

# THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

2022 - July/August

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Ruth E. Jones, Executive Director

## HEAT STRESS IN OLDER ADULTS

Older adults are more prone to heat stress than younger people for several reasons. Older adults do not adjust as well to sudden changes in temperature, they are more likely to have a chronic medical condition and are more likely to take prescription medications.

**Heat stroke** is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature and can cause death or permanent disability if emergency treatment is not provided. Symptoms of "heat stroke" may include the following: extremely high body temperature (above 103°F), rapid or strong pulse, throbbing headache, dizziness or nausea.

**Heat exhaustion** is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Warning signs may include the following: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting, skin may be cool and moist, pulse rate (fast and weak) and the persons breathing may be fast and shallow.

Drink cool, non-alcoholic beverages, take a cool shower or bath, seek air-conditioned environment, wear lightweight clothing and do not engage in any strenuous activities.

If you see any signs of severe heat stress or stroke, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Get the person cooled down by whatever methods you can. For example, cool beverages, immersing the person in a tub of cool water or sponge the person with cool water.

Never dismiss symptoms of heat stroke or exhaustion. Seek medical assistance as soon as possible!

**BEAT the HEAT** Heat waves are a leading cause of extreme weather-related deaths in the U.S.

**Who's at RISK in EXTREME HEAT?**

Adults over 65, children under 4, people with existing medical conditions, and those without access to air conditioning

**What can you DO?**

**Stay Cool**

- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Keep home cool by turning on air conditioning or running fans
- Take cool showers or baths

**Stay Hydrated**

- Drink more water than usual
- Don't wait until you're thirsty to hydrate
- Avoid alcohol or liquids containing large amounts of sugar
- Remind others to drink enough water throughout the day

**Stay Informed**

Visit Cal OES's Heat Resources page to learn more about how you can protect yourself and your loved ones in extreme heat at [caloes.ca.gov](http://caloes.ca.gov)

### In this issue:

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- Be Covid Safe This Summer
- Whole Person Health
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- Areawide Advisory Council - Advocacy Needed!

## NATIONAL SENIOR CITIZENS DAY

National Senior Citizens Day, August 21st, recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better.

In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.



NATIONAL SENIOR CITIZENS DAY – August 21

Improved healthcare has changed demographics and increased productivity of older adults, allowing them to be more active than ever before. With more opportunities available as well, many seniors now begin second careers and are an example for the younger generations.

The country's foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude. So, be sure to honor seniors in your area and to those seniors reading this article, "WE THANK YOU!"

## FARMERS MARKET VOUCHERS

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center is currently distributing Farmers Market vouchers (by mail).

Recipients must be at least 60 years of age or older, living in Wyandotte County and meet income guidelines. The amount of the booklets is \$35.

Contact the Area Agency on Aging Nutrition Department at 913-573-8546 to request your application.



# COVID-19 AT-HOME TESTS

Every U.S. household can get up to 3 orders of at-home, rapid COVID-19 tests at no cost!

Visit [COVID.gov/tests](https://www.covid.gov/tests) to place your order. You'll need to enter your name and mailing address. (You can also give your email address if you want status updates on your order.)

Each new order includes 8 free COVID-19 tests shipped to your home at no cost — 2 separate packages of 4 tests each.

At-home tests, or "self tests," give rapid results and can be taken anywhere, regardless of your vaccination status or whether or not you have symptoms. Visit [CDC.gov](https://www.cdc.gov) to learn when to test yourself, how to use an at-home test, and what your test results mean.

Sincerely,  
The Medicare Team

# Medicare.gov



## THE DANGERS OF IGNORING DEMENTIA

### How To Deal With Alzheimer's Denial

It can be difficult to accept that your aging loved one may be experiencing early signs of dementia. It's human to reject what we find unpleasant or frightening, but denying signs of memory impairment can be dangerous to both caregivers and their aging loved ones. It is important to understand how dangerous the denial of dementia can be and to learn ways to keep everyone safe and connected through the difficulties of a dementia diagnosis.

When a senior is deemed mentally incompetent by a doctor, they can no longer execute legal documents. Without a power of attorney, advance directives, and financial decisions in place, handling a senior's medical treatment, long-term care and end-of-life care is more difficult. These decisions could fall to a family member who doesn't know or share the senior's best interests rather than a person of the senior's choice. To eliminate legal complications in the future, suggest that your aging loved one create advance directives now.



Denial of Alzheimer's or dementia by family members can prevent you and your siblings from creating a successful care plan. Denial can also irreparably damage family relationships and cause family disputes.

Dementia denial can lead to significant financial repercussions. Seniors are common targets for scams and financial fraud and memory loss increases their likelihood of writing duplicate checks, overspending, or making other poor financial choices. Dementia can also cause seniors to ignore bills, fall behind on mortgage payments and potentially face legal consequences for nonpayment.

Alzheimer's denial in a spouse can leave the senior experiencing dementia in a dangerous situation, as well. There are couples who have been married 40 to 60 years, and one goes downhill and the other doesn't want the rest of the world to know. The caregiver gets sick, and then the person with dementia doesn't have care.

Falls are the leading cause of both fatal and nonfatal injuries in people older than 60. Proper care and home modifications, such as installing nightlights to reduce disorientation at night and removing trip hazards, can help keep seniors safe. But, if you're in denial about your parent's declining health, precautions may not be made in time. Dementia behaviors, like forgetting to turn off the oven or garbage disposal, can lead to serious household risks.

Without family intervention, seniors in denial of their dementia may continue dangerous daily tasks - like driving. Driving with Alzheimer's or another type of dementia endangers pedestrians and other drivers and can cause significant property damage. In the home, a senior with dementia may become so disoriented that they injure a spouse or family member. Even if you've come to terms with your loved one's dementia diagnosis, it's important to consider how to deal with their denial if you believe it may endanger them or those around them.

Coming to terms with dementia is difficult, but acknowledging what your loved one is going through can get them the right care and treatment early on.

# WE HAVE A FUN TRIP PLANNED FOR GRANDPARENTS!



## The Trip includes:

**Extreme Screen Theatre - The Great Barrier Reef.**

**A boxed lunch** - A boxed lunch will be provided to all participants.

**Arvin Gottlieb Planetarium - Sky Station Live! A Seasonal Star Tour.**

**Union Station Exhibit: Maya: *The Great Jaguar Rises Exhibition*** - Unraveling the mysteries of the Maya and their epic civilization. A self-guided, walkthrough exhibit where you will explore unimaginable architecture, delve into astonishing cultural accomplishments, decipher hieroglyphs, encounter the intricate Maya calendar and much more.

Participants must be at least 55 years of age, and are the primary caregiver for their grandchild(ren). There are only 20 seats available and reservations must be made by July 29, 2022.

There will be no cost to the grandparent, if approved.

Contact Linda Ramirez at 913-573-8543, if interested.

## WYANDOTTE COUNTY PRIMARY ELECTION COMING SOON!

Registered voters in Wyandotte County may vote in the Primary Election that will be conducted on August 2, 2022. The General Election will be held on November 8, 2022.

You have three options to vote:

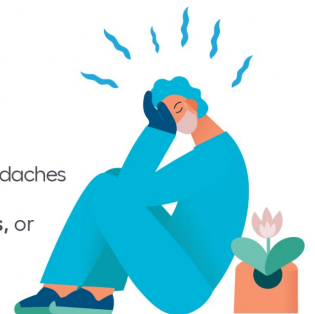
- ✓ Vote early by mail
- ✓ Vote early in-person
- ✓ Vote on Election Day at your assigned polling place  
*(August 2nd, 7am-7pm)*



Should you have any questions regarding voting, need an advance voting ballot, locations for early in-person voting or information about your assigned polling place, you may contact the Wyandotte County Election Office at 913-573-8500 or visit their website at [www.wycovotes.org](http://www.wycovotes.org).

## Warning signs of caregiver burnout

- Feeling overwhelmed
- Constantly worried
- Not getting enough sleep, or too much
- Gaining or losing weight
- Feeling anger at the person you're caring for
- Easily irritated
- Avoiding friends and family
- Feeling sad or hopeless
- Frequent body pains, such as headaches
- Increased use of alcohol, drugs, or prescription medications
- Getting sick more often



Wyandotte/Leavenworth Area Agency on Aging

## Follow Us on FACEBOOK

Or visit our playlist on the Unified Government's YouTube Channel

## NEWSLETTER DONATIONS ENCOURAGED

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.

Help us continue to provide this important publication by becoming a sponsor.

Donations should be made payable to:  
Wyandotte/Leavenworth Area Agency on Aging  
849 North 47th Street, Suite C  
Kansas City, Kansas 66102.

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*defensor*
- \_\_\_\_\_ \$50 **Benefactor**  
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- \_\_\_\_\_ \$25 **Patron**  
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## Dining With Diabetes Summer Online Course

This self-paced online course series helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control and label reading.

Classes in the series are pre-recorded, released weekly and taught by certified instructors in an online format to allow participants to complete the courses when it's best for their schedules.

Registration: June 13 - July 13, 2022

Class Begins: July 18

Limited to 20 participants

Cost: \$25



Pre-Register here!

For details, contact Lori Wuellner at 913-299-9300, ext. 107




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

# Join our mailing list

# BE COVID SAFE THIS SUMMER!

Summertime is here. That means socializing, fun activities, family vacations, cookouts and gathering with our friends.

Vaccinations plus 1st & 2nd booster shots are available at the Unified Government Health Department located at 619 Ann Avenue in Kansas City, Kansas by appointment only.

**Call 913-573-8815 to make an appointment (this appointment number is new; please make note of it!**

Being fully vaccinated and boosted is the best way to protect against severe illness and hospitalization from COVID-19. Keep a mask handy to wear if you are indoors and in an area with people you don't live with.

**REMEMBER:** All COVID-19 vaccinations and booster shots are free of charge, regardless of the patient's immigration or insurance status.

**APPOINTMENT TIMES:**  
Mon - Wed and Friday: 9am - 4:30pm  
Thursdays: 9am - 6pm

## WHOLE PERSON HEALTH

Many things affect your health. These include your biological makeup as well as your behavior. Eating a healthy diet, getting enough physical activity and sleep



can all help you stay healthy. But your environment matters, too. Where you're born and grown up, and where you live and work influence your risk for many diseases.

Whole person health looks at all the factors that affect your well-being. Health and disease are not separate things. Instead, you can think of them as a path that's connected, with health in one direction and disease in the other. Some things move you toward health, and some things lead you away from it. Whole person health emphasizes restoring health promoting resilience and preventing diseases.

Understanding how the places you've lived impact your health can help you prevent some diseases.

Addressing issues as early as possible can help restore your health.

Self-care, a healthy lifestyle and learning new ways of managing stress can help you stay healthier. Chronic stress can make many diseases worse. These include diabetes, heart disease, obesity, chronic pain and depression.

## WYANDOTTE COUNTY COOLING CENTERS

*If the heat becomes unbearable, please feel free to visit any Cooling Center listed below.*

- Eisenhower Spray Park**
- Providence YMCA/Ball Family Center**
- Turner Community Library**
- Pierson Spray Park**
- Kensington Community Center**
- South Branch Library**
- Joe E. Amayo-Argentine Center**
- Bethany Community Center**
- Heathwood Park**
- Parkwood Pool**
- Willa Gill Center**
- Cross-Lines Community Outreach**
- Main Branch Library**
- Kansas City Kansas City Hall Lobby**
- Armourdale Community Center**

## AREAWIDE ADVISORY COUNCIL - ADVOCACY NEEDED!

The purpose of the Areawide Advisory Council is to assist the Area Agency on Aging through planning, coordination and advocacy; to assist in providing an environment in which older persons throughout Wyandotte and Leavenworth Counties can live independent, meaningful and dignified lives.

Responsibilities:

- To obtain, by public hearings or other methods, information and input from older persons throughout Wyandotte and Leavenworth Counties regarding their lives, needs, concerns and goals.
- To analyze the available funding sources in relation to the program needs of Wyandotte and Leavenworth Counties' aging citizens.
- To advise the Area Agency on Aging regarding program needs and goals and to make specific recommendations regarding proposed programs, policies and procedures and generally advise the Area Agency on Aging on any matter pertaining to senior citizens.
- To serve as a clearinghouse of information for senior citizen programs and services.
- To provide senior citizens with information about activities which are related to their lives and needs.

Areawide Advisory Council meetings are scheduled on the 4th Wednesday of every month, alternating locations between Wyandotte and Leavenworth Counties. If you're interested in becoming an Advisory Council member, contact Linda Ramirez, Liaison at 913-573-8531.

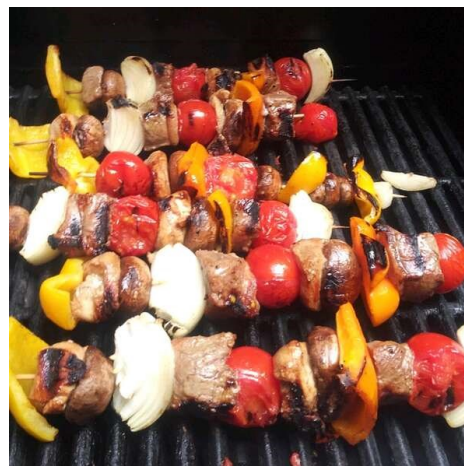
## ANY MEAT KABOB MARINADE

### INGREDIENTS:

- 1 cup olive oil
- 3/4 soy sauce
- 1/2 cup lemon juice
- 1/4 cup Worcestershire sauce
- 1/4 cup prepared mustard
- 1 1/2 tsp coarse cracked pepper
- 2 cloves garlic, minced
- 1 tsp meat tenderizer (optional)

### DIRECTIONS:

- In a large resealable plastic bag, combine the oil, soy sauce, lemon juice, Worcestershire sauce, mustard, ground black pepper, garlic and meat tenderizer.
- Mix well and add your favorite meat and vegetables.
- Seal the bag and marinate in the refrigerator for 4 to 24 hours.
- Add your ingredients to soaked skewers and grill!



## THE HEAT IS ON!

Find and circle all the words hidden in the grid.

- AIR CONDITIONING
- APPLES
- BALD EAGLE
- BASEBALL
- BEACH TOWEL
- BICYCLING
- CAR WASH
- CONSTITUTION
- FAMILY REUNION
- FIRE CRACKERS
- FIRE FLIES
- FISHING
- FLAG
- FREEDOM
- GARAGE SALES
- GRILLING
- HEAT
- ICED TEA
- INDEPENDENCE DAY
- KABOBS
- LIBERTY BELL
- MOSQUITOS
- OLD GLORY
- PATRIOTIC
- PICNICS
- RED WHITE BLUE
- ROAD TRIP
- SANDALS
- SENIOR CITIZENS DAY
- SPARKLERS
- STARS AND STRIPES
- SUNGLASSES
- TICKS
- TOMATOES
- WATERMELON
- WORMS

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# WYANDOTTE/LEAVENWORTH AREA AGENCY ON AGING

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## JULY >>>

### **INDEPENDENCE DAY**

*Monday, July 4, 2022*  
**Unified Government Offices Closed**

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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.

## AUGUST >>>

### **NATIONAL SENIOR CITIZENS DAY**

*Sunday, August 21, 2022*



Linda Ramirez, Editor