

THE COMMUNICATOR

60 Plus?...Call on Us!

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READ YOUR MAIL

You receive a lot of mail everyday and we recommend that our readers open and read it. Not reading the mail could have a negative impact on your services or benefits and can even have legal consequences.

Definitely take the time to open and read mail from the following organizations: **Centers for Medicare and Medicaid Services (CMS), Social Rehabilitation Services (SRS), Social Security Administration (SSA), Your Insurance Company: Medical, Home Owner's, Vehicle.**

Virtually all organizations sell your name unless you specifically ask them to stop. Here are some powerful ways to ask them to stop.

Be Clear: Whenever you donate money, order a product, or fill out a warranty card, write in large letters, "Do not sell my name or address."

Donations by Telephone: If you donate by telephone, say "Please mark my account so that my name is not traded or sold to other companies."

Avoid Filling out "Contest" Entry Forms: "Contests" where you fill in a little entry blank are almost always fishing expeditions for names. Avoid these.

If you have difficulties understanding your mail, first try contacting the organization who sent it. Many times they have a toll-free customer service number. Also, you may contact our office at 913-573-8531 and ask for an Information Specialist. We will work to assist in any way we can.

LEA SU CORRESPONDENCIA

Usted recibe correspondencia todos los días. Le recomendamos a nuestros lectores que abran y lean la correspondencia. Si usted no lee su correspondencia puede tener un impacto negativo en sus servicios o privilegios y puede incluso tener consecuencias legales.

Definitivamente, abra las cartas que vienen de las organizaciones siguientes: **Centros para los servicios de Medicare y Medicaid (CMS), Servicios Sociales para la Rehabilitación (SRS), Administración de Seguro Social (SSA), su compañía de seguros: médico, casero y de vehículo.**

Prácticamente todas las organizaciones venden su nombre a menos que usted les pida específicamente que no lo hagan. Aquí están algunas sugerencias para obstruir la venta de su nombre.

Sea claro: Siempre que usted done dinero, pida un producto, o complete una tarjeta para la garantía, escriba en letras grandes. "No venda mi nombre o domicilio."

Donaciones por teléfono: si usted dona por el teléfono, indique que no quiere que su cuenta se venda o cambie a otra compañía. Tenga cuidado.

Evite completar las tarjetas para concursos: estos concursos donde usted provee su información buscan tener su nombre para vender o pedir donaciones. Sea cauteloso.

Si usted tiene dificultades para entender su correspondencia, primeramente llame la organización que le envió la carta. Muchas veces tienen un número gratis del servicio de atención al cliente. También, usted puede llamar a nuestra oficina al 913-573-8531 y preguntar por una especialista de la información. Le ayudaremos de cualquier manera posible.



**Older American's
Month Celebration
May 20th at the
George Meyn Center
10 - 2pm**

AGING FUNDED PROGRAMS

- **Demand Response - Transportation**
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



“KNOWLEDGE IS POWER”

SCAMMERS TARGET FOUR MAJOR POPULATIONS INCLUDING THE ELDERLY, YOUNG ADULTS, INDIVIDUALS WITH DISABILITIES AND EVEN THOSE WHO ARE DECEASED.

The following information will assist consumers with how to protect themselves from ID theft/scams and how to report suspicious activity.

The following are tips to use in protecting your information:

What you should NOT do?

- ✦ **Do NOT** give out your Social Security number or even the last four to anyone! If scammers have the last four they can get all nine.
- ✦ **Do NOT** carry your Social Security card, Medicare card, or any other health insurance card with you unless you are going to the doctor! Health insurance information is more sensitive than financial information.
- ✦ **Do NOT** include your entire information in the phone book! It is not necessary to include your first name and address in the phone book. Your friends and family already know where you live. J.Doe 555-5555 is good enough.
- ✦ **Do NOT** be involved in a “blind” financial transaction! You do not know who is on the other end when dealing over the phone or online through auctions.
- ✦ **Do NOT** reply to unsolicited sweepstakes or foreign lotteries! You can not win, if you did not enter.

What can you do to protect yourself?

- ✦ Get your free credit report at least twice a year by calling 1-877-322-8228 or by visiting www.annualcreditreport.com
- ✦ Check your health insurance consumer file with MIB (previous known as Medical Information Bureau) by calling 1-866-692-6901 (TTY 1-866-346-3642) or visit www.mib.com for more information.
- ✦ Confirm that your donations are going to bona fide charities by calling Charity Check at 785-296-4564.
- ✦ Verify that the business you are dealing with is in good standing by calling the Kansas Better Business Bureau in Kansas City at 816-421-7800.
- ✦ Before making financial investments, check out the company by contacting the Kansas Securities Commission at 1-800-232-9580 or www.securities.state.ks.us.
- ✦ Register on the No Call List by calling 1-888-382-1222 or at www.donotcall.gov
- ✦ To opt out of receiving prescreened offers of credit in the mail, call 1-888-5-OPT-OUT (1-888-567-8688).

Who do I call if there is suspicion of being scammed? REPORT! REPORT! REPORT!

- ✦ Attorney General Steve Six, Consumer Protection Division: 1-800-432-2310 or www.ksag.org
- ✦ Federal Trade Commission, ID Theft Division: 1-877-438-4338 or www.ftc.gov
- ✦ Social and Rehabilitation Services, Adult Protective Services: 1-800-922-5330
- ✦ Kansas Department on Aging, Senior Medicare Patrol: 1-800-860-5260
- ✦ Local Police Department



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Services Available 24hrs/day
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www.AlwaysThereKC.com

HEALTH REFORM FOR AMERICAN SENIORS

The Affordable Care Act gives America's seniors greater control over their own health care. The following are some facts from the White House press release:

- ✦ Provides a \$250 rebate to Medicare beneficiaries who hit the donut hole in 2010. In 2011, the Act institutes a 50 percent discount on brand name drugs in the donut hole, and will completely close the donut hole for all prescription drugs by 2020.
- ✦ Reduces unwarranted subsidies to private health plans saving Medicare more than \$150 billion over 10 years.
- ✦ Invests in fighting waste, fraud, and abuse. Reforms payments to reduce unnecessary hospital admissions and health care acquired infections.
- ✦ Not a penny of Medicare taxes or trust funds will be used for health reform.
- ✦ Eliminates deductibles, copayments, and other cost-sharing for preventive care, and provides free annual wellness check-ups starting in 2011.
- ✦ Creates a voluntary long-term care insurance program, which will provide a cash benefit to help seniors and people with disabilities obtain services that will enable them to remain in their homes and communities.
- ✦ Invests in innovations such as medical homes and care coordination to improve the quality of care for seniors with chronic conditions.
- ✦ Promotes better care after a hospital stay by investing in discharge planning and transitional care.
- ✦ Invests in quality of care measures across the health care delivery system to help beneficiaries make informed choices and to reduce the 1 in 7 hospitalized Medicare patients who experience a complication.

HEALTHY TIP

A healthy diet is very important in preventing disease. If you do not eat the right food, it reduces the body's natural defense system which allows viruses and bacteria to attack the body.



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IF... your Social Security income is less than \$1354 per month (\$1821 per month for a married couple), THEN... you need to apply for Extra Help from Medicare. Medicare, not you, may pay for your premiums, copays & deductibles.

1. **APPLY** for extra help with the Social Security Administration online at www.socialsecurity.gov, by phone at 1-800-772-1213 OR for help by appointment in your home or our office call the local SHICK office at the AAA at 913-573-8531 or 1-888-661-1444.

2. **WATCH YOUR MAIL** Social Security or SRS will send you an approval/denial letter.

3. **BRING IN YOUR LETTER** the Wyandotte/Leavenworth Area Agency on Aging will provide you with a FREE Snuggle Me Chenille Blanket (While Supplies Lasts) even if you are denied because of other income or resources.



***Social Security Income must not exceed \$1354 per month in order to qualify.**

OLDER AMERICANS MONTH CELEBRATION



It's a Cabaret!

10:00 AM - 2:00 PM
May 20, 2010

George Meyn Community Center
126th & State Avenue
Bonner Springs, Kansas 66012

*Transportation will be provided from
the Wyandotte/Leavenworth AAA
to the event site!*

For more information, call the AAA at 913-573-8531.

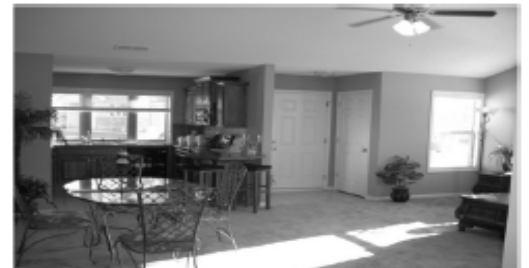
- GAMES
- ENTERTAINMENT
- HEALTH SCREENINGS
- PHYSICAL FITNESS
- DOOR PRIZES
- HOTDOGS
- HAMBURGERS
- BEVERAGES
- CHIPS
- POPCORN
- SIDES
- SIDES (AND MORE)
- SIDES



Senior Lifestyle at it's 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 care-free 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.

OLDER AMERICANS ACT

Program Description & Benefits for WyCo Seniors

Provides services such as Information, Legal Assistance, In-Home Services, Transportation, Nutrition, Caregiving and Case Management to Wyandotte and Leavenworth County seniors. Some services may be offered on a donation basis.

Eligibility Guidelines:

60 years of age or older.

Where to Get More Information or Apply:

Wyandotte/Leavenworth Area Agency on Aging

Information: 913-573-8531

Legal Services: 913-621-0200

Website: www.wycokck.org/aging

SO NO SENIOR GOES HUNGRY

By tossing coins into the fountain at The Legends Shopping Center during the month of June you will be donating to the Meals on Wheels Program, which will help serve meals to seniors in Wyandotte County.

Show your support for this valuable program and help our agency in our goal to "end senior hunger by 2020."



CONSUMER ALERT: FAKE AGENTS PITCHING HEALTH CARE COVERAGE SCAMS

Con artists are already trying to scam Kansas consumers with fake health care, according to Kansas Insurance Commissioner, Sandy Praeger. Recent reports indicate that fake agents are showing up at Kansas homes, especially those of older Kansans, representing themselves as agents of the federal government selling "ObamaCare" insurance policies. Commissioner Praeger said, "unsolicited contact such as this is a scheme to defraud you of your money." **Stop. Call. Confirm.** Commissioner Praeger said. "If it doesn't seem right, **Stop** the transaction, **Call** the Kansas Insurance Department and **Confirm** that any agent or insurance program is licensed to do business in Kansas. In this case, try to get a name and number of the person who is soliciting the business and turn the information over to us."

The Kansas Insurance Department's Consumer Hotline number (in Kansas) is 800-432-2484.

GET RID OF YOUR JUNK MAIL

In an effort to reduce junk mail, look into the following options:

- ✦ Direct Marketing Association: Get off junk mail lists by visiting www.dmaconsumers.org/cgi/offmailing and fill out an on-line form. Or, if you prefer, send a letter to: Direct Marketing Association, Mail Preference Service, P.O. Box 9008, Farmingdale, NY 11735-9008. Request that they "activate the mail preference service" for your contact information. List your complete name, address and zip code. Junk mail may reach your home with several variations of your name and address, so list them all.
- ✦ Unwanted Credit Card Offers: Credit card companies send lots of unwanted junk mail, but you can stop it with one phone call. Call toll-free, 24 hours a day: 888/5OPT-OUT (888/567-8688) to get your name off the lists of the major credit bureaus.
- ✦ Publisher's Clearinghouse (PCH) Sweepstakes: Get the Clearinghouse to stop clogging your mailbox by calling customer service at 1-800-645-9242, mailing to 101 Channel Drive, Port Washington, NY 11050, or send an email to pch@ant.net. PCH will remove any number of names from a specific address, but you have to list each name exactly.

Val-Pak: Packs arriving in a blue envelope can be stopped via a quick visit to www.coxtarget.com/mailexpression/s/DisplayMailSuppressionForm. Or, Val-Pak may be contacted at 1-800-676-6878, or by mail at ValPak Direct Marketing Systems, 8605 Largo Lake Drive, Largo, FL 33773.

- ✦ Catalogues: If you're getting swamped with catalogues, your name and address are very likely registered with Abacus, an alliance of catalogue and publishing companies. Abacus members routinely swap customer information. To stop individual catalogues from reaching your home, write to Abacus, Inc., P.O. Box 1478, Broomfield, Colorado 80038. Or call the company's 1-800 number and tell them to take you off their list.

For more visit <http://today.msnbc.msn.com/id/18530707/#ixzz0ku2jTcdb> or <http://www.obviously.com/junkmail/>

Thank You!

A SPECIAL "THANK YOU" TO ALL WHO ARE SUPPORTING THE NEWSLETTER!

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Elidia Adams
Annetta Allen
Marion Andrews
Helen Baker
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Congratulations to our March/April drawing winner Brenda Tennyson Jackson! She will receive a bag of goodies compliments of Medicalodges Post Acute Center located at 6500 Greeley in Kansas City, Kansas.

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Call your case manager today!

LIFT CHAIR NOMINATION FORM

NAME: _____

ADDRESS: _____

CITY, STATE, & ZIP: _____

PHONE NUMBER: _____

NOMINEE'S NAME: _____

*** GIVE A BRIEF DISCRPTION WHY YOU OR YOUR NOMINEE WILL BENEFIT FROM THE LIFT CHAIR:

LIFT CHAIR ENTRIES ARE DUE TO THE AAA BY THE END OF BUSINESS DAY ON MAY 20, 2010.

LIFT CHAIR ENTRIES ARE DUE TO THE AAA BY THE END OF BUSINESS DAY ON MAY 20, 2010.

Lift Chair donated by...

Access Medical, LLC

913-268-4442

“SUMMERTIME” WORD SEARCH

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

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

- AGE STRONG, LIVE LONG
- BETSY ROSS
- CABARET
- CEMETERY
- CINCO DE MAYO
- DAFFODILS
- DANDELIONS
- FATHER'S DAY
- FISHING
- FLAG DAY
- FLOWERS
- JONQUILS
- JUNETEENTH
- LAWN MOWING
- MAY DAY
- MEMORIAL DAY
- MOTHER'S DAY
- NECK TIES
- OLDER AMERICANS MONTH
- PICNICS
- PINK
- PINATA
- REMEMBRANCE
- REUNIONS
- SIRENS
- SUMMER
- THUNDERSTORMS
- TORNADOS
- TULIPS
- VACATIONS

Wyandotte/Leavenworth Area Agency on Aging
Security Bank Building
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Kansas City, Kansas 66112-2406
913-573-8531
913-573-8577 FAX



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IS THIS NEWSLETTER REACHING YOU?

Please notify us of any change in address. If the address label is incorrect, please call THE COMMUNICATOR office at 913-573-8531 or write us at the address listed above.

Also, please notify us if you receive more than one copy.

THANK YOU

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.

MAY OBSERVANCES



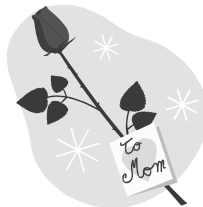
Cinco de Mayo - 5th
Mother's Day - 9th

Unified Government Furlough
Day - 28th

(AAA offices closed)

Memorial Day Holiday - 31

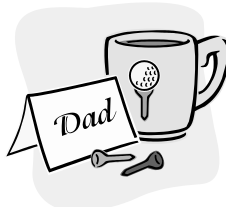
(AAA offices closed)



JUNE OBSERVANCES

Flag Day - 14th

Father's Day - 20th



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Linda Ramirez - Formatting Editor

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For more information call the Information & Assistance Department at 913-573-8531.

Information & Assistance 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 Wyandotte/Leavenworth Area Agency on Aging by calling 913-573-8531, or for the hearing impaired TDD 1-800-766-3777.