THE DANGERS OF CAREGIVING

Denial is a normal human emotion, especially with symptoms as heartbreaking as dementia or Alzheimer’s. No one wants to confront the disease for which there is currently no cure. But there are risks to caregiver denial. Dangers that go along with caregiver denial are two-fold, not only is your loved one at risk, but so are you as the caregiver. Learn more about the danger of caregiver denial and get some survival tips by reading below:

- **They can get lost.** The brain doesn’t remember directions or location as it did before memory impairment; even if the person has been to a destination a thousand times before. If your loved one gets lost they can get hurt or panic, which only leads to more problems.
- **They can hurt themselves or others.** If you loved one tries to do everything as they’ve always done, but in reality they require supervision, they are bound to hurt themselves or others. For example, ignoring the fact that they need a walker can lead to a fall, resulting in broken bones, displaced joints, hospitalizations and the use of pain medication.
- **They can have a home accident.** Leaving your loved one unsupervised could lead to accidents in the kitchen, bath, stairs or around the house. Fires could even occur.
- **They can suffer from poor nourishment.** If a loved one has memory impairment, he or she will more than likely not be eating healthy. Regularly check cabinets to survey whether healthy foods have been purchased and to make sure your loved one doesn’t look sick or too thin.
- **They can overdose on medications.** Overdosing on medications is quite common for seniors who suffer from Alzheimer’s or dementia. Organizing medication for your loved one to take on their own can even create problems as they may not understand the days of the week or whatever dispensing system you have in place.
- **They can become a victim of elder abuse.** Elder abuse can be subtle. Husband or wife caregivers can have good intentions, but not understand they are being abusive.

Family members also suffer from denial that their loved ones have dementia and Alzheimer’s. Having a realistic perspective about your loved one’s illness and his or her needs is crucial if you’re thinking about their wellbeing. It can be hard for family members to accept that their parent, spouse or family member has changed. It’s even worse when both the elderly loved one with the problem and the family member are in denial. If you’re in denial and walking on eggshells trying to avoid signs of the disease, you’re probably not going to enjoy the time you have left with your loved one. Don’t let the disease keep you from spending quality time with your loved one.
DAYLIGHT SAVINGS TIME ENDS

On November 1, 2015, daylight savings time ends. This is a perfect time to not only change your clocks back, 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 kit for your house (water, food, flashlights, batteries and 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 dates that have expired.

ONLY THE NAME HAS CHANGED

SeniorFit to Enhance Fitness

The SeniorFit Program has changed names but the program is still the great senior exercise group you’ve learned to love. Enhance Fitness is a free, evidence-based group exercise program geared toward arthritis relief. Older adults (60+) at all levels of fitness will become active, energized and empowered to sustain independent lives.

Classes will be held on Monday, Wednesday & Friday each week at the following locations:

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARGENTINE COMMUNITY CENTER</td>
<td>2810 Metropolitan Ave</td>
<td>913-261-4382</td>
<td>9:00AM</td>
</tr>
<tr>
<td></td>
<td>Kansas City, Kansas 66106</td>
<td></td>
<td></td>
</tr>
<tr>
<td>STRANGERS REST BAPTIST CHURCH</td>
<td>2052 North 5th Street</td>
<td>371-7237</td>
<td>10:30AM</td>
</tr>
<tr>
<td></td>
<td>Kansas City, Kansas 66101</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VERNON MULTI-PURPOSE CENTER</td>
<td>3436 North 27th Street</td>
<td>913-321-1220</td>
<td>10:30AM</td>
</tr>
<tr>
<td></td>
<td>Kansas City, Kansas 66104</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

MEDICARE
Open Enrollment Event
Community Room
849 North 47th Street, KCK 66102
December 2, 2015
10am to 2pm

It’s time to compare plans and make sure you have the right health and prescription drug coverage for you. Stay with your current plan if you’re happy with it. Or look for a new one with better coverage, higher quality and lower costs.

⇒ NO APPOINTMENT NEEDED; WALK-INS WELCOME
⇒ FIRST COME, FIRST SERVED

Should you have any questions regarding this event, please feel free to contact the Aging & Disability Resource Center at 913-573-8531.

Fight Fraud in Your Community

Medicare fraud steals billions of dollars from U.S. taxpayers every year. Here’s what YOU can do as a Senior Medicare Patrol volunteer to help your community:
- Put your experience and skills to work
- Learn how to spot Medicare scams and errors
- Educate and empower consumers

To volunteer, please call Kansas Senior Medicare Patrol at 800-432-3535.

DAYLIGHT SAVINGS TIME ENDS

On November 1, 2015, daylight savings time ends. This is a perfect time to not only change your clocks back, 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 kit for your house (water, food, flashlights, batteries and 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 dates that have expired.

PAGE 2
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

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

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!

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

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

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

READ YOUR MAIL
You receive a lot of mail everyday and we recommend that our readers open and read it. Not reading the mail could have a negative impact on your services or benefits and can even have legal consequences.

Definitely take time to open and read mail from the following organizations: Centers for Medicare and Medicaid Services (CMS), Division of Children & Family Services (DCF), Social Security Administration (SSA), your insurance company: medical, home owners and vehicle.

If you have difficulties understanding your mail, try contacting the organization who sent it by utilizing their toll-free customer service number.

SENIORS VISIT THE KU NATURAL HISTORY MUSEUM
The Wyandotte/Leavenworth Area Agency on Aging took a group of 20 seniors to the KU Natural History Museum in Lawrence, Kansas. Below you will find some of the pictures taken on the trip.

READ YOUR MAIL
You receive a lot of mail everyday and we recommend that our readers open and read it. Not reading the mail could have a negative impact on your services or benefits and can even have legal consequences.

Definitely take time to open and read mail from the following organizations: Centers for Medicare and Medicaid Services (CMS), Division of Children & Family Services (DCF), Social Security Administration (SSA), your insurance company: medical, home owners and vehicle.

If you have difficulties understanding your mail, try contacting the organization who sent it by utilizing their toll-free customer service number.
In Celebration of National Caregiver Month

Calling all Caregivers!!!!! Do you know a caregiver? Do you give assistance to people who are sick, injured, mentally or physically disabled, or the elderly and fragile.

The Wyandotte/Leavenworth Area Agency on Aging is seeking Caregivers to participate in REST training. A 4-hour training to help ease the life of a caregiver. Through the training you will:

- Enhance your relationship between you and your loved one.
- Strengthen communication between you and your loved one.
- Learn effective tools to relieve stress.
- Reinforce proper safety habits for you and your loved one.

The training will take place on Thursday November 19, 2015 from 10am-2pm in the Community Room located at 849 North 47th Suite B. Lunch will be provided. This is a free training and space is limited. If you are interested or know someone who would consider participating in this training, please contact Jessica Harper at 913-573-8549.

ARE YOU TURNING 65 THIS YEAR? ARE YOU ALREADY RECEIVING MEDICARE BENEFITS?

THEN...You need to APPLY for EXTRA HELP from MEDICARE

Put the Part B Premium back in your wallet!

or

You may qualify for EXTRA HELP to pay for;

Medicare Part D Premiums Deductibles Co-Pays

APPLY FOR EXTRA HELP WITH THE SOCIAL SECURITY ADMINISTRATION ONLINE AT WWW.SOCIALSECURITY.GOV OR BY PHONE AT 1-800-772-1213

or

Contact the Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center for an Application for the Medicare Savings Program.

913-573-8531 or toll free at 1-888-661-1444
2015 VOLUNTEER RECOGNITION LUNCHEON

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center hosted its Annual Volunteer Recognition on September 24, 2015. The 60 invited volunteers enjoyed Famous Dave’s BBQ for lunch, Mayor Mark Holland’s Proclamation, games and door prizes compliments of our local business owners.

Please assist us in recognizing the following local businesses for their support:

**ACTION COFFEE INC, FANTASTIC SAMS, LIBERTY FRUIT CO., MAD JACKS FISH AND QUIK TRIP CORPORATION**

We thank you for your continued support!

---

**Soothing a Sore Throat**

When you’ve got a sore throat, your throat may feel scratchy, and it may hurt when you swallow. Most sore throats are caused by viral infections such as the common cold or the flu. The best way to protect yourself from the germs that cause these infections is to wash your hands often. Try to steer clear of people who have colds or other contagious infections. And avoid smoking and inhaling second-hand smoke, which can irritate your throat.

source: newsinhealth.nih.gov
PROTECT YOURSELF FROM CARBON MONOXIDE

Carbon monoxide is a colorless, odorless and potentially dangerous gas produced when fuel is burned without enough air for complete combustion. If inhaled in large quantities for a prolonged time period, carbon monoxide can cause unconsciousness, brain damage and even death. If you or anyone in your household experience the following symptoms, immediately open windows and doors to ventilate your home, then move outside and call 911:

- Fatigue
- Coughing
- Overall paleness
- Nausea
- Dizziness
- Headache
- Irregular breathing
- Cherry red lips and ears

There are a number of steps you can take to minimize the dangers of carbon monoxide poisoning, including:

- Have your chimney, appliances and heating equipment inspected.
- Install a carbon monoxide detector in your home.
- Clear snow and ice from exhaust vents and intake air vents for gas appliances to prevent carbon monoxide from accumulating in your home.
- Never use a gas oven or stovetop for heating your home.
- Never run a gasoline engine (such as a generator or automobile in an enclosed space).
- Never use a portable charcoal or propane grill indoors.

CHRISTMAS TREE HISTORY

Long before the advent of Christianity, plants and trees that remained green all year had a special meaning for people in the winter. Just as people today decorate their homes during the festive season with pine, spruce, and fir trees, ancient people hung evergreen boughs over their doors and windows. In many countries it was believed that evergreens would keep away witches, ghosts, evil spirits and illness.

Christmas trees are grown in all 50 states including Hawaii and Alaska. In the Northern hemisphere, the shortest day and longest night of the year falls on December 21 or December 22 and is called the winter solstice. Many ancient people believed that the sun was a god and that winter came every year because the sun god had become sick and weak. They celebrated the solstice because it meant that at last the sun god would begin to get well. Evergreen boughs reminded them of all the green plants that would grow again when the sun god was strong and summer would return.

Early Romans marked the solstice with a feast called the Saturnalia in honor of Saturn, the god of agriculture. The Romans knew that the solstice meant that soon farms and orchards would be green and fruitful. To mark the occasion, they decorated their homes and temples with evergreen boughs. In Northern Europe the mysterious Druids, the priests of the ancient Celts, also decorated their temples with evergreen boughs as a symbol of everlasting life. The fierce Vikings in Scandinavia thought that evergreens were the special plant of the sun god, Balder. Germany is credited with starting the Christmas tree tradition as we now know it in the 16th century when devout Christians brought decorated trees into their homes. Most 19th century Americans found Christmas trees an oddity. The first record of one being on display was in the 1830s by the German settlers of Pennsylvania, although trees had been a tradition in many German homes much earlier. The Pennsylvania German settlements had community trees as early as 1747. But, as late as the 1840s Christmas trees were seen as pagan symbols and not accepted by most Americans.

In 1846, the popular royals, queen Victoria and her German Prince, Albert, were sketched in the Illustrated London News standing with their children around a Christmas tree. Unlike previous royal family, Victoria was very popular with her subjects and what was done at court immediately became fashionable—not only in Britain, but with fashion-conscious East Coast American Society. The Christmas tree had arrived.

By the 1890s Christmas ornaments were arriving from Germany and Christmas tree popularity was on the rise around the US. It was noted that Europeans used small trees about four feet in height, while Americans like their Christmas Trees to reach from floor to ceiling.

The early 20th century saw Americans decorating their trees mainly with homemade ornaments, while the German-American sect continued to use apples, nuts and marzipan cookies. Popcorn joined in after being dyed bright colors and interlaced with berries and nuts. Electricity brought about Christmas lights making it possible for Christmas trees to glow for days on end. With this, Christmas trees began to appear in town squares across the country and having a Christmas tree in the home became an American tradition.
Crock-Pot Chicken and Noodles

Ingredients:
- 4 boneless skinless chicken breasts
- 2 cans cream of chicken soup
- 1/2 stick of butter
- 2 - 15oz cans chicken broth
- 24 oz. frozen egg noodles

Directions:
- Cook chicken, soup, butter and broth in crock pot on low for 6-7 hours. Take chicken out and shred.
- Put chicken back in; add noodles and cook on low for 2 hours. Stir a few times while cooking
- Serve this over mashed potatoes, with a side of green beans.

TIS THE SEASON

Find and circle all the words hidden in the grid.

ANO KELI ECE C RUD OL LPH VRA I Y LN
V F U K A C D Q R R M A H D E Z A L G I P A R T D
B E X F D E B I A E R A C I D E M L V A N Y Y X U
Y B J R F E F N N P K K E Y R Z I Q A Z K G R B N
T R C L E I B F B X K K M V K P E C Q Z J R W T U
B Y E A E E N H B M P X C T G V Q T Y Y N Y A T F
N F R G R E D G D I E D U O O D J T R E L A I Q C
J R T R X V W N K D R R V G U P V K F Z U C W L J
S P I S P D B E I T K H S O I T A R O C E D K C
Z E M A Y F L O W E R Z Z D M S F L V E Q B Q A N
S G B K X X A Z Y Y R O U O Q J T S Q N G R K P E
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