

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 open by appointment only. If you would like to schedule an appointment, 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 has returned to full services. Call 785-742-7153 to schedule a ride or 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 Now Providing Shelf-Stable Meals

The Northeast Kansas Area Agency on Aging and General Public Transportation are excited to announce a new program, NEKAAA Meals, providing shelf-stable meals for seniors and caregivers 60 + years of age or older. This new initiative is designed to help seniors prepare for an emergency including the potential of additional stay at home orders during the COVID-19 pandemic and emergencies related to weather, power outages, or food shortages.



Shelf-stable meals are foods that can be safely stored at room temperature in a sealed container. These boxes provide 1/3 of the recommended daily dietary guidelines and come with a menu for a complete meal. Each meal will be home delivered by NEKAAA General Public Transportation using personal protective equipment and with safety guidelines in place.

Please call your local meal provider to see if shelf-stable meals are available in your area. If you are located in Brown County, please call 785-742-7152 to request shelf-stable meal delivery. These are available for a suggested donation.



## The Power of Positivity

Researchers continue to explore the effects of positive thinking and optimism on health. Some important health benefits positive thinking may provide include:

- ♦ Increased life span
- ♦ Lower rates of depression
- ♦ Lower levels of distress
- ♦ Greater resistance to the common cold
- ♦ Better psychological and physical well-being
- ♦ Better cardiovascular health and reduced risk of death from cardiovascular disease
- ♦ Better coping skills during hardships and times of stress

Having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

Adapted from: <https://www.mayoclinic.org>

## Blast from the Past!

From Brando to Hepburn, Westerns to Shakespeare, black & white to Technicolor, the movies of 1953 kept us all entertained!



**Roman Holiday**- A gold standard of American romantic comedies



**Shane**- One of the great Hollywood westerns



**Julius Caesar**- A Shakespeare classic from the stage to the silver screen

**The War of the Worlds**- H.G. Wells' classic story of alien invaders



## Did You Know?

Hummingbirds are the only birds that can fly backwards and upside down. The design of a hummingbird's wings differs from most other types of birds. Hummingbirds have a unique ball and socket joint at the shoulder that allows the bird to rotate its wings 180 degrees in all directions. The shape of their wings are long, narrow and tapered, which allows them to move more quickly and easily through the air. Additionally, the shoulder and elbow joints of the wing are very close to their tiny bodies, allowing the wings to tilt and pivot.



These characteristics allow hummingbirds to change flight directions in a way other birds cannot.

Source: <https://www.perotmuseum.org/>

## Celebrate National Senior Citizens Day



In 1988, President Ronald Reagan declared August 21, National Senior Citizens Day.

In Proclamation 5847, President Reagan wrote:

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older -- places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

Friday, August 21, 2020 is the perfect time to show how these words are still true today. Reach out, go for a visit, and let the senior citizens in your life know how much you care!

## Your Health and Loneliness

During the COVID-19 pandemic, loneliness and social isolation in older adults has become a serious public health risk. Some reports suggest that more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated. Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

### Health risks:

- Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.
- Social isolation was associated with about a 50% percent increased risk of dementia.
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.



- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.

### What you can do:

- Develop a plan to stay in touch. This plan should confirm whom you can reach out to if you need help accessing food, medicine and other medical supplies.
- Create a list of community and faith-based organizations that you or the people in your plan can contact in the event you lack access to information, health care services, support and resources.

Adapted from: [www.cdc.gov](http://www.cdc.gov)

## Protecting Seniors from Scams

The U.S. Senate unanimously passed the **Stop Seniors Scams Act**, legislation introduced by U.S. Senator Jerry Moran (R-Kan.), chairman of the U.S. Senate Commerce Subcommittee on Manufacturing, Trade, and Consumer Protection and Bob Casey (D-Penn.), ranking member of the U.S. Senate Special Committee on Aging, to help prevent scammers from taking advantage of seniors. The bill would create a federal advisory council to develop educational materials for retailers, financial institutions and wire transfer companies to train employees on how to spot and stop financial scams at the point of sale.

“Our nation’s seniors are among the most vulnerable consumers in this digital age, and scammers frequently target seniors to steal their money,



identity and dignity,” said Sen. Moran. “This legislation would bring industry and government leaders together to make certain we are doing all we can to protect seniors. I appreciate the Senate passing this legislation and urge the House of Representatives to bring this important legislation to the floor for a vote.”

If you or a loved one receives a suspicious call, contact the office of Kansas Attorney General Derek Schmidt to file a complaint at <https://ag.ks.gov/home> or call 785-296-2215.

To access comments from Senator Casey and the full press release, please visit:

<https://www.moran.senate.gov/public/index.cfm/news-releases?id=D31A4D4A-8B2C-45E1-846E-61F88A05E3FC>



## Statewide Push For Census Response

The week of June 22-28, 2020, is designated as a time to “Call for the Count.” This week-long, concentrated campaign will promote self-response to the 2020 Census. Kansans are encouraged to call on neighbors, friends and family to make sure they take part in the critically important, once-a-decade population count.

The Census campaign’s goal is to encourage every household and community in Kansas to be counted in the 2020 Census once, only once and in the right place.



Census data is used to determine each state’s representation in Congress. It is also used to determine how billions of dollars in federal funding will be dispersed. That money is used by communities across Kansas for emergency services, schools, roads, healthcare facilities and more.

By now, every Kansas household should have received an invitation to complete the 2020 Census. The time to respond is now. Households can respond online at [my2020census.gov](http://my2020census.gov), by calling (English) 844-330-2020 or by mail.

For more information on the 2020 Census, please visit [www.2020census.gov/](http://www.2020census.gov/).



## To Beat the Dangers of Summer Time Heat

### DEHYDRATION:

- A loss of water in your body that can be serious if not treated.
- May cause weakness, headache, muscle cramps, dizziness, confusion, and passing out.
- Drink plenty of water and/or sports drinks which contain electrolytes.
- If you don’t feel better, call 911. If you feel better after drinking fluids, but have medical conditions like heart failure or take diuretics, you should also call your healthcare provider for a follow-up.

### HEAT STROKE:

- A dangerous rise in body temperature, which may happen gradually over days of heat exposure in older adults. It can be

deadly.

- May cause a high body temperature, skin symptoms, fast pulse; headache, dizziness, nausea or vomiting, confusion or lethargy, and passing out.
- Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. Put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

### HEAT EXHAUSTION:

- A serious health problem caused by too much heat and dehydration which may lead to heat stroke.
- May cause heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.
- Move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don’t feel better quickly after moving to the shade and drinking liquids.

### HEAT SYNCOPES:

- Fainting caused by high temperatures.
- May cause dizziness or fainting.
- Lie down and put your feet up, and drink plenty of water and other cool fluids.

Source: [www.healthinaging.org](http://www.healthinaging.org)



## Kansas Senior Farmers Market Nutrition Program

It's that time of year again! The Kansas Senior Farmers Market Nutrition Program (KSFMNP) helps low-income seniors purchase fresh fruits and vegetables, fresh herbs and local honey at farmers markets, roadside stands and farm stores. The KSFMNP is a first-come, first-served program with limited funding. **Seniors may apply for benefits between the dates of July 1 and September 15, 2020.**

Eligible seniors receive a one-time annual benefit of \$30.00 to purchase eligible foods from authorized farmers. Benefits are distributed as a book of six (6) \$5 checks. Seniors must be 60 years of age or older and must have an income at or below 185% of the federal poverty level. Income eligibility is determined by household but benefits are distributed individually. Anyone who meets the age AND income requirements within the same household may receive KSFMNP benefits.

Local Farmer's Markets:

### Atchison:

Atchison Farmers Market 6th & Main Saturday:  
8:00 a.m. - 12:00 p.m. Wednesday: 2:30 p.m. -  
5:30 p.m. May 18 - Oct 26

### Brown:

Hiawatha Farmers Market 199 E. Iowa/1st. St.  
Wed: 10:00 a.m. - 1:00 p.m. April - Oct. D&D  
Goodies Roadside Stand 1210 Oregon, Hiawatha  
Wednesday: 4:00 p.m. - 6:00 p.m. May -  
Sept Sat: 11:00 a.m. - 1:00 p.m. May - Sept  
D&D Goodies Farm Stand 2167 Robidoux Dr.,

White Cloud Seasonal, call ahead 785-850-1759

### Doniphan:

DT Farms 548 Friendship Rd., Bendena 66008  
Open daily, call before arrival 913-370-329

### Jackson:

Holton Farmers Market East side of Court-house Square Saturday: 8:00 a.m. - 12:00 p.m.  
April - October

### Marshall:

Marysville Farmers Market 7th & Broadway  
Saturdays: 8:00 a.m. - 11:00 a.m. May - Oct.

### Washington:

Washington Farmers Market Theater Gardens  
Saturday: 8:00 a.m. - 12:00 p.m.

Seniors may spend their checks with authorized farmers who display one of the "Checks Accepted Here" signs below. Contact NEKAAA at 785-742-7152 for more information.



# USA

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.



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

AMERICA USA  
BEACH VALLEY  
DAM WILDLIFE  
DESERT HILLS  
FARM- LAKES  
LAND MOUN-  
FLAG TAIN  
FOREST PEOPLE  
SEA RIVERS  
SKY ROADS  
TRAILS RURAL  
URBAN

<http://www.gets.com/>

## Strange Words That Will Make You Laugh Out Loud

**Bumfuzzle**-Means "to confuse or fluster." This word is less popular (but much more hilarious) than some of its counterparts like befuddle or bewilder.

**Gazump**-Means "to cheat a house buyer by raising an agreed-upon price at the time a contract is to be signed." Gazumping also occurs when a seller accepts a verbal offer for a property from one buyer, and then accepts a higher offer from someone else.

**Flummox**-Means "to bewilder, confound, or confuse." It's a word that generally grabs a person's attention, so it appears in lots of headlines, such as:



"Stock markets flummox masses." It likely comes from the old English word flummock, meaning "to make untidy or confuse."

**Kerfuffle**-This is a British word meaning a fuss or commotion. "The gas-price hike caused quite a kerfuffle."

**Shivoo**- This is Australian in origin and stands for a "boisterous party or celebration."

**Snollygoster**-This is a "clever, unscrupulous person." The word dates back to the late 1840s and was used in the South to refer derogatorily to a politician. Adapted from: <https://www.dictionary.com/>

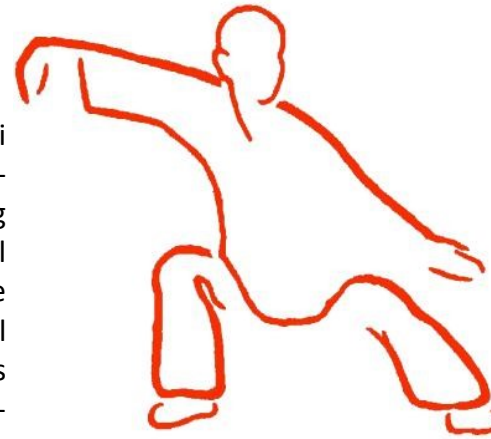


## Stay on Your Feet With Tai Chi

Many studies have shown that Tai Chi is an effective approach to improving balance and preventing falls. According to the National Council on Aging, “falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors’ safety and independence and generate enormous economic and personal costs.”

The causes of falls in the elderly include muscle weakness, poor balance and vision, lack of confidence at moving about and the effect of medication. Many studies have shown Tai Chi as being one of the most effective approaches for preventing falls.

According to Dr. Paul Lam, founder of the Tai Chi for Health Institute, Tai Chi is an “art embracing the mind, body and spirit...” Dr. Lam describes the



essential principles: mind integrated with the body; control of movements and breathing; generating internal energy, mindfulness, song and serenity.

Some great health benefits of Tai Chi are:

- associated with low-impact, weight-bearing, aerobic exercise
- improved physical condition, muscle strength, coordination, and flexibility
- improved balance and decreased risk for falls, especially in elderly people
- eased pain and stiffness—for example, from osteoarthritis
- improved sleep and overall wellness

NEKAAA is excited to offer certified group Tai Chi instruction as part of an ongoing dedication to health and wellness. Class locations, dates, and times will be announced soon.

Source: <https://taichiforhealthinstitute.org/>

## Grandma’s Strawberry Shortcake

### Ingredients:

2 cups all-purpose flour  
2 tablespoons sugar  
3 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup cold butter, cubed  
1 large egg, room temperature, beaten  
2/3 cup half-and-half cream  
1 cup heavy whipping cream  
2 tablespoons confectioners' sugar  
1/8 teaspoon vanilla extract  
Additional butter  
1-1/2 cups fresh strawberries, sliced

### Directions:

1. Preheat oven to 450°. Combine flour, sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. In another bowl, whisk egg and half-and-half. Add all at once to crumb mixture; stir just until moistened.
2. Spread batter into a greased 8-in. round baking pan, slightly building up the edges. Bake until

golden brown, 16-18 minutes. Remove from pan; cool on a wire rack.

3. Beat heavy cream until it begins to thicken. Add confectioners' sugar and vanilla; beat until stiff peaks form. Split cake in half crosswise; butter bottom layer. Spoon half the strawberries over bottom layer. Spread with some whipped cream. Cover with top cake layer. Top with remaining berries and whipped cream. Cut into wedges.

**Total Time:** Prep: 30 min. Bake: 20 min. + cooling **YIELD:** 8 servings.

### Nutrition Facts:

1 piece: 381 calories, 25g fat (16g saturated fat), 98mg cholesterol, 447mg sodium, 32g carbohydrate (8g sugars, 1g fiber), 6g protein.

Recipe available at <https://www.tasteofhome.com/recipes/grandma-s-strawberry-shortcake>





**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\_\_\_\_\_

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

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This newsletter is published quarterly by the Northeast Area Agency on Aging with funding provided by the Kansas Department for Aging and Disabilities Services through the [Older Americans' Act](#). We assume no responsibility for the care and return of unsolicited materials. Donated articles are suggested. The Northeast Kansas Area Agency on Aging does not discriminate on the basis of race, color, religion, age, national origin, sex, or handicap.

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