

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

VOLUME 29 ISSUE 6

Ruth E. Jones, Executive Director

NOVEMBER/DECEMBER 2021

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BE KIND TO A CAREGIVER

November is National Caregiver Month

The phrase “family caregiver” means different things to different people. For some, it might conjure an image of a parent caring for a child with a disability. Others might think of a spouse caring for a partner with Alzheimer’s. And then, there is what we consider the more typical family caregiver: an adult child who provides care for an elderly parent.

Juggling work, a family and the demands of caring for a senior can be mentally and physically exhausting. It’s a load that can take a heavy toll on the caregiver’s career, personal health and happiness.

Studies show that family caregivers experience a multitude of health issues. The longer the role continues, the greater the number problems, including: recurrent headaches, back and neck problems, stomach and digestive issues, depression, weakened immune systems and more frequent episodes of cold and flu.

What can you do to ease the burden of a family caregiver in their life?

Offer to run errands: Assist with errands. If you will be heading to the post office, drug store and/or grocery store, call the caregiver to see if they need anything from one of your stops. Eliminating a few errands from their long “to do” list will be a big help.

Give your time: Offer to stay with the senior while your friend or family member takes a break. Giving the caregiver a few hours to themselves is probably one of the best gifts you can give them. Try to do this once or twice each month.

Lend an ear: Sometimes, family caregivers just need someone to listen. They might want to vent their feelings if siblings aren’t pulling their weight when it comes to helping care for a parent. Or, they could need someone to hear them work through the challenges of juggling career and caregiving. Offering support can help the caregiver cope with their emotional struggle.

Explore senior care solutions: Family caregivers often recognize they need a break, but don’t have time to explore senior care options. You can help by doing some of the initial research on their behalf.

If you find yourself thrust into the role of Caregiver to your family member or friend, contact the Area Agency on Aging at 913-573-8531 to discuss your options under the Family Caregiver Program.



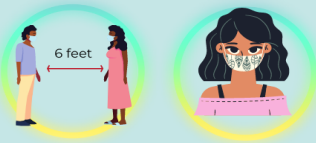
GUIDANCE ON SOCIAL GATHERINGS

FOR FULLY VACCINATED:

SAFEST: Outdoor gatherings: 25 people limit. If social distancing cannot be maintained, wear a mask.

Indoor gatherings:

10 people limit. Wear a mask and maintain six feet of social distancing.



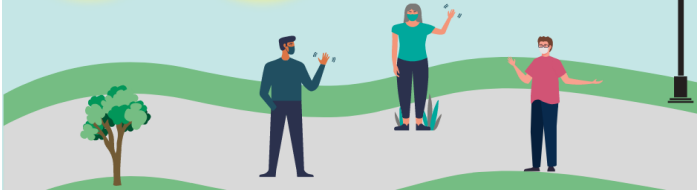
FOR NOT FULLY VACCINATED:

SAFEST: At this time, people who are not fully vaccinated are strongly advised to avoid gathering with people who do not live in their household.

Moderate risk: Outdoor gatherings: 25 people limit. If social distancing cannot be maintained, wear a mask.

Avoid Indoor gatherings.

If you do gather indoors: 10 people limit. Wear a mask and maintain six feet of social distancing.



COMMODITY SUPPLEMENTAL FOOD PROGRAM AVAILABLE TO SENIORS IN WYANDOTTE COUNTY

The Commodity Supplemental Food Program provides supplementary food packages to the low-income elderly of at least 60 years of age. Participants must meet income guidelines to participate. Seniors interested in food assistance should contact Crosslines Community Outreach at 913-281-3388, ext. 101.

ABOUT THE PROGRAM

TO QUALIFY:

1. 60 years of age or older
2. Live in Wyandotte, Leavenworth, or Johnson County
3. Earn less than 130% of the 2021 Federal Poverty Guidelines
 - a. 1 in home - maximum gross income (before deductions) of \$1,396 per month.
 - b. 2 in home - maximum combined household gross income of \$1,888 per month.
 - c. 3 or above in home - add \$492 in allowable income for each additional member.

To apply: Contact the Cross-Lines Commodities office by phone at 913-281-3388 x 101 AND/OR Bring required documents in person to: 736 Shawnee Ave. Kanasas City, KS 66105



*Required documents to apply: valid ID, proof of residency, proof of ALL income
Cross-Lines is an equal opportunity provider

cross-lines.org

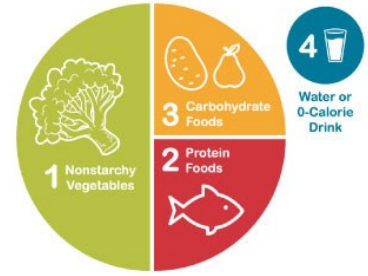


CROSS-LINES
COMMUNITY OUTREACH, INC.

THE PLATE METHOD:

Resource: American Diabetes Association & Centers for Disease Control & Prevention

It's easy to eat more food than you need without realizing it. The Plate Method is a simple, visual way to make sure you get enough non-starchy vegetables and lean protein while limiting the amount of high-carb foods you eat that have the highest impact on your blood sugar.



Start with a 9-inch dinner plate (about the length of a business envelope):

- Fill half with non-starchy vegetables, such as salad, green beans, broccoli, cauliflower, cabbage and carrots.
- Fill one quarter with a lean protein, such as chicken, turkey, beans, tofu or eggs.
- Fill one quarter with carb foods. Foods that are higher in carbs include grains, starchy vegetables (such as potatoes and peas), rice, pasta, beans, fruit and yogurt. A cup of milk also counts as a carb food.

Then choose water or a low-calorie drink such as unsweetened iced tea to go with your meal.



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?

Erica Miller | Program Manager
emiller@gtindependence.com | 316.350.7210

Andrea Johnson | Director of Operations
ajohnson@gtindependence.com | 316.350.7210

gtindependence.com

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

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

Patricia Berry

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



Join our mailing list

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

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

HELPING KANSANS WITH KANCARE

Do you have questions or need help with your help with your KanCare application or services? The KanCare Ombudsman Office is here for you! We are a dedicated team of problem-solvers and our mission is to help KanCare applicants and members. We provide free information, assistance, resources and problem-solving services for all KanCare applicants and members. The KanCare Ombudsman Office can help with:



- Answering questions
- Resolving issues
- Understanding letters from KanCare
- Responding when you disagree with a decision or change
- Completing an application or renewal
- Filing a complaint (grievance)
- Filing an appeal or fair hearing
- Learning about in-home services, also called Home and Community Based Services (HCBS)

Our website also houses many valuable, informative resources. The NEW KanCare applications are available on the KanCare website for you to download and complete at your convenience <https://kancare.ks.gov/consumers/apply-for-kancare>. The Ombudsman Office also has several helpful fact sheets about KanCare programs and eligibility requirements, as well as helpful guides for organizations to call, places to go for help with your application and Community Resource guides for each Kansas county.



To get in touch with us, call 1-800-643-8180 or Relay at 711, email us at KanCare.Ombudsman@ks.gov or visit our website at www.KanCareOmbudsman.ks.gov.

If you need help, don't delay. Call the KanCare Ombudsman Office today!

CONGREGATE MEALS SITES OPENED OCTOBER 1, 2021

The Wyandotte County Nutrition Department is proud to announce that the congregate meal sites are now open. See below, for the closest location to you. If you are 60 years of age or older and would like to find out how you can attend, contact Kamra Cole, Nutrition Site Coordinator at 913-573-8568.

- Bethel Neighborhood Center
- Plaza Towers
- Rosedale Towers
- Vaughndale High Rise
- Vernon Multi-Purpose Center
- Victory Hills Baptist Church
- Westgate Towers

DID YOU KNOW?

- ◆ Did you know that cats can jump up to 7 times their tail length?
- ◆ Did you know the electric chair was invented by a dentist?
- ◆ Did you know its physically impossible for pigs to look up at the sky?
- ◆ Did you know the oldest word in the English language is "town"?
- ◆ Did you know the Amazon rainforest produces half the world's oxygen supply?
- ◆ Did you know an octopus pupil is rectangular?
- ◆ Did you know camel's milk doesn't curdle.
- ◆ Did you know you burn more calories sleeping than watching TV?
- ◆ Did you know at birth dalmatians are always white?
- ◆ Did you know all the blinking in one day equates to having eyes closed for 30 minutes?
- ◆ Did you know that lightning strikes the Earth 6,000 times every minute?
- ◆ Did you know toilets use 35% of indoor water use?
- ◆ Did you know cats spend 66% of their life asleep?
- ◆ Did you know an iguana can stay under water for 28 minutes?
- ◆ Did you know the word "almost" is the longest word spelt alphabetically?

Medicare Open Enrollment is
October 15 - December 7

SHIP can help.

Your State Health Insurance Assistance Program (SHIP) can help with one-on-one, unbiased guidance:

- Understanding costs and coverage
- Comparing options
- Completing the enrollment process



Find your local SHIP:
shiphelp.org ▪ **877-839-2675**



Area Agency on Aging
849 N. 47th Street #C
Kansas City Kansas
66102

SHIP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services.

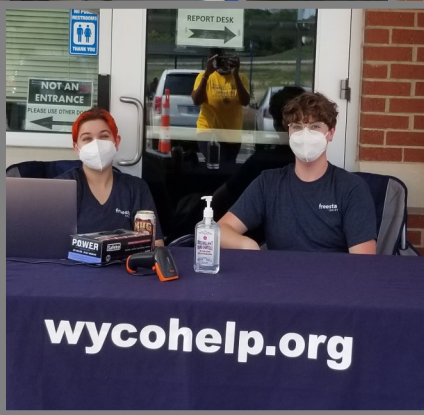
TIPS TO KEEP SAFE AGAINST CORONAVIRUS SCAMS

- ◆ COVID-19 VACCINATIONS ARE FREE AND ARE ONLY AVAILABLE AT FEDERAL AND STATE APPROVED LOCATIONS. IF ANYONE CHARGES YOU FOR HELP SIGNING UP FOR THE SHOT ITSELF, IT'S A SCAM.
- ◆ IF SOMEONE ASKS YOU FOR PERSONAL INFORMATION OR MONEY TO GET A NATIONAL VACCINE CERTIFICATE OR PASSPORT, THAT'S A SCAM.
- ◆ DO NOT POST YOUR VACCINATION CARD TO YOUR SOCIAL MEDIA ACCOUNT. SOMEONE COULD USE THE INFORMATION FOR IDENTITY THEFT.

VAC-5 EVENT HELD

The Wyandotte/Leavenworth Area Agency on Aging (AAA) held their VAC-5 event on Saturday, September 11, 2021. The event raised awareness to the importance of COVID-19 vaccines in the community along with providing on-site vaccinations. Participants were provided free transportation, community resources, \$50 gift cards of their choice, lunch and outdoor entertainment.

Below you will find a few photos from the event. In respect for the participant's privacy, you will not see any of them pictured.



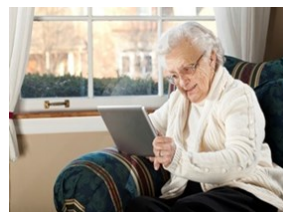
The AAA would like to extend a special thank you to the following vendors for participating in our event:

- Wyandotte County Health Department - Vaccinations
- Wyandotte County Human Services Department - A Community Resource
- Center Well - A Community Resource
- Freestate Logistics - COVID Testing
- Holy Smokes BBQ - Lunch

BATTLING ISOLATION ASSISTANCE PROGRAM - Reconnecting Our Seniors

Are you having trouble paying your phone or internet bill? We may be able to help!

The program assists those 60 years or older, or those needing to connect to older residents in a nursing home or are isolated in their home **AND** lost internet or phone connection due to COVID-19 and the inability to pay for services.



Contact:
Wyandotte/Leavenworth
Area Agency on Aging
913-573-8531

FUNKY FINGERTIPS?

What Nails Say About Your Health

newsinhealth.nih.gov

Clues about your health could be right at your fingertips. Take a look at your nails. They could give insight about possible health concerns.

Many nail changes are normal and nothing to worry about. But sometimes changes in the way your nails look and grow can be a sign of disease.

Nails aren't just for appearances. Your nails protect the ends of your fingers and toes. They also help you grip objects and pick off small things. It would be harder to turn the pages of a book or pick up a thread without fingernails.

The part of the nail you can see is called the nail plate. Nails grow from a region at the base of the nail under the skin called the nail matrix. Here, new nail cells are made and packed together. Older nail cells are then pushed to the surface of the fingertip.

Certain things can affect nail growth. A serious illness or fever can halt the process. The interruption can cause indentations that run horizontally across nails. They can also result from injury to the nail, some vitamin deficiencies, and chemotherapy.

Changes in nail color are common. Yellow nails are often caused by nail fungus. In some cases, they can point to something more serious like lung disease. If you notice your nails have become mostly white, it may just be a sign of aging. But sometimes it's due to serious conditions like liver and kidney disease or diabetes.

Dark streaks running down the length of the nail that

appear suddenly should be checked to rule out skin cancer. Certain infections, especially of the heart, can cause red streaks to appear under the nails.

Talk with your health care provider if your nails start to look abnormal. Your doctor may send you to see a dermatologist. This type of doctor specializes in diseases that affect the skin and nails.

For things you can do to keep your nails healthy, see the tips

PREVENTING NAIL PROBLEMS:

- ◇ Try not to bite, pick, or tear at your nails.
- ◇ Clip hangnails. Be careful not to tear or remove cuticles, as that may lead to an infection.
- ◇ Keep your fingernails dry and clean to prevent bacteria from growing under nails.
- ◇ Moisturize your nails and cuticles with hand lotion.
- ◇ Limit your use of harsh nail care products like nail polish remover.
- ◇ Ask your health care provider about medicines that can help with abnormal nails. If you have a nail infection, you may need antifungal or anti-bacterial drugs.

WYANDOTTE COUNTY COVID GUIDANCE

Because of the recent surge in COVID-19 cases due to the highly contagious Delta variant, the Unified Government Public Health Department is urging everyone in Wyandotte County to follow the recommended guidelines at all social gatherings.

If you are FULLY VACCINATED:

Limit gathering size, and wear masks UNLESS you are both outdoors and socially distanced.

Outdoor gatherings: Choose outdoor gatherings rather than indoor gatherings when possible. Limit to 25 people. If six feet of social distancing cannot be maintained, wear a mask.

Indoor gatherings: Limit these to 10 people. Wear a mask and maintain six feet of social distancing.

If you choose to have gatherings larger than the recommended number of people listed above, please continue to wear masks to reduce the risk.

HIGH RISK: Gathering without masks and without limiting the number of people, particularly if gathering indoors, creates high risk for the spread of COVID-19, especially the Delta variant.

If you are NOT FULLY VACCINATED

At this time, people who are not fully vaccinated are strongly advised to avoid gathering with people who do not live in their household.

If you do choose to gather, please take precautions to reduce the risk of spreading COVID.

Outdoor gatherings: Choose outdoor gatherings rather than indoor gatherings. Limit to 25 people. Maintain social distancing as much as possible, and please wear a mask if six feet of social distancing will be difficult to maintain the whole time.

Indoor gatherings: Avoid indoor gatherings whenever possible. If you do gather indoors, limit it to no more than 10 people, wear a mask at all times, and maintain social distancing.

HIGH RISK: Gathering without masks and/or with larger numbers of people, particularly if gathering indoors, creates high risk for the spread of COVID-19, especially the Delta variant.

MASK ORDER IS NOW IN EFFECT FOR KCK

and the unincorporated area of Loring in Wyandotte County.

Please wear a mask in indoor public spaces.



Unified Government of WyCo/KCK
August 6, 2021



EASY SUGAR COOKIES

INGREDIENTS:

- 2 1/4 cups all-purpose flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1 cup butter, softened
- 1 1/2 cups white sugar
- 1 egg

DIRECTIONS:

1. Preheat oven to 375 degrees. In a small bowl, stir together flour, baking soda and baking powder. Set aside.
2. In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.
3. Bake 8 to 10 minutes in the preheated oven or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.



TIS THE SEASON FOR FAMILY

Find and circle all the words hidden in the grid.

- BLACK FRIDAY
- CANDY CANE
- CAREGIVER
- CHRISTMAS
- CHRISTMAS TREE
- CORNBREAD
- CORNUCOPIA
- CRANBERRY
- EGGNOG
- FAMILY TIME
- FLU SHOT
- FOOTBALL
- GINGERBREAD MAN
- GRAVY
- GRINCH
- HAM
- HOLIDAYS
- MEDICARE
- NOEL
- NUTCRACKER
- OPEN ENROLLMENT
- ORNAMENTS
- PILGRIMS
- PRESENTS
- PUMPKIN PIE
- STUFFING
- SWEET POTATO PIE
- THANKSGIVING
- TINSEL
- TRADITIONS
- TREE TOPPER
- TURKEY
- WINTER
- YAMS
- YULETIDE

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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

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

PRESORTED STANDARD

U.S. POSTAGE PAID

KANSAS CITY, MO

PERMIT NO. 6412

NOVEMBER >>>

VETERANS DAY

Thursday, November 11, 2021

THANKSGIVING DAY

Thursday, November 25, 2021

Unified Government Offices Closed

THANKSGIVING DAY OBSERVED

Friday, November 24, 2021

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

DECEMBER >>>

PEARL HARBOR REMEMBRANCE

Tuesday, December 7, 2021

CHRISTMAS EVE

Friday, December 24, 2021

Unified Government Offices Closed

CHRISTMAS DAY

Saturday, December 25, 2021

NEW YEARS EVE

Friday, December 31, 2021

Unified Government Offices Closed