

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

**INSIDE THIS ISSUE**

Did You Know? .....2

Best Ways to Support Loved  
One’s with Dementia .....3

Subaru Share the Love.....4

5 Top Scams.....5

Fun Facts.....6

5 Ways to Stay Healthy During  
the a Pandemic.....7

**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 8:00 a.m.- 5:00 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](mailto:covid-19@ks.gov).



**“Stop the Spread. It’s Up to Us, Kansas”**

Governor Laura Kelly and the State of Kansas launched the “Stop the Spread. It’s Up to Us, Kansas” campaign to share the importance of getting tested, wearing masks and to encourage social distancing to stop the further spread of COVID-19.

The campaign includes the launch of a new testing website, [GoGetTested.com/Kansas](http://GoGetTested.com/Kansas), to quickly identify free testing locations throughout the state. It will run on television, radio, social media, print, outdoor and digital advertising.

Now that testing is more widely available, it is urgent to get tested to better control the spread of the virus throughout our communities, this will help keep businesses, schools and the economy open.

For more information on free testing site go to [www.GoGetTested.com/Kansas](http://www.GoGetTested.com/Kansas).

For information on COVID-19 guidelines visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

Adapted from: <https://governor.kansas.gov/governor-laura-kelly-launches-covid-19-public-health-campaign-stop-the-spread-its-up-to-us-kansas/>



## Inspirational Quotes That Will Make Your Day



"Aging is an extraordinary process where you become the person you always should have been."-David Bowie

"I can honestly say I love getting older. Then again, I never put my glasses on before looking in the mirror."-Cherie Lunghi

"Getting older is fine. There is nothing you can do to stop it so you might as well stay on the bus."-John Byrne

"As you get older three things happen. The first is your memory goes, and I can't remember the other two."-Sir Norman Wisdom

"In childhood, we yearn to be grown-ups. In old age, we yearn to be kids. It just seems that all would be wonderful if we didn't have to celebrate our birthdays in chronological order." – Robert Brault

Adapted from: <http://www.theseniorzone.com>

## Did You Know?

There are over 60 different species of deer worldwide.

Deer are present on all continents except Antarctica.

Male deer are called bucks, females, are does, and the young are fawns.

Antlers are the fastest growing living tissue in the world!

Deer can also jump as high as 10 feet and as far as 30 feet and are good swimmers.

Deer can run up to 35 miles per hour.

Deer have lots of muscles in their ears, which allows them to turn the ears different directions without moving their bodies.

The largest buck on record now is a 47-point.

Approximately 1.5 million vehicles are involved in accidents annually from hitting deer.

Adapted from: <https://onekindplanet.org/animal/deer/>



## Short Funny Stories

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet -- who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."



A couple of elderly men were venting their frustrations about the woes of modern technology. "I just can't ever seem to remember my darn passwords," grumbled one of them. The other one smiled. "Oh really? I can never forget mine!" "How do you manage it?" asked the first guy curiously. "Well, I simply set all my passwords to 'Incorrect' so that whenever I'm told that my password is incorrect, I'll remember it!"

Adapted from: <https://www.ba-bamail.com/content.aspx?emailid=23084>

## January is National Bath Safety Month

Here are some important precautions to help make your bathroom safe:



- Keep bathing and grooming accessories neatly stowed out of the way to reduce trips and falls.
- Make sure bath mats are slip proof and don't create a tripping hazard.
- Install slip-resistant grab bars to provide firm support when you enter and exit the shower or the tub.
- Invest in a good shower chair or transfer bench.
- A raised toilet seat with grab bars is great for toilets with low seating.
- Don't rush, what's the hurry? When we rush in life, we put ourselves at greater risk for falls or injury.
- Adapted from: <https://www.nursenextdoor.com/blog/10-bath-safety-tips-for-seniors/>

Best Ways to Support Loved One’s with Dementia

**Let go of your memories** - Try to accept them as they are today and to loosen the grip of those powerful memories. Respond to them with compassion as they are, not as they were.

**Modify your challenges-** Remain aware of their weakness and provide them with enough support to help them perform as well as they can, perhaps giving them prompts or gentle reminders to stimulate their recollections.

**Think about the power of your words-** People with dementia, particularly in the early stages of the disease, are often highly sensitive about the cognitive mistakes. Positive reinforcement is a better path toward solace.

**Learn to be a good detective** - Step back and assess their abilities. Know what you are working with. You need to try to see things from their point of view.

**Respond (Don’t React)** - Try reflective narrative language and it will support their ability to make connections. Repeat back to them what they have said to you, acknowledge what they are feeling. Say “I’m sorry this happened,” or, “I’m sorry I upset you, I was trying to help.”

**Stick to a routine** - Establishing and maintaining a routine can help ease anxiety and agitation. Plan the day, including household chores, meals and personal help with your loved one. Make sure you build in time for some fun.

**Sensory stimulation** - Sensory stimulation activities work best when they’re linked to interests the person had prior to dementia. It can range from something as simple as a hand massage with scented lotion or listening to a playlist of favorite music. It can help call up positive memories and emotions, and encourage them to communicate. Sensory stimulation can help them relax and improve their overall mood, self-esteem, and well-being.

**Take care of yourself** - When you are frustrated, angry or in despair, the person you are caring for picks up on and reacts to your stress level and intensity. Breathing deeply will help you get back to neutral, lower your stress level, and help you regain perspective about the situation you are trying to problem solve. Also, don’t hesitate to ask for help. Putting support systems in place for surprising times when living with dementia is critical. Dementia care is hard work!

Adapted from: <https://www.aarp.org/caregiving/health/info-2020/handling-dementia-memory-loss>



Heating Assistance

Low Income Energy Assistance Program (LIEAP) is a federal funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit.



- For more information call 1-800-432-0043.
- Application period Monday, January 4, 2021, through Wednesday, March 31, 2021.
- Online applications are available at [www.benefits.gov](http://www.benefits.gov)
- Applications are available upon request. Call us at 785-742-7152.

Food Assistance

Supplemental Nutrition Assistance Program (SNAP), provides food for low-income households.

- Eligible persons who are 60 or older or are disabled.
- Income limit must be met to qualify for assistance guidelines.
- Older adults maybe able to deduct out-of-pocket medical costs from their income, when applying.
- If you have any questions, please call toll-free 1-888-369-4777, or visit us online at [www.dcf.ks.gov](http://www.dcf.ks.gov).





## Could your family use assistance navigating through difficult times?

### Project Rise may be the solution!

Kaw Valley Center (KVC) Kansas recently launched a new program offering free in-home and community-based courses! The program offers courses on:

- Heal and strengthen your relationships with a healthy relationship course.
- Gain understanding and take control of your finances with a financial literacy course.
- Earn incentives like groceries and household



- items by fully completing one or both courses.
- Both in-home and community-based courses are at not cost.
- Families can choose what method works best for them.

Don't delay, let Project Rise help you and your family embark on a path of success.

Project Rise is currently available in these counties: Marshall, Nemaha, Brown, Doniphan, and Atchison.

Courses will initially be held in Leavenworth and Hiawatha with hopes to expand.

To learn more, visit [kvckansas.org/Project Rise](http://kvckansas.org/ProjectRise) or call 913-624-5753



## 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 a grateful for the continued support of the Atchison Area United Way.**

## THANK YOU FOR YOUR SUPPORT!

Over the last twelve years, Subaru and its retailers have helped the Meals on Wheels network deliver 2.3 MILLION MEALS to homebound seniors across the country.

Why does Subaru support Meals on Wheels?

- Many seniors are struggling to stay independent and healthy.
- One in four seniors lives alone in isolation and one in seven seniors might not know where their next meal is coming.

From November 19, 2020, through January 4, 2021, Subaru of America will donate \$250 to your selected charity. We hope you'll choose Meals on Wheels when you purchase or lease a new Subaru.

We are excited to be participating in Subaru Share The Love Event and thankful to have your support.

LEARN MORE AT [WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE](http://WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE).

**Top 5 Scams**

**Credit Card Services** - They will try to offer you a lower credit card interest rate and will trick you into giving them your real credit card number. Never give your credit card information to someone over the phone.



**Computer Repairs** - The caller will tell you they've detected a virus on your computer and offers to help you remove it by connecting remotely to your computer. Instead they are installing a virus to give them access to all of your files and personal information.

**IRS Scam** - A impersonator will say they are from the IRS and say you owe taxes and ask you to pay immediately by credit card. Remember, when you owe money to the IRS, they will send you notices by mail.

**Car Warranty** - Scammer claims to be from your auto manufacturer or dealer trying to sell you extended warranty and will ask you to pay by credit card. Best way to deal with these scammers is to just hang up.

**Social Security** - Caller will claim to be able to suspend or cancel your Social Security Number. It's yet another attempt by con artists to frighten people into giving them their number.

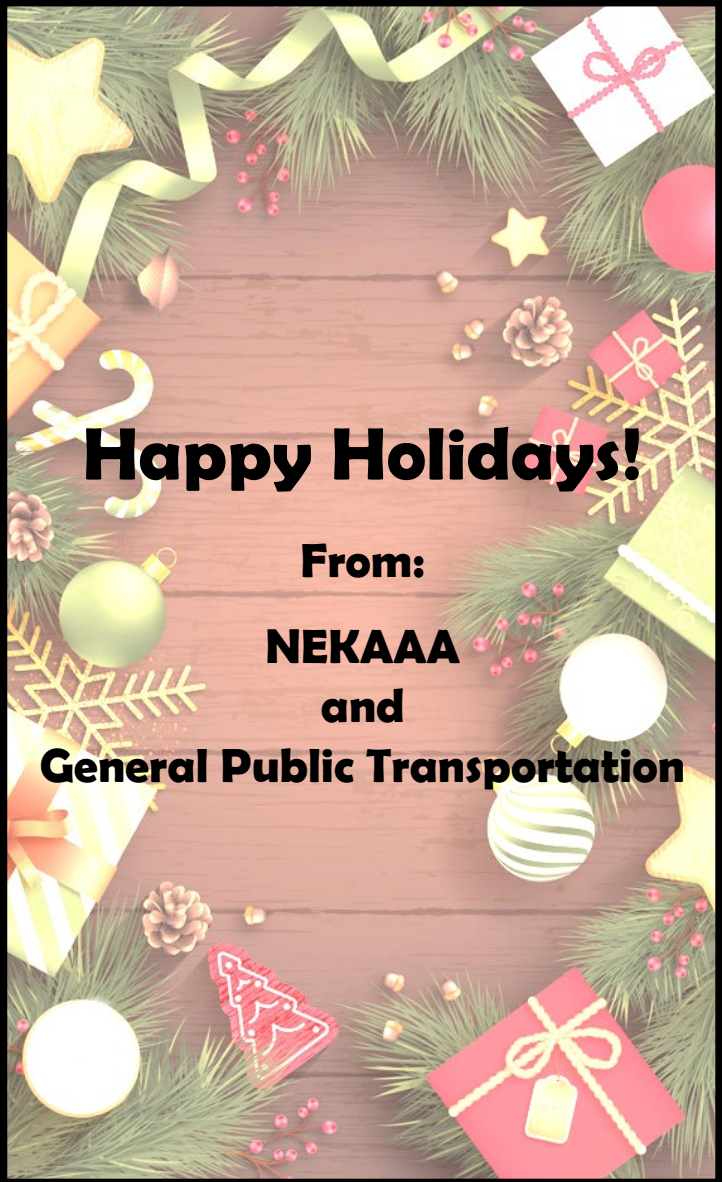
**Social Security Administration**

Social Security Administration (SSA) offices are providing service by phone only due to COVID-19 but are committed to providing ongoing benefits and vital services. A representative is ready for you by calling 1-800-772-1213.

SSA also wants you to know they have many secure and convenient online services to:

- Apply for Retirement, Disability, and Medicare benefits.
- Check the status of an application or appeal.
- Request a replacement Social Security card.
- Print a benefit verification letter, and more.

If you need help from SSA, please don't wait until they can see you in person. Reach out now and get the help you need.



**Happy Holidays!**  
**From:**  
**NEKAAA**  
**and**  
**General Public Transportation**

**Lifeline**

Lifeline connects eligible low-income families and individuals to the services they need to live, learn, earn and participate fully in their communities.

**Eligible Services**

- Residential phone service
- Wireless phone service
- Broadband internet

**Benefits**

- Health and Safety
- Education
- Employment
- Family Connections



Apply online at [Checklifeline.org](http://Checklifeline.org) or print an application and apply by mail.

Y E O T N I M T W I C Y N S G

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F P X I X F Y A V J U W J V S

E K A L F W O N S C H I L L Y

WINTER WORD SEARCH



CHILLY

FREEZING

ICICLE

SCARF

SNOWBALL

SNOWMAN

COLD

ICESKATING

COAT

FROSTY

JACKET

SKI

SNOWFLAKE

WINTER

MITTENS

SLEDDING

Fun Facts

-The “Windy City” name has nothing to do with Chicago weather - a 19th-century journalist who were referring to the fact that its residents were: “windbags” and “full of hot air.”

-Octopuses lay 56,000 eggs at a time. The babies are the size of a grain of rice when they’re born.



-Giraffe tongues can be 20 inches long.

-There is only one letter that doesn’t appear in any U.S. state name -- Q.

-Blue whale tongues can weigh as much as an elephant.

-Grooves in the road on Route 66 play “America the Beautiful.”



-Cats have five toes on their front paws, but only four toes on their back paws.



-During a cotton shortage, Kimber-Clark was developing a thin, flat filter to use in gas masks. The war ended before it was used, so the company redeveloped the product and then marketed Kleenex as facial tissue instead.

-A month after the Statue of Liberty’s dedication in 1886, it became a working lighthouse for 16 years, with its torch visible from 24 miles.

-Bumblebees can fly higher than Mount Everest.

-Whales eat half a million calories in one mouthful.

Adapted from: <https://www.rd.com/list/weird-facts/>



## 5 Ways to Stay Healthy During a Pandemic

**1. MAINTAIN A HEALTHY DIET** - When you're home all day, it can be tempting to snack out of boredom. While treating yourself once in a while is fine, you should try to eat mostly from the 5 food groups, Vegetables, Fruits, Beans and Legumes, Whole Grains, and Protein. Try to plan out your meals and snacks a few days in advance so that you have time to get all the ingredients.

**2. STAY ACTIVE** - Create an at-home exercise regimen. Exercise can reduce pain, improve mobility, enhance sleep quality, and strengthen your mental health. Try to exercise for about 30 minutes a day. Avoid sitting still for too long, move around at least once every hour to get your blood flowing.



**3. DRINK PLENTY OF WATER** -

Drinking enough water can help you feel better overall, and it plays a key role in your immune system, which is particularly important during COVID-19. Try to make a habit of drinking water throughout your day.

**4. EXERCISE YOUR MIND** - Keeping your mind active is critical. You have lots of options for games, activities, and challenges to sharpen your mind. Try some mental exercises like Jigsaw puzzles, Sudoku, Crossword puzzles, and Smartphone puzzle games.

**5. SAFELY CONNECT WITH OTHERS** - It isn't safe right now to be in close contact with those you don't live with. There are ways to communicate and socialize. Platforms like Skype, FaceTime, and Google Hangouts allow you to video chat face-to-face with friends and family. You can schedule one-on-one calls with a loved one, or you can have a virtual hangout night for the whole family.

COVID-19 quickly changed the way that we interact with each other, and adjusting to social distancing has been tough. Taking steps to maintain your health will help you feel better mentally and physically during this difficult time.

Adapted from <https://bluemoonseniorcounseling.com/>

## BBQ Beef Casserole

### Ingredients

2 lbs. ground beef  
1/4 teaspoon salt  
1/2 medium onion, chopped  
1 jar (18oz) barbecue sauce  
2 cups shredded sharp Cheddar cheese (8oz)  
1 can (8oz) Pillsbury refrigerated crescent dinner rolls

### Directions

1. Place oven rack in lower third of oven; heat oven to 350° F.
2. In 10-inch skillet, cook 2 lb. ground beef and 1/4 teaspoon salt over medium heat 3 minutes, stirring frequently. Add 1/2 medium onion, chopped; cook 3 to 5 minutes longer or until onion has softened and beef is thoroughly cooked, stirring occasionally.
3. Remove from heat. Add 1 jar barbecue sauce; stir until well combined. Spoon beef mixture into



ungreased 2-quart baking dish. Stir in 2 cups shredded sharp Cheddar cheese .

4. Unroll 1 can Pillsbury refrigerated crescent dinner rolls. Place sheet of dough over beef mixture to cover, tucking in sides of dough. Place baking dish on sheet pan or cookie sheet.

5. Bake on lower oven rack 30 to 35 minutes or until top is golden brown. Cool 5 minutes before serving.

Adapted from: <https://www.pillsbury.com/recipes/bbq-beef-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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Address\_\_\_\_\_

City\_\_\_\_\_ State/Zip\_\_\_\_\_

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