RECOGNIZING THE YOUNG CAREGIVER

November is the national observance month for caregivers. Normally the adult caregiver is the object of the recognition and praise because of the programs and services available. What about the young caregiver - son, daughter, grandchild, niece or nephew who looks after an older adult living at home? Often enough they are not appreciated for all their time and dedication in caring for their loved one.

In this edition we want to honor the young people who care for their parents, grandparents, uncles or aunts, even neighbors who are senior citizens. There are an estimated 1.3 to 1.4 million caregiving children ages 8 thru 18 years old in the United States. In addition, the 2000 U.S. Census shows that 6.1 million children live in a home with a grandparent. Child caregivers are evenly balanced by gender. Over half of the child caregivers help their care recipient with at least one activity of daily living, such as bathing, dressing, transferring, toileting or feeding. The majority of the help provided centers around shopping, housekeeping and cooking. These young caregivers do not work alone there are other adults involved.

The toll of caregiving in young people is manifested in poor school performance, growing up before their time and missing out on social opportunities typical of young people. Young caregivers need the same kind of services their older counterparts look for: access to information; medical access; respite; 24-hour support; counseling/case management.

American Association of Caregiving Youth is a national resource for the support of children who are caring for ill, injured, elderly or disabled family members. It is the goal of this group to expand programs and services to all fifty states meeting the physical, emotional, educational, social and future employment needs of the next generation. If you would like for information about American Association of Caregiving Youth, you can visit the website at: www.aacy.org.

RECONOCIMIENTO DEL CUIDADOR JOVEN

Noviembre es el mes nacional de la observancia para los cuidadores. El cuidador adulto es normalmente el objeto del reconocimiento y la alabanza debido a los programas y los servicios disponibles. ¿Qué tal el cuidador joven - hijo, hija, nieto, sobrina o sobrino quién cuida de una persona mayor que vive en el mismo domicilio? A menudo estos jóvenes no se aprecian por todo el tiempo y esfuerzo en cuidar a su amado.

En esta edición queremos honrar a la gente joven que cuida a sus padres, abuelos, tíos o tías, incluso los vecinos que son jubilados. Hay un estimado de 1.3 a 1.4 millones de jóvenes cuidadores entre las edades 8 a 18 en los Estados Unidos. Además, el censo del 2000 de los E.E.U.U. demuestra que 6.1 millones de niños viven en un hogar con un abuelo. No hay diferencia en cuanto al género de los jóvenes cuidadores. Sobre la mitad de los jóvenes ayudan a su recipiente de su cuidado con por lo menos una actividad de la vida diaria, tal como bañarse, vestirse, pasarse de silla a cama, usar el excusado o alimentarse. La mayoría de la ayuda proporcionada esta de ir al supermercado, limpieza casera y de cocinar. Estos cuidadores jóvenes no trabajan solos también hay otros adultos que ayudan.

La consecuencia del cuidado que los jóvenes dan a los adultos se manifiesta en un pobre desempeño en la escuela, actuando como adultos antes de su tiempo y perdiendo la oportunidad de participar en actividades sociales típicas de la gente joven. La necesidad de ayuda y apoyo que los jóvenes cuidadores tienen es la misma que los cuidadores adultos buscan: tener acceso a la información; acceso médico; alivio de las tareas de cuidado; ayuda de 24 horas; asesoramiento/gerencia del caso.

La asociación americana de la juventud de Caregiving (AACY) es un recurso nacional para la ayuda de los jóvenes que están cuidando a los enfermos, lesionados, ancianos o lisiados en sus familias. Es la meta de este grupo para ampliar programas y servicios en los cincuenta estados para cubrir las necesidades físicas, emocionales, educativas, sociales y oportunidades de empleo de la futura generación de cuidadores. Si le gustaría más información acerca de American Association of Caregiving Youth, visite la pagina a www.aacy.org.
Senior News and Announcements

The Peer Support Program

ARE YOU FEELING SAD OR DEPRESSED?
ARE YOU 60 YEARS OR OLDER?
ARE GRIEVING THE LOSS OF A LOVED ONE?

The Peer Support Program is a great opportunity to meet new people and enjoy a great experience! The program pairs older adult volunteers with older adult participants. Volunteers & participants meet at least once a week for 10 weeks to work together in identifying strengths, achieving personal goals and improving the quality of life and well-being of the participant.

For more information, please contact Jessica Romine, MSW Intern, at 913-573-8538.

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Medicare OPEN ENROLLMENT is HERE!

OCTOBER 15—DECEMBER 7, 2011

Do you reside in Wyandotte or Leavenworth County?

Are you turning 65 this year?

Are you already receiving Medicare Benefits?

The Wyandotte/Leavenworth Area Agency on Aging SHICK Counselors are available to SERVE YOU!

Appointments will be accepted on Tuesdays, Wednesdays and Thursdays during the Open Enrollment Period.

TO SCHEDULE YOUR APPOINTMENT
PLEAS CALL

Wyandotte/Leavenworth Area Agency on Aging at 913-573-8531 or 1-888-661-1444.

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, co-pays, & deductibles!

ASK US HOW.

SHICK
Senior Health Insurance Counseling for Kansas
Kansas Department on Aging

SET YOUR CLOCKS BACK ON SUNDAY, NOVEMBER 6TH

Most of the United States begins Daylight Saving Time at 2:00am on the second Sunday in March and reverts to standard time on the first Sunday in November.

In the U.S., each time zone switches at a different time.

Twice a year, when Daylight Saving Time begins or ends, make it a habit to not only change your clocks, but do a few other semi-annual tasks that will improve safety in your home:

♦ Change the batteries in your smoke detectors
♦ Prepare a disaster supply kit for your house (water, food, flashlights, batteries & blankets)
♦ Check and discard expired medications—those dates really DO have meaning. Some very common over-the-counter medications can cause serious problems due to change through aging.

Thank You!

Anna Mary Landauer
Marie Hamilton
Geraldine Tucker

Keep in mind that your donations are tax deductible!

Make your check payable to: Wyandotte/Leavenworth AAA

Keep the donations coming!
AVOIDING CAREGIVER BURNOUT

Caring for an aging parent or loved one is a very challenging task. It requires a lot of time, patience and understanding.

Most of the time, caregivers become very busy taking care of others that they tend to forget to take care of themselves. This can result in stress, anxiety, frustration and exhaustion, which may eventually lead to “Caregiver Burnout.”

Caregiver Burnout can occur when a caregiver becomes emotionally, physically and mentally tired. This makes it more difficult for caregivers to continue care and constantly meet the demands of their elderly loved one.

If you start to feel very stressed and tired, it will be best to sit down and analyze your feelings and situation. You need to understand your feelings and the reasons behind them. This will help you recognize whether you show early signs and symptoms of Caregiving Burnout so you can address it right away and prevent it from happening.

The most important thing to remember to avoid Caregiver Burnout is to set aside time and give yourself a break. Whether it is taking a day off to go shopping, watching a movie, spending time with friends, going on vacation or simply relaxing or sleeping. When you do this, do not feel guilty because you deserve a break for your dedication in taking care of your aging parent or loved one.

If you are feeling symptoms of caregiver burnout, call the Area Agency on Aging at 913-573-8531.

UTILITY TAX REBATES COMING SOON!

The 2011 Utility Tax Rebates will be accepted from January 3, 2012 - March 31, 2012. Questions regarding the application process may be directed to the Unified Government’s Clerks office at 913-573-5260.

To qualify, you must:

✦ Have a total household income of less than $25,000
✦ Live in Kansas City, Kansas (residents of Bonner Springs and Edwardsville are not eligible)
✦ Born before January 1, 1947.

Gather all of your 2011 Board of Public Utility bills and proof of income.

Northeast Junior High Place Apartments

400 Troup Avenue, Kansas City, Kansas 66101

✦ Stove
✦ Refrigerator
✦ Garbage Disposal
✦ Dishwasher
✦ Off-Street Parking
✦ Community Room
✦ Elevator for Your Convenience and safety

AFFORDABLE SENIOR LIVING
Age requirement - 55 years young

For Leasing Information Call:
913-371-2525
Senior News and Announcements

SILVER HAIRLED LEGISLATORS ATTEND THE 2011 STATEWIDE CONVENTION

The 2011 Kansas Silver Haired Legislature held its state-wide annual session September 27 - 29, 2011 at the Ramada Inn in Topeka, Kansas. The Wyandotte and Leavenworth Delegation was in attendance, Thomas Gordon, Chairperson; Helen Coles, Vice Chairperson; Mary Ann Flunder, (Wy); Mabel Johnson, (Wy); Evelyn Welton, (Wy); Modestine Bell, (Wy) alternate; and Michael Keohane, Leavenworth were in attendance.

The Kansas Area Agencies on Aging Association (K4A) presented on various programs and initiatives offered by the Area Agencies on Aging to assist seniors in their communities. Secretary on Aging, Shawn Sullivan addressed the Silver Haired Legislators, stressing the importance of their work in the community.

Several bills and resolutions were approved and/or amended at this session:

- **Bill 2810** - Grandparents’ Custody of Children – The court would consider a grandparent to be a custodian of a child if the child resides with the grandparent in a stable relationship and it is in the child’s best interest
- **Bill 2802** - Mental Health Program for Seniors
- **Bill 2811** - Urging the Kansas Legislature to fund an enhancement to the Home and Community Based Services/FE waiver to provide older adults with dental services
- **Bill 2809** - concerning the disposition of certain lottery proceeds to the healthcare for seniors fund

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**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.

If you have any questions, please feel free to contact Linda Ramirez at 913-573-8543.

☐ Yes, I would like to receive the newsletter via email! I have listed my information below.

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NAME ON CURRENT SUBSCRIPTION:

ADDRESS:

CITY, STATE, ZIP:

PHONE NUMBER:

ADD EMAIL

☐ I'm a new subscriber!
**NEWS & ANNOUNCEMENTS**

**WHAT'S NEW WITH SENIORFIT?**

**TRACK ONE**: offers group exercise with a Personal Trainer at three sites within Wyandotte County. Along with exercise, you will receive Health Screenings and Nutrition Education. No pre-registration is necessary.

**PERSONAL TRAINING SITES IN WyANDOTTE COUNTY**

<table>
<thead>
<tr>
<th>Site Name</th>
<th>Address</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>CROSSTLINES RETIREMENT CENTER</td>
<td>3030 Powell</td>
<td>Tuesday &amp; Thursday</td>
<td>9:30am</td>
</tr>
<tr>
<td>NEW LOCATION!!!</td>
<td>Kansas City, KS 66106</td>
<td></td>
<td></td>
</tr>
<tr>
<td>STRANGER'S REST BAPTIST CHURCH</td>
<td>2052 North 5th Street</td>
<td>Monday &amp; Wednesday</td>
<td>10:30am</td>
</tr>
<tr>
<td>Vernon Multi-Purpose Center</td>
<td>3436 North 27th Street</td>
<td>Tuesday &amp; Thursday</td>
<td>10:00am</td>
</tr>
<tr>
<td>Kansas City, KS 66104</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**TRACK TWO**: offers scholarships to the Kansas City Kansas Community College Wellness Center. A minimum of 22 clock hours (per the college) is required.

The Wyandotte/Leavenworth Area Agency on Aging will once again sponsor those 60 years of age and older, living in Wyandotte County with scholarships to the Wellness Center at the Kansas City Kansas Community College (KCKCC).

Applications will be accepted December 5 - 9, 2011 for the Spring Session to begin in January 2012. Scholarship recipients will be required to pay 50% of tuition ($43) in an effort to sponsor more participants! No payment is required at time of scholarship application, but will be required before application is submitted to KCKCC.

*Funding for SeniorFit is provided, in part, by the Health Care Foundation of Greater Kansas City, The Wyandotte/Leavenworth Area Agency on Aging, and the Kansas Department on Aging.*

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**50+ STRETCHING, WALKING AND COFFEE**

When it turns colder, don’t lose your exercise routine because of the weather. Come and meet new friends and catch up on the latest news. The coffee will be on with plenty of space to stretch and warm up. Classes will meet Tues-Friday at Kensington Gym located at 2900 State Avenue, KCK 66102.

Please call 913-573-8331 and let us know you plan to attend. This will help us plan.

Sponsored by the Unified Government Parks & Recreation Department

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**Lowell Lofts**

1040 Orville, Kansas City, Kansas 66102

- Controlled Access Entry
- Basement
- Energy Efficient Doors & Windows
- Energy Star Appliances
- Fenced Property
- Garages
- Newly Renovated Apartments
- Wheelchair Accessible
- Washer/Dryer Included

AFFORDABLE SENIOR LIVING Requirement

55 and older or disabled

For Leasing Information Call: 913-912-1297

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Page 5
OPTIONS FOR HEALTH INSURANCE COVERAGE NEED CAREFUL CONSIDERATION BY CONSUMERS

Whatever your situation, health insurance choices can seem complicated. Consumers should consider the following tips when evaluating their options for coverage.

Employer-based group health insurance - Many Kansans are in the “open enrollment” periods for the 2012 calendar year. If you have plan options, do not automatically renew what you had without a side-by-side comparison. Here are some practical considerations:

♦ Make sure you know which current physicians and area hospitals are in your plan’s network.
♦ Review any pre-existing condition exclusions, prior authorization requirements and annual limits.
♦ Check any prescriptions you take against the list of each plan’s approved drugs for co-pay variations.
♦ Make a list of premiums, out-of-pocket expenses, co-pays, co-insurance, deductibles and benefits for each plan.
♦ See if the cost for dependent coverage has increased. Some employers are raising costs now that coverage is available for dependents through age 26.
♦ Ask if your employer offers a wellness program or incentives for healthy behaviors such as exercising regularly or not smoking. Many employers offer incentives to employees committed to living a healthier life.
♦ In addition to health insurance you may be able to contribute pre-tax dollars to a flexible spending account (FSA) or health savings account (HSA). Check closely to see if the list of covered expenses for reimbursement has changed since last year.

Individual Health Insurance Coverage - If you are self-employed or your employer doesn’t offer coverage, here are some tips to help when shopping for coverage:

♦ First, investigate the cost of being added to your spouse’s employer plan, if that option is available to you.
♦ If that is not an option, consider shopping for private insurance. Be aware that you may be charged more than a standard rate based on your age, gender or health, and some pre-existing conditions may not be covered.
♦ For a list of companies writing individual health insurance in Kansas, contact the Kansas Insurance Department (KID) at 1-800-432-2484 or go online at www.ksinsurance.org/consumers/majmed.htm.
♦ If you have a pre-existing condition and have been uninsured for at least the last six months, you may qualify for the new Kansas Pre-existing Condition Insurance Plan (PCIP). Go online to www.khiastatepool.com to find out if you are eligible for the temporary federal PCIP or the Kansas high-risk pool.
♦ As always, if you need assistance in reviewing the various health insurance options you have, call our Consumer Assistance Representatives at KID at the number above. Your health, as well as your wallet, take center stage when you are concerned about your coverage, and we can help get you answers.

The Kansas Insurance Department, established in 1871, assists and educates consumers, regulates and reviews companies and licenses agents selling insurance products in the state. More about the department is online at www.ksinsurance.org.
Entertainment

FUN FACTS

- The male turkeys' are called “tom”, the female turkeys are called “hen” and the baby turkeys are called “poulit.”
- The male turkeys gobble whereas female turkeys make a clicking noise.
- Estimates show, during the Thanksgiving holiday, more than 45 million turkeys are cooked and around 525 million pounds of turkey is eaten.
- The part of the turkey that is used in a good luck ritual is known as the “wishbone”.
- The red fleshy growth from the base of the beak that hangs down over the beak is called a “snood.” It is very long on male turkeys.
- The drink that the Puritans brought with them on the Mayflower was beer.
- On December 11, 1620, the first Pilgrims (or Puritans, as they were initially known) landed at Plymouth Rock.
- An average household in America will mail out 28 Christmas cards each year and see 28 cards return in their place.
- Animal Crackers are not really crackers, but cookies that were imported to the United States from England in the late 1800’s/ Barnum’s circus-like boxes were designed with a spring handle so that they could be hung on a Christmas tree.
- During the Christmas Hanukkah season, more than 1.76 billion candy canes will be made.
- In 1907, Oklahoma became the last US state to declare Christmas a legal holiday.
- Santa’s reindeers: are Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen.

CHRISTMAS HUMOR

What do you call a person who is afraid of Santa Claus?
- Claus-trophobic!

What nationality is Santa Claus?
- North Polish.

What reindeer has the cleanest antlers?
- Comet.

What do elves learn in school?
- The Elf-abet!

What Christmas Carol is the favorite of parents?
- Silent Night.

Why does Santa have 3 gardens?
- So he can hoe, hoe, hoe!

What do you get when you cross a snowman with a vampire?
- Frostbite.

Why was Santa’s little helper depressed?
- He had low Elf esteem.

THE HOLIDAY SEASON IS HERE!

Find and circle all the words hidden in the grid.

- CANDY CANE ORNAMENTS
- CHIMNEY PEACE
- CHRISTMAS PILGRIMS
- COAL PINECONES
- CORNUCOPIA PLYMOUTH ROCK
- CRANBERRY POINSETTIA
- GARLAND PUMPKIN
- GIFTS REINDEER
- GINGERBREAD MAN RUDOLPH
- GRINCH SANTA CLAUS
- HAM SHEPHERDS
- HANNUKAH SNOWMAN
- HARVEST STAR OF DAVID
- KWANZA SUGAR PLUM
- MAYFLOWER SWEET POTATOES
- NATIVITY TINSEL
- NOEL TREE
- NUTCRACKER TURKEY
AAAFUNDED 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

Thanksgiving
Thursday, November 24, 2011
Unified Government offices closed

Veterans Day
November 11, 2011
Unified Government offices closed

Christmas Holiday
Monday, December 26, 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.