

THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

2023 - May/June

Volume 31, Issue 3

Ruth E. Jones, Executive Director

OLDER AMERICANS MONTH CELEBRATION IS BACK!

SOCK HOP



COME OUT AND JOIN IN THE FUN!

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

The George Meyn Community Center is located inside Wyandotte County Park located at
126th & State Avenue, Bonner Springs, KS 66012.

We are excited to announce our partnership with the Kansas Department for Aging and Disability Services (KDADS) and Hy-Vee, Inc. to provide mobile health screenings and nutrition education services in Wyandotte County!

You may arrive as early as 10am for an opportunity to get your health screen and/or meet with a dietitian on the “Healthy You” Mobile Unit!

This is a great opportunity that is being offered throughout the State of Kansas.

Be advised that the Sock Hop doors will not open until 11am.

KDADS Medicare staff will also be onsite to discuss health insurance and aging services.

Transportation to and from the event site will be provided free of charge. Riders must be at the Area Agency on Aging located at 849 N 47th Street at 9:30am as the bus will leave promptly at 9:45am. The bus will return patrons after the event at 2pm.

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.

KDHE Announces Steps KanCare Members Can Take to Reduce Risk of Losing Health Coverage

The Kansas Department of Health and Environment (KDHE) reinforces the need for Kansans enrolled in the Kansas Medicaid (KanCare) program to keep their contact information updated and to be on the lookout for important information from KanCare in the mail. Eligibility reviews have paused since March 2020 and resumed in April due to changes in federal law.

They are working diligently to provide information to everyone impacted by the ending of the special federal pandemic rules that temporarily paused the re-enrollment process. "The intent at KDHE is to minimize any surprises about coverage and eligibility," said Janet Stanek, Secretary of the Kansas Department of Health and Environment.

KDHE has increased communication with enrollees, health care providers, and other stakeholder groups in regular contact with the KanCare enrollee community to share this information. In addition, KanCare has updated its website to make it easier for people enrolled in Medicaid to update their contact information and complete the verification process.



KDHE recommends the following for individuals or families that are KanCare members:

- * On the KanCare website, click the red chat bubble in the lower right of your screen or call 1-800-792-4884 and give the KanCare Clearinghouse your most current address, phone number, or any other contact information that has recently changed.
- * KanCare will let you know when to renew your Kansas Medicaid eligibility. Be on the lookout for your notice in the mail and respond immediately to requests for information.
- * If you receive a notice in the mail, return the completed renewal form by mail to the address shown on the form.

KDHE will continue to provide information on the KanCare homepage. You can complete your renewal online through the *Medical Consumer Self-Service Portal* after you have created an account in the portal and linked your medical case. When it is time for you to complete your renewal, log in to your account. The option to complete a KanCare review will appear under "Access my KanCare."

ATTENTION GRANDPARENTS!

Do you need assistance for your grandchild?

Are You Currently Caring For Your Grandchildren and They Live With You In Your Home?



The Wyandotte/Leavenworth Area Agency on Aging is seeking grandparents who are raising their grandchildren because their biological parents are unable or unwilling to do so.

We understand this important role you have taken on and hope to offer grandparents some additional resources and/or assistance.

If you are a grandparent (55+) and could use some assistance with your grandchild(ren), contact Linda Ramirez at 913-573-8543.



Senior Farmers Market Vouchers

The Wyandotte/Leavenworth Area Agency on Aging will once again distribute the Farmer's Market Vouchers. The program provides coupons to help low-income seniors purchase fresh fruits, vegetables, herbs and local honey at farm markets, roadside stands and farm stores.

ELIGIBILITY:

To qualify, you must be at least 60 years of age, or 55 years of age and a member of an Indian Tribal Organization and earn less than \$2248 per month.

HOW TO APPLY:

The program will begin June 1, 2023 and continue until September 15, 2023, or until benefits are gone, whichever happens first. Visit **849-B N 47th Street, Kansas City, Kansas** between the hours of 9am - 3pm, Monday—Thursday, beginning June 1, 2023. Or Fridays 9am—12pm.

You will receive a booklet of 10 - \$5 coupons for a one-time annual benefit of \$50 to purchase eligible foods from authorized farmers. A list of eligible farmers markets will be provided to you when making application.



BE PREPARED TO BEAT THE HEAT

HEATSTROKE IS A LIFE-THREATENING HEALTH RELATED ILLNESS

Summer heat can be more than uncomfortable - it can be a treat to your health. Hot weather can be especially dangerous for young children and older adults. Don't let the summer heat get the best of you. Try these tips to stay cool and safe:

- **Drink plenty of non-alcoholic fluids.** This is one of the most important things you can do to beat the heat. Thirst means that your body is becoming dehydrated, so don't wait until you feel thirsty. Don't forget that you can get fluids through some foods, such as cold summer soups, fruits and even vegetables. Older adults or people with health conditions should talk with their doctors about the correct amount of fluid intake for them.
- **Stay indoors.** If possible, do errands and outdoor chores early or late in the day.
- **Dress for the weather.** Wear light layers of natural fabrics such as cotton. When outdoors, wear a light colored hat that will let air circulate to keep your head cool.
- **Eat light.** You may feel better avoiding heavy or hot meals and eating several nutritious snack throughout the day instead of full meals.
- **Think cool.** Take cool showers and visit your local mall, library or move theater to enjoy the air condition. At times, the summer heat can hit harder than expected. You may feel more than uncomfortable and become sick.

KEEP COOL

Heat stroke symptoms can include: Dry, hot, red skin; sweating has stopped; fever; no longer aware of thirst or heat; irritability or confusion; seizures or loss of consciousness.

Treatment: Heatstroke is a medical emergency. Seek emergency medical help immediately! Meanwhile move to a shaded area. Cool down by removing excessive clothing and placing cold, wet cloths on the skin. Sit down and slightly elevate the feet.



MARCH FOR MEALS

The Wyandotte/Leavenworth Area Agency on Aging recently held its annual March for Meals event. Each March, Meal on Wheels celebrates the historic day in 1972 when a national nutrition program for seniors was added to the Older Americans Act.

Now is a critical time for you to support your local Meals on Wheels Program and urge Congress to protect, strengthen and invest in these proven and effective programs.



Pictured left to right: Ruth Jones, Executive Director, Betty Ewell, Nutrition Manager, Mayor Tyrone Garner, Commissioner Melissa Bynum, Nick Clasen, Outreach Specialist and Rev. Jimmie Banks.

WHAT IS A STROKE?

To keep it simple: A stroke occurs when oxygen carrying blood vessels in the brain burst or become blocked. Once the oxygen is cut off, brain cells begin to die, causing permanent damage. Strokes are a medical emergency that occurs when the blood supply is somehow interrupted to the brain. Elderly people who suffer from poor sleep patterns, and who wake frequently, are susceptible to developing hardened blood vessels that can impair the movement of blood to the brain.

According to the American Stroke Association, you can quickly identify common stroke symptoms by remembering the acronym "F.A.S.T."

Additional symptoms to look out for, include:

Is it a stroke?

Act F.A.S.T.

- F**ACE droops
- A**RM weakness
- S**PEECH difficulty
- T**IME is critical.

- Confusion
- Difficulty walking or loss of balance
- Numbness, especially on one side of the body
- Trouble seeing
- Severe headache




SMP
Senior Medicare Patrol
Preventing Medicare Fraud

Medicare beneficiaries beware!

Scammers are calling, claiming your doctor asked them to call.

- They may spoof the caller ID to look like they are calling from your doctor's office.
- If your doctor wants you to have cardiac genetic testing, they will talk to you about it during an appointment.
- If you would like a knee, back, arm, or any other brace, please call your trusted doctor to set up an appointment to talk about your needs.

If you have gotten a call like this, report it to the SMP. Together we can prevent Medicare fraud.

877-808-2468 www.smpresource.org 

SUPPORTED BY GRANT # 90MPRC0002 FROM ACL

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




Kansas
Department for Aging and Disability Services
SHICK Senior Health Insurance Counseling for Kansas



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

Join our mailing list



Follow Us on FACEBOOK

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

Wyandotte/Leavenworth Area Agency on Aging

NEWSLETTER DONATIONS ENCOURAGED

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

_____ \$100	Advocate <i>defensor</i>
_____ \$50	Benefactor <i>benefactor</i>
_____ \$25	Patron <i>patron</i>
_____ \$10	Contributor <i>contributor</i>
_____	Other <i>otro</i>

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

8 DECLUTTERING TIPS FOR SENIORS

Americans own an average of 300,000 items in their homes, and 1 out of every 10 Americans rent off-site storage for their excess belongings. Over the course of a lifetime, seniors will accumulate many items over the years that they may no longer use in their everyday lives. However, extra belongings clutter the home and can make it difficult for a senior to move around. It may also hinder your ability to downsize to a smaller space.

Whether you're moving to a small space for retirement or wish to live in a cleaner environment, decluttering can help you stay organized throughout the day.

Here are some ways that seniors can start downsizing the number of possessions they have:

Start with one room. When it comes to decluttering, it might be overwhelming to think about going through the entire house. Instead, start with a single room that needs items decluttered. Decluttering one room at a time will allow you to focus on the items that you least need in one area. It might be helpful to start with a room that is prone to gathering extra possessions. Once the first room is cleared of clutter, choose another room to clean. If you declutter one room a week, the entire house will eventually become clean in a few months. Begin with small goals and go through belongings each week.

Make piles: Keep, Throw Out, Donate. Another decluttering tip is to make 3 piles when sorting through items: keep, throw out, and donate. By making piles, it allows you to assess what you need and don't. You will also be able to go through each pile again once you are done sorting to ensure that they did not place something in the wrong pile. If you are uncertain about where to sort an item, you can also add a "maybe" pile and come back to it later. This will give you the opportunity to make a decision on where something should go without feeling pressured.

Get rid of hazardous items. Another tip to help you declutter is by starting with hazardous items. Many seniors may struggle with mobility issues and need assistance balancing. It is essential that your home is safe to help prevent falls and injuries.

Make a pile of unused items and do a 90-day test. As you get more into decluttering, there might be items you may be hesitant to throw away. This could either be for sentimental reasons or the fact that they may feel that you will "need it one day." Make a pile of items that they currently don't use. Place them into a box and set it aside. If you need the item, you can open up the box to retrieve it. If you find that you don't use it after 90 days, then that is a sign that you can live without it. Just know, you can buy the item again in the future should you find a need for it.

Get rid of duplicates. In many American household, there are duplicate items that are purchased because something became lost or misplaced. Other times, duplicate items are bought as a "just in case," whether the item will break or there was an intention to use it at one point. Getting rid of extra items that are not used or needed in the home can help you start decluttering.

Organize everything where it should be. Identify items that you need and done by organizing everything where it should be. Every item in the home should have its place. That means kitchenware should be in the kitchen, books should be on a shelf and remotes should stay near the television. Misplacing items can cause the house to become cluttered and consequently, make you forget where things should go. This can eventually cause areas in the house to accumulate objects that will "be sorted later." Sometimes this will result in flat surfaces having piles of unsorted items or junk drawers of items that don't quite have spot." when you organize items, you might find things that you don't actually need. This can help declutter your home and remove things that simply take up space.

Avoid multi-tasking when cleaning. That means avoid turning on the television, cell phone, radio and anything else that might get in the way of decluttering a space. Try setting aside a small timeframe, such as an hour, to focus on nothing but going through a space that needs to be decluttered. You will be amazed at how much progress you can make by simply putting some time into cleaning!

Be smart with storage. As you go through your home, you'll want to be smart about how you organize your spaces. The items you need to find should be in the room they belong as well as neatly organized. Organize closets as they seem to accumulate items because of the "out of sight, out of mind" mentality. Set aside a spot for incoming mail and packages and sort through them right away. Use baskets or bins to store like items, such as television remotes or soaps for the bathroom. Organizing into baskets can help you identify any potential duplicates. Take these decluttering tips and begin your journey in minimizing clutter today!

HOW TO DECLUTTER YOUR HOME



BAKED SALMON FILLETS DIJON

INGREDIENTS:

- 4 (4oz) salmon fillets
- 2 tablespoons prepared Dijon mustard
- Salt and ground black pepper to taste
- 1/4 cup Italian-style dry bread crumbs
- 1/4 cup butter, melted

DIRECTIONS:

- Preheat the oven to 400 degrees.
- Line a shallow baking pan with aluminum foil.
- Place salmon fillets skin-side down on the prepared baking pan. Spread a thin layer of mustard on top of each fillet; season with salt and pepper.
- Top with bread crumbs, then drizzle with melted butter.
- Bake in a pre-heated oven until salmon flakes easily with a fork, about 15 minutes.



SUMMERTIME

Find and circle all the words hidden in the grid.

- ALLERGIES
- ARMED FORCES DAY
- BARBEQUE
- BASEBALL
- CAMPING
- CAP AND GOWN
- CEMETARY
- CIGAR
- CINCO DE MAYO
- DIPLOMA
- FATHERS DAY
- FLAG DAY
- FLOWERS
- GARLAND
- GIFTS
- GRADUATION
- GRASS
- GRILLING
- JUNETEENTH
- KITES
- MAY DAY
- MAYPOLE
- MEMORIAL DAY
- MOTHERS DAY
- MOWING
- OLDER AMERICANS MONTH
- OUTDOORS
- SOCK HOP
- SOLSTICE
- SUMMER
- SUNFLOWERS
- TENTS
- TORNADO
- VACATION
- WEDDINGS
- WIND

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**WYANDOTTE/LEAVENWORTH
AREA AGENCY ON AGING**

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**PRESORTED STANDARD
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MAY >>>

CINCO DE MAYO

Friday, May 5, 2023

MOTHER'S DAY

Sunday, May 14, 2023

ARMED FORCES DAY

Saturday, May 20, 2023

SOCK HOP

Thursday, May 25, 2023

MEMORIAL DAY

Monday, May 29, 2023
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

Wednesday, June 14, 2023

FATHER'S DAY

Sunday, June 18, 2023

JUNETEENTH

Monday, June 19, 2023
Unified Government Offices Closed



Linda Ramirez, Editor