

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

2023 - March/April

Volume 31, Issue 2

Ruth E. Jones, Executive Director

AWESOME REASONS WE CAN'T WAIT FOR SPRINGTIME

Spring season is fast approaching and it's time to start thinking about those great things that come with the season. The beginning of a new season is the beginning of so many new and amazing things. Spring is mostly everyone's favorite season and we can't wait for it, and here's why:

Bright Colors: If you are tired of the dark, dull colors of the fall and winter, one of the reasons to look forward to spring is the bright colors. Enjoy those bright colors everywhere and wear them in your clothing, shoes, bags, and accessories and celebrate the return of soft pastels in your wardrobe and sunny days as well.

Weather: Another reason we can't wait for spring is the nice, warm weather. If you are lucky enough to live in a year round warm weather, this may not be a big deal to you. But, for those people who don't, this IS a really big deal. We can't wait for warmer, sunnier weather that we can actually enjoy!

Outdoor events: One of the reasons to look forward to spring is that you can have outdoor events again! No matter whether it's bike riding, BBQ, or a wedding, there are many activities you can do outdoors in the spring. There is no better way to enjoy a sunny weekend than spending it with family and friends!

Flowers: Spring flowers are one of the biggest signs of the season and another reason to look forward to spring! If you have never noticed the spring flowers season, some of the flowers to see are cherry tulips, blossoms, peonies, lilies and orchids!



Sundresses: Spring is the perfect time to wear comfy and cool sundresses. They are great for those days when you want to wear something cute, simply and show off your hard work in the gym!

Shoes: Sandals are a perfect way to celebrate the beginning of a new season and show off your fabulous new pedicure. If you have been wearing boots and closed-toed shoes for a long time, set your feet free with some trendy sandals.

Fruits: Fruit lovers can't wait for all the tasty fruits, which are in season in the spring. Guavas, cherries, mangos, watermelon, apricots and grapes are only some of the many delicious fruits that we can eat in the springtime.

Longer days: In spring, the days gradually get longer and the temperatures slowly rise. This means we have time to get more done in a day. You can spend more time outdoors, enjoying fun with the family or a fabulous evening stroll in the park.

Birds: After a long, cold and quiet winter, everything in nature seems to come alive in spring. In fall and winter, it's extremely hard to get up early in the morning. In spring, the birds help wake us up and we don't even need the alarm clock. After all, what can be better than waking up to an orchestra of singing birds?

Fresh Air: Spring brings the freshness in the air. Opening the windows in the morning and letting the fresh spring air in can really boost mood and help get the day off to a good start. Don't forget about spring sunshine, it's an incredible mood booster too!

Nothing could be better than partaking in a friendly game of golf, spending a lazy weekend afternoon watching a baseball game or playing tennis with family and friends. If you don't like working out in a gym, you can get outside and enjoy a brisk morning stroll.

A lot of us enjoy springtime. What is your favorite part of spring?

In this issue:

- *Medical Identity Theft Tip Sheet*
 - *Tax Deadlines*
 - *Easter Fun Facts*
 - *SAVE THE DATE! Older Americans Celebration Is Back*
 - *Older Kansans Day at the Capitol*
 - *PUBLIC HEARING - April 4, 2023*
 - *Volunteers Needed!*
 - *Nutrition Tips*
-

MEDICAL IDENTITY THEFT TIP SHEET

Medical identity theft occurs when someone steals personal information such as your name and Medicare number (this also includes any Medicare Advantage, Medigap, prescription drug, or other health ID numbers) and uses the information to bill your insurance for supplies or services you did not receive. Typical examples are medical treatment, medical equipment, prescription drugs and surgery. Not only can this affect your finances, but this can also endanger your care.

When you fall prey to consumer scams and give out your Medicare number, your Medicare number is considered to be “compromised” as a result of medical identity theft. If this happens, it is recommended you request a new Medicare number from the Centers for Medicare & Medicaid Service (CMS) by calling 1-800-Medicare to prevent any further abuse.

WHAT CAN YOU DO TO STOP MEDICAL IDENTITY THEFT?

Medical identity theft can take many forms and is used in many different tactics and schemes. Be cautious if anyone asks you for personal or medical information over the phone, door to door, through email or at a health fair. Here’s how to protect yourself:

- Never give out your Medicare number to anyone other than your doctor, health care provider, or other trusted representative.
- Protect your Medicare number by protecting your Medicare card as you would a credit card.
- Never give out your Medicare number to anyone who contacts you through unsolicited calls, texts or emails.
- Understand that Medicare and Social Security already have your Medicare and Social Security number so if someone calls, emails or texts claiming they need it, don’t give it to them. Instead, find the organization’s contact information on your own (don’t use caller ID) and call or email them directly to discuss the situation.
- Be cautious of anyone who comes to your door offering “free” testing, treatments, or supplies for genetic diseases, cancer or the coronavirus.
- Do not click on links from sources you don’t know, as this could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- Be cautious when purchasing medical supplies from unverified or unknown sources.

OTHER IDENTITY THEFT RESOURCES

**COMPROMISED
MEDICARE NUMBER**

**COMPROMISED
SOCIAL SECURITY
NUMBER**

1-800-Medicare (633-4227)

www.identitytheft.gov

To locate your local Senior Medicare Patrol (SMP) visit:
www.smpresource.org or call 1-877-808-2468.

SMP SCAM WATCH

REPORT POTENTIAL TELEHEALTH FRAUD, ERRORS, OR ABUSE IF:

- You receive an unsolicited phone call from someone wanting to verify your pain symptoms
- You receive an unsolicited phone call from someone wanting to verify your family history of cancer



TAX DEADLINES

Utility Tax Rebates:
January 1 - March 31, 2023

Kansas Homestead Refund
Apply by April 18, 2023

SAFESR Refund
Apply by April 18, 2023

**Low Income Energy Assistance
Program (LIEAP)**
January 3 - March 31, 2023

EASTER FUN FACTS

* Lilies only caught onto the trend of Easter after World War 1. The transition from dormant bulbs to delicate flowers brings to mind hope and rebirth, two important themes of the Easter celebration.

* Historically, most early Easter celebrants would have eaten lamb for this special occasion since the holiday has its roots in Jewish Passover. But these days, many American Easter dinners now feature ham instead. Because of the time of the holiday, hams cured over the winter months are ready to serve in the early spring.

* The woven treat containers represent birds’ nests and new life, especially when filled to the brim with eggs. Plus, they’re a pretty utilitarian way to gather those goodies on your Easter egg hunt.

SAVE THE DATE

OLDER AMERICANS MONTH CELEBRATION IS BACK!

SOCK HOP

The Wyandotte/Leavenworth Area Agency on Aging (WY/LV AAA) is bringing back our Annual Older Americans' Month Celebration!

Join us for fun, games, information and of course, lunch!

MAY 25, 2023
11AM - 2PM
George Meyn Center



T-shirts may be pre-ordered and picked up prior to the event. Payment is required at the time of your order, using this order form.

PRE-ORDER T-SHIRT ORDER FORM

NAME: _____

ADDRESS: _____

CONTACT #: _____

QUANTITY	SIZE	COST	TOTAL
	Small	(\$13.00)	
	Medium	(\$13.00)	
	Large	(\$13.00)	
	X-Large	(\$13.00)	
	XX-Large	(\$15.00)	
	XXX-Large	(\$15.00)	
TOTAL (PLEASE ENCLOSE PAYMENT WITH ORDER)			
\$ _____			

Make Checks payable and remit to:
 Wyandotte/Leavenworth AAA
 Attn: Sock Hop Committee
 849 N 47th Street, Suite C
 Kansas City, Kansas 66102



If you have any questions regarding the event, you may reach out to us by email at 60Plus@wycokck.org or contact our office by phone at 913-573-8531.

BOOTH SPONSORSHIP

Community Service Providers are welcome to market their agencies during our celebration by sponsorship.

Choose from the following levels of sponsorship:

GOLD

SILVER

Contact a member of the Sock Hop committee for details at 913-573-8531, if interested.

T-SHIRT DEADLINE

APRIL 11, 2023

Orders must be received with payment by deadline!



OLDER KANSANS DAY AT THE CAPITOL



Older Kansans Day was held on Wednesday, February 15, 2023 at the Capitol in Topeka. The Area Agency on Aging provided a bus ride and inspiration for several Silver Haired Legislators and Advisory Council members to attend.

The day was filled with visits to the Senators and Representatives who represent both Wyandotte and Leavenworth Counties.

The Area Agency on Aging would like to thank those who were able to attend and the following legislators who took time to sit and listen to the issues: Senators David Haley, Jeff Pittman, Pat Pettey and Mike Thompson, Representatives Mike Thompson, Timothy Johnson, Lynn Melton, Louis Ruiz, Pam Curtis, David Buehler, and Melissa Oropeza.

The hot topics of discussion were:

- **Senior Care Act funding** to remain in place and the eligibility defined by statute, remain the same.
- **Nutrition Services for Older Adults**, asking for an increase of \$3 million for the State and the continuum of that funding is passed through the AAAs for distribution.
- **Tax Exempt Status** for Area Agencies on Aging is the request. This does not affect the Wyandotte and Leavenworth Area Agency on Aging, but we do support the other AAAs across the state who do not have tax-exempt status.



- **Older Kansans Employment Program** asks for continued funding to support the needs of Kansas employers and older job seekers.

- **Person-Centered Services** is designed partially to add case management as a separate service. This will provide unbiased options and identify service gaps and will ultimately strengthen home and community-based services.

If you feel like you are active in the community and this type of advocacy is right up your alley, contact the Area Agency on Aging and discuss how you can be an advocate for senior services.



NEWSLETTER DONATIONS ENCOURAGED

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.*

Celebrate St. Patrick's Day 2023!

This year, St. Patrick's Day will be observed on **Friday, March 17.**

Although the holiday originally started as a Christian feast day celebrating the life of St. Patrick and the spreading of Christianity to Ireland, today, it is a day of revelry and a celebration of all things Irish. Don't forget to wear green!



PUBLIC HEARING

Public Hearings are a great opportunity to learn about programs and/or give feedback regarding senior services in Wyandotte County.

**TUESDAY, APRIL 4, 2023
10A - 12P**

West Wyandotte Library
1737 N 82nd Street
Kansas City, KS 66112

WELCOME! VOLUNTEERS NEEDED!

SENIOR HEALTH INSURANCE
COUNSELING FOR KANSAS

- SHICK ●
- MEDICARE/MEDICAID ●

Do you like helping others?
Do you have some spare time?
WE NEED YOU!

WYLV Area Agency on Aging
849 N 47th Street, Suite C
Kansas City, KS 66102
Contact 913-573-8566 or
Email rvandyke@wycokck.org



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

Join our mailing list



Wyandotte/Leavenworth Area
Agency on Aging

Follow Us on FACEBOOK

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



Nutrition Tips

Muscle Up with Protein. The body needs protein to build muscle and stay strong. Eating protein at meals will also help you feel full and reduce hunger pains between meals. Many protein choices are high in fat, and it is best to choose lean proteins such as chicken, fish, lean beef and beans.

Good Fat is Phat. The body needs fat to produce healthy cells and absorb other vitamins including A, D, E and K. Healthy fats are **Monounsaturated** and **Polyunsaturated**. The best sources of these fats are oils (canola, olive) cheese, nuts, butter, egg yolks and avocados. Limit **Trans fats**, found in processed and baked goods made with partially hydrogenated vegetable oils.

Be Complex About Your Carbs. The brain and body need the energy provided from carbohydrates for day-to-day living. “Complex” carbohydrates such whole grain breads and pastas offer the added benefit of fiber, which helps with digestion and bowel regularity.

Avoid Added Sugars in Drinks and Foods. Too much added sugar in the diet contributes to health problems. Avoiding candy, cookies and soda is obvious, but large amounts of added sugar is hidden in processed foods such as bread, soups, frozen dinners, ketchup, and fast food. Read nutrition facts labels to find ‘added sugars’ in foods.

A Dash of Salt. The body needs a LITTLE salt (aka sodium) to regulate many of its functions. However, consuming too much salt can contribute to high blood pressure and other ailments. Processed and Fast Foods contain enormous amounts of salt; it is best to limit or avoid these foods.



AT THE market...

Nutrition Claims on Food Packages. Common terms include: “Excellent Source Of” means contains 20% or more of the Daily Value; “Good Source” means 10%-19% of the Daily Value; and “Fortified” or “Enriched” means contains 10% or more of the Daily Value.

Read Nutrition Fact Labels. The label on the side tells a truer story than what is on the front of the box. Look at serving size, calories, fat content including saturated and trans fat, cholesterol, sodium and sugar/added sugar content when you are choosing foods.

EASY BROCCOLI SALAD

INGREDIENTS:

- 2 1/2 cups of raw broccoli
- 1/2 cup chopped red onion
- 1 cup grated cheddar cheese
- 1/2 cup chopped cooked bacon (bacon bits can be used)
- Creamy coleslaw dressing (enough for your liking)

DIRECTIONS:

In a large bowl, mix all ingredients together well and leave in the refrigerator at least 2 hours.

TIP: You can add more of any ingredients or choose more veggies of your liking!



LOOKING FORWARD TO SPRING

Find and circle all the words hidden in the grid.

- ALLERGIES
- APRIL FOOLS DAY
- ASH WEDNESDAY
- BASEBALL
- BASKET
- BONNET
- BRUNCH
- BUNNY
- CHICKS
- DAFFODILS
- DAYLIGHT SAVING TIME
- EARTH DAY
- EASTER
- EGG HUNT
- FOUR LEAF CLOVER
- GARDENING
- GRASSHOPPERS
- GREEN BEER
- JELLY BEAN
- KITES
- LAMB
- LEPRECHAUN
- LIEAP APPLICATION
- POT OF GOLD
- PRANK
- RAINBOW
- SHAMROCK
- SPRING CLEANING
- SPRING HOLIDAY
- ST. PATRICKS DAY
- TAX DEADLINE
- UNCLE SAM
- WINDCHIMES
- WINDY

B	F	A	V	I	N	B	X	D	A	C	N	K	L	K	U	E	D	J	I	S	P	G	O	E
F	O	O	Y	O	O	C	A	A	Z	I	O	X	I	Q	K	F	C	T	W	O	N	I	M	
V	X	N	U	N	L	X	I	P	S	F	K	D	S	P	T	C	N	P	Y	T	T	I	D	I
X	Q	I	N	R	N	E	T	T	U	H	F	Y	U	H	B	E	A	A	E	K	O	N	B	T
U	Z	Y	Q	E	L	G	Y	R	A	U	W	O	C	N	B	T	S	M	R	H	F	A	Y	G
Z	U	K	J	L	T	E	L	M	N	C	X	E	D	J	R	R	L	L	W	P	G	E	A	N
L	E	P	R	E	C	H	A	U	N	N	I	I	D	I	C	H	I	C	K	S	O	L	D	I
Z	K	P	D	A	U	K	M	F	B	W	G	L	C	N	L	Y	F	Y	G	Q	L	C	I	V
R	B	E	K	W	J	M	B	K	C	R	J	K	P	B	E	S	L	R	W	Y	D	G	L	A
W	I	N	D	C	H	I	M	E	S	L	S	F	K	P	N	S	A	A	A	N	Q	N	O	S
G	W	J	K	F	Z	U	V	K	C	D	O	N	K	U	A	S	D	D	A	J	B	I	H	T
Q	H	P	W	H	M	K	Y	T	A	T	C	V	E	D	S	P	S	A	I	E	W	R	G	H
L	Z	I	Y	T	O	F	Q	Y	N	X	T	A	E	H	T	L	A	R	Y	O	B	P	N	G
R	E	E	B	N	E	E	R	G	B	N	R	T	O	R	O	N	V	E	B	J	R	S	I	I
E	N	I	L	D	A	E	D	X	A	T	K	P	O	O	Z	P	U	N	I	S	U	V	R	L
Y	N	V	R	G	T	I	L	E	H	C	P	M	F	H	M	B	I	H	Z	L	N	L	P	Y
L	B	D	Z	K	W	A	B	D	O	E	Y	L	G	A	N	A	T	L	G	I	C	J	S	A
N	U	O	D	M	Y	Y	A	R	R	P	I	Z	S	N	R	B	P	C	J	G	H	C	U	D
U	K	W	E	P	L	Y	M	S	O	R	A	E	L	V	P	A	F	S	O	G	E	N	C	W
B	F	L	V	L	Q	A	J	K	P	P	L	P	M	P	A	S	Y	N	E	A	N	R	A	P
E	C	T	E	Y	H	T	U	A	I	C	W	S	E	T	I	K	B	A	S	E	B	A	L	L
Q	Z	J	A	S	M	V	W	O	N	F	I	G	N	I	N	E	D	R	A	G	Y	J	R	W
R	E	T	S	A	E	Q	O	U	V	G	N	P	S	B	N	T	N	A	W	P	E	T	J	K
U	N	C	L	E	S	A	M	A	R	Q	D	A	L	L	E	R	G	I	E	S	X	X	Y	Z
X	J	R	S	H	M	Q	D	A	Q	Q	Y	W	E	M	L	C	Z	N	P	J	N	P	G	I

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!

**PRESORTED STANDARD
U.S. POSTAGE PAID
KANSAS CITY, MO
PERMIT NO. 423**

MARCH >>>

DAYLIGHT SAVING BEGINS

Sunday, March 12, 2023

ST. PATRICK'S DAY

Friday, March 17, 2023

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 DAY

Thursday, February 2, 2023

SPRING HOLIDAY

Friday, April 7, 2023
Unified Government Offices Closed

EASTER

Sunday, April 9, 2023

EARTH DAY

Saturday, April 22, 2023

ARBOR DAY

Friday, April 28, 2023