

# As We Age

**Strengthening the Journey**  
Harvey County Department on Aging Newsletter

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## Mocking Aging on Greeting Cards is Outdated

There is a growing movement advocating for greeting cards to promote positive views on aging, which could contribute to the well-being of older adults. Unfortunately, many greeting cards perpetuate ageism, whether in physical stores or online searches for birthday cards. Join the movement to address and discuss the implications of ageism to support our future older selves.

- Numerous cards depict aging negatively, focusing on physical declines such as sagging body parts, back pain, or overall frailty in older individuals.
- Some greeting cards joke about memory loss, bladder problems, or simply label someone as old. This type of humor exaggerates the natural aging process, instilling fear rather than acceptance.
- Many cards mock the sexual lives of older adults by portraying older individuals as disinterested or in unrealistic sexual context, and these cards perpetuate harmful stereotypes. It is essential to recognize that older adults are sexual beings who can maintain fulfilling relationships.
- The messages conveyed in greeting cards hold significance as they represent a personal exchange of sentiment between individuals.

Before sending a card, consider the impact of ageist remarks on your loved ones.

**REMEMBER, THE WORDS WE CHOOSE MATTER MORE THAN WE REALIZE.**

AGE-POSITIVE  
**VIBES**

*Love Your  
Future Self*

PRO-AGE  
REVOLUTION

**GLOWING**

**TWINKLE**  
In your WRINKLE





## Becky Ruth Steps Down:

Taking a moment to recognize Becky Ruth (on the right) for her devoted service as a board member on the Harvey County Department on Aging Advisory Council since 2021. Your dedication and hard work have been greatly valued. Your contributions have truly left a meaningful mark on our community.

The Harvey County Department on Aging strives to support and provide pathways to resources for older adults to maintain their lifestyles and wellness, connecting caregivers with information and programs to aid their continued support of loved ones.

The current board members are:

- Dan Hartman, Chair
- David Norris, Vice Chair
- Carrie Herman, Council Member
- Jeannie Sommerfeld, Council Member
- Wayne Valentine, Council Member

For more information on public meetings, agendas, and minutes, kindly visit the Harvey County website <https://harveycounty.civicweb.net/Portal/MeetingInformation.aspx?type=22>



A MATTER OF  
BALANCE

## Enroll in September Classes

Sign up for a free two-hour workshop, held twice a week for eight weeks. Our next class starts on September 4th, and will be held at NMC Health.

A Matter of Balance class helps reduce the fear of falling and increases activity levels among older adults. Call the Harvey County Department on Aging for more information at 316-284-6880.

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.

# DO SOMETHING GRAND!

## Celebrate Grandparents Day on Sunday, September 8, 2024



Grandparents have always played a vital role in supporting families. The 'grandparent advantage,' - their ability to share wisdom, heritage, and life experiences that benefit future generations and fortify family bonds, - is only sometimes recognized.

The impact of the grandparent advantage can range from occasional interactions to providing childcare, financial assistance, or even full-time care in households with skipped generations.



In honor of Grandparents Day, Generations United encourages everyone to #DoSomethingGrand to appreciate the connections between generations in their lives and recognize grandparents, and older friends and relatives for their valuable contributions to families, communities, and beyond.



Family is not defined by biological relationships, but are created through love.



For more details, please visit [www.GrandparentsDay.org](http://www.GrandparentsDay.org).

## September is National Suicide Prevention Month

If you know someone in crisis, call or text the hotline below



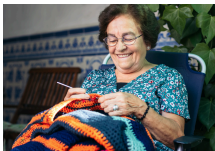
# Turn Back Time & Delay the Aging Process

Acquiring new knowledge forms fresh pathways in the brain, improving learning and cognitive abilities. Engaging the mind with activities such as reading this newsletter can support brain health and potentially mitigate cognitive decline as we age.

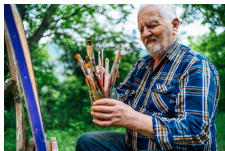
**ALL IT TAKES IS YOUR COURAGE TO TAKE THE FIRST STEP AND GET OUT OF YOUR COMFORT ZONE.**



**THERE ARE MANY WAYS YOU CAN START LEARNING**



**IT'S NEVER TOO LATE!**



## SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

Senior centers are a real lifeline for social connection. They play an essential role in mental, emotional, and physical health.

### VISIT A HARVEY COUNTY AREA SENIOR CENTER

**Burrton Senior Center, 620-463-3225**

124 N Burrton Ave, Burrton, KS 67020

**Newton Area Senior Center, 316-283-2222**

122 E 6th St, Newton, KS 67114

**Halstead Senior Center, 316-835-2283**

523 Poplar St, Halstead, KS 67056

**Hesston Area Senior Center, 620-327-5099**

108 E Randall St, Hesston, KS 67062

**Sedgwick Senior Center, 316-72-0393**

107 W 5th St, Sedgwick, KS 67135



When considering ways to enhance our health, many overlook activities like coloring or reading poetry. Surprisingly, research indicates that engaging with art, as a creator or observer, can significantly impact our physical and mental well-being.

### The Influence of Art on Health

Art can rewire our brains and trigger the release of neurochemicals, hormones, and endorphins, which can positively impact our health. Healthcare providers are expanding the inclusion of art engagement in treatment strategies for conditions like obesity, heart disease, chronic pain, dementia, Parkinson's disease, loneliness, and depression. Involvement with art can lower stress hormones, boost cognitive abilities, and enhance overall well-being.

Regular interaction with art can reduce stress, improve cognitive function, and increase longevity. Engaging with art influences various neurological and physiological systems, affecting our well-being. Artistic experiences can bring about significant changes on a cellular level, influencing our body, mind, and spirit.

You don't need to be "good" at art to reap its benefits. Studies show that even short periods of art-making can significantly reduce stress and build essential cognitive and emotional skills. Many of us carry a camera (smartphone), which can be a tool to explore creative energy while walking or engaging in daily activities.

Not all art seeks to please, and therein lies its power. Art that confuses or disturbs us can captivate our thoughts by introducing unforeseen elements or revelations. It can also be mentally stimulating and rewarding, moving away from our tendency to oversimplify, and it allows us to notice more depth and beauty or approach challenges from a fresh angle.





# Medicare



## 2024 OPEN ENROLLMENT

The Senior Health Insurance Counseling for Kansas program (SHICK) has certified volunteers available to guide you during Medicare's open enrollment from October 15 to December 7. During this time, you have the opportunity to explore and compare the premiums, deductibles, co-insurance, and preferred pharmacies of your current plan to the new 2025 plans.

Changes made during open enrollment will take effect on January 1, 2025. Remember, adjustments to Medicare coverage for 2025 cannot be made after December 7.

During open enrollment, you can:

- Switch from Original Medicare to a Medicare Advantage plan
- Transition from a Medicare Advantage plan to Original Medicare
- Review Medicare Part D prescription plans

If you have a Medicare Advantage plan, the open enrollment period runs from January 1 to March 31.

### CALL TO MAKE AN APPOINTMENT WITH:

- **K-State Research & Extension** 316-284-6930
- **Department on Aging** 316-284-6880
- **Newton Senior Center** 316-283-2222
- **Hesston Senior Center** 620-327-5099
- **Sedgwick Senior Center** 316-772-0393

### DON'T FORGET TO BRING



Call SHICK at 1-800-860-5260 for more locations

**TOSS ALL PRESCRIBED MEDICATIONS IN A BAG & BRING THEM IN**  
OR MAKE DETAILED LIST WITH THE DRUG FULL NAME, STRENGTH, DOSAGE AND QUANTITY.

**National Drug Take Back Day provides a chance to properly dispose of expired or unused medications on October 26, from 10 a.m. to 2 p.m. at the Sheriff's Office.**

**Scammers may sound professional.** They may say they're from Medicare, and may even have some of your personal information. Medicare will not call or visit you unless you have contacted them first.

Common tactics scammers use to entice you to engage:

- Cold calls, emails, junk mail, social media posts, late-night commercials.
- Be cautious of the caller ID name or number, as scammers can manipulate it.
- Request for personal information such as Medicare, Social Security, credit card, or financial information.
- Threats that coverage will be canceled if you don't verify information or join a new plan.
- High pressure sales. A legitimate company will give you time to think and verify information.
- Medicare red, white, and blue cards are thick paper, not plastic, metal, or chip cards. They do not expire.
- Offering free gifts, exams, or testing.

**When in doubt HANG UP!**

Report Medicare fraud and abuse at [smpresource.org](http://smpresource.org). To report individuals falsely claiming to represent Medicare or other Medicare-related scams, reach out to 1-800-MEDICARE and notify the FTC through [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov).



# Caregiving Corner

## November is National Family Caregivers Month

It is a time to honor and recognize caregivers, raise awareness about caregiving issues, and educate communities.

### Respite Care Programs

Respite care is designed to relieve the caregiver through in-home respite. For more information, contact the Harvey County Department on Aging at 316-284-6880.

### In-Home Support After a Hospital Stay

Please contact the Central Plains Area Agency on Aging at 1-855-200-2372 for information on the 90-Day First Step program, which is tailored for recently hospitalized individuals.

### Caregiving Groups

NMC Health

600 Medical Center Dr., Newton

Contact Case Management at 316-804-6222

The group is held on the last Thursday at 6:30 p.m.

Hesston Wellness Center

701 S. Main St., Hesston

Contact HWC at 620-327-2323

The group is held on the third Tuesday at 2:30 p.m.

Kansas Christian Home

1035 SE 3rd St., Newton

Contact KCH at 316-283-6600

The group is held on the third Wednesday at 10 a.m.

Dementia Coffee Gathering

Contact Sharon for location at 316-650-7108

The group is held on the second Thursday at 10 a.m.

Bereavement Support Group

First Nazarene Church, 1000 N. Main St., Newton

Contact Cheryl at 316-249-3779

The group is held on the second Monday at 7:30 p.m.

Central Plains Area Agency on Aging

271 W. 3rd St. North, Wichita

Contact CPAAA at 1-855-200-2372

Virtually or in person on the third Wednesday at 6 p.m.



### TWO NEW PROGRAMS

#### The Stress-Busting Program for Family Caregivers of Persons with Dementia or Persons with Chronic Conditions

The nine-week program comprises 90-minute weekly sessions, accommodating up to eight participants. The course is proven to reduce caregivers' stress, anger, hostility, anxiety and improving quality of life.

**Please call the Harvey County Department on Aging for information on our next class at 316-284-6880.**

**Week 1:** Getting Started: Group introductions, purpose, and expectations of the program.

**Week 2:** Stress: Effects on Mind, Body, and Spirit: Causes of stress, mind-body-spirit connections to stress.

**Week 3:** Caregiver Stress and Relaxation: Effects of stress, relaxation response, creating a relaxation environment.

**Week 4:** Facing Challenges: Understanding and managing difficult and challenging situations when caring for someone with dementia or a chronic illness.

**Week 5:** Grief, Loss, and Depression: Grieving process and losses related to caring for someone with dementia or a chronic illness.

**Week 6:** Coping with Stress: Discussion of changeable and unchangeable stressors. Changing roles and relationships. Use of coping strategies.

**Week 7:** Positive Thinking: Changing the way one can think (cognitive restructuring) and how to view situations in a more positive framework. Twisted thinking is discussed.

**Week 8:** Taking Care of Yourself: Healthy Living: Integrating the strategies learned in earlier sessions to help develop a healthier lifestyle. Emphasis on incorporating good nutrition and sleep habits, exercise, and hobbies into daily routines.

**Week 9:** Choosing a Path to Wellness: Final integration of first 8 sessions and applying it so caregivers will be empowered to take care of themselves. Caregivers create a plan to do this and focus on healthy living. Discuss assertiveness skills.



Unite in Service. *Never Forget.*

## 9TH ANNUAL HARVEY COUNTY RSVP 9/11 SERVICE PROJECT

**SAVE THE DATE!**

**SATURDAY, SEPTEMBER 14, 2024,  
FROM 10 A.M. TO 2 P.M.  
DILLONS STORES IN NEWTON**

Harvey County RSVP holds a yearly 9/11 service project to honor and show gratitude to our first responders. This event provides a great opportunity to demonstrate our community spirit by aiding The Salvation Army's pantry restocking effort, which directly benefits the local community.

Here's how you can get involved:

- Pick up the aisle guides at the store entrance.
- Gather the donation items as you shop.
- Upon completing your shopping, drop off the items at the store entrance with an RSVP volunteer.



Keep in mind that the demand for donations continues throughout the year.

## New Volunteers

Leona Adrian	Mark McDaniel
Vickie Andres	Darlene Moser
Diane Birkey	Marlene Murch
Janet Friesen	Jan Orpin
Nancy Funk	John Regier
Sharon Gehring	William Swartley
Ruby Graber	Margaret Wiebe

# Thank you!!



**AmeriCorps  
Seniors**

*Volunteering  
Call to Action*

**Et Cetera Shop**

**Book Reviews**

**NMC Health**

**Salvation Army**

**Kettle Bell Ringers**

**Harvest of Love**

**Toys for Tots**

**Dyck Arboretum of the Plains**

**Halstead Senior Center**

**Harvey County**

**4-H and Youth**

**FACS and RSVP**

**Department on Aging**

**Health Department**

**Hesston Senior Center**

**Kidron Bethel**

**Newton Meals on Wheels**

**Newton Senior Center**

**Peace Connections**

**Sedgwick Senior Center**

**Store-to-Door**



**RSVP**



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

## **COMPANION PETS OFFER A PURR-FECT OPTION TO COMBAT LONELINESS**

Robotic pets respond to movement and sound, promoting engagement with older individuals.

Benefits of a Companion Pet:

- Eases anxiety
- Reduces feelings of loneliness
- Enhances quality of life



Available at no cost to eligible individuals aged 60 and above residing in Butler, Harvey, or Sedgwick counties with household income at or under \$2510 per month. Please contact the Central Plains Area Agency on Aging at 1-855-200-2372 for more information.

