

The Northeast Kansas Area Agency on Aging

# NEKAAA News

Your “Single Point of Entry” to Services and Resources



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Monday - Friday

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

## Kansas Silver Haired Legislature

Silver Haired Legislators from across the state met in Topeka on October 1st, 2nd, and 3rd for the 37th Annual Legislative Session. The Silver Haired Legislature (SHL) was created by an Act of Congress in 1969, with each state encouraged to assemble a group of seniors who would identify issues that are important to Kansas and to educate the Kansas Legislature about those issues.



According to Pamela Bachman, NEKAAA Board of Directors Chairperson and SHL Representative, the first afternoon was spent listening to speakers discuss programs across the state that would be of interest to seniors. Topics included the CapTel captioned phone service for persons with hearing loss, programs offered by the Kansas Department for Aging and Disability Services, and regional transportation programs supported by the Kansas Department of Transportation. Legislators also participated in committee meetings to discuss proposed resolutions to be brought forward and discussed in a full session taking place at the Capitol. The resolutions that passed will be presented in January.

Some of the resolutions covered by the Silver Haired Legislature included:

- The Kansas Public Employees Retirement System (KPERs)
- Medicaid Expansion
- Rural Public Transportation
- Removing Sales Tax on Food
- Grandparents' Rights
- Medical Marijuana
- Expansion of the Senior Care Act

Schedule an appointment  
to review your  
**PART D**  
**PRESCRIPTION DRUG PLAN**  
Call 785-742-7152 during  
Open Enrollment  
(Oct 15– Dec 7)



## Need Help with Utilities?

- **Low-income Energy Assistance Program (LIEAP)** is a federal program administered by the Kansas Department for Children and Families, which helps eligible Kansans pay a portion of their home's utility costs. For information call 1-800-432-0043.
- **Kansas Gas Service *Share the Warmth* Heating Assistance Program** is designed to help Kansas families needing assistance in paying their winter heating bills. For more information call 816-756-5392, option 2.
- **Catholic Charities of Northeast Kansas Mobile Resource Bus** serves people in the rural areas of Northeast Kansas. Case managers are on board to provide rent, utility and medication assistance for qualifying individuals. For more information call 913-433-2100.
- **NEK-CAP, Inc.** provides emergency services (rent/utility assistance) on an as needed basis. Call 785-742-2222 for more information.

## Did You Know?

The Thanksgiving tradition of breaking the wishbone started with the ancient Romans, who pulled apart chicken clavicles, formally known as the bird's furcula, in hopes of achieving good fortune. People believed that the birds were oracles that could predict the future and preserving this bone would allow people access to the chicken's mystical powers even after eating it. Source: <https://www.realsimple.com/holidays-entertaining/holidays/thanksgiving/turkey-wishbone-tradition>

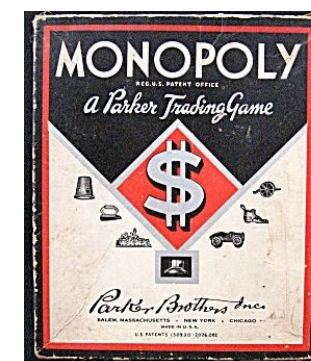


## Blast From Christmas Past!



Just in time for Christmas, take a look back at some of the most wanted holiday toys of the past century.

1910s - Teddy Bear, Erector sets, Lionel trains  
1920s - Yo-Yo, Tinker Toys, Raggedy Ann  
1930s - Shirley Temple doll, Monopoly, Red Ryder BB gun  
1940s - Slinky, LEGOs, Silly Putty  
1950s - Mr. Potato Head, Hula Hoop, Barbie, Play-Doh, Tonka Trunks  
1960s - G.I. Joe, Etch-a-Sketch, Easy Bake Oven  
1970s - Star Wars action figures, Speak & Spell



## THE COLD WEATHER RULE

**The Cold Weather Rule**, first enacted by the Commission in 1983, prevents or limits utility companies from disconnecting a customer's natural gas or electric service during periods of extreme cold. Utility companies are prohibited from disconnecting a customer's service when the local National Weather Service forecasts that the temperature will be below 35 degrees Fahrenheit within the following 48-hour period. Any residential customer with a past due balance will qualify for payment arrangements under the Rule. However, it is the customer's responsibility to contact the gas or electric company to make those arrangements.

## Seven Strategies for Staying on Your Feet This Fall

### Older Adult Fall Prevention



- Talk to your doctor 
- Check eyes at least yearly 
- Check medications 
- Exercise strength & balance 
- Reduce clutter & tripping hazards 

#### 6. LOOK FOR HOME HAZARDS

Straighten any loose rugs and make sure your pathway is clear. Install hand-rails on staircases, in the shower, and by the toilet. Inside and outside your house, use lightbulbs with the highest wattage recommended for each fixture, and always use a night light.

#### 7. CONSIDER YOUR MEDS

Many medications can cause dizziness, including those that are often used to treat anxiety, and those prescribed for insomnia. Several over-the-counter drugs can also affect your balance. Taking multiple medications multiplies the risk, as does switching doses.

Adapted from December 2016, On Health, Consumer Reports

According to an article in Consumer Reports, more than one in four people 65 and older slips or trips each year. Unfortunately, nearly 20 percent of those who fall become seriously injured.

Many people think the way to avoid falling is to reduce physical activity, which can impact strength and balance. These simple tips can help rebuild your strength and prevent falls.

#### 1. DON'T WAIT FOR A FALL

Talk to your doctor before a potential fall. Ask a physician to check for conditions that can affect balance, such as low blood pressure, anemia, and inner-ear disorders.

#### 2. STRENGTHEN YOUR LEGS

Weak legs are a major risk factor for falls. Walking for 30 minutes five days a week helps build strength and balance. The CDC recommends Tai Chi for fall prevention to help improve balance, muscular strength, and confidence.

#### 3. CHECK YOUR VISION

Poor vision can make falls more likely. But some eyeglass lenses, especially multifocal lenses, can impair depth perception, at least until you get used to the prescription.

#### 5. WALK CAREFULLY

Hold onto handrails with both hands and slow down. If you find yourself on an icy patch, especially on stairs, don't be embarrassed to slow down and take it easy. Bend your knees, take tiny steps and walk sideways.



Eighty one Certified Application Counselors (CAC) in the Cover Kansas Assister Network are trained and ready for Open Enrollment in the Health Insurance Marketplace. Open enrollment will be November 1 through December 15, 2019.

Certified Application Counselors provide free, in-person assistance that includes reviewing eligibility for financial assistance, comparing health insurance plans and helping consumers enroll in the coverage of their choice.

As in years past, there are changes in plans in the Marketplace, so Kansans are encouraged to schedule an appointment with a CAC. Appointments can be scheduled at [coverks.org/search](http://coverks.org/search) or call 2-1-1 (press #7 and provide zip code). You can also text 898211 with questions.



## Understanding Medicare Open Enrollment



### What is Open Enrollment?

Medicare Open Enrollment is an annual period of time (October 15 through December 7) when current Medicare users can choose to re-evaluate part of their Medicare coverage (their Medicare Advantage and/or Part D plan) and compare it against all the other plans on the market. After re-evaluating, if you find a plan that is a better fit for your needs, you can then switch to, drop or add a Medicare Advantage or Part D plan.

### What you can do during the Open Enrollment Period:

- Anyone who has (or is signing up for) Medicare Parts A or B can join or drop a Part D prescription drug plan.
- Anyone with Original Medicare (Parts A & B) can switch to a Medicare Advantage plan.
- Anyone with Medicare Advantage can drop it and switch back to just Original Medicare (Parts A & B).
- Anyone with Medicare Advantage can switch to a new Medicare Advantage plan.
- Anyone with a Part D prescription drug plan can switch to a new Part D prescription drug plan.

### Why should I consider re-evaluating my current Medicare coverage during Open Enrollment?

Unfortunately, choosing health insurance is no longer a one-time decision for most Medicare beneficiaries. Each year, insurance companies can

make changes to Medicare plans that can impact how much you pay out-of-pocket—like the monthly premiums, deductibles, drug costs, and provider or pharmacy “networks.” A network is a list of doctors, hospitals, or pharmacies that negotiate prices with insurance companies. They can also make changes to your plan’s “formulary” (list of covered drugs). Given these yearly changes, it is a good idea to re-evaluate your current Medicare plan each year to make sure it still meets your needs.

Source: [www.mymedicarematters.org/enrollment/medicare-open-enrollment/](http://www.mymedicarematters.org/enrollment/medicare-open-enrollment/)



### Avoid Computer or Internet Scams

1. Use trusted security software and make sure it's updated regularly.
2. Do not email financial information or account numbers.
3. Be cautious about opening attachments and downloading files from emails, regardless of who sent them. These files can contain viruses or other malware that can compromise your computer's security.
4. Use passwords that will be hard for hackers to guess. Use a mix of numbers, symbols, and capital and lowercase letters instead of easily guessed words.
5. Shut down your PC when you are not using it.

# Thanksgiving

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

PILGRIMS  
BLACK FRIDAY  
FALL  
GRAVY  
AUTUMN  
CORN  
PUMPKIN PIE  
TURKEY  
STUFFING  
FAMILY  
THANKSGIVING  
MAYFLOWER  
FEAST  
CELEBRATE  
HARVEST



Play this puzzle online at : <http://thewordsearch.com/puzzle/193/>

## Unique Christmas Traditions in the United States



**Arizona**-The city of Chandler builds a towering Christmas tree out of tumbleweeds.

**Florida**-In the town of Christmas, residents celebrate the holiday year round. Christmas pennants hang from telephone poles, and they keep an evergreen tree decorated 12 months a year.

**Kansas**-TubaChristmas is an annual event sponsored by the Kansas City Symphony that recruits all local tuba and euphonium players to perform seasonal music for the public.

**Minnesota**-Minnesotans celebrate their Scandinavian heritage by making lutefisk.

**New Mexico**-On Christmas Eve, Santa Fe's Canyon Road is illuminated with hundreds of "farolitos" (sand-filled paper bags lit with votive candles) and luminarias.

## Winter Safety: Maintaining Your Mobility

Maintaining your mobile lifestyle in the winter can be a challenge when facing the snow, ice, and cold. Whether you use a wheelchair, walker or cane, there are simple steps you can take to stay safe.



### Winterize your wheelchair:

- **All weather tires** on your wheelchair can make all of the difference when trying to get around this winter.
- Avoid getting wet with an attachable **umbrella holder** and **waterproof poncho** that covers you and your chair.
- If you use a power wheelchair don't forget to **check your battery**. Cold weather may be hard on your battery and lessen your normal cruising range. The battery may also drain more quickly due to poor traction and the increased load of pushing through snow.

### Weatherproof your walker:

- For both wheeled and stable walkers, make sure you have proper **grips** that work well with gloved hands in the winter.
- **Check your brakes** to make sure they are functioning properly. Make sure cables, screws and bolts are properly secured.
- Don't forget **proper footwear** and **shoe grips** for winter ice and snow.
- Make sure your path is well lit with a **flash-light attachment** for your walker.

### Care for your cane:

- For your cane, consider some add-ons to help avoids slips or falls. A **wrist strap** will help keep your cane stay within reach if you do have a fall.
- You can light the way with an **attachable light** or **lighted tip** for your cane. Not only will your path be illuminated, you will also alert others of your presence.
- Make sure to check the bottom of your cane. Rubber tips are great for gripping the floor but may become damaged in ice and snow. If possible, replace the bottom of your cane with a **retractable ice tip** so you are ready for winter weather and terrain.

### Don't forget...

- Make sure steps and walkways are clear before you walk.
- Dress in 2-3 thinner layers of clothing.

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## Thank You to the Area Meal Sites

Project Concern, Inc. Atchison Senior Center 504 Kansas Atchison, KS 66002 913-367-4655	Keen Age Center 302 North 4th Wathena, KS 66090 785-989-3501	Jackson County Senior Center 312 Pennsylvania Holton, KS 66436 785-364-4921	Sunshine Inn Nutrition Site 111 South 8th Marysville, KS 66508 785-562-2020	Clifton Senior Citizen's Club 113 East Parallel Clifton, KS 66937 785-455-3525
Town & Country Senior Center 411 Main St. Effingham, KS 66023 913-833-9461	Leisure Hour 410 North 9th Elwood, KS 66024 913-365-2409	Blue Rapids Nutrition Site 504 East 5th Blue Rapids, KS 66411 785-363-7489	Seneca Nutrition Center 504 Edwards Seneca, KS 66538 785-336-2714	Friendly Corners 100 B Street Washington, KS 66968 785-325-3231
Highland Senior Center Main & Kirkwood P.O. Box 334 Highland, KS 66035 785-442-5550	Pioneer Center 137 ½ West Walnut Troy, KS 66087 785-985-2296	Friendly Neighbor Nutrition Site 509 North Walnut Frankfort, KS 66427 785-292-4309	Sabetha Nutrition Center 1116 Main Sabetha, KS 66534 785-284-3594	Kloppenbergl Nutrition Center 512 E North St Hanover, KS 66945 785-337-2521



# National Family Caregivers Month

In a 2019 Presidential Proclamation signed by Donald J. Trump, the nation honors caregivers during National Family Caregivers Month.

This November, we recognize and honor the commitment of those who exemplify the essential American tenets of devotion to family and compassion toward those who matter most in our lives. Through caregivers’ generosity, our vulnerable communities are able to fully experience the many blessings of our great Nation.

According to the Centers for Disease Control and Prevention, caregiving is an “important public health issue that affects the quality of life for millions of individuals.” Caregivers assist with a variety of needs including healthcare, socialization, daily living activities, and emotional support.



In Kansas, 23.4% of adults aged 45 years or older reported being a caregiver to a friend or family member. Caregivers in Kansas and across the nation understand caring for a loved one can be both challenging and rewarding.

The holiday season is the perfect time to recognize and celebrate family caregivers. It is also a great opportunity to provide support and raise awareness of caregiver issues. Offering your time and stepping in to help with a loved one can go a long way in helping the caregivers in your life.

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## Pumpkin Cornbread

### Cornbread Ingredients:

Cooking spray for pan  
1 c. yellow cornmeal  
1 c. all-purpose flour  
1 tbsp. baking powder  
1 tsp. ground cinnamon  
1/4 tsp. ground nutmeg  
1/2 tsp. baking soda  
3/4 tsp. salt  
1 c. pumpkin puree  
1/2 c. sour cream  
1/3 c. brown sugar  
1/4 c. melted butter  
2 eggs



### Whipped Honey Butter Ingredients:

1/2 c. butter, softened  
2 tbsp. honey  
1 tsp. salt  
1/4 tsp. ground cinnamon

### Directions:

1. Preheat oven to 400° and grease a 9” square baking dish with cooking spray.
2. In a large bowl, whisk together cornmeal, flour, baking powder, cinnamon, nutmeg, baking soda and salt.
3. In a separate medium bowl, whisk together pumpkin puree, sour cream, brown sugar, and melted butter until smooth.
4. Add eggs one at a time, beating well between each addition.
5. Pour over the dry ingredients and stir until just combined.
6. Spread batter in prepared baking dish and bake until a toothpick inserted into the center comes out clean, about 20 minutes. Let cool before slicing into squares.
7. In a medium bowl, whip butter, honey, salt, and cinnamon until fluffy. Serve with cornbread. Yields 8-10 servings



**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.

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

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