

**WHAT'S
HAPPENING**

**OLDER
AMERICANS
MONTH**

VOLUME 26 ISSUE 3

MAY/JUNE 2018



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 10, 2018
11am - 2pm

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

Event is free for seniors and open to the public!
Evento es gratis y abierto al public!

Concessions

Concesiones

Health Screenings

Evaluaciones Medicas

Drawings

Sorteos

Entertainment

Entretenimiento

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 lugar de evento.

SHUTTLE RIDES WILL BE PROVIDED, COMPLIMENTS OF ASSISTED TRANSPORTATION: *Pick up and drop off at 849 N 47th Street, Kansas City, Kansas 66102.*

To event: 10:30am & 11:30am

Return Trips: 12:30PM & 1:30PM



A LOOK BACK...Do You Remember?

Looking BACK

- ◇ **Strangers Rest Meal Site Opens** - The Wyandotte/Leavenworth Area Agency on Aging celebrated the Grand Opening of its newest Congregate meal site at Stranger Rest Baptist Church on **July 8, 2009**. It was the first site in 20 years to open in Wyandotte County. Strangers Rest is also one of the two locations where seniors can access Enhance Fitness, a free group exercise program.
- ◇ **Kansas Silver Alert Bill #148 Signed Into Law** - On **March 27, 2009**, the then Governor of Kansas, Kathleen Sebelius signed the Kansas Silver Alert Plan into legislation. Senate Bill No. 148 makes public notice of a missing elderly person to be promptly broadcast and a search may be timely undertaken with the cooperation of local law enforcement, news media and the general public in order to locate such person in time to avoid serious harm or death.
- ◇ **Demand Response Cost Increases to \$1 Each Way** - The Unified Government Transit Department implemented a fare increase for the senior bus program (Demand Response) on **March 1, 2009**. Today's rate is \$2 each way.
- ◇ **DTV (Digital Television)** - The switch from Analog to Digital TV on June 12, 2009 as mandated by the Federal Communications Commission (FCC) required all US based television signals must be transmitted digitally. The great majority of US households (97.5%) were prepared for the digital transition in the week prior to power turn-off on **November 2, 2009**. The Area Agency on Aging contacted approximately 625 Wyandotte County seniors to provide and install DTV boxes, if needed.



KCKCC Wellness & Fitness Center will be hosting a Senior Health and Fitness Day on **Wednesday, May 30, 2018** from 8:00am - 1:30pm in the Health Professions Building. Contact Pam Hall at 913-288-7610 or at pjhall@kckcc.edu for registration.

"Active Today...Healthier Tomorrow"



Presentations/Information:

- ✓ Balance Exercises
- ✓ Chair YOGA
- ✓ Flexibility & Stretching Exercises
- ✓ Personal Safety
- ✓ Nutrition
- ✓ Normal Aging Health Topics
- ✓ Aquatic Exercise Information



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**
defensor
- _____ **\$50** **Benefactor**
benefactor
- _____ **\$25** **Patron**
patrón
- _____ **\$10** **Contributor**
contribuidor
- _____ **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.

Wanda Duncan (Other)
Wanda Collins (Other)
Juanita Ellis (Contributor)
Alice Pollard (Contributor)
Dorothy Reed (Contributor)
Clara Sullivan (Patron)

RIDEKC FREEDOM ON-DEMAND EXPANDS INTO WYANDOTTE COUNTY

The Kansas City Area Transportation Authority (KCATA), in cooperation with the Unified Government of Wyandotte County/Kansas City, Kansas, is proud to announce the expansion of RideKC Freedom On-Demand paratransit services into Wyandotte County.

Freedom On-Demand has proven itself as a leader in paratransit services in the region providing more than 54,000 rides since May 2017, when it launched in parts of Kansas City, Missouri, and northeast Johnson County, Kansas. With the expansion into Wyandotte County, RideKC Freedom On-Demand can provide paratransit users with more options.

Ridership for Freedom On-Demand continues to grow. In just the last month, it provided more than 7,700 rides for paratransit users in the region. The expansion doesn't just give users more options, but allows the KCATA to continue building on robust, innovative partnerships that drive the region forward.



Pictured above Melissa Bynum, UG Commissioner-At-Large District 1, Justus Welker, UG Transit Director, Mayor David Alvey and Robbie Makinen, President/CEO of KCATA.

For more information regarding the RideKC Freedom On-Demand paratransit services in Wyandotte County, you may dial 913-573-8351.

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.



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"Wyandotte/Leavenworth Area Agency on Aging"



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AQUINAS HOME HEALTH

Kansas City
Phone: 913-299-7100
Fax: 913-299-7102

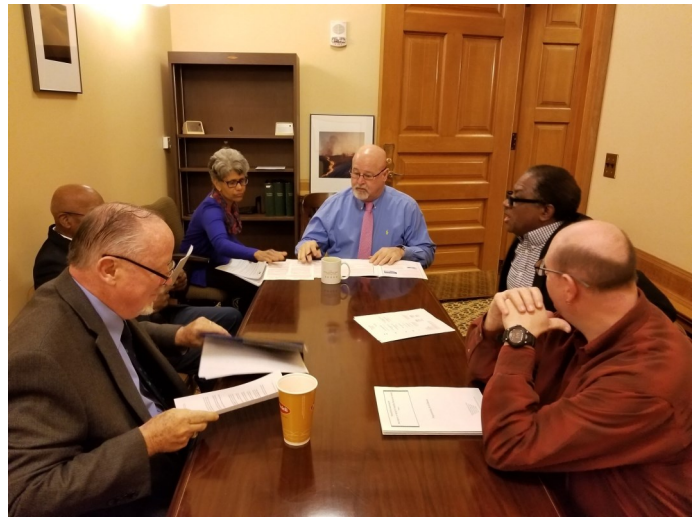
7740 Hedge Lane Terrace
Shawnee, KS 66227
aquinashomehealth.com

AAA DAY AT THE CAPITOL

The Wyandotte/Leavenworth Area Agency on Aging (AAA) Advisory Council Members and Silver Haired Legislators traveled to the Capitol in Topeka for AAA Day on March 14, 2018.

The AAA would like to thank our local legislators for taking the time to listen to our concerns.

If you're interested in becoming an advocate for seniors, call the Area Agency on Aging office at 913-573-8531.



AREA AGENCY ON AGING VOLUNTEERS HONORED AT RSVP EVENT

The Wyandotte/Leavenworth Area Agency on Aging is one of many Volunteer Stations throughout Wyandotte County. Annually, United Way of Wyandotte County hosts a RSVP (Retired Senior Volunteer Program) Recognition Luncheon for their volunteers. The AAA has five volunteers working at their station and all attended the recognition held on Friday, March 30, 2018, at Pierson Community Center. Pictured from left to right are Laleta Jones, Modestine Bell, Jane Davis, Lorene Jones, Gladys Henderson and Linda Ramirez, Site Coordinator.



PUBLIC HEARINGS HELD

The Wyandotte/Leavenworth Area Agency on Aging held two public hearings on March 27th and April 19th. Public Hearings are designed to give the public an opportunity to learn about programs and/or provide feedback regarding senior services in Wyandotte and Leavenworth Counties. If you were unable to attend one of the scheduled meetings and would like to provide feedback, please contact the Area Agency on Aging at 913-573-8531 or by sending an email to 60Plus@wycokck.org.



Bonner Springs Senior Center - March 27, 2018

FARMER'S 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 and recipients must be at least 60 years of age or older, live in Wyandotte County and meet income guidelines.

Priority will be given to participants of the Congregate Meal Sites in Wyandotte County. Interested parties may contact the AAA after June 1, 2018 at 913-573-8531 for dates and times of distribution.



COMPROBANTES PARA EL MERCADO AGRICOLA

Una vez mas la Agencia de Area para Envejecientes (AAA) en Wyandotte/Leavenworth estara distribuyendo un numero limitado de comprobantes para el Mercado Agricola (Farmer's Market).

El valor de los comprobantes no se ha establecido por ahora. Los comprobantes son para personas de 60 anos de edad y mayores que viven en el condado de Wyandotte y su ingreso anual satisface el requisito para el programa.

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 2018.



ENGAGE AT EVERY AGE: MAY 2018

BABYSITTING GRANDCHILDREN COULD LOWER RISK FOR ALZHEIMERS DISEASE

Alzheimers.net

There's nothing like grandchildren to keep older adults active and joyful. A recent study shows that spending a moderate amount of time with grandkids may actually prevent Alzheimer's disease by increasing brain function and memory. In addition to boosting brain power, babysitting has been linked to decreased rates of depression.

Researchers observed the cognitive function of over 180 women who cared for grandchildren. The results showed that postmenopausal women who spend one day a week caring for their grandchildren may have a lower risk of developing Alzheimer's and other cognitive disorders. However, those who spend five days a week or more caring for little ones may have a higher risk of developing neurodegenerative disorders.

This is the first study to examine the role of grandparenting on cognition. While the reason for the correlation is not



clear, it is thought that regular social interaction can have a positive effect on the mental health of seniors and lower their risk for Alzheimer's. Caring for grandchildren can help to prevent the social isolation that can cause depression and even an earlier death.

In addition to preventing Alzheimer's and avoiding social isolation, other research suggests that a strong grandchild and grandparent bond has anti-depressive benefits for both seniors and children. A study observed the habits of 376 grandparents and 340 children for 19 years. They found that the closer the relationship between the two, the less likely either were to develop depression and that grandparents who both gave and received support had the fewest symptoms of depression.

10 FUN ACTIVITIES TO DO WITH GRANDCHILDREN

The age gap between grandchild and grandparent does not have to be a barrier to having fun and spending time with each other.

Here are some fun activities for all ages to do together:

1. Bring out the good china and have a tea party.
2. Camp in your own backyard.
3. Create a family tree together.
4. Go to a local farmer's market and make a pie with your fresh fruit.
5. Go on a nature walk.
6. Play a card game.
7. Start a book club.
8. Start a journal where you write letters to each other.
9. Take a trip to the local zoo.
10. Teach your grandchild one of your favorite hobbies (crocheting, woodworking, etc.)

BE WELL

Shared by Administration for Community Living

Although Americans are living longer these days, more are also developing chronic illnesses. Do illness and aging always go hand-in-hand? The answer is a surprising, but resounding, NO.

It is never too late to get more active or revamp your diet. It is not a matter of training for a marathon or giving up entire food groups, either. Small things can lead to huge differences in the way you feel and the way your body works. Although you should always consult with your doctor before making changes, there are easy steps you can take toward overall wellness-regardless of your age.

BE WISE, BE WELL

Start slowly. If you have not been exercising, choose something low-impact that you can do a little at a time. Walk for ten minutes in the morning and the afternoon. Sign up for a Tai Chi class or learn some gentle stretches.

Exercising is less of a chore when you do it with people you enjoy. Involving others will also hold you accountable. Gather a group of friends or join a class that offers what you are looking for. Most senior and community centers offer free or low-cost options.

Activity is important, but nutrition is equally vital. Keep an honest record of what you eat to see how you are doing. If you have a condition like diabetes, always consult your doctor before changing your diet. Nutritionists are another excellent resource, whether you have special dietary needs or not.

Wellness is a matter of body and mind. Eating healthy foods and staying active may reduce risks to your brain's health. Do even more by learning new things and exercising your mind. Try reading, playing games, taking a class or simply being social.

About **80%** of older Americans have at least one chronic health condition.

HEALTHY LIVING:

- Helps to control weight and strengthen muscles
- Improves balance, making falls and other injuries less likely to occur
- Decreases risk of depression
- Reduces risks related to brain health
- Offers opportunities to be social and have fun

SEVERE WEATHER SAFETY TIPS

When the weatherman is forecasting bad weather, we assume just staying indoors would keep us safe. Its not always the case. Make a plan and choose a "safe place" in your home just in case. You must be able to maneuver to the safe place quickly and be ready with the following items:



Disaster Supply Kit - You should store your emergency supplies close to your shelter as possible.

Shoes - Shoes that tie on are very important if your home is damaged and you must walk across broken glass or debris.

Your Car Keys - If your car is drivable, you will need the keys to be able to use it. It's a good idea to keep an extra set in your shelter area.

Battery Operated Weather Radio - You will want to be able to monitor the latest information directly from the National Weather Service

Identification - you may need identification to move around in the area should significant damage occur.

Cell Phone - If there is service, you will certainly want your phone. However, remember that cell phone service may be interrupted after a tornado or disaster.

Something to cover up with - Pillows, blankets, sleeping bag or even a mattress could help protect you from falling/flying debris.

Unfortunately, there is no safety rules that will keep you safe 100% of the time. Instead, listen to the forecasters and the direction of the storm. Knowing if you're in line is your best defense. The vast majority of tornadoes are weak and don't last very long. By keeping yourself informed should reduce your chances of being seriously injured.

THREE INGREDIENT BANANA BERRY SMOOTHIE

INGREDIENTS:

- ✓ 1/2 banana
- ✓ 1/2 cup frozen berries (any type)
- ✓ 1/2 cup almond milk

In a blender, combine banana, raspberries, orange juice and yogurt. Blend until smooth. Pour into glasses and serve.



FRIED CABBAGE AND EGG NOODLES

INGREDIENTS:

- ✓ 1 (16oz) package egg noodles
- ✓ 1 stick butter
- ✓ 1 medium head green cabbage, chopped
- ✓ Salt and pepper to taste

DIRECTIONS:

- 1) Bring a large pot of lightly salted water to boil. Cook the egg noodles in the boiling water until the pasta is tender yet firm to the bite, about 5 minutes. Drain.
- 2) While the noodles cook, melt the butter in a large skillet over low heat. Add the cabbage to the melted butter; season with salt and pepper. Cover and cook until the cabbage begins to brown, 5 to 7 minutes. Stir the drained noodles into the cabbage; cook and stir until the noodles begin to brown, about 5 minutes.



SPRING HAS FINALLY SPRUNG - JUST IN TIME FOR SUMMER

Find and circle all the words hidden in the grid.

- CAMPING
- CARNIVAL
- CINCO DE MAYO
- DANCE CONTEST
- DIPLOMA
- FATHER'S DAY
- FLAG DAY
- GARDEN
- GRADUATION
- GRASS
- GRILLING
- JUNTEENTH
- KITES
- LAVENDER
- MAYPOLE
- MEMORIAL DAY
- MOONLIGHT
- MOSQUITOS
- MOTHER'S DAY
- MOWING
- OLDER AMERICANS MONTH
- PARADE
- PEANUTS
- PICNIC
- PLANTING
- RAIN
- REMEMBRANCE
- SOCK HOP
- SOLSTICE
- SUMMER SCHOOL
- SUNFLOWERS
- TOMATOES
- TORNADO
- VACATION
- VEGETABLES
- WEDDINGS

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A	L	I	R	E	D	N	E	V	A	L	G	J	B	Q	G	P	B	I	G	N	G	D	U	F

Wyandotte/Leavenworth

Area Agency on Aging

849 North 47th Street - Suite C

Kansas City, Kansas 66102

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

PRESORTED STANDARD

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MAY >>>

CINCO DE MAYO

Saturday, May 5, 2018

OLDER AMERICANS CELEBRATION

Thursday, May 10, 2018

MOTHER'S DAY

Sunday, May 13, 2018

MEMORIAL DAY

Monday, May 28, 2018
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

JUNE >>>

FLAG DAY

Thursday, June 14, 2018

FATHER'S DAY

Sunday, June 17 2018

JUNETEENTH

Tuesday, June 19 2018