

## WHAT'S HAPPENING

Contact the Area Agency on Aging to get your copy of the 2021 AAA Calendar

VOLUME 29 ISSUE 1

# 2021

## HAPPY NEW YEAR

JANUARY/FEBRUARY 2021

Ruth E. Jones, Executive Director

# THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

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## FISCAL MANAGER RETIRES AFTER 22 YEARS OF SERVICE

As we say a hearty GOODBYE to the year 2020, the Aging Department sadly will also bid adieu, to a long-term employee who has played a major role in our office.

Ms. Bobbie Lane, Fiscal Officer, is retiring from the Aging Department after twenty-two years of providing superb fiscal oversight. With Bobbie's expertise, Aging has maintained compliance and experienced stellar fiscal management of all State, Federal and Local funding. All audits, and protocols for reporting were always efficient under Bobbie's command. Bobbie was also not your typical numbers person, as she was very active on the program side of aging services. Bobbie was a best friend to many of our seniors and loved interacting with them whenever the opportunity presented. Bobbie was significant in coming up with our agency slogan, "60 PLUS...CALL ON US."

Her love and dedication to the seniors in Wyandotte County was also on full view as she participated yearly in our November National Caregivers Month project, "TAKE THE NIGHT OFF." This project involved aging staff volunteering to take dinners to caregivers and care recipients. November is National Caregivers Month. During this month, we honor caregivers, who play a vital role in allowing a senior to remain in their own home, even during a significant health challenge. Family Caregivers save billions of dollars to the states, by providing vital health care, often free of charge, to a loved one in the home. Bobbie was always front and center on being a designated volunteer to deliver caregiver dinners annually.

She also engaged and interacted monthly and reported to the Advisory Councils of both Wyandotte and Leavenworth County. She kept them abreast of any aging issues, as well as provided them with extensive funding reports regarding all aging programs and funding streams.

Bobbie moved the aging office from an archaic method of fiscal reporting to an updated state of the art technology-oriented reporting and fiscal monitoring system.

Bobbie's has set her footprint in aging during her 22-year tenure, and she will be most greatly missed. Thankfully, because of Bobbie's love for the seniors, we hope to see her around volunteering and assisting aging with future projects.

Best wishes to you dear Bobbie and Happy New Year to all our friends and constituents for the coming year. May 2021 be a year of restoration for us all.



COLD WEATHER RULE | NOV 1 – MAR 31

Struggling to keep the heat?



Stay warm. Stay connected. Kansas

CALL YOUR UTILITY COMPANY FOR MORE INFORMATION

# COMMUNICATING CLEARLY WHILE WEARING A FACE COVERING

www.newsinhealth.nig.gov

Wearing a face covering is an important part of keeping you and others healthy right now. But they can also make talking to those around you more difficult. Face coverings can muffle sound. They can also hide important clues about the speaker's message and emotions. This can make it hard to understand speech, especially for those with hearing loss.

Millions of people in the U.S. have hearing loss, including half of those older than 75. Now, more than ever, it's important to make an extra effort to communicate. Speak more clearly and louder than you nor-

mally would, without shouting. Reduce background noise when possible. Be aware that physical distance can also



make hearing more difficult. Make sure the person you're speaking with understands you. Ask and adapt if needed. You can also offer to use another method - a smartphone, paper

and pen, or whiteboard - to get your message across. When it's essential that you understand spoken details, like a doctor's appointment, consider bringing a friend or family member to help.

Face coverings can make communication challenging for everyone. But people with hearing problems often rely on lip-reading to understand what's being said. Consider using a clear face covering to make your mouth visible, instead of a cloth covering. With a little extra effort and problem solving, we can all communicate clearly while staying safe.

## The Kansas Low Income Energy Assistance Program (LIEAP)

The Low Income Energy Assistance Program (LIEAP) is a Federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit.

The 2021 LIEAP application period is from Monday, January 4, 2021, through Wednesday, March 31, 2021.

Applications must be received prior to 5:00 PM, March 31, 2021. You may also apply online at:

<http://www.dcf.ks.gov/services/eas/Pages/EnergyAssistance.aspx>

In order to qualify, applicants must meet the following requirements:

1. An adult living at the address must be personally responsible for paying the heating costs incurred at the current residence, payable either to the landlord or the fuel vendor.
2. Applicants must demonstrate a recent history of payments toward purchase of the primary heating energy.

Benefit levels vary according to the following factors:

- ◆ Household Income.
- ◆ Number of persons living at the address.
- ◆ Type of dwelling and type of heating fuel.

Inquiries may be directed to Division of Children and Family Services at 913-279-7171 or by dialing toll free 1-800-432-0043.

## COLD WEATHER RULE

*November 1, 2020 through March 31, 2021*

The Kansas Corporation Commission (KCC) wants Kansans to have electric, gas and water services needed to keep their home warm during the winter. The KCC also recognizes the customer's responsibility to make arrangements to pay for that service.



The Cold Weather Rule ensures you will have electric and gas services for your home during the winter. You must make pay arrangements with your utility company to use the Rule and pay your current bill in full while paying off the overdue amount.

If you have questions regarding the Cold Weather Rule, you may call (800) 662-0027 or visit: [www.kcc.state.ks.us](http://www.kcc.state.ks.us).

## 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! The newsletter's continuity depends on your donations for its existence.

Please help us continue to provide this important publication by becoming a sponsor!

Respectfully, *The Newsletter Committee*

- \_\_\_\_\_ \$100 **Advocate**
- \_\_\_\_\_ \$50 **Benefactor**
- \_\_\_\_\_ \$25 **Patron**
- \_\_\_\_\_ \$10 **Contributor**
- \_\_\_\_\_ **Other**

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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

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

*Names are listed in alphabetical order.*

**Laleta Jones (Contributor)**



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By joining our email club, you'll get information before everyone else!

Send an email to:  
[60Plus@wycokck.org](mailto:60Plus@wycokck.org)  
 with your request.



## TAX CHECK OFF SUPPORTS MEALS ON WHEELS PROGRAMS

Annually, Kansans filing their State income tax returns have an opportunity to help ensure their elderly neighbors continue to receive warm, nutritious meals through the Meals on Wheels Program.

The federally funded Nutrition Program for the Elderly, which provides meals to older adults at senior centers, nutrition sites and in their own homes, began more than 30 years ago.

Monies donated to the Kansas Meals on Wheels Fund through the income tax check-off are distributed by the Kansas Department for Aging & Disability Services to the local senior nutrition programs according to a formula based on the number of meals served by each program. These funds help fill a gap that could otherwise crippled many meal services across the State.

Individuals receiving a state income tax refund can indicate in the designated space on the tax form an amount of their refund they would like to contribute to the Meals on Wheels Program. Contributions can range from \$1 to all of the refund.

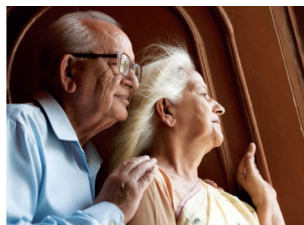
Questions regarding the tax check off or the Wyandotte County Meals on Wheels Program may be directed to 913-573-8546.



## HARMFUL PARTNERSHIPS - When Someone You Love is Abusive

*NIH - News In Health*

Abuse can be difficult to see, especially when it's in your own relationship. It can start slowly and it's not always physical. You may not realize that the small comments a loved one makes to you are doing harm. You may even make excuses for them. They're stressed from work or the pandemic. But abuse takes many forms. It can be physical like slapping, punching or kicking. It can even involve sexual violence. For many, it's psychological - making someone feel worthless or isolating them from friends and family. Sometimes it includes stalking. All these behaviors are forms of domestic violence.



Some people experience one act of partner violence. Others suffer repeated abuse over years. It's important to recognize the signs of an abusive relationship. Controlling behavior is a common sign. Your partner may monitor where you are and how much you see friends and family. They might decide what you wear or eat or how you spend your money. Verbal threats are also common. Other warning signs include name calling, humiliating someone in front of others, or blaming someone else for their own violent outburst.

The harm from domestic violence isn't always visible. Experiencing it puts you at higher risk for a range of health conditions. These include heart disease, high blood pressure and digestive problems.

Domestic violence can escalate with tragic results. In the U.S., women are more likely to be killed by a current or former partner than by someone else. If you are experiencing intimate partner violence, help is available.

## HARMFUL PARTNERSHIP RESOURCES:

If there is immediate danger, call 911. If there's no immediate danger, consider the following options:

- ◇ If you have been injured or sexually assaulted, go to a local hospital emergency room or urgent care center.
- ◇ Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233). They can help you develop a safety plan. They also offer guidance on how to find legal advice.
- ◇ Reach out to someone you trust for emotional support.

## SENIOR CITIZENS UTILITY TAX REBATES

Due to the COVID-19 pandemic, the Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center (ADRC) will **NOT** be assisting the Unified Government Clerk's Office with the Senior Citizen's Utility Tax Rebate Program applications this year.

You may still apply directly to the Clerk's office by providing the following information:

- Name
- Last 4-digits of your Social Security number
- Address (providing mailing address, if different)
- Date of Birth
- Phone Number
- 2020 Gas bills
- 2020 BPU bills
- 2020 Telephone bills
- 2020 Proof of income (social security, pensions, disability, W-2s, interest, etc.); include your spouses income too.



**Submit your information from January 4 - March 31, 2021, by any of the following methods:**

**Mail:** UG Clerk's Office, 701 North 7th Street, Suite 323, Kansas City, Kansas 66101 (must be postmarked no later than March 31)

**Fax:** 913-573-5299

**In Person:** UG Clerk's Office, 701 North 7th Street, Suite 323 (applicants' original documents will be copied and returned to applicant. After staff processes the application, the application and copies of the documents will be mailed to the applicant).

### To qualify you must:

- Be a Kansas City, Kansas resident. Residents of Bonner Springs and Edwardsville are NOT eligible.
- Be 65 years of age or older during the entire calendar year of 2020 (Born before January 1, 1955).
- Gross household income from all sources, including that of your spouse shall not exceed \$25,000.

**If you are eligible, your refund will be the total of the following, not to exceed \$150.**

- Gas franchise tax paid to Kansas Gas or Atmos Energy
- 90% of water pollution control charges paid to the Board of Public Utilities
- 11.9% of water and electricity paid to the Board of Public Utilities
- Franchise tax (special municipal charge) paid to AT&T

For additional information, call the Clerk's office at 913-573-5260.

**AGAIN, THE AREA AGENCY ON AGING WILL NOT BE ASSISTING WITH THE APPLICATIONS THIS YEAR!**

## UNIFIED GOVERNMENT PUBLIC HEALTH DEPARTMENT PREPARES FOR COVID-19 VACCINES IN WYANDOTTE COUNTY



### NEWS RELEASE

**Unified Government Public Relations  
For Immediate Release  
December 17, 2020**

The Unified Government Public Health Department (UGPHD) announced that they are preparing for COVID-19 vaccines to arrive from Moderna.

The initial round of vaccines will be provided to health department workers and EMS, followed by additional healthcare-associated workers. The UGPHD has converted a portion of their COVID-19 testing site at 7836 State Avenue in Kansas City, Kansas (former K-Mart building location), for vaccine distribution.

### First Phase (Phase1A)

The first phase of the vaccination distribution follows directives outlined in the Kansas Department of Health and Environment's (KDHE) COVID-19 Vaccination Plan. According to the directives from KDHE, the vaccine allotment provided to the UGPHD will be administered in the following order:

- UGPHD and EMS staff (both public and private), including not only frontline clinical staff, but additional staff in other roles where they may be exposed to COVID-19, such as administrative or housekeeping staff.
- The broader healthcare-associated workforce. This includes those serving patients with physical, mental/behavior needs and dental health care needs.
- This also includes individuals within those settings who are not providing direct patient care but who are at risk given their job (such as registration desk staff, medical interpreters, housekeeping staff and other paraprofessionals).

As part of this initial phase, KDHE has notified the UGPHD that they will receive approximately 800 vaccines next week, pending an Emergency Use Authorization (EUA) from the FDA for the Moderna vaccine. Additionally, local hospitals received Pfizer-BioNTech vaccines earlier this week to start providing vaccinations to the staff in their buildings. Long term healthcare facilities enrolled in and are being supported directly by the federal vaccine effort through existing direct partnerships.

### Upcoming phases

In the next phase of vaccines, some people who may be eligible include essential workers, people with preexisting conditions and people age 65 and over. More details on the eligibility criteria for this phase and future phases are still being determined by state and federal authorities. These details will be impacted by the amount of vaccine supplies available.

Wyandotte County residents can learn more about COVID-19 online at [wycokck.org/COVID-19](http://wycokck.org/COVID-19) or by calling 3-1-1. To learn more about the State of Kansas' COVID-19 Vaccination Plan, visit [cononavirus.kdheks.gov](http://cononavirus.kdheks.gov).

# FEELING ANXIOUS ABOUT CORONAVIRUS? Here Are Some Coping Tips

Information provided by [www.ndbh.com/](http://www.ndbh.com/)

Is there anyone who's not feeling a little stressed these days listening to news about coronavirus? Thinking about our health and our safety, worrying about whether we have enough toilet paper in the house, we're all anxious and having similar stress reactions.

Do you recognize any of these feelings?

- \* Feeling overwhelmed or helpless
- \* Anxiety, fear or sadness
- \* Feeling lonely or isolated
- \* Withdrawing from others/fear of going into public spaces
- \* Rapid heart rate, stomach upset or low energy
- \* Frustration, irritability or anger
- \* Difficulty concentrating or sleeping

If you or a loved one is having any of these feelings, it's not healthy (emotionally or physically) to keep it to yourself. Acknowledging your feelings is the first step toward dealing with them. Anxiety is normal and expected in these situations.

Keep in mind, we may all be in for an extended period of upheaval as officials work to get the spread of coronavirus under control and develop vaccines and medicines to manage it. Meanwhile, the healthiest thing

you can do for yourself and your loved ones is to take some steps to cope with your feelings and take control where possible.

Here are a few things you can do to better cope with the stress you may be feeling:

- \* Be vocal. Talk about your feelings with family and friends. Being open about your anxiety is the first step to relieving it.
- \* Keep to your routines. During times of chaos or uncertainty, maintaining routines goes a long way toward helping you feel more in control of your life.
- \* Lean on family and friends—stay connected. We're all in this together and we need to support one another. Keep in contact with friends and family by phone, texts and email.
- \* Set limits around news and social media & choose reliable sources for information. Constantly tuning into the news and combing through social media posts to read about coronavirus can be overwhelming and confusing. Rely on quality sources like the CDC to get key facts and advice. Think of

your TV and your tablet as great ways to escape into a good movie or book.

- \* Practice healthy habits. Routines are important to maintain and that includes personal routines. Escape to a bath or find a meditation video on the internet and give it a try. Look for the positives and embrace them. Don't view staying home as being trapped.

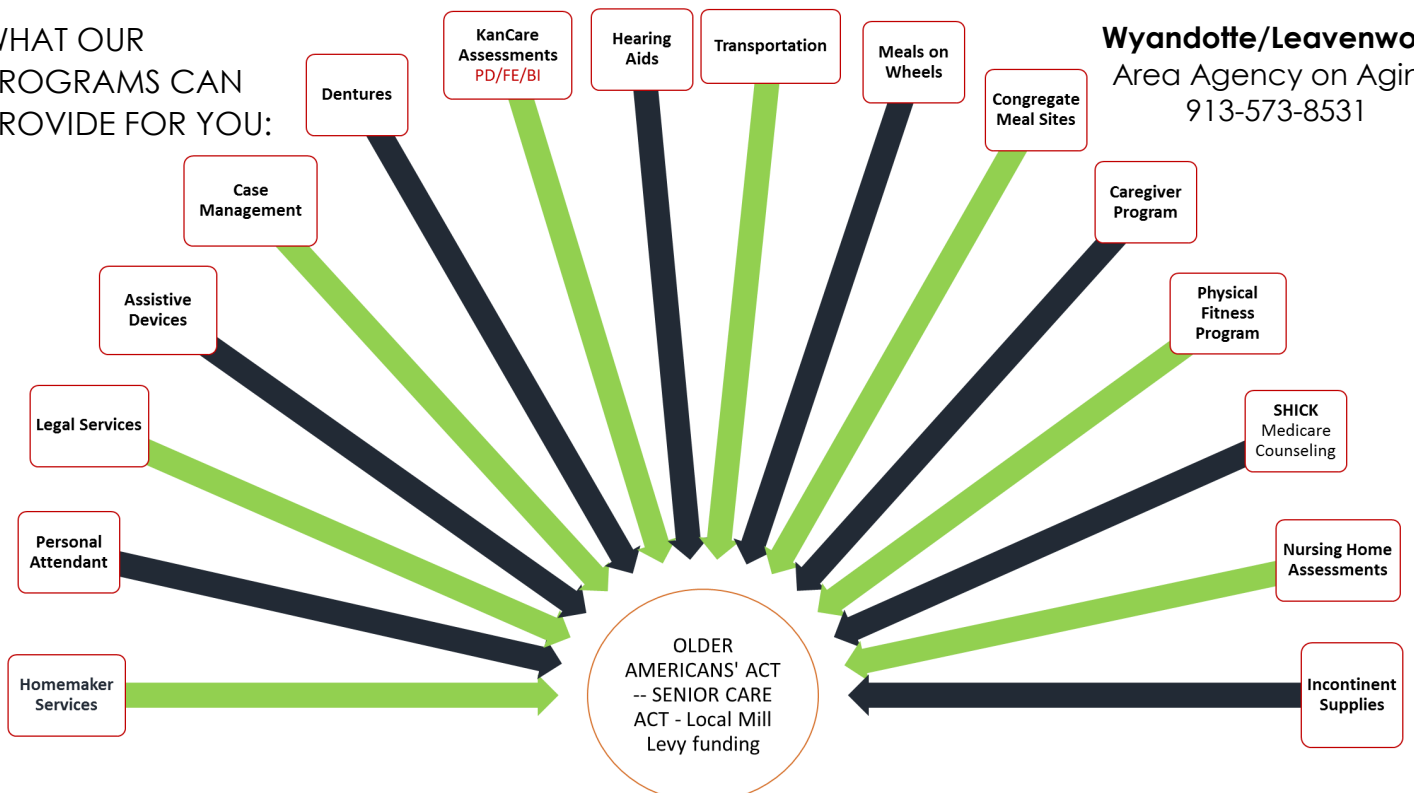
If you feel you need more emotional support for yourself or your family, contact your physicians office and discuss how you're feeling if you have no one else to talk to.

You can also keep abreast at the ever changing developments regarding the virus at the [CDC.gov](http://CDC.gov) webpage.



## WHAT OUR PROGRAMS CAN PROVIDE FOR YOU:

**Wyandotte/Leavenworth**  
Area Agency on Aging  
913-573-8531



# 12 NEW YEAR'S RESOLUTIONS FOR SENIORS

[www.lifeline.philips.com](http://www.lifeline.philips.com)

Each New Year is a gift. It's another opportunity to take stock of our lives and decide what we'd like to change. We can make changes large and small. Here you'll find 12 New Year resolutions specifically for seniors, including practical resolutions - not as fun but bound to bring peace of mind.

**Resolution 1: Review your legal documents.** Getting organized is a common New Year resolution, and getting your legal documents in order is a critical spin on the idea. Resolve to meet with a lawyer and make sure each document is current, legal and reflective of your personal desires.

**Resolution 2: Get up to date on your vaccinations.** It's easy to put these things off when your doctor recommends them, but they're important. Flu, pneumonia and shingles are all important vaccinations and can save your life.

**Resolution 3: Inventory medications.** Ask your pharmacist to send you a list of all the meds you're taking and the dosages. Send a copy to a friend or family member and keep a copy for yourself. You might also consider a medication dispenser, especially if you or your partner have any cognitive challenges.

**Resolution 4: Try something new.** This year, try something that takes you out of your comfort zone. Learn a new game, see a movie or read a book you know nothing about. Adventure doesn't have to involve physical risk or danger. Every day can be an adventure if you simply resolve to try something new.

**Resolution 5: Challenge yourself.** Mental and physical challenges motivate us to change behaviors and do more. Mental challenges like Sudoku, quizzes, crossword or jigsaw puzzles will improve mental strength, which can improve memory. Physical challenges enable you to gradually improve things like balance, endurance, strength, flexibility and overall health. Talk to your doctor about physical activity that's right for you, set goals and then work with him/her to devise a plan to gradually and safely increase it.

**Resolution 6: De-clutter.** We can amass a lot of stuff over a lifetime. Holding on to some of it makes sense because it increases your quality of life and reminds you of happy times and great experiences. But, there is likely a lot of stuff that you don't need and that your children may not want. Commit to begin divesting yourself of items that you don't need and organize what you want to keep. That will make it easier for you day-to-day, and for your children later.

**Resolution 7: Understand your fall risk.** Even if you're an active, steady senior, you could be at an elevated risk for a fall because of medications or because of an underlying medical condition. Make a resolution to talk to your physician about your risk of falling, investigate how to re-arrange things in your home to make it safer and consider a personal medical alert device with fall protection.

**Resolution 8: Forgive the people in your life who deserve it.** Grudges, slights and old scores weigh us down. Forgiveness makes us lighter and happier. This year, choose one person and work to let them off the hook. Then, make the same commitment to yourself.

**Resolution 9: Embrace technology.** Technology can be daunting, or it can be a gateway to a higher quality of life. This year, resolve to try one new technology. Video chatting with far-flung family and friends is more satisfying than a phone call, text or email.

**Resolution 10: Keep laughing!** Many seniors find themselves in different places, surrounded by different people, carrying out a different daily routine. Don't let that disconnect you from the things that have made you laugh. We all know laughter is the best medicine.

**Resolution 11: Share memories.** You've lived a great life. Reliving those memories can lift your spirits. Make a resolution to capture those memories in a more lasting way by making audio or video recordings on your cell phone, tablet or laptop. If writing is more your style, start a journal of your favorite memories or important facts and dates you want your family to know about.

**Resolution 12: Revisit your old resolutions.** Go back and look at some of the things you've resolved in the past. Ask yourself if they are still necessary. Give yourself permission to repeal the ones that aren't. Sometimes we hold ourselves to strict standards that quite frankly have outlived their usefulness.

At any stage of life, the New Year is a convenient opportunity take stock of what we're doing, and to make the changes we'd like. But, you've earned the privilege of making any change you want, any day of the year. After all, there is no law saying we can only improve our lives on the first day of January. If making a new resolution will improve your life, isn't every day the right day?

# SOUTHERN NEW YEARS DAY SKILLET

## INGREDIENTS:

- 5 slices bacon
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1/4 teaspoon red pepper flakes
- 1 bunch collard greens, stem removed, rolled tightly and thinly sliced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup low-sodium chicken broth
- 1 14.5 oz can black-eyed peas, rinsed and drained
- 1 1/2 cups cooked chicken breast, chopped
- 1 tablespoon white wine vinegar

## DIRECTIONS:

1. Heat a large sauté pan over medium heat and add bacon. Cook bacon until crispy, about 8-10 minutes, flipping as needed. Remove bacon, crumble and set aside.
2. Drain all but 2 tablespoons of the bacon grease from the pan. Add onions to the pan and sauté in the bacon grease over medium heat for 4-5 minutes, until tender.
3. Add garlic and red pepper flakes and sauté for another 30 seconds.
4. Stir in collards greens and season with salt and pepper.
5. Add chicken broth and sauté until the liquid is mostly evaporated, 2-3 minutes.
6. Stir in black-eyed peas and cooked chicken. Cook 1-2 minutes, until heated through.
7. Add white wine vinegar, taste and adjust seasoning.

## HAPPY NEW YEAR

Find and circle all the words hidden in the grid.

- ASH WEDNESDAY
- BALLOONS
- BLACK EYED PEAS
- BLACK HISTORY MONTH
- CALENDARS
- CHAMPAGNE
- CHINESE NEW YEAR
- CHOCOLATE
- CONFETTI
- COUNTDOWN
- CUPID
- DIET
- FEBRUARY
- FIREWORKS
- GROUND HOG DAY
- HEARTS
- HOMESTEAD
- JANUARY
- KISS
- LINCOLN
- LOVE
- MARTIN LUTHER KING JR
- NEW YEARS
- NOISEMAKER
- PRESIDENTS DAY
- PUNXSUTAWNEY PHIL
- RESOLUTION
- ROSES
- SNOWFLAKES
- STREAMERS
- SUPERBOWL
- SWEETHEART
- TIME SQUARE
- UTILITY TAX REBATES
- VALENTINES DAY
- WASHINGTON

P	B	Q	S	C	E	L	A	P	O	N	J	E	P	F	D	S	R	Y	T	U	A	H	T	L
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## Wyandotte/Leavenworth

### Area Agency on Aging

849 North 47th Street - Suite C

Kansas City, Kansas 66102

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## JANUARY >>>

### NEW YEAR'S DAY

*Friday, January 1, 2021*

*Unified Government Office Closed*

### MARTIN LUTHER KING DAY

*Monday, January 18, 2021*

*Unified Government Offices Closed*

### INAUGURATION DAY

*Wednesday, January 20, 2021*

### AARP TAX LINE

**1-866-389-5627**

*Contact AARP for a free site nearest you!*



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**Linda Ramirez, Editor**

**Emma Fonseca, Contributing Editor**

## FEBRUARY >>>

### GROUND HOG DAY

*Tuesday, February 2, 2021*

### VALENTINE'S DAY

*Sunday, February 14, 2021*

### PRESIDENTS' DAY

*Monday, February 15, 2021*

*Unified Government Offices Closed*