

As We Age

Strengthening the Journey

Harvey County Department on Aging Newsletter



In a few short weeks, we will welcome spring, and, therefore new beginnings.

Perfect timing for National Nutrition Month, it is a great time to focus on the health lessons that matter most to you. The 2022 theme of National Nutrition Month is Celebrate a World of Flavor. Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity.

The healthiest foods are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. Oh let's not forget about water. Water is an important nutrient too. Don't let yourself get dehydrated. The health benefits of staying hydrated are numerous, ranging from improved cognition to decreased joint pain. Even mild dehydration, as little as 2% fluid loss, can affect memory, mood, concentration, and reaction time.



Eat Right

For most adults, this means at least 400 grams (5 portions) of fruits and vegetables a day, as well as five to eight 8-oz. glasses of water. It is also important to keep your sugar intake low and to avoid highly processed foods that contain lots of sugar, fat, or salt. Try using spices and fresh herbs for flavor in your favorite dishes (rather than extra butter or fried coatings) and consider swapping less healthy ingredients for their vegetarian version, such as zucchini noodles instead of regular pasta. To increase your water intake (and decrease sugar), try subbing homemade flavored water for soda. Just add whatever natural ingredients you like to your next glass of water, such as lemon juice, cucumbers, fresh mint/basil, or strawberries.



Stay active

in a way that's fun for you. You're more likely to stick with a physical activity that you enjoy, so consider walking with a friend, trying a group dance class, going for a hike, or anything else that appeals to you. You can start with just 10 minutes a day, and eventually try building towards 30 minutes or more of daily exercise. Every little bit helps.

The American Red Cross is currently experiencing its worst blood shortage in over a decade. According to the American Red Cross, this blood crisis forces health care providers to choose who receives blood transfusions and who must wait. Because blood cannot be manufactured or stockpiled, it is only available through the generosity and kindness of those who volunteer to donate.



Make an appointment online at <https://www.redcross.org/local/kansas.html>. For local locations visit the website, or call 1-800-733-2767.

Challenges Are Faced Every Day

Today, the average life expectancy is at a record high of 79 years. As we get older, even the most independent among us may experience physical declines or financial hardship that strips away our independence. Add to that an increase in geographic mobility of our families, and the result is millions of older adults living with limited resources and support.

Contact Harvey County Dept. on Aging for a nutrition program available for those 60 and over in your area. These nutrition programs are made possible with Older Americans Act funding.

Visit a Harvey County Area Senior Center

Burrton Senior Center

124 N Burrton Ave, Burrton, KS 67020
(620) 463-3225

Grand Central (Newton)

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

Halstead Senior Center

523 Poplar St, Halstead, KS 67056
(316) 835-2283

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

Age my way!

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it. There is no “right” way. That’s why the theme of Older Americans Month (OAM) 2022 is “Age My Way.”

Harvey County Department on Aging is celebrating Older Americans Month in May 2022, along with Central Plains Area Agency on Aging, the Administration for Community Living, and other aging community partners. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

Age My Way looks different for each person.



Here are common things everyone can consider:

- **Planning:** What you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remaining involved and contributing to your community through work, volunteerism, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Do you know an older adult who is 60 years of age or older that exemplifies these traits? We are seeking nominations for the OAM winner for 2022. The winner will be recognized at a Harvey County Department on Aging Advisory Council meeting. The winner will also be submitted for the Irene Hart Award with Central Plains Area Agency on Aging.

Nominee Information:

First Name: _____
 Last Name: _____
 Address: _____
 Telephone: _____
 Email: _____

Person Submitting Nomination:

First Name: _____
 Last Name: _____
 Address: _____
 Telephone: _____
 Email: _____

Please attach information to describe why you are nominating this deserving person for the Harvey County Older Americans Month Award. Please define the specific way the nominee is “Age My Way” and the connections and impact they are having on the community around them.

If you would like a separate nominating form please email cestrada@harveycounty.com.



WE NEED VOLUNTEERS & Participants

Join RSVP as a volunteer or as a participant who would like to receive services.

Are you already taking a neighbor, friend or a fellow church member to doctor's appointments, the grocery store, a Senior Center or other activities? Guess what? You are already a volunteer. Why not sign up for Harvey County RSVP to help us track volunteerism in the county?

Volunteering is an important way through which people connect. It is also an important method of providing services and meeting the critical needs of communities that are not met by other means.

Enrich your life while enriching the lives of others.

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



Like shopping? Best of both world's: volunteer and shop. Join RSVP and request to be a Store to Door Shopper. You will meet some great people and help them stay in their homes, maintaining their independence.

Childcare Volunteers

Tuesdays from 6:15 - 8:15 PM (dinner provided between 5:30-6:15 PM). To provide support and supervision for children whose parents/caregivers attend Circle of Hope meetings and getting ahead class.



Volunteers help build and strengthen our communities by responding to the needs that make each community unique.



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

Please give Harvey County RSVP a call at 316-284-6881 to get started.



Welcome Our
New Volunteers

Kay L'Ecuyer

Janice Lichti

Barbara Martin



TAX SEASON SCAMS



Internal Revenue Service (IRS) reminds taxpayers to be aware that criminals continue to make aggressive calls posing as IRS agents in hopes of stealing taxpayer money or personal information.

The IRS will never:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card, or wire transfer.
- Threaten to immediately bring in local police or other law enforcement groups to have the taxpayer arrested for not paying.
- Demand that taxes be paid without giving taxpayers the opportunity to question or appeal the amount owed.
- Call unexpectedly about a tax refund.

Taxpayers who receive these phone calls should:

- Record the number and then hang up the phone immediately.
- Report the call to The Treasury Inspector General for Tax Administration using their IRS Impersonation Scam Reporting form or by calling 1-800-366-4484.
- Report the number to phishing@irs.gov and be sure to put "IRS Phone Scam" in the subject line.



Kansas Low Income Energy Assistance

provides an annual benefit to help qualifying households pay winter heating bills. Visit the Department on Aging office to pick up an application.

You can also contact LIEAP directly at 1-800-432-0043 or by visiting www.lieap.dcf.ks.gov

The deadline for LIEAP program is March 31, 2022

The Kansas Emergency Rental Assistance



program provides rent, utility, and internet assistance to households experiencing financial hardship. Call 1-800-569-4287



Medicare Interactive

Independent online reference tool thoughtfully designed to help older adults, people with disabilities, their families and caregivers, and the professionals who serve them navigate the complex world of health insurance at no cost.

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



"Age is simply the number of years the world has been enjoying you!" - Unknown

Caregiving Corner

Caring for a loved one can be a rewarding experience, but it can also be challenging. No one is ever completely prepared for the job, especially since caregiving is often a long-term responsibility that may become more difficult over time.

- Do you spend several hours per week helping a loved one with daily living, such as housework, driving, grocery shopping, medical care, or financial responsibilities?
- Do you sometimes put the needs of your loved one in front of your own?
- Are you overwhelmed with the responsibilities of caring for a loved one in your busy life?

If you answered **“yes”** to any of these questions, chances are you could use help.

Check into Community Resources:

- Meals
- Transportation
- Caregiver Support Groups
- Home Care Services
 - Full, part-time, or occasional help can make a big difference.



Contact Harvey County Department on Aging for more information 316-264-6880.



Family Caregiver programs are made possible through grants from the Central Plains Area Agency on Aging, with federal funds from the Older Americans Act.



Caregiver Services

A challenge of caring for older adults is the tendency to ignore your own physical and emotional health. Take some time for yourself and attend Prairie View's Caregiver Support Group, 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 PM to 4:30 PM, 2nd Thursday
(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.



The Central Plains Area Agency on Aging is pleased to offer Trualta, which includes classes to assist caregivers to address challenging situations and to expand their knowledge to improve their caregiving experience.

Lessons are available through video, audio, printable articles and interactive e-learning. Learn when and where you want.

Call 1-855-200-2372

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

Welcome to the team



Jerry

Harvey Interurban Transportation

Harvey Interurban provides general public transportation for Harvey County residents. All of our vehicles are handicap accessible. Call us to make a reservation for your transportation needs.

Cost - It can be expensive to maintain a vehicle. Harvey Interurban is a safe, convenient, low-cost alternative.

Safety - Some people do not feel comfortable driving in Wichita, Hutchinson, or McPherson. Our drivers have many years of driving experience, so let us handle the big city traffic!

Convenience - Harvey Interurban strives to meet each passenger's needs. We offer curb-to-curb pickup and drop-off. All you have to do is sit back and enjoy the ride.



**Come ride with us!!
Call 284-6802**

Seats are filled on a first-call, first-serve basis
A minimum of a 24-hour notice is required

*Newton to Newton ambulatory (non-wheelchair) riders,
please call OT Cab Company (316) 283-2960*



Connecting Seniors with Services

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

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Sign up for our
Newsletter

Give us a call if you would like
us to email or mail you the
Quarterly newsletter

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