

**WHAT'S
HAPPENING**

**ANNUAL SENIOR
CITIZENS OUTING
HAS BEEN PLANNED.
SEE THE ARTICLE ON
PAGE 3
FOR DETAILS!**



VOLUME 26 ISSUE 4

JULY/AUGUST 2018

Ruth E. Jones, Executive Director

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

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END ELDER ABUSE; TELL SOMEONE!

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- Aging & Disability In America
- National Senior Citizens Day
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- Sock Hop Pics and Sponsoring Agencies
- How To Block

What is elder abuse?

Abuse typically takes place at home. People who abuse are usually family members (such as an adult child or spouse) who act as caregivers. Paid caregivers may also abuse older people. Most times, victims may be unable or afraid to report the abuse. Others may not recognize signs of abuse. You can put a stop to it! Learn the facts about elder abuse and support efforts to prevent it, tell someone!

How are older people abused?

Neglect is a form of abuse by someone who fails to provide care, including medicine, food and help with hygiene. Victims may have his or her money or property stolen or mismanaged. Emotional or mental abuse may occur when older people are insulted, bullied, threatened or have their actions strictly controlled. Physical abuse occurs when the elder is kicked, punched, slapped, tied up or even over medicated. Some elders are sexually abused by being subjected to forced or unwanted sexual contact. Don't ignore signs that you or someone you know is being abused, tell someone!



Why does elder abuse happen?

Caregivers may abuse because they lack support or training, feel overwhelmed by responsibilities, worry about finances, resent the older person's need for continued care or depend on the older person for money or support. Tell someone!

Why does elder abuse continue?

An older person may not want to believe that he or she is being abused. Physical or mental disabilities often make it difficult for the victim to get help. Older people may wish to protect their caregivers out of family loyalty. When older people have little or no contact with people outside the home, they may feel they have no one else to turn to beside the caregiver and may be afraid of what will happen if they seek help. Tell someone!

What do I do if I recognize abuse?

Tell someone! Don't let victims or yourself, suffer in silence. Look for the warning signs, whether you see the signs in others or in your own relationship with those you love. Untreated, unexplained or repeated injuries or health problems (such as bruises, breaks, bed sores or burns); sudden changes in weight, behavior or finances; a withdrawal from social activities or poor hygiene, such as dirty clothing or bedding are all signs of abuse. Tell someone!



Tuesday, August 21, 2018

Report suspected adult abuse, neglect or exploitation to Adult Protective Services at 1-800-922-5330.

SMOKE ALARM INSTALLATION PROGRAM

Information provided by the State Fire Marshal of Kansas

Fire can grow and spread through a home in a matter of minutes. The advance warning provided by working smoke alarms save lives. Yet, in 82 percent of home fires in Kansas, a working smoke alarm was not present.

Get Alarmed Kansas provides free smoke alarms to be installed in homes. To qualify for the program, you must be the homeowner. Renters do not qualify as it is the responsibility of the landlord or apartment complex to provide detectors.

If you hear your smoke alarm chirp or beep, replace the batteries immediately. A good rule of thumb is to change your batteries when you change your clocks in the Spring and Fall.

To receive a free smoke detector Wyandotte County, homeowners must come in person to Fire Headquarters located at 815 N 6th Street, KCK 66101. For more information regarding free smoke detectors in Wyandotte County, you may contact Fire Headquarters at 913-573-5550.



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.



Appreciation is extended to the following who have contributed toward the cost of this newsletter.

Names are listed in alphabetical order.

**Evelena Blackwell
Stasha Davis**

If you would like to contribute to the cost of the newsletter, please make checks payable to:

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AGING AND DISABILITY IN AMERICA

Information provided by the Administration in Community Living

Each year, the Administration on Aging (AoA) compiles the latest statistics on the older population primarily from U.S. Census data into a "Profile of Older Americans." The profile provides data on changes in demographics of the population over age 65.

Here are some highlights from the latest [Profile of Older Americans](#):

- Over the past 10 years, the population age 65 and over increased from 37.2 million in 2006 to 49.2 million in 2016 (a 33% increase) and is projected to almost double to 98 million in 2060.

- The age 85 and over population is projected to more than double from 6.4 million in 2016 to 14.6 million in 2040 (a 129% increase).

- Racial and ethnic minority populations have increased from 6.9 million in 2006 (19% of the older adult population) to 11.1 million in 2016 (23% of older adults) and are projected to increase to 21.1 million in 2030 (28% of older adults).



- About one in every seven, or 15.2%, of the population is an older American.

- Persons reaching age 65 have an average life expectancy of an additional 19.4 years (20.6 years for females and 18 years for males).

- Older women outnumber older men at 27.5 million older women to 21.8 million older men.

- About 28% (13.8 million) of noninstitutionalized older persons lived alone (9.3 million women, 4.5 million men).

- Almost half of older women (45%) age 75 and over lived alone.

- The need for caregiving increases with age. In January-June 2017, the percentage of older adults age 85 and over needing help with personal care (22%) was more than twice the percentage for adults ages 75-84 (9%) and more than six times the percentage for adults ages 65-74 (3%).

NATIONAL SENIOR CITIZENS DAY

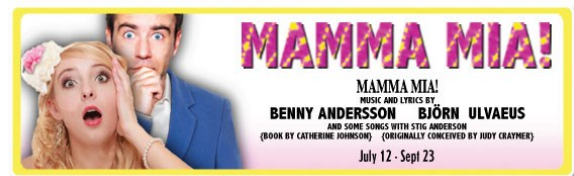
Each year on August 21st, there are various events and activities held across the United States in recognition of National Senior Citizens Day. This day was created as a day to support, honor and show appreciation to our seniors and to recognize their achievements. Their valuable contributions to our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

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 **New Theatre Restaurant**.

NEW THEATRE RESTAURANT OUTING

Sponsored by the Area Agency on Aging



On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past to the door of the church.

The Area Agency on Aging will be sponsoring a trip to the New Theatre Restaurant on Wednesday, August 22, 2018. The bus will leave promptly from the Area Agency on Aging office at 10:30am for an 11:15am arrival. Estimated return time is 4pm.

The trip includes:

- Transportation to and from theatre
- Your show ticket
- Lunch provided at the theatre

Participants must be at least 60 years of age. Only 20 seats are available, so reserve your spot today!

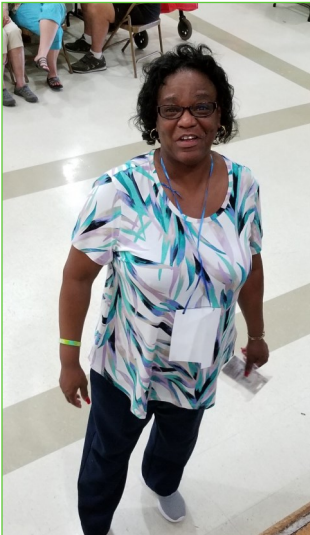
The cost of the trip is \$25 per individual. Your spot is reserved once payment is received at the WY/LV Area Agency on Aging at 849 North 47th Street, Suite C, Kansas City, Kansas 66102.

Contact Linda Ramirez at 913-573-8543, if interested or for further details. Reservations must be made by August 3rd.

SOCK HOP PICS AND SPONSORING AGENCIES

The Wyandotte/Leavenworth Area Agency on Aging sponsored the Annual Sock Hop on May 10, 2018 as part of the Older Americans Month Celebration at the George Meyn Center. Our guests enjoyed health screenings, door prizes, games, food, and a dance contest.

Here you will find some of our favorite pictures from the event and list of our sponsors. We hope you were able to attend and can't wait to see you next year!



1st Place Dance Contest Winner



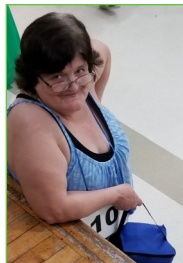
2nd Place Dance Contest Winner



Dance Contest Runner Up



3rd Place Dance Contest Winner



Dance Contest Runner Up



SOCK HOP SPONSORS

PLATINUM

- Adult Services
- Alliance Home Health Care
- Allwell from Sunflower Health Plan
- Assisted Transportation
- Best Choice Home Health Care
- Faith Home Health Care
- Medicalodges Inc.
- Riverbend Post Acute
- Treat America
- United Health Care Community Plan
- Victory Hills Senior Living

GOLD LEVEL

- Aquinas Home Health
- Central Avenue Dental
- Midland Care
- Providence Medical Center/Saint John's Hospital

SILVER LEVEL

- Audio Reader
- Amerigroup
- Social Security Administration
- State Library of Kansas, Talking Books
- Unified Government Transit Department

HEALTH SCREENINGS

- Central Avenue Dental
- Unified Government Health Department
- Walgreens



Mz Gee's Exercise/Line Dance Class is always encouraging audience participation as they keep in step.



Walgreens in KCK is one of the longest sponsors of the Sock Hop, providing free health screenings.



The dance contest always has great participation!



Faith Home Health always dresses the part!



Ms. Jennings, 99 is pictured above winning the award for the eldest senior in attendance. She won a \$25 VISA gift card and received a standing ovation.



The Sock Hop always provides great information regarding services to those who qualify.



HOW TO BLOCK ANNOYING ROBOCALLS

If you're like most, chances are you're constantly getting bombarded by robocalls. You know the type: You pick up the phone only to hear some pre-recorded message - sometimes not even in English - about how you own someone money or you've won a free vacation to Barbados.

These sorts of robocalls are smarter than ever, too. Spammers are capable of spoofing the area code where you live so that it appears to be a local call or even one from legitimate business you've used. And of course you answer thinking maybe it's a neighbor, the drug store or your doctor calling. Usually it isn't.

This article will walk you through how some of those calls happen in the first place, and how to start blocking them.

Where robocalls originate? Anyone can pay to make millions of robocalls. There are legitimate businesses that follow the law which you can pay to have your message sent out to people around the globe. Advanced tools let you pick the area code the call originates from, so someone can target a specific area and use a local number. Other people and groups around the globe don't necessarily care about US laws, so they're able to call you from pretty much anywhere - but with similar tools to what legitimate businesses offer. They usually call for private info such as social security numbers and bank accounts, or cash with the hopes they'll trick you into giving it away.

the phone that you want to register). Sign up for the FTC's [Scam Alerts](#). This will help you know about current robocalls and scams that have been reported to the FTC.



Downloading an app that have frequently-updated lists of known robocall numbers that are automatically blocked. The US wireless industry group Cellular Telecommunications and Internet Association (CTIA) recommends several apps for Android and iPhone, including the app Mr. Number, which is highly rated in both app stores. Mr. Number offers a lot of options, including the ability to automatically block known scams, block suspected fraudsters, block numbers that are hidden on purpose, block numbers that aren't in your contacts and more. Some wireless carriers also offer services that can help cut down on robocalls.

What to do when you get one. If you see a number you don't recognize, even if it's from a local area code, let the message go to voicemail. If it's important - they'll leave you a voicemail. If you pick up, you should end the call immediately after you realize it's a pre-recorded message. Hang up the phone. Don't press one to speak to a live operator and don't press any other number to get off the list. If you respond by pressing any number, it will probably just lead to more robocalls.

How to avoid them. Your first line of defense is to sign up for the Federal Trade Commissions (FTC) [Do Not Call Registry](#). It's illegal for telemarketers to call you if you're on it, though plenty still do. (You must call from

completely avoid robocalls - unless you block everyone who's not in your address book with an app - since it's easy for scammers to create a new number and call you again. Still, you should learn how to block a number on your phone. If you follow the steps above, you should receive fewer robocalls. If you still get them, you should file a complaint with the FTC. Doing so can help the FTC detect patterns and potentially stop whoever is sending those calls in the first place.

How to block a number. It's almost impossible to completely avoid robocalls - unless you block everyone who's not in your address book with an app - since it's easy for scammers to create a new number and call you again. Still, you should learn how to block a number on your phone.

If you follow the steps above, you should receive fewer robocalls. If you still get them, you should file a complaint with the FTC. Doing so can help the FTC detect patterns and potentially stop whoever is sending those calls in the first place.

DON'T BE SCAMMED

View below some of the lines that will help you identify that the caller is trying to scam you:

- ◇ You've been specially selected (for this offer) or you've won one of our valuable prizes.
- ◇ This investment is low risk and provides a high return that you can get anywhere else.
- ◇ Some customers are even contacted through Facebook Messenger, posing as someone you know. Keep in mind that because they use the name of someone you know, doesn't mean it's actually them.
- ◇ You'll get a free bonus if you buy our product or we'll just put the shipping and handling charges on your credit card.
- ◇ Keep in mind that governmental agencies i.e. the Social Security Administration, Internal Revenue Service, Police or Sheriff's Office, etc. do not call you on the phone. All correspondences from them, will come via US Mail.

NEVER GIVE OUT YOUR PERSONAL INFORMATION OVER THE PHONE!

If you get a call from someone you don't know who is trying to sell you something you hadn't planned to buy, say "No thanks." And, if they pressure you about giving up personal information - like your credit card or Social Security number - it's likely a scam. Hang up and [report it to the Federal Trade Commissioner at 1-877-FTC-HELP \(\(1-877-382-4357\)\)](#)

CHICKEN SALAD SANDWICHES

INGREDIENTS:

- 1 1/2 Cups chopped, cooked chicken or turkey
- 1/2 cup chopped celery
- 1/3 cup finely chopped onion
- 1/4 cup mayonnaise or salad dressing
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 slices of your favorite bread

Sometimes you just need a classic sandwich, like good ol' chicken salad. This recipe is a great option when you have extra cooked chicken from another meal. With seven ingredients and just 15 minutes, you can serve up chicken salad sandwiches for four.

This would be awesome served in lettuce wraps instead of bread for a healthier option!

DIRECTIONS:

In a medium bowl, mix all ingredients except bread. Spread mixture on 4 bread slices and top with remaining slices.



GETTING WARMER, MUST BE SUMMER TIME!

Find and circle all the words hidden in the grid.

- BACKPACK
- BACK TO SCHOOL
- BALD EAGLE
- BEACH BALL
- BEACH TOWEL
- BICYCLING
- CARWASH
- DECLARATION OF INDEPENDENCE
- DISPLAY
- FAMILY REUNION
- FIRECRACKER
- FIREFLIES
- FIREWORKS
- FISHING
- FOUNDING FATHERS
- FOURTH OF JULY
- GARAGE SALE
- GEORGE WASHINGTON
- GRILLING
- ICED TEA
- LIGHTENING BUGS
- MOSQUITOS
- OLD GLORY
- PICNIC
- RED WHITE BLUE
- ROAD TRIP
- SANDALS
- SCHOOL SUPPLIES
- SENIOR CITIZENS DAY
- SPARKLERS
- STARS AND STRIPES
- SUMMER
- SUNGLASSES
- TICKS
- WATERMELON
- WORMS

V	R	L	E	D	J	Z	A	J	H	E	H	Z	Z	D	Z	O	N	Z	F	P	O	S	D	S
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INDEPENDENCE DAY

Wednesday, July 4, 2018

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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 >>>

NATIONAL SENIOR CITIZENS DAY

Wednesday, August 22, 2018

SENIOR CITIZEN OUTING

Wednesday, August 22, 2018

New Theatre Restaurant

Details on Page 3 of this newsletter

(for registered participants only)