

# THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

VOLUME 29 ISSUE 3

Ruth E. Jones, Executive Director

MAY/JUNE 2021

## In this issue

- FARMERS MARKET VOUCHERS
- OLDER AMERICANS MONTH EVENT CELEBRATION
- SLEEPING WITH ARTIFICIAL LIGHT LINKED TO OBESITY
- NEW FISCAL MANAGER NAMED
- HEALTH BENEFITS FROM EATING VEGETABLES
- 7 STAGES OF DEMENTIA AND ITS SYMPTOMS
- ALL WYANDOTTE COUNTY RESIDENTS 16+ ARE ELIGIBLE FOR FREE COVID-19 VACCINATIONS



## MAY IS OLDER AMERICANS MONTH

*In Honor of*

### OLDER AMERICANS MONTH

*the Wyandotte/Leavenworth Area Agency on Aging is celebrating*

### COMMUNITIES OF STRENGTH

*by announcing a new Choosing Healthy Appetizing Meal Plan Solutions for Seniors*

### **(C.H.A.M.P.S.S.) location in Wyandotte County**

The IHOP - Legends location will host a “Kick Off” for the Choosing Healthy Appetizing Meal Solutions for Seniors (C.H.A.M.P.S.S.) Program in Wyandotte County!

C.H.A.M.P.S.S. is a meal program administered through the Wyandotte/Leavenworth Area Agency on Aging (AAA) and funded by the Older Americans Act.



Additionally, the C.H.A.M.P.S.S. program is a senior dine meal plan, whereas AAAs can partner with local restaurants and grocery stores to offer seniors 60+ a nutritious meal under the guidelines from the State of Kansas.

A grand opening event will be held on **Wednesday, May 12, 2021, from 12 – 2pm.**

The C.H.A.M.P.S.S. program targets mobile seniors, 60 years of age or older who have access to transportation. It allows flexibility and provides nutritious meals that are available 7 days a week. Grab & Go or Dine-In options are available for the program.

Before being enrolled into the CHAMPSS program, participants must attend an informational meeting and load their C.H.A.M.P.S.S. card by providing the suggested donation of \$3.50 per meal.

For information about enrollment into this senior meal program, please call the WY/LV AAA Nutrition Department at 913-573-8531.

## FARMERS MARKET VOUCHERS

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center will be distributing a limited amount of Farmers Market Vouchers this year. At this time, the value of the vouchers is unknown. Recipients must be at least 60 years of age or older, living in Wyandotte County and meet income guidelines. Interested parties may contact the AAA after June 1, 2021 for more information.

## COMPROBANTES PARA EL MERCADO AGRICOLA

Una vez mas la Agencia de Area para Envejecientes (AAA) en Wyandotte/Leavenworth estara distribuyendo un numero limitado de comprobantes para el Mercado Agricola (Farmers Market). El valor de los comprobantes no se ha establecido por ahora. Los comprobantes son para personas de 60 anos de edad y mayores que viven en el condado de Wyandotte y su ingreso anual satisfice el requisito para el programa.



### Did you know you can hire family and friends to provide your care?

With self-direction, you can stay in your home and choose who supports you, including family or friends that you love and trust.

GT takes care of the paperwork and payroll, so you can live your life hassle-free.

#### Want to learn more?

Jason McKenney | KS Director of State Services  
jmckenney@gtindependence.com  
Phone: 913.277.1571 | gtindependence.com

# SAVE THE DATE!

## Older Americans Month Celebration 2021

### COMMUNITIES OF STRENGTH

#### *Virtual Event*

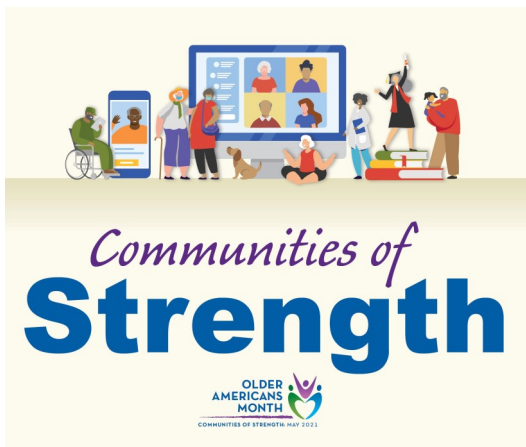
**May 20, 2021**  
**11am - 1pm**

Please join us for this virtual event celebrating older adults and participate in the following:

- ◆ Town Hall Meeting with Questions from Participants
- ◆ Information Overview on Aging Services
- ◆ Healthy Nutrition Demonstration

Hosted by the WY/LV Area Agency on Aging

Contact [rvandyke@wycokck.org](mailto:rvandyke@wycokck.org) for more details



## 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 depends on your donations for its existence.

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

Respectfully, *The Newsletter Committee*

_____ \$100	<b>Advocate</b> <i>defensor</i>
_____ \$50	<b>Benefactor</b> <i>benefactor</i>
_____ \$25	<b>Patron</b> <i>patron</i>
_____ \$10	<b>Contributor</b> <i>contribuidor</i>
_____	<b>Other</b> <i>otro</i>

Appreciation is extended to the following who have contributed toward the cost of this newsletter.

**Mary Booth - Contributor**  
**Yvonne Brown - Contributor**  
**Mary Anne Eisenbise - Advocate**  
**Margie Porter - Advocate**  
**Esther Rogers - Contributor**  
**Mary Ann Slattery - Benefactor**  
**Ella Wright - Contributor**

*Names are listed in alphabetical order.*

If you would like to contribute to the cost of the newsletter, please make checks payable to:

Wyandotte/Leavenworth AAA  
Attn: The Communicator  
849 North 47th, Suite C  
Kansas City, Kansas 66102

## 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.



COMMUNITIES OF STRENGTH: MAY 2021

## NEW FISCAL MANAGER NAMED

Deasiray Bush has been with the Unified Government (UG) organization for approximately nine years. She started in the Community Development Department managing Housing of Urban Development (HUD) grants such as Community Development Block Grants (CDBG), Emergency Solutions Grants (ESG), Continuum of Care (CoC) grants, and Neighborhood Stabilization Program (NSP) grants; managing a budget of approximately of \$18 million. She brings strong expertise in grant management and budget oversight as she joined the Budget Office in 2018. She provided budget oversight to sixteen UG departments, including Area Agency on Aging. She was responsible for performing a diverse range of duties and responsibilities involving professional-level fiscal activities to departments. In addition, her duties included budget development, analysis, monitoring, program development, financial transactions oversight, and worked closely with the County Administrator's Office during the UG Capital Maintenance Improvement Program (CMIP) budget kickoff season. Lastly, County Administrator, Douglas Bach, chose Deasiray to be a part of the Coronavirus Aid, Relief, and Economic Security (CARES) team. She reported and fiscally managed the CARES \$37.3 million budget, which helped assist with Wyandotte County small-businesses, public health expenses, PPE, contact tracing, equipment, and numerous other benefits for our community and organization. During her tenure, she chaired the UG Black History Committee for seven years and joined many other professional affiliation committees. She is immensely excited to be a part of the Area Agency on Aging, and we are equally enthusiastic about having her join our cohesive team.



## SLEEPING WITH ARTIFICIAL LIGHT LINKED TO OBESITY

Sleep is important for your physical and mental health. A lack of quality sleep increases your risk for certain health conditions, including obesity. A recent study found that sleeping with an artificial light on may also raise your risk of weight gain and obesity.



Your body uses light to control your sleep cycle. The natural light pattern from the sun helps you stay awake during the day and sleep at night. But you can also be exposed to light at night in many ways, such as a room light, streetlight, television, or mobile device. That may disrupt your sleep.

Researchers asked over 43,000 women, ages 35-74, whether they slept with no light, a small nightlight, light outside the room or a light or television on in the room. The women also gave their height, weight, body mass index, and waist and hip sizes. After about five and a half years, scientists gathered the women's new measurements.

Women who slept with a light or television on were 17% more likely to have gained about 11 pounds or more during the study. Light from outside the room had less of an impact. Women who slept with a small nightlight or no light has no difference in weight gain.



## DID YOU KNOW?

- ◆ Did you know 11% of people are left handed?
- ◆ Did you know 8% of people have an extra rib?
- ◆ Did you know the smallest bones in the human body are found in your ear.
- ◆ Did you know stewardesses is the longest word that is typed with only the left hand?
- ◆ Did you know honey is the only natural food which never spoils?
- ◆ Did you know the sentence "*the quick brown fox jumps over the lazy dog*" uses every letter in the English alphabet?
- ◆ Did you know hummingbirds are the only bird that can fly backwards?
- ◆ Did you know reindeer hair is hollow inside like a tube?
- ◆ Did you know there are only 4 words in the English language which end in "dous" (hazardous, horrendous, stupendous and tremendous)?
- ◆ Did you know instant coffee was invented in 1901?
- ◆ Did you know rubber bands last longer when kept refrigerated?
- ◆ Did you know women blink twice as much as men?
- ◆ Did you know Bill Gates began programming computers at the age of 13?

## HEALTH BENEFITS FROM EATING VEGETABLES

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk for heart disease, stroke and diabetes. Vegetables rich in potassium also help lower blood pressure, reduce the risk of developing kidney stones and help decrease bone loss as we get older. Vegetables are generally lower in calories than other food choices and can help lose and maintain a healthy weight.



### HOW MUCH VEGETABLES IS ENOUGH?

Nutritional needs for all foods, including vegetables, are determined by age, gender and activity level. That is, the more active you are the more calories and nutrients you need to fuel your activities. The less active you are the less food you need.

The Dietary Guideline recommends the equivalent of 2 1/2 cups a day of a variety of vegetables for a moderately active adult, over the age of 50.

### COOKING YOUR VEGETABLES

Most vegetables can be cooked using several different methods, the most common of which are boiling, steaming, roasting and microwaving.

**Boiling** cooks vegetables by immersing them in boiling or simmering water in an uncovered pot. While this method is easy, it can cause the vegetables to lose some of their nutrients.

**Steaming** cooks vegetables over the steam created by boiling water in a covered container. This method helps vegetables retain their color, texture and nutrients.

**Roasting** cooks vegetables in the heat of an oven. This method concentrates and sweetens the flavors of many vegetables.

**Microwaving** is fast and convenient for starchy vegetables, like potatoes and sweet potatoes.

All food and beverage choices matter - focus on variety, amount and nutrition.

As part of an overall healthy diet, eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food may be helpful in lowering your calorie intake.

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.

Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.

Adding vegetables can help increase intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.

# THE 7 STAGES OF DEMENTIA AND ITS SYMPTOMS

Understanding the dementia timeline is key to making thoughtful medical and personal decisions regarding memory care. Learn to recognize warning signs during the early stages of dementia to secure a diagnosis, then review common symptoms of moderate and late stage dementia to help you prepare for the future.

The most common types of dementia, including Alzheimer's, are progressive, meaning cognitive decline worsens over time. Dementia is categorized as mild, moderate or severe as well as early stage, middle stage and late stage dementia.

Someone in the first three dementia stages doesn't usually exhibit enough symptoms to be diagnosed - while cognitive impairment may be present, phases 1- 3 aren't even recognized as the early stages of dementia.

## **Dementia Stage 1: No cognitive impairment**

Though it may seem odd, the lowest stage is normal mental functioning, or no cognitive impairment.

## **Dementia Stage 2: Very mild cognitive decline**

Where did I put my keys? What was that person's name? At least half of the population 65 and older report some minor age-related forgetfulness. Caregivers or medical providers may not even notice such mild impairment.

## **Dementia Stage 3: Mild cognitive decline (also called mild cognitive impairment)**

When memory and cognitive problems become more regular, as well as noticeable to caregivers and family members, a person is said to be suffering from mild cognitive impairment (MCI). It doesn't generally have a major impact on day-to-day functioning. Stage 3 dementia symptoms include:

- Forgetting to go to appointments or events
- Getting lost while traveling
- Difficulty finding the right words
- Challenges with organization and concentration
- Losing things and minor memory loss
- Decreased work performance
- Verbal repetition
- Trouble with complex tasks and problem-solving



## **Dementia Stage 4: Moderate cognitive decline**

At this point, a person has clear, visible signs of mental impairment. While it's considered mild or early stage dementia, the medical terminology for the fourth of the seven stages of dementia is "moderate cognitive decline." Doctors and caregivers will likely notice a worsening of stage 3 dementia symptoms, such as difficulties with language, problem-solving and travel.

Stage 4 dementia symptoms include:

- Social withdrawal
- Lack of responsiveness
- Trouble with routine tasks
- Emotional moodiness
- Reduced intellectual sharpness
- Forgetting recent events

As they progress through the seven stages of dementia, elderly people require more intense care and supervision. Someone with middle stage dementia often needs to some caregiver assistance with regular day-to-day activities, such as dressing, eating or bathing.

## **Dementia 5: Moderately severe cognitive decline**

This stage marks the onset of what many professional refer to as "mid-stage" in the seven stages of dementia. At this point a person may no longer be able to carry out normal activities of daily living (ADLs) such as dressing or bathing, without some caregiver assistance. They know major facts about themselves - such as their name and their children's names - but they may not remember grandchildren's names, their longtime address or where they went to high school. As seniors progress to late stage dementia, full-time care may become necessary, whether you choose memory care or professional dementia care at home. The symptoms of the final stages of Alzheimer's include behavioral and personality changes, inability to perform ADLs and severe cognitive decline.

## **Dementia Stage 6: Severe cognitive decline**

Stage 6 marks a need for caregiver help to perform basic daily activities such as dressing, eating, using the toilet and other self-care. Seniors with late stage dementia may have difficulty regulating sleep, interacting with others or behaving appropriately in public settings.

## **Dementia Stage 7: Very severe cognitive decline**

In severe Alzheimer's or late stage dementia, people essentially can't care for themselves. Generally, all verbal ability is lost and ambulation and movement become severely impaired. By the end of the seven stages of dementia, bodily functions like the ability to chew, swallow and breathe may also become compromised.

## **What are the symptoms of the final stage of Alzheimer's?**

- Inability to speak
- Lack of physical coordination
- Inability to move without help
- Impaired bodily function

Memory care can be beneficial from the early stages of dementia through the end of life. Specially designed memory care activities, dining plans, and exercise programs cater to all seven stages of dementia in elder love ones.

# ALL WYANDOTTE COUNTY RESIDENTS 16+ ARE ELIGIBLE FOR FREE COVID-19 VACCINATIONS

## Two Ways To Get Vaccinated

Wyandotte County residents can get vaccinated either by walking in to one of the Unified Government Public Health Department's (UGPHD) three vaccination facilities listed below or by appointment.

### **West Location**

Former Best Buy  
10500 Parallel Parkway  
Kansas City, Kansas 66109

**Monday - Friday; 9am - 2:30pm**

### **Central Location**

Former Kmart Building  
7836 State Avenue  
Kansas City, Kansas 66112

**Monday - Friday; 9am - 2:30pm**

### **East Location**

The Kansas National Guard Armory  
100 South 20th Street  
Kansas City, Kansas 66102

**Monday - Friday; 9am - 2:30pm**

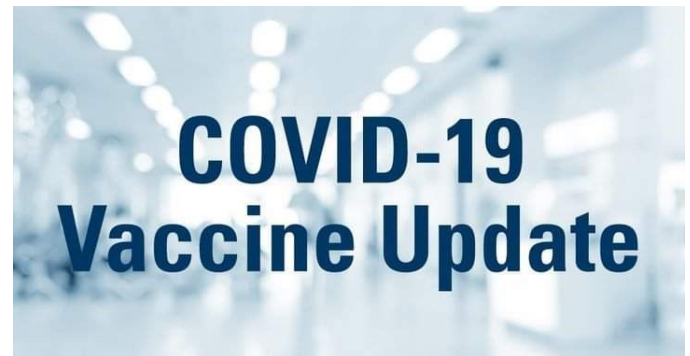
Please Note: While walk-in patients are welcomed at any of the sites, walk-in patients will not be accepted after 2:30pm.

## What to Bring With You

All Wyandotte County residents who want a vaccination (whether by appointment or walk-in) must bring proof that they live in Wyandotte County, such as a piece of mail addressed to them, driver's license, etc.

Minors (those ages 16 or 17) must be accompanied by a parent or guardian. The parent or guardian must bring proof of guardianship (birth certificate, legal court records, insurance card with name or similar).

Parent/Guardian must bring their own picture ID and Minor must be able to verify their age with ID, birth record, passport or similar.



## Help for Homebound or Those Who Need Transportation

The UGPHD also offers assistance for people who need transportation to and from a vaccination site, or for those who are homebound and want a free COVID-19 vaccination. For either circumstance, those in need can visit [WyCoVaccines.org](https://www.wyco.org/WyCoVaccines.org). **Click the yellow and black button that says, "Do you need a ride to get a COVID-19 vaccine?"** and fill out the request form. Residents without internet connection can simply call the 3-1-1 line or by dialing **913-573-5311** to make their transportation or homebound vaccination request.

Once patients have completed the form, they will be contacted by a Community Health Worker, who will help schedule their vaccination and transportation as needed, or their at-home vaccination if needed. Patients receive a reminder the day before their scheduled appointment. Additional volunteers and Community Health Workers will be at the vaccination sites on the day of their vaccination to ensure those who need return transportation home receive it.

## Tips for Getting Your Vaccine

When it's time for you to get your COVID-19 vaccine, keep these tips in mind:

- Please eat something (even a snack) before getting your vaccination.
- Be prepared to wait in the Recovery Area for 15-30 minutes after your vaccination.
- Wear short-sleeved shirt so you can be easily vaccinated (if it's chilly out, wear a sweater or jacket over your short-sleeved shirt).

## All Community Information and Questions should be directed to:

- [WyCoVaccines.org](https://www.wyco.org/WyCoVaccines.org) or call 3-1-1 (913-573-5311)
- Other COVID-19 updates: Go to [wycokck.org/COVID-19](https://www.wycokck.org/COVID-19)

## BAKED PARMESAN TOMATOES

### INGREDIENTS:

- 2 tomatoes, halved horizontally
- 2 tablespoons grated parmesan cheese
- 1/2 teaspoon chopped fresh oregano
- Sprinkle of salt
- Ground pepper to taste
- 2 teaspoons olive oil

### DIRECTIONS:

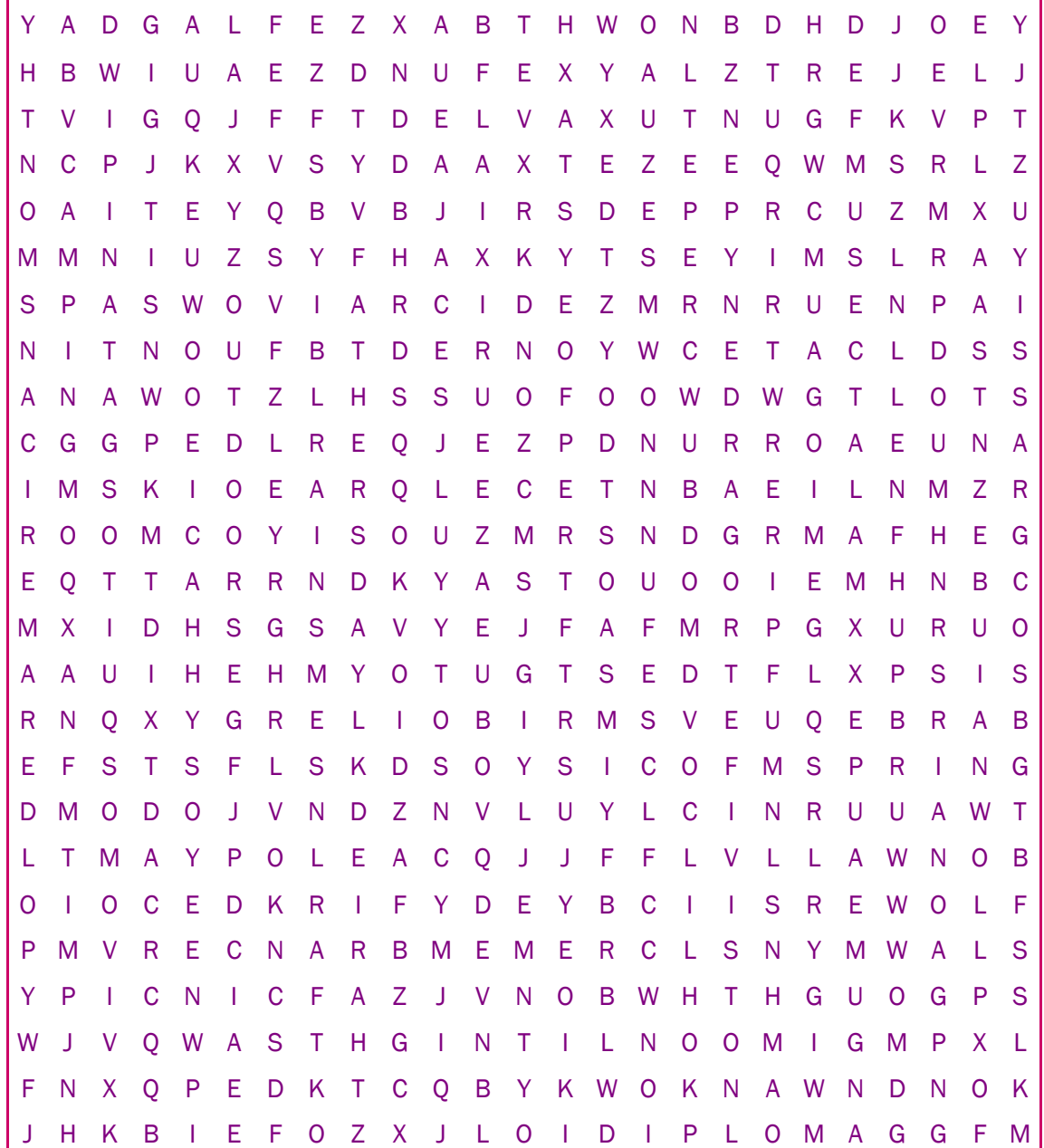
- 1) Preheat oven to 450° degrees
- 2) Place tomatoes cut-side up on a baking sheet.
- 3) Top with parmesan, oregano, salt and pepper.
- 4) Drizzle with oil and bake until the tomatoes are tender, about 5 to 10 minutes.



## SPRING IS COMING

Find and circle all the words hidden in the grid.

- ANTS
- ARMED FORCES DAY
- BARBEQUE
- BLUE SKIES
- CAMPING
- CEMETARY
- CINCO DE MAYO
- DIPLOMA
- FATHER'S DAY
- FISHING
- FLAG DAY
- FLOWERS
- GRADUATION
- GRASS
- GRILLING
- JUNETEENTH
- KITES
- MAYPOLE
- MEMORIAL DAY
- MOON LIT NIGHTS
- MOSQUITOS
- MOTHERS DAY
- OLDER AMERICANS MONTH
- OUTDOORS
- PEANUTS
- PICNIC
- PINATA
- RAIN
- REMEMBRANCE
- SPRING
- SUMMER
- SUNFLOWERS
- TORNADO
- WATERMELON



## Wyandotte/Leavenworth

### Area Agency on Aging

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

**PRESORTED STANDARD**

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## MAY >>>

### CINCO DE MAYO

*Wednesday, May 5, 2021*

### MOTHERS' DAY

*Sunday, May 9, 2021*

### ARMED FORCES DAY

*Saturday, May 15, 2021*

### MEMORIAL DAY

*Monday, May 31, 2021*  
*Unified Government Offices Closed*



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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

## JUNE >>>

### FLAG DAY

*Monday, June 14, 2021*

### FATHER'S DAY

*Sunday, June 20, 2021*