Older Americans’ Month Celebration
A Sock Hop Themed Event

May 21, 2015

NEW LOCATION
Pierson Community Center
1800 S. 55th Street
Kansas City, Kansas 66106
12p - 3pm

• GAMES W/PRIZES
• HEALTH SCREENINGS
• DRAWINGS
• FOOD & BEVERAGES
• COMMUNITY RESOURCES
• ENTERTAINMENT

PARK AND RIDE TRANSPORTATION
Free hourly shuttle bus from the Aging & Disability Resource Center located at 849 N 47th St, (South Parking Area) to event site.

Sock Hop t-shirts will be available at the event for $10, while supplies last!
PUBLIC HEARING SCHEDULED

The next Public Hearing for the Wyandotte/Leavenworth Area Agency on Aging will be held on May 13, 2015.

Sunrise Towers
15 N 10th Street
Kansas City, Kansas 66102
10:00am

This is your opportunity to learn about services offered through the Area Agency on Aging and also provide feedback regarding programs you would like to see in your community.

Thank you to the Bonner Springs Senior Center for being such great hosts at the Public Hearing held on March 18th, 2015.

FARMER’S MARKET VOUCHERS

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center will be distributing a limited amount of Farmer’s Market Vouchers again this year.

At this time the value of the vouchers is unknown 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 1, 2015 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.

El valor de los comprobantes no esta determinado al publicarse esta edicion. Los comprobantes son para personas de 60 anos de edad y mayores que viven en el condado de Wyandotte y llenen los requisitos del ingreso anual.

Si esta interesado(a) en recibir los comprobantes, puede comunicarse con la Agencia de Area para Envejecientes (AAA) al 913-573-8531 despues del 1 de Junio de 2015.

FREE SENIOR HEALTH FITNESS DAY

Wednesday, May 27, 2015; 8am - 1pm

Join the KCKCC Wellness Center for a variety of free sessions related to wellness for adults 55+.

Topics will include physical health, financial health and mental health as well as personal enrichment.

All sessions will be in the KCKCC Wellness Center. For more information, you may contact KCKCC Wellness Center at 913-288-7610.
Dear Newsletter Recipient:

For 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!

- $100 Advocate
- $50 Benefactor
- $25 Patron
- $10 Contributor
- Other

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,

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

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

Charles Bea (Contributor)
Mary Braman (Contributor)
Beatrice Carney (Contributor)
Laleta Jones (Contributor)
Dixie Kaster (Contributor)
Norma Steele (Contributor)
Leeta Terry (Contributor)
Edna Thomas (Contributor)

If you would like to contribute to the cost of the newsletter, please make checks payable to:

Wyandotte/Leavenworth AAA
Attn: The Communicator
849 North 47th, Suite C
Kansas City, Kansas 66102

Mayor Mark Holland took time from his busy schedule to help deliver meals to the homebound residents of Wyandotte County. The National Mayors for Meals event is designed to raise awareness about the Meals on Wheels Program.
Kansas statutes make two legal documents available to you to make sure your wishes are followed. One is known as a “living will” or natural death act declaration. The second is the durable power of attorney for health care decisions or health care power of attorney. You may also be able to execute documents which differ from statutory forms. These so-called “common-law” forms can be discussed with your lawyer.

WHAT IS A LIVING WILL?
A statutory living will is a written statement of your wishes regarding your medical treatment if you are in a terminal condition. It is only effective if two physicians have determined you are terminally ill.

WHAT IS DURABLE POWER OF ATTORNEY FOR HEALTH CARE DECISIONS?
A durable power of attorney for health care decisions is for you, in the event you are unable to speak for yourself. Health care decisions include the power to consent, refuse consent or withdraw consent to any type of medical care, treatment, service or procedure. In the document, you can give specific instructions regarding your health care which will require the agent to make decisions in accordance with your direction.

WHY DO I NEED A LIVING WILL OR HEALTH CARE POWER OF ATTORNEY?
Without these documents, your wishes may not be followed. In some situations, a guardian may be limited in making some decisions, especially those regarding life-sustaining treatment when you are in a vegetative state but not terminally ill. In addition, the guardian appointed by court may have no idea what your wishes are. The existence of the document can relieve some of the stress or conflict that otherwise might arise if family or friends have to decide on their own what you would want done when you cannot speak for yourself.

DO I NEED BOTH THE LIVING WILL AND THE DURABLE POWER OF ATTORNEY?
It is recommended you have both documents. The living will provides clear evidence of your wishes concerning medical care and treatment and will help ensure that the agent and physicians carry out your wishes. The durable power of attorney for health care gives your agent the authority to take action on your behalf and to carry out your directions for health care, without the delays of court proceedings.

HOW DO I MAKE A LIVING WILL OR DURABLE POWER OF ATTORNEY FOR HEALTH CARE?
The legislature has adopted statutory forms for both the living will and the durable power of attorney. A lawyer can draft a document which specifically incorporates your wishes and may be more detailed. Take time to consider all the possibilities and seek competent advice so the documents you develop meet your special needs.

ONCE I HAVE THE DOCUMENTS, WHAT DO I DO?
Even as you draft the documents, you should talk about your values and wishes with your physician(s), anyone you will appoint as an agent or alternate agent and those who are close to you. You should give a copy of the documents to all of your physicians, your agent under the durable power of attorney and your family or friends. If you retain the originals, tell someone where the papers can be found. Place the originals in a secure place where someone can access without court intervention.

CHECK YOUR BOWELS
Colorectal cancer is the second leading cause of cancer health nationwide. But it can usually be cured when caught early. Screening tests like colonoscopy can save lives by catching problems before symptoms appear or when treatments might work best.

If you’re age 50 and older or even younger if you’re at high risk, you should make time to talk with your doctor about getting screened for colorectal cancer. Colorectal cancer is cancer of the colon or rectum, both of which are part of the large intestine. Scientists don’t yet know what causes colorectal cancer, but certain factors affect your risk. Smoking, excess weight or having 3 or more alcoholic drinks per day raises your risk. The risk for colorectal cancer rises with age. Your risk also doubles if you have a close relative who had colorectal cancer. The 3 recommended tests for colorectal cancer are colonoscopy, flexible sigmoidoscopy or home stool tests. Each test has different benefits and drawbacks. Your health care provider may recommend one or more of these options.

Don’t wait for symptoms to appear. Talk with a health care provider about when you should begin screening for colorectal cancer and which test(s) to get.
K-LOAN
Making Assistive Technology More Accessible

Frequently, assistive technology equipment is extremely expensive. K-Loan is an Alternative Finance program offered through Assistive Technology for Kansans. It is a consumer-run program designed to provide persons with disabilities and their family access to financial resources toward acquiring assistive technology.

Assistive Technology (AT) is any kind of device or tool that helps people learn, work, communicate and live more independently. AT can be very simple and inexpensive, like a modified knife and fork or it can be very sophisticated and costly, like a computerize speech device.

The low interest loans are designed to help individuals with chronic health problems or disabilities obtain a variant of equipment that can be used at home, school or on the job. Funds can be used to help with the purchase of assistive technology equipment ranging from hearing aids to mobility devices.

Applications can be downloaded by going on ine at www.k-loan.net and then faxed to 620-423-3505. to learn more about the K-LOAN program, call toll-free 1-866-465-2826.

CONTROL DIABETES
DON’T LET IT CONTROL YOU

✓ Move more. Walk, dance or ride a bike with your friends or family. It doesn’t matter what activity you do, as long as you enjoy it.
✓ Choose health foods. Eat fiber-rich fruits and vegetables.
✓ Maintain a healthy weight. With health eating and more physical activity, you can drop pounds and keep them off.
✓ Set reasonable goals. Start with small changes, like being active for 15 minutes a day this week. Add 5 minutes per day each week until you’re up to at least 30 minutes, 5 days a week.
✓ Record your progress. Keep a diary of what you eat and drink and the number of minutes you exercise. It’s a great way to stay focused and reach your goals.
✓ Keep at it. Making even small changes is hard in the beginning. If you get off track, start again.

WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and World Health Organization serves as a call-to-action for individuals, organizations and communities to raise awareness about elder abuse, neglect and exploitation.

Each year hundreds of thousands of older persons are abused. Many victims are people who are older, frail, vulnerable and depend on others to meet their most basic needs.

Abuse happens to people of all ethnicities and income levels and can be physical, sexual or emotional in nature. In general, elder abuse is a term referring to any knowing, intentional or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult. If you suspect someone is being abused, neglected or exploited, call the hotline at 1-800-922-5330.

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center does not endorse nor is it affiliated with this organization.

NOTICE

Beginning March 30, 2015 a change was made regarding the Nutrition Department phone system (Meals on Wheels Line). Phone prompts are now what you receive when calling the number below. Please choose from the following.

- PROMPT #1 - Changes to your meal delivery or your meal is late being delivered.
- PROMPT #2 - Information regarding the Meals on Wheels Program (MOW) including the Congregate Meal sites or to request the MOW application.
- PROMPT #3 - Nutrition Coordinator

913-573-8546
NEED EXTRA HELP
Paying for Your Medicare Costs?
*Medicare Savings Programs* and *Extra Help* are savings programs that help pay for Medicare costs, such as co-pays and premiums. They may also lower deductibles, co-insurance and prescription drug costs.
Income and resource qualifications depend on a variety of factors. If you are on a fixed income and would like help paying for Medicare and prescription drug costs but don’t meet the income guidelines, you are still encouraged to apply.

**HOW DO I APPLY?**
Call your local Area Agency on Aging toll free at 1-866-457-2364 for an application.

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<th>SAVINGS PROGRAM</th>
<th>INDIVIDUAL MONTHLY INCOME LIMIT**</th>
<th>MARRIED COUPLE MONTHLY INCOME LIMIT**</th>
<th>PAYS FOR:</th>
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<tr>
<td>QUALIFIED MEDICARE BENEFICIARY (QMB)</td>
<td>$1001</td>
<td>$1348</td>
<td>PART A, PART B, AND PART D CO-PAYMENTS, DEDUCTIBLES AND COINSURANCE</td>
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<td>LOW INCOME MEDICARE BENEFICIARY (LMB)</td>
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<td>$1613</td>
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<td>$1813</td>
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<tr>
<td>MEDICARE PART D SUBSIDY (LIS OR EXTRA HELP)</td>
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<td>$1991</td>
<td>PART D PREMIUMS AND DEDUCTIBLES</td>
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MARGIE ALCANTER RETIRES FROM THE WYANDOTTE/LEAVENWORTH AGING & DISABILITY RESOURCE CENTER
After 18 years of service to the Wyandotte/Leavenworth Area Agency on Aging; Programs Operations Manager, Margie Alcanter has retired.
A luncheon was held in her honor on March 25, 2015. The luncheon was well attended by staff, providers and fellow Unified Government employees. We wish Margie well in her retirement!

**DOES EMAIL WORK FOR YOU?**
By joining our email club, you’ll get information before everyone else!
Send an email to: 60Plus@wycokck.org

Accessible Space, Inc.
Accessible, Affordable Housing

**Quality, Rent Subsidized Housing for Adults with Qualifying Physical Disabilities in KS**
Melissa Anne Hanger - Topeka
Mid America Commons - Kansas City
Blackbird Apartments - Kansas City
Now accepting applications for residency

**Features and Ammenities**
- One and two bedroom apartments
- Rent based on 30% of gross adjusted monthly income
- Grab bars in bath and shower
- Roll-under counter tops, in kitchen and bath
- Mini blinds and carpeting
- Elevator service & on-site laundry facilities
- Lowered light switches and counters
- Multi-purpose community room

Seniors can apply, too! If you have difficulty moving around, use a walker or cane, you may qualify!

Call 800-466-7722
TTY/TDD 800-627-3529
www.accessiblespace.org
Hash Brown Casserole

Ingredients:
2 lbs frozen hash browns
1/2 cup butter or margarine, melted
1 (10.25 ounce) can cream of chicken soup
1 pint sour cream
1/2 onion, peeled and chopped
2 cups cheddar cheese, grated
1 teaspoon salt
1/4 teaspoon pepper

Directions:
Preheat oven to 350° and spray an 11 x 14 baking dish with cooking spray.
Mix the above ingredients together and place in prepared pan. Bake for 45 minutes or until brown on top.

SPRING IS COMING

Find and circle all the words hidden in the grid.

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

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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

calendar >>>

May Day
Friday, May 1, 2015

Cinco de Mayo
Tuesday, May 5, 2015

Mothers’ Day
Sunday, May 10, 2015

Armed Forces Day
Saturday, May 16, 2015

Memorial Day
Monday, May 25, 2015
Unified Government Office Closed

coming soon >>>

Flag Day
Sunday, June 14, 2015

Juneteenth
Friday, June 19, 2015

Fathers’ Day
Sunday, June 21, 2015