CHANGES IN AFFECT FOR SOCIAL SECURITY BENEFICIARIES

Beginning August 1, 2014, the Social Security Administration no longer provides Social Security number printouts. If you need a replacement card, you must complete an application and provide Social Security with the original, required documentation. Take or mail those documents to your local Social Security office or card center.

If you need proof of your Social Security or Supplemental Security Income benefits, you can get a benefit verification letter online instantly through a my Social Security account. You no longer have to wait for a letter to be mailed to you.

With your my Social Security account you can easily view, print, or save an official letter that includes proof of your:

- Benefit amount and type;
- Medicare start date and withholding amount;
- Age

Please don’t go to the Social Security office for a benefit verification letter, as of October 1, 2014, offices will no longer provide these letters onsite. Instead, go online to www.socialsecurity.gov/myaccount.

If you are unable to go online, call Social Security toll-free at 1-800-772-1213 (TTY 1-800-325-0778) for assistance.
When traveling with seniors, all you need is a little extra preparation so that you and loved ones can vacation in comfort and worry free.

Travel can be one of the most rewarding experiences in our lifetime, whether the goal is to see the world or to visit long-distance friends and family. However, when we travel with our elderly loved ones, we may be faced with challenges we don’t anticipate and issues that simply aren’t there when traveling on our own.

Our loved one may not be mobile without a wheelchair, or they may have a specific health condition such as Alzheimer’s disease or heart disease or heart problems; any of these can make vacationing much more complex, regardless of whether you’re traveling by plane or your own family car.

As with any other vacation, preparation is key; plan ahead for some of the most common senior travel needs so that you and your family will be able to enjoy a hassle-free trip that’s memorable for the right reasons.

Consult With A Doctor for Travel Approval and Tips

The all important first step is to make sure your loved one is cleared for travel by his or her primary care physician, especially if you’re accommodating a health condition. Make sure the chosen destination is appropriate to your loved one’s limitations and ask the doctor for specific travel tips as well as any necessary vaccinations or extra medications.

Arrange Special Services Ahead of Time

If your loved one needs a wheelchair at the airport, advance boarding, special seating in a disabled row or near a restroom; get in contact with the airline personnel or travel company to make sure these are available upon arrival.

Research Medical Facilities at Your Destination

When traveling to an unfamiliar place, make sure you know where the nearest hospitals and care centers are, in case of an emergency.

Prepare All Necessary Documentation and Identification

Make sure travel documentation is in order: driver’s license, travel tickets, itineraries (and make multiple copies) and passports, if needed. You’ll also want to pack medical documentation, such as Medicare and insurance cards as well as any prescriptions or physician statements.

Provide a Way for Your Senior Loved One to Contact You

Providing your loved one with a calling card or a prepaid cell phone, if they don’t already have one, is an ideal way to make sure they can get in touch with you at all times and make sure your phone number is programmed in.

Pack Essential Items in a Bag That Is Easily Accessible

Make sure you have essentials close at hand: an ample supply of necessary medication, important documents, phone numbers, favorite snacks or drinks, a deck of cards or other entertainment, a light sweater and a travel pillow. These should be kept in a carry-on bag, or a tote that’s readily available inside the car rather than locked away in the trunk.

Pack as Lightly as Possible

This is particularly important if you are traveling with a loved one who needs special care and assistance. Less in your hands will help you focus more attention to your care recipient.

When Possible, Maintain a Predictable Daily Routine

Maintaining a routine or a predictable schedule is critical to reducing stress and anxiety in a loved one with cognitive impairment or Alzheimer’s. Keeping mealtimes, medication schedules and rest times as consistent as possible and planning flights and care trips accordingly will lower the risk of agitation.

Plan for Breaks and Downtime in the Schedule

There’s nothing less relaxing during a vacation than having to rush from place to place and quiet time is even more important if you’re a caregiver. Plan to arrive for flights earlier than you normally would, to make sure your loved one has plenty of time to get settled. On road trips, plan to take plenty of breaks, whether it’s taking the time for full meal or simply a short restroom break.

Plan a Schedule That Accommodates Your Loved One

Alzheimer’s patients tend not to do well traveling in the late evening or at night because of Sundowners’ syndrome, so take this into account when making your travel plans. Travel when your loved one is most likely to do well and both you and your family will get much more out of the experience.

Written by: Sarah Stevenson
IN THE KNOW ABOUT SHINGLES
Information provided by the Department of Health and Human Services

Shingles usually affect adults after age 50, although it can strike at any age. In the U.S., the incidence of shingles is actually increasing. If you live to be 85 years of age or older, you have a 50% chance of getting shingles.

Shingles is caused by the varicella zoster virus - the same virus that causes chickenpox. The virus stays with you for life, hidden and inactive in your nerve cells. Your immune system helps keep chickenpox from returning. But later in life, the virus can re-emerge and cause shingles (also known as herpes zoster).

You can't catch shingles from someone else, but it is possible for a person with blistered shingles (rash) to pass on the virus to someone who has never had chickenpox or a chickenpox vaccine. If that happens, the other person would get chickenpox, not shingles.

Shingles may cause skin sensitivity ranging from mild itching to severe pain along with burning, tingling or numbness. A rash with fluid-filled blisters nearly always appears on just one side of the body or face. The rash usually lasts for 7 to 10 days. Other symptoms may include chills, fever, upset stomach and headache.

To treat shingles, your doctor may prescribe antiviral drugs to help fight the varicella-zoster virus. Steroids can lessen pain and shorten the time you're sick. To help prevent these problems, see your doctor at the first sign of shingles. Early treatment can shorten the length of infection and reduce the risk of serious complication.

Left: Common places the shingles virus form.

ARE YOU A CAREGIVER CARING FOR A LOVED ONE?

- Weekly live chats
- Monthly caregiver forums
- Caregiver tips

Join our 24 Hour Caregiver Support Group in the comfort of your own home and whatever time of day or night you need support.

If so, do you often have feelings of being overwhelmed, stressed and alone?

JOIN OUR ON-LINE SUPPORT GROUP TODAY!

Email your request to join our on-line community to: rvandyke@wycokck.org

www.kscaregiversupport.org

Dear Newsletter Recipient:

For 21 years “The Communicator” has served as a vital means for providing seniors in Wyandotte County important information regarding senior news, events, programs, services and much more!

We have been able to supply this communication to you for a donation only. 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

Send Donation to:

Wyandotte/Leavenworth AAA
Attn: Newsletter Committee
849 North 47th Street, Suite C
Kansas City, Kansas 66102

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

Thank You!

Appreciation is extended to the following who have contributed toward the cost of this newsletter.

Names are listed in alphabetical order.

Wanda Collins (Contributor)
Lillie Elder (Contributor)
Pauline Estell (Patron)
Mary King Kerns (Contributor)

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
The *Dress for Success Project* offered free school uniforms to qualified grandparents raising their grandchildren. The grandparents were identified by the Kansas City Kansas Public School District.

To qualify, the grandparent must have been at least 55 years of age AND:

- Is 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(ren) living in their home

The number of children living in a grandparent's home has increased significantly over the past decade, according to new data from the U.S. Census Bureau.
Monster Mash
A spooktacular guacamole recipe

- 4 ripe avocados
- 1/4 cup light or fat-free sour cream
- 1/3 cup tomato salsa
- 2 teaspoons lemon juice
- 1/2 teaspoon salt

Cut the avocados in half and remove the pits. Spoon the avocado from the skins into a medium size bowl and mash with a fork.

Add the sour cream, salsa, lemon juice and salt. Stir well and serve immediately.

Makes approximately 1 1/2 cups

Los cambios afectan a los beneficiarios del Seguro Social

A partir del 1 de Agosto, 2014, la Administración de Seguro Social no va proveer las impresiones del número de Seguro Social. Si usted necesita una tarjeta de reemplazo, usted debe completar una solicitud y proveer el original de la documentación necesaria. Lleve o envíe por correo a la oficina local del Seguro Social o al centro de la tarjeta.

Si usted necesita una prueba de su Seguro Social o Seguro de Ingreso Suplementario, usted puede obtener verificación de sus beneficios por escrito en línea al instante a través de Mi Cuenta de Seguro Social. Ya no tendrá que esperar por una carta por el correo.

A mi cuenta de Seguro Social puede fácilmente visualizar, imprimir o guardar una carta oficial que incluye pruebas de su:

- La cantidad de beneficio y el tipo
- Fecha de inicio y la cantidad de retención del Medicare
- Edad

Por favor, no vayan a la oficina de la Administracion del Seguro Social para obtener la carta de verificación de beneficios; comenzando el 1 de Octubre, 2014, las oficinas ya no ofreceran estas cartas. En su lugar, vaya en línea a www.socialsecurity.gov/myaccount.

Si no puede ir en línea, llame al Seguro Social al 1-800-772-1213 (TTY 1-800-325-0778) para obtener asistencia técnica.
FALL IS ALMOST UPON US
Find and circle all the words hidden in the grid.

- BLACK CAT
- CANDY
- CORNCOPIA
- DONUT HOLE
- FALL
- GOBLINS
- HAUNTED HOUSE
- LABOR DAY
- MEDICARE
- POPCORN BALL
- RAKE
- SKELETON
- BOB FOR APPLES
- CIDER
- COSTUMES
- END OF SUMMER
- FOOTBALL
- GRANDPARENT’S DAY
- HAYRIDE
- LEAVES
- OPEN ENROLLMENT
- PRESCRIPTION DRUG PLAN
- SAVINGS PLAN
- TRICK OR TREAT
- BONFIRE
- COLUMBUS
- DEDUCTIBLE
- EXTRA HELP
- GHOSTS
- HALLOWEEN
- JACK O’ LANTERN
- MASK
- PATRIOT DAY
- PUMPKIN PATCH
- SCARY

RGSPNTEEDERBFCPDHYZECAXAWRNELFOAVALYAMOYPLLTWIKDNOTNUOAKCMRBVPGFECARHNFDGYKUNCSGBPQLICTTSIAPOSOGOJULAPOOETTUDRGLFCIDERSRRTDNRINNOEAOPPLYDGTDOHETOBBOYNDPKLUNMASOFBRLLRDTNIEKIOYAUOABALIEAEGEEAHVIDIESSPHLONLCAVMRHNAYXTEBDKRGSBSXHTENASRDOPENENROLMENTDOYFTNLIAPOPCORNBALLITRXDRHTCPAPNIKPMUCEILECGCVYNEEWOLLAHXALDLWLXSUFSCOSTUMESREEOAJPESUBMULOCQHEMEKHPPHRBBLACKCATIYCHSUOCSPSEVAELRBUGNPV
### TELL US ABOUT YOU

**GENDER:**
- [ ] Male
- [ ] Female

**AGE GROUP:**
- [ ] Under 60
- [ ] 60+

**MARITAL STATUS:**
- [ ] Single
- [ ] Married
- [ ] Widowed
- [ ] Divorced

**RACE:**
- [ ] African American
- [ ] Hispanic
- [ ] American Indian/Native Alaskan
- [ ] Non-Minority Caucasian
- [ ] Other: ________________________

**RESIDENCE:**
- [ ] Senior Residence
- [ ] Own Home
- [ ] With Family
- [ ] Assisted Living
- [ ] Nursing Facility
- [ ] Other: ________________________

**HOUSEHOLD INCOME:**
- [ ] Below $20,000
- [ ] Over $20,000

**RESIDENTIAL ZIP CODE:** ________________________

### REASON YOU CONTACTED US

- [ ] Information - You received information on a single topic.
- [ ] Referral - You received a referral to a community service provider.
- [ ] Assistance - You received assistance on how to access needed services in your community.
- [ ] Options Counseling - You received information on service options, provider options, or other options which helped you make an informed decision on your choices. This included a follow-up contact from our staff.
- [ ] Assessment - You received a functional assessment to determine your functional eligibility for community based services.
- [ ] Caregiver Services - You received services as a caregiver OR grandparent raising your grandchild(ren).
- [ ] CARE or Nursing Home Admission - You received a CARE assessment for nursing home admission.
- [ ] Case Management - A case manager met with you to help set up in-home services.
- [ ] Home Delivered Meals (Meals on Wheels) - You receive:
  - [ ] Hot
  - [ ] Frozen
- [ ] Congregate Meal Site - You ate at one of our nutrition sites for lunch.
- [ ] Legal Services - You received legal assistance through Kansas Legal Services.
- [ ] Transportation Service - You used either [ ] Assisted Services [ ] Demand Response
- [ ] Other (Please Specify) - ________________________

### HOW SATISFIED WERE YOU WITH:

**The overall service you received?**
- [ ] Very Satisfied
- [ ] Satisfied
- [ ] Not Satisfied
- [ ] Does Not Apply

**The courtesy of our staff?**
- [ ] Very Satisfied
- [ ] Satisfied
- [ ] Not Satisfied
- [ ] Does Not Apply

**The knowledge of our staff with your issue?**
- [ ] Very Satisfied
- [ ] Satisfied
- [ ] Not Satisfied
- [ ] Does Not Apply

**The helpfulness of our staff?**
- [ ] Very Satisfied
- [ ] Satisfied
- [ ] Not Satisfied
- [ ] Does Not Apply

**The accuracy of the information you received?**
- [ ] Very Satisfied
- [ ] Satisfied
- [ ] Not Satisfied
- [ ] Does Not Apply

**The professionalism of our staff?**
- [ ] Very Satisfied
- [ ] Satisfied
- [ ] Not Satisfied
- [ ] Does Not Apply

**The follow-up you received after your contact? (if needed)?**
- [ ] Very Satisfied
- [ ] Satisfied
- [ ] Not Satisfied
- [ ] Does Not Apply

**The time it took our staff to assist you?**
- [ ] Very Satisfied
- [ ] Satisfied
- [ ] Not Satisfied
- [ ] Does Not Apply

**The reason for your contact was addressed?**
- [ ] Very Satisfied
- [ ] Satisfied
- [ ] Not Satisfied
- [ ] Does Not Apply

If you were not satisfied with any of our services, please explain why?

If you had a need or concern that we could not assist with, please specify your unmet need.

Any comments or ways to improve our service?

If you would like a follow-up call to discuss any other concerns, please leave us your name, phone number or email.

Any other comments
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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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