

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.**

Kansas Silver Haired Legislature

The Kansas Silver Haired Legislature (SHL) is a legislature composed of 125 representatives. All members are over 60 and are elected from their county of residence. The SHL develops bills and resolutions which are presented to the Kansas Legislature and the Governor as recommendations for state policy.



A total of 52 local issues in 35 general issues were initially brought to the Executive Board. From this list, a total of six issues were selected to be presented. Here are the issues decided by the SHL Executive Board: Support for Medicaid Expansion; Continued support for the Kansas Department of Transportation Rural Transportation program; Support for the Broadband expansion; Support for the expansion of Medicinal Cannabis; Support for increase funding for the Senior Care Act and Support for the equalization of sales tax for the Area Agencies on Aging (AAA). According to Joyce Simpson, SHL Representative, “Currently in the United States, more than 20% of the population 65 and older does not drive. This puts the burden on family, friends, and other caregivers to provide transportation.” For a brief overview of the issues, please visit the SHL website <http://kansas-shl.org>. These issues will be presented at their 40th Annual Session in October 2022.

PSA 9, Northeast Kansas SHL representatives are Gill Burning (Brown County), Herb Gwaltney (Atchison County), Joyce Simpson (Washington County), Pam Bachman (Nemaha County), and Anna Wilhelm, (Jackson County).

Source: <http://kansas-shl.org/index.php/news/shl-news-release-on-elections-and-issues/>

Fall 2022

Schedule an appointment
to review your

PART D

PRESCRIPTION DRUG PLAN



Call 785-742-7152 during
Open Enrollment
(Oct 15-Dec 7)



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.



Check Us Out Online!

The Northeast Kansas Area Agency on Aging website is www.nekaaa.org or our Facebook page for the latest news, upcoming events, and available services.



Need A Ride To Vote?

These area Public Transportations are offering free rides to the voting polls on Tuesday, November 8, 2022.

Marshall County General Public Transportation

Serving for Marshall County.
785-562-2020

NEKAAA General Public Transportation

Serving for Brown & Jackson Counties.
785-742-7153

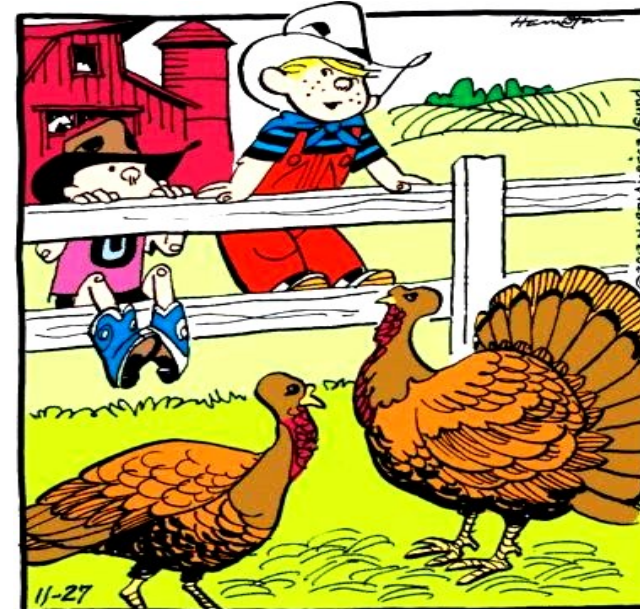
Project Concern, Inc.
Senior Center & Public Transportation
Serving Atchison County.
913-367-4655

Struggling To Pay Your Rent Or Mortgage?

The pandemic has caused financial stress on thousands of Kansans. The Kansas Homeowner Assistance Fund (KHAF) program helps qualifying Kansans get current on their mortgages and property taxes and avoid foreclosure. For more information please visit



<https://kshousingcorp.org/>



"WELL, JOEY, YA THINK THEY KNOW WHAT DAY TOMORROW IS?"



NEKAAA has a new program available called SHARE for Dementia. This program 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. Interactive counseling sessions help to increase your knowledge about available resources and services, improve communication with your family.

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.

5 Reasons Why You Should Vote

Here are just a few reasons why you should get registered and vote:

1. Elections have consequences.

You have the power to decide on the quality of life you want for yourself and future generations. Voting is your chance to stand up for the issues you care about like public transportation, raising minimum wage, or funding local schools. This is your life: take the time to help decide what's best.

2. Not voting is giving up your voice.

Elections are decided by the people who go out and vote. Take some time and learn about the measures and the candidates. If you don't vote, someone else will make the decision for you. Your power is in your vote.

3. It's your money.

You pay taxes, but do you know how that money is being used? Most people

don't. Voting is your chance to choose how your tax dollars are spent – such as funding for health care and social services.

4. Voting is an opportunity for change.

Do you want to make a positive impact? Voting gives you that chance! Support the candidates and ballot measures that can help your community, state, and even the nation for the greater good. Make your voice heard in elections.

5. The community depends on you!

Our communities are made up of friends, loved ones, neighbors, and children. Some may not know how important voting is, while others don't have the privilege. Make the decision to vote for yourself and those around you.

Make sure your voice is heard – vote!

Source: <https://www.altamed.org/articles/5-reasons-why-you-should-vote>



Older Drivers: How to Stay Safe Behind the Wheel

National Older Driver Safety Awareness Week is December 4-10, 2022.

6 Safety Tips for Older Drivers

- 1. Obey all traffic laws.** Follow speed limits and traffic signs, wear your seat-belt, and never drive under the influence.
- 2. Only drive under favorable conditions.** If feasible, only operate your vehicle during the daytime and when the weather is decent.
- 3. Keep an open line of communication with your doctor.** Discuss any medical concerns or issues with your healthcare provider and determine if they could have an adverse effect on your driving.

4. Have your vision and hearing checked at least once a year.

If either is impaired, be sure to obtain the proper prescription for your eyewear or hearing aids.

5. Plan your route in detail. Before hitting the road, make sure you know exactly where you are going, what alternative routes there are, and where rest stops are along the way. It is always a good idea to have an up-to-date map with you as well.

6. Adapt your vehicle to fit your needs. If allowed and/or feasible, add installable features or adaptive devices to your vehicle to help with proper vehicle maintenance.

Source: <https://missionfinancialservices.net/older-drivers-how-to-stay-safe-behind-the-wheel/>



Medicare Fall Enrollment

What is the Medicare Fall Open Enrollment Period?

It is an 8-week period from October 15 to December 7 in which Medicare beneficiaries can enroll in, change, or disenroll from their Medicare Advantage and/or Part D drug plans. Now, the good news is that you do NOT have to change your plan if you like your plan. However, you absolutely should be reviewing the upcoming plan changes every September.

How Do I Know if I Need to Make Changes to My Plan?

Your insurance plan provider will send you a document in September. Take 15 minutes to review this document. It will

tell you if the premium is changing, and also if your copays, drug formulary or pharmacy networks are changing.

Good Reasons to Change Your Plan

- Notice of medication that you take now that won't be covered the next year.
- If one of your doctors is leaving or being dropped from the plan's network.
- Your plan has a drastic increase in premiums.

The key thing here is not to make it more difficult than it is. If you are happy and nothing significant is changing, your current Medicare coverage will automatically renew in 2023.

Source: <https://boomerbenefits.com/fall-Medicare-open-enrollment>



Carbon Monoxide Poisoning

Carbon monoxide is an odorless, colorless and tasteless gas that can make you sick and, under some circumstances, may be deadly.

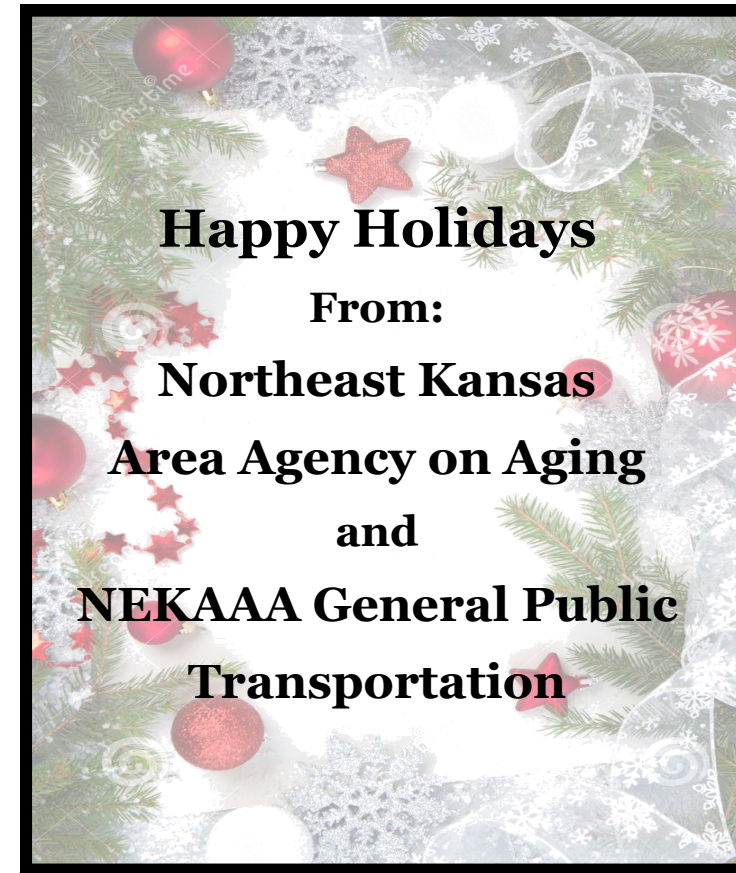
Carbon monoxide is created when fuel does not burn completely. Sources may include improperly vented or malfunctioning appliances, auto exhaust, and blocked chimney flues.

Symptoms of carbon monoxide poisoning are headache, dizziness, ringing in the ears, fatigue, increased perspiration, nausea, weakness, and vomiting.

If you suspect the presence of carbon monoxide in your home or business, leave immediately and use a phone located away from the potential hazard to call 911.



Source: <https://www.kansasgasservice.com/>



Become A VITA Volunteer And Make A Difference

Learn to prepare taxes and make a difference in your community.

How can you make a difference?

Volunteer to help your community by preparing taxes free of charge with the Volunteer Income Tax Assistance (VITA) Program. You will receive training to provide free tax help for low-to-moderate income families who need assistance preparing their tax returns.

Volunteer Roles Needed:

Greeter – You greet everyone visiting the site to create a pleasant atmosphere. You screen taxpayers to determine the type of assistance they need and confirm

they have the necessary documents to complete their tax returns.

Tax Preparer – You complete free IRS certification courses to provide free tax return preparation for eligible taxpayers.

Quality Reviewer – You review tax returns completed by volunteer tax preparers, ensuring that every taxpayer receives top quality service and that the tax returns are error-free.

For more information about joining our VITA team call Melody at 785-742-7152





FALL WORD SEARCH



N	F	J	W	L	V	W	N	T	H	P	Z	P	F	L	D	A
O	H	F	A	L	L	I	A	S	C	L	E	D	G	L	H	Q
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M	G	N	I	V	I	G	S	K	N	A	H	T	C	C	J	A
A	O	C	T	O	B	E	R	A	U	E	L	A	B	Y	A	H
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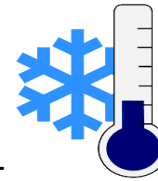
- ACORN
- APPLE
- AUTUMN
- CHESTNUTS
- CHILLY
- CIDER
- COBWEB
- FALL
- FOOTBALL
- GOURD
- HALLOWEEN
- HARVEST
- HAY BALE
- HAYRIDE
- LEAVES
- MAIZE
- NOVEMBER
- NUTS
- OCTOBER
- PUMPKIN
- QUILT
- RAKE
- SCARECROW
- SEPTEMBER
- THANKSGIVING

Random Fun Facts

- There are 293 ways to make change for a dollar.
- Baby octopuses are the size of a flea.
- An ostrich's eye is bigger than its brain.
- Cows do not have upper front teeth.
- 75 burgers are sold in McDonald's every second.
- Bears don't poop during hibernation.
- 1,700 people become millionaires every day in the U.S.
- A snail has 2,500 teeth.
- The largest recorded snowflake is 15 inches wide.
- A single dollar bill costs 5 cents to make.
- The King of Hearts is the only King without a mustache.
- Kangaroos never stop growing.



Stay Warm Stay Connected



The Cold Weather Rule is effective from November 1, 2022 through March 31, 2023. While the rule is in effect, utility companies cannot disconnect a customer's service when local temperatures are forecast to drop below 35 degrees within the following 48-hour period. For more information: Call your utility company or the Kansas Corporation Commission at (800) 662-0027.

The Kansas Low Income Energy Assistance Program (LIEAP) is a Federally funded program that helps eligible households pay a portion of your home energy costs by providing a one-time per year benefit. Visit benefits.gov to learn more about the LIEAP program or call (800) 432-0043.



Catholic Charities Resource Bus is equipped with basic essentials including food and hygiene items. In addition, a case manager is available to provide rent and utility assistance, as well as community referrals. To find out if you are eligible for financial assistance, an appointment is required. Contact the Resource Bus Hotline at (913) 433-2039 or email mrb@catholiccharitiesks.org.



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.

NEKAAA is grateful for the continued support of the Atchison Area United Way.

Easy Pumpkin Pie With Graham Cracker Crust

Ingredients:

- 1 (15 oz.) can Pumpkin Puree (2 cups)
- 1 (14 oz.) can Eagle Brand® Sweetened Condensed Milk
- 2 large Eggs
- 2 teaspoon Pumpkin Pie Spice
- 1 (6 oz.) package Graham Cracker Pie Crust
- 1 (8 oz) Cool Whip®



Instructions:

HEAT oven to 350°F. Whisk pumpkin, sweetened condensed milk, eggs and pumpkin pie spice. Pour into crust. BAKE 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool. Garnish with a dollop cool whip.

Source: <https://www.popcornindiana.com/recipe-detail/pumpkinpiewithgrahamcrackercrust>



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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