Older American’s Month Celebration

Celebración Del Mes De Los Ancianos

50's Sock Hop!

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

◊ Games
Juegos

◊ Concessions
Concesiones

◊ Health Screenings
Evaluaciones Medicas

◊ Information Booths
Mesas de Informacion

◊ Drawings
Sorteos

◊ Entertainment
Entretenimiento

May 24, 2011 -- 24 de Mayo 2011
11:00 AM - 2:00 PM

Transportation available from
NE end of Kmart Parking Lot
78th & Washington
Kansas City, Kansas
to event site!
Buses run every hour!

For questions call:
Si tiene preguntas, llame a:
913-573-8531

Event is free for seniors and open to the public!
El evento es gratis y abierto al publico!
Healthy Eating

Eating a variety of foods from all food groups can help you get the nutrients your body needs as you age. A healthy eating plan emphasizes fruits, vegetables, whole grains and low-fat or fat-free milk products. Include lean meat, poultry, fish, beans, eggs and nuts and low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugar.

Balancing physical activity and a healthy diet is the best recipe for health and fitness!

If you're interested in staying fit, contact the Wyandotte/Leavenworth Area Agency on Aging at 913-573-8531 for information on how to join the new SeniorFit Program!

Live Well & Prosper!

Your body is your valuable asset at every age. Take care of yourself with regular medical checkups!

DID YOU KNOW...Beginning in 2011, Medicare will pay for a yearly physical exam because of health care reform legislation.

DON'T FORGET...Medicare Part B pays for these routine wellness tests:
- **Bone Mass (Bone Density) Measurements**
  Once every 24 months
- **Cardiovascular Screenings**
  Every five years
- **Colorectal Cancer Screening**
  Frequency depends on type of screenings
- **Flu Shot**
  Once a flu season in fall or winter
- **Mammogram**
  Every 12 months for all women with Medicare age 40 or older
- **Pap Test**
  Once every 24 months, or every 12 months for women at high risk
- **Prostate Cancer Screening**
  Every 12 months

If you have any questions regarding your Medicare and any changes to your current coverage, please contact LaMonica Upton at 913-573-8545.

Seniors Helping Seniors

**Peer Support Program**

Peer Support is a volunteer program that pairs older adult volunteers with older adults who need support in:
- Adjusting to life changes that occur as we age;
- Increasing well-being and life satisfaction;
- Living independently through a stronger support system.

A great way to volunteer!

For more information, please contact the Wyandotte/Leavenworth Area Agency on Aging at 913-573-8531!
Free Smoke Alarms

Smoke Alarms Save Lives. Protect Your Family from Fire Related Injuries.

There are time-tested ways to prevent fire-related injuries. Simply installing smoke alarms on every level of your home and in every sleeping area, for instance, cuts the chances of dying in a home fire in half. Keeping matches, lighters and other heat sources out of children’s reach can help eliminate child-play fires – the leading cause of fire-related death for children 5 and under.

The American Red Cross has free smoke alarms for homes in Wyandotte County thanks to the generosity of State Farm Insurance.

If you or someone you know is in need of a smoke alarm or needs to have their current smoke alarm battery tested, please call (913-321-6314) or email (willibyj@usa.redcross.org) at the local American Red Cross office. The Red Cross will be happy to have a smoke alarm ready for you to pick up or they will send a volunteer out to your home.

Farmer’s Market Coupons

The Wyandotte/Leavenworth Area Agency on Aging will have a limited supply of Farmer’s Market Coupons available in June 2011. Applicants must be Wyandotte County residents, 60 years of age and older and meet income guidelines.

Interested applicants may direct inquiries to the Area Agency on Aging after June 1, 2011 at 913-573-8531.
Legislative Update

Older Kansans Day in Topeka

The Silver Haired Legislators visited the Capitol in Topeka on March 8, 2011 to discuss the effect further cuts to senior services would have to Wyandotte and Leavenworth counties.

The need for the aging community to become increasingly active in policy-making decisions is more and more evident.

Legislation that supports aging services is very important and we urge you to become more active on these issues by calling your state representatives through the Kansas legislative hotline number at 1-800-432-3924.

Public Forum Sponsored By State Legislators Held At KCKCC

The Wyandotte County Legislative Delegation sponsored a public forum Tuesday the 19th of April at the Kansas City Kansas Community College Jewel Center. The legislators present were Senator David Haley, Senator Kelly Kultala, Representative Broderick Henderson, Representative Kathy Wolfe-Moore, Representative Tom Burroughs, Representative Owen Donahoe, Representative Stan Frownfelter and Representative Valdenia Winn, Chairperson.

Several issues were presented and addressed such as, the proposal for voter picture ID legislation, the proposed budget for education, the final 2011 state budget and the proposed budget for 2012 that is still being debated. Also, local issues that have state effect such as amnesty for misdemeanors for the court, the EPA regional office move to Johnson County and the hiring practices at the Legends complex.

The delegation expressed a strong desire to facilitate communications between the community and their offices. There are several avenues the local constituency has in order to be aware of legislation at the state level – www.ks.legislature.org, direct emails to the legislators and live audio broadcast found at the kslegislature.org site.

The delegation is planning other opportunities for the public to join them and share their thoughts and ideas to find solutions to Kansas issues.
A special “Thank You” to all who made the sacrifice to donate and support the continuity of The Communicator.

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Keep in mind that your donations are tax deductible!

You may make your check payable to: Wyandotte/Leavenworth AAA

Wyandotte/Leavenworth Area Agency on Aging is now on FACEBOOK!

If you have a Facebook account, please view our page and “LIKE” us to receive updates, view photos from past events and enjoy the convenience of having information at your fingertips.

“FAN FRENZY”

The Adult Resource Panel of Wyandotte County in collaboration with Cross-Lines Community Outreach is sponsoring a “Fan Frenzy”. Our goal is to collect 100 fans to help families in need, especially the elderly. We are asking for either a fan, air conditioner or monetary donation to make fan purchases. Your contribution is tax deductible and will make our effort a success.

To submit your donation, please contact Emma Fonseca, Case Manager of the Wyandotte/Leavenworth Area Agency on Aging at 913-573-8537 or stop by the office at 1300 North 78th Street, Suite 100, Kansas City, Kansas 66112.
During 2010, Kansans suffered $370 million in estimated property damage because of severe weather. Although storm damage typically occurs during the spring months, Kansans need to take precautions for bad weather all year around.

Weather now accounts for most disasters in our homes. Some things you should do to prepare for the unexpected is check your home owners policy to assure coverage for such a disaster, make an emergency supply kit and develop an emergency plan for a natural disaster.

Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count. Below you will find interesting facts that you may or may not know about severe weather.

**THUNDERSTORM FACTS:**
- A thunderstorm affects a relatively small area when compared to a hurricane or a winter storm.
- All thunderstorms are dangerous.
- Every Thunderstorm needs: moisture (to form clouds and rain), unstable air (warm air that can rise rapidly) and lift (caused by cold or warm fronts or the sun’s heat).

**TORNADO FACTS:**
- Violent winds and debris slamming into buildings cause the most structural damage.
- Leave the windows closed. Take shelter immediately. An underground shelter, basement or safe room are the safest places. If none of those options are available, go to a windowless interior room or hallway.
- The area under a highway overpass is very dangerous in a tornado. If you are in a vehicle, you should immediately seek shelter in a sturdy building. As a last resort, you can either stay in a car with the seatbelt on. Put your head down below the windows covering your head with your hands and blanket if possible, OR if you can safely get noticeably lower than the level of the roadway, exit your car and lie in that area covering your head with your hands. Your choice should be driven by your specific circumstances.

**LIGHTNING FACTS:**
- There is no safe place outdoors when a thunderstorm is nearby. Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.
- Rubber soles and rubber tires provide NO protection from lightning. The steel frame of a hard-topped vehicle provides increased protection if you are not touching metal. Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside. The majority of lightning victims were going to a safe place, but waited too long before seeking safe shelter.
- The energy from one lightning flash could light a 100-watt light bulb for more than 3 months.

Include in your “emergency kit” the following: A three day supply of water and food, a weather radio, manual can opener, can goods, flash light with extra batteries and a first aid kit. Keep in mind that even though the weather may be calm at the time a Tornado or Severe Thunderstorm Watch or Warning is issued for your area, conditions can rapidly deteriorate and become life threatening. Always heed warnings even if warnings issued for your area in the past did not result in severe weather.
Congratulations to Finas R. Hall our March/April winner! Finas won a $25 gift card to Wal-Mart, compliments of Grace Hospice.

FLOWERS

ASTER
BABY’S BREATH
BELL
CARNATION
CHRYSANTHEMUM
CORNFLOWER
DAFFODIL
DAISY
ELEPHANT EAR
GERANIUM
GLADIOLUS
HONEYSUCKLE
HYDRANGEA
IRIS
JONQUILLE
LAVENDER
LILY
MARIGOLD
ORCHID
PANSY
PEONIES
PETUNIA
POPPI
ROSE
SNAPDRAGON
SUNFLOWER
SWEET PEA
TULIPS
VIOLET
WILDFLOWER
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

HOLIDAY

Memorial Day
May 30, 2011
Unified Government offices closed

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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.