GRANDPARENTS RAISING GRANDCHILDREN

When parents are absent or unable to raise their children, grandparents are often the ones who step in to assist. Raising a second generation brings many rewards, including the fulfillment of giving your grandkids a sense of security, developing a deeper relationship, and keeping the family together. It also comes with many challenges. No matter how much you love your grandkids, taking them into your home requires major adjustments. But with the right support, you can roll back the years and make a real difference in the lives of your grandchildren.

You probably weren’t expecting to be raising kids again at this stage in your life. At times, the physical, emotional and financial demands may feel overwhelming. That is why it’s vitally important that you take care of yourself and get the support you need.

You’ve been used to the occasional visit from a grandchild. Being back in the saddle full time can feel stressful and overwhelming. You may worry about how you will handle the additional responsibilities and what will happen to the grandkids if something were to happen to you. You may feel anger or resentment toward the grandchild’s parents for leaving you with the responsibility of caring for their child.

Take care of your health. You won’t be able to take care of your grandchildren, if you don’t eat nutritious meals, exercise regularly and get adequate sleep. Don’t let doctor’s appointments or medication refills slide.

Kids are smarter and more capable than we often give them credit. Even young children can pick up after themselves and help out around the house. Helping out will also make your grandkids feel good.

Support groups or even phone support can be very helpful in this journey and it’s a good start for making friends in similar situations. Hearing from people who have been there can help both uplift your spirits and give you concrete suggestions for your situation.

It is not always possible for children to remain in contact with their parents, and at times, it may not be in a child’s best interest. But in general, it is good for your grandchildren to maintain relationships with their parents, especially if they may live with them again. If meeting in person isn’t possible, you can encourage contact in other ways, including phone calls, cards and letters.

Communicating openly and honestly with your grandchildren is one of the best things you can do to help them cope with their situation. It’s especially important to take the time to really listen to your grandkids. In this difficult time, they need an adult they can go to with their questions, concerns and feelings.
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

Pictured below are some of the 2015 Dress for Success Program recipients.
Teach the Mind
The privilege to go to school and educate your thinking
   To read of so many places and people
   And touch the heart of other souls
   To read of the cultures and plan great futures
To read of other countries and travel great distances in
   your mind
   What an education
To train your mind to read and understand other cul-
   tures and people
To have teachers willing to give their God given talent,
   To have the mind of brilliant talent and constantly
   reaching greater heights
A mind that never rest from absorbing knowledge and
   understanding and great wisdom

Written and shared by Rev. Harriet McReynolds

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

Names are listed in alphabetical order:

Pauline Estell (Patron)
Joanne Lally (Contributor)
Jane Rodabaugh (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

For additional questions contact:
Wy/LV Aging and Disability Resource Center
(913) 573-8531

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

Aging with Grace

The most up-to-date information on health programs “Smart Aging” class, attendees learn about the latest information related to Smart Aging. Learn how to embrace aging. Discuss ways to incorporate this information into daily living. Create life-long behaviors and habits for living longer, healthier and smarter.

TOPICS COVERED

Social Engagement
Exercise & Physical Activity
Diet and Nutrition
Brain Health

Our focus is to provide evidence-based health education to equip participants with the tools and opportunities to begin applying the information and to overcome barriers that prevent participants from adhering to healthy behaviors, specifically those encountered by the aging population we serve. By doing so, we hope to modify lifestyle factors that may lower the risk of developing chronic diseases.

Fridays, September 18th, 25th and October 2nd, 9th
10:00 A.M. - 11:30 A.M.

Area Agency on Aging & Disability Resource Center
849-C North 47th Street
Kansas City, Kansas 66102

Healthy Snacks Provided & Drawing for Gift Card!

FOR MORE INFORMATION PLEASE CONTACT:
Trish Weatherspoon, MS
Community Health Advocate
(913-945-5023)
pweatherspoon@kumc.edu

If you are interested in attending the above classes, please register with Trish Weatherspoon, Community Health Advocate at 913-945-5023.
As you begin your search, use this guide to learn more about the different types of senior housing options available in the United States.

**SENIOR INDEPENDENT LIVING COMMUNITIES** cater to seniors who are very independent with few medical problems. Residents live in fully equipped private apartments.

**HOME CARE** allows older people to remain in their own homes while receiving the assistance they need to help them remain independent. Typically, home care involves providing assistance with Activities of Daily Living (ADLs) such as bathing, dressing and meal preparation or Instrumental Activities of Daily Living (IADLs) such as transportation, paying bills, making appointments and simply being there to provide companionship and emotional support.

**ASSISTED LIVING** communities are designed for seniors who are no longer able to live on their own safely but do not require the high level of care provided in a nursing home. Assistance with medications, activities of daily living, meals and housekeeping are routinely provided. Three meals per day are provided in a central dining room. Residents live in private apartments which frequently have a limited kitchen area. Staff is available 24 hours a day for additional safety. Most assisted living communities provide licensed nursing services. The hours vary greatly, so be sure to ask when you visit. Social activities an scheduled transportation are also available in most communities. A special unit for Alzheimer’s residents is available in some, but not all communities.

**NURSING HOMES** provide around-the-clock skilled nursing care for the frail elderly who require a high level of medical care and assistance. Twenty-four hour skilled nursing services are available from licensed nurses. Many nursing homes now provide short-term rehabilitative stays for those recovering from an injury, illness or surgery. Long-term care residents generally have high care needs and complex medical conditions that require routine skilled nursing services. Residents typically share a room and are served meals in a central dining area unless they are too ill to participate. Activities are also available. Some facilities have a separate unit for Alzheimer’s residents.

**ALZHEIMER’S CARE** options for people with dementia or Alzheimer’s are available With memory impaired, it is important to have 24-hour support and structured activities to ensure their safety and quality of life. Many families try to care for their loved ones at home, which can be extremely difficult given the skill that is required to care for person with memory problems. If you need to consider a community, understand that Alzheimer’s care is delivered in the assisted living setting, as well as in nursing homes and occasionally in personal care homes. Generally, the residents live in semi-private apartments and have structured activities delivered by trained staff members. Most of these living environments have secured or locked areas to ensure no one wonders off. Many times, within the secured areas, residents have access to outdoor walking paths or gardens.

**RESIDENTIAL CARE HOMES** are private homes that typically serve residents who live together and receive care from live-in caretakers. These homes offer assisted care services for senior who want a more private, home-like community. Assistance with activities of daily living such as bathing and dressing are typically provided. Amenities and nursing services vary greatly between homes. Ask about their services when you tour.

**RESPITE CARE** provides a temporary break for caregivers by allowing a resident to have a short-term stay in a community that can meet their needs. Many assisted living communities and nursing homes have a respite care program. Residents typically stay from a week to a month, depending on their situation. They receive all of the services of the community. Respite stays may also serve as a “get acquainted” period for the senior. Many residents find that they enjoy their stay and decide to move in soon after the short-term visit. Respite programs are available for assisted living and Alzheimer’s residents.
VOLUNTEER OPPORTUNITY
Meet Community Needs by Lending a Helping Hand

The Volunteer Center at United Way of Wyandotte County offers the RSVP program which connects skilled persons with organizations needing volunteer assistance to carry out their missions. RSVP is one of the largest volunteer networks in the nation for people 55 and over. RSCP volunteers improve lives by sharing their knowledge, talents, and experience to help people in the community who need it most. Currently, we have a need for volunteers to help read to school children or stock food and help with client intake at local pantries.

Volunteers receive training from the organization where they will serve, a small mileage reimbursement, supplemental insurance while on duty and invited to special programs and recognition events. Take the opportunity to lead with experience and join RSVP today! To get involved, call Chrissy Carver at 913-371-3674, ext. 1321.

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

FLU SHOTS
Walgreens pharmacists will be on hand to administer flu shots at the following locations:

Plaza Towers - September 17, 2015,
1200 North 75th Place, Kansas City, Kansas 66112,
11:30am - 12:30pm

Westgate Towers - October 7, 2015,
6100 Leavenworth Road, Kansas City, Kansas 66104,
11am to 12:30pm.

MOST INSURANCE PLANS ACCEPTED
(Ages 7 and up)
Please bring your insurance cards if you are insured and if you do not have insurance or are under-insured, we can offer a free flu shot voucher in conjunction with Health and Human Services Department.

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

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913-573-8531 or toll free at 1-888-661-1444
Mushroom Pork Chops

Ingredients:
4 pork chops
Salt & Pepper to taste
1 pinch garlic, or to taste
1 onion, chopped
1/2 pound fresh mushrooms, sliced
1 (10.75 ounce) can condensed cream of mushroom soup.

Directions:
Season pork chops with salt, pepper and garlic salt to taste. In a large skillet, brown the chops over medium-high heat. Add the onion and mushrooms and sauté for one minute. Pour cream of mushroom soup over chops. Cover skillet and reduce temperature to medium-low. Simmer 20 to 30 minutes, or until chops are cooked through.

THE EDITOR’S FAVORITE SEASON
Find and circle all the words hidden in the grid.

T A W R E L E U R E L L J J A L N A R Q V I Z Z B
Y K T K E N A F R L E L G L K Q I I L I Y G V Y M M
N T S R W E O C A D B Y L G F A L P C P Y R A C S
Y A A C I O P B K R N O Q T I U B S K D V O D L E
M W M B T O N Y S C W O N L H T O G O A S E S C Q
K M F B G R T V V E A E I Q W U G N R M U L T R A
H S A M O B V D E Q M T Y T P M I I T E P O N T B
V L S C T B H N A L Q B S A P N T V R D S H E U Y
J M M I N N I J T A U S N F H L E B S R C O D U A
O D O N I S L A P B I P G J V T U H O U R D A E L
K V E D E E F K Z S N O L A B O R D A Y L P R D N
O P E V K B I E S U O H D E T N U A H R C O G U W
O R A S Q N I R E E N D O F S U M M E R T D C C E
L N O A S E D I R Y A H T H Q F M G V H P H E I I
A Z T E S U V D P D B A X V I F C U E J E I B F
B C T K Z J N Q R R M I Z T Z I Y F T R A S T L O
H E D A A L U O Z E A A O U F Q M C N S H E K E O
K I P R J G I H O E D K X I I Z W O M D O R N S I
M B N Y V W W X I K L X Q A I K Q G U N A C Q L I
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
         □ ASIAN AMERICAN/PACIFIC ISLANDER  □ 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) - ______________________________

Please return the completed survey to:

Area Agency on Aging & Disability Resource Center
Attn: Survey Committee
849 North 47th Street - Suite C
Kansas City, Kansas 66102

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
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!

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

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LABOR DAY
Monday, September 5, 2015
Unified Government Office Closed

PATRIOT DAY
Tuesday, September 11, 2015

COLUMBUS DAY
Saturday, October 10, 2015

HALLOWEEN
Saturday, October 31, 2015

coming soon >>>

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