


As We Age

Strengthening the Journey
Harvey County Department on Aging Newsletter

Zero Discrimination & World Compliment Day


Join us in making the most amazing day, month, year, LIFE, starting on March 1, 2024. Spread joy through verbal affirmations of appreciation. Enjoy a world without discrimination.



You're even better
than a unicorn,
because you're real.



Being around you is
like being on a happy
little vacation.



You're better than a
triple-scoop ice cream
cone. With sprinkles.

**Discrimination doesn't
have an age, sex, or color.**

Aging is not a problem to be fixed or a disease to be cured. It is a natural, powerful, lifelong process that unites us all.

**Stop using this language.
Ever heard it? Said it?**

"Act your age."

"She/he looks great for her/his age."

"She/he is pretty/handsome for her/his color."



Pay attention to how you talk and joke about age and abilities. Do not make general statements about others because of their age, sex, or color.

March is Multiple Sclerosis Awareness Month

Multiple Sclerosis (MS) is an autoimmune disease of the central nervous system. It can eventually destroy the myelin (protective covering) surrounding the nerves, reducing communication between the brain and nerve pathways.

National MS Society is helping others better understand the complexity of multiple sclerosis. It changes the lives of people affected by MS and will help us reach our goal of ending the disease forever.

Join an event

Walk Multiple Sclerosis
Saturday, April 20, 2024
Site Opens: 9 a.m.
Program Starts: 9:45 a.m.
Walk Kickoff: 10 a.m.



Exploration Place
300 North McLean Blvd
Wichita, KS 67203

Walk... Walk... Walk...

May 31st is National Senior Health/Fitness Day

Just 2500 steps, roughly a mile, is enough to begin reducing your risk of dying of cardiovascular disease.

An extra 500 steps can lower that risk by another 7%.

Roughly 4000 steps help reduce the risk of early death.

The average American takes 4800 steps a day. Let's do more!

At 6000 steps, you may lower your risk for type 2 diabetes, particularly if you're an older woman.

Standing up and moving for three minutes every half an hour may lessen the negative health effects of prolonged sitting.

Taking 6,500 steps may lower your blood pressure.

Get up and move during TV commercials.

At 8000 steps help lower your risk for obesity, sleep apnea, and depression.

Filling the water bottle a few more times adds trips to the water fountain and restroom (more steps).

At 9800 steps, you may reduce the risk of developing dementia by 50%.

Walking in place, shadow boxing, and dancing add steps.

Wow! 10,000 steps. Don't stop there...

opt-in to use the stairs.

At 10,500 steps, your risk of dying of cardiovascular disease may be 77% lower than it was at 2500 steps.

Parking further away from the entrance might add 150 steps.

At 11,000 steps, the risk is lowered for hypertension, diabetes, depression, obesity, and sleep apnea by 25%-50% more than at 6000 steps.

Cite: Need Your Patients to Move More? Show Them This - Medscape - Jan 24, 2024.

April is Stress Awareness Month

Stress symptoms affect our health. We blame sickness for that annoying headache, sleeping troubles, feeling unwell, or lack of focus, but stress may be the cause.

Body	Mood	Behavior
Headache	Anxiety	Overeating or undereating
Muscle tension or pain	Restlessness	Angry outbursts
Chest pain	Lack of motivation or focus	Drug or alcohol misuse
Fatigue	Memory problems	Tobacco use
Change in sex drive	Feeling overwhelmed	Avoiding friends and staying at home
Stomach upset	Grumpiness or anger	Exercising less often
Sleep problems	Sadness or depression	
Getting sick easier due to a weaker immune system		

Check out many possible stress management tips.

- Regular physical activity a few days a week
- Relaxation techniques, deep breathing, meditation
- Take classes in yoga, tai chi, or massage
- Sense of humor, be happy
- Spend time with family and friends
- Make time for hobbies that you enjoy
- Start a journal, blog, or write a book
- Make sure you are getting enough sleep
- Make changes and start eating more healthy
- Stop smoking and limit alcohol use; no illegal substances



NEWTON
OPEN STREETS

SUNDAY, APRIL 28, 2024 - 1 PM TO 5 PM

What is the Significance of Human Connections?

Human connections are vital relationships that foster a sense of closeness and belonging with others. This bond is a basic need that transcends age, gender, and cultural differences. Human connection plays a crucial role in health, acting as a protective factor in various aspects, such as heart disease, stroke, dementia, depression, and anxiety, as highlighted by the Centers for Disease Control and Prevention (CDC).

A comprehensive review conducted at Brigham Young University in 2015 underscores the significance of human connection. This analysis of research revealed a staggering 50% increase in survival rates among individuals with strong social support and integration. On the other hand, individuals lacking social support and integration faced health risks equivalent to smoking 15 cigarettes daily or excessive alcohol consumption, surpassing the detrimental effects of a sedentary lifestyle and obesity. Even among those who smoked, were obese, or led a physically inactive life, those with robust social connections lived longer than individuals with healthier habits but lacking critical social bonds.

How Can One Cultivate Friendships and Foster Meaningful Social Connections?

To develop quality social connections and make friends, consider engaging in local groups with shared interests, participating in religious or spiritual gatherings, taking classes, volunteering, or joining community events like potluck meals at senior centers. Building and nurturing healthy friendships involves a mutual exchange of support. At times, you offer support, while other times, you receive it. Being a supportive friend facilitates the formation of meaningful relationships. Expressing appreciation and care to friends and family strengthens the bond. Remember, the focus should not be on quantity but on the quality of relationships and social connections, crucial in creating protective health benefits and overall well-being.

Harvey County Area Senior Centers - Powered by Connection

Senior centers are safe places to gather, have fun, socialize, share a meal, plan trips, and more.

[Hesston](#), [Newton](#), and [Sedgwick](#) senior centers have congregate meals (friendship meals) by Aging Projects, Inc. (API) Monday through Friday at noon. These meal programs are funded by Older Americans Act.

[Halstead](#) senior center has a congregate meal program on Monday, Wednesday, and Friday, and is community funded.

[Newton](#) and [Hesston](#) senior centers plan amazing bus trips throughout the year. The next one is April 20-28, going to Savannah/Jekyll Island, Georgia, and Beaufort, South Carolina.

All of the senior centers plan daily activities and special events each month, such as educational speakers and fundraisers, which include great food, fellowship, and fun.

[Newton Senior Center](#)

122 E 6th St,
Newton, KS 67114
(316) 283-2222

[Hesston Senior Center](#)

108 E Randall St,
Hesston, KS 67062
(620) 327-5099

[Sedgwick Senior Center](#)

107 W 5th St,
Sedgwick, KS 67135
(316) 772-0393

[Halstead Senior Center](#)

523 Poplar St,
Halstead, KS 67056
(316) 835-2283
M-W-F Congregate Meals

[Burrton Senior Center](#)

124 N Burrton Ave,
Burrton, KS 67020
(620) 463-3225
No meal program

Hop on board the Harvey Interurban

for monthly adventures to local fun spots in and around Harvey County.



Check out the online calendar using the link below or give Harvey Interurban a call at 316-284-6802.

<https://www.harveycounty.com/departments/transportation/trip-calendar.html>

Caring For An Individual

Sharing ideas in a support group can help caregivers avoid reinventing the wheel. Caregivers benefit from support groups because they know they are not alone.

Support groups allow caregivers to vent frustrations, anger, and disappointments. It is a place to share successes and failures in a safe, nonjudgmental environment.

Dementia Coffee Gathering

Norm's Coffee Shop, 613 N. Main St, Newton
Contact Sharon Erwin at 316-650-710
The group is held on the second Thursday at 10 a.m.

Multiple Sclerosis Support Groups

Asbury United Methodist, 2801 W. 15th St., North Wichita
Contact Karen Strawder at 316-640-6240
The group is held on the first and third Saturdays at 10 a.m.

Bereavement Support Group

First Nazarene Church, 1000 N. Main Street, Newton
Contact Cheryl at 316-249-3779
The group is held on the second Monday at 7:30 p.m.

Caregiving Groups

NMC Medical Center
600 Medical Center Dr. Newton
Contact Case Management at 316-804-6222
The group is held on the last Thursday at 6:30 p.m.

Hesston Wellness Center,
701 S. Main St. Hesston, KS
Contact HWC at 620-327-2323
The group is held on the third Tuesday at 2:30 p.m.

Kansas Christian Home
1035 S.E. 3rd St. Newton
Contact KCH at 316-283-6600
The group is held on the third Wednesday at 10 a.m.

Central Plains Area Agency on Aging
271 W. 3rd St. North Wichita
Contact CPAAA at 1-855-200-2372
The group is held virtually and in person on the third Wednesday at 6 p.m.

Contact the Department on Aging for caregiver programming and support at 316-284-6880.

1 in 3 people



between the ages of 50 and 80, often have feelings of social isolation and loneliness and may go a week or longer without contact with someone from outside their home.



visit and call often



Volunteer Income Tax Assistance (VITA)

has operated for over 50 years. VITA sites offer free tax help to people who need assistance in preparing their tax returns, including:

- People who generally make \$64,000 or less
- Persons with disabilities; and
- Limited English-speaking taxpayers

In addition to VITA, the Tax Counseling for the Elderly (TCE) program offers free tax help, particularly for those 60 and older. It specializes in questions about pensions and retirement-related issues unique to seniors. To schedule an appointment dial 2-1-1.

Newton Public Library will be closed from March 4 to April 1 to move to the new building. As a result, VITA services will be provided at three locations during the 2024 tax season:

- February 5 to March 2, Newton Public Library
- March 4 to 30, Immanuel Baptist Church
- April 2 to 9, The new Newton Public Library

Thank you to our VITA volunteers who DONATE their time to assist you. Their service is greatly appreciated!

SCAM WARNING: Please be aware of scammers sending emails, text messages or contacting you on social media, often stating that a refund is due or a return is on hold. These might look legit, but the IRS will not contact anyone by email, text, or social media. The IRS sends letters by mail. If you clicked on a link in one of these messages or shared personal or financial information, report it at [IdentityTheft.gov](https://www.identitytheft.gov) for a free, customized recovery plan. Report scams to the FTC at ReportFraud@ftc.gov.

A Matter of Balance aims to alleviate the fear of falling and enhance physical activity levels in older adults. Enrollment for each class is limited to 12 participants, so sign up quickly.

Hesston Area Senior Center

Phone: 620-327-5099
Class Schedule: March 4th to 27th
Days: Mondays and Wednesdays
Time: 10 a.m. to 12 p.m.

Newton Area Senior Center -

Phone: 316-283-2222
Class Schedule: April 4th to 30th
Days: Tuesdays and Thursdays
Time: 9 a.m. to 11 a.m.

Sedgwick Area Senior Center

Phone 316-772-0393
Class Schedule: June 3rd to 7th
Days: Mondays and Thursdays
Time: 9 a.m. to 11 a.m.



Call HCDa for more information at 316-284-6880. A Matter of Balance classes are made possible through grants from the Central Plains Area Agency on Aging, with federal funds from the Older Americans Act.

2024 Medicare

2024 Premiums and Deductibles

Part A is for inpatient hospitals, skilled nursing facilities, hospices, and some home healthcare services. If you haven't worked long enough to qualify for premium-free Part A, the monthly premium is \$505, a \$1 decrease from 2023. For 2024, the Part A deductible will be \$1632 per stay, an increase of \$32 from 2023. Beneficiaries with Medicare Advantage plans should check with their insurer for hospital charges.

Part B Doctor: The standard monthly Part B premium for 2024 is \$174.90, increased by \$9.80 from the 2023 standard premium of \$164.90.

The original Medicare Part B deductible for 2024 is \$240, which was increased by \$14 from \$226 in 2023. The deductibles for Medicare Advantage plans vary depending on your plan and where you live.

Some Medicare Advantage plans have a "giveback" benefit, in which the insurer covers part or all of Part B for \$174.70. To see plan benefits, call the number on the back of your Medicare Advantage card.

In 2024, broker and insurance agent commissions for the sale of a Medicare Advantage plan would be set at a flat rate of \$642. There is a \$611 cap on such payments, but those commissions are not fixed.

The variation in these payments leads to consumers not getting the best prices because some brokers may be inclined to push consumers toward plans paying a higher commission.

2024 Prescription Drugs

Catastrophic cap: Medicare Part D patients who enter the catastrophic phase of coverage will not have any more out-of-pocket costs for the rest of the year once they've spent \$8000 on their medications. In 2025, an annual \$8000 will go down to a \$2000 out-of-pocket cap on Part D.

Extra Help: In 2024, Extra Help is expanding the eligibility for the program, which assists people with limited incomes in affording their prescription drug costs, such as premiums and copays.

The income threshold for Medicare enrollees to qualify for that program will be 150% of the federal poverty level (\$21,870 for an individual in 2024), up from 135% of poverty.

Apply for extra help on the Social Security website: <https://www.ssa.gov/medicare/part-d-extra-help>.

The provisions of the new prescription drug law that took effect in 2023 are now in place in 2024.

There is a \$35 cap on a 30-day supply of any insulin that Medicare covers, whether you have prescription drug coverage through a stand-alone Part D plan or your medications are covered under your Medicare Advantage plan.

Vaccines recommended for adults by the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices remain covered with no out-of-pocket costs. Shingles and RSV vaccines are included. Medicare also covers vaccines for flu, COVID-19, pneumonia, hepatitis A, rabies, and tetanus.

Medicare Late Enrollment Penalty

How to avoid late penalties: Sign up for Medicare coverage during your Initial Enrollment Period.

- Part A penalty: Premium may increase by 10%.
- Part B penalty: Premium may increase by 10% every 12 months you did not enroll in Medicare.
- Part D penalty: 1% each month you did not enroll.

Visit the Medicare website for more information: www.medicare.gov





Celebrate this Moment.

- Billions of hours served.
- Millions of lives changed.
- Thousands of communities transformed.

Join the Movement

September 2023-2024 | #AmeriCorps30

The AmeriCorps Harvey County Seniors RSVP program

pairs adults 55 and older with organizations making change in the community. AmeriCorps Seniors volunteers in the Harvey County RSVP program choose how, where, and when they want to serve, with commitments ranging from a few hours to 40 hours per week. You can find an opportunity with local organizations that match your passions and interests. AmeriCorps Seniors volunteers report better health, longevity and social connections having served their community.

The Harvey County RSVP Martin Luther King project food drive set for January 20, 2024 at the Dillons locations in Newton was canceled due to inclement weather. You can still donate food to The Salvation Army in support of the Martin Luther King project benefiting Harvey County.

Thank you 

Welcome New Volunteers

Jeanne Sommerfeld
Karen Unruh

Volunteer and help strengthen and build safety nets and strong communities in Harvey County.



RSVP



AmeriCorps
Seniors

Volunteer Opportunities

Store-to-Door, Shopper

The perfect flexible volunteer opportunity, grocery shop for those who are unable due to health reasons. You, the volunteer, set the day(s) and hour(s) to volunteer. Call the RSVP office at 316-284-6881 to sign up or refer someone for service.

Et Cetera Shop has a need for clerks Tuesdays 1 to 5:30 p.m. and Saturday 1 to - 5:30 p.m.

Monday, Wednesday and Fridays in the linen departments 9 to 12 p.m. and 1 to 4 p.m.

There is some flexibility in the days and frequency in scheduling. The choice is yours, when do you want to volunteer

Book Reviews needs volunteers for Friday afternoon 1:30 to 5:30 p.m. and Saturday morning from 9:30 a.m. to 1 p.m.

Both Et Cetera and Book Reviews build capacity of community support by using profits to fund community grants in Harvey County.



Volunteer time sheets are due by the 7th of each month.

*Meet
the
Staff*



Lona Kelly, Director

**Christy Estrada,
Program Specialist**



**Karen Kaufman,
Transportation
Coordinator**

**Mary Wilson,
AmeriCorps RSVP
Coordinator**



**Paula Whillock,
AmeriCorps RSVP
Customer Service**

Interurban Drivers



Frenchy



Ed



Jerry



Wayne



NEW Bob



Lenny

Harvey Interurban

316-284-6802

**Office Hours Monday - Friday, 8 a.m. to 5 p.m.
(excluding county-approved holidays)**



Harvey Interurban provides transportation for Harvey County residents to cities in the surrounding counties, such as Wichita, McPherson, and Hutchinson, for medical and personal appointments. We also provide transportation to and from the Wichita airport.

- \$20 fare for out of county
- \$12 fare in the county
- \$8 within Newton for non-ambulatory persons
(For ambulatory persons needing transportation within Newton, call OT Cab Company at 316-283-2960.)
- Wichita Dwight D. Eisenhower National Airport transportation is \$25 for an individual or \$35 for two people.

Interurban also offers an AVI shopping trip on Tuesday afternoons to ensure our rural communities can access affordable transportation to come into Newton for shopping. The AVI fare is \$6 for a round trip.

Reservations for appointments and non-emergency medical transportation are on a first-call, first-serve basis with a minimum of 24-hour advance notice. A resident making reservations for Mondays must make them on the prior Friday and may make all reservations up to a year in advance. All Harvey Interurban vehicles are ADA-accessible.

For Harvey Interurban monthly recreational trips, visit:
<https://www.harveycounty.com/departments/transportation/trip-calendar.html>

This project is funded in part by the Kansas Department of Transportation, Public Transportation Program.



HarveyCounty

As We Age
Strengthening the Journey

Department on Aging

800 N Main, PO Box 687
Newton, KS 67114

Return Service Requested

The Kansas Senior Farmers Market Nutrition Program



**Mark your calendars for
Friday, June 7, 2024.**

The Farmers Market coupons will be here in June. Enrollment date is set for Friday, June 7, 2024. The coupons help low-income older adults purchase fresh fruits, vegetables, herbs, and honey from local farmers markets.



When: Friday, June 7, 2024 from 9 a.m. to 3 p.m.



Where: Newton Recreation Commission at 415 N. Poplar St., Newton, KS 67114



Age Requirement: Must be 60 or 55 years old with affiliation to an Indian Tribal Organization.



Income Eligibility: Must have an income at or below 185% of the Federal poverty level.



Household Members Eligibility: Each member of a household can apply to receive a coupon booklet.



Documentation: Applicants must provide proof of age, income, tribal affiliation, and residency in Harvey County.



Distribution: Coupons are distributed on a first-come, first-served basis.

For more information, please contact the Harvey County Department of Aging at 316-284-6880 or visit the The Kansas Department of Health and Environment at <https://www.kdhe.ks.gov/1041/Kansas-Senior-Farmers-Market-Nutrition-P>.

Achieved through collaborations with



Are You a Kansas Farmer?

For more information about Eligibility, Authorization, Coupon Redemption and Training, visit [kdhe.ks.gov/1041](https://www.kdhe.ks.gov/1041) or call 785-291-3742.