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**VOLUME 25 ISSUE 2**

**MARCH/APRIL 2017**

Ruth E. Jones, Executive Director

# ***THE COMMUNICATOR***

**A Wyandotte/Leavenworth Area Agency on Aging Publication**

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## **TOGETHER, WE MARCH FOR MEALS**

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For nearly 45 years, these critical programs - commonly referred to as Meals on Wheels have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home where they want to be.

Locally, over 600 seniors are fed daily through the Meals on Wheels Program and over 200 eat at one of the 8 Congregate meal sites in Wyandotte County.

### **CONTRIBUTE WHAT YOU CAN**

100% of each donation to Meals on Wheels program will advance the collective movement towards an America in which all seniors live nourished lives with independence and dignity.

### **SPEAK UP FOR SENIORS**

It can be as simple as a phone call, an email or a post on social media. These little actions of support can help fund and protect the vital programs that support our nation's seniors. Together, our voices are amplified and make an even bigger difference.

### **HOW CAN YOU GET MEALS?**

Participants must be at least 60 years of age and older. Homebound seniors may receive their meals delivered to their home, while those who are capable, must visit one of the 8 congregate meal sites in Wyandotte County. Contact the Area Agency on Aging at 913-573-8546 or by email at [mealsonwheels@wycokck.org](mailto:mealsonwheels@wycokck.org) for assistance.

### **HOW CAN YOU HELP?**

If you would like to support the Meals on Wheels program, please send your donation payable to the WY/LV Area Agency on Aging, Attn: Meals on Wheels Program, 849 N 47th Street, Suite C, Kansas City, Kansas 66102.



# COFFEE TALK!

## MEDICARE

### COFFEE TALK AT THE ADRC

March 20, 2017

8:30am

The ADRC will provide Medicare information, i.e. pamphlets, Medicare & You books, and general discussion regarding Medicare.

849 North 47th Street, KCK 66102

**Counseling sessions will not be available at this event; sessions will be scheduled at a later date.**

## *FREE Chronic Disease Self-Management Workshop*

Tuesdays, 1:00 to 3:30 pm  
April 4 thru May 9, 2017

Are you an adult with an ongoing health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety? This workshop can help you take charge of your life.

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health.

Landon Center on Aging  
Room 270

Univ. of Kansas Medical Center  
3599 Rainbow Blvd.  
Kansas City, KS 66160



**Call Janet to register at (913)588-1266**

## Senior Citizens' Tax Rebate/Refund

JANUARY 2, 2017 THROUGH MARCH 31, 2017

### Utility Tax Refund

Residents of the city of Kansas City, KS who were age 65 or older the entire calendar year of 2016 and who have a gross annual income not exceeding \$25,000 shall be entitled to a refund for monies paid to the utility companies up to a maximum of \$150. Between January 3 and March 31, 2017, eligible persons may make application at the Unified Government Clerk's Office, 701 N. 7th St., or the Area Agency on Aging (by appointment only), 849 N. 47th St. Applicants must provide proof of income and their utility bills from BPU, Atmos Gas or Kansas Gas, and AT&T, if applicable, for 2016.

#### To qualify for the refund, all three must apply:

Be a Kansas City, Kansas resident. Residents of Bonner Springs and Edwardsville are not eligible for the refund.

Be 65 years of age or older during the entire calendar year of 2016 (born before January 1, 1951).

Gross income from all sources, including that of spouse, shall not exceed \$25,000 per year.

#### **To apply for the refund:**

You must come to the Unified Government Clerk's Office, 701 North 7th Street, Rm. 323, Kansas City, Kansas 66101. Bring all 2016 utility bills for telephone, gas, and BPU. You must also provide proof of income from social security, pensions, W-2s, interest earned, rental properties, etc. Said information may also be mailed to the clerk's office. All mail-ins must be post-marked no later than March 31, 2017. The Area Agency on Aging will fill out applications by appointment only on Tuesdays and Thursdays by calling 913-573-8531.

#### **City Sales Tax Refund**

Residents of the city of Kansas City, Kansas who were age 65 or older and who have a gross annual income not exceeding \$25,000 shall be entitled to a refund of the city sales tax and that amount of the county sales tax received by the city based upon a set schedule. Between January 3 and March 31, 2017, eligible persons may make application at the Unified Government Clerk's Office, 701 N. 7th St., or the Area Agency on Aging (by appointment only), 849 N. 47th St. Applicants must provide proof of income for 2016. For additional information, call the Unified Government Clerk's office at 913-573-5260.

#### **DAYLIGHT SAVINGS TIME COMING SOON!**

Daylight Savings will begin Sunday, March 12, 2017. Daylight Savings in the US starts on the 2nd Sunday in March of each year and ends the 1st Sunday in November.

It goes into effect each spring when clocks are moved forward by one hour at 2am standard time, and the time becomes 3am daylight savings time (DST). When DST ends in the fall the clock is moved back at 2am and the time becomes 1am standard time.

Hence the saying, "Spring Forward, Fall Back!"



## WHICH DO YOU FILE?

### HOMESTEAD

The Homestead Refund Program is for homeowners who are residents of Kansas **ALL** of 2016. As a Kansas resident the entire year, you are eligible if your total household income is \$24,100 or less and you:

- √ Were born before January 1, 1961, **or**
- √ Were blind or totally and permanently disabled all of 2016, **or**
- √ Have a dependent child who lived with you the entire year who was born before January 1, 2016 and was under the age of 18 all of 2016.



### SAFE SENIOR

The Safe Senior (or Kansas property Tax Relief for Low Income Seniors) is a property tax refund program. Safe Senior is also referred to as "Kansas Property Tax Relief for Low Income Seniors".

Filers for Safe Senior must meet **ALL** of the following:

- √ A Kansas resident all of 2016
- √ Owned a home in Kansas during 2016
- √ Age 65 or older all of 2016
- √ Household income of less than \$19,200

The AARP Tax-Aide Foundation offers free tax preparation help to anyone 50 and older and can't afford tax preparation services. You may dial 1-888-227-7669 during the months of January through April for a location nearest you.

## 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	<b>Advocate</b> <i>defensor</i>
_____ \$50	<b>Benefactor</b> <i>benefactor</i>
_____ \$25	<b>Patron</b> <i>patrón</i>
_____ \$10	<b>Contributor</b> <i>contribuidor</i>
_____	<b>Other</b> <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.*

William Anderson (Patron)  
Evelena Blackwell (Contributor)  
Freda Cole (Contributor)  
Juanita Ellis (Contributor)  
Wanda Duncan (Other)  
Joyce Foster (Patron)  
Sonia Gardner (Other)  
Mary Hunt (Patron)  
Dixie Kaster (Other)  
Alice Pollard (Contributor)  
Clara Whitaker (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](mailto:60Plus@wycokck.org)  
with your request.

## Are you turning 65 this year?

Are you already receiving Medicare Benefits?

Is your Social Security income less than \$12,060 annually (\$16,240 annually for a married couple)?

**THEN...you need to apply for Extra Help from Medicare.**

**Medicare, not you, may pay for Part D premiums, copays & deductibles!**

**APPLY for Extra Help with the Social Security Administration online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or by phone at 1-800-722-1213.**

**SHICK**  Senior Health Insurance Counseling for Kansas  
Kansas Department on Aging



## The Perks of Growing Older

*Retirement doesn't have to be your one-way ticket to a sedentary life. Learn about senior programs and services that can help you stay vital and stimulated.*

Your senior years can be one of the most enjoyable and fulfilling times of your life. As the baby boomer generation gets older, the number of senior citizens in the United States is rapidly increasing, and seniors are finding ways to be more active and involved.

There are more seniors today than ever before. In 1900, 3.1 million Americans were age 65 and older; by 1994, this number had grown to 33.2 million. Researchers estimate that by 2030, 20 percent of the U.S. population will be senior citizens.

So what are some of the key trends in this age group?

**Better economic position.** Thanks to improvements in Social Security and Medicare, the number of seniors below the poverty level has dramatically decreased from 35 percent in the early 1960s to about 10 percent today.

**Higher education.** More seniors than ever before have completed high school, and it is becoming increasingly common for seniors citizens to have earned a bachelor's degree or higher.

**Lasting marriages.** The majority of senior citizens younger than 85 are married. Since women tend to live longer than men, older men are twice as likely to be married than elderly women.

**Longer life expectancy.** People are living longer today than in the past, and the number of people who live until age 100 is growing.

**Better Services and Programs for Senior Citizens.** In generations past, people felt that old age was a time to take it easy and slow down. But today senior citizens know that staying active is one of the most important parts of healthy aging.

*Some of the services available to help senior citizens remain vital include:*

**Fitness programs.** A number of local community centers, churches, fitness centers, and senior centers offer exercise programs specially designed for older adults. Regular exercise helps you stay functional and healthy.

**Job placement services.** You don't have to stop working at 65. Senior citizens today are working long after that age, and many people who retire from one job end up going back to work in another capacity.

**Volunteer organizations.** An estimated one-third of volunteers in the United States are senior citizens. Volunteering can be a great alternative for your time after retirement.

**Lifelong education.** Staying mentally active is an important part of healthy aging. Researchers are finding out that when it comes to your mind, you have to use it so you don't lose it. One way you can stay mentally challenged as you grow older is to enroll in adult education courses.



**Travel programs.** Retirement is a great time to explore the world through travel. The U.S. Department of the Interior offers U.S. citizens 62 and older a *Senior Pass*, with lifetime access to government-recognized recreation areas for just \$10.

**Senior discounts.** In addition to the Senior Pass, there are numerous senior citizens discount programs everywhere. Many local movie theaters, museums, and restaurants often offer discounted rates for seniors. Ask around to find out what kinds of senior discounts are available in your area.

One of the best ways to stay in good mental and physical shape as you age is to get out and enjoy yourself. Take advantage of the programs and services offered to senior citizens so you can make the most of life.

*Article shared from [www.everydayhealth.com](http://www.everydayhealth.com)*

## MIND AND BODY THERAPY FOR FIBROMYALGIA

Fibromyalgia is a long-lasting disorder marked by widespread pain, tenderness, fatigue and other symptoms than can interfere with daily life. An estimated 5 million American adults have the condition. It most often affects women, although men and children also can have the disorder. Unfortunately, despite ongoing research, its causes remain unknown.

Fibromyalgia can be difficult to diagnose and treat. Individualized therapy may include conventional medications as well as mind and body approaches, such as exercise, strength training, massage and acupuncture. But what does the science say about mind and body practices for fibromyalgia?

Research is still preliminary, but encouraging results suggest that tai chi, qui gong, yoga, massage therapy, acupuncture and hydrotherapy may help relieve some fibromyalgia symptoms. Be sure to speak with your health care provider before starting to use any mind and body practices.



## A THOROUGH SPRING CLEANING CHECKLIST

Spring cleaning. It's an opportunity to throw open the windows, let some fresh air in, and make our homes clean, happy and efficient spaces. Don't be daunted by the size of this list, many of the jobs are small ones that will go by quickly, and you'll be so glad you took the time to do them!

- ✓ Dust lighting fixtures and ceiling fans.
- ✓ Open and clean windows & seals.
- ✓ Wash doors, knobs and switch plates.
- ✓ Clean or replace entry mats.
- ✓ Sweep and mop floors.
- ✓ Reseal grout lines, if necessary.
- ✓ Dust furniture.
- ✓ Remove items from drawers, clean the drawer, place items back neatly. Donate items you no longer need.
- ✓ Remove everything from closets. Sweep and clean closet floor. Put everything back neatly. Donate items you no longer need and try not to store things on closet floor.
- ✓ Sweep or vacuum under bed. Try not to store things under bed. Freshen mattress by sprinkling with baking soda, letting sit briefly, and then vacuum it up.
- ✓ Launder bedding and curtains. Air out mattress pad, if you have one.
- ✓ Wash mirrors or dust art.
- ✓ Wash floor registers and other vent covers.
- ✓ Clean and organize pantry; check food expiration dates.
- ✓ Clean and organize fridge and freezer.
- ✓ Defrost freezer, if necessary and check food expiration dates.



Happy Cleaning!

## SILVER HAIRD LEGISLATURE ELECTIONS TO BE HELD

The Kansas Silver Haired Legislature (KSHL) is a unicameral legislature consisting of 1256 representatives across Kansas. They come together annually in Topeka to discuss and propose legislation that impact Kansans of all ages. Measures that are passed by the KSHL are presented to the Governor and Kansas Legislature when they convene in January each year. The KSHL will hold their annual elections across the state on Wednesday, March 15th.

Individuals who are interested in becoming a candidate must be 60 years of age or older; a resident in the county in which they are running; a registered voter of Kansas; and have a willingness to participate in all activities required or expected of Kansas Silver Haired Legislators. Delegates are elected to serve a two-year term and there are no term limits.

There are two methods to file for the KSHL; complete a candidate registration form that requires a \$25 filing fee payable to the Kansas Silver Haired Legislature; or complete a petition of nomination and get 50 individuals' signatures from the county the individual is wanting to represent.

If an individual is interested in becoming a candidate for their county and has questions concerning the KSHL program or would like to request the two filing forms, please contact Linda Ramirez at 913-573-8543.

## ANNUAL VALENTINE DAY CARD DONATION

We are happy to announce that the Wyandotte/Leavenworth Area Agency on Aging is once again a recipient of the Valentines Day card donation to be delivered to the Meals on Wheels homebound seniors.

Thank you to the American Stroke Foundation for thinking of our seniors and making their day with a special valentine.



# MUSHROOM PORK CHOPS

## INGREDIENTS:

- 4 Pork Chops
- 1 onion chopped
- 1/2 lb. fresh mushrooms
- 1 (10.75 ounce can) cream of mushroom soup
- 1 pinch of garlic salt
- Salt & Pepper, to taste

## DIRECTIONS:

- 1) Season pork chops with salt, pepper and garlic salt to taste.
- 2) In a large skillet, brown the chops over medium-high heat. Add the onion and mushrooms and sauté for one minute.
- 3) Pour cream of mushroom soup over chops. Cover skillet and reduce temperature to medium-low. Simmer 20-30 minutes, or until chops are cooked through.



## SPRING IS JUST AROUND THE CORNER

Find and circle all the words hidden in the grid.

- BASEBALL
- BASKET
- BUNNY
- CHICKS
- CROCUS
- DAFFODILS
- DAYLIGHT SAVINGTIME
- EASTER
- EGGHUNT
- EGGS
- FAT TUESDAY
- FISHING
- GARDENING
- FRASS
- GREEN
- GREEN BEER
- KITE
- LAMB
- LEPRECHAUN
- LUCK OF THE IRISH
- MARDI GRAS
- PARADE
- PATRIOTS DAY
- POT OF GOLD
- RAINBOW
- REFUND
- SHAMROCK
- SPRING
- SPRING BREAK
- SPRING HOLIDAY
- ST. PATRICKS DAY
- TAX DAY
- TULIPS
- UNCLE SAM
- WIND CHIMES
- WINDY

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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](mailto:60Plus@wycokck.org)

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### calendar >>>

#### OLDER KANSANS DAY AT THE CAPITOL

*Thursday, March 9, 2017*

#### DAYLIGHT SAVINGS BEGINS

*Sunday, March 12, 2017*

#### ST. PATRICKS DAY

*Friday, March 17, 2017*

#### MEDICARE TALK AT THE ADRC

*Monday, March 20, 2017*

*Information inside this newsletter*

#### PUBLIC HEARINGS

*Tuesday, March 7 & 28, 2017*

*Information inside this newsletter*



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 >>>

#### APRIL FOOLS DAY

*Saturday, April 1, 2017*

#### PUBLIC HEARING

*Tuesday, April 4, 2017*

*Information inside this newsletter*

#### SPRING HOLIDAY

*Friday, April 14, 2017*  
*Unified Government Office Closed*

#### EASTER

*Sunday, April 16, 2017*

#### EARTH DAY

*Saturday, April 22, 2017*

#### ARBOR DAY

*Tuesday, April 25, 2017*