

The Northeast Kansas Area Agency on Aging

NEKAAA News

Your "Single Point of Entry" to Services and Resources



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Monday - Friday

INSIDE THIS ISSUE

- Did You Know? 2
- Who to Contact:
Social Security or
Medicare 3
- Healing at Home After
a Hospital Stay..... 4
- Kansas History 5
- Local & Loving It 6
- Are You at Risk for
Caregiver Stress? 7

**NEKAAA serves
Atchison, Brown,
Doniphan, Jackson,
Marshall, Nemaha, and
Washington Counties.**

Area Partnership Helps Kansans Stay Cool

In June, the Northeast Kansas Area Agency on Aging partnered with Westar Energy and The Salvation Army to distribute free fans to those in need. During the distribution event, 84 fans were given out to individuals who were elderly, disabled without air-conditioning, or unable to purchase fans. Westar's annual local gift of fans is part of a \$60,000 fan contribution distributed throughout the communities it serves. Approximately 5,600 fans will be given out to over 20 communities across Kansas and Missouri.



Join Us For Our FREE Lunch & Learn:



**Know Your Meds:
Medication Safety
and Management**
September 19
From noon -1 p.m.
At NEKAAA
1803 Oregon St
Hiawatha

Are your medications putting you at risk? Every year, nearly 100,000 seniors end up in the ER after medication-related falls, dizziness, heart issues, or confusion. The HomeMeds program offers a free, in-home medication review with a NEKAAA staff member, a medication assessment by a HomeMeds pharmacist, and follow-up recommendations. This program is important for patients who see multiple doctors and use multiple pharmacies. HomeMeds also helps patients monitor medications related to chronic illnesses and helps reconcile medications for patients who have recently left the hospital. To learn more about HomeMeds and medication management, join us at NEKAAA for our free lunch and learn, Know Your Meds: Medication Safety and Management. Please RSVP at 785-742-7152 by September 17th to reserve a seat.



The Results Are In

According to the Northeast Kansas Area Agency on Aging 2018 Needs Assessment and Survey, the top concerns for seniors in our seven county area are the **cost of food** and **maintaining personal independence**. According to the survey, 92% of respondents felt congregate meals improved their quality of life. Additionally, 88% of respondents felt in-home services helped them stay in their home. Seniors were also concerned with the availability of adequate transportation services and would like more options for visiting friends and family, getting to doctors appointments, going shopping, and attending church. Please continue to let us know the issues that concern you by completing the 2019 survey.



Rewards of Volunteering

Adults over the age of 60 who volunteer report higher levels of well-being than those who do not volunteer. Volunteering acts as a motivator and provides a **sense of purpose**. It uses skills and helps us share our experiences in a productive and meaningful way. Helping others **reinforces community connections**. It expands your network of friends and reconnects you with old ones. Volunteering keeps you **physically active and mentally fit**. It decreases the risk of some health conditions like high blood pressure. Volunteering may also reduce stress, feelings of isolation, and depression.

Source: <https://www.medicarefaq.com/>

Did You Know?

In a Consumer Reports (CR) study that tested 130 brands of bottled water, **11 brands had detectable levels of the heavy metal arsenic**. While arsenic is naturally occurring and found in some natural water supplies, water bottling companies can reduce consumers exposure through testing and filtration. Currently, the Food and Drug Administration allows bottled water to have 10 parts per billion (ppb) of arsenic. The investigation found six brands with arsenic levels at or above the FDA standard. Due to health concerns linked to high blood pressure and potentially cancer, CR suggests the standard be lowered to 3 ppb for arsenic. This is the same level recently proposed for apple, grape, and other juices.



Source: <https://www.consumerreports.org/water-quality/>

General Public Transportation

General Public Transportation services are available for Atchison, Brown, Doniphan, Jackson, Marshall, and Nemaha counties. Prices are based on a “pay as you ride” system. Contact the county where you reside for hours, rates and other information. Appointments will be taken on an on-demand, “first come, first served” basis and available for individuals of any age.



For Brown County and the surrounding areas, please call 785-742-7153 to schedule a ride. Seating and availability is limited. Services are not available on major holidays.

Who to Contact: Social Security or Medicare?

by Darlynda Bogle, Acting Assistant Deputy Commissioner



Sometimes it's confusing to know who to contact and for what. Social Security and Medicare offer related services, so people aren't always certain who does what. This "cheat sheet" can help.

Contact Social Security to:

- See if you're eligible for Medicare;
- Create a *my Social Security* account to do things like request a replacement Medicare card and report changes of address, name, or phone number;
- Sign up for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance);
- Apply for Extra Help with Medicare prescription drug coverage (Part D) costs;
- Report a death; and
- Appeal an Income-Related Monthly Adjustment Amount (IRMAA) decision (for people who pay a higher Part B and/or Part D premium if their income is over a certain amount).

Find information on how to do all of this and more on Social Security's Medicare website.

Contact Medicare to:

- See what services Medicare covers;
- Get detailed information about Medicare health and prescription drug plans in your area, including costs and services;
- Choose and enroll in a Medicare health or prescription drug plan that meets your needs;
- Find a Medicare Supplement Insurance (Medigap) policy in your area;
- Find doctors, health care providers, and suppli-

- ers who participate in Medicare;
- Compare the quality of care provided by plans, nursing homes, hospitals, home health agencies, and dialysis facilities; and
- View Medicare publications

Visit the Medicare website for more information on these services. If you need to find out your claim status, find out deductibles, or get answers to premium payment questions, you can call 1-800-MEDICARE (1-800-633-4227; TTY: 1-877-486-2048).

Determining who to contact is the first step in getting the answers you need. Please share these lists with family and friends who need to know more about Social Security and Medicare.

Source: <https://blog.ssa.gov/who-to-contact-social-security-or-medicare/>



SAVE THE DATE:

- Open Enrollment for **Part D** starts **October 15th through December 7th**
- If you use the Open Enrollment Period to choose a **new Part D plan**, the new coverage will begin on January 1, 2020
- Call us at 785-742-7152 to set up an appointment beginning October 15th

This is a great opportunity to evaluate your current plan, make sure prescriptions are still covered, and ask questions that help determine which plan will be affordable and the right fit for you. We look forward to assisting you as a free will service of NEKAAA!

Healing at Home After a Hospital Stay

Avoid a return trip to the hospital by following these tips.



If you have been in the hospital recently, chances are you probably don't want to go back anytime soon. But unfortunately, this happens all too often. According to a report from the Robert Wood Johnson Foundation, about one in eight Medicare patients had to be readmitted to the hospital within a month after undergoing surgery. For Medicare patients receiving medical care at the hospital, one in six was readmitted within 30 days.

Some return visits may be planned for follow-up care, but many aren't. Some patients end up back in the hospital because they are scared, don't understand the directions their doctors gave them or don't understand their new medications.

Follow these steps to stay on a path to recovery at home:

1. **Ask questions before you leave the hospital.** If you don't understand what doctors and nurses are telling you, keep asking questions. It's important you understand any directions your health care team is giving you before you leave the hospital.
2. **Make an appointment with your doctor.** Seeing your primary care doctor within the first week after you are released from the hospital greatly reduces the chances you will have to go back. Your doctor can answer any questions you have and make sure your recovery is on track. Make sure to write down your appoint-

ment date and time and put it somewhere you won't forget. Before you go, jot down any concerns you have and questions you want to ask your doctor.

3. **Talk to your doctor about your medications.** When you see your doctor, take all your medications with you, including over-the counter and prescription medicines you have been taking for a while and those you started taking at the hospital. It's important for your doctor to know everything you are taking because medications you started taking at the hospital may interact with your regular medications.
4. **Get support from friends and family.** Bring a friend or loved one to your appointment. They can help you keep track of important information.

Source: www.floridablue.com



Quick Tips: Protect yourself from scams

1. Beware of free offers, winning contests, and get-rich quick schemes
2. Only wire money to individuals you know and trust
3. Don't send cash, checks, money orders, or give out your account information to anyone insisting on immediate payment
4. Guard credit card information, social security number, and checking account information as you do the keys to your house
5. Never place bank statements, credit card information or any sensitive financial or personal information in the trash without first shredding or otherwise defacing all account numbers
6. Do not leave mail in the mailbox overnight or on weekends

Old Fashioned Ice Cream Flavors

R	I	A	Y	U	A	L	A	L	L	I	N	A	V
I	L	B	L	A	C	K	W	A	L	N	U	T	R
A	N	A	T	I	L	O	P	A	E	N	P	A	O
T	U	N	L	A	W	E	L	P	A	M	A	N	H
T	O	P	O	C	R	G	E	O	T	U	R	T	U
E	E	E	P	M	T	V	N	H	A	T	W	L	I
R	T	P	E	P	I	S	T	A	C	H	I	O	T
L	R	P	A	E	R	U	M	R	A	I	S	I	N
R	Y	E	C	F	U	D	G	E	R	O	Y	A	L
U	R	R	H	M	O	A	A	T	U	R	O	T	R
N	R	M	D	C	H	O	C	O	L	A	T	E	M
C	L	I	I	D	A	O	R	Y	K	C	O	R	I
P	A	N	V	Y	R	R	E	B	W	A	R	T	S
N	O	T	D	I	T	I	S	D	T	D	S	L	R

- PEACH
- NEAPOLITAN
- PEPPERMINT
- MAPLE WALNUT
- BLACK WALNUT
- FUDGE ROYAL
- VANILLA
- RUM RAISIN
- CHOCOLATE
- ROCKY ROAD
- STRAWBERRY
- PISTACHIO

Play this puzzle online at : <https://thewordsearch.com/puzzle/682945/>



Kansas History

May 30, 1854 - The Kansas-Nebraska Act was signed into law by U.S. President Franklin Pierce. This act opened Kansas Territory and Nebraska Territory for settlement and allowed voters to decide whether Kansas would be a free state or allow slavery. This led to a violent time period in history known as Bleeding Kansas.

March 5, 1862 - The Kansas Legislature formed the Kansas Agricultural Society. These organizations encouraged farmers to grow winter wheat, creating the “bread basket of the world.”

September 5, 1867 – The first load of cattle to be shipped via rail from Kansas. Organized by Joseph McCoy, Abilene became the first cowtown to emerge along the cattle trails and helped create the beef industry in Kansas.

January 26, 1925 – The Travel Air Manufacturing Company was established by owners Walter Beech, Clyde Cessna, and Lloyd Stearman. This created the “air capital of the world” in Wichita.

April 14, 1935 - A massive front darkens the Midwest in clouds of dust on Black Sunday. The Dust Bowl was devastating to farmers across the plains and caused them to eventually change their farming practices.

Local and Loving It

The benefits of buying fruits and vegetables at your local farmers market goes far beyond delicious, fresh foods at the peak of ripeness. Buying local not only benefits our health but also



the communities in which we live. Locally grown fruits and vegetables are at the **peak of their nutrition** and **full of antioxidants and phytonutrients** that fight inflammation in the body and support immune system health.

By **supporting local farmers**, we help preserve farmlands and stimulate the local economy. An added benefit is getting to know the farmers that grow our foods. Vendors like to educate their customers, letting them **know about farming practices, nutrition, and even new recipes!** Many farmers markets now accept credit cards, SNAP benefits, and other nutrition program benefits. One program, the **Kansas Senior Farmers Market Nutrition Program (KSFMNP)** offers benefits to qualifying seniors who are 60 years of age and meet the income guidelines. This first come, first-served voucher program helps seniors purchase fresh fruits and vegetables at farmers markets across the state of Kansas.

How Long Will Fruits and Vegetables Last?

Apples-refrigerator: 3 weeks
 Bananas-countertop: 5 days
 Blackberries-refrigerator: 1 week
 Carrots-refrigerator: 2 weeks
 Cucumbers-refrigerator: 1 month
 Green beans-refrigerator: 1 week
 Onions-pantry: 2 months
 Oranges-countertop: 3 days
 Peaches-refrigerator: 5 days
 Pears-refrigerator: 5 days
 Potatoes-pantry: 5 days
 Summer squash-refrigerator: 5 days
 Tomatoes-countertop: 3 days



Storing Fruits and Vegetables

Storing fruits and vegetables properly is one way to get the best flavor from your food and the most out of your money.

- Refrigerated produce should be left unwashed in its original packaging or wrapped loosely in a plastic bag.
- If your greens seem sandy or dirty, rinse and dry them well, then wrap them in a paper towel before placing them in a plastic bag.
- Fruits and vegetables stored at room temperature should be removed from packaging and left loose.
- Items like avocados will ripen faster in a paper bag. The bag traps ethylene gas, which is released by the produce and acts as a maturing agent.

Source: <https://www.realsimple.com/>

TIME

To realize the value of **ONE YEAR:**

Ask a student who failed a final exam.

To realize the value of **ONE MONTH**

Ask a mother who has given birth to a premature baby.

To realize the value of **ONE WEEK:**

Ask an editor of a weekly newspaper.

To realize the value of **ONE HOUR:**

Asks lovers who are waiting to meet.

To realize the value of **ONE MINUTE:**

Ask a person who has missed the train, bus, or plane.

To realize the value of **ONE SECOND:**

Ask a person who has survived an accident

To realize the value of **ONE MILLISECOND:**

Ask the person who has won the silver medal in the Olympics.

Time waits for no one.

Treasure every moment you have. -Anonymous



Are You at Risk for Caregiver Stress?



According to the Mayo Clinic, nearly 1 in 3 adults in the United States provides care to other adults as informal caregivers. Caregiving, providing help for a person in need, is both rewarding and challenging. Without proper support, caregivers may be susceptible to emotional and physical stress. As a caregiver, it is important to identify if you are vulnerable to stress, know the warning signs, and develop effective coping strategies.

Identify risk factors

- Living with the person you are caring for
- Depression or feelings of sadness
- Financial difficulties
- Lack of choice in being a caregiver

Know the signs of stress

- Feeling overwhelmed or worried
- Getting too much sleep or not enough sleep
- Gaining or losing weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Abusing alcohol or drugs, including prescription medications

Create strategies for coping

- Accept help from others
- Prioritize tasks and set daily routines
- Know the resources available in your area
- Join a support group
- Stay connected to family and friends
- Focus on your mental and physical health

Source: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

Chicken Enchilada Casserole

Serves: 6-8

Ingredients:

- 1 1/2 cups thick and chunky salsa (divided)
- 4 (6 inch) corn tortillas
- 1/3 cup diced onion
- 1 can (15 oz.) black beans, drained and rinsed
- 1 cup cooked chopped chicken (or canned)
- 1 cup low fat sour cream
- 1 cup shredded Colby-Monterey Jack cheese

Directions:

1. Preheat oven to 350 degrees
2. Pour 1/2 salsa in bottom of 9x9 (or 13x9) baking dish lightly coated with cooking spray
3. Cut tortillas in half and use four to cover the bottom of the baking dish
4. In mixing bowl combine 1 cup salsa, onion, beans, and chicken. Spoon half of mixture over tortilla



5. Top with sour cream, then half the cheese
6. Continue layering with tortillas, chicken mixture, sour cream and cheese
7. Cover with foil and bake 35 minutes. Remove foil and bake an additional 5-10 minutes until cheese is melted

This is a Kansas SNAP-ED EZ recipe. Nutrition Facts: 1 cup serves 260 calories, 8g Total Fat, 5 g Saturated Fat, 940 mg Sodium, 32g total Carbohydrates, 5g Dietary Fiber, 19g Protein



The Northeast Kansas Area Agency on Aging assists individuals in living independently in their homes and communities, maintain their independence, quality of life and dignity, for as long as possible.

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This newsletter belongs to you!

NEKAAA hopes that receiving this newsletter quarterly makes a difference in your life. While the newsletter is mailed free of charge, we depend on your donations to cover part of our operating expenses. A contribution from you would help us in our continued mission to enhance the quality of life for our readers. We appreciate your support.

IRS 501(c)3 not-for-profit corporation-your donation is tax deductible.

\$10 _____ \$15 _____ \$20 _____

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Please send to: NEKAAA, 1803 Oregon, Hiawatha KS 66434

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