

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.**

Governor Laura Kelly proclaims March as Older Americans Act (OAA) National Senior Nutrition Program Month.



From left to right: Daniel Goodman, KDADS; Gabrielle Risley, KDADS; Leslie Anderson, k4ad; Governor Laura Kelly, Karen Wilson, Northeast Kansas AAA; Cindy Lane, Southeast Kansas AAA; Laurel Alkire, Kansas Community Nutrition Services and Julie Govert-Walter, North Central Flint Hills AAA.

The OAA established the Administration on Aging, the first federal agency designed to address the struggles of older Americans. This year, the OAA is celebrating their 50th Anniversary, their theme for Older Americans Month (OAM) 2022 is “Age My Way.” This special recognition provides an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities. The OAA funds critical services that keep our nation's seniors healthy and independent services like meals, job training, senior centers, health promotion, benefits enrollment, caregiver support, transportation, and more.

Take part in OAM no matter what your age. Get involved and learn more by visiting <https://acl.gov/oam/2022/older-americans-month-2022> or follow #OlderAmericansMonth.



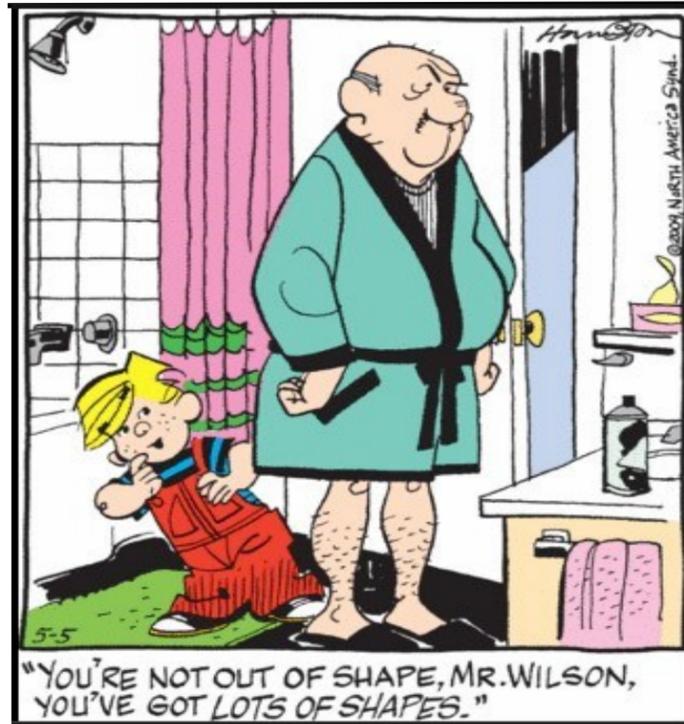


2022 NEKAAA Needs Assessment and Survey

Included with the 2022 Spring Newsletter is a yearly Needs Assessment and Survey for Northeast Kansas Area Agency on Aging (NEKAAA). Your anonymous responses to this survey will help NEKAAA determine the needs of seniors and availability/access to services in our area. We greatly appreciate your participation and will provide results of the survey in our newsletter. This survey helps us better serve seniors and their families across Atchison, Brown, Doniphan, Jackson, Marshall, Nemaha and Washington counties. You can take this form to your local senior center or place it in an envelope and mail it to

NEKAAA, 1803 Oregon, Hiawatha, KS 66434 or fax it to 785-742-2542.

Thank you for your participation.



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 provides services for all of your transportation needs.

Call 785-742-7153 to schedule a ride or for more information.

The Northeast Kansas Area Agency On Aging Is Available Online.

Please visit our website www.nekaaa.org



or our Facebook page for the latest news, upcoming events, and available services.

Did You Know?



The Bald Eagle has been the national emblem of the USA since 1782. An adult bald eagle's wing span can be up to 5-8 feet long. They can fly up to 30 mph and can reach speeds up to 100 mph when diving. When a bald eagle is 4-5 years old they develop their normal white heads and tail. At this age they will choose a mating partner for life. Generally, their nests are 2 ft. deep and 5 ft. across. mating pair produces up to three eggs a year, both parents take turns incubating the eggs for a month. They acquire the distinctive brown and white color pattern when they are 4-5 years old. They can live around 20-30 years old in the wild. Source: <https://animalfactguide.com/animal-facts/bald-eagle/>

The Importance Of Exercise (Physical and Mental)

Advantage of Exercises for Seniors

- Improves cognitive function— Fine-tuned motor skills and indulging in frequent physical activity significantly benefit cognitive function.
- Promotes social engagement— Exercise for seniors does not have to be dull and intense, you can make exercise fun and turn it into a social engagement.
- Reduces the risks of falling— Exercise can significantly strengthen the muscles, improving seniors’ coordination and promoting better balance and flexibility.
- Improves mental health— When you exercise, the body produces endorphins, which leave you feeling happy and serves as a stress reliever.



repetitively. It will be best to do resistance and strength training exercises two to three times weekly, focusing on all the muscle groups.

- Aerobics help add endurance to the body and significantly improve cardiovascular function.
- Yoga is also a great exercise choice for seniors as it does not strain or hurt their joints. Yoga helps strengthen the bones, improves flexibility, stabilizes the core, and builds muscle. There are even yoga routines that can be performed in bed or while in a chair.

Senior adults need to exercise as it benefits their physical, emotional, and mental wellbeing. Remember to ease into the exercises, especially if there are pre-existing health conditions or the likelihood of an injury.

Exercises That Seniors Can Do

- Strength and resistance training help build muscle and are often done

Source: <https://www.grayingwithgrace.com/importance-of-exercise-for-elderly/>

May Is World Stroke Month

The month of May is to raise awareness of Strokes and their impact on sufferers and their friends and families as well as educating the general public on the signs and symptoms of strokes.

The majority of strokes are Transient Ischemic Strokes (mini-strokes), which occur when a clot cuts off blood flow to the brain. A TIA should not be ignored as they are often the first warning sign of a stroke. A hemorrhagic stroke is less common and occurs when a blood vessel ruptures in the brain.

Adapted By: <https://doh.sd.gov/diseases/chronic/heart-disease/stroke.aspx>

THE SIGNS OF A STROKE

B E F A S T

BALANCE	EYES	FACE	ARM	SPEECH	TIME
LOSS OF BALANCE	LOST VISION	FACE DROOPING	ARM WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL AN AMBULANCE

Benefits From Four-Legged Friends

Add better brain health to the growing list of protections your beloved pet may provide you. The rise of animal therapy is backed by increasingly serious science showing that social support--a proven antidote to anxiety and loneliness--can come on four legs, not just two.

Animals of many types can help calm stress, fear and anxiety in older adults. New research suggests that older adults with a furry companion showed slower mental declines than those without one.

Research has also identified associations between interactions with companion animals and physiological measures of stress reduction, including reductions in cortisol levels and blood pressure, which in the long term could have an impact on cognitive health.



No pets allowed? I may have a solution for you. Try a Robotic pet. Robotic animals are not a replacement for living, breathing animals but they are an effective alternative for older adults. The robotic pet brings comfort, companionship and lowers stress while helping you to relax and feel calm. While preventing loneliness, it can also reduce depression and improve socialization and communication abilities.

Most robotic animals are powered by batteries and have sensors that respond to movement and touch. The animatronic animals blink, move the head and mouth, and produce life like sounds. By use of the on/mute/off button, the user can adjust the level of response.

Source: <https://www.drugs.com/news/four-legged-friends-could-friend-your-brain>

Gardening Tips For Seniors

Flexing your green thumb and gardening regularly can not only maintain flexibility and mobility but it can also stave off physical conditions like osteoporosis and relieve mental strains like stress and depression, plus it can reward you with some lovely home-grown fruits and vegetables to eat!

Though it may seem like quite an easy job, there's still a fair bit of physical activity involved when you tend to a garden, which is why it's important for seniors to take a few extra precautions when gardening.

- Avoid overheating and sunburn, wear lightweight clothing, sunglasses, sunscreen, a big hat and gardening gloves
- Work in the mornings and evenings, when the sun is low and it's coolest outside.

- Drink plenty of water during and after outdoor gardening sessions.
- Add comfortable outdoor benches or chairs under shady areas for a convenient place to rest while gardening and a pleasant spot to sit and admire one's handiwork.
- Invest in long-handled tools that allow you to garden without a lot of bending and kneeling.
- Use a wagon with larger, sturdier wheels instead of a wheelbarrow to move plants and tools around the yard.
- Know your limit and don't push yourself.



Source: <https://www.howdoesyourgardenmow.com/garden-safety-for-seniors/>

World Elder Abuse Awareness Day – June 15, 2022

The purpose of World Elder Abuse Awareness Day (WEAAD) is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

What is Elder Abuse?

Elder abuse can be financial, emotional, physical, and sexual. It also includes people who are neglected and those who neglect themselves (self-neglect). Social isolation, financial or emotional stress, and dementia can make a senior vulnerable to abuse.

How to Report Suspected Abuse?

If you suspect a person who is vulnerable, elderly or disabled is being exploited, call the Kansas Department for Children and Families Abuse and Neglect Hotline at 1-800-922-5330.

Source: <https://ncea.acl.gov/WEAAD.aspx>



Ever Wonder What The Color Of The Twist Tie Means On Your Loaf Of Bread?

Turns out, the color of the twist tie or plastic tag on your bread can tell you how fresh your loaf is. Usually, commercial bread is baked and delivered on a strict schedule, leaving the oven and arriving on your supermarket shelf. The color of the fastening on your bread bag indicates the day of the week the bread was baked. Bakeries usually have Wednesdays and Sundays off, so there's only five colors to remember.

- Monday – Blue
- Tuesday – Green
- Thursday – Red
- Friday – White
- Saturday – Yellow



There's an easy way to remember this at the grocery store: The colors are in alphabetical order by day of the week. This certainly isn't a foolproof system; your local bakery may have its own method of determining freshness. Next time you're at the grocery store, take a detour down the bakery aisle

Source: <https://www.rd.com/article/bread-bags-twist-tie>

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, 2022 to October 1, 2022. 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.



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NEST
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 CHICK
 FLOWERS

SEASON
 SUNSHINE
 GREEN
 PICNIC
 WARM
 TULIP



BUNNY
 BLOSSOM
 RAINBOW
 SEEDS
 GARDEN
 APRIL
 KITES
 BUTTERFLY
 EGGS
 EASTER
 BIRDS
 SPRING

Random Fun Facts

- It takes 364 licks to get to the center of a Tootsie Pop.
- It would take 1 hour to drive to space.
- Blood donors in Sweden receive a text when their blood is used.
- The average person will spend six months of their life waiting for red lights to turn green.
- A U.S. Park Ranger once got hit by lightning seven times.
- NASCAR drivers can lose up to 10 pounds in sweat due to high temperatures during races.
- A chef's hat has exactly 100 pleats.
- Only 5% of the ocean has been explored.



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



General Public Transportation

Do you need transportation? 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.-5:00 p.m.
785-985-2380

Nemaha County Transportation

Serving for Brown, Doniphan, Jackson, and Nemaha Counties.

Monday-Friday 7:30 a.m.- 4:30 p.m.
785-336-8011

Marshall County General Public Transportation

Serving for Marshall County

Monday-Friday 8:00 a.m.- 4:00 p.m.
785-562-2020

Prairie Band Potawatomi Nation

Serving Jackson County.

Monday-Friday 8:00 a.m.-4:30 p.m.
785-966-2995

NEKAAA General Public Transportation

Serving for Atchison, Brown, Doniphan, Jackson, and Nemaha Counties.

Monday-Friday 7:30 a.m.-4:30 p.m.
785-742-7153

Project Concern, Inc.

Senior Center & Public Transportation

Serving Atchison County.

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

Creamy Ham and Potato Casserole

Ingredients:

- 1-1/2 cups cubed ham
- 1 cup shredded colby-monterey jack cheese blend (4 oz)
- 1 can (10 3/4 oz) condensed cream of chicken soup
- 1/2 cup sour cream
- 4 cups frozen potatoes O'Brien with onions and peppers (from 28-oz bag)

Steps:

1. Heat oven to 375°F. Spray 8-inch square glass baking dish with cooking spray.
2. In large bowl, mix all ingredients; spoon into baking dish.
3. Bake 50 to 55 minutes or until bubbly and hot. Let stand 5 minutes before serving.

Servings: 4



Source: <https://www.pillsbury.com/recipes/creamy-ham-and-potato-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.

\$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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 Area Agency on Aging
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