

WHAT'S
HAPPENING

IT'S
TAX
TIME!

VOLUME 26 ISSUE 2

MARCH/APRIL 2018



Ruth E. Jones, Executive Director

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

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THE PROBLEM THAT PILES UP

Information provided by newsinhealth.nih.gov

You may have seen reality TV shows about people who hoard mail, gadgets, cats and even trash. Or, maybe for you, the reality is a little closer. It could be neighbor a or a family member.

When people aren't able to throw things away, piles can grow to the ceiling. These piles can make it impossible to use bathrooms, bedrooms and kitchens. The piles may fall over, trap and injure people. They can catch on fire. Cluttered homes and yards may attract pests. Neighbors may call the police. Parents may lose custody of their children.

People don't choose to be hoarders and they aren't being sloppy or lazy. It is a real mental disorder. It is important to recognize that people with a hoarding disorder have lost control of their decision making abilities. It's hard for people with this disorder to part with items, even things with no real world value.

We're always puzzled by the fact that many people with hoarding disorder often don't seem terribly bothered by their circumstance. The parts of their brain that are largely in charge of becoming bothered are underactive. But if they are forced to decide about whether to discard something, that part of the brain becomes overactive. And so, the brain is essentially screaming that everything is important. Doctors don't know what causes hoarding disorder. There is no x-ray or blood test for diagnosis.

Hoarding disorder can start during a person's teens or later. It may grow more severe over the decades. If you know someone who may need help? Try to be gentle, calm and patient. It may take several conversations before the person agrees to work on the problem or even recognize that they have a problem. Keep in mind that if a person is not really motivated to do something about the problem, they can dig in their heels and arguing can make the problem worse.

There's no effective medication for hoarding disorder, although studies are in progress. Right now, cognitive behavioral therapy is the only evidence based treatment for hoarding. This type of therapy teaches people how to change their thinking patterns and react differently to situations. Some people with hoarding disorder are helped by joining a support group with others who have the disorder. There are also organizing professionals who specialize in helping people get rid of clutter.

If you recognize that you are a hoarder or know of someone who is a hoarder, contact your local community mental health center.



COLD WEATHER RULE | NOV 1 – MAR 31

Struggling to keep
the heat?



Stay warm. Stay connected. Kansas

CALL YOUR UTILITY COMPANY FOR MORE INFORMATION

THE 15TH ANNUAL VALENTINE'S DAY CARD DRIVE

The American Stroke Foundation (ASF) feels no population should be forgotten. Annually, the ASF reaches out to the community to donate Valentines Day cards to nursing facilities, assisted living communities, senior centers, soup kitchen, homeless shelters, etc.

The Wyandotte/Leavenworth Area Agency on Aging (AAA) is excited to share that the Meals on Wheels customers in Wyandotte County received valentines too!

The AAA would like to send a special "Thank You" to the American Stroke Foundation for their tireless efforts in making our community special.



TAX Time

The following information is offered as a courtesy. All questions or concerns regarding the locations, times of service or filing requirements should be directed to the participating organization.

AARP Foundation Tax-Aide offers free, individualized tax preparation for low to moderate income taxpayers especially those 50 and older. To the right, you can view sites in the Wyandotte County area.

Should you need more information regarding the AARP Tax Assistance Program, please contact AARP at 1-866-389-5627.

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$54,000 or less, persons with disabilities and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. www.irs.gov

VITA TAX SITES

Catholic Charities
2200 Central, KCK 66102

Thursdays (4p - 8p)

Saturdays (9a - 2p)

KCKCC - Flint Bldg. Rm 3632
7250 State Avenue, KCK 66112

Wednesdays (5p - 8p)

Saturdays (9a - 12p)

AARP TAX SITES

KCK City Hall
701 North 7th Street
Kansas City, Kansas 66101
Mondays (9am - 2pm)

KCKCC
7250 State Avenue
Kansas City, Kansas 66112
Tuesdays & Thursdays
9am - 1pm

Turner Rec Center
831 S. 55th Street
Kansas City, Kansas 66106
Thursdays by appointment only
(9am - 2pm)
913-295-8250 - Option #4

Providence/Ball YMCA
8601 Parallel Pkwy.
Kansas City, Kansas 66112
Wednesdays & Fridays
By appointment only
12p - 4pm
913-378-9622

SAVE THE DATE!

The Area Agency on Aging presents its Annual Older Americans' Month Event



Thursday, May 10, 2018
George Meyn Center
126th & State Avenue, KCK
11am - 2pm

- ◇ Health Screenings
- ◇ Concessions
- ◇ Entertainment
- ◇ Informational Booths
- ◇ Door Prizes
- ◇ Dance Contest

Should you have any questions, please feel free to contact a member of the Sock Hop Committee at 913-573-8531.

People all over the world celebrate St. Patrick's Day, especially places with large Irish-American communities. Feasting on the day features traditional Irish food, including corned beef, corned cabbage, coffee, soda bread, potatoes and shepherds pie. Many celebrations also hold an Irish breakfast of sausage, black and white pudding, fried eggs and fried tomatoes. A common tradition is the St. Patrick's Day parade.



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In addition to Easter's religious significance, it also has a commercial side, as evidenced by the mounds of jelly beans and marshmallow chicks that appear in stores each spring. As with Christmas over the centuries various folk customs and pagan traditions, including Easter eggs, bunnies, baskets and candy, have become a standard part of this Holy holiday. Many children look forward to hunting for colored eggs filled with an array of items, from coins to candy.



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 <i>defensor</i>
_____ \$50	Benefactor <i>benefactor</i>
_____ \$25	Patron <i>patrón</i>
_____ \$10	Contributor <i>contribuidor</i>
_____	Other

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

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

Names are listed in alphabetical order.

Evelena Blackwell (Contributor)
Jeanette Burnett (Contributor)
Pauline Estell (Patron)
Ignacio & Cynthia Garcia (Patron)
Martha Rivera (Patron)

DE-PRESCRIBING MEDICATIONS FOR OLDER ADULTS

Information provided by health.usnews.com

A movement is underway to eliminate excess medications that are more likely to harm than help older patients. Known as de-prescribing, it comes down to thoughtfully evaluating and rightsizing individual drug regimens that build up for patients in the course of their lives.

More than one-third of U.S. adults in their early 60's and older take at least five prescription medications. Many older adults take too many prescription drugs or take them at too high of doses. Prescriptions started long ago to treat temporary medical conditions and somehow never got stopped. Other preventive drugs may offer little to no benefit after certain age and bring unacceptable side effects for older users. Patients may accumulate much higher drug totals and its not just a matter of counting pills. The larger issue is people taking medications they don't need.



Drug interactions can worsen fluid retention for people with heart failure, increase stroke risk in people with dementia, further damage kidney function in people with kidney disease or worsen urinary problems such as retention or incontinence. Research on health benefits of de-prescribing is ongoing, but findings so far are promising.

Your primary care physician is the best choice for reevaluating your medication collection. After you've been discharged from the hospital or have seen a specialist, your regular provider can sort out new drug orders.

De-prescribing isn't a one-time measure, but a process. Continue circling back with your provider to continue peeling drugs away as needed.

In closing, never discontinue any medication without consulting your primary care provider.

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Send an email to: 60Plus@wycokck.org with your request.



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New Medicare Cards Coming

The Centers for Medicare & Medicaid Services (CMS) will begin issuing new Medicare cards in 2018 that no longer includes your Social Security number. The Social Security numbers will be replaced by a new Medicare Beneficiary Identifier (MBI). The cards will be mailed to your address on file with the Social Security Administration, so make sure your contact information is accurate.

It will take 12 months to mail new cards to all Medicare beneficiaries. During this time, **keep in mind that Medicare will NEVER request personal or private information**, so be wary of anyone contacting you about the new card or MBI. Once you receive your new card, destroy the old card immediately.

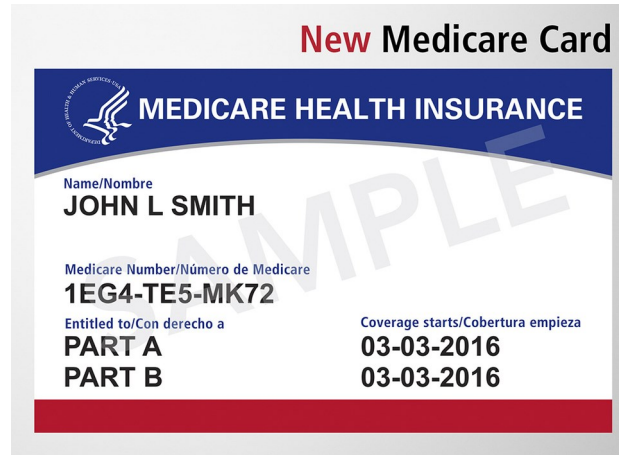
The MBI has 11 characters. Each MBI is randomly generated and are 'non-intelligent' so they don't have any hidden or special meaning. The MBI's will contain letters and numbers.

- Characters 1, 4, 7, 10 and 11 will always be a number.
- The 3rd and 6th characters will be a letter or number.
- The dashes aren't used as part of the MBI. They won't be entered into computer systems or used in file formats.

Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friends and neighbors.

Most cards will be mailed to recipients after June 2018 in Kansas (this is even true for our neighbors in Missouri).

If you need to update your information or would like to confirm your information is correct for your mailing, you may contact the Social Security Administration at ssa.gov/myaccount or by dialing **1-800-772-1213**.



JOIN US AT ONE OF THE SCHEDULED

PUBLIC HEARINGS

The Public Hearings are a great opportunity for the public to learn about programs and/or give feedback regarding senior services in Wyandotte and Leavenworth Counties. If you have any questions or concerns regarding the Public Hearing, please feel free to contact the Wyandotte/Leavenworth Area Agency on Aging at 913-573-8531.

March 27, 2018
10am

Bonner Springs Senior Center
200 East 3rd Street
Bonner Springs, Kansas
66012

April 29, 2018
12pm

Eighth Street Baptist Church
1420 North 8th Street
Kansas City, Kansas 66101
Please call the AAA at 913-573-8531 to confirm attendance.

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5 ESSENTIAL SPRING GARDENING TIPS

The sun is shining, birds are singing and its time for your garden to come back from the winter weather. Your garden needs some help getting back in shape. Though its time to get the supplies from the home improvement store, pull out the tools from the shed and get to work. Here are some tips for getting your spring garden green and beautiful by the time the season reaches its peak:

Clean out the garden. It's time to clean your garden and remove all the debris (leaves, leftover snow, etc). Get rid of weeds, making sure that you get the roots so they won't grown back. This is also a good time to sharpen your garden tools, if needed, because you're going to require them for plant maintenance and soil care.

Revitalize the soil. Because your soil is likely dried out and packed after winter, it's time to add moisture. Add organic material like compost or manure. You might also need to add more fertilizer to increase the health of the soil and increase the life of your plants.

Trim old plants. Plants that survived the winter will need to be pruned so they'll grow anew in the spring. Make sure to wait until mid-April or May in case there's an unexpected freeze. Blooming plants should be pruned right after they bloom to avoid cutting off future flowers. Summer plants should be pruned in early spring.



Add mulch. In addition to fertilizers and organic materials, you should think about adding mulch to your flower beds and garden. One to three inches of mulch helps to prevent weeds and diseases. It also keeps the moisture in

the garden and maintains the temperature. The rule of thumb is to keep the mulch a few inches from the plant stems to prevent roots from rotting.

Plant new flowers and shrubs. Once you've gotten the garden in shape and handles all of the old plants, it's time to turn your attention to new plants. Some recommendations for good spring plants include: pansies, snapdragons, vegetables like lettuce, peas and arugula, transplanting tomato plants from indoor pots to outside, lilacs and tulips.

You should lean towards planting more perennials rather than annuals, because annuals have to be replaced every year. This means you're making an investment in plants that will die every year and require replacement. Perennials, on the other hand, last for two to three years and usually survive winter frost.

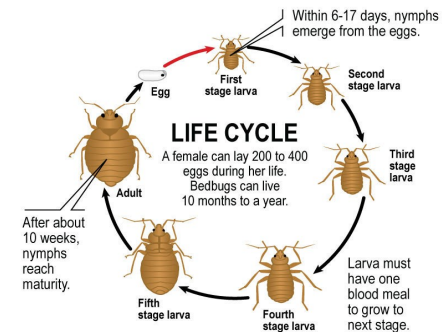
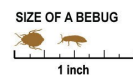
BED BUGS, A PROBLEM PLAGUING MANY

In recent years, infestations in homes, hotels, dormitories and other locations have increased. Bed bugs are most often associated with clutter and filth but have also been reported in the finest hotels and living accommodations. Although there is no specific explanation for the resurgence of this pest, increase international travel and pesticides with reduced residual activity have probably contributed.

Because bed bugs are secretive, they are difficult to detect, especially in the early stages of an infestation. They often feed multiple times before victims realize it. By then, females have had plenty time to deposit eggs to increase the population. Bed bugs feed at night while people are asleep, but the bite usually is not noticed until later.

Re-actions to bed bugs bites vary among individuals. Swelling may occur a few hours after the bite, a few days later or not at all. It can be difficult to distinguish bed bug bites from mosquito, flea, or spider bites. In general, at the feeding site, bites are itchy and red with a darker red center. They are arranged in a line or clustered together and located on exposed areas such as the face, neck, arms, hands or ankles. Many

Lifecycle of bedbug



people have no reaction to the bites but some have an allergic response such as itching, blistering or hives.

Excess clutter makes it difficult to locate and control bed bugs. Clothing, bedding and other materials should be removed and disposed of or cleaned. Bedding and other materials exposed to bed bugs should not be treated with insecticides. They can be treated by heating in most tumble dryers on the hot cycle to a consistent temperature of at least 104°F for a minimum of 30 minutes. Treating fewer items in each cycle will make it more difficult for bed bugs to avoid the hot or cold environment.

Because mattresses should not be treated with pesticides, it is best to discard the bed, especially older mattresses and box springs that may have holes or tears, which make it easier for bed bugs to hide deep inside where they cannot be effectively treated.

Pest control companies trained in bed bug management have experience detecting and treating infestations. Most methods are beyond the financial or technical means of average homeowner. But, in most cases, it is necessary for a homeowner to hire professional pest control services with experience inspecting and treating bed bugs that are licensed to use restricted use pesticides if necessary. If a bed bug infestation is suspected, call a professional trained in bed bug management before the problem spreads.

TALKING WITH SOMEONE WHO HAS MEMORY ISSUES

Information provided by www.seasonedtimes.com

There's nothing easy about having a loved one or friend with dementia or Alzheimer's. It is heart wrenching and difficult. So many things are stolen, ripped away in painful ways. Simply trying to have a conversation with the person can be extremely challenging. Through no fault of their own, people with memory issues lose the ability to engage fully. Not only do they forget so much, but they can't process information like we do.

You may find it helpful to speak with your loved one's doctor for recommendations on how best to communicate with the person you care so much about. We have put together some helpful tips about talking with someone with dementia or Alzheimer's from folks who have been there. We hope you find the suggestions useful.



◆ **Keep a positive tone in your voice.** Even when a person with memory issues is unable to comprehend the meaning behind your words, he or she can recognize the mood behind the words. People with dementia sometimes mirror other people's demeanor and behavior. Try to keep your voice evenly pitched and on the quieter side. Try to sound happy, friendly and loving.

◆ **Introduce yourself.** When your loved one doesn't seem to recognize you, it can feel like a knife to the heart. But to have a conversation, you must get beyond the pain. Introduce yourself and your relationship to the person. Then begin a conversation.

- ◆ **Start with an explanation.** Before beginning to talk about a subject. It can help to familiarize the person with some background about whatever it is you are going to be speaking about. Ease in slowly to help the person understand and follow the conversation.
- ◆ **Listen.** It can be frustrating, but try not to interrupt the person. Let your loved one complete his or her thoughts even if you've heard the same thing a million times before. People with memory problems often find comfort in telling certain stories they remember. Listening to the story as if you've never heard it before can help create a positive atmosphere for your conversation.
- ◆ **Be patient.** If you remain patient, calm and reassuring, it may help the person communicate better and more easily. Wait for your loved one if he or she seems to be struggling to come up with a word, name or answer. Don't rush the person. Try not to feel like you have to fill in all the quiet spaces. People with memory problems often need time to gather their thoughts before speaking or responding.
- ◆ **Always be respectful.** No adult wants to be treated like a child, even someone who can't remember much. Try to speak with your loved one in a comforting but adult manner, even when he or she looks at you blankly or becomes agitated. There may be times when your loved one acts childish, but never forget that the person is not a child. Most likely, there will also be times when your loved one firmly believes something you know for fact is wrong. Try to let it go. Attempting to change his or her mind will probably only agitate the person.
- ◆ **Pay attention to nonverbal clues.** When people with memory issues are unable to verbalize how and what they are feeling, they often demonstrate their emotions in other ways. If your loved one's actions or attitude are telling you something, try to respond accordingly. If you notice body language that implies the person is feeling down, frightened or angry, you may be able to say or do something comforting to help. Like the rest of us, he or she may just need some support and reassurance.
- ◆ **Use more than words.** There may be times when your facial expressions and physical touch can connect with your loved one far better than any words you might say. Holding hands, a rub on the back or a hug might be the best way to show your love and care. However, make sure the person welcomes and feels comfortable with whatever forms or physical touch you use.
- ◆ **Come up with activities to engage the person.** If your loved one is not in the mood or condition to have a conversation, try involving the person in a simple activity appropriate to his or her abilities. Perhaps reading a book aloud would be enjoyable for you both. Or a craft project might be fun. Just sitting together watching your loved one's favorite television show can create a bond and feeling of togetherness.
- ◆ **Avoid current events.** Always keep in mind that the person is probably more comfortable talking about the past than the present. People with memory problems may be able to remember what happened 50 years ago with remarkable clarity but have no idea about what is going on today. Understand that it may be impossible for your loved one to discuss issues related to "here and now".

SUPPORT FOR BOTH YOU AND YOUR LOVED ONE WITH MEMORY LOSS

RDAD-KC is an in-home support program that works with caregivers of individuals who have moderate to severe dementia or intellectual/developmental disabilities.

Benefits for individuals with dementia or disabilities:

- ⇒ Decreased stress and anxiety
- ⇒ Enhanced mood and communication
- ⇒ Improved levels of health activity

Benefits for caregivers:

- ⇒ Expert dementia care training
- ⇒ Regular support meetings
- ⇒ Develop new techniques to promote health activity

For more information about the RDAD-KC program, contact the Alzheimer's Association - Heart of America Chapter at 913-831-3888.

SIMPLE PARMESAN CHICKEN

INGREDIENTS:

- ✓ 1/2 cup dried bread crumbs
- ✓ 1/2 cup grated Parmesan cheese
- ✓ 2 teaspoons Italian seasoning
- ✓ 1 egg beaten
- ✓ 5 skinless, boneless chicken breasts

DIRECTIONS:

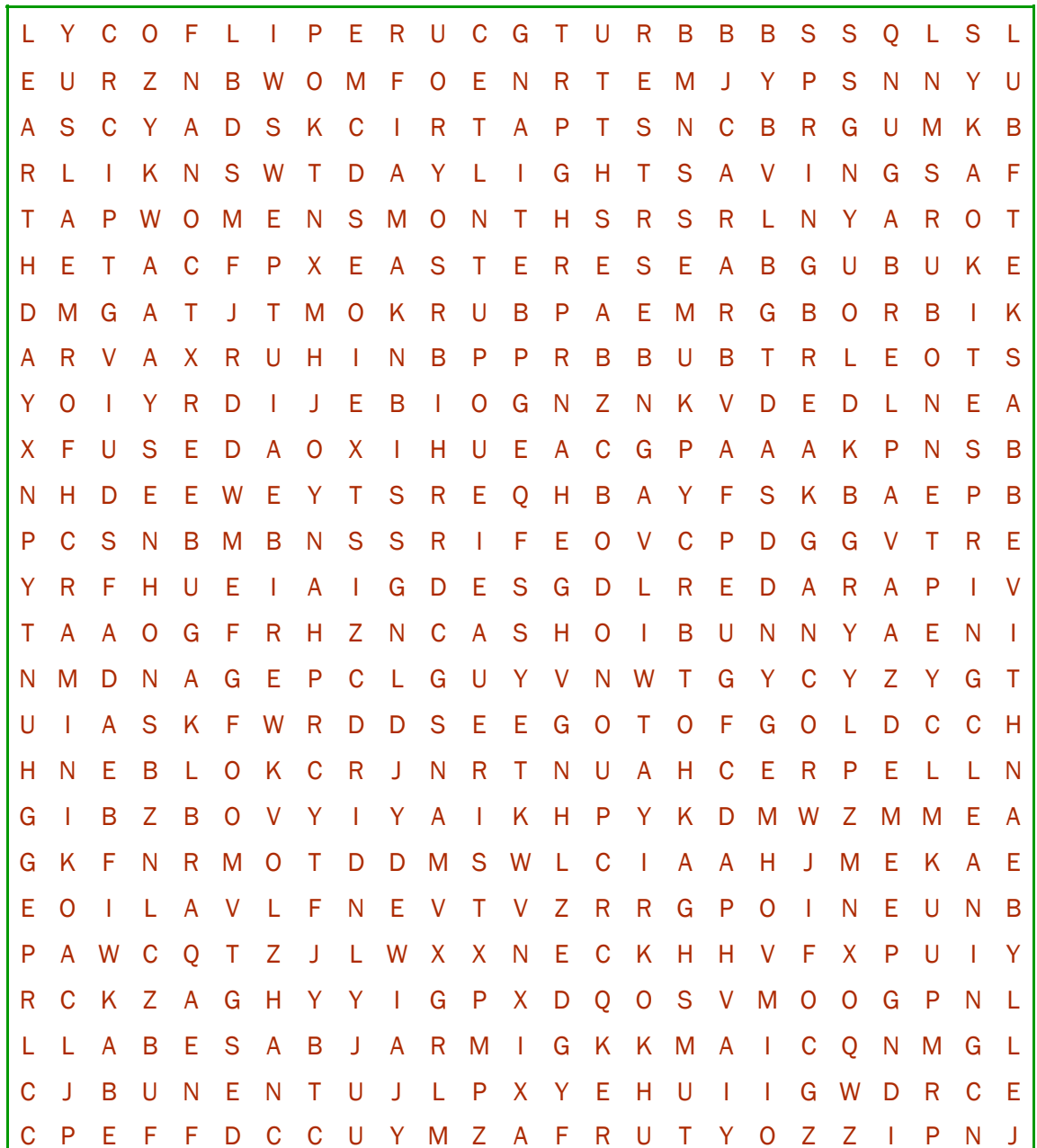
- 1) Preheat oven to 350 degrees.
- 2) In a medium bowl mix together the bread crumbs, Italian seasoning and parmesan cheese. Dip chicken breasts in egg, then in bread crumb mixture to coat. Place coated chicken in a 9x13 inch baking dish.
- 3) Bake in the preheated oven for 30 to 35 minutes or until juices run clear, turning over chicken 5 minutes before removing from oven.



- APRIL FOOLS DAY
- ARBOR DAY
- BASEBALL
- BASKET
- BONNET
- BRUNCH
- BUNNY
- DAYLIGHT SAVINGS
- EARTH DAY
- EASTER
- EGG HUNT
- EQUINOX
- FOUR LEAF CLOVER
- GARDENING
- GRASS
- GRASSHOPPERS
- GREEN BEER
- JELLY BEAN
- KITE
- LAMB
- LEPRECHAUN
- LUCK OF THE IRISH
- MARCH FOR MEALS
- PARADE
- PATRIOTS DAY
- POT OF GOLD
- PRANK
- RAINBOW
- REFUND
- SPRING BREAK
- SPRING CLEANING
- SPRING TIME
- ST. PATRICKS DAY
- TAX DAY
- WIND CHIMES
- WOMENS MONTH

Patiently Waiting For Spring

Find and circle all the words hidden in the grid.



Wyandotte/Leavenworth

Area Agency on Aging

849 North 47th Street - Suite C

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MARCH >>>

DAYLIGHT SAVINGS

Sunday, March 11, 2018
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ST. PATRICK'S DAY

Saturday March 17, 2018

EARTH DAY

Tuesday, March 20, 2018

SPRING HOLIDAY

Friday, March 30, 2018
Unified Government Offices 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

APRIL >>>

APRIL FOOLS DAY

Sunday, April 1, 2018

EASTER

Sunday, April 1, 2018

PATRIOTS' DAY

Monday, April 16, 2018

EARTH DAY

Sunday, April 22, 2018

ARBOR DAY

Friday, April 27, 2018