

The Northeast Kansas Area Agency on Aging

NEKAAA News

Your “Single Point of Entry” to Services and Resources



**1803 Oregon Street
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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 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://www.coronavirus.kdheks.gov/>, call 866-534-3463, or email questions to covid-19@ks.gov.



Healthy Eating Begins With You!

As you get older, eating well can help improve mental acuteness, boost your energy levels, and increase your resistance to illness. Congregate meals, home delivered meals and shelf stable meals are designed to improve and maintain the health of seniors.

Call your local meal site for more information.

- Atchison County Project Concern - 913-367-4655
- Brown County Northeast Kansas Area Agency on Aging - 785-742-7152
- Doniphan County Council on Aging - 785-985-2380
- Jackson County Senior Citizens Services - 785-364-4922
- Marshall County Agency on Aging - 785-562-5522
- Nemaha County Senior Services - 785-336-3091
- Washington County Senior Citizens Services - 785-325-3231



Short Inspirational Quotes that Will Make Your Day



"People who wonder if the glass is half empty or half full are missing the point. The point is that the glass is re-fillable!"—Simon Sinek

"If you think you are too small to make a difference, try sleeping with a mosquito."—The Dalai Lama

A positive attitude won't solve all your problems—but it will annoy enough people to make it worth it."—Herm Albright

"You must learn from the mistakes of others. You can't possibly live long enough to make them all yourself."—Eleanor Roosevelt

"Not every day is good but there is something good in every day."—Alice Morse Earle

"Even if you're on the right track, you'll get run over if you just sit there." —Will Rogers

"Whenever I hear somebody sigh 'Life is hard' I'm always tempted to ask, 'Compared to what?'"—Sydney Harris

"Today me will live in the moment. Unless it is unpleasant. In which case me will eat a cookie." —Cookie Monster

Remembering What a Buck Could Buy in the 1960s

3 gallons of gas: 93 cents

Gallon of milk: 95 cents

10lbs potatoes: 39 cents

Hershey Chocolate bar: 5 cents

Six pack of Pepsi: 59 cents



Ice-cream sundae: 40 cents

Can of hair spray: 47cents

Heinz Ketchup: 22 cents

MLB all-star game: 1 dollar

Postage stamp: 4 cents

Tide Laundry soap: 59 cents

Pillsbury Cake mix: 25 cents

Favorite comic magazine: 10 cents

Hamburger, fries & milkshake: 45 cents

1 carload into the drive-in movies: 1 dollar

Adapted <https://www.dummies.com/education/remembering-what-a-buck-could-buy-in-the-1960s/>



Did You Know?

Wild turkeys were becoming extinct in the early 1900's with only 30,000 birds left.

Today, there are 7 million wild turkeys living throughout the U.S.

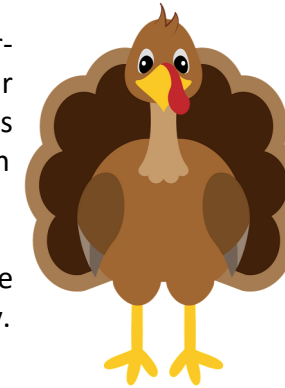
Wild turkeys roost overnight in trees, despite their large girth. Wild turkeys have powerful legs and can run up to 25 mph and can fly up to 55 mph.

The "gobble" call can be heard up to one mile away.

Wild turkeys have a wingspan of up to six feet. A

turkey has between 5,000 and 6,000 feathers covering its body. Wild turkeys generally move a mile or two in one day depending on habitat and distance to food and water sources. Wild turkeys often live between 3 to 5 years. The oldest known wild turkey lived for 13 years!

For more turkey fun facts For more turkey fun facts <https://forum.americanexpedition.us/wild-turkey-information-facts-photos-and-artwork>



November 4th—Check our Blood Pressure Day

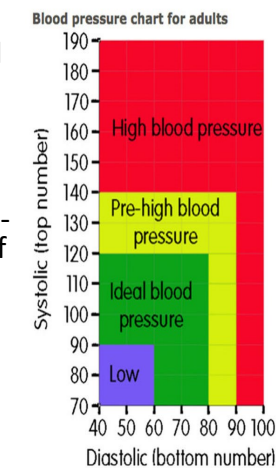


How's your blood pressure? Do you have any idea? Could you be at risk for a heart attack or a stroke?

- Did You Know? Blood pressure tends to increase with age. This does not mean it is normal or okay. If your blood pressure is high, see your doctor.
- Did You Know? Low blood pressure, while uncommon, can also be dangerous or the symptom of a health problem.

Take charge of your health during this season and check your blood pressure! Many pharmacies and grocery stores have blood pressure monitors available for use.

Adapted from: <http://www.holidayinsights.com/moreholidays/november/check-blood-pressure-day>





Who is Northeast Kansas Area Agency on Aging?

We are your “Single Point of Entry” to services and resources for elderly and disabled individuals. The goal of our agency is to help individuals remain in their own home and community for as long as possible. We are one of eleven Area Agencies on Aging within the state of Kansas mandated by the Older Americans Act, to plan, develop, and provide a system of services designed to promote independence. Our services include:

Information and Assistance - We assist individuals and their families in locating resources in their communities to meet his/her needs.

Case Management - Case Managers assess needs, develop care plans, authorize and arrange services, and coordinate services among providers.

In-Home Services - Programs are available to assist individuals to maintain their independence and reduce the need for long-term care facility placement. Services include:

- **Attendant Care** - Includes such items as bathing, dressing, mobility and medication management.
- **Homemaker Services** - Includes housekeeping and laundry.
- **Lifeline** - Emergency response devices which a person is able to activate if they need help.
- **Home-Delivered Meals** - Hot, nutritious, balanced meals delivered to the home.
- **Shelf Stable Meals** - Boxed meals that can be safely stored at room temperature.

Older Americans Act (OAA) - This program is for individuals age 60 and over and funds case management, attendant care, homemaker services, lifeline, congregate and home-delivered meals.

Senior Care Act (SCA) - This program for individuals 60 and over has a sliding fee scale based on the person’s income/assets. SCA funds homemaker, attendant care, lifeline, and case management.

Legal Services - Kansas Legal Services provides civil legal advice and representation at no cost or at reduced fees to income eligible individuals.

Client Assessment, Referral & Evaluation (CARE) - Everyone admitted into a long-term care facility from any type of community based living must have a CARE assessment to evaluate health and functional abilities prior to admission.

National Family Caregiver Support Program (NFCSP) - This program supports family caregivers with information about available services, respite care, and supplemental services.

Senior Health Insurance Counseling for Kansans (SHICK) - SHICK offers Kansans an opportunity to ask trained staff and volunteers questions about Medicare. Counseling, assistance and advocacy, relating to Medicare, private health insurance and related health coverage plans, are available. NEKAAA staff and volunteers provide assistance in applying for Medicare’s Prescription Drug Coverage. They assist with applications for “extra help” for individuals with limited income and resources.

Meals - Congregate and home-delivered meals are available. Eligibility and participation varies by county.

Aging and Disability Resource Center (ADRC) - As an ADRC, NEKAAA is a trusted source of information where people of all ages, abilities and income levels and their caregivers can go to obtain assistance in planning for their future long-term service and support needs.





Seven Autumn Health and Home Safety Tips

Get the Flu Vaccine

It is critical that everyone gets the flu shot this year. You may want to check with your doctor about the pneumonia and shingles vaccines.

Organize Your Medicine Cabinet

Autumn is a great time to get your medicine cabinet organized. Discard old prescriptions you are not using, especially antibiotics.

Cold-Proof Your Home

As the temperatures outside drop, address any visible drafts you can find from windows and doors. Rearrange furniture to block cooler air coming in from windows.

Check Batteries

Check your carbon monoxide and smoke detectors to see if they are working. Test the alarms every month to make sure they are working properly.

Protect Against Falls

Increased joint pain because of cooler weather could put you at risk for falling. Install safety preventive equipment to safeguard your home.

Make Sure You Can See

Ensuring your visibility this Fall and have a vision checkup done so that you know you are seeing correctly. Replace light bulbs that are dimming or simply aren't bright enough. Don't forget your evenings get darker earlier so plan outings accordingly.

Prep for Bad Weather

In addition to coats, hats, and gloves you need to have backup supplies of water, food, and first aid items both in your home and in your car. Don't forget battery-operated flashlights and candles for power outages.

Adapted from <https://seniordirectory.com/articles/info/8-autumn-health-and-home-safety-tips-for-seniors>

STAY WARM. STAY CONNECTED.

The Kansas Cold Weather

Rule goes into effect November 1st, 2020 through March 31, 2021.

The rule allows Kansans with an overdue utility balance to set up a payment plan over 12 months, instead of having their utilities shut off during the winter. To set up a payment plan, call your utility company.



Dump Cake Recipe

Prep Time 5 mins- Cook Time 35 mins- Servings: 12

Ingredients:

28 ounces cherry pie filling (1 large can)
15 ounces crushed pineapple (1 can)
18 ounce box yellow cake mix
12 Tablespoons butter
Optional: vanilla ice cream or whipped cream

Instructions:

Preheat the oven to 350°F.
Pour the crushed pineapple into the bottom of the pan. Then top with the cherry pie filling. Dump the cake mix over the fruit. Then slice the butter into thin pieces over the top. Bake for 35-40 minutes or until golden brown and bubbly. Serve with vanilla ice cream or whipped cream if desired.

More variations:

Peach: Use 2 cans undrained sliced peaches in heavy syrup or use 1 can sliced peaches and 1 can crushed pineapple.

Apple: Use 2 cans apple pie filling and top with chopped nuts. You can also use homemade apple pie filling if preferred.

Blueberry: Use 2 cans blueberry pie filling or 4 cups fresh blueberries + 1/2 cup sugar.

Crockpot method: Pour the fruit in the bottom of the crockpot. Dump the cake mix on top and add the sliced butter. Cook on low for 3-4 hours or on high for 2-3 hours.

Nutrition Facts- 1 Piece: 354 calories, 59g carbohydrates, 2g protein, 12g fat, 30mg cholesterol, 421mg sodium, 23g sugar

Recipe available at <https://www.iheartnaptime.net/dump-cake/>



State Plan on Aging Listening Tour

The Kansas Department for Aging and Disability Services (KDADS) Older Americans Act Program works in collaboration with the eleven Area Agencies on Aging (AAAs) to support independence for Kansas seniors and help them remain in their homes for as long as possible. The listening tour will provide the opportunity for seniors to share their suggestions, needs, comments and feedback regarding OAA services. Your participation is invaluable and will be used to develop the upcoming State Plan on Aging.

SAVE THE DATE
2020

Kansas State Plan on Aging
VIRTUAL Listening Sessions

10:30 - 11:30 a.m.

Wednesday Sept. 30

Monday, Oct. 19

Monday, Nov. 9

Wednesday, Dec. 9

Who: Kansas residents aged 60 years of age or older and family caregivers of older adults.

What: Older Americans Act (OAA) Program services include:

- Legal assistance
- Caregiver and in- home services
- Health promotion programs (like physical fitness and exercise)
- Nutrition services (like Meals on Wheels)
- Transportation

Where: Online meeting and conference call will be disclosed soon. Call NEKAAA for more information.

Exercise is Great for More Than Just Weight Management

All adults, including seniors, should be aiming for at least 30 minutes of exercise five times per week. Here are five reasons that every senior should be exercising regularly.

Improved Immune Function

- Regular physical activity flushes bacteria out of the airways and lungs to prevent respiratory illnesses.
- Exercise alters antibodies and white blood cells (cells that fight disease) and increases the rate at which they circulate, which allows them to detect and fight back against illnesses earlier.
- Exercise slows the release of stress hormones, which, in excess, suppress immune function and make one more susceptible to disease.

Stronger Respiratory and Cardiovascular Systems

- Exercise also lowers the blood pressure and, in turn, reduces the risk of developing cardiovascular and respiratory diseases.
- When these systems are working more efficiently, they can do a better job of cleaning

out the body and getting rid of bacteria and other invaders that cause illnesses.

Better Gastrointestinal Function

- Consistent resistance training can also lead to an increased metabolism. A faster metabolism not only helps seniors manage their weight as they age, but it also promotes a more efficient, better functioning digestive system.

Stronger Bones

Exercise also helps prevent bone loss, which decreases seniors’ risk of developing osteoporosis. When the bones (and the muscles surrounding them) are stronger, seniors are also less likely to experience falls and fractures.

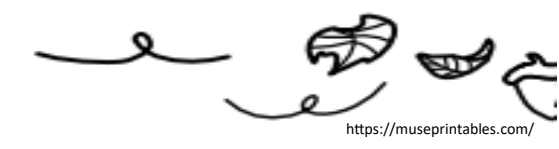

Protection from Chronic Illnesses

- Exercise improves immune system functioning to protect against acute illnesses like influenza.
- It also helps prevent chronic illnesses like Parkinson’s disease and dementia.

Adapted from: <https://seniordirectory.com/articles/info/five-reasons-routine-exercise-is-great-for-more-than-just-weight-management>.



Fall Word Search



<https://museprintables.com/>

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

AUTUMN

BROWN

CHILLY

FOOTBALL

HARVEST

LEAVES

ORANGE

PINE CONE

PUMPKIN

RAKE

REAP

SEASON

TREES

WIND

YELLOW

Strange Words That Will Make You Laugh Out Loud

Malarkey-This refers to words that are insincere and talk that is particularly foolish. This is a word that we can thank the 1920s and 1930s for and it is still used by many people.

Flibbertigibbet-This refers to someone who is silly and who talks incessantly. The first known usage of this word was in the 15th century.



Cattywampus-This is a term that you will find in the Midland and Southern United States. It is referring to something that is in disarray, that is askew, or something that isn't directly across from something.



Wabbit-No, this isn't referring to a wascally wabbit. It is a Scottish term for being exhausted.

Collywobbles-This refers to a weird feeling in your stomach or an overall bellyache.

Lollygag-The origin of this word is unknown, but it first surfaced around 1868. The definition of "lollygag" is someone who is messing around or wasting time.

Source: <https://expresswriters.com/34-craziest-words-english/>

Understanding Medicare Open Enrollment

When is the Open Enrollment Period?



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



General Public Transportation

Do you need transportation to medical appointments, shopping, business, work, education or for leisure? General Public Transportation provides services for all of your transportation needs. Available for all ages and wheelchair accessible. Call for fares and to schedule a ride to your destination.

Doniphan County Transportation

Serving Doniphan County.
Monday - Friday 8:00 a.m. to 5:00 p.m.
785-985-2380

Marshall County General Public Transportation

Serving for Marshall County.
Monday - Friday 8:00 a.m. to 4:00 p.m.
785-562-2020

NEKAAA General Public Transportation

Serving for Atchison, Brown, Doniphan, Jackson, and Nemaha Counties.
Monday - Friday 7:30 a.m. to 4:30 p.m.
785-742-7153

Nemaha County Transportation

Serving for Brown, Doniphan, Jackson, and Nemaha Counties.
Monday - Friday 7:30 a.m. to 4:30 p.m.
785-336-8011

Prairie Band Potawatomi Nation

Serving Jackson County.
Monday - Friday 8:00 a.m. to 4:30 p.m.
785-966-2995

Project Concern, Inc. Senior Center & Public Transportation

Serving Atchison County.
Monday - Friday 7:15 a.m. to 4:00 p.m.
Saturday 9 a.m. to 3p.m.
913-367-4655



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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Website: www.nekaaa.org

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_____

Name_____

Address_____

City_____ State/Zip_____

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

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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