

# THE COMMUNICATOR

A WYANDOTTE/LEAVENWORTH AREA AGENCY ON AGING PUBLICATION

Ruth E. Jones, Executive Director

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## NOVEMBER IS NATIONAL CAREGIVER MONTH

*Provided by the Caregiver Action Network*

Since caregiving can be one of the most difficult jobs for anyone giving around-the-clock care. Little rest, possible stressful emotional situations and often times, inadequate compensation. Since the inception of the Proclamation naming November National Caregiver Month in 1997, the mission is to raise awareness for caregivers and to improve their overall life and well-being.

Even the most loving and patient caregivers will become tired and need to recharge in order to avoid emotional or psychological burnout as a result of stress and overwork.

Below are ten tips for family caregivers:

- 1) Seek support from other caregivers, you're not alone.
- 2) Take care of your own health so that you can be strong enough to take care of your loved one.
- 3) Accept offers of help and suggest specific things people can do to help you.
- 4) Learn how to communicate effectively with doctors.
- 5) Caregiving is hard work, so take breaks as often as possible.
- 6) Watch out for signs of depression and don't delay getting professional help when you need it.
- 7) Be open to new technologies that can help you care for your loved one.
- 8) Organize medical information so its up to date and easy to find.
- 9) Make sure legal documents are in order.
- 10) Give yourself credit for doing the best you can in one of the toughest jobs there is.



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The Wyandotte/Leavenworth Area Agency on Aging administers a Caregiver Program designed for respite. If you find yourself thrust into the role of a caregiver, you may contact the Area Agency on Aging at 913-573-8531 for that break you need.

### A WELL-AGED MIND

#### Maintaining Your Cognitive Health

Getting older can bring many changes, both physically and mentally. Even when you're healthy, your brain and body start slowing down. Maintaining your cognitive health - the ability to clearly think, learn and remember is important for your overall well being.

Many things influence cognitive health. Your genes, lifestyle and environment can all impact your thinking skills and ability to perform everyday tasks.

It's common to experience some decline in cognitive function as you get older. That many mean occasionally losing things, forgetting words or briefly forgetting what day it is. Or you may notice that it takes longer to learn new things. Such symptoms don't necessarily mean that you're developing Alzheimer's disease or another type of dementia.

Aging is bound to bring changes. But there are many things you can do to protect your cognitive health as you age. That includes knowing what puts your well-being at risk.



**Staying Aware** - It's not only occasional memory problems that older adults are more likely to experience. Aging can bring other changes to the way the brain works. These changes can impact your ability to deal with complex social situations. That can put you at a higher risk of being scammed. Common scams targeting older adults include identity theft, risky or fake investments, charity scams and people posing as relatives in distress asking for money. Any adult can fall victim to these sorts of scams.

**Reversing Changes** - Many things can cause memory or other thinking problems. Depression, anxiety, an infection or even certain medications can cause cognitive changes. If you experience a sudden change in thinking, memory or mood, it may be caused by a new medication or a combination of your medications. Even common supplements or over-the-counter remedies can cause these types of interactions.

**Building Brain Power** - There are many things you can do to protect your brain as you age. Cognitive activity, physical activity and social engagement are associated with better cognitive functioning in older adulthood.

Managing your health conditions is also important. Controlling your blood pressure, for example, reduces the risk of having a small stroke (bleeding from blood vessels in the brain). Small strokes can cause temporary or permanent cognitive problems.

The aging brain can accumulate Alzheimer's changes, but if you're stimulating your brain and strengthening it like a muscle, you may be better able to tolerate those changes. Getting older can also bring cognitive advantages you might not know about. Older adults have greater verbal ability than younger adults. They're better problem solvers and accumulate experiences that are very helpful.

Think about positive things that come with aging. It's a great time to become engaged in meaningful activities, maintain connections to friends and family, develop new connections and be physically active. And in turn, all of these things can enhance one's quality of life and one's aging.

### 2019 SHL COMMITTEE ACTION REPORT

The Silver Haired Legislature (SHL) met in Topeka, Kansas October 1-3, 2019 for its Annual Session. The following SHL Resolutions/Bills were discussed.

- **Resolution 3701:** Urging the Legislature to support the expansion of Medicaid in Kansas.
- **Resolution 3702:** Supporting KDOT rural transportation programs and funding for those programs.
- **Resolution 3703:** Urging the Legislature of Kansas to exempt purchases of food from sales tax.
- **Resolution 3704:** Supports full funding for KPERS, including ending delayed payments for KPERS; and support for a Cost of Living Allowance (COLA) for KPERS for the first time in 23 years.
- **Bill 3705:** Urging the Legislature and Governor of Kansas to continue to protect grandparents rights, especially when considering the placement, legal guardianship and adoption of grandchildren who are in need of care.
- **Resolution 3706:** Urging the Legislature of Kansas to legalize expanded medical uses of cannabis.
- **Bill 3707:** Concerning the Kansas Senior Care Act. Support for and or expand funding for the program. The Senior Care Act program allows qualifying seniors to stay in their own homes with in-home support. This program is based on a sliding fee scale. Seniors contribute to the cost of their care, according to their income.

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.

### CHAMPSS (Choosing Healthy Appetizing Meal Plan Solutions for Seniors) UPCOMING MEETING

An informational meeting will be held for those interested in the CHAMPSS Program in Wyandotte County. CHAMPSS is dependent on donations from its participants and allows seniors to visit participating stores/restaurants at their convenience for a healthy, well-balanced meal.

The informational meeting will be held at the Area Agency on Aging located at 849 North 47th Street, KCK on December 20, 2019 at 2pm.

If you are interested in joining the program, plan on attending the meeting and contact the Nutrition Department at 913-573-8546.

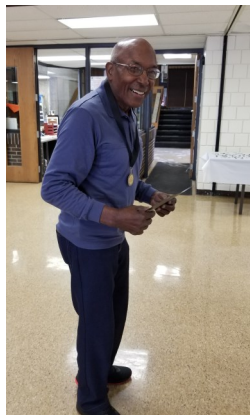
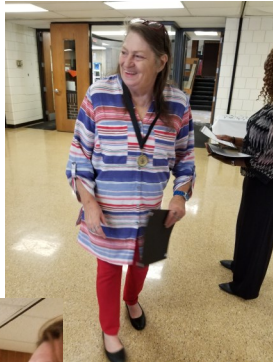




## VOLUNTEER RECOGNITION HELD IN WYANDOTTE COUNTY

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center (ADRC) invited about 40 seniors to enjoy an Italian lunch, entertainment, games and door prizes on September 26, 2019. Each volunteer was honored with a certificate of service and a medal of honor. Volunteers assist with an array of activities for the ADRC from providing In-House support to serving daily meals at

one of the eight congregate meal sites across Wyandotte County. Both the Advisory Council and Silver Haired Legislators were also invited.



## A SPECIAL THANK YOU IS EXTENDED TO BLUE CROSS & BLUE SHIELD OF KANSAS CITY!

**As a result of the Meals on Wheels Campaign to raise awareness of the program and the importance of donations, the Wyandotte County Meals on Wheels Program received a generous donation from Blue Cross/Blue Shield.**



### CANDIDATE FOR CONGRESS MAKES STOP IN KANSAS CITY

While traveling the state of Kansas on his 105 county tour, Congress hopeful, Dr. Roger Marshall visited the Plaza Towers Congregate Meal Site in Wyandotte County on September 5, 2019. Dr. Marshall is running for the 1st District in Congress.



*Pictured above: Linda Ramirez, Dr. Roger Marshall, Kamra Cole and Ruth E. Jones, Executive Director of the Wyandotte/Leavenworth Area Agency on Aging.*

# OPEN ENROLLMENT IS HERE!

## MEDICARE COUNSELING AVAILABLE

Medicare's Open Enrollment Period is October 15 - December 7, 2019. During this time, you should:

**Review your current coverage.** Plans change and your needs change. Carefully review any materials and changes in costs or coverage that will occur in 2020 and decide if your current Medicare coverage will meet your needs for the year ahead.



**If You're New to Medicare?** Medicare Plan Finder has changed the process how to look for plans. You'll need to make a few decisions about how you get your Medicare coverage and what benefits are important to you. Before shopping for health and drug plans, visit the [www.medicare.gov](http://www.medicare.gov) website and:

- Select "Learn more about Medicare coverage options" in Plan Finder to learn about and compare Original Medicare and Medicare Advantage options and costs.
- You will need to create an account & password for Medicare access. Creating an account will provide a more personalized experience.

**Get personalized help in your community.** Speak with an unbiased health insurance counselor at the Area Agency on Aging to help guide you through the Medicare process. Call 913-573-8549 and schedule an appointment today! Appointments are scheduled for Monday through Thursday during Open Enrollment (October 15 to December 7, 2019).

# MEDICARE FAIR



**NOVEMBER 14, 2019**  
**1pm - 4pm**

By attending the fair, you'll have an opportunity to:

- ⇒ Learn about Medicare and how it will work for you
- ⇒ Ask questions
- ⇒ Enroll in a plan
- ⇒ Play a fun game
- ⇒ Enjoy refreshments

Don't forget to  
RSVP at  
913-573-8531.

**WY/LV AREA AGENCY ON AGING  
COMMUNITY ROOM  
849-B NORTH 47TH STREET  
KANSAS CITY, KANSAS 66102**



Should you have any questions regarding the event or to RSVP you may dial 913-573-8531.



## MEDICAID/KANCARE OPEN ENROLLMENT

Each Medicaid consumer is assigned to one of the three Managed Care Organizations (MCO) – Aetna Better Health of Kansas, Sunflower Health Plan and United Healthcare Community Plan. KanCare offers basic medical services for all eligible members.

KanCare Open Enrollment for 2020 began October 2019. Enrollment packets are being sent. They will contain a letter telling you what MCO you are enrolled in. You can choose to change to a different MCO or stay with the one you have now, it is your choice. If you want to keep your current MCO, you won't need to do anything. If you want to change to a different MCO, return the form in your packet or call 1-866-305-5147. You will have until March 2, 2020 to make your choice.

If you do not currently have coverage for KanCare and would like to apply for medical coverage, you must complete and submit an application. To apply online visit [www.applyforKanCare.ks.gov](http://www.applyforKanCare.ks.gov) or request an application calling 800-792-4884. Fax completed applications to 844-264-6285.





## BEWARE OF A GROWING MEDICARE SCAM: “Free Genetic Testing”

*Provided by Administration for Community Living*

Over the past few years, DNA tests have become popular across the country. Unfortunately unscrupulous people are taking advantage of the buzz around these tests to scam Medicare beneficiaries.

Scammers will often target Medicare beneficiaries through telemarketing calls, booths at public events, health fairs and door-to-door visits. They offer “free” genetic testing to help recipients avoid diseases or find the right medications.



The scammers claim that the testing is covered by Medicare, and therefore is free to the beneficiary. In reality, Medicare only covers genetic testing in limited situations and only when ordered by the beneficiary's physician. If a company bills Medicare for genetic testing and Medicare denies the claim, the beneficiary could be responsible for the entire cost of the test - which often totals around \$10,000.

In other cases, the scammers are simply trying to obtain Medicare numbers they can use to steal beneficiary's medical identity or to fraudulently bill Medicare for services they did not provide. Such fraud hurts not just Medicare beneficiaries, but all American tax payers whose contributions keep Medicare strong.

The Administration for Community Living (ACL) offers this advice to avoid being scammed:

The Administration for Community Living (ACL) offers this advice to avoid being scammed:

- Do not accept genetic testing services, including a cheek swab, from someone at a community event, local fair, farmer's market or any other large event.
- Always be cautious about giving out your personal information, including your Medicare number.
- If you receive a genetic testing kit in the mail, don't accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender and keep a record of the sender's name and the date you returned the items.
- Always review your Medicare Summary Notice or Explanation of Benefits. The words “gene analysis” or “molecular pathology” may indicate questionable genetic testing.

If you received a cheek swab or a screening that was not ordered by a trusted provider, or have any concerns about billing errors or possible fraud, contact your local Senior Medicare Patrol (SMP) by calling 1-800-432-3535.

# THANK YOU!

**Thank you to the following who donated to the cost of this newsletter!**

**Hazel Holmes**

\_\_\_\_\_ \$100

\_\_\_\_\_ \$50

\_\_\_\_\_ \$25

\_\_\_\_\_ \$10

\_\_\_\_\_

**Advocate**

*defensor*

**Benefactor**

*benefactor*

**Patron**

*patron*

**Contributor**

*contributor*

**Other**

*otro*

**You may donate to the cost of the newsletter by mailing a check or money order to:**

Wyandotte/Leavenworth Area Agency on Aging  
Attn: Newsletter Committee  
849 N 47th Street - Suite C  
Kansas City, Kansas 66102

## DOUBLE CHOCOLATE PEPPERMINT COOKIES

### INGREDIENTS:

- 1 box Devil's Food Chocolate Cake Mix
- 1/2 cup (1 stick) room temperature butter
- 2 eggs
- 2/3 cup milk chocolate chips divided
- 1/2 cup peppermint bits divided

### DIRECTIONS:

1. Preheat oven to 350 degrees
2. Stir together cake mix, butter and eggs until combined.
3. Stir in 1/2 cup chocolate chips and 1/4 peppermint bits.
4. Using a cookie scoop, divide the dough onto baking sheets. Top with remaining chocolate chips and peppermint bits, if desired.
5. Bake at 350 degrees for about 13-15 minutes or until cookies are puffy and no longer glossy.
6. Cool for a few minutes on the baking sheets before transferring to cooling racks.
7. Once completely cooled, store in an airtight container for up to one week.



## THE HOLIDAY SEASON IS UPON US

Find and circle all the words hidden in the grid.

- CANDY CANE
- CAROLING
- CHRISTMAS
- CORNUCOPIA
- CRANBERRY
- EGG NOG
- FAMILY
- FLU SHOT
- FOOTBALL
- GLOVES
- HOT CHOCOLATE
- JINGLE BELLS
- OPEN ENROLLMENT
- ORNAMENTS
- POINSETTIA
- PRESENTS
- PUMPKIN PIE
- RUDOLPH
- SANTA
- SCARF
- SLEIGH RIDE
- SNOWFLAKES
- STUFFING
- SWEET POTATOES
- TABLE CLOTH
- THANKSGIVING
- TIDINGS
- TINSEL
- TRADITIONS
- TREE TOPPER
- TURKEY
- VETERANS DAY
- YULETIDE
- WINTER
- WREATH
- YAMS

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

**TELL US ABOUT YOU**

**GENDER:**                    \_\_\_ MALE    \_\_\_ FEMALE                    **AGE GROUP:**    \_\_\_ UNDER 60    \_\_\_ 60+

**MARITAL STATUS:**            \_\_\_ SINGLE    \_\_\_ MARRIED    \_\_\_ WIDOWED    \_\_\_ DIVORCED

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**RACE:**                    \_\_\_ AFRICAN AMERICAN    \_\_\_ HISPANIC    \_\_\_ AMERICAN INDIAN/NATIVE ALASKAN  
 \_\_\_ ASIAN AMERICAN/PACIFIC ISLANDER    \_\_\_ NON-MINORITY CAUCASIAN    OTHER: \_\_\_\_\_

---

**RESIDENCE:**                \_\_\_ SENIOR RESIDENCE    \_\_\_ OWN HOME    \_\_\_ WITH FAMILY    \_\_\_ ASSISTED LIVING  
 \_\_\_ NURSING FACILITY                    \_\_\_ OTHER: \_\_\_\_\_

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**HOUSEHOLD INCOME:**        \_\_\_ BELOW \$20,000    \_\_\_ OVER \$20,000            **RESIDENTIAL ZIP CODE:** \_\_\_\_\_

**REASON YOU CONTACTED US**

- \_\_\_ **INFORMATION** - You received information on a single topic.
- \_\_\_ **REFERRAL** - You received a referral to a community service provider.
- \_\_\_ **ASSISTANCE** - You received assistance on how to access needed services in your community.
- \_\_\_ **OPTIONS COUNSELING** - You received information on service options, provider options, or other options which helped you make an informed decision on your choices. This included a follow-up contact from our staff.
- \_\_\_ **ASSESSMENT** - You received a functional assessment to determine your functional eligibility for Home and Community based Services
- \_\_\_ **CAREGIVER SERVICES** - You received services as a caregiver OR grandparent raising your grandchild(ren).
- \_\_\_ **CARE or Nursing Home Admission** - You received a CARE assessment for nursing home admission.
- \_\_\_ **CASE MANAGEMENT** - A case manager met with you to help set up in-home services.
- \_\_\_ **HOME DELIVERED MEALS** (Meals on Wheels) - You receive:    \_\_\_ Hot            \_\_\_ Frozen
- \_\_\_ **CONGREGATE MEAL SITE** - You eat at one of our nutrition sites for lunch.
- \_\_\_ **LEGAL SERVICES** - You received legal assistance through Kansas Legal Services.
- \_\_\_ **TRANSPORTATION SERVICE** - You used either:    \_\_\_ Assisted Services    \_\_\_ Demand Response
- \_\_\_ **OTHER:** (Please Specify) - \_\_\_\_\_

**HOW SATISFIED WERE YOU WITH:**

<b>THE OVERALL SERVICE YOU RECEIVED?</b>	___ Very Satisfied	___ Satisfied	___ Not Satisfied	___ Does Not Apply
<b>THE COURTESY OF OUR STAFF?</b>	___ Very Satisfied	___ Satisfied	___ Not Satisfied	___ Does Not Apply
<b>THE KNOWLEDGE OF OUR STAFF WITH YOUR ISSUE.</b>	___ Very Satisfied	___ Satisfied	___ Not Satisfied	___ Does Not Apply
<b>THE HELPFULNESS OF OUR STAFF?</b>	___ Very Satisfied	___ Satisfied	___ Not Satisfied	___ Does Not Apply
<b>THE ACCURACY OF THE INFORMATION YOU RECEIVED.</b>	___ Very Satisfied	___ Satisfied	___ Not Satisfied	___ Does Not Apply
<b>THE PROFESSIONALISM OF OUR STAFF.</b>	___ Very Satisfied	___ Satisfied	___ Not Satisfied	___ Does Not Apply
<b>WAS YOUR CONCERN ADDRESSED?</b>	___ Very Satisfied	___ Satisfied	___ Not Satisfied	___ Does Not Apply
<b>THE TIME IT TOOK OUR STAFF TO ASSIST YOU?</b>	___ Very Satisfied	___ Satisfied	___ Not Satisfied	___ Does Not Apply
<b>HOW SATISFIED WERE YOU OUR SERVICES?</b>	___ Very Satisfied	___ Satisfied	___ Not Satisfied	___ Does Not Apply

**If not, explain.** \_\_\_\_\_

**IF YOU HAD A NEED OR CONCERN THAT WE COULD NOT ASSIST WITH, PLEASE SPECIFY YOUR UNMET NEED.**

**ANY COMMENTS OR WAYS TO IMPROVE OUR SERVICE?**

**IF YOU WOULD LIKE A FOLLOW-UP CALL TO DISCUSS ANY OTHER CONCERNS, PLEASE LEAVE US YOUR NAME, PHONE NUMBER.**

**ANY OTHER COMMENTS:**

**MAIL SURVEY TO: WY/LV AAA 849 NORTH 47TH STREET, SUITE C, KANSAS CITY, KANSAS 66102**

**DEADLINE: NOVEMBER 29, 2019**



## 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

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

**PRESORTED STANDARD**

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**KANSAS CITY, MO**

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## NOVEMBER >>>

### FALL GENERAL ELECTION DAY

*Tuesday, November 5, 2019*

### VETERANS DAY

*Monday, November 11, 2019*

### THANKSGIVING DAY

*Thursday, November 28, 2019*

*Unified Government Offices Closed*

### THANKSGIVING HOLIDAY OBSERVED

*Friday, November 29, 2019*

*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

## DECEMBER >>>

### CHRISTMAS EVE

*Tuesday, December 24, 2019*

### CHRISTMAS DAY

*Wednesday, December 25, 2019*

*Unified Government Offices Closed*

### NEW YEARS EVE

*Tuesday, December 31, 2019*