

The Northeast Kansas Area Agency on Aging

NEKAAA News

Your “Single Point of Entry” to Services and Resources



1803 Oregon Street
Hiawatha, Kansas, 66434
Ph. 785-742-7152
or 800-883-2549
Fax: 785-742-2542
Email: nekaaa@nekaaa.org
Visit our website:
www.nekaaa.org

Office Hours:
8:00 a.m. - 5:00 p.m.
Monday - Friday

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**NEKAAA serves
Atchison, Brown,
Doniphan, Jackson,
Marshall, Nemaha, &
Washington Counties.**



*Empowering people living with early-stage dementia
and their families to plan for a meaningful future.*

SHARE for Dementia can help make an overwhelming and stressful experience much more manageable. This flexible program gives people with early-stage dementia and their families hope about the future.

SHARE allows you to take control of your care plan. Interactive counseling sessions help to increase your knowledge about available resources and services, improve communication with your family, and assist you through the emotional turbulence of diagnosis.

SHARE will enable you to:

- Talk openly about the disease.
- Create a personalized care plan for the future.
- Find ways to preserve your life and activities with purpose and meaning.

A proactive approach to managing your future.

Using a unique iPad app, family members and the loved one living with dementia have meaningful dialogues about the care that may be needed in the future. The iPad app identifies current and future tasks that could be assigned to caregivers, family and friends, or service providers should the time come that assistance is needed.



Learn more about how SHARE for Dementia can help bring you peace of mind. Call NEKAAA at 785-742-7152 and ask for Isabella or email bella.miner@nekaaa.org.

**Medicaid
Transportation**



NEKAAA General Public Transportation contracts with KanCare Providers to provide non-emergency medical transportation throughout Kansas. However, only Medicaid-recipient passengers are eligible for this service.

- **Advance notice of at least 72 hours is required.**
- **Transportation is arranged by calling your KanCare Provider.**
- **The phone number is on the back of your Medicaid card.**
- **Please ask for NEKAAA to be your Transportation Provider.**

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.



NEKAAA General Public Transportation provides services in Brown and Jackson Counties 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.



**2022 NEKAAA
Needs Assessment
and Survey**

In case you overlooked our Needs Assessment and Survey in the last newsletter, we have included another copy for you. Your anonymous response is important to us! 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 nutrition site or place it in an envelope and mail it to:

NEKAAA, 1803 Oregon, Hiawatha, KS 66434

If you would like to complete the survey over the phone with a staff member please give us a call at 785-742-7152. Thank you!



What is AmazonSmile?

AmazonSmile is a simple way for you to support NEKAAA every time you shop online, at no additional cost to you. When you shop at smile.amazon.com, Amazon will donate 0.5% of the price of eligible purchases directly to NEKAAA.

Here's how it works:

When first visiting smile.amazon.com, you sign in using your Amazon user ID and password. Select Northeast Kansas Area Agency on Aging from the list of charitable organizations before you begin shopping.

We recommend adding a bookmark to smile.amazon.com to make shopping easier. If you forget to go to smile.amazon.com, the purchases you make on amazon.com will not generate donations.

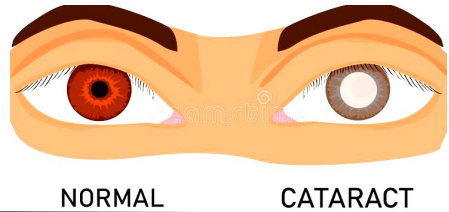
August is National Cataract Awareness Month

Cataract is a clouding of the lens of the eye and the leading cause of vision loss in people over age 55. Over half of all Americans will develop cataracts by the age of 70.

Cataracts are common and curable. Symptoms include blurry vision, colors that appear faded, glare, double vision, and difficulty with night vision. Cataract surgery is the most frequently performed surgery within the United States.

You can reduce your risk of developing cataracts by wearing UV protective sunglasses, a wide-brimmed hat while being outdoors and controlling your blood sugar by diet and exercise.

Source:
www.virginiaeyeconsultants.com/ataracts/august-is-national-ataract-awareness-month/



Governor Laura Kelly Announces \$13.2 Million Awarded for Public Transit Projects Across Kansas

The Kansas Department of Transportation (KDOT) awarded \$13.2 million to 48 transit projects statewide on April 7.

“A strong, safe public transportation system is critical to our state’s economy and quality of life,” Governor Laura Kelly said. “Projects like wheelchair accessible busses, upgraded bus facilities, and route and parking lot enhancements will ensure Kansans have access to adequate, safe, and well-maintained public transportation.” That money will go to 26 transit agencies as part of the Access, Innovation, and Collaboration (AIC) Public Transit Program.



NEKAAA General Public Transportation was awarded \$234,509 towards Clean Technology Expansion. NEKAAA will purchase an electric van and a charging station. A public charging station will also be installed in the future.

Source: fortscott.biz/news/chc-awarded-1million-for-regional-transportation-facility-for-sek

Kansas Senior Farmers Market Nutrition Program

Have you wondered how to make your grocery dollars stretch and enjoy the great fruits and vegetables from the farmers’ market? The Kansas Senior Farmers Market Nutrition Program (KSFMNP) may be the answer for local seniors.

The KSFMNP is a federal program that will provide seven \$5 checks for income-qualifying seniors age 60 and older to purchase locally grown fresh vegetables and herbs, fruits and honey at a local farmers market from June 1 through



Nov. 1, 2022. Funds are limited and benefits will be provided on a first-come, first-served basis.

Interested qualifying seniors may apply at any of the following locations:

Atchison Project Concern

504 Kansas Ave, Atchison, KS
913-367-4655

Holton Senior Center

312 Pennsylvania Ave Ste B, Holton, KS
785-364-4922

Marshall County Extension Office

1201 Broadway St #5, Marysville, KS
785-562-3531

NEKAAA

1803 Oregon St, Hiawatha, KS
785-742-7152

Washington County Extension Office

214 C St. Washington, KS
785-325-2121

How Much Have Food Prices Gone Up, and How Can I Save?

If you're worried about the high costs of food, you're certainly not alone. According to the USDA, food prices are expected to grow between 2.5% and 3.5% over the course of 2022.

Why did food prices go up in 2022?

Inflation. Inflation is the rise and fall of prices for goods and services. Food prices were severely impacted by labor and product shortages caused by the COVID-19 pandemic, and this impact is still being felt today. Below are five tried-and-true approaches you can use to spend less at the grocery store.

Use a budget calendar. A budget calendar is a paper or digital calendar that you use to predict how much money will flow in and out of your budget each month.

Make meal planning a habit. Preparing your meals at home costs much less than ordering takeout or dining in at a restaurant. By planning your meals for

the entire week ahead of time, you can minimize your trips to the supermarket.

Look for savings. Clip coupons, join store loyalty programs or find store brand alternatives.

Shop for groceries online. Online food shopping helps eliminate impulse buys.

Check your fridge and pantry before you place an order to see what foods you already have on hand. This will keep you from wasting your grocery budget on items you don't really need.

See if you're eligible for Supplemental Nutrition Assistance Program (SNAP).

If you're struggling to afford high food prices it's a good time to find out if you qualify. Go to [BenefitsCheckup.org](https://www.benefitscheckup.org), you can try the online screening tool to see if you qualify for SNAP and other assistance programs offered in your state.

Source: www.ncoa.org/article/how-much-have-food-prices-gone-up-and-how-can-i-save



Meals On Wheels serves virtually every community in America and, along with more than two million staff and volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity. NEKAAA is proud to be a licensed Meals On Wheels America member.



NEKAAA is looking for volunteers to assist with the Senior Health Insurance Counseling of Kansas (SHICK) program. Volunteers with an interest in Medicare and assisting others, who are willing to attend an intensive training and assist consumers throughout the year with their Medicare and Part D questions should inquire. If you have questions about the SHICK volunteer responsibilities and volunteer training and hours, please call 1-800-883-2549.

Thank you to our Meal Sites for all your hard work preparing and serving nutritious meals to our seniors!

Dine In/ Delivery/ Grab & Go

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

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



Dine In/ Delivery Only

Project Concern, Inc.
913-367-4655

Town & Country Senior Center
844-268-0035

Blue Rapids Nutrition Site
785-275-8085

Clifton Senior Citizen's Club
785-455-3525

Delivery/ Grab & Go Only

Friendly Corners
785-325-3231



Adult Protective Services

Report suspected adult abuse, neglect or exploitation

1-800-922-5330

Strong Families Make a Strong Kansas

Summer Safety Tips For Seniors

Hot weather can be dangerous. In fact, 12,000 Americans die annually from heat-related causes, more than 80% of victims are older than 60. When we age, our bodies become less efficient at regulating our body temperature. Older adults do not sweat as much as younger adults, and sweat is the body's most important heat-regulating mechanism. You also need to be aware that some of your medications




can cause increased sensitivity to the sun. Ask your pharmacist or doctor about your medication side effects. Here are some

summer safety tips:

- **Stay hydrated**-Drink eight or more glasses of water every day.
- **Stay indoors during extreme heat**-The sun is the most intense between 12 pm to 4 pm.
- **Know the weather forecast and dress appropriately**-Wear loose-fitting and lightweight clothes in natural, breathable fabrics like cotton.
- **Protect your skin and eyes**-Protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
- **Limit** strenuous outdoor activities and get plenty of rest.

Source: www.help4seniors.org/summer-safety-tips-for-seniors





wordsearch

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

SUNNY

PARADISE

POPSICLE

FLAMINGO

FLIP FLOPS

VACATION

SNOWCONE

WATERMELON

SUNGLASSES

BEACH

SNORKEL

PICNIC

BARBECUE

OCEAN

PALM TREE

SAND CASTLE

SUNBLOCK

POOL

TOWEL

ICE CREAM

STRAWBERRY

LIFEGUARD

FIREFLIES

SWIMMING

Random Fun Facts



Octopuses have three hearts.

The difference between jam and jelly is that jam is made with mashed up fruit while jelly is made with fruit juice.

Buckingham Palace in London, England, has 775 rooms, including 78 bathrooms.

A snail breathes through its foot.



It takes 570 gallons to paint the exterior of the White House.



Animals that lay eggs don't have belly buttons.

The human nose can remember 50,000 different scents.

There are 119 grooves on a quarter.

An ostrich's eye is bigger than its brain.

Source: <https://parade.com/1019661/marynliles/wtf-facts/>

Entertainment Apps for Seniors

Applications, or Apps for short, can be a great way to interact with others and keep entertained on your phone or tablet.

Technology use among older adults has even been linked to better self-rated health, fewer chronic conditions, higher subjective well-being, and lower depression, as it can help reduce the side effects of loneliness. Below you will find some mobile apps for Apple or Android to stay entertained, including games, puzzles, and things to listen to.

Audible-For seniors who have vision problems or arthritis that may make holding a book uncomfortable, audiobooks are a great alternative to print.

Magnifying Glass + Flashlight-If you've ever had trouble reading a restaurant menu, forms at the doctor's office, or labels on food packaging, a magnifying app could be a handy tool.



Spotify-lets you listen to any song you want, when you want, from your home.

Words with Friends-It is a word-game similar to Scrabble, which allows you to play with – or against – friends.

Elevate is a brain-training app that is designed to improve a range of cognitive skills, including memory, attention span and processing speed.

Klondike Solitaire-Don't have a pack of cards at home? Solitaire, the classic one-player card game.

Skype-If you want to keep in touch with family or friends, Skype makes video and audio calling easy over the internet.

Many older adults discovered the extensive array of games on AARP, the majority of which are free. You can choose from card games, crosswords, Mahjongg and many more.

Source: www.agespace.org/tech/best-entertainment-apps-older-people

CHOCOLATE CHIP ZUCCHINI BREAD

Ingredients

- 1 1/2 cups all-purpose flour
- 1 tsp. cinnamon
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/8 tsp. salt
- 1/2 cup unsalted butter, melted
- 2/3 cup granulated sugar
- 1 large egg
- 1 tsp. vanilla extract
- 1 1/2 cups zucchini, shredded
- 1 cup chocolate chips

Instructions

Preheat oven to 350 degrees. Spray a 9x5-inch loaf pan with nonstick cooking spray. Set aside.

In a large bowl, whisk together flour, cinnamon, baking powder, baking soda and salt. In a medium bowl, whisk together melted butter, sugar, egg and vanilla extract. Add the shredded zucchini with a spatula until combined. Pour the wet mixture into the dry mixture and mix until just combined. Fold in 3/4 cup of the chocolate chips.



Pour the batter into the prepared pan. Smooth the top and then sprinkle with the remaining chocolate chips. Bake for 45-50 minutes or until a toothpick inserted in the center of the loaf comes out mostly clean. If your loaf seems to be browning too quickly, just tent with foil. Remove from the oven and cool on a wire rack.

Source: <https://thebeachhousekitchen.com/chocolate-chip-zucchini-bread>



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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