



Ruth E. Jones, Executive Director

# THE COMMUNICATOR

A Wyandotte/Leavenworth Area Agency on Aging Publication

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### FROM THE DESK OF THE DIRECTOR

If any of you feel like me, sometimes you just have to turn the TV off, due to all of the negative, sad and tragic news that is always being reported. It never stops does it? For we live in a 24 hour news cycle that seems to be never ending. Remember the good ole' days when the TV would turn off sometime after midnight, and all you would see was the colorful stripes on the screen? Those days are gone forever. However, there **IS** some good news to share with the seniors of our community.

While we are all aware of the cuts that just about every demographic has experienced across the State. The good news is, "the Unified Government Commission adopted a 2017 budget that cuts the city's property tax rate while investing in core services. By doing so, it responded to the priorities our residents have expressed in a recent Community Survey and the Listening tour my office conducted," said Mayor/CEO Mark R. Holland. Thankfully for the seniors of this community, the 2017 budget approved and adopted by the Unified Government Commission included funding for the Area Agency on Aging (AAA).



Ruth E. Jones, Executive Director

What does this mean to the seniors? I am glad you asked. The Senior Care Act program (SCA), administered by the Wyandotte/Leavenworth (AAA) took a 40% reduction in funding from the Kansas Department for Aging and Disability Services. The SCA program is based on a sliding fee scale and allows seniors, 60 years of age or older who are not Medicaid eligible and meet a certain Level of Care score the ability to access services. These in-home supports allow them the independence to age in place in their homes and communities for as long as possible. Homemakers, attendant care, medical equipment, grab bars, dentures, shower chairs, etc. are types of assistance offered with the SCA program. A 40% reduction in funding meant that the AAA would be forced to implement a wait list for these services, as well; many clients already on services endured cuts in the level of services they currently receive. The one-time service for medical equipment, etc., would be eliminated. The funding adopted by the Unified Government's Commission will allow the AAA to address the needs and gaps that were created by the state budget cuts.

We the staff of the AAA, our Advisory Board, and the seniors of Wyandotte County would like to thank our County Administrative staff and the Unified Government Commission for unanimously supporting and voting to invest in core services. These types of services, dramatically and positively affect the lives of our most valuable and precious resources, the seniors and retirees of our community.

Please take time to write or call your commissioner and/or Mayor and thank them for taking care and being a listening ear to the older adults of Wyandotte County.

## MEDICARE OPEN ENROLLMENT

OCTOBER 15th THROUGH DECEMBER 7th



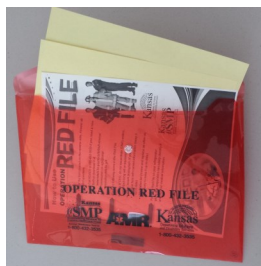
# VOLUNTEER NEEDED!

**Title: Assistant Site Leader**  
**What: Serve hot meals to seniors**  
**When: Monday - Friday**  
**Where: Vernon Center**  
**3436 N 27th Street, KCK**

If interested, contact Betty Ewell at the Wyandotte/Leavenworth Area Agency on Aging.

**913-573-8531**

## OPERATION RED FILE



Operation RED FILE identifies your emergency information during a crisis/or medical emergency.

Operation RED FILE allows First Responders (Police & Fire) quick and easy access to your medical and emergency information.

**OCTOBER 17, 2016**  
**9AM - 1PM**



**KCKCC Technical College**  
**6565 State Avenue**  
**Kansas City, Kansas 66102**

- ◇ Medicare Counseling WILL be available at this event.
- ◇ Congressman Kevin Yoder will be in attendance and a continental breakfast will be served.
- ◇ Bring your Medicare Card and a list of your current prescriptions!



### 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!

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

Respectfully,  
 The Newsletter Committee

¡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.*

- Mary Carter (Patron)
- Wanda Collins (Contributor)
- Pauline Estell (Patron)
- Norma Steele (Patron)
- Mildred Winston (Patron)

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

### DOES EMAIL WORK FOR YOU?

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.



# MEDICARE MINUTES

## Real Talk

Medicare Minutes are a series of brief, but informative, timely Medicare topics presented in our newsletter.

## When is Medicare Open Enrollment for 2017?

For 2017 Medicare coverage, open enrollment is in the fall of 2016, from **October 15 to December 7**.

During this annual enrollment period (AEP) you can make changes to various aspects of your coverage. You can switch from Original Medicare to Medicare Advantage, or vice versa.

You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another. If you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria.

- ◇ You must be enrolled in Medicare Part A and B.
- ◇ You must live in the plan's service area.
- ◇ You cannot have End-Stage Renal Disease (some exceptions apply).

### Is auto-renewal available?

If you're already enrolled in a Medicare Part D prescription plan or a Medicare Advantage Plan and you *don't want to make changes* to your coverage for 2017, you don't need to do anything during open enrollment, assuming your current plan will still be available in 2017. If your plan is being discontinued and isn't eligible for renewal, you will receive a non-renewal notice from your carrier prior to open enrollment. If you don't, it means you can keep your plan without doing anything during open enrollment.

But be aware that your benefits and premium could be changing for 2017. So even if you're confident that you want to keep your current coverage for the coming year, it's important to make sure you understand any changes that may apply, and that you've double checked to make sure that your current plan is still the best available option. The available plans and what they cover changes from one year to the next, so even if the plan you have now was the best option when you shopped last year, it's important to verify that again before you lock yourself in for another year.

### Changing Medicare Advantage coverage after the AEP

**Between January 1 and February 14** each year, if you are enrolled in a Medicare Advantage plan, you can leave your plan and return to original Medicare. You cannot switch to another Advantage plan unless you have a circumstance that affords you a Special Enrollment Period.

After you leave your plan, you will have until February 14 to enroll in a Part D plan that will begin the first day of the following month that you enroll.

### Enrolling in Original Medicare

If you didn't sign up for Medicare A and B when you were first eligible, you have a chance to do so each year from **January 1 to March 31**, with coverage effective July 1. You may be subject to a late enrollment penalty however. For Medicare Part B, the penalty is an additional 10 percent of the premium for each 12 month period that you were eligible but not enrolled.

# MEDICARE Open Enrollment EVENTS

**Congressman Kevin Yoder  
Medicare Open Enrollment Kickoff  
Monday October 17, 2016  
9am - 1pm**

KCKCC Technical Education Center  
6565 State Ave  
Kansas City, KS 66102

*\*Congressman Kevin Yoder will be present*

*\*Continental breakfast will be served*

*\*No appointment necessary*

**Wyandotte/Leavenworth  
Area Agency on Aging  
Open Enrollment Event**

Thursday, November 17, 2016  
1pm-4pm

Community Room  
849 North 47th Street, Suite B  
Kansas City, KS 66102

**Call 913-573-8531 to schedule  
your appointment.**

**Wyandotte/Leavenworth  
Area Agency on Aging  
Open Enrollment Event**

Thursday, December 1, 2016  
9am-1pm

Community Room  
849 North 47th Street, Suite B  
Kansas City, KS 66102

**Call 913-573-8531 to schedule  
your appointment.**

Prescription Drug Plan **only** appointments are being made for Thursdays in the Aging & Disability Resource Center (ADRC) during the Open Enrollment period (Oct. 15 - December 7, 2016). Contact the ADRC at 913-573-8531 for scheduling.

*Bring your Medicare card and a current list of medications along with the doses to your appointment.*

# DRESS FOR SUCCESS

*Grandparents Raising Grandchildren*

The Dress for Success project offered school uniforms to qualified grandparents raising their grandchildren. Twenty-four grandparents received assistance with forty-nine grandchildren. Each grandchild received two uniforms, socks and a backpack full of school supplies for the 2016-2017 school year.

The Area Agency on Aging worked with the Kansas City Kansas-USD500 to identify these grandparents raising their grandchildren.

Funding was provided through the Kansas Department for Aging and Disability Services, Older Americans Act and the Family Caregiver Support Program.

*Pictured here are some of the 2016 Dress for Success Program recipients.*



## AREA AGENCY ON AGING GROUP DAY TRIP FOR SENIORS



The Wyandotte/Leavenworth Area Agency on Aging sponsored a group of 20 seniors to Union Station on August 11, 2016. The day began with an early lunch, and ended with a bus ride back to the Area Agency on Aging. While out, the seniors experienced a ride on Streetcar KC, a 360-degree projection experience featuring *Stargaze Kansas City* in the Arvin Gottlieb Planetarium and entrance to the Body Worlds & The Cycle of Life, a world class, educational exhibition revealing the human body's transformation through time.



## CONFUSED ABOUT MEDICARE



?



INFORMATIONAL SESSION  
**Monday September 19, 2016**  
**at 1:00pm**

for an informational session at  
**Metropolitan Baptist Church**  
**853 Washington Blvd**  
**Kansas City, KS 66104**

## LOOKING FOR ANSWERS???

For additional information contact:  
 LaToya Ladd at 913-573-8545



## FALLS PREVENTION AWARENESS

Falls put you at risk of serious injury. Prevent falls with these simple fall-prevention measures, from reviewing your medications to hazard proofing your home.

*Fall prevention may not seem like a lively topic, but it's important. As you get older physical changes, health conditions and sometimes the medications used to treat those conditions make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall prevention strategies:*

### 1) Make an appointment with your doctor.

- ✓ Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling.
- ✓ If you have fallen before, write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time.
- ✓ Certain eye and ear disorders may increase your risk of falls. Your doctor may evaluate your muscle strength, balance and walking style as well.

### 2) Keep moving.

- ✓ Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, gentle exercises that involve slow and graceful dance-like movements.
- ✓ If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor.

### 3) Wear sensible shoes.

- ✓ Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. Wear properly fitting sturdy shoes with nonskid soles.

### 4) Remove home hazards.

- ✓ Remove boxes, newspapers, electrical and phone cords from walkways.
- ✓ Store clothing, dishes, food and other necessities within easy reach.
- ✓ Use nonslip mats in your bathtub and showers.

### 5) Light up your living space.

- ✓ Place a lamp within reach of your bed for middle-of-the-night needs.
- ✓ Turn on the lights before going up or down stairs.
- ✓ Store flashlights in easy-to-find places in case of power outages.

### 6) Use assistive devices.

- ✓ Hand rails, nonslip treads for bare wood steps, a raised toilet seat and grab bars for the shower or tub can assist you with unsteadiness.

The Mayo Clinic

## Falls Prevention Awareness Day

SEPTEMBER 22, 2016

Ready, Steady, Balance:  
Prevent Falls in 2016



## FREE MEMORY SCREENINGS



### Have you noticed yourself or someone else?

- Becoming more forgetful.
- Having trouble concentrating.
- Experiencing difficulty performing familiar tasks.
- Having trouble recalling words or names in conversation.
- Having family or friends telling you that you are repeating questions or saying the same thing over and over again.
- Misplacing things more often.
- Having family or friends notice changes in your mood, behavior, personality, or desire to do things.

If you answered “yes” to any of the above behaviors, you may want to consider signing up for a **Free Memory Screening** conducted by the **KU Department of Neurology**.

For more information, call Trish Weatherspoon at **913-945-5023**.

## did you know?

didyouknowblog.com

Having a full moon on Halloween is more rare than getting a white Christmas in North America. The last time it happened was in 2001, and it won't happen again until 2020.



# Homemade Flour Tortillas

## Ingredients:

- 4 cups all-purpose flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons lard (do not substitute oil for lard)
- 1 1/2 cups water

## DIRECTIONS:

1. Whisk the flour, salt and baking powder together in a mixing bowl. Mix in the lard with your fingers until the flour resembles corn meal. Add the water and mix until the dough comes together; place on a lightly floured surface and knead a few minutes until smooth and elastic. Divide the dough into 24 equal pieces and roll each piece into a ball.
2. Preheat a large skillet over medium-high heat. Use a well-floured rolling pin to roll dough ball into a thin, round tortilla. Place into the hot skillet and cook until bubbly and golden; flip and continue cooking until golden on the other side. Place the cooked tortilla in a tortilla warmer; continue rolling and cooking the remaining dough.



*Yields 2 dozen tortillas*

- AUTUMN
- BOB FOR APPLES
- CANDY CORN
- CAT
- CIDER
- COLUMBUS DAY
- CORN STALK
- COSTUME
- END OF SUMMER
- FALL BEGINS
- FIRE PIT
- FOOTBALL
- GHOSTS
- GOBLINS
- GRANDPARENTS DAY
- HALLOWEEN
- HARVEST
- HAUNTED HOUSE
- HAYRIDE
- JACKET
- JACK O LANTERN
- LABOR DAY
- LEAVES
- MASK
- MEDICARE
- NEW WORLD
- OCTOBERFEST
- PATRIOT DAY
- PUMPKIN PATCH
- RAKE
- SANTA MARIA
- SCARECROW
- SKELETONS
- SQUASH
- TRICK OR TREAT
- WITCHES

## FALL

Find and circle all the words hidden in the grid.

Y	F	S	B	H	T	R	T	D	Q	K	O	E	V	N	G	H	M	A	S	K	T	R	A	C
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M	K	D	U	O	C	A	P	T	T	A	O	T	O	T	R	W	Y	L	E	F	O	D	T	N
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R	X	D	Y	F	J	H	R	Y	K	A	A	L	S	K	A	X	U	P	Q	U	D	Y	E	R
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R	O	R	A	F	H	Y	E	E	R	H	S	W	W	C	V	Z	O	X	C	P	W	S	T	R

## 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](mailto:60Plus@wycokck.org)

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### calendar >>>

#### LABOR DAY

Monday, September 5, 2016

*Unified Government Office Closed*

#### GRANDPARENTS' DAY

Sunday, September 11, 2016

#### PATRIOT DAY

Sunday, September 11, 2016



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

### coming soon >>>

#### COLUMBUS DAY

Monday, October 10, 2016

#### OPEN ENROLLMENT EVENT

October 17, 2016

9am - 1pm

KCKCC Technical College

#### HALLOWEEN

Monday, October 31, 2016