

The Northeast Kansas Area Agency on Aging

# NEKAAA News

Your “Single Point of Entry” to Services and Resources



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Office Hours:  
8:00 a.m. - 5:00 p.m.  
Monday - Friday

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

The Northeast Kansas Area Agency on Aging office located at 1803 Oregon in Hiawatha is currently closed to the public. If you need information or assistance, email [nekaaa@nekaaa.org](mailto:nekaaa@nekaaa.org) or call 800-883-2549, Monday through Friday 8 a. m. - 5 p. m.



General Public Transportation services have been restricted to essential rides only. This includes dialysis, medical appointments, grocery stores, and convenience stores. Call 785-742-7153 for more information.

For more information on COVID-19, visit the Kansas Department of Health and Environment (KDHE) information and resource page at <https://govstatus.egov.com/coronavirus>, call 866-534-3463, or email questions to [covid-19@ks.gov](mailto:covid-19@ks.gov).

## NEKAAA Advocates for Seniors at the State Capitol

Representatives from Northeast Kansas Area Agency on Aging joined advocates from across the state for Older Kansans Day at the Capitol on February 11, 2020.

The event, sponsored by the North Central-Flint Hills Area Agency on Aging, brought together members of the State Legislature, Area Agencies on Aging, advocates for seniors, and the Kansas Association of Area Agencies on Aging and Disabilities (k4ad) to raise awareness and talk with leaders about the important services provided to seniors, individuals living with disabilities, and caregivers. Last year, more than 70 Kansans participated in Older Kansans Day at the Statehouse, attended legislative hearings, and visited with legislators throughout the day.





### The Results Are In

According to the Northeast Kansas Area Agency on Aging (NEKAAA) 2019 Needs Assessment and Survey results, over 75% of our respondents know where to obtain information about services for seniors. When asked about receiving homemaking services, lifeline, or personal care in their home, 99% of respondents reported these services help them stay in their homes. 100% of individuals reported congregate meal sites enhances the quality of their life.

Let us know how we can better serve you and complete the 2020 Needs Assessment and Survey included with this newsletter!



### Blast From the Past!

**1893** William Wrigley, Jr. introduces Juicy Fruit Chewing Gum and Wrigley's Spearmint Chewing Gum

**1908** The lollipop, invented by George Smith, was named after Lolli Pop, a racing horse

**1900** Milton Hershey introduces the Hershey's Milk Chocolate Bar

**1911** Ethel and Frank Mars open a candy company in Tacoma, Washington. The company, later Mars, Inc., would become one of the largest privately owned candy companies in the entire world



**1922** H.B. Reese makes the first peanut butter candy coated with Hershey's Milk Chocolate, which we now know as the Reese's Peanut Butter Cup.

**1923** The Baby Ruth candy bar, named for President Grover Cleveland's daughter, is introduced by Curtiss Candy Co.

### Did You Know?

Other planets in our solar system experience seasons for the same reason Earth does; their axis of rotation is tilted. However, some planets like Mars and Pluto have elliptical orbits that result in more extreme variations in distance from the Sun as they revolve around it. This, combined with the axial tilt, causes greater seasonal variation.



Uranus has an extreme tilt of 82 degrees. It takes Uranus almost 84 Earth years to complete its nearly circular path around the Sun. The tilt means that the pole of each hemisphere is exposed almost directly to the Sun's rays during the summer solstice, and the opposite hemisphere is in constant darkness. Given Uranus' long period of orbit, this translates into a 20-year winter or summer.

Source: <https://www.lpi.usra.edu/education/skytellers/seasons/>



### Thank You KDOT!

The Kansas Department of Transportation (KDOT) awarded more than \$7.4 million to 33 transit projects across the state. NEKAAA submitted applications for three projects including a multi-use transit and aging facility, vehicle security cameras, and an all-wheel drive vehicle to help increase access and improve the delivery of services across Atchison, Brown, Doniphan, Jackson, Marshall, Nemaha, and Washington Counties.

The program provides preliminary funding for a multi-functional facility focused on general public transportation. NEKAAA is seeking contributions to help fund additional parts of the project, including a community center and congregate meal site. To contribute, contact 785-742-7152.

## Seven Ways for Seniors to Reduce the Cost of Prescription Drugs

The cost of prescription drugs has increased steadily over the years, putting significant financial pressure on seniors. In fact, the prices of the 20 most commonly prescribed brand-name drugs for seniors rose nearly 10 times more than the annual rate of inflation over five years.

### 1. SWITCH TO GENERIC

On average, generic drugs cost about 85% less than brand name drugs. Ask your doctor if there are generic drugs that could safely replace their brand medications.

### 2. FIND LESS EXPENSIVE BRAND NAME DRUGS

Most health conditions can be treated by a variety of different drugs. Some of those drugs may work in similar ways, but can cost much less. Ask your doctor if there are less expensive brand name medications that could treat the condition just as well as the current medication.

### 3. SWITCH TO A MAIL-ORDER PHARMACY

Many health plans and pharmacy companies encourage you to use their mail-order pharmacy.

### 4. FIND A BETTER MEDICARE DRUG PLAN

If you're paying high prescription medication costs, a different Medicare drug plan could lower those costs. Use the [Medicare Plan Finder](#) to compare different plans or talk with a free expert counselor at your local State Health Insurance and Assistance Programs (SHIP) office.

### 5. GET HELP FROM STATE PROGRAMS

Some states have programs that provide extra help paying for prescription medications. It is worth the time to investigate if drug costs are high relative to their income.

### 6. GET HELP FROM THE DRUG MANUFACTURER

Some drug companies offer programs that help people pay for their medications. Go to [Medicare.gov](http://Medicare.gov) or use this simple tool: <https://www.medicare.gov/pharmaceutical-assistance-program/Index.aspx> to look up medications to see if there are any assistance programs.

### 7. APPLY FOR THE EXTRA HELP PROGRAM

For lower income seniors, Social Security has a program called Extra Help With Medicare Prescription Drug Costs. It helps pay for costs related to a Medicare prescription drug plan.



Adapted from the DailyCaring Editorial Team <https://dailycaring.com/7-ways-to-save-money-on-prescription-drugs/>



### 2020 CENSUS

Every household will have the option of responding online, by phone, or by mail. Households will receive a letter asking them to go online to complete the census questionnaire.

Areas less likely to respond online will receive a paper questionnaire along with their information package. Go to [2020CENSUS.GOV](https://2020census.gov) for information.

### ALERT!

In response to COVID-19, there are several sheriff's assistance programs in place to help seniors and individuals with disabilities get much needed medications, medical equipment, food, and supplies.

Please contact your local sheriff's office for more information.





## Social Security Launches New Campaign to Fight Scammers

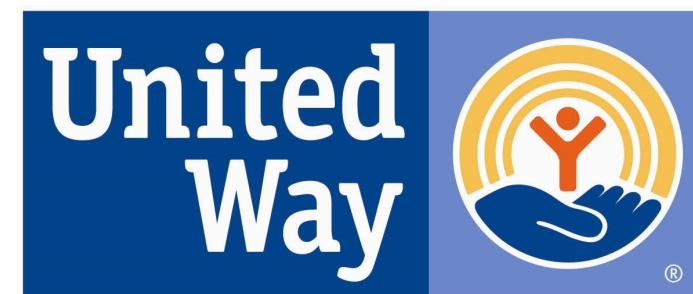
by Mike Korbey, Deputy Commissioner  
for Communications

Recently, we launched a new Public Service Announcement campaign as our latest step to caution you about the ongoing nationwide telephone impersonation scheme. The videos feature a message from our Commissioner, Andrew Saul. Along with our Office of the Inspector General, we continue to receive reports about fraudulent phone calls and emails from people falsely claiming they're government employees. The scammers

play on emotions like fear to convince people to provide personal information or money in cash, wire transfers, or gift cards. Fraudsters are also emailing fake documents in attempts to get people to comply with their demands.

"I want every American to know that if a suspicious caller states there is a problem with their Social Security number or account, they should hang up and never give the caller money or personal information. People should then go online to report the scam call to Social Security," said Commissioner Saul.

Source: [https://blog.ssa.gov/social-security-launches-new-campaign-to-fight-scammers/?utm\\_medium=email&utm\\_source=govdelivery](https://blog.ssa.gov/social-security-launches-new-campaign-to-fight-scammers/?utm_medium=email&utm_source=govdelivery)



### Have You Heard the 211?

United Way supports 211, a free and confidential service that helps people across North America find the local resources they need 24 hours a day, 7 days a week.

You'll find information about:

- Supplemental food and nutrition programs
- Shelter and housing options
- Information on utilities assistance
- Emergency information and disaster relief
- Employment and education opportunities
- Information on services for veterans
- Health care, vaccination and health epidemic information
- Addiction prevention and rehabilitation
- Support groups for individuals with mental illnesses or special needs
- A safe, confidential path out of physical and/or emotional domestic abuse

**NEKAAA is grateful for the continued support of the Atchison Area United Way.**



### Maintaining Mental Health During a Crisis

1. Take care of your body— Eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.
2. Connect with others— Share concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.
3. Take breaks— Make time to unwind and remind yourself that strong feelings will fade. Take time to do activities you usually enjoy.
4. Avoid too much exposure to news— Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
5. Seek help when needed— If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at 1-800-985-5990. Adapted from: [CDC.gov](https://www.cdc.gov)



Congregate meal sites in our service area are temporarily closed **for dine-in services**. However, each site is doing its best to provide carry-out and delivery service for those in need. Also, many mobile food pantries are still operating. Please call your local meal sites and pantry for updates.

<b>Meal Sites:</b> <ul style="list-style-type: none"> <li>Project Concern, Inc. Atchison Senior Center 913-367-4655</li> <li>Town &amp; Country Senior Center 913-833-9461</li> <li>Highland Senior Center 785-442-5550</li> <li>Keen Age Center 785-989-3501</li> <li>Leisure Hour 913-365-2409</li> <li>Pioneer Center 785-985-2296</li> <li>Jackson County Senior 785-364-4921</li> <li>Blue Rapids Nutrition Site 785-363-7489</li> <li>Friendly Neighbor Nutrition Site 785-292-4309</li> <li>Sunshine Inn Nutrition Site 785-562-2020 or 785-562-5522</li> <li>Seneca Nutrition Center 785-336-2714</li> <li>Sabetha Nutrition Center 785-284-3594</li> <li>Clifton Senior Citizen's Club 785-455-3525</li> </ul>	<ul style="list-style-type: none"> <li>Friendly Corners 785-325-3231</li> <li>Kloppenber Nutrition Center 785-337-2521</li> </ul> <b>Second Harvest Mobile Food Pantries:</b> <a href="http://www.shcfb.org">www.shcfb.org</a> 816-964-3663 Contact: Lona Morgan 816.364.3663 <ul style="list-style-type: none"> <li>BLAIR <b>Friday, April 3, 2020</b> 10:00 am-12:00 pm New Life Church 1860 HWY 36</li> <li>HIAWATHA <b>Thursday, April 9, 2020</b> 10:00 am12:00 pm Eternal Hope Family Center 424 Oregon Street</li> <li>WHITE CLOUD <b>Tuesday, April 14, 2020</b> 10:00 am12:00 pm Casino White Cloud 777 Jackpot Drive</li> <li>EFFINGHAM <b>Monday, April 27, 2020</b> 10:00 am - 12:00 pm St. Ann's Catholic Church, 302 William Street</li> <li>RESERVE <b>Monday, April 27, 2020</b> 10:00 am12:00 pm 305 North Main</li> </ul>	<b>Harvesters Community Food Network:</b> <a href="http://harvesters.org">harvesters.org</a> Contact: 877-353-6639 <p><b>1st Tuesday:</b></p> <ul style="list-style-type: none"> <li>Holton Veteran's Club 9-10 am 785-986-6653</li> </ul> <p><b>1st Thursday:</b></p> <ul style="list-style-type: none"> <li>Washington County Ministerial Asso- ciation 10:30 – 11:30 a.m. 785-614-1346</li> <li>Beattie United Methodist Church 1 – 2 p.m. 785-353-2373</li> </ul> <p><b>2nd Wednesday:</b></p> <ul style="list-style-type: none"> <li>10 – 11 a.m. Community Food Pantry of Sabetha Northridge Church 10 – 11 a.m. 785-285-2022</li> <li>Nemaha Food Pantry Nemaha County Community Center 12 – 1 p.m. 785-336-3083</li> </ul> <p><b>2nd Friday:</b></p> <ul style="list-style-type: none"> <li>Centralia Area Community Associa- tion 10:30 – 11:30 a.m. 785-889-4229</li> <li>Axtell United Methodist Church 12 – 1 p.m. 785-736-2256</li> </ul> <p><b>3rd Monday:</b></p> <ul style="list-style-type: none"> <li>Netawaka Veterans Club Netawaka Community Center 10:30 a.m. – 12:15 p.m. 785-986-6653</li> </ul> <p><b>3rd Tuesday:</b></p> <ul style="list-style-type: none"> <li>Waterville United Methodist 10 – 11 a.m. 785-363-7669</li> </ul> <p><b>4th Monday:</b></p> <ul style="list-style-type: none"> <li>Hoyt United Methodist Church Hoyt City Park 9 – 10 a.m. 785-986-6735</li> </ul>
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NEKAAA is looking for volunteers to assist with the Senior Health Insurance Counseling of Kansas (SHICK) program. Volunteers with an interest in Medicare and assisting others, who are willing to

attend an intensive training and assist consumers throughout the year with their Medicare and Part D questions should inquire. If you have questions about the SHICK volunteer responsibilities and volunteer training and hours, please call 1-800-883-2549.

# Types of Vegetables

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

CABBAGE  
ZUCCHINI  
RUTABAGA  
RADISH  
TURNIP  
SWEDE  
SPINACH  
POTATO  
CASSAVA  
BEET  
LEEK  
CAULIFLOWER  
PARSNIP  
GINGER  
CELERY  
PEA  
CARROT  
PUMPKIN  
ARUGULA



## Common Words Inspired by Real-Life People

**Boycott**-Charles Cunningham Boycott, a man responsible for kicking out tenant farmers who refused to pay their rents. Boycott angered laborers causing servants to quit and his crops rotted to the ground. The word “boycott” defined as “refusing to deal with a country, organization, or person to protest or punish them” was named after him.

**Saxophone**-This musical instrument was actually named after its inventor, Adolphe Sax. The Belgian-French instrument maker wanted to combine the best of brass, woodwind, and stringed instruments into one masterpiece.

**Sideburns**-The popular male hair trend of bushy whiskers on the cheeks was originally called burn-

sides after the Union Army General Ambrose E. Burnside.

**Silhouette**-France’s finance minister, Étienne de Silhouette, had a reputation for being a frugal French man and was often seen making cut-paper shadow portraits of himself.

**Sandwich**-John Montagu, the Earl of Sandwich who lived from 1718 to 1792, may have created the classic lunch staple. It was no secret that Montagu’s vice was gambling. Legend has it that the gambler once spent an entire 24 hours at the gambling table eating nothing but slices of cold beef wedged between two pieces of toast.

**Daliha**-The vibrant flower with colorful hues from Mexico was named after Anders Dahl, an 18th-century Swedish botanist.

Adapted from <https://www.rd.com/culture/common-words-inspired-real-life-people>



## Elder Care: The Love of a Caregiver

Valentine's Day is now in our rear view mirror, but expressions of love are continually evident in the lives of family caregivers of older adults.

Some people fall into a caregiving role gradually, for example an adult child who begins to occasionally assist a parent with tasks such as household maintenance and transportation, or a spouse who notices a partner's forgetfulness and helps fill in the gaps. The individual may not initially view themselves as a caregiver, but as time marches on, a dependence upon assistance for various activities of daily living may increase causing the caregiver to develop a more extensive focus on a loved one's needs.

Other caregivers may find themselves suddenly thrust into the role when a loved one experiences a significant medical event. Either way, the responses of caregivers may initially be founded on emotional attachments as a spouse remembers wedding vows of "for better or for worse" and "in sickness and in health," or a child recalls a parent's loving care while growing up and desires to

demonstrate a similar level of dedication.

A sense of love and devotion becomes the basis for the care giving/care receiving relationship; however, the dynamics of the ongoing relationship will be influenced by many factors.

Some of these factors include the nature of the relationship (spouse/partner, child/parent, siblings, etc.), prior roles and functioning within the family, individual personalities, personal beliefs and values, economics, other concurrent responsibilities of the caregiver, the overall health of the caregiver, and the type and frequency of caregiving tasks.

Each of these layers of the relationship may also change in priority according to the particular situation at hand, and exert a greater or lesser influence on the words and actions of both the caregiver and the care recipient.

Originally published online [https://cumberlink.com/news/local/neighbors/elder\\_care/elder-care-the-love-of-a-caregiver/article\\_df1dc030-84d6-5f22-8157-938ae972e8b5.html](https://cumberlink.com/news/local/neighbors/elder_care/elder-care-the-love-of-a-caregiver/article_df1dc030-84d6-5f22-8157-938ae972e8b5.html) as a sponsored column by Karen Kaslow, Keystone Elder Law Feb 21, 2020

## Zucchini & Sausage Stovetop Casserole

### Ingredients:

- 1 pound bulk pork sausage
- 1 tablespoon canola oil
- 3 medium zucchini, thinly sliced
- 1 medium onion, chopped
- 1 can (14-1/2 ounces) stewed tomatoes, cut up
- 1 package (8.8 ounces) ready-to-serve long grain rice
- 1 teaspoon prepared mustard
- 1/2 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 cup shredded sharp cheddar cheese

### Directions:

1. In a large skillet, cook sausage over medium heat 5-7 minutes or until no longer pink, breaking into crumbles. Drain and remove sausage from pan.
2. In same pan, heat oil over medium heat. Add zucchini and onion; cook and stir 5-7 minutes or until tender. Stir in sausage, tomatoes, rice, mustard, garlic salt and pepper. Bring to a boil. Reduce heat; simmer, covered, 5 minutes to allow flavors to blend.
3. Remove from heat; sprinkle with cheese. Let stand, covered, 5 minutes or until cheese is melted.



Prep/Total Time: 30 min. YIELD: 6 servings.

### Nutrition Facts:

1-1/3 cups: 394 calories, 26g fat (9g saturated fat), 60mg cholesterol, 803mg sodium, 24g carbohydrate (6g sugars, 2g fiber), 16g protein.

Recipe from: <https://www.tasteofhome.com/recipes/zucchini-sausage-stovetop-casserole/>



**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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\$25\_\_\_\_\_ \$50\_\_\_\_\_ Other\_\_\_\_\_

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

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