

As We Age

Strengthening the Journey

Harvey County Department on Aging Newsletter



Let's talk about our feet.

They work hard and deserve a little time in the spotlight.

I know it's not the most glamorous front-page story, but we need to give our feet a round of applause for stepping up. Let's take a few minutes to stop, look, and listen to what our feet tell us. As we age, our feet need special care. The risks of chronic foot problems increase. These conditions can include corns, calluses, nail disorders, bunions, hammertoes, arthritis (including gout), and diabetes, to name a few. Foot pain affects approximately one in four older people, and pain can impair mobility and balance, increasing fall risk. Foot pain is a treatable medical condition, so share concerns with your medical professional. Wearing the wrong shoe can intensify problems, such as pain in your hips, knees, ankles, or feet.

Remember, the right shoe can help prevent, reduce or eliminate foot pain, and a lack of pain significantly impacts how stable and effortlessly you move.

- Measure your feet every time you buy shoes because your feet change as you age. It is common for one foot to be slightly larger than the other.
- Think about width as well as length. If the ball of your foot feels squashed, ask if the shoe comes in a wider size.
- Make sure you can wiggle all your toes when wearing the shoes. You need room for your foot to move within the shoe as you walk or run.
- The shoes should be comfortable; don't rely on 'breaking them in.'
- Walk or run a few steps in the shoes to ensure they are comfortable.
- Make sure the shoes grip your heel. Your heel should not slip in the shoes when you move.
- Feel the inside of the shoes to check for tags, seams, or other material that might irritate your foot.
- Examine the soles. Are they sturdy enough to protect against harmful objects?
- Try to walk around and check the grip/slipperiness on the carpet and hard surfaces.

Call your local senior center. Most have a Foot clinic monthly.

Licensed specialists perform routine foot checks, including foot soaks and toenail clipping. They can alert seniors to health problems before onset and guide them in seeking treatment if a condition has progressed.



Caregiving Corner



November is National Family Caregivers Month

Why wait until November to recognize your dedication or a family member who provides for a loved one? From morning to night, a caregiver balances the needs of the loved one and their family. They often see to financial matters and household necessities. Caregivers rarely have time for themselves, and there's always another thing to be done. It is so essential to offer some relief. Even the most minor things can make the most significant impact. No one should feel as if they are alone. We know most family caregivers volunteer their time, without pay, to help with the care needs of a loved one.

Seeking and accepting outside support is vital and can come from many sources like family, friends, neighbors, faith communities, and social media groups. It could be as simple as the cashier that took the time to listen. Attending caregiver support groups may relieve stress, knowing you are not alone, and it is an opportunity to learn from others in a similar situation. It is a place to express victories, anxieties, frustrations, sadness, and joy. It may keep you from being short with your words during a tense conversation.

Another great option is Respite Care through the Harvey County Department on Aging. Respite care provides short-term relief for primary caregivers. We are excited to announce that we have added a new respite provider, allowing more coverage for all Harvey County residents. For more information and to complete an assessment, please, call 316-284-6880.

Respite Care relieves a caregiver through in-home respite, overnight care, or adult daycare in a facility. The Older Americans Act (OAA) requirements/guidelines will need to be met. Private individuals cannot be paid to do this service. Harvey County Department on Aging can provide these services utilizing grant funds from the OAA, Kansas Department for Aging and Disability Services, and Central Plains Area Agency on Aging.

One day you will tell your story about how you overcame what you went through, and it will be someone else's survival guide.

Prairie View's caregiver support group

This group is open to all older adults who are caregivers and those who provide care to people 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 federal grant funds under the Older Americans Act.

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 at the Hesston Wellness Center 701 S Main St, Hesston, KS 67062. For more information please contact Marian Heidner, Life Enrichment Director, at 620-327-3452.



Join Us

Saturday, September 10, 2022
10:00 AM to 2:00 PM

Walmart Supercenter
1701 S. Kansas Rd, Newton



Join us at the 7th Annual Harvey County RSVP 9/11 Project in honor of First Responders.

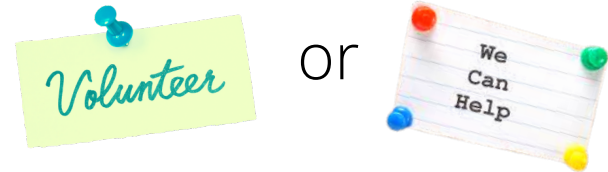
RSVP members will be ready to greet you with an aisle-guided list of donation requests. These items will replenish the food and supplies at our local Salvation Army. While shopping, gather up as many items on the list as you'd like. Checkout, then drop off the donated items on your way out of the store.



The need is more significant than before; be one of the many to help the Salvation Army restock the pantry.
All donations stay in Harvey County.

Welcome New Volunteers

- | | | |
|----------------|-----------------|----------------|
| Judith Searl | Joan Augustine | Karen Fulk |
| Marilyn Graber | Louise Thieszen | Glenda Raskupf |
| Linda Harder | Jeanie Flaming | Jean Mitchell |



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.

Going out and volunteering. It sounds simple, but many people don't volunteer because they don't know where to start.

~ Mark Foster

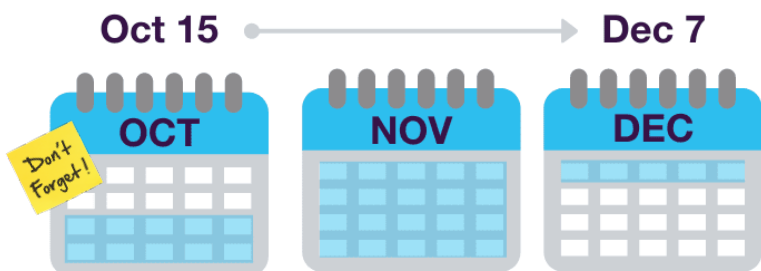


Start Here
Harvey County
RSVP
316-284-6881

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

Medicare

Open Enrollment



Each year people on Medicare have the opportunity to review their health and drug coverage for the next year during the Open Enrollment Period from October 15 through December 7.

Senior Health Insurance Counseling for Kansas (SHICK) is available to answer questions and assist beneficiaries with their enrollment needs.



Put a reminder on the October calendar to call one of the following locations to make an appointment.

- 316-284-6930, K-State Research and Extension
- 316-283-2222 Grand Central Senior Center
- 316-835-2283, Halstead Senior Center
- 620-327-5099, Hesston Senior Center
- 316-772-0393, Sedgwick Senior Center
- 316-284-6880, Harvey County Department on Aging
- 1-800-860-5260 SHICK for Kansas

The Medicare Prescription Drug Plan Finder
www.medicare.gov



Prescription Drugs Costs:

According to Kaiser Family Foundation (KFF), prescription drug prices are rising faster than inflation; 8 out of 10 adults say prescription drug costs are unreasonable. KFF polls also revealed that about 3 out of 10 adults report not taking their medicines as prescribed because of the cost. Some do not fill prescriptions, cut the pills in half, or skip doses.

Don't skip Important Medications. The most important thing you can do for your health is to stay on track with your medications.

- Switch to generic medications
- Compare prices at different pharmacies
- Pharmaceutical Assistance Program
 - Visit Medicare.gov and search State Pharmaceutical Assistance Program
- Check out coupon savings
 - CommunityCaresRX.com
 - WellRX.com
 - GoodRX.com
 - Costplusdrugs.com
 - prescriptionhelp@aaace.com
 - singlecare.com
 - discountdrugnetwork.com
 - rxsaver.com
- Health Ministries Clinic
 - Sliding fee scale for anyone at or below 200% of the Federal Poverty Level
- Help with insulin costs
 - lilly.com/resources/diabetes-solution-center
 - InsideRx.com
 - BlinkHealth.com
- Patient Assistance Plans
 - RXAssist.org
 - RXOutreach.com
- Medicare Savings Programs

Always check out the company/manufacturer before making any changes.

Medicare Savings Programs

Get help from your state paying your Medicare Part A and B premiums. If you qualify, Medicare Savings Programs might also pay your Part A and Part B deductibles, coinsurance, copayments, and possibly even extra help paying for your prescription drugs.

Apply for Medicare Savings Programs through your state. When you apply, your state determines which program(s) you qualify for. Even if you don't think you qualify, you should still apply.

- Do you have Medicare Part A?
- Is your income at or below the income limits in the chart below?
- Are your *resources at or below \$8,400 for one person or \$12,600 for a married couple?

Medicare Savings Program	Monthly income limit for one person	Monthly income limit for a married couple	MSP pays or lowers
Qualified Medicare Beneficiary (QMB)	\$1,133	\$1,526	Part A, Part B and Part D premiums, co-pays, deductibles and co-insurance.
Low Income Medicare Beneficiary (LMB)	\$1,359	\$1,831	Part B and Part D premiums
Expanded Low Income Medicare Beneficiary (ELMB)	\$1,529	\$2,060	Part B and Part D premiums

If you answer **“Yes”** to all 3 of these questions, apply online at www.ApplyforKanCare.ks.gov, or you can request a paper application be mailed to you by calling 1-800-792-4884.

***Resources** include money in checking and savings accounts, CDs, and stocks and bonds. Do not count the house you live in, household items, or your car as resources).

Durable Medical Equipment (DME) supplies are essential to daily activities.

Medicare covers medically necessary supplies. DME is generally covered under Medicare Part B. Once you pay the yearly Part B deductible, Medicare pays 80%, and you pay the remaining 20% of the cost. If you've secondary coverage through private insurance, also known as Medigap or supplemental insurance, they may pay the remaining 20% of the costs. Medicare requires information to be included with the prescription. Consult your healthcare provider for more details. Medicare will cover the base model, but upgrades will be out-of-pocket costs.

Warning Signs of SCAMS:

- Someone claiming to be from Medicare calls to say you're eligible for a free knee or back brace, and they need your Medicare or Social Security number to process the benefit.
- Check your Medicare Summary Notice (MSN) or an explanation of benefits (EOB) from your health plan. If it lists medical equipment, you did not order or receive it.
- Using telemarketing and hard-sell tactics.

Durable medical equipment (DME) coverage Medicare.gov

Low or no-cost DME

borrow, donate, or recycle

- Medical Loan Closet
316-779-8989
- Living Resource Center
316-942-6300.

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 316-284-6802



Join like-minded travel buddies on adventures to places like the Wichita Symphony Orchestra, Flag Theater, and Music Theatre Wichita.

Interurban is in the planning stages resume recreational trips. We need a minimum of 5 people to put these on the schedule.

COME RIDE WITH US!

Harvey Interurban provides general public transportation for Harvey County residents. All of our vehicles are handicap accessible.

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 years of driving experience, so let us handle the considerable 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.

Seats are filled on a first-call, first-serve basis. A minimum of 24-hour notice is required. For Newton to Newton ambulatory (non-wheelchair) riders, please call OT Cab Company (316) 283-2960.

September is National Senior Center Month

Senior Centers are often a real lifeline for social connection and play an essential role in mental, emotional, and physical health.

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

October



Awareness Month

Regular mammograms may help find breast cancer early when it is most treatable. Talk with your doctor about the proper screenings based on age, family history, and risk factors.

LIVESTRONG® at the YMCA For Cancer Survivors

This free 12-week program focuses on healing the whole person.

With LIVESTRONG® at the YMCA, cancer survivors work with trained staff to build strength and muscle mass, increase flexibility and endurance, and improve functional ability while providing a supportive community to enhance their emotional well-being.

Our LIVESTRONG® at the YMCA is FREE for all participants (even non-members).

Newton YMCA

701 E. Wheatridge Drive,
Newton, KS 67114
316-776-8350

<https://ymcawichita.org/programs/health-and-fitness/livestrong>





HarveyCounty

Department on Aging

800 N Main, PO Box 687
Newton, KS 67114

Sign up for our
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Strengthening the Journey



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