

THE COMMUNICATOR

A WYANDOTTE/LEAVENWORTH AREA AGENCY ON AGING PUBLICATION

Ruth E. Jones, Executive Director

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SEPTEMBER/OCTOBER 2019

ENHANCE FITNESS SITE OPENS IN BONNER SPRINGS

The Wyandotte/Leavenworth Area Agency on Agency listened to the requests of several seniors in western Wyandotte County. A new site for Enhance Fitness is now available at the Bonner Springs Senior Center.

Enhance Fitness is a free, evidence-based group exercise program geared toward arthritis relief. Older adults (60+) at all levels of fitness will become active, energized and empowered to sustain independent lives. The program is dedicated to improving the quality of life for seniors in Wyandotte County.

Below you will find the schedule. Any senior over the age of 60 may attend any or all classes.

BONNER SPRINGS SENIOR CENTER

200 East 3rd Street
Bonner Springs, KS 66012
913-441-0169

**MONDAY
WEDNESDAY
FRIDAY**

10:00am

STRANGERS REST BAPTIST CHURCH

2052 North 5th Street, KCK 66102
913-371-7237

**MONDAY
WEDNESDAY
FRIDAY**

10:30am

VERNON MULTI -PURPOSE CENTER

3436 North 27th Street, KCK
66104
913-321-1220

**TUESDAY
THURSDAY
FRIDAY**

10:30am

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GETTING ANSWERS TO MEDICARE QUESTIONS

A list of resources for current and future Medicare Beneficiaries

MEDICARE AND YOU

An annual publication sent to Medicare beneficiaries from CMS (Centers for Medicare and Medicaid services) and the Department of Health & Human Services. Resource dedicated to Medicare information including: eligibility and enrollment for Parts A, B, C, D and supplemental insurances; preventative and other covered services; coordination of benefits with different insurances; cost savings programs such as Medicare Savings Program and Extra Help.

1-800-MEDICARE (1-800-633-4227)

This number gives you access to a Medicare representative who provide personalized assistance with Medicare issues including: enrollment into a Medicare Advantage Plan or Prescription Drug Plan; questions regarding your current coverage; ordering Medicare cards and information on Medicare covered services.

MEDICARE.GOV

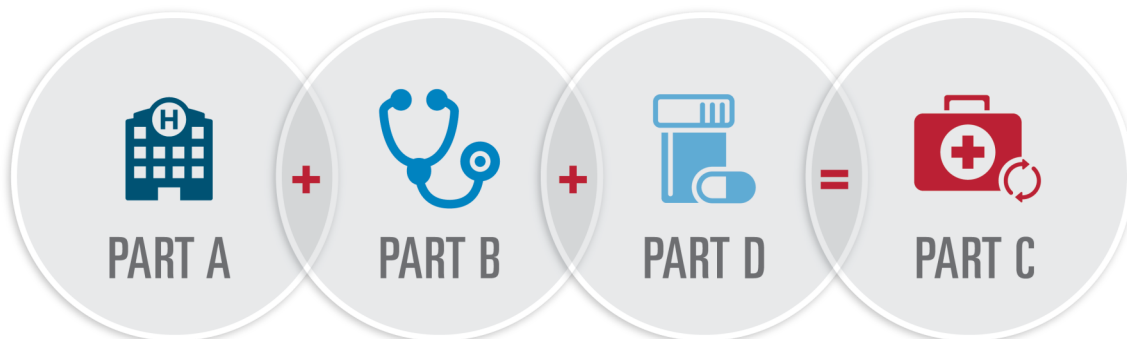
Medicare's official website provides detailed information including: Medicare health and prescription plan in your area using the plan finder; listings of health care providers and suppliers who participate with Medicare; Medicare appeals information and form; publications on different Medicare topics; and many other Medicare topics.

SOCIAL SECURITY ADMINISTRATION

Contact through website or phone (www.ssa.gov, 1-800-772-1213 to request information regarding eligibility for or changes to Medicare Parts A and B. Customers can also request an application for Extra Help, update status (such as address or marital situation and request new Medicare cards.

SHICK (SENIOR HEALTH INSURANCE COUNSELING FOR KANSAS)

Local counselors trained to provide free, impartial health insurance counseling for people with Medicare. To contact a SHICK counselor in Wyandotte County, dial 913-573-8531.



NATIONAL SENIOR CITIZENS DAY TRIP

Wyandotte County History Tour

The Wyandotte/Leavenworth Area Agency on Aging sponsored a "Wyandotte County History Tour". A group of 20 seniors enjoyed the day learning about history, taking in the sites and having lunch together.

The morning began with a walk at Kaw Point Park and a visit to the Underground Railroad Museum before having lunch. We finished the afternoon with a visit to the Wyandotte County Historical Museum.. A short publication was created for the trip and was shared with the group and included a timeline of historical events for Wyandotte County from 1804 - 1944.

Below you will find a few pictures that were taken from the trip.



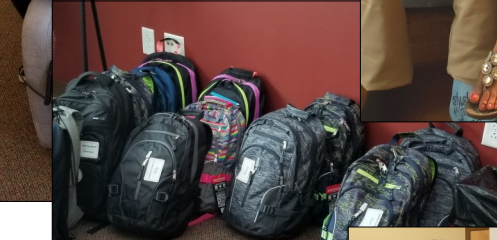
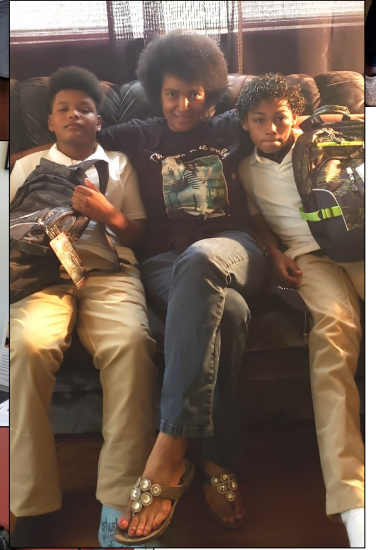
Dress for Success Receives an *Aging Achievement Award* from the National Association of Area Agencies on Aging (n4a)

The Wyandotte/Leavenworth Area Agency on Aging announces that the *Dress for Success* has been honored with a 2019 Aging Achievement Award by the National Association of Area Agencies on Aging (n4a). The awards program is supported by Well-Care Health Plans. Dress for Success was among 48 aging programs to receive honors at the n4a Annual Conference & Tradeshow in New Orleans.



The Dress for Success Program partners with the local USD 500 to identify grandparents who have taken on the role of primary caregiver for their grandchildren. The program provides school uniforms, bookbags and school supplies.

“The Dress for Success Program is an important program which supports grandparents raising grandchildren. On top of providing the expense of school supplies for children, most of the schools in our district requires uniforms. These costs can be taxing to folks on a fixed income. Especially when a significant number of our grandparents have more than one grandchild they are raising. At the same time statistics show children who are prepared for the school year with adequate supplies and the clothing they need, tend to have a more positive outlook, and being prepared goes a long way in supporting the student’s success in their educational pursuits. The OAA Family Caregiver Support Program funding is vital to providing this crucial support to the grandparents in our community. Yearly the grandparents express their gratitude and are very appreciative of the assistance this program offers, as they try to invest positively into another generation,” Executive Director, Ruth E. Jones

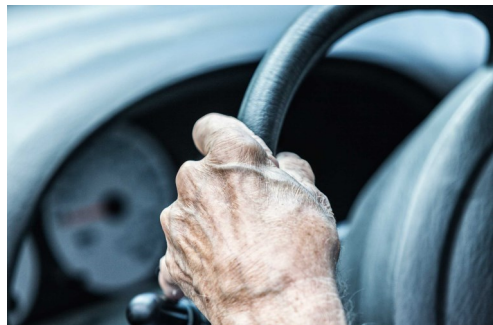


Above you'll find some of the 2019 Dress for Success recipients.

SIGNS THAT ITS TIME TO STOP DRIVING

Getting older doesn't automatically mean that you shouldn't be behind the wheel; however, regularly monitoring your driving abilities is an important part of maintaining senior health because there comes a point for nearly everyone when reflexes slow and vision deteriorates, making driving no longer safe for you and others on the road. This is especially true for people who have age-related health conditions, such as dementia.

Many seniors resist giving up their cars. In fact, even when loved ones voice concerns about their abilities behind the



wheel, seniors often don't want to give up the independence that a car symbolizes. Some of the health conditions that may threaten a person's ability to sit

behind the wheel include: Dementia (including Alzheimer's disease), problems with hearing or vision, stroke, arthritis, diabetes or any other condition that require medications that could impair driving ability, such as anti-anxiety drugs, narcotics and sleeping pills.

Making a decision about driving isn't so much disease specific as it is about driving performance. When Parkinson's or arthritis causes stiffness that's so severe it impairs your reaction time, that's a sign you should stop driving. Another red

flag is whether you've reached age 85. Around that time, even healthy people will experience slowed reaction time and trouble with visual acuity. Hearing may also be an issue for some at that age.

Before that point, one or more of the following driving restrictions may be an alternative to completely giving up driving:

- ◆ Avoid driving at night and in bad weather.
- ◆ Drive only in familiar places.
- ◆ Drive only within a certain radius of home.
- ◆ Stay off expressways.
- ◆ Limit distractions while driving by turning off the radio and other noises, avoiding conversations with people in the care and not texting or using a cell phone.

There are some other clear indicators that it is no longer safe to drive. They can include:

- ◆ Stopping at green lights or where there is no stop sign.
- ◆ Getting confused by traffic signals.
- ◆ Running stop signs or red lights.
- ◆ Having accidents or side-swiping other cars when parking.
- ◆ Getting lost and calling a family member for directions.
- ◆ Hearing from friends and acquaintances who are concerned about a senior's driving.

Making the transition from being an independent driver to being a passenger can be difficult. However, creating a network of alternative transportation arrangements to get you where you need to be can go a long way toward helping you adjust.

HALLOWEEN IS FOR SENIOR CITIZENS TOO!

Halloween is a fun holiday for kids - but for parents, it can often cause stress over making or buying costumes, decorating the house, planning for the school costume parade, picking out the right pumpkins and making sure that we carve them and candy overload.

Luckily, seniors have aged out of that stress, and are free to thoroughly enjoy the neighborhood kids or grandchildren.

Enjoying what Halloween has to offer is a great way to stay socially connected. Use your creativity and have some fun! Give your loved one the gift of having some fun by helping them remember a special time, whether that be as a child or as a parent, and make some great family memories.

The following are ideas to make Halloween fun:

- ◆ Buy a pumpkin and some gourds to carve. Some seniors may have difficulty cutting it, so another great option is to use permanent markers to draw on it.
- ◆ Decorate your house with ghosts, bats, spider webs, etc. - this is fun for all ages!
- ◆ A little Halloween candy or orange frosted cookies won't hurt. Decorating cookies is always yummy.

- ◆ Sit outside and pass out candy. That will allow seniors to see the children's costumes, meet neighbors and enjoy the festivities.
- ◆ Watch some classic horror movies or Halloween shows. Some great options are the Bride of Frankenstein, Dracula or Charlie Brown's Halloween special.
- ◆ Visit the grandchildren. Pass out candy while the parents take the kids out and enjoy the grandchildren's costumes.
- ◆ Share ghost stories with your grandchildren.
- ◆ Do Halloween themed crafts or puzzles.
- ◆ Enjoy a hayride, fresh-made donuts, apple cider and pick some pumpkins.
- ◆ Bring your older loved ones to the kids' school costume parade - this is always an adorable treat.



Halloween is a fun holiday for all ages and can be a great way for senior citizens to socialize, laugh and re-connect with family, friends and neighbors. Have fun and Happy Halloween!

BEATING BURSITIS: Take Care of Your Joint Cushions

Almost everyone has joint pain at some point in life. It can flair up suddenly, or it can start off mild and get worse over time.

A common cause of joint pain is bursitis. Bursitis happens when a bursa in a joint becomes inflamed. (when you see "itis" at the end of a medical word, it means inflammation).

A bursa is a small, fluid-filled sac that acts as a cushion between bones and other moving parts, such as muscles, tendons or skin. You have about 150 bursas in your body.

They keep joints such as your shoulders, knees and elbows working smoothly. But they can be hurt by sudden or repetitive forces.

Bursitis often flairs up because of another injury. When an injury causes someone to move their joint differently than normal, it can irritate a bursa.

For example, if you have a foot injury, it can change the way you walk. Maybe you don't even notice it, but you limp a little, that changes the way that forces from muscles and tendons pull on the bones. That subtle change can give rise to some inflammation in the bursa.

Bursitis can also be caused by putting pressure on a joint for too long, such as kneeling or leaning on your elbows. Activities that require repeti-

tive motions or place stress on your joints - such as carpentry, gardening, playing a musical instrument or playing a sport can sometimes trigger bursitis.

It can sometimes be hard to tell whether joint pain is caused by inflammation in a bursa, tendon, or muscle. Lab tests and imaging often can't help pinpoint the source of the pain. Your doctor will likely do a physical exam and ask questions about your activities and recent injuries. Fortunately, treatment for most simple cases of joint pain is similar no matter what's causing it. This may include rest, over-the-counter drugs that suppress inflammation and gentle stretching and strengthening exercises.

Physical therapy may help if bursitis has reduced your ability to move your joint or it results in muscle weakness. If your bursitis is due to an infection, your doctor may prescribe antibiotics. Bursitis and other causes of joint pain can be prevented by paying attention to how you move and perform daily activities. Bursitis is more likely to occur the older you get. To help prevent bursitis as you age, try to stay as active as possible. The best way to stay out of trouble with these joint inquiries is to try to stay flexible and strong.

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

- Patricia Berry
- Evelena Blackwell
- Mary Carter
- Annie McMorris

- _____ \$100
- _____ \$50
- _____ \$25
- _____ \$10
- _____

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- Contributor**
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- Other**
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You may donate to the cost of the newsletter by mailing a check or money order to:

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

LIFT CHAIR WINNER Compliments of ACCESS MEDICAL

Annually, Access Medical, LLC donates a lift chair to the Wyandotte/Leavenworth Area Agency on Aging for its Annual Older Americans Celebration. This years lucky winner, Genise Wright received the chair and couldn't have been happier, says Gary Brewster of Access Medical.



TIPS FOR PREVENTING BURSITIS:

- ⇒ Cushion your joints when kneeling or putting pressure on your elbows.
- ⇒ Take frequent breaks from repetitive tasks.
- ⇒ Exercise regularly but begin new activities or exercise routines.
- ⇒ Strengthen muscles around your joints.
- ⇒ Stop activities when you first feel pain.
- ⇒ Use two hands to hold heavy tools.
- ⇒ Wear comfortable, properly fitting shoes.
- ⇒ Practice good posture and position the body properly when going about daily activities.

PUMPKIN DIP

INGREDIENTS:

- 3/4 (6 oz) cream cheese
- 1/2 cup packed brown sugar
- 1/2 cup canned pumpkin
- 2 teaspoons maple syrup
- 1/2 teaspoon ground cinnamon
- 24 apple slices
- Gram crackers (if desired)

DIRECTIONS:

1. Place first 3 ingredients in a medium bowl, and beat with a mixer at medium speed until well blended.
2. Add syrup and cinnamon and beat until smooth
3. Cover and chill 30 minutes. Serve with apple slices or gram crackers, if desired.



HALLOWEEN FUN

Find and circle all the words hidden in the grid.

- APPLE CIDER
- AUTUMN
- BLACK CAT
- BOBBING FOR APPLES
- CANDY CORN
- COLUMBUS DAY
- CORN STALK
- COSTUMES
- FALL
- FOOTBALL
- GHOSTS
- GOBLINS
- GRANDPARENTS DAY
- GRAVEYARD
- HALLOWEEN
- HARVEST
- HAUNTED HOUSES
- JACK O LANTERN
- LABOR DAY
- LEAVES
- LIBRA
- NEW WORLD
- OCTOBER
- OKTOBERFEST
- ORANGE
- PATRIOT DAY
- POPCORN BALLS
- SANTA MARIA
- SCARECROW
- SCORPIO
- SEPTEMBER
- SQUASH
- TRICK OR TREAT
- VIRGO
- WITCHES

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

Wyandotte/Leavenworth

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

PRESORTED STANDARD

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SEPTEMBER >>>

LABOR DAY

Monday, September 2, 2019
Unified Government Offices Closed

NATIONAL GRANDPARENTS DAY

Sunday, September 8, 2019

PATRIOT DAY

Wednesday, September 11, 2019



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

OCTOBER >>>

COLUMBUS DAY

Monday, October 14, 2019

HALLOWEEN

Thursday, October 31, 2019