

THE COMMUNICATOR

A WYANDOTTE/LEAVENWORTH AREA AGENCY ON AGING PUBLICATION

Ruth E. Jones, Executive Director

Volume 28, Issue 4

JULY/AUGUST 2020

Information provided by governor.ks.gov

UNIFIED GOVERNMENT PUBLIC BUILDINGS ARE OPEN BY APPOINTMENT ONLY

Unified Government public buildings are open to in-person service by appointment only. Both employees and visitors will be required to have their temperatures taken before entering any public building. Employees and visitors will also be required to wear a mask or face covering and practice social distancing.

To ensure social distancing is maintained, Unified Government staff has placed signage and markings around the interior of public buildings. Employees and visitors will not be allowed to congregate in large groups.

Residents, businesses and visitors are strongly encouraged to continue doing business via the Unified Government's Digital Services Program.

Residents or businesses with specific questions about doing business with a department should visit wycokck.org and visit that department's webpage. To locate a particular department's webpage, click the "Government" gavel icon near the top right of your screen and then click "Departments" box mid-way down the page. Departments are searchable alphabetically and by name.

Residents, businesses and visitors may also contact 3-1-1 for assistance by phone. Questions about the limited opening of public buildings or the steps the Unified Government has taken to protect the community and employees should also be directed to 3-1-1.

For information about the re-opening of public buildings in Edwardsville, Kansas, visit the City of Edwardsville website at edwardsvilleks.org or by dialing 913-356-6000.

For information about the re-opening of public buildings in Bonner Springs, Kansas, visit the City of Bonner Springs website at bonnersprings.org or by dialing 913-422-1020.

The Area Aging on Aging specific questions may be directed to our office at 913-573-8531. Individual staff will schedule their own appointments with the public.

In short:

- Make an appointment before coming to our office.
- Wear your mask/face covering while in our building.
- Practice Social Distancing.



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- ◆ NATIONAL SENIOR CITIZENS DAY
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- ◆ SUPPORT MEALS ON WHEELS
- ◆ TELLING YOUR FAMILY YOU CAN NO LONGER CARE FOR ELDERLY PARENTS

FARMERS MARKET VOUCHER UPDATE

Due to COVID-19, our office will be distributing the vouchers differently this year.

- 1) Call the AAA at 913-573-8546 and give your name, address and contact phone number so that the application can be mailed to you.
- 2) Complete the application and return to our office.
- 3) Once the information is verified, we will contact you to either pick up the vouchers or mail your vouchers to you.

No distribution will begin prior to July 1 and is dependent on when our shipment of vouchers arrive.

Visits to the Area Agency on Aging will be scheduled by appointment only. Please do not come to our office without an appointment.

Thank you.

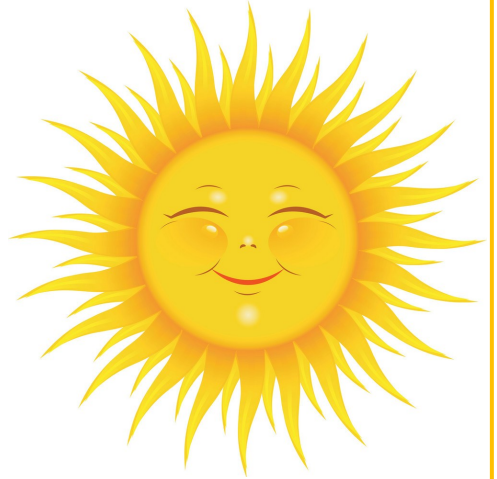
913-573-8531

SAFE SUMMER AND WELLNESS

The summer months are here. We dream of warm days in the sun, going fishing, swimming and leisure walks at the park. We can't wait to be outside, but the hot days of summer can affect our health if we are not careful. Being safe is the number one priority when working or playing outdoors.

We all know to drink plenty of water to get plenty of rest and maintain a balance diet. These tips keep us healthy and enjoying our fun days in the sun. We encourage everyone to consult with a physician when increasing your physical activity level or starting

a new exercise program. Be mindful of the interaction of too much sun with the medications you take. Enjoy your summer!



VERANO Y BIENESTAR SECUROS

Los meses de Verano ya estan aqui. Sonabamos de dias calientes al aire libre, pescando, nadando en la piscina o caminando en el parquet. No Podemos esperar para estar afura pero los dias calients pueden afectar la salud. Estar protegidos del sol caliente es lo mas importante cuando se trabaja a juega al aire libre.

Todos sbemos que temenos que tomar mucho agua, descansar y mantener una dieta balanceada. Estos consejos nos mantienen aconsejamos que consulten con su medico antes de aumentar la actividad fisica o comiencen un plan nuevo de ejercicios. Tambien, no se olviden de la interaccion de las medicinas que toman con el sol caliente. Disfruten su Verano!

"HIGH-TOUCH" SURFACE SAFETY

CLEAN & DISINFECT THOROUGHLY & FREQUENTLY



Doorknobs



Faucets & Bathroom Fixtures



Phones



Countertops & Tabletops



Car Door Handles



Credit Card Terminals



Trash Cans



Shopping Cart Handles

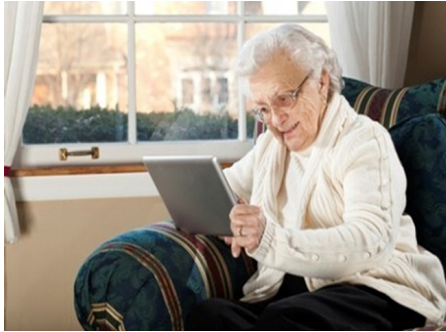
DOES EMAIL WORK FOR YOU?

By joining our email club, you'll get information before everyone else!

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



Wyandotte/Leavenworth Area Agency on Aging
**BATTLING ISOLATION
 ASSISTANCE PROGRAM**
Reconnecting Our Seniors



Qualifications:

- Those 60 and older, or those needing to connect to older residents who are in nursing homes or in residential locations where they are isolated, and
- Those who had lost internet or phone connection due to COVID-19 and inability to pay for the services.
- Lost services due to COVID-19.

If you're in need of assistance staying connected, contact the Wyandotte/Leavenworth Area Agency on Aging at **913-573-8531**.



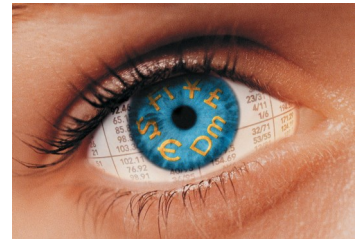
How to apply:

- Contact the Wyandotte/Leavenworth Area Agency on Aging at 913-573-8531 to complete an intake for consideration.
- Be prepared to submit a copy of the outstanding bill identifying the amount past due and include the current amount due.
- Provide the name of the carrier to whom the payment is owed, along with the account # and mailing address for payment.

HOW CATARACTS CLOUD YOUR VISION

newsinhealth.org

As we age, our vision changes. Cataracts are one such common change. A cataract is a cloudy area in the lens of your eye. By age 80, most people either have cataracts or have had surgery to remove them. Around age 40, the proteins in the lens of your eye start to break down and clump together. This clumping makes a cloudy area on your lens that gets worse over time. At first, you may not have any symptoms. But eventually your vision becomes blurry and colors seem faded. You may also have trouble seeing at night.



Luckily, cataracts can be corrected with surgery. Cataract surgery is one of the most common operations in the U.S. Your doctor may recommend surgery if your cataracts start getting in the way of everyday activities like reading, driving or watching TV.

During cataract surgery, the doctor removes the clouded lens and replaces it with a new artificial lens. Surgery is very safe. Nine out of 10 people who get it can see better afterwards. But most people don't need to rush into surgery. Talk with your health care provider if you're having vision problems. There are things you can do to delay cataracts. Wear sunglasses and a hat to block the sun. Quit smoking. Eat plenty of fruits and vegetables especially dark, leafy greens like spinach and kale. And if you're age 60 and older, get a dilated eye exam at least once every two years.

ARE YOU A GRANDPARENT RAISING YOUR GRANDCHILD?

Help may be available to you. With your grandchild(ren)'s return to their classroom still up in the air, the Area Agency on Aging (AAA) may be able to provide you with needed materials to make their school days a little brighter.

We are looking for your input as to what type of service can assist you academically with their care.



If you are 55 years of age or older and the primary caregiver for your grandchild, contact the AAA at 913-573-8531 to discuss your needs.

Suggestions need to be in our office by July 17, 2020.

ENGAGING ACTIVITIES FOR PEOPLE WITH DEMENTIA

www.aplaceformom.com

Seniors with Alzheimer's disease or another type of dementia desire and benefit from connection and fulfillment, just like everyone else. These stimulating, interactive activities for seniors with dementia offer, fun, creative, and productive ways to spend time with your loved one.

- **Try knitting or crochet** - Put a homemade quilt or skein of yarn in your aging relative's hands. Let them feel the weight of the quilt and scratchiness of the yarn. They may still be able to crochet or knit a little bit, even if they have serious memory or cognitive deficits.
- **Encourage visual expression** - Painting and drawing are ways to express feelings safely and with creativity. Encourage using bold, bright colors on big surfaces. Rolls of butcher paper enable seniors with dementia to create without encountering the stress of defined spaces.
- **Combine happy memories and creativity via collages** - Cut out images from magazines or print old ads and articles. Choose subjects that fit your loved one's interests, like cooking, cars or fashion. Another idea is to scan and print old family pictures. Let your family member with dementia arrange and rearrange the elements to create pictures or scrapbook pages.
- **Watch old movies and TV shows** - Did your aging parent grow up watching westerns like "Gunsmoke" or "My Darling Clementine"? Did they prefer musicals like "The King and I" or "Singing in the Rain"? You can find old favorites at your local library or stream them online. Add some movie snacks for a fun family activity.
- **Listen to music and sing** - Music can awaken the brain, and with it, the rich trove of memories can come. Stream classics or sing memorable songs like holiday carols. You might be surprised at how many songs your loved one remembers from childhood.
- **Fold laundry** - Laundry is a familiar activity for most seniors, especially women. Soft fabrics and a repeated motion can be calming. Plus, classic detergent smells may elicit comforting memories. Start with easy items like hand towels and t-shirts. Avoid items like fitted sheets and buttoned shirts that can be very challenging.
- **Stimulate handy tasks** - If your aging relative always loved to tinker, suggest a project with visible results. Painting wooden boards and fitting together PVC pipes are good activities for seniors with high motor function. Wooden or plastic play tools provide a similar experience for people with more advanced dementia.
- **Untie knots** - Tie loose knots along a thick rope. The elderly person may enjoy untying them, though avoid making the knots too tight or using a rough rope.
- **Do a puzzle** - Pick a puzzle with large, tactile pieces. Wooden color or shape puzzles help with matching and are fail-safe.
- **Stop and smell the roses (or coffee, fresh cut grass, or warm bread)** - Studies suggest smells trigger more vivid emotional memories than images. This is because scents are processed by the parts of our brains that control memories. A familiar smell like flowers from a childhood garden or freshly baked Christmas cookies can elicit positive memories and emotions. Conversely, it's important to avoid smells that cause anxiety. Diesel fuel and gunpowder are common PTSD triggers for veterans.
- **Have a taste of history** - Like smells, tastes can elicit emotions and memories. Your mom's famous chocolate cake could bring back birthdays; a sip of instant coffee could recall quiet early mornings at home.



Are you interested in more resources and information about supporting a loved one with dementia or another type of Alzheimer's disease? You may contact the Alzheimer's Association toll-free at (800) 272-3900.

NATIONAL SENIOR CITIZENS DAY

Do you have an elderly person in your life that you love and appreciate? National Senior Citizens Day, August 21st, is the day to let them know how much you care and it's an opportunity to recognize their accomplishments. Today, seniors are still active in their communities as well as continuing to have a strong presence in the workforce. For all they do and have achieved for the good of their communities, senior citizens deserve our thanks! Here's how you can observe National Senior Citizens Day:

- ◆ **Reach out to a senior family member** - Perhaps it's a parent, grandparent aunt or uncle. Visit them and spend some time together. If you can't see them in person, don't text - call them!
- ◆ **Have fun** - Are you a senior citizen yourself? Well, today is all about you! Live it up and treat yourself. Spend time with your favorite people. You've earned this time, so enjoy it!
- ◆ **Seniors give wise and useful advice** - Our elderly family and friends have a lifetime's worth of precious experiences to share. If we listen, we can learn so much from them.
- ◆ **Seniors give generously** - It's widely known that seniors make more charitable donations than any other age group. They have more time to devote to others and volunteer. We appreciate how much they look out for their loved ones and it's a quality we love in our seniors.
- ◆ **Senior give us goodies** - Perhaps this stems from their generous and charitable nature, but seniors are very good at making us feel special. To every grandparent or elderly loved one that has given us a treat or made sure we ate well or spoiled us in some other way, we salute an appreciate you!

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 relies on your donations for its existence.

Please help us continue to provide this important publication by becoming a sponsor!

Respectfully, *The Newsletter Committee*

THANK YOU!

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

B. Jean Eklund
Ella Wright

- _____ \$100 **Advocate**
defensor
- _____ \$50 **Benefactor**
benefactor
- _____ \$25 **Patron**
patron
- _____ \$10 **Contributor**
contribuidor
- _____ **Other**
otro

Donations can be sent to:

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

SAFE DRIVING - Protecting Yourself Behind the Wheel

Driving a car can give you freedom. But its also one of the riskiest things you do every day. Many things can make driving risky. Speeding, not paying full attention to the rode and driving while tired all increase your chances of a crash.

Fortunately, there are things you can do to keep yourself and others safe while in the car.



You've likely seen ads reminding you to keep your eyes on the road. With cell phones and screens everywhere, distracted driving has become a major problem. Texting can take your eyes off the road for seconds at a time. In just five seconds, you travel the entire length of a football field at 55 miles per hour. Distraction isn't limited to phones. It's anything that takes attention

away from driving the car. Eating, playing with the radio and adjusting your navigation system all distract from safe driving.

People of any age can give in to distractions while driving. Many adults admit to texting, answering calls and other dangerous behaviors. That's a problem because teens are modeling their parents' actions as they learn to drive. Studies show that teen drivers are at greatest risk for crashes. As we age, physical and mental changes can make driving more dangerous.

There's a number of changes that happen in our vision as we grow older. Eye diseases, such as glaucoma, naturally get worse with age. Older adults are also more likely to have certain eye conditions that affect sight, like cataracts and age-related macular degeneration. Problems distinguishing an object from its background, called contrast sensitivity is also common. Vision problems can affect your ability to see to the side, or peripheral vision. This can make it harder to see cars in the lanes next to you.

If you're concerned that you or someone you know is getting unsafe, like getting lost on familiar routes, experiencing a near-miss or receiving traffic tickets. It may be time to consider having a Driving Assessment.

Driving Assessments can be scheduled through KU HealthPartners Driving and Mobility Services by dialing 913-945-9673.

SUPPORT MEALS ON WHEELS

Your continued support of the Meals on Wheels Program is very much appreciated.

The federally funded Nutrition Program, which provides meals to homebound older adults in their home began more than 30 years ago. It's continuity depends on participant contributions.


Please consider donating to this program by either sending in a check or money order payable to Meals on Wheels at 849 N 47th Street, Suite C, KCK 66102 or by making a donation online at <https://pay.payitgov.com/wyco>

If you would like more information about the Meals on Wheels Program or would like more information about this donation requests, please contact the Meals on Wheels line at 913-573-8546.




STAYING SAFE FROM COVID-19


Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness. Keep yourself safe by following these tips:


 **Know how it spreads.** The virus is thought to spread mainly from person-to-person between people who are in close contact with one another.


 **Wash your hands often.** Wash your hands often with soap and water for at least 20 seconds.

 **Avoid close contact.** Maintain at least 6 feet distance between you and others.

 **Wear a mask.** Cover your mouth and nose with a mask or cloth face covering when around others.

 **Cover coughs and sneezes.** Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.

 **Clean and disinfect.** Frequently clean touched surfaces. Including tables, door-knobs, light switches, countertops, handles, phones, toilet, faucets and sinks.

 **Monitor your health.** Be alert for symptoms. Watch for fever, cough, shortness or breath.

TELLING YOUR FAMILY YOU CAN NO LONGER CARE FOR ELDERLY PARENTS

Being a primary caregiver for an aging loved one is a huge commitment. Caregiving may affect your finances, health or other relationships. Or, it may just be too difficult emotionally or physically. If you need a change, it doesn't mean you're being selfish or uncaring. Learn how to talk your family about the need for a new caregiving arrangement.

When you've decided that you can't continue to be your parent's primary caregiver, how do you break it to the family? And how do you manage your own feelings of sadness and guilt? Other people don't always like or understand our decisions. We all have limits on what we are able to do, and if we have done the best we can and can't go on, we shouldn't feel guilty.

It's normal to feel guilty when you decide to stop being a caregiver for a loved one, but there are other ways to view this change. Rather than an either-or decision, think of it as "I've been providing care in one way and now I need to provide it in another way".

Your decision to no longer be your parent's primary caregiver will probably bring change for other family members, too. They may resent your decision and worry that they'll now have to put more time and effort into caregiving. Undoubtedly, there will be complex family dynamics. Past issues between siblings may resurface. And any kind of change is usually difficult for everyone at first.

When you explain that something needs to change, make it clear to siblings that you're not telling them what to do or forcing them into something they don't want to do. It's helpful to use inclusive language, such as:

- ◆ "Here are my thoughts"
- ◆ "I could use your help figuring out the next steps"
- ◆ "We're in this together"
- ◆ "Do you have any other ideas?"

Sometimes the discussion can get heated. But rather than argue, tell family members you've done the best you can, and really believe it. If there's pushback, stay calm.

For some families, it makes sense to find a neutral, third party with clinical training to manage or attend the meeting. Your local Area Agency on Aging may be able to recommend a geriatric care manager, an elder, mediator or a family therapist to help facilitate your discussion.

Once you've discussed your desire for a caregiving change, you may decide as a family that your aging loved one needs more help than you or your siblings can provide.

Contact your local Area Agency on Aging for guidance and also housing options for your loved one, if in-home assistance is not enough.



INGREDIENTS:

- 1lb top sirloin steak boneless, cut 1 inch thick
- 1 lb re-skinned potatoes
- 2 medium yellow or zucchini squash
- 3/4 cup steak sauce
- 2 tps. Mined garlic

BEEF TOP SIRLOIN AND POTATO KABOBS

DIRECTIONS:

1. Cut potatoes into 1 1/2 inch pieces. Place in microwave safe dish; cover with vented plastic wrap. Microwave on HIGH 6 to 8 minutes or until just tender, stirring once. Cool slightly.
2. Combine sauce ingredients in 1-cup glass measure. Microwave on HIGH 1 1/2 minutes, stirring once.
3. Cut squash lengthwise in half. Cut beef top sirloin steak and squash into 1 1/4 inch pieces. Combine beef, squash, potatoes and 1/3 cup sauce in large bowl; toss. Alternately thread beef and vegetables onto metal skewers
4. Place kabobs on grill over medium, ash-covered coals. Grill, covered 11 to 15 minutes (over medium heat on preheated gas grill 13 to 16 minutes) for medium rare, turning once and brushing with remaining sauce during last 5 minutes.



- AIR CONDITIONING
- APPLES
- BALD EAGLE
- BEACH BALL
- BEACH TOWEL
- BICYCLING
- DECLARATION OF INDEPENDENCE
- DISPLAY
- FAMILY REUNION
- FIREWORKS
- FISHING
- FLAG
- FOURTH OF JULY
- FREEDOM
- GARAGE SALE
- GEORGE WASHINGTON
- GRILLING
- ICED TEA
- KABOBS
- LIBERTY BELL
- LIGHTNING BUGS
- MOSQUITOS
- OLD GLORY
- PICNICS
- PIE
- RED WHITE BLUE
- ROAD TRIP
- SANDALS
- SENIOR CITIZEN DAY
- SNAPS
- SPARKLERS
- STARS AND STRIPES
- SUMMERTIME
- SUNGLASSES
- TICKS
- TOMATOES
- WATERMELON
- WORMS

SUMMERTIME IS HERE!

Find and circle all the words hidden in the grid.

D	D	T	N	G	F	I	R	E	W	O	R	K	S	F	G	I	M	N	G	W	L	L	M	U
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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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JULY >>>

INDEPENDENCE DAY OBSERVED

Friday, July 3, 2020

Unified Government Offices Closed

INDEPENDENCE DAY

Saturday, July 4, 2020



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

AUGUST >>>

NATIONAL SENIOR CITIZENS DAY

Friday, August 21, 2020

