ENJOY THE SUNSHINE

But Keep Your Cool

When the temperature rises, we should take certain precaution 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, put them on your forehead and chest and sit in front of a fan.

Signs of heatstroke or dehydration include, but are not limited to:

- Thirst
- Less frequent urination
- Fatigue
- Light headedness
- Dizziness
- Confusion
- Increased heart rate

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

Traducción al Español se encuentra en la página 3.
AAA Receives $500 Grant

The Wyandotte County Meals on Wheels Program is proud to announce that it has received a $500 grant from Meals on Wheels America for its participation in the 13th Annual March for Meals campaign. This year’s grants were made possible through the generosity of Subaru of America, Inc. and its seventh annual “Share the Love” event. During the event, Subaru donated $250 to the owner’s choice of participating charities for every new vehicle purchased or leased.

Thank You Subaru!

Have You Ever Visited the Natural History Museum?

The Wyandotte/Leavenworth Area Agency on Aging will be sponsoring a trip to the Natural History Museum located in Lawrence, Kansas. The trip is scheduled for Thursday, August 27, 2015 at 9:00am and plans are to return to the Area Agency on Aging at approximately 3:00pm. Each participant will be required to pay a $5 donation. The required donation will include entrance to the museum, lunch and transportation. Space is limited. If you are interested in participating, please contact Linda Ramirez at 913-573-8543 by August 13th for a reservation.

Bring Your Walking Shoes!

NATIONAL SENIOR CITIZENS DAY
AUGUST 21ST

On this day, come enjoy popcorn & lemonade at the Aging & Disability Resource Center, while supplies last!
**DOES EMAIL WORK FOR YOU?**

By joining our email club, you’ll get information before everyone else!

Send an email to:  60Plus@wyckokck.org with your request.

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**ARE YOU A CENTURION? DO YOU KNOW A CENTURION?**

Are you a Centurion? Or, do you know someone who is 100 years of age or older and would like to be featured in the 2016 Area Agency on Aging calendar?

The Wyandotte/Leavenworth Area Agency on Aging is seeking centurions to be featured in the 2016 publication. Interested parties must agree to have their photo taken and be interviewed by an Aging staff member regarding their life.

If you are interested or know someone who would consider being featured, please contact Linda Ramirez at 913-573-8543.

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**DISFRUTE DEL SOL  *Pero Manténgase 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 mantenerse 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 estos promueven la deshidratación.
- En vez de alimentos calientes, sirva pequeñas 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 siéntese delante de un ventilador.

Síntomas de insolación o deshidratación incluyen, pero no se limitan a:

- Sed
- Menos frecuencia para orinar
- Fatiga
- Mareos
- Confusión
- Vahidos
- Aumento del ritmo cardíaco

Si usted experimenta síntomas de acaloramiento o de deshidratación por el calor, inmediatamente busque ayuda médica de emergencia.
INSURANCE DEPARTMENT REVIEWS PROPOSED HEALTH INSURANCE RATE INCREASES FOR 2016

The Kansas Insurance Department announced that proposed premiums for individual and small group health plans in Kansas for 2016 would probably show increases.

The range of requested average rate revisions by insurance companies is from -0.40 percent to 37.78 percent. Those proposed changes are for private insurance company health plans sold on the federal marketplace and also for plans not sold on the government website.

All rate filings are subject to analysis by the insurance department’s Health & Life Division. The insurance companies actuarial data and assumptions are reviewed, and all final rates are required to be filed by August 25, 2015, to be included on the 2016 online marketplace. The proposed revisions may not necessarily be the rates charged following the review process.

The plan with proposed premium increases more than 10 percent will be posted on the Kansas Insurance Department website, www.kcinsurance.org beginning June 1.

This is the first time since the federal marketplace began that insurance companies have had a full year of claims experience with which to base their proposed premium rate revisions.

For 2016, a total of 97 plans have been proposed for sale during open enrollment in Kansas on the federally-facilitated online marketplace. That number includes 75 individual and 22 small group plans, an increase of 11 individual plan choices and four small group choices from the 2015 marketplace.
Seniors in Wyandotte County enjoyed an afternoon of health screenings, games, information, food and entertainment. DJ Hank spun tunes for the dance contest that awarded 3 winners with gift cards and cash.
Appreciation is extended to the following who have contributed toward the cost of this newsletter. Names are listed in alphabetical order.

Patricia Berry (Contributor)  
Evelena Blackwell (Contributor)  
Lillian Green (Patron)  
Corrine McConnell (Contributor)  
Berniece Pennington

If you would like to contribute to the cost of the newsletter, please make checks payable to:
Wyandotte/Leavenworth AAA  
Attn: The Communicator  
849 North 47th, Suite C  
Kansas City, Kansas 66102

Dear Newsletter Recipient:

For 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!

_____ $100 Advocate  
_____ $50 Benefactor  
_____ $25 Patron  
_____ $10 Contributor  
_____ Other

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!

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

DEALING WITH PEOPLE WHO DON’T KNOW THEY HAVE DEMENTIA

When President Woodrow Wilson had a stroke in 1919 his physical health was slightly impacted, but his mental health suffered. He became increasingly suspicious even paranoid, without having the dimmest awareness of the fact that he was perhaps becoming a different person. A Neuropsychiatrist who reviewed Wilson case in the 1970’s deemed this a classic case of Anosognosia, a lack of awareness that one is impaired.

It is a scary thought to consider. What if we were ill, suffering from dementia and didn’t know it? How would our loved ones cope? It is very difficult for caregivers and family members to make progress with a person’s illness when a loved one is showing signs of Anosognosia.

Anosognosia results from physical, anatomical changes or damage to the part of the brain that affects perception of one’s own illness.

Studies suggest that deterioration in the frontal lobes may be involved, which play an important role in problem solving, planning and understanding the context and meaning of experiences and social interactions. The disease has long been recognized in individuals with strokes, brain tumors, Alzheimer’s and Huntington’s disease. The prevalence of Anosognosia in those with cognitive impairment or dementia can be very high.

This a difficult situation for caregivers, who are to help someone who essentially does not and cannot acknowledge they are ill. The anosognosic person with dementia may have evident problems with routine tasks, but they may insist they do not need help or may even refuse medical evaluation or treatment.

Whether your loved is in denial of their dementia or has Anosognosia, the most effective caregiver strategy is mitigation of the effects, rather than trying over and over to make the person understand. Trying to make someone with this problem understand that they have changed and need to accept new limits often is an exercise in frustration.

For the person with the disease.

You may try to cover up your difficulties to protect yourself and your family from embarrassment. Or, you may be reluctant to ask for help. Accepting changes in your abilities and adopting new coping skills can help restore balance to your life and give you a sense of accomplishment in your abilities as you continue to live with the disease.

Developing effective coping strategies can help you:

◊ Remain engaged and active.  
◊ Respond to challenges that will help maximize your independence and well-being.  
◊ Gain a sense of control over your life.

Keep in mind that what works well for one person, may not work for another. And, strategies that work for you one day, may not work the next. When developing your coping strategies, Be as flexible as you can be, to help with each situation.
Countryside Italian Salad

**Ingredients:**
- 2 cans (14.5 oz. each) Diced Tomatoes, drained
- 2 cups cooked farfalle (bow-tie pasta), chilled
- 2/3 cup chopped fresh basil (2/3 cup = about 1-1/3 oz.)
- 1/2 cup diced part-skim mozzarella cheese
- 4 slices fully cooked bacon, heated, chopped
- 1/4 cup balsamic vinaigrette dressing

**Directions:**
Combine drained tomatoes, pasta, basil, cheese and bacon in large bowl. Add dressing; toss to coat.

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**RED, WHITE, BLUE & SCHOOL**

Find and circle all the words hidden in the grid.

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E F S T H Z T X R L S J B Y O B M P M Q X D S S
D O B M R C M Q S K H B A A G A R D E N I N G P M
A U M L R U H R Z A C D E R M U M M H R O V A R
R R N D O O M N G K E I Q E E H C O B V L T R O
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F Y L E L G N I M M I W S Y N J M L K E I Z L I M
C W D Y U I X F O Z Q P T L C E F X T R R F P B
G N E S T Z G K B C A L A I H L X F L A T H I S S
I G T F Z S C H O O L S U P P L I E S W S J U L Y
S L S T Z O N M T H E F R R A T H N M C D G L R P
G E L L I K F Z W N S K C I T R C S G V N B J M M
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F G L T N X S O V C X N W J E K I A L L S P C C T
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M X Q L J U H X I C A Z M B H H I E E E A O G T V
Y D C A Q I Q B R W V U Q I U R A S U N T A N E M
S G O D T O H S O G S N N O G X S E U S T U A K
R O A D T R I P O X F G S J L F S C I E N I D I O
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849 North 47th Street - Suite C
Kansas City, Kansas 66102
Phone: 913-573-8531
Fax: 913-573-8577
Email: 60Plus@wycokck.org
DisABLED or 60PLUS?...Call on Us!

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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

coming soon >>>
National Senior Citizens Day
Friday, August 21, 2015
Day Trip
KU Historical Museum
Manhattan, Kansas
Thursday, August 27, 2015

Independence Day Observed
Friday, July 3, 2015
Unified Government Office Closed

Independence Day
Saturday, July 4, 2015

calendar >>>