

THE COMMUNICATOR

A WYANDOTTE/LEAVENWORTH AREA AGENCY ON AGING PUBLICATION

Ruth E. Jones, Executive Director

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Information provided by Census.gov

THE 2020 CENSUS AT A GLANCE

The U.S. Census Bureau is the federal government's largest statistical agency. They are dedicated to providing current facts and figures about America's people, places and economy. Federal law protects the confidentiality of all individual responses the Census Bureau collects.

The U.S. Constitution requires that each decade we take a count or a census of America's population. The census provides vital information for you and your community. It determines how many representatives each state gets in Congress and is used to redraw district boundaries. Also, communities rely on census statistics to plan for a variety of resident needs including new roads, schools and emergency services.

Each year, the federal government distributes more than \$675 billion dollars to states and communities based on Census Bureau data. In 2020, they will implement new technology to make it easier than ever to respond to the census. There are three ways that the Census Bureau will initially collect responses from people for the 2020 Census: online, by phone and by mail.

By April 1, 2020, you will receive an invitation to participate in the Census. Once the invitation arrives, you should respond for your home. Starting in May 2020, the Census Bureau will begin following up in person with homes that have not responded to the census. (Its easiest to respond to the initial inquiry by mail, that way you can ignore any persons reaching out to you for follow-up.

During the 2020 Census, the Census Bureau will NEVER as you for:

- Your Social Security Number
- Money or donations
- Anything on behalf of a political party
- Your bank or credit card account numbers

If someone claiming to be from the Census Bureau contacts you via email or phone and asks you for one of these things, it's a scam and you should not cooperate.

If someone visits your home to collect a response for the 2020 Census, you can check to make sure that they have a valid ID badge with their photograph, a U. S. Department of Commerce watermark and an expiration date.

If you still have questions about their identity you can call 1-800-923-8282 to speak with a local Census Bureau representative.



In this issue:

- IN MEMORY OF ARTHUR COLLINS, FORMER AAA DIRECTOR
- REMOTE LEARNING SERIES
- SAVE THE DATE - SOCK HOP
- CHAMPSS UPCOMING MEETING
- WHICH DO YOU FILE? HOMESTEAD OR SAFE SENIOR
- LOOKING FOR TAX ASSISTANCE?
- NATIONAL WALKING DAY
- SHICK VOLUNTEERS NEEDED
- SENIOR CARE TIPS FOR SPRING CLEANING
- PUBLIC HEARINGS SCHEDULED
- WHAT IS DEHYDRATION?

IN MEMORY ARTHUR COLLINS, FORMER DIRECTOR OF THE AREA AGENCY ON AGING

Mr. Arthur Collins, Jr., age 85 passed away Sunday, January 12, 2020 at his home in Kansas City, Kansas. Mr. Collins had retired from the Unified Government where he last served as the Executive Director for the Wyandotte/Leavenworth Area Agency on Aging from January 10, 1983 through March 24, 2004. He also had served 20 years in the United States Air Force



Art was the consummate professional and fearless but gentle leader. He was a very strong and dedicated advocate for the seniors in Wyandotte County. Art lead his staff by example. The legacy that he left with the agency is a commitment to be the voice of vulnerable seniors in our community who may not have a voice and need someone to advocate for the

resources and services required for them to enjoy a quality of life.

So we at the Area Agency on Aging have continued his legacy in our daily work and advocacy to the seniors we assist in Wyandotte County. While he retired from the agency in 2004, and has now gone on to a better place, his example for serving the seniors in our community continue with us always. The

Wyandotte/Leavenworth Area Agency on Aging staff and the entire aging network are so much better off because this brilliant and distinguished man named Art Collins crossed our paths.

REMOTE LEARNING SERIES

The Wyandotte/Leavenworth Area Agency on Aging in collaboration with the Alzheimer's Association is bringing education to the community and providing the opportunity to attend a session close to home. Please join us for a monthly program to learn about memory disorders and the challenges associated with managing them.



Each session will be held the 2nd Wednesday of each month at the Wyandotte/Leavenworth Area Agency on Aging located at 849 North 47th Street, Kansas City, Kansas 66102.

1:00pm - 2:00pm

Call Lisa at 913-573-8545 to register for any or all the sessions listed below:

- March 11, 2020** **Engaging People with Alzheimer's in Activities**
- April 8, 2020** **Legal and Financial Planning**
- May 13, 2020** **Dementia and Driving**
- June 10, 2020** **Living with Alzheimer's for Caregivers (Middle Stage)**

If you'd like more information or feel you or your loved on is showing signs of dementia, contact the Alzheimer's Association at 1-800-272-3900.

SAVE THE DATE

OLDER AMERICANS MONTH CELEBRATION

Sock Hop

Thursday, May 21, 2020

11am - 2pm

George Meyn Community Center

126th & State Avenue, KCK

Inside Wyandotte County Park

Concessions

Informational Booths

Health Screenings

Drawings

Entertainment

Giveaways

Find out more information in the May/June edition of The Communicator

SOCK HOP T-SHIRTS PRE-ORDER FORM

NAME: _____

CONTACT PHONE: _____



SIZE: _____ QUANTITY _____

- Small _____
- Med _____
- Large _____
- X-Large _____
- 2X-Large _____

(a \$2 upcharge for this size)

Mail order form and payment to:
Wyandotte/Leavenworth Area Agency on Aging
Attn: Sock Hop T-Shirts
849 N 47th Street, Suite C
Kansas City, Kansas 66102

Questions regarding t-shirts may be directed to a Sock Hop Committee Member at 913-573-8531.

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 April 17, 2020 at 2pm.

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

WHICH DO YOU FILE?

HOMESTEAD

The Homestead Refund Program is for homeowners who are residents of Kansas ALL of 2019. The maximum refund is \$700.

As a Kansas resident the entire year, you are eligible if your total income is \$35,700 or less and you:

- ◇ We're born before January 1, 1964, **OR**
- ◇ You must have been totally and permanently disabled or blind during the entire year, regardless of your age; **OR**
- ◇ You must have had a dependent child living with you all of last year who was born before January 1, 2019, and was under the age of 18 the entire year.



SAFE SENIOR

The Safe Senior (or Kansas property Tax Relief for Low Income Seniors) is a property tax refund program. Safe Senior is also referred to as "Kansas Property Tax Relief for Low Income Seniors".

- ◇ A Kansas resident all of 2019
- ◇ Owned a home in Kansas during 2019
- ◇ Age 65 or older all of 2019
- ◇ Household income of less than \$20,300 or less in 2019, and
- ◇ House cannot be valued at more than \$350,000

A claimant may receive either a Homestead or a SAFESR refund but not both.

Looking for Tax Assistance?

| | |
|---|--|
| <p>Kansas City Kansas Community College 7250 State Avenue, KCK 66112 TUESDAYS & THURSDAYS 9AM - 1PM</p> | <p>Kansas City, Kansas City Hall 701 North 7th Street Kansas City, Kansas 66101 MONDAYS 9AM - 2:30PM</p> |
| <p>Turner Recreation Center 831 South 55th Street Kansas City, Kansas 66106 THURSDAYS - By appointment only 9AM - 2PM 913-295-8250</p> | <p>Providence/Ball YMCA Center 8601 Parallel Parkway Kansas City, Kansas 66112 MONDAYS, WEDNESDAYS & FRIDAY S 12PM - 4PM By appointment only 913-378-9622</p> |

Taxpayers must bring Social Security Cards for all on their return and Photo ID for adults. Taxpayers should also bring last year's return and all documents affecting their income and if itemizing, medical, charitable home loan and property tax papers.

For Homestead Returns bring Property Tax Statement.

You may also contact AARP Tax Assistance at 1-888-687-2277 for other locations nearest you.

This information is offered by the Aging & Disability Resource Center as a courtesy. All questions or concerns regarding the locations, times of service or filing requirements should be directed to the participating organization.

NATIONAL WALKING DAY

The National Walking Day is celebrated annually on the first Wednesday of April. It emphasizes the importance and health benefits of taking a walk.

To participate in National Walking Day celebration, you can

- Take a walk with your friend, partner or coworker. Today is the day you'll take a step and work on your health. Taking long walk is always good for your body and soul.
- Wear sneakers. Wearing comfortable shoes will make it easier for everyone to participate. Encourage them to wear red shoelaces as a symbol of their support of the event.
- Host a walk. Set a time for your senior leaders to lead employees on a 30-minute walk. This could be indoors or outdoors.



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!

Mary Sue Braman
Jeanette Burnett
Alice Garcia

- _____ \$100 **Advocate**
defensor
- _____ \$50 **Benefactor**
benefactor
- _____ \$25 **Patron**
patron
- _____ \$10 **Contributor**
contribuidor
- _____ **Other**
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Donations can be sent to:

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

S.H.I.C.K. VOLUNTEERS NEEDED!!!

WE NEED YOU!



**BECOME A
 SENIOR
 HEALTH
 INSURANCE
 COUNSELOR FOR
 KANSAS
 COUNSELOR TODAY.....**

The SHICK program provides free, unbiased, confidential counseling to anyone with questions about Medicare. Applicants must pass a background check before participation in the Medicare Grant programs as a volunteer and/or counselor.



Anyone who could use their position as a SHICK counselor to solicit business from beneficiaries is prohibited from being a SHICK counselor. This can include industries such as financial planning.

SHICK counselors are required to complete Annual Update Training each year after their initial training year to maintain certification as an active counselor.

TO APPLY: CALL LYNN, SHICK COORDINATOR AT AREA AGENCY ON AGING AT 913-573-8549

SENIOR CARE TIPS FOR SPRING CLEANING

Information provided by www.visitingangels.com

As the world shakes off another winter, it's spring cleaning season once again. For some, spring cleaning might seem like a big job to tackle. It is a big job to tackle for some seniors who require assistance. With yearly spring cleaning, you can:



- Improve the safety of your home by eliminating hazards
- Increase ease of living by reorganizing for replacing items
- Evaluate your quality of life
- Identify if increased assistance is needed

With all that in mind, here are five tips to make spring cleaning easy:

- 1) **Have a plan.** Before you start cleaning, make a checklist of the areas you need to cover and tasks that you want to accomplish.
- 2) **Invite other family or friends to help.** Cleaning as a team makes spring cleaning easier and faster.
- 3) **Go after clutter first.** Getting rid of clutter helps improve home safety. It also makes it easier to clean. Organize items and get rid of unused clothing, furniture and appliances. It will make your job easier and your home safer.
- 4) **Throw out expired items.** Having expired medication or food around can be dangerous, especially if you struggle with memory issues. Do a thorough cleaning of your medicine cabinet, fridge and pantry to reduce the risk posed by expired items.
- 5) **Test Safety Precautions.** When spring cleaning, use the opportunity to test any safety items in your home. Check the secureness and stability of grab bars, test your fire and carbon monoxide detectors and perform an overall evaluation of your home's safety.

Sometimes, spring cleaning can reveal that you're struggling with your current living conditions.

If you feel that you may benefit from in-home senior care, give the Area Agency on Aging a call at 913-573-8531. They will be happy to discuss your options.

JOIN US AT ONE OF OUR 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.

March 24, 2020

11am

Vernon Multi-Purpose Center
3436 North 27th Street
KCK 66104

April 7, 2020

11:30am

Westgate Towers
6100 Leavenworth Road
KCK 66104

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.

WHAT IS DEHYDRATION?

Water is the source of life. That may sound like an exaggeration, but it's true. Throughout your life, water is essential for many of your body's functions, including temperature regulation, waste elimination, joint lubrication, delivery of nutrients to cells, blood oxygen circulation, skin hydration and cognitive function. You become dehydrated when your body doesn't have enough water to sustain these vital processes. Fortunately, your body is designed to constantly adjust its fluid levels. Thirst is one way this happens.

In elderly people, the effects of being dehydrated can progress quickly, so you must act fast if you suspect dehydration. As well, symptoms of dehydration in the elderly are often progressive. In the initial stages, you can tell if an elderly person is dehydrated by checking for the following signs of mild dehydration: cracked lips, dry mouth, dry skin, particularly in the armpits and less frequent urination than normal.

More severe effects of dehydration in the elderly are dark or strong-smelling urine, dizziness, increased heart rate, muscle cramps, crying without tears, confusion, fatigue and/or fainting.

If you experience any of the symptoms above, simply drink some water, then see if the symptoms improve in 10 to 15 minutes.

(Or if you suspect that a loved one is dehydrated, make sure that he or she gets some water and look for improvement).

You should go to the ER for dehydration when you or the elderly person in question is experiencing any confusion, unexplained irritability, or sleepiness.

Always remember that getting prompt medical care is the most reliable way to know whether you or a senior is dehydrated.



EASY VEGETABLE FRIED RICE

INGREDIENTS:

- 1/4 cup vegetable oil
- 3 eggs, slightly beaten
- 1 bag (14.4) frozen broccoli stir-fry vegetables
- 2 cloves garlic, finely chopped
- 4 cups cooked white rice
- 1/3 cup soy sauce

DIRECTIONS:

1. In 12-inch nonstick skillet, heat 1 table-spoon of the oil over medium-high heat. Add eggs; cook and stir until eggs are set. Remove to plate; keep warm.
2. In same skillet, heat remaining 3 table-spoons oil over medium-high heat. Add frozen stir-fry vegetables and garlic; cook 4 to 6 minutes, stirring occasionally, until vegetables are heated. Stir in eggs, rice and soy sauce; cook 3 to 4 minutes, stirring occasionally, until thoroughly heated.



SPRING IS IN THE AIR

Find and circle all the words hidden in the grid.

- APRIL FOOLS DAY
- ARBOR DAY
- BASKET
- BEER
- BUNNY
- CABBAGE
- COLORED EGGS
- CORNED BEEF
- DAYLIGHT SAVINGS
- EASTER
- EGG HUNT
- FAT TUESDAY
- FOUR LEAF CLOVER
- GARDENING
- GOLD COINS
- GRASSHOPPER
- GREEN
- HAM
- HOMESTEAD
- INCOME TAX
- IRISH
- JELLYBEAN
- KITES
- LEPRECHAUN
- LUCK OF THE IRISH
- MARSHMALLOW
- PARADE
- PRANKS
- RAINBOW
- SHAMROCK
- SPRING
- SPRING HOLIDAY
- ST. PATRICKS DAY
- TULIPS
- UMBRELLA
- UNCLE SAM

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

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

U.S. POSTAGE PAID

KANSAS CITY, MO

PERMIT NO. 6412

MARCH >>>

DAYLIGHT SAVINGS BEGINS

Sunday, March 8, 2020

ST. PATRICK'S DAY

Tuesday, March 17, 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

APRIL >>>

APRIL FOOLS DAY

Wednesday, April 1, 2020

SPRING HOLIDAY

Friday, April 10, 2020

Unified Government Offices Closed

EASTER

Sunday, April 12, 2020

EARTH DAY

Wednesday, April 22, 2020

ARBOR DAY

Friday, April 24, 2020