

The Northeast Kansas Area Agency on Aging

NEKAAA News

Your “Single Point of Entry” to Services and Resources



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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 8:00 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.



**Kansas Governor Proclaims
Older Americans Month**



From left to right Susan Harris, KDADS Secretary Laura Howard, Julie Govert-Walter, Governor Laura Kelly, Karen Wilson and Cindy Lane. Photo By: NEKAAA Staff.

Governor Laura Kelly proclaimed the month of May 2021, as Older Americans Month to celebrate the achievements and contributions of Kansas's older adults. Governor Kelly was joined by the Kansas Department for Aging and Disability Services (KDADS) and the Kansas Association of Area Agencies on Aging and Disabilities (k4ad) along with other community members and associations for the proclamation signing.

Inspirational Quotes

"Sometimes you will never know the VALUE of a moment, until it becomes a MEMORY."
-DR. SEUSS

"The quickest way to double your money is to fold it over and put it in your back pocket."
-Will Rogers

"Sometimes the hardest thing and the right thing are the same." -The Fray

"Just when the caterpillar thought her life was over, she began to fly." -Author Unknown



"The way I see it, if you want the rainbow, you gotta put up with the rain." -Dolly Parton

"For once, stop and thank yourself for how far you've come. You've been trying to make changes in your life and all your effort counts."
-Author Unknown

Adapted from: <http://all-toquotes.blogspot.com/inspirational-quotes>

Jokes That Will Make You Laugh!

The best golfers always wear two pairs of pants just in case they get a hole in one.

I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.

I woke up this morning and forgot which side the sun rises from, then it dawned on me.

Don't you hate it when someone answers their own questions? I do.

If we shouldn't eat at night, why do they put a light in the fridge?

Do I lose when the police officer says papers and I say scissors?

I ate a clock yesterday, it was very time consuming.

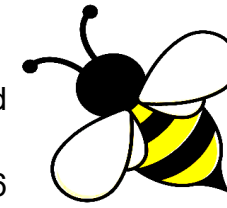


I was addicted to the hokey pokey, but then I turned myself around.

I can't believe I got fired from the calendar factory. All I did was take a day off!

Adapted from: <https://www.rd.com/jokes/one-liners/>

Did You Know?



One in every three bites of food depends on bees for pollination.

A honey bee can fly for up to 6 miles and as fast as 15 mph.

A populous colony may contain 40,000 to 60,000 bees during the late spring or early summer.

Male bees in the hive are called drones and worker bees are females.

The honey bee's wings stroke 11,400 times per minute, thus making their distinctive buzz.

A honey bee visits 50 to 100 flowers during a collection trip.

A bee produces a teaspoon of honey (about 5 grams) in her lifetime.

Sadly, over the past 15 years, colonies of bees have been disappearing and the reason remains unknown.

Adapted from: <https://americanbeejournal.com/tipolinks/fun-facts>



National Hydration Day June 23, 2021

Consuming enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones. It is recommended that women should drink 11.5 cups of water a day and men should drink 15.5 cups. You can also get some fluids through the foods that you eat – especially foods with high water content, such as many fruits and vegetables.

Tips to drink more water:

- Carry a water bottle with you and refill it throughout the day.
- Drink 1 glass of water before each meal.
- Flavor it. Add cucumber, watermelon or strawberries for a delicious option.
- Alternate your drinks. If you can't give up soda or juice completely just try alternating it with water.

Adapted from: <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>

The Surprising Benefits of Volunteering

Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier.

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community. Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people and organizations in need.

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you can find it to be meaningful, interesting, relaxing, an energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

There are numerous volunteer opportunities available. Kansas Area Agencies on Aging coordinate services and programs for persons age 60 and over. Please call today to find out how you can volunteer in your area.

- 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

Source: <https://www.helpguide.org/healthy-living/volunteering>



Five Ways Seniors Can Stay Active During Social Distancing

1. **Walking** — A walk around the neighborhood can provide sufficient exercise to reduce restlessness and deliver mood and immune boosting benefits.

2. **Exercise and Strength Training** — Many instructional videos can be found online, and some are even tailored specifically for older adults. Many strength training exercises can be done at home while sitting or lying down.



3. **Dancing** — Known for its cardiovascular benefits, dancing is a fun, low-impact way

to exercise and boost endurance during long days of social distancing.

4. **Gardening** — Gardening can enhance outdoor spaces while burning calories and provides a healthy dose of fresh air.

5. **Art and Crafts** — Whether knitting, crocheting, painting, coloring, or working with clay, arts and crafts can help seniors maintain their dexterity and cognitive skills as well as pass time

Adapted By: <https://www.visitingangels.com/5-ways-seniors-can-stay-active-during-covid-19>

Older Americans Month

Older Americans Month (OAM) is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. Two years later, in 1965, President Lyndon B. Johnson passed the Older Americans Act of 1965 and formally declared May as Older Americans Month.

The Older Americans Act:

- Established the Administration on Aging, the first federal agency designed to address the struggles of older Americans.
- Introduced nutrition programs, transportation assistance, federally funded adult day care, legal assistance and other services for seniors.
- Paved the way to passing the Medicare program to offer health care to seniors.



Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength and continue to thrive. Connecting with others is one of the most important, it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others.

Take part in OAM no matter what your age. Get involved and learn more by visiting oam.acl.gov. Use #OlderAmericansMonth to share on social media.

Adapted from: <https://acl.gov/oam/2021/older-americans-month-2021>

Special Enrollment Period Open for Health Insurance

In response to the COVID-19 public health emergency, an executive order was made to reopen the federal Affordable Care Act Marketplace for a special open enrollment period for individuals and families to enroll in health insurance coverage.



Affordable Care Act (ACA) insurance coverage includes treatment for preexisting conditions and pharmaceuticals as well as primary care such as annual physicals and flu shots. People who enrolled in Fall 2020 for ACA coverage in 2021 also have the option to switch plans with no penalty during special enrollment if there is a plan option that better meets their needs.

Adapted from: <https://www.gainesville.com/storypinion/2021/03/17>

Help NEKAAA Earn Thrivent Choice Dollars

Choice Dollars Details:

Eligible clients with membership can recommend where Thrivent distributes some of its charitable grant funds. These recommendations are shared by directing Choice Dollars to enrolled nonprofit organizations, including churches.



How to help if you are a Thrivent member visit: <https://www.thrivent.com/making-a-difference/files/26087.pdf>

Not a Thrivent member?

Anyone can make a personal donation to enrolled organizations through Thrivent's online giving platform. We'll pay the processing fees so your entire gift goes to the organization you choose – making the most of your gift.

Adapted from: <https://www.thrivent.com/what-we-offer/generosity/thrivent-choice.html>

Dealing With Caregiver Guilt and Forgiving Yourself



Grief—Feeling grief is normal. Separating the person that they once were from the person they are now, without sacrificing love or commitment is an important step. Forging a relationship with the “new” person is a great way to combat grief.

Guilt—This is the most common feeling. Guilt for mistakes you made in the past, things you said, arguments, and even resenting those around you and the care-free life they lead. Identifying feelings of guilt and acknowledging them is a critical first step. Use your personal support network to help you maintain your own well-being in trying circumstances.

Forgiveness—Forgiving yourself is the most important step. By taking on the responsibility of being a caregiver, you have already shouldered a huge burden under which many people would crumble. You should be proud of yourself, forgive yourself, and remember all the great things you have done.

The Power of Forgiveness—Forgiveness is a complicated process to work through that requires you to shine a light on some of the inner parts of your emotional psyche. It is sometimes a painful process, but one that is worth it.

You’re Not Alone—Being a caregiver can feel incredibly isolating. To deal with feelings of grief and guilt you need to reach out to your network, and if necessary, to professionals who can help you through the process.

Adapted From: [//www.homecare.com/caregiver/resources](http://www.homecare.com/caregiver/resources)

Congregate meal sites in our service area are starting to reopen their dining rooms. Please respect your meal sites safety guidelines and other fellow patrons. Please call your local meal site for re-opening updates.



- Blue Rapids Nutrition Site 785-363-7489
- Friendly Neighbor Nutrition Site 785-292-4309
- Sunshine Inn Nutrition Site 785-562-2020 or 785-562-5522
- Seneca Nutrition Center 785-336-2714
- Sabetha Nutrition Center 785-284-3594
- Clifton Senior Citizen’s Club 785-455-3525
- Friendly Corners 785-325-3231
- Kloppenberg Nutrition Center 785-337-2521
- Project Concern, Inc. Atchison Senior Center 913-367-4655
- Town & Country Senior Center 913-833-9461
- Highland Senior Center 785-442-5550
- Keen Age Center 785-989-3501
- Leisure Hour 913-365-2409
- Pioneer Center 785-985-2296
- Jackson County Senior 785-364-4921

Kansas Senior Farmers Market Nutrition Program

The Kansas Senior Farmers Market Nutrition Program helps low-income seniors purchase fresh fruits, vegetables, fresh herbs and local

honey at farmers markets, roadside stands and farm stores. To qualify, you must be at least 60 years of age, or 55 years of age and a member of an Indian Tribal Organization, and meet the income eligible guidelines. Seniors may apply from June 1, 2021 to November 1, 2021. You will receive a booklet of seven, \$5.00 checks for a one-time annual benefit of \$35.00 to purchase eligible foods from authorized farmers. Booklets are handed out on a first come, first served basis. Contact NEKAAA at 785-742-7152 for more information.








Flower Garden Word Search

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

- HONEYSUCKLE
- CHRYSANTHEMUM
- GERANIUM
- AZALEA
- BERGAMOT
- SNAPDRAGON
- CROCUS
- FOXGLOVE
- ASTER
- LILLY
- DAFFODILL
- SNOWDROP
- BEGONIA
- PANSY
- ALLIUM
- PEONY
- PETUNIA
- ROSE
- DAISY
- DAHLIA



Random Facts That You Won't Believe Are True!

- Giant Pandas eat approximately 28 pounds of bamboo a day – that’s over 5 tons per year!
 - Cats are not able to taste anything that is sweet.
 - You fart on average 14 times a day, and each fart travels from your body at 7 mph.
 - Snails take the longest naps! They can sleep for up to 3 years!
- 
- Hippopotamus have pink milk.
 - Your fingernails grow faster when you are cold.
- 
- Giraffes hum to each other at night to make sure their herd stays together.
 - While you sleep you can’t smell anything. Even really, really bad or potent smells.
 - Don’t like mosquitoes? Get a bat. They could eat 3,000 insects a night.
 - When you look at a bright sky and see white dots, you are looking at your blood. Those are white blood cells.
 - Goats have rectangular pupils in their eyes
 - All porcupines float in water.
- 

Adapted from <https://bestlifeonline.com/crazy-interesting-facts/>

Do I Qualify for a Medicare Savings Program?

If you can answer YES to the following three questions, you may qualify for assistance.

1. Do you have Medicare Part A, also known as hospital insurance?
2. Are your resources at or below \$7,970 for an individual or \$11,960 for a married couple? Resources include money in a checking, savings or CD account, stocks and bonds. When you count your resources don't include the house you live in, your car or household items.
3. Is your monthly income below \$1,449 for an individual and if you are married your monthly income needs to be below \$1,960.

For more information, questions, or help to apply for a Medicare Savings Program you can call 785-742-7152 to talk to a SHICK Counselor.

The paper application is available for download at <http://www.kancare.ks.gov/consumers/apply-for-kancare>.



What Can You Do to Stop COVID-19 Fraud?

- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don't post on social media that you are getting tested for COVID-19. Scammers can use this to provide false reports and request your Medicare information.
- You will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.

Contact the SMP for questions or to report Medicare fraud, errors, or abuse at 887-808-2468 or at www.smpresource.org.

Source: <https://www.kdads.ks.gov/commissions/commission-on-aging/medicare-programs/kansas-senior-medicare-patrol>



Creamy Fruit Salad

This creamy fruit salad recipe, using Greek yogurt, is sweet and creamy without the added calories!

Ingredients:

10 ounce can pineapple chunks, drained
11 ounce can mandarin oranges, drained
1 medium apple, cored and chopped
1 teaspoon lemon juice
1 cup grapes, halved
1/2 cup plain Greek yogurt
1/2 cup shredded sweetened coconut
1 cup mini marshmallows

Instructions:

1. Add apples to a large bowl and toss in lemon juice to keep from browning.

2. Add the pineapple, mandarin oranges, grapes, coconut, and marshmallows and stir to combine.
3. Stir in Greek yogurt, gently to coat.
4. Refrigerate for at least 4 hours prior to serving to allow the flavors to meld together. Serve chilled.

After a day or so liquid from the fruit may pool at the bottom, gently pour some of this off and stir before eating.

Adapted From: <https://tastesbetterfromscratch.com/creamy-fruit-salad/>





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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