

As We Age

Strengthening the Journey

Harvey County Department on Aging Newsletter

Intergenerational Day June 1, 2023



Intergenerational interactions and connections help older and younger people feel connected, cared for, and valued. They enjoy learning new skills and discovering a new sense of purpose. Both younger and older enjoy becoming teachers and students, increasing self-esteem and overall well-being. It helps reduce the negative stereotypes and prejudices of all generations.

Friendships between older and younger people help make our communities stronger. Here are some ways you can connect.

Newton Meals on Wheels: This is an excellent opportunity to volunteer. Volunteers pick up meals at a central location and deliver them along a pre-determined route directly to the homes of seniors in your area. You can call 316-283-3500 to start volunteering today.

ENLITE: Deliver books from the library to those unable to come to the library to checkout items. Return read books to the library from homebound individuals. You can call 316-283-2890 to start volunteering today.

Volunteer or visit a Local Senior Center:

Burrton Senior Center, 620-463-3225, 124 N Burrton Ave, Burrton, KS

Halstead Senior Center, 316-835-2283, 523 Poplar St, Halstead, KS

Hesston Area Senior Center, 620-327-5099, 108 E Randall St, Hesston, KS

Newton Area Senior Center, 316-283-2222, 122 E 6th St, Newton, KS 67114

Sedgwick Senior Center, 316-772-0393, 107 W. 5th, Sedgwick, KS



June is National Men's Health Awareness Month

Stay ahead of your health with a preventative visit.

Your provider will ask you to complete a health risk assessment questionnaire for yearly wellness exams. Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit. If you have Original Medicare, you may pay nothing for these preventative services. Visit [Medicare.gov](https://www.Medicare.gov), and you can find doctors and clinicians in your area.

Preventative services help you stay healthy, detect health problems early, determine the most effective treatments and prevent certain diseases.

Preventative services include exams, shots, lab tests, screenings, health monitoring programs, counseling, and education to help you take care of your health.



Join us in turning purple on June 15, 2023

Minimize the Risk of Becoming a Victim

- No one has the right to hit you, to treat you like a child, or to humiliate you.
- No one has the right to take your money or to hurt you.
- Elders have the right not to be yelled at and not to be threatened.
- Elders have the right to control their finances and property.

For more information, please visit [worldelderabuseawareness.com](https://www.worldelderabuseawareness.com)

Use this social media tag **#RightsDoNotGetOld** or **#WEAAD** to show support on June 15, 2023

Where do I call when I need help?

Elder Abuse Hotline

Call 1-800-96-ABUSE (1-800-962-2873) If you suspect that you or someone you know is a victim of abuse, neglect, or exploitation. All calls are confidential.

Suicide & Crisis Lifeline

Call **988** or text 838255. We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support.

Veterans Crisis Support

Call 24/7 1-800-273-TALK (8255), for confidential crisis support for Veterans and their loved ones. You do not have to be enrolled in VA benefits or health care to connect.

Call or text 911 for immediate emergencies.



Adults 60 years and over are at higher risk for drug overdose than one might think.

Opioid medications function by mimicking natural endorphins, making them very addictive. Endorphins may mask pain perception and boost feelings of pleasure, creating a temporary sense of well-being. According to the Centers for Disease Control and Prevention, those 65-plus experienced the most significant percentage increase (28%) of drug overdoses in 2021. The rates have also steadily increased for those 55 to 64 years, from 37.3 per 100,000 to 45.3 in 2021. Also, in the 2021 data for those 65 years and older, 57% of drug overdose deaths were due to opioids, 39% were due to stimulants, and 18% were due to a combination of both, with 83% being unintentional. It is essential to think and plan for possible overdoses as we age. Many older adults take multiple prescription medications increasing the risk of interactions and sometimes overdose. Adding illicit drugs or alcohol will increase this risk. Many pain management plans continue to use opioids in some instances. Older adults need a clear and open communication path with their care team in these instances, considering the slower metabolic rate as we age.

Melinda Hiebert, Social Worker and Community Mobilizer for Mirror, Inc., a leading provider of drug and alcohol prevention programs in Kansas, would like to remind us all that there are alternatives to Opioids for pain management. Some things to try could be massage, chiropractic care, physical therapy, acupuncture, NSAIDS like Advil or aspirin, light exercise, or muscle relaxers. Opioids can lead to addiction or overdose when taken over some time. Be aware of what each medication you take does, and continually talk to your doctor about how long you should be taking it. Consider having Naloxone handy in case of an accidental overdose. Naloxone is an opioid reversal agent that can increase the chance of survival in the case of an accidental overdose. If you are taking opioid medications, ask your doctor or pharmacist about getting Naloxone (or Narcan).



July is National Minority Mental Health Awareness Month

Minority mental health brings awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. Many cultures may neglect to discuss issues such as depression, anxiety, and other forms of distress. Mental Health America states, "Multiracial people were the most likely to screen positive or at-risk for alcohol and substance use disorders, anxiety, depression, eating disorder, and psychosis." It is important to address the systematic upbringing and disparities developed historically for minority groups in the United States. Thankfully, as a society, we are beginning to break down the stigma, address systematic inequalities, and improve access to care.



Newton Police Department offers a safe place for residents to dispose of expired or unused medications, accepting over-the-counter and prescription drugs in the secure drop box in the lobby. No need to answer any questions or provide any information. Lobby hours are 8 a.m. to 5 p.m. 120 E 7th St, Newton, KS 67114 Monday through Friday, excluding holidays. No liquids or syringes will be accepted.

Another option is to ask your pharmacist if they can safely dispose of your medications or if they have a DeTerra bag available.

Watch for information on Drug Take Back events held in Harvey County each year in April and October.

Caregiving Corner

Building Your Care Team

Building a care team is familiar, yet many families and caregivers need to know its importance to their respective roles. Planning a team should begin as soon as it's apparent that an individual needs care. First, list those individuals who can join the care team and contribute to its success.

Team players:

- Family, Friends, and Neighbors
- Physicians/Pharmacists
- Medical Professionals
- Counselors/Therapists
- Adult Day Program Staff
- Home Care Providers
- Caregiver Consultant
- Social Worker
- Clergy/Church Members
- Volunteers
- Local Department on Aging



Each family member has unique skills and abilities they can contribute to the care team. It's vital to discuss everyone's availability, skills, and willingness to be a care team member.

Family members not in town are still valuable members of a care team. They can relieve frustrations for other care team members by doing the behind-the-scenes work that often is time-consuming. They can research and gather information on programs and services. We often underestimate the power of small gestures that can mean so much to other care team members and care recipients, like sending cards or letters or a friendly voice on the phone.

The physician and their staff will offer medical guidance to care for an individual. Pharmacists can answer questions regarding medication usage and interactions. Counselors, therapists, and social workers are available to help with resource management and emotional needs assisting the caregiver in sorting out feelings and gaining perspective. Home care agencies offer certified and licensed staff to provide custodial and skilled care services. The Harvey County Department on Aging assists with local programs and support; call 316-284-6880 to learn more.

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

Mental Health and Medicare

Medicare covers both inpatient and outpatient mental health care. And Medicare prescription drug plans cover medications used to treat mental health conditions but check the formulary to ensure the brands and dosages you take are included.

Ask all providers if they take your Medicare insurance before you begin receiving services. If they don't, you will likely be responsible for the full cost of the care.

According to the Kaiser Family Foundation, psychiatrists are more likely than any other type of physician to opt out of Medicare, meaning Medicare will not cover any of the cost of the care from those doctors.

Not all non-medical providers (like psychologists or clinical social workers) are Medicare-certified. If you need a list of providers near you who accept Medicare, you can go to www.medicare.gov/care-compare.

Medicare Part A covers inpatient mental health care that you receive in a psychiatric hospital (a hospital that only treats mental health patients) or a general hospital. Your provider should determine which hospital setting you need.

If you receive care in a psychiatric hospital, Medicare covers up to 190 days of inpatient care in your lifetime. If you have used your lifetime days but need additional mental health care, Medicare may cover your care at a general hospital.

Medicare Part D covers most prescription drugs used to treat mental health conditions. You may have Part D coverage through a Medicare Advantage or stand-alone Part D plan. All Part D plans must cover at least two drugs from most drug categories and all drugs available in specific types, including antidepressants and antipsychotic medications.

Medicare "Flex" Cards

Fact, not Fake: Flex cards are not a Medicare benefit on Original Medicare.

The flex cards are available on some specific Medicare Advantage plans and issued by private insurance companies.

Fact, not Fake: Medicare Advantage plans offer flex cards, and it is legitimate.

Unfortunately, scammers target Medicare recipients with misleading information and dishonest or misleading commercials. Please call the company directly using their main number or the number on the back of your Advantage plan insurance card.

Here are some red flags to watch out for:

- Claims that it is a government program.
- Claims that flex cards are free money.
- Unsolicited phone calls.

Before enrolling in a Medicare Advantage Plan that offers the flex card, consider the plan's overall benefits. Sometimes the added benefits you get with the flex card may not be worth the tradeoffs.

If you believe you or someone else has been the victim of a Medicare Flex card scam. Please report it by calling 1-800-MEDICARE (1-800-633-4227).



The Reframing Aging Initiative

is a long-term social change endeavor designed to improve the public's understanding of what aging means and the many ways that older people contribute to our society. This greater understanding will counter ageism and guide our nation's approach to ensuring supportive policies and programs as we progress.

Instead of these words and cues:

Elderly, seniors, aging, old people, and similar "other-ing" stereotypes

Use more neutral:

Older adults, people, Americans, and all-inclusive words like we and us are all aging.



Harvey County Department on Aging A Matter of Balance Program

This class helps to reduce the fear of falling and increases activity levels among older adults. Developing a fear of falling often limits locations and activity levels and can result in physical weakness, increasing the risk of falling.

Sign up for our next class

(316) 284-6880

Classes are limited to 12 participants, so sign up quickly.



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

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.

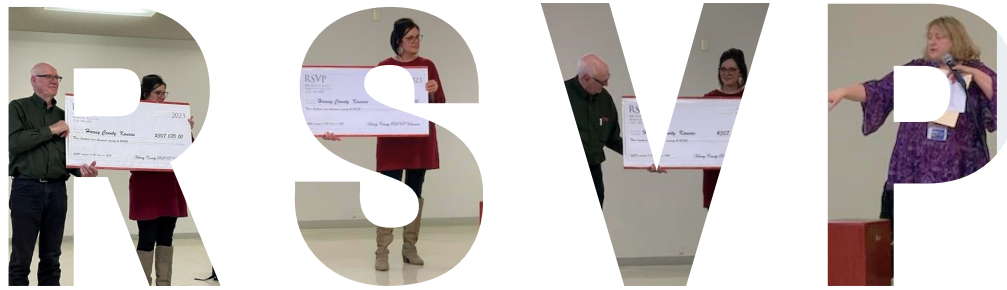
August is National Traffic Awareness Month

Did you know you may add up to two emergency contacts to your record with the Kansas Department of Revenue Division of Vehicles?

Law enforcement will only disclose emergency contact information to other law enforcement officers to contact the named individual in the event of injury or death of the credential holder.

Visit a driver's license office or go online to update your information.

<https://www.kdor.ks.gov/Apps/MotorVehicles/EmergencyContact>



**AmeriCorps
Seniors**

You make Harvey County the BEST place to live, work and retire - When you volunteer!

The Harvey County RSVP Volunteer Recognition Banquet was on March 14, 2023. What a perfect day: the weather was beautiful, the music was pleasant, and the food was yummy. The room was buzzing with conversations, and seeing everyone enjoying the banquet was a pleasure.

RSVP loves to highlight and show how much our volunteer services mean to the community, and we appreciate each of you.

- How can RSVP express our gratitude?
- What would be your ideal volunteer recognition?
- What time of day would it be?
- What food is your top choice?
- Would there be music or other entertainment?
- Please share your volunteer stories. We would love to include them in the quarterly As We Age newsletter.



RSVP increased community service by 3,200 hours in 2022-2023 and added seventeen new RSVP volunteers. Awesome volunteering! The willingness of the RSVP volunteer to give their time to strengthen safety nets in the Harvey County community allows us to fulfill the AmeriCorps Senior-RSVP mission. We invite friends and family to become RSVP volunteers and help increase community service and engagement during the 2023-2024 program year. If an unmet need for older adults impacts their healthy futures, please share it with the RSVP office. RSVP will strive to solve the issue with our volunteers' help.

Please email Mary Wilson at MWilson@harveycounty.com, and let us hear those ideas and stories, or sign up to become an RSVP volunteer.

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

Welcome New Volunteers

Treva Brunner Tammy Denny Leda Graybill Aldine Sprunger



Volunteer Opportunities

Book Reviews
Clerks

New Jerusalem
Front Desk
Lunch/Salads
Landscaping

Et Cetera Shop
Sorting Pricing
Maintenance Clerk

Meals on Wheels
Substitutes

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

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

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

Call RSVP at 316-284-6881 for more information

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



Jerry



Wayne
PRN Driver



Lenny

Welcome our newest
member of the team
Ford Transit



Harvey County Interurban
316-284-6802

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

All Harvey County residents should have the freedom of mobility. We pride ourselves on providing service to every community member regardless of race, color, national origin, sex, religion, age, or disability.

Interurban provides non-emergency general public transportation to Harvey County residents. Our vehicles are ADA-compliant, with trained drivers to secure mobility devices.

Interurban provides transportation for medical, personal, recreational, and airport pick up and drop off within our business hours.

The AVI shopping trip on Tuesday afternoons ensures our county residents from the outlying communities can shop in Newton.

A minimum of 24-hour notice is required (excluding weekends and holidays). Our software allows residents to make recurring and advanced reservations; discount ridership and cab cards are available for those who qualify.

Upcoming recreational trips can be found at

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

If you currently do not receive the newsletter/calendar of upcoming recreational trips, let us know by calling 316-284-6802 or emailing transportation@harveycounty.com.



Department on Aging

800 N Main, PO Box 687

Newton, KS 67114

The Kansas Senior Farmers Market Nutrition Program

Join us on Wednesday, June 7, 2023, From 9:00 a.m. to 3:00 p.m. Located at the Newton Recreation 415 N Poplar St, Newton

Household Size	Annual Income	Monthly Income	Weekly Income
1	\$26,973	\$2,248	\$519
2	\$36,482	\$3,041	\$702
3	\$45,991	\$3,833	\$885
Each additional member	Plus \$9,509	Plus \$793	Plus \$183

The 2023 coupon booklets have a \$50 value, containing ten \$5 coupons to help low-income seniors purchase fresh fruits and vegetables, herbs, and honey at local farmers' markets. To qualify, you must be at least 60 years of age or 55 years of age and a member of an Indian Tribal community, and live in Harvey County. Income and household size determine eligibility; all qualifying household members may apply. You must apply in person, and Harvey County Department on Aging will award booklets on a first-come, first-served basis.

Thank you, this is made possible by a partnership with the Harvey County Department on Aging, the Kansas Senior Farmers Market Nutrition Program, the Central Plains Area Agency on Aging, and the Kansas Department of Health and Environment.

