



VOLUME 25 ISSUE 5

SEPTEMBER/OCTOBER 2017

Ruth E. Jones, Executive Director

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

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WHAT'S THE PURPOSE OF GRANDPARENTS DAY?

By: Susan Adcox

Many people assume that Grandparents Day resulted from lobbying by florists, greeting card companies and similar businesses. The idea could not be farther from the truth. Grandparents Day is a day for celebrating the connections between the generations and its origin was decidedly noncommercial. The holiday has remained fairly true to its roots.

The roots of Grandparents Day go back to 1956 and a West Virginia mother named Marian McQuade.

While helping to organize a community celebration for those over 80, she became aware of the many nursing home residents who were forgotten by their families. She wanted a holiday to bring attention to these forgotten individuals and to honor all grandparents. In 1973 West Virginia became the first state to have such a day. McQuade and others then shifted their efforts to the national level, achieving success in 1978. Grandparents Day is areal national holiday or observance, celebrated each year on the first Sunday after Labor Day, although it is not classified as a federal holiday.



The purpose of the holiday is to honor grandparents, to give grandparents an opportunity to show love for their children's children and to help children become aware of the strength, information and guidance older people can offer.

Today, many families celebrate Grandparents Day with family get-togethers. These need not be elaborate. A simple meal and time to visit will please most grandparents. Grandparents Day is also a great time to share some family stories or look at old pictures. Board games, card games and puzzles are fun low-key amusements. If the family would like an outing, a few venues mainly museums host annual Grandparents Day celebrations.

Remember that one of the purposes of the holiday is to give grandparents a chance to show their love for their grandchildren. If it doesn't work out for you to see your grandchildren, Grandparents Day is a great excuse for you to phone them, email or text them, FaceTime or Skype with them, or even write them an old fashioned letter.

**OPEN
ENROLLMENT
COMING
SOON!**

October 15 - December 7

SENIOR TRIP TO LOUISBURG

The Wyandotte/Leavenworth Area Agency on Aging sponsored a senior trip to the Louisburg Cider Mill on August 21, 2017. The annual trips are done in honor of National Senior Citizens Day. Twenty-five seniors were in attendance on the 35 minute trip. A boxed lunch, transportation and the tour were part of their fee for attending. The bonus this year is that the trip was taken on the day of the solar eclipse. Everyone was given the proper eyewear for viewing if they felt the urge to look. The photos below depict the good time that was held by all!



DRESS FOR SUCCESS

The Dress for Success project offered school uniforms to qualified grandparents raising their grandchildren. Twenty-one grandparents received assistance with forty-three grandchildren. Each grandchild received two uniforms and a backpack full of school supplies for the 2017-2018 school year. Grandparents are identified by the Kansas City Kansas - USD500 school district. Funding is provided through the Kansas Department for Aging and Disability Services, Older Americans Act and the Family Caregiver Support Program.



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
_____ \$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.

Charles Bea (Contributor)
Larry Crutchfield (Patron)
Carol McAfee (Contributor)
Patience O'Hara (Patron)
Norma Steele (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

SHL HOLDS MID-SUMMER ISSUES MEETING

Jay Rowh, SHL President

The Executive Board of the Silver Haired Legislature (SHL) held their mid-summer issues meeting on Wednesday, July 26th, in Salina. The Executive Board is composed of the SHL chairperson from each of the eleven PSA districts across the state of Kansas, plus the officers of the overall membership of the organization.

In the spring and early summer, the SHL members within each of the PSA districts meet to decide what issues are important to senior citizens. These issues are then brought to the state issues meeting, where they are discussed, debated, and whittled down to a select few. The resulting finalists will subsequently be presented to the entire SHL membership for their consideration at the annual conference in Topeka on October 3-5.

A total of 28 local issues were initially brought to the Executive Board. From this list, a total of eight issues were selected to be presented to the full membership in October. Some of these issues will be forwarded as actual bills, while the remainder will be in the form of resolutions. Four of these measures were carryovers from last year: Support for Medicaid Expansion; Continued support for the KDOT Rural Transportation program; Support for the State of Kansas to fully fund KPERS as the law stipulates, and to not use KPERS funds as a "bank" for the state general fund; and Urging the Kansas State Legislature to fund a Cost Of Living Allowance (COLA) for current KPERS recipients.

The four new bills and resolutions include: Support for the legislature to pass property tax relief for qualifying, low income Senior Citizens; Repeal of the 2016 Property Tax Lid bill which is creating difficulties for our county and city governments; An expansion of the "Grandparents Rights" bill, making sure the concerns of the grandparents are considered in child custody cases; And a tightening of the current "uninsured motorist" law, thereby giving better protection to the general public when involved in an accident with someone not having vehicle liability insurance.

The next step in this process is for the entire SHL membership to discuss and debate these bills and resolutions in committee work at the Annual Session of the full Silver Haired Legislature this coming October in Topeka. Those measures successfully passed out of committee will then face deliberation by the full SHL body, and if subsequently approved, will then be forwarded on to the Kansas Legislature for consideration with SHL support. The Silver Haired Legislators represent the over 500,000 Kansas Seniors over the age of 60, most of whom vote in local, state and national elections. The SHL is just one of the ways their collective voice can be heard.

GRANDPARENTS
 fill the world
 with LOVE

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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.

MEDICARE EVENTS



TURNING 65?

THE WYANDOTTE/ LEAVENWORTH
AREA AGENCY OF AGING

“NEW TO MEDICARE”

LAST THURSDAY OF EVERY MONTH
1- 3 PM

IN THE COMMUNITY ROOM
849 N 47TH ST, SUITE C

TO HELP THOSE NEW TO PICKING

EVERYONE IS WELCOME

COVERAGE MAKE A WELL INFORMED DECISION

Questions? Contact Kimber Coby at 913-573-8531.

READ YOUR MAIL

You receive a lot of mail everyday and we recommend that our readers open and read it. Not reading the mail could have a negative impact on your services or benefits and can even have legal consequences.

Definitely take the time to open and read mail from the following organizations: **Kansas Department for Aging & Disability Services, (KDADS), Centers for Medicare and Medicaid Services (CMS), Kansas Department of Health & Human Services (KDHE), Division of Children & Families (DCF), Social Security Administration (SSA), KanCare Clearinghouse, AND Your Insurance Companies (Medical, Home Owners and Vehicle).**

Virtually all organizations sell your name unless you specifically ask them to stop. Here are some ways to ask them to stop.

Be Clear. Whenever you donated money, order a product or fill out a warranty card, write in large letters, “Do not sell my name or address.”

Donations by Telephone. If you donate by telephone say, “Please mark my account so that my name is not traded or sold to other companies.”

Avoid Filling out Contest Entry Forms. “Contests” where you fill in a little entry blank are almost always fishing expeditions for names. Avoid these.

If you have difficulties understanding your mail, contact the organization who sent it. Many times they have a toll-free customer service number.



Halloween FUN FACTS



HALLOWEEN FUN

Facts:

- ◇ Halloween is the 2nd most commercially successful holiday with Christmas being the first.
- ◇ Jack-O-Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts.
- ◇ Bobbing for apples is thought to have originated from the Roman harvest festival that honors Pomona, the goddess of fruit trees.
- ◇ Tootsie Rolls were the first wrapped penny candy in America.
- ◇ Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bon-fire, share ghost stories, sing, dance and tell fortunes.

Jokes:

- ◇ What kind of music do ghosts like to dance to?
Soul music.
- ◇ How did the ghost sew his sheet?
With a pumpkin patch.
- ◇ What do skeletons say before they eat?
Bone appetite.
- ◇ Why did the mummy go on vacation?
He needed to unwind.
- ◇ Why don't monsters eat clowns?
'Cause they taste funny.
- ◇ Why didn't the skeleton dance at the party?
He had no body to dance with.
- ◇ What does a vampire never order at a restaurant?
A stake sandwich.

HALLOWEEN

WYANDOTTE COUNTY MEALS ON WHEELS PROGRAM RECEIVES \$8,000 GRANT

Wyandotte/Leavenworth Aging and Disability Resource Center received an \$8,000 grant for the Meals on Wheels (MOW) program from the (National) Meals on Wheels of America.

This award was made possible through the Kellogg Twenty-Five Year Employees Fund and will allow the AAA to serve approximately 1,500 additional meals. Proper nutrition goes a long way in affecting overall health of our homebound seniors.

Our agency is honored and grateful to receive this prestigious award and we are appreciative to all who assisted in making this possible.

VOLUNTEERS 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

5 ACTIVIES FOR GRANDPARENTS AND TEENS

For adults, escaping from email, taking a break from binge watching the latest television show, and turning out texts can be difficult enough. For teens who have grown up in a world where mobile devices and the internet have always been present, unplugging from technology seems almost impossible to do.

If your young adult's technology is starting to interfere with the quality time he or she spends with family - and particularly with grandparents - it may be time for a tech intervention. Next time your young adult takes too much screen time, encour-

age your child to spend some quality time disconnecting from devices and reconnecting with his or her grandparents.

These five fun, cross generational activities will help young and older adults alike unplug and connect:

1. Save the World - Volunteering builds character, self-esteem and compassion. Find a volunteer opportunity that both your young adult and his or her grandparent can get passionate and encourage them to help others - together.



2. Learn a New Hobby - Is grandma A GOURMET CHEF? Does grandpa enjoy woodworking? Summertime can be the perfect time for young adults to learn a new pastime from their older relatives. Whether you set up weekly lessons or plan on an afternoon of learning, both young and older adults can benefit from quality time spent together sharing a cherished activity.

3. Encourage your young adult to become his or her grandparent's workout buddy. Setting workout dates encourages both parties to stay committed and ensures that both your child and his or her grandparent make physical activity a priority.

4. As technology has pervaded our society, storytelling has become a lost art. But when seniors and young adults share stories, something magical happens. Storytelling cultivates creativity and a sense of connectedness.

5. Technology is not all bad - especially if it can spur communication. Encourage young adults to put their tech knowledge to use and spend some time teaching grandma and grandpa how to communicate via text, online chat or video chat. That benefit? Whether a young adult is currently in college or soon will be, he or she will now have a new way to stay connected to grandparents throughout the school year.

MAKING FAMILY GATHERINGS EASIER FOR THOSE WHO CAN'T HEAR

Written by: Kimberley Fowler

Family gatherings are a wonderful opportunity to come together with the people you love, however for someone with hearing loss, large gatherings can be overwhelming. One third of people over the age of 70 have a form of hearing loss and some members of your family may not be open to sharing their struggle.

Communication for someone with a hearing impairment can be challenging, but you can make a few simple adjustments to ensure family gatherings are an inclusive and pleasant experience for everyone.

Position Yourself to Be Heard and Seen - It is important that you are in the best position to be heard as well as seen, by a person with hearing loss. Face the person directly so that your face, especially your mouth, is in plain sight. Do not obstruct your mouth with your hands, eat or drink, while trying to communicate.

Communicate Clearly - Speak in a clear, concise manner without shouting and over emphasizing. It is a common mistake for people to speak excessively slowly or loudly to a person with hearing loss, which can lead to unnecessary hurt feelings and embarrassment. In fact, exaggerated speech may even make it more difficult for the person to hear what you are saying, as words can sound distorted.

If the person is having trouble understanding what you are saying, try rephrasing your words rather than repeating them. Sometimes saying something in a different way can be less complicated and make it easier for him or her to understand you.

Consider the fact that we don't just communicate with our words, we also use facial expressions and gestures, so be sure to use these visual cues when speaking with someone with hearing loss.



Reduce Background Noise - Background noise can be very distracting as well. The noise of the television, radio or multiple conversations taking place around you can obscure the words you are saying. Turn off background noise and relocate to a quieter area to have the best possible conversation.

Encourage Seniors to Wear Their Devices - Seniors have a lots of legitimate reasons for not wearing their hearing aids or other hearing devices. Often, the cause comes down to simple discomfort. Help ensure that the senior is wearing the hearing aid properly, the volume level is adequate and that it fits properly. If they complain about any of these issues you should get them in touch with their doctor or audiologist so that modifications can be made, or their hearing can be checked to identify additional loss or problems.

Introduce the Concept of Perceptive listening - What is perceptive listening? It's using perception, context, visual cues and pieces of the conversation the person *has* heard to figure out what has been said. Encouraging the senior in your life to use perceptive listening (which is a skill that like any other, should be practiced), will help them to regain some independence when it comes to communicating with family, as well as with people outside the home.

Show Patience and Understanding - Most importantly, when communicating with someone who is experiencing hearing loss, be patient and understanding. Hearing loss can have a profound effect on a person's life and can cause frustration, social withdrawal and depression. It is important to include people with hearing loss in your conversations and make your best effort to accommodate their needs.

MEATBALL MUMMY CRESCENT BITES

INGREDIENTS:

- ✓ 1 can 8oz Pillsbury refrigerated crescent dinner rolls or 1 can (8oz) Pillsbury refrigerated Crescent Dough Sheet
- ✓ 20 frozen cooked meatballs, thawed
- ✓ Ketchup or mustard, if desired
- ✓ Marinara sauce, if desired

DIRECTIONS:

- 1) Preheat oven to 375 degrees and line work surface with parchment paper. On parchment-lined surface, unroll dough (if using crescent roll dough, press preformation to seal); cut into 4 rectangles.
- 2) With knife or pizza cutter, cut each rectangle lengthwise into 10 pieces making a total of 40 pieces of dough.
- 3) Wrap pieces of dough around each meatball to look like bandages, stretching dough slightly to cover.
- 4) Separate bandages near 1 end to show meatball face. On ungreased large cookie sheet, place meatballs.
- 5) Bake 13 to 17 minutes or until dough is light golden brown and meatballs are hot. With ketchup and mustard, draw eyes on mummy bites. Serve with warm marinara.



FALLing INTO ANOTHER SEASON

Find and circle all the words hidden in the grid.

- APPLES
- BLACK CAT
- BONFIRE
- CANDY CORN
- CHEERLEADER
- CIDER
- COLUMBUS DAY
- COSTUMES
- DAY OFF
- FALL
- FALLBACK
- FOOTBALL
- GHOST
- GRANDPARENTS DAY
- HALLOWEEN
- HARVEST MOON
- HAYRIDE
- HOLIDAY
- HOT COCOA
- HOUDINI
- JACK O LANTERN
- LABOR DAY
- LEAVES
- MARSHMALLOWS
- OCTOBERFEST
- PATRIOT DAY
- PUMPKINS
- RAKE
- REMEMBRANCE
- SCARE CROW
- SKELETON
- TOUCHDOWN
- TRICK OR TREAT
- WEENIE ROAST
- WITCHES
- WORLD SERIES

J	A	C	K	O	L	A	N	T	E	R	N	M	H	I	Y	P	H	R	Y	Y	S	P	S	P
J	C	I	Y	Y	R	S	M	P	Y	D	E	A	A	A	C	O	I	A	G	V	E	A	Q	H
X	Q	F	T	E	G	F	O	T	B	M	L	M	D	R	U	J	D	K	L	N	I	T	C	S
A	B	V	D	Y	L	X	A	L	W	L	C	R	E	D	S	S	K	E	C	O	R	R	C	J
Z	B	I	O	J	U	G	A	L	O	O	O	N	I	M	T	H	F	A	A	D	E	I	R	U
N	C	U	X	M	G	C	D	W	L	B	R	N	O	N	B	Y	M	A	H	G	S	O	C	N
W	J	W	X	H	K	W	E	U	A	B	I	C	E	O	L	R	N	A	L	Y	D	T	I	I
O	E	Y	U	C	U	E	M	L	T	O	A	R	E	E	M	L	A	O	L	L	L	D	D	U
D	M	Q	A	C	N	B	Z	H	I	K	A	C	A	R	H	T	A	N	H	L	R	A	F	T
H	J	T	Q	O	U	E	G	D	R	P	F	C	K	Z	A	O	S	B	C	G	O	Y	K	R
C	Z	F	G	S	U	E	B	R	D	T	U	P	V	N	A	C	L	E	T	E	W	W	T	I
U	D	T	D	T	F	T	M	N	S	H	A	Y	R	I	D	E	S	I	V	O	N	J	S	C
O	Y	A	G	U	U	H	A	E	P	U	M	P	K	I	N	S	W	F	D	R	O	F	E	K
T	Y	M	A	M	F	R	F	F	M	G	H	O	S	T	C	T	I	H	F	A	A	F	L	O
H	W	F	Y	E	G	R	M	I	Z	K	G	S	C	R	V	E	T	E	L	O	Y	H	P	R
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Q	B	T	V	V	T	S	A	O	R	E	I	N	E	E	W	O	S	Q	R	L	C	W	G	A
E	C	S	E	V	A	E	L	O	L	S	O	K	C	L	C	C	G	C	G	T	L	C	S	T
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H	G	J	V	A	I	N	K	Q	Q	B	L	N	A	C	E	O	G	O	X	Y	R	H	T	G
J	L	V	X	E	I	L	F	X	G	M	X	P	A	B	W	H	S	Z	P	H	T	K	X	Z
D	X	Q	G	F	H	B	O	P	K	B	U	U	Q	D	M	Z	F	B	U	D	D	N	Y	G
C	H	E	E	R	L	E	A	D	E	R	C	A	U	B	S	B	Y	U	F	U	M	G	Z	M

Wyandotte/Leavenworth

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PRESORTED STANDARD

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September >>>

LABOR DAY

Monday, September 4, 2017

Unified Government Office Closed

GRANDPARENTS DAY

Sunday, September 10, 2017

NEW TO MEDICARE EVENT

Thursday, September 28, 2017

Information on page 4 of 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

October >>>

COLUMBUS DAY

Monday, October 9, 2017

HALLOWEEN

Tuesday, October 31, 2017

MEDICARE EVENT

Thursday, October 26, 2017

Information on page 4 of this newsletter.