

**WHAT'S
HAPPENING**

**OLDER
AMERICANS
MONTH**
AGE OUT LOUD: MAY 2017

VOLUME 25 ISSUE 3

MAY/JUNE 2017

Ruth E. Jones, Executive Director

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

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OLDER AMERICANS MONTH CELEBRATION

An Annual Sock Hop Themed Event



Thursday, May 18, 2017
11am - 2pm

George Meyn
126th & State Avenue, 66109
(located inside Wyandotte County Park)

Event is free for seniors and open to the public!

El evento es gratis y abierto al public!

Concessions
Concesiones

Health Screenings**
Evaluaciones Medicas

Drawings
Sorteos

Entertainment
Entretimiento

Informational Booths
Mesas de Informacion

Games
Juegos

Transportation will be provided from the Area Agency on Aging to event site!
Transportacion disponible de la oficina dela Agencia de Area para los Envejecientes al lugal de evento.

For questions call:
Si tiene preguntas, llame a:
913-573-8531

***Mobile Mammograms will be available. You must bring your insurance card. If possible, please schedule an appointment by calling 816-444-9989 or 913-344-9989. Let the person know the date of the event (May 18th) and that you will be visiting the Mobile Mammography Unit.*



Sock Hop T-Shirts will be available for \$10 and must be pre-ordered by dialing 913-573-8574.

THE HISTORY OF MEMORIAL DAY

Memorial Day, an American holiday observed on the last Monday of May, honors men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, at least it marks the beginning of summer.

The Civil War claimed more lives than any conflict in U.S. history, requiring the establishment of the country's first national cemeteries. By the late 1860's Americans in various towns and cities had begun holding spring-time tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

It is unclear where exactly this tradition originated; several communities may have independently initiated the memorial gatherings. Nevertheless, in 1966 the federal government declared Waterloo, New York, the official birthplace of Memorial Day. Waterloo had first celebrated the day on May 5, 1866 and was chosen because it hosted an annual community-wide event, during which businesses closed and residents decorated the graves of soldiers with flowers and flags.



On May 5, 1868, General John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country

during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first *Decoration Day*, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there. Many Northern states held similar commemorative events and reprised the tradition in subsequent years; by 1890 each one had made Decoration Day an official state holiday. Many Southern states, on the other hand, continued to honor their dead on separate days until after World War I.

For decades, Memorial Day continued to be observed on May 30, the date Logan had selected for the first Decoration Day. But in 1968 Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees; the change went into effect in 1971. The same law also declared Memorial Day a federal holiday.

Today, cities and towns across the United States host Memorial Day parades, often incorporating military personnel and members of veterans' organizations. Some of the largest parades take place in Chicago, New York and Washington, D.C. Americans also observe Memorial Day by visiting cemeteries and memorials. On a less somber note, many people throw parties and barbecues on the holiday, perhaps because it unofficially marks the beginning of summer.

A History.com article

FARMERS MARKET VOUCHERS

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

At this time the value of the vouchers is unknown. Recipients must be 60 years of age and older, live in Wyandotte County and meet income guidelines.

Priority is given to the participants of the Congregate Meal Sites in Wyandotte County. Interested parties may contact the Area Agency on Aging **after June 1, 2017 at 913-573-8531.**



COMPROBANTES PARA EL MERCADO AGRICOLA

Una vez mas la Agencia de Area para Envejecientes (AAA) en Wyandotte/Leavenworth esta distribuyendo un numero limitado de comprobantes para el Mercado Agricola (Farmer's Market). Las personas que participan en el programa de las Comidas en la Comunidad (Congregate Meal Sites) en el condado de Wyandotte tienen la prioridad.

El valor de los comprobantes no esta determinado al publicarse esta edicion. Los comprobantes son para personas de 60 anos de edad y mayores que viven en el condado de Wyandotte y llenan los requisitos del ingreso anual.

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 2017.



**First Day
of Summer
June 20th**

MAINTAINING YOUR VISION

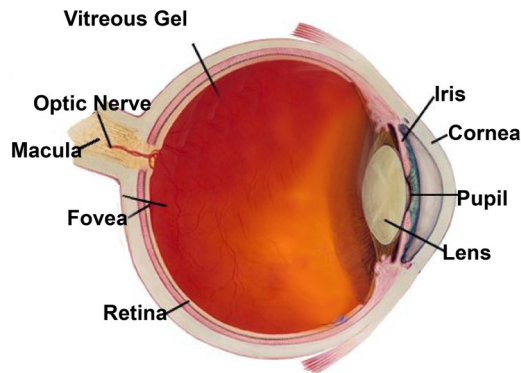
Taking good care of your eyes is vital to your overall health and wellbeing. Even if you enjoy good vision now, you need to start or continue to practice good eye healthcare by visiting your eye care professional to have a comprehensive dilated eye exam.

Who Performs Eye Exams?

An eye care professional is either an optometrist or ophthalmologist. An ophthalmologist is a medical or osteopathic doctor who specializes in eye and vision care. An optometrist is the primary health care professional for the eye. Both professionals are qualified to perform eye exams.

Aging and Vision Changes

As you age, it is normal to experience some changes in your vision, such as difficulty adjusting to glare and distinguishing some colors, particularly shades of blue and green. Some common vision problems require glasses or contacts to see clearly and up close. However, these changes can be easily corrected and won't lead to vision loss or blindness. Remember, vision loss is not a normal part of aging. In fact, you can live an active lifestyle well into your later years without ever experiencing vision loss.



How Our Eyes Work

To keep our eyes healthy, it helps to know the different parts of the eye. There are many different parts of the eye that help create vision.

- **Cornea.** Light passes through the cornea, the clear, dome-shaped surface that covers the front of the eye. The cornea bends or refracts the light coming into the eye.
- **Iris.** The iris is the colored part of the eye. It controls the amount of light that enters the eye through an opening called the pupil.
- **Pupil.** The pupil is the opening in the iris. The iris adjusts the size of the pupil and controls the amount of light that can enter the eye.
- **Lens.** The lens is a clear part of the eye that focuses light coming into the eye. The lens is behind the pupil and fine tunes the image that reflects onto the retina.
- **Retina.** The retina is a thin, delicate, light-sensitive tissue that lines the inside of the eye. It converts light into electrical signals and sends them to the optic nerve.
- **Optic nerve.** The optic nerve is a bundle of about one million nerve fibers that carries electrical signals from the eyes to the brain. The brain interprets these signals, allowing us to see.
- **Macula.** The macula is the most sensitive part of the retina. It provides the sharp, central vision we use for activities such as reading and watching television.

<https://nihseniorhealth.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!

_____ \$100	Advocate
_____ \$50	Benefactor
_____ \$25	Patron
_____ \$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.

Verna Bazy (Contributor)
Charles Bea (Contributor)
Corinne Larkin (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

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"Wyandotte/Leavenworth Area Agency on Aging"



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.



OLDER KANSANS DAY AT THE CAPITOL

On Thursday, March 9, 2017 a group of advocates representing Wyandotte and Leavenworth Counties converged at the Capitol in Topeka for Older Kansans Day. The advocates discussed issues pertaining to seniors in Kansas. Talking points included: Restoring funding to the Senior Care Act Program; Reinstating Targeted Case Management for the Home & Community Based Waiver Programs (HCBS); and keeping current levels of support for Nutrition Programs.

The following Senators and Representatives took time to speak and listen to the group's concerns.

Senators:

- Pat Petty
- Tom Holland
- Steve Fitzgerald

Representatives:

- Jim Karleskint
- Stan Frownfelter
- Broderick Henderson
- Pam Curtis
- Tom Burroughs
- Jeff Pittman
- Kathy Wolfe-Moore
- Willie Dove
- Debbie Deere
- Valdenia Winn

You too can contact your representatives to voice your opinions regarding senior services by dialing, 1-800-432-3924.



Right: Michael Keohane, Silver Haired Legislator (LV) and Loleta Hunt are shown as a conversation with Senator Pat Petty is underway.



Above: Emma Fonseca, Helene Burrell, Modestine Bell, Michael Keohane, Dolores Elliott, Deloris Pinkard, Norma Steele, Charles Williams, Ida Pryor, Loleta Hunt and Linda Ramirez.



Above: Rep. Broderick Henderson poses for a picture after allowing these seniors to voice their opinions regarding senior services. **Right:** Rep. Stan Frownfelter took time from his work to speak with the group at a drop in visit.



Above: Senator Pat Petty takes a moment to share her views on getting Kansas back on track as it regards to its budget shortfall.



Above: Representative Cathy Wolfe-Moore is always willing to listen to the concerns of seniors residing in our community.



The March for Meals Events

The month of March mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build the support that will sustain them all year long.

Meals on Wheels programs collectively serve a nutritious meal, a warm smile and a safety check that keep millions of seniors healthy and living in their own homes. This effort is a dynamic and effective partnership between the national network of local Meals on Wheels programs and the businesses, organizations, governments and volunteers who contribute so generously in their communities.

The 15th Annual March for Meals campaign is led by the Meals on Wheels Association of America and gives us all an opportunity to support our seniors in a variety of ways, making our communities stronger and healthier.

We would like to thank Mayor Mark Holland for delivering meals to some of our Wyandotte County Meals on Wheels participants on March 29, 2017. We also hosted a "Let's Do Lunch" campaign at two of our Congregate Nutrition Sites on Friday March 31, 2017. Mayor Mark Holland attended the Plaza Towers Site and Commissioner Brian McKiernan attended the Bethel Neighborhood Site.



Mayor Mark Holland at the Mayors for Meals Event



ABOVE: Commissioner Brian McKiernan and Site Leader, Betty Greathouse, at the Bethel Neighborhood Nutrition Site.



KCKCC Wellness & Fitness Center will be hosting a Senior Health and Fitness Day on **Wednesday, May 31, 2017** from 8:00am - 1:30pm in the Health Professions Building. Contact Pam Hall at 913-288-7610 or at pjhall@kckcc.edu for registration.

HEALTHY SNACKS PROVIDED

13th Annual Blue Devil 5k & Kids Trot Saturday May 6th, 2017 @ 8am

KCKCC Main Campus 7250 State Ave. Kansas City, KS 66112

A 5K Fun Run/Walk & Kids Trot will be held at the Kansas City Kansas Community College Campus Wellness & Fitness Center on **Saturday, May 6, 2017**.

Blue Devil 5K Start Time: **8am**
Kids Trot Start Time: **9am**

GET REGISTERED

Call KCKCC Wellness & Fitness Center at (913) 288-7610 or email jmundt@kckcc.edu for registration.

WHAT YOU GET:

- Blue Devil 5K T-shirt
- 2017 Finishers medal
- Pancake Breakfast
- Goodie Bag

Blue Devil 5K - \$25 • Kids Trot - \$10



THE 8 DIMENSIONS OF WELLNESS

As we age, its important to stay healthy and happy for as long as we can. Today's seniors are living longer than ever before, thanks in part to modern medicine and living an active lifestyle.

However, maintaining a healthily life means so much more than just eating right and getting thirty minutes of exercise a day. Active communities today recognize the importance of overall wellbeing, which is not merely the absence of illness or disease, but taking a holistic approach to servicing their bodies and minds utilizing the "8 Dimensions of Wellness".

The 8 Dimensions of Wellness and why they are important to seniors' healthy aging are:



Physical: Regular exercise can help seniors improve their balance and mobility and even minimize the impact of some chronic conditions.

Emotional: Feeling well is an important part of staying healthy. Becoming involved socially and staying active can boost your mood and keep you connected to loved ones.

Social: After you retire, you'll have more time to spend with friends and family. Developing a support system and meeting new people who share your interests is vital to healthy aging.

Intellectual: Continuing to find ways to expand your skills and knowledge throughout your life is helpful to keeping your mind active and fit and can help with memory issues and overall brain function.

Occupational: Even after you've retired, there are still ways to get enrichment from your past career through sharing your knowledge by consulting or consider volunteering to stay connected and give back to your community.

Spiritual: Finding a connection to your inner values helps expand your sense of purpose and give more meaning to your days, making it easier for you get through any of those more difficult times.

Environmental: Our surroundings help us feel comfortable. Staying active by getting outdoors for activities like gardening and involving ourselves in community events as often as possible can play a major role in our wellness.

Financial: When we retire we are satisfied with our current financial situation and that our futures will be secure.

Through active living and covering the "8 Dimensions of Wellness," we can enjoy our retirement age living healthy and happy.

AREA AGENCY ON AGING IN-HOUSE VOLUNTEERS RECOGNIZED

On March 23, 2017, the Retired Senior Volunteer Program (RSVP) of United Way/Wyandotte County held a recognition luncheon at Pierson Community Center. Over 156 volunteers were recognized with a luncheon and awards. Below you'll find the RSVP Volunteers who assist the Area Agency on Aging with tasks. We THANK YOU for your dedication and service.

The Area Agency on Aging Staff



Pictured above are Linda Ramirez, RSVP Site Coordinator and Volunteers, Dixie Estes, Lorene Jones, Modestine Bell, Laleta Jones, Jane Davis and Gladys Henderson.

CARING FOR OTHERS, CARING FOR OURSELVES

Caring for a parent or loved one? Feel like you have a second career as a caregiver?

Many adult children are part of the sandwich generation, caring for the needs of their children and their aging parents. One in four households include someone who provides care for an aging parent, older friend or relative.



If you are caring for an aging loved one, you are not alone. Help and support are available for you and your family, call the Aging & Disability Resource Center and ask about Family Caregiver Support 913-573-8545.

BANANA S'MORES ICE CREAM

INGREDIENTS:

- ✓ 4 ripe bananas
- ✓ 1/2 cup chocolate chips (plus more for sprinkling)
- ✓ 4 graham crackers, crushed (plus more for sprinkling)
- ✓ 1/2 cup mini marshmallows (plus more for sprinkling)

DIRECTIONS:

- 1) Slice bananas into thin coins. Spread out on a parchment paper-lined baking sheet and freeze for 2 hours, or until frozen
- 2) Blend bananas in a food processor (or a blender) until smooth. Fold in crushed graham crackers, marshmallows and chocolate chips then transfer mixture to a loaf pan. Garnish with more graham crackers, marshmallows and chocolate chips and freeze until solid, about 1-2 hours more.



- BARBEQUE
- BASEBALL
- CAMPING
- CARNIVAL
- CEMETERY
- CHERRY BLOSSOM
- CINCO DE MAYO
- DIPLOMA
- FAMILY
- FATHER'S DAY
- FESTIVAL
- FISHING
- FLAG
- FLOWERS
- GARDENING
- GRADUATION
- GRASS
- JUNETEENTH
- MAYPOLE
- MEMORIAL DAY
- MOTHER'S DAY
- OLDER AMERICANS MONTH
- PARADE
- PEANUTS
- PICNIC
- PLANTING
- RAIN
- SEEDLINGS
- SOCK HOP
- SOLSTICE
- SPRING CLEAN UP
- SUMMER SCHOOL
- SUNSHINE
- TORNADO
- VACATION
- WEDDING

SPRING IS JUST AROUND THE CORNER

Find and circle all the words hidden in the grid.



Wyandotte/Leavenworth

Area Agency on Aging

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Fax: 913-573-8577

Email: 60Plus@wycokck.org

DisABLED or 60PLUS?...Call on Us!

PRESORTED STANDARD

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calendar >>>

CINCO DE MAYO

Friday, May 5, 2017

MOTHER'S DAY

Sunday, May 14, 2017

OLDER AMERICANS MONTH CELEBRATION

Thursday, May 18, 2017

Time & Location on Front Page of Newsletter

MEMORIAL DAY

Monday, May 29, 2017

Unified Government Office Closed



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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 >>>

FLAG DAY

Wednesday, June 14, 2017

FATHER'S DAY

Sunday, June 18, 2017

JUNETEENTH

Monday, June 19, 2017

FIRST DAY OF SUMMER

Tuesday, June 20, 2017