

## WHAT'S HAPPENING



VOLUME 25 ISSUE 6

NOVEMBER/DECEMBER

Ruth E. Jones, Executive Director

# THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

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## A FEW REASONS TO BE THANKFUL THIS HOLIDAY SEASON

*Let's take a moment to stop and appreciate the things that we should be thankful for.*

With the holidays just around the corner, it is easy to get caught up in all the excitement, the good food, the presents, all of the fun things that come with this time of year. We're all guilty of it. But, we often forget that especially around this time of year, it is important for us to remember to count our blessings. When we stop and think about things, a lot of people are not as lucky as others; not just during the holidays, but all year round, so it's nice to just take some time to appreciate the things we have. Here are some things we should be thankful for.

**We are alive.** This is the number one thing we should be thankful for all year round, especially during the holidays. Being around to see another year is a privilege denied to many and it is especially painful around the holidays when you have loved ones that are no longer here. Live everyday like its your last, never take a day for granted and appreciate the holidays you get to spend with the people you love.

**Our family.** While some families are not as whole as they used to be, as a few of them have passed over the years, we should be grateful to spend another year with family members that are still here.

**Food on the table.** Before we start stuffing our mouths on Thanksgiving, we should take a minute to appreciate all the good food that is on the table. Not everyone enjoys a Thanksgiving feast.

**The gifts you receive on Christmas.** Gifts are just material things. While it is always nice to receive gifts at Christmas, or Hanukkah, they are not what the holiday is all about. So while we're tearing into our gifts this year, lets take a minute to appreciate those who gave them to us and remember to just enjoy being with family during the holidays.

**Our veterans and police officers.** Not all military and police personnel get to be home with their family for the holidays, so definitely take a minute to appreciate them and all that they do to keep us safe.

**Your health and the health of family.** This one goes hand-in-hand with the first point. Do not let a day go by where we're not grateful that we have our health. There are a lot of very sick people in the world.

**Having a roof over your head.** I know that this is something we tend to take for granted, but when we come home from a stressful day at work, when we don't feel good, we should be thankful to have a place to come home to and relax. Make sure you take a minute to appreciate having a warm house to live in.

These are just a few important things that are important and we should be thankful for. There are so many reasons to be thankful this holiday season, so think of the things that are important to you and take a minute to be thankful for them. Enjoy your holiday season!



# MEDICARE OPEN ENROLLMENT

## Finding The Assistance You Need

**OPEN ENROLLMENT \* OCTOBER 15 - DECEMBER 7**

Open enrollment is the annual period when you can enroll, review or make changes to your Medicare, including your prescription drug plan. Open enrollment takes place every year from October 15th to December 7th.

### Open Enrollment Medicare Event

(sponsored by Congressman Kevin Yoder)

**November 8, 2017**

**West Wyandotte Library**

1737 North 82nd Street, KCK 66112

**9am - 12pm**



**New to Medicare Events** are currently scheduled for the **last Thursday of each month from 1pm - 3pm** at the Area Agency on Aging located at **849 North 47th Street, KCK 66102**

*No appointment needed*

### WHEN CHOOSING A PART D PRESCRIPTION DRUG PLAN

**Make a List:** Talk to your doctor about your current prescriptions and any expected changes. Make a list of all your expected medicines for next year.

**Check Coverage:** Use Medicare's Plan Finder to make sure the medicines you need are covered by the plan you select.

**Location, Location, Location:** Make sure your preferred pharmacy is in your plan's network.

**What are others saying?** Review plans rating to see how your fellow seniors rate them on customer service, patient safety and other areas.

### Items to have handy when inquiring about Medicare:

- Your Medicare (Red, White & Blue) Card
- A list of your current medications

Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK provides you with many resources that will help you with your questions about Medicare. To contact a SHICK Counselor in your area, dial 1-800-860-5260. Or you may visit the Medicare website at [www.medicare.gov](http://www.medicare.gov).

All Medicare beneficiaries are encouraged to review their plans annually!

## INFORMATION & EDUCATION

### New To Medicare

Monthly Presentations

Last Thursdays of each month 1p-3p

**\*\*\*By Attending**

Location: 849-B N 47<sup>th</sup> Street, Kansas City, KS 66102

*No Appointment Needed*

For more information  
Call The WY/LV Area Aging on Aging  
849 N 47<sup>th</sup> Street  
Kansas City, KS 66102  
913-573-8531

## ONE-ON-ONE COUNSELING

### Medicare Clinics

Every Tuesday 1p-3p

**\*\*\*By Appointment**

Call 913-573-8549 (Ask for SHICK Coordinator)

Location: 849 N 47<sup>th</sup> Street, Kansas City, KS 66102

### Volunteer SHICK Counselor

**\*\*\*By Phone**

Call 913-573-8549 (Ask for SHICK Coordinator)

Your call will be routed to a qualified volunteer counselor

## 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*

_____	<b>\$100</b>	<b>Advocate</b>
_____	<b>\$50</b>	<b>Benefactor</b>
_____	<b>\$25</b>	<b>Patron</b>
_____	<b>\$10</b>	<b>Contributor</b>
_____		<i>contributor</i>
_____		<b>Other</b>
		<i>otro</i>

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

## FLU SEASON IS UPON US

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccinations can reduce flu illnesses, doctors' visits and missed work due to flu as well as prevent flu-related hospitalizations.



You should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after receiving the vaccination for antibodies to develop in the body that protect against flu, so make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccinations should continue to be offered throughout the flu season, even into January.

Flu shots are available in your physicians office or by contacting the Wyandotte County Health Department at 913-573-8855.

## 2017 SHL COMMITTEE ACTION REPORT

The Silver Haired Legislature (SHL) met in Topeka, Kansas on October 3-5, 2017 for its Annual Session. The following SHL Resolutions/Bills were discussed.

- **Resolution 3501:** Urging continued support for the expansion of Medicaid. Passed as amended by committee.
- **Resolution 3502:** Supporting KDOT rural transportation programs and funding for those programs. Passed as amended by committee
- **Resolution 3503:** Supporting full funding for KPERs obligations and urging the Legislature to stop delaying KPERs payments. Passed.
- **Resolution 3504:** Urging funding for cost-of-living adjustment for KPERs members. Passed as amended by committee.
- **Bill 3505:** Concerning property tax relief for low income seniors. Passed.
- **Resolution 3506:** Supporting the repeal of the city and county property tax lid bill. Passed.
- **Bill 3507:** Concerning the grandparents as caregivers program funding. Passed.
- **Bill 3508:** Concerning grandparents' rights in child custody, visitation and residency matters. Passed.
- **Bill 3509:** Concerning motor vehicle liability insurance coverage limits. Passed as amended by committee.

Kansas Silver Haired Legislature (SHL) members advocate for older adults and provide a voice for the older community at the state and federal level.

The Kansas Silver Haired Legislature is composed of 125 representatives. All are over 60 and are elected from their county of residence. The legislature provides an educational experience in the political process and provides an opportunity to identify priority concerns of Kansas senior citizens.

The SHL develops Bills and Resolutions which are presented to the Kansas Legislature and the Governor as recommendations for state policy.

If you have extra time on your calendar and are interested in becoming an active participant of the SHL, contact Linda Ramirez, Acting Liaison at 913-573-8543 for a member packet which details the duties and requirements to become a SHL Member.

### LIKE US ON FACEBOOK

"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](mailto:60Plus@wycokck.org)  
with your request.

## THINGS YOU CAN DO TO AVOID FRAUD

*Crooks use clever schemes to defraud millions of people every year. They often combine new technology with old tricks to get people to send money or give out personal information. Here are some practical tips to help you stay a step ahead.*

- ◇ **Spot Imposters.** Scammers often pretend to be someone you trust, like a government official, a family member, a charity or a company you do business with. Don't send money or give out personal information in response to an unexpected request—whether it comes as a text, a phone call or email.
- ◇ **Don't believe your caller ID.** Technology makes it easy for scammers to fake caller ID information so the name and number you see aren't always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine.
- ◇ **Don't pay up front for a promise.** Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.
- ◇ **Talk to someone.** Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert or just tell a friend.
- ◇ **Hang up on robocalls.** If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal and often the products are bogus. Don't press 1 to speak to a person or to be taken off the list. That could lead to more calls.
- ◇ **Be skeptical about free trial offers.** Some companies use "free trials" to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. And always review your monthly statements for charges you don't recognize.
- ◇ **Don't deposit a check and wire money back.** By law, banks must make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be a fake, you're responsible for repaying the bank.



If you spot a scam, report it! You may file a complaint with the Federal Trade Commission (FTC) at [www.ftc.gov](http://www.ftc.gov) or by dialing 1-877-FTC-HELP (1-877-382-4357).

Are you having difficulties resolving your  
KanCare/Medicaid issues?

AD ASTRA PER ASPERA

**KanCare**  
Ombudsman

**HERE TO ASSIST YOU**

1(855) 643-8180 [kancare.ombudsman@ks.gov](mailto:kancare.ombudsman@ks.gov)  
[www.kancare.ks.gov/kancare-ombudsman-office](http://www.kancare.ks.gov/kancare-ombudsman-office)

## KANSAS LEGAL SERVICES FOR OLDER ADULTS

**Kansas Legal Services** visits locations in both Wyandotte and Leavenworth Counties on a regular basis. Guardians/Conservators, Adult Abuse/Exploitation, Simple Wills, Division of Assets, Patient Rights, Power of Attorney and Living Wills are all services that Kansas Legal Services may assist you with.

To utilize Kansas Legal Services through the Older Americans Act Funding source, you must be 60 years of age or older and a resident of one of the prospective counties.

Appointments are scheduled for the 2nd Tuesday of the month in Wyandotte County by dialing 913-573-8531 and the 4th Tuesday in Leavenworth County by dialing 913-684-0777.

Customers may also call the Centralized Intake Office at 1 (800) 723-6953 to apply for services.



## **Aging with Grace**

The most up-to-date information on health programs **“Aging with Grace,”** class is free to the public. 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**

**Social Engagement**  
**Exercise & Physical Activity**  
**Diet and Nutrition**  
**Brain Health & Normal Aging**

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.

**Wyandotte Area Agency on Aging**  
**849-C North 47<sup>th</sup> Street, KCK**  
**Friday November 17, 2017**  
**10:00 AM-11:30 AM**

**FOR MORE INFORMATION OR TO RSVP PLEASE CONTACT:**

Trish Weatherspoon, MS  
Health Advocate for Underrepresented Communities  
(913) 945-5023 or at [pweatherspoon@kumc.edu](mailto:pweatherspoon@kumc.edu)

## **VOLUNTEER NEEDED!**

Title: **Site Leader**  
**Assistant Site Leader**

What: **Serve hot meals to seniors**

When: **Mon - Fri; 9am - 12:30pm**

Where: **Vernon Center**  
**3436 N 27th Street, KCK**

If interested, contact Jacqui Watts at the Wyandotte/Leavenworth Area Agency on Aging.

**913-573-8531**

## **VOLUNTEER RECOGNITION HELD**

On Thursday, September 21, 2017 the Wyandotte/Leavenworth Area Agency on Aging (AAA) held a Volunteer Recognition event for the forty-five volunteers that assist the AAA with programming, in-house office support and providing advocacy as either a Silver Haired Legislator or Advisory Council Member.

Attendees were served lunch while a magician provided comedy and slide-of-hand performances. Door and game prizes along with gift bags were shared with the invited guests.

The Wyandotte/Leavenworth Area Agency on Aging would like to thank the following local vendors for their donations to the event.

### **Ball's Sunfresh**

241 S. 18th Street, KCK 66102

### **Bichelmeyer Meat Co.**

704 Cheyenne, KCK 66105

### **City Fish & More**

2704 State Avenue, KCK 66102

### **Five Guys**

1803 Village West Pkwy., KCK 66111

### **Liberty Fruit & Co.**

1247 Argentine Blvd., KCK 66105

### **Quik Trip Corporation**

5725 Foxridge, Mission, KS 66202

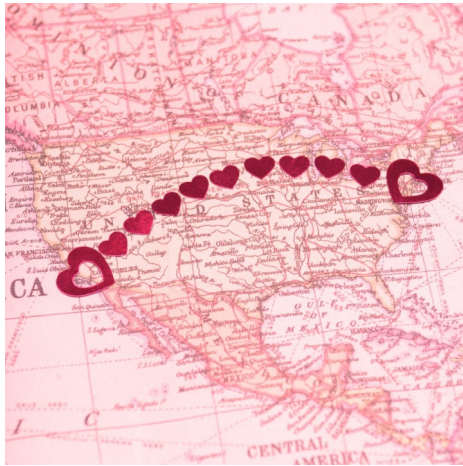
### **United Way of Wyandotte County**



## LONG-DISTANCE CAREGIVING: Tips For Success

Long-distance caregiving presents unique challenges. If you find yourself in the long-distance caregiving role, here is a summary of things to keep in mind.

Experienced caregivers recommend that you learn as much as you can about your family member or friend's illness, medicines and resources that might be available. Information can help you understand what is going on, anticipate the course of an illness, prevent crises and assist in healthcare management. It can also make talking with the doctor easier. Make sure at least one family member has written permission to receive medical and financial information. To the extent possible, one family member should handle conversations with all healthcare providers. Try putting all the vital information in one place - perhaps in a notebook or in a shared, secure online document. This includes all the important information about medical care, social services, contact numbers, financial issues and so on. Make copies for other caregivers and keep the information up to date.



**Plan Your Visits.** When visiting your loved one, you may feel that there is just too much to do in the time that you have. You can get more done and feel less stressed by talking to your family member or friend ahead of time and finding out what he or she would like to do. For instance, does

your care recipient need to get some new winter clothes or visit another family member? Could they use help fixing things around the house? Would you like to talk with their physician? Decide the priorities and leave other tasks for another visit.

**Remember to Actually Spend Time Visiting With Your Family Member.** Finding a little bit of time to do something simple and relaxing can help everyone, and it builds more family memories. And keep in mind that your friend or relative is the focus of your trip - try to let outside distractions wait until you are home again.

**Get in Touch, and Stay In Touch.** Many families schedule conference calls with doctors and assisted living facility team or nursing home staff so several relatives can participate in one conversation and get up-to-date information about a relative's health and progress. You might also talk with a family member or friend in the community who can provide a realistic view of what is going on. Don't underestimate the value of a phone and email contact list. It is a simple way to keep everyone updated on your care recipient's needs.

**Help the Person Stay In Contact.** For one family, having a private phone line installed in their recipients nursing home room allowed him to stay in touch. For another family, giving grandma a cell phone (and then teaching her how to use it) gives everyone some peace of mind. These simple strategies can be a lifeline.

**Learn More About Caregiving.** Whether you are the primary caregiver or a long-distance caregiver, getting some caregiving training can be helpful. As with a lot of things in life, many of us don't automatically have a lot of caregiving skills. For example, training can teach you how to safely move someone from a bed to a chair, how to help someone bathe, and how to prevent and treat bed sores, as well as basic first aid. Information about training opportunities is available online at [www.caregiving.org](http://www.caregiving.org).

## You Can PREVENT THE FLU

- 1. Avoid close contact.** When you're sick, keep your distance to protect others from getting sick too.
- 2. Stay home when you're sick.** When possible, stay home from work and/or errands.
- 3. Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing.
- 4. Clean your hands.** Washing your hands often will help you from germs.
- 5. Avoid touching your eyes, nose or mouth.** Germs are often spread by touching a contaminated area and then touching the mouth or nose.
- 6. Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious foods.



## PUMPKIN DIP

### INGREDIENTS:

- ✓ 3/4 cup (6oz.) cream cheese
- ✓ 1/2 cup packed brown sugar
- ✓ 1/2 cup canned pumpkin
- ✓ 2 teaspoons maple syrup
- ✓ 1/2 teaspoon ground cinnamon
- ✓ 24 apple slices

### DIRECTIONS:

- 1) In a medium bowl, mix cream cheese, brown sugar and canned pumpkin until well blended.
- 2) Add syrup and cinnamon and beat until smooth.
- 3) Cover and chill at least 30 minutes. Serve with apples.



- BLIZZARD
- CARVING
- CHIMNEY
- CHRISTMAS TREE
- COOKIES
- CORNBREAD
- CORNUCOPIA
- DECORATING
- DRUMSTICK
- ELVES
- FAMILY GATHERINGS
- FEAST
- GRAVY
- HARVEST
- MAYFLOWER
- NORTHPOLE
- NOVEMBER
- ORNAMENTS
- PILGRIMS
- PLATTER
- PRESENTS
- PUMPKIN PIE
- RECIPIES
- REINDEER
- RIBBON
- SANTA CLAUS
- SHOVEL
- SLEIGH
- SNOW
- STUFFING
- SWEET POTATOES
- THANKSGIVING
- TINSEL
- TURKEY
- WRAPPING PAPER
- WREATH

## TIS THE SEASON

Find and circle all the words hidden in the grid.



## 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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## NOVEMBER >>>

### VETERANS DAY

*Friday, November 10, 2017*

*Unified Government Office Closed*

### THANKSGIVING DAY

*Thursday, November 23, 2017*

*Unified Government Offices Closed*

### THANKSGIVING HOLIDAY

*Friday, November 24, 2017*

*Unified Government Offices 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

## DECEMBER >>>

### HANUKKAH

*December 12 - 20, 2017*

### CHRISTMAS EVE

*Sunday, December 24, 2017*

### CHRISTMAS DAY

*Monday, December 25, 2017*

*Unified Government Offices Closed*

### KWANZAA BEGINS

*Tuesday, December 26, 2017*