The 2010 Census is your community’s voice in government. That’s why it’s very important that you fill in the form and promptly mail it back. In fact, the information the census collects helps determine how more than $400 billion dollars of federal funding each year is spent on infrastructure and services such as, hospitals, job training centers, schools, senior centers, bridges, other-public works projects and emergency services, etc.

The 2010 Census will ask for name, gender, age, race, ethnicity, relationship and whether you own or rent your home-just 10 simple questions that will take about 10 minutes to answer. Your answers are protected by law and are not shared with anyone. The Census will not ask for your social security number, bank account number or credit card number. Census workers also never solicit for donation and will never contact you by email.

If a US Census employee knocks on your door: The field representative must present an ID badge that contains a Department of Commerce watermark and expiration date and may be carrying a bag with a Census Bureau logo. The field representative will also provide you with a supervisor contact information and/or the regional office phone number for verification, if asked.

For more information about the upcoming 2010 Census, visit www.census.gov/2010census. If you have suspicion that you have been scammed or someone may be attempting to scam you, please call the Kansas Attorney General’s Consumer Protection Division at 1-800-432-2310.
SENIOR ADVOCACY

OLDER KANSANS DAY

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.

VETERAN’S BENEFITS

A sharing of information about Veterans Benefits is available to all veterans, in some cases their caregivers. Veterans Benefits are available and can supplement private insurance, Medicare and Medicaid service. Find out about how you can help a veteran or a spouse of a veteran, access these services.

BROWN BAG LUNCH SERIES

MARCH 10, 2010
NOON TO 1:00PM
LANDON CENTER ON AGING, ROOM 200

Call Matt Chandler at 913-588-3094 to register.

Governor Mark Parkinson spoke at the Older Kansans Day luncheon sponsored by the Kansas Association of Area Agencies on Aging. Governor Parkinson addressed state budget issues and how they have and may continue to effect aging services.

Advocates from Wyandotte County traveled to Topeka, Kansas on February 9, 2010 for Older Kansas Day. The event provides aging advocates across the state with an opportunity to meet with legislators regarding their issues and concerns with current and future services for older adults. Pictured (back) Willie Dove, Richard Tomlin, Ruth Jones, Executive Director; (middle) Loris Jones, Mabel Johnson, Emma Fonseca; (front) Evelyn Welton, Modestine

Silver-Haired Legislators Mable Johnson and Modestine Bell along with AAA Advisory Council member Loris Jones meet with Senator David Haley in his office at the Kansas State Capitol regarding important aging legislation.

Don’t sit still for arthritis pain.

Arthritis hurts. Physical activity can help. Studies show that 30 minutes of moderate physical activity three or more days a week can help you move more easily. You can break it up, too. Start with a walk. Later, rake leaves or wash the car. Keep it up, and in four to six weeks you could be hurting less and enjoying life more.

Physical Activity: The Arthritis Pain Reliever. Call 1-800-568-4045 to learn more.

From the Centers for Disease Control and Prevention • The Arthritis Foundation • The Department of Health & Human Services
SCHOLARSHIPS FOR THE WELLNESS PROGRAM AT KANSAS CITY KANSAS COMMUNITY COLLEGE

The Wyandotte/Leavenworth Area Agency on Aging (AAA) will be offering scholarships to seniors 60 and older to attend the Kansas City, Kansas Community College (KCKCC) Wellness Center. Seniors may enjoy the summer session from May 14 to July 20, 2010.

Scholarship applications will be accepted from Monday, April 12 to Friday, April 16, 2010. Scholarships will be limited to 50 new applicants. Applicants will then be notified the week of April 19, 2010 if approved for enrollment. (Please note if you have previously received a scholarship, new applicants will be prioritized). Approved applicants must return to the AAA in order to complete the KCKCC enrollment forms by Friday, April 23, 2010.

Commitment to Participate:

- Applicant must complete 20 hours per semester (KCKCC requirement).
- Agree to blood pressure, weight, and blood sugar monitoring when needed.
- Provide feedback to the AAA when needed.

If you are interested in attending, please apply at the Wyandotte/Leavenworth Area Agency on Aging (AAA) located at 78th Street, Suite 100, KCK 66112. For more information, you may call the AAA office at 913-573-8531.

Reminder!

Utility Tax Rebate - ends March 31, 2010
LIEAP - ends March 31, 2010
Homestead/Food Sales Tax - ends April 15, 2010

Save the Date!

May 20, 2010

Older Americans Month Celebration

Hosted by:
Wyandotte/Leavenworth Area Agency on Aging
FREE REVERSE MORTGAGE COUNSELING FOR OLDER ADULTS

As older adults continue to face financial challenges in the ongoing economic downturn, the National Council on Aging (NCOA) will offer free counseling for seniors through its Reverse Mortgage Counseling Services (RMCS) Network.

For the next three months, RMCS counselors are waiving the usual $125 counseling fee in order to help more homeowners understand how reverse mortgage loans, along with COMMUNITY PROGRAMS AND OTHER OPTIONS, COULD HELP THEM TO REMAIN IN THEIR HOMES.

Consumers age 62+ can schedule a free reverse mortgage counseling session through April 30, 2010 by calling 1-800-510=0301.

NCOA counseling is always provided at no cost for clients with annual incomes of less than $20,000 for individuals or $30,000 for couples.

NCOA also offers a free consumer booklet on reverse mortgages, entitles Use Your Home to Stay at Home. You can download the booklet at: http://www.ncoa.org/news-ncoa-publications/publications/ncoa_reverse_mortgage_booklet_073109.pdf

VOLUNTEER TAX SITES

✦ CITY HALL (HOMEOWNERS ONLY)  MONDAYS  9AM - 2:30PM
   701 NORTH 7TH ST, KCK
✦ KANSAS CITY KANSAS COMMUNITY COLLEGE  TUESDAYS & THURSDAYS  10AM - 2PM
   7250 STATE AVENUE, KCK
✦ PROVIDENCE MEDICAL CENTER  WEDNESDAY  10AM - 2PM
   8919 PARALLEL PKWY, KCK

Senior Lifestyle at its best.

Our model unit is located at 7811 Troup. Come in and meet our exclusive marketing broker at Legends Realty, Elaine Donell, or give her a call at 913-406-2297 to set up an appointment for a tour.

The senior villas are designed with every convenience you’ll need for carefree living. Lawn care, snow removal, trash removal, lawn sprinklers, security systems in every unit, two-car garages with electric openers, concrete safe rooms and deluxe all-electric kitchens, just to name some of the features built into the ideal home for you...not to mention being surrounded by neighbors enjoying the carefree lifestyle at The Village of Normandy West.

Do it for yourself and for your entire family’s peace of mind...and do it in style! See you soon.
Income-eligible Kansans looking to purchase new, energy efficient appliances may now apply for assistance through the State Energy Efficient Appliance Replacement Program (SEEARP). The program, created by the American Recovery and Reinvestment Act (ARRA), provides rebate vouchers ranging from $200 to $800 to low-income consumers who purchase ENERGY STAR rated appliances.

Qualifying appliances include new refrigerators, clothes washers, freezers, dishwashers and window air conditioners that have earned the ENERGY STAR label. Appliances to be recycled must be at least ten years old. Rebates may \textbf{NOT} be applied to purchases made prior to voucher approval.

To be eligible, applicants must meet SEEARP income guidelines. Household income limits are based on 75 percent of Kansas’ current median income, which follow:

\begin{tabular}{|c|c|c|c|}
\hline
1 Person & $27,247 & 2 Persons & $35,630 \\ 
3 Persons & $44,014 & 4 Persons & $52,397 \\ 
\hline
\end{tabular}

To apply, please download application forms from KHRC’s website at \url{www.kshousingcorp.org}. Applications will be processed on a first come, first served basis as long as funds are available. Due to the volume of applications received, incomplete applications or those without required documentation will not be accepted.

Once an applicant is approved, KHRC will mail a rebate voucher to the consumer, who may take the voucher to a participating retailer. Retailers honor the rebates (up to the amount of the voucher) as cash for the new appliance. SEEARP rebate vouchers may cover appliance and delivery costs. Amounts in excess of the voucher and any installation charges must be paid for by the customer.

For more information, please call KHRC’s recorded information line at 785-296-8440 or visit KHRC’s website at \url{www.kshousingcorp.org}.

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\textbf{Pemberton Place}

\textit{Independent Affordable Lifestyle for Adults 55+}

- New construction at Great Location - 1700 N. 82nd (across from Wyandotte County Library)
- 2 bdr. 2 bath duplexes (856 sq.ft.) • attached garages • private patios
- Appliances included (washer/dryer included) • home health and chore services available
- Shuttle transportation • home-delivered meals • social service provider • on-site manager
- 24/7 emergency maintenance • $475 - $775 per month rent (based on income)

\textbf{Contact Us Today:} (816) 572-6281 | E-mail: Info@PembertonKCK.com
\url{www.PembertonKCK.com} | 1700 North 82nd Street, Kansas City, Kansas
ALL ABOUT AGING

WE ALL LOVE OUR PETS

We All Love Our Pets (W.A.L.O.P.) is a program that the Nutrition Department currently participates in. Partnering with Banfield Charitable Trust and the Meals on Wheels Association of America, the agency has been able to provide pet food to our Meals on Wheels participants since 2007.

Pets are cherished and loved by our homebound seniors. Research has shown that many of our meal participants will share their meals with their pets.

This is unhealthy for the pets, who also require a healthy, balanced meal, and takes away valuable nutrition from the senior. The pet food is delivered to the participant when the meals are delivered.

Royal Canin, a high-end pet food distributor, was very generous to us this year. The company donated 14 pallets of cat and dog food. The Banfield Veterinary offices donated a considerable amount of pet food also. W.A.L.O.P is usually just a seasonal program offered throughout the holidays, however, the Nutrition Department will be able to deliver pet food to our senior’s pets long after the holidays, because of these generous donations.

AARP DRIVER SAFETY

The American Association for Retired Persons (AARP) is offering it’s refresher driving course in Kansas City Kansas.

At a cost of $14 per person ($2 less for AARP members), this two-day course will focus on helping drivers learn how to avoid driving hazards.

For information or additional classes, view their website: www.driver-training.org or call toll free 1-888-227-7669.

March 24 & 25
Kansas City Kansas Community College

April 17 & 24
Saturday Class 9am –1pm
Kansas City Kansas Community College

April 29 & 30
Providence Medical Center

This state approved driving course may decrease your auto insurance premiums by 5% or more.

PUBLIC HEARINGS

The purpose of public hearings is to provide the community with the opportunity to comment and make suggestions concerning the needs of older adults, also, to advise on the effectiveness of current programs and services, such as case management, nutrition, transportation and information and assistance.

El Centro Senior Center (Spanish Translation)
1333 South 27th, KCK 66106
March 23 at 10:30am

Bonner Springs Senior Center
300 East 3rd, Bonner Springs (Lower Level)
March 30 at 10am

Strangers Rest
2052 North 5th, KCK 66101
April 7 at 11am

Hmong Community
location to be announced
April 14 at 11am

Thank You!

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

• Julia Lillig
• Gwen Morris
• Seiko Roberts
• Kathryn Zunick

A friendly reminder; to offset the cost of this publication, donations to the newsletter are always welcome.
DID YOU KNOW...

...there are 206 bones in the adult human body, but 300 in children (some of the bones fuse together as a child grows).
...it takes approximately 12 hours for food to entirely digest.
...we forget 80 percent of what we learn everyday.
...fidgeting can burn 350 calories a day.
...one quarter of the bones in your body are in your feet.
...like fingerprints, everyone’s tongue print is different.
...the average person has over 1,460 dreams a year.
...Your heart beats over 100,000 times a day.
...we forget 80 percent of what we learn everyday.
...Men get hiccups more often than women.

According to: www.funny2.com

A SPECIAL “THANK YOU” TO ALL WHO RECEIVED OUR POSTCARD AND PROMPTLY DONATED TO THE NEWSLETTER! RECOGNITION WILL BE PRINTED IN THE MAY/JUNE ISSUE. IF YOU HAVE NOT YET HAD THE CHANCE TO CONTRIBUTE, YOUR DONATION IS ALWAYS WELCOMED.

“SPRING IS ALMOST HERE” WORD SEARCH

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

Y J E L L Y B E A N S A L E K
C A Y T G A E X W Q F I G C W
W O D E N R R D G L L G U Y I
L O R S L E E D A I S D N A M
B P B N K L L E E R V U B D F
Y M Y N E C O S N J A H O S C
B H D L I D I W U H P P N L H
M S N H L A B R C O Y P N O O
N I I R C Y R E T S I I E O C
G F W K N E R O E A T N T F O
N Q I N T P F I Q F P K L L L
I T U S E G B A S K E T T I A
R B A L O G A B B A C O S R T
P E I L K C O R M A H S H P E
S P D G R A S S D Y E N I A R

ENTER TO WIN

Answer all questions correctly to enter a drawing for a gift basket compliments of: Medicalodges Post Acute Care Center.

Return entry form to:
Wv/Lv AAA, Attn: The Communicator, 1300 North 78th Street, Suite 100, Kansas City, Kansas 66112 by March 31, 2010.

1. What is the National Council on Aging providing free counseling for? ________________________

2. According to the Census Bureau, what agency do you call if you have suspicion that you have been scammed? ________________________

3. What does the acronym W.A.L.O.P stand for? ________________________

NAME: ________________________
ADDRESS: ________________________
CITY, STATE, ZIP: ________________________
PHONE #: ________________________

Congratulations to Angela Folkins, our January/February winner!

Thank you Medicalodge Post Acute for your support!
MARCH OBSERVANCES

St. Patrick’s Day - 17th
National Nutrition Month
Women's History Month

APRIL OBSERVANCES

Spring Holiday - 2nd
(AAA offices closed)
Easter - 4th
Earth Day - 22nd