

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, &
Washington Counties.**

The Future is Bright for NEKAAA and Northeastern Kansas!



This year, we are celebrating 50 years of service by announcing our plan to construct a multi-use aging services and transit facility in Hiawatha! This innovative and collaborative project with the Kansas Department of Transportation will provide a much needed home for our agency and improve our ability to serve our seven county service area of Atchison, Brown, Doniphan, Jackson, Marshall, Nemaha and Washington Counties.

In recent years, our rural communities have begun to see a growing population of aging adults, and with this growth, there has been a significant increase in the need for support services. These services help individuals live independently in their homes and communities, with dignity and improved quality of life, for as long as possible.

This facility will help us address the increased need for and accessibility of services while providing new and exciting opportunities to support aging adults. Our vision for the future is bright and we look forward to strengthening our connection to every county we serve!

We will be providing updates on our progress and information on ways to support this incredible project in future newsletters and online at nekaaa.org. Together, we will make the next 50 years of service a success!

Did You Know?

- A dog's sense of smell is 40 times better than humans and a dog's nose print is unique, much like a fingerprint!
- Forty-five percent of U.S. dogs sleep in their owner's bed.
- Yawning is contagious—even for dogs.
- There are over 75 million pet dogs in the U.S.—more than in any other country.
- Dogs are not colorblind, they can see blue and yellow.
- A bloodhound's sense of smell is so accurate that the results of its tracking can be used as evidence in a court of law.
- The oldest dog lived to be 30 years and 266 days.



Source: www.akc.org/expert-advice/lifestyle/dog-facts/

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 nekaaaa@nekaaaa.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.



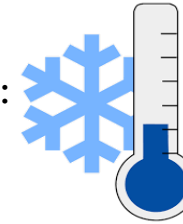
Check Us Out Online!

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



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 their 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.



United Way supports 211, a free and confidential service that helps people find the local resources they need 24 hours a day, 7 days a week.

Most calls and text messages are from people needing help meeting basic needs like housing, food, transportation, and health care. 211 can be accessed by phone or computer, at 211.org. A call to 211 connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services.

April is Parkinson's Disease Awareness Month

Every April marks National Parkinson's Awareness Month. This year, the theme is Start a Conversation, a call to action that urges people to talk about Parkinson's with their loved ones, friends, neighbors, care team and community.

Parkinson's disease is a brain disorder that causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. Symptoms usually begin gradually and worsen over time. As the disease progresses, people may have

difficulty walking and talking.

The cause remains largely unknown. Scientists believe a combination of genetic and environmental factors are the cause.

Although there is no cure, treatment options vary and include medications, lifestyle adjustments and surgery.

To find out how you can participate in the event visit www.parkinson.org for more information. Source: www.parkinson.org



Are You Getting a Good Night's Sleep?

The National Sleep Foundation has announced that their 2023 Sleep Awareness Week will take place from March 12-18, celebrating the 25th Anniversary of its annual campaign.

Sleep Awareness Week serves as a call to action for the public to recognize their sleep as a crucial part of their health and well-being. Sleep is a vital mechanism, it has the ability to restore energy levels and heal both physical and cognitive damage.

Most healthy older adults aged 65 or older need 7-8 hours of sleep each night to feel rested and alert. But as you age, your sleep patterns may change. These changes can cause insomnia or trouble sleeping.

Researchers estimate that between 40% and 70% of older adults have chronic sleep issues and up to half of cases may be undiagnosed. Chronic sleep prob-

lems can significantly interfere with older adult's daily activities and reduce their quality of life.

Common sleep issues in older adults include: Pain, nighttime urination, insomnia, daytime drowsiness, sleep apnea, restless leg syndrome, and REM sleep behavior disorder.

Sleep tips for seniors: Exercise, reduce bedroom distractions, avoid substances that discourage sleep, keep a regular sleep schedule and develop a bedtime routine.

tine.

Insufficient sleep in older adults can lead to a higher risk of falls and accidents.

Here are some steps to consider for a safer night's sleep: Keep a telephone by the bed, make sure a light is within reach and reduce hazards in the bedroom.

Source: www.sleepfoundation.org/aging-and-sleep



New Program ALERT! A Matter of Balance

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. **A Matter of Balance** is a program designed to reduce the fear of falling and increase activity levels among older adults.

The program was designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, community-dwelling and able to problem solve

What participants will learn:

- How to view falls and fears of falling as controllable
- How to set realistic goals for increasing physical activity
- How to change the environment to reduce fall risk factors
- Simple exercises to increase strength and balance



Classes are 2 hours, once a week for 8 weeks or twice a week for 4 weeks. Participants receive a workbook to use during the sessions to keep as a reference when the class is over. For more information about this class call NEKAAA at 785-742-7152 and ask for Linda.

March is Save Your Vision Awareness Month

National Save Your Vision Month designates the month of March to promote eye health. This year, the American Optometric Association is promoting awareness around digital eyestrain. Overexposure to blue light due to smartphones, tablets and other technology use for extended periods of time can cause vision damage, sleep problems and more.

A record number of people of all ages are spending many of the hours each day looking at a computer, tablet or phone. Try this helpful trick! Limit your digital eye strain by adopting the 20/20/20 rule developed by the American Optometric Association. Take a break from your



screen every 20 minutes, focusing on something at least 20 feet away for 20 seconds.

Source: <https://www.aoa.org/>

Medicare Improvements for Patients and Providers (MIPPA)

The MIPPA program helps Medicare beneficiaries with limited income and assets learn about programs that



may save them money on their Medicare costs. *Annual guidelines are:*

Person in family/household	Poverty Guideline	120%	135%
1	\$14,580	\$17,496	\$19,683
2	\$19,720	\$23,664	\$26,622
3	\$24,86	\$29,832	\$33,561
4	\$30,000	\$36,000	\$40,500
5	\$35,140	\$42,168	\$47,439

More information on Medicare Preventive and Screening Services is available at <http://www.medicare.gov/coverage/preventive-and-screening-services.html>.

Thrivent Gives Back!

Thrivent distributes some of its charitable grant funds to local nonprofit organizations. Eligible clients can recommend where these funds go. Visit Thrivent.com/thriventchoice or call 800-847-4836 to direct your Choice Dollars to Northeast Kansas Area Agency Aging by March 31, 2023.



Dial 988 for Help and Support!

988 is a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress.

People can also dial 988 if they are worried about a loved one who may need crisis support.

The 988 dialing code is just a first step toward strengthening and transforming crisis care in this country. It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help.



Together, We March For Meals

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For nearly 50 years, these critical programs commonly referred to as Meals on Wheels have delivered more than just nutritious meals to homebound seniors.

March for Meals is a month-long fundraising and awareness event to support our senior nutrition programs. Thanks to the generosity of individuals, volunteers and area businesses, Meals on Wheels provides more than a meal – it is the comfort of knowing that our seniors have the support they need!

Contact your local meal program or visit give.mealsonwheelsamerica.org to donate.



The Kansas Silver Haired Legislature

The Kansas Silver Haired Legislature held their 40th Annual Session on October 4-6 in Topeka at the Capitol. The Silver Haired Legislature (SHL) was created by an Act of Congress in 1969, with each state encouraged to assemble a group of seniors who would identify issues that are important to Kansas and to educate the Kansas Legislature about those issues. Legislators participated in committee meetings to discuss proposed resolutions to be brought forward and discussed in full session.



Resolutions that received favorable passage this year include:

- Expansion of Medicaid in the State of Kansas
- Support and Funding for community based Public Transportation
- Broadband Expansion
- Legalization of the Expanded Medical Use of Cannabis
- Urging the Kansas Legislature to maintain the current funding for the Kansas Senior Care Act
- Sales tax exemption for all Area Agencies on Aging







Winter Word Search



S	W	E	A	T	E	R	O	Q	T	D	X	X	F	Z	Blizzard
L	S	X	H	X	G	E	K	I	D	M	F	U	F	T	Boots
E	V	F	C	M	V	C	E	C	I	B	R	W	V	O	Coat
D	J	D	R	A	Z	Z	I	L	B	P	J	I	K	B	Cold
D	G	E	K	A	L	F	W	O	N	S	J	N	B	O	Flurry
I	K	L	E	R	C	K	M	O	O	H	A	T	S	G	Gloves
N	C	O	A	T	V	S	G	T	L	B	C	E	K	G	Hat
G	H	X	J	P	V	T	U	N	P	Q	K	R	I	A	Ice
S	U	X	S	G	M	E	F	Z	I	W	E	W	I	N	Jacket
A	E	D	J	N	K	A	R	M	I	T	T	E	N	S	Mittens
D	Y	V	L	E	O	J	D	P	L	Y	A	R	G	W	Plow
A	S	T	O	O	B	W	O	L	P	J	M	K	L	Q	Scarf
J	I	W	B	L	C	W	M	G	Z	Q	O	H	S	I	Skating
G	J	L	Q	O	G	C	S	A	N	J	I	K	H	Y	Skiing
U	D	Y	R	R	U	L	F	M	N	G	C	Q	P	Y	Sledding

Snowflake
Snowman
Sweater
Toboggan
Winter

Random Fun Facts

- There are 32 muscles in a cat's ear.
 - Your body contains about 100,000 miles of blood vessels.
 - The King of Hearts is the only king in a deck of cards without a mustache.
 - You can buy eel flavored ice cream in Japan.
 - Tigers have striped skin, not just striped fur.
 - Slinkies are 82 feet long.
- The average American spends about 2.5 days a year looking for lost items.
 - A giraffe can clean its ears with its 21-inch tongue.
 - Flamingos can only eat with their heads upside down.
 - Some sharks can live for up to five centuries.
 - Bees have 5 eyes.
 - Women see more colors than men.

NEKAAA Helps With Supplemental Nutrition Assistance Program (SNAP) Benefits Applications

The Supplemental Nutrition Assistance Program (SNAP) is the largest hunger safety net program helping older adults have reliable access to affordable and nutritious food.

Nationally, about 4.8 million older adults (aged 60+) are enrolled in SNAP. However among older populations that need SNAP assistance, participation in the program is still alarmingly low. Roughly 3 out of 5 older adults who qualify for SNAP are passing up life-changing benefits.

The SNAP program provides a monthly benefit that you can use to purchase food at your local grocery store, farmer's market, or convenience store.



For older adults with a fixed income or facing the rising cost of inflation, the \$1,248 in average annual benefits can mean the difference between having food and going without.

SNAP benefits help you save money and stretch your budget, make it easier to afford healthy foods, and support a well-balanced, nourishing diet that keeps you in better health!

NEKAAA is now assisting with SNAP applications for individuals age 60 and above! If you live in Atchison, Brown, Doniphan, Jackson, Marshall, Nemaha, or Washington counties, find out if you qualify by calling NEKAAA at 785-742-7152 and asking for Bella.

Ham and Potato Soup Recipe

INGREDIENTS

4 medium potatoes peeled and diced
12 oz ham cooked and cubed
4 cups chicken broth
1/2 tsp garlic salt (with parsley flakes)
1/2 tsp pepper
5 TB butter
5 TB all-purpose flour
2 1/2 c milk
1 c cheddar cheese
scallions for garnish

INSTRUCTIONS

Combine potatoes, ham, and broth in a large pot. Bring to a boil, then cook on medium heat for 10-15 minutes (or when potatoes are tender). Add salt and pepper. Mix. In another pan, melt butter on medium heat. Whisk in flour and stir constantly for about 1 minute. Slowly add milk and continue whisking until sauce thickens (about 3-4 minutes). Add the milk mixture to your pot and cook soup until heated through. Add cheese right before serving. Top with scallions and extra cheese if desired. Source: <https://lilluna.com/cheesy-ham-and-potato-soup/>





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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Proud partners with:



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

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