

As We Age

Strengthening the Journey
Harvey County Department on Aging Newsletter

September is National Senior Center Month "Discover Yours."



September is National Senior Center Month, a month dedicated to highlighting the vital role that senior centers play in our lives. Did you know that Harvey County has five senior centers? Burrton, Halstead, Hesston, Newton, and Sedgwick have a senior center.

Harvey County Department on Aging joins the National Council on Aging in declaring September a time to highlight the many services offered at our senior centers while promoting a positive image of aging.

The 2023 theme is "**Discover Yours.**" The theme encourages us to tap into our potential, try new things, and uncover hidden talents or passions.

"**Discover Yours**" encourages us to actively explore new activities, hobbies, and experiences. It emphasizes that there is always time to try something new and encourages self-discovery.

"**Discover Yours**" sets the stage for an inclusive environment where people from diverse backgrounds can explore their interests and find activities that resonate with them.

"**Discover Yours**" invites us to focus on personal growth and self-improvement.

"**Discover Yours**" fosters a sense of community and camaraderie among people. By encouraging us to discover our interests, we can share our experiences with others, sparking conversations and connections within the senior center.

Fall Prevention Awareness

September 18-22

Did you know that falling is not a normal part of aging?

We can prevent most falls. Falls are a leading cause of injuries, hospitalizations, and deaths among older adults. The majority of falls happen in the home. Here are a few helpful hints.

- Keep electrical cords near walls and arrange your furniture to keep clear pathways.
- Keep floors dry. Wipe up spills immediately.
- Keep your home brightly lit.
- Use night lights and keep a flashlight within reach of your bed if you need to get up in the middle of the night.
- Take advantage of things that simplify life, like installing handrails and grab bars.
- There is no shame in using assistive devices that allow you to be more independent, like a walker, cane, and shower chairs.
- Remove throw rugs, which can slip, or secure them with rubber nonskid matting.

Be honest with your healthcare professionals. Only you know how you are genuinely feeling.



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

This class helps to reduce the fear of falling and increases activity levels among older adults.

Call the Harvey County Department on Aging for more information 316-284-6880
Classes are limited to 12 participants, so sign up quickly.

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.

Joining forces to help stop **SCAM** calls

Nobody likes getting bombarded with those annoying robocalls. They often push scams for fake auto warranties and debt relief programs.

The Federal Trade Commission and law enforcement agencies from all 50 states are taking action to stop them. And you can help, too.

Please be sure to know your rights.

- A robocall trying to sell you something is illegal unless the company has your written permission to call you that way.
- Spot the scams that use illegal robocalls. Many illegal robocalls lead to scams. They might try to convince you the call is from the government, tech support, or your auto warranty company, but it's not. It's a scam.
- Hang up on phone scams. Some scammers will call you and say you won a prize, but you must pay for it. (Don't. It's a scam.)
- The scammer may say that you'll be arrested for the money you owe and must pay immediately. (That's also a scam.) Hang up or delete the voicemail.
- Don't press any numbers or call back.
- Report scams and illegal robocalls.

Reporting helps law enforcement and investigators stop scams and illegal robocalls. Visit the websites below for more information.



FEDERAL TRADE COMMISSION
IdentityTheft.gov



FEDERAL TRADE COMMISSION
DoNotCall.gov

OPERATION Stop Scam Calls

Robocalls trying to sell you something are almost always illegal. Many are also probably scams.

Learn more at ftc.gov/calls

Are You Guilty of Positive Ageism?



There is not a specific way that older adults should look, act or behave!

Positive aging is about maximizing the benefits of being older and keeping a good attitude. It is about keeping a positive growth mindset. Just like any other phase of life, regardless of challenges or opportunities. Recognizing that getting older is a natural part of life allows us to celebrate the wisdom and experiences that come with it.

Let's challenge age-related biases, break free from stereotypes, and create a more age-equitable society where people of all ages can thrive.

Thank you for not assuming that anyone is too old for anything.



Together, we can embrace the beauty of aging and live our best lives!



Harvey County Health Department Flu Clinics

October 6, 2023, from 9 - 11 a.m.
Sedgwick Senior Center
107 W 5th Sedgwick, KS 67135

October 11, 2023, from 10 - 11 a.m.
Halstead City Hall
303 Main St Halstead, KS 67056

October 19, 2023, from 1 - 4 p.m.
Kidron Bethel Village
3001 Ivy Dr. North Newton, KS 67117

October 26, 2023, from 11 - 2 p.m.
Hesston College (ERB Hall/Larks Nest)
301 S. Main Hesston, KS 67062



Visit The Health Fair

Saturday, October 21, 2023, From 8 - 11 a.m.
At Hesston Middle School, in the gymnasium
Flu Clinic is hosted by the Hesston Pharmacy.

Please call the Harvey County Health Department at 316-283-1637 for more dates and times.

2023 Medicare OPEN ENROLLMENT

Senior Health Insurance Counseling for Kansas (SHICK) can answer questions and assist beneficiaries with their enrollment needs. Each year, people on Medicare have the opportunity to review their health and drug coverage for the following year.

Open Enrollment Period from Oct. 15 and continues through Dec. 7.

- You can switch from one Part D plan to another during this time.
- You can switch from Original Medicare to an Advantage Plan.

If you currently have a Medicare Advantage Plan, you must wait till January 1 to March 31, 2024, to switch from one Medicare Advantage plan to another.



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Please call one of the following locations to make an appointment.

K-State Research and Extension

Phone: 316-284-6930, by appointment only
Location: Lower Level of Harvey County Courthouse
800 N. Main Room 11, Newton, KS 67114

Newton Senior Center

Phone: 316-283-2222, by appointment only
Location: 122 E. 6th St, Newton, KS 67114

Hesston Area Senior Center

Phone: 620-327-5099, by appointment only
Location: 108 E. Randall, Hesston, KS 67062

Sedgwick Senior Center

Phone: 316-772-0393, by appointment only
Location: 107 W. 5th St, Sedgwick, KS 67135

Department on Aging

Phone: 316-284-6880, by appointment only
Location: Harvey County Courthouse
Main Floor - 800 N. Main, Newton, KS 67114

1-800-860-5260, Senior Health Insurance Counseling for Kansas (SHICK) for more locations and appointments

Please Bring

All your medicines from all your doctors!

Even medicines you don't take all the time!



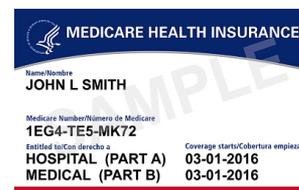
Bring the bottles or a detailed list

Medicare.gov

Bring login information,

If you do not have a Medicare.gov account, we can help you make one.

Please bring your Medicare card.



November is National Caregivers Month

Harvey County Department on Aging appreciates caregivers for everything they do for our community.

Caregivers are the ears that always listen, arms that hug with never-ending love, and a heart of gold.

Superheroes are ordinary people who find the strength to persevere and endure despite overwhelming challenges.

Superheroes don't always wear capes.

THANK YOU



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

These programs utilize grant funds from the Older Americans Act, the Kansas Department for Aging and Disability Services, and the Central Plains Area Agency on Aging.

Caregiver stress

Caring for a loved one strains even the most resilient people. If you're a caregiver, take steps to preserve your health and well-being.

As a caregiver, you may be so focused on your loved one that you don't see how caregiving affects your health and well-being.

The signs of caregiver stress include:

- Feeling burdened or worrying all the time.
- Feeling tired often.
- Sleeping too much or not enough.
- Gaining or losing weight.
- Becoming easily irked or angry.
- Losing interest in activities you love.
- Feeling sad.
- Frequent headaches or other pains
- Misusing alcohol or drugs, including prescription medicines.
- Missing your medical appointments.

You are not alone. Ask for the help you need. Besides asking family and friends, use local resources for caregivers.

Caregiver Support Groups

A caregiver support group can be a lifeline, providing a place in person, on the phone, or online to hear and share caregiving experiences confidentially:

NMC Health – South Conference Room

600 Medical Center Dr. Newton, KS
Emergency Entrance
The last Thursday at 6 p.m.

Hesston Wellness Center - Creative Arts Studio

701 S. Main St. Hesston, KS
Third Tuesday 2:30 p.m.

Kansas Christian Home

1035 S.E. 3rd St. Newton, KS
Third Wednesday 10 a.m.

Central Plains Area Agency on Aging

271 W. 3rd St. N. Wichita, KS
Third Wednesday 6 p.m.
Virtual and in-person
1-855-200-2372

8th Annual Harvey County RSVP 9/11 Project in honor of First Responders

Saturday, September 16, 2023, from 10 a.m. to 2 p.m.
Dillons (North) 1216 N Main St Newton, KS 67114
Dillons (South) 1410 S Kansas Ave, Newton, KS 67114



Unite in Service. *Never Forget.*
First responders give to our community.

Donate in honor of First Responders.

Simple process

- Aisle guide requested donations
- Pick up items to donate while shopping
- Pay, then donate items outside the store

"There is a continued need."

Be one of the many to help The Salvation Army pantry restock.

Donations are kept in Harvey County.



Volunteers are the glue that holds a community together.

We need a few volunteers to help with this food drive, willing to give two hours, handing out flyers, and accepting donations. Please call Mary, RSVP Coordinator, at 316-284-6881.

Welcome New Volunteers

Max Graber, Richard Heim, Karen Marlar, Kay Ann Ours

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

Call RSVP for more information at 316-284-6881

Volunteer Opportunities

Book Reviews

Clerks

New Jerusalem

Front Desk
Lunch/Salads
Landscaping

Et Cetera Shop

Sorting
Pricing
Maintenance Clerk

Meals on Wheels

Route drivers, pick your schedule from what is available or substitute by filling in when others have appointments or vacations, or be on call for last-minute needs.

Store-to-Door Shopper

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

Friendly Caller

Calling an older adult in the community who is at high risk of isolation and loneliness.

NMC Health

in hospitality, patient companionship, and many others.

Meet the staff



Lona Kelly, Director

**Christy Estrada,
Program Specialist**



**Karen Kaufman,
Transportation
Coordinator**

**Mary Wilson,
AmeriCorps RSVP
Coordinator**



**Paula Whillock,
RSVP Customer
Service**

Interurban Drivers



Frenchy



Ed



Wayne



Jerry



Lenny

Skip the stress of city driving and let our experienced drivers handle bumper-to-bumper traffic, pedestrians, and cyclists. You won't miss those days of circling the parking lot to find a parking spot, as Harvey County Interurban will drop you off and pick you up with our curb-to-curb service.

Harvey County Interurban 316-284-6802

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



Harvey County 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.)
- 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 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.

Please join us for a monthly recreation trip.

On September 11, 2023, we have the Kansas State Fair trip planned.

Please let us know if you'd like to reserve your spot.

All monthly recreational trips are listed online at

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

We'd be happy to have you join us for any or all of the trips.



Department on Aging

800 N Main, PO Box 687

Newton, KS 67114

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Strengthening the Journey

Sign up for our
As We Age
Strengthening the Journey



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316-284-6880

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