

The Golden Years

WINTER 2020

PUBLICATION OF EAST CENTRAL KANSAS AREA AGENCY ON AGING

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

Feeling Younger Could Help You Live Longer

How old you feel may be more important than your actual age

by Rachel Nania, AARP, October 29, 2019

It's not uncommon for Paula Lester's jaw to drop when she spots a patient's age on the chart. The New York-based geriatrician treats plenty of people in their 90s who could easily pass for 70. She also has patients in their 70s who say they feel decades older.

When it comes to age, Lester says, "It really is just a number. It's about how you feel."

The notion of how old you feel versus how old you really are has been attracting more attention from researchers and medical professionals. Recent studies have linked subjective age — the age that you feel — to a range of health outcomes, including depression, dementia and longevity. The findings:

The younger you feel, the better off you may be. Adults who feel younger report fewer chronic conditions than those who feel older. They also take fewer medications, visit the doctor less often and are more likely to maintain a normal weight, according to data collected from a large national study on health and well-being led by the University of Wisconsin.

Biology may be at play when it comes to the association between feeling younger and living longer. Researchers recently identified more favorable biomarkers associated with liver and kidney function in adults 55 and older who reported feeling younger than their chronological age, compared to those who felt their age or older. This finding could help explain the lower prevalence of age-related disease among more youthful-minded adults, says pathologist Bharat Thyagarajan, the study's lead author and an associate professor of laboratory medicine and pathology at the University of Minnesota.

For expert tips to help feel your best, get AARP's monthly Health newsletter.

Find what makes you feel young

Asking patients how old they feel isn't common medical practice yet. But Thyagarajan said it is a "fairly easy" thing to include during a routine doctor's visit, and doing so could help identify patients at higher risk for age-related diseases so they can be screened more intensively.

One problem with posing the question, however, is that most physicians aren't equipped to "help guide people to feel the best they can," says Lester, who practices at NYU Winthrop Hospital and is a clinical associate professor of medicine at NYU Langone Health.



It's not as easy as telling patients who identify with an older subjective age to "think young," Lester says, especially if that patient is dealing with a debilitating condition. Instead, she encourages adults who feel their age or older to "think about what's important to them" and to do what makes them feel young.

"Some people might feel younger if they go for a walk outside, or, if they can't walk, if someone takes them in a wheelchair outside," Lester says. "Someone might feel younger if they play a card game or an activity that they did when they were younger.... It's a matter of finding what they enjoy, and if they have to adapt it, figure out a way to adapt it."

Lester also advises her patients, who range from 65 to 105, to prioritize their days, recognizing that long to-do lists may be harder to tackle, and that setting unattainable goals can lead to discouragement.

"You start every day with a bucket of energy, and you have to decide how you want to use that bucket," Lester says. "Do you want to use it washing the floor and vacuuming? Or do you want to use it talking to a friend or going to play bingo or going to the movies — whatever it is."

And be sure to take assistance where you need it. A walker might make your morning stroll goals a reality; a hearing aid could improve quality time with friends and family — both of which could help you feel younger. When patients resist these devices, Lester reminds them: "It's better to use a little bit of help to be able to do things and enjoy things. And sometimes you need a little bit of help to avoid a lot of help."

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Masthead photo was designed by Jodi Smith, Editor of Golden Years.

Increase in Developmental Disabilities Among Children in the United States

Pediatrics has published a new study that describes how often developmental disabilities were diagnosed among children in the United States, and trends over time. In this study, scientists from the Centers for Disease Control and Prevention (CDC) and the Health Resources and Services Administration (HRSA) found that 17% of children aged 3–17 years had a developmental disability, and importantly, that this percentage increased over the two time periods compared, 2009–2011 and 2015–2017; increases were also seen for specific developmental disabilities in the same age group. Public health officials and healthcare providers can use these findings to better understand the trends associated with the diagnosis of developmental disabilities and to plan for medical, educational, and social services to support children and their families.

Main Findings:

During the study period (2009–2017)

- About 1 in 6 (17%) children aged 3–17 years were diagnosed with a developmental disability, as reported by parents;
- In the study population, some groups of children were more likely to have been diagnosed with a developmental disability than others, such as:
 - o Boys compared to girls;
 - o Non-Hispanic white and non-Hispanic black children compared to Hispanic children or non-Hispanic children of other races;
 - o Children living in rural areas compared to children living in urban areas; and
 - o Children with public health insurance compared to uninsured children and children with private insurance.
 - o The percentage of children aged 3–17 years diagnosed with a developmental disability increased—from 16.2% in 2009–2011 to 17.8% in 2015–2017.
 - o Specifically, diagnoses increased for attention-deficit/hyperactivity disorder (ADHD) (8.5% to 9.5%), autism spectrum disorder (ASD) (1.1% to 2.5%), and intellectual disabilities (ID) (0.9% to 1.2%).

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*The reasons for these increases were not examined in the current study, but previous research has found improved awareness, screening, diagnosis, and service accessibility may contribute to the increases seen.

About the Study:

For this study, researchers examined data from the National Health Interview Survey (NHIS), one of the largest in-person household health surveys in the United States. Parent-reported data from 88,530 children aged 3–17 years were included in the study.

Parents were asked whether a doctor or other healthcare provider ever told them their child had any of the following developmental disabilities:

- Attention-deficit/hyperactivity disorder
- Autism spectrum disorder
- Blindness
- Cerebral palsy
- Moderate-to-profound hearing loss
- Learning disability
- Intellectual disability
- Seizure in the past 12 months
- Stuttering or stammering in the past 12 months
- Any other developmental delay

If a parent answered “yes” to their child having at least one of these, their child was considered to have a developmental disability. For the study period (2009–2017), this study describes how often developmental disabilities were diagnosed among children in the United States, and trends over time. It also describes how often specific developmental disabilities were diagnosed among these children. The authors also looked at the data according to sex, age, race and ethnicity, health insurance coverage, birthweight, maternal education, federal poverty level, and urbanicity of residence.

Zablotsky B, Black LI, Maenner MJ, Schieve LA, Danielson ML, Bitsko RH, Blumberg SJ, Kogan MD, Boyle CA. Prevalence and Trends of Developmental Disabilities among Children in the US: 2009–2017. *Pediatrics*. 2019; 144(4):e20190811.

Retrieved from <https://www.cdc.gov/ncbddd/developmentaldisabilities/features/increase-in-developmental-disabilities.html>

Save the Dates for these Upcoming Events

Low Vision Support Group ECKAAA Office at 1:30PM

January 22, March 25, and May 27.

Active Aging Expo in Garnett, KS May 7, 2020

Osage County Resource Fair
Tentative Date: April 17, 2020

19th Annual Benefit Trail Ride
for ECKAAA Meals on Wheels at Blackhawk Horse
Camp, Osage County, KS, April 4, 2020

Silver Haired Legislators 2019-21

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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.

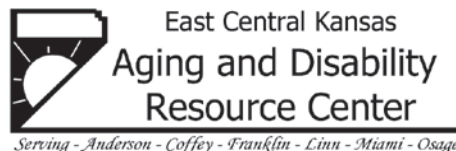
TWO FEET FORWARD

A program to assist in purchasing a pair of shoes for children being raised by their grandparents

This program presented by the East Central Kansas Area Agency on Aging will assist in purchasing a pair of shoes for children that are being raised by their grandparents (age 55 or older).

Requirements: The child(ren) must be living with their grandparents, without the child(ren's) parent(s) in the home. The grandparents must be the primary financial support for the children. The children must be under 18 years of age. The grandparents must be 55 years of age or older. For more information or to obtain an application please call Shannon Ocsody at 785-242-7200 OR 1-800-633-5621.

**Funds are limited and will be distributed by date of receipt of application until funds have been completely utilized.*



Please return this application to:
East Central Kansas Area Agency on Aging
Shannon Ocsody
117 South Main, Ottawa, KS 66067

If you have questions please call Shannon at 1-800-633-5621 or 1-785-242-7200. The East Central Kansas Area on Aging is offering this program with funding from the Older Americans Act Family Caregiver Support Program. Eligibility for the Two Feet Forward program is established and will be followed. Funds are limited and will be distributed by date of receipt of application.

Two Feet Forward Program Application

(PLEASE PRINT)

Grandparent's Name: _____ Birthdate _____

Grandchild's Name: _____ Birthdate _____

Address: _____ City: _____

County: _____ Phone Number: _____

Child's School: _____

Telephone Number of Child's School: _____

I (the Grandparent) am financially responsible for the child. YES _____ NO _____

SIGNATURE: _____



NEWS

from ECKAAA Nutrition Program

Jodi Smith- Nutrition Site Coordinator

It has been over a year since ECKAAA started managing the nutrition program. It has definitely been a learning experience for me. If you can imagine cooking and getting 700-800 meals out to 6 counties be a day. We served over 174,000 meals last year. It also involves making sure these meals can travel in their containers and stay hot or cold – as the food requires. We received new Cambro coolers through grants that are lightweight and really help the food maintain the temperature. I feel the program is doing very well. We have a great staff in the kitchen that work well together, take pride in the food they prepare and have fun at the same time.

We have a couple of new site managers; Evelyn Webster, in Carbondale and Lauren Randall in Pomona. Please stop in and meet these new site managers and see if they need any volunteers or pick up a menu and schedule a day to have lunch there.



Evelyn Webster



Lauren Randall

Now as most of you know Ottawa hasn't really had a Senior Center in about a year. Last January, we decided to move the Ottawa nutrition site out to the Radish Patch that is located at the main kitchen at 1538 Industrial Ave. So we started using that site as a place for the home delivered meals of Ottawa to be packed, picked up and delivered to those home bound folks. In June we started serving the Wednesday meal- we called it the Wednesday Lunch Bunch- and we have had a great response. Since then, I have been trying to find a Site Manager for Ottawa and the great news is that I have found someone who has retired and wants something to do. Her name is Mary Whiteford and she just retired from the Ottawa Veterinary Hospital, where she has worked for the past 22 years. I have known Mary for all that time, and I know she will be a great asset to the Ottawa Radish Patch. So, starting on January 13th, the Ottawa Nutrition site will begin serving Monday -Friday and the site will be open from 10AM-1PM. Please call 785-248-0139 and make a reservation to come eat and welcome Mary.



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

Franklin County Support Group

1st Monday of each month, 3 PM

Elizabeth Layton Center- 2537 Eisenhower Rd, Ottawa, KS

Facilitators: Robin Burgess & 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. 2:30-3:30pm

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

Milk Education

- Milk is a nutrient-rich food loaded with Calcium and Protein needed for health.
- One cup of 1% milk has approximately 100 calories.
- Date stamped on milk containers are "sell by" dates for the stores. It is not the expiration date of the milk.
- Milk must be stored in a refrigerator at 40F or below.
- Once milk containers or cartons are opened, they MUST be consumed or discarded within 6 days.
- Milk not properly stored or kept past 7 days after opening, may begin to grow a harmful bacteria called Listeria. Listeria can result in a very serious illness.



Fraud Alerts

FRAUD AWARENESS & PREVENTION

At Edward Jones, we understand that confidentiality is key in any financial relationship – and we are committed to keeping your personal and financial information secure and confidential.

A growing number of scams target investors and their money. We want to empower our clients and their families to help protect themselves. Older adults are especially vulnerable: According to a recent Investor Protection Trust Survey, 20% of Americans over age 65 report that they have been “taken advantage of financially in terms of inappropriate investments, unreasonably high fees for financial services or outright fraud.”

According to the FBI, scam artists often seek out older Americans because:

- They may have saved more money
- They are less likely to report fraud
- They were raised to be polite and trusting, and con men prey on these qualities
- Mental impairment may make it difficult for them to recognize financial schemes

Fighting financial fraud starts with education as well as communication between family members and their financial professionals. Our branch-office model provides a personal, face-to-face approach that helps us identify unusual behavior or activity, particularly with regard to elder financial abuse. Knowing about today’s more common scams can help you identify and prevent them from happening to you. We want to help you learn more about these scams and how to protect yourself

FRAUD RED FLAGS

Your money

- A new “friend” who asks for funds to be wired to an unknown third party or to a country other than where the friend is located
- An urgent or outrageous reason for needing cash – for example, “I need money to get gold or my inheritance through customs” or “pay for a broken part on an oil rig”
- Requests for cash-only donations or unfamiliar charities that spring up after a natural disaster
- A request to pay for anything via bitcoin or gift cards
- A check made out for more than you were expecting, especially if the payer then asks you to wire back a portion of the proceeds
- A request to pay money to get money or a required upfront payment of fees or maintenance costs, including when selling a timeshare
- High paying work from home jobs that require up-front payment for a computer, software or training

Your correspondence

- A letter indicating you are a “winner” of a sweepstakes when you didn’t enter a contest
- Notification from an overseas bank or law firm of an inheritance from an unknown relative
- Telephone calls from the IRS or other government agencies requesting a payment
- An email containing spelling errors, bad grammar or a link that appears unrelated to the sender
- Calls from purported computer technicians alleging they’ve detected a virus or other problems on your home computer. These notifications could also include emails, attachments or pop up screens on your computer

Your identity

- Statements that don’t arrive as expected
- The Social Security Administration contacting you to advise your Social Security number was used in a crime, has been frozen, or will be deleted
- Unexpected credit cards or account statements, or collection calls or letters about purchases you didn’t make
- Denials of credit for no apparent reason or significant, unexplained changes in your credit score
- Requests for personal information in a situation that usually wouldn’t require this disclosure

For older adults

- Concern or confusion about missing funds from an account
- Unexplained changes in beneficiary designations
- A caregiver who isolates the older person from family, friends, community and other stable relationships
- Acquaintances or family members who seem overly interested in the older adult’s finances

KS COMMISSION on VETERANS’ AFFAIRS

Contact your representative by mail or phone.

Anderson & Linn Counties - 620-331-0540

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@cableone.net

Franklin & Miami Counties - 785-843-5233

745 Vermont, Lawrence, KS 66044

VSR012@sunflower.com

This is a free service to assist veterans and their dependents with veteran service work.



From The Director

By Elizabeth Maxwell

Executive Director

The beginning of a new year allows us to reflect on accomplishments and shortcomings of the past. We can take a moment to reward ourselves and then several moments to set new goals for the coming year. Since 2020 is also the beginning of a new decade, it gives us the opportunity to look at our goals as a continuum of improvement for the next 10 years.

Write down your goals. There is a level of accountability that goes with being able to see what you want and marking off when you achieve a goal. At work I have white boards in my office. I need to clear what our agency has accomplished but keep up what we want to do for next year. At home I keep a notebook where I can do the same thing.

Make your goals realistic. If you don't like to run, you might as well not write that you will run for 30 minutes 3 times a week. That example comes from experience. However, since walking is a key component

of our health, you could write down that you will walk 30 minutes 3 times a week.

Create goals for different areas of your life. For example, you can have goals for your work life, goals for volunteering, and goals for your family life.

Make your goals measurable. To be in better health is a good idea but make it measurable. For example, if you know you have high blood pressure then work with your doctor to set a reasonable goal of what that blood pressure should be. If you are overweight, work with your doctor to set a weight loss expectation.

Review your goals monthly. Mark off the ones you have met. Highlight the ones you are making progress on. Decide if the ones that are left are still realistic and modify if you need to.

The overall goal, at the end of the year, is to discover if you have improved your mental, emotional, and/or physical person. On January 1, 2020: Don't look back. Don't stand still. One foot in front of the other to move forward. I continue to believe that each of us can make our world a better place, one person at a time, starting with ourselves.



Independence, Inc. is now offering
Independent Living Counseling under
the Working Healthy W.O.R.K. program

Independence, Inc. is expanding its services in 2020 to include Independent Living Counseling (ILC) through the Working Healthy - W.O.R.K. program. With independent living as our adhered-to philosophy and the basis of the work we do, bringing on board some fabulous Independent Living Counselors and offering this service to consumers state-wide just seemed like the right fit and the right step. Working Healthy is a work-incentive, Medicaid Buy-in Program that supports and encourages people with disabilities to work, thus increasing income while not jeopardizing health care benefits. W.O.R.K. (Work Opportunities Reward Kansas) is the program through which consumers can enroll in various Working Healthy services - one of which, is Independent Living Counseling. We are pleased to begin offering this service in January and our coverage is state-wide!

Who is Eligible for ILC services? You must be: between the ages of 16-64; meet the Social Security definition of disability; have verified earned income from competitive employment subject to FICA/SECA taxes; earn at least &65.01/month; Earn at or above the federal minimum wage of \$7.25/hour and be a Kansas Resident.

**For more information or to sign up for services, please call us at 785-841-0333
Visit our website for a full list of our services <http://www.independenceinc.org/>**

Keeping Food Safe During Power Outages

By living in Kansas, we can definitely experience some beautiful days during the winter months. That beautiful weather, however, can often take a turn for the worse rather quickly as we experience severe storms that play havoc with utility lines and result in power outages.

When we experience power outages, it can be challenging to keep foods that are stored in the refrigerator and freezer safe. Below you will find some commonly asked questions and answers for what to do when the power goes out.

Can I store food outside in the cold temperature and snow? While it may be tempting to use the outside colder temperature as a “walk-in” freezer, the USDA does not recommend this practice due to fluctuating temperature changes, unsanitary conditions, and potential disturbances by animals.

It is important to keep in mind that a freezer full of food will usually keep about two days if you keep the doors shut. And, a freezer that is half full will stay cold enough for about a day. If you find that the power is going to be out for an extended period of time, you may need to resort to other methods to preserve your frozen foods such as by purchasing dry or block ice. Fifty pounds of dry ice, for example, should keep an 18 cubic foot fully stocked freezer cold enough for about two days.

You will also want to keep the doors on your refrigerator shut as much as possible. The refrigerator will keep food cold enough for up to four hours, if the doors remain unopened. If the power is going to be out for a longer period of time, you can transfer food to a cooler that is filled with ice or frozen gel packs. You will want to continue to add ice to the cooler as it begins to melt and use

a thermometer to check to make sure it is cold enough to keep food at 40 degrees or below.

My basement became very cold and some of my canned food items froze. Are they safe to eat? For the best quality, canned food should be stored at temperatures between 50 and 70 degrees in a dark, dry place. If canned foods, however, accidentally freeze, they can still be safe to use as long as the jars do not become unsealed.

If you notice that your canned food items did freeze, check to make sure that the jars are still safely sealed. If they have become unsealed, throw the food away as it could have become contaminated through the broken seal. It is also important to keep in mind that the quality of the food may be softer than usual after it has been frozen.

The power is back on, is it okay to refreeze foods that have partially thawed? If food items contain ice crystals and is at 40 degrees or lower as measured by a food thermometer, then the food is safe to refreeze. Again, keep in mind that while these items may be safe to refreeze, their quality may suffer somewhat during the freezing and refreezing process.

Make sure to check each item separately and throw away any food that has an unusual odor, color, or texture. Be sure to discard any items in either the freezer or the refrigerator that have come in contact with raw meat juices. You will also want to discard any food items that have been warmer than 40 degrees for more than two hours. If you still have questions about which foods to save and which to throw out, you can visit foodsafety.gov for a chart that lists food items to keep and those to discard following a power outage.

And, finally, it is important to never taste food to decide if it is safe. Remember, when in doubt, throw it out!

Source: *Keep Your Food Safe During Emergencies: Power Outages, Floods, & Fires, USDA Food Safety and Inspection Service.*

New to Medicare Seminar

Jan. 8, April 18, July 8, and Oct. 14
10AM to Noon



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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.

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National Council on Aging - **855-899-3778**

What is a MyMedicare.gov Account?

Registering with MyMedicare.gov gives you access to your personalized information at any time. By creating an account, you can check Medicare-related information specific to you. In addition, a MyMedicare account is required if you want to conduct a personalized search of Medicare prescription drug plans and/or Medicare Advantage plans for 2020. Below is a list of other benefits you have access to by creating a MyMedicare Account.

Benefits of using MyMedicare.gov

Registering with MyMedicare.gov gives you access to your personalized information at any time.

- Check your Medicare information, such as your Medicare claims as soon as they are processed and important Medicare-related information specific to you.
- Find your eligibility, entitlement, and preventive service information.
- Check your health and prescription drug enrollment information.
- View your Part B deductible information.
- Manage your prescription drug list and other personal health information.
- Create an “On the Go Report” that allows you to print your health information to share with your healthcare providers.

Process to Create MyMedicare Account

1. Open the website <https://www.mymedicare.gov/registration.aspx> in an internet browser.
2. Click on the “Create Account” button found in the lower 1/3 of the webpage. (we have provided screenshots of what you will see to help you)
3. Complete all the fields.
4. A Security Notice will appear. Read the notice and if you agree with the information, click on the “OK” button.
5. A new webpage appears that wants you to set your username, password and a security question. All fields must be completed using the username rules and password rules displayed on the right side of the screen.
6. Record your Username, Password, Secret Question and Secret Answer. Store this information in a safe location with your important Medicare papers.
7. The last step in this process is to click on the “Submit” button. Unless you do that and you get a response back that your account is set up, your MyMedicare account is not complete.

SEE SCREENSHOT OF WHAT YOU WILL SEE AND THE INFORMATION YOU WILL BE ASKED WHEN YOU NAVIGATE TO THE WEBSITE IN ITEM 1 ABOVE TO BEGIN CREATING YOUR MyMedicare ACCOUNT. IF YOU ALREADY HAVE AN ACCOUNT THERE IS A LOGIN LINK IN THE UPPER RIGHTHAND CORNER OF THE SCREEN ON MEDICARE.GOV.

Create account

All fields required.

MEDICARE NUMBER

[Where can I find my Medicare Number?](#)

LAST NAME

SUFFIX

None

EMAIL ADDRESS (IF YOU HAVE ONE)

CONFIRM EMAIL ADDRESS

I don't have an email address

DATE OF BIRTH

Month Day Year

ZIP CODE OR CITY

PART A COVERAGE START DATE

[Where can I find my Part A start date?](#)

Month Year

[Don't have Part A?](#)

By checking this box, you certify that the information listed above is true and complete to the best of your knowledge.

By checking this box, you agree to the rules and regulations regarding the use of this site. Please view the [Online Services and Web Confidentiality Agreements](#) here. You must accept the agreements to continue with registration.

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Does Medicare cover dental care?

Medicare does not cover dental services that you need primarily for the health of your teeth, including but not limited to:

- Routine checkups
- Cleanings
- Fillings
- Dentures (complete or partial/bridge)
- Tooth extractions (having your teeth pulled) in most cases

If you receive dental services, you will be responsible for the full cost of your care unless you have private dental coverage or are utilizing a low-cost dental resource. Again, Medicare will not pay for or reimburse you for dental services you receive primarily for the health of your teeth.

Note: Some Medicare Advantage Plans cover routine dental services, such as checkups or cleanings. If you have a Medicare Advantage Plan, contact your plan to learn about dental services that may be covered.

While Medicare does not pay for dental care needed primarily for the health of your teeth, it does offer very limited coverage for dental care needed to protect your general health, or for dental care needed in order for another Medicare-covered health service to be successful. For instance, Medicare may cover:

- An oral examination in the hospital before a kidney transplant
- An oral examination in a rural clinic or Federally Qualified Health Center (FQHC) before a heart valve replacement
- Dental services needed for radiation treatment for certain jaw-related diseases (like oral cancer)
- Ridge reconstruction (reconstruction of part of the jaw) performed when a facial tumor is removed
- Surgery to treat fractures of the jaw or face
- Dental splints and wiring needed after jaw surgery

It is important to know that while Medicare may cover these initial dental services, Medicare will not pay for any follow-up dental care after the underlying health condition has been treated. For example, if you were in a car accident and needed a tooth extraction as part of surgery to repair a facial injury, Medicare may cover your tooth extraction—but it will not pay for any other dental care you may need later because you had the tooth removed.

Medicare also covers some dental-related hospitalizations.

For example, Medicare may cover:

- Observation you require during a dental procedure because you have a health-threatening condition

In these cases, Medicare will cover the costs of hospitalization (including room and board, anesthesia, and x-rays). It will not cover the dentist fee for treatment or fees for other physicians, such as radiologists or anesthesiologists. Further, while Medicare may cover inpatient hospital care in these cases, it never covers dental services specifically excluded from Original Medicare (like dentures), even if you are in the hospital.

If you need dental care, look into resources or other forms of insurance that may help pay for dental services. You can also use FAIR Health's consumer cost lookup tool to get an estimate for the amounts dental professionals usually charge in your area for different services.



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EQUAL HOUSING LENDER



THREE RECENT SUCCESS STORIES for KANSAS LEGAL SERVICES, INC.

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

Over the course of 2019, the Kansas City, Kansas office of Kansas Legal Services, Inc. (KLS) has handled literally thousands of matters for low income clients. Because we have had so many success stories this year, we thought it would be good to report on some of them so the public can better understand the type of good work that KLS provides, particularly to our low income, elderly clients.

We are very proud of the following three cases. Please note that all of the KLS clients associated with these cases have given KLS their written consent to write about them herein, but have requested their names be changed in order to protect their privacy. All of these services were provided free of charge to these clients.

CASE #1: A BATTLE WITH THE VETERAN'S ADMINISTRATION:

A few years ago, James, a Veteran, went to a local VA hospital for admission into a drug/alcohol rehab program. During the admission process, James informed the VA that he had been dishonorably discharged and thus, feared he could not participate in this program free of charge. The admission's office researched his military record and told James that their records reflected he had been honorably discharged. Therefore, he was told that he was eligible for this program, free of charge. Accordingly, James was admitted to the VA hospital and received drug/alcohol rehab treatment for 30 days. On the 30th day the administrators came to James and informed him that they had made a mistake and that his records showed he had been dishonorably discharged instead. They immediately released him and gave him a bill for its services in the amount of \$35,000.00. James had no money to pay the VA because he was unemployed. Due to the stress of being kicked out of the VA rehab program, being unemployed and owing the VA \$35,000, James quickly relapsed and fell back into his old addiction habits. Over the last several years, the VA has aggressively pursued collecting its bill from James by garnishing his Income Tax Refunds and a percentage of his monthly VA disability checks. James tried everything he could on his own to convince the VA to write off his debt, but nothing worked. Finally, James came to our offices for assistance. Because James was in great need, and seemingly had been treated unfairly by the VA, KLS decided to take on his cause. After researching the law, writing and submitting a legal brief in support

of James' position, and spending months of negotiating with the VA, the VA finally succumbed and agreed to: (1) write off its entire \$35,000 bill, (2) immediately cease all garnishments of James' Income Tax Refunds and monthly disability checks and (3) immediately refund to James all of the money it had garnished from him, which exceeded \$3,000.00. It was a complete victory. Ironically, we received word that this matter was settled on Veteran's Day, November 11, 2019. As a result, James is now stress free, gainfully employed and back on road to sobriety. Needless to say, James is a very happy KLS client.

CASE #2: A MUCH NEEDED INHERITANCE:

Matthew, an 83 year old, low income, single male, with no living relatives, recently contacted KLS about the death of his estranged sister Roberta. Roberta was also in her 80s, single, and had no relatives other than her brother, Matthew. Out of the blue, Matthew received some documents from an alleged friend of Roberta, named Jeff. Jeff stated he was the Executor of Roberta's Estate. Jeff asked Matthew to sign some enclosed documents and to return them to him. There was no explanation about the purpose of these documents. Because Matthew was confused by these documents, after the passage of several months he finally decided to contact KLS for guidance.

KLS reviewed the documents and determined that Matthew was being asked to disclaim and waive any interest he might have in his sister's estate. Smelling something suspicious, KLS agreed to investigate this matter for Matthew. Through its investigation, KLS discovered that Roberta's friend Jeff was trying to present to the Probate Court a Will allegedly written by Roberta, which appointed Jeff as the Executor of Roberta's estate and left all of Roberta's estate to Jeff. In examining this alleged Will, KLS determined that it did not meet any of the Kansas statutory requirements of a valid, legal Will, and was therefore void. Accordingly, KLS determined that Roberta died with no Will and that her assets had to pass to her heirs under the Kansas Laws of Intestacy. Pursuant to the Laws of Intestacy, Matthew was Roberta's sole heir. KLS advised Matthew not to sign any of the documents sent to him by Jeff, and instead, caused a proper estate administration to be opened for Roberta's estate. As a result, because Matthew was Roberta's sole heir, Matthew ended up inheriting over \$140,000.00 from Roberta's estate and Jeff received nothing. This \$140,000 was a much needed inheritance for Matthew. When asked what

Continued on page 12

he was going to do with the money, he responded: "I can now go to the grocery store and buy some meat for the first time in years." Once again, KLS has another very happy client.

CASE #3: RECOVERING A DECEDENT'S PROPERTY FROM A STATE INSTITUTION WITHOUT A PROBATE ESTATE:

Recently, KLS was approached by Judy, whose brother Fred died in a Kansas penal institution. The prison had in its possession some of Fred's personal property items and about \$1,000.00 in cash that was on deposit in his prison account. Judy was listed as her brother's Executor and sole beneficiary under his Will. When Judy asked the institution to release her brother's personal property and cash to her, she was repeatedly told that they could not release it to her unless she established a formal Probate Estate for her brother. Keep in mind that Fred's entire estate consisted of this minimal personal property and cash, totaling no more than \$1,500.00, with no other assets located anywhere. Judy tried and tried to obtain possession of this property, with no success. Finally, Judy came to KLS for assistance. Being familiar with this area of the law, KLS knew that the information being given out by the penal institution was simply wrong. Accordingly, KLS filed Fred's Will with the Probate Court and prepared a simple Small Estate Affidavit under K.S.A. 59-618(a), the purpose of which is to provide for the release of estate assets valued under \$40,000.00 to the beneficiaries of a Will, all without having to go to the trouble and expense of establishing a formal Probate Estate for Fred. KLS then contacted the attorney for the Kansas Department on Aging, which handles these type of legal issues for Kansas penal institutions, sent that attorney the Small Estate Affidavit, and ultimately and quickly got all of Fred's personal property and cash released to Judy. No formal Probate Estate was required. At last, Judy's enormous frustrations with the legal process were resolved by KLS, resulting in another happy client.

CONCLUSION and DISCLAIMER: Please note that the results obtained on the above cases are not necessarily typical. These cases provide just a few examples of the good work done by KLS. Unfortunately, KLS cannot take on all of the cases that come its way. Due to limitations in our resources, expertise, and time, KLS always reserves the right to refuse cases and to limit our involvement in those we do take.

If you ever have any legal problems, always feel free to contact KLS at 1-800-723-6953 and apply for assistance. We will see if we can qualify you for free legal assistance through one of our grants and try to help you in any way that we can. You can also learn more about KLS and all of our services by going to our website at: www.kansaslegalservices.org. (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, Probate Law, and Estate Planning.)

Census 2020 Why is it important?

The 2020 US Census will provide vital information for our community. An under count in Ottawa means our community could miss out on approximately \$49,759.80 in federal funding (over 10 years) for each household that is missed in the 2020 Census.

It determines how many representatives each state gets in Congress and is used to redraw district boundaries. Local communities rely on census statistics to plan for residential needs such as new roads, schools, needs for the number of health centers and emergency services to offer. That includes funds for programs that aid older Americans, like Medicare Part B. Businesses use census data to determine where to open places to shop. Each year, the federal government distributes hundreds of billions of dollars to states and communities based on Census Bureau data.

- Census information is confidential and safe -

New technology makes it easy to respond to the census. You can respond online, by phone or by mail. Between March 12 and 20, the majority of households will receive a postcard invitation to respond online to the 2020 census. Those who don't answer will then receive the traditional paper form in the mail. If a household still does not respond, the bureau will send a census taker to knock on that door to collect the household's data.



People who live in areas that the bureau has determined are most likely to lack broadband internet service will receive a traditional paper form in the first mailing. Ottawa Library will play a part to help ensure everyone is counted. We will have computers designated for census taking that anyone may use to safely file their information. We will have staff to answer your questions and help you navigate the online census. More information and frequently asked questions are available at www.kansascounts.org

- You can be a Census taker - Visit 2020census.gov/jobs

If you are interested in working as a Census Taker, visit 2020census.gov/jobs. You may apply if you are at least 18 years old, a U.S. Citizen, and have a valid Social Security number and email address. Census jobs offer great pay every week, flexible hours, and paid training. This is your chance to help guarantee everyone in your community is counted. We have more information at Ottawa Library about becoming a census taker.



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Miami County
Louisburg Senior Center
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Paola Senior Center
913-294-4630
Osawatomie Senior Center
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The JO Bus
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Linn County
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913-285-0707 - Jessica

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Independence, Inc. is part of a nationwide network of agencies working to ensure that people with disabilities have opportunities to live independently.

We ask that you join us as advocates for the preservation of strong civil rights laws and home and community based services, so that people with disabilities continue to be integral to Kansas community life.

Just a few of our Services Include:

INDEPENDENT LIVING SKILLS TRAINING

The goal of the Independent Living Skills Program of Independence, Inc. is to assist individuals with disabilities in maximizing their potential to lead fulfilling and productive lives in their homes and the community.

MEDICAL EQUIPMENT LOAN BANK

The Equipment Loan Program provides loans and donations of recycled durable medical equipment at low or no cost to the public. Common items we have available include walkers, wheelchairs, shower benches, commodes etc.

HOUSING SERVICES

Information & services to assist people with disabilities obtain affordable and/or accessible housing and to learn one's rights under fair housing laws. We also assist people with disabilities wishing to move from institutions to community based housing

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Paola Senior Center
121 W. Wea
Paola, KS 66071
(913) 294-4630

Beagle Senior Citizens
(913) 755-4309

Osage Township Seniors - Fontana
(913) 849-3115



News from the RCIL

What Is Your Wish?

Do you wish there were more accessible housing options in your area? Do you wish there were more accessible transportation options in your community? Do you wish that you had a job? Do you wish that more people in your area were familiar with a Center for Independent Living? We all have our own wish list of things that we would like to have that would make our lives a little easier. Having your voice heard is a step toward having your wish list come true. You can start by expressing your ideas or concerns by completing a short survey for the Statewide Independent Living Council of Kansas (SILCK).

SILCK promotes the integration and full inclusion of all Kansans with disabilities. Their mission is developing and implementing a Statewide Plan for Independent Living (SPIL). It is a three year plan for Centers for Independent Living in Kansas and other community partners to work together on goals to help improve awareness, accessibility, and opportunity for people with disabilities. The current SPIL is close to

being finished so SILCK has started preparing to develop their next SPIL for Kansas. They had a public forum on November 22, 2019 in Topeka to discuss community needs for people with disabilities and for development of the SPIL. They also created a short four question survey online. They are requesting feedback from people with disabilities, community partners, and anyone else who has experiences in working with people with disabilities from all areas in Kansas by completing the survey.

Are you ready to make your wish list into a reality? Share your ideas or concerns by completing the survey on the website at <https://www.surveymonkey.com/r/B6V3NCD>.

RCIL has a resource library in most of their offices. You are welcome to use the computer in the resource library to complete the survey. If you are not computer savvy but want to complete the survey, contact RCIL at 785-528-3105 and an Independent Living Specialist will assist you.

This is a new format for The Golden Years
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202 Neosho
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Serves at noon

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Lebo, KS 66856
620-256-6166
T, W, TH, 10:00 A.M. – 1:00 P.M.
Serves at noon

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Serves at noon

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Richmond Nutrition Site
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Sunflower Plaza Nutrition Site
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Ottawa, KS 66067
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M-F 9:00 A.M. – 1:00 P.M.
Serves at 11:25

Wellsville Nutrition Site
707 Locust
Wellsville, KS 66092
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Serves at 11:30

Williamsburg Nutrition Site
126 William Street
Williamsburg, KS 66095
785-746-5459
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Serves at noon

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Blue Mound, KS 66010
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Centerville Nutrition Site
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Parker, KS 66072
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Serves at 11:45

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Pleasanton, KS 66075
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MIAMI COUNTY

Louisburg Nutrition Site
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Osawatomie Nutrition Site
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Serves at noon

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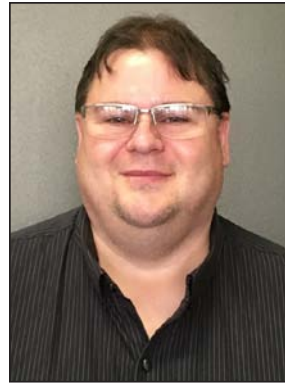
New ECKAAA Employees



Lorne Williams

My name is Lorne Williams, I was raised on a farm outside of Ottawa, KS. I graduated from Ottawa High School in 1998. I joined the Marine Corps shortly after that in March of 2000. In 2009, I decided to join the Kansas Army National Guard and they have been my second home ever since. I have many hobbies which include softball, bowling, and cornhole (just to name a few). I have 4 wonderful children who keep me busy most the time.

I am new to the ECKAAA, I work with the CDDO as the Quality Assurance Liaison. I enjoy working with the wonderful women and men of the ECKAAA. I also look forward to working with others within the AAA Community, assisting those with needs and making friends along the way. Hope you have a Blessed Holiday and looking forward to putting lots of smiles on lots of faces!



Robert Johnson

My name is Robert Johnson, I am a lifelong resident of Ottawa and I am married married to the love of my life Jenna for over 18 years. We have two wonderful boys Larson (16) and Shayden (8). In my free time, I am the play by play voice of the Ottawa University Braves on 1220 AM and 103.7 FM KOFO. When not working, I love spending time with my family. I enjoy watching football, soccer, hockey and Canadian Football. My hobbies include being a tech nerd and learning about new gadgets. I look forward to my new position as an assessor and case manager!



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The Golden Years

Published by:
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and Disability Resource Center
Elizabeth Maxwell,
Executive Director
Jodi Smith, Editor

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