TOGETHER, WE MARCH FOR MEALS

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For nearly 45 years, these critical programs - commonly referred to as Meals on Wheels have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home where they want to be.

Locally, over 600 seniors are fed daily through the Meals on Wheels Program and over 200 eat at one of the 8 Congregate meal sites in Wyandotte County.

CONTRIBUTE WHAT YOU CAN
100% of each donation to Meals on Wheels program will advance the collective movement towards an America in which all seniors live nourished lives with independence and dignity.

SPEAK UP FOR SENIORS
It can be as simple as a phone call, an email or a post on social media. These little actions of support can help fund and protect the vital programs that support our nation’s seniors. Together, our voices are amplified and make an even bigger difference.

HOW CAN YOU GET MEALS?
Participants must be at least 60 years of age and older. Homebound seniors may receive their meals delivered to their home, while those who are capable, must visit one of the 8 congregate meal sites in Wyandotte County. Contact the Area Agency on Aging at 913-573-8546 or by email at mealsonwheels@wycokck.org for assistance.

HOW CAN YOU HELP?
If you would like to support the Meals on Wheels program, please send your donation payable to the WY/LV Area Agency on Aging, Attn: Meals on Wheels Program, 849 N 47th Street, Suite C, Kansas City, Kansas 66102.
Senior Citizens' Tax Rebate/Refund
JANUARY 2, 2017 THROUGH MARCH 31, 2017

Utility Tax Refund
Residents of the city of Kansas City, KS who were age 65 or older the entire calendar year of 2016 and who have a gross annual income not exceeding $25,000 shall be entitled to a refund for monies paid to the utility companies up to a maximum of $150. Between January 3 and March 31, 2017, eligible persons may make application at the Unified Government Clerk’s Office, 701 N. 7th St., or the Area Agency on Aging (by appointment only), 849 N. 47th St. Applicants must provide proof of income and their utility bills from BPU, Atmos Gas or Kansas Gas, and AT&T, if applicable, for 2016.

To qualify for the refund, all three must apply:
Be a Kansas City, Kansas resident. Residents of Bonner Springs and Edwardsville are not eligible for the refund.
Be 65 years of age or older during the entire calendar year of 2016 (born before January 1, 1951).
Gross income from all sources, including that of spouse, shall not exceed $25,000 per year.

To apply for the refund:
You must come to the Unified Government Clerk’s Office, 701 North 7th Street, Rm. 323, Kansas City, Kansas 66101. Bring all 2016 utility bills for telephone, gas, and BPU. You must also provide proof of income from social security, pensions, W-2s, interest earned, rental properties, etc. Said information may also be mailed to the clerk’s office. All mail-ins must be postmarked no later than March 31, 2017. The Area Agency on Aging will fill out applications by appointment only on Tuesdays and Thursdays by calling 913-573-8531.

City Sales Tax Refund
Residents of the city of Kansas City, Kansas who were age 65 or older and who have a gross annual income not exceeding $25,000 shall be entitled to a refund of the city sales tax and that amount of the county sales tax received by the city based upon a set schedule. Between January 3 and March 31, 2017, eligible persons may make application at the Unified Government Clerk’s Office, 701 N. 7th St., or the Area Agency on Aging (by appointment only), 849 N. 47th St. Applicants must provide proof of income for 2016. For additional information, call the Unified Government Clerk’s office at 913-573-5260.

FREE Chronic Disease Self-Management Workshop
Tuesdays, 1:00 to 3:30 pm
April 4 thru May 9, 2017
Are you an adult with an ongoing health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety? This workshop can help you take charge of your life.
You’ll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health.
Landon Center on Aging
Room 270
Univ. of Kansas Medical Center
3599 Rainbow Blvd.
Kansas City, KS 66160

Call Janet to register at (913)588-1266
WHICH DO YOU FILE?

HOMESTEAD

The Homestead Refund Program is for homeowners who are residents of Kansas ALL of 2016. As a Kansas resident the entire year, you are eligible if your total household income is $24,100 or less and you:

✓ Were born before January 1, 1961, or
✓ Were blind or totally and permanently disabled all of 2016, or
✓ Have a dependent child who lived with you the entire year who was born before January 1, 2016 and was under the age of 18 all of 2016.

SAFE SENIOR

The Safe Senior (or Kansas property Tax Relief for Low Income Seniors) is a property tax refund program. Safe Senior is also referred to as “Kansas Property Tax Relief for Low Income Seniors”. Filers for Safe Senior must meet ALL of the following:

✓ A Kansas resident all of 2016
✓ Owned a home in Kansas during 2016
✓ Age 65 or older all of 2016
✓ Household income of less than $19,200

The AARP Tax-Aide Foundation offers free tax preparation help to anyone 50 and older and can’t afford tax preparation services. You may dial 1-888-227-7669 during the months of January through April for a location nearest you.

Are you turning 65 this year?

Are you already receiving Medicare Benefits?

Is your Social Security income less than $12,060 annually ($16,240 annually for a married couple)?

THEN…you need to apply for Extra Help from Medicare.

Medicare, not you, may pay for Part D premiums, copays & deductibles!

APPLY for Extra Help
with the Social Security Administration online at www.socialsecurity.gov or by phone at 1-800-722-1213.

SHICK

Senior Health Insurance Counseling for Kansas
Kansas Department on Aging

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! The newsletter’s continuity depends on your donations for its existence. Please help us continue to provide this important publication by becoming a sponsor!

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

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

Thank you!

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

William Anderson (Patron)
Evelena Blackwell (Contributor)
Freda Cole (Contributor)
Juanita Ellis (Contributor)
Wanda Duncan (Other)
Joyce Foster (Patron)
Sonia Gardner (Other)
Mary Hunt (Patron)
Dixie Kaster (Other)
Alice Pollard (Contributor)
Clara Whitaker (Contributor)

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

DOES EMAIL WORK FOR YOU?

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

Send an email to: 60Plus@wycokck.org with your request.
PUBLIC HEARINGS SCHEDULED

The “Public Hearings” are a great opportunity for the public to learn about programs and/or give feedback regarding senior services in Wyandotte and Leavenworth Counties. All are welcome!

If you have questions or concerns regarding the public hearing, please feel free to contact the Wyandotte/Leavenworth Area Agency on Aging at 913-573-8531.

March 7, 2017
Bonner Springs Senior Center
200 East 3rd Street, Bonner Springs, KS
10am

March 28, 2017
Neighborhood Resource Center
4953 State Avenue, KCK 66102
11am

April 4, 2017
Bonner Springs Library
201 N Nettleton Ave., Bonner Springs, KS
10am

SAVE THE DATE!

OLDER AMERICANS’ MONTH CELEBRATION

Thursday, May 18, 2017
11am - 2pm

Concessions
Health Screenings
Drawings

Entertainment
Informational Booths
Games

Transportation will be provided from the Area Agency on Aging to the event site!

VOLUNTEER YOUR TIME IN 2017

Volunteers are an invaluable asset to any organization. The Wyandotte/Leavenworth Area Agency on Aging currently uses several volunteers with many of our programs and we are grateful for the support and time they give us.

Why should I volunteer? We’re so glad that you asked. Volunteers not only benefit the organizations that they are working for but the communities they serve. Here is a list of a few reasons to share your time with us:

- Be challenged
- Make new friends
- Help someone
- Do what you love
- Feel good
- Be part of a team
- Because you were asked
- For Fun

The volunteer experience gives an opportunity and vehicle for feeling significant and fills a need for social and community involvement. To learn about volunteer opportunities in our community contact one of the several organizations below:

- American Red Cross of WyCo
  913-321-6314

- Foster Grandparents
  913-621-1504

- Kansas Guardianship Program
  785-587-8555 or 800-672-0086

- Retired & Senior Volunteer program (RSVP) United Way of Wyandotte County Kansas
  913-371-3674

- Senior Health Insurance Counseling for Kansas (SHICK)
  913-573-8531

- Unified Government Volunteer Ctr.
  913-573-5469

$10 T-SHIRTS MUST BE PRE-ORDERED PRIOR TO THE EVENT BY DIALING 913-573-8574
The Perks of Growing Older

Retirement doesn’t have to be your one-way ticket to a sedentary life. Learn about senior programs and services that can help you stay vital and stimulated.

Your senior years can be one of the most enjoyable and fulfilling times of your life. As the baby boomer generation gets older, the number of senior citizens in the United States is rapidly increasing, and seniors are finding ways to be more active and involved.

There are more seniors today than ever before. In 1900, 3.1 million Americans were age 65 and older; by 1994, this number had grown to 33.2 million. Researchers estimate that by 2030, 20 percent of the U.S. population will be senior citizens.

So what are some of the key trends in this age group?

- **Better economic position.** Thanks to improvements in Social Security and Medicare, the number of seniors below the poverty level has dramatically decreased from 35 percent in the early 1960s to about 10 percent today.
- **Higher education.** More seniors than ever before have completed high school, and it is becoming increasingly common for seniors citizens to have earned a bachelor’s degree or higher.
- **Lasting marriages.** The majority of senior citizens younger than 85 are married. Since women tend to live longer than men, older men are twice as likely to be married than elderly women.
- **Longer life expectancy.** People are living longer today than in the past, and the number of people who live until age 100 is growing.

**Better Services and Programs for Senior Citizens.** In generations past, people felt that old age was a time to take it easy and slow down. But today senior citizens know that staying active is one of the most important parts of healthy aging.

- **Some of the services available to help senior citizens remain vital include:**
  - **Fitness programs.** A number of local community centers, churches, fitness centers, and senior centers offer exercise programs specially designed for older adults. Regular exercise helps you stay functional and healthy.
  - **Job placement services.** You don’t have to stop working at 65. Senior citizens today are working long after that age, and many people who retire from one job end up going back to work in another capacity.
  - **Volunteer organizations.** An estimated one-third of volunteers in the United States are senior citizens. Volunteering can be a great alternative for your time after retirement.
  - **Lifelong education.** Staying mentally active is an important part of healthy aging. Researchers are finding out that when it comes to your mind, you have to use it so you don’t lose it. One way you can stay mentally challenged as you grow older is to enroll in adult education courses.
  - **Travel programs.** Retirement is a great time to explore the world through travel. The U.S. Department of the Interior offers U.S. citizens 62 and older a Senior Pass, with lifetime access to government-recognized recreation areas for just $10.
  - **Senior discounts.** In addition to the Senior Pass, there are numerous senior citizens discount programs everywhere. Many local movie theaters, museums, and restaurants often offer discounted rates for seniors. Ask around to find out what kinds of senior discounts are available in your area.

One of the best ways to stay in good mental and physical shape as you age is to get out and enjoy yourself. Take advantage of the programs and services offered to senior citizens so you can make the most of life.

Article shared from www.everydayhealth.com
MIND AND BODY THERAPY FOR FIBROMYALGIA

Fibromyalgia is a long-lasting disorder marked by widespread pain, tenderness, fatigue and other symptoms than can interfere with daily life. An estimated 5 million American adults have the condition. It most often affects women, although men and children also can have the disorder. Unfortunately, despite ongoing research, its causes remain unknown.

Fibromyalgia can be difficult to diagnose and treat. Individualized therapy may include conventional medications as well as mind and body approaches, such as exercise, strength training, massage and acupuncture. But what does the science say about mind and body practices for fibromyalgia? Research is still preliminary, but encouraging results suggest that tai chi, qigong, yoga, massage therapy, acupuncture and hydrotherapy may help relieve some fibromyalgia symptoms. Be sure to speak with your health care provider before starting to use any mind and body practices.

SILVER HAIR LEGISLATURE ELECTIONS TO BE HELD

The Kansas Silver Haired Legislature (KSHL) is a unicameral legislature consisting of 1256 representatives across Kansas. They come together annually in Topeka to discuss and propose legislation that impact Kansans of all ages. Measures that are passed by the KSHL are presented to the Governor and Kansas Legislature when they convene in January each year. The KSHL will hold their annual elections across the state on Wednesday, March 15th.

Individuals who are interested in becoming a candidate must be 60 years of age or older; a resident in the county in which they are running; a registered voter of Kansas; and have a willingness to participate in all activities required or expected of Kansas Silver Haired Legislators. Delegates are elected to serve a two-year term and there are no term limits.

There are two methods to file for the KSHL; complete a candidate registration form that requires a $25 filing fee payable to the Kansas Silver Haired Legislature; or complete a petition of nomination and get 50 individuals’ signatures from the county the individual is wanting to represent.

If an individual is interested in becoming a candidate in their county and has questions concerning the KSHL program or would like to request the two filing forms, please contact Linda Ramirez at 913-573-8543.

ANNUAL VALENTINE DAY CARD DONATION

We are happy to announce that the Wyandotte/Leavenworth Area Agency on Aging is once again a recipient of the Valentines Day card donation to be delivered to the Meals on Wheels homebound seniors.

Thank you to the American Stroke Foundation for thinking of our seniors and making their day with a special valentine.

A THOROUGH SPRING CLEANING CHECKLIST

Spring cleaning. It’s an opportunity to throw open the windows, let some fresh air in, and make our homes clean, happy and efficient spaces. Don’t be daunted by the size of this list, many of the jobs are small ones that will go by quickly, and you’ll be so glad you took the time to do them!

✓ Dust lighting fixtures and ceiling fans.
✓ Open and clean windows & seals.
✓ Wash doors, knobs and switch plates.
✓ Clean or replace entry mats.
✓ Sweep and mop floors.
✓ Reseal grout lines, if necessary.
✓ Dust furniture.
✓ Remove items from drawers, clean the drawer, place items back neatly. Donate items you no longer need.
✓ Remove everything from closets. Sweep and clean closet floor. Put everything back neatly. Donate items you no longer need and try not to store things on closet floor.
✓ Sweep or vacuum under bed. Try not to store things under bed. Freshen mattress by sprinkling with baking soda, letting sit briefly, and then vacuum it up.
✓ Launder bedding and curtains. Air out mattress pad, if you have one.
✓ Wash mirrors or dust art.
✓ Wash floor registers and other vent covers.
✓ Clean and organize pantry; check food expiration dates.
✓ Clean and organize fridge and freezer.
✓ Defrost freezer, if necessary and check food expiration dates.

Happy Cleaning!
**MUSHROOM PORK CHOPS**

**INGREDIENTS:**
- 4 Pork Chops
- 1 onion chopped
- 1/2 lb. fresh mushrooms
- 1 (10.75 ounce can) cream of mushroom soup
- 1 pinch of garlic salt
- Salt & Pepper, to taste

**DIRECTIONS:**
1) Season pork chops with salt, pepper and garlic salt to taste.
2) In a large skillet, brown the chops over medium-high heat. Add the onion and mushrooms and sauté for one minute.
3) Pour cream of mushroom soup over chops. Cover skillet and reduce temperature to medium-low. Simmer 20-30 minutes, or until chops are cooked through.

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**SPRING IS JUST AROUND THE CORNER**

*Find and circle all the words hidden in the grid.*

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Wyandotte/Leavenworth
Area Agency on Aging
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!

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

coming soon >>>

APRIL FOOLS DAY
Saturday, April 1, 2017

PUBLIC HEARING
Tuesday, April 4, 2017
Information inside this newsletter

SPRING HOLIDAY
Friday, April 14, 2017
Unified Government Office Closed

EASTER
Sunday, April 16, 2017

EARTH DAY
Saturday, April 22, 2017

ARBOR DAY
Tuesday, April 25, 2017

calendar >>>

OLDER KANSANS DAY AT THE CAPITOL
Thursday, March 9, 2017

DAYLIGHT SAVINGS BEGINS
Sunday, March 12, 2017

ST. PATRICKS DAY
Friday, March 17, 2017

MEDICARE TALK AT THE ADRC
Monday, March 20, 2017
Information inside this newsletter

PUBLIC HEARINGS
Tuesday, March 7 & 28, 2017
Information inside this newsletter