YOU’RE INVITED
to our Sock Hop themed event!
Thursday, May 22, 2014
Noon to 3:00pm
GEORGE MEYN CENTER
(Inside Wyandotte County Park at 126th & State Avenue)

EVENT HIGHLIGHTS:
- Karaoke
- Dance Contest
- Concessions
- Games
- Health Screenings
- Information Booths
- Drawings
- Entertainment
- Transportation from AAA to event site

In celebration of Older Americans’ Month

![Sock Hop Party Invitation]

PUNTOS DE DESTAQUE:
- Concesiones
- Juegos
- Evaluaciones Medicas
- Mesas de Information
- Sorteos
- Entretenimiento
- Transporte desde AAA al evento

![Spanish Event Highlight Image]


**CONNECTING FOR GOOD OFFERS**

**DIGITAL LIFE SKILLS CLASSES**

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**Connecting for Good** believes connectivity equals opportunity. They are working to close the digital divide by helping citizens of Kansas City become productive users of the internet. They are conducting free one-on-one and hands-on digital tutorials two days a week at their new center located at 2006 North 3rd Street, Kansas City, Kansas. The training involves the following digital life skills:

- Email use
- Search Engine use
- Health/Medical info search
- Government Services search
- Job applications
- Social networking
- Video watch/download
- Online Shopping
- Baking online
- Classes/Certification online

Those who complete two classes and qualify as low income, may purchase a high quality refurbished computer for as little as $50.

Their basic free digital life skills classes are conducted every week on Tuesday & Wednesday 12:30pm to 2:30pm. The A Class, a basic introduction to computers is held on Thursday from 10am to noon. The B Class, which focuses on beginning Internet skills is held on Fridays from 10am to noon.

To learn more about the contents of these trainings or to reserve your spot by dialing 913-730-0677.

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**SPRING CLEAN UP!**

*Your Home and Mind*

There’s an epidemic sweeping the country, and the cure is just outside the window. Spring fever is infecting folks from coast to coast, following the winter that wouldn’t end with its record snowfalls, biting temperatures and the dreaded polar vortex. And what would spring be without spring cleaning? We sweep out the cobwebs in the corners and clean out the garage. Pack up the boots and stowaway the winter blahs. It’s time for a fresh start!

Start with the clutter around you. It’s hard to think straight when you’re surrounded by a mess. Once your environment is manageable, you can move on to the next step. Now you are ready to tackle the tough stuff: your mindset.

Set aside some time and it may take some time to think about what you could do to make your situation better. Maybe there’s a bad habit that needs work. Giving up a vice is never easy, but you need to keep it in perspective.

Get outdoors and breathe in fresh air. Spring is a great time to get into a routine of walking, running, biking or anything that keeps you moving. Exercise is good not only for the body, it’s also good for your mind. It improves concentration and creativity. Spring is a great time to take charge of your schedule. If you can’t bring yourself to say "no", learn how to say “later” or “ I’ll think about it.” Your time is valuable, so valuable you can’t put a price on it.

Spring is a time to open the windows and do some spring cleaning. A time to get past the normal sweep/vacuum the floors, scrub the tub and do the dishes. Clean a part of your house you never seem to get a chance to do, take some time for yourself, put on some “happy” music and go at it:

- Dusting light fixtures
- Empty out the coat closet and remove unused items
- Clean or replace the entry mat
- Wash the curtains
- Clean the television screen
- Sweep the porch or walkway

These rarely performed household chores will give you a sense of accomplishment. This could be done by taking some time for yourself.
PUBLIC HEARING SCHEDULED

The Wyandotte/Leavenworth Area Agency on Aging (AAA) is hosting a public hearing on Thursday, May 15, 2014 at the Bonner Springs Senior Center located at 200 East 3rd Street, Bonner Springs, Kansas 66012, 10am.

Public Hearings are designed to provide citizens an opportunity to learn about programs and services offered through the AAA. Citizens may also express their comments or concerns.

If you have any questions regarding the Public Hearing, contact the AAA at 913-573-8531.

Dear Newsletter Recipient:

For 21 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!

We have been able to supply this service on a donation only basis. However, the newsletter’s continuity depends on your donations for its existence.

Please help us to continue to provide this important publication by becoming a sponsor!

Respectfully,  
The Newsletter Committee

__ $100 Advocate  
__ $50 Benefactor  
__ $25 Patron  
__ $10 Contributor  
___ Other

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

Send Donation to:  
Wyandotte/Leavenworth Area Agency on Aging  
Attn: Newsletter Committee  
849 North 47th Street, Suite C  
Kansas City, Kansas 66102

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 does not call or visit to sell you anything.
3. Do not 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. If you suspect that you have been a target of errors, fraud and abuse...report it immediately by calling 1-800-860-5260.

Medicare EXTRA HELP

You may qualify for Extra Help to pay:
MEDICARE Part D Premiums  
Deductibles  
Co-Pays

If your monthly income is less than:  
$1950* if married or  
$1,400 if single  
and you have limited resources  
*Income & resource limits change annually

Apply for Extra Help by contacting:

Wyandotte/Leavenworth  
Area Agency on Aging  
849 - C North 47th St.  
Kansas City, Kansas 66102  
913-573-8531

SHICK Senior Health Insurance Counseling for Kansas
The Wyandotte/Leavenworth Area Agency on Aging will be distributing a limited amount of Farmer's Market Vouchers again this year. The value of the vouchers will be $30 and recipients must be 60 years of age and older, live in Wyandotte County and meet income guidelines. Priority will be given to participants of the Congregate Meal Sites in Wyandotte County. Interested parties may contact the AAA after June 2, 2014 at 913-573-8531.

COMPROBANTES PARA EL MERCADO AGRICOLA

Una vez mas la Agencia de Area para Envejecientes (AAA) en Wyandotte/Leavenworth estara distribuyendo un numero limitado de comprobantes para el Mercado Agricola (Farmer’s Market). Las personas que participan en el programa de las Comidas en la Comunidad (Congregate Meal Sites) en el condado de Wyandotte tienen la prioridad.

Los comprobantes estan valorados a $30.00 y son para personas de 60 anos de edad y mayores que viven en el condado de Wyandotte y reciben un ingreso anual alrededor de $16,000.

Si esta interesado(a) en recibir los comprobantes, puede comunicarse con la Agencia de Area para Envejecientes (AAA) al 913-573-8531 despues del 2 de junio de 2014.
Each May, the nation celebrated Older Americans’ Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, the focus is on injury prevention with the theme, *Safe Today, Healthy Tomorrow*.

Older adults are at a much higher risk of unintentional injury and even death than the rest of the nation’s population. Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. Keep yourself healthy by following the “Safety Tips” below:

### Safety Tips:

**TALK TO YOUR HEALTHCARE PROVIDER**
- Discuss physical activities that are appropriate for you. Exercising regularly helps to improve endurance, strength, balance, and coordination.
- Have your vision checked regularly. Your sight plays a large part in preventing injuries at home, on the road, and in the community.

**MANAGE MEDICATIONS**
- Be aware of how your medications interact with other prescriptions and over-the-counter drugs, certain foods, alcohol, and other medical conditions.
- Learn how medications may make you unsteady on your feet or impact your ability to operate a motor vehicle.
- Create a medication schedule or use a scheduler box to ensure that you're not taking less or more than prescribed.
- Ask your pharmacist for help. Large print labels, medication-tracking devices, and easy-open containers may be available.

**PREVENT FALLS**
- Install handrails and grab bars wherever they are helpful, especially around stairs and bathrooms.
- Ensure ample lighting inside and outside of your home, particularly around frequently used walkways. Add one more nightlight between your bedroom and bathroom.
- Choose shoes with non-slip soles that provide support without bulk that could cause you to slip.
- Use a walking aid, if needed to improve balance and stability.

**PREVENT FIRES AND BURNS**
- Set your water heater to 120 degrees. You can also install anti-scald devices on sinks and tubs.
- Test smoke detectors regularly. Be sure you have a smoke alarm in or near your cooking area. Alarms should also be installed in all bedrooms.
- When cooking, wear snug-fitting or short-sleeve clothing and high-quality oven mitts that cover the lower part of your arms.
- Do not smoke in your home, especially if oxygen therapy is used.

**DRIVE WISELY**
- Plan your route before you drive and use the safest routes that are well lit, familiar, and offer easy parking. Daytime driving in good weather conditions is best.
- Eliminate distractions inside the vehicle and stay focused on the road. Know when it might be time to limit or stop driving and learn how to get around town without driving.

### HISTORY

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 of 1963, President John F. Kennedy’s (JFK) 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 Citizens 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.
HEADACHE PAIN
What To Do When Your Head Hurts

Most of us get headaches from time to time. Some are mild; others cause throbbing pain. They can last for minutes or days. There are many different types of headaches. How you treat yours depends on which kind you have.

Headaches might arise because of another medical condition, such as swollen sinuses or head injury. In these cases, treating the underlying problem usually relieves headache pain as well. But most headaches including tension headaches and migraines aren’t caused by a separate illness. Pain can be set off by stress, muscle tension, enlarged blood vessels, and other triggers.

Tension headaches are the most common type of headaches. It can cause a feeling of painful pressure on the head and neck. Tension headaches occur when the muscles in your head and neck tighten, often because of stress or anxiety.

Over the counter medicines such as aspirin, ibuprofen or acetaminophen can help reduce the pain. Lifestyle changes to relax and reduce stress might help such as yoga, stretching, a massage and other tension relievers.

Migraines are complex and can be disabling. Certain smells, noises, or bright flashing lights can bring on a migraine. Other triggers include lack of sleep, certain foods, skipped meals, smoking, stress, or even an approaching thunderstorm.

Avoiding triggers or using prescription medications could help prevent or lessen future headaches. In rare cases, a headache may warn of a serious illness. Get medical help right away if you have a headache after a blow to your head, or if you have a headache along with fever, confusion, loss of consciousness or pain in the eye or ear.

Remember there are preventive behavioral steps and medicines that can help manage headaches. But if the pain is severe or lasting, get medical care.

Tips to Prevent Headaches:
- Ease stress
- Get enough quality sleep
- Eat regularly scheduled, healthy meals
- Exercise regularly and maintain a healthy weight
- Ask your doctor if medications might help prevent returning headaches.

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

Freda Cole
Johnella Newton, (Benefactor)

If you would like to contribute to the cost of the newsletter, please make checks payable to:
Wyandotte/Leavenworth AAA,
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!
If interested, send an email to:
60Plus@wycokck.org with your request.

DRIVER SAFETY COURSE
AARP offers a convenient way for older citizens to take proactive 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 $15 for AARP members and $20 for nonmembers. The cost for the online course is $17.95 for AARP members and $21.95 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.aarpdrippingsafety.org The next class in the Wyandotte County area is listed below.

Kansas City Kansas Community College
8929 Parallel Parkway
Kansas City, Kansas 66112
June 7 & 14, 2014
Dial: (913) 288-7660 to register

CORRECTION: The phone number in the March/April edition of the Communicator was misprinted in the following article.

The phone number below is correct.

DENTAL LIFELINE NETWORK
Donated Dental Services (DDS) helps people with disabilities the elderly or those who are medically fragile and cannot afford needed dental care. They do not provide emergency services or care for those who need only routine check-ups and cleanings.

If you have questions about the program, you may contact Andrew Acree at 1-888-870-2066 or you can look them up at www.dentalifeline.org and click on “Donated Dental Services” to make application.
COMMUNITY RESOURCE LIST
Published by the Kansas City, Kansas Police Department
Victim Services Unit

POLICE (Non Emergency) 913-576-3000
KCKPD (Report Desk) 913-596-8680
KCKPD (Victim Services Unit) 913-573-5616

SUPPORT HOTLINES
24-HOUR Crisis (any crisis) 913-268-0156
ABUSE HOTLINE 800-922-5330
American Red Cross 913-321-6314
Homeless Hotline 816-474-4599
Local Domestic Violence Hotline 816-468-5463
MOSCA (Rape Crisis Line) 913-642-0233

SHELTERS
Friends of Yates (domestic violence) 913-321-1566
Rose Brooks (domestic violence) 816-861-6100
Kansas City Recue Mission 816-421-7643
Salvation Army (homeless) 913-232-5400

COUNSELING/SUPPORT GROUPS
Co-Victims of Homicide 913-573-2851
El Centro 913-677-0100
Family Conservancy 913-287-1300
Keeler Women’s Center 913-906-8990
MOCSA (non-crisis info) 816-931-4527
Solace House (Grief) 913-341-0318
Wyandot Center 913-328-4600

UTILITY/RENT ASSISTANCE
Catholic Charities 913-621-1504
Crosslines Cooperative 913-261-3388
Economic Opportunity Foundation 913-371-7800
El Centro 913-677-0100
Metro Lutheran Ministries 913-342-8333
Willa Gill Multi - Service Center 913-621-4690

SUMMER IS ON ITS WAY...
Find and circle all the words hidden in the grid.

- BARBECUE - BASEBALL - BASKET
- CARNIVAL - CHERRY BLOSSOMS - CINCO DE MAYO
- DAFFODILS - DIPLOMA - FAMILY
- FATHERS DAY - FESTIVAL - FLAG
- FLOWERS - GARDENS - GRADUATION
- JUNETEENTH - MEMORIAL DAY - MOTHERS DAY
- OLDER AMERICANS MONTH - PARADE - PEANUTS
- PEONIES - PICNICS - PLANTING
- RAIN - SOCK HOP - SOLSTICE
- SPRING CLEANING - SUMMER SCHOOL - SUNSHINE
- SWIMMING - TORNADOS - TULIPS
- VACATION - WEDDINGS - WREATH
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
LaMonica Upton, Contributing Editor

calendar >>>

May Day
Thursday, May 1, 2014
Cinco de Mayo
Monday, May 5, 2014
Mother’s Day
Sunday, May 11, 2014
Memorial Day
Monday, May 26, 2014
Unified Government Offices Closed

coming soon >>>

Flag Day
Saturday, June 14, 2014
Father’s Day
Sunday, June 15, 2014
First Day of Summer
Saturday, June 21, 2014