

As We Age

Strengthening the Journey

Harvey County Department on Aging Newsletter

A Fresh Take on Staying Hydrated.

Research from the National Institutes of Health (NIH) highlights a crucial relationship between hydration and the aging process. Inadequate hydration, as per NIH findings, can accelerate biological aging, increase the likelihood of chronic diseases, and raise mortality rates. Dehydration is associated with an increased risk of falls, constipation, cognitive impairment, and various health issues. Proper hydration is key to preventing premature aging. While water is essential, you can also boost hydration with lemon juice, mineral water, unsweetened herbal teas, and these hydrating foods.



- **Watermelon**, up to 90% water content, is perfect for keeping hydrated in hot weather and can satisfy sweet cravings with its natural sugars.
- **Tomatoes**, comprising about 95% water, offer numerous health benefits like reducing the risk of heart disease and cancer.
- **Cucumbers**, up to 95% water and two compounds known as ascorbic acid and caffeic acid, which prevents water retention. Boosting the body's hydration and flushes out toxins.
- **Spinach**, containing up to 93% water, is not only hydrating but also a rich source of iron, vital for oxygen transportation in the body and supporting the immune system.
- **Kiwis**, packed with vitamins such as C, A, iron, calcium, K, and potassium, are beneficial for skin health and toxin elimination from the colon.
- **Carrots**, with a water content ranging from 86% to 95%, offer hydration and other health benefits.

Ensure to include raw fruits and vegetables in your diet as cooking can decrease their water content. Fruits and vegetables can be expensive to include in our daily routines. The Harvey County Department on Aging aims to alleviate this challenge. Join us at the Farmers Market Coupon Distribution event on June 7, 2024. For more information see the page two.

The Kansas Senior Farmers Market Nutrition Program



Mark your calendars for
Friday, June 7, 2024.

The Farmers Market coupons will be here in June. Enrollment date is set for Friday, June 7, 2024. The coupons help low-income older adults purchase fresh fruits, vegetables, herbs, and honey from local farmer's markets.

- When:** Friday, June 7, 2024 from 9 a.m. to 3 p.m.
- Where:** Newton Recreation Commission at 415 N. Poplar St., Newton, KS 67114
- Age Requirement:** Must be 60 years old or older, or 55 years old with affiliation to an Indian Tribal Organization.
- Income Eligibility:** Must have an income at or below 185% of the Federal poverty level.
- Household Members Eligibility:** Each member of a household can apply to receive a coupon booklet.
- Documentation:** Applicants must provide proof of age, income, tribal affiliation, and residency in Harvey County.
- Distribution:** Coupons are distributed on a first-come, first-served basis.

For more information, please contact the Harvey County Department of Aging at 316-284-6880 or visit the The Kansas Department of Health and Environment at <https://www.kdhe.ks.gov/1041/Kansas-Senior-Farmers-Market-Nutrition-P>

Achieved through collaborations with

Are You a Kansas Farmer?



For more information about eligibility, authorization, coupon redemption and training, visit [kdhe.ks.gov/1041](https://www.kdhe.ks.gov/1041) or call 785-291-3742.

June 15, 2024



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders



Older Americans may be unable to advocate for themselves.

- Many seniors are not in a place to stand up for themselves, whether because they're physically frail or scared of speaking up for fear of repercussions. It's crucial for all of us to be on the lookout for signs of elder abuse and to speak up if something seems wrong.

Seniors deserve our respect and our attention.

- In many cultures, elders are respected, and rightfully so. Their experiences, memories, and perspectives on life are valued for the lessons younger folks can learn. If older people aren't encouraged to pass along the skills and wisdom they have accumulated, our culture suffers. We owe it to older generations to ensure that neglect does not tarnish their later years.

World Elder Abuse Awareness Day reminds us to look out for each other.

- It's easy to see bad things and not say anything, but this holiday reminds us just how important it is to look after, and look out for, our fellow humans. It reminds us to exercise compassion on a daily basis, and care about others rather than just ourselves.

Elder Abuse Hotline
1-800-96-ABUSE (7233)

Suicide & Crisis Lifeline
988 or text 838255

Veterans Crisis Support
1-800-273-TALK (8255)



Step Out of the Comfort Zone



Venture into uncharted territories and try something different. That's where the magic happens. Many individuals dedicate their lives to work, often forgetting to nurture their inner child. Embrace discomfort and navigate the awkwardness of new experiences.

Let's embark on a new life chapter with personal growth and learning opportunities.

- Whether mastering a new language, setting ambitious goals, or immersing yourself in novel experiences, these pursuits will ignite fulfillment and excitement in your life.

Forge Meaningful Connections and Contribute to Your Community

- Building connections with others and engaging in communal activities can stave off loneliness and boost overall well-being.
- Your presence and contributions are not just welcomed but vital.

Prioritize Your Health and Well-Being

- Taking care of your physical health through proper nutrition and regular exercise is crucial.
- It is essential to nurture your cognitive, emotional, and mental well-being for comprehensive health.

Embrace Lifelong Learning and Growth

- Continuous learning and personal growth are fundamental at any life stage.
- Exploring new experiences, setting ambitious goals, and challenging yourself will lead to a fulfilling older adulthood.

Give Back and Share Your Gifts with the World

- Making a positive impact, no matter how small, and sharing your unique talents enrich your life and the world.
- Consider unconventional ways to give back beyond traditional volunteer roles.



August is National Immunization Awareness Month



August is National Immunization Awareness Month, highlighting the importance of disease prevention through vaccines, especially for seniors and individuals with Medicare coverage. Some older adults have not adequately immunized, putting them at risk of illnesses like hepatitis B, seasonal influenza, and pneumococcal disease. Vaccines play a crucial role in safeguarding those with chronic health conditions, who are more vulnerable to infections.

Vaccines covered by Medicare Part B

- COVID-19 vaccine.
- Flu vaccine: Annual vaccine during flu season.
- Pneumonia vaccine: One-time vaccine given in two shots at least one year apart.
- Hepatitis B vaccine: One-time vaccine given in two to four shots over one to six months for people who are medium to high risk, including people with diabetes.

Vaccines covered by Medicare Part D

Medicare Part D covers all commercially available vaccines needed to prevent illness.

- Respiratory syncytial virus, RSV: One-time vaccine given in one shot.
- Shingles vaccine: One-time vaccine given in two shots over two to six months
- Tdap vaccine (tetanus, diphtheria and pertussis/whooping cough): One shot if you've never been vaccinated, and a booster every ten years.

Centers for Medicare & Medicaid Services urges healthcare providers to participate in National Immunization Awareness Month by ensuring patients' immunizations are current, educating them on risks, and promoting the use of Medicare-covered vaccines to protect against preventable diseases.

Youth is the gift of nature, but age is a work of art.
- Stanislaw Jerzy Lec

August



is National



Traffic
Awareness
Month

Safe Driving Tips To Aging Gracefully

Driving is a key to independence from the moment we get our first license. Most of us want to hold onto that key for as long as we safely can. Most older adults are capable and have a lifetime of valuable driving experience. Let us combat ageism and refrain from assessing driving capabilities solely based on age.

By accurately assessing age-related changes, you can adjust your driving habits to remain safe while driving. You can also use transportation services like Harvey County Interurban. See the article on page eight for more information on transportation services.

The following is a summary of the information developed by the United Services Automobile Association Educational Foundation and the American Association of Retired Persons, AARP.

Self-assessment:

- Difficulty reading road signs.
- Struggle with visibility of lane lines, pavement markings, other vehicles, and pedestrians, particularly during low light.
- Discomfort from oncoming headlights at night?
- Challenges in checking blind spots?
- Physical fitness and reflexes affecting safety.
- Feeling overwhelmed by various factors at intersections.
- You take medications that make you sleepy.
- You aren't confident that you can handle the demands of high speeds or heavy traffic.
- You are slow to see cars coming out of driveways and side streets or realize that another car has slowed or stopped ahead of you.

In the self-assessment for drivers, did you answer YES to some of the questions? Visit National Highway Traffic Safety Administration website at <https://www.nhtsa.gov> and click on Road Safety, and then Older Drivers to evaluate changes and learn ways to adjust driving behavior to ensure road safety.

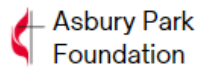
May was celebrated as Older Americans Month "Powered by Connection"



In celebration of Older Americans Month, the Harvey County Department on Aging, Interurban, and the Asbury Park Foundation collaborated to facilitate social connections for our community during the week of May 20-24, 2024.

They offered complimentary transportation services to Newton residents aged 60 and above who face transportation challenges.

During this event, we were able to provide 23 trips.



International Self-Care Day

International Self-Care Day on July 24 highlights self-care as vital for wellness, encouraging individuals to prioritize their health. Embracing self-care is increasingly recognized as essential for overall well-being, motivating people to take control of their health. Start with simple acts like taking a walk to prioritize self-care.

Caregiving Corner

Family Caregiver

The role of a family caregiver is challenging and complex, with siblings playing a significant role in providing support but also contributing to stress and frustration.

Styles of Sibling Caregiving:

Sibling conflicts often arise in caregiving situations, causing tension and frustration. Different siblings take on varied roles, with one usually shouldering most responsibilities and stress. Here are the roles siblings may assume:

- **Routine:** This sibling is consistently available and capable of handling essential tasks.
- **Back-Up:** This sibling can be relied upon when necessary but may not offer emotional support or direct services.
- **Circumscribed:** This sibling provides steady but limited support, like checking in on the loved one weekly without extensive additional help.
- **Sporadic:** This sibling offers care on their terms but can only be counted on occasionally, such as infrequently taking their parent to appointments.
- **Dissociation:** This sibling offers no care and has entirely distanced themselves from the caregiving responsibilities.

Caregiving should be a team sport!

Avoid Sibling Labels:

- Examine whether outdated perceptions of roles still impact family dynamics.
- Steer clear of falling into past roles, as they may unfairly burden some siblings and hinder them from seeking help.

Communicate Directly:

- Do not hint at needing help. It could be misleading and misunderstood.
- Be direct when communicating to avoid confusion.
- Do not assume siblings grasp the caregiving responsibilities.
- Engage siblings by presenting specific options for assistance, allowing them to choose tasks.
- The caregiver now clarifies how to effectively support the loved one by providing choices.

Have a Family Meeting:

- Organize a family meeting to discuss caregiving tasks, including medical appointments, personal care, and financial planning.
- Distribute responsibilities among siblings based on availability and skills to ensure a fair division of tasks.

De-stress Summer Outings

Tips for involving older adults activities include planning indoor options, sun protection, comfort considerations, and flexibility.

Plan ahead of time to stay hydrated and bring sunscreen. Find a nice and shady location to enjoy the festivities.



Older adults can find socializing or standing to be difficult.

Preplan and think about things that make it easier for them to participate or be social. Provide mobility devices, comfortable seating with cushions and chairs that are portable. Make sure there is room for walkers, wheelchairs, and motorized scooters. Pick up a few noise-canceling headsets for the older adults and children at the celebration.



Older adults may have a different schedule.

Make sure they enjoy their time at an event. Please have someone available to take them home or support them.



Plan some things to do such as: Bingo, trivia, and puzzles, watching a parade or baseball game, crafting, tie-dying, sharing experiences, watching alternative fireworks shows or movies, having a sing-along or garden party, and making patriotic recipes.

These activities can help older adults enjoy the events and feel included.



A MATTER OF BALANCE

Enhancing Older Adults' Wellbeing. The program is designed to reduce the fear of falling and boost physical activity among older adults. Hurry, as each class is limited to 12 participants.

For future class dates, please contact the Harvey County Department on Aging at 316-284-6880.

Unfortunately, A Matter of Balance class scheduled for June 3rd to 7th at the Sedgwick Area Senior Center has been canceled due to low enrollment.

The Caregiving newsletter, groups, programs, and "Matter of Balance" classes are supported by grants from the Central Plains Area Agency on Aging, funded by the Older Americans Act.





RSVP Celebrates Their Superstar Volunteers!

Harvey County RSVP recently held a volunteer banquet on March 5 to honor their amazing volunteers. In the past year, these MVPs clocked in over 11,000 hours saving local organizations thousands of dollars. RSVP Coordinator Mary Wilson (on the left) and Harvey County Commissioner Don Schroeder presented a check symbolizing the fantastic results of RSVP's volunteer power.



New Volunteers Warm Welcome

Thank you 

Sharon Allen
Diane Frey
Loretta Graber
Lisa Harms

Volunteering is at the core of humanity, laying the foundation for our future and demonstrating pride in the Harvey County community.



RSVP



**AmeriCorps
Seniors**

*Volunteer
Call to Action*

Et Cetera Shop

Book Reviews

NMC Health

Help Salvation Army



Department on Aging

Dyck Arboretum of the Plains

Halstead Senior Center

Harvey County 4-H and Youth

Harvey County FACS

**Harvey County Health
Department**

Harvey County RSVP

Hesston Area Seniors

Kidron Bethel

Newton Meals on Wheels

Newton Senior Center

Peace Connections

Sedgwick Senior Center

Store-to-Door



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 Wilson,
AmeriCorps RSVP
Coordinator**



**Paula Whillock,
AmeriCorps RSVP
Customer Service**

Interurban Drivers



Frenchy



Ed



Jerry



Wayne



Bob



Lenny

**Harvey Interurban
316-284-6802**

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



Harvey 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.)
- Transportation to and from Wichita Dwight D. Eisenhower National Airport costs \$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 for a round trip.

Reservations for appointments and non-emergency medical transportation are on a first-call, first-served basis with a minimum of 24-hour advance notice. A resident making reservations for Mondays must make them on the prior Friday and all reservations may be made up to a year in advance. All Harvey Interurban vehicles are ADA-accessible.

For Harvey Interurban monthly recreational trips, visit:
<https://www.harveycounty.com/departments/transportation/trip-calendar.html>

**This project funded in part by the Kansas Department of Transportation KDOT,
Public Transportation Program.**



HarveyCounty

Department on Aging

800 N Main, PO Box 687
Newton, KS 67114

Return Address Requested

As We Age
Strengthening the Journey

The Central Plains Area Agency on Aging is dedicated to assisting older adults, caregivers, and individuals with disabilities in Butler, Harvey, and Sedgwick Counties by providing information, support, and resources. Your participation in this survey will enable CPAAA to gather valuable feedback to improve services for the community both now and in the future. Access the survey through the QR code or by visiting the link below.
https://wichitastate.co1.qualtrics.com/jfe/form/SV_43hV9KSt72tbv0?Q_CHL=qr

We Need Your Input!

Help Central Plains Area Agency on Aging plan for the future. Please complete the survey and tell us what you think about community based services, transportation options, wellness and educational programming for adults 60+ and caregivers of older adults.

Please provide input by June 15th.



Use the QR code to access the survey or call 855-200-2372.



855-200-2372
CPAAA.org



Central Plains Area Agency on Aging