



PUBLICATION OF EAST CENTRAL KANSAS AREA AGENCY ON AGING SERVING ANDERSON, COFFEY, FRANKLIN, LINN, MIAMI, & OSAGE COUNTIES

Essential Necessities for Success

By Amber Vogeler, CDDO Coordinator

Positive early experiences are essential prerequisites for later success in school, the workplace, and the community. Services to young children who have or are at risk for developmental delays have been shown to positively impact outcomes across developmental domains, including health, language/communication, cognitive development, and social/emotional development. Families benefit from early experiences by being able to meet their children’s special needs from early age throughout their lives. Benefits to society include reducing financial strain through a stream of funding that can be used for community inclusion.

Meet Owen. Owen is a young man from a local community. He participates in school activities and community activities with his family. He also spends a lot of time at home with siblings. Owen cannot do a few things: integration in a classroom with his peers, play sports, be left alone, or communicate effectively his wants and needs.

When COVID hit, Owen’s world became a world of unknowns. From a young age, Owen has struggled with everyday life and tasks to become more independent. He is on the spectrum and has been diagnosed with low functioning Autism. He needs extra support and hands-on help to complete daily living skills and self-care. For children his age, those supports are few and far between.

I first met Owen about nine months ago. His Targeted Case manager reached out to ask about some funding. In Kansas individuals of the IDD community are placed on an eight year waitlist before accessing the services and supports to success. Not only must they wait the entire eight years, but they must also pass testing to show they meet the criteria for services. Both tasks are daunting and can become time consuming when the needs are imminent, especially if the needs are not considered high risk or crisis.

This was the case for Owen. When COVID shut down the state, Owen’s entire structured schedule was disrupted. Mom and Dad then contacted the CDDO in hopes of getting Owen an item that he could have that would keep him occupied and focused. This was also an opportunity to introduce Owen to

an item that could potentially open up a brand new world to him. The item.....a tricycle.

Owen’s father told the CDDO that he sits outside watching his brothers ride bikes around the driveway for hours. He’s tried riding a regular bike but cannot maintain speed or balance to be successful. He is easily frustrated when he fails and doesn’t understand that practicing makes perfection. The tricycle is easy to balance and has different speeds to progress with Owen’s practicing. Once he gets one speed conquered, the tricycle is designed to switch to another speed to push Owen into learning the difference.



Through grant monies and donations, the tricycle was bought. It was bought with Owen’s future in mind. Owen cannot play sports but he can now grow to participate in Special Olympic competitions. Some competitions can be done with the tricycle which will then lead him into seeing and learning about other competitions that he can compete in – leading to success. Success that he doesn’t have to wait eight years for, hopefully.

I’m not telling you this story to feel sorry for Owen or to bring attention to his disability. I am telling you the story to bring awareness to the importance of funding and grant money to IDD consumers in the state of Kansas. This CDDO covers three counties: Coffey, Franklin, and Osage. Between the

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From the Editor...

As most of you know I have worked with seniors for 25 years. It has made me look at how I want to age and now that I am over 65, I am having to literally practice what I have been preaching. One of the main things I have always said to people when they



Jodi Smith, Editor

ask me why some people age better than others is how they accept the changes that occur as we age and adapt to them. Now this is easier said than done. I recently had a very dear friend of mine tell me I needed to get my hearing checked – if you can believe this – she said I talked too loudly. Well so much for accepting, I fought it for a while saying I do not think I need hearing aids, but I decided to at least get my hearing checked.

That is the first step, and I found out I had 50% hearing loss in both ears. The more I thought about it, I realized that I asked people to repeat themselves often, I do not hear the TV well at all, and I seem to miss a lot of what is being said or I misunderstand what was said. So, I accepted this change, although I am not extremely happy about it. But I am getting used to my new hearing aids, they are high tech and work though my smart phone. As with all new devices there is a learning curve, and to adapt you need to keep learning. I do have to tell you the first time that I had them in and my phone rang- I was shocked as it rang through my hearing aids. Now that would be fine most times, but I did not know where my phone was, so I had a lot of fun trying to find my phone as it was ringing in my ear. Which is just another part of aging – keeping track of your phone, keys etc. But the main problem I am having is how to fit my hearing aids behind my ears, along with my glasses and now I need to add a mask to the mix. It makes life interesting to say the least! I have been trying different masks and that does seem to help especially if the elastic that goes behind the ears is very thin.

I understand why some people do not want to accept the changes that come with getting older, but aging is just part of life. I want to keep on living as best I can and that means taking care of myself. I finally quit smoking last year, I still do yoga once or twice a week, I try to walk 2-3 evenings a week-about 10 miles, I eat pretty healthy, and I love working with my plants and playing with my granddaughters. Life does not get much better than that, so just remember to try to accept the changes that come with aging and adapt to the changes so you can enjoy yourself and celebrate another day!

Essential Necessities for Success *(continued)*

counties, the CDDO serves roughly 423 individuals. Some of those individuals receive funding for services and supports, some are foster children, some are high-functioning success stories, and others are waitlisted. A waitlist that continues to grow because the need for support is high while the funding continues to decrease. The next time you come across an opportunity to give back, I beg you to consider those non-profit organizations, the front line workers risking everything for others' success, or the CDDOs that initiate support – even if it is just a tricycle. Funding cuts hurt. They may not hurt you or me, but they hurt kids like Owen.

KS COMMISSION on VETERANS' AFFAIRS

Contact your representative by email or phone.

Anderson, Linn, & Coffey Counties *

Kress Center, Suite 1D
702 Commercial Street
Emporia, Ks. 66801
620-342-3347

jamie.potter@ks.gov

Osage County

Jayhawk Tower, 700 SW Jackson St.
Topeka, Ks. 66603
785-559-0061

kevin.diers@ks.gov

Franklin & Miami Counties

745 Vermont, Lawrence, KS 66044
785-843-5233

clint.olson@ks.gov

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

[KS Commission on Veterans' Affairs - www.kcva.org](http://www.kcva.org)

New to Medicare Seminar

October 14, 2020

10AM to Noon

Will be held virtually using Zoom

2021 dates are January 13, April 14, July 14, October 13



East Central Kansas
Area Agency on Aging

Serving - Anderson - Coffey - Franklin - Linn - Miami - Osage



From The Director

By Elizabeth Maxwell
Executive Director

Election Day is November 3, 2020. In Kansas we have the opportunity to vote for the U.S. President, U.S. Senate: 1 seat, U.S. House: all four seats, State Senate: All 40 seats, State House: All 125 seats. The way each of us votes helps determine the direction of our nation, and most significantly, the direction of Kansas.

When making a decision on who to cast your vote for, AARP has five key questions to consider:

- Just over half of all older **Social Security** beneficiaries rely on the program for at least 50 percent of their income. If elected, how will you ensure that current and future Social Security benefits are not cut as part of deficit reduction?
- Half of the people with traditional **Medicare** spend at least a sixth of their income on health care. If elected, how will you protect Medicare from benefit cuts, as well as lower health care costs and ensure seniors continue receiving the affordable health care they have earned?
- Unemployment during the coronavirus crisis reached the highest levels since the Great Depression, and older Americans have been affected disproportionately. If elected, how will you help Americans over the age of 50 **recover economically from the effects of the coronavirus?**
- Americans pay the highest prescription drug prices in the world. If elected, how will you cut **prescription drug prices for all Americans?**
- COVID-19 has caused death and suffering for too many **older Americans who require long-term care**. If elected, how will you make sure seniors can access safe and affordable long-term care at home, as well as in facilities like nursing homes and assisted living?

Kansas officials are using federal aid to help cover the costs of extra hand sanitizer, disinfectant, face masks and disposable gloves for polling locations. Plexiglass shields will be used as additional protection for election workers and voters. But if you are concerned about getting out to vote at a polling booth, all Kansans can request a no-excuse mail-in ballot to vote safely from home. Federal dollars are also being used to cover mail-in-ballot postage.

If you have not registered to vote, you have until October 13 to do so to be eligible to vote in November.

If you want to request a **mail in ballot**, you can go to the Secretary of State's website, www.sos.ks.gov to complete the form and mail to your county election office, along with a copy of your driver's license number or valid photo ID by October 27. Once you receive your mail-in ballot you'll need to postmark it on or before November 3. Your county election office must receive it by November 6.

You can **vote in person before** Election Day. Counties may differ on dates but all counties must offer it by October 27. Contact your county election office to determine when and where.

You can **vote in person on** election day, November 3 from 7:00 a.m. to 7:00 p.m. Check with your county election office to confirm your polling spot.

When voting, you must show an acceptable ID: driver's license or state-issued ID card, a U.S. passport, a U.S. military ID, an ID card issued by a tribal government or a Kansas-issued concealed-carry and other forms as listed on the Secretary of State's website.

The important take away from this article is to **VOTE**. Funding that impacts your lives and those of your children, grand children and greats will be impacted by your vote. **EACH VOTE COUNTS!**

Information taken from AARP



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PO Box 129
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620-724-4774
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Girard, KS 66743

Making it to 100 by Jodi Smith

I am still finding wonderful people that are over 100 and are willing to tell me a little bit about their life.



Winnie Seeman, lives at Peterson Assisted Living, but she did not move there until she was over 100. Winnie will be 103 on January 6, 2021. She has had a pretty amazing life as she went to business school in Kansas City when she was 18, then when World War II started she tried to enlist in the Marines but ended up in

the Coast Guard. She enjoyed traveling and lived in Kansas City for most of her life. She moved to Osage City to be close to her son and has been here about 14 years living in her home with some wonderful neighbors. I have had the pleasure of knowing Winnie and she has a great attitude about life. She enjoys herself and seems to take life as it comes. The pandemic has kept her pretty isolated, but she did live through the 1918 pandemic, so she'll make it through this one also. More on Winnie's life on our website www.eckaaa.org.

Doris Hicks turned 100 right in the middle of the pandemic



on April 16, 2020. She has lived in Anderson County most of her life. She was a farmer's wife and their farm was west of Garnett. She loved living on the farm but there was always something that had to be done, which probably helped her to reach 100. She also said that friends are very important as you age, and she has lots

of friends and neighbors that enjoying getting together and playing cards. When she moved to town, she moved to Park Plaza Apartments and she truly loves living here. She did a lot of traveling in her life and her favorite place was Australia. When I asked what she thought helped her reach 100, she answered that she eats almonds every day for breakfast and almonds are very good for you.



Lillian Partis turned 100 on February 6, 2020. She got to celebrate right after the KC Chiefs won the Super Bowl and Chris Lorman, with Angels Care Home Health helped her celebrate. See Photo

Lillian is a delight; her life has been full of traveling. She said that she attended 12 different schools by the time she was in the 6th

Grade. She loves to sing, and she met her husband singing in the church choir, then they formed a quartet and she was the alto and he was the tenor. She says her key to enjoying life is—she does not let things bother her and she doesn't get stressed. She enjoys having coffee and playing cards with the friends and neighbors at Washburn Towers. She is very content with her life.

I hope you have learned something from these wise women. Life is meant to be enjoyed and too short to worry about the small stuff. If you know someone who has reached 100, please let me know so I can get them in one of the next issues of the Golden Years. You can call me at 785-242-7200 or email me at jodis@eckaaa.org.

CONSUMER ASSISTANCE

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

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

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

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

Centers for Medicare/Medicaid Services (CMS) Website:

www.medicare.gov/nhcompare/home.asp

www.mindsmatterllc.com

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

to receive information and counseling

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



Money Matter\$

Ryan Henningsen

Financial Advisor

Edward Jones

www.edwardjones.com

You saved for years, made sacrifices and finally achieved your goal of retiring. Nothing can get in the way of your dreams now, right? Hopefully. But life isn't always that simple. Here's how to get ahead of some risks you might face in retirement.

Risk: Outliving your money

Prepare by:

- **Not taking too much from your investments** - We typically recommend an initial annual withdrawal rate of 4%, with a 3% increase each year for inflation. However, the longer you expect to live, the lower that rate should be.
- **Considering annuities with lifetime income benefits** - Depending on how much you rely on your portfolio for income and your spending flexibility, you may want to consider annuities that guarantee an income payment for as long as you live.

Risk: Unexpected health care costs or a need for long-term care

Prepare by:

- **Considering supplemental coverage** - Medicare Supplemental Insurance (Medigap) or Medicare Advantage (Part C) may help fill in the gaps for items that Medicare doesn't cover.
- **Budgeting for long-term care costs** - Even if you don't anticipate needing nursing home care, you should still consider planning for some type of assisted living or home health care costs.
- **Protecting against long-term care expenses** - There are several options that could help pay for long-term health care costs, including traditional long-term care insurance or combining life insurance with a long-term care benefits rider.
- **Putting your wishes in writing** - Powers of attorney, health care directives and living wills can help you outline your wishes for future care. Work with your tax and legal professionals to create these legal documents.

Risk: Market declines and inflation

Prepare by:

- **Staying diversified** - No one can predict the financial markets, but knowing how much risk you

are willing – and able – to take as well as having a properly constructed portfolio can help you prepare. This includes:

- Diversifying your investments among stocks, bonds and cash so success isn't tied to one company or one type of investment.
- Sticking with quality investments with proven track records.
- Keeping your focus on your long-term goals, not on short-term fluctuations
- **Assessing your risk tolerance** - Determine how much risk you are willing and able to take, so you can be better prepared to stay on track during the inevitable short-term declines.
- **Being flexible with your spending** - If you have the ability, don't automatically take more from your investments each year for inflation—especially during years when the market doesn't perform well.
- **Considering a CD/ short-term fixed-income ladder** - Laddering involves owning a variety of quality fixed-income investments with staggered maturity dates. By doing this, you don't have to try to guess how interest rates will act in the future. While a «ladder» can't protect you from a market decline, it can serve as a source of reliable income should the market decline early in your retirement.

Risk: Personal liability

Prepare with:

- **Umbrella liability insurance** - This protection is designed to kick in when coverage on other policies, such as home or auto, has been exhausted.
- **Asset ownership structures** - Specific ownership structures designed to hold certain assets, such as a small business or rental property, could potentially reduce your personal liability in the case of an accident or lawsuit.

How we can help

There are other risks to consider when it comes to your retirement. But your financial advisor can walk through different scenarios with you to stress-test your strategy to make sure you stay on track—even if one of these risks becomes a reality.

Caregiver's Corner



Shannon Ocsody
Caregiver Coordinator



Hello Caregivers!

Please join me via ZOOM on
Wednesdays 10:30-11:30 AM or
1:30-2:30PM.

All you need to do is call
785-242-7200 ask for Shannon.

I will send you the Link.

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*Osage County
Caregiver
Support Group*

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How do you know if you are a caregiver?

Is there a loved one, neighbor, or a friend you are helping with everyday activities?

Is there someone who could not remain in without your assistance?

Are you sometimes overwhelmed trying to take care of yourself and your other responsibilities while caring for someone?

Do you find yourself doing more and more for the person you are helping?

Then you are a Caregiver!
Congratulations, you make a difference in someone's life.

REOPENING SELF-ASSESSMENT

BEFORE YOU ENTER ...

**PLEASE CONSIDER RESCHEDULING
YOUR VISIT IF YOU ARE
EXPERIENCING ANY OF THESE**

SYMPTOMS



**PLEASE HELP US MAINTAIN
A HEALTHY ATMOSPHERE
AND HELP PROTECT OUR
STAFF, VOLUNTEERS, AND
CUSTOMERS**



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Keys to Fall Prevention: It was not the dog's fault!

Submitted by Kathy Goul, FCS Agent, Marais des Cygnes Extension District

This summer I had a bad fall. My dog decided to leave the yard and, like a good "dog mom", I marched right after her to bring her home. I didn't make it too far before I was on the ground with a huge goose egg on my forehead.



Keeping your home safe is a very important step in reducing your risk for falling. Remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas. Falls are often due to hazards that are easy to overlook but also easy to fix.

According to the National Council on Aging, 1 in 4 Americans aged 65+ falls each year, resulting in approximately \$50 billion in medical costs. Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation and feelings of helplessness. The good news is many falls are preventable by following some simple steps!

Start by finding a good balance and exercise program. Look for a program that focuses on balance, strength and flexibility. Do exercises that improve your balance and make your legs stronger. Simple sit-to-stand and balance exercises can be done at home, or you can look for a yoga, Tai Chi or strength training class in your community. Exercise also helps you feel better and more confident.

Visit with your healthcare provider. Ask for an assessment of your risk for falling and be sure to share your history of recent falls. Take time to regularly review your medications to make sure side effects are not increasing your risk of falling. When visiting with your doctor or pharmacist, be sure to include any over-the-counter medications you are taking. Finally, take medications only as prescribed.

The next step to preventing falls is to get your vision and hearing checked annually. If necessary, update your eyeglasses. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without issues. Adjust the lighting in your home to prevent glare on your lenses, which may put you at risk for falling. Remember, your eyes and ears are key to keeping you on your feet!

Which brings me back to my fall. That night, my dog left the yard well after dark. As I went after her, I did not take the time to turn on my outside lights. We live in the country and, without lights on, it is very dark. In addition, a few days prior I had been removing concrete lawn edging from around my flowerbed. While the complete pieces of edging had been stacked neatly by the driveway, the broken pieces were still laying in a pile along the edge of one flowerbed. I tripped on one piece and fell, without warning, hitting my head on a pile of concrete bricks.

Thank goodness, the outcome was good. I escaped with only that goose egg on my forehead. It was not my dog's fault that I fell. My fall could have been prevented. Turning on the lights and picking up the broken lawn edging pieces prior to that night would have kept me safe.

Finally, it is important to remember fall prevention is a team effort. Talk to family members. Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. You have the power to reduce your risk and protect your loved ones from a serious fall.

For more information on fall prevention, visit our website at www.maraisdescygn.es.k-state.edu or the National Council on Aging's website at www.ncoa.org/FallsPrevention.

Source: *National Council on Aging. For more information on adult development and aging programs, contact Kathy Goul at 913-294-4306, or by email at kgoul@ksu.edu.*

MEDICARE OPEN ENROLLMENT FOR 2021

It is hard to believe but Medicare D Open Enrollment is fast approaching again! This year will look very different than years past due to COVID-19. The counselors working through the agency will not be taking appointments in person unless it is necessary. All consultations will be done via telephone, email, postal mail, or video conferencing. We also have instructions for anyone wishing to run their own comparison and can help you understand the comparison once you have entered all the medications and chosen a pharmacy or pharmacies to compare.

We have Medicare Part D worksheets to pickup at the office. We can also mail or email one to you. From the information on the worksheets we will run the comparisons and get your information on the top 3 plans from your information on medications and pharmacy. We are happy to consult with you regarding the findings and help you enroll.

As with last year, the plan finder encourages the use of a MyMedicare account so a personalized search can be done. This means that your medications are loaded into your account directly from your pharmacy based on what has been billed previously through your Medicare plan or other insurance. This makes the comparison quicker and more accurate. Any medications that were short-term, have been discontinued or added can be removed from the plan finder based on the information provided on your worksheet. If you do not have a MyMedicare account set up our counselors will have to manually load your medications for the comparison. We will do this one time since no information is stored and must be done each time.

If you created a MyMedicare account last year the same information will be used for 2021; there is no need to create a new account. You do need to provide the username and password for log in on the worksheet.

Information on plans available for 2021 will be available early October. As in past years, the plan finder may not be totally accurate with pricing for a few weeks. If you have a medical appointment prior to November 9, 2020 we suggest you wait to turn in your worksheet until after the appointment as your medications may change.

2021 PART D COSTS:

DEDUCTIBLE	\$445
GAP COVERAGE	Begins when you have spent \$5,183.75 out of pocket Ends when your out of pocket total reaches \$10,048.39 Your share of medication in GAP is 25% on generic & brand name

WHAT YOU NEED TO KNOW ABOUT MyMEDICARE ACCOUNTS AND YOUR MEDICARE PART D COMPARISONS IN 2021

A MyMEDICARE ACCOUNT IS USED TO CONDUCT A PERSONALIZED SEARCH OF MEDICARE DRUG PLANS SO YOUR CURRENT PLAN CAN BE COMPARED TO WHAT IS AVAILABLE IN 2021. MANY PEOPLE CREATED ACCOUNTS FOR 2020 AND THE USERNAME AND PASSWORD WILL BE USED AGAIN TO COMPARE PLANS FOR 2021. IF YOU DID NOT CREATE AN ACCOUNT FOR 2020 YOU CAN CREATE ONE OR REQUEST WE HELP YOU CREATE ONE.

THE MyMEDICARE ACCOUNT REPLACES THE USE OF THE MEDICARE NUMBER TO SEARCH PLANS. WITHOUT THE MyMEDICARE ACCOUNT ALL MEDICATIONS MUST BE MANUALLY LOADED FOR A COMPARISON EACH TIME YOU DO A COMPARISON TO SEARCH FOR DIFFERENT MEDICATIONS OR PHARMACIES.

WHAT DO YOU NEED TO DO?

1. IF YOU ALREADY HAVE A MYMEDICARE ACCOUNT PROVIDE THE INFORMATION REQUESTED ON THE MEDICARE PART D WORKSHEET
2. USE THE INSTRUCTIONS ON THE MEDICARE PART D WORKSHEET TO CREATE A MYMEDICARE ACCOUNT AND PROVIDE THE INFORMATION REQUESTED ON THE MEDICARE PART D WORKSHEET
3. LET US KNOW IF YOU NEED HELP CREATING A MYMEDICARE ACCOUNT

NEWS *from* Kansas Legal Services



KANSAS LEGAL SERVICES, INC. IS OPEN DURING COVID-19!

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

During these trying times of COVID-19, we want you to know that KANSAS LEGAL SERVICES (KLS) IS OPEN!!! Unfortunately, we have only been able to meet once with senior citizens from your area

since the Corona Virus hit because the East Central Kansas Area on Agency office in Ottawa has been closed for our “face to face” onsite visits with you due to health concerns. However, KLS has continually been assisting your area via phone conversations, and we are also conducting “face to face” meetings with clients at our office located at 400 State Ave., Suite 1015, Kansas City, Kansas. If you would like to drive to our office, which is a little over an hour away from Ottawa, you are welcome to come here. In advance, you will need to call us at 913-621-0200 to complete an application and set an appointment. For the safety of our staff and our clients, we are strictly following COVID-19 Healthcare Guidelines and Social Distancing. Before an applicant can enter our offices, we will take your temperature, you must complete and sign a COVID-19 health questionnaire, you must wear a mask, and social distancing will be observed at all times. Depending upon the nature and complexity of your legal issues, we may be able to assist you over the phone instead and save you a drive to our offices in Kansas City, Kansas. If you would prefer to wait for an onsite visit at the ECKAAA office, located at

117 S. Main St., in Ottawa, we suggest you periodically call the ECKAAA at 785-242-700 to see when they will begin rescheduling our Kansas Legal Services onsite visits.

Kansas Legal Services (KLS) is a statewide, non-profit law firm, and through its Area Agency on Aging (AAA) Program, it is devoted to helping seniors, 60 years old and above, who are U.S. Citizens and Kansas residents, to meet their basic needs by providing various types of important, free legal services. In recent 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.

During COVID-19, under our AAA Program most of the services we have been providing to seniors have related to Estate Planning issues, such as preparing simple estate planning documents like: Wills, Powers of Attorney, Living Wills, and Transfer on Death Deeds. We have been trying to give those types of matters priority due to the life and death seriousness of COVID-19. Hopefully, your local Ottawa ECKAAA office will soon be able to resume our onsite visits to their offices because we know there is an especially high need during these trying times. If you have an urgent need for our legal services, we suggest you apply as soon as possible and we will do our best to assist you in some way in spite of COVID.

(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.)

RCIL Seeking Volunteers

The Resource Center for Independent Living, Inc. (RCIL) is seeking volunteers to assist with building ramps for individuals with disabilities who need accessible entrances and other minor home modifications.

The RCIL Build a Ramp Program provides eligible individuals with home modifications at no cost. If you know someone who is interested in volunteering their time and skills or materials please contact RCIL at 785-528-3105.

NEWS

from ECKAAA Nutrition Program



Sarah Jane Russell
Nutrition Site Coordinator



Jill M. King
Food Services Coordinator

The Nutrition program is continually serving between 600 and 700 meals daily. The Nutrition Sites in our 6 counties are mostly doing Grab & Go meals, however some are open and serving due to their small size, others are just open on certain days to eat in. Please check with your site to see what is available for you. There is a list for all the sites on our website at www.eckaaa.org.

We are proud to announce that our Voucher Program is growing. This program was launched in June by Jodi Smith, Marketing and Outreach Specialist. We piloted the program in Franklin County, and now are expanding into Osage County. This program allows us to reach a larger audience and compliments our existing congregate services. So, please if you are a restaurant owner or manager and are interested in finding out more about this program, please call Jodi at 785-242-7200.

There has been a lot going on in the last several months and we would like to send a big THANK YOU to all the Site Managers, Sr. Center Directors, and Volunteers. You are the smiling faces of ECKAAA.

Welcome New Staff at the Kitchen!



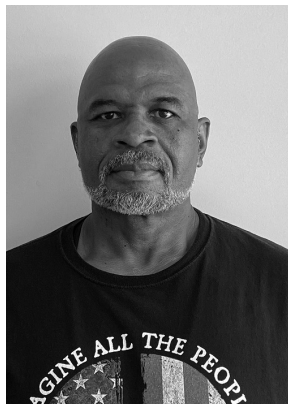
Hayden Butler
Van driver for Coffey County



Kimmy Baldwin
Assistant Bakery Cook

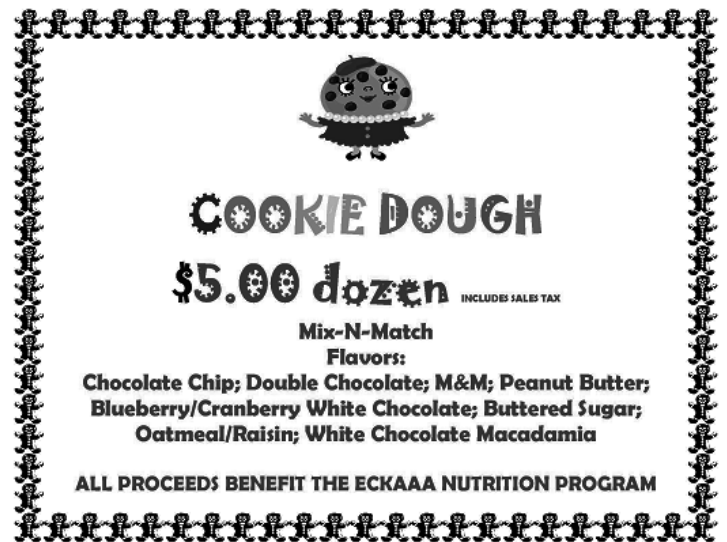



Michael Martin
Van driver for Linn County



Willie Brown
Van driver for Anderson County

As you know the nutrition program is always raising money with creative ideas and fun activities. In October we are having our 19th Annual Benefit Trail Ride at Cedar Park at Pomona Lake. We usually have this in April but due to the corona virus we postponed it until October 3rd. There will be an article and photos in the next Golden Years, and you can find it on Facebook and our website. We are now selling Cookie Dough Balls. These cookies are delicious, and you can order them any time when you need them. See the flyer below for all the delicious flavor choices.





COOKIE DOUGH

\$5.00 dozen INCLUDES SALES TAX

Mix-N-Match
Flavors:

Chocolate Chip; Double Chocolate; M&M; Peanut Butter; Blueberry/Cranberry White Chocolate; Buttered Sugar; Oatmeal/Raisin; White Chocolate Macadamia

ALL PROCEEDS BENEFIT THE ECKAAA NUTRITION PROGRAM

You can pick up your cookie dough at any of our 24 Sr Lunch Sites. If you want to pick them up at the Ottawa Site at the Central Kitchen, you can text 785-521-5170. Leave your name, flavor choices, and the day you would like to pick them up.

Eating Healthy for the Holidays

These tips are good for everyone – not just diabetics!

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks.

How do you stick to your diabetes meal plan when everyone around you seems to be splurging? Here are 5 tips that can help:

1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

Holiday Hacks

- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.
- Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

If you plan for it, no food needs to be on the naughty list.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

Nutrition Site Holiday Closings and Weather Closings

Just a reminder that the Ottawa Kitchen and all the Sr Lunch Sites are closed several holidays in the next several months so mark these on your calendar. For Thanksgiving, we will be closed on November 26 and 27, 2020. For Christmas we will be closed on Christmas Eve and Christmas Day, December 24 and 25. We will also be closed on New Year's Day, January 1, 2021.

If there is bad weather, and it is not safe for our drivers to deliver to the nutrition sites due to ice or snow, we will let 1220 AM KOFO radio station know and they will broadcast the closing, and it will be on their website (www.kofo.com). We also contact WIBW, KCTV5, and KSNT/Fox 43 News about our closings. Please be patient with us and if the weather is bad, understand that we might not be delivering your meal. We will be working on getting some frozen or shelf stable meals out to our home delivered clients so they will not be without a meal.

NEWS *from ECKAAA Nutrition Program cont'd.*

Meals on Wheels Loves Pet Grant

by Jodi Smith

The ECKAAA Nutrition Program /Meals on Wheels was awarded a grant through Pet Smart to help MOW's participants get some help with their animals during COVID. This grant helped with food, getting help with their shots, and supplies. One of the first people I thought of when I heard about this grant was Lila Conner. She had 2 little dogs, Rocky and Ruby, and they let her know whenever a volunteer is at her front door delivering her hot meal 5 days a week. Lila is very excited about the grant as she did not know how she would pay for Rocky and Ruby's shots this year. Rocky is a 7-year-old Chihuahua and Ruby is a one-year-old long-haired dachshund. She told me that she has always had dogs, but most of her life she had German Shepherds. Now she has these 2 little dogs and they are wonderful companions. We are very pleased that we were awarded this grant and were able to help some pet lovers in our area.



Lila with Rocky and Ruby

Living Your Healthiest Life in Retirement



If recent times have taught us anything, it's that health is important – in all aspects of life. This is particularly true if you're already retired, when the habits set earlier in life can help or hinder you. Ensure you're living your best life in retirement by paying attention to these four M's: meaningful relationships, movement, mind and money.

Meaningful Relationships.

When working, many social interactions are tied to coworkers and the workplace. For some, retirement means losing some of these social connections. When you're retired, it's important to maintain existing relationships as well as to look for opportunities to build new relationships. People who maintain strong social connections tend not only to have better mental health, but also better physical health and longevity, according to the National Institute on Aging.*

Movement.

Staying active and moving can help improve health by lowering stress, strengthening bones and muscles,

improving mental health and keeping weight under control, according to the Centers for Disease Control (CDC).** The CDC recommends adults participate in a mix of aerobic and muscle-strengthening activity each week.

Mind.

Always wondered if you had an inner artist, writer or programmer waiting to be released? Take a class and find out. Chances are your local community college or city's continuing education program has a class that will interest you. You may meet new people (good for forming those meaningful relationships) or learn something new. Either way, learning can be a nice stress relief and can help keep the mind active.

Money.

Plan ahead for health care costs in retirement. Medicare is designed to cover traditional expenses, such as doctor's visits, prescriptions, in-hospital expenses and wellness exams, but it won't cover everything. Budget \$4,500 to \$6,500 a year to cover costs Medicare doesn't pick up – including the premiums and deductibles as well as any supplemental insurance, which could include long-term care.

There are no guarantees in life, but there are steps you can take to help protect what's often your most important asset: your health.

*National Institute on Aging website: nia.nih.gov. Social isolation, loneliness in older people pose health risks. April 23, 2019.

**Centers for Disease Control and Prevention website: cdc.gov/healthyplaces/healthtopics/physactivity.htm

SOCIAL INTEGRATION GRANT

The agency recently received a Pathways to a Healthy Kansas community grant through the Franklin County Health Department and BCBS of Kansas to address staying socially active and healthy during these times of isolation due to COVID-19. By offering easily accessible virtual support connections we hope to help ease some of the stress and isolation while offering a variety of options for integration. We are working on the following programs:

- **Virtual chair yoga** The details are still being worked out for dates and time but if you have access to internet, a camera on your phone, iPad, or computer and would like more information, we would love to talk to you. We are hoping to make this very easy to join live or to watch as a recorded version of the live program. If you are interested in participating in this please email me at jodis@eckaaa.org.
- **Virtual book clubs** We will be hosting two (2) book clubs through the grant. Our book choices are *Riding with the Blue Moth* by Bill Hancock and *Everything Beautiful in Its Time* Seasons of Love and Loss by Jenna Bush Hager. Meetings will be held one (1) time each week for four (4) weeks. A time and the dates are to be determined. ECKAAA will provide the book for those who need it and the groups will be open to the first five (5) people who sign up for each book title. Call Shannon if you are interested at 785-242-7200 or email her at shannon@eckaaa.org.
- **Virtual connections with family and friends** Want to connect with family and friends but do not know how or have the proper technology to do so? Do not worry—we will bring the technology to you! We will help host 10 sessions for folks who need want to have a video conference with family and friends—think of it as being able to see who you are talking to on the phone. You can visit with your relatives out of state, chat with your grandkids all at one time or talk to a friend you have not been able to visit in months! Call Shannon at the agency at 785-242-7200 if you are interested in having us help you set a session up.
- **Virtual or phone counseling** We have partnered with a local counselor to provide virtual or phone counseling for anyone who feels they need some extra support or guidance dealing with the stresses of isolation and lack of socialization, health risks and considerations due to COVID-19. Contact Ginger at 785-242-7200 or email her at gingera@eckaaa.org for more information.

RCIL Online Friends Group

The Resource Center for Independent Living, Inc. (RCIL) is offering an online Friends group meeting for individuals who have, or have experienced, a disability. RCIL Independent Living staff will share information about disability related topics such as health and wellness, safety, transportation, and direct support worker concerns. RCIL Friends groups usually meet in person and play games, learn about a topic, and share information with other consumers in attendance. Unfortunately, those meetings will remain on hold until the coronavirus subsides and it is safe for groups to get together again. The online Friends group is the same except you can do it wherever you are by your computer, tablet, smartphone, or your phone. The group meets the second Tuesday of each month from 2:00pm to 3:00pm online through Zoom.

The upcoming online Friends group meetings are scheduled for October 13th, November 10th, and December 8th. All participants who attend will be entered

for a door prize! If you are interested in participating in the RCIL Online Friends group, contact Beth Burnett at RCIL at 785-528-3105 for more details and to sign up.

Are you interested but don't have a computer, phone, and/or internet connection? You may be eligible to get a those things for free or at a reduced cost. Call RCIL and we can help you explore your options!



New ECKAAA Intern



HI! My name is Jose Garcia and I'm currently doing an internship with the ECKAAA. "I am a Human Service Major at Ottawa University, as well as part of the men's soccer team there". I love being able to be part of the ECKAAA team. They are the BEST!

I am from Yuma, Arizona and I plan to continue my education in the Human Service field after graduation this year.



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May 6, 2021.

Medicare Part D Open Enrollment
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The Golden Years

Published by:

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Elizabeth Maxwell, Executive Director

Jodi Smith, Editor

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