

The Northeast Kansas Area Agency on Aging

# NEKAAA News

Your “Single Point of Entry” to Services and Resources



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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.**

## NEKAAA’s Plans Are In Full Bloom!



As warmer weather approaches, we feel the excitement growing as our vision of NEKAAA’s future home blossoms into reality. Like a well-planned garden, our new facility is designed to brighten the lives of aging adults and all community members looking for a place to gather together.

This 17,000 square foot multi-use facility will offer something for everyone! One of the most exciting aspects of this new facility will be a community café where aging adults and individuals of all ages can enjoy a delicious, low-cost meal with friends and family. As a congregate meal site, our café will provide in-person dining, drive through service, and home-delivered meals for individuals age and 60 above for a suggested donation and affordable meals for individuals of all ages! We can’t wait for all of you to join us at the table!

### Did You Know?

- \* Bees are responsible for pollinating around one-third of all the food crops we eat, including fruits, vegetables and nuts.
- \* There are over 20,000 species of bees in the world.
- \* Bees are capable of flying up to 15 miles per hour and can travel up to six miles from their hive in search of food.
- \* Honeybees are the most well-known species of bee and produce honey and beeswax.
- \* Bees have five eyes and can see ultra-violet light.
- \* Bees are capable of recognizing human faces and can distinguish between different people.



### How To Contact Us:

The Northeast Kansas Area Agency on Aging office is located at 1803 Oregon in Hiawatha. If you would like to learn more about the services we provide or schedule an appointment, please call 1-800-883-2549 or 785-742-7152. You can also stop by Monday through Friday from 8 a.m. to 5 p.m.

NEKAAA General Public Transportation provides services in Brown and Jackson Counties for all of your transportation needs. Please call our dispatch center at 785-742-7153 to schedule a ride.



### Check Us Out Online!

The Northeast Kansas Area Agency on Aging website is [www.nekaaa.org](http://www.nekaaa.org) or visit our Facebook page for the latest news, upcoming events, and available services.



### Five Life-Saving Tips For Hot Weather



1. **Drink more water** than you think you need.
2. **Find a cool place** to stay indoors.
3. **Skip outdoor activities** or do them early.
4. **Act fast** if you don't feel well in the heat.
5. **Check on your family and friends** on hot days.

### It's A SNAP!

NEKAAA is assisting with Supplemental Nutrition Assistance Program



(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.

### Please complete the 2023 NEKAAA Community Needs Assessment and Survey!



Help us better understand how we can serve older Kansans!

## June Is Audiobook Appreciation Month

Audiobook Appreciation Month starts June 1<sup>st</sup> every year with the goal of increasing awareness and engagement with the format. Listening to audiobooks is not only a legitimate way of reading but also makes it more accessible and a lot of fun.



Audiobooks have made reading on the go easier and made books accessible to those with poorer vision, attention span issues, or low literacy levels.

[nationaltoday.com/audiobook-appreciation-month](http://nationaltoday.com/audiobook-appreciation-month)

- 1878—Thomas Edison recorded the first phonographic book, which contained the recordings of Alfred Tennyson's poetry.
- 1980s—The first audiobooks began to appear at retail book shops.
- 1997—Audible launched the world's first mass-marketing audiobooks. The books had to be played on the 'Audible Player.'
- 2018—50,000 books are recorded in the U.S., which retailed for about \$1.2 billion.

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## Bird Watching - The Perfect Hobby

Bird watching is a hobby that is enjoyed by people of all ages. However, aging adults can benefit greatly from this activity. Not only is it a great way to stay active and get some fresh air, but it can also have a positive impact on mental health and provide a sense of community.

Here are four reasons why bird watching might be right for you!

### 1. Physical Activity

Bird watching involves spending time outdoors, which provides you with the opportunity to stay active. Walking through nature trails and parks while searching for birds can provide low-impact exercise that is easy on the joints.

### 2. Mental Health Benefits

Research has shown that being in nature and watching birds can have a positive impact on mental health. Aging

adults who engage in bird watching can experience reduced levels of stress and anxiety, and an increased sense of well-being. Bird watching can also provide a sense of purpose and accomplishment.

### 3. Community Building

Bird watching can be a social activity, which helps combat loneliness and isolation. Bird watching can also be a fun activity to share with family and friends, and can provide a shared interest

to bond over.

### 4. Accessible and Affordable

Bird watching is a hobby that is accessible and affordable. All that is needed is a pair of binoculars and a good bird identification book! You can also use your smart phone, tablet, or computer. Bird watching can be done in local parks, nature reserves, and even in one's own backyard.





Is Matter of Balance Right For You?

NEKAAA is so excited to be offering the **Matter of Balance** classes to individuals age 60 and above! This is a program designed to reduce the fear of falling and increase activity levels among older adults. If you think this class might be right for you, take the short quiz below to find out!

1. Do you want to view falls and the fear of falling as controllable?  
YES NO
2. Do you want to set realistic goals for increasing your level of physical activity?  
YES NO
3. Do you want to change your environment to reduce the risk of falling?  
YES NO

4. Do you want to learn simple exercises to increase your strength and balance?  
YES NO



If you answered YES to any of these questions, call us 785-742-7152 and we will find a Matter of Balance class for you and your friends!  
Classes are 2 hours, once a week for 8 weeks or twice a week for 4 weeks. You will receive a workbook to use during the sessions to keep as a reference when the class is over. We currently have classes in Atchison and Holton and are looking to expand to other areas...including yours!

Kansas Senior Farmers Market Nutrition Program

The Kansas Senior Farmers Market Nutrition Program is funded by the United States Department of Agriculture Food and Nutrition Service. The program provides annual benefits to low-income seniors to purchase fresh fruits and vegetables, herbs and honey from certified farmers at Farmers Markets in Kansas.



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 guidelines. To receive your coupon booklet please contact NEKAAA at 785-742-7152 between June 1<sup>st</sup> and September 15<sup>th</sup>.

Blossoms of Spring

*Spring arrives with a vibrant hue,  
Nature's awakening, a dream come true.  
Cherry blossoms dance, petals in the air,  
Fragrant whispers, scents so rare.  
Warmer days and golden sunlight streams,  
Reviving hope and inspiring dreams.  
Budding leaves, a lush canopy unfurled,  
Birds serenade, their melodies twirled.  
In this season of growth and endless grace,  
Spring paints the world with a joyful embrace.*

chat.openai.com



## NEKAAA Furever Memories Fundraiser



Now through June 30th NEKAAA will be hosting our first Furever Memories Fundraiser!

Come visit us at the NEKAAA office any time Monday through Friday 8:30 a.m. to 4 p.m. to get your picture taken with your furry friend and take home a photo pin button made just for you!

Goodwill donations will be accepted to support NEKAAA pet and agency programs.



## End of the Federal COVID-19 Public Health Emergency

May 11, 2023, marked the end of the federal COVID-19 Public Health Emergency Declaration. So what does that mean?

Here is some important information you should know.

### **Vaccines will remain available.**

Access to COVID-19 vaccines will generally not be affected for now.

### **COVID-19 at-home test kits may not be covered by insurance.**

Insurance providers will no longer be required to waive costs or provide free tests.

### **Treatment will be available.**

Medications to prevent severe COVID-19 will remain available for free while supplies last. After that, the price will be determined by the medication manufacturer and your health insurance coverage.

For more information go to [www.cdc.gov](http://www.cdc.gov).

## Older Americans Month 2023

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences.

This May was the 60<sup>th</sup> anniversary of OAM and we are changing the narrative on aging. Here are some ways we can all participate in *Aging Unbound* all year long:

- ⇒ Embrace the opportunity to change.
- ⇒ Explore the rewards of growing older.
- ⇒ Stay engaged in your community.
- ⇒ Form relationships.





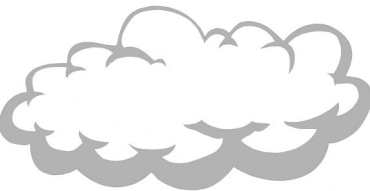
In the Garden

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

CLIPPERS  
GARDENDESIGN  
POLLINATORS  
WATERING  
PRUNERS  
FOLIAGE  
DEADHEADING  
PERENNIALS  
PAVINGSTONES  
COMPOST  
BUMBLEBEES  
GLOVES  
SHOVEL  
ANNUALS  
SLUGS  
RELAXATION  
TREES  
WEEDING  
WEATHER  
RAKE  
SHRUBS



Random Fun Facts

- Cows moo with regional accents.
  - The first product to have a bar code was Wrigley’s gum.
  - 60% of the world’s lakes are located in Canada.
  - You can’t hum while plugging your nose.
  - A lightning bolt is 4 times hotter than the sun.
- 
- Glass is made of sand.
  - There are no tornadoes in Antarctica.
  - Hot water is heavier than cold.
  - The average cloud weighs over a million pounds.
  - Honey stays good forever (unopened).
  - The Empire State Building has its own ZIP code.
  - Snails can sleep for 3 years.
- 

**Ideas for Caregivers Creating a Dementia Friendly Garden**

The sensory stimulation, tranquility, and familiar elements of a garden can evoke positive emotions and memories, reduce anxiety, and enhance overall well-being.

As a caregiver, designing a dementia-friendly garden can offer a peaceful retreat and a stimulating environment for your loved one. Here are a few tips:



Sensory plants: Fragrant flowers, herbs, and fruit-bearing plants can provide pleasant scents, while textured leaves and flowers offer tactile stimulation.

Water features: Consider adding a small water feature. The sound and sight of moving water can be soothing and captivating.

Memory cues: Use visual cues to aid memory and orientation. For example, place labels or signs with simple instructions, such as "Sit here and enjoy the flowers," or include photos of family members and familiar objects.

Safety first: Minimize potential hazards by removing sharp tools, toxic plants, and tripping hazards. Ensure pathways are clear and well-lit.

Colorful and familiar plants: Incorporate brightly colored flowers and plants that are familiar to the individual. Choose varieties they may have grown or enjoyed in the past to evoke positive memories.

Raised beds and container gardening: Choose raised beds or container gardens to make gardening more accessible and comfortable.

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**Creamy Chicken and Broccoli Pesto Bow Ties**

**INGREDIENTS**

- 2 c.** broccoli florets
- 1/2 lb.** farfalle pasta
- 1** small bunch fresh basil (1 ounce), stems removed
- 2** garlic cloves
- 1/4 c.** olive oil
- 2 tsp.** lemon zest, plus more for serving
- 1/4 tsp.** red pepper flakes
- 3 oz.** Parmesan, grated (about 3/4 cup)
- 4 oz.** Cream cheese, at room temp
- 2 c.** shredded rotisserie chicken, warmed
- 1/3 c.** chopped toasted pecans (optional)



**INSTRUCTIONS**

- Step 1**—Cook the broccoli in boiling salted water until tender, 5 minutes; remove to a bowl with a slotted spoon. Add pasta to water and cook according to package; drain
- Step 2**—Process basil, garlic, oil, lemon zest, red pepper, and Parmesan in a food processor until finely chopped. Add broccoli and pulse until coarsely chopped, 4 to 6 times. Season with salt and pepper.
- Step 3**—Stir broccoli pesto and cream cheese into pasta until well coated; fold in chicken





**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:**



**Northeast Kansas  
Area Agency on Aging  
1803 Oregon Street  
Hiawatha, KS 66434**

**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.

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