May Is Older Americans’ Month

When Older Americans’ Month was established in 1963, only 17 million living Americans had reached their 65th birthday.

Farmer’s Market Vouchers

Residents of Wyandotte County who are 60 years of age or older with an income below $1679 per month may contact the Area Agency on Aging after May 28, 2013.

EVENT HIGHLIGHTS:

- Concessions
- Games
- Health Screenings
- Information Booths
- Drawings
- Entertainment
- Transportation from AAA to event site

Concesiones
- Juegos
- Evaluaciones Medicas
- Mesas de Information
- Sorteos
- Entretenimiento
- Transporte desde AAA al evento
GOT CABIN FEVER?

Are you beginning to have cabin fever? Are you ready for spring to start feeling like spring?

With summer fast approaching, below you will find some ideas that may get you out of the house.

⇒ The SeniorFit Program is still in effect. No fees to participate in group exercise at three different locations. Vernon Multi-Purpose Center; Stranger’s Rest Baptist Church and Argentine Community Center. Check with the Area Agency on Aging at 913-573-8531 for days and times.

⇒ Cinemark Movie Theater in Merriam has $4.25 movies if you attend before 6pm and discounted shows during the summer months. Check your local listings or dial 913-789-7038.

⇒ The Kansas City Zoo is always an option if you feel like walking. At last check, senior pricing is $10.50 for admission. You can check pricing before going at 816-513-5800.

⇒ The Kansas City Kansas Main Branch library offers a free Get Comfortable With Computers class. Upcoming classes in May and June are May 2nd and June 4th. You must call in advance for registration at 913-551-3280.

Whatever you decide to do this summer, keep active, safe and eating healthy.

Prices and availability is subject to change, please contact each location before attending.

ADRC VIDEO CONFERENCE HELD

The Wyandotte/Leavenworth Aging and Disability Resource Center (ADRC) participated in a statewide video conference on Thursday, April 18, 2013, at Kansas City Kansas South Branch Library. The event was hosted by Janis DeBoer, Administrator Resource Center. The event was held to receive feedback and input from consumers, providers, and caregivers regarding the ADRC program.

All eleven (11) Area Agency on Aging the video conference and participants were able to see and hear other comments and concerns as well.

The ADRC program is a one year contract with all Area Agency on Aging that focuses on Information, Referral and Assistance Functional Assessments. Deliverables from the contract were discussed and questions from participants were asked in an effort to bring more awareness of the ADRC program to the general public.

SENIOR HEALTH AND FITNESS DAY AT KCKCC WELLNESS & FITNESS CENTER

Kansas City Kansas Community College Health & Wellness Center will be hosting a Senior Health and Fitness Day on Wednesday, May 29th, 2013 from 8am to 12pm.

Sessions Include:
⇒ Stretch & Strength Exercise
⇒ Raised Bed Gardening & Prairie Star Annuals
⇒ YOGA
⇒ Nutrition - Eating On A Budget
⇒ Canine Companion Opportunities
⇒ Diabetes Education
⇒ Do you want to start Bike Riding?

A 5K Fun Run/Walk & Kids Trot will be held at the Kansas City Kansas Community College Campus Wellness Center on Saturday, May 4, 2013.

5K Fun/Run Start time: 8am
Kits Trot Start Time: 9am

An entry form must be filled out by each participant. Registration forms are accepted through online registration, by mail or in person at the KCKCC Wellness Center.

For more information about the KCKCC events listed above, please contact the KCKCC Wellness Center at 913-288-7610.
When Older Americans’ Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however, in April 1, 1963, President John F. Kennedy’s meeting with the National Council of Senior Citizens served as a prelude to designating May as “Senior Citizens Month.”

Thanks to President Jimmy Carter’s 1980 designation, what was once called Senior Citizen’s Month is now called “Older Americans’ Month, and has become a tradition. Historically, Older Americans’ Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans’ Month is celebrated across the country through ceremonies, events, fairs and other such activities.

Information provided by the Administration on Aging (AOA)
Seniors have lower rates of problem gambling than adults in the general population - however, certain subgroups of older adults may be at increased risk to develop gambling problems and because of the life-stage, the financial consequences of problem gambling can be particularly devastating to a senior citizen.

The vast majority of older adults gamble for recreation and have few if any problems from their gambling behaviors. Other seniors may be especially vulnerable to developing a gambling problem. Some situations that may put an older adult at risk is losing a spouse, loneliness, health problems that limit participation in other activities and cognitive declines that may impair judgment.

Because of this and because problem gamblers rarely recognize the early warning signs of a gambling problem, family members should be on the lookout for warning signs of a gambling problem.

- Unaccounted blocks of time
- The sudden disappearance or sale of valuables
- Discontinuing activities that were once enjoyed to spend more time gambling
- Changes in personality
- Unexplained money problems
- Avoiding friends or relatives
- Signs of neglecting hygiene or personal appearance
- Lying about time or money spent gambling

If gambling is causing a problem in your life, you are encouraged to ask questions, gather information and conduct research on the type of help that is most appropriate for your situation. Below you find resources that may help you overcome your problem.

**Kansas Coalition on Problem Gambling**
2209 SW 29th Street
Topeka, Kansas 66611
785-224-3503

**Gambling Anonymous**
www.gamblersanonymous.org
A fellowship of others who share their experience, strength and hope with each other to solve the common problem and help others to recover from a gambling problem.

**National Problem Gambling Helpline**
1-800-522-4700
PHARMACY CHOICE COULD SAVE MEDICARE BENEFICIARIES MONEY

The opportunity to choose a “new” prescription drug plan (Part D) or make changes to your Medicare Advantage Plan (MA Plan or Part C) has since past. During the enrollment period many beneficiaries take the time to find out if their plan is the best plan for them. The 3 C’s can help make that choice:

Cost: What you pay for the Medicare Prescription Drug Plan coverage, including premiums, deductible, and payments for your drugs.

Coverage: What benefits are provided (like coverage in the “coverage gap” and other coverage enhancements), which drugs are covered and the rules (like prior authorization) for getting those drugs.

Convenience: Which pharmacies are part of that Medicare Prescription Drug Plan, and whether the plan has a mail-order option.

We are 5 months into the year and you may still be able to save money on your prescriptions. Did you realize that Pharmacy Choice could be a money saver? Your plans network may include preferred pharmacies, mail order options and a 60 or 90 day retail pharmacy program.

During this year’s enrollment season, our counselors noticed some cost savings for beneficiaries who made the decision to change to a Network pharmacy that typically is still in the same vicinity as their personal preference pharmacy. Adding a few additional minutes to the counseling session yielded cost savings of a few hundred dollars in some cases. Your medications still serve as the driving force behind plan choice and prescription costs but it’s not too late to check and see if there is a better pharmacy selection for the plan that you are currently in.

The SHICK counselors at the Wyandotte/Leavenworth Area Agency on Aging are here to help you. If you would like for us to take a look at your plan and see if there’s an opportunity to save you some additional dollars, give us a call at 913-573-8531 and ask for a SHICK Counselor.

GROW VEGETABLES AND SAVINGS

Spring has nearly sprung! Are you sprouting ideas of starting a garden this year? You can reduce your grocery expenses by growing your own vegetables. It’s also easy to spend a small fortune if your don’t plan correctly. If you are new to gardening, consider these tips before getting started.

Have fun enjoying your garden’s great tastes and the physical activity and savings benefits you reap.

Grow well suited veggies. In Kansas, good choices when garden space is limited are bush cucumbers, eggplant, green beans, kale, lettuce, onions, peas, peppers, radishes, spinach, summer squash and tomatoes. Nearly all vegetables need full sun and well-drained soil.

Grow veggies that are expensive to buy. To save more money, grow more expensive vegetables, such as leafy greens, peppers and tomatoes, or grow large quantities of the vegetables that you purchase most regularly.

Start with a written plan. Decide what you want to grow and find out how it should be planted, how to maintain it and how to harvest and store it. Plan your garden on paper first.

Reduce gardening inputs. Saving money by growing vegetables means keeping your costs as low as possible while still growing productive plants. For the first year, consider container gardening. Ask for advice about what to do from people who have gardened before.

Start small. Like many activities worth doing, gardening takes practice. Crops require regular watering, weeding, harvesting and preservation/storage. Limit yourself to a few containers or to a small plot and just a few types of vegetables the first year. Expand as you become more experienced. For more information about healthy eating, contact the local extension office at 913-299-9300.

Volunteer for SHICK

(Senior Health Insurance Counseling for Kansas)

The Senior Health Insurance Counseling for Kansas (SHICK) wants YOU! SHICK counselors work with Medicare beneficiaries to understand their health options and answer their questions. This is a perfect opportunity to share with your peers and give back to your community.

SHICK training starts May 16, 2013. Call LaMonica Upton at 913-573-8545 for more information. All SHICK Counselors must fill out a volunteer application and go through an interview process before being accepted into SHICK training.
**Senior Medicare Patrol (SMP) Protect...Detect...Report**

Are you a Medicare beneficiary? Do you review your Medicare Summary Notices every quarter? Do you review your Part D Explanation of Benefits every quarter? If not, please do starting now. Senior Medicare Patrol (SMP) is a project that trains older adults how to:

- **Protect...** yourself from Medicare errors, fraud and abuse.
- **Detect...** learn to detect potential errors, fraud and abuse.
- **Report...** if you suspect that you have been a target of errors, fraud and abuse.

Protecting your personal information is the best line of defense in the fight against healthcare fraud and abuse. Every day, consumers get ripped off by scam artists. Medicare and Medicaid lose billions of dollars each year. You can make a difference! Here are some ways to take an active role in protecting your healthcare benefits:

1. Treat your Medicare, Medicaid and Social Security numbers like a credit card number. Never give these numbers to a stranger.
2. Remember, Medicare doesn’t call or visit to sell you anything.
3. Don’t carry your Medicare or Medicaid card unless you will need it. Only take it to doctors appointments, visits to your hospital or clinic or trips to the pharmacy.
4. Record doctor visits, tests and procedures in your personal health care journal or calendar.
5. Save Medicare Summary Notices and Part D Explanation of Benefits. Shred the documents when they are no longer useful.

Learn to detect potential errors, fraud and abuse and if you suspect that you have been a target of errors, fraud and abuse...report it immediately by calling 1-877-808-2468.

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**THE WOE FACTOR: Water, Oatmeal, Exercise**

What is the W.O.E. effect? The W.O.E. effect is a simple way to maintain overall health and well being.

- The “W” stands for drinking Water. Our bodies are 65% water. It takes eight to ten cups of water a day to replenish what we lose through physical activity.
- The “O” stands for Oatmeal. Eating oatmeal may lower your cholesterol levels. High cholesterol levels contribute to clogged arteries, heart condition and stroke.
- The “E” stands for Exercise. Increasing our physical activity provides a source of energy and weight control.

Currently, the AAA staff is participating in the Walk Kansas fitness program sponsored by the Wyandotte County K-State Research and Extension office, promoting fitness and better nutrition. We encourage you to take advantage of the W.O.E. effect and live healthier, longer lives.
SPRING HAS SPRUNG!
Find and circle all the words hidden in the grid.

- ANTS
- BASEBALL
- CARNIVAL
- CHERRY BLOSSOMS
- DAFFODILS
- FATHER'S DAY
- FLOWERS
- GRASS
- MAYPOLE
- MOTHER'S DAY
- PARADE
- PEONIES
- RAIN
- SPRING
- SUMMER SCHOOL
- SWIMMING
- TULIPS
- WATERMELON
- BARBEQUE
- CAMP
- CEMETERY
- CINCO DE MAYO
- DIPLOMA
- FLAG
- GRADUATION
- JUNETEENTH
- MEMORIAL DAY
- OLDER AMERICANS MONTH
- PEANUTS
- PICNIC
- SOCK HOP
- SPRING CLEANING
- SUNSHINE
- TORNADO
- VACATION
- WEDDINGS

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

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