



PUBLICATION OF EAST CENTRAL KANSAS AREA AGENCY ON AGING

SERVING ANDERSON, COFFEY, FRANKLIN, LINN, MIAMI, & OSAGE COUNTIES

A Small World

By Jasmine Anderson (With help and notes from Glenn Jacobs and a client in Carbondale, KS)

Putting Two and Two Together

We go about our lives taking things day by day, normally not considering how close we really are to the person standing or sitting right next to us. Do you ever stop and think about how your neighbor got to where they are today or what events helped to shape them to be who they are? Many of us don't...but sometimes you'll get lucky enough to drift upon a conversation with someone and discover who someone truly is and that's when you really learn the beauty of this world.

Glenn Jacobs, an assessor here at the East Central Kansas Area Agency on Aging was out in Carbondale, KS visiting with a client completing an assessment. You're never likely to have a conversation with Glenn where you felt like you didn't learn something or that you're that your voice wasn't heard. He's always open to conversation, and he'll be sure to come back with something just as interesting if not more. As he was talking to his client, they came upon a conversation discussing their ancestry and the fact that they both had Volga German descendants. His client got super excited about the similarity, and they started discussing further on their history. It was discovered that the client's neighbor growing up, were his dad's first cousins!

The story goes like this...

By Glenn Jacobs

I was completing an assessment for an elderly man and asked him: "What kind of name is Gottlieb?"

He said: "It's German"

I replied with: "So am I, I'm Jacobs!"

He said: "I come from western Kansas"

I replied: "So do I"

He said: "I lived in Pfeifer, Kansas"

I replied: "So did I! Our farm was 4 miles east of the church, and we farmed 1 mile west of the church."

He said: "Our neighbors were the Kisners"

I replied: They were my dad's first cousins"

This conversation took place all within 30 seconds, as we were both excited about the discussion. Gottlieb, got out a book that discussed the Volga German settlement into the Pfeifer, Kansas area in the late 1800's. The book does an excellent job of explaining the migration of a German people (mostly wheat farmers) from Germany, to the Volga River Valley in Russia. The book then explains that they then migrated to America, before finally settling on the south side of the Smokey Hill River in Western Kansas. It was here that they raised wheat, cattle, and children.

These immigrants were German/Catholic and did not shy away from work. I remember grandpa talking about the parish asking for a certain amount of wagon loads of limestone to build their church. This book that we discussed, goes on to say that the church was 165 feet tall and was built with horses and mules. If you drive to Western Kansas you will most likely see a German Catholic Church on Interstate 70; this church is called the cathedral of the plains (located in Victoria, KS). 10 miles south of that, you'll find the Holy Cross Church build by my clan, every bit as spectacular.

An interesting tidbit, the German language pretty much stopped with my parents generation. They would rattle off German, but would talk to their children only in English. It was always interesting to watch when they got together. I knew pretty much what they were saying but never learned much except for the cuss words.

The book also talks about one of the Urbans marrying a Jacobs, which was not unusual as the German/Catholic were pretty much to themselves.

Volga German History

Catherine the Great wanted to make her reign memorable by all and she had an expectation to populate her eastern frontier. To successfully achieve this, she would need to obtain immigrants to a new region. Her first attempt failed due to the disbelief that her promises would be accurate, and the negativity around the Seven Year War. Once the war ended, she attempted again with better success. People were ready for a second chance - Below is the second manifesto.

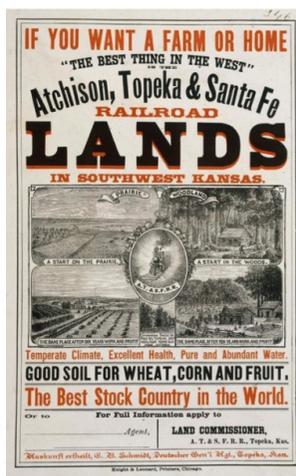
Catherine the Great's Second Manifesto (July 22, 1763):

- 1) All people of foreign countries were invited to come to Russia and settle wherever they pleased and the right to pursue their old occupations.
- 2) All people were to have freedom of religion and the right to build churches and schools and to have priests
- 3) All those without means would be furnished the necessary money to arrive at their destination, Russia.
- 4) After they arrived in Russia, all who needed money to build their occupation, would be lent money, interest free, by the government. This money was to be paid back within 10 years, in three installments.
- 5) All people who settled the Volga River were to be exempt from taxes for 30 years. Those who settled in cities and worked for large corporations and merchants

- 6) All had the right to choose their own form of government.
- 7) All those settlers with money were not to be taxed if they used the money to establish themselves or for their personal wants.
- 8) All the male immigrants would be exempt from military or civil duty for an indefinite time, or 100 years. If however, they desired to enlist in the Russian army voluntarily, they would receive a bonus of 30 rubles.
- 9) The government encouraged building of factories and industries which were to be tax and toll free for ten years. They had the right to sell their wares outside of Russia.
- 10) All the immigrants would be free to leave the country at any time they wanted, but they would have to pay a tax on all their possessions, should they elect to leave.

Upon arriving in Russia, most conditions listed above were not as they seemed. The occupations that many wanted to pursue were not available and most everyone was forced to farm. If you didn't know how to farm, you learned. The Germans settled along the Volga River, which until they arrived in Russia was uninhabited. There were two sides – the mountain side and the meadow side. Living near the river taught the Germans many things about farming especially in the two types of terrains on the Volga River.

After Catherine the Great's death, the people were ruled by men. A law was passed that any man between the age of 16-40 was required to join the military. This was the immediate cause for the Volga German's immigration to America. On November 12, 1877, Johannes Koeberlein, Jacob Kisner, Kasper Kisner, Adam Stegman, Matthew Stegman of Pfeifer, Russia, and John Ingenthron, Anton Stremel, Anton Stremel Jr, John Stremel, Michael Urban, Jacob Urban, Stephen Urban, George Urban, George and Jacob Burkart of Kamenka, Russia, arrived in Pfeifer. On June 20, 1878, marked the final group to settle in the community with Andrew Bahl, Peter Roth, John Peter Breit, Mrs. C. Schaefer and her son George who all came from Kamenka, Russia. They decided to settle along the Smoky Hill River where the land was between \$2.00 -\$2.50 per acre.



It's a Small World After All

It's easy to get caught up in our day to day lives, but it's important to take a few seconds to recognize that this world isn't always as large as we think it is. Everyone has a journey and a story to tell, and you may just stumble upon a commonality that can create a friendship for a lifetime! It's a small world after all.



Holy Cross Church (known as the Holy Cross Shrine) – Pfeifer, KS



Basilica of St. Fidelis; Cathedral of the Plains – Victoria, KS



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From The Director

By Elizabeth Maxwell
Executive Director

Mother's Day TRIBUTE

Mother's Day is a time to reflect on the joys, opportunities, and challenges our mothers have faced. My mother was born in 1910 and had cancer at a very young age. Her surgery cured her cancer but left her unable to bear children. She married in 1928 while she was still in high school. She and daddy had no money and minimal job opportunities. The Depression hit. Jobs were tough to find. But they survived. Just as they were getting on their feet, the United States entered world War II. My father was drafted at age 36 and was sent overseas. But, again they survived.

After the war they decided if they were going to have children, now was the time, so they put in motion the papers for adoption. My mother was 38 and my dad was 40. That was as old as the agencies would allow you to be to adopt. My parents requested twins since they knew this would be their only opportunity. In April of 1948 they received a call from an adoption agency in Kansas City, Missouri. There were no twins, but if they wanted a baby girl, one was available. Fortunately, I was the baby girl and yes, they wanted me.

Mother quit her job to stay home with me until I was old enough to go to school. She then bought a dress shop and I learned the retail business at a very early age. My mother was the organizer of the family and each summer we took a two-week vacation to Florida until I was 12. That was the year she decided I should see more of the country than the southeast corner. Our first trip was to California. For the next 5 summers we traveled west. Back in the days of unairconditioned cars I learned that Death Valley was named appropriately, and the Badlands were HOT.

I give my mother the credit for my business sense, my common sense, my desire to travel around the United States, my dislike for the ocean, my love of the mountains, my lack of desire to own my own business, my desire to be my own boss, my independence, my commitment to my husband, my love for my children, my organizational skills, and my ability for logical problem solving.

Thanks to my mother and all other mothers for the influence on our lives that we only recognize when we take the time to reflect.



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rljks@embarqmail.com

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785-733-2541
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FRANKLIN COUNTY

Lenora Brecheisen
Treasurer
910 E. Fairway Dr.
Ottawa, KS 66067
785-242-3015
785-893-0558
lkbrech@aol.com

Roy Dunn

2961 Reno Road
Ottawa, KS 66067
785-229-3485
rdunn@franklincoks.org

LINN COUNTY

Tristian Wurtz Smith
P.O. Box 306
Pleasanton, KS 66075
913-636-0439
tristianwurtz@yahoo.com

MIAMI COUNTY

Charles Brand – (SHL)
Secretary
38768 Crescent Hill Road
Osawatomie, KS 66064
913-256-2741
C_r_brand@yahoo.com

Bill Butler

P.O. Box 127
Osawatomie, KS 66064
913-755-2411
pbutler@embarqmail.com

OSAGE COUNTY

Joe Gardner
1319 Brant St.
Osage City, KS 66523
785-528-4292
Jgdogtown56@yahoo.com

Bruce Oelke

717 Jefferson St.
Lyndon, KS 66451
785-213-8219
bpoelke@yahoo.com

ECKAAA 2018 ADVISORY COUNCIL

ANDERSON COUNTY

Clarence Hermann – (SHL)
Vice-Chairperson
424 W. 10th St.
Garnett, KS 66032
785-448-1670
Wilmamc31@embarqmail.com

Kitty Mace, Secretary
742 S. Pine St.
Garnett, KS 66032
785-304-2774
yttikk@yahoo.com

COFFEY COUNTY

Dona Jackson, Chairperson
127 Algonquin Drive
New Strawn, KS 66839
620-203-1540 shared cell phone
Djack1935@yahoo.com

Bill Otto – (SHL)

102 9th St.
LeRoy, KS 66837
620-964-2355
billcotto@yahoo.com

FRANKLIN COUNTY

David Hood – (SHL)
119 N. Hickory St.
Ottawa, KS 66067
785-242-5889
Flames302@att.net

Joyce Wasmund
2250 S. Elm #7
Ottawa, KS 66067
785-242-2815
wadafarm@yahoo.com

LINN COUNTY

Jane Wade – (SHL)
23497 Maddox Rd.
Fontana, KS 60626
913-757-2275
jwade@peoplestelecom.net

MIAMI COUNTY

Perry Underwood
P.O. Box 304
Osawatomie, KS 66064
913-755-3019

OSAGE COUNTY

Earl Detwiler - Silver Haired Legislator
1005 Elm St.
Lyndon, KS 66451
785-213-1886
broffermoon@gmail.com

Gaylord Anderson
P.O. Box 325
Carbondale, KS 66414
Gaylorda325@gmail.com

Elected Official
Randall Renoud - Franklin County
4030 Stoneview Terr.
Ottawa, KS 66067

Kansas Legislators for East Central Kansas Service Area

SENATE:

Caryn Tyson, District 12

Kansas State Capitol, Room 123-E
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-6838 Home – (913) 898-2366
Caryn.Tyson@senate.ks.gov
Home Address: P.O. Box 191, Parker, KS 66072

Bruce Givens, District 14

Kansas State Capitol, Room 225-E
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7678 Home – (316) 452-5191
Bruce.Givens@senate.ks.gov
Home Address: 1525 Country Club Rd., El Dorado, KS 67042

Anthony Hensley, District 19

Kansas State Capitol, Room 318-E
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-3245 Home – (785) 232-1944
Anthony.Hensley@senate.ks.gov
Home: 2226 Southeast Virginia Ave, Topeka, KS 66605

Molly Baumgardner, District 37

Kansas State Capitol, Room 224-E
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7368
Molly.Baumgardner@senate.ks.gov
Home Address: 29467 Masters Court, Louisburg, KS 66053

HOUSE:

Trevor Jacobs, District 4

Kansas State Capitol, Room 167-W
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7616 Home – (620) 224-6928
Trevor.Jacobs@house.ks.gov
Home Address: 1927 Locust Rd., Fort Scott, KS 66701

Kevin Jones, District 5

Kansas State Capitol, Room 151-S
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-6287 Home – (316) 259-9505
kevin.jones@house.ks.gov
Home Address: 416 E. 7th St., Wellsville, KS 66092

Jene Vickrey, District 6

Kansas State Capitol, Room 276-W
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7748 Home – (913) 837-2585
jene.vickrey@house.ks.gov
Home Address: 502 South Countryside Drive, Louisburg, KS 66053

Ken Corbet, District 54

Kansas State Capitol, Room 179-N
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7679 Home – (785) 256-6400
ken.corbet@house.ks.gov
Home Address: 10351 SW 61st, Topeka, KS 66601

Blaine Finch, District 59

Kansas State Capitol, Room 519-N
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7655 Home – (785) 242-6400
blaine.finch@house.ks.gov
Home Address: 5 SW Fairview Dr., Ottawa, KS 66067

Eric L. Smith, District 76

Kansas State Capitol, Room 167-W
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7557 Home - (620) 490-1458
eric.smith@house.ks.gov
Home Address: 627 Kennebec St., Burlington, KS 66839

GOVERNOR'S OFFICE

Governor Sam Brownback

Kansas State Capitol, Room 241S
300 SW 10th St. ▪ Topeka, Ks 66612-1590
785-296-3232 • 877-579-6757
governor@ks.gov

SECRETARY OF THE KANSAS

DEPARTMENT FOR AGING AND DISABILITY SERVICES

Tim Keck

Kansas Department for Aging and Disability Services
New England Building • 503 S. Kansas Ave. • Topeka, KS 66603-3404
785-296-4986 • 800-432-3535
tim.keck@kdads.ks.gov

Federal Legislators for East Central Kansas Service Area

US SENATE

Senator Jerry Moran

Moran.senate.gov/public
Dirksen Senate Office Building
Rom 521
Washington, D.C. 20510
Phone: (202) 224-6521
Fax: (202) 228-6966

Senator Pat Roberts

Roberts.senate.gov/public
109 Hart Senate Office Building
Washington, DC 20510-1605
Phone: (202) 224-4774
Fax: (202) 224-3514

US CONGRESS

House of Representatives

Representative Lynn Jenkins

Lynnjenkins.house.gov
3550 SW 5th Street
Topeka, KS 66606
Phone: (785) 234-LYNN (5966)
Fax: (785) 234-5967

Representative Kevin Yoder

Kevinyoder.house.gov
7325 W. 79th St.
Overland Park, KS 66204
Phone: (913) 621-0832
Fax: (913) 621-1533

Silver Haired Legislators 2017-19

East Central Kansas Area Agency on Aging

Anderson

Clarence Hermann
424 W. 10th Street
Garnett, KS 66032
785-448-1670
wilmamc31@embarqmail.com

Coffey

Bill Otto
102 9th
LeRoy, KS 66857
620-964-2355
billotto@yahoo.com

Franklin

David J. Hood
1119 N. Hickory
Ottawa, KS 66067
785-242-5889
flames302@att.net

Linn

Jane Wade
23497 Maddox Rd.
Fontana, KS 66026
913-757-2275
jwade@peoplesteam.net

Miami

Charles Brand
38768 Crescent Hill Road
Osawatomie, KS 66064
913-256-2741
c_r_brand@yahoo.com

Osage

Earl Detwiler
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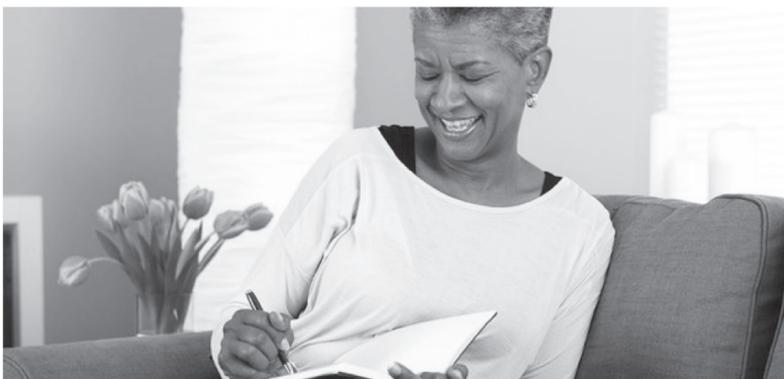


Shannon Ocsody,
Caregiver Coordinator

Top Ten Ways To Care For Yourself

by Gary Barg, Editor-in-Chief

1. **Keep a journal.** Start today. Describe your fears as well as your hopes, the reality of what each day is like, Don't be afraid to write about the losses, big or small.
2. **Stick with your journal.** Let yourself record the little victories, go back and review the earlier months and years. Notice the personal, physical, emotional goals and successes you and your loved one have achieved.
3. **Create a simple communication network.** Think of this as a designated communicator. Choose a friend or relative who will make all the calls and tell all the news when there are calls to make and news to tell, you might want to save the "big successes and wonderful news" sharing for yourself, but you will be worn out if you are constantly on the phone retelling the details of the last days or weeks over and over.
4. **Let your friends help you.** When someone asks "Can I do anything for you?" give him or her something to do. Let your friend run an errand or stay with your loved one while you take a break and get out on your own.



5. **Visit with people you love.** You may often have to ask your friends or family to come to your house or keep you company while waiting for your loved one's treatment to be over. You need to be a whole person who has friends and interests and can think about something besides the responsibilities of caregiving. You shouldn't have to reinvent your life when your caregiving responsibilities subside.
6. **Stay involved in your loved one's personal life.** Be careful that your loved one does not slip from the role of loved one, family member, friend into the role of patient. Don't let yourselves lose the relationship you had prior to the need for caregiving.
7. **Talk about it!** There are innumerable fears and anxieties associated with any illness or disease, which can and will tear a person apart. Talk to your friends and your loved one about your feelings. The worst thing you can do is build a wall around yourself to protect others.
8. **Keep the romance alive.** Couples facing caregiving situations are apt to forget to nurture the relationship that brought them together up till this point. These relationships need just as much, if not more attention, now that one of you is ill, than they did before.
9. **Include your loved one in your changes.** As time passes we all change in small and big ways. If you find a new friend, discover an interest in a new genre of books or music, find a new recipe or a great place to eat, share these as much as possible with your loved one. Introduce your new friends, have them visit, if your loved one cannot easily leave the house. Spend time reading the new books aloud, listen to the new music together.
10. **Keep setting goals.** Before you were a caregiver, you set personal goals. Your life did not end because you became a caregiver. When the caregiver duties subside, you should not "Return" to your life, you should continue with your life.



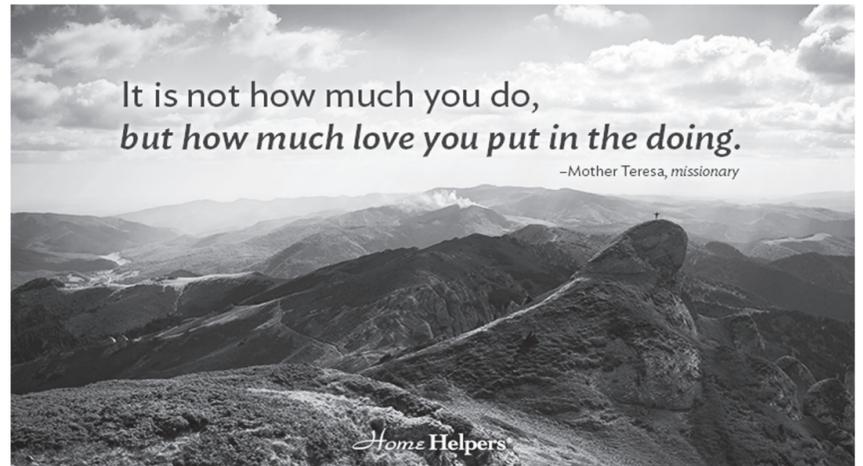
Protect Yourself and Your Loved Ones

Needing information on how to protect yourself or your loved one from financial abuse, identity theft, or physical abuse and neglect?

The East Central Kansas Area Agency on Aging has brochures, bookmarks, and tip sheets to help promote prevention strategies and to provide information on reporting measures.

We would be happy to present to your group or to provide you with some literature to use.

Call Leslea at 785-242-7200 or 1-800-633-5621.



Caregiver Support Group Opportunities

If you are 60 and over, and a caregiver; or if you are caring for someone 60 and over—join others who are caregivers at one of these locations!

Anderson County Support Group

4th Monday of each month, 1-2PM

Park Plaza North Club House - 105 Park Place North, Garnett, KS

Facilitators: SEKMH & ECKAAA

Franklin County Support Group

2nd Tuesday of each month, 2-3PM

East Central Kansas Agency on Aging - 117 South Main, Ottawa, KS

Facilitators: Diane Sadowski & ECKAAA

Miami County Support Group

3rd Tuesday of each month, 6-7PM

Elizabeth Layton Center - 2595 SW 327th St, Paola, KS

Facilitators: Barbara Cordts & ECKAAA

Osage County Support Group

4th Thursday of each month, 1-2PM

Osage City Library - 515 Main, Osage, KS

Facilitators: Crosswinds & ECKAAA

Linn County Cup of Necessity with Shannon Ocsody

3rd Monday of Each Month, 11am-Noon

Mound City Library - 630 W. Main Street, Mound City, KS

Coffey County Cup of Necessity with Shannon Ocsody

2nd Thursday of each month. 12:30-1:30pm

Burlington Public Library - 410 Juniatta Street, Burlington, KS

If you have questions about any of our caregiver activities - please call **Shannon** at 1-800-633-5621 OR 1-785-242-7200

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alzheimer's association™ Helping You Every Step of the Way

When someone is diagnosed with Alzheimer's disease, many questions arise. Individuals with the diagnosis, family members, and caregivers may want to know what to expect down the road. The Alzheimer's Association – Heart of America Chapter can help with these concerns and many more.

After an Alzheimer's diagnosis, the most important thing for individuals or family members to know is that they are not alone. The available programs and support services offered through the Chapter connect you with peers and professionals to help you make the adjustments and plans in daily life that come with Alzheimer's.

Resources and support services include:

- 24-hour Information and Support Line: 1.800.272.3900.
- Family Connections Program: Individualized care consultations in your home or office.
- A library of books, brochures, videos, and other resources available for loan or purchase.
- Support Groups: Meet regularly throughout the area for peer support and to exchange information.
- Memories in the Making®: A weekly watercolor program for individuals with dementia held in assisted living communities, nursing facilities, adult day programs, and the Chapter Education Center.
- Medic Alert®+Safe Return®: A nationwide registry, identification, and safety support programs.



Explore the FREE workshops to educate yourself about Alzheimer's. Some classes are geared toward health professionals (fees may apply). Classes include:



- Family Series: A six-session course on the most common topics concerning caring for someone with Alzheimer's.
- The Basics: This program provides information on detection, causes and risk factors, and stages of the disease.
- Living with Alzheimer's: Resources, monitoring care, and meaningful connections are discussed for the person with dementia and their families.
- Professional/Caregiver Conferences: Focus on caring, coping and making life better for the person with dementia.
- Understanding and Responding to Dementia-related Behavior: Learn how to decode behavioral messages, identify common behavior triggers, and learn intervene strategies.
- Legal Issues: Exploration of the various legal concerns and needs that arise throughout the course of the disease.

A complete listing of educational classes can be found at alz.org/kansascity (click on Education Calendar).

The Heart of America Chapter staff and volunteers work to raise awareness of, and advocate for, the needs and rights of people with dementia. Tools and activities provided include:



- Action Alerts: Timely electronic updates on policies related to dementia
- Weekly e-news
- Chapter website (alz.org/kansascity) and facebook page
- Walk to End Alzheimer's, the signature fundraiser of the Alzheimer's Association
- The Longest Day - an event to show your love for those affected by Alzheimer's disease
- Grassroots legislative efforts

There are more than five million Americans living with Alzheimer's disease. By 2050, this number could rise as high as 16 million. Odds are, if you are reading this, you either know someone with Alzheimer's disease or you know someone who is a caregiver for someone with the disease. As numbers of those affected rise, it will become increasingly important for everyone to know that help is just a phone call away.

1.800.272.3900



The Heart of America Chapter serves 66 counties in Kansas and Missouri. There are more than 50,000 individuals and 250,000 family members and care partners in the service area who are experiencing the financial, emotional, and physical struggles of this devastating disease. The Heart of America Chapter has one Main Office in Prairie Village and five regional offices. The staff includes licensed social workers who are ready to assist you. If you or someone you love is in the midst of an Alzheimer's journey, call the Alzheimer's Association – Heart of America and let us help you. Remember, you are not alone.

Alzheimer's Association
Heart of America Chapter
Northeast Kansas Regional Office
785.271.1844
alz.org/kansascity

TRANSITION TO NEW MEDICARE NUMBERS AND CARDS

Why are new medicare cards with new numbers being issued?

The law has been changed and it requires the removal of all Social Security numbers from Medicare cards by April of 2019. A new unique number will be assigned to each beneficiary. The measure is being taken to help prevent identity theft and the illegal use of Medicare benefits.

When will the new medicare cards come out?

New cards will begin to be mailed in April of 2018. Each state has a target date for the process to begin and Kansas is slated to have cards begin to be mailed after June of 2018. However, anyone new to Medicare beginning in April 2018 will have the new card only. Mailing schedules will be announced for each state and local outreach will occur before cards are due to arrive in any geographic area.

What do i need to do to get my new card?

Nothing. Medicare has your information and you will be included in the mailing for Kansas as it occurs. There will be a transition period for providers to get billing services facilitated for the new cards and during this time you may be identified by your old Medicare card ID (social security number) and your new Medicare card ID (unique number assigned to you). This transition period will end on December 31, 2019.

Make sure your current address is on file with Medicare. If you need to update this information you will need to contact the Social Security Administration at 1-800-772-1213 or go online to www.ssa.gov/myaccount.

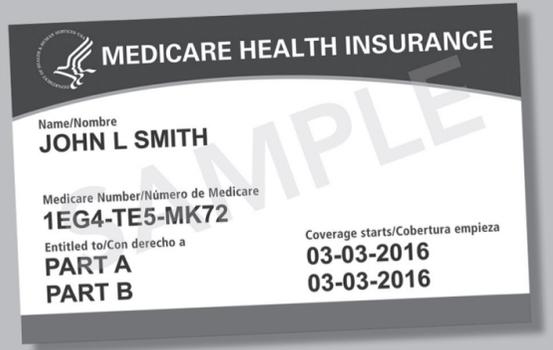
Will there be any other changes to the card?

Your Medicare card will have a new ID number, but the other information will be the same.

Will my medicare supplement, drug plan or advantage plan have a new number too?

No, your Medicare Advantage, Medicare drug plan or Medicare Supplement plan will continue to assign their own identifying numbers on their cards.

Questions: call the East Central Kansas Area Agency on Aging, 785-242-7200 or 800-633-5621



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Money Matter\$

Ryan Henningsen
Financial Advisor
Edward Jones
www.edwardjones.com

FINANCIAL FOCUS

Be Financially Prepared for Natural Disasters

Just this past year, we've seen natural disasters in Texas, California, Florida and Puerto Rico – and looking back even further, it's not hard to spot other traumas in virtually every part of the country. Whether it's a tornado, hurricane, flood or wildfire, you may be at least potentially susceptible to a weather-related event that could threaten your physical – and financial – well-being. How can you protect yourself?

As far as your physical safety is concerned, you're probably already aware of the steps you need to take to shield yourself and your family. And now that many alerts can be sent directly to your smartphone, you've got an even better chance to prepare for an approaching threat. But when it comes to safeguarding your financial situation, you'll need to be ready well in advance – and the following moves can help:

- **Strengthen your home.** Your home is probably your biggest asset, so you'll want to do everything you can to keep it safe. In the face of a truly calamitous event, such as hundred-mile-per-hour winds or the advance of uncontrollable fire, there may not be much you can do, but in less dire circumstances, your actions can help. Your insurance professional can offer tips on protecting your residence.
- **Maintain sufficient insurance.** It's a good idea to review your existing homeowners or renters insurance periodically to make sure you are sufficiently covered for all possible hazards. Keep in mind that homeowners insurance does not typically cover flooding, so you may need to purchase flood insurance from the National Flood Insurance Program. (Depending on where you live, this coverage may be required when you get your mortgage.) Also, in conjunction with maintaining your insurance, you should document your possessions, so you may want to make a video inventory as well as a written list containing descriptions and values.
- **Create an emergency fund.** A natural disaster can lead to a wide array of unanticipated costs: appliance repair or replacement, hotel and restaurant bills, insurance deductibles – the list could go on and on. Consequently, you'll help protect yourself and your family by building an emergency fund. Some of this money should go into a liquid, low-risk account, but you may also want to keep a small amount of cash at home in a safe place, as ATMs and credit cards may not work during or following a disaster, when you must purchase needed supplies.
- **Protect your documents.** As you go through life, you'll accumulate a lot of documents – mortgage papers, insurance policies, financial accounts, tax statements and so on. If disaster strikes, you may need these documents. You'll want to store paper copies in a fireproof and waterproof box or safe at home, in a bank safety deposit box, or with a relative or close friend. Of course, we're now living in a digital age, so you can store electronic copies of important documents in a password-protected format on a removable flash or external hard drive. Better yet, you might want to use a secure cloud-based service.

With luck, you can avoid being victimized by a natural disaster. But, as the old saying goes: "Hope for the best and prepare for the worst." From a financial perspective, that's good advice.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Are you having difficulties resolving your KanCare/Medicaid issues?



HERE TO ASSIST YOU

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www.kancare.ks.gov/kancare-ombudsman-office



For Your Info

By Jennifer Garner
Community Services
Representative



Help Is Just Around The Corner

Were you unable to keep up with your utility bills this winter due to the dreadful cold days that we had to endure? We are here to help keep you on track and prevent any utility shut off with spring finally here and summer right around the corner, the hot months are on the rise!

The East Central Kansas Area Agency on Aging can help with utility assistance for the counties of Anderson, Franklin, Osage, and Miami. Please give our agency enough time to help assist you with your bill and avoid waiting until you receive a shut off notice from your utility company. For even faster service, please bring the appropriate information (listed below) to our agency before your utility due date and before you get a shut off notice so that we can assist you the best that we can in order to assist in interruption or loss of your utility services.

THE EAST CENTRAL KANSAS AREA AGENCY ON AGING

UTILITY ASSISTANCE

ANDERSON, FRANKLIN AND MIAMI COUNTIES

WHAT DETERMINES ELIGIBILITY?

1. Must live in Anderson, Franklin Miami, or Osage County
2. Must be age 60 or over
- *3. Must provide proof of income for all household residents
4. Must provide current utility statement
5. Must not have received utility assistance from ECKAAA within last year

*Proof of Income for all household residents required:

- most recent bank statement
- social security statement
- W-2 if employed
- most recent tax return if filed within last two years

HOW TO APPLY:

1. Bring in copies of proof of income for all household residents- see above
2. Attach your current utility statement or a copy of the current statement with a number where you can be reached
3. Leave information for Jennifer or Sherry and you will receive a call concerning any co-pay that is due and the amount that will be paid on the bill
4. Payment will be made directly to the utility company-max \$75 or \$150 for utility bills (depending on the county) and 20% of total bill for propane whichever is more
5. Help is only provided one time per calendar year

FOR MORE INFORMATION CALL: 242-7200 or 1-800-633-5621

This funding has been made available to the East Central Kansas Area Agency on Aging (ECKAAA) by the Anderson, Franklin, Miami and Osage County Aging Service Councils. The ECKAAA office is located at 117 South Main in Ottawa, KS.

I also want to remind everyone that open enrollment for The Low-Income Energy Assistance Program (LIEAP) will start January 16th 2018 and will run until March 31st 2018. I will once again have applications here in the office if you or someone you know is needing one. If you like to plan ahead, here are the income guidelines for 2018 Eligibility for the program!

| Persons Living at the Address | Maximum Gross Monthly Income |
|-------------------------------|--------------------------------------|
| 1 | \$1,307 |
| 2 | \$1,760 |
| 3 | \$2,213 |
| 4 | \$2,665 |
| 5 | \$3,118 |
| 6 | \$3,571 |
| 7 | \$4,024 |
| 8 | \$4,477 |
| 9 | \$4,930 |
| 10 | \$5,383 |
| 11 | \$5,836 |
| 12 | \$6,289 |
| +1 | Add \$453 for each additional person |

Please remember that benefit levels vary according to the following:

- Household income
- Number of persons living at the address
- Type of dwelling
- Type of heating fuel

Here is a picture capturing our new food truck partnership! Jake formerly from ECKAN is here every Friday serving the industrial park BBQ! Other news at MANP- Karl and I talked with statehouse legislators on the 28th of February. We had a great time handing out brochures, buttons and t-shirts! Also, check out our new website: midamericanutritionprogram.org!



Angie Logan



10 Ways Malnutrition Can Impact Your Health—and 6 Steps to Prevent It

Good nutrition is vital at every stage of life, but as you age, staying well-nourished is even more important!

Sept. 18-22 is Malnutrition Awareness Week™, sponsored by our partners at ASPEN. We encourage you to read and share the following 10 ways malnutrition can affect your body as you age—and take our 6 tips to prevent it.

Muscles and Bones

Your body naturally loses muscle and bone as you age; however, malnutrition can accelerate these losses and impact your independence and ability to be active.

- Mobility:** Weak muscles and bones can make it harder to do everyday tasks like walking, dressing, and bathing. Regular physical activity and a diet high in protein, calcium, and vitamin D are critical to help you maintain and rebuild muscle and bone.
- Posture:** Muscles and bones are needed to help keep you upright. If they are weak, you may strain your neck, back, and shoulder muscles, causing you to feel pain.
- Strength:** Poor muscle strength may make it more difficult to do your favorite activities.
- Falls:** Bone and joint problems are major risk factors for falls—the leading cause of death and injury among older adults.

Immune System and Healing

When your body lacks nutrition, your white blood cell count can decrease, making it harder for your body to heal and fight illnesses.

- Healing:** Your body's nutrition influences your recovery, since wounds need energy, protein, vitamins, and minerals to heal.
- Cancer:** If you are malnourished, it is more difficult to tolerate chemotherapy.
- Illness:** A poor immune system can increase your risk for illnesses and infections.

Organs

Not having enough protein and other nutrients can harm your organs.

- Eyes:** Vitamin and mineral deficiencies can accelerate vision loss caused by glaucoma, cataracts, and/or macular degeneration.
- Brain:** Nutrient deficiencies may speed up the rate at which your brain loses neurons, which can impair your speech, coordination, and memory.
- Kidneys:** A deficiency of fluids and electrolytes can cause your kidneys to overwork and affect their ability to function. This can lead to dehydration, joint pain, and heart issues.

6 Steps to Prevent Malnutrition

The good news is that there are simple steps you can take to stay well-nourished. Here are some tips to get started:

- Understand what malnutrition is and isn't.** Malnourished individuals come in all sizes and can even be obese. Take this quiz to learn 5 important facts about malnutrition.
- Make smart food choices.** Learn how to eat well after 50, including how to make a well-balanced plate, identify foods highest in key nutrients like protein, and more.
- Try an oral nutritional supplement.** Supplements have protein, calories, and vital nutrients that can help provide complete and balanced nutrition for individuals at any stage of life.
- Take care of your teeth.** Poor oral health can lead to gum disease and other dental problems that may limit your ability to eat well or eat certain foods that are vital for good nutrition.
- Consult your health care provider.** Talk to your doctor if you're experiencing unintentional weight loss, poor appetite, difficulty chewing or swallowing, problems with ill-fitting dentures, or other problems that affect eating.
- Find help.** If it's difficult for you to drive, prepare, or purchase food, enlist a friend or family member to help or contact Meals on Wheels to see if you can get home-delivered meals. If you need help paying for groceries, try applying for the Supplemental Nutrition Assistance Program (SNAP). Millions of older adults use SNAP to supplement their monthly food budget.

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OR FMEASTWO@K-STATE.EDU, 913-795-2829

KS COMMISSION on VETERANS' AFFAIRS
Contact your representative by mail or phone.

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200 Arco Place, Rm. 421, Box 117,
Independence, KS 67301
VSR003.ink.org

Coffey & Osage Counties - 620-342-3347
Kress Center, Suite 1D, 702 Commercial St.,
Emporia, KS 66801
VSR006@cablone.net

Franklin & Miami Counties - 785-843-5233
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Knowledge for Life

Chelsea Richmond, Frontier Extension District
Family and Consumer Sciences Agent
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Many of us have a love/hate relationship with sleep

We can't live with it; and can't live without it. If you are on the former end of that spectrum, I hope this article will give you a few tips to reconsider. Sleep is essential to our everyday functioning and so much more.

Many of my friends often make jokes about not being able to "function" on so many hours of sleep. But there's actually some truth to that. Sleep actually plays a very important part in your cognition, metabolism, hormones, mood, heart health and more every day! Furthermore, sleep is like a "magic pill" for nearly every system in our bodies; also helping our skin, brain, cardiovascular and emotional health when we get more of it.

According to Gallup, the average American gets 6.8 hours of sleep per night when the recommended amount is 7-9 hours. So what's the deal? Why aren't we getting enough sleep? Unfortunately, sleep disorders like insomnia are all too common. In fact, insomnia is very common among older adults. Let's talk a little bit about insomnia and the different kinds of insomnia.

Primary insomnia means that a person is having sleep problems that aren't associated with another health condition. Secondary insomnia is a result of another health condition such as asthma, cancer, heartburn, et cetera. There's also acute versus chronic insomnia. Acute means it's just a short-term problem whereas chronic refers to an ongoing condition. Acute insomnia could last one or two nights or a few weeks. Insomnia is considered chronic when the person suffers at least three nights a week for a month or longer (WebMD, 2017).

What can be done? Talk to your health care provider if your insomnia is chronic or if you suspect it is a result of an underlying issue (secondary insomnia). For less serious issues, try some of the following tips:

Make your bedroom a haven: Hang curtains to block out light or try a sleeping mask. If noise is a problem; try earplugs, a sleeping mask, or a "white noise" machine to cover up sounds. Use your bed for sleep and sex only. The use of screens like television or tablets keeps you awake! Keep your room at a comfortable temperature.

Consistency: Getting up and going to bed at the same time every day helps keep your body in a rhythm. Try to avoid naps (especially long naps) as they make it more difficult to fall asleep at night. Eat a balanced diet; and avoid caffeine, alcohol and big meals within a few hours of bedtime.

Get moving: Don't lie awake in bed in the mornings. We all know that regular exercise is good for virtually every part of our bodies- and sleep is no exception! However, try not to exercise too late in the evenings, as it can hype you up and make it difficult to fall asleep.

Breathe: If stress causes you to toss and turn- make a to-do list before lying down. Take ten minutes to color, journal, stitch or write to a friend in an effort to unwind before bed. Guided meditations or audio books are also a nice way to take your mind off of things while drifting off. You can find some apps for these on your phones/tablets or look online or in your local library for some CD's.

Yoga: Don't be afraid if you haven't tried yoga before, it's really just a fancy word for stretching and breathing. For people who suffer from insomnia that practiced yoga once a day, it helped them fall asleep faster and return to sleep more quickly in the middle of the night. Here are a couple of relaxing poses to try from the Sleep Foundation:

Corpse Pose: Lie face-up on the ground with your legs straight out, arms by your sides, palms facing up. Breathe slowly, focusing on the rise and fall of your chest. Slowly feel the tension leave your body, one part at a time.

Legs up the Wall: Lie face-up on the ground and put the back of your legs up a wall so your body is in an L-shape. Relax into the position, hold for at least 30 seconds, focus on your breathing.

Sleep, like nutrition and exercise, is essential to so keep many of our bodily systems functioning optimally. If you don't have a great relationship with sleep, I would encourage you to try a couple of the previously mentioned suggestions, even if they sound weird! Ignoring sleep problems can lead to serious health conditions, accidents, impaired job performance and more. Sleep is one of the best things you can do for yourself and those around you!

Chicken Soup for the Soul: Older Wiser: Stories of Inspiration, Humor, and Wisdom about Life at a Certain Age

by Jack Canfield, Mark Victor Hansen, Amy Newmark

1. Chicken Soup for the Soul has always had a strong focus on seniors, with books on aging, veterans, grandpaernts, grieving and other topics relevant to seniors.
2. Chicken Soup for the Golden Soul was published in 2000 and sold 905,000 copies.
3. With a new contemporary cover design, a new interior layout, and up-to-date stories, this book will have fresh appeal to seniors of all ages.
4. Books represent a new thematic experience, even for readers of past books, as Chicken Soup has tightened the content, and books contain only relevant stories. Out-of-date stories were eliminated.
5. Each book contains 101 stories recompiled from dozens of past Chicken Soup titles.
6. "Our 101 Best Stories" collection is an efficient way for new readers to obtain books covering Chicken Soup's most popular topics.



7. Every book has a warm and moving foreword from Jack Canfield and Mark Victor Hansen explaining the company's rebirth and its return to 101 stories per book.
8. Chicken Soup for the Soul earned the Guinness World Record for having the most books on the New York Times bestseller list at one time.
9. Last year, USA Today named Chicken Soup for the Soul #5 on its list of 25 books that left a legacy over the past quarter century.

We know how it is to cross the magic 60-year mark and feel young at heart despite a few new wrinkles. We wouldn't trade away a bit of our wisdom and experience to get rid of all those life markers. This is the first Chicken Soup book to focus on the wonders of getting older, with many stories focusing on dynamic older singles and couples finding new careers, new sports, new love, and new meaning to their lives. This inspiring, amusing, and heartwarming book includes the best 101 stories for today's young seniors from Chicken Soup's library. The book is set in larger print for easier reading.



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MEDICARE INFORMATION

How are immunizations covered?

Many Medicare beneficiaries wonder if it covers immunizations for things like flu and tetanus and at what cost to them.

Medicare covers vaccines and immunizations when they are medically necessary. How they are covered and the cost sharing associated with them depends on the kind of immunization and your individual circumstances when you get it.

Most vaccines and immunizations are covered under the Medicare Part D prescription drug benefit. All Part D plans must include all commercially available vaccines on their formularies. If you need to get one of these immunizations, you should check with your Medicare Advantage Prescription Drug Plan or your standalone Part D plan to learn the coverage rules and find out what cost-sharing you will be responsible for.

Three immunizations are considered preventive services and are covered by Medicare Part B at 100% of the Medicare-approved amount. This means that if you meet the coverage requirements and receive these immunizations from a provider who accepts assignment if you have Original Medicare, or an in-network provider if you have a Medicare Advantage Plan, you will not have to pay any deductible, copay, or coinsurance. These immunizations are:

- **Flu shot:** Medicare Part B covers one flu shot every season. The flu season usually runs from November through April. Depending on when you choose to get your flu shot, Medicare may cover a flu shot twice in one calendar year. For example, if you got a shot in January 2018 for the 2017/2018 flu season, you could get another shot in December 2018 for the 2018/2019 flu season.
- **Pneumonia shot:** Medicare Part B covers two separate pneumonia shots. Currently there are two separate pneumonia vaccines available. Part B covers the first shot if you have never received Part B coverage for a pneumonia shot before. You are covered for a different, second vaccination one year after receiving the first shot. You are not required to provide a vaccination history when receiving the pneumonia vaccine. You can tell the health care professional administering the shot if/when you have received past shots.
- **Hepatitis B shot:** Medicare covers the hepatitis B vaccination if you are at medium or high risk for hepatitis B. Speak to your healthcare provider to see if you have any of the high- or medium- risk factors. For people who are at a low risk for hepatitis B, Medicare Part D covers the vaccine.

Some medically necessary vaccines are also covered by Medicare Part B with normal Medicare cost sharing, but only if you have been exposed to a dangerous virus or disease. For example, if a dog bites you, Medicare Part B will likely cover your rabies shot. In this case, you would be responsible for your Part B deductible (if applicable) and the 20% Part B coinsurance if you have Original Medicare. If you have a Medicare Advantage Plan, you would be responsible for your plan's copay or coinsurance for this kind of service.

Medicare Rights Center, February 2018

Protecting Your Social Security

September 2017, Jim Borland, Acting Deputy Commissioner for Communications

At Social Security, protecting your personal information is more important than ever. We continue to evaluate and improve our robust cyber-security program to safeguard your information. The thing is, we can't do it alone. You can help us secure your information by taking one of these steps:

- Open your personal [my Social Security](#) account. A [my Social Security](#) account is your gateway to many of our online services. Create your account today and take away the risk of someone else trying to create one in your name, even if they obtain your Social Security number.
- If you already have a my Social Security account, but haven't signed in lately, take a moment to [login](#) to easily take advantage of our [second method](#) to identify you each time you log in. This is in addition to our first layer of security, a username and password. You can choose either your cell phone number or your email address as your second identification method. Using two ways to identify you when you sign on will help protect your account from unauthorized use and potential identity theft. If you suspect identity theft, report it to our [Office of the Inspector General](#) and visit [www.identitytheft.gov](#).
- If you know your Social Security information has been compromised, and if you don't want to do business with Social Security online, you can use our [Block Electronic Access](#). You can block any automated telephone and electronic access to your Social Security record. No one, including you, will be able to see or change your personal information on the internet or through our automated telephone service. If you block access to your record and then change your mind in the future, you can contact Social Security and ask us to unblock it after you prove your identity. This resource is available to certain victims of identity theft and those who need extra security.

We will continue to do our part to protect what's important to you. And we'll continue to advise you on how to protect yourself.

Medicare And Dental Coverage

Many people who enroll in Medicare wonder if it provides dental coverage. Dental coverage through Medicare is very limited. Generally, Medicare will not cover dental care that you need primarily for the health of your teeth or the parts of your body that support the teeth, like your gums and jaw. For example, Medicare will not cover routine checkups, cleanings, or fillings, and will not pay for dentures.

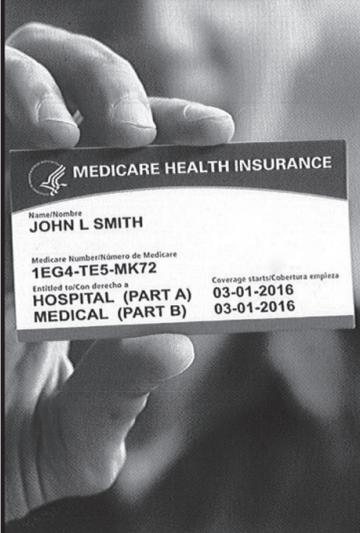
Medicare will cover some dental services if they are required to protect your general health, or if you need dental care in order for another health service that Medicare covers to be successful. For example, if you have cancer and need dental services that are necessary for radiation treatment, or if you need surgery to treat fractures of the jaw or face, Medicare will pay for these dental services. It will not, however, pay for any follow-up dental care after the underlying health condition has been treated. For example, if Medicare paid for a tooth to be removed as part of surgery to repair a facial injury, it will not pay for any other dental care you may need later because you had the tooth removed, and will not pay for dental implants or dentures to replace the extracted tooth.

Although Medicare's coverage of dental services is limited, there are other ways you can receive dental care if you qualify. These options include:

- **Medicare Advantage Plans:** Although dental services are mostly excluded under Original Medicare, some Medicare Advantage Plans do provide coverage for routine dental care. The costs and restrictions related to dental care vary from plan to plan. If you are considering joining a Medicare Advantage Plan, call the plan to find out what dental services, if any, it covers. Remember to make sure any Medicare Advantage Plan you're considering covers the doctors and hospitals you prefer to use and the medications you take at a cost you can afford.
- **Medicaid:** In some states, Medicaid covers some dental services. You may qualify for Medicaid if you have very limited income and assets. Check with your local Medicaid office to learn more about eligibility and to see what dental services are covered in your area.
- **Stand-alone dental plans:** These plans cover dental services, and vary in cost and amount/type of services that they cover.
- **Reduced-cost or free clinics, federally qualified health centers (FQHCs), community health centers, and donated dental service programs:** These options may be available in your area, and, depending on a variety of factors, may provide dental services at a reduced fee or for free.
- **Local hospitals:** Call the hospitals in your area to ask if they offer dental clinics, how you can become a patient, what services they offer, what the fees are, and if payment plans are available.

Medicare Rights Center, December 2017

You're Getting a New Medicare Card!



Medicare will mail new Medicare cards between April 2018 – April 2019. Your card will have a new Medicare Number instead of a Social Security Number.

Make sure your mailing address is up to date so you get your new card. Visit ssa.gov/myaccount or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct your mailing address.

Visit Medicare.gov for the latest updates.



CMS Product No. 12006
August 2017

Hosted by Senior Health Insurance Counseling for Kansas (SHICK)

New to Medicare Seminars



April 11, 2018 (FULL)
July 11, 2018
October 10, 2018



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\$10 Registration Donation Fee per person is requested to attend.

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CDDO Corner

Amber Vogeler

Community Development Disability Organization

Serving Coffey, Osage, and Franklin Counties

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What Every Child Needs For Good Mental Health

It is easy for parents to identify their child's physical needs: nutritious food, warm clothes when it's cold, bedtime at a reasonable hour. However, a child's mental and emotional needs may not be as obvious. Good mental health allows children to think clearly, develop socially and learn new skills. Additionally, good friends and encouraging words from adults are all important for helping children develop self confidence, high self-esteem, and a healthy emotional outlook on life.

A child's physical and mental health are both important.

Basics for a child's good physical health:

- Nutritious food
- Adequate shelter and sleep
- Exercise
- Immunizations
- Healthy living environment

Basics for a child's good mental health:

- Unconditional love from family
- Self-confidence and high self-esteem
- The opportunity to play with other children
- Encouraging teachers and supportive caretakers
- Safe and secure surroundings
- Appropriate guidance and discipline

Give children unconditional love.

Love, security and acceptance should be at the heart of family life. Children need to know that your love does not depend on his or her accomplishments.

Mistakes and/or defeats should be expected and accepted. Confidence grows in a home that is full of unconditional love and affection.

Nurture children's confidence and self-esteem.

- Praise Them - Encouraging children's first steps or their ability to learn a new game helps them develop a desire to explore and learn about their surroundings. Allow children to explore and play in a safe area where they cannot get hurt. Assure them by smiling and talking to them often. Be an active participant in their activities. Your attention helps build their self-confidence and self-esteem.
- Set Realistic Goals - Young children need realistic goals that match their ambitions with their abilities. With your help, older children can choose activities that test their abilities and increase their self-confidence.
- Be Honest - Do not hide your failures from your children. It is important for them to know that we all make mistakes. It can be very re-assuring to know that adults are not perfect.
- Avoid Sarcastic Remarks - If a child loses a game or fails a test, find out how he or she feels about the situation. Children may get discouraged and need a pep talk. Later, when they are ready, talk and offer assurance.
- Encourage children - To not only strive to do their best, but also to enjoy the process. Trying new activities teaches children about teamwork, self-esteem and new skills.

Make time for play!

Encourage Children to Play

To children, play is just fun. However, playtime is as important to their development as food and good care. Playtime helps children be creative, learn problem-solving skills and learn self-control. Good, hardy play, which includes running and yelling, is not only fun, but helps children to be physically and mentally healthy.

Children Need Playmates

Sometimes it is important for children to have time with their peers. By playing with others, children discover their strengths and weaknesses, develop a sense of belonging, and learn how to get along with others. Consider finding a good children's program through neighbors, local community centers, schools, or your local park and recreation department.

Parents Can be Great Playmates

Join the fun! Playing Monopoly or coloring with a child gives you a great opportunity to share ideas and spend time together in a relaxed setting.

Play for Fun

Winning is not as important as being involved and enjoying the activity. One of the most important questions to ask children is "Did you have fun?" not "Did you win?"

In our goal-oriented society, we often acknowledge only success and winning. This attitude can be discouraging and frustrating to children who are learning and experimenting with new activities. It's more important for children to participate and enjoy themselves.

TV use should be monitored

Try not to use TV as a "baby-sitter" on a regular basis. Be selective in choosing television shows for children. Some shows can be educational as well as entertaining.

School should be fun!

Starting school is a big event for children. "Playing school" can be a positive way to give them a glimpse of school life.

Try to enroll them in a pre-school, Head Start, or similar community program which provides an opportunity to be with other kids and make new friends. Children can also learn academic basics as well as how to make decisions and cope with problems.

Provide appropriate guidance and instructive discipline

Children need the opportunity to explore and develop new skills and independence. At the same time, children need to learn that certain behaviors are unacceptable and that they are responsible for the consequences of their actions.

As members of a family, children need to learn the rules of the family unit. Offer guidance and discipline that is fair and consistent. They will take these social skills and rules of conduct to school and eventually to the workplace.

Suggestions on Guidance and Discipline

- Be firm, but kind and realistic with your expectations. Children's development depends on your love and encouragement.
- Set a good example. You cannot expect self-control and self-discipline from a child if you do not practice this behavior.

Criticize the behavior, not the child. It is best to say, "That was a bad thing you did," rather than "You are a bad boy or girl."

Avoid nagging, threats and bribery. Children will learn to ignore nagging, and threats and bribes are seldom effective.

Give children the reasons "why" you are disciplining them and what the potential consequences of their actions might be.

Talk about your feelings. We all lose our temper from time to time. If you do "blow your top," it is important to talk about what happened and why you are angry. Apologize if you were wrong!

Remember, the goal is not to control the child, but for him or her to learn self-control.

Provide a safe and secure home.

It's okay for children to feel afraid sometimes. Everyone is afraid of something at some point in their life. Fear and anxiety grow out of experiences that we do not understand.

If your children have fears that will not go away and affect his or her behavior, the first step is to find out what is frightening them. Be loving, patient and reassuring, not critical. Remember: the fear may be very real to the child.

Signs of Fear

Nervous mannerisms, shyness, withdrawal and aggressive behavior may be signs of childhood fears. A change in normal eating and sleeping patterns may also signal an unhealthy fear. Children who "play sick" or feel anxious regularly may have some problems that need attention.

Fear of school can occur following a stressful event such as moving to a new neighborhood, changing schools, or after a bad incident at school.

Children may not want to go to school after a period of being at home because of an illness.

When to seek help

Parents and family members are usually the first to notice if a child has problems with emotions or behavior. Your observations with those of teachers and other caregivers may lead you to seek help for your child. If you suspect a problem or have questions, consult your pediatrician or contact a mental health professional.

Warning Signs

The following signs may indicate the need for professional assistance or evaluation:

- Decline in school performance
- Poor grades despite strong efforts
- Regular worry or anxiety
- Repeated refusal to go to school or take part in normal children's activities
- Hyperactivity or fidgeting
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums
- Depression, sadness or irritability

Learn more about specific mental health conditions and children

- **ADHD** - attentional problems
- **Autism** - developmental delay
- **Bipolar Disorder** - depression and high energy
- **Conduct Disorder** - behavioral problems
- **Depression** - sadness
- **Grief** - coping with loss
- **Psychosis** - hearing voices or seeing things that aren't there
- **Suicide** - thoughts of death/dying
- **Substance use** - drinking and using drugs

Where to seek help

Information and referrals regarding the types of services that are available for children may be obtained from:

- Mental health organizations, hotlines and libraries
- Other professionals such as the child's pediatrician or school counselor
- Other families in the community
- Family network organizations
- Community-based psychiatric care
- Crisis outreach teams
- Education or special education services
- Family resource centers and support groups
- Health services
- Protection and advocacy groups and organizations
- Self-help and support groups

Other Resources

American Academy of Child and Adolescent Psychiatry www.aacap.org
Federation of Families for Children's Mental Health Phone: 703-684-7710 www.ffcmh.org
Family Support America Phone: 312-338-0900
National Information Center for Children and Youth with Disabilities
 Phone 800-695-0285 www.nichey.org
National Association of School Psychologists Phone 301-657-0270 www.naspweb.org

SOURCES

"Facts for Families," America Academy of Child and Adolescent Psychiatry
 "Children's and Adolescent's Mental Health," US Dept. of Health and Human Services
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NEWS from Kansas Legal Services

What is Real ID and How Will it Affect You?

By SueZanne M. Bishop and Alexandra R. English

What is Real ID?

- It's a federal program authorized by the Real ID Act, passed in 2005.
- Full implementation of the program is planned for October 1, 2020.
- Real ID establishes minimum security standards for state-issued driver's licenses and ID cards to improve the reliability and accuracy of these documents to inhibit terrorists' ability to evade detection by using fraudulent ID.
- Until October 1, 2020, a non-Real ID-compliant state driver's license or ID card will get you into federal facilities and through airport security. Beginning October 1, 2020 individuals without a Real ID-compliant identification card can be denied access to federal facilities and will not be allowed to fly, even on domestic (within the US) flights.

How to obtain a Real ID from the State of Kansas?

Until Real ID is fully implemented on October 1, 2020, there's no need to rush to obtain your Real ID-compliant ID card if your current driver's license or ID card is not yet due to expire. BUT it is important to begin gathering the documents you will need to obtain a Real ID NOW. The next time your driver's license or state ID expires, be sure to take all of the necessary documentation to your local Driver's License Bureau with you.

Any and all documentation you will need is listed on the Kansas Department of Revenue's website at <https://www.ksrevenue.org/pdf/RealIDChecklist.pdf>. Please note that the checklist from the Kansas Department of Revenue's website is provided below this article, and is updated as of 3/20/18. That being said, the list has changed, so it is important to go to this website prior to going to get your new id.

Seniors, this is especially important for you. Record keeping has improved over time, and accordingly some seniors may not even have been issued a birth certificate at birth. Often I hear of seniors with mistakes or typos on a social security card or birth certificate. Or, maybe you cannot obtain a copy of your birth certificate because it was destroyed by a fire before records were copied and scanned. These are issues you need to be addressing NOW, as they will affect your ability to get a Real ID. Do not wait!

Other Helpful Websites:

- Kansas Department of Health and Environment website for certified copies of birth or marriage certificates: <http://www.kdheks.gov/vital/index.html> or http://www.kdheks.gov/vital/birth_cert_voter_ID_guidance.htm
- Kansas Courts website to find the clerk's office of the courthouse where your case was decided to obtain name change documents (e.g., Name Change Order, Decree of Divorce): <http://www.kscourts.org/appellate-clerk/general/open-records-act/default.asp>

Please be aware that certified copies of vital records and court orders may take some time to request and receive AND ARE NOT FREE. Start gathering your documents well in advance of the time you must renew your driver's license or ID card!

Why should I care about Real ID? If you do not have a Real ID by October 1, 2020, you will not be allowed to board even a domestic flight or enter a federal facility.

Federal facilities you may visit on a regular basis:

- Social Security Administration
- Post Office
- Bankruptcy and Disability Courts
- Kansas Legal Services Kansas City office

Once Real ID is fully implemented on October 1, 2020, the Department of Homeland Security says almost all federal facilities will require Real ID-compliant ID for entry. Questions? Call the state, the appropriate agency, or the court for more information. If you have attempted to obtain the required documentation listed above but are experiencing legal barriers to obtaining it, contact Kansas Legal Services at 1-800-723-6953

Real ID Document Checklist

1. You will need to provide proof of lawful presence. Please select **ONE** document from the list below:

- Certified Birth Certificate
- Unexpired U.S. Passport
- Unexpired Permanent Residency Card
- Unexpired Employment Authorization Card
- Naturalization Certificate
- Consular Report of Birth Abroad (FS-240)

2. You must provide proof of your social security number. Please select **ONE** document from the list below. The document presented must match the name on the lawful presence document.

- Social Security Card
- Current W-2 or 1099 (must have full social security number listed – if only the last 4 digits of the social security number are listed it, will not be accepted)
- Current pay stub (must have full social security number listed – if only the last 4 digits of the social security number are listed it, will not be accepted)

3. You must provide proof of Kansas residency, dated within the last 60 days. Junk mail or personal letters will not be accepted. The following are a few examples of documents that can be used to prove Kansas residency:

- Current Driver's License
- Renewal Postcard
- Vehicle Registration
- Utility Bill

4. If your name has changed from what is presented for lawful presence in number one above (due to adoption, marriage, divorce, court ordered name change), or is not the same on all of your documents, you must provide proof of the name change to the DMV. The following are a few documents that will be accepted to prove a legal name change:

- Certified Marriage License
- Divorce Decree
- Legal adoption paperwork
- Any court ordered or legal name change documents

PLEASE NOTE: Laminated documents and photocopies will not be accepted



CONSUMER ASSISTANCE

To report suspected Medicare fraud: - **800-876-3160**

For info about Medicaid, call the Department for Children & Families - **888-369-4777**

For no-cost mediation regarding problems with Medicare Providers, call the Kansas Foundation for Medical Care (KFMC) **800-432-0407**

KU Med Center Pain Management Hotline: **913-588-3692**

Centers for Medicare/Medicaid Services (CMS) Website: **www.medicare.gov/nhcompare/home.asp**

www.mindsmatterllc.com

Works to ensure all rehabilitation plans and decisions they assist with are made with the person at the center of the process. Serves Northeast Kansas counties.

to receive information and counseling on Reverse Mortgages (fees may apply for counseling) National Council on Aging - **855-899-3778**



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Health & Wellness

MENTAL HEALTH AND AGING

10 Facts about Mental Health and Aging

Retrieved from: http://www.lifeseniorsservices.org/seniorline/10_Facts_About_Mental_Health_and_Aging.asp

As many as one in five older adults experience mental health concerns that are not a normal part of aging – the most common of which are anxiety or mood disorders including depression. In most cases, these mental health issues respond well to treatment. Sadly, far too often older adults do not seek or receive the help they need. Undiagnosed and untreated, mental health illnesses have serious implications for older adults and their loved ones. That's why it's important to understand these "10 Facts You Need to Know About Mental Health and Aging."

1) Mental health problems are not a normal part of aging.

While older adults may experience many losses, deep sadness that lingers may signal clinical depression. Similarly, an anxiety disorder is different from normal worries.

*One in four American adults has a diagnosable mental disorder during any one year.

*About six percent of older adults have a diagnosable depressive illness.

2) Mental health is as important as physical health.

Good mental health contributes greatly to an overall feeling of well-being. Untreated mental health disorders in older adults can lead to diminished functioning, substance abuse, poor quality of life, and increased mortality. Research shows mental illness can slow healing from physical illnesses.

3) Healthy older adults can continue to thrive, grow, and enjoy life!

Reading, walking, and socializing are just a few of the activities that many individuals enjoy at any age. Exercising your mind and body, and maintaining social connections are good for your mental health, too.

4) Mental health problems are a risk for older adults, regardless of history.

While some adults go through life managing a chronic mental illness, mental health problems can also appear late in life. Sometimes mental health deteriorates in response to a stroke, Parkinson's disease, cancer, arthritis, or diabetes, and even some medications. Older adults without a history of substance abuse may abuse medications, alcohol, or drugs.

5) Suicide is a risk among older adults.

Older adults have the highest suicide rate in the country.

*Those aged 85 and over have the highest suicide rate; those aged 75 to 84 have the second highest.

*Older adults' suicide attempts are more lethal. For those 65 and older, there is one suicide for every four attempts compared to one suicide for every 20 attempts for all other age groups.

6) These symptoms call for consultation with a health care professional:

*Sadness that has lasted longer than two weeks.

*Consistent worries about issues such as money, family and health.

*Consistent trouble sleeping or concentrating

*Frequent trouble remembering things or feeling confused in familiar places

*Have more than one alcoholic drink a day or take more medication than prescribed.

7) Older adults can be helped with the same success as younger people.

Eighty percent of older adults recovered from depression after receiving treatment that included both psychotherapy and anti-depressant medication.

8) Our health system is not adequately helping older adults with mental disorders.

Medicare covers 80 percent of a physical health problem, but only 50 percent of a mental health problem. This is a barrier to treatment for many people.

*Researchers estimate that up to 63 percent of older adults with a mental disorder do not receive the services they need.

*75 percent of those who commit suicide have visited a primary care physician within a month of their suicide.

9) Misdiagnosis and avoidance are common.

*Primary care physicians fail to diagnose depression 50 percent of the time.

*Only half of older adults who discuss specific mental health problems with a physician receive any treatment.

10) Older adults have unique mental health care needs.

Changing bodies and chemistry, changes in family and friendships, and changes in living situations all have an effect on mental health and need to be considered in treatment.

Osage County
Lunch N' Learn Series

EVERY WEDNESDAY IN APRIL FROM
NOON TO 1PM AT THE OSAGE CITY
PUBLIC LIBRARY

Topics include: Legal Questions, Banking, Nursing Homes
& Assisted Living Facilities, and Funeral/Cremation
Services.

HOW DO YOU SIGN UP?

This is a free event! Please call the East Central Kansas
Area Agency on Aging to RSVP. Space is limited.
785-242-7200 OR 1-800-633-5621

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Independence, Inc.

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Serving Douglas, Jefferson & Franklin Co.

Since 1978, Independence, Inc. has served as a resource in Lawrence and Northeast Kansas through our mission to maximize the independence of people with disabilities through advocacy, peer support, training, transportation and community education. As a Center for Independent Living (CIL), we work with people with various disabilities, including age-related mobility issues, to live in the environments of their choice. We offer options, resources and advocacy to help people live fulfilling lives. Our vision is to work together in transforming our communities to be the best places in which people with disabilities can live, learn, work, and be an integral part of their community.

Did you know?

Independence, Inc. serves Franklin County! We are here for YOU! If you have an age-related or other disability and would like assistance from one of our Independent Living Specialists, contact us today! 785-841-0333

Our Programs

We offer programs and services to help you live the best and fullest life possible in the living arrangement of your choice. Most services are free, some may require financial or other qualifications. Some ways we can help include:

- **Independent Living Skills Training:** From computer skills (we have a free computer lab) to smart phone use, we have you covered!
- **Assistive Technology Grant Program:** assists individuals with disabilities in acquiring assistive technology or accessibility modifications to their home with amounts up to \$2,000.
- **Medical Equipment Loan Bank:** Borrow or donate medical equipment such as wheelchairs, walkers, crutches, commodes, bath benches, grab bars, canes, toilet seat risers, magnifiers and more!

- **Nursing Home Transition Grant:** funding and support to help individuals with various forms of paralysis or neurological conditions transition from nursing homes, rehab centers or other institutions, into community-based living
- **Kansas Telecommunications (TAP) program:** provides specialized phones and equipment to Kansans with disabilities or impairments in order to access basic home phone services.
- **Peer Support:** monthly support groups, clubs and events for people with disabilities including cooking, writing, arts & crafts, gardening and more!

For a full list of our programs and services, call to speak with Staff Johnson, our Franklin County Independent Living Specialist at 785-841-0333 ext. 145, ask for our center brochure and we will mail it to you, or visit our website for a complete listing of services www.independenceinc.org

We love meeting our rural friends and consumers, call us today to see how we can support you in your journey to independent living. 785-841-0333

OSAGE COUNTY LUNCH N' LEARN SERIES

Location: Osage City Public Library -
515 Main Street, Osage City, KS
Time: 12-1PM; Lunch served - must RSVP

TOPICS OF DISCUSSION:

Wednesday, April 4th - Legal Questions

Speaker: Kansas Legal Services; Alex English
Topics: Estate Planning and Powers of Attorney for Caregivers

Wednesday, April 11th - Banking

Speakers: Representatives from Kansas State Bank of Overbrook
Topics: What a caregiver or family member needs to know about the banking process

Wednesday, April 18th - Nursing Homes & Assisted Living

Speakers: Representatives from Peterson Nursing Care, Brookside Manor and Sunset Manor.
Topics: They will be available to answer questions.

Wednesday, April 25th - Funeral/Cremation Services

Speakers: Doug Gorham with Cremation Center of KC
Topics: Presentation and Q&A

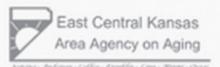
HOW DO YOU SIGN UP?

Please call the East Central Kansas Area Agency on Aging to RSVP.
785-242-7200 OR 1-800-633-5621

Low Vision Support Group APRIL 25TH, 2018

1:30PM-2:30PM

117 S MAIN STREET, OTTAWA, KS 66067



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Beagle
• c/o (913) 755-4309**

Osage Township, Fontana
• c/o (913) 849-3115**

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Cool gadgets that tease the future

By Heather Kelly and Kaya Yurieff

View the full article here: <http://money.cnn.com/gallery/technology/2018/01/13/ces-2018-gadgets/11.html>

1) Allergy Detection Gadgets

Allergy Amulet is a portable device that can detect food allergens or certain ingredients. It also doubles as a cute piece of jewelry when hung on a necklace.

To use the device, you'll need to insert a disposable test strip into any suspicious food and pop it in the reader. After a few seconds, the reader will turn red or green to tell you if the food contains the target allergen or ingredient. It can test for milk, soy, dairy, shellfish, finned fish, wheat, eggs and nuts.

Each strip costs \$1 to \$3 and the reader will cost between \$100 to \$250. Pre-sales begin this fall and the device will be available in 2019.

Another startup called Nima also showed off pocket-sized devices that test a food sample for the presence of peanut proteins or gluten. Nima's sensors take about three minutes to test the sample, but the results can be quicker if there is more of an allergen present.



The Nima Gluten Sensor is available now for \$289, while the Nima Peanut Sensor is available for pre-order at a discount of \$229.

2) Prosthetics that learn how you move

BrainRobotics wants to build a new kind of prosthetic limb.

The device uses a band of eight electrodes to detect the electrical signals caused by contracting muscles -- called electromyography -- when the wearer moves. It collects that information and uses it in an algorithm that learns your habits over time. When the wearer's muscles replicate the signal, the prosthetic will move accordingly.



But the real innovation of the device could be its price. It will cost \$2,000 to \$4,000, less than similar designs. And it will have

a modular design that allows the wearer to replace any individual broken pieces instead of having to repair the entire limb.

The year-old company was started in Boston by MIT and Harvard graduates, and was originally part of the Harvard Innovation Lab. The prosthetic is still in the testing phases with with early users like Mincheng Ni (pictured). BrainRobotics hopes to have it in mass production by the end of 2018.

3) Sleep Devices

The Dreamlight is a high-tech eye pillow designed to help you get more rest. The device uses soothing sounds, such as a rainforest, and special lights to improve your rest. The company also claims it can assist with jet lag and offer a "beauty facial."

The product will launch a crowd-funding campaign later this month. Other tech companies believe tech can promise more hours of sleep, too. Sleep Number showed off its smart bed, which collects hundreds of measurements per second, and the Nokia Sleep device -- which goes under a mattress -- analyzes what's disrupting your slumber.



Stepping On

Building Confidence, Reducing Falls

- *7-week workshop designed to teach exercises and strategies to help prevent you from falling
- *Led by a health professional and peer leader
- *Meet two hours a week for seven weeks
- *Local guest experts will provide information on exercise, vision, safety and medications

Upcoming Class Dates: **Thursday's from 1PM to 3PM. Pick one of the sessions below.**

April 19-May 31
June 21-August 2
August 30 - October 11

To register for the class, visit www.ransom.org/education and choose "Stepping On" from the drop down menu OR contact Stephanie Anderson (785-229-7317) or Cindy Casey (785-248-2924).



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CLASS CONTENTS INCLUDE:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate fall hazards from your home

IS THIS WORKSHOP FOR YOU?

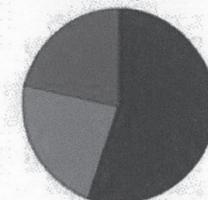
Stepping On is a program that has been researched and is proven to reduce falls in older people, specifically anyone who:

- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia

20% - 30% of people who fall suffer moderate to severe injuries. These injuries can make it difficult to move around or live an independent life.

One third of those 65 years or older fall each year.

Those who fall are two to three times more likely to fall again.



■ Inside the house
■ Outside, but near the house
■ Away from the house

HERE'S WHAT A WORKSHOP PARTICIPANT HAD TO SAY:

"When I'm walking I still think, 'lift your feet, walk heel-to-toe.' I have stopped falling outside! It has made me more aware of the way I walk."

Ransom Memorial Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-785-229-8411 (TTY: 1-800-766-3777).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-785-229-8411 (TTY: 1-800-766-3777).



14 Weeks To A Healthier You!

The Kansas Disability and Health Program are working with the National Center on Health and Physical Activity for People with Disabilities (NCHPAD) to offer Kansans with disabilities a free web-based physical activity and nutrition program.

What is the program?

- Designed for people with mobility limitations, chronic health conditions and physical disabilities.
- The goal is to help you get moving and making healthy nutrition choices.
- The duration of the program is 14 weeks.

How does it work?

- You register online for the program and tell us a little about yourself.
- We take your information and provide you with personalized resources and exercises that meet your individual needs over the course of 14 weeks.

- You receive new material each week that builds on the previous weeks.
- For best results, visit our website at least once a week.
- The University of Kansas will contact you to see what you thought of the 14 week program.



What do I get throughout the program?

- New personalized weekly exercises, recipes and nutrition tips.
- Motivational resources such as articles, tips, reminders and alerts.
- Features to help you track your activity and what you eat.
- Access to 14-week coaches.

If you or someone you know would like to try this program, just register online at www.nchpad.org/14weeks/?f=KS. For more information contact NCHPAD at 1-800-900-8086.

Easy RECIPES for Seniors



Poppy Seed Fruit Salad

Yield: 6 servings

Ingredients:

- 3 tablespoons orange-mango fat-free yogurt (such as Dannon)
- 3 tablespoons poppy seed salad dressing
- 2 cups halved strawberries
- 2 cups cubed pineapple
- 1 cup honeydew melon balls
- 1 cup cantaloupe balls
- 12 Boston lettuce leaves



Preparation:

1. Combine yogurt and salad dressing in a small bowl; stir well with a whisk.
2. Combine strawberries, pineapple, and melon balls in a large bowl, tossing gently.
3. Line each of 6 plates with 2 lettuce leaves; spoon 1 cup fruit mixture onto each plate.
4. Drizzle each salad with 1 tablespoon dressing. Serve immediately.

Oriental Sweet and Sour Vegetables

Yield: 6 servings

Ingredients:

- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 teaspoon light soy sauce
- 1/4 teaspoon ginger
- 1 cup pineapple or orange juice
- 1 tablespoon cornstarch (for thickness)
- 2 teaspoons oil
- 1 pound frozen stir-fry vegetables (bag)



Preparation:

1. Combine all ingredients except vegetables into bowl, mix and set aside.
2. Heat 2 teaspoons of oil in skillet and add frozen vegetables. Cook for 3-4 minutes or until vegetables are crisp-tender.
3. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil.
4. Serve immediately. This dish is great over pasta or brown rice.

Quick Black Bean Chili

Yield: 2 servings

Ingredients:

- 1 medium onion, chopped
- 2 cloves garlic, minced or pressed
- 2 cups or 1 15 oz can (BPA-free) black beans
- 1 15-oz can diced tomatoes
- 1 TBS chili powder
- 1/2 cup cilantro



Preparation:

1. Chop onions and mince or press garlic and let sit for at least 5 minutes to enhance their health-promoting properties.
2. Place all ingredients—except cilantro—in a pot, cover, and let simmer for about 20 minutes.
3. Top with cilantro and serve.

Upcoming Events

Osage County Resource Fair: 8am-1pm - April 26th @ (Osage City Senior Center, Osage City, KS)

Active Aging Expo: 8:45-4pm - May 2nd @ (First Baptist Church, Ottawa, KS)

Stepping On Fall Reduction Exercise Workshop: 1pm-3pm - April 19-May 31, 2018 @ (ECKAAA, Ottawa, KS)

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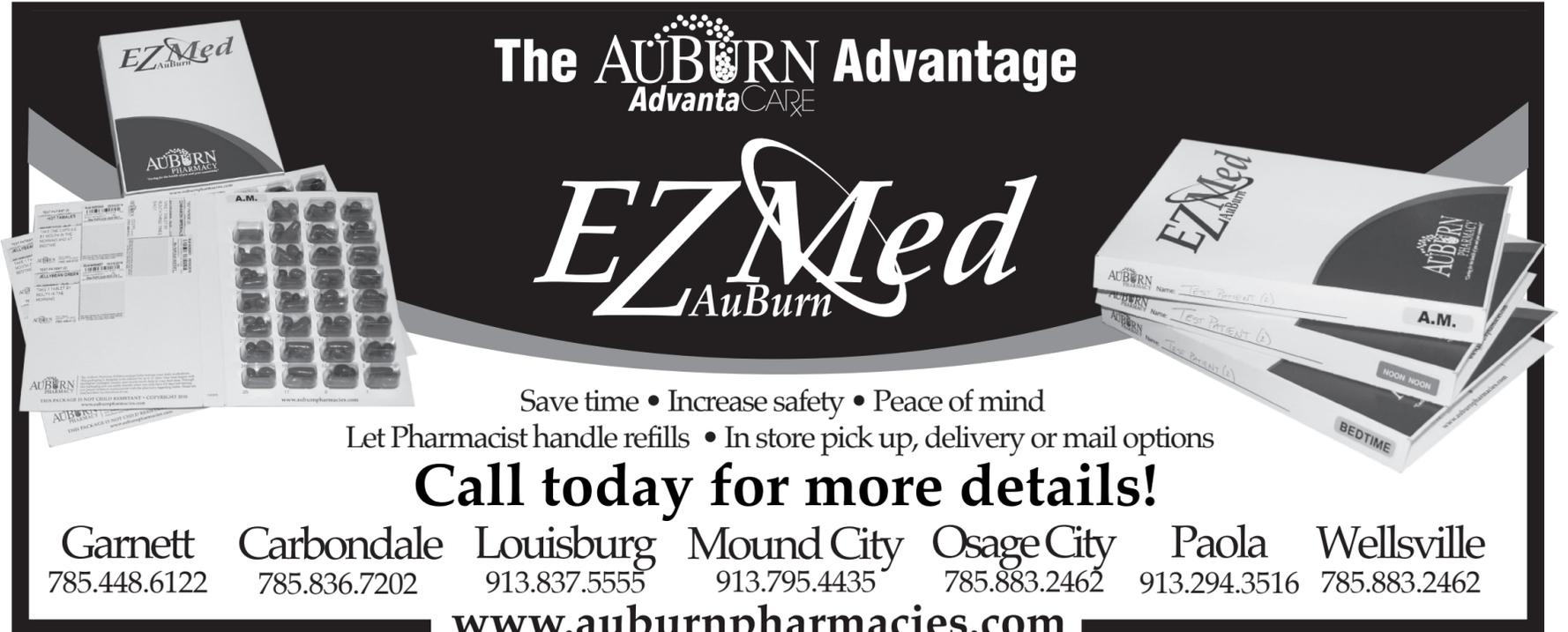
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— FROM THE EDITOR —

14 EXERCISES *for Seniors to Improve STRENGTH and BALANCE*

By *Jasmine Anderson*

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Falls are one of the leading causes of injury and death for senior citizens. However, you don't have to fall prey to slips and falls. By exercising, you can improve your balance and your strength, so you can stand tall and feel more confident when walking.

Read on to find 14 exercises seniors can do to improve their balance.

Exercise 1: Single Limb Stance

It's best to start off with a simple balance exercise for seniors. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.

The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.

Exercise 2: Walking Heel to Toe

Here's a completely free brain exercise for seniors: use your non-dominant hand to complete tasks you'd normally do with your dominant hand.

While it might sound like a recipe for disaster, using your non-dominant hand for everyday tasks such as brushing your teeth or eating builds new connections between your brain cells. Also, the more you use your non-dominant hand, the stronger it will get.

Exercise 3: Rock the Boat

Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.

Exercise 4: Clock Reach

You'll need a chair for this exercise.

Imagine that you are standing in the centre of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand.

Lift your right leg and extend your right arm so it's pointing to the number 12. Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time.

Repeat this exercise twice per side.

Exercise 5: Back Leg Raises

This strength training exercise for seniors makes your bottom and your lower back stronger.

Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg.

Exercise 6: Single Limb Stance with Arm

This balance exercise for seniors improves your physical coordination.

Stand with your feet together and arms at your side next to a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold that position for ten seconds. Repeat the same action on the right side.



Single Limb Stance with Arm

Exercise 7: Side Leg Raise

You'll need a chair for this exercise to improve balance.

Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise ten to 15 times per leg.

Exercise 8: Balancing Wand

This balance exercise for seniors can be performed while seated. You'll need a cane or some kind of stick. A broomstick works well for this – just remove the broom's head before you start.

Hold the bottom of the stick so that it's flat on the palm of your hand. The goal of this exercise is to keep the stick upright for as long as possible. Change hands so that you work on your balance skills on both sides of your body.

Exercise 9: Wall Pushups

As long as you've got a wall, you can do this strength training exercise for seniors.

Stand an arm's length in front of a wall that doesn't have any paintings, decorations, windows or doors. Lean forward slightly and put your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do twenty of these.

Exercise 10: Marching in Place

Marching is a great balance exercise for seniors. If you need to hold onto something, do this exercise in front of a counter.

Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times.

Exercise 11: Toe Lifts

This strength training exercise for seniors also improves balance. You'll need a chair or a counter.

Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.



Exercise 12: Shoulder Rolls

This is a simple exercise for seniors. You can do it seated or standing.

Rotate your shoulders gently up to the ceiling, then back and down. Next, do the same thing, but roll them forwards and then down.

Exercise 13: Hand and Finger Exercises

The following are exercises to improve flexibility. You don't need to stand for these.

In the first exercise, pretend there's a wall in front of you. Your fingers will climb the wall until they're above your head. While holding your arms above your head, wiggle your fingers for ten seconds. Then, walk them back down.

During the second exercise, touch your hands while they're behind your back. Reach for your left hand while your right hand is behind your back. Hold that position for ten seconds, then try with your other arm.

Exercise 14: Calf Stretches

These strength training exercises for seniors can be performed sitting or standing.

To do calf stretches while standing, find a wall with nothing on it. Stand facing the wall with your hands at eye level. Place your left leg behind your right leg. Keep your left heel on the floor and bend your right knee. Hold the stretch for 15 to 30 seconds. Repeat two to four times per leg.

If you want to stretch your calves while sitting, you'll need a towel. Sit on the floor with your legs straight. Put the towel around the soles of your right foot and hold both ends. Pull the towel towards you while keeping your knee straight and hold it for 15 to 30 seconds. Repeat the exercise two to four times per leg.

Before embarking on an exercise regimen, please consult your doctor. Falls don't have to be a fact of life – exercising can make you stronger and fitter. You don't need fancy equipment, either – just pull up a chair!

The Golden Years

Published by:
East Central Kansas Aging
and Disability Resource Center
Elizabeth Maxwell,
Executive Director
Jasmine Anderson, Editor

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