

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

2022 - May/June

Volume 30, Issue 3

Ruth E. Jones, Executive Director

MAY IS OLDER AMERICANS MONTH

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. In 2019, there were 54.1 million. They represent 16% of the population, more than one in every seven Americans.

The Area Agency on Aging hosted its annual Older Americans Month Celebration on May 19, 2022. The event was well attended for the first celebration since COVID began. We welcomed over 100 seniors and made special recognition to the 90+ seniors in our community. Staff of the AAA, along with volunteers from United Healthcare and our own In-House volunteers shared the festivities with the community. Dignitaries from our community were also in attendance. Below you can view pictures from the event.



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ATTENTION GRANDPARENTS!

Are You Currently Caring For Your Grandchildren?



Do Your Grandchildren Live With You In Wyandotte Or Leavenworth Counties?

DO YOU NEED A BREAK?

We are seeking grandparents who are raising their grandchildren because their biological parents are unable to do so. We understand this important role you have taken on and hope to offer grandparents some temporary relief from your caregiving role.

INTERESTED?

Contact:

Linda Ramirez

913-573-8531 or by

email at 60Plus@wycokck.org

SPONSORED BY

Wyandotte/Leavenworth

Area Agency on Aging

849 N 47th Street, Suite C

Kansas City, Kansas 66102

Deadline to apply: June 30, 2022

LOVE LETTER WORKSHOPS

The Wyandotte/Leavenworth Area Agency on Aging in partnership with the Kansas Creative Arts and Industries Commission is offering workshops for seniors!

The LOVE LETTER Workshop is free to seniors 60 years and over.

Participants will contribute their own stories about love, life, work, faith and family answering the question, "What Is Your Love Story?"

LOCATION:

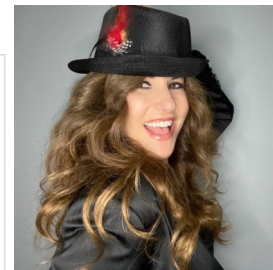
Bethel Neighborhood Center
14 S 7th Street, KCK 66101

DATES:

- ◇ Thursday, June 16 ... 1 - 3pm
- ◇ Thursday, June 23 ... 1 - 3pm

CONTACT:

913-573-8531
60Plus@wycokck.org



THE WHAT, WHY AND HOW OF BRUISES

newsinhealth.nig.gov

Many things can cause a bruise: minor injuries, falls, small collisions. While bruises may hurt, they're usually harmless. But sometimes, they might be a sign of deeper problem.

If you bump part of your body hard enough, you can break tiny blood vessels under your skin. But if you don't break the skin, the blood has nowhere to go. It gets trapped under the skin's surface, causing a bruise.

When you first get a bruise, the newly trapped blood makes it look pink or red. Over the next few weeks the body naturally breaks down the blood and absorbs it. So as the bruise fades, it changes colors. This is part of the normal healing process. Some bruises can take weeks or months to heal.



What can contribute to bruising? Some people bruise more easily than others. This can be influenced by many things, including your genes. Other factors, such as diet, can also affect how easily you bruise. For example, deficiencies in vitamin C or K can make you bruise more easily.

Some people may just be more prone to bumping into things and skin naturally becomes thinner and

bruises more easily as you age.

Bruises may be painful, but they're usually not dangerous. If a bruise does hurt, an over-the-counter pain killer may help. But some drugs used to treat pain, like aspirin or ibuprofen, can actually increase the tendency to bruise. Putting ice on the affected area for few minutes at a time can help reduce swelling.

If you notice a change in where or how often you're bruising, consider talking with your health care provider. If bruising becomes really common, if it's not provoked or if there's a change in your bruising patterns, get it checked out! These can be signs that bleeding is happening inside the body when it shouldn't.

Excessive bruising can be triggered by many things, including liver problems caused by heavy drinking or certain types of cancer. It can also be a sign of a rare problem like an inherited bleeding disorder. If you notice someone has bruises regularly, it may suggest serious problems in their homes, like domestic violence.

Medications can also be a cause of excessive bruising. Almost any medication has the potential to change the way platelets work in the body. Platelets are tiny, disc shaped cells that play an important role in helping your blood clot. They're one of the things that stop you from bleeding. Let your health care provider know if you notice bruising soon after taking a new drug.

Bruises may be a sign of a serious problem, but in most cases, they're harmless.

Talk with your doctor if you:

- Get a large bruise or many smaller bruises without a known injury.
- Have signs of infection. These can include streaks of redness around the bruise, oozing or a fever.
- Have a bruise that does not show signs of healing and fading.
- Get a large or very painful bruise immediately after an injury. This can be a sign of a sprain or broken bone.
- Bruise more easily or more frequently than you used to.
- Notice bruising soon after taking a new drug.

HAPPY BIRTHDAY WILLIE ETTA JENNINGS!



Join us in celebrating Ms. Willie Etta Jennings, as she turned 103 years old in March 2022.

Ms. Jennings serves on the Vernon Multi-Purpose Center Board of Directors.



Commissioner Gayle Townsend gave a surprise visit to Vernon Senior Center on Wednesday, April 6, 2022. She met with constituents in District 1, and shared a meal with them along with Betty Ewell, Nutrition and Operations Manager with WY/LV Area Agency on Aging.

QUESTIONS ABOUT MEALS ON WHEELS?

You can reach our Nutrition Department at
913-573-8546.

MEDICARE SAVINGS PROGRAMS (MSP)

What are Medicare Savings Programs?

Medicare Savings Programs help people with limited incomes and with Medicare save money each year.

MSP pays some or all of Medicare premiums. The program can also pay for Medicare deductibles and co-insurance.



Should you apply for the MSP?

Yes. Even if your income or resources are above the limits for other programs, you could qualify for MSP.

Will the State take your home and assets if you are in MSP?

No. The State will not take your home or assets.

Will MSP help with my Part D prescription drug cost?

Yes. Your prescription co-pays will be lower and you won't have a Part D coverage gap (Donut Hole).

If you answer "**Yes**" to all 3 of these questions, you should apply for MSP

1. Do you have Medicare Part A (hospital insurance)
2. Is your income at or below the income limits in the chart below?
3. Are your resources at or below \$8,400 for one person or \$12,000 for a married couple?

Resources include money in checking and savings accounts, CDs, and stocks and bonds.

Do not count the house you live in, household items or your car as resources.

How to apply.

Fill out the Medicare Savings Program application.

Request a paper application be sent to you by calling 1-800-792-4884.

ENGAGING FAMILY MEMBERS IN RESPITE CARE

<https://www.helpguide.org/>

Family members and friends may be able to help out while you run an errand, take a break, or even go on vacation. However, just as the burden of caregiving is often more than one person can handle, it can also be a tough process for families to share. Even the healthiest families can be severely stressed by ongoing care, and the division of labor is frequently lopsided. You can encourage support and participation by employing the following strategies:

Talk openly and regularly. Keep your family up to date on your loved one's needs and condition. Family members who don't share the day-to-day caregiving experience may not fully appreciate the demands and stresses involved.



Encourage family members to evaluate what they can reasonably and honestly do. Changing roles and varying resource levels can impact family involvement. Welcome different viewpoints, accept limitations, and be willing to try different strategies. Share your list of needs and take advantage of all offers to help.

Recognize your own feelings and discuss disproportionate tasks. Harboring resentment when you need more help can impair your health and even lead to burnout. Ask family members directly for concrete support and specific time commitments. Consider establishing an online calendar to organize relief and confirm schedules.

Use technology to bridge distances. Try free video conferencing services to hold family meetings at times that work for everyone. Create a web-based community to share updates and explore options.

Participate in support groups. Learning how other families cope can provide you with new options and ways of coping. Building relationships with other dependable, trustworthy caregivers can also offer an opportunity to trade respite services. And when siblings are unable or unwilling to share the load, peer support can be invaluable.

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.

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

Names are listed in alphabetical order.

Wanda Collins

Pauline Estell

- _____ \$100 **Advocate**
defensor
- _____ \$50 **Benefactor**
benefactor
- _____ \$25 **Patron**
patrón
- _____ \$10 **Contributor**
contribuidor
- _____ **Other**
otro

Minor Home Repair Program

Minor home repairs under this program include non-structural repairs or maintenance which do not require a work permit from the Unified Government.

Some examples of minor home repairs may include:

- **Cleaning gutters**
- **Small plumbing repairs - to a faucet, drain, or re-seating a toilet**
- **One time lawn clean-up**
- **Paint touch-ups**
- **Power-washing exterior surfaces**
- **Maximum cost may not exceed \$500 (includes labor, materials, supplies)**



Contact the Shepherd Center of Kansas City, Kansas at 913-281-8908 for assistance.



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

Join our mailing list

Kansas City, Kansas Home Repair Program

The weather is warming up and the construction season is upon us. The Unified Government Department of Community Development offers financial assistance for low-income, owner-occupied households for important home repairs.

Accepting Applications Starting March 14, 2022

Visit wycokck.org/homerepair or call 913-573-5100 to learn more.



Eligible Projects

- Roof repair
- Electrical systems
- Plumbing
- Furnaces (heating only)
- Eliminate accessibility barriers for those living with disabilities



NURTURE YOUR RESILIENCE - Bouncing Back From Difficult Times

newsinhealth.nih.gov

Everyone goes through tough times in life. But many things can help you survive and even thrive during stressful periods. There's no one-size-fits-all approach. Learning healthy ways to cope and how to draw from resources in your community can help build resilience.

You're not born with resilience, it's not something you either have or don't have. Resilience is a process in which many factors including family, community and cultural practices - interact. It boosts wellness and protects you from risks to your well-being. For many people, these risks are compounded by hardship and discrimination.

Researchers are studying what helps people become more resilient. Creating healthy habits and taking care of yourself can help. And so can family, friends and your connection to community and culture.

Stress can cause wear and tear on the body and brain. Chronic stress has been linked to an increased risk of many health conditions. These include heart disease, high blood pressure, depression and anxiety.

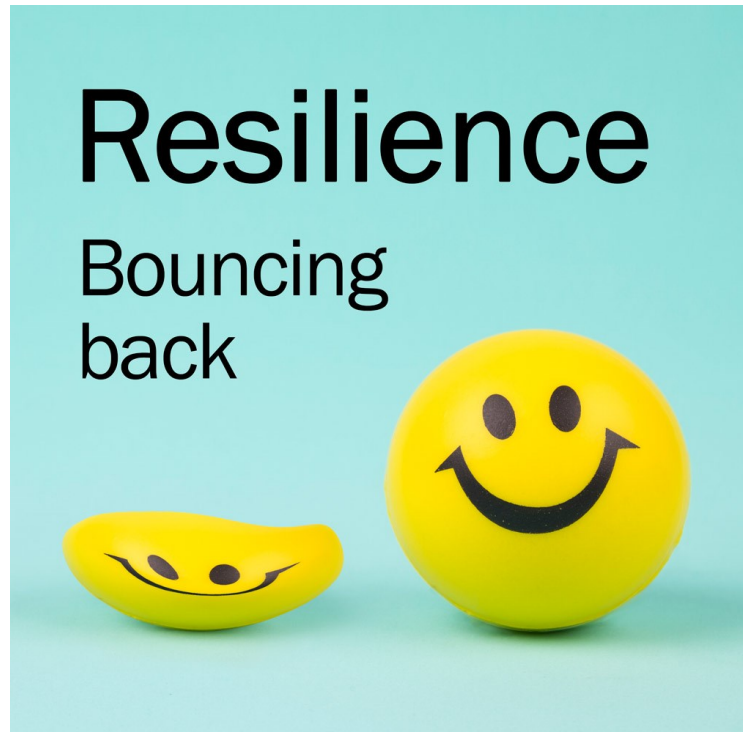
Many stressful situations can't easily be changed by one person. Resilience isn't just about eliminating stress. It's about tapping into your strengths. Being able to manage your stress is key to what underlies resilience. And a healthy body is going to deal with stress much better. Other tools are emotional, like expressing your feelings rather than bottling them up. Looking at problems from different angles can help, too.

Meeting your own needs makes a difference. We're often so busy trying to take care of other people that we don't do good self-care. Be encouraged to do something that you enjoy every single day. Many people feel guilty about that. But it really helps us replenish our emotional reserves, just like a meal fills our physical reserves.

The presence of resilience in a person is related to the supports around them. Supportive persons don't have to be a relative, that supportive person can be anyone who is important to you. Just one person who you feel really has your back.

The tools that best help you offset stress can differ from situation to situation. Sometimes you have a stressor where you need to take action and solve the problem. But for other types of stressors, maybe you need emotional support.

In a way, practice makes perfect. Keep tables on what felt helpful to you during stressful times. That can prepare you for the next experience that may be more difficult.



CHEESY PESTO BAKED RIGATONI

DIRECTIONS:

INGREDIENTS:

- 1 lb Rigatoni
- 6.35 oz Pesto (1 jar)
- 1 cup crushed tomatoes
- 1/4 cup reserved pasta water (you may not use the entire cup)
- 2 cups shredded mozzarella cheese
- Fresh basil

1. Preheat oven to 400 degrees
2. Bring a large pot of salted water to a boil
3. Cook the pasta according to package instructions
4. Once at dente, remove from the water and drain, reserving 1/4 cup water
5. Place a in a large bowl while still hot and add the water (add enough to make it a bit saucy, but not too much), the pesto and crushed tomatoes. Stir to combine.
6. Spray a 9x13 baking dish with nonstick spray.
7. Layer half the pasta in the baking dish. Sprinkle with half the cheese. Repeat.
8. Bake for 20 minutes or until melty and bubbly.
9. Serve garnished with chopped basil.



SUMMERTIME!

Find and circle all the words hidden in the grid.

- BARBEQUE
- BASEBALL
- BLUE SKIES
- CAMPING
- CEMETARY
- CINCO DE MAYO
- DIPLOMA
- FARMERS MARKET VOUCHERS
- FATHERS DAY
- FISHING
- FLOWERS
- GARDENING
- GRADUATIONS
- GRILLING
- JUNETEENTH
- KITE
- MAYPOLE
- MEMORIAL DAY
- MOTHERS DAY
- NECK TIE
- OLDER AMERICANS MONTH
- OUTDOORS
- PEANUTS
- PICNIC
- PINATOA
- RAIN
- REMEMBRANCE
- SEEDLINGS
- SOLSTICE
- SPRING CLEANING
- SUNFLOWERS
- SUNSHINE
- TORNADO
- VACATION
- VEGETABLES

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**WYANDOTTE/LEAVENWORTH
AREA AGENCY ON AGING**

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Web: www.wycokck.org/aging
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MAY >>>

CINCO DE MAYO

Thursday, May 5, 2022

MOTHER'S DAY

Sunday, May 8, 2022

MEMORIAL DAY

Monday, May 30 2022
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.

JUNE >>>

FLAG DAY

Tuesday, June 14, 2022

FATHER'S DAY

Sunday, June 19, 2022

JUNETEENTH

Sunday, June 19, 2022



Linda Ramirez, Editor