ENJOY THE SUNSHINE BUT KEEP YOUR COOL

When the temperature rises, we should take certain precautions to ward off heat-related illness. Babies, children, pregnant women and the elderly are more prone to overheating than others. Don’t forget that the human race lived for many, many years without air conditioning. Within the limits of your particular health situation, your body can alter to the summer increase in temperature. Just become accustomed to the fact that you may have to alter your activities and schedule to “beat the heat”. Here are some simple ways to stay cool.

- Drink plenty of water and clear beverages to keep hydrated.
- Wear lightweight, loose-fitting clothes.
- Close your blinds and curtains during the day to block the sun.
- Avoid caffeine and alcohol as these will promote dehydration.
- Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products.
- Wet several wash cloths and place them on your forehead and chest and sit in front of a fan.

If you experience symptoms of heat stroke or dehydration, call emergency personnel and seek professional assistance.

DISFRUTE DEL SOL PERO MANTENGASE FRESCO

Cuando la temperatura sube, debemos tomar ciertas precauciones para rechazar enfermedades relacionadas con el calor. Los bebés, los niños, las mujeres embarazadas y los ancianos son más propensos a recalentarse que otros. No se olvide que la raza humana vivió muchos, muchos años sin el aire acondicionado. Dentro de los límites de su situación particular de salud, su cuerpo puede ajustarse al aumento de temperatura en el verano. Acostúmbrese al hecho de que usted tiene que alterar sus actividades y horario “para combatir el calor”. Aquí están algunas maneras simples de mantenese fresco.

- Tome mucha agua y líquidos claros para mantenerse hidratado.
- Vístase con ropas livianas y sueltas.
- Cierre sus persianas y cortinas durante el día para bloquear el sol.
- Evite la cafeína y el alcohol pues éstos promueven la deshidratación.
- En vez de alimentos calientes, sirva pequeños comidas o bocados frecuentes que contengan frutas frías o productos lácteos con poca grasa.
- Moje varios paños y colóquelos en su frente y pecho y síntese delante de un ventilador.

Si usted experimenta síntomas de acaloramiento o de deshidratación por el calor, inmediatamente busque ayuda médica de emergencia.
SENIOR ADVOCACY
LEGISLATIVE WRAP-UP

At approximately 3:00AM on May 11, 2010, the Kansas House of Representatives passed the tax legislation necessary to fund the state budget for next year. Later that day the Kansas Legislature completed their work for this year. Below are some highlights of the 2010 session that impact Kansas' aging population.

✦ Senior Care Act was funded by the Governor’s recommendation at roughly $6.3 million, which was a $315,484 reduction for FY 2011.

✦ Nutrition programs will be funded at the FY 2010 level plus $110,000 added by Rep. Niles Dillmore (Wichita).

✦ A new telehealth program will be established for those on the Medicaid waiver for the frail elderly. The program is funded at $1.1 million for roughly 500 individuals. The program is required to be a statewide program with 100 spots for each congressional district. If not used in one area it can be used elsewhere.

✦ The 10% Medicaid cuts on rates paid to medical and community programs are restored in FY 2011.

Thank you for all of your advocacy efforts throughout the legislative session this year. I ask that you keep senior issues in the minds of candidates as they run for office this year.

Information provided by: Craig Kaberline, Executive Director, Kansas Area Agencies on Aging Association (K4A)

KANSAS BECOMES SMOKE FREE

On July 1, 2010 the Kansas Indoor Clean Air Act will take effect. Kansas workplaces, bars and restaurants will become smoke-free.

TAX INCREASE SAVES AGING SERVICES FROM MORE CUTS

The state legislature approved an increase in sales tax from 5.3 percent to 6.3 percent. Governor Mark Parkinson signed the measure marking Kansas' first general tax increase since 2002. Starting in July, shoppers in Kansas will be paying an extra penny for every $1 spent on groceries and other items through July 2013. Although no one likes tax increases, this move by the legislature prevents any further cuts in state aging services including meals and in-home care for older adults. With the current economic situation, this measure will keep seniors from entering a nursing home prematurely and help support them at home in a safe and independent environment.

THE DREAM WORKS

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Thank You!

Appreciation is extended to the following who have contributed toward the cost of this newsletter.
Names are listed in alphabetical order.

✦ Marlene Babcock ✦ Mr. & Mrs. Beasley
✦ Madelyn Fotovich ✦ Alice Hampton
✦ Paul Johnson ✦ Mary Kent
✦ Mary King-Kerns ✦ Ida Pryor
✦ Elaine Ward ✦ Rosalyn Welch

A friendly reminder, to offset the cost of this publication, donations to the newsletter are always welcome.
Seniors at Vernon Center are having a great time exercising two days a week. The exercise routine builds physical strength of major muscle groups (legs, arms) and improves endurance. Their personal trainer encourages them to drink plenty of water, maintain a balanced diet and get plenty of rest. The group meets twice a week – Tuesdays and Thursdays at 10:00 am. The participants range in age from 42 to 89 years old. If you are looking to increase your daily physical activity and like to have fun, join them at the Vernon Center!

The Wyandotte/Leavenworth Area Agency on Aging has been approved for a $40,738 grant from the HealthCare Foundation of Greater Kansas City. The funds will be used to support the SeniorFit Education & Wellness Program. The SeniorFit Program is designed to promote healthy lifestyles for older adults that will aid in the prevention and management of chronic diseases such as high blood pressure and diabetes.

The program will include personal trainers focusing on exercise and strength training; health screenings provided by a RN to monitor symptoms and help identify health concerns; and nutrition education by a registered dietitian to assist with meal planning and healthy food choices.

Scholarships for the Kansas City Kansas Community College Wellness Center will also be awarded.
From the Desk of Senator David Haley:

I am so disappointed that we missed seeing one another at the Older American’s Month Celebration this year, which you may recall I normally attend. With perhaps, the exception of taking my bath in the Dunk Tank (which was NOT a part of the festivities this year I understand), I always enjoy our opportunity to share and to plan!

As a member of the Kansas Senate and as a member of the State’s Advisory Commission on Aging, it is my particular challenge to continue to understand and to respond appropriately to meeting the needs of our Area Agency on Aging. In these particularly troubling economic times, I am proud to report that the Kansas Legislature did find a way to plug a $315 million plus shortfall. This should ensure, at least for this year, that the Meals on Wheels, Medicare matches and In-Home services remain in place. Last year, as recipient of the Silver Haired Legislature’s Legislator of the Year for my “Silver Alert” law’s passage, I was pleased to see too the Lifeline basic phone service availability become a reality as well. Quality of life for all our neighbors is crucial to me and a basis for my wanting to serve in public office. Please be assured that we are partners in finding common sense solutions to dignified and healthier lives for us all.

Del escritorio del senador David Haley:

Estoy decepcionado que no nos vimos durante la celebración del Mes de las Personas Mayores este año, que usted puede recordarse yo atiendo normalmente; quizás, con la excepción de bañarme en el tanque de la clavada (que entiendo no era parte de las festividades este año) ¡Disfruto siempre de nuestra oportunidad de compartir y de planear!

Como miembro del senado de Kansas y como miembro de la Comisión Estatal Consultiva en el Envejecimiento, es mi desafío continuar entendiendo y respondiendo apropiadamente cubriendo las necesidades de nuestra Agencia para los Servicios a las Personas Mayores. En estas épocas económicas y muy preocupantes, estoy orgulloso de informarles que la legislatura de Kansas encontró una manera de cubrir el déficit de más de $315 millones. Esto asegura que siga habiendo el programa de HCBS para la ayuda para el cuidado en el hogar, las comidas sobre ruedas (Meals on Wheels) y el Seguro de salud, para nombrar a algunos servicios, se mantengan disponibles y no pierdan mucho apoyo... por lo menos por este año. El año pasado, como receptor del premio Legislador del Año de la Legislatura Gris por el paso de mi ley “Alerta de Plata”, estuve satisfecho de ver que la disponibilidad del servicio básico de teléfono de la cuerda se convirtió en realidad también. La calidad de vida para todos nuestros vecinos es muy importante para mí y es una base para mi deseo de servir en cargo público. Estén confiados que somos socios en encontrar soluciones de sentido común para que todos vivamos vidas mas sanas y dignificadas.
ALL ABOUT AGING

OLDER AMERICANS MONTH CELEBRATION A SUCCESS!

The Older American’s Month Celebration themed, “It’s A Cabaret” included dancing, food, entertainment, games and health screenings.

An estimated 250 - 300 seniors were in attendance.

A THANK YOU TO THE SPONSORS

A special “Thank You” is given to the following companies for sponsorship of the Older American’s Month Celebration. You made this event a memorable one.

- 7th Street Casino
- Access Medical
- Adult Health Services
- All Services Home Health Care
- Always There Senior Care of KC
- American Heartland Theater
- Assisted Health Services
- Best Choice Home Health
- Blessed Trinity Home Health
- Bonner Springs Nursing & Rehab.
- Care Alternatives
- Caring Hearts
- Catholic Community Hospice & In-Home Support
- Cedar Lake Village
- Cremation Center of Kansas City
- Crosslines Community Outreach, Inc.
- Delta Innovative Services, Inc.
- Foster Grandparents
- Golden Living Centers of Kaw River Edwardsville and Parkway
- Home Buddy
- JC Penney at The Legends
- Kansas City Ballet
- Kansas City Chiefs Football Club
- Kansas City Zoo
- Legends 14 Theatre
- Life Care Center of Kansas City
- LoCamp Home Health Care
- Manor Place
- Medicalodge Post Acute
- Midwest Medical Services
- National World War I Museum
- Perry Jones (YMCA)
- Presbyterian Manor
- Prestige Home Care of Kansas
- Providence Med. Center Audiologist
- Providence - St. John’s Hospital
- Providence Place
- ResCare Home Health
- Rob’s Hallmark
- Shepherds Center of KCK
- Kansas City T-Bones
- The Dream Works
- Union Bank
- United Way - RSVP (Retired Senior Volunteer Program) of Wyandotte County
- Vintage Park in Stanley, Lenexa, & Tonganoxie
MILL LEVY PROGRAMS

What is the Mill Levy?
A “mill” is defined as $.001 or one thousandth of $1.00. A Mill Levy is the number of dollars a taxpayer must pay for every $1000 of assessed value. Mill Levy funding helps maintain the following programs for older adults residing in Wyandotte County:

<table>
<thead>
<tr>
<th>Program</th>
<th>Organization</th>
<th>Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Alert</td>
<td>Lifeline Government Services</td>
<td>Audra Eames</td>
<td>1-800-368-2925</td>
</tr>
<tr>
<td>Hearing Aid</td>
<td>Providence Medical Center</td>
<td>Eric Hyde</td>
<td>913-596-5143</td>
</tr>
<tr>
<td>Vision Screening/Eyeglasses</td>
<td>Visiting Nurse Association</td>
<td>Susan Lawrence</td>
<td>816-627-6484</td>
</tr>
<tr>
<td>Senior Center</td>
<td>Vernon Multi-Purpose Center</td>
<td>Bernadette Walker-Harris</td>
<td>913-321-1220</td>
</tr>
<tr>
<td>Senior Center</td>
<td>El Centro</td>
<td>Maria Reyes</td>
<td>913-677-0177</td>
</tr>
<tr>
<td>Senior Center</td>
<td>Bonner Springs</td>
<td>Tina Ashford</td>
<td>913-441-0169</td>
</tr>
<tr>
<td>Telephone Reassurance</td>
<td>El Centro</td>
<td>Maria Reyes</td>
<td>913-677-0177</td>
</tr>
<tr>
<td>Friends for Seniors</td>
<td>Shepherd’s Center</td>
<td>Linda Siemens</td>
<td>913-281-8908</td>
</tr>
<tr>
<td>Transportation</td>
<td>Demand Response-WyCo only</td>
<td>Syglenda Collins</td>
<td>913-573-8308</td>
</tr>
<tr>
<td>Transportation</td>
<td>Tiblow Transit-Bonner Springs</td>
<td>Rita Hoag</td>
<td>913-422-5355</td>
</tr>
<tr>
<td>Transportation</td>
<td>Assisted Transportation</td>
<td>Ask for “mill levy” ride</td>
<td>913-262-5190</td>
</tr>
</tbody>
</table>

“GOOD 50” SEARCH ENGINE

Good50 is a senior friendly search engine that is enabled with SafeSearch which filters out websites with explicit or adult content and does not allow text-linked ads that can lead to sponsored websites (the ads are on the side of the screen, away from search results). The site features larger fonts and fewer advertisements than other search engines.

The search engine was created by Sunmee Huh, a soft-spoken Richard Montgomery High School junior who saw the difficulties her 82-year old grandfather, a stroke survivor, endured when using the web.

For every 50 visits to Good50, Huh pledges 5¢ to a featured charity. When the site raises $50, the funds will be donated.

If you would like to view this website, please type: www.good50.com into your address bar...happy searching!

SENIORS GET ASSISTANCE WITH MINOR HOME REPAIRS

The First United Church of Heber Springs, Arkansas targeted older adults in our area who were in need of minor home repair.

The group assisted eight low income residents in Wyandotte County from June 7-10th.

Projects included the building of ramps, yard work, landscaping, painting and house cleaning. During their stay, the group also performed skits and music at area churches.

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**“DID YOU KNOW?”**

- The Pentagon in Washington, D.C. has five sides, five stories, and five acres in the middle.
- An ostrich’s eye is bigger than its brain.
- A flamingo can eat only when its head is upside down.
- If you were to spell out numbers, you would have to go until 1,000 until you would find the letter “A”.
- Mel Blanc (voice of Bugs Bunny) was allergic to carrots.
- One pound of lemons contain more sugar than one pound of strawberries.

**“INDEPENDENCE DAY” WORD SEARCH**

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

- AMERICAN
- APPLE PIE
- BANG
- BARBECUE
- BETSY ROSS
- BILL OF RIGHTS
- COLONIES
- CONGRESS
- CONSTITUTION
- DECLARATION
- EAGLE
- ELLIS ISLAND
- FIRECRACKERS
- FIREWORKS
- FLAG
- FOREFATHERS
- FOURTH OF JULY
- FREEDOM
- INDEPENDENCE DAY
- LIBERTY BELL
- PATRIOTIC
- PICNICS
- PRESIDENT
- RED, WHITE, BLUE
- SPARKLERS
- STARS
- STATUE OF LIBERTY
- STRIPES
- WATERMELON
- WHITE HOUSE
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.

JULY OBSERVANCES
Unified Government Furlough Day - 2nd
(AAA offices closed)

Independence Day - 4th
(AAA offices closed)

AUGUST OBSERVANCES
Cataract Awareness Month

National Fraud Awareness Week
August 4 - 10

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

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