

THE COMMUNICATOR

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AGING FUNDED PROGRAMS

- **Demand Response -
Transportation**
913-573-8308 (*traveling within
the Wyandotte County limits only*)
- **Hearing Aid Program**
Providence Medical Center
913-596-5143
- **Vision Screenings**
Visiting Nurse Association
816-627-6484
- **Legal Services**
Kansas Legal Services
913-621-0200

NOVEMBER IS NATIONAL CAREGIVER MONTH

Family caregivers are the bedrock of America's long-term care system and come from all walks of life. Every day they assist relatives and loved ones with tasks ranging from simple supports such as helping with household chores, cooking and cleaning, to complex care such as bathing, dressing, moving around the home, and lifesaving measures such as administering medications and monitoring side-effects.

Family caregivers may be adult children caring for their parents, grandparents raising their grandchildren, or families looking after children and adults with physical disabilities. Caregivers are devoted spouses, parents, and children as well as nurses, home health aides, paralegals, and financial advisors for their loved ones. National research has shown that caregivers are everywhere and their numbers are growing.

Although most caregivers view their work as rewarding, many experience significant stress and negative health impacts. To help alleviate the toll of caregiving, family caregivers need supports and services that safeguard their health and emotional well-being while relieving some of the financial burdens that often accompany caregiving duties.

If you are a caregiver and you're feeling the pressure of your duties, call the aging office at 913-573-8531 for assistance.

NOVIEMBRE ES MES NACIONAL DEL CUIDADOR

Los cuidadores de la familia son el cimiento del sistema del cuidado a largo plazo de América y éstos se encuentran en todas las clases sociales. Diariamente asisten a parientes y seres queridos con las tareas que se extienden de ayudas simples tales como ayuda con tareas de hogar, cocinar y limpieza, al cuidado complejo como bañarse, vestirse, moverse alrededor en el hogar, y medidas más complejas tales como administración de medicamentos y supervisión de condiciones médicas.

Los cuidadores de la familia pueden ser hijos adultos que cuidan de sus padres, abuelos que crían a sus nietos, o las familias que se ocupan de niños y adultos con incapacidades físicas. Los cuidadores son esposos, padres, o hijos devotos así como enfermeras, asistentes de la salud casera, trabajadores legales, y consejeros financieros para sus seres queridos. La investigación nacional ha demostrado que los cuidadores están por todas partes y sus números están creciendo.

Aunque la mayoría de los cuidadores ven su trabajo ya recompensando, muchos experimentan tensión significativa con impacto negativo en la salud. Para ayudar a aliviar el costo del cuidado de los familiares, los cuidadores necesitan las ayudas y los servicios que protejan su salud y bienestar emocional mientras que mitiguen parte de las responsabilidades financieras que acompañan los deberes del cuidado a las familias.

Si usted es un cuidador y usted está sintiendo la presión de sus deberes, llame la oficina de la Agencia de Servicios para los Envejecientes al 913-573-8531.

OPEN ENROLLMENT FOR MEDICARE

Open enrollment for Medicare beneficiaries will begin November 15, 2010 and continue through December 31, 2010. The Wyandotte/Leavenworth Area Agency on Aging will be accepting appointments for Tuesdays and Thursdays (only) beginning on Tuesday, November 16, 2010. If you are new to Medicare, need to add or make changes to your current prescription drug coverage or health plan, please contact our office at 913-573-8531 and ask for a SHICK (Senior Health Insurance Counseling for Kansas) counselor to schedule an appointment.

INSCRIPCIÓN ABIERTA DE MEDICARE

La inscripción abierta para los beneficiarios de Medicare comenzará el 15 de noviembre de 2010 y continuará hasta el 31 de diciembre de 2010. La Agencia de Servicios para Envejecientes de Wyandotte/Leavenworth aceptará las citas para martes y jueves (solamente) comenzando el martes 16 de noviembre de 2010. Si usted es nuevo a Medicare, necesita agregar o hacer cambios a su plan actual de la cobertura para medicamentos o plan de la salud por favor llámenos a nuestra oficina al 913-573-8531 y haga una cita con un consejero del programa de SHICK.

FLU SEASON IS UPON US

In the United States, yearly outbreaks of seasonal flu usually happen during the Fall through early Spring. The best way to prevent the flu is by getting a flu vaccination each year. Some groups are more likely to have complications from the seasonal flu.

These groups include:

- ▶ those age 65 and older
- ▶ children younger than 2 years old
- ▶ people of any age who have chronic medical conditions (e.g. diabetes, asthma, congestive heart failure, lung disease)

Complications from the flu can include:

- ▶ bacterial pneumonia
- ▶ ear or sinus infections
- ▶ dehydration
- ▶ worsening of chronic medical conditions



Forget something?

As you make your end-of-life decisions, don't forget to include your funeral prearrangement. Like wills, medical care directives and financial planning, your funeral arrangements are part of those important decisions that will make life easier for your family. Call us. We'll help you understand your choices and take care of your family.

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(913) 831-3664 Fax
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STRESS, DEPRESSION AND THE HOLIDAYS

Many factors can cause the "holiday blues" such as stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one's family and friends. The demands of shopping, parties, family reunions and house guests also contribute to feelings of tension. People may also develop other stress responses such as headaches, excessive drinking, over-eating and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded by the excess fatigue and stress.

TIPS TO SURVIVE THE HOLIDAYS:

- Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
- Be realistic about what you can and cannot do. Don't put the entire focus on just one day (i.e. Thanksgiving Day). Remember that it's a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in it's own way. Don't set yourself up by comparing today with the "good ol' days."
- Do something for someone else. Try volunteering some of your time to help others.
- Enjoy activities that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowperson with children.
- Be aware that excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.
- Save time for yourself! Recharge your batteries. Let others share in the responsibility of planning activities.

Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritability and hopelessness. Talk with your doctor or mental health professional or contact the Aging office at 913-573-8531.

Thank You!

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

Names are listed in alphabetical order.

Angela Folkins
Madelyn Fotovich
Virginia Killion
Wilma Scroggins
Bettie Sollars
Eva Thompson

A friendly reminder; to offset the cost of this publication, donations to the newsletter are always welcome.

SACRED HEART HOME HEALTH CARE

Trust in the Lord with all your heart and lean not on your own understanding.

Proverbs 3:5



**Trust.
Respect.
Reliability.**



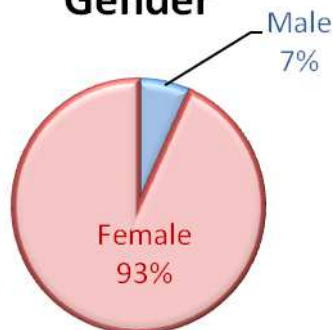
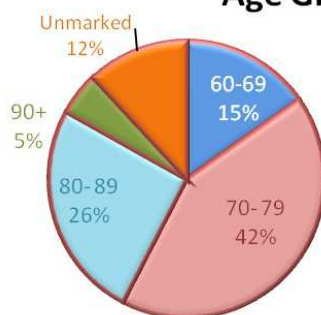
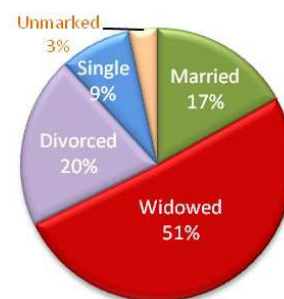
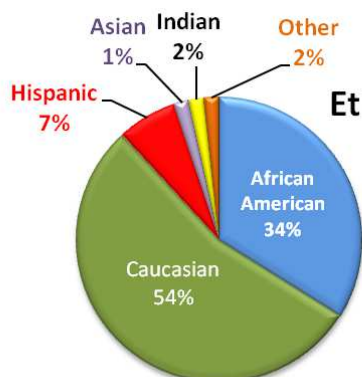
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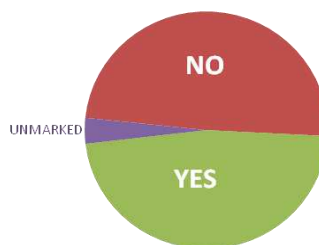
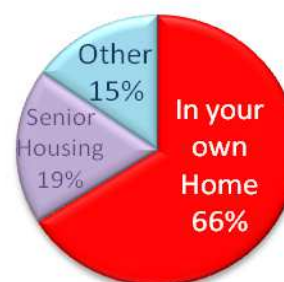
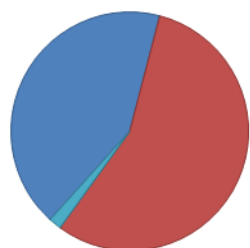
ANNUAL SURVEY RESULTS

Results are determined by those surveys that were completed and returned. Thank you to all who participated.

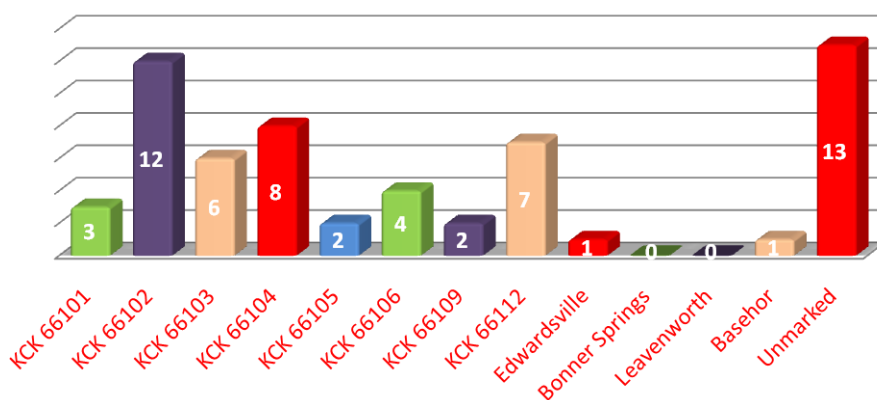
Gender**Age Group****Present Marital Status****Ethnicity**

The September/October 2010 issue of The Communicator included a survey that was returned by numerous newsletter recipients. Out of the returned surveys, the results are posted here.

Statistics are vital to Aging Services. The statistics show the demographics, population served and health assessments to name a few. This analytical tool is useful in the implementation, planning and understanding of our service area.

How would you rate your health?**Do you know name of your State of Kansas Senator and Representative?****Residence****How would you rate this newsletter?**

■ Excellent ■ Good ■ I don't read it

Location

SILVER HAIRED LEGISLATORS



Pictured above: Mary Ann Flunder (WY), Evelyn Welton (WY), Thomas Gordon (WY), Michael Keohane (LV), Modestine Bell (WY), Mabel Johnson (WY) and Helen Coles (WY).

This group of residents recently returned from Topeka where they participated in the 28th Annual Kansas Silver Haired Legislature as Delegates from Wyandotte and Leavenworth Counties.

The organization, established by the Kansas Legislature, consists of individuals, aged 60 & older, elected by their peers to develop bills and resolutions that are of interest to Kansas Seniors and their families.



The 2010 Kansas Silver Haired Legislature considered and recommended legislation pertaining to:

- Urging the Kansas Legislature to legalize the use of Marijuana for certain debilitating medical conditions.
- Providing for courts to determine the custody of grandchildren if the child is residing with grandparents in a stable relationship and it is in the child's best interest.
- Elimination of sales tax exemptions for organizations that do not provide services and/or benefits on a statewide basis.
- Amend the Kansas Constitution to provide for term limits for Kansas Representatives and Senators.
- Enactment of legislation to require newly manufactured multi-passenger vehicles to be equipped with seat belts for all passengers.

"The activities of the Kansas Silver Haired Legislature have evolved into an important Senior Advocacy for Kansas," stated Jim Snyder, Shawnee County Delegate and Speaker of the Silver Haired Legislature. "We strive to speak for Kansas Seniors of all needs and purposes."

Voice your opinion regarding issues that are important to you. Please call the Kansas Legislative Hotline at 1-800-432-3924 to contact your local representative.

Advocates for Senior Issues Needed **Sign-Up Today to Stay Informed**

- ➡ **Would you like to keep informed about what is happening at the State Capitol?**
- ➡ **Curious how legislative actions will impact Kansas' senior population?**
- ➡ **Do you wonder "How do I get involved and make an impact?"**

If you answered yes to any of these questions, you will want to sign-up for the Kansas Area Agencies on Aging Association's (K4A) legislative updates. Advocates for Kansas seniors are needed now more than ever.

***** ***Sign up at the Kansas Area Agencies on Aging Association's web-site: www.k4a.org or by emailing Craig Kaberline at Craig@k4a.org*** *****

You will receive emails regularly, keeping you informed as to the latest happenings on senior issues.

Best of all it is free. So sign up today and stayed informed on the issues.

Share this information with others who are interested in senior issues.

Together we can make a difference.

SeniorFit Program Underway

The Wyandotte/Leavenworth Area Agency on Aging (AAA) in partner with the Health Care Foundation of Greater Kansas City and the Kansas Department on Aging are offering scholarships to the Wellness Center at the Kansas City Kansas Community College.



Applications for the spring semester will be accepted November 15 to December 15, 2010 and should be made in person at the AAA office located at 1300 North 78th Street, Suite 100, KCK 66112.



Schedules for the Personal Trainer, Group Exercise, Health Screenings and Nutrition Education are now available at the AAA office. Interested parties may call AAA office for available dates and times.

Personal Trainer/Group Exercise Locations:

- ▶ Argentine Community Center
2810 Metropolitan, KCK 66106
- ▶ Strangers Rest Baptist Church
2052 N 5th Street, KCK 66101
- ▶ Vernon Multi-Purpose Center
3436 N 27th Street, KCK 66104

If you have questions regarding the Senior-Fit program, please contact the AAA office at 913-573-8531.

UTILITY TAX REBATE COMING

The Wyandotte/Leavenworth Area Agency on Aging will again be assisting the UNIFIED GOVERNMENT CLERK'S OFFICE with Utility Tax Rebates, **by appointment only** beginning January 2011. You must be born before January 1, 1945, live in the city of Kansas City, Kansas and your income can be no more than \$25,000 per year.

PEER SUPPORT PROGRAM

The Wyandotte/Leavenworth Area Agency on Aging (AAA) in collaboration with the Kansas Department on Aging, and the University of Kansas Office of Aging and Long Term Care are beginning a new **Peer Support Program**. The goal of the program is to assist older adults with anxiety and depression.

The program pairs older adult volunteers with older adults on the Medicaid Frail Elderly waiver. Together over a ten week period (schedule is flexible) you will work together in increasing the participants support system, social activities, or work on related goals.

If you have any questions regarding this new exciting program, please contact Derick Farmer at the AAA office at 913-573-8531.

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Leavenworth Office

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Dear Friends

my name is Margaret Logan, and I am writing to say Thankyou for my LiFT Chair. It has been a godsend. I am 78 years old and had trouble getting to a standing position without help. Now with the chair I can just press the button and it pops me right up there. I dont have to be dependant on anyone any more.

Thankyou again

Margaret Logan



Margaret Logan, KCK
Lift Chair Winner!



Lift Chair donated by ACCESS MEDICAL!

HOLIDAY WORD SEARCH

Find and circle all the words that are hidden in the grid.

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

- | | |
|-------------------|----------------|
| – CANDYCANES | – ORNAMENTS |
| – CHRISTMAS | – PIES |
| – CHRISTMAS TREE | – PILGRIMS |
| – CIDER | – POINSETTIA |
| – COOKIES | – PUMPKIN PIE |
| – CORNUCOPIA | – RUDOLPH |
| – CRANBERRY SAUCE | – SCROOGE |
| – DRESSING | – SLEIGH BELLS |
| – EGGNOG | – SNOWFLAKES |
| – FALL | – ST. NICK |
| – FAMILY | – SWEET POTATO |
| – FEAST | – THANKSGIVING |
| – FOOTBALL | – TIDINGS |
| – FRUITCAKE | – TRADITION |
| – GIFTS | – TURKEY |
| – GREETINGS | – VETERANS DAY |
| – HAM | – WINTER |
| – MANGER | – WREATH |
| – NOEL | – YAMS |
| – ORANGE | – YULETIDE |

Congratulations to Pat Krambeck, our October/November winner! Pat won a gift card to Price Chopper, compliments of Sunflower Adult Day Services.

ENTER TO WIN

Answer all questions correctly to enter a drawing for a \$25 gift card to Quik Trip compliments of: **Victory Hills Senior Living.**

Return entry form to:

Wy/Lv AAA, Attn: The Communicator, 1300 North 78th Street, Suite 100, Kansas City, Kansas 66112 **by November 30, 2010.**

1. In what month is National Caregiver Month celebrated?

2. Name one Silver Haired Legislator and their prospective county.

3. When does the Senior Citizens Utility Tax Rebate begin?

4. Name one of the new programs administered by the AAA.

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE #: _____

DID YOU KNOW?

...that Thanksgiving didn't become an official holiday until 1863 when President Lincoln proclaimed the last Thursday of November a national day of thanksgiving?

...the average Thanksgiving turkey weighs 15 lbs?

...that December 19th is the busiest mailing day of the year?

...that for every live Christmas tree that is harvested, three seedlings are planted in its place?

...that the first recorded mention of Santa Claus in the United States was in 1773?

...Christmas was declared a national holiday in 1870.



Be sure to complete and return your entry for a chance to win a \$25 gift card to Quik Trip compliments of Victory Hills Senior Living!

Wyandotte/Leavenworth Area Agency on Aging
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Kansas City, Kansas 66112-2406
913-573-8531
913-573-8577 FAX



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Also, please notify us if you receive more than one copy.

THANK YOU



NOVEMBER OBSERVANCES

NATIONAL CAREGIVING MONTH

Veterans Day - 11th

(AAA offices closed)

Unified Government Furlough Day - 12th

(AAA offices closed)

Thanksgiving Holiday - 25th & 26th

(AAA offices closed)



DECEMBER OBSERVANCES

Unified Government Furlough Day - 23rd

(AAA offices closed)

Christmas Eve - 24th

(AAA offices closed)

Merry Christmas - 25th

New Year's Holiday - 31st

(AAA offices closed)

THE COMMUNICATOR

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LaMonica Upton - Contributing Editor

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For more information call the Information & Assistance Department at 913-573-8531.

Information & Assistance 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 Wyandotte/Leavenworth Area Agency on Aging by calling 913-573-8531, or for the hearing impaired TDD 1-800-766-3777.