SAFE SUMMER AND WELLNESS

The summer months are here. We dream of warm days in the sun, going fishing, swimming and leisure walks at the park. We can’t wait to be outside, but the hot days of summer can affect our health if we are not careful. Being safe is the number one priority when working or playing outdoors.

We all know to drink plenty of water, get plenty of rest and maintain a balanced diet. These tips keep us healthy and enjoying our fun days in the sun. We encourage everyone to consult with a physician when increasing your physical activity level or starting a new exercise program. Be mindful of the interaction of too much sun with the medications you take. Enjoy your summer!

VERANO Y BIENESTAR SECUROS

Los meses de verano ya están aquí. Soñábamos de días clientes al aire libre, pescando, nadando en la piscina o caminando en el parque. No podemos esperar para estar afuera pero los días clientes pueden afectar la salud. Estar protegidos del sol cliente es lo más importante cuando se trabaja o juega al aire libre.

Todos sabemos que tenemos que tomar mucho agua, descansar y mantener una dieta balanceada. Estos consejos nos mantienen saludables disfrutando los días al aire libre. Le aconsejamos que consulten con su médico antes de aumentar la actividad física o comiencen un plan nuevo de ejercicios. También, no se olviden de la interacción de las medicinas que toman con el sol cliente. Disfruten su verano!

You will find a list of local Cooling Centers on Page 6 of this newsletter
Age & Driving

As we age, it’s normal for our driving abilities to change. By reducing risk factors and incorporating safe driving practices, many of us can continue driving safely long into our senior years. But we do have to pay attention to any warning signs that age is interfering with our driving safety and make appropriate adjustments; even if it may reduce our independence. Seeking alternative methods of transportation can offer health and social benefits, as well as a welcome change of pace to life.

Everyone ages differently, so there is no arbitrary age when someone should stop driving. However, older adults are more likely to receive traffic citations and get into accidents than younger drivers. In fact, fatal crash rates rise sharply after a driver has reached the age of 70. What causes the increase? As we age, factors such as decreased vision, impaired hearing, or slowed motor reflexes may become a problem. You may have a chronic condition that gradually worsens with time or you may have to adjust to a sudden change, such as a stroke.

If a driving situation makes you uncomfortable, don’t do it. Many older drivers voluntarily begin to make changes in their driving practices. For instance, you may decide to drive only during daylight hours if you have trouble seeing in reduced light. If fast moving traffic bothers you, consider staying offfreeways, highways and find street routes instead. You may also decide to avoid driving in bad weather (rain, thunderstorms, snow, hail, ice). If you are going to a place that is unfamiliar to you, it is a good idea to plan your route before you leave so that you feel more confident and avoid getting lost.

You may have driven your entire life and take great pride in your safety record, but as you age, it is critical that you realize your driving ability can change. To continue driving safely, you need to recognize that changes can happen, get help when they do and be willing to listen to others voice concerns.

It is understandable that this can be a very sensitive subject to discuss with family members. The loss of the ability to drive marks a significant loss of independence.

Thankfully, when the time does come for older adults to stop driving, there are transportation programs available to help meet their needs.

If you need transportation to the doctors or grocery store visits, you may contact Demand Response at 913-573-8308. Keep in mind that this transportation service is for Wyandotte County residents over 60 years of age only and will not travel outside the Wyandotte County limits. The cost is $1 each way or $2 roundtrip.

<table>
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<tr>
<th>Accessible Space, Inc.</th>
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<tr>
<td>Accessible, Affordable Housing</td>
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<tr>
<td>Quality, Rent Subsidized Housing for Adults with Qualifying Physical Disabilities in KS</td>
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<tr>
<td>Melissa Anne Hanger - Topeka</td>
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<td>Mid America Commons - Kansas City</td>
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<tr>
<td>Blackbird Apartments - Kansas City*</td>
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<td>(*Opening March 2013 and Now accepting applications for residency)</td>
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<tr>
<td>Features and Ammenities</td>
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<tr>
<td>- One and two bedroom apartments</td>
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<tr>
<td>- Rent based on 30% of gross adjusted monthly income</td>
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<tr>
<td>- Grab bars in bath and shower</td>
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<td>- Roll-under counter tops, in kitchen and bath</td>
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<tr>
<td>- Mini blinds and carpeting</td>
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<tr>
<td>- Elevator service &amp; on-site laundry facilities</td>
<td></td>
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<tr>
<td>- Lowered light switches and counters</td>
<td></td>
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<tr>
<td>- Multi-purpose community room</td>
<td></td>
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<tr>
<td>- Approved pets welcome</td>
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Call 800-466-7722
TTY/TDD 800-627-3529
www.accessiblespace.org

Interested or have questions? Contact Linda Ramirez at 913-573-8531 or email at 60Plus@wycokck.org
DO I QUALIFY FOR “EXTRA HELP”?  

Medicare Savings Programs and Extra Help are savings programs that help pay for Medicare costs, such as co-pays and premiums. They may also lower deductibles, co-insurance and prescription drug costs. If you have limited income and resources or your income falls below the amounts listed in the table, you may qualify for Extra Help and one or more of the Medicare Savings Programs.

<table>
<thead>
<tr>
<th>SAVINGS PROGRAM</th>
<th>INDIVIDUAL MONTH INCOME LIMIT**</th>
<th>MARRIED COUPLE MONTHLY INCOME LIMIT**</th>
<th>PAYS FOR:</th>
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</thead>
<tbody>
<tr>
<td>QUALIFIED MEDICARE BENEFICIARY (QMB)</td>
<td>$978</td>
<td>$1313</td>
<td>PART A, PART B, AND PART D CO-PAYMENTS, DEDUCTIBLES AND CO-INSURANCE</td>
</tr>
<tr>
<td>LOW INCOME MEDICARE</td>
<td>$1169</td>
<td>$1571</td>
<td>PART B PREMIUMS AND PART D CO-PAYMENTS, DEDUCTIBLES AND COINSURANCE</td>
</tr>
<tr>
<td>EXPANDED LOW INCOME MEDICARE MENEFICIARY (ExLMB)</td>
<td>$1313</td>
<td>$1765</td>
<td>PART B PREMIUMS AND PART D CO-PAYMENTS, DEDUCTIBLES AND COINSURANCE</td>
</tr>
<tr>
<td>MEDICARE PART D SUBSIDY (LIS OR EXTRA HELP)</td>
<td>$1436</td>
<td>$1939</td>
<td>PART D PREMIUMS CO-PAYMENTS AND DEDUCTIBLES</td>
</tr>
</tbody>
</table>

Income and resource qualifications depend on a variety of factors. If you are on a fixed income and would like help paying for Medicare and prescription drug costs but don’t meet the income guidelines discussed, you are still encouraged to apply.

For more information about Medicare Savings Programs and Extra Help, contact LaMonica Upton at the Area Agency on Aging and Disability Resource Center at 913-573-8545. Find out if you or your loved one qualifies and start saving money today!

This program is a project of the Kansas Department for Aging and Disability Services (KDADS), the Centers for Medicare and Medicaid Services and the Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center.

** Farming's Market Vouchers **

The Wyandotte/Leavenworth Area Agency on Aging (AAA) have depleted its supply of Farmer’s Market Vouchers. You may contact the AAA office at 913-573-8531 to inquire if more have been obtained.

** New Nutrition Site Coordinator **

Macolm Nash is the new Nutrition Site Coordinator for the Wyandotte/Leavenworth Area Agency on Aging. Mr. Nash has been a case manager at the agency since 2006 and has recently taken on the new job as the former Site Coordinator, of 14 years, Sandra Fowler retired.

Mr. Nash will oversee the eight nutrition sites in Wyandotte County and continue to monitor some Senior Care Act program clients.
The Wyandotte/Leavenworth Area Agency on Aging sponsored the 3rd Annual Sock Hop on May 23, 2013. As part of the Older Americans’ Month celebration, over 400 guests enjoyed health screenings, games, food, dance contest and the opportunity to sing their favorite ballot with karaoke. Here you will find a list of our sponsors and pictures from the event.

PLATINUM SPONSORS
Access Medical LLC
Adult Health Services
Axis Home Health Services
Coalition for Independence
Kendallwood Hospice
Life Care of Kansas City
Manor Place Senior Living
Sacred Heart Home Health
Visiting Angels

GOLD SPONSORS
Alliance Home Health Care, Inc.
Bonner Springs Nursing & Rehab
Catholic Community Hospice
Heartland Hospice
Providence Medical Center
Tonganoxie Nursing Center

SILVER SPONSORS
All Services
Assisted Transportation
Certified Senior Advisory
Home Buddy
Presbyterian Manor
Professional Rehabilitative Services
Providence Place
Senior Medicare Patrol—SMP
Southern Hospice
Sunshine Home Health
United Healthcare—Community Plan
Victory Hills Senior Living
Village Home Health
World Health Industry

HEALTH SCREENINGS
Aquinas Home Health
Missouri Lions Eye Research Foundation
Walgreens - Store # 7550
A special thanks is given to our community sponsors for their contribution to the Older Americans’ Month celebration.

The Wyandotte/Leavenworth Area Agency on Aging have received an abundance of “thank you” cards for the Sock Hop event. Without the support of the contributors, the event would not be possible.

See you all next year!
LOCAL COOLING CENTERS

The KCK LIBRARIES are open and available the below hours for Cooling Centers. People will be asked to use library resources while there and sleeping is not allowed. It is a great place to stay cool and have plenty to read.

Main Branch: 625 Minnesota Avenue, KCK
   Hours: 8:30 AM till 8:30 PM, Mon.-Thurs.
           8:30 AM till 5:00 PM, Fri. and Sat.
           1:00 PM till 5:00 PM, Sunday

South Branch: 3104 Strong Avenue, KCK
   Hours: 9:00 AM till 9:00 PM, Mon.-Thurs.
           9:00 AM till 5:00 PM, Fri. - Sat.
           1:00 PM till 5:00 PM, Sunday

Wyandotte West Branch: 1737 North 82 Street, KCK
   Hours: 9:00 AM till 5:00 PM, Mon.-Sat.
          1:00 PM till 5:00 PM, Sunday

WYANDOTTE COUNTY COMMUNITY CENTERS

Eisenhower Community Center: 2901 North 72nd Street, KCK
   Hours: 9:00 AM till 2 PM
           5:00 PM till 9:00 PM, Mon. - Fri.

Argentine Community Center: 2810 Metropolitan, KCK
   Hours: 9:00 AM till 9:00 PM, Mon.-Fri.

Armordale Community Center: 730 Osage, KCK
   Hours: 3:00 PM till 9:00 PM, Mon.-Fri.

BONNER SPRINGS/EDWARDSVILLE

Library: 201 N. Nettleton, Bonner Springs, Kansas
   Hours: 9:00 AM till 8:00 PM, Mon.-Thurs.
          9:00 AM till 5:00 PM, Fri. - Sat.
          1:00 PM till 5:00 PM, Sunday

Community Center: 200 East 3rd Street - Bonner Springs, Kansas
   Hours: 8:00 AM till 5:00 PM, Mon. Fri.

Wyandotte Towers: [Cafeteria Area] 915 Washington Blvd, KCK
   Hours: 9:00 AM till 4:00 PM, Daily

Juniper Gardens Community Center: 1980 North 2nd St, KCK
   Hours: 9:00 AM till 2:00 PM, Daily

SPRAY PARKS AND POOLS

Spray parks: Open 9 am to 9 pm daily, and are free
   ◆ Eisenhower Spray Park 2901 N. 72nd Street
   ◆ Heathwood Park, North 10th & Parallel Parkway
   ◆ Pierson Spray Park, 1800 S. 55th

SWIMMING POOLS

Parkwood Pool: 950 Quindaro, KCK –
   Hours: Tues. - T Sat. Noon – 8:00 pm
          Sunday: 2:00 – 8:00 pm

Bonner Springs Aquatic Park: 1200 South 134th Street,
   Bonner Springs – Fee Required

Open Swim Hours: Noon – 8 pm Mon. – Thurs.
                 Noon – 7 PM Friday-Sunday

Turner Aquatic Center: 2211 S 55, KCK - Commons Area
   Open: Daily 12:00 PM to 6:00 PM

For an updated listing, you may visit the Emergency Management Department website at: www.wycokck.org/emergency

Heat Safety Tips

If you have elderly neighbors or friends, give them a call to check on them. Pay them a visit and make sure they are not getting overheated or dehydrated. Share some heat safety tips with them:

◆ Wear lightweight, loose fitting clothing
◆ Stay hydrated
◆ Eat smaller meals more often
◆ Avoid Caffeine, alcohol and carbonated beverages
◆ Take regular breaks
◆ Put off strenuous activity, do it during the coolest part of the day, usually in the morning between 4am and 7am
◆ Close blinds and curtains during the day to block the sunlight
◆ Wet several wash cloths and place them on your head and chest while sitting in front of the fan

Does email work for you?
Help us save postage costs by joining our email club...get information before everyone else!
If interested, send an email to: 60Plus@wycokck.org with your request.
**SPRING HAS SPRUNG!**

Find and circle all the words hidden in the grid.

- AMERICA
- APPLE PIE
- BANG
- BASEBALL
- BOOM
- DISPLAYS
- FIRECRACKERS
- FLAG
- FREEDOM
- INDEPENDENCE DAY
- LIBERTY
- MOSQUITOS
- PATRIOTIC
- POPSICLES
- SPARKLER
- STATUE OF LIBERTY
- SWIMMING
- VACATION

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- ANTS
- BACK TO SCHOOL
- BARBECUE
- BETSY ROSS
- CRAYONS
- EAGLE
- FIREWORKS
- FOREFATHERS
- HOTDOGS
- KITE
- LIBERTY BELL
- NOTEBOOKS
- PICNIC
- RED WHITE BLUE
- STARS
- UNCLE SAM

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**Find the objects hidden in the picture to the left.**

- needle
- wishbone
- lock
- tack
- nail
- bell
- ring
- glove
- heart
- candle
- bowl
- spoon
- fork
- teacup
- paintbrush
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
Emma Fonseca, Contributing Editor
LaMonica Upton, Contributing Editor

Independence Day
July 4, 2013
AAA Office Closed

Back to School
District 500
August 12, 2013

RIBBON CUTTING CEREMONY
September 27, 2013
10am
Indian Springs location

The Wyandotte/Leavenworth Area Agency on Aging and Disability Resource Center will be moving to our new location in late fall.