BEATING THE HEAT

When meteorologists use terms like “extreme heat” or “excessive heat,” they mean more than just discomfort from hot weather. What they describe is a level of high temperatures and high humidity that is potentially dangerous, one from which people should seek relief as soon as possible.

What should you do?
If a period of extreme heat is forecast for your area, take the following precautions:

- If you have air conditioning already installed, make sure it works properly before the summer months.
- Install window air conditioners snugly; insulate them if necessary. Check your home’s air conditioning ducts for proper insulation.
- Install temporary window reflectors, such as aluminum foil-covered cardboard, between windows and drapes to reflect heat back outside.
- Install weather stripping on your home’s doors and windowsills to keep cool air in and hot air out.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers, which can reduce the heat entering a home by up to 80 percent.
- Keep storm windows in place year-round.
- If you don’t have air conditioning, open your windows during the coolest part of the day and keep fresh air moving around your home with circulating fans.
- Drink plenty of cool non-alcoholic liquids, especially water.
- Protect your face and head with a wide-brimmed hat, and wear light colored clothing to reflect sunlight (dark clothing more readily absorbs sunlight).
- Keep pets indoors and refill their water bowls frequently.

Take the proper precautions when excessive summer heat shines down on your area.
WATCH OUT FOR FINANCIAL EXPLOITATION

Financial exploitation of elders is complex and in some instances, accompanied by other forms of elder abuse.

According to a study by the National Center on Elder Abuse, financial abuse accounted for about 12% of all elder abuse reported nationally.

Elderly victims experiencing hybrid financial exploitation (that is, financial exploitation along with abuse or neglect) tended to be financially independent but were physically dependent. They have significant health problems, are unable to drive and are to some degree, dependent on others for assistance.

Family, friends, neighbors, caregivers, fiduciaries, business people and others may try to take advantage of you. They may take your money without permission, neglect to repay the money owed to you, charge too much for services or not perform the services you paid them to do. If any of these things happen, it is an example of financial exploitation or financial abuse.

Look for these common signs of financial exploitation:

- You think some money or property is missing.
- Your family says that some of your money or property is missing.
- You notice that you’re unable to pay bills that are normally paid.
- You are asked to withdraw large amounts of money.

If you feel that you’ve been taken advantage of, report it!

You may contact Adult Protective Services at 1-800-922-5330.

OPEN HOUSE HELD

Area Agency on Aging & Disability Resource Center

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center hosted an Open House on June 12, 2014. The event was open to the public and offered building tour, information regarding services, door prizes, popcorn, lemonade and were able to dance to the sounds of DJ Suave.

OPEN HOUSE DOOR PRIZE CONTRIBUTORS

⇒ ACTION COFFEE ⇒ HUMAN RELATIONS COMMISSION
⇒ COMPASSIONATE CARE HOSPICE ⇒ KANSAS CITY AREA TRANSPORTATION AUTHORITY
⇒ ESSENTIAL HOME HEALTH ⇒ LIBERTY FRUIT
⇒ HOME DEPOT ⇒ T-BONES BASEBALL
We receive a lot of mail everyday. So many times we put the mail aside and forget to open it creating havoc at a later date. We strongly encourage our readers to open and read your mail. Most of us deal with organizations such as, insurance companies, government agencies, banking institutions and similar types of organizations. Not reading your mail in a timely manner can adversely impact your financial and physical well being.

Seniors and their caregivers can contact our office to help them read and better understand the correspondence they receive. Many times a point of clarification is what is needed; other times a quick phone call to the organization that sent the letter prevents any legal or monetary penalty.

Above you will find logos of organizations that send mail/information to a sensitive population. These correspondences may be important as suggested in the above article. Read your mail, especially from these organizations, as they most likely are time sensitive.

PLEASE NOTE: The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center does not endorse unsolicited mail of any kind from these or other organizations. Be careful of solicitors and “READ YOUR MAIL” thoroughly.

¿Qué debe hacer?
Si un periodo de calor extremo se proyecta en su área, tome las precauciones siguientes:

- Si tiene aire acondicionado ya instalado, asegúrese de que funciona correctamente antes de la temporada de verano.
- Instale acondicionadores de aire de ventana perfectamente; aíslelos si es necesario. Inspeccione su hogar de conductos de aire acondicionado para un correcto aislamiento.
- Instale reflectores temporeros en las ventanas, como un cartón cubierto con una hoja de aluminio, entre las ventanas y cortinas para reflejar el calor exterior.
- Instale burletes en las puertas de su casa y dinteles para mantener el aire fresco adentro y el caliente afuera.
- Beba muchos líquidos fríos, especialmente el agua.
- Protega la cara y la cabeza con un sombrero de ala ancha, y use ropa de colores que reflejen la luz del sol (ropa oscura absorbe más fácilmente la luz del sol).
- Mantenga las mascotas dentro de la casa y les de beber agua con frecuencia.
OLDER AMERICANS’ MONTH CELEBRATION

The Wyandotte/Leavenworth Area Agency on Aging sponsored the 3rd Annual Sock Hop on May 23, 2014. 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
Catholic Community Hospice
Encompass Home Health & Hospice
Kendalwood Hospice
Sacred Heart Home Health

GOLD SPONSORS
Best Choice Home Health Care
Coalition for Independence
Home Buddy
United Healthcare Community Plan

SILVER SPONSORS
Dream Works
Medicalodges
Senior Medicare Patrol
Sunshine Home Health Care, Inc.

HEALTH SCREENINGS
Providence Medical Center
Saving Sight
Walgreens

DONATIONS
Country Place Senior Living
Dr. William Hartman & Associates
Home Depot
Sun Meadows
Access Medical LLC, a medical equipment supplier, has donated a lift chair to the Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center's 2014 Older Americans’ Month Celebration for several years. Nomination forms were available at the event for those who knew someone in need.

Ms. Newson was nominated by her caregiver and friend, Everlena Johnson.

On June 12, 2014, Access Medical LLC, delivered the brand new ‘lift chair’ to Ms. Newson’s home. She was very excited to receive the gift. Thank you Access Medical for providing such a wonderful gift to this senior living in Wyandotte County.

THANK YOU
ACCESS MEDICAL, LLC
Dear Newsletter Recipient:

For 21 years “The Communicator” has served as a vital means for providing seniors in Wyandotte County important information regarding aging news, events, programs, services and much more! We have been able to supply this service on a donation only basis. However, the newsletter’s continuity depends on your donations for its existence.

Please help us to continue to provide this important publication by becoming a sponsor!

Respectfully,

The Newsletter Committee

Send Donation to:
Wyandotte/Leavenworth AAA
Attn: Newsletter Committee
849 North 47th Street, Suite C
Kansas City, Kansas 66102

¡Necesitamos su ayuda como patrocinador para continuar con esta publicación importante! ¡Gracias!

---

**FIREWORKS IN WYANDOTTE COUNTY**

Whether you enjoy fireworks or not; they are legal in Wyandotte County. The firework ordinance Sec. 15-93 reads as follows:

Discharging of fireworks shall be allowed only between the hours of 9am to 11pm from July 2 - July 4. No person shall discharge any fireworks at any other times. No person shall ignite or discharge any fireworks within 1,000 feet of any hospital, infirmary or home for the aged. No person shall ignite or discharge any fireworks into, under, or on a car or vehicle, whether it is moving or standing still. Violation of the provisions in this article shall be punished by a fine of not less than $100 or more than $500, by imprisonment in the city jail for a period not exceeding 30 days, or by both such fine and imprisonment in the discretion of the court. Each violation shall constitute a separate offense.

Below are a few fire safety tips, enjoy and be safe!

**LEAVE FIREWORKS TO THE PROFESSIONALS**

* The best way to protect your family is to not use any fireworks at home.
* Instead, attend public fireworks displays and leave the lighting to the professionals. If you plan to use fireworks, make sure they are legal in your area.

**BE EXTRA CAREFUL WITH SPARKLERS:**

* Little arms are too short to hold sparklers, which can heat up to 1,200 degrees. How about this? Let your young children use glow sticks instead. They can be just as fun but they don’t burn at a temperature hot enough to melt glass.
* Closely supervise children around fireworks at all times.

**TAKE NECESSARY PRECAUTIONS:**

* Do not wear loose clothing while using fireworks.
* Never light fireworks indoors or near dry grass.
* Point fireworks away from homes, and keep away from brush, leaves and flammable substances.

**BE PREPARED FOR AN ACCIDENT OR INJURY**

* Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate. Put it out with water and dispose of it.
* Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly. If a child is injured by fireworks, immediately go to a doctor or hospital.
* If an eye injury occurs, don’t allow your child to touch or rub it, as this may cause even more damage.

Information provided by www.safekids.org

---

**A COMMUNITY DONATION**

The Wyandotte/Leavenworth Area Agency on Aging would like to thank Jamie Tigerstrom, Sales Administrative Assistant and the staff of ISC Surfaces for the kind donation of almost 200 homemade flowers. The flowers were distributed to the Congregate Meal Site participants in Wyandotte County.

---

**Thank You!**

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

Mary Carter (Contributor)
Edwynne V. Harrison (Benefactor)
Linda Lamphear (Contributor)
Anna Todd (Contributor)
Clara Whitaker (Contributor)
David Wigglesworth (Contributor)

If you would like to contribute to the cost of the newsletter, please make checks payable to:
Wyandotte/Leavenworth AAA
849 North 47th, Suite C, Kansas City, Kansas 66102
Spicy Barbecue Sauce
(good on beef, chicken, fish or pork)

1/2 medium onion, diced
2 cloves garlic, minced
1 Tbsp. olive oil
2 jalapeno chili peppers, minced
1/4 tsp. hot smoked paprika
1 Tbsp. ground cumin
2oz. tomato paste
1 cup applesauce, unsweetened
1/4 cup molasses
1 Tbsp. mustard
3 cups water
1/4 sherry vinegar

Cook onion and garlic in olive oil on low heat until aromatic. Add jalapenos, chili flakes, paprika, cumin and tomato paste. Cook on very low heat for about 2 minutes, stirring constantly.

Add applesauce, molasses and mustard and cook for 1 minute. Add water and bring to a boil. Immediately turn down heat and simmer for about 2 hours or transfer the sauce to a slow cooker and cook on low for 2 to 3 hours.

Strain sauce and add vinegar. Adjust seasoning to taste.

NOTE: Any pepper can be used in place of jalapeno, depending upon spice preference.

By joining our email club...you'll get information before everyone else!

If interested, send an email to: 60Plus@wycokck.org with your request.
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
Friday, July 4, 2014
Unified Government Offices Closed

National Watermelon Day
Sunday, August 3, 2014

National Senior Citizens Day
Thursday, August 21, 2014
On National Senior Citizens Day, we should:

- Spend some time with senior citizens
- Show our appreciation for senior citizens
- Do volunteer work in support of the elderly

If you are a senior citizen, enjoy your day any way you desire. After all, its your day!