

# THE COMMUNICATOR

A WYANDOTTE/LEAVENWORTH AREA AGENCY ON AGING PUBLICATION

Ruth E. Jones, Executive Director

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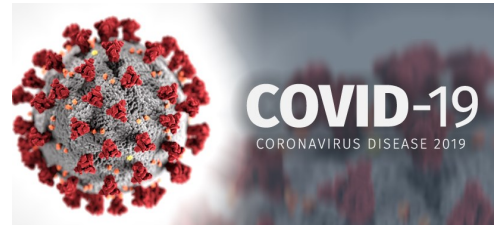
Information provided by [governor.ks.gov](http://governor.ks.gov)

## GOVERNOR ISSUES COVID-19 STAY HOME ORDER

As part of ongoing efforts to limit the spread of novel coronavirus in Kansas, Governor Laura Kelly issued an Executive Order, making Kansas the 22nd state in the nation to institute a temporary, statewide stay-home order.

In a public address to Kansans, Kelly explained that this action became necessary for three key reasons:

- ◆ To provide statewide uniformity in response efforts.
- ◆ To prevent overwhelming hospitals - especially rural hospitals, who may not have the same capacity to handle an influx of COVID-19 patients.
- ◆ To buy Kansas more time as the state officials work with federal partners to secure badly needed protective personal equipment (PPE), additional ventilators and COVID-19 testing supplies.



### What does the “stay home” order mean for you?

A stay home order is an order that residents stay home except for tasks and traveled deemed “essential”. In general, these essential activities include things like:

- ◆ Obtaining medical care or medicine.
- ◆ Necessary services and supplies for maintaining a household, like food, pet food and supplies.
- ◆ Outdoor activities that do not involve groups, like walking, running and hiking.
- ◆ Caring for family members and vulnerable populations in other households.
- ◆ Any activity related to an essential organization. These organizations include things like:
  - ◇ Hospitals, pharmacies and other healthcare facilities
  - ◇ Childcare facilities
  - ◇ Government operations
  - ◇ Food, beverage, to-go restaurant orders
  - ◇ Critical infrastructure construction and projects
  - ◇ Grocery stores
  - ◇ Gas stations & auto repairs
  - ◇ Hardware stores, plumbers, electricians, exterminators and other household maintenance
  - ◇ Laundry providers
  - ◇ Essential travel

You may visit [www.kdheks.gov/coronavirus](http://www.kdheks.gov/coronavirus) for additional virus-related information. Or, for local information regarding COVID-19, you can visit the Unified Government website at [www.wycokck.org](http://www.wycokck.org).

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**ANNOUNCEMENT:** The Annual Older Americans Month Celebration (Sock Hop) scheduled for May 21, 2020 has been postponed. Keep an eye out in future editions of *The Communicator* for its new date!

## COPING WITH THE STRESS OF COVID-19

Information provided by [www.cdc.gov](http://www.cdc.gov)

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

### People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19.
- Children and teens.
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders.
- People who have mental health conditions including problems with substance use.

### Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

### People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

### Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, and try to eat healthy, well-balanced meals.
- Make time to unwind. Try to do some activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

### Reduce stress in yourself and others.

Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make the outbreak less stressful. When you share accurate information about COVID-19, you can help make people feel less stressed and allow you to connect with them.

**Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.** Or if you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- Call the Disaster Distress Helpline at 1-800-985-5990 - for TTY users 1-800-846-8517
- Call the National Domestic Violence Hotline at 1-800-799-7233 - for TTY users 1-800-787-3224
- Call 911



## DOES EMAIL WORK FOR YOU?

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

Send an email to: [60Plus@wycokck.org](mailto:60Plus@wycokck.org) with your request.



## THE HISTORY OF OLDER AMERICANS MONTH

*Information provided by the Administration on Aging (AOA)*

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. However, in April 1, 1963, President John F. Kennedy’s meeting with the National Council of Senior Citizens served as a prelude to designating May as “Senior Citizens Month.”

Thanks to President Jimmy Carter’s 1980 designation, what was once called Senior Citizen’s Month is now called “Older Americans Month, and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons, especially those who have defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.



**MAKE YOUR MARK: MAY 2020**

### KCKCC WELLNESS CENTER OFFERING DISCOUNTED TUITION FOR WELLNESS CENTER TO SENIORS 65 AND OLDER

The KCKCC Board of Trustees approved a Wellness & Fitness Center Senior Tuition Rate of \$41.00 starting in the Fall of 2020 (Late July). The discounted tuition rate is for seniors aged 65 and over.



**Kansas City Kansas Community College**

There are 3 semesters in a year so if someone came year round it would cost them \$123.00 which is only \$4.00 more for the year than what the current rate is of \$119.00 per semester or \$357 per year. This is a huge cost savings to seniors in Wyandotte County.

If you would like additional information regarding the discounted tuition rate, you may contact Rob Crane, Director of the Wellness Center at 913-288-7283 or by emailing him at [rccrane@kckcc.edu](mailto:rccrane@kckcc.edu).

**KEEP IN MIND, DURING THE COVID-19 CRISIS, THE WELLNESS CENTER IS CURRENTLY CLOSED. YOU SHOULD CONTACT THE WELLNESS CENTER TO FIND OUT WHEN THE WELLNESS CENTER EXPECTS TO BE UP AND RUNNING.**

### HOW TO SOW SEEDS IN 10 EASY STEPS!

1. Find some trays or pots.
2. Fill the seed tray with seed compost.
3. Moisten the surface of the compost.
4. Sprinkle the seeds evenly over the compost.
5. Cover the seed tray.
6. Place the seed tray in a warm place.
7. Uncover the seedlings once they germinate.
8. Transplant the seedlings.
9. Keep transplanted seedlings in the shade
10. Plant out into the flowering positions and enjoy!

## FROM THE EDITORS DESK

You may have realized by now that the Wyandotte/Leavenworth Area Agency on Aging is currently working remotely from home. Staff currently have been assigned a staggered schedule to report in the office as this assists us with the "safe distancing" practice. All staff have computers at home and can assist with Aging issues daily. It's a big adjustment for all of us as I'm sure you're experiencing the same.

Our staff members are unable to perform any 'face-to-face' contact with our customers, but don't let it deter you from calling into the office regarding your needs. We're here for you!



All services are still being administered with some adjustments on how we're getting the required assessments and assignments done.

What's changed?

- ◆ Meals on Wheels participants are still receiving their meals. The delivery drivers are using the *Knock, Drop and Walk* method. This allows our seniors to continue receiving their nutritious meal while keeping everyone at a safe distance.
- ◆ Our 8 Nutrition Sites are currently closed. Those participants have been given the opportunity to receive "staples" to assure they're eating daily.
- ◆ Anyone wanting to donate to the Meals on Wheels Program can now do so online by visiting the following webpage: <https://pay.payitgov.com/wyco>
- ◆ Case Management contacts are made by phone; but your case manager can still assist you with your needs.
- ◆ Group Exercise classes are cancelled temporarily.
- ◆ All public meetings/hearings are temporarily cancelled.
- ◆ Our Annual Older Americans Month Celebration (Sock Hop) originally scheduled for May 21, 2020 has been postponed. We hope to reschedule the event later in the year.

The Unified Government of Wyandotte County/Kansas City Kansas has updated information regarding COVID19 on their website at [www.wycokck.org](http://www.wycokck.org). The 311 line is still in operation for other Unified Government business and inquiries. The Aging staff are available by dialing 913-573-8531.

Keep in mind, if we are patient and "stay home" during this epidemic, we will get through this. Be safe! We look forward to serving you.

Linda Ramirez, Editor

## DONATIONS FOR THE MEALS ON WHEELS PROGRAM ARE NOW ACCEPTED ONLINE!

Meals on Wheels donations may be made by visiting the Wyandotte/Leavenworth Area Agency on Aging webpage at: [www.wycokck.org/aging](http://www.wycokck.org/aging) or by typing in the following link: <https://pay.payitgov.com/wyco>

Should you have any questions regarding the donations, you may contact the Meals on Wheels Department by dialing 913-573-8546.

## DON'T BE SCAMMED!

Unfortunately, there are scammers who will take advantage of the current situation and try to trick you out of your money and personal information. Don't be fooled!

**SCAM  
ALERT**

If you receive calls, emails or other communications claiming to be from the U.S. Treasury Department, the Internal Revenue Service, the Social Security Administration or another government agency offering COVID-19 related grants or economic impact payments in exchange for personal financial information, an advance fee, or charge of any kind, including the purchase of gift cards. PLEASE DO NOT RESPOND. These are scams.

Visit the Treasury's website at <https://home.treasury.gov/cares> if you suspect economic impact payment fraud and to report Social Security scams about COVID-19.



**GRANDMA'S OFF HER ROCKER!**

In the dim and distant past,  
 When life's tempo wasn't fast,  
 Grandmas use to rock and knit,  
 crochet, tat and baby sit.  
 When we were in a jam,  
 we could always count on gram.  
 In the age of gracious living,  
 grandma's life was one of giving.

But today...  
 Now grandma's at the gym,  
 Exercising to keep slim.  
 She's off touring with the bunch,  
 or taking all her friends to lunch.  
 Driving north to fish or hike  
 taking time to ride her bike.  
 Nothing seems to block or stop her,  
 now that grandma's off her rocker!

*Author Unknown*

**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!**

**Kathryn Bond**  
**Mary Carter**  
**Pauline Estell**

- \_\_\_\_\_ \$100     **Advocate**  
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- \_\_\_\_\_     **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

# Safety Tips:



**TALK TO YOUR HEALTHCARE PROVIDER**

- Discuss physical activities that are appropriate for you. Exercising regularly helps to improve endurance, strength, balance and coordination.
- Have your vision checked regularly. Your sight plays a large part in preventing injuries at home, on the road and in the community.

**MANAGE MEDICATIONS**

- Be aware of how your medications interact with other prescriptions and over-the-counter drugs, certain foods, alcohol and other medical conditions.
- Learn how medications may make you unsteady on your feet or impact your ability to operate a motor vehicle.
- Create a medication schedule or use a scheduler box to insure that you're not taking less or more than prescribed.
- Ask your pharmacist for help. Large print labels, medication-tracking devices and easy-open containers may be available.

**PREVENT FALLS**

- Install handrails and grab bars wherever they are helpful, especially around stairs and bathrooms.
- Ensure ample lighting inside and outside of your home, particularly around frequently used walkways. Add one more nightlights between your bedroom and bathroom.
- Choose shoes with non-slip soles that provide support without bulk that could cause you to trip.

- Use a walking aid if needed, to improve balance and stability.

**PREVENT FIRES AND BURNS**

- Set your water heater to 120°. You can also install anti-scald devices on sinks and tubs.
- Test smoke detectors regularly. Be sure you have a smoke alarm in or near your cooking area. Alarms should also be installed in all bedrooms.
- When cooking, wear snug fitting or short sleeve clothing and high quality oven mitts that cover the lower part of your arms.
- Do not smoke in your home, especially if oxygen therapy is used.

**DRIVE WISELY**

- Plan your route before you drive and use the safest routes that are well lit, familiar and offer easy parking. Daytime driving in good weather conditions is best.
- Eliminate distractions inside the vehicle and stay focused on the road. Know when it might be time to limit or stop driving and learn how to get around town without driving.

*Information provided by the Administration for Community Living*

## WHAT SENIORS NEED TO KNOW ABOUT COVID19 STIMULUS CHECKS

One of the most widely anticipated provisions of the Coronavirus Aid, Relief, and Economic Security (CARES) Act are the one-time stimulus checks promised to Americans in the coming weeks. But some seniors and disabled adults have been left understandably confused about whether and how they will receive the \$1,200 per adult checks. After seeing a variety of headlines and conflicting information, millions of seniors might be anxious over what's true. Do they get a stimulus check? Yes, definitely. Do they need to file a tax return if they don't normally have to do so because their income is low? Not if they get Social Security benefits. Here's what seniors need to know about their COVID-19 stimulus checks - and what they need to keep an eye on as the situation continues to develop.

President Donald Trump signed the CARES Act into law on March 27. This stimulus package included numerous provisions to grant Americans financial relief during the coronavirus crisis, including one-time stimulus payments to help keep them afloat. The payments are \$1,200 per adult (meaning \$2,400 for a married couple filing jointly), plus an additional \$500 per qualifying child. These payments get lower as incomes rise; the total phaseout amounts, meaning adjusted gross income is too much to qualify for a stimulus payment, are \$99,000 for single filers and \$198,000 for married couples filing jointly. One key thing to know: The stimulus checks will be based on 2019 tax returns (or 2018, for those who filed in 2018 but haven't yet filed for 2019).



### People who aren't typically required to file a tax return

Social Security and Railroad Retirement recipients who are not typically required to file a tax return need to take no action. The IRS will use the information on the Form SSA-1099 and Form RRB-1099 to generate Economic Impact Payments of \$1,200 to these individuals even if they did not file tax returns in 2018 or 2019. Recipients will receive these payments as a direct deposit or by paper check, just as they would normally receive their benefits. Social Security Disability Insurance (SSDI) recipients are also part of this group who don't need to take action.

### So, when can I expect my money?

The first Stimulus payments began on Saturday, April 11th and can take up to 20 weeks.

### How do I get more information about my Stimulus check?

You can visit the IRS website for more information by typing in <https://www.irs.gov>.

## MEALS ON WHEELS AND CONGREGATE MEAL SITE PARTICIPANTS RECEIVE NEEDED SHELF STABLED MEALS DURING THE STAY-AT-HOME ORDER

The Wyandotte/Leavenworth Area Agency on Aging purchased approximately 22,222 shelf stable meals to be delivered to the Meals on Wheels and Congregate Meal Site participants. The meals are designed to provide nutritious meals during this pandemic.

Each kit:

- Includes a 7-day supply of meals.
- Are shelf-stable and do not require refrigeration.
- Contain easy-to-open containers.
- Have a shelf life of up to four months.

A special "Thank You" is extended to the Unified Government Transit Department who was very instrumental in the delivery of the meals.



### GRILLED BRAZILLIAN PINEAPPLES

**INGREDIENTS:**

- 1 pineapple - peeled, cored and cut into 6 wedges.
- 1 cup brown sugar
- 2 teaspoons ground cinnamon

**DIRECTIONS:**

1. Preheat an outdoor grill to medium-high heat and lightly oil the grate.
2. Whisk brown sugar and cinnamon together in a bowl. Pour sugar mixture into a large resealable plastic bag. Place pineapple wedges in bag and shake to coat each wedge.
3. Grill pineapple wedges on the preheated grill until heated thoroughly, 2 to 5 minutes per side.
4. Enjoy!



### MOVING FORWARD TOWARD SUMMERTIME

*Find and circle all the words hidden in the grid.*

- ANTS
- BARBEQUE
- BASEBALL
- BIRDS
- CEMETARY
- CHERRY BLOSSOMS
- CINCO DE MAYO
- COOK OUT
- CORONAVIRUS
- DAFFODILS
- FAMILY TIME
- FATHERS DAY
- FLAG
- FLOWERS
- FRONT PORCH
- GRASS
- JUNETEENTH
- KEEP IN TOUCH
- MAYPOLE
- MEMORIAL DAY
- MOTHERS DAY
- OLDER AMERICANS MONTH
- PEANUTS
- PEONIES
- PHONE CALL
- RAIN
- SOCIAL DISTANCING
- SPRING
- SPRING CLEANING
- SUNSHINE
- TIE
- TORNADO
- WALKING
- WATERMELON

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| L | F | N | F | N | Y | A | F | S | R | L | O | M | V | H | R | I | F | T | Y | O | O | F | V | D |
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**Wyandotte/Leavenworth  
Area Agency on Aging**

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Kansas City, Kansas 66102

Phone: 913-573-8531

Fax: 913-573-8577

Email: 60Plus@wycokck.org

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**MAY >>>**

**CINCO DE MAYO**

*Tuesday, May 5, 2020*

**MOTHER'S DAY**

*Sunday, May 10, 2020*

**ARMED FORCES DAY**

*Saturday, May 16, 2020*

**MEMORIAL DAY**

*Monday, May 25, 2020  
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**

**JUNE >>>**

**FLAG DAY**

*Sunday, June 14 2020*

**JUNETEENTH**

*Friday, June 19, 2020*

**FATHER'S DAY**

*Sunday, June 21, 2020*

