



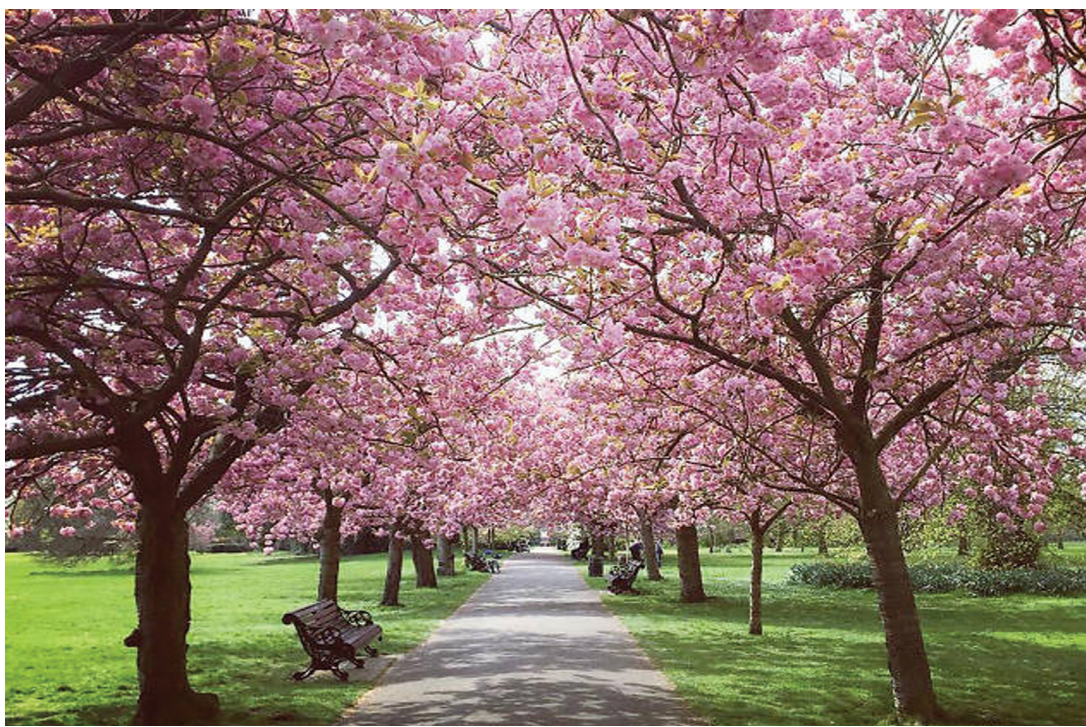
**SPRING 2019**

PUBLICATION OF **EAST CENTRAL KANSAS AREA AGENCY ON AGING**

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

## *Spring and it's Beauty*

Many people love the winter, fall, and summer seasons, but spring is upon us and it is wonderful. Kansas had such a cold winter, it left many people stuck in their homes trying to stay out of the snow. But the warm weather is coming! Even though the spring brings on many allergies, there are many reasons as to why spring is a wonderful season! During the spring, the temperature isn't too hot and isn't too cold. During the spring, temperatures are around 60 and 70 degrees. Finally, people can put away their winter coats and enjoy a light jacket, or maybe even shorts.



Daylight Savings comes in the spring, which means more daylight. Sometimes the winter can bring you the blues, but the extra time of daylight that comes in the spring can enhance a person's mood. It also can help with stress. More daylight means better mood! Also, now you can finally go outside. This winter has caused many people



to stay inside their houses for days on end. Now that the weather is getting warmer and the roads aren't icy, people can get out and go on walks. Spending more time outside also can improve your overall health. The leaves are coming back, the flowers are starting to bloom, and birds are chirping again.

Even though there are seasonal allergies because of the pollen in the air and it rains a lot in April, there are still wonderful things that come with the spring. So, don't forget to enjoy the warm weather and the longer daylight. Go out and smell the flowers and listen to the birds chirp. Kansas had a very harsh winter, so let's enjoy the warm and beautiful spring!





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*Masthead photo was designed by Megan Shaughnessy, ECKAAA Marketing and Outreach and Editor of Golden Years.*





## From The Director

By Elizabeth Maxwell  
Executive Director

The East Central Kansas Area Agency  
on Aging:

East Central Kansas Area Agency on Aging is dedicated to coordinate and provide varied programs and services to older persons and caregivers in order to improve the quality of life and celebrate their independence, health and dignity of all older Kansans. Our best services are those that empower people to discover their own strengths, their own talents, and their own solutions. The area agency on aging has the responsibility to advocate for services that respond to the needs of the most frail, vulnerable elderly. When funding falls short, volunteers fill in the gap to meet necessary needs. Guided by the leadership and commitment of the agency's Advisory Council and Policy Board, East Central Kansas Area Agency on Aging will continue to provide support and find solutions for older Kansans and their families in need.

Our agency provides many different services to people 60 and older. Services provided by the area agency include:

Assessments	Bathing
Case Management	Chore Assistance
Custom Care	Health & Wellness
Housekeeping	Information & Assistance
Insurance Consultation	Intergeneration Programs
Legal Assistance	Personal Emergency Response Assistance
Linkage to other services	Meals
Medical Equipment	Nursing Facility Pre-admission
Personal Care	Prescription Drug Assistance
Respite (caregiver relief)	Support Groups
Tax Form Assistance	Telephone/Visiting
Transportation Coordination	Volunteer Programs

The East Central Kansas Area Agency on Aging is located at 117 S Main, Ottawa, KS.

The office is open M-F, 8:00 AM – 5:00 PM. Contact the area agency by calling 785-242-7200 or 1-800-633-5621.

## CDDO Corner

Community Development Disability Organization

Serving Coffey, Osage, and Franklin Counties

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(785) 242-7200 - fax: (785) 242-7202

### Consumer Inclusion

High-quality health care includes integrating patient perspectives on how they experience and receive care. Applying this principle, the voices of consumers and the people who support them (eg, family members, other caregivers) have been included as sources of knowledge that have informed the updated 2018 Canadian consensus guidelines for primary care of adults with intellectual and developmental disabilities (IDD). In recent years, many studies have generated knowledge about a range of patient perspectives. However, studies that focus on the perspectives of patients with IDD are still emerging.<sup>4</sup> People with IDD are known to have more-than-average health care needs. Yet, the generic health care system is generally not well prepared to meet those needs,<sup>8,9</sup> resulting in problems accessing adequate health care. Similarly, access to and assistance from generic mental health services are limited, even though mental health concerns are more prevalent among this group. The imperative to include people with IDD in health care reform is supported by Canada's ratification of the United Nations' Convention on the Rights of Persons with Disabilities. At the provincial level, in Ontario, there are efforts to increase patient engagement in improving the quality of health care, such as the Excellent Care for All Act and, recently, the Patients First Act. This commentary summarizes what is known regarding the perspectives of patients with IDD, their health, and their health care. It highlights perspectives of people with IDD who have served as health advocates with several health care projects in Ontario. The lessons learned should resonate with and be applicable to primary care settings across Canada and beyond.

#### Inclusive health Care for Patients with IDD

The United Nations' Convention on the Rights of Persons with Disabilities urges societies to recognize that all people must be provided with opportunities to live to their fullest potential, with respect for their inherent dignity and autonomy. While there is societal movement to include people with IDD in their communities, stigmatizing attitudes held by some members of the public still impede true social inclusion. Full social inclusion should cover equitable access to community-based and hospital-based health care. Health care professionals, however, are generally ill-equipped to provide such carefully, reporting inadequate training and limited experience related to the health care of people with IDD. Also, as health care professionals face time pressures and multiple presenting problems (disabilities, previous diagnostic labels, long medication lists), they might miss the person in front of them and that person's pressing concerns.

*(continued on page 10)*

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# Caregiver's Corner



**Shannon Ocsody,  
Caregiver Coordinator**

## You Are Not Alone

There are more than 50 million people in the United States caring for loved ones 18 years of age or older. And there are at least another 10 million caring for loved ones with special needs, younger than 18.

You definitely are not alone! We know at times it is difficult to believe that. Being a family caregiver can be a very lonely endeavor, especially if you have little or no chance for social interaction with others. But at some point in the not too distant future virtually every family in America will be involved in some form of family caregiving.

We know that isn't very comforting when you are feeling all alone and wondering why friends or family seem to have turned away. But knowing that you aren't the only one thinking and feeling the way you do can at least help you breathe a sigh of relief that on top of everything else you aren't losing your mind.

We want to make sure that all caregivers are taking care of themselves too! If you are new to being a caregiver or just need some help, here are ten tips for family caregivers.

1. Choose to **take charge** of your life, and don't let your loved one's illness or disability always take center stage.
2. Remember to **be good to yourself**. Love, honor and value yourself. You're doing a very hard job and you deserve some quality time, just for you.
3. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.
4. When people offer to help, **accept the offer** and suggest specific things that they can do.
5. **Educate yourself** about your loved one's condition. Information is empowering.
6. There's a difference between caring and doing. **Be open to technologies and ideas** that promote your loved one's independence.
7. **Trust your instincts**. Most of the time they'll lead you in the right direction.
8. Grieve for your losses, and then allow yourself to **dream new dreams**.
9. **Stand up for your rights** as a caregiver and a citizen.
10. **Seek support** from other caregivers. There is great strength in knowing you are not alone.

The Area Agency on Aging hopes to provide anyone caring for a loved one helpful information and the knowledge that resources are available. We hope the information above is useful and helps you understand that caregiving can be challenging but that there is help for the challenges you will face. Please call the Area Agency on Aging at 785-242-7200 or 1-800-633-5621 for assistance.

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*Contributed by the National Family Caregivers Association*



## 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, 6-7PM

1st Baptist Church of Ottawa Room 108- 410 S. Hickory st, Ottawa

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. 12:30-1:30pm

Burlington Public Library - 410 Juniatta Street, Burlington, KS

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

## Transportation Services by County

### Anderson County

Anderson County Public Transportation  
785-448-6480

Contact: Patty Ramsey

### Osage County

Osage County Public Transportation  
785-528-4906

Contact: Stephanie or Nancy

### Franklin County

Franklin County Public Transportation  
785-242-7440

Contact: RaJeanna Barnhart

### Coffey County

Coffey County Public Transportation  
620-364-1935

Contact: Kara Reynolds

### Miami County

Louisburg Senior Center  
913-837-5113

Paola Senior Center  
913-294-4630

Osawatomie Senior Center  
913-755-4786

The JO Bus  
(913) 715-8267 OR (816) 221-0660

### Linn County

Linn County Public Transportation  
913-795-2279

Contact: Mell Bowling or Jess

Mercy Hospital Transportation  
800-642-0073

Locations: Mound City, Prescott,  
Pleasanton

\*For medical procedures at Ft. Scott

SEK-CAP Transportation

620-724-3294 - Frank

620-223-9391 - Maryann Post



## 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.**



# NEWS

from ECKAAA Nutrition Program

Jodi Smith- Nutrition Site Coordinator

## VOLUNTEERS

I have always known how important volunteering is to many organizations- but since I have been working with the Nutrition Program – I have a whole new respect for every volunteer and the time they donate to help a deserving population or program. In the last 6 months I have discovered many of our people that are now benefitting from our meals – used to volunteer to help deliver the same meals they are now receiving. Since this month is National Volunteer Month – please remember to thank anyone that you know that is volunteering their time. Encourage your family and children to volunteer- it is great to teach the importance of volunteering and plus they get a chance to know how good it feels to help someone else, to make them smile and in general make their day better.

I am amazed that in our 6 counties we have over 175 volunteers and the time they donate each month adds up to almost 1,000 hours. The volunteers are always willing to help – whether it is to pack the home delivered meals, deliver them, help serve the congregate meals, clean up the kitchen, work on sending out flyers, inputting data into my computer, and many other jobs that are important to our Meals on Wheel program. So please think about volunteering in some way- you will love the feeling you have at the end of the day! And Leslea has this saying at the end of her email and I think it says it all.



*“If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.”*

--Chinese Proverb

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2. In Adult Care Home - 800-842-0078
3. In S.R.S. Facility - 800-221-7973

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### SUPPORT GROUP!

1st Monday of Each Month @ 6-7 P.M.  
1st Baptist Church of Ottawa  
410 S. Hickory, Room 108

Call Shannon with questions at  
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### Understanding Your Social Security Options

Your Social Security and retirement decisions typically go hand in hand. And one of the biggest retirement-related decisions you'll make is when to start taking Social Security. That's why we believe it's important to talk with your financial advisor before making this decision. We'll ask questions and listen to better understand your situation. Then we can help outline what options you may have when it comes to Social Security.

This isn't a choice we think you should take lightly. That's because Social Security is one of the most valuable retirement assets you have. Think about it this way: Using the average individual benefit of \$1,404 per month in 2018, finding a similar investment paying the same amount for as long as you live, with inflation adjustments and survivor benefits for your spouse, would cost nearly \$450,000. \*

#### The basics

- Your Social Security retirement benefit is based on your highest 35 years of earnings, adjusted for inflation, as well as the age you begin taking Social Security.
- Your yearly statement from the Social Security Administration can provide you with an estimate of what your retirement benefit is, based on your full retirement age (FRA) and work history
- You can claim benefits as early as age 62 and as late as age 70. However, your benefits are reduced by up to 30% if you claim before your FRA but can increase by up to 32% above your full-retirement benefit if you delay past your FRA.
- You may also be eligible for spousal and survivor benefits depending on your situation and working in retirement can affect your benefit if you claim before FRA.

Ultimately, when to take Social Security is a personal and complex decision that we recommend viewing through a LENS.

#### Think about: your life expectancy

Since benefits change based on what age you begin taking Social Security, this decision is in some respects a question of receiving a smaller amount for a longer period or a larger amount for a shorter time. So, how long you (and your spouse) expect to live plays an important role.

#### Think about: your employment

You probably don't plan on slowing down when you "retire" and may even plan to continue working. However, if you take Social Security early, working at the same time can really affect your benefits.

That's because your benefits are lowered by \$1 for every \$2 in earned income above a certain amount (\$17,040 for 2018). This changes to \$1 for every \$3 in earned income the year you reach your Full Retirement Age for earnings over \$45,360.

#### Think about: your needs

If you have control over when you retire, analyze what it would cost to live your desired lifestyle after you stop working full-time. Then, add up where the money comes from to provide for this lifestyle—such as outside income, Social Security and investment resources—to determine if these sources will cover your spending needs.

#### Think about: your spouse

Claiming Social Security later could be one way you provide for your spouse. If you are the higher wage earner (with the higher Social Security benefit) and either are older than your spouse or expect your spouse to live longer than you, it may make sense to delay taking Social Security to maximize the survivor benefit if you pass away prematurely.

#### Taxes and your benefits

Taxes shouldn't be the key driver of when you decide to take Social Security. However, it's important to understand how your benefits could be taxed when determining your after-tax income in retirement:

- o If your combined income is \$25,000 to \$34,000 if single or \$32,000 to \$44,000 if married, up to 50% of your Social Security benefits will be taxed at your income tax rate.
- o If your combined income is above \$34,000 if single or above \$44,000 if married, up to 85% of your benefits will be taxed at your income tax rate.

#### Social security and your retirement

With all this in mind, it's important to remember that Social Security was never intended to cover everything – on average, it provides about 40% of your pre-retirement income. That's why it's so important to work with your local Edward Jones advisor to position your investments to help provide for your income needs throughout retirement.

#### Important Information:

\*Edward Jones estimates based on CANNEX Immediate Annuity Quote System – 12/01/2017. Example assumes a joint life annuity, 66-year-old person, 3% inflation rate and the 2018 average benefit level from the Social Security Administration.

\*this article was written by Edward Jones for use by your local financial advisor

## FRAUD PROTECTION FOR ELDERS LIVING OR STAYING ALONE

- Remove the person's name from telemarketer lists and junk mailings.
- Set up a P.O. Box for mail delivery and screen mail.
- Arrange with the bank to allow access only to predetermined amounts of money. Ask the bank to call you if a request for a large withdrawal is made.
- Limit credit card access.
- Look for unusual activity and bank accounts, bounced checks, "maxed out" credit.
- Look for checks or documents with signatures that appear forged.
- Screen phone calls.
- Be sure the person's Social Security number does not appear on checks.
- Check the person's credit report yearly.
- Look for unpaid or overpaid bills.
- Be aware if someone isolates the person or talks excessively about finances.
- Notice if a new acquaintance expresses inordinate affection and loyalty.
- Look for changes in the will, deed, or Power of Attorney if the person is not able to comprehend such changes.

*Gwyther, L. P., & Ballard, E. L. (2002). Working with family caregivers of people with memory disorders: A North Carolina information & assistance toolkit. Durham, NC: Duke Family Support Program.*Name

Are you having difficulties resolving your KanCare/Medicaid issues?

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[www.kancare.ks.gov/kancare-ombudsman-office](http://www.kancare.ks.gov/kancare-ombudsman-office)

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**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](http://VSR003.ink.org)

**Coffey & Osage Counties - 620-342-3347**  
Kress Center, Suite 1D, 702 Commercial St.,  
Emporia, KS 66801  
[VSR006@cableone.net](mailto:VSR006@cableone.net)

**Franklin & Miami Counties - 785-843-5233**  
745 Vermont, Lawrence, KS 66044  
[VSR012@sunflower.com](mailto:VSR012@sunflower.com)

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



# MEAL SITE MANAGERS

## East Central Kansas Area Agency on Aging Nutrition Program



**Ann Roark**  
Parker Meal Site



**Carolyn Bischoff**  
Williamsburg Meal Site



**Carolyn Stokes**  
Centerville Meal Site



**Charlene Reeve**  
Lane Meal Site



**Debbie Graybeal**  
Burlingame Meal Site



**Teejay Mayfield**  
Wellsville Meal Site



**Gloria Snow**  
Sunflower Plaza Meal Site



**Judy Henderson**  
Colony Meal Site



**Linda Klee**  
Mound City Meal Site



**Linda Sink**  
Pomona Meal Site



**Marcie Long**  
Garnett Meal Site



**Marie Smith**  
Waverly Meal Site



**Pam Noonan**  
Osage City Meal Site



**Pat Hutsell**  
Louisburg Meal Site



**Pat Willcut**  
Blue Mound Meal Site



**Linda Maus**  
Pleasanton Meal Site



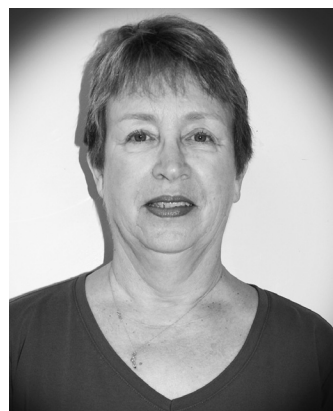
**Tracey Crosby**  
Paola Meal Site



**Susan White**  
Kincaid Meal Site



**Terri Ramsdale**  
Carbondale Meal Site



**Verna Berry**  
Lebo Meal Site



**Vicki VanKooten**  
Burlington Meal Site



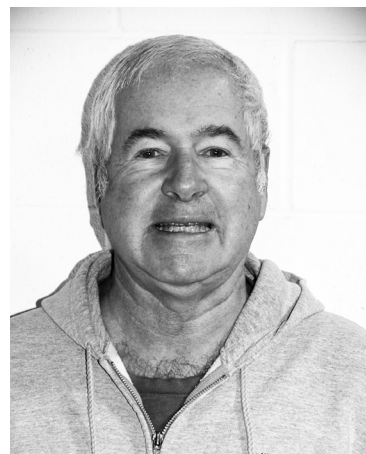
**Tonya Page**  
Osawatomie Meal Site

# COOKS & VAN DRIVERS

## East Central Kansas Area Agency on Aging Nutrition Program



**Robert Mox**  
ECKAAANP Van Driver



**Dennis Lark**  
ECKAAANP Van Driver



**Brian Woodsum**  
ECKAAANP Van Driver



**Annie Newkirk**  
ECKAAANP Van Driver



**Merle Winsky**  
ECKAAANP Van Driver



**Connie Smith**  
ECKAAANP Cook



**Monty Maus**  
ECKAAANP Van Driver



**Linda Gilges**  
ECKAAANP Cook



**Stacy Christian**  
ECKAAANP Cook



## Keys to Embracing Aging

What you do today will affect your future. The way in which you take care of yourself through the years, both physically and mentally, will affect the natural process of aging. No one knows this better than centenarians, people who are 100 years old and older. Centenarian studies demonstrate that life does not diminish with aging. In fact, 100-year-olds show how the acceptance of aging can be positive, joyful, and exciting. Aging brings new experiences, knowledge, wisdom, and a greater ability to engineer a positive approach to life. Many centenarians contribute their longevity to the following:

### **Positive Attitude**

A positive attitude affects overall happiness, health, and well-being. A positive attitude can also help you better manage life's transitions and challenges.

### **Eating Smart and Healthy**

Eating right can help prevent illness and chronic disease. It can also provide you with more energy so you can be alert and a better decision-maker. Eating healthy includes a well-balanced diet and a healthy relationship with food.

### **Physical Activity**

Regular exercise is associated with decreased death and disability from diseases such as heart disease, diabetes, arthritis, and cancer. It is also associated with positive psychological benefits, such as improved quality of life.

### **Brain Activity**

A healthy brain is crucial to survival, growth, and everyday successes. Similar to the rest of the body, the brain needs exercise and maintenance to protect its current and future health. In particular, the brain needs socialization, mental stimulation, physical activity, nutrition, and sleep.

### **Social Activity**

Engaged people are often healthier, happier, less depressed, and demonstrate enhanced brain vitality. Social activity inspires a positive attitude, enhances self-esteem, connects you to family and peers, and reduces the risk of illnesses and disease.

### **Tuning Into the Times**

Staying in tune to the times throughout life promotes lifelong learning, which increases knowledge, problem-solving skills, and decision-making. Staying on top of the latest technology and current events helps broaden social opportunities and networks.

### **Safety**

Practicing safety is important because it helps keep you out of harm's way. From locking doors to learning how to swim, it is important to be safe in the various realms of life including home, transportation,

health, recreation, and emergency preparedness.

### **Know Your Health Numbers**

Certain health numbers can save and extend your life. These numbers are associated with cholesterol, triglycerides, blood pressure, blood sugar, body mass index (BMI), and waist circumference. Regular visits to a health-care provider are key to a longer lifespan.

### **Stress Management**

Appropriate stress is healthy and useful, but when stress overwhelms you, it can become distress, causing anxiety, tension, irritability, and a number of health problems. Learning what causes stress and how to manage it in positive ways helps you cope and live a more balanced, healthy life.

### **Financial Affairs**

Good financial management is important whether you earn minimum wage or are a millionaire. The first step to healthy financial management is balancing income with expenses. With a money management and spending plan in place, you are more likely to meet your financial goals.

### **Sleep**

Sleep has a major impact on overall health and quality of life, including the way you look, feel, and perform on a daily basis. Your bodies need sleep to repair muscles, consolidate memories, and regulate hormones and appetite. When you sleep well, you wake up feeling refreshed and alert for daily activities. Sleep prepares you to concentrate, make decisions, and fully engage in school, work, and social activities.

### **Taking Time for You**

In today's busy world, you juggle multiple responsibilities and likely make time for others before making time for yourself. Taking time to care for yourself makes you a better family member, friend, co-worker, caregiver, or leader. Even if it is just for 10 minutes a day, a time out is good for your mind, body, and soul.

Since there is no magic potion to stop the aging process, it is important to take care of your body, mind, and spirit throughout your whole life. These 12 keys, and many additional healthy behavior practices, encourage optimal aging throughout the life span.

*Source: Adapted and used with permission of the University of Arkansas Research & Extension and the University of Kentucky College of Agriculture, Erin Yelland, Ph.D., Amy F. Hosier & LaVona S. Traywick. For more information on Adult Development & Aging or Family Resource Management, contact the Marais des Cygnes Extension District Paola (913-294-4306) or Mound City (913-795-2829) offices, or write to kgoul@ksu.edu or visit our website at www.maraisdescygnnes.k-state.edu.*

## East Central Kansas Active Aging Expo is Coming May 2nd

Submitted by: Kathy Goul, Family and Consumer Sciences Agent, K-State Research & Extension, Marais des Cygnes District

The registration deadline is fast approaching for the East Central Kansas Active Aging Expo to be held in Ottawa on Thursday, May 2, from 8:45 a.m. to 3:30 p.m. at the First Baptist Church, 410 S. Hickory Street. The conference will promote positive attitudes about aging and encourage individuals to be active physically, mentally and financially.

Gayle Doll will present the keynote address entitled "The Happiness Curve of Aging". Older adults report improved contentment as they age despite increasing losses. The accumulation of loss is overemphasized, however, by younger people who then develop ageist beliefs – stereotyping of individuals or groups because of their age – which may portray older people as frail, physically weak, mentally slow, disabled or helpless. Doll's presentation is meant to enlighten participants to age-stereotyping and can be used for a score sheet for "owning one's own age".

In addition to Doll's presentation on aging, participants will be able to attend a variety of informational sessions that include the following topics: hospice myths; gardening as we age; road trips in Kansas; taking control of your future with wills, trusts and power

of attorney documents; caring for the caregiver; independent living; eldercare mediation and family decision-making; dental care and chair yoga.

Educational sessions will be conducted in the morning and afternoon. Participants can register for four sessions of their choice. Local vendors will be on hand with information on products and services. Registration is \$15 per person. Advance registration deadline is Friday, April 19th. The registration fee covers lunch, speaker fees and program materials.

The "Active Aging Expo" is sponsored by Angels Care Home Health, East Central Kansas Area Agency on Aging, K-State Research and Extension (Frontier District, Marais des Cygnes District and Coffey County) and First Baptist Church, Ottawa.

**For registration and program information, visit  
[www.agingexpo.k-state.edu](http://www.agingexpo.k-state.edu).**

**For more information contact:  
Franny Eastwood, FCS Agent at 913-795-2829 or  
Chelsea Richmond, FCS Agent at 785-448-6826.**



# When does Medicare cover transportation in an ambulance?

## Does it cover ambulance transportation?

Medicare Part B covers emergency ambulance services and, in limited cases, non-emergency ambulance services. Medicare considers an emergency to be any situation when your health is in serious danger and you cannot be transported safely by any other means. If your trip is scheduled when your health is not in immediate danger, it is not considered an emergency.

### Part B covers emergency ambulance services if:

- An ambulance is medically necessary, meaning it is the only safe way to transport you
- The reason for your trip is to receive a Medicare-covered service or to return from receiving care
- You are transported to and from certain locations, following Medicare’s coverage guidelines
- And, the transportation supplier meets Medicare’s ambulance requirements

### To be eligible for coverage of non-emergency ambulance services, you must:

- Be confined to your bed (unable to get up from bed without help, unable to walk, and unable to sit in a chair or wheelchair)
- Or, need essential medical services during your trip that are only available in an ambulance, such as administration of medications or monitoring of vital functions

Original Medicare never covers the services of ambulances, wheelchair vans, or litter-vans. These are wheelchair-accessible vans that provide non-emergency transportation. Medicare also does not cover ambulance transportation just because you lack access to alternative transportation. Medicare Advantage Plans must cover the same services as Original Medicare and may offer some additional transportation services. Check with your plan to learn about its coverage of non-emergency ambulance transportation.

(Note that if you are receiving skilled nursing facility (SNF) care under Part A, most ambulance transportation should be paid for by the SNF. The SNF should not bill Medicare for this service.)

Under Original Medicare, Part B covers medically necessary emergency and non-emergency ambulance services at 80% of the Medicare-approved amount. In most cases, you pay a 20% coinsurance after you meet your Part B deductible (\$185 in 2019). All ambulance companies that receive Medicare payments must be participating providers who accept assignment in all cases.

If you have a Medicare Advantage Plan, contact your plan to learn about the costs of ambulance transportation.

Source: Medicare Rights Center, March 2019

Medicare Savings Program can help pay for Medicare Part A, Part B and/or Part D premiums, deductibles, and co-payments.

### How do I know if I qualify for a Medicare Savings Program?

If you can answer YES to the following 3 questions, you should apply for the public funding to pay your Medicare premiums.

1. Do you have Medicare Part A, also known as hospital insurance?
2. Are your resources at or below, \$7,730 for an individual or \$11,600 for a married couple? Resources include money in a checking, savings, or CD account, stocks, and bonds. When you count your resources don’t include the house you live in, your car or household items.
3. Do you fall within any of the income guidelines below?

Medicare Savings Program	Individual Monthly Income Limit	Married Couple Monthly Limit	The Medicare Savings Program may pay you:
Qualified Medicare Beneficiary—QMB	\$1,061	\$1,430	Part A, Part B, Part D, premiums, copayments, deductibles, and coinsurance.
Special Low-Income Medicare Beneficiary—SLMB	\$1,269	\$1,711	Part B Premium, deemed eligibility for Part D Extra Help
Qualifying Individual (QI); (also known as Expanded Low-Income Medicare Beneficiary—ELMB)	\$1,426	\$1,923	Part B Premium, deemed eligible for Part D Extra Help

## WILL THE STATE TAKE MY HOME IF I APPLY FOR THE MEDICARE SAVINGS PROGRAM?

**Answer: NO**

Your home and your assets will not be touched by the state if you only receive public funding from the Medicare Savings Program.

For more information, questions, or to apply for a Medicare Savings Program, call the KanCare Customer Service Line at 1-800-792-4884. You may also apply online at [www.applyforKanCare.ks.gov](http://www.applyforKanCare.ks.gov)

## 2019 LIS Program Guidelines “Extra Help”

To qualify for Part D Extra Help in 2019, you must meet the following limits:

### Individual:

- Annual income at or below \$18,972 (\$1,581 monthly).
- Resources (sometimes called assets) are at or below \$14,390 for an individual.

### Married Couple:

- Annual income at or below \$25,608 (\$2,134 monthly).
- Resources (sometimes called assets) are at or below \$28,720

To apply for Extra Help go to

**WWW.SSA.GOV**

or call ECKAAA at 785-242-7200 or 913-286-0292 for assistance.

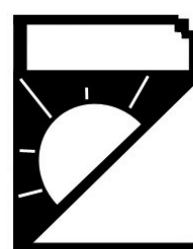
## New to Medicare Seminar

April 10, 2019

July 10, 2019

October 9, 2019

**10AM to Noon**



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*(Continued from page 2)*

## CDDO Corner

**Community Development Disability Organization**  
 Serving Coffey, Osage, and Franklin Counties

### Presenting Problems and Patient Engagement

Medical literature and training have often focused on describing and categorizing problems (eg, diagnosis, pathogenesis, pathology, and disability) and objectifying patient presentations. The physician-patient relationship forms the context for care and treatment, however, and should be responsive to each person's unique experience of his or her presenting problems. It can be challenging to engage patients who do not communicate verbally and need more time or assistance, especially when they are experiencing ill health. Family physicians can adapt already familiar interview practices, such as patient-centered interviewing. Attending to various forms of communication and including in the discussion those who know the patient best can provide insights into the distress patients with IDD experience. In turn, this leads to options that provide more effective interventions that optimize their health and well-being.

### An "inside-out" Perspective

Ontario patient advocate Kareem Elbard urges health care providers to adopt an "inside-out" versus the usual "outside-in" approach to clinical encounters with patients with IDD. This "inside-out" approach involves seeking out the patients' experiences of illness or suffering, engages them in collaborative decision-making regarding interventions, and respects their personhood above all. Openly appreciating the thoughts and feelings of people living with disabilities can have a positive effect on primary care providers' attitudes and perceptions about disability. An "inside-out" approach involves being open to a better understanding of the patient from his or her perspective. He advises physicians to consider and incorporate the following into their practice:

- Treat me like an equal, include me and ask for and value my opinions.
- Give me the time to put these together and express them.
- If I have difficulty understanding you, be patient and find a way for us to communicate more successfully.
- Respect and recognize my skills....
- Please do not describe me as a disability, I have a name and am more than your label.
- I have many medical problems but I do not appreciate being told that they cannot be helped simply because I also have a developmental disability.

### Patient Perspectives Inform Practice

There has been an important worldwide movement of people with IDD "going public," with many spokespeople effectively describing experiences of developmental challenges, sensitivities, overwhelming physical and emotional reactivity, alienation, and discrimination. Some of them are also involved in medical education as teachers with IDD. Patient narratives have been instrumental in shifting clinicians' frame of reference from a more pathology-centered to a more person-centered understanding.<sup>2</sup> Listening to the experiences of patients with IDD can provide important insights into how to adapt primary care practices.

### Practices that Improve Experiences

Studies of health care consumer perspectives emphasize the importance of patients receiving humanizing, high-quality care that meets their health needs. Consumer opinion studies reinforce the importance of inclusion and access; overcoming communication barriers; treatment for health needs; help to navigate the system; and continuity of care. A recent Ontario focus group study involving adults with IDD echoed dominant themes of access to primary care, person-centered practices, helpful attitudes, communication tailored to the patient, health-promoting outcomes, continuity of care, and interprofessional collaboration. These themes inform and reinforce recommendations in the updated Canadian consensus guidelines for primary care of adults with IDD. Overall, these themes and recommendations should inform practices to improve the primary care experiences of both patients with IDD and their primary care providers. Conclusion The need for accessible and appropriate primary care for people with IDD is real and pressing. The inclusion of consumer opinion literature and experience into the Canadian consensus guidelines for primary care of adults with IDD should improve health care access, interactions, and ultimately health outcomes for this population. The updated primary care guidelines will be practiced with people who are the best experts on themselves. Health care professionals can benefit from listening to and drawing on patients' experiences to inform the development and evaluation of guidelines and to improve health care encounters

*Retrieved from [www.cfp.ca/contact/cfp/64/Suppl\\_2/S8.full.pdf](http://www.cfp.ca/contact/cfp/64/Suppl_2/S8.full.pdf)*

## What is an Advance Beneficiary Notice?

An Advance Beneficiary Notice (ABN), also known as a waiver of liability, is a notice a provider should give you before you receive a service if, based on Medicare coverage rules, your provider has reason to believe Medicare will not pay for the services. The ABN may look different, depending on the type of provider who gives it to you. An ABN is not an official Medicare coverage decision.

The ABN allows you to decide whether to get the care in question and accept financial responsibility for the service (pay for the service out-of-pocket) if Medicare denies payment. The notice must explain why the provider believes Medicare will deny payment. For example, an ABN might say, "Medicare only pays for this test once every three years." Providers are not required to give you an ABN for services or items are never covered by Medicare, such as hearing aids. Note that our providers are not permitted to give an ABN all the time, or to have a blanket ABN policy.

### If you receive an ABN from your provider, there are a few things you should ask before choosing whether to sign the ABN or refuse care:

- If your provider thinks the service is medically necessary, ask why you need to sign an ABN. Medicare should pay for most medical services you need, unless the service is specifically excluded from coverage, in which case an ABN is not required.
- Ask your provider if they are willing to help you appeal Medicare's coverage decision, if the service is denied, by writing a letter justifying your medical need for the service. If your provider refuses to write a letter or help you appeal, you may want to find a different provider.

While the ABN serves as a warning that Medicare may not pay for the care your provider recommends, it is possible that Medicare will pay for the service. To get an official decision from Medicare, you must first sign the ABN, agreeing to pay if Medicare does not, and receive the care. Make sure you request that your provider submit a claim to Medicare for the service before billing you. The ABN may have a place from where you can elect this option. Otherwise, your provider is not required to submit the claim, and Medicare will not provide coverage. An ABN is not an official Medicare coverage decision.

Medicare has rules about when you should receive an ABN and how it should look. If these rules are not followed, you may not be responsible for the cost of the care. When your Medicare Summary Notice (MSN) shows that Medicare has denied payment for a service or item, you can choose to file an appeal.

Remember, receiving an ABN does not prevent you from filing an appeal, as long as the provider submits a claim to Medicare. You can contact your State Health Insurance Assistance Program (SHIP) for more information about the process. If you do not know how to contact your SHIP, you can call 877-839-2675 or visit [www.shiptacenter.org](http://www.shiptacenter.org).

### You may not be responsible for the denied charges if the ABN:

- Is difficult to read or hard to understand
- Is given by the provider (except a lab) to every patient with no specific reason as to why a claim may be denied
- Does not list the actual service provided, or is signed after the date the service was provided
- Is given to you during an emergency or is given to you just prior to receiving a service (for instance, immediately before an MRI).

You can contact your Senior Medicare Patrol (SMP) for assistance if you are suspicious of a provider's handling of the ABN or if you believe you were falsely billed for service. If you don't know how to contact your SMP, call 877-808-2468 or visit [www.smpresource.org](http://www.smpresource.org).

*Medicare Rights Center, March 2019*

## 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](http://www.medicare.gov/nhcompare/home.asp)

[www.mindsmatterllc.com](http://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**





## The Long-Term Care Ombudsman and The KanCare Ombudsman

*By Tom Lasley*

As you may already know, Kansas Legal Services, Inc. (KLS) is a Kansas not-for-profit law firm with the primary mission of providing free or reduced fee legal services to the most vulnerable people in our communities, assisting them in overcoming their legal obstacles, and thus, better

enabling them to meet their basic human, safety and financial needs. KLS handles a wide array of legal problems, but lately, we have been receiving an influx of inquiries about Medicaid, such as: (1) What are the legal qualifications for Medicaid? (2) What is the Medicaid Recovery Lien and how does that affect my family's ability to keep my house after I have entered a long-term care facility or have passed away? (3) How should I plan my estate if I think I will need to go on Medicaid in the future? (4) Who do I contact if I am having problems at my long-term care facility? and (5) Who do I contact if I am having administrative problems with Medicaid, such as qualifying for, enrolling in, or continuing to receive various Medicaid assistance programs?

It is important to realize that while KLS may be able to provide limited advice about the above questions, we cannot always address all of those questions. Some of those issues may go beyond the scope of the services that we can provide, and, they may be better handled by other organizations. Therefore, in order to accomplish our mission, it is not uncommon for KLS to work in conjunction with other area agencies. When it comes to dealing with long-term care problems, conditions and care for residents, and dealing with Medicaid administration problems and programs, we particularly work closely with the Kansas Ombudsman Offices as a valued referral resource for our clients. Therefore, in this article, we thought it might be beneficial to put a spotlight on the Kansas Ombudsman Offices for those particular areas of concern.

In short, there are two different Kansas Ombudsman Offices that serve two totally different functions, the Long-Term Care Ombudsman Office and the KanCare Ombudsman Office:

**The Long-Term Care Ombudsman Office acts as an advocate for residents of long-term nursing facilities.**

The Mission of the Long-Term Care Ombudsman is: "to act as an advocate for the well-being, safety, and the rights of long-term care residents by assisting them in attaining the highest quality of life." One of the principal functions of this ombudsman program is to investigate and resolve complaints made by long-term care residents or made by others on behalf of the residents. It helps the residents achieve equitable solutions in their facilities. In short, the Long-Term Care Ombudsman is a problem solver for long-term care residents, and it is a negotiator to help solve the resident's problems. The Ombudsman regularly visits long-term care facilities to monitor the level of care and conditions, and to make itself readily available to the residents in order to better address their complaints and concerns.

The Long-Term Care Ombudsman Office is located in Topeka, and its toll free phone number is: 877-662-8362. The current Long-Term Care Ombudsman is Barbara Hickert. For more detailed information on how to file long-term care complaints with the Long-Term Care Ombudsman, you should go to its website at: [www.kansasombudsman.ks.gov](http://www.kansasombudsman.ks.gov).

**The KanCare Ombudsman helps individuals navigate through issues they are having with KanCare.**

The KanCare Ombudsman office helps educate people on how to qualify for KanCare (Medicaid), and on a limited basis, helps people enroll in KanCare. KanCare is the program through which the State of Kansas has been administering Medicaid (health insurance for low income individuals) since 2013. KanCare provides healthcare services to more than 415,000 needy, disabled and elderly Kansas residents, and it contracts with different healthcare companies to provide healthcare assistance to Kansas Medicaid recipients.

The KanCare Ombudsman assists people who have a wide array of problems with KanCare, especially when they can't resolve their issues on their own. These are issues such as problems qualifying for, enrolling in, or continuing to receive Medicaid assistance under various programs. The KanCare Ombudsman also helps people who have issues with the Home and Community Based Services (HCBS) waiver program that provides services to Kansans with disabilities, and other long-term, in-home care services.

The KanCare Ombudsman Office is also located in Topeka, but in different offices than the Long-Term Care Ombudsman offices. Its toll free phone number is 855-643-8180. The current KanCare Ombudsman is Kerrie Bacon. For more detailed information on how to request Medicaid assistance from the KanCare Ombudsman, you should go to its website at: [www.kancare.ks.gov/kancare-ombudsman-office](http://www.kancare.ks.gov/kancare-ombudsman-office).

**Kansas Legal Services and the Ombudsman Offices**

When Kansas Legal Services (KLS) receives complaints about resident's problems at long-term care facilities or about KanCare administration problems, one of the first things we may do is contact the appropriate Ombudsman office for additional assistance. KLS has a mutual relationship with the Ombudsman offices and many times those offices will call us to assist when matters have elevated legal issues. The Ombudsman offices are an important resource for Kansas Legal Services and an important resource for all Kansas residents. We are fortunate to have them.

If you ever have any legal problems with your long-term care facility or any legal Medicaid administration 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 help you in any way that we can. You can also learn more about KLS and all of other our services by going to our website at: [www.kansaslegalservices.org](http://www.kansaslegalservices.org).

*(Tom Lasley is an employee at Kansas Legal Services, Inc.)*



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# Health & Wellness

## How Yoga Benefits Everyone

Retrieved from <https://www.healthline.com/nutrition/13-benefits-of-yoga#section13>

### **Whether you are 16 or you are 90, yoga can help everyone.**

The practice of yoga brings your mind and body together through poses and mediation that help you work on flexibility and relaxation. While practicing yoga, there are many benefits for both your mental and physical health. Here are 13 reasons as to why you should try yoga for yourself!

1. Yoga is known for its relaxation and stress reducing ways through meditation. A study of 24 high stressed women shows that after a three-month yoga program had reduced their stress significantly. Also, with doing yoga, these women had lower levels of depression and anxiety. Another study of 131 people had shown that, after doing yoga for 10-weeks, their quality of life and mental health had improved.

2. There is a lot of research that shows yoga helps reduce anxiety. There is a study of 64 women with PTSD and severe anxiety that started doing yoga once a week. After 10 weeks, 52% of these women no longer fall under PTSD guidelines and their anxiety reduced. This is because yoga focuses on finding a sense of peace and focusing on being present in the moment, and not thinking about what you must do tomorrow or what you messed up at work this morning.

3. Yoga may be great for your mental health, but it is also great for your physical health as well. Doing yoga can reduce inflammation in the body. Chronic inflammation can lead to heart disease, diabetes, or cancer. Studies have shown that doing yoga can help protect you against certain diseases caused by chronic inflammation.

4. Yoga can improve the health of your heart and can reduce risk factors of heart disease. Research shows that those 40 and older, who have practiced yoga for 5 years or longer, had lower blood pressure and pulse rate than those who don't practice yoga. Lowering a person's blood pressure can reduce their risk of heart disease.

5. Yoga improves the quality of life for everyone. A study has shown that seniors who were assigned to do yoga by a doctor, have improved their quality of life, mood, and fatigue. Some studies have shown that yoga can reduce the symptoms of cancer patients. For instance, it can reduce the symptoms of vomiting and nausea. This helps improve the quality of life for cancer patients while going through chemotherapy.

6. There are studies that show that yoga can decrease depression. This could be because yoga helps decrease a hormone called cortisol, which is a stress hormone. Research shows that people who were involved in alcohol dependent programs had reduced depression and lower levels of cortisol after only 2 weeks of yoga.

7. Yoga could also reduce chronic pains that are bugging you throughout the day. There are millions of people who suffer from chronic pain. Yoga can reduce pain, strengthen grip, improve physical function in the knees, and help over all with many different pains.

If you suffer from carpal tunnel or osteoarthritis, doing yoga can help decrease your pain.

8. Many people suffer from poor sleep in the night. Incorporating yoga into your life can help improve the quality of sleep you have during the night. At night, you could fall asleep faster, sleep longer, and feel more well rested the next morning, just by doing yoga. Many people who have stress, anxiety, or depression often have difficulties sleeping. Yoga reduces all of these, which can improve their quality of sleep.

9. There are many people out there who have difficulties with balance and flexibility. It is proven that if a person participates in yoga, the poses will help improve a person's flexibility and balance. Research shows that after a year of participating in yoga, people show

significant improvement in their flexibility and balance compared to people who don't participate in yoga.

10. Yoga helps control a person's breathing through breathing exercises and techniques. A study has shown that, after a 15-week yoga course, 287 people saw improvement in their vital capacity, which is how much air they can expel from their lungs. This is very important for people with asthma, heart problems, and lung disease. With improving breathing, a person can build up their endurance and keep their lungs and heart healthy.

11. Migraines are a severe headache that impacts 1 out of 7 people every year. Even though many people treat migraines with medication, there is increasing evidence that shows that yoga can help reduce the amount of migraines a person gets. There is also evidence that shows that yoga can help reduce the intensity of the migraine a person gets if combined with conventional care.

12. Yoga also helps promote healthy eating habits. Yoga helps promote mindful eating, which encourages a person to be present, in the moment, while eating. With mindful eating, a person focuses on tasting, smelling, and sensation they feel while eating. This practice helps promote healthy eating by reducing blood pressure, increase weight loss, and much more.

13. Lastly, yoga can improve strength. There are specific yoga poses that are for strengthening muscles. Yoga can help with weight loss and lower body fat percentage. Combining yoga and other regular exercise routines, a person can boost their strength and endurance and flexibility.

There are many benefits to practicing yoga that can help people of all ages. Whether you practice yoga to reduce anxiety and stress, or you do it to strengthen muscles, yoga can help everyone. Yoga is great anytime of the year! If you need help improving your physical and mental health, yoga is the right choice for you.

## Senior Health Services Expo



**Garnett Senior Center**  
**128 W 5th St.**  
**Wednesday, May 8th**  
**12:00-5:00 pm**

**Join us for an afternoon of learning, visiting and sharing!**

**Healthcare providers & businesses serving our community will be here to answer questions and provide information on a variety of senior health & aging topics:**

**Medicare & Prescription Coverage**  
**Senior Living & Assistance**  
**Home Healthcare & Hospice**  
**Personal Assistance**  
**Activities & Much More!**

**Refreshments will be served**

**Sponsored by:**  
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**Advocacy:** working for YOU and for our communities to ensure inclusion, accessibility and quality of life for people with all kinds of disabilities

**Partnerships:** working with partner programs and organizations for health, well-being and independent living for all

**Community Education:** a presence and a voice in promoting and organizing inclusive and educational programs and events

**Youth Employment:** programs and services to meet the needs of youth and young adults seeking career development & employment

## What is Independence, Inc.? We're more than you might think!

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

What can we do for YOU?

For more information about Independence, Inc., our programs and services, visit us on the web [www.independenceinc.org](http://www.independenceinc.org) or call us at 785-841-0333.

We look forward to serving your independent living needs!

*Left to right: 1. a consumer enjoying her new accessible bathroom thanks in part to advocacy and information & referral through Independence, Inc. 2. Independence, Inc. intern works with a consumer on his fitness goals as part of a health access program. 3. Independence, Inc. volunteer enjoys a community event focused on inclusive music and movement. 4. An Independence, Inc. YEP! participant poses for a pic after securing permanent employment.*



## Miami County Council on Aging Proudly Supports our Senior Centers

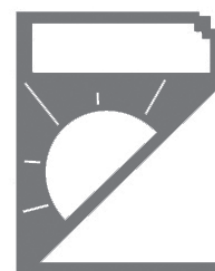
**Louisburg Senior Center**  
5th & Metcalf  
Louisburg, KS 66053  
(913) 837-5113

**Osawatomie Senior Center**  
815 6th Street  
Osawatomie, KS 66064  
(913) 755-4786

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

**Beagle Senior Citizens**  
(913) 755-4309

**Osage Township Seniors - Fontana**  
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# Privacy Tips Online for Adults

Many people enjoy going on the internet to connect with people, play games, shop, and much more. Many people don't use caution when using the internet. The first step to using the internet is to stop, think, then connect. You shouldn't have to worry about people taking your information while using the internet. Here are a few tips to make sure you have a safe and enjoyable time while using the internet and going online.

## How to protect personal information:

1. Always lock your devices, such as your phone or your tablet, when you aren't using them. Also, have strong passwords on these devices when you unlock them to ensure that no one will break in to these devices. If someone steals your phone or tablet, having a password protected lock on it can help keep your personal information protected.



2. Watch out for emails that are urgent and need a response quickly. Many times, this is a scam and people are trying to steal money from you. Many times, people will send emails saying there is a problem with your bank account or with your taxes. Don't click on the links! It is most likely a scam.
3. If you see an interesting email from someone you don't know, don't click on the links. It is best to delete the email, so nobody steals your information.
4. Make sure you have very strong passwords for your electronics and for your email. A strong password could be a sentence that

is more than 12 characters long. It should be strong, but also make sure it is something you can remember. You could use a sentence such as "I love going on walks" or "I enjoy knitting". Many sites let you use spaces in your password, and you can remember things you love doing.

5. If you believe you will have trouble remembering your password, write it down and keep it in a safe place. Make sure it is not written in your computer or near your computer.

## Information about sharing:

1. When you post information on line, it will be there forever. When you post things, you could accidentally share information you didn't mean to.
2. When you post online, remember, people can see it. Post about others as you hope they would post about you.
3. When on your favorite websites, learn about their privacy and security settings. By doing this, you can limit who can see what when it comes to your information.

Remember to stop, think, then connect. You don't want people to steal your information without you knowing. Take precaution when using the internet. These tips will help remind you to keep your technology locked, have strong passwords, watch out for emails, and watch what you post. Stay safe while you connect.

Retrieved from <https://staysafeonline.org/stay-safe-online/managing-your-privacy/privacy-tips-older-adults/>

## Easy RECIPES for Seniors

### Poppy Seed Fruit Salad

Yield: 6 servings

#### Ingredients

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

#### Preparation:

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



## News from the RCIL

### South Central Kansas Employment First Summit

Do you want to work but afraid to lose your benefits? If so, you should attend the Employment First Summit. This event is an opportunity for professionals, employers, job coaches, caregivers, people with disabilities, family members, students, and anyone else who wants to learn about raising awareness, increasing opportunities, and sustaining competitive, integrated employment for people with disabilities.

This event is FREE! It is on May 3, 2019 from 8:00 a.m. to 4:30 p.m. at the Butler Community College Welcome Center. The registration begins at 7:30 a.m. The address is 901 South Haverhill Road El Dorado, KS 67042. There will be keynote speakers, breakout sessions, and vendors throughout the day. Breakfast and lunch will be provided. If you are interested to attend this event, you will need to register at <https://employment1stbutlercounty.eventbrite.com>.

There are discount hotel rooms available at Holiday Inn Express in El Dorado if you need a place to stay. The Holiday Inn Express address is 3100 W. El Dorado Ave. and their phone number is 316-322-7275. When you reserve your room make sure you provide the promotion code: KDC for a discount rate by April 19, 2019.

If you are a person with a disability, a support person providing care to an attendee with a disability, and live 50 or more miles away from El Dorado, a limited number of hotel room scholarships are available. Contact Adriane Graves at 316-321-4200 by April 1, 2019 for more information.

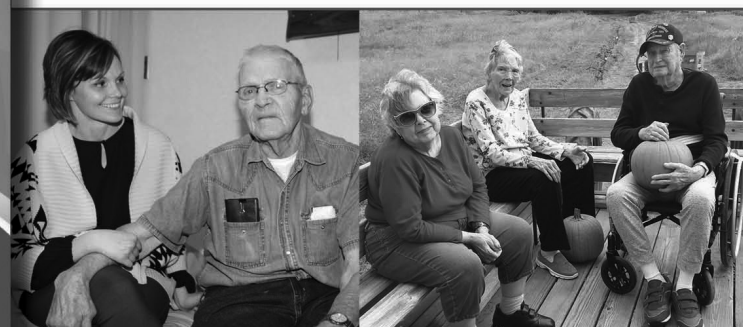
Contact Macy at the RCIL El Dorado office at 316-322-7853 for more information about the Employment First Summit and if you need assistance registering online.





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Kansas Foundation for Medical Care

### Meal Sites/Community Centers by County

Join us at the meal site for a congregate meal! Call one day ahead to reserve your hot meal.

**ANDERSON COUNTY**

**Colony Nutrition Site**  
39 Cherry  
Colony, KS 66015  
620-852-3530  
M, W, F 10:00 A.M. - 1:00 P.M.  
Serves at noon

**Garnett Nutrition Site**

128 West 5th  
Garnett, KS 66032  
785-448-6996  
M-F, 9:30 A.M. - 1:30 P.M.  
Serves at Noon

**Kincaid Nutrition Site**

500 Fifth Ave  
Kincaid, KS 66039  
620-439-5440  
M, W, F 10:30 A.M. - 1:30 P.M.  
Serves at noon

**COFFEY COUNTY**

**Burlington Nutrition Site**  
202 Neosho  
Burlington, KS 66839  
620-364-2730  
M-F, 9:30 A.M. - 1:30 P.M.  
Serves at noon

**Lebo Nutrition Site**

2 W. Broadway St. PO Box 535  
Lebo, KS 66856  
620-256-6166  
T, W, TH, 10:00 A.M. - 1:00 P.M.  
Serves at noon

**Waverly Nutrition Site**

419 Person  
Waverly, KS 66871  
785-733-2603  
M, W, F, 10:30 A.M. - 1:30 P.M.  
Serves at noon

**FRANKLIN COUNTY**

**Lane Nutrition Site**  
402 Kansas Ave  
Lane, KS 66042  
785-869-2002  
M, W, F, 10:00 A.M. - 1:00 P.M.  
Serves at noon

**Ottawa Central Kitchen**

Home Delivered Meals Only  
1538 Industrial Ave  
Ottawa, KS 66067  
M-F 10:00 A.M. - 1:00 P.M.

**Pomona Nutrition Site**

219 Jefferson  
Pomona, KS 66076  
785-566-3608  
M-F 9:30 A.M. - 12:30 P.M.  
Serves at 11:30

**Richmond Nutrition Site**

205 East Central  
Richmond, KS 66080  
785-835-6465  
M-F 9:45 A.M. - 12:45 P.M.  
Serves at 11:45

**Sunflower Plaza Nutrition Site**

701 South Poplar  
Ottawa, KS 66067  
785-418-1222  
M-F 9:00 A.M. - 1:00 P.M.  
Serves at 11:25

**Wellsville Nutrition Site**

707 Locust  
Wellsville, KS 66092  
785-883-4334  
M-F 10:00 A.M. - 1:00 P.M.  
Serves at 11:30

**Williamsburg Nutrition Site**

126 William Street  
Williamsburg, KS 66095  
785-746-5459  
M-F 10:00 A.M. - 1:00 P.M.  
Serves at noon

**LINN COUNTY**

**Blue Mound Nutrition Site**

312 East Main  
Blue Mound, KS 66010  
913-756-2262  
M-F 10:00 A.M. - 1:00 P.M.  
Serves at noon

**Centerville Nutrition Site**

410 N. 1st  
Centerville, KS 66014  
913-898-2600  
M-F 10:30 A.M.-1:30 P.M.  
Serves at noon

**Mound City Nutrition Site**

603 Main  
Mound City, KS 66056  
913-795-2605  
M-F 10:00 A.M. - 1:00 P.M.  
Serves at 11:45

**Parker Nutrition Site**

423 W Kimball  
Parker, KS 66072  
913-898-6805  
M-F 9:30 A.M. - 12:30 P.M.  
Serves at 11:45

**Pleasanton Nutrition Site**

201 E. 13th Street  
Pleasanton, KS 66075  
913-352-8896  
M-F 10:00 A.M. - 1:00 P.M.  
Serves at noon

**MIAMI COUNTY**

**Louisburg Nutrition Site**  
504 South Metcalf  
Louisburg, KS 66053  
913-837-5113  
M-F 9:00 A.M. - 1:00 P.M.  
Serves at noon

**Osawatomie Nutrition Site**

815 6th Steet  
Osawatomie, KS 66064  
913-755-2443  
M-F 9:30 A.M. - 1:30 P.M.  
Serves at noon

**Paolo Nutrition Site**

121 West Wea  
Paolo, Ks, 66071  
913-294-92220  
M-F 9:30 A.M. - 1:30 P.M.  
Serves at noon

**OSAGE COUNTY**

**Burlingame Nutrition Site**  
116 W Lincoln  
Burlingame, Ks 66413  
785-893-3425  
M-F 10:00 A.M. - 1:00 P.M.  
Serves at noon

**Carbondale Nutrition Site**

228 Main Street  
Carbondale, KS 66414  
785-893-1107  
M-F 10:00 A.M. - 1:00 P.M.  
Serves at noon

**Osage City Nutrition Site**

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# ECKAAA

from The Editor

The East Central Kansas Area Agency on Aging:

## Allergy Season is Here

By Megan Shaughnessy



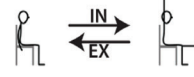



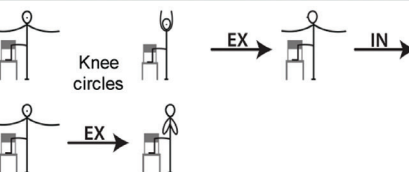
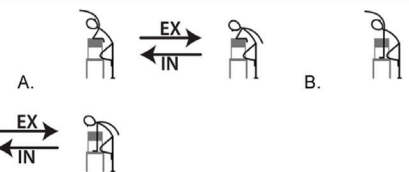

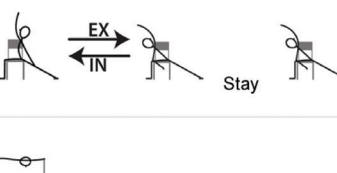

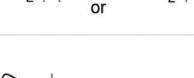

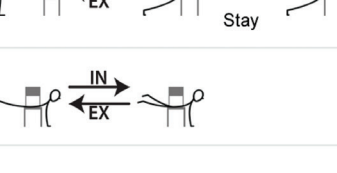
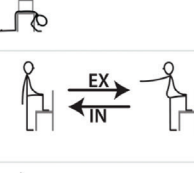

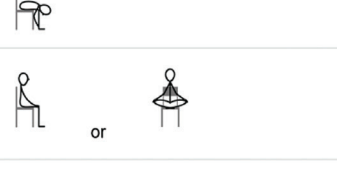


The season for allergies has finally arrived and it is hitting hard. Within just a couple weeks, the temperature of Kansas has gone from extremely cold to nice and warm. You know what warm weather means! Lots of pollen! What are allergies anyway? Allergies are responses from your immune system when substances, such as pollen or pet dander, hits your body. When pollen or pet dander hit a person's body, their immune system tries to fight it off as if it is something harmful to your body, so your immune system overreacts. Allergies impact 30 percent of adults and 40 percent of kids and seasonal allergies are usually harmless. With seasonal allergies hitting Kansas, many people have symptoms such as stuffed and runny noses, itchy and watery eyes, scratchy throats, skin irritation, and possibly other symptoms. These are not fun to have during the spring season! For seasonal allergies, you can find medications at your local pharmacy, but contact your doctor first. To prevent being impacted by seasonal allergies, make sure you are ready before the warm weather hits. Nobody likes itchy eyes, sneezing, running noses, or scratchy throats. Make sure you take care of your allergies so you can go out and enjoy the warm weather!



**What's to Come.....**

- Meals on Wheels Fundraiser Trail Ride - April 6
- Baldwin City Resource Fair - April 6
- Active Aging Expo - May 2
- SNAC Expo - May 8
- Coffey County Resource Fair - May 9
- Senior Olympics (Garnett) - May 14
- Senior Olympics (Osawatomie) - June 7
- Alzheimer Walk (Lawrence) - September 29
- Linn County Resource Fair - October 24

Chair yoga practice for the hips

1.		IN/EX: 6 sec	Seated in a chair. Deepen the breath, notice how you feel.
2.		4x, deep breathing	Cat-Cow. To begin mobilizing the spine.
3.		3x on each side, alternating sides	Leg extensions. To warm up the shoulders and legs (especially thighs, hip flexors and hamstrings).
4.		4x, deep breathing	Prasarita Padottanasana. To compensate for #3, to warm up the hips and back.
5.		4x, deep breathing	Chakravakasana/Virabhadrasana 3. To strengthen hip flexors and glutes.
6.		4 breaths.	Utkatasana. To compensate for #5, to stretch the back and glutes.
7.		A. Repeat knee circles 4x. B. Repeat arms movements 4x.	Modified Vrksasana. To warm up hip abductors both in their capacity as external rotators and hip stabilizers. To prepare the arms and neck for #8.
8.		A. Repeat 2x B. Repeat 4x, then switch sides.	Parighasana. To continue working with hip abductors and stretch the hip flexors and structures around IT band.
9.		4x, deep breathing.	Cat-Cow with feet apart. To compensate for #8, to stretch the back.
10.		Repeat 4x, stay for 6 breaths.	Uthita Parsvakonasana/Reverse warrior. To continue working with hip abductors and stretch the hip flexors, lateral structures of the torso and around IT band.
11.		4 breaths.	Ardha Uttanasana. To compensate for #10, to stretch the back.
12.		Stay for 6-8 breaths on each side.	Ardha Chandrasana. To strengthen abductors and stretch hamstrings.
13.		4 breaths.	Ardha Uttanasana. To compensate for #12, to stretch the back.
14.		Repeat 4x, stay for 4 breaths.	Urdhva Mukha Svanasana. To strengthen the lower back and structures around the sacrum.
15.		Repeat 4x.	Vimanasana. To strengthen the lower back and structures around the sacrum.
16.		4 breaths.	Simple forward bend. To compensate for #14 and #15, to stretch the back.
17.		Repeat 4x, stay for 6 breaths. Switch sides.	Simple standing twist. To stretch hip abductors and strengthen hip adductors.
18.		Repeat 4x.	Utkatasana/Ardha Utkatasana. To compensate for #17, to stretch the back.
19.		Deepen the breath.	Easy pose. Breath awareness meditation.

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## The Golden Years

Published by:  
East Central Kansas Aging  
and Disability Resource Center  
**Elizabeth Maxwell,**  
Executive Director  
**Leslea Rockers, Interim Editor**

Disclaimer: Although we strive for accuracy, we cannot accept responsibility for the correctness of information supplied herein or for any opinions expressed. ECKAAA reserves the right to edit or print all material received for *The Golden Years*. The circulation list is confidential and not available for purchase.

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