

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 call 800-883-2549, Monday through Friday, 8:00 a.m. - 5:00 p.m. or email: nekaaa@nekaaa.org

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>

Have you ever thought about becoming a Foster Grandparent ?

As a Foster Grandparent, you'll help children in your community develop the academic and life skills that are critical to their development. Sharing your time and experience can help children learn how to read, prepare younger students for school readiness, tackle tough subjects and make decisions that keep them on the right path. If you would like to make a difference in a young persons life, you can call us for more information at NEKAAA or the Foster Grandparent Program of Northeast Kansas at 785-296-5474.



Choose Your Best Plan During Open Enrollment

October 15 - December 7, 2021

1. HOW WELL DOES THIS PLAN COVER THE MEDICATIONS I NEED?

It's best to have a list of your current and *anticipated* medications. For instance, if you have cancer, research possible oral chemotherapy drugs for your type of cancer and check to see if they'll be covered (note that some oral chemotherapy drugs are covered by Medicare Part B, not Part D). You don't want to be stuck with a plan that isn't going to cover the drugs that you need.

2. WILL MY COST BE AFFORDABLE?

Each plan has a monthly premium and may have a yearly deductible. The copay (flat fee) or coinsurance (a percentage of the cost) for your prescription drugs may vary from plan to plan. Once you have a list of the medications you'll need along with dose and frequency, you can determine what your potential out-of-pocket expenses will be for each plan and which plans are comfortably affordable. You may also qualify for extra help through Medicare based on need.

3. DOES THIS PLAN OFFER CONVENIENCE FOR FILLING MY PRESCRIPTIONS?

Each company that offers a Medicare drug plan has a list of pharmacies you can use. You should check to see if your preferred pharmacy is on a plan's list. Some plans have "preferred" pharmacies which offer lower costs than other in-network pharmacies. If you use an out of network pharmacy, you'll likely pay a higher copay or coinsurance. Plans can't make you use a mail-order pharmacy, but you may save money if you choose this option.



MEDICARE
PART D

What is



MIPPA

Medicare
Improvement for
Patients and
Providers

Program to Assist
Medicare Recipients with
their application for Low
Income Subsidy (LIS) and
Medicare Savings Plan
(MSP)

To meet with a Senior Health Insurance

Counseling of Kansas volunteer who will help
you compare plans and find the best options

based on you unique situation, contact the:

Northeast Kansas Area Agency on Aging

at 785-742-7152 or 800-883-2549

Kansas Cold Weather Rule goes into effect November 1st — March 31st.

A cold weather rule is a regulation that prohibits public utility companies from disconnecting customers who are unable to pay for the energy used to heat their homes during the winter. You must make pay arrangements with your utility to use the rule. The Cold Weather Rule applies only to residential customers under the Kansas Corporation Commission's jurisdiction.



Suicide - Are You or a Loved One at Risk?

Feeling lonely or socially isolated?

Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone.

Being alone makes people more vulnerable to loneliness and social isolation. A person who may be thinking about suicide likely does not want to die, but is in search of some way to make pain or suffering go away.

You or a loved one may be more likely to feel lonely or socially isolated if any of the following apply:

- ☐ Live alone
- ☐ Can't leave home due to a medical condition that significantly limits functioning or life expectancy
- ☐ Are a caregiver
- ☐ Have trouble hearing
- ☐ Had a major loss or life change such as the death of a partner

- ☐ Live in a rural and/or unsafe neighborhood
- ☐ Feel a lack of purpose
- ☐ Marked feeling of hopelessness; lack of interest in future plans
- ☐ Feelings of loss of independence
- ☐ Giving away prized possessions

Kanza Mental Health (after hours #)
1-785-742-3666 (covering Brown, Doniphan, Jackson and Nemaha Counties)

Pawnee Mental Health 1-800-609-2002 (covering Marshall and Washington Counties)

The Guidance Center 1-888-260-9634 (covering Atchison County)

National Suicide Hotline 1-800-273-8255

Worrying about health insurance costs should never be a barrier to treatment. Visit the Medicare Quick Check on [MyMedicareMatters.org](https://www.mymedicarematters.org) (<https://www.mymedicarematters.org/lp/mha/>)
National Institute on Aging/Mental Health America

Flu season is right around the corner!

With all the talk about COVID-19 vaccines and boosters, it's easy to forget that there's another respiratory virus poised to strike.

Yes, it's that familiar winter nemesis, the flu.

"Two reasons make getting vaccinated against the flu the wise choice," says Dr. William Schaffner, medical director of the National Foundation of Infectious Diseases. "First, it's been proven year after year that you're in better shape to fight off the flu if you get the vaccine. Second, by getting vaccinated against the flu, you help protect the people around you."

Who should get a flu shot? Anyone six months and older, unless your doctor has specifically recommended that you not get a flu shot because of a prior, rare, severe reaction, says Dr. Lisa Grohskopf, a medical officer in the influenza division at the Centers for Disease Control and Prevention.

I heard the flu essentially disappeared last year. Do I really need a flu shot this year? Yes. Last year saw a record-low number of flu cases, likely thanks to widespread mask wearing, remote work and

school, and physical distancing. But this year, experts fear that the reopening of schools, decreased adherence to pandemic precautions and surging delta variant infections could create a double whammy.

When's the best time to get the flu shot?

Why not now?

Flu season starts in October in the U.S. The CDC says aim to get your flu vaccine by the end of October.

Will the flu vaccine definitely keep me from getting the flu?

No. No vaccine is 100 percent effective. But if you do get the flu, the vaccine is likely to reduce your chance of getting very sick, being hospitalized or dying.

Can I get the flu and COVID-19 vaccines at the same time?

Absolutely. The CDC had previously recommended spacing out the timing of the COVID-19 vaccine and other immunizations because the vaccines were so new, but that guidance has changed. The CDC now says it's safe to get both vaccines at once.

Contact your health care provider for more information.

Adapted from cdc.gov

KANSAS TALKING BOOKS



Talking Books is a no-cost, personalized service that provides audio and braille reading materials to Kansans who need them.

Any Kansan experiencing a visual impairment, a physical disability or a reading disability — any condition that interferes with reading a traditional book — is eligible to receive audio or braille books and magazines, free of charge, either through the mail or download.

No library card is



necessary to use this free service.

A competent authority must certify a person's eligibility for Talking Books. The list includes:

- Doctors and Nurses
- Professional Staff of long-term care facilities
- Physical Therapists and Occupational Therapists
- Social Workers and Case Managers
- Teachers and Librarians



Please visit: kslib.info/talking or call

1-800-362-0699.

8 Best Types of Fun Activities for Older Adults

1. Active Games and Sports

These give you the chance to get some exercise, improve your hand-eye coordination, and gain a sense of control over the physical world. Consider examples like:

Badminton		Lawn bowling
Ball tossing		Miniature golf
Bocce		Pickle ball
Croquet		Pool
Frisbee tossing		Shuffleboard
Golf		Tennis
Horseshoes		Volleyball (with a beach ball or balloon)
Indoor bowling		
Wii Bowling		

2. Parties and Other Social Gatherings

Socializing can be a powerful way to inject more fun into your life. That's particularly true if you get to reminisce about old times or talk about the other things that interest you. In fact, a good conversation may elevate your mood and outlook more than anything else on this list, especially if you keep things jovial.

3. Traditional Games and Puzzles

Board games and card games provide great ways to socialize and benefit from the joyful challenges of friendly competition. And puzzles can help sharpen your mind and give you a sense of progress and accomplishment. Consider options like:

Backgammon	Bingo	Bridge
Canasta	Checkers	Chess
Chinese checkers	Crazy Eights	Cribbage
Crossword puzzles	Dominoes	Go Fish
Jigsaw puzzles	Mahjong	Monopoly
Pictionary	Poker	Rummy
Scrabble	Solitaire	Uno
Word search puzzles	Yahtzee	

4. Animal Interactions

Just like people, animals want and need to have fun. So playing with them can be mutually beneficial. Besides, it's often easy to find animals to interact with even if you don't have any pets. For example, many animal shelters welcome seniors who want to give dogs, cats, or other critters some quality attention.

5. Gardening, Bird-watching, and Other Outdoor Pastimes

As long as the weather is decent, being outside can do wonders for your mood. After all, the natural world is full of pleasurable sights, sounds, smells, and other sensory delights.



Consider diversions such as:

Bird-watching	Boat rides
Gardening	Hiking
Kite flying	Metal detecting
Nature photography	Picnics
Walking	





6. Arts and Crafts

These kinds of creative recreational pursuits are great for people of all ages. Ideas like these can reignite a person's vitality and sense of what's possible:

Beading		Card making
Ceramics		Crocheting
Embroidery		Jewelry making
Knitting		Mosaics
Painting		Papercraft
Polymer clay modeling		Quilt making
Sketching/drawing		Woodcraft

7. Active Learning

Learning is always more fun when it's something you choose to do for its own sake. As examples, consider learning how to:

Sing or play a musical instrument	
Speak a foreign language	
Use computers more effectively	
Take professional-quality photos	
Write great stories	
Cook exotic meals	
Perform magic tricks	

8. Outings and Excursions

Many great options exist, especially when you gather a small group of people to share the experiences. Consider excursions to places or events like:

Theme parks	Carnivals	County fairs
Comedy clubs	Museums	Art shows
Adult arcades	Concerts	Wineries
Sporting events	Theatrical performances	
Beer festivals		

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

HALLOWEEN WORD SEARCH

1. SCARECROW

2. PUMPKIN

3. TRICK OR
TREAT

4. GHOSTS

5. SPIDER
6. HAUNTED

7. SPOOKY

8. CANDY CORN

9. MUMMY

10. BAT
11. BOO

12. VAMPIRE

13. OCTOBER

14. ZOMBIE

15. MASK
16. COSTUME

17. SCREAM

18. HOCUS
POCUS

19. GROWL

20. BROOM

SEPTEMBER NATIONAL MONTHS

Hispanic Heritage Month – Sept. 15 to Oct. 15



National Piano Month

The entire month is set aside to pay tribute to pianists everywhere, piano makers and those who simply enjoy piano music. Play on!



National Sewing Month Throughout history there has been a skill that beautifies our homes, protects us from weather of all forms, and ensures that we got a good night's sleep in the coldest weather. *That skill is sewing!* September is Sewing Month and it celebrates this artistic practice that clothes our bodies and decorates our homes all year round. So grab your needles and begin stitching a seam!

September is National Suicide Awareness Month. Also known as Suicide Prevention Month. **Everyone** is affected by suicide, not just the victim. Suicide impacts family and friends long after the loss of a loved one. One out of four seniors attempt suicide.

If you or someone you know needs emergency assistance, contact the National Suicide Prevention Hotline at 1-800-273-8255. Find more help at www.nami.org/Find-Support.

See page 3 for more.



OCTOBER NATIONAL MONTHS

German-American Heritage Month

Italian-American Heritage Month



Adopt A Shelter Dog Month

Since 1981, "Adopt-a-Dog Month®" each October is an effort to help the estimated 3-4 million animals waiting in shelters every year get the loving, forever homes that they deserve. Be a hero this month and adopt a dog from your local shelter or rescue group.

Eat Better, Eat Together Month Eating with your family and friends on a regular basis has been associated with improved social skills, better eating habits, and fewer behavioral problems in teenagers. It is also helpful for reducing stress in adults.

National Book Month The month-long celebration focuses on the importance of reading, writing and literature. It's also a time to honor the country's best books and authors.



Squirrel Awareness Month Whether they're darting across roads or burying nuts in your backyard, it seems like squirrels are everywhere you look these days as they get ready for the upcoming winter.

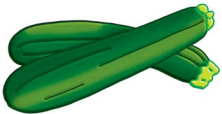


Summer Stewed Zucchini and Tomatoes by Sherry Monfils
Cook time: 30 Min **Prep time:** 15 Min **Serves:** 6

Ingredients

- 3 Tbsp olive oil
- 3 tsp minced garlic
- 1 medium onion, coarsely chopped
- 3 medium fresh tomatoes, coarsely chopped
- 3 medium zucchini, sliced into rounds

- 1-1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp dried oregano
- 1 tsp dried basil



Directions

Heat oil in large saucepan over medium heat. Sauté garlic and onions until tender. Add tomatoes. Cook, stirring until tomatoes soften. Add remaining ingredients and cook until zucchini is soft, about 20 mins.



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_____

Name_____

Address_____

City_____ State/Zip_____

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

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