

THE COMMUNICATOR

A WYANDOTTE/LEAVENWORTH AREA AGENCY ON AGING PUBLICATION

Ruth E. Jones, Executive Director

Volume 27, Issue 3

MAY/JUNE 2019

OLDER AMERICANS MONTH CELEBRATION

Celebración Del Mes De Los Ancianos

THURSDAY, MAY 23, 2019

11AM - 2PM

George Meyn Center

126th & State Avenue, Bonner Springs, Kansas

- Concessions
- Games
- Health Screenings
- Information Booths
- Drawings
- Entertainment
- Concesiones
- Juegos
- Evaluaciones Medicas
- Mesas de Information
- Sorteos
- Entretenimiento

Transportation available from
South Parking Lot
849 N 47th Street
Kansas City, Kansas
to event site!

Transportacion disponible
para el evento en el es-
tacionamiento sur de la 849
Calle 47 Norte, Kansas City,
Kansas.

A limited supply of
t-shirts will be
available for pur-
chase the day of the
event. You may also
pre-order your \$12
t-shirt by contacting
the Area Agency on
Aging at 913-573-
8531.

NO COST TO THOSE 60 & OVER!

¡Ningún costo a esos de 60 años o mayores!

Donations are appreciated

Se agradecen las donaciones



**Monetary donations will be accepted
at this event to benefit**

United Way of Wyandotte County.

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OLDER KANSANS DAY AT THE CAPITOL

The Wyandotte/Leavenworth Area Agency on Aging and Disability Resource Center took to the Capitol on Wednesday, March 27, 2019. Seniors from across the State visited with legislators on Older Kansans Day to voice their concerns.



The day was long as Senators and Representative were in session that day and catching up with the locals was a bit challenging. All in all, it was a very productive day.

Here you will find some of our favorite photos taken that day.



Pictured above: Jacques Barber, Alfred Rangel, Michael Keohane, Lynn Randle, Senator David Haley, Emma Fonseca and Linda Ramirez.



Pictured above: Emma Fonseca, Jacques Barber, Michael Keohane, Linda Ramirez and Ruth Jones, Executive Director of the Wy/Lv Area Agency on Aging & Disability Resource Center.



To the left: Linda Ramirez, Emma Fonseca, Senator Pat Pettey and Ruth Jones, Executive Director of the Area Agency on Aging & Disability Resource Center.



Below: Representative Tom Burroughs, Alfred Rangel, Ruth Jones and Lynn Randle..



Above: Alfred Rangel, Representative Jeff Pittman and Michael Keohane.

CONGREGATE MEAL SITE GRAND RE-OPENING A SUCCESS!

The grand re-opening of the congregate meal site at the Joe Amayo/Argentine Community Center was a success! Bobbie Lane, Nutrition Supervisor welcomed about 30 seniors to the site, shared some upcoming events and gave the floor to Commissioner Ann Murguia. The Commissioner took the time to welcome all to the Community Center and share information about its new programs and fitness center.

The seniors in attendance enjoyed the infamous "birthday lunch" which consisted of oven fried chicken, mashed potatoes and gravy, green beans and cake with strawberries.

Any senior 60 years of age and older is welcome to partake in the daily lunches. A \$3 donation is suggested and pre-registration is required by calling the Area Agency on Aging at 913-573-8531.



RDAD- KC

Do you have a loved one experiencing memory loss?

YOU CAN SLOW DOWN MEMORY LOSS!



If interested, contact Mellissa at 913-573-8556.

Dear Newsletter Recipient:

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

The newsletter's continuity depends on your donation for its existence.

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

Thank you to the following who donated to the cost of this newsletter!

**Charlene Cole
Wanda Duncan**

Send Donations to:

Wyandotte/Leavenworth Area Agency on Aging
Attn: Newsletter Committee
849 N 47th Street - Suite C
Kansas City, Kansas 66102

- _____ \$100 **Advocate**
defensor
- _____ \$50 **Benefactor**
benefactor
- _____ \$25 **Patron**
patrón
- _____ \$10 **Contributor**
contribuidor
- _____ **Other**
otro

FARMERS MARKET VOUCHERS

The Wyandotte/Leavenworth Area Agency on Aging & Disability Resource Center will be distributing a limited amount of Farmer's Market Vouchers.

At this time, the value of the vouchers is unknown and recipients must be at least 60 years of age or older, living in Wyandotte County and meet income guidelines.

Priority will be given to participants of the Congregate Meal Sites in Wyandotte County. **Interested parties may contact the AAA after June 3, 2019 at 913-573-8531 for dates and times of distribution.**



COMPROBANTES PARA EL MERCADO AGRICOLA

Una vez mas la Agencia de Area para Envejecientes (AAA) en Wyandotte/Leavenworth estara distribuyendo un numero limitado de comprobantes para el Mercado Agricola (Farmer's Market).

El valor de los comprobantes no se ha establecido por ahora. Los comprobantes son para personas de 60 anos de edad y mayores que viven en el condado de Wyandotte y su ingreso anual satisface el requisito para el programa.

Si esta interesado(a) en recibir los comprobantes, puede comunicarse con la Agencia de Area para Envejecientes (AAA) al 913-573-8531 despues del 3 de junio de 2019.



"Live and Thrive with Exercise!"

KCKCC Wellness & Fitness Center will be hosting a Senior Health and Fitness Day on **Wednesday, May 29, 2019** from 8:00am - 1:30pm in the Health Professions Building. Contact Pam Hall at 913-288-7368 or at pjhall@kckcc.edu for registration.



Wellness & Fitness Center

Presentations/Information:

- ⇒ Balance and Fall Prevention
- ⇒ Non-Toxic Household Cleaning Products
- ⇒ Chair Yoga
- ⇒ Fitness For Your Mind
- ⇒ Exercise While You Age

THE SANDWICH GENERATION

As the elderly population grows and a new crop of young adults are financially struggling to attain a solid financial foothold in trying economic times; individuals 'sandwiched' between aging parents and adult children are adequately referred to as the sandwich generation.

This is because they are often put in the position to care for both their children and parents simultaneously. This support often creates both emotional and financial strain.

The rising demographic already accounts for about 47 percent of adults in their 40s and 50s who have a parent 65 or older and are also raising a youngster or supporting a grown child. In fact, one in seven of these adults are financially assisting both their parents and one or more children. However, there are many scenarios in this situation.



The Traditional Sandwich Generation - Adults typically in their 40s or early 50s sandwiched between their elderly parents and their typically adult children who both need financial or other assistance.

The Club Sandwich Generation - Older adults in their 50 or 60s who are wedged between aging parents, their adult children and possible grandchildren. This term can also refer to younger adults in their 30s or 40s who have younger children, elderly parents and aging grandparents.

The Open Faced Sandwich Generation - Anyone who's non-professionally involved in elder care, which is an estimated 25% of individuals at some point in their lives.

While the number of sandwich generation's members having increased dramatically, statistics show that the financial burdens associated with being responsible for multiple generations are rising. Interestingly, it's primarily not elderly parents or grandparents posing the burden, but rather their adult children.

And if this isn't stressful enough, those amid the sandwich generation are handed double duty by also wanting or needing to help take care of their aging parents - a role many consider far more their responsibility than taking care of adult children. Whether their parents live at home, in a facility or within their home, the stress can become over-

whelming. The burdens of medical costs, helping with daily activities, overseeing supervision, legal considerations and other concerns can take a physical and emotional toll on top of ongoing financial concerns.

With so many stressors, the sandwich generation can often experience:

- ⇒ Caregiver burnout and feelings of depression, guilt and isolation.
- ⇒ Issues finding the time to be a good spouse, parent and child simultaneously.
- ⇒ Trouble managing work, hobbies, relationships and time for themselves.
- ⇒ Psychological issues as they struggle with being pulled in multiple directions every day.

These are only a few potential fallbacks to being a caregiver sandwiched between two generations, but these tips can help keep one on track.

The primary mission of a caregiver is to keep everyone safe, happy and healthy. However, they often neglect to care for their own needs. Fortunately, these tips can help reduce stress in the family, help relieve financial burdens and promote a more positive experience.

- ⇒ Think about providing your parents with part time in-home care, even a few hours of outside assistance can be a lifesaver when it comes to relieving caregiver stress.
- ⇒ Keep the doors of communication open at all times concerning expectations of family members, their feelings and attempt to resolve any noted issues quickly to keep stress levels low all around.
- ⇒ Whomever you're responsible for financially, set boundaries with each party by agreeing to provide them with a set amount of support each month or year for pre-determined expenses.

In closing, be kind to yourself! Self care is essential, yet can be easily neglected when your time is balanced ever so cautiously between navigating all of your family member's needs. Be sure to eat right, take plenty of down time to do things you enjoy, get ample sleep, laugh a lot and never hesitate to ask for help when it's necessary.



SEVERE WEATHER SAFETY TIPS

Severe weather can happen anytime, in any part of the country. Severe weather can include hazardous conditions produced by thunderstorms, including damaging winds, tornadoes, large hail, flooding and flash flooding.

Thunderstorms & Lightning are a leading cause of injury and death from weather-related hazards. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Thunderstorms are dangerous storms that include lightning and can include powerful winds over 50mph, create hail and cause flash flooding and tornadoes.

Thunderstorms can occur year-round and at any hour. Sign up for your community's warning system and consider buying surge protectors to protect your home, appliances and electronic devices. If you are under a thunderstorm warning, find safe shelter right away!

Tornadoes can destroy buildings, flip cars, and create deadly flying debris. Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground. Tornadoes can happen anytime/anywhere, pro-

duce winds over 200 mph and look like funnels. Seek shelter immediately!

If you are under a tornado or thunderstorm **warning**, find safe shelter right away. Go to a safe room, basement or storm cellar. If you are in a building with no basement, get to a small interior room on the lowest level. Stay away from windows, doors and outside walls. Do not get under an overpass or bridge. You are safer in a low, flat location. Use your arms to protect your head and neck.



Flooding may result from rain, snow, coastal storms, storm surges, and overflows of dams and other water systems. Flash flooding

can develop slowly or quickly and can come with no warning. Floods cause outages, disrupt transportation, damage buildings and create landslides.

Failing to evacuate flooded areas, entering flood waters, or remaining after a flood has passed can result in injury or death. Flooding is a temporary overflow of water onto land that is normally dry. Floods are the most common natural disaster in the United States. Don't walk, swim or drive through flood waters. **Turn Around, Don't Drown!**

Gather supplies in case you must leave immediately, or if services are cut off. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Keep a battery-operated radio nearby, it will allow you to monitor news and severe weather alerts and information. Don't forget extra batteries and charging devices for phones and other critical equipment.

WORLD ELDER ABUSE AWARENESS DAY

Every year on June 15, World Elder Abuse Awareness Day (WEAAD) is commemorated in America and around the world.

WEAAD raises awareness about the millions of older adults who experience elder abuse, neglect, and financial exploitation. As many as 1 in 10 older Americans are abused or neglected each year and only 1 in 14 cases of elder abuse ever comes to the attention of authorities. Older Americans are vital, contributing members of our society and their abuse or neglect diminishes all of us.

Never allow elder abuse to take place. Whether you are witnessing abuse in your community or you yourself are being abused, contact Adult Protective Services at 1-800-922-5330.



RISK FACTORS FOR ALCOHOLISM IN THE ELDERLY

Alcohol consumption among older adults in the U.S. has grown steadily over the past couple of decades. An average of 2.8 million adults over the age of 50 suffer from substance use disorders, including alcoholism. By 2020, that number is projected to double, totaling roughly 5.7 million seniors.

Drinking problems among those entering their golden years are sometimes overlooked or even misdiagnosed. The symptoms of depression – insomnia, mood swings and anxiety can mirror the warning signs of alcoholism. Substance abuse screenings are rarely part of annual physical exams, making it more challenging to detect the early signs of a potential drinking problem.

Alcoholism can affect a person of any age, ethnicity, faith or background. However, women are more likely than men to develop dangerous drinking habits. A number of studies are being conducted to determine the cause of this shift in recent trends.

There are a variety of factors that can contribute to alcoholism in the elderly. As a person ages, they may face major life changes such as solidarity, financial difficulties and deteriorating health.

Several situations that may lead to excessive drinking in older individuals include:

- Empty nest syndrome (when children grow up and move away)
- Loss of friendships due to moves, health complications or death
- Deteriorating health conditions (cardiovascular disease, vision/hearing loss and diabetes)
- Traumatic events like a spouse's illness or death
- Sadness after downsizing a home
- Boredom from retirement or lack of socialization



Alcohol is a depressant. These substances affect the brain's neurotransmitters, which are responsible for behavior and emotions. When a person drinks, endorphins are released in the brain that stimulate feelings of pleasure and happiness. A dependency on alcohol can lead to an array of problems down the road that impact not only the elderly, but those around them.

Making the call can be tough. Whether the call is for you or for a loved one, it can be one of the hardest moments of your life. If you think you have a problem with alcohol, you are encouraged to call the Alcoholics Anonymous Hotline at 816-471-7229, from anywhere in the Kansas City metro area.

KANSAS LEGAL SERVICES GRANT OUT OF FUNDS

Funding for the Legal Services Program through the Area Agency on Aging has exhausted its funds for 2019. The program will begin again October 1, 2019.

Kansas Legal Services has other funding sources that may be able to assist those 60 years of age or older with Living Wills, Guardianship/Conservators, Power of Attorney, etc.



Should you have a legal issue and want to request assistance, you may contact Kansas Legal Services directly at 913-621-0200.

PUBLIC HEARINGS HELD

The Wyandotte/Leavenworth Area Agency on Aging held two public hearings on March 21st and April 18th. Public Hearings are designed to give the public an opportunity to learn about programs and/or provide feedback regarding senior services in Wyandotte and Leavenworth Counties.

If you were unable to attend one of the scheduled meetings

Public Hearings

and would like to provide feedback, please contact the Area Agency on Aging at 913-573-8531 or by sending an email to 60plus@wycokck.org.

SLOW COOKER BABY BACK RIBS

INGREDIENTS:

- 3lbs baby back ribs, trimmed
- Salt & Pepper to taste
- 1/2 cup water
- 1/2 cup onion, sliced
- 1 clove garlic minced
- 1 (18oz) bottle BBQ sauce

DIRECTIONS:

1. Season ribs with salt and pepper
2. Pour water into slow cooker. Layer the ribs into the slow cooker. Top the ribs with onion and garlic.
3. Cook on high for 4 hours (or low for 8 hours).
4. Preheat oven to 375 degrees.
5. Transfer ribs to a baking sheet. Discard onion and garlic. Coat ribs with barbeque sauce.
6. Bake in preheated oven until the sauce caramelizes and sticks to the meat, 10 to 15 minutes.



SUMMERTIME IS FINALLY HERE!

Find and circle all the words hidden in the grid.

- BASEBALL
- CAMPING
- CARNIVAL
- CINCO DE MAYO
- DANCE CONTEST
- FATHERS DAY
- FLAG
- FLOWERS
- GARDEN
- GRADUATION
- GRASS
- GRILLING
- JUNETEENTH
- KITE
- MAYPOLE
- MEMORIAL DAY
- MOSQUITOS
- MOTHERS DAY
- MOWING
- OLDER AMERICANS MONTH
- PARADE
- PEANUTS
- PICNIC
- PLANTING
- RAIN
- REMEMBRANCE
- SHOWERS
- SOCK HOP
- SOLSTICE
- SUMMER SCHOOL
- SUNFLOWERS
- TORNADO
- VACATION
- VEGETABLES
- WEDDINGS

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Wyandotte/Leavenworth

Area Agency on Aging

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Kansas City, Kansas 66102

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Fax: 913-573-8577

Email: 60Plus@wycokck.org

DisABLED or 60PLUS?...Call on Us!

PRESORTED STANDARD

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MAY >>>

CINCO DE MAYO

Sunday, May 5, 2019

MOTHER'S DAY

Sunday, May 12, 2019

ARMED FORCES DAY

Saturday, May 18, 2019

SOCK HOP

Thursday, May 23, 2019

MEMORIAL DAY

Monday, May 27, 2019

Unified Government Offices Closed



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

JUNE >>>

FLAG DAY

Friday, June 14, 2019

FATHER'S DAY

Sunday, June 16, 2019

JUNETEENTH

Wednesday, June 19, 2019