Social Security Direct Deposit News

Are you considering retiring or will you soon be receiving your Social Security benefit? Those applying for benefits on or after May 1, 2011 will receive their payments electronically, while those already receiving paper checks will need to switch to direct deposit by March 1, 2013.

Treasury Fiscal Assistant Secretary Richard L. Gregg says, “This important change will provide significant savings to America taxpayers who will no longer incur the annual $120 million price tag associated with paper checks and will save Social Security $1 billion over the next 10 years.”

All Social Security, Supplemental Security Income, Veterans Affairs, Railroad Retirement Board, Office of Personnel Management benefits and other non-tax payments will be made electronically. Benefit recipients have the option of direct deposit into a bank or credit union of their choice or into a Direct Express Card account.

For more information regarding direct deposit topics please visit www.socialsecurity.gov

The preceding information has been provided by the U.S. Department of the Treasury, Financial Management Service.

Noticias acerca del Depósito Directo de los beneficios de Seguro Social

¿Usted está considerando retirarse o muy pronto recibirá su beneficio de Seguridad Social? Ésos que solicitan beneficios en o después del 1 de mayo de 2011 recibirán sus pagos electrónicamente, mientras que ésos que reciben ya los cheques de papel necesitarán inscribirse para usar el depósito directo antes del 1 de marzo de 2013.

El Secretario auxiliar fiscal Richard L. Gregg de Hacienda dice, “este cambio importante proporcionará ahorros significativos a los pagadores de impuestos de América que no incurrirán más en el precio annual de $120 millones asociado a los cheques de papel y ahorrarán al Seguro Social $1 mil millones durante los próximos diez años.”

Los beneficios de Seguro Social, Seguridad de Ingreso Suplementario, Servicios a los Veteranos, Junta de Retiro del Ferrocarril, Oficina de la Administración de Personal y otros pagos no tributarios serán hechos electrónicamente. Los recibidores de estos beneficios tienen la opción de inscribirse en su banco, cooperativa de crédito, o tarjeta de débito Direct Express®.

Para más información con respecto a asuntos del depósito directo visite www.socialsecurity.gov

La información precedente ha sido proporcionada por el Departamento de Hacienda de los E.E.U.U., Servicio de la Gestión Financiera.

DAYLIGHT SAVINGS TIME IS MARCH 13, 2011

Daylight Savings Time in the United States starts on the second Sunday in March of each year and ends the first Sunday in November.

It goes into effect each spring when clocks are moved forward by one hour at 2:00am standard time, and the time becomes 3:00am daylight savings time (DST). When DST ends in the fall, the clock is moved back at 2am and the time becomes 1:00am standard time. Hence the saying, “Spring Forward, Fall Back!”

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Appreciation is extended to the following who have contributed toward the cost of this newsletter.

Names are listed in alphabetical order.

- Marion Andrews
- Mr. & Mrs. Beasley
- Mildred Befort
- Bethel Baptist Church, KCK
- Gloria Brooks
- Pearl Copeland
- Susan Metz
- Mary Ann Slattery
- Donald White
- Anna Wilson

You Can Support the Meals On Wheels Program

The Senior Citizen Meals on Wheels Contribution Program was created in 2002 by the Kansas Legislature to allow taxpayers to make voluntary donations to support home-delivered meals. In 2009, of the 3.4 million meals served, 1.8 million were home-delivered and 1.6 million were served at congregate meals sites. Of those receiving home-delivered meals, 72% were age 75 or older, 68% were women and more than 50% lived alone.

Any individual receiving a state income tax refund can indicate in the designated space on the tax form an amount of their refund they would like to contribute to the Meals on Wheels program. Contributions can range from $1 to all of their refund.

The federally funded Nutrition Program for the Elderly, which provides meals to older adults in senior centers, nutrition sites and in their own home began more than 30 years ago.

If you would like more information about the Meals on Wheels Program, or would like to make a donation, please contact the Area Agency on Aging at 913-573-8531.

SACRED HEART HOME HEALTH CARE

Trust in the Lord with all your heart and lean not on your own understanding.

Proverbs 3:5

Trust.

Respect.

Reliability.

Office: 913-334-1058
Fax: 913-334-1196
Toll Free: 1-888-465-6965
7736 Washington Avenue, Ste. D
Kansas City, Kansas 66112

www.sacredhearthomehealthcare.com

Northeast Junior High Place Apartments

400 Troop Avenue, Kansas City, Kansas 66101

- Stove
- Refrigerator
- Garbage Disposal
- Dishwasher
- Off-Street Parking
- Community Room
- Elevator for Your Convenience and safety

AFFORDABLE SENIOR LIVING
Age requirement - 55 years young

For Leasing Information Call:
913-971-2525
Cars have changed. So have the traffic rules, driving conditions, and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver’s licenses, but even the most experienced benefit from brushing up on their driving skills.

What Will I Learn by Taking the Course?
You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today’s increasingly challenging driving environment. You’ll learn adjustments to accommodate common age-related changes in vision, hearing and reaction time.

You will be learning the following:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another care
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, anti-lock brakes, and new technologies used in care
- Ways to monitor your own and others’ driving skills and capabilities
- The effects of medications on driving
- The importance of eliminating distractions, such as eating, smoking and cell phone use

After completing the course, you will have a greater appreciation of driving challenges and of how you can avoid potential collisions and injuries to yourself and others.

The classroom course costs only $12 for AARP members and $14 for non-members. The cost for the online course is $15.95 for AARP members and $19.95 for non-members.

To locate a classroom course, visit www.aarp.org/findacourse. Course times, dates and locations will be listed along with a phone number to call and register. Or, you may call toll-free 1-888-AARP-NOW (1-888-227-7669). To register for the online course, visit aarpdriversafety.org.

Health Fair 2011

Kansas City Kansas Community College
April 14, 2011 8:30 a.m.-11:30 a.m.

The Health Fair is sponsored by Kansas City Kansas Community College Student Health Service, Allied Health Services, and the Wellness Center. There will be health and community resources available for participants.
Senior News & Announcements

TOWN HALL MEETINGS

The “Town Hall” meetings are a great opportunity for the public to learn about programs and/or give feedback regarding senior services in Wyandotte and Leavenworth Counties.

If you have any questions or concerns regarding the “Town Hall” meetings, please feel free to contact the Wyandotte/Leavenworth Area Agency on Aging at 913-573-8531.

SeniorFit

The Wyandotte/Leavenworth Area Agency on Aging (AAA) in partnership with the Healthcare Foundation of Greater Kansas City and the Kansas Department on Aging are offering scholarships to the Wellness Center at the Kansas City Kansas Community College.

Applications for the Summer Session will be accepted April 1, 2011 through April 29, 2011 and should be made in person at the AAA office located at 1300 North 78th Street, Suite 100, KCK 66112.

Manage Your Blood Pressure, Diabetes and Other Chronic Diseases With SeniorFit

SeniorFit is a free health and wellness program dedicated to improving the quality of life for seniors (60+) residing in Wyandotte County!

The program’s design will promote healthy lifestyles for older adults and aid in the prevention and management of chronic diseases such as high blood pressure and diabetes.

- Argentine Community Center
  2810 Metropolitan, KCK 66106
  Monday & Wednesday - 9:30am

- Strangers Rest Baptist Church
  2052 North 5th Street, KCK 66101
  Monday & Wednesday - 10:30am

- Vernon Multi-Purpose Center
  3436 North 27th Street, KCK 66104
  Tuesday & Thursday - 10 am

Schedules for the Personal Trainer, Group Exercise, Health Screenings and Nutrition Education are available at the AAA office. Interested Parties may call AAA office for available dates and times.

Any person 60 years of age and older are welcome to “workout” with a personal trainer at one of the three designated sites.
What is the S.T.O.P. Project?
This project will supply a laminated prescription alert card or key chain listing all current medications and emergency contact information to the senior.

Who is eligible?
We are prioritizing customers currently being served on the Home and Community Based Services, Senior Care Act, Older Americans Act and Nutrition programs, however, any older adult living in Wyandotte or Leavenworth counties are eligible.

What is the cost?
FREE.... There is no cost to the senior.

How do I sign up?
If you are interested in signing up or know someone who may benefit from this project please submit the completed S.T.O.P application by fax or mail/
Please contact LaMonica Upton at 913-573-8545 with questions.

The S.T.O.P. Project is BACK!!!
Seniors Tracking Their Own Prescriptions

STOP
Seniors Tracking Their Own Prescriptions
Prescription Alert
Sponsored by:
Wyandotte/Leavenworth Area Agency on Aging
913-573-8531
60 Plus?...Call on Us!

Older American’s Month Celebration

The Wyandotte/Leavenworth Area Agency on Aging will hold its annual Older American’s Month Celebration on May 24, 2011.

The “Sock Hop” theme celebration will be held at the George Meyn Center located at 126th & State inside the Wyandotte County Park from 11am - 2pm.

YOUR HELP IS NEEDED!

Dear Newsletter Recipient:
For 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!

We have been able to supply this service on a donation only basis. However, your donations are crucial to the continued existence of this publication.

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

Sincerely, The Newsletter Committee

Help save this important publication by becoming a sponsoring contributor!

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

- $100 Advocate defensor
- $50 Benefactor benefactor
- $25 Patron patrón
- $10 Contributor contribuidor
- Other otro

Keep in mind that your donations are tax deductible!

You may make your check payable to:

Wyandotte/Leavenworth AAA
Attn: The Communicator
1300 North 78th Street
Kansas City, Kansas 66112

We thank you for your support and remember, 60Plus?...Call on Us!
**Reminders - TIME IS RUNNING OUT!**

**Kansas Homestead and Food Sales Tax**

The Homestead Refund is a rebate program for the property taxes paid by homeowners and renters. The refund is based on a portion of the property tax paid on a Kansas resident’s homestead. If you own your home, the refund is a percentage of your general property tax. If you rent your home, 15% of the rent paid for occupancy is used as the property tax amount. The maximum refund is $700.

- To qualify you must be a Kansas resident, living in Kansas the entire year. Your total household income must be $31,300 or less.
- You must also meet one of the following requirements:
  - You were born before January 1, 1954; OR
  - You must have been totally and permanently disabled or blind during the entire year, regardless of your age; OR
  - You must have had a dependent child living with you all of last year who was born before January 1, 2009, and was under the age of 18 the entire year.

The Food Sales Tax offers a refund of the sales tax paid on food for certain qualifying individuals. To qualify, you must be a Kansas resident, living in Kansas the entire year. Your Kansas qualifying income must be $31,900 or less and meet one of the following:

**Utility Tax Rebates**

The 2010 Utility Tax Rebates will be accepted from January 3, 2011 - March 31, 2011. Questions regarding the application process may be directed to the Unified Government’s Clerks office at 913-573-5260.

**To qualify, you must:**

- Have a total household income of less than $25,000
- Live in Kansas City, Kansas (residents of Bonner Springs and Edwardsville are not eligible)
- Born before January 1, 1945.

Wyandotte/Leavenworth Area Agency on Aging will assist with applications by appointment only on Tuesdays and Thursdays only. You may call for appointments to 913-573-8531.

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**NEED TAX ASSISTANCE?**

Below you will find a list of local AARP tax assistance sites:

<table>
<thead>
<tr>
<th>CITY HALL</th>
<th>NORTH KC COMMUNITY CENTER</th>
<th>PROVIDENCE MEDICAL CENTER</th>
<th>KCKCC</th>
</tr>
</thead>
<tbody>
<tr>
<td>701 NORTH 7TH, KCK</td>
<td>1999 IRON STREET, NKC, MO</td>
<td>7250 STATE AVE., KCK</td>
<td>7250 STATE AVE., KCK</td>
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<tr>
<td>MONDAYS - 9 - 2:30PM</td>
<td>TUESDAY 9AM - 12PM</td>
<td>TUESDAY &amp; THURSDAY</td>
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**TELEPHONE SERVICES IS NOT AVAILABLE FOR THESE LOCATIONS**

Taxpayers must bring Social Security Cards for all on their return and Photo Id for adults. Taxpayers should also bring last year’s return and all documents affecting their income and if itemizing, medical, charitable, home loan and property tax papers.

For Homestead returns bring property tax statement or complete rent records.

---

**Always There Senior Care of Kansas City**

913.721.9856 913.727.3900

Services Available 24hrs/day for Companion Care.

(913) 667-6490

www.AlwaysThereKC.com

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**Assisted Services**

meeting your home health and transportation needs

1625 S. 45th St.

Kansas City, KS 66106

[913] 262-3100 Home Health

www.assistedcompanies.com
Answer all questions correctly to enter a drawing for a $25 gift card to Wal-Mart compliments of: **Grace Hospice**.

**Return entry form to:**  
Wy/Lv AAA, Attn: The Communicator, 1300 North 78th Street, Suite 100, KCK 66112 by April 4, 2011.

1. What day is daylight savings in 2011? ________________
2. On what date is the Health Fair at KCKCC? ________________
3. Name one location where you can exercise with a personal trainer. ________________
4. What’s the date of the “Sock Hop”? ________________
5. When is the first day of spring in 2011? ________________

**NAME:** ____________________________

**ADDRESS:** __________________________

**CITY, STATE, ZIP:** ____________________

**PHONE #:** __________________________

---

**ST. PATRICK DAY KNOWLEDGE**

...March 21st is the first day of Spring

...March is Irish Heritage Month

...St. Patrick’s Day is celebrated on March 17th because it is believed that is the day he died. History has it that Patrick dies on March 17 in 461AD, at Saul, Downpatrick, Ireland where his also reputedly buried. Another story has Patrick as dying and buried in Glastonbury, England.

...It is also legend that Patrick drove all the snakes out of Ireland.

...St. Patrick is the patron saint of Ireland, but he’s not the only one. Brigid of Kildare and Columba are also patron saints of the Emerald Isle.
Are you
SeniorFit?
60Plus?...Call on Us!

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

HOLIDAYS

St. Patrick’s Day
March 17, 2011

Spring Holiday
April 22, 2011
Unified Government offices closed

THE COMMUNICATOR

Publisher:
Wyandotte/Leavenworth Area Agency on Aging

EXECUTIVE DIRECTOR: Ruth E. Jones

Emma Fonseca - Contributing Editor
Linda Ramirez - Formatting Editor
LaMonica Upton - Contributing Editor

The Communicator is published bi-monthly by the Wyandotte/Leavenworth Area Agency on Aging. It is funded by the Kansas Department on Aging through the Older Americans’ Act. We assume no responsibility for the care and return of unsolicited material. Donations are suggested.

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

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 on Aging at 1-800-432-3535.