Aging & Disability Resource Center (ADRC’s) Update

The Kansas Aging & Disability Resource Centers (ADRC) were launched in January 2013 as the new one stop shop for consumers to obtain important resource information on issues such as housing, in-home services, Medicaid, Medicare, KanCare, transportation, medical supplies, assistive devices, and the list goes on. Through a service called Options Counseling, the ADRC’s have assisted thousands of callers on issues including the new Medicaid Managed Care Organization options, KanCare deadlines, and community based service options.

In addition, through another service called Information, Referral, & Assistance or “IRA”, the ADRC’s are reaching callers statewide to provide simple solutions to questions like, “Whom do I call for Meals on Wheels?” or “Whom do I call for homemaker services?”

And finally, the ADRC’s are determining functional eligibility for the following Medicaid Waivered Programs: Frail Elderly, Physical Disability, and Traumatic Brain Injury. These individuals are being seen in hospitals, nursing homes, and throughout the community to assist them with community-based services.

El Centro de Recursos para Envejecientes y personas con incapacidad de Kansas (ADRC) fue lanzado en enero de 2013 como la oficina para ayudar adultos y personas mayores de edad para obtener información importante de recurso en asuntos como albergar, los servicios a domicilio, Medicaid, el Medicare, el KanCare, el transporte, suministros médicos, equipo de ayuda , y la lista sigue. Por un servicio llamado Aseguría para opciones , el ADRC ha ayudado a miles de personas que llenan en asuntos inclusive la nueva Organización de Cuidado del Manejo de Medicaid, las fechas de plazo final para inscribirse en KanCare, y las opciones para servicios en la comunidad.

Además, por otro servicio llamado Información, Referido y Ayuda o “IRA”, el ADRC alcanza a personas que llaman al estado para proporcionar soluciones sencillas a preguntas como, “A quién llamo para servicio de comidas a domicilio”? o “A quién llamo para servicios de ama de casa”?

Y por último, el ADRC determina elegibilidad funcional para los siguientes programas de Medicaid: la Incapacidad frágil, de edad avanzada y física, y Herida Traumática de Cerebro.

Estos individuos son vistos en hospitales, los hogares de ancianos, y a través de la comunidad para ayudarlos con servicios en la comunidad.
Social Security Payments Are Now Paperless

Millions of Americans still receiving paper checks for Social Security and other federal benefits will switch to electronic payments March 1, 2013. In an effort to cut spending, federal officials began retiring paper checks in favor of direct deposits and prepaid "Direct Express" debit cards in May 2011. Since then, the Treasury Department has required all new recipients of payments from all federal benefits programs -- including Social Security, Supplemental Security Income disability, Veterans Affairs and government pension plans -- to sign up for electronic payments or receive their benefit through the Direct Express service. All other recipients are to do the same beginning March 1, 2013.

Roughly 93% of payments are now being sent electronically. But about 5 million checks are still mailed each month -- representing an additional $4.6 million in monthly costs since each mailed check costs 92 cents more than a direct deposit transfer, Treasury officials said. The agency said if it didn't push for the switch to electronic transfers it would cost taxpayers another $1 billion over the next 10 years. The department has partnered with more than 1,800 local, regional and national banks, credit unions, social service agencies and community groups to get the word out through mailings, public service announcements and its web site. You can sign up at your bank, credit union or savings and loan or by calling Social Security at 1-800-772-1213 (TTY 1-800-325-0778).

Staying Active As We Age

Getting older doesn’t mean you have to become inactive. Whatever your current age, you need to focus on staying as active and physically fit as possible. This is critical to your long term health and well-being. Even seniors and those who have physical impairments can find exercises that allow them to remain active.

Strength, flexibility, balance and endurance are key areas of health that seniors should focus on. If you aren’t currently exercising then you’re losing ground. This can affect your health and independence if ignored for too long. The following are different exercises that seniors can participate in to restore functionality.

Cardiovascular is good for heart health. Exercises that focus on this include walking, swimming, water aerobics, bike riding, hiking, golf and more. Besides heart health, these exercises increase your endurance and allow you to keep up with younger family members when doing activities.

Strength training helps to keep you mobile longer by improving the conditions of your muscles and bones. Examples of exercise that help this area include: lifting weights, yoga, tai chi, stretching exercises and Pilates.

Balance training helps to prevent falls in seniors and improved muscle strength. This is crucial to long term health and independence. The less active you are the more dangerous a potential fall is to your health and mobility, so be sure to focus on this area as much as possible. Examples of balance training include exercising with light weights, resistance band stretches and mobility exercises.

Of course, all exercise must be done on a regular basis. So, if you need support, then join a local class or schedule time with friends to help keep yourself consistent. And also be sure to consult your doctor before starting any new fitness routine - they will be able to evaluate your health and recommend the best fitness activities for your situation.

SeniorFit Program Still In Effect

The SeniorFit Education & Wellness Program provides a multi-disciplinary initiative led by the Wyandotte/Leavenworth Area Agency on Aging (ADRC). The program is designed to promote healthy lifestyles for older adults that will aid in the prevention and management of chronic diseases such as high blood pressure and diabetes.

Currently, the program provides a personal trainer at three sites in Wyandotte County: Stranger’s Rest Baptist Church, Vernon Multi-Purpose Center and the Argentine Community Center. Each site serves as both a training site and congregate meal site that provides a nutritious hot meal after your training session. Each participant must be 60 years of age and older and be a Wyandotte County resident to participate.

For more information regarding dates and times for the personal trainers, please contact your local ADRC at 913-573-8531.
Anyone who has witnessed a loved one succumb to Alzheimer’s disease knows its cruelty. Although it can strike anyone and cannot be cured, we do not need to feel powerless against the disease.

Years of research have given the medical community a snapshot of factors under our control that are linked to a high likelihood of developing Alzheimer’s and other types of dementia. It has been proven that we can adopt healthy lifestyle changes that may decrease our chances of developing dementia while also improving the quality of our lives. Here are six easy steps we can take that may reduce the risk of developing Alzheimer’s or at least help live a healthier life.

1. **Live a heart-healthy lifestyle.** Exercising regularly, eating foods low in fat and sugar, eating lots of vegetables and not smoking are core requirements of a lifestyle lived with heart health in mind. Living a heart-healthy lifestyle lowers your risk of developing memory loss, particularly vascular dementia.

2. **Use your brain.** Mentally stimulating activities strengthen brain cells and the connections between them. So games, puzzles and other types of brain training may help slow memory loss and mental decline.

3. **Protect your Head.** Falls are a major cause of head injuries. If you or a loved one have limited mobility or vision problems, be careful to make sure that the home is safe and prevent fall hazards.

4. **Moderate your alcohol use.** If you have a problem with drinking, speak to your doctor as there are a number of treatment options available.

5. **Reduce Stress.** Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which help maintain healthy connections among brain cells.

6. **Get enough Sleep.** It’s important that you get plenty of sleep. Persons who don’t, in the short term can experience changed moods, decreased reaction time and are prone to make simple mistakes.

If you feel you are having signs of Dementia, please contact your area Aging & Disability Resource Center toll free at 1-855-200-2372.

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**6 Ways to Reduce Your Dementia Risk**

**KCK Community College**
7250 State Ave., KCK 66112
Tues. 10am - 2pm
Thursday, 10am - 2pm

**Providence/Ball YMCA**
8601 Parallel Pkwy, KCK 66112
Monday 1:00pm - 5pm
Wednesday 1:00pm - 5pm
Friday 1:00pm - 5pm

**Turner Recreation Center**
831 South 55th St, KCK 66106
Thursday, 10am - 2pm

**City Hall - Kansas City Kansas**
701 North 7th Street, KCK 66101
Monday 9:00am - 2:30pm

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**JAM SESSION:**
**Musicians Needed**

The Fourth Thursday of Every Month from 1:00p - 2:00p

Chapter Education Center
3856 West 75th Street
Prairie Village, Kansas

The Heart of America Chapter is hosting informal jam sessions for musicians with early stage memory loss and musicians who are caregivers. Interested in participating? Call 913-831-3888 or email kjones@alz.org for more details.

*Sponsored by the Alzheimer's Association - Heart of America Chapter*
OLDER AMERICANS’ ACT LISTENING TOUR SCHEDULED

The Kansas Department for Aging and Disability Services (KDADS) will travel the state next month for a listening tour. KDADS’ Commission on Aging staff will gather input and suggestions regarding services funded by the Older Americans’ Act for Kansans who are 60 years of age or older. Older Americans’ Act services include: legal assistance, caregiver and in-home services, transportation, nutrition (such as Meals on Wheels) and more. The Older Americans’ Act also supports health promotion services grants to Kansas Area Agencies on Aging. These grants fund nutrition counseling, health promotion programs, physical fitness and exercise programs.

KDADS staff will stop in Kansas City, Kansas on Wednesday, March 13, 2013 at Westgate Towers located at 6100 Leavenworth Road, KCK 66112 from 10:30 a.m.-11:30a.

Older Adults who are unable to attend the session may submit comments by calling 800-432-3535 or by email to www.mail@kdads.ks.gov. Written comments can also be sent by mail to Kansas Department for Aging & Disability Services, Attn: Commissioner on Aging Craig Kaberline, 503 S. Kansas Avenue, Topeka, Kansas 66603. Deadline to submit feedback or comments is April 15th.

Are you interested in learning to draw, paint, or sculpt but can’t afford the extra expense of art classes? The Nelson-Atkins Museum of Art in mid-town Kansas City, Missouri is now offering scholarship assistance to adults who would like an opportunity to enroll in Museum art classes. The Ford Learning Center offers a unique selection of weekend and evening studio courses specifically for adult audiences. Students view the Museum’s world famous art collection while also receiving hands-on instruction on varied art processes. Art experience is not required, just a desire to create and explore!

Scholarships are awarded to adult applicants based on financial need and a desire to participate. To be considered for a scholarship, you must submit a completed application at least two weeks prior to the start of class and are limited in number for each session.

To request a scholarship application or for more information about the adult scholarship program, please contact the Educator of Public Programs at 816-751-1372 or by email at kmckinney@nelson-atkins.org.
In order to qualify, an adult living at the address must be personally responsible for paying the heating costs incurred at the current residence, payable either to the landlord or the fuel vendor. Applicants must demonstrate a recent history of payments toward purchase of the primary heating energy.

The combined gross income (before deductions) of all persons living at the address may not exceed 130% of the federal poverty guidelines. Additional information may be obtained by calling 1-800-432-0043 or online at www.dcf.ks.gov.

Dear Newsletter Recipient:

For 20 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, the newsletter’s continuity depends on your donation for its existence.

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

Respectfully,

The Newsletter Committee

Population Based Healthcare Practicum

The Wyandotte/Leavenworth Aging & Disability Resource center (ADRC) will offer a practicum worksite for nursing students attending the University of Kansas. The students will be assigned to the Nutrition Department, working with older adults at area nutrition sites and home bound meal participants. The students will perform health assessments including body mass index and blood pressure. The data collected will be used for evidence based outcomes for the SeniorFit Project. SeniorFit is a health and wellness program funded through the Older American Act. The program offers group exercise to address health concerns such as weight management, diabetes, high blood pressure and other health concerns identified by the participant. Homebound meal participants will focus on issues of loneliness and isolation or medication management.

Nutrition Sites (Tuesdays 8am - Noon) Students will perform health assessments on older adults participating in the SeniorFit Project. Participants will receive a weekly health assessment to track and monitor health outcomes regarding participation in SeniorFit.

Homebound Meal Participants (Tuesday 1pm - 4pm) Students will shadow Nutrition Staff during Nutrition Assessments and observe the interaction between healthcare professional and the older adult. Follow-up home visits will be made by the students to discuss issues of loneliness, isolation, medication management or other concerns identified by the participants.

Agency Coordinators: Margie Alcanter 913-573-8533 Jennifer Long 913-573-8546

March Is Last Month to Apply for L.I.E.A.P.

The Low Income Energy Assistance Program (L.I.E.A.P.) is a federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit. The 2013 application period is from Tuesday, January 22 through Friday, March 29, 2013.

The following summary describes basic LIEAP eligibility provisions.
Funding for meal programs has become a critical issue for all service providers. Older Americans’ Act Nutrition Programs have not received an increase in funding since FY2009 on neither the state nor federal level. Since FY2009 program costs for transportation and delivery expenses have increased more than 11%. The cost of Food and Consumables has gone up 12% in the last 4 years.

As advocates for increased state funding of Meals on Wheels and senior nutrition programs, Meals on Wheels Association of Kansas (MOWAK) has created a fact sheet that highlights the great challenges that Nutrition Programs face.

MOWAK is asking legislators to increase funding for the Meals on Wheels Program and other senior nutrition programs.

During the last fiscal year, several nutrition providers had to stop meal services in many of our Kansas communities.

Client Contributions have decreased since FY2009 by 11%. Seniors are on a fixed income and expenses are on the rise. Nutrition Providers encourage participants to make a contribution towards their meals, but the Older American Act prohibits our programs from charging for the meals.

Call your legislator at 1-800-432-3924 and let him know how important your meals are to you.

Information provided by MOWAK

Kansas Drug Card
Kansas’ FREE Discount Prescription Drug Card Program

As a resident of Kansas, you and your family have access to a statewide Prescription Assistance Program (PAP). The program will provide you with Rx medication savings of up to 75% at more than 56,000 pharmacies across the country including Dillons, CVS/pharmacy, Hy-Vee, Walgreens, Kmart, Target, Walgreens, Walmart, and many more. You can create as many cards as you need. We encourage you to give cards to friends and family members. This card is pre-activated and can be used immediately.

ANYONE CAN USE THE CARD BUT IT CANNOT BE COMBINED WITH INSURANCE COVERAGE

Use the card instead of insurance if:
- You are in the Medicare Part D donut hole
- The insurance has no drug coverage
- There is high drug deductible
- There is a low medicine cap that has been met
- There is a high co-pay and the card offers a better price
- The card cannot be used to lower a copayment
- No enrollment forms
- No eligibility or income guidelines
- No waiting periods
- No age restrictions
- No claims to file

Kansas residents can print a card by visiting the program’s website at www.KansasDrugCard.com, through various locations across the state, such as hospitals, clinic, doctor’s offices and pharmacies or by telephone at 913-638-8415.

The Wyandotte/Leavenworth Area Agency on Aging would like to thank the American Stroke Foundation for their donation.

The American Stroke Foundation, for the last 10 years has distributed valentines to homeless shelters, not for profit agencies and this year for the first time, added the Meals on Wheels and Nutrition Site Participants in Wyandotte County. Kolleen Arnold, staff volunteer with the foundation says she coordinates, creates and donates the valentines.

Kansas Drug Card
www.kansasdrugcard.com

Accessible, Affordable Housing

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Mid America Commons - Kansas City
Blackbird Apartments - Kansas City*
(*Opening March 2013 and now accepting applications for residency)

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TTY/TDD 800-627-3529
www.accessiblespace.org
IS IT FEELING A LOT MORE LIKE SPRINGTIME?
Find and circle all the words hidden in the grid.

- APRIL
- APRIL FOOLS DAY
- APRIL SHOWERS
- BASKET
- BUNNY
- CHOCOLATE
- CLOVER
- DAYLIGHT SAVINGS
- DYE
- EASTER
- EGG HUNT
- EGGS
- FISH
- FLOWERS
- GARDENING
- GRASS
- GREEN
- HOMESTEAD TAX
- INCOME TAX
- IRISH
- JELLYBEANS
- LENT
- LEPRECHAUN
- MARCH
- PARADE
- POT OF GOLD
- PRANKS
- RAIN
- RAINBOW
- SPRING CLEANING
- SPRING TIME
- ST. PATRICK'S DAY
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- Garbage Disposal
- Dishwasher
- Off-Street Parking
- Community Room
- Elevator for Your Convenience and safety

Interested or have questions? Contact Linda Ramirez at 913-573-8531 or email at 60Plus@wycokck.org

For Leasing Information Call: 913-371-2525
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.

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