint inflammation, pain and fatigue. Talk with your doctor about how to treat your joint pain and stiffness so that you can lead a full, active and independent life.

www.nih.gov



Normal & arthritic joints



SHICK

WE NEED YOUR HELP IN THE COMMUNITY

SENIOR HEALTH INSURANCE COUNSELING FOR KANSAS

We are looking for individuals that are interested in learning about **MEDICARE!!!** You will be the person that benefits the most from this knowledge when **IT'S YOUR TURN** to sign up for **MEDICARE.**

You can then volunteer to help

SPREAD THE KNOWLEDGE TO OTHERS

Many people ready to sign up for **MEDICARE** have no idea what to do!! The first time you sign up for **MEDICARE** is one the most important time with guarantees of acceptance that are not offered at any other times!!!!

MAKE SHICK STICK!!!!

Choosing your health care coverage that will follow you for the **REST OF YOUR LIFE** is very important!!!

LOTS OF VOLUNTEER OPPURTUNITIES AVAILABLE:

- PASSING OUT LITERATURE**
- PHONE CALLS**
- DATA ENTRY**
- PRESENTATIONS**
- ONE-ON-ONE COUNSELING**
- PART D SPECIALISTS**
- AND MORE....**

NATIONAL SENIOR CITIZENS DAY

Each year on August 21, there are various events and activities held across the United States in recognition of National Senior Citizens Day. This day was created as a day to support, honor and show appreciation to our seniors and to recognize their achievements. Their valuable contributions to our communities create better places to live.

To celebrate National Senior Citizens Day, spend time with the senior citizens you know. Let them know that they are appreciated and loved. It may also be a good day to volunteer at a retirement home and share your smile with those who may not otherwise get a visitor today.

If you are a senior citizen, check for special discounts and promotions that may be offered at stores and restaurants in your area or sign up to attend the outing at the Louisburg Cider Mill in Louisburg, Kansas.

LOUISBURG CIDER MILL OUTING

Sponsored by the Area Agency on Aging

The Area Agency on Aging will be sponsoring a trip to the Louisburg Cider Mill on Monday, August 21, 2017 in honor of **National Senior Citizens Day!**

The trip includes:

- ⇒ Tour the cider mill, viewing the process of making apple donuts and their Lost Trail Soda
- ⇒ A boxed lunch - at the Cider Mill upon arrival
- ⇒ A wagon ride - walkers are welcome
- ⇒ Enjoy apple cider and a cider donut
- ⇒ Chartered Bus Transportation to and from the mill

Participants must be at least 60 years of age. Only 25 seats are available, so reserve your spot today!



The cost of the trip is \$12 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, 2017.

A general store is on site and accepts check, cash or credit cards for any gifts/items purchased.

STRAWBERRY JELLO FLUFF SALAD

INGREDIENTS:

- ✓ 1 lg package Cook and Serve vanilla pudding (4.6oz.)
- ✓ 1 lg package strawberry jello (6 oz.)
- ✓ 4 cups water
- ✓ 1 16oz tub of Cool Whip
- ✓ 1/2 bag mini marshmallows
- ✓ 2 cups strawberries

DIRECTIONS:

- 1) Mix together pudding, jello and water over medium heat until it boils.
- 2) Remove from heat and pour into a large mixing bowl. Cover with plastic wrap.
- 3) Refrigerate until mixture has thickened (overnight or for about 6 hours).
- 4) Fold in Cool Whip, marshmallows and fruit. Chill an hour before serving.



FIREWORKS, GRILLING, PICNICS

Find and circle all the words hidden in the grid.

- AIR CONDITIONING
- APPLE PIE
- BALL PARK
- BASEBALL
- BOTTLE ROCKETS
- CONSTITUTION
- DECLARATION
- DISPLAY
- EAGLE
- FIRECRACKERS
- FIREWORKS
- FOUNTAINS
- FOURTH OF JULY
- FREEDOM
- GRILLING
- HOMERUN
- HOTDOGS
- INDEPENDENCE DAY
- KABOBS
- LIBERTY BELL
- MARSHMALLOWS
- PICNIC
- RED, WHITE, BLUE
- ROYALS
- SCHOOL IS OUT
- SENIOR CITIZENS DAY
- SNAPS
- SODA
- SPARKLERS
- STARS
- STRIPES
- SUMMER
- SUNSHINE
- TOMATOES
- VACATION
- WATERMELON

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Wyandotte/Leavenworth

Area Agency on Aging

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July >>>

INDEPENDENCE DAY

Tuesday, July 4 2017

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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 >>>

PRIMARY ELECTION

Wyandotte County

Tuesday, August 1, 2017

LOUISBURG CIDER MILL

Senior Citizens Trip

Monday, August 21, 2017