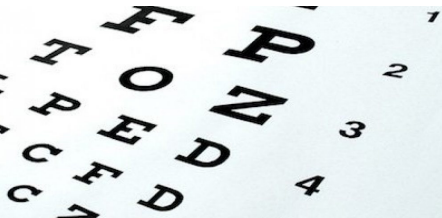




YOU MAY BE ELIGIBLE FOR A FREE EYE EXAM



Early detection is key. Get a medical eye exam by an ophthalmologist.

EyeCare America, one of the country’s leading public service programs provides eye care through a pool of nearly 6,000 volunteer ophthalmologists. Since 1985, EyeCare America has helped more than 1.8 million people. Ninety percent of the care provided is at no out-of-pocket cost to the patient.

They offer two programs:

1.The Seniors program connects eligible seniors 65 and older with local volunteer ophthalmologists who provide a medical eye exam at no out-of-pocket cost, and up to one year of followup care for any condition diagnosed during the initial exam, for the physician services.

2.The Glaucoma program provides a glaucoma eye exam at no cost to those who are eligible and uninsured. Those who are eligible and insured are responsible for any co-payments. (This is an awareness program to provide a baseline glaucoma eye exam to those who may not be aware they are at increased risk). See if you are eligible for one of our programs.

Seniors Program:

- U.S. citizen or legal resident
- Age 65 or older
- Not belong to an HMO or have eye care benefits through the VA
- Not seen an ophthalmologist in three or more years

See Glaucoma, page 6

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

NEKAAA NEWS

Inside

Free Eye Exams

Shopping Online

*Pending
Dementia?*

*Needing SHICK
Volunteers*

*New Word
Search*


Northeast Kansas Area Agency on Aging
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SPOT A STROKE™


F.A.S.T.




FACE Drooping



ARM Weakness



SPEECH Difficulty



TIME to Call 911

The Future is Shopping Online

The internet has revolutionized practically all facets of our lives. Everything, from how we socialize to the language we use, has changed. For example, who could have predicted #hashtags would become a staple in our writing? The fact that the internet is changing the way we shop isn't exactly breaking news. In fact, 2012 marked the first year that online sales out-paced in-store spending, so chances are you have bought at least a few pairs of shoes or books online. What is changing is that consumers are more willing, than ever before, to purchase high tickets items over the internet.

Top 5 Advantages of Shopping Online

1. Easy to compare products and prices –Any reputable company will clearly display product specifications and prices, allowing you find the best product at the best price.
3. Free shipping – You might expect online purchases to cost you more once you factor in shipping, but the vast majority of companies who sell more expensive items like appliances and furniture will offer free shipping on their products to encourage sales.
4. No high pressure sales – Shopping online means being able to avoid high pressure sale pitches from employees who work on commission.
5. Shop at your convenience – This one might seem a little obvious, but shouldn't be

underrated. When you shop online, you don't have to worry about visiting during store hours or looking presentable in public.

6. More selection – The internet gives you instant access to products from all over the world. You won't be limited to what you can find at your local showroom.



Part of the reason that online shopping has become increasingly popular is because companies have worked hard to secure payment information and make customers feel secure about shopping online. It

also helps that you can easily research a company and read customer reviews. Not only can you compare products and prices, you can also compare customer service and delivery satisfaction. The Future is Here!

With so many benefits to both companies and consumers when it comes to online retail, it isn't too hard to envision a future when the majority even high ticket items, like cars, furniture, appliances, and mobility equipment are purchased over the internet.

Favorite Online Stores

(as rated by Consumer Reports)

1. Amazon.com
2. Walmart.com
3. Ebay.com
4. Mr. Porter
5. Zappos

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 a part of our operating expenses. A contribution from you will help us in our continuing 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

\$20

\$50

\$15

\$25

Other

Name

Address

City State/Zip

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

NEKAAA Word Search

A L W H O U S E K E E P I N G	NORTHEAST	HOUSEKEEPING
A U A H V O P U F P A E I L I	KANSAS	BENEFITS
A L S E D N O S I H C T A A S	AAA	HEALTH
B B H A K E C N A R U S N I H	AREA	TRANSPORTATION
D P I L E Y E G L A S S E S D	AGENCY	EYEGLASSES
E V N T I C S Y T N U O C V S	AGING	LIEAP
T N G H P G C N W O R B N B A	BROWN	
M M T N A H P I N O D C H X U	ATCHISON	
A N O I T A T R O P S N A R T	WASHINGTON	
R F N M E D I C A R E Y K S K	DONIPHAN	
S K A E X D L I K A N S A S Z	JACKSON	
H S G C N O R T H E A S T R Q	MARSHALL	
A L I B E N E F I T S J K C M	COUNTY	
L P N A E R A S N O S K C A J	MEDICARE	
L F G G P W R A G E N C Y A Q	INSURANCE	

Glacoma, from page 1

Glaucoma Program:

- U.S. citizen or legal resident
 - Not belong to an HMO or have eye care benefits through the VA
 - Not had an eye exam in 12 months or more
 - At increased risk for glaucoma, determined by your age, race and family history.
- SERVICES THAT ARE NOT COVERED

- Additional services necessary for your care such as, hospitals, surgical facilities, anesthesiologists and medications, are beyond the scope of EyeCare America services. The ophthalmologist is a volunteer who agrees to provide only services within these program guidelines.
- EYEGLASSES ARE NOT COVERED:

- EyeCare America provides medical eye care, only. The program does NOT provide eyeglass prescriptions or cover the cost of glasses. If you are concerned about the cost of these items, please discuss this with the doctor BEFORE the examination.
- ADDITIONAL REFERRALS:

- If you were eligible for service number one above, and require a re-referral to another ophthalmologist, you or the EyeCare America volunteer ophthalmologist MUST contact EyeCare America in order to continue receiving care through the program. We may be able to locate another EyeCare America volunteer to provide the care. Answer a series of questions online to see if you or a loved one is eligible.



Alzheimer's Association
Heart of America Chapter
Northeast Kansas Regional Office
3625 SW 29th St, Suite #102
Topeka KS 66614
785-271-1844



The Kansas Health Insurance Marketplace is where eligible residents can shop for and buy insurance in person, online, or by phone. The Marketplace is mainly for people who don't have insurance. Our Navigator is trained and certified to help you compare health insurance plans, assist you with the online application process, and provide answers to your Marketplace questions year-round. Call Rebecca at 785-742-7152.

Is Need for More Sleep a Sign of Pending Dementia?
Study finds an association but doesn't prove cause and effect

By Randy Dotinga
HealthDay Reporter

Seniors who begin sleeping more than nine hours a night may face a higher risk of dementia down the road, a new study suggests. The researchers estimated that the risk of dementia grew by almost 2.5 times for those who found themselves recently needing extra sleep. The chances of dementia rose sixfold for people without a high school degree who suddenly needed to sleep nine hours or more, the study contended.

The study authors said this finding hinted that education might somehow offer a bit of protection from dementia.

People with dementia often suffer from disrupted sleep, "but we don't know much about whether these changes come first," said study co-author Matthew Pase. He's a neurology fellow at the Boston University School of Medicine.

Dementia "is by no means a certain fate" in those who find themselves sleeping longer as they age, Pase said. The new study only found an association between added sleep and dementia, not cause and effect. Still, Pase thinks monitoring sleep habits might be a good idea in certain cases. "If someone reported recently becoming a longer sleeper, they could undergo a memory assessment," he suggested.

Past research in this area compared people who already had dementia to those who didn't have it, instead of tracking people over time, he noted.

The new study tried a different strategy, Pase said. "We asked a very basic question: How does one's sleep duration relate to being diagnosed with clinical dementia in the future?"

The researchers looked at seniors in the Framingham Heart Study, which has tracked people

and their descendants in a Massachusetts community since 1948. The researchers followed two groups of older people -- all over 60 -- from 1986-1990 and 1998-2001 onward. Nearly 2,500 people were included in the study. Their average age was 72. Fifty-seven percent were women. Over 10 years, 10 percent of the participants were diagnosed with dementia, with the wide majority thought to have Alzheimer's disease.

The researchers didn't find any heightened dementia risk in people who'd been sleeping nine or more hours a night for more than an average of 13 years. But those who'd begun sleeping more than nine hours recently had nearly double the risk of dementia compared to other people -- 20 percent of the new long-sleepers were diagnosed with dementia. These people also appeared to have smaller brain volumes, Pase said.

Pase said it appears that the extra sleep is a sign of something else, not a direct cause of dementia. It could indicate chemical changes that are happening in the brain, he said. Or, he said, the development of dementia could make people more tired. Dementia tests may be appropriate for older people who notice they're sleeping longer, Pase said. But he doesn't recommend people try to wake up earlier.

"They shouldn't restrict sleep," he said. "There are no implications for treatment based on our findings."

Dr. Jiu-Chuan Chen is an associate professor with the Keck School of Medicine at the University of Southern California. He wasn't involved with the study, but said the research seems valid.

Chen agreed that there's no need to offer any special treatment to older people who start to sleep over nine hours, because it's not yet clear what's going on.

The next step for researchers is to study people as they sleep to better understand how sleep and dementia are connected, Pase said.





United States Department of Agriculture

10
tips
Nutrition
Education Series



MyPlate
MyWins

ChooseMyPlate.gov

Based on the
Dietary
Guidelines
for Americans

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

- 1

Find your healthy eating style

Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."
- 2

Make half your plate fruits and vegetables

Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.
- 3

Focus on whole fruits

Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.


- 4

Vary your veggies

Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.


- 5

Make half your grains whole grains

Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.


- 6

Move to low-fat or fat-free milk or yogurt

Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.


- 7

Vary your protein routine

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.


- 8

Drink and eat beverages and food with less sodium, saturated fat, and added sugars

Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.


- 9

Drink water instead of sugary drinks

Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.
- 10

Everything you eat and drink matters

The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."



SHICK

Senior Health Insurance
Counseling for Kansas

SHICK Volunteers Needed

The Northeast Kansas Area Agency of Aging (NEKAAA) is recruiting new Senior Health Insurance Counseling for Kansas (SHICK) Counselors to help our seven counties. SHICK is free, unbiased, confidential, and available to anyone with questions about Medicare. A SHICK volunteer receives comprehensive training in a variety of areas including: Medicare A & B, Supplemental plans, prescription insurance, employer coverage, Medicaid, and a variety of related programs and insurances. The expertise provided by these volunteers is an essential service to our local communities—and the training they receive is always a great complement to the work they already are doing. Whether someone is interested in volunteering to broaden their ability to assist their community, or simply to gain a better understanding of Senior Health and wellness, the SHICK program could be just what they are looking for. The SHICK program would not be able to serve the Medicare beneficiaries of Kansas if it were not for the volunteers here in northeast Kansas. Counties in our area where we have no SHICK counselors: Doniphan, Nemaha, Jackson, and Atchison. If you know someone who is interested in learning more, contact us today. If you wish to help with the SHICK program, give Cathy Koenig or Kevin Kneisley a call at 785-742-7152.

Six Ingredient Slow Cooker Recipe

Ingredients

- 2 packages (16 ounces each) frozen vegetables for stew
- 1-1/2 pounds beef stew meat, cut into 1-inch cubes
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1 can (10-3/4 ounces) condensed tomato soup, undiluted
- 1 envelope reduced-sodium onion soup mix
- 1 can potatoes (cut up)

Directions

- Place vegetables in a 5-qt. slow cooker.
- In a large nonstick skillet coated with cooking spray, brown beef on all sides. Transfer to slow cooker.
- Combine the remaining ingredients; pour over the top. Cover and cook on low for 6-8 hours or until meat is tender.

Yield: 5 servings.

