WE’RE MOVING!
NOS MUDAMOS!

Ribbon Cutting Ceremony
Friday, September 27, 2013
10am

New Address:
849 North 47th Street
Kansas City, Kansas 66102

This event is open to the public!
(the site of the former Indian Springs Shopping Center)

The staff of the WY/LV Area Agency on Aging & Disability Resource Center are excited about the move. A change in scenery will be nice, not only for the staff, but for the populations we serve most of whom live more east in the city than we have been.

In 2007, the Aging office moved out of the Annex building (formally located at 9400 State Avenue, KCK) to the current location inside of the Security Bank Office Building at 78th & Washington. Now, the department may have found its home.

Please join us for our ribbon cutting ceremony planned for the morning of Friday, September 27, 2013; this event is open to the public and will begin at 10am.

If you have any questions, you may call the Aging & Disability Resource Center at 913-573-8531.

El personal de la Agencia de Area para los Envejecientes/Centro de Recursos para Envejecientes e Incapacitados está complacido con el plan de mudanza. El cambio de vista va a ser bueno para los empleados y la comunidad que el Centro ayuda. La mayoría de las personas viven en el lado este de la ciudad.

En el año 2007, la oficina de Servicios para Envejecientes se mudo del edificio Annex localizado en la Avenida State y la calle 94 al edificio del Banco Security en la calle 78 y la Avenida Washington. Ahora con esta mudanza la Agencia va a tener su propio hogar.

Les invitamos a la ceremonia de inauguracion el viernes, 27 de septiembre de 2013 a las 10 de la manana. El publico esta invitado. Si desea mas informacion o necesita ayuda llame al Centro de Recursos para Envejecientes e Incapacitados al 913-573-8531.
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...**
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 to the SMP Hotline by calling 1-800-860-5260.

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**BPU WARNS OF UTILITIES PHONE SCAM**

A few Board of Public Utilities (BPU) customers have received calls from the BPU Customer Service number, 913-573-9190 impersonating BPU personnel trying to collect money for delinquent utility payments. The person asked for personal information, including credit card information, to help pay an unpaid bill. The person told potential victims if the information was not given, their electricity would be shut off.

“We do automated call outs to residential customers reminding them of any past due balances but we do not ask for credit card information during those calls,” state David Mehlhaff, BPU Chief Communications Officer. “There are phone apps available that allow people to enter another person’s number so when you call someone, your number doesn’t show up but the number you inserted does.”

The BPU does have a department that will collect payments on delinquent commercial accounts. However, BPU personnel will be driving a BPU vehicle, will be wearing BPU identifiable clothing and will have BPU identification credentials on them.

Please contact BPU or call the police if you believe you have been the target of this or any scam. BPU is working with the proper authorities to address this issue.

Information taken from UG E-News Source

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**Thank You!**

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

ANONYMOUS DONOR
MARY KING KERNS
LAMAR W. KEY

If you would like to contribute to the cost of the newsletter, please make checks payable to: Wyandotte/Leavenworth AAA, 1300 North 78th Street, Suite 100, KCK, 66112

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This project was supported in part by grant number 90MP0087 from the US Administration on Aging, Department of Health and Human Services, Washington, DC 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.

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DON’T LET ELDER ABUSE GO UNNOTICED

As elders become more physically frail, they’re less able to stand up to bullying and/or fight back if attacked. They may not see or hear as well or think as clearly as they used to. Mental or physical ailments may make them more trying companions for the people who live with them.

Many seniors around the world are being abused: harmed in some substantial way often by people who are directly responsible for their care.

Elder abuse tends to take place where the senior lives, most often in the home where abusers are often adult children; other family members such as grandchildren; or spouses/partners of the elder. Elder abuse can also occur in institutional settings, especially long-term care facilities.

Abuse of elders takes many different forms, some involving intimidation or threats against the elderly, some involving neglect, and others involving financial deceit. The most common are defined below:

- **Physical abuse** is non-accidental use of force against an elderly person that results in physical pain, injury or impairment.
- **Emotional abuse** or psychological abuse is speaking to or treating elderly persons in ways that cause emotional pain or distress.
- **Sexual elder abuse** is contact with an elderly person without the elder’s consent.
- **Neglect or abandonment by caregivers** is failure to fulfill a caretaking obligation, which constitutes more than half of all reported cases of elder abuse.
- **Financial exploitation** involves unauthorized use of an elderly person’s funds or property, either by a caregiver or an outside scam artist.
- **Healthcare fraud and abuse** is normally carried out by unethical doctors, nurses, hospital personnel, and other professional care providers, by charging for services (visits) that are not rendered or getting kickbacks for referral to other providers for prescribing certain drugs.

At first you might not recognize or take seriously signs of elder abuse. They may appear to be symptoms of dementia or signs of the elderly person’s frailty.

If you suspect an elder is being abused, report it! If you are a senior and are unhappy with the care you’re receiving, whether it’s in your own home or in a care facility, speak up. Tell someone you trust and ask that person to report the abuse, neglect or standard care to the elder abuse helpline or long-term care ombudsman, or make the call yourself.

KANSAS PROTECTION REPORT CENTER
Report adult abuse/neglect 24 hours a day, 7 days a week
1-800-922-5330

BPU Customer Hardship Payment Service Program

The Kansas City Board of Public Utilities (BPU) in cooperation with the United Way of Wyandotte County have created a new utility assistance program that will help area residents avoid potential disruption or provide for the restoration of utility services when they are experiencing financial hardship due to unforeseen events. The goal of the program is to help Wyandotte County residents offset a portion of their utility expenses up to $500 annually.

To be eligible, an applicant must lack the funds to make their payment for BPU utility services due to one of the following:

- specific hardship causes, including a
- health emergency, a
- change in employment or income status, a
- change in family composition or marital status, or
- unforeseen documented expenses or events

Applicants may not have had more than one late/missed payment in a 12 month period. Allowable expenditures can only be applied toward BPU water and electric utility services and will not cover deposits, connections or reconnection fees.

The BPU Customer Hardship Payment Service Program is only available to Wyandotte County residents, but stands to help hundreds of customers that may find themselves in financial trouble due to unforeseen circumstances.

INTERESTED APPLICANTS SHOULD CONTACT BPU CUSTOMER SERVICE AT 913-573-9000 FOR MORE INFORMATION

KANSAS PROTECTION REPORT CENTER
Report adult abuse/neglect 24 hours a day, 7 days a week
1-800-922-5330

2013 BI-STATE MULTI-CULTURAL FESTIVAL

A Celebration for Healthy Aging of Older Adults
*Farming: The Roots of Many Cultures*

September 19, 2013
9:00am - 1:30pm
Registration begins at 8:30am

Jack Reardon Convention Center
520 Minnesota
Kansas City, Kansas

$6 Admission
Lunch Included

Health Screenings, Information, Vendors, Food, Free Prizes and Entertainment
The last few years have seen exciting new developments in Alzheimer’s research and we may soon see radical improvements in treatments and prevention techniques. For now, however, lifestyle changes are the best ways for patients to retain their memories. The following four practices have been used to slow cognitive decline:

1. **DAILY MOVEMENT** - Physical exercise is just as important as any vitamins or medications that are prescribed. Seniors should exercise as much as possible. Even patients unable to walk can perform upper body exercises and pedal floor-mounted devices.

2. **BRAIN TRAINING** - Mental exercise won’t reverse neural degeneration, but it can slow it down. Word games, numerical puzzles and even hard-to-read books can provide cognitive challenges. Computer based training programs can even help to create new neural connections.

3. **SOCIAL ENGAGEMENT** - Memory loss often causes people to withdraw from friends and families. Social withdrawal only hastens mental decline, however, it’s critical that Alzheimer’s patients stay as social connected as possible.

4. **STRESS MANAGEMENT** - Stress interferes with the brain’s ability to store memories and a declining memory can cause additional stress.

To avoid this cycle, patients and their caregivers must practice open and honest communication. Spouses and children also will need to take on parental roles as their loved ones’ abilities decline. Both need to remember they’re frustrated with the disease, not with each other.

**Information provided by Ascend’s Golden Guide**

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**MANAGING ALZHEIMERS**

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**MEDICARE OPEN ENROLLMENT COMING SOON!**

*Do you need assistance with choosing or changing your current prescription drug or health care plan? Or have questions about changes to Medicare for 2014?*

Senior Health Insurance Counselors for Kansas (SHICK) counselors are available on Tuesdays & Thursdays, October 15 through December 7th by appointment only!

To schedule an appointment with a trained counselor, contact the Wyandotte/Leavenworth Aging & Disability Resource Center at 913-573-8531

*This assistance applies to new and current Medicare beneficiaries or caregivers assisting beneficiaries who reside in Wyandotte or Leavenworth County.*

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**PATRIOT DAY - An Example of Patriotism**

September 11th has become known as Patriot Day, a day for remembering the 2,977 who lost their lives and those impacted or injured during the tragic terrorist attacks against the US on September 11, 2001.

Patriot Day is different from Patriots’ Day, a holiday observed in both Massachusetts & Maine on the third Monday of April to commemorate the battles of Lexington and Concord fought near Boston in 1775.

The events of that fateful September morning left an indelible imprint in the hearts and minds of our nation’s citizens. Nearly every nation was impacted that day. In many ways the world will never be the same.

Given the importance of Patriot Day, President George W. Bush proclaimed the first September 11 as a national day of prayer and remembrance. Since then, it has been observed each year.

Amidst the heart-wrenching stories that emerged from 9/11, there also emerged stories of great heroism; the valiant firemen, policemen, rescue workers and citizens who rushed to rescue the victims, many of them losing their own lives in the process of trying to save others. Their brave actions were taken in the hope of finding some of their fellow citizens alive beneath the chaos and rubble. The passengers on Flight 93 made a conscious decision to give their lives in a crashing plane in order to spare the live of many.

On this day, the President requests that the American flag be flown at half-staff at individual American homes, at the White House, and on all US government buildings and establishments, home and abroad. The President also asks Americans to observe a moment of silence beginning at 8:46am (Easter Daylight Time), the time the first plane struck the North Tower of the World Trade Center. He also exhorts Americans to find and volunteer for service opportunities.
The **Dress for Success Project** offered free school uniforms to qualified grandparents raising their grandchildren.

All grandparents were at least 55 years of age AND:

- Legally responsible for raising the child(ren)
- Act as the primary caregiver for the child(ren) because the parents are unable or unwilling to act as the primary caregiver
- Have the child living in their home

Grandparents were notified by the Kansas City Kansas School District (USD 500). If you are a grandparent raising your grandchildren, be sure that you are registered by submitting the proper credentials to the school your grandchild attends to be considered in 2014-15 school year.
The Neighborhood Resource Center has Moved!

As of June 3rd the following departments are located at: 4953 State Ave. KCK 66102
- Code Enforcement
- Liveable Neighborhoods
- Community Policing
- Building Inspection
- Rental License
- Demolition
- Business License
- Police report Desk - Temporarily

The Neighborhood Resource Center can be reached at 913-573-8600.

PUMPKIN SHAPED CHEESE BALL RECIPE

- 1 package (8 ounces) cream cheese, softened
- 1 carton (8 ounces) spreadable chive and onion cream cheese
- 2 cups (8 ounces) shredded sharp cheddar cheese
- 2 teaspoons paprika
- 1/2 teaspoon cayenne pepper
- 1 celery rib or broccoli stalk

Directions

In a small bowl, beat cream cheeses until smooth. Stir in the cheddar cheese, paprika and cayenne. Shape into a ball; wrap in plastic wrap. Refrigerate for 4 hours or until firm.

With a knife, add vertical lines to the cheese ball to resemble a pumpkin; insert a celery rib or broccoli stalk for the stem. Serve with apples and crackers.

Yield: 2-1/2 cups.

Does Email Work For You?

Help us save postage costs by joining our email club...get information before everyone else!

If interested, send an email to:
60Plus@wycock.org with your request.

Recycled Durable Medical Equipment Donation Drive

4-6 p.m. Thursday, September 12 at the World War I Museum at Liberty Memorial

For more information call 913.321.5140 or visit www.cfi-kc.org

Sunflower
Adult Day and Recreation

Are you tired of the same old thing, day after day?
Come meet some new friends and start living life!
All outings are paid by Sunflower, there is never a cost to you.
*Transportation provided to and from your home daily!*

*Come Join Our Family*
913-299-0800

3109 N 6th Street, Kansas City, MO 64110
Sunflower is a licensed State Medicaid Provider

Page 6
HARVEST TIME!
Find and circle all the words hidden in the grid.

- Apples
- Black cat
- Bushel
- Candy corn
- Columbus day
- Costume
- Fall
- Football
- Goblins
- Halloween
- Jack O Lantern
- Leaves
- Patriot day
- Picnic
- Pumpkins
- Red Hots
- Ships
- Squash

- Autumn
- Bob for apples
- Candy
- Cider
- Cornocopia
- Fairies
- Fall back
- Ghouls
- Grandparents day
- Harvest
- Labor day
- Native Americans
- Pears
- Popcorn balls
- Rake
- Scarecrow
- Skeleton
- Trick or treat

NATIONAL HISPANIC HERITAGE MONTH
Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson. It was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Dia de la Raza, which is October 12, falls within this 30 day period.
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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