



Project Prayer Blankets

By: Deidra Casida

There are moments in your life when you come across someone special who shines a little light in your heart, and they let you in on something great. I love hearing about communities who give back to others. Right now, we are living in some uncertain times. The world is changing. I feel that things are getting better, life seems to be kind of back to normal for the most part, but we are not 100% there yet, I have faith we will get there soon. So, when I am told about others paying it forward, I must share in hopes that it instills positivity in someone's life. There are times when I feel the goodness is gone and hope is lost, and then I am told about good deeds and kind gestures. I realize that the goodness never went away, and I feel that it is God's way -shaking me back to reality and showing me that there is hope, I just have to remove my blinders to fully see it.

I recently visited with Sarah Beckman who attends the Mound City United Methodist Church (MCUMC). During our visit Sarah talked about her involvement with the church. She attends Bible Study every week. "We have a lot of laughs during that time, there is a lot of giggling." The way Sarah talks about going to church and her involvement brought a smile to my face. Have you ever watched the look on someone's face when they talk about something they were passionate about? The look on Sarah's face when she talked about her church brought so much joy to my heart. It really was an amazing feeling to listen to Sarah talk, then Sarah went on and mentioned something about a prayer blanket. My curiosity got the best of me, and I immediately became interested.

What is a prayer blanket? Who makes them? Where do they go? How did this come to be?

Sarah Beckman's relative had received a prayer blanket. Sarah had found this to be a great idea and during a church committee meeting in the Fall of 2012, Sarah shared the story about the prayer blanket, and the rest is history. The blankets are either store bought or

handmade. The blankets are draped over the pews in the church, the pastor goes to each blanket and anoints them with oil, then the congregation comes along and prays over the blankets. The blankets are filled with prayers. Whoever receives one of these blankets are wrapped with love, warmth, and prayer. Sarah talked to me about her niece who recently received a blanket, "She was going through chemo and radiation, and she told me she took that blanket with her everywhere! She just loved it!"

Sarah is not alone when it comes to this project. "Rhonda McGowin has done so much with this. She is bringing in blankets all of the time or mailing them off for us at the post office, her sewing machine does just about everything." I had the opportunity to speak with Rhonda. "We have sent blankets to individuals who are sick, troops, and even entire families who have gone through a tragic event. These blankets have been sent to various places across the United States and even overseas."

I learned that as of June 9th, 2021, 704 blankets have been given away. Each prayer blanket has a label sewn onto it that reads, "This blanket was anointed with oil and prayed over by the congregation of the Mound City United Methodist Church. It is our hope that as you are warmed by this blanket, you feel surrounded with prayer and love." Sarah concluded, "You can be surprised at how this touches people's hearts. They know it isn't the blanket, it's the prayers within the blanket." (see the photo on page 3)

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From the Editor...

Is COVID gone? Things are looking up.



Jodi Smith, Editor

Our office was open through the pandemic with restrictions. At one point we had to close our doors to the public like many other businesses. We have now opened and are cautiously optimistic that our lives are getting back to normal. Part of becoming "normal" will be offering in person programs. I have been focusing a lot of time on yoga and that will now become a program we offer. I completed a 200-hour teacher training and am now taking an online Yoga for Arthritis class. I truly believe yoga can be adapted for people of any age and ability. The basics of yoga, including the breathing, relaxation, stretching, and meditation all help you feel better, manage your pain, sleep better, and help you to continue to do the things you love to do.

In July, I will start an in-person classes for people with arthritis. If you or someone you know has arthritis and are interested, I have a questionnaire for you to fill out about your health and your arthritis diagnosis. This class will include a lot of props and modifications to make your yoga practice a good experience. Please feel free to call or email if you have any questions, or if you would like to sign up for the Yoga for Arthritis class. My email is jodis@eckaaa.org and the office phone is 785-242-7200.

Other agencies are also opening and finding their new "normal". One business is the Plaza Cinema in Ottawa and that means Classic Movie Monday is back. Classic Movie Monday is the last Monday of the month at 2PM. It is sponsored by Betty Birzer with Reece Nichols Real Estate, Rock Creek of Ottawa, Angels Care Home Health, and Ascend Hospice. Please don't forget to thank the sponsors for free admission to the movie, plus a free small drink and free small popcorn. This photo is from the May 2021 Movie Monday. Pictured are Courtney Taylor, Chris Lorman, Aislynn Bellinger, and Betty Birzer.



The July Classic Movie will be Yankee Doodle Dandy with James Cagney and the date is July 26th. The movie starts at 2PM.

In Miami County in August and September there will be 3 "Young at Heart Party in the Park" Events. See the flyer on this page for the locations, dates and times. These are being sponsored by the Miami County Council on Aging with the intent to get people out and back to the Senior centers in Miami County.

It really is great to be able to see your family and friends – so enjoy yourself , celebrate the summer and get out and do something you have missed doing in the last year.

Young at Heart Party in the Park
Presented by the Miami Council on Aging and the Senior Centers in Osawatomie, Louisburg and Paola.

Sunday, August 15th 2:00 - 4:00 pm
Memorial Hall - Osawatomie

Saturday, August 21st 10:00 am - Noon
Louisburg Senior Center

Sunday, September 12th 2:00 - 4:00 pm
Park Square - Paola

**Live Music
Vendors
Prizes**

For More Information Contact: Kathy Goul
K-State Research & Extension - 913-294-4306 or kgouleksu.edu

Save the Date

Alphapointe Low Vision Support Group

September 22, 2021

1PM in ECKAAA Conference room

20th Annual Benefit Trail Ride

For ECKAAA Meals on Wheels

October 2, 2021 – see flyer



From The Director – Leslea Rockers

With this edition of Golden Years, we start something new here at ECKAAA—recognizing staff on a quarterly basis. The mission of the agency could not happen without the employees and volunteers who work and help at ECKAAA. I believe as employees and volunteers our jobs are to serve the agency and to make sure that it succeeds and continues to thrive beyond our time with it. We are responsible now for making sure it goes forward for years to come.

That does not happen unless workers and volunteers are dedicated and accountable to their responsibilities and those we serve. I have chosen an employee and a volunteer who have both shown a passion for what they do and a dedication to the agency and people we serve.



Employee of the Quarter — Pam Noonan, Osage City Site Manager

Pam transitioned as an employee to ECKAAA in October of 2018 when the agency absorbed staff from the Mid-America Nutrition Program. She cares about every person who enters the meal site and works hard to make sure that they are taken care of in ways that go beyond a hot meal. She knows her participants and their stories and treats them like family. Recently Pam had a participant who was unsafe at home and being cut off from family not living nearby. When the participant reached out to Pam she jumped right in to find resources and assistance for the person to get her to a safe environment. She went above what was necessary as a site manager to help someone in need. It started with a request for a meal. Thankfully, Pam made sure it ended with a safe and nurturing living environment. We appreciate everything she does as an employee of the agency and as a representative of what we strive to do; serve others. Congratulations Pam!



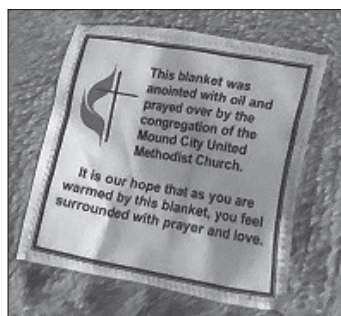
Volunteer of the Quarter — Jan Lee

Jan has been a volunteer for the agency for about three (3) years. She comes in a few days a month to help track meals for the 24 nutrition sites. As a volunteer for the agency, she provides a great service that requires an attention to detail and pride in accuracy. Without the assistance of Jan our data entry for the nutrition program would take a lot more time and be a lot less accurate. She double checks the monthly meal count by day for each site and helps to ensure that the meals are counted accurately for payment. She can tell you how many hot, frozen, congregate and home delivered meals are served at every site! Volunteers provide an invaluable service to this agency and the programs we provide—we simply could not function without them. We appreciate the time they give up helping us and the skill set they bring to the tasks that make our jobs easier. Jan is a volunteer who is knowledgeable and dedicated. She is an example for all volunteers. Congratulations Jan!

Project Prayer Blankets *(continued)*

Anyone can help with project prayer blanket!! The Mound City United Methodist Church accepts all blanket donations. Monetary donations are accepted as well, this helps with the purchase of more blankets or to cover the cost of postage.

Also, I am looking for more inspirational stories. If you know someone who is doing good things within your community, feel free to contact me at the East Central Kansas Agency on Aging at 785-242-7200.



Here is Pastor Israel Kamudzandu of the Mound City United Methodist Church anointing the blankets with oil.



It Takes A Village

from Amber Vogeler, CDDO Coordinator

The COVID-19 pandemic has disproportionately affected many who have historically faced significant barriers to employment, including people with disabilities, compounding the economic hardships many with disabilities faced before the pandemic. Traditionally, people with disabilities face persistently lower rates of employment and earn significantly lower wages compared to their peers without disabilities. According to the Census Bureau, from March to April 2020, the number of employed working-age people with disabilities fell by 20 percent, while the number of employed working-age people without disabilities decreased by 14 percent.

On January 21, 2021, President Biden signed an executive order on Ensuring an Equitable Pandemic Response and Recovery, which includes explicit consideration of the needs of people with disabilities. The plan is to increase funding for access to computers, broadband, assistive technology, and accommodations for remote communications, and increasing funding for the Assistive Technology program. This commitment poses an opportunity for broader policy discussions around issues and indicates likely support for action at the state level.

So, what is being done to help? Let us talk about it. In New Jersey, the Governor, Phil Murphy, engaged a broad range of stakeholders to develop an upgraded digital coaching

service. The coaching service provides day to day job search strategies and virtual practice of job search techniques. It also connects job seekers to support services. In Connecticut, The Department of Aging and Disability Services serves individuals in coordination with American Job Centers. They have transitioned in-person supports to online workshops and virtual conference meetings, while also creating online job fairs. Ohio prioritized people with intellectual developmental disabilities in their COVID-19 vaccination plan. Michigan's legislature enacted a bill that introduced a workforce development board to establish a person-to-person apprenticeship for women, minorities, and individuals with disabilities. The bill will help to diversify the workforce by creating high-quality training opportunities.

There are so many more states that are adapting to the new day of technology while including the disabled population. The underserved are being watched and have made huge gains. It is sad to see that a pandemic had to occur for all the progress to happen, but I do see that more people are taking notice and trying to help growth and development. In order to achieve an equitable recovery from the impacts of COVID-19, states need to ensure the needs of people with disabilities are deliberately considered in their economic and workforce recovery place. It takes a village to make a strong community-based program successful but, it only takes one person to make a change.

Health and Wellness: How can you find purpose in life after retirement?

Earlier in your life, you were likely deeply committed to building your career. And you may also have been busy with a range of other activities involving social connections. But once you've retired, where will you find your sense of purpose?

This issue is of real concern to many. In fact, 31% of new retirees – those who have been retired for less than five years – say they have struggled to find purpose in their retirement, according to the Edward Jones/Age Wave *Four Pillars of the New Retirement* study.

But as long as you are **financially prepared for retirement**, you're free to explore any number of areas that can contribute to fulfillment and joy at this stage of your life. In deciding what's next for you, ask yourself some questions: What's important? What do I value? What would I like to do that I haven't done?

Here are some possibilities:

- **Work** – You may have retired from one career, but that doesn't mean you can't ever work again, whether you need the money or not. Perhaps you can work part time or do some consulting in an area that interests you.

- **Pursue your hobbies** – Now is your chance to devote more time to those activities you enjoy or would like to try for the first time: golf, pickleball, boating, writing, painting, woodworking – the list is almost limitless.
- **Volunteer** – You've accumulated a wealth of knowledge and experience – why not share it with others by volunteering at those charitable or nonprofit groups you support?
- **Continue your education** – Have you ever wanted to learn more about science, literature, history or the arts? Or even take up a new musical instrument? You can find a world of opportunities at your local college, university or continuing education center.

While these activities differ in many ways, most of them share two things in common. First, they give you a chance to create some of the same types of social connections you enjoyed when you were working full time. Second, they can give you reasons to be excited about your future – and when you're driven by a sense of purpose, that future can be a bright one.



Money Matter\$

Ryan Henningsen

Financial Advisor

Edward Jones

www.edwardjones.com

Am I emotionally ready to retire?

When it comes to the right retirement age, there is no right answer. The traditional retirement age of 65 may not be feasible – or desirable – for you. But what really matters is if you are financially and emotionally ready to stop working.

We think it's important to invest some time now to prepare for this change, so we recommend involving your spouse and other family members in the conversation. Openly discussing your vision can help ensure a successful adjustment to your new life. And even though there's a lot to think about, your financial advisor can help you better prepare for the financial impact of not working full time – whenever that may be.

Explore these five important questions

Thinking about your answers to the following questions can help bring your vision to life:

1. What does the word “retirement” mean to you?

The idea of a traditional retirement doesn't fit many of our ideal notions anymore of how we may want to spend our future. You may want to travel, volunteer or spend more time with your family. You could also be ready to spend more time enjoying a hobby or even start a new career. Having a plan of what will make you happy during the next phase of life can help you start to envision what your days may look like.

2. How will leaving the workforce make you feel?

You've probably worked most of your adult life. Making the switch can be a big adjustment. It's normal to be excited yet have some doubts. You don't have somewhere to go every day. Are you OK with that? Do you have other things you want to do?

Money is only part of the picture. Make sure you've thought through how you actually feel about retiring.

3. What's the first thing you want to do when you retire?

Write down the first three, five or 10 things you want to do – and don't expect to achieve them all in the first week. Remember, you'll have plenty of years to fill with the things you want to do.

4. If you have a spouse or partner, is he or she on board?

Does your spouse or partner want to retire when you do? If so, what's your health insurance situation? Is working part time or volunteering an option or desire for you? If you want to travel, does your partner? Talk to your partner about his or her ideas about retirement. If you have different visions, discuss them and find some common ground. By talking now, you can work together to make the best of retirement for both of you.

5. If you have children, how do they feel?

Talk to your children about their – and your – expectations. For example, do they expect you to offer child care or other favors after you are no longer working full time? If necessary, decide on ground rules and boundaries ahead of time. This can help prevent uncomfortable conversations down the road.

It's OK to be a little concerned about making the right choices about retirement – these are big decisions. Working with your financial advisor can help address some of these worries and make you feel more confident about your path forward.

Caregiver's Corner



Shannon Ocsody
Caregiver Coordinator

Hello!!! It has been a long haul, hasn't it? With Covid and isolation it must have been so difficult. I am thrilled to announce that all 6 counties will have their support groups up and running in July. Below you will see Caregiver Support Groups and location.

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, 1-2:30PM
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

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

Osage County Support Group

2nd Wednesday at 5PM
Osage City Library
515 Main St., Osage City, KS
Sharon Birtell, LSCSW

'Hope'

Emily Dickinson

Hope is the thing with feathers
That perches in the soul-
And sings the tune without the words
And never stops-at all...

Please know that we continue to be there for you. With any questions about caregiving or a listening ear, please call Shannon at 785-242-7200.

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

Home Town Health Care Home Health & Hospice Lyndon, KS 785-310-0000

Home Town Health Care has a company-wide patient first policy to provide dignity, comfort and compassion to those we serve.

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Silver Haired Legislator Needed for Osage County and Franklin County

What is the Kansas Silver Haired Legislature?

The Kansas Silver Haired Legislature (SHL) is a unicameral legislature composed of 125 representatives. All are over 60 and are elected from their county residence. Wyandotte, Johnson, Shawnee and Sedgwick counties have 5 additional delegates. The legislature provides an educational experience in the political process and provides an opportunity to identify priority concerns of Kansas senior citizens. The SHL develops bills and resolutions which are presented to the Kansas Legislature and the Governor as recommendations for state policy.

What is the Purpose of Silver Haired Legislature?

- **To Educate** - Participation provides experience in the political process
- **To Inform** - Actions of the SHL inform the public and the Kansas Legislature on concerns of the elderly
- **To Involve** - The SHL provides over 412,000 seniors a way to become involved

How is the Silver Haired Legislature Funded?

The SHL is funded by donations and volunteer help. Contributions are tax deductible and may be made payable to the "SHL Treasurer" and sent to the treasurer or to an Area Agency on Aging.

Who may become a Silver Haired Legislator?

Any Kansan aged 60 and over who is a registered voter may file for candidacy. The term of office is two years and members may be re-elected for three successive terms.

How are Silver Haired Legislators Elected?

Silver Haired Legislator elections are conducted by the Area Agencies on Aging across the state every two years. Candidate registration forms, petitions and filing instructions are available from any Area Agency on Aging.

What are the responsibilities of a Silver Haired Legislator?

- Advocate for legislation introduced by the SHL
- Testify at hearings on SHL legislation
- Meet with seniors in their county/district on SHL legislation affecting the elderly
- Attend scheduled SHL meetings and SHL annual session

How to get involved?

Call East Central Kansas Area Agency on Aging at 785-242-7200.

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117 South Main - Ottawa, KS 66067 (785) 242-7200 or (800) 633-5621 www.eckaaa.org

NEWS *from* Kansas Legal Services



Not Even COVID-19 Slows Down Kansas Legal Services

by Thomas L. Lasley
Attorney for Kansas Legal Services, Inc.

For those of you who might have been reluctant to schedule an appointment with Kansas Legal Services (KLS) during the pandemic, fear no more! KLS never ceased doing its site visits at the Area Agency on Aging (AAA) in Ottawa, except for the brief time the Ottawa office was closed during the summer of 2020. Once the Ottawa AAA office reopened in October 2020, KLS resumed its monthly site visits there and has been going strong ever since, always keeping very safe protocols by requiring everyone to wear masks. Now that COVID has dramatically lessened, it is my understanding that the protocols have changed at the Ottawa AAA office. Its preference is that everyone wears a mask, **but that is not required if you are fully vaccinated. (No proof of vaccination will be required, just your honest assurance.)** You should also know that I, as the attorney who conducts the KLS site visits in Ottawa, am fully vaccinated. If you are fully vaccinated too, we can have a normal conversation, mask free, just like the good old days. However, if you are not vaccinated, I am requiring that you wear a mask during our meeting, and I will be wearing a mask as well.

As we approach more normal times and put COVID behind us, this would be a good time to remind our aging population what Kansas Legal Services, Inc. is all about, and what it can do for seniors through its Area Agency on Aging Program (AAA), in participation with the East Central Kansas Area Agency on Aging (ECKAAA) located in Ottawa, Kansas at 117 S. Main Street.

Kansas Legal Services (KLS) is a statewide, non-profit law firm. Through its AAA Program, KLS is devoted to helping seniors, 60 years old and above, to meet their basic needs by providing various types of important, free legal services. KLS strives to erase the causes of poverty and mitigate its effects by helping people achieve and maintain self-sufficiency. Over the past several years, KLS has served nearly 20,000 persons annually in all 105 Kansas counties through eleven legal services offices and two mediation offices across the state. The KLS law office that services the ECKAAA/Ottawa area is located at 400 State Ave., Suite 1015, Kansas City, Kansas 66101 (913-621-0200). The state-wide KLS headquarters is located in Topeka. More detailed information about KLS and its services can be obtained by visiting the KLS website at www.kansaslegalservices.org.

Because KLS is a non-profit law firm, providing free legal services to those who properly qualify, means it can only exist

through the regular receipt of Federal, State and Private Grants, along with private donations. Most of these grants come to KLS through a national organization called Legal Services Corporation (LSC), which acts as the umbrella organization for most Legal Aid and Legal Services Societies throughout the entire United States. LSC funds, guides and directs KLS in its community work through important programs like the Area Agency on Aging Program (AAA). Under the AAA Program, KLS works in conjunction with the East Central Kansas Area Agency on Aging (ECKAAA) by providing legal advice and services at no cost for Senior Citizens who are: (1) 60 years of age and older, (2) Kansas residents and (3) U.S. Citizens or legal permanent residents. These are the only qualifying factors for Senior Citizens to receive free legal services from KLS. There is no income test nor any asset test to qualify. However, it is important to note that KLS services are subject to availability of funding, and priority is given to the most vulnerable elderly population that is in the greatest social and economic need.

For convenience purposes to the elderly, KLS makes monthly site visits to the Ottawa ECKAAA. On the first Tuesday of each month an attorney or paralegal from KLS comes to the East Central Kansas Area Agency on Aging (ECKAAA) in Ottawa, from 9:00 a.m. to 4:00 p.m., to meet with qualifying seniors for 45 minutes each, to discuss with them their legal concerns, including, but not necessarily limited to, the following areas:

1. Estate planning advice and how best to avoid probate, including a discussion of and preparation of simple estate planning documents, such as: A Last Will & Testament, A Living Will, A Durable Power of Attorney for Healthcare and Financial Purposes, and a Transfer on Death Deed. If documents are prepared, then through a separate follow-up appointment the documents can be signed in the presence of a KLS attorney or paralegal, all done at the ECKAAA offices in Ottawa.
2. General legal advice regarding the following issues: Adult Abuse, Healthcare, Social Security, Medicare, Medicaid, Collections, Guardianships & Conservatorships, Landlord/Tenant, Simple Real Estate Matters, Bankruptcies, IRS issues and State Tax Debts.

The easiest way for a qualifying ECKAAA senior citizen to take advantage of the free services provided by KLS is to call the ECKAAA offices at 785-242-7200 and set an appointment for a KLS meeting. These meetings fill up quickly and are often totally booked months in advance. The sooner an appointment is scheduled, the better chance one will have in being able to meet with a KLS attorney or paralegal. It is important that you do not simply walk in expecting or hoping to get a meeting. **Appointments are required.**

What Is Identity Theft?

Identity theft occurs when a person uses your personal information, such as Social Security number and date of birth, with the intent to commit fraud or to aid an unlawful activity. Once personal information is obtained, the person may open new credit card accounts in your name, open bank accounts in your name to write bad checks or take out a loan in your name. Federal law provides a \$50 liability limit for the fraudulent use of credit cards. Because of this, most identity theft victims never incur a high amount of direct monetary losses. However, restoring credit and correcting the information is a slow and time-consuming process. Identity theft insurance is one way to help consumers cope.

What can you do to prevent Identity Theft?

Taking steps to protect your identity is important. Here are some suggestions:

- Avoid carrying your Social Security number and driver's license number together in your wallet.
- Shred pre-approved credit card offers and bills before disposing of them.
- Avoid putting outgoing mail in your home mailbox – place it in a U.S. Postal service mailbox.
- Be careful using credit cards online. Some consumers have a card they use only for online purchases.
- Check your credit report on a regular basis. If you see unusual activity, you can investigate promptly by contacting the three credit bureaus:

Equifax – www.equifax.com (1-800-525-6285);

Experian – www.experian.com (1-888-397-3742); and

TransUnion – www.transunion.com (1-800-680-7289).

Can You Insure Against Identity Theft?

If you are a victim of identity theft, it can be very costly to reestablish your credit and identity. Several companies are now offering identity theft insurance, which generally costs between \$25 and \$60 per year. Identity theft insurance cannot protect you from becoming a victim of identity theft and does not cover direct monetary losses incurred as result of identity theft. Instead, identity theft insurance provides coverage for the cost of reclaiming your financial identity, such as the costs of making phone calls, making copies, mailing documents, taking time off from work without pay (lost wages) and hiring an attorney.

Things To Consider

- Find out what the policy limits are. Most identity theft insurance policies have policy limits of \$10,000 – \$15,000.

- Find out if there is a deductible. Some policies require you to pay the first \$100 – \$500 of costs incurred for reclaiming your financial identity.
- Remember, identity theft insurance does not cover direct monetary losses.
- If the policy covers lost wages, verify what limits apply and what is required to trigger this coverage. If you are a salaried employee or are required to request vacation time in the event of a work absence associated with reclaiming your financial identity, you may not have unpaid leave and lost wages.
- If the policy covers legal fees, verify what limits apply and if legal work needs to be pre-approved by the insurer.

Before You Buy

Check to see if your current homeowner insurer includes identity theft insurance as part of your homeowner's insurance. If not, you may be able to add identity theft insurance to your homeowner's policy for a small fee or purchase a stand-alone policy from another insurer, bank or credit card company.

As with any insurance product, make sure you understand what you are purchasing and compare the product's price, coverage and deductibles among multiple insurers.

For More Information on Identity Theft

For ideas and suggestions on how to minimize the risk of identity theft, or what to do if you become a victim, please visit the Federal Trade Commission Website at <https://www.consumer.gov/>.

The information on this page is from the National Association of Insurance Commissioners (NAIC), a voluntary organization of the chief insurance regulatory officials of the 50 states, the District of Columbia and five U.S. territories. The overriding objectives of state regulators are to protect consumers and help maintain the financial stability of the insurance industry.

Insurance fraud is one of the most costly white-collar crimes in America, second only to tax evasion. It affects every citizen of our state in an immediate and substantial way.

Insurance fraud is estimated to cost \$100 billion. In both instances, the crimes translate into higher costs for everyone. Insurance researchers estimate that every U.S. household pays \$200 to \$300 a year in higher premiums in order to offset fraudulent claims.

Source-Kansas Insurance Department, June 2021

NEWS

from ECKAAA Nutrition Program

Sarah Jane Russell, Nutrition Site Coordinator

The nutrition program has quite a few new faces. New staff at the kitchen include van drivers; Celia Paulin, covering Franklin County, Charlie Mages, covering Coffey County, and Darrin Hill, covering Osage County. New staff in the kitchen include assistant Dana Annis, program coordinator Willie Brown and consultant Paris Long. New site managers including Dorothy Cameron, Colony, Kathy Arnold, Ottawa (Mon, Wed, and Fri), and Kristi Jennings, Burlington.



Celia Paulin



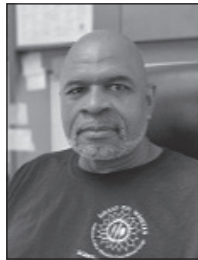
Charlie Mages



Darrin Hill



Dana Annis



Willie Brown



Paris Long



Dorothy Cameron



Kathy Arnold



Kristi Jennings

Meals on Wheels has plenty of volunteer opportunities. Volunteering an hour or two a day can make a difference in on person's life. The program is also looking for site managers in Wellsville, Williamsburg, and Paola. Please call the office at 785-242-7200 if you are interested.

Don't forget our annual fundraiser - this is the 20th Annual Benefit Trail Ride for the Meals on Wheels Program – see the flyer on this page and if you would like to be a sponsor or donate a raffle prize for the event please call Jodi at 785-242-7200.

NEW Date: October 2, 2021
"RAIN OR SHINE"

Registration time: 8 a.m.

Ride leaves promptly: 10 a.m.

Where: Cedar Park at Pomona Lake, Kansas

Registration Donation: \$25 (Lunch and 1 ticket for saddle drawing provided)

Reservations for lunch count appreciated call 785-242-7200 or 800-633-5621

Trail and Camping information call Blackhawk Horse Camp 785-806-3121

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Come and join the fun!

All proceeds benefit ECKAAA Nutrition Program, Inc. 501(c)(3)



Faith Sage New Community Programs Coordinator

Hello! I am the new Community Programs Coordinator here at ECKAAA, my name is Faith Sage and I live in Richmond, KS. I have been married to my husband, Chad for 9 years. Together we have 4 amazing children, and we enjoy traveling, camping, fishing and sports. When I am not supporting our kids in their various activities and hobbies, I enjoy reading, crafting and being outdoors. We are a very busy family, and I would not have it any other way! I am excited for my new role here at the agency and look forward to getting to know and help you


News from Kansas Legal Services *(continued)*

The ECKAAA Ottawa offices serve an area of residents that includes Anderson, Coffey, Franklin, Linn, Miami and Osage Counties. Before any advice is given at any of these meetings, the senior citizen is asked to complete a KLS application, with the assistance of the KLS adviser.

A senior citizen can also apply for legal assistance either by phone (1-800-723-6953) at the KLS Central Intake office, or by completing a KLS Application Online that can be found on the KLS website shown above. If all of the appointment spaces are taken at the ECKAAA, an applicant can always call the KLS offices in Kansas City, Kansas, for a private appointment.

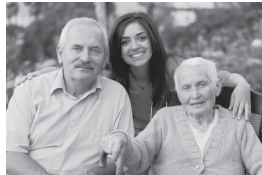
As always, KLS looks forward to working with our Kansas Senior Citizens, especially those located in the ECKAAA service area. KLS feels it provides a very valuable free service to the community. If anyone is in need of these AAA services, we urge you to apply as soon as possible.

(The author, Thomas L. Lasley, is an attorney for Kansas Legal Services, licensed in both Kansas and Missouri, with over 40 years of experience in the areas of Elder Law and Estate Planning.)



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www.faithkc.com

**Medicare Part D – 2021-2022 Comparison
Part D Benefit Parameters**

Full Subsidy – Full Benefit Dual Eligible (FBDE) Individuals (category code 3)	2021	2022
Deductible	\$0.00	\$0.00
Copayments for Institutionalized Beneficiaries	\$0.00	\$0.00
Copayments for Beneficiaries Receiving Home and Community-Based Services	\$0.00	\$0.00
Maximum Copayments for Non-Institutionalized Beneficiaries		
Up to or at 100% FPL (category code 2)		
Generic/Preferred Multi-Source Drug/Biosimilar	\$1.30	\$1.35
Other	\$4.00	\$4.00
Above Out-of-Pocket Threshold	\$0.00	\$0.00
Over 100% FPL (category code 1)		
Generic/Preferred Multi-Source Drug/Biosimilar	\$3.70	\$3.95
Other	\$9.20	\$9.85
Above Out-of-Pocket Threshold	\$0.00	\$0.00

Medicare Part D – 2021-2022 Comparison

Part D Benefit Parameters	2021	2022
Standard Benefit		
Deductible	\$445	\$480
Initial Coverage Limit	\$4,130	\$4,430
Out-of-Pocket Threshold	\$6,550	\$7,050
Total Covered Part D Spending at Out-of-Pocket Threshold for Non-Applicable Beneficiaries	\$9,313.75	\$10,012.50
Estimated Total Covered Part D Spending for Applicable Beneficiaries	\$10,048.39	\$10,690.20
Minimum Cost-Sharing in Catastrophic Coverage Portion of the Benefit		
Generic/Preferred Multi-Source Drug	\$3.70	\$3.95
Other	\$9.20	\$9.85

Applicable beneficiaries are those eligible for the coverage gap discount. Individuals eligible for an income-related subsidy are not eligible for the coverage gap discount.



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RCIL Friends Group Updates!

RCIL is excited to resume Friends group meetings in person again! We will also continue to have the online Friends group meetings as well. RCIL Friends are groups of individuals who all experience disability and meet monthly to address disability needs and issues in the community. They also share information about disability related topics such as health and wellness, safety, transportation, and direct support worker concerns. The groups also use their time together to do crafts or other recreational activities.

Come and join us at one of the RCIL Friends group meetings listed below. We hope to see you in person or online!

Online RCIL Friends Group

- When: 3rd Tuesday of the month
- Where: Zoom
- Time: 2:00pm – 3:00pm

Osage City RCIL Friends Group

- When: 4th Wednesday of the month
- Where: Park Place Apartments
- Address: 207 S. 6th St. Osage City, KS 66523
- Time: 1:00 – 3:00pm

We also have RCIL Friends group meetings in El Dorado and Eureka. For more information about RCIL Friends Groups, contact RCIL at 785-528-3105.



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Getting Ready for Canning Season

Chelsea Richmond, *Frontier Extension District - Family and Consumer Sciences Agent - Nutrition, Food Safety, and Health*

Before long, many will be enjoying fresh tomatoes, cucumbers, and other produce from their summer gardens. If you are planning on canning your garden produce to enjoy later in the year, now is a good time to check your equipment and supplies.

For some, this may mean purchasing a new canner. When purchasing a new canner, the first thing to consider is the type of cooktop you have on your stove. Most canners will work on a gas stove or coil-type stove. The new, smooth cooktop stoves, however, can create some challenges with some canners.

For example, some smooth top stoves have an automatic shutoff if they get too hot. And, this could lead to food not being heated or preserved properly.

The other thing to consider is the amount of weight that is put onto the stove top. Canners can be heavy and when you add water and full jars of food, the weight increases. You could end up cracking the stove top with the added weight and heat.

If you are planning to purchase a new canner, make sure to check your stove's manufacturer's recommendations for canner use, especially if you have a smooth stove top.

There are some canners that are not recommended for use on a smooth stove top. These include canners with a bumpy bottom, such as the old Granite-Ware canners that are speckled blue or the black enamel canners. These do not allow for maximum heat contact from the burner and it can take a long time to heat up water inside of the canner.

It is recommended to look for a canner with a flat bottom, such as the stainless steel water bath canner that is sold by the Ball company. Presto is another company that says their product can be used on a smooth top stove.

If you do end up purchasing a canner for your smooth top stove, make sure the burner you will be using for canning is as large as possible. The bottom of the canner should not extend beyond the burner more than one inch in order to get the maximum heat transfer from the burner into the canner.

Some other tips to consider as you get ready for canning season include:

- *Check your canning supplies and make sure jars are not scratched or chipped and the rims of the jars are not damaged as this could lead to jars breaking inside of your canner.
- *Clean your canning jars by washing them in hot water with detergent and rinsing them well by hand. You can also wash them in the dishwasher. If you have scale or hard-water film on your jars, you can remove it by soaking the jars in a solution of 1 cup vinegar (5 percent acidity) per gallon of water prior to washing.
- *Check to make sure you have enough lids and flats on hand as lids for canning jars should only be used once. Look over the lids and check for any defects and make sure the entire seal is present. Rings can be reused, but if they are rusty, they should be replaced.
- *Make sure to check the rubber gaskets and valves of your canner. Gaskets and safety plugs should be flexible and soft, not brittle, sticky, or cracked. And, make sure the safety valves are clean and open easily.
- *And, finally, if your pressure canner uses a dial gauge, you will want to get it checked for accuracy. It is recommended to have dial gauges checked on a yearly basis. You can contact your local extension office to have your dial gauge tested free of charge. Local extension offices can test Presto, National, Magic Seal, and Maid of Honor dial gauges.

The COVID-19 pandemic hit the supply chain hard for many products, including canning supplies. Even though it has taken some time, continue to be patient and avoid panic buying as these supplies are coming back on the market. According to Newell Brands, who are the makers of Ball and Kerr products, they have increased their production to replenish stock as quickly as possible.

If you have additional canning questions, you are welcome to contact your local extension office for up-to-date information as well as for canning recipes.





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The Golden Years

Published by:

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Leslea Rockers, Executive Director

Jodi Smith, Editor

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