OLDER AMERICAN’S MONTH CELEBRATION

Celebración Del Mes De Los Ancianos

2nd Annual Sock Hop

THURSDAY MAY 17, 2012
11am - 2pm

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

- Concessions
- Games
- Health Screenings
- Information Booths
- Drawings
- Entertainment

- Concesiones
- Juegos
- Evaluaciones Medicas
- Mesas de Information
- Sorteos
- Entretenimiento

NO COST TO THOSE 60 & OVER! ¡Ningún costo a esos de 60 años o mayores!

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

In this issue:

- Town Hall Meeting
- Resources for those Suffering from Depression
- The Heart Project
- Staying Healthy - Portioning Your Plate
- Keeping Your Family Safe! - Free Smoke Detectors
- SeniorFit - Scholarship Information
- Farmer’s Market Coupons
- Never Too Old to Play!
- Become a Senior Medicare Patrol Volunteer
- Kansas Drug Card - No Call List
RESOURCES FOR OLDER ADULTS WITH DEPRESSION

Depression can occur at any stage in life and is not a normal part of aging. Many depressed seniors do not recognize the symptoms of depression and do not get the help they need. However, depression in older adults is treatable. There are several resources available, on-line and locally to identify symptoms of depression, services and support.

LOCAL COMMUNITY RESOURCES
Shepherd’s Center of Kansas City, Kansas, KU School of Social Welfare-Office of Aging and Long Term Care and the Wyandotte/Leavenworth Area Agency on Aging is collaborating on the Peer Support Program for Older Adults, a ten week community-based program that matches older adult peers to work on meeting personal goals to improve overall well-being.

Wyandotte/Leavenworth AAA
1300 North 78th St, Suite 100
Kansas City, Kansas 66112
913-573-8531

Shepherd’s Center of KCK
757 Armstrong Avenue
Kansas City, Kansas 66101
913-281-8908

WYandot Center Community Behavioral Healthcare offers Outpatient and Community Support Services which include services such as: individual, family and group therapy; walk-in crisis clinic; case management; attendant and respite care. Call for more information 913-328-4600. Crisis line is 913-788-4200.

Crisis Clinic
1301 North 47th Street
Kansas City, Kansas 66102

Therapy, Intake and Assessment
7840 Washington Avenue
Kansas City, Kansas 66112

Mental Health America of the Heartland offers advocacy and recovery support, education and prevention resources and housing support. More information at www.mhah.org/information.html.

739 Minnesota Avenue
Kansas City, Kansas 66101
913-281-2221

TOWN HALL MEETING

The “Town Hall” meeting is 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” meeting, please feel free to contact the Wyandotte/Leavenworth Area Agency on Aging at 913-573-8531.

OPEN TO THE PUBLIC!

May 2, 2012
Bonner Springs Senior Center
200 East 3rd Street
Bonner Springs, KS 66012
10am

DOES EMAIL WORK FOR YOU?
The Wyandotte/Leavenworth Area Agency on Aging, in an effort to save postage costs have chosen to create an online form of The Communicator!

If you receive the newsletter by mail and have email access, we ask that you complete the form or call the Area Agency on Aging to give an email address.

_______________________________________
Current Subscriber Name

_______________________________________
Email address

_______________________________________
Telephone Number

Please remit to the WY/LV AAA at 1300 North 78th Street, Suite 100, Kansas City, Kansas 66112, Attn: The Communicator.
AARP offers a convenient way for older citizens to take pro-active steps towards improving their driving knowledge and skills. The course is offered in classroom settings as well as online. The class offers tips designed to help 50+ drivers, as well as anyone else who feels they need to brush up on their driving skills.

The classroom course is just $12 for AARP members and $14 for nonmembers. The cost for the online course is $15.95 for AARP members and $19.95 for nonmembers.

If you would like to register for a class or need more information, you may dial 888-AARP-NOW (1-888-227-7669) or online at www.aarpdrivingsafety.org The next class in the Wyandotte County area is listed below.

Providence Medical Center
8929 Parallel Parkway
Kansas City, Kansas 66112
June 9 & 16, 2012

The referring agencies provide the names of individuals needing help, complete a short assessment identifying needs and list of materials to complete the repairs. Repairs and/or assistance may include decluttering, light housekeeping, repair and or replace doors, install fans, caulking, lawn care, repairing steps, etc. Supplies (i.e. wood, paint, doors, locks, etc. are to be purchased by the individual and will not be supplied by The HEART Project.

If you or someone you know, 60 years old or older, is in need of home repairs or assistance please contact the Wyandotte/Leavenworth Area Agency on Aging at (913) 573-8531.

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**THE HEART PROJECT**

The Kansas City Catholic HEART (Helping Everyone Attain Repairs Today) Workcamp will be coming to the Kansas City metro area this summer. Catholic HEART is looking for individuals who are in need of home repairs and assistance. The organization will host two week long work camps, July 15-21 and July 22-28, 2012. There are over 640 youth and adult volunteers coming to the Kansas City Area.

Catholic HEART supplies the laborers, tools and paint supplies (i.e. brushes, drop cloths, tape).

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**THANK YOU!**

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

Names are listed in alphabetical order.

- MARION ANDREWS
- REVA BEARD
- DOLORES BEASLEY
- LOUISE CROSS
- JEAN ECKLUND
- JOHNELLA NEWTON
- LEETA TERRY
- MARGARET MCKAY
- PATRICIA SMITH

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Are you turning 65 this year?
Are you already receiving Medicare Benefits?
Is your Social Security income less than $1361 per month
($1839 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!

For help by appointment in our office call the local SHICK office at the Wyandotte/Leavenworth Area Agency on Aging at 913-573-8531 or 1-888-661-1444.

APPLY for extra help with the Social Security Administration online at www.socialsecurity.gov, OR by phone at 1-800-772-1213.

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**60plus?...Call On Us!**

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PORTIONING YOUR PLATE

Maintaining a healthy weight is a critical factor for enjoying a long and healthy life. Obesity is strongly linked to heart disease, stroke, diabetes and a host of other chronic and serious diseases. One of the biggest problems that Americans face is that they simply eat too much. A lot of our overeating is from sheer bad habits. We simply aren’t aware of how much we eat! Watching our portion sizes during meals can make a huge difference between being healthy and being obese, especially when combined with daily physical exercise.

Learning to portion your plate as part of your diet will show you how much to eat and also teach you the components of a healthy, balanced meal that promotes weight loss. In a nutshell, 1/2 of your plate should be fruits and vegetables, 1/4 of your plate whole grains, and no more than 1/4 of lean meat.

Soon, you’ll know exactly how much to eat, even when you are out dining or eating at work. Limiting your portion sizes will become second nature.

Information provided by: www.portionplate.com

KEEPING YOUR FAMILY SAFE FROM FIRE! Just a reminder that any Kansas City, Kansas resident may stop in any KCK Fire Station, fill out a simple form and receive a free smoke detector. Smoke detectors are also available at the Wyandotte County Red Cross office located at 1600 Washington Blvd, KCK 66102. For more information, call the Red Cross Office at 913-321-6314.

The Wyandotte/Leavenworth Area Agency on Aging (AAA) in partner with the Health Care 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 May 7, 2012 through May 11, 2012 only and should be made in person at the AAA office located at 1300 North 78th Street, Suite 100, KCK 66112.

NOTE: Selected applicants will be required to pay 50% ($43) toward the cost of the tuition.
The Wyandotte/Leavenworth Area Agency on Aging (AAA) will have a limited supply of Farmer’s Market Coupons available in June 2012. Applicants must be Wyandotte County residents, 60 years of age and older and meet income guidelines.

Interested applicants may pick up vouchers on June 6th & 7th at the AAA office located at 1300 North 78th Street, Suite 100, Kansas City, Kansas 66112.

NEVER TOO OLD TO PLAY!

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month, a proud tradition that shows our nation’s commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012, “Never Too Old to Play!” puts a spotlight on the important role older adults play. Sharing their experiences, wisdom, understanding and passing on knowledge to other generations in a variety of significant ways. This year’s celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults, many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups.

While the Wyandotte/Leavenworth Area Agency on Aging provides services, support, and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!

The Wyandotte/Leavenworth Area Agency on Aging is joining in the national celebration of Older Americans Month 2012 with activities and events to promote intergenerational engagement and recreation. We invite you to join the fun! To find out how you can support Older Americans Month 2012 and take part in intergenerational play, stop by our office at 1300 North 78th Street, Suite 100, Kansas City, KS 66112, or call 913-573-8531.

This project was supported, in part by grant number 90MP0087, from the U.S. Administration on Aging, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.

Join the fight against Medicare fraud, waste and abuse.

Become a Senior Medicare Patrol Volunteer!

Friday, May 25, 2012
Indian Springs, KCK
8am - 5pm with lunch

Contact:
Betty Ewell
Wyandotte/Leavenworth AAA
913-573-8538
The Kansas Drug Card is a FREE statewide discount prescription assistance program. The program was launched to help uninsured and under-insured residents afford their prescriptions, although ALL Kansas residents are eligible to receive this coverage.

The statewide prescription assistance program is made possible and funded through the support of pharmacies and pharmaceutical companies.

- No enrollment forms
- No restriction for participation
- No eligibility or income requirements/limitations
- No age restrictions
- No exclusions
- Includes pre-existing conditions
- No claim forms to file
- No annual or lifetime limits
- Includes discounts on brand and generic medications.

Kansans can receive the card through various locations across the state, such as hospitals, clinics, doctors offices and pharmacies; visiting the program’s website at www.KansasDrugCard.com or simply contacting Angela Garvey, Program Director at 913-638-8415.

KANSAS NO-CALL ACT

The Kansas Attorney General’s office is responsible for enforcing the Kansas No-Call Act. This act prohibits most businesses from calling consumers registered on the no-call list to sell a product or service. Organizations soliciting charitable donations, calls concerning political candidates or issues, or other calls unrelated to the sale of property or services do not fall within the scope of the Kansas No-Call Act.

To register your telephone number to the No Call List, please dial 1-888-382-1222.

SeniorFit SCHEDULE CHANGE

The personal trainer at Crosslines is now moving to Argentine Community Center located at 2810 Metropolitan, KCK 66106.

Group exercise classes are held on Tuesdays & Thursdays at 9:30am. Health Screenings and Nutrition Education are also provided. The Personal trainers are also located at two other sites within Wyandotte County; Strangers Rest Baptist Church and Vernon Multi-Purpose Center.

For a complete listing of “work out” locations/times or if you have questions regarding the SeniorFit Program, please feel free to contact the Area Agency on Aging at 913-573-8531.

SENIOR HEALTH & FITNESS DAY at the KANSAS CITY KANSAS COMMUNITY COLLEGE

MAY 30TH - 8am to 12pm

- Refreshments
- Evaluations (by Physical Therapy Assistant students)
- Demonstration of activities performed at the Wellness Center

Check out the Wellness Center at KCKCC, located on the upper level of the Allied Health Building.

Lowell Lofts

1040 Orville, Kansas City, Kansas 66102

- Controlled Access & Entry
- Elevator
- Energy Efficient Doors & Windows
- Energy Star Appliances
- Fenced Property
- Garages
- Newly Renovated Apartments
- Wheelchair Accessible
- Wheelchair Available

AFFORDABLE SENIOR LIVING Requirement

55 and older or disabled

For Leasing Information Call: 913-912-1297

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888-89-Affordable
(888-992-3567)
Discreet Delivery: Personalized Service: Superior Products
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Grace Hospice is locally owned and operated with staff that has over 300 years of combined hospice experience.

What makes Grace Hospice so unique?

- Patient to staff ratios are kept low to ensure care and support
- Dr’s, RN’s, Home Health Aides, Social Workers and Chaplains are available 24 hours a day, 365 days per year
- Serving the Kansas City Metro Area, Lawrence, Topeka and surrounding communities

Phone: 816-444-4811 • Fax: 816-444-9480
Toll Free: 888-878-4811 • TDD: 800-735-2966
**SPRINGTIME!**

Find and circle all the words hidden in the grid.

- CHRYSANthemum
- DAFFODIL
- FLOWERS
- GARDENING
- GERANiUM
- GRASS
- IRIS
- JUNE
- LAVENDER
- LILY
- MARIGOLD
- MAY
- MOONLIGHT
- MOSQUITO
- MOWING
- PANSY
- PEONIES
- PETUNIA
- RAIN
- ROSE
- SNAPDRAGON
- SUNFLOWER
- SUNSHINE
- TOMATOES
- TULIPS
- VEGETABLES
- VIOLET
- WATERING
- WEEDS
- WILDFLOWER

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**Lift Chair Drawing Nomination Form**

Give a brief description why you or your nominee will benefit from the lift chair.

Nominee's Name

Address

City, State, Zip Phone Number

Eligibility for Wyandotte County Residents only!

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Return to:
Wyandotte/Leavenworth AAA
Attn: Lift Chair Drawing
1300 North 79th Street, Suite 100
Kansas City, Kansas 66112

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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 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.

MILL LEVY 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

CALENDAR

Older American’s Month Celebration  
SOCK HOP  
Thursday, May 17, 2012  
11am - 2pm  
George Meyn Center

Memorial Day  
Monday, May 28, 2012  
Unified Government offices closed