

# As We Age

## Strengthening the Journey

Harvey County Department on Aging Newsletter

### National Consumer Protection Week March 5 - March 11, 2023

#### If you receive a call, text, or email that...

- Threatens to **suspend your Social Security number**, even if they have part or all of your Social Security number
- Warns of **arrest or legal action**
- Demands or requests **immediate payment**
- Requires payment by **gift card, prepaid debit card, Internet currency, or by mailing cash**
- Pressures you for **personal information**
- Requests **secrecy**
- Threatens to **seize your bank account**
- Promises to increase your **Social Security benefit**
- Tries to gain your trust by providing **fake "documentation," false "evidence," or the name of a real government official**



#### ...It's a Scam

**Stop talking to the scammer**, notify **financial institutions**, and safeguard accounts. Contact local law enforcement and file a **police report**. File a complaint with the FBI IC3 at [www.ic3.gov](http://www.ic3.gov) and with the Federal Trade Commission at [ReportFraud.FTC.gov](http://ReportFraud.FTC.gov).



**#SlamTheScam**

## Are you living on a fixed income?

You may qualify for benefits to help pay for food, medicine, utilities, etc.

**AARP Driver Course** Join us in learning how to reduce driver distractions, maintain proper distance, and use safety belts, airbags, anti-lock brakes, and new technology found in cars today. Also, learn how aging, medication, and other health-related issues affect driving ability. At the end of the course, you will receive a certificate from the Driver Safety course that qualifies for a discount with many auto insurance companies. Call us at 316-284-6880

### Medicare Savings Programs

Kansas has three Medicare savings programs (MSP). They pay or lower Medicare Part A, B, and D premiums, copays, and deductibles. To find out if you qualify or want more information on MSP, please call us at 316-284-6880.

**The Senior Farmers Market Nutrition Program** provides low-income seniors with vouchers that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at local farmer's markets. Please call us at 316-284-6880 for more information. The program begins in early June with a limited supply of vouchers.

### Utility Assistance

The City of Newton has a low-income one-time credit of \$100 to assist seniors 65 and above that qualify. Please contact our Customer Service Department at 316-284-6007.

**Low-Income Energy Assistance Program** Applications before March 31, 2023. Call the Kansas Department of Children and Families for more information at 1-800-432-0043.

### Legal Advice for low-income seniors

Kansas Legal Services (KLS) offers legal advice at no cost to Kansas residents aged 60 and above by calling the Elder Hotline at 1-888-535-5337. KLS will connect the call with a volunteer attorney.

### Kansas Silver Haired Legislature

We are looking for a Harvey County representative. An Act of Congress created KSHL in 1969; each state was encouraged to develop a group of seniors who would identify issues important to older Kansans, 60 and older, and then educate the Kansas Legislature about those issues. For more information, contact Central Plains Area on Agency at 1-800-367-7298

Sunday

March 12, 2023

Spring Forward

Set clocks ahead one hour



## Do you like taking quizzes?

**Who is gathering this information, and what do they have planned to do with it?**

Personality tests, surveys, and online quizzes are seemingly harmless. What do the model of your first car, your favorite hobby, and the high school you attended have in common? They are all questions commonly used to answer an account security question, giving the scammer access to reset passwords. Some scammers hack social media accounts and send malware links to your friends. Just steer clear of online quizzes... or don't answer them truthfully.



## Creating Strong Passwords

**P@\$\$-W@rd | PassW0rd | P@S\$Word | PassWrd2023**

It may seem daunting, especially when the recommendation is to have a unique password for each site you visit. It may be overwhelming to create and memorize multiple passwords like this password

**2BorNot2B=ThatIsThe?**

Think of something to go with it,  
**to be or not to be; that is the question, Shakespeare.**

Get unique for each site:

**ABT2\_uz\_AMZ!** About to use Amazon  
**ABT2\_uz\_BoA!** About to use Bank of America

**C?U2canCRE8Pwords;-)**

(See You, too, can create passwords

Report scams at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov).

## March 13, 2023, to April 5, 2023



At Newton Senior Center  
from 10 AM to 12 PM  
Please call us to sign up  
(316) 284-6880

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

Harvey County Department on Aging will lead A Matter of Balance program to reduce the fear of falling and increase activity levels among older adults. Developing a fear of falling often limits activity levels, which can result in physical weakness, making the risk of falling even greater. If you missed this class, please feel free to call for a schedule of future courses and locations.

## April is National Stress Awareness Month



Raise awareness of the negative impact of stress. There is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension.

Common reactions to stressful events include:

- Sadness, frustration, and helplessness.
- Shock, disbelief, and numbness.
- Back pains, headaches, and stomach problems.
- Difficulty concentrating and making decisions.
- Use of drugs or alcohol.



We are hardwired for connection, especially in times of stress. Call a friend or family member to distract or unwind after a stressful day.

Exercise can be a great stress reliever that releases endorphins (feel-good chemicals in the brain) and helps you blow off steam.

Doing something creative you enjoy, like cooking, baking, coloring, doodling, or taking pictures, can give you a break from a stressful situation.

Be patient with yourself and smile!

## May is Mental Health Awareness Month and National BBQ Month



After the past few years of pandemic living, many older adults continue to experience loneliness, isolation, and stress, which affects their well-being. Here are a few reasons to consider attending a cookout or community meal.

### Feelings of community

Eating together gives us a sense of community and connection with nature and other people.

### Feelings of purpose

Cookouts give new meaning to the phrase "sharing is caring." Potluck-style cookouts also allow sharing of recipes and cultural dishes that are sentimental or personal.

### Happiness

Those who eat socially tend to feel happier, more satisfied with life, and more engaged and supported by their local communities and friends.

### Stress reduction

The community aspect of cooking and bonding over food is vital in reducing stress, feeling connected to others, and overall well-being.

Call the Harvey County Department on Aging for community meal sites near you at 316-284-6880.



**24/7 CALL, TEXT, CHAT**

# Caregiving Corner

## Harvey County Department on Aging

The Department on Aging is here to support Harvey County Caregivers. For more information on caregiving services, groups, classes, and the Older American Act (OAA). Please call us at 316-284-6880. These programs and services may utilize grant funds from Harvey County, OAA, Kansas Department for Aging and Disability Services, and Central Plains Area Agency on Aging.

## Respite Care

Respite care is for caregivers of adults 60 years of age or older. The Respite program provides a few hours of relief from caregiving duties by providing in-home care services.

## In-Home Care (after a hospital stay)

The 90-Day First Step program is for those 60+ discharged from the hospital or rehabilitation facility in the past 30 days, even if they are receiving physical or occupational therapy (PT/OT) in the home.

## 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

Emergency Entrance, Newton,  
The last Thursday at 6:00 PM

### Schwalter Villa

200 W Cedar, Hesston,  
Third Tuesdays at 3:00 PM

### Presbyterian Manor

1200 E. 7th Newton, KS  
First Thursday at 4:00 PM

## Take the Pledge

I pledge to take action as an advocate for healthy relationships. I believe survivors of relationship abuse amplify the voices of those who have been silenced. I will actively work against oppression and commit to being part of the change needed to create a safe and just community for everyone.

**If you suspect an older adult is abused or neglected, please call The Kansas Protection Report Center at 1-800-922-5330**

## Building Blocks of Care Plan



A care plan summarizes a person's health conditions, specific care needs, and current treatments.

A care plan can give control and confidence when managing caregiving tasks and help meet the care recipient's needs.

### What should be included in the care plan?

- Personal Information (name, date of birth, contact information)
- Health conditions/diagnosis
- Medicines, dosages, and when/how they are given
- Allergies and reactions
- Healthcare provider's contact information
- Health insurance information/
- Emergency contacts

Try to update the care plan yearly or more often as the health or medication changes.

### What are the benefits of a care plan?

- Care plans may reduce emergency room visits, hospitalizations, and overall medical management for people with chronic health conditions.
- Care plans can support the caregiver and their health.
- Care plans can help retain the care recipient's quality of life and independence.

The care team should assign a point person. Please respect the care recipient's privacy after reviewing their personal information and discussing their health conditions. Next quarter we will discuss building a care team. For guidance, call Harvey County Department on Aging at 316-284-6880.



# Experiences of Ageism



Age is one of the first things we notice about people. Unfortunately, some may have negative attitudes toward others based on age, including how they think, feel, or act toward them.

Those 60 or older may often find themselves the victims of ageism. Like racism and sexism, ageism refers to discrimination against a person based on age.

You might see more care-related ageism. Doctors may be less patient, less engaged, less responsive to patient-raised issues, and more likely to assume an older patient is cognitively impaired and does not explain the details of an illness or treatment. They may talk directly to someone who accompanied the patient versus communicating with them. Some may dismiss treatable signs or symptoms as if it is just "old age." It could also go the opposite way, and they may treat the natural effect of aging as a disease.

The worst kind of ageism is when we do it to ourselves. Self-ageism can make us less likely to seek health care, more likely to be undertreated, and less likely to engage in preventive behaviors such as regular exams, healthy eating, and exercising.

## Ageism won't go away by itself.

- **Recognize it.** Creating awareness requires understanding that there is a problem. In other words, you can't change something you don't know needs changing, including yourself.
- **Speak up!** If you hear something ageist, consider pointing it out. Rather than make someone defensive, you can calmly tell them you know they didn't realize what they were saying.
- **Treat others how you want to be treated.** Sometimes we need to step back and ask ourselves if we are talking to them like children. That is known as "elderspeak."
- **Be inclusive.** Promote intergenerational experiences by encouraging children and grandchildren to visit as often as possible. Sign up to volunteer with the youth programs.

**If you are experiencing ageism at work, you can schedule an appointment with an Equal Employment Opportunity Commission office at 1-844-234-5122.**

## Harvey County Emergency Management



Join us for

### Storm Fury on the Plains

March 9th, 6:30 pm

Newton High School



### Let's get "storm ready" together

with the National Weather Service, and Harvey County Emergency Management.

Join us on Social Media at

<https://twitter.com/harveycountyem>

<https://www.facebook.com/HarveyCountyEmergencyManagement>

### LEARN HOW TO BUILD AN EMERGENCY KIT

Call us 316-284-6910



<https://www.harveycounty.com/departments/emergency-management>

*You're Invited!* **HARVEY COUNTY SAFETY FAIR**  
**April 29th, 2023**  
**11:00am - 2:00 pm**  
**Chisholm Trail Center**



316-284-6881

Thank you to everyone who stopped by Harvey County RSVP MLK Day service project at Dillons in Newton on January 21, 2023. You shared 1,505 pounds of donations or about \$2,250 of products. These items will be taken to The Salvation Army to aid those in need locally.

Also, a big thank you to our RSVP volunteers and Dillons stores for joining us on January 21, 2022. RSVP is a group of community members 55 and older that give back to their communities. If you're interested in volunteering through RSVP, you can call 316-284-6881.

**RSVP** Recognition Banquet, where volunteerism is honored on March 14, 2023  
Call to reserve a meal at 316-284-6881 or [madams@harveycounty.com](mailto:madams@harveycounty.com)



### Volunteer Opportunities

#### Book Reviews

Saturday  
Clerks  
Two Shifts

#### New Jerusalem

Front Desk  
Two Shifts  
Lunch/Salads  
Landscaping

#### Et Cetera Shop

Sorting Pricing  
2-4 Hour Shifts  
Maintenance Clerk  
2-4 Hour Shifts

#### Meals on Wheels

Subs



#### Store to Door Shopper

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

#### "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.

### Welcome New Volunteers

Pat Adams     Jamie Love  
Beverly Stigge     Cleta Friesen  
Barbara Wiebe     Suzanne Dunn

### Join us as an Advisory Council Member.

Or know someone who would be interested?  
Please call Mary Adams, RSVP coordinator at 316-284-6881

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

## 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**



**Jerry**



**Wayne**  
PRN Driver



Welcome our  
new driver Lenny



**Harvey County Interurban**

**316-284-6802**

**Office Hours**

**Monday - Friday 8 AM to 5 PM**

**(excluding county-approved holidays)**

We believe that all community members should have the freedom of mobility and pride ourselves on providing service to every community member regardless of race, color, national origin, sex, religion, age, or disability.

Interurban provides non-emergency transportation to the general public of Harvey County Residents. Our vehicles are ADA-compliant, and drivers are trained to secure mobility devices.

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

The Rural AVI shopping trip is on Tuesday afternoons, ensuring our rural county residents from the outlying communities have access to shopping in the City of Newton.

A minimum of 24-hour notice is required (excluding weekends and holidays). Our software allows reservations to be entered in advance and recurring bookings. We have discount ridership and cab cards for those who qualify.

### **Upcoming Recreational Trips:**

March 6, U.S. Navy Concert Band

March 16, Kansas: An Immersive Dome Experience

March 25, Harvey County Home and Garden Show

For more information on upcoming trips, visit the online calendar <https://www.harveycounty.com/departments/transportation/trip-calendar.html>

If you would like to receive an email reminder regarding upcoming trips or would prefer to receive the newsletter by email, let us know by calling 316-284-6802 or emailing [transportation@harveycounty.com](mailto:transportation@harveycounty.com)





**HarveyCounty**

**Department on Aging**

800 N Main, PO Box 687  
Newton, KS 67114

Sign up for our

*As We Age*

Strengthening the Journey

**Newsletter**

Harvey County

Department on Aging

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