

# As We Age

## Strengthening the Journey

### Harvey County Department on Aging Newsletter

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**Age Your Way!** We experience several significant life changes like ending a career, becoming empty nesters, physical and mental challenges, and losing loved ones. We must learn how to adapt to change. The path to making healthy lifestyle changes can be filled with new experiences. Don't be afraid to go out and find new things you enjoy. Staying connected to your family, friends, and community is essential.

- Start an old hobby. Take a class, join a club, or visit a senior center. These are all great ways to stay active and expand your social circle.
- Learn something new - an instrument, a foreign language, a new game, or a new sport. New activities add meaning and joy to life. It can also help to maintain your brain health and prevent mental decline.
- Attend a local event, volunteer, or spend time in nature. Try taking the scenic route, hiking, fishing, or camping, or take the dog for a walk.
- Plan a day or weekend trip. Enjoy the arts. Visit a museum, go to a concert or a play, join a book group, or take an art appreciation class.

*The possibilities are endless*



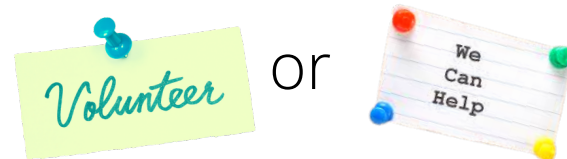
**\*\* Volunteers: Time Sheets are due by the 7th of the each month \*\***

### Intergenerational volunteering

Older adults interacting with multiple generations can have increased mobility, perform better on memory tests, and improve their sense of belonging and self-esteem. Volunteering with children can foster that relationship, building a sense of understanding and respect while sharing ideas, knowledge and experiences that unify generations and dispel negative stereotypes. Children that volunteer exhibit more interactive and cooperative play, which increases empathy and mood management. Many also have improved academic performance. All age groups participating in intergenerational programs can benefit the overall well-being of all involved.

An amazing volunteer offers their gift of time, inspires hopes and dreams, enjoys helping others, and is selfless, generous, and kind. Volunteers extend a helping hand and make a difference in the community.  
That VOLUNTEER is YOU!

## Welcome Our New Volunteer Judy Friesen



### Store to Door Shopper

You will meet some great people and help them stay in their homes, maintaining their independence.

Become a **“Friendly Caller and/or Pen Pal”** to an older adult in the community who is at high risk of isolation and loneliness.

### Childcare Volunteers:

Tuesdays from 6:15 p.m. to 8:15 p.m. (dinner provided between 5:30 p.m. to 6:15 p.m.). To provide support and supervision for children whose parents/caregivers attend Circle of Hope meetings and Getting Ahead Class. To volunteer, call 316-284-0000.

**NMC is looking for volunteers** in hospitality, patient companionship, and many others.

Harvey County  
*RSVP*  
316-284-6881

## Warmer weather is back in Kansas.



Stay Cool

Enjoying the sunshine can be beneficial, but be mindful of the dangers of prolonged heat exposure.

Stay Hydrated



### Here are some tips:

**Stay in an air-conditioned place** as much as possible. If your home does not have air conditioning, consider going to a location where you can cool down, such as the shopping mall or local library. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

- Keep in mind: Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness.
- Taking a cool shower or bath or spending time in an air-conditioned place is a much better way to cool off.
- Use your stove and oven less to maintain a cooler temperature in your home.

### Dress cool

- Wear sunscreen, a wide-brimmed hat, and loose-fitting, light-colored clothing if you are outdoors.

### Know your medication

- The heat may affect your reaction to certain medications.

### Stay cool, stay hydrated

- Don't wait until you're thirsty. You lose a lot of water through perspiration. If your doctor generally limits the amount of fluid you drink or has you on water pills, ask the doctor how much you should drink while the weather is hot.

### Check on friends and family

Keep a close eye on those in your care by visiting them at least once a day, and ask yourself these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they know how to keep cool?
- Do they show any signs of heat stress?

### Signs of heat exhaustion

- Heavy sweating
- Muscle cramps and weakness
- Tiredness, dizziness, or fainting
- Headache, nausea, or vomiting
- The pulse rate is fast and weak
- Breathing is fast and shallow

### Signs and symptoms of heat stroke

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache, dizziness, nausea

In the event of a heat stroke, call 911. This is a serious medical emergency that can cause death or permanent disability if emergency treatment is not provided.

## Caregiver Support Groups

Caregiver group at Schowalter campus in Hesston is open to the public. They meet on the third Tuesday of each month at 2:30 p.m. in the Creative Arts Center also known as the "painting room" in the Hesston Wellness Center. For more information please contact Marian Heidner, Life Enrichment Director, at 620-327-3452.



### Prairie View's caregiver support group

This group is open to all older adults who are caregivers and those who provide care to persons 60 and above. Harvey County: Prairie View 1901 E. First St. Newton, KS 3:00 p.m. to 4:30 p.m.,

Second Thursday of each month is open to residents of Harvey County. For more information about this group or any caregiving needs, including caregiver resources. Call 1-800-992-6292.

This group is made possible through grant federal funds under the Older Americans Act.



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

- Leo Buscaglia, author

## Where are the important papers?

Legal and health care paperwork protects you from others making decisions about your care. It allows them to be guided by your wishes for the care you receive. Having a designated location to keep all the important paperwork like wills, trusts, powers of attorney, etc. allows them to be located easily.

### Important things to think about and discuss

- **Advance Health Care Directive (AHCD):** Gives power to a person you designate to make health care decisions for you, ONLY IF you can't speak for yourself.

### Life-sustaining treatments?

- **Kansas: TPOPP** (Transportable Physician Orders for Patient Preferences) or known as Physician Orders for Life-Sustaining Treatment (POLST).

### Spokesperson(s)/agent(s) you have chosen?

- **A Durable Power of Attorney for Health Care** is a document that lets you name someone else to make decisions about your health care in case you are not able to make those decisions yourself. It gives that person (called your agent) instructions about the kinds of medical treatment you want.
- **A Durable Financial Power of Attorney** is a document that lets you appoint someone (known as your "agent") to manage your finances for you if you ever become unable to do so for yourself.
- **Both of these documents end at the time of death.**

### Funeral arrangements?

- **Final Arrangements:** State what you would like to happen after your death—whether you would like cremation or burial—and lets the family know. Also, let loved ones know about your wishes regarding organ donation and other special arrangements.
- **Trusts:** A trust creates a legal entity that holds your assets for you so that your estate does not have to go through probate when you die.
- **Will:** States how you want your estate (money and belongings) to be dispersed to family, friends, organizations, etc. after you die.

For more information visit

<http://www.wichitamedicalresearch.org/KansasAdvanceDirectives/>

Consult an attorney at Kansas Legal Service  
Elder Law Hotline 1-888-353-5337

<https://www.kansaslegalservices.org/topics/129>

## Fall Prevention

### Let's Get to Know Your Team

Fall prevention is important. According to the National Council on Aging (NCoA), physical changes, health conditions, and even medications make falling more likely. The fear of falling doesn't need to rule your life, and that's why having a team to help address fall risks is helpful.

Falls prevention team

- family and friends
- an occupational therapist (OT)
- your primary care physician (PCP)
- a pharmacist
- a physical therapist (PT)
- your local fire department

They bring a unique mix of expertise and familiarity that can provide important protections against falling.

### Are you experiencing imbalance or dizziness?

- Do you feel unsteady?
- Do you feel like the room is spinning around you, even for a moment?
- Do you have trouble following a conversation when two or more people are talking at the same time?
- Do you feel like you're moving when you're sitting still?
- Have you lost your balance or fallen?
- Do you feel like you're falling?
- Do you feel lightheaded or as if you might faint?
- Is your vision blurry?
- Do you feel disoriented or lose your sense of location?

If you answered yes to any of the questions above, it's time to visit a doctor and work together to discuss your health and fall risk.



**9-8-8**

**SUICIDE  
PREVENTION  
LIFELINE**

**The National Suicide Prevention  
Lifeline Transitions to 988**

Effective July 16, 2022, Lifeline will be using the designated three-digit code 988 instead of 1-800-273-TALK (8255). Currently, The National Suicide Prevention Lifeline consists of a national network of call centers that provide free confidential support to individuals experiencing emotional distress or suicidal thoughts 24 hours a day, 7 days a week. Callers now can reach crisis services via the toll-free national hotline or by calling 911. In July, callers who dial 988 will be connected to a local suicide prevention hotline making it easier to access immediate lifesaving support. Vibrant Emotional Health, who is the current administrator of the National Suicide Prevention Lifeline, believes that this change will help increase accessibility to these much-needed services.

**Newton Residents Assistance Programs:**

**Utility Assistance for Low-Income Seniors**

The City supports low-income senior citizens with a one-time utility assistance credit of \$100. To qualify, you must be 65 years old or older, with a demonstrated financial need.

Customers are eligible to receive the credit once per year. To demonstrate need, you may use proof of Medicaid enrollment, Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), a child in your care that receives free/reduced-price lunch, or other income documentation.

**Home Weatherization and Rehabilitation Program**

The City will rebate up to 50% of the cost of materials up to \$1,000 for painting or guttering work on homes within the boundaries of the Neighborhood Revitalization Program. If there is a waiting list, priority will go to homes on a main arterial street (Main, First, or Broadway), owner-occupied homes, historic homes, low-income homeowners, senior citizens, and first-time home buyers.

**Sidewalk Repair Rebate Program**

Applications for the City's new Sidewalk Repair Rebate Program are now available for residents who received sidewalk violation notices. The application and more information is available by calling the third-floor reception desk at City Hall or online at [www.newtonkansas.com/sidewalk](http://www.newtonkansas.com/sidewalk). You can also contact the office of Revitalization and Preservation at 316-284-6001, <https://www.newtonkansas.com>.



**WE ARE BACK  
IN 2022  
LIVE**

The 10th Annual  
Kansas Education Conference on Dementia  
will be in person at the Kansas Star Event Center  
Mulvane, KS in 2022.

**Save the Date:**

**June 23, 2022**



**What are the most common types of dementia?**

- Alzheimer's disease
- Vascular dementia
- Lewy body dementia
- Fronto-temporal dementia
- Mixed dementia
  - Sometimes more than one type of dementia is present in the brain at the same time



Central Plains Area Agency on Ageing is pleased to sponsor these fun and interactive sessions and classes for 55+ learners, designed to help you stay active and engaged, learn new things, and support positive and healthy aging.  
<https://www.getsetup.io/partner/CPAAA>

# Medicare

Turning 65? Make sure your mailing address is up to date with the Social Security Administration. You can check by signing into Social Security at [ssa.gov/myaccount](https://ssa.gov/myaccount) or calling 1-800-772-1213.

Next, watch your mailbox! Typically you should receive a welcome package with a Red, White, and Blue Medicare card 3 months before your 65th birthday and a reminder letter mailed out one month before your 65th birthday. You will also receive an official "Medicare & You" handbook.

You'll likely get a lot of calls and mail from companies offering "Medicare" products (these are private companies, not Medicare). The official Medicare information sources are Medicare.gov, the "Medicare & You" handbook, and 1-800-MEDICARE.

Four different "parts" make up Medicare. Each provides coverage for different aspects of healthcare services: When you sign up for Medicare, you choose between two main plans: Original Medicare and Medicare Advantage.

### Original Medicare:

- Part A: Hospital insurance, like a hospital, stays or care in a nursing facility
- Part B: Medical insurance, including routine care, like checkups and outpatient care
- Part D: Prescription drug coverage

### Medicare Advantage:

- Part C: Medicare Advantage (usually includes prescription drugs)
- Part D (Drug Coverage): Helps cover the cost of prescription drugs (including many recommended shots or vaccines).

Medicare Supplemental Insurance (Medigap): Extra insurance you can buy from a private company that helps pay your share of costs in Original Medicare. Policies are standardized and are named by letters, like Plan G or Plan K. The benefits in each lettered plan are the same, no matter which insurance company sells it. Visit the Insurance of Kansas website for cost comparisons. <https://insurance.kansas.gov/>

With all plans and services, please make sure your preferred physicians and hospital take the selected coverage before deciding.

Call to make an appointment to come into Harvey County Department on Aging for a no-cost one-on-one meeting to help you navigate your options at 316-284-6880. Before the appointment, please create a login for [SSA.GOV](https://SSA.GOV).

You can find and compare health and drug plans at <https://Medicare.gov/plan-compare>, 1-800 Medicare. Or if you need help navigating your options Harvey County Department on Aging, 316-284-6880, and Harvey County K-State Research and Extension office, 316-284-6930 have trained SHICK (Medicare) Counselors available to you at no cost. Before the appointment, please create a login for [SSA.GOV](https://SSA.GOV).



There are over 2,500 benefit programs available nationwide covering a wide range of programs. Medications are one example. You may be eligible for. Find out what benefits may be available in your area.

Medications? You may be eligible for programs that save money on medications and other health care costs (such as copays and deductibles). People who have applied for these benefits can save, on average, \$4,900 annually in assistance.

Visit: <https://www.benefitscheckup.org/>



Fraudulent callers typically steal a person's identity by making up stories to try to obtain their name, Social Security number (SSN), or financial information.

Most of these scams take place over the telephone, but some do occur via email, U.S. mail, and door-to-door visits.

Medicare beneficiaries should be wary of the following schemes:

- Attempts to "verify your identity."
- Someone calls to tell you that you must provide identifying information to receive a new or updated Medicare card. They may even tell you there's a charge for the new card and request a credit card number as well.
- Bogus offers "free medical supplies."
- A caller will pretend to offer durable medical equipment or a medical checkup at no cost to you because "Medicare will cover it." The only catch is that the caller needs your SSN or Medicare Number to verify coverage and/or a credit card number to cover shipping costs for the free supplies.
- False claims that you're entitled to a "refund."
- Another devious variation involves a caller who explains that, due to a vague change in Medicare coverage, you're owed a refund. They will typically ask for your Medicare Number and bank account information so they can direct deposit the funds.



# Meet the staff



Lona Kelly, Director

Christy Estrada,  
Program Specialist



Karen Kaufman,  
Transportation  
Coordinator

Mary Adams,  
AmeriCorps RSVP  
Coordinator



Paula Whillock,  
RSVP Customer  
Service

# Interurban Drivers



Frenchy



Ed



Wayne



Jerry

# Harvey Interurban Transportation



**July 16, 2022, has been named Rural Transit Day** throughout the U.S. Harvey Interurban general public transportation is here to assist all Harvey County residents regardless of age. We can provide transportation for those who use a mobility device (wheelchair or scooter) within Newton and anyone who may need transportation within the county or to specialists in the surrounding counties such as Wichita, Hutchinson, McPherson, and others. Interurban requires a minimum of 24-hour advance notice, we take reservations on a first-call, first-serve basis, so it is important to call as soon as possible.

Thank you to all riders who allow Interurban drivers to provide courteous, safe, and respectful service to meet your transportation needs. Please share with us what Harvey Interurban general public transportation means to you.

We also want to find out if you are ready to take special trips to the Music Theater, Symphony, Flag Theater, or others. Email [kkaufman@harveycounty.com](mailto:kkaufman@harveycounty.com) or give us a call.

## Come ride with us!!

### Call 284-6802





*Connecting Seniors with Services*

Department on Aging  
800 N Main, PO Box 687  
Newton, KS 67114

Sign up for our  
*As We Age*  
Strengthening the Journey



Harvey County Department on Aging  
316-284-6880  
800 N Main, PO Box 687  
Newton, KS 67114