

# As We Age

## Strengthening the Journey

Harvey County Department on Aging Newsletter



*Happy  
Holidays*

**We are excited to present our NEW quarterly newsletter.**

Harvey County Department on Aging mission is to deliver accessible quality services that sustain healthy lifestyles and self-sufficiency. To support and assist persons over 60 in Harvey County with the information and assistance necessary to maintain wellness and independence.

Our values guide our work and service:

Respect for every individual  
The dignity of every individual  
Right to self-determination

Independence  
Advocacy  
Diversity

# 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**

## Caregiving Corner

Harvey County Department on Aging Provides Caregiver Support:

Many of us are caregivers whether we realize it or not. About 40 million Americans provide unpaid care to older adults and adults with disabilities. Many caregivers work and juggle other responsibilities that can take a toll and reduce the caregiver's ability to care for one's self. Almost half of all caregivers are older than age 50 and are vulnerable to a decline in their health.



Harvey County Department on Aging assists with coordinating caregiver support services to strengthen each caregiver and help them reduce the stressful exposures which allow them to provide in-home care longer.

**Assistance:** We provide one-on-one contact with caregivers, supplying the most current program and service information available to address their specific needs., in-person or over the phone.

**Program Information:** We provide group education and information at events such as health fairs, newsletters, and social media. This outreach is to identify potential caregivers and encourage their use of existing services and benefits.

**Respite Care Programs:** Caregivers of adults, 60 years of age or older, relief from their caregiving duties. Respite means the relief of a caregiver through in-home respite, overnight care in a facility, or adult daycare in a facility.

An assessment must be completed, and Older American Requirements must 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 Older American Act, the Kansas Department of Aging and Disability Services, and the Central Plains Area Agency on Aging.



## Help is a call away

Caregiving is a constant learning journey.

Central Plains Area Agency on Aging is offering Trualta, funded through the Older Americans Act.

Trualta is a virtual training platform for Caregivers caring for an older adult. Lessons are available through video, audio, printable articles and interactive e-learning.

Preparing & supporting families, extend the length of time that seniors age in place by building skills to help families manage care at home.

<https://www.cpaaa.org/virtual-classes>

## In-Home Help after a Hospital Stay

The 90-Day First Step program is for those who are 60+ and hospitalized within the last two weeks or have been discharged from doctor-ordered home health care following hospitalization in the last two weeks.

It is a terrific program for people still in the recovery process to get assistance in their homes. Services possible through this program are homemaker duties (cleaning, laundry, shopping, and meal prep) or personal care (bathing, dressing, transferring, etc.). There is no co-pay, but participants do have to meet income guidelines.

The program is for 90 days during a grant year.

The program is not renewable or extended.

Services are provided through a home care agency.



**If you would like more information please contact Central Plains Area Agency on Aging at 1-855-200-2372**

## Newton Meals on Wheels



Newton Meals on Wheels provides hot, nutritious meals delivered daily for adults 60+. Not only do they deliver meals, but they check on the well-being of the homebound older adult. Last quarter Newton Meals on Wheels served 6,513 meals. Do you want to get out and help your community? Meals on Wheels is looking for 5 more volunteers. Call 316-283-3500



### Come work with us...

DRIVER - Part-time position applications are available in the Administration Office, Harvey County Courthouse, 800 N Main, Newton, KS, or you may apply online at [www.ksgovjobs.com](http://www.ksgovjobs.com). Questions call 316-264-6802.

VOLUNTEER



**Come and join Harvey County RSVP**, we are seeking persons who can volunteer from their home to provide telephone calls and send cards and letters as a "Friendly Caller and/or Pen Pal" to older adults in the community who are at high risk of isolation. Time commitment is approximately 15 minutes a week. Please give Harvey County RSVP a call at 316-284-6881 to get started.



*"Aging isn't a problem or disease.  
Aging is living."*

- ASHTON APPLEWHITE



The Martin Luther King Jr. Day of Service is a defining moment each year when Americans across the country step up to make our communities more equitable and take action to build the Beloved Community of Dr. King's dream. While Dr. King believed the Beloved Community was possible, he acknowledged and fought for systemic change. His example is our call to action. Observed each year on the third Monday in January, MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities.

This year the Harvey County Department on Aging – RSVP Volunteers will be hosting a food drive to benefit the Harvey County Salvation Army for their MLK Day of Service. The MLK Day Food Drive will be held on Saturday, January 15, 2021, from 10 a.m. – 2 p.m. at both North and South Dillions in Newton. Volunteers will distribute flyers with requested food items and where to find them in the store. All collected food will be distributed by Newton Salvation Army to Harvey County residents. If you would like more information or to sign up as a volunteer please call 316-284-6881.



## Turning 65 and need to enroll in Medicare?

If you are close to 65 and not receiving Social Security or Railroad Retirement Board benefits you will need to enroll in Medicare. (If you have one of these benefits you will be enrolled automatically).



To get started, two or three months before you turn 65 contact Social Security to enroll in Medicare. The fastest way is to go online to [SSA.gov](https://www.ssa.gov) and create an account and then enroll in Medicare. You will need an email address to utilize online enrollment. If you need additional help please call Harvey County Department on Aging and we will be glad to assist. If you do not have computer access and email you will need to call the [Social Security office at 866-931-9173](https://www.ssa.gov) and follow the phone prompts, be prepared to wait for 30 plus minutes.

Once you have enrolled for Medicare Benefits you will receive your Red, White, and Blue Medicare card. Now it is time to look at the coverage options and choose what is best for you. Medicare has two options one is Original Medicare and the other is Medicare Advantage plan. If you have the Red, White and Blue "Medicare and You" booklet for 2022, you will find an at-a-glance comparison on page 6. You can also find this information online at [Medicare.gov](https://www.medicare.gov). After reviewing the information you are ready to complete your enrollment. If you still have questions, please call the Harvey County Department on Aging and we will be happy to assist you.

## Plan Ahead for Phase-Out of 3G Cellular Networks and Service

If your mobile phone is more than a few years old, you may need to upgrade your device before your mobile provider shuts down its 3G network, to avoid losing service. For more information on your mobile provider's plans for 3G retirement and how you can prepare, contact your provider directly.



What is happening? Mobile carriers are shutting down their 3G networks, which rely on older technology, to make room for more advanced network services, including 5G. As a result, many older cell phones will be unable to make or receive calls and texts, including calls to 911 or use data services. This will affect 3G mobile phones and certain older 4G mobile phones that do not support Voice over LTE (VoLTE or HD Voice).

When is it happening? As early as January 1, 2022, though plans and timing to phase out 3G services will vary by company and may change. Consult your mobile provider's website for the most up-to-date information.

- AT&T announced that it will finish shutting down its 3G network by February 2022.
- Verizon announced that it will finish shutting down its 3G network by December 31, 2022.
- T-Mobile announced that it will finish shutting down Sprint's 3G CDMA network by March 31, 2022, and Sprint's 4G LTE network by June 30, 2022. It also announced it will shut down T-Mobile's 3G UMTS network by July 1, 2022, but has not yet announced a shutdown date for its 2G network.

If your mobile carrier is not listed here, you may still be affected. Many carriers, such as Cricket, Boost, Straight Talk, and several Lifeline mobile service providers, utilize AT&T's, Verizon's, and T-Mobile's networks.

Note: These are dates for completing the shutdowns. Carriers may begin retiring parts of their networks sooner.

Additional Resources: <https://www.fcc.gov/lifeline-consumers>



To apply for Lifeline, a consumer must generally use the National Verifier application system. The National Verifier is a centralized system established by the FCC and operated by USAC that verifies Lifeline applicants' eligibility and recertifies subscriber eligibility annually. Consumers who would like assistance from a service provider when applying can use the "Companies Near Me" tool to locate a Lifeline program service provider in their area.

Lifeline at (800) 234-9473

[LifelineSupport@usac.org](mailto:LifelineSupport@usac.org)






Hang up if.....

 Caller **threatens you** with arrest or property seizure

 Caller **claims to be your grandchild** or loved one in trouble with the law

 Caller **asks you to wire money**, mail cash, pay with gift cards or Bitcoin.

 A **repair person calls** out of the blue and wants to “fix” your computer

 Caller is **unsolicited** and wants personal information

### Harvey County Helpful Numbers:

Attorney's Office: 316-284-6830

Better Business Bureau: 316-263-3542

Newton Police Department: 316-284-6030

Harvey County Sheriff: 316-284-6960





*Connecting Seniors with Services*

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



*As We Age*  
Strengthening the Journey

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

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