

THE COMMUNICATOR

A WYANDOTTE/LEAVENWORTH AREA AGENCY ON AGING PUBLICATION

Ruth E. Jones, Executive Director

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SEPTEMBER/OCTOBER 2020

SENIOR HEALTH INSURANCE COUNSELING FOR KANSANS (SHICK)

Come in to speak with one of our SHICK Counselors for Open Enrollment

Due to the COVID-19 pandemic, we have made some changes to our appointments for 2020 Medicare Open Enrollment. Appointments will be scheduled for Tuesday, Wednesdays and Thursdays each week. Due to the volume of appointments and the time needed for each appointment, all appointments will be made at least one week in advance. Same day appointments will not be available. Please plan ahead and make your appointment sooner than later.

Open Enrollment



In addition, we will be following all CDC and local government guidelines for COVID-19 to provide the safest experience for everyone.

- Call at least a week in advance to schedule you're appointment. Appointments are provided on a first come first served basis. No same day appointments will be taken.
- Upon arrival to our office, your temperature will be taken and you will be required to fill out a questionnaire of health related questions as a prescreen for COVID-19.

- You will be required to wear your face covering the entire time you are in our facility.
- There will only be one person allowed at each appointment. Family or friends will not be allowed to wait in our office, nor will they be allowed to attend your appointment. If you have a legal guardian or DPOA, let us know when scheduling so that arrangements can be made.

BRING WITH YOU TO YOUR APPOINTMENT:

- Your photo ID
- Your Medicare Card
- A complete list of your current medications

TO ACCESS YOUR MEDICARE ONLINE ACCOUNT

Medicare now requires you to have an online account. If you need assistance setting up an account; we can assist you with creating one. You will need a username and password to get started. You can also visit the [Medicare.gov](https://www.medicare.gov) webpage to create one on your own prior to your appointment.

We are ready to answer any questions that you may have to help you select a plan that is right for you. Our goal is to educate and assist Medicare customers in making informed decisions with their health care options.

To schedule an appointment with the SHICK counselor, you may dial 913-573-8531 and ask to speak to a Medicare Counselor.

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FARMERS MARKET VOUCHERS ARE CURRENTLY STILL AVAILABLE

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

- 1) Call the Area Agency on Aging at 913-573-8531 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.

Should you have further questions regarding the distribution or want to know if you qualify, you may call us at

913-573-8531

Applicants must apply by September 30, 2020 and vouchers must be spent by November 1st (if markets still have produce available).

ARE YOU A GRANDPARENT RAISING YOUR GRANDCHILD?

The Area Agency on Aging (AAA) may be able to provide you with needed assistance.



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.

Providing Home Care Services During COVID-19

Many older adults depend on home care services like homemakers and personal care attendants to safely remain in their homes and remain a vital part of our community. Unfortunately, as with so many aspects of life during COVID 19, these essential home care services are being negatively impacted by this pandemic. In addition, with older adults being at a higher risk of complications from the virus, this adds to the urgency of this issue.

The Area Agency on Aging is currently seeking input from our community on ways to address this concern. Many older adults fear having home care providers come into their homes and expose them to the virus. Likewise, many home care providers are concerned with sending employees into multiple homes during COVID 19. Despite these issues, older adults continue to need the daily care provided through home care services.

Please take a moment to help us gather information so we can better serve our older adults who have been impacted by this issue.

- If you or someone you know needs home care services (homemaker or personal care) but are concerned with having a home care provider come into the home, how are you currently managing? Who is providing daily home care for you?
- If shopping is needed, have you used home delivery services offered through grocery/pharmacy? On-line app services?
- If you have a family/friend you trust and is available, would they be willing to provide your home care services if they received compensation?
- Do you have access to internet? Access to a smart device to connect with on-line home care providers?
- We welcome any feedback you have on this issue. Please email responses directly to 60plus@wycokck.org or by dialing 913-573-8531. Your input is always valued and appreciated. Thank you.

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.



COVID-19: Myths vs. Facts



Information is flying around social media about the novel coronavirus and the COVID-19 pandemic it has caused. Some of the information may be helpful, but a lot of it isn't true and can actually be dangerous. When in doubt, stick to information from trusted medical sources like the CDC, the World Health Organization and scientific or medical groups. Here are the truths behind some of the myths you may have seen on social media.

MYTHS

Pets can carry and spread COVID-19, or you can give it to your pet.

Spraying alcohol, chlorine or bleach all over your body will protect you from this coronavirus.

The pneumonia vaccine can protect you against the virus.

Wearing a homemade mask will keep you from getting infected with the novel coronavirus.

Instead of washing your hands all the time, you can just wear gloves.

Gargling with bleach or salt water will keep the virus from your lungs.

FACTS

There is no evidence that pets can give you COVID-19. The CDC has received no reports of animals contracting COVID-19, though there have been three reports in other countries. Because animals can carry other germs that may make people sick, the CDC encourages hand-washing after handling animals or their waste.

Spraying yourself with alcohol, chlorine or bleach won't kill any viruses that have already entered your body. These substances are useful for disinfecting surfaces but are harmful if they come in contact with your skin, eyes or mouth.

COVID-19 will need its own vaccine. Vaccines against any other illness will not protect you from the COVID-19 virus.

It's unknown how much protection homemade masks provide against the virus. They are definitely less effective than medical N95 respirator masks. Homemade masks do not form a seal and lose effectiveness after getting wet from the wearer's breath.

Gloves are never 100% impervious to small particles like virus and can rip. If the virus gets on gloves, people can be infected if they touch their faces, or can get the virus on their hands when removing the gloves. If you wear gloves, always dispose of the gloves and wash your hands thoroughly afterward.

Gargling with anything will not protect you from COVID-19, and bleach is dangerous. However, gargling with salt water can soothe a sore throat.

WYANDOTTE/LEAVENWORTH AREA AGENCY ON AGING NUTRITION SITES CONTINUE TO PROVIDE MEALS AFTER SITE CLOSURES DUE TO COVID-19

Wyandotte County has 8 meal sites in Wyandotte County that provide meals to those mobile seniors in the community. In March, when our community was shut down due to COVID-19, those sites were immediately shut down too.

While the community struggled to adapt to the changes, the Area Agency on Aging immediately began brainstorming how they could continue meals for congregate meal site participants.



Currently, those seniors are receiving meals in the following ways using Federal dollars funded through the CARES Act:

- Those residing in high rises and were already participating in the program receive delivered meals daily through three local restaurants, Taqueria Arandas, Wolfe-Es and Mema's Bakery.
- All other participants had the option of receiving Moms Meals which provides a delivery of chilled meals through UPS every other week.

This effort not only helped the seniors in the community, but it also helped local restaurants that were also affected by COVID-19.

Pictured left are Plaza Tower Participants.

"Every meal has been delicious, since day 1. Thank you, Area Agency on Aging!" - Dick Fields.

"This food is like my medicine, It does good to my soul." - Rose Kobusch.

"The restaurant food is very appetizing; I could eat all day long." - Sandra Thomas.

HOW TO PREVENT MEMORY LOSS: 8 TIPS TO IMPROVE MEMORY

www.aplaceformom.com

Can't find your keys? Not sure where you put your glasses? Most people have been there - occasional memory lapses are normal. But memory loss that affects your quality of life and the ability to live independently may be a sign of a serious medical condition. It can be terrifying to imagine that someday you might not remember who you are or could forget cherished memories.

Age, genetics and other factors can increase your risk for dementia and Alzheimer's disease. But, research shows that certain steps can help lower the risk of memory loss associated with these cognitive conditions.

What causes memory loss?

Many things can cause memory loss. Age is a key factor, as the normal aging process causes a slight decline in brain function. With age, connections between brain cells that store and transfer information are weakened, affecting memory.

Cognitive disorders such as dementia and Alzheimer's are progressive conditions that cause severe memory loss over time. Many factors can increase one's risk of dementia or Alzheimer's, including age, family history, obesity, high blood pressure, diabetes and smoking.

About 10% of people who have a stroke and nearly one-third of those who have a second stroke develop dementia. Heart disease and fat buildup in the arteries also contribute to cognitive decline and dementia. Other causes of temporary memory loss may include medications, infections, vitamin B-12 deficiency, depression and excessive alcohol consumption.

Memory loss: What's normal?

Occasional forgetfulness can be a normal part of aging. Examples of memory loss that comes with age include forgetting to pay a bill one month or not remembering what day it is. However, memory loss that affects your ability to do everyday activities can be a sign of a serious problem. Signs of memory problems that warrant a visit to the doctor may include:

- ⇒ Asking repetitive questions
- ⇒ Getting lost in places you know well
- ⇒ Having trouble following directions or learning new things
- ⇒ Being confused about people, time and places
- ⇒ Having difficulty following a conversation

8 tips to help prevent memory loss and improve memory

1. Stay physically active. Exercise helps lower your risk of heart disease, diabetes, high blood pressure and stroke - all risk factors for cognitive and memory disorder. Try low impact exercises such as yoga, tai chi or even a walk around the block to help improve blood flow to the brain and keep your mind sharp.
2. Eat a healthy diet. A diet that is rich in vegetables, fruits, lean proteins and whole grains can help your brain and heart health. Some healthy food groups that may have cognitive benefits include leafy green vegetables, berries, whole grains, fish, lean poultry, beans and olive oil.
3. Keep your mind engaged. Reading, learning something new, doing crossword puzzles or playing games can help keep the mind active. Stimulating the mind may help prevent memory loss by enhancing connections between cells in the brain that support memory.
4. Control your blood pressure. High blood pressure is a risk factor for Alzheimer's and other forms of dementia. Controlling blood pressure when it's high can help lower your risk of memory-related conditions.
5. Stay social. Social isolation in seniors can be both a symptom of and a risk factor for dementia. Staying connected with others helps lower stress and prevent depression, which can contribute to memory loss. Help prevent loneliness by taking up a hobby, seeking volunteer opportunities or joining a club or religious community.
6. Get enough sleep. Sleep helps your brain rest and restore. It also helps to consolidate your memories. Sleep problems over time have been associated with an increased risk of cognitive decline and dementia. If you have sleep problems, talk to your doctor about strategies to help improve sleep.
7. Quit smoking. Smoking can lead to several long-term health problems, but did you know that if you smoke, you are also at increased risk of dementia and Alzheimer's. There are many helpful programs to help you quit.
8. Drink alcohol in moderation only. There's some evidence that a glass of red wine a day may have beneficial effects in terms of reducing inflammation and even lowering the risk of memory disorders. However, drinking more than four drinks a day for men and more than three drinks a day for women is considered excessive. If you drink alcohol, it's important that you do so in moderation.



Following these simple lifestyle changes can help prevent memory loss and improve memory.

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
Willie Holiday-Birch
Louise Seve
Ella Wright

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defensor
- _____ \$50 **Benefactor**
benefactor
- _____ \$25 **Patron**
patrón
- _____ \$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

CHRONIC DISEASE IN UNCERTAIN TIMES

newsinhealth.nih.gov

Coping with emergencies is challenging in the best of situations. During the coronavirus pandemic many of us are just trying to get by each day. For people with chronic (long-term) health conditions like diabetes and chronic kidney disease, the challenges can be even greater. But with planning, you can prepare what you'll need to make things more manageable.

Keeping on top of health problems can take extra effort during uncertain times. First, be sure to follow the CDC's latest public health guidance. That awareness is especially important in a pandemic. As we've seen with COVID-19, information about new diseases can quickly change.

Be sure to eat well and safely participate in physical activity as much as possible during these difficult times. That can help you prevent or delay health problems.

Eating healthy and staying active can also help lower stress. Coping with uncertainty is stressful for everyone. People with health conditions may feel more stress when their normal routine and health care are disrupted.

Your health care provider can help you find ways to lower your stress and screen for anxiety and depression. Depression is common among people with a chronic illness. And it can get in the way of managing the condition.

Preparing for the unexpected will help you manage a chronic health condition during a crisis. Consider packing a specialized "go-kit" for emergencies.

Maintaining your health doesn't erase the risk for getting diseases. But each healthy day is a day closer to better treatments for diseases.

Preparing For Disasters With a Chronic Disease

How to create a go-kit for emergencies:

- A least one week's worth of medical supplies and equipment.
- Contact information for health care providers and emergency contacts.
- A medication list with doses and dosing schedules.
- A list of your allergies.
- Information about any medical devices you use.
- At least a 3-day supply of any foods needed to manage your condition.
- Copies of your insurance card and photo ID.
- Copies of recent lab work you might need.

PROTECT YOURSELF FROM FRAUD

Protecting your personal information is the best line of defense in the fight against healthcare fraud and abuse. Everyday consumers get ripped off by scam artists. Medicare and Medicaid lose billions of dollars each year. You can make a difference!

Here are some ways to take an active role in protecting your healthcare benefits:

- * Treat your Medicare, Medicaid and Social Security numbers like a credit card number. Never give these numbers to a stranger.
- * Remember, Medicare doesn't call or visit to sell you anything.

* Don't carry your Medicare or Medicaid card unless you will need it. Only take it to doctor's appointments, visits to your hospital or clinic or trips to the pharmacy.

- * Record doctor visits, tests and procedures in your personal health care journal or calendar.
- * Save Medicare Summary Notice and Part D Explanation of Benefits. Shred the documents when they are no longer useful.



If you suspect errors, fraud or abuse, report it immediately! You will protect other people from becoming victims and help to save your Medicare benefits.

Here are the steps you should take to report your concerns and abuse:

- * If you have questions about information on your Medicare Summary Notice or Part D Explanation of Benefits, call your provider or plan first.
- * If you are not comfortable calling your provider or plan or you are not satisfied with the response you get, call your local SMP at 1-877-808-2468.

TELL US ABOUT YOU

GENDER: ___ MALE ___ FEMALE **AGE GROUP:** ___ UNDER 60 ___ 60+

MARITAL STATUS: ___ SINGLE ___ MARRIED ___ WIDOWED ___ DIVORCED

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: _____

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:

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

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

DEADLINE: OCTOBER 1, 2020



INGREDIENTS:

- 24 vanilla ice cream sandwiches, unwrapped
- 2 (8 ounce) containers whipped topping, thawed
- 1 (12 ounce) jar hot fudge ice cream topping, warmed
- 1 (12 ounce) jar caramel ice cream topping
- 1/4 cup chopped pecans, or your favorite nut.

ICE CREAM SANDWICH CAKE

DIRECTIONS:

1. Arrange a layer of ice cream sandwiches in the bottom of a 9x13 inch dish.
2. Top with a layer of whipped topping, hot fudge topping and caramel topping. Repeat layering with remaining ice cream sandwiches, whipped topping, hot fudge topping and caramel topping, ending with a layer of whipped topping.
3. Sprinkle with pecans or your favorite nuts.
4. Cover dish with aluminum foil and freeze until set, at least 30 minutes.



FALL IS UPON US!

Find and circle all the words hidden in the grid.

- APPLE CIDER
- BEWITCHED
- BLACK CAT
- BOBBING FOR APPLES
- BONFIRE
- CANDY CORN
- COLUMBUS DAY
- CORN STALK
- COSTUME
- END OF SUMMER
- FALL
- FOOTBALL
- FULL MOON
- GHOSTS
- GOBLINS
- GRANDPARENTS DAY
- HALLOWEEN
- HARVEST
- HAUNTED HOUSES
- HAYRIDE
- JACK O LANTERN
- LABOR DAY
- LEAVES
- MEDICARE
- NEW WORLD
- ONLINE CLASSES
- OPEN ENROLLMENT
- PATRIOT DAY
- POPCORN BALLS
- PORCH LIGHTS
- PUMPKIN PATCH
- RAKE
- SCARECROW
- SKELETON
- SPIDER
- TWIN TOWERS

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

Wyandotte/Leavenworth

Area Agency on Aging

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Email: 60Plus@wycokck.org

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PRESORTED STANDARD

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SEPTEMBER >>>

LABOR DAY

Monday, September 7, 2020

Unified Government Offices Closed

PATRIOT DAY

Friday, September 11, 2020

GRANDPARENTS DAY

Sunday, September 13, 2020



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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

OCTOBER >>>

COLUMBUS DAY

Monday, October 12, 2020

HALLOWEEN

Saturday, October 31, 2020