BEAT THE HEAT

HEATSTROKE IS A LIFE-THREATENING HEAT RELATED ILLNESS.

Summer heat can be more than uncomfortable - it can be a threat 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 snacks throughout the day instead of full meals.

♦ Think cool. Take cool showers and visit your local mall or library to enjoy the air conditioning. At times, the summer heat can hit harder than expected. You may feel more than uncomfortable, you can become sick.

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

VENZA EL CALOR

El calor del verano puede ser más que incómodo - puede ser una amenaza para su salud. El tiempo caliente puede ser especialmente peligroso para los niños muy jóvenes y los adultos más avanzados de edad. No deje que el calor del verano se lleve lo mejor de usted. Intente estas advertencias para permanecer fresco y saludable:

♦ Tome bastante refrescos y bebidas sin alcohol, especialmente agua
♦ Este adentro durante las horas más calientes del día
♦ Vistase de acuerdo al tiempo
♦ Coma comidas livianas
♦ Vaya a lugares frescos

Los síntomas de la insolación pueden incluir: piel seca, caliente, roja; el sudar ha parado; fiebre; no se queja de sed o de calor; irritabilidad debido a confusión; convulsiones o pérdida de sentido.

Tratamiento: La insolación es una emergencia médica. ¡Busque ayuda médica de inmediato! Mientras tanto muévase a un área sombreada. Refresquese removiendo la ropa excesiva y colocando los paños fríos, mojados en la piel. Siéntese y eleve levemente los pies.
Save The Date

Medicare
Fall Open Enrollment
October 15, 2011 - December 7, 2011

*Changes made during this time go into effect in 2012

During the Fall Open Enrollment you can change how you receive your healthcare coverage and add, change or drop drug coverage. You can make as many changes as you want. The last change that is made is the one that will take effect. Changes made during the Fall Open Enrollment take effect January 1. The dates of Fall Open Enrollment will be different starting in 2011. In 2011 and in years after, the Fall Open Enrollment period will start earlier and end earlier.

Information provided by Medicare Rights Center

Wyandotte County Cooling Centers
Please visit one of the following sites if you’re needing heat relief!

Kansas City Kansas Libraries
Main Branch -- 625 Minnesota Argentine - 2800 Metropolitan
Wyandotte West - 1737 N. 82nd Street
Turner Community - 831 S. 55th Street

Salvation Army - 6723 State Ave.

Eisenhower Community Center
2901 North 72nd Street

Argentine Community Center
2810 Metropolitan

Armourdale Community Center
730 Osage

Turner Recreation Center
831 South 55th Street

KCK City Hall Lobby
701 North 7th Street

Willa Gill Center
345 Nebraska

Public Housing High Rise (cafeteria)
915 Washington Blvd.

Juniper Gardens Comm. Center
1980 North 2nd Street

Mt. Carmel COGIC
(south wing)
2025 North 12th Street

Bonner Springs Library
201 North Nettleton,
Bonner Springs

Bonner Springs Comm. Center
200 E 3rd Street, Bonner Springs

YMCA’s of Greater KC
8th Street - 900 North 8th Street
Providence - 8601 Parallel Pkwy.
Bonner Springs - 2251 South 138th, in Bonner Springs

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Proverbs 3:5


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Kansas City, Kansas 66112

www.sacredhearthomehealthcare.com

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- Elevators for your convenience and safety

Affordable Senior Living
Age requirement - 55 years young

For Leasing Information Call:
913-371-2515

Summer
**Senior News and Announcements**

*Are you Senior Fit?*

The Wyandotte/Leavenworth Area Agency on Aging is sponsoring a limited number of seniors for the Wellness Center at Kansas City Kansas Community College. Seniors 60 and over, living in Wyandotte county are encouraged to apply.

Applications will be accepted July 20 - 27, 2011 at 1300 North 78th Street, Suite 100, Kansas City, Kansas. Priority will be given to those who have never received a scholarship.

If you have any further questions, please feel free to call the Area Agency on Aging at 913-573-8531.

**LEGISLATIVE UPDATE**

Medicare and Medicaid serve over 95 million Americans nationwide. Their services offer secure and stable access to health care for beneficiaries and peace of mind for their families. Currently, Kansas SRS serves over 500,000 individuals.

In response of the national effort to reduce the federal budget, Kansas is proposing reformation of the state Medicaid program.

“It is essential to Governor Brownback and me that we receive guidance from Kansans while we work to reform our state’s Medicaid system,” Lt. Governor Colyer said. “These forums will provide Kansans from across the state the opportunity to give their input about healthcare in their communities. We look forward to working collaboratively with our fellow Kansans to find Kansas solutions for Kansas healthcare needs.”

If you are interested or wish more information about this or other issues you can visit the website www.kslegislature.org or call 1-800-432-3924 to contact your State Senator and/or Representative.

Clearly, Medicaid matters!

Information provided by the Kansas Area Agencies on Aging

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For more information, or to place an order, contact Joe Leal or Zach Hodson at (913) 281-8695.

www.TheDreamWorksinc.com

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**Next Chapter Kansas City**

“Getting Started In Education” is an Online Encore KC! Course for persons who would like to explore their interest in the field of education. It will be offered by Next Chapter Kansas City in cooperation with the Continuing Education Department at KCK Community College from July 5 through August 30, 2011. Participants will be able to take the class at their own pace, and have the opportunity to discuss various topics with other students through online forums and face-to-face meet up events. The class is appropriate for all adults, but was developed for persons age 50+, who are considering a second or Encore career. Steven Joiner, M.A. in Adult Education, is the instructor. The cost is $50. For more information about Next Chapter KC and the class, contact Karen Hostetler, Next Chapter KC Director at 913-281-8908 or karenh@sckck.org

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**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.

FUND HOME (913) 262-6610
210 South 14th St.
Kansas City, KS 66106

www.maplehillfuneralhome.com

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**Maple Hill Cemetery**

(913) 262-6610
2301 South 14th St.
Kansas City, KS 66106
Seniors in Wyandotte County enjoyed an afternoon of food, games, information, health screenings and entertainment. DJ Hank spun tunes for the dance contest that awarded 4 winners with gift cards and cash.

Left: Leo Perkins, the winner of the lift chair donated by Access Medical Supply LLC as part of the Older American’s Month Celebration.
Dear Newsletter Recipient:

For 20 years “The Communicator” has served as a vital means for providing seniors in Wyandotte County important information regarding aging news, legislation, events, programs, services and much more!

Until now, we have been able to supply this service on a donation only basis. However, your donation is crucial to the continued existence of this publication.

Please help us save this important publication by becoming a sponsor!

Sincerely,

[Table]

Keep in mind that your donations are tax deductible!

Make your check payable to: Wyandotte/Leavenworth AAA

A BIG “Thank You” to the sponsors of our 2011 Sock Hop the event would not have been a success without your support!

PLATINUM SPONSORS
- Access Medical
- Alliance Home Health
- Care Alternative Hospice
- Sacred Heart Home Health
- Sunshine Home Health
- Treat America

GOLD SPONSORS
- Adult Services, Inc.
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- Catholic Charities
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- Home Buddy
- Integrity Home Care
- Kansas Presbyterian Manor
- Life care of Kansas City
- Prestige Home Care of Kansas
- Providence Place
- Village Home Care

SILVER SPONSORS
- Assisted Services, Inc.
- Cremation Center of Kansas City
- Kendallwood Hospice
- Heartland Home Health Hospice
- Providence/St. Johns Hospital
- Tonganoxie Nursing & Rehab Center

HEALTH SCREENINGS
- LaCamp Home Health
- Missouri Lions Eye Research Foundation

OTHER DONORS
- Price Chopper - Bonner Springs
- T-Bones - Kansas City
- Red Fortune Chinese Restaurant

THANK YOU
Senior News & Announcements

FAN FRENZY

The Adult Resource Panel of Wyandotte County in collaboration with Cross-Lines Community Outreach is sponsoring a “Fan Frenzy.”

The project has collected more than 130 fans and 2 air conditioners, which have since been distributed.

The Adult Resource Panel is now seeking more donations to keep up with the demand. The target population is seniors 60 and over living in Wyandotte County. Keep in mind that July and August are normally the hottest months in the year.

If you are interested in donating a fan or would like to make a cash donation to help purchase fans, please contact Fub Xiong, Case Manager at the Area Agency on Aging 913-573-8531.

AREA AGENCY ON AGING TO RECEIVE NATIONAL RECOGNITION FOR INNOVATIVE PROGRAM

The Wyandotte/Leavenworth Area Agency on Aging is among the recipients of a 2011 N4A (National Area Agencies on Aging) Aging Achievement Award for the SeniorFit Program in the Healthy Aging award category.

SeniorFit is a free health and wellness program dedicated to improve the quality of life for seniors (60+) in Wyandotte County, Kansas.

Awards will be presented during the N4A Annual Conference in Washington, DC, July 16-20. the Aging N4A Innovations & Achievement Awards Luncheon will be held on Sunday, July 17, 2011. Assistant Secretary for Aging, Kathy Greenlee of the U.S. Administration on Aging, will recognize all award winners and will present monetary rewards to the top three recipients of Aging Innovations Awards.

Available for Move-In Now!!!!

Brand New 2 Bedroom/2 Bathroom all-electric Duplexes at Pemberton Place, Senior Living Community located across the street from the West Wyandotte Library Branch on North 82nd St.

Amenities include
- attached garage
- covered front porch
- reinforced storm shelter
- fully-equipped kitchens (stove, frig, built-in microwave, dishwasher)
- washer and dryer
- community clubhouse and pond pets allowed (restrictions apply)

Accepting applications (income limits apply).
Rent based upon income.
$639 a month for annual income ranges between $20,280.00 and $25,350.00
$699 a month for annual income ranges between $25,350.00 and $30,420
($34,740 for two people).

Call 816-572-5281 or email info@pembertonkck.com for more information and to see if you qualify. Go to our website www.pembertonkck.com to view spacious floorplans.

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Kansas City Office Leavenworth Office
www.blessedtrinityhealth.com
Facts

- The first public Fourth of July event at the White House occurred in 1804.
- The Liberty Bell sounded from the tower of Independence Hall on July 8, 1776 summoning citizens to gather for the first public reading of the Declaration of Independence by Colonel John Nixon.
- The 56 signers of the Declaration of Independence did not sign at the same time, nor did they sign on July 4, 1776. The official event occurred on August 2, 1776 when 50 men signed it.
- In 1941, Congress declared 4th of July a federal legal holiday. It is one of the few federal holidays that have not been moved to the nearest Friday or Monday.

Trivia

1. When was the Stars and Stripes authorized by Congress as the national flag?
2. The flag has 13 stripes. How many of them are red?
3. Francis Scott Key wrote the words to the Star-Spangled Banner after witnessing what?
4. Where was and when was the first 50-star flag flown?
5. Which well-dressed president who was rumored to own 80 pairs of pants?
6. At 5 feet 4, who was the shortest president?
7. Which president had the most children?
8. Which president served the shortest term?

Answers

1. June 14, 1777. This date is observed as Flag Day.
2. Seven.
3. The bombardment of Fort McHenry.
5. Chester Arthur (also the first to employ a full-time valet).
6. James Madison
7. William Henry Harrison, who died of pneumonia shortly after his inauguration. He served only 32 days, from March 4 to April 4, 1841.

America the Beautiful

Find and circle all the words hidden in the grid.

- Allegiance
- America
- Ants
- Apple pie
- Benjamin Franklin
- Betsy Ross
- Blue
- Boom
- Colonies
- Cookout
- Display
- England
- Family
- Firecrackers
- Flag
- George Washington
- Gingham
- Holiday
- Independence Day
- Kite
- Liberty Bell
- National Treasure
- Patriotic
- Picnic
- Popsicle
- Red
- Sea to Shining Sea
- Sparklers
- Spectacle
- Stars
- Star Spangled Banner
- States
- Stripes
- Uncle Sam
- Veteran
- Watermelon
- White
Wyandotte/Leavenworth
Area Agency on Aging
1300 North 78th Street, Suite 100
Kansas City, Kansas 66112
Phone: 913-573-8531
Fax: 913-573-8577
E-mail: 60plus@wyckck.org
Website: www.wycokck.org/aging

IS THIS NEWSLETTER REACHING YOU?
Please notify us of any change in address. If the
address label is incorrect, please call THE COMMU-
NICATOR office at 913-573-8531 or write us at the
address listed above. Also, please notify us if you
receive more than one copy.
THANK YOU

AAA FUNDED PROGRAMS
Transportation
Demand Response
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

HOLIDAY
Independence Day
July 4, 2011
Unified Government
offices closed

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If you need assistance call the Wyandotte/Leavenworth Area
Agency on Aging at 913-573-8531.

The Wyandotte/Leavenworth Area Agency on Aging does
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tional origin, sex, or handicap.

If you feel you have been discriminated against, you may file
a complaint with the Kansas Department on Aging at 1-800-
432-3535.