

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

2024 - March/April

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Ruth E. Jones, Executive Director

WOMEN'S HEART HEALTH

www.kansashealthsystem.com

Although it's often considered a "man's disease," heart disease is a serious threat to women's health. More women are affected by heart disease than all cancers combined, and after menopause, women are actually more likely to have heart attacks than men of the same age. Physicians recognize the unique and subtle signs of heart disease in women and can help support your understanding and managing of your risk factors.

Research shows that women experience different symptoms, causes and outcomes of heart disease than men. For example, women tend to develop plaque along the full length of the blood vessels, meaning they may have disease along the small arteries more often than men.

Women also tend to develop heart disease later in life than men, with the risk increasing after menopause.

Hormones may be partly to blame. Premenopausal women make up one of the fastest growing groups of

people with heart attacks. Before menopause, women's natural estrogen may help protect them from heart disease because estrogen increases good cholesterol levels and may help decrease bad cholesterol. These physiological differences are why women require different care than men for heart disease.

Women and men may have different risk factors and symptoms for heart disease. The most common risk factors for heart disease in women are: age 55 and older; chronic inflammatory disease, such as lupus; chronic kidney disease; diabetes; high cholesterol; family history of heart disease; obesity, stress and depression; tobacco use and others.

The symptoms of heart attack may also be different for women. In addition to chest pain, shortness of breath or tightness in the chest, women may also experience: cold sweats, dizziness, nausea or indigestion, fatigue or rapid heartbeat. Not all of these signs occur in every heart attack. Sometimes they go away and return. If you experience these symptoms, and they are steady and frequent, you may be having a heart attack. Call 911 and get help immediately.



IN THIS EDITION:

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- Dementia Care Communication
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- Apply For Your Rebates!
- Shrimp Fried Rice Recipe

CONSIDER DONATING TO THE MEALS ON WHEELS PROGRAM

In honor of March for Meals

The month of March mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build the strong support that will sustain them all year long.

Meals on Wheels programs collectively serve a nutritious meal, a warm smile, and the safety check that keeps over 2.5 million seniors a year healthy and living in their own homes.

The National March for Meals campaign is led by the Meals on Wheels Association of America and gives us all an opportunity to support our nation's seniors in a variety of ways to make our communities stronger and healthier.

Choose an amount that's right for you and in doing so, your contribution will make a difference to, and touch the hearts of your courageous aging neighborhoods.

To donate to the Meals on Wheels Program, you may simply send your check to the Area Agency on Aging office located at 849 N 47th Street, Suite C Kansas City, Kansas 66102.



An Education and Wellness Program for Older Adults

Enhanced Fitness is a free, evidence-based group exercise program geared toward arthritis relief.

Older adults (60+) at all levels of fitness will become active, energized and empowered to sustain independent lives.

You may contact the Area Agency on Aging to request your schedule today!

LOCATIONS

<p>STRANGERS REST BAPTIST CHURCH 913-371-7237 MONDAY 9:15 - 10:15am FRIDAY 10:00 - 11:00am</p>	<p>VICTORY HILLS BAPTIST CHURCH 913-299-0555 MONDAY 9:00 - 10:00am WEDNESDAY 9:00 - 10:00am</p>	<p>VERNON MULTI - PURPOSE CENTER 913-321-1220 TUESDAY 10:00 - 11:00am FRIDAY 10:00 - 11:00am</p>
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DAYLIGHT SAVING TIME

Daylight saving time begins at 2am on **Sunday, March 10, 2024**, and will last until November 3, 2024, when we switch back to standard time.

The time change means an "extra hour of light" in the evening but that also means slightly darker mornings.



STOP IN AT THE AREA AGENCY ON AGING AND PICK UP YOUR 2024 CALENDAR TODAY!

MEDICARE MOMENT

With one in five Americans receiving Medicare benefits, you're bound to know someone who has enrolled in this federally run program. This level of exposure means that even though you may not be eligible for Medicare for years, or even decades, your Medicare journey will start long before you turn 65.

If you're beginning your Medicare learning journey, the four parts that make up Medicare are:

Part A (Hospital Insurance): Helps to cover in-patient care in hospitals, skilled nursing facilities, hospice care, and home health care.

Part B (Medical Insurance): Helps to cover a range of items such as services from doctors and other health care providers, outpatient care, home health care, durable medical equipment (i.e., wheelchairs, walkers, hospital beds, and more), and a number of preventative services (i.e., screenings, shots/vaccines, and yearly "Wellness" checkups)

Part D (Drug Coverage): Helps to cover prescription drug costs (which might include recommended shots/vaccines)

- To get Part D coverage, you can join a Medicare drug plan in concert with Original Medicare, or you can join a Medicare Advantage Plan (Part C) that has drug coverage.
- Plans that offer Medicare drug coverage are run by private insurance companies which follow rules set by Medicare.

Medicare Advantage (Part C): Medicare advantage works as an alternative to Original Medicare. It is a plan from a private insurance company with approval from Medicare. These plans are composed of Medicare Part A, Part B, and usually Part D.

- These plans have their own limits and stipulations such as only allowing you to see doctors in your plan's network. They may also have lower out-of-pocket costs than Original Medicare, plus benefits like hearing, vision, or dental services. It depends on the plan you select.

Learning about Medicare before you are eligible helps you gain insight into what coverage is available to you and gives you a leg up once your initial enrollment period starts. Or if you're caring for someone who is currently weighing their Medicare options, your knowledge can help your loved one choose the right plan that fits their needs and budget, and allows them to live a long, healthy, and productive life.

If you have any questions on Medicare coverage, or about the Medicare application process, contact the Wyandotte/Leavenworth Area Agency on Aging at 913-573-8531, or email us at 60Plus@wycokc.org!

WHAT ARE THE DIFFERENCES AMONG VARIOUS SALTS?

Have you ever wondered what the differences are among all the multiple types of salt on the market? Are some of them healthier for you? Less healthy? As a general rule - remember - salt is salt, and thus high in sodium. Here are some definitions for common salt choices.

Seasoned salt - garlic salt, onion salt, celery salt. To retain the seasoning buy garlic powder, onion flakes, onion powder, and celery seeds.

Popcorn salt - a powdered, fine salt. Some products are flavored. These salts are designed to adhere to popcorn french fries, and chips.

Iodized salt - regular salt with iodine added.

Most people benefit from iodine. Goiter prevention is the reason for adding the iodine.

Lite salt - this product contains potassium chloride in addition to sodium chloride. Some people will taste bitter after tones when they use this product. Also, some individuals are advised to avoid lite-salt if they have kidney disease.

Kosher salt - this salt is suitable for preparing Jewish meals. This salt tends to be coarser and chunkier.

In general, try to limit your salt intake and remember, salt is salt.

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STAY WARM. STAY CONNECTED.



Cold Weather Rule

November 1 - March 31



OLDER KANSANS DAY AT THE CAPITOL

As the Wyandotte/Leavenworth Area Agency on Aging visited Topeka in celebration of Older Kansans Day! There they discussed several issues affecting seniors in Wyandotte and Leavenworth County with state legislators such as Senator Pat Pettey, Representative Lynn Melton, Representative Melissa Oropeza, and Representative Pam Curtis.



SENIOR FACTS

- As we age, more of the inner hard tissue of your teeth, called dentin, forms between enamel and nerves. This gives your teeth's nerves a barrier, so they don't react as strongly to hot and cold.
- By the time we're past middle age, we're immune to many more viruses. As a senior, you might get a cold twice a year, maybe four times at most. That's much less than six to eight times a year for kid.
- Close to half of all adults 65 and older volunteer in some form. That's 15 million people helping in their communities.
- A Gallup poll says that people get much happier after the age of 50. Another poll found that 70% of people over 65 report feeling relaxed more often than not. You can compare that to only 41% of people ages 25-34 saying they feel relaxed.
- There are 23% more women than men over the age of 65. That percent goes up to 51% more women than men older than 85.
- It is said that sweat glands shrink as we age, so there's less sweating and less need to manage body odor, at least under our arms. The sweat glands react less to heat as we get older too.
- Overall, 99% of seniors are insured, and 94% of persons 65 and older are covered by Medicare.

FREE LOW INCOME TAX ASSISTANCE

The following information is offered as a courtesy. All questions or concerns regarding the locations, times of service or filing requirements should be directed to the participating organization.

Turner Recreation Center
 831 S 55th Street
 Kansas City, Kansas 66106
 Mondays, 9am - 1pm
BY APPOINTMENT ONLY
 913-295-8250 - #4

KCK Community College
 (Jewell Bldg - Upper Level Student Lounge)
 7250 State Avenue
 Kansas City, Kansas 66112
 Tuesday & Thursday
 9am - 1pm
NO APPOINTMENT REQUIRED



Area Agency on Aging Media Relations



Join our Facebook Group!

Wyandotte/Leavenworth Area Agency on Aging

- Find Out About Upcoming Events
- See Flyers on Our Services
- Learn Fun Facts About Wyandotte/Leavenworth Area Agency on Aging

Like
Subscribe
and
Share



nextdoor

Donate to Meals on Wheels!
<https://pay.payitgov.com/wyco>

Topics Covered on Our YouTube Channel:

Wyandotte/Leavenworth Area Agency on Aging

- Medicare vs. Medicaid
- Social Security Disability in Kansas
- Introduction to the SHICK Program
- Identity Theft

Go to Unified Government's YouTube Channel

- Select Playlists Tab
- Click Wyandotte/Leavenworth Area Agency on Aging

Want to learn more about our services?

- Go to <https://www.wycokck.org/Home>
- Select the Departments Tab
- Click Area Agency on Aging

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.

Donations should be made payable to:

Wyandotte/Leavenworth Area Agency on Aging
849 North 47th Street, Suite C
Kansas City, Kansas 66102

- _____ \$100 Advocate
- _____ \$50 Benefactor
- _____ \$25 Patron
- _____ \$10 Contributor
contributor
- _____ Other

NAME: _____

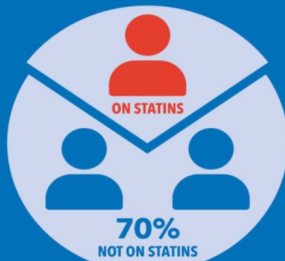
ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____

Starting a statin even after
age 75 may lower the
risk of developing
dementia.

BUT WE DON'T REALLY KNOW.
Results from PREVENTABLE
will help us understand.



www.preventabletrial.org

The #PREVENTABLEtrial is one of the largest research studies in adults 75 years or older. The study will test if taking a statin could help prevent dementia in older adults. Study participants will contribute valuable information on how we age and may benefit from additional memory and physical function monitoring.

Compensation is available for those who participate!

Who is eligible?

- Adults over 75 years of age
- Those NOT currently taking statin medication.
- Those without a history of stroke or heart attack.

Find out more by contacting Erica Lower, Project Coordinator at elower@kumc.edu or 913-588-6052.

DEMENTIA CARE COMMUNICATION

Help Shape Education for Care Partners

1 TELL US WHAT WORKS & DOESN'T WORK DURING DAILY CARE & WHAT SUPPORT YOU NEED

Communication is a challenge during family dementia care. We want to learn about communication strategies used by BlackAfrican American and Latinx/Hispanicfamilies dealing with dementia to shape education and technology to support care partners at home.

2 JOIN US FOR A ZOOM CONVERSATION & GET PAID FOR YOUR TIME AND EXPERIENCE

We welcome you and your family member with dementia to join us for a conversation on zoom to discuss your experiences. We offer you and your family member each \$100 to participate in the research.

3 HOW DO I PARTICIPATE?

See our website:
www.kumc.edu/dementiacarecommunication
Email: ccoleman3@kumc.edu
Call or Text: 970-270-6839

KU ALZHEIMER'S DISEASE
RESEARCH CENTER
The University of Kansas Medical Center

SAVE THE DATE!

Older Americans Month Celebration

Thursday, May 23, 2024

George Meyn Community Center

11am - 2pm



POWERED BY CONNECTION: MAY 2024

The

Sock Hop

Includes

- ◇ Community Resources
- ◇ Food & Beverages
- ◇ Games w/prizes
- ◇ Entertainment
- ◇ Drawings
- ◇ And the ever popular Dance Contest!

Pre-order t-shirts will be available by dialing 913-573-8531 and speaking to a Sock Hop committee member.



CHANGE YOUR CLOCKS AND SMOKE ALARM BATTERIES

- ⇒ 40% of house fires happen in homes without working smoke detectors
- ⇒ 25% of the home fire deaths result from missing or dead batteries
- ⇒ Home fire death rate is 50% higher in homes without working smoke detectors

If you are 65 years old or older on January 1, 2024 OR disabled with an annual income of \$40,500 or less....

You may be eligible for a tax rebate.



BPU PILOT Relief
for Wyandotte County residents with a BPU Account.



Property Tax Rebate
for Wyandotte County residents who own property.



Utility Tax Rebate
for KCK residents who pay franchise fees on utilities such as gas, Internet, cable, and phone.

\$200 Sales Tax Rebate
for KCK residents.

Apply for your rebates January 2 - April 15, 2024.

Start gathering your 2023 income statements and utility bills now. Income can include your 2023 Social Security statement, W-2, interest statements, pension statements, retirement income, and/or disability income. You'll need proof of disability, if applicable.

If you're applying for the Property Tax Rebate, collect your 2023 real estate tax statement too.

Call 3-1-1 for more on how to qualify and schedule an appointment.

wycokck.org/taxrebates

BROCCOLI & CHEDDAR BAKE

INGREDIENTS:

- 3 crowns of broccoli
- 1 3/4 cups shredded cheddar cheese
- 2 cloves garlic, crushed
- Salt, to taste
- Pepper, to taste

DIRECTIONS:

1. Preheat oven to 375°F.
2. Spread out broccoli in a medium rectangular casserole dish
3. Stir the garlic and cheddar cheese together in a separate bowl.
4. Sprinkle the cheese evenly over broccoli and add salt and pepper to taste.
5. Bake for 25 minutes.
6. Enjoy!



Find and circle all the words hidden in the grid.

- ALLERGIES
- APRIL FOOLS DAY
- BASEBALL
- BASKET
- BUNNIES
- CORLORED EGGS
- CORNED BEEF HASH
- DAYLIGHT SAVINGS
- EASTER
- GARDENING
- GOLD COINS
- GREEN BEER
- HEARTS
- IRISH
- KITES
- LEPRECHAUN
- LILLIES
- MARDI GRAS
- MARSHMALLOW
- POT OF GOLD
- PRANKS
- RAINBOW
- ROBIN
- SEEDS
- SHAMROCK
- SPRING BREAK
- SPRING CLEANING
- SPRING HOLIDAY
- ST PATRICK'S DAY
- TAX TIME
- TULIPS
- UNBRELLA
- UNCLE SAM
- WIND CHIMES
- WINDY

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WYANDOTTE/LEAVENWORTH AREA AGENCY ON AGING

849 North 47th Street, Suite C
Kansas City, Kansas 66102
Phone: 913-573-8531
Fax: 913-573-8577
Email: 60Plus@wycokck.org
Web: www.wycokck.org/aging
60Plus...Call on Us!

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MARCH >>>

DAYLIGHT SAVINGS

Sunday, March 10, 2024

ST. PATRICK'S DAY

Sunday, March 17, 2024

SPRING HOLIDAY

Friday, March 29, 2024

Unified Government Offices Closed

EASTER

Sunday, March 31, 2024

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

APRIL >>>

APRIL FOOLS

Monday, April 1, 2024

INCOME TAX DEADLINE

Tuesday, April 15, 2024

EARTH DAY

Monday, April 22, 2024

ARBOR DAY

Friday, April 26, 2024