MAY 2023

# THE SOURCE

COUNCIL ON AGING

COA
Live Well. Age Well.
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## Our Programs

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- Information & Assistance
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- Leisure & Learning Program
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- Pet2Vet Program
- Senior Health Insurance Counseling
- Social Services
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# OLDER AMERICANS MONTH

AGING UNBOUND: MAY 2023

Established in 1963, **Older Americans Month (OAM)** is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

*Source: Administration for Community Living, 03/2023*

## *Indoor Senior Picnic Celebration*

**FRIDAY**

**MAY 5TH**

9am-1pm

MUSIC BY: **ASHLEY COOPER**

Lunch ◆ Bingo ◆ Door Prizes

Chances to win a TV and 50/50 Split the Pot

**Tickets: $7 in advance**

Tickets may be purchased at:

- Council on Aging
  Mon.- Fri., 7am -4pm
- Kansas Country Store
  728 Cherokee Street
  Mon.- Fri., 8am - 5pm &
  Sat., 8am - 2pm

**Ticket price at the door: $8**

**Event Address:**
Fraternal Order of Eagles
300 S. 20th St., Leavenworth

# NUTRITION CORNER

## KANSAS SENIOR FARMERS' MARKET NUTRITION PROGRAM VOUCHERS

The Seniors Farmers' Market Nutrition Program (SFMNP) is designed to:

- Provide low-income seniors with access to locally grown fruits, vegetables, honey and herbs.
- Increase the domestic consumption of agricultural commodities through farmers' markets, roadside stands, and community supported agricultural programs.
- Aid in the development of new and additional farmers' markets, roadside stands, and community support agricultural programs.

*Source: USDA, Food and Nutrition Service, retrieved 04/2023*

**BEGINNING JUNE 1, 2023 THE COUNCIL ON AGING WILL BEGIN DISTRIBUTING FARMERS' MARKET VOUCHERS**

### HOW TO APPLY:

Everyone will be served by appointment only. **Starting June 1st** call 913.684.0777 and ask for Dawn, Becky, or Georgia to schedule your appointment! Stay tuned for more information about COA distribution times and locations throughout the County. Vouchers are limited.

### ELIGIBILITY GUIDELINES:

- must be at least 60 years of age
- monthly income of less than $2,248 for a household of one or $3,041 for a household of two
- must be a Leavenworth County resident
- cannot have received vouchers previously this year

Over 800,000 seniors receive SFMNP benefits each year.

## What is the Commodity Supplemental Food Program (CSFP)? And how does it help older adults?

The CSFP offers a supplemental food package to low-income, older adults. The monthly food package contains a variety of foods with important nutrients for older adults including protein; calcium; iron; vitamins A, C, and D; and fiber. USDA Foods in CSFP align with the Dietary Guidelines for Americans and contain reduced amounts of sodium, saturated fat, and added sugar.

### USDA FOODS FIT

**CSFP offers a variety of American-grown USDA Foods that can fit into your healthy eating pattern:**

- Canned and dried fruits – unsweetened or lightly sweetened
- Canned vegetables – low sodium or no salt added
- Low fat dairy – cheese and shelf stable milk
- Whole grains – oats, whole grain pasta, rice, and cereals
- Variety of proteins – beans, lean meats, poultry, and fish

Click on the box below for a full list of USDA foods available for CSFP 2023

Commodity Supplemental FOOD PROGRAM

**The CSFP food package provides:**

- Protein, calcium, iron, vitamins A, C, and D, and other nutrients that promote health
- Low sodium foods to support heart health If you have special dietary needs, check with your doctor or Registered Dietitian about how these foods can fit into your healthy eating pattern

**CSFP is available for residents aged 60 years and older who meet eligibility guidelines.**

For more information, contact Catholic Charities.

**Address:** 716 N. 5th St., Leavenworth, KS **Phone:** 913.651.8060

*Source: USDA, 04/2020*

# Warm Weather Risks to Warm Weather Rewards

By: Candice Lewis, BSN, CWCN, COCN, CFCN

During the process of aging, cellular growth of the skin decreases and interferes with the healing process when the skin is injured. With skin changes and lifestyle choices cellular growth of the skin is at risk. Dehydration, smoking, perspiration, excessive sunlight, poor nutritional intake, and some prescriptive medications are risk factors that may damage your skin. During the aging process, it is important to add health to your skin with appropriate lifestyle choices during the summer months.

- To prevent dehydration, increase water intake and it will naturally help prevent dry and irritating skin.
- Smoking causes inflammation and minimize moisture in the skin. Smoking cessation is best for you and your skin.
- Protect your skin from damaging ultraviolet (UV) rays. Wearing light-colored clothing with long sleeves, broad brimmed hats, and use sunscreen when outside doing yard work.
- Eating foods that provide a nutritional balance to your diet helps maintain good skin integrity. Good food choices are fruits, vegetables, grains, foods high in protein, and low-fat dairy products.
- Avoid showering and washing your hands in hot water. It dries out the skin.
- Applying moisturizing creams after showering and washing your hands. It will help reward your skin with moisture and minimize your risk for skin irritation.

Skin injuries are common during warm weather. Moisture associated skin damage commonly occurs in skin folds because of excessive heat and perspiration. Keeping the areas clean, cool, and dry is the number one way to avoid excessive moisture. With the use of fans, air conditioning units, showering, or bathing at least three times weekly, wearing loose clothing, and changing them daily minimizes your risk of moisture associated skin damage.

Skin tears and abrasions are also common during this time. When a skin tear or an abrasion occur, apply pressure to the area to stop the bleeding, cleanse the injury with warm soapy water or wound cleanser, and apply an over-the-counter bandage gentle for your skin. Monitor the injury for signs and symptoms of infection. If you notice unusual redness, have increased pain, or yellow or green drainage from the injured areas these may be signs or symptoms of an infection. Please call your primary care provider for further instructions to care for your injury.

References:

Duquesne University School of Nursing. (2020). 5 Benefits of drinking a gallon of water a day. https://onlinenursing.duq.edu/blog.

McNichol, L. L., Ratliff, C. R., & Yates, S. S. (eds.) (2022). Core curriculum: Wound Management. 2nd Edition. Wolters Kluwer. Wound Ostomy, and Continence Nurses Society O.

#WEAAD

JUNE

15TH

*Brunch will be served at*

**10:30AM**

*Panel discussion begins at*

**11:00AM**

*RSVP by:*

**MONDAY, JUNE 12TH**

**COUNCIL ON AGING**

711 Marshal St.,
Suite 100
Leavenworth, KS 66048
913.684.0777

# WORLD ELDER ABUSE AWARENESS DAY

## Building Strong Support for Elders

As Americans, we believe in justice for all. Yet, an estimated 5 million, or 1 in 10, older Americans experience elder abuse, neglect, or exploitation. Working together, we can build the essential social supports that prevent abuse and keep everyone safe as we age.

In support of World Elder Abuse Awareness Day, the Council on Aging will be hosting a panel discussion. Join us on June 15th to learn how to identify, report, and prevent elder abuse in your community.

## SPECIAL GUEST SPEAKERS

Aaron Burchyett,
Detective Corporal
Leavenworth County
Sheriff's Office

Alexandra English,
Managing Attorney,
Kansas Legal Services,
Kansas City Office

Dr. Andrew Palacio,
Psy.D., Director of
Community Services,
Guidance Center

Dr. Galen Seymour, MD
Family Medicine,
Saint John Hospital,
Leavenworth

Saint John Hospital

# MARK YOUR CALENDARS

## VOLUNTEER WITH
## MEALS ON WHEELS
### AND MAKE A DIFFERENCE

Volunteers are needed for our Tonganoxie and Basehor homebound meal routes. If you or someone you know is interested in volunteering with Meals on Wheels, please contact Scarlet Ross at the *Council on Aging* by calling 913.684.0786 or email sross@leavenworthcounty.gov

I. Do you have 1 1/2 hours during the week? (late morning)

II. Do you like meeting new people?

III. Do you want to help those in our community?

IV. Do you drive?

All Meals on Wheels volunteers must be able to pass a criminal background check.

MEALS on WHEELS
EASTERN KANSAS

## THE POWER OF A KNOCK

A knock at the door might not seem like a big deal to many of us. But, to a homebound senior, it could signal the arrival of the only person they might see all day or all week long. It brings hope. It brings health. It brings the nutrition and care that will completely make their day. A knock from Meals on Wheels means nourishment for the body and soul.

**TRANSFORMS LIVES**

# Stay Connected

If you live in Kansas, your household might qualify for Lifeline and/or the Affordable Connectivity Program (ACP), which will reduce the cost of your monthly phone or broadband services.

Lifeline and ACP help low-income families and individuals stay connected so they can access healthcare, find jobs, attend classes, stay in touch with family, and call for help in an emergency.

Anyone who qualifies for Lifeline, also qualifies for the ACP.

## Lifeline

Eligible Services:

- Residential and wireless phone service
- Broadband internet

Benefits:

- Total federal and state discounts of up to $17.02 per month are available.
- Subscribers living on tribal lands qualify for additional discounts.

## Affordable Connectivity Program (ACP)

Eligible Services:

- Broadband internet

Benefits:

- Monthly Broadband Discount of $30 per month. Up to $75 per month for households on qualifying tribal lands.
- A one-time discount of up to $100 to purchase a laptop, desktop computer, or tablet from participating providers if the subscriber contributes more than $10 and less than $50 toward the purchase price.

For more information on Lifeline and ACP programs go to, Kansas Corporation Commission - Kansas Lifeline Program (ks.gov) or call the Kansas Corporation Commission at 1.800.662.0027.

## AGING RESOURCES

- Adult Protective Services.....1.800.922.5330
- Emergency Respite:
  Country Care.....913.773.5517
  Medical Lodge.....913.772.1844
- Guidance Center.....913.682.5118
- Kansas Aging and Disability Resource Center .....855.200.2372
- Leavenworth County Health Department .....913.250.2000
- Medicare ..... 1.800.633.4227
- Poison Control Center.....1.800.222.1222
- Property Fraud Alert Hotline.....1.800.728.3858
- Social Security Office .....1.800.772.1213
- Wyandotte/Leavenworth Area Agency on Aging ..... 913.573.8531

To be added to our email distribution list, please contact us @seniors1st@leavenworthcounty.gov

For our full events and activities calendar, visit our homepage @Council on Aging

Now Accepting PayPal

To best accommodate all of our clients, the COA is set to take payments and donations online through PayPal.

Scan the QR code or in PayPal search for **Leavenworth County Council on Aging** or use **@LVCOA**

## LET'S TALK ABOUT IT

Send us questions related to health and wellness, COA programs and services, or county resources. We will talk with the experts and share our findings.

**You can submit questions three ways:**

**Email - seniors1st@leavenworthcounty.gov**

**Drop box - Located in the COA's reception area**

**Call - Jessica at 913.684.0733**

Disclaimer: The content and information on this site is for informational and educational purposes only, does not constitute medical advice, and does not establish any kind of patient-client relationship by your use of this site.

Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:
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