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What do you call a person aged between 70 and 79 (Please don't call them OLD!)

By Gary Allan Foster
Certified Professional Retirement Coach
www.makeagingwork.com

Technically, we are called septuagenarians. That's too big a word for most to memorize and use, so most people (under 70) just call us "old" or "over the hill" or "irrelevant" or "geezers" or yada, yada, yada.

We seem to have a need to put ourselves in categories. A century-and-a-half ago, we had two

age categories – child and adult. When you started working the farm, you transitioned to adult and stayed there.

Then creative social scientists/engineers and clever marketers came up with age categories with the first one being "adolescence" which was the brainchild, in 1904, of psychologist and educator G. Stanley Hall.

From there we've progressed to as many as seven "age portals": newborn, infancy, childhood, adolescence, young adult, middle age,

and old age, each bringing with it a cadre of exploitive marketers and continued employment for an oversupply of psychologists.

This portal list has received even further refinement and deeper categorization, including the old age category. My favorite,

as a late-stage septuagenarian, comes from the late, great author and executive career coach, Ms. Helen Harkness, Ph.D., who died

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Important Dates

October 2023

04: Kansas SHL Conf.-Topeka
17: Board of Directors Meeting - Dodge City
10:00 a.m.

November 2023

01: Sub-Region VI - Pratt
02: Advisory Council Meeting – Dodge City 1:30 p.m.
06: Sub-Region IV – Johnson
08: Sub-Region I – Satanta
09: Sub-Region V – Hoisington
10: SWKAAA Offices Closed – Veterans Day

13: Sub-Region III – Garden City

14: SR II – Dodge City
21: SWKAAA Executive Committee Meeting
23: SWKAAA Offices Closed
24: SWKAAA Offices Closed
Happy Thanksgiving!

This is a tentative schedule of events and is subject to change. To verify an event call: 1-800-742-9531 or in Dodge City call 620-225-8230.



October 2023 Special and Wacky Days:

October 1	October 6
International Coffee Day	Do Something Nice Day
International Day for the Elderly	World Smile Day first Friday of month
National Homemade Cookies Day	October 7
October 5	National Forgiveness Day
	October 9
	Columbus Day – second Monday of month

National Cookie Day

Sunday, October 1st, is National Cookie Day!! To celebrate, try these Oatmeal Raisin Cookies!!

Oatmeal Raisin Cookies

Ingredients

- ¾ cup butter, softened
- ¾ cup white sugar
- ¾ cup packed light brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 ¼ cups all-purpose flour
- 1 teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ½ teaspoon salt
- 2¾ cups rolled oats
- 1 cup raisins

Directions

1. Gather all ingredients.
2. Preheat the oven to 375° F (190° C). Line two cookie sheets with parchment paper or silicone liners.
3. Beat butter, white sugar, and brown sugar in a large bowl until smooth and creamy. Beat in eggs and vanilla until fluffy.
4. Stir together flour, baking soda, cinnamon, and salt. Gradually beat into the butter mixture. Stir in oats and raisins. Drop teaspoonfuls of batter onto the prepared cookie sheets.
5. Bake in the preheated oven until golden brown, 8 to 10 minutes, switching racks halfway through. Remove from the oven and let sit on the cookie sheets for 1 to 2 minutes before transferring cookies to a wire rack to cool completely.

Nutrition Facts (per serving)

Calories: 92; Fat: 3g; Carbs: 15g; Protein: 1g

- Curious Events Day
- Moldy Cheese Day
- October 10**
- National Angel Food Cake Day
- October 11**
- Take Your Teddy Bear to Work Day – Second Wednesday of month.
- October 12**
- Old Farmer’s Day
- October 13**
- Friday the 13th
- October 14**
- National Dessert Day – take an extra helping, or two.
- October 16**
- Bosses Day – Weekday closest to October 16
- World Food Day
- October 17**
- National Pasta Day
- Wear Something Gaudy Day
- October 18**
- No Beard Day
- October 21**
- Babbling Day
- Count Your Buttons Day
- National Nut Day
- October 27**
- Black Cat Day
- Frankenstein Friday – last Friday in October
- October 28**

- Make a Difference Day – fourth Saturday of the month, neighbors helping neighbors.
- October 29**
- National Cat Day
- October 30**
- National Candy Corn Day
- October 31**
- Carve a Pumpkin Day – no surprise here!
- Halloween

Donor List

Thank You to Our Donors

Robert and Rachael Stewart

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Brendan Wenzl,
Executive Director
Kristina Lindow, Editor

Our Mission:
“To promote the well being of older Kansans and individuals with disabilities in southwest Kansas.”

Visit us on the web at
www.swkaaa.org
or visit us on Facebook

Kansas

Aging & Disability Resource Center

1-855-200-ADRC (2372)

www.kdads.ks.gov

November



November Special and Wacky Days:

November 1	All Saint’s Day	Dunce Day
November 2	Deviled Egg Day	November 11
Men Make Dinner Day – first Thursday of Month		Veteran’s Day
November 3	Housewife’s Day	November 12
Sandwich Day		Chicken Soup for the Soul Day
November 4	Book Lovers Day – first Saturday of the month	National French Dip Day
Use Your Commonsense Day		November 13
November 5	Daylight Savings Time ends at 2:00 a.m. – date varies	Caregiver Appreciation Day
November 6	National Nacho Day	Sadie Hawkins Day
Saxophone Day		World Kindness Day
November 8		November 14
		National Pickle Day
		November 15
		America Recycles Day
		November 16
		Button Day
		November 17
		Homemade Bread Day
		Take A Hike Day
		World Peace Day
		November 19
		Play Monopoly Day

November 20	Beautiful Day
	Thanksgiving Preparations Begin
November 22	Go For a Ride Day
November 23	National Cashew Day
	National Espresso Day
	Thanksgiving – Eat, drink, and be thankful, fourth Thursday.
November 24	Black Friday – Friday after Thanksgiving
	Buy Nothing Day – always the day after Thanksgiving...

	does anyone abide by it!?!)
November 25	National Parfait Day
	Small Business Saturday – Saturday after Thanksgiving
November 26	Shopping Reminder Day
November 27	Cyber Monday First Monday after Thanksgiving
November 28	French Toast Day
November 29	Square Dance Day
November 30	Stay At Home Because You Are Well Day

Call, from page one

in March this year as a nonagenarian just shy of her 93rd birthday.

- Here it is:
- Young adulthood: 20-40
 - First midlife: 40-60
 - Second midlife: 60-80
 - Young old: 80-90
 - Elderly: 90 and above
 - Old-old: 2-3 years to live

It feels good and right to still be in the “second midlife” category. Come March, I step into the Young Old category.

But that still feels good. It fits for where I feel I am mentally, physically.

It’s really all about mindset.
We’ve created one mental category (old) and a pivot point to irrelevancy by clinging to the irrelevant, illogical artificial finish line of 65 established by the government and the traditional retirement community.
That’s unfortunate because it’s a mindset that takes us to the wrong side of the mental and

biological ledger.

Think old = act old.

No, brain deterioration and senescence are not automatic. We can add neurons and build lots of new synaptic connections for as long as we choose.

No, extended morbidity and early frailty are not our destinies. We can “die young, as late as possible” if we understand our biology and neurology and do the simple things they require to hang in and support us.

No, this is not new information. We’ve known these things like forever – and ignored them just as long.

D-A-R-E
I can’t avoid coming back to Dr. Walter Bortz’s simple formula for longevity from his book “*Dare*

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Do You **NEED** Help With **RENT**?



EQUAL HOUSING OPPORTUNITY

Call Ford
County Housing
Authority to
fill out an
application!
(620)-471-4711

Care, from page one

to Be 100”

D = Diet
A = Attitude
R = Rejuvenation/renewal/
learning
E = Exercise

While it’s a pretty simple equation, don’t be fooled into believing it’s easy, especially the “A” part. It’s the toughest because the other three don’t get enacted unless the “A” is in place and working.

As Dr. Bortz says:
“D-R-E are biological compass points for aiming for 100, but

A – attitude – is most important. Within attitude lie all the planning and decision-making that facilitate the biological steps. It is possible to reach 100 by chance, but it’s not likely.”

With rare exceptions, we were given a vehicle that should carry us to yet another category – centenarian. As Dr. Bortz points out, **there is no biological reason that we all should not live to 100 or beyond.**

Alas, we’ve gotten really good at disproving Dr. Bortz’s claim with our self-care naiveté and resulting lifestyle choices despite having the antidotes to frailty and

early death staring us in the face. average U.S. male lifespan of 78.5 years.

Kickass Centenarian

Yeah, it’s a personal goal. It’s a repulsive thought to most and has squashed a few dinner conversations.

Why shoot for 100+?
Because I can.

Because I might just get there. I have self-care awareness and the awareness that the human body can last 122+ years.

So, what if I fall a few years short, like Dr. Harkness. Better than just hitting the current

The criminal part of accepting “old” early is that an ailing culture is deprived of the wisdom, talents and accumulated skills and experiences that a septuagenarian can bring to the table to make a difference.

There’s lots of life to live in Ms. Harkness’s last four categories. She proved it, as are more and more septo’s, octo’s, and nona’s.

Feel free to call me a septo or an octo – please, just don’t call me old.

Older Kansans Employment Program (OKEP)

The Older Kansans Employment Program (OKEP) is funded by the Kansas Legislature through the Kansas Department of Commerce to assist individuals who are age 55 and older in obtaining gainful employment. SWKAAA is the contracted provider for these and other employment services.

For more information about job openings for older workers, please contact us at 620-225-8230 or toll free at 1-800-742-9531.

News from OKEP - Older Kansas Employment Program

You are invited to Job Club meetings at 10:00 a.m. on Wednesdays in Dodge City or Great Bend! You never know who you will see there as attendance varies all the time. It’s intended to share info on how the program works and what works for different people attending. A popular topic is how to address the age factor when you’re in an interview. Another concern is why you want to work. We have advice from the professionals, but we enjoy hearing about your experiences. Call the above number and ask for Pat for more details.

Medicare Fraud and Abuse Affect All Of Us...

It is estimated that Medicare loses **BILLIONS** of dollars each year to fraud and abuse.

Consider the following tips from the Senior Medicare Patrol to help you **PROTECT, DETECT, and REPORT** concerns...

- Review your Medicare Summary Notice or Explanation of Benefits quarterly for accuracy.
- Look for three things :
 1. Charges for something you didn’t get.
 2. Billing for the same thing twice.
 3. Services that were not ordered by your doctor.
- Protect your Medicare, Medicaid, and Social Security numbers as you would a credit card.
- Do NOT give out personal information to unknown callers, visitors, or providers whom you have not contacted for services.
- REPORT any concerns to the Kansas Senior Medicare Patrol.

For Information or Assistance Call the Kansas Senior Medicare Patrol at 1-800-860-5260



Coping with caregiving



News in Health

Take Care of Yourself While Caring for Others

It can be a labor of love, and sometimes a job of necessity. A total of about 43 million U.S. adults provide unpaid care for someone with a serious health condition each year. These often-unsung heroes provide hours of assistance to others. Yet the stress and strain of caregiving can take a toll on their own health. NIH-funded researchers are working to understand the risks these caregivers face. And scientists are seeking better ways to protect caregivers' health.

Many of us will end up becoming a caregiver at some point in our lives. Chances are we'll be helping out older family members who can't fully care for themselves. Such caregiving can include everyday tasks, such as helping with meals, schedules, and bathing and dressing. It can also include managing medicines, doctor visits, health insurance, and

money. Caregivers often give emotional support as well.

People who provide unpaid care for an elderly, ill, or disabled family member or friend in the home are called informal caregivers. Most are middle-aged. Roughly two-thirds are women. Nearly half of informal caregivers assist someone who's age 75 or older. As the elderly population continues to grow nationwide, so will the need for informal caregivers.

Studies have shown that some people can thrive when caring for others. Caregiving may help to strengthen connections to a loved one. Some find joy or fulfillment in looking after others. But for many, the strain of caregiving can become overwhelming. Friends and family often take on the caregiving role without any training. They're expected to meet many complex demands without much help. Most caregivers hold down a full-time job in addition to the hours of unpaid help they give to someone else.

"With all of its rewards,

there is a substantial cost to caregiving — financially, physically, and emotionally," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging. "One important insight from our research is that because of the stress and time demands placed on caregivers, they are less likely to find time to address their own health problems."

Informal caregivers, for example, may be less likely to fill a needed prescription for themselves or get a screening test for breast cancer. "Caregivers also tend to report lower levels of physical activity, poorer nutrition, and poorer sleep or sleep disturbance," says Dr. Erin Kent, an NIH expert on cancer caregiving.

Studies have linked informal caregiving to a variety of long-term health problems. Caregivers are more likely to have heart disease, cancer, diabetes, arthritis, and excess weight. Caregivers are also at risk for depression or anxiety. And they're more likely to have problems with memory and paying attention.

"Caregivers may even suffer from physical health problems related to caregiving tasks, such as back or muscle injuries from lifting patients," Kent adds.

Caregivers may face different challenges and risks depending on the health of the person they're caring for. Taking care of loved ones with cancer or dementia can be especially demanding. Research suggests that these caregivers bear greater levels

of physical and mental burdens than caregivers of the frail elderly or people with diabetes.

"Cancer caregivers often spend more hours per day providing more intensive care over a shorter period of time," Kent says. "The health of cancer patients can deteriorate quickly, which can cause heightened stress for caregivers. And aggressive cancer treatments can leave patients greatly weakened. They may need extra care, and their medications may need to be monitored more often."

Cancer survivorship, too, can bring intense levels of uncertainty and anxiety. "A hallmark of cancer is that it may return months or even years later," Kent says. "Both cancer survivors and their caregivers may struggle to live with ongoing fear and stress of a cancer recurrence."

Dementia can also create unique challenges to caregivers. The health care costs alone can take an enormous toll. One recent study found that out-of-pocket spending for families of dementia patients during the last five years of life averaged \$61,522, which was 81% higher than for older people who died from other causes.

Research has found that caregivers for people with dementia have particularly

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Can you lengthen your life?



News in Health

Researchers Explore How To Stay Healthy Longer

Want the secret to living a longer and healthier life? Scientists have found ways to prolong the healthy lifespans of worms, mice, and even monkeys. Their work has revealed exciting new clues about the biology of aging. But solid evidence still shows that the best way to boost the chance of living a long and active life is to follow the advice you likely heard from your parents: eat well, exercise regularly, get plenty of sleep, and stay away from bad habits.

People born in the U.S. today can expect to live to an average age of about 79. A century ago, life expectancy was closer to 54. “We’ve had a significant increase in lifespan over the last century,” says Dr. Marie Bernard, deputy director of NIH’s National Institute on Aging. “Now if you make it to age 65, the likelihood that you’ll make it to 85 is very high. And if you make it to 85, the likelihood that you’ll make it to 92 is very high. So, people are living longer, and it’s happening across the globe.”

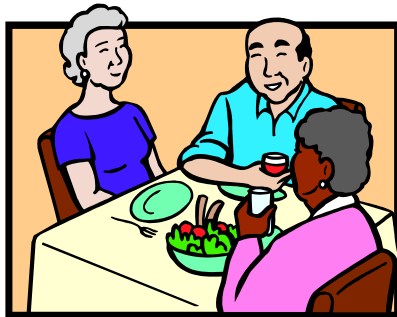
Older people tend to be healthier nowadays, too. Research has shown that healthful behaviors can help you stay active and healthy into your 60s, 70s, and beyond. In fact, a long-term study of Seventh-day Adventists—a religious group with a generally healthy lifestyle—shows that they tend to remain

healthier into old age. Their life expectancy is nearly 10 years longer on average than most Americans. The Adventists’ age-enhancing behaviors include regular exercise, a vegetarian diet, avoiding tobacco and alcohol, and maintaining a healthy weight.

“If I had to rank behaviors in terms of priority, I’d say that exercise is the most important thing associated with living longer and healthier,” says Dr.

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Need a Hot Meal at Noon?



Friendship Meals are available to seniors age 60 and above and their spouses who need a nutritious meal. Meal-on-Wheels for seniors 60 and above are available for those who are assessed and qualified as home bound.

A donation of \$3.50 per meal is suggested for eligible seniors.

To find a meal site near you, call Friendship Meals at 1-620-792-1241

Call the local site at least a day in advance to reserve your meals.

Our Mission:
“To promote the well being of older Kansans and individuals with disabilities in southwest Kansas.”

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Life, *from page 6*

Luigi Ferrucci, an NIH geriatrician who oversees research on aging and health. “Exercise is especially important for lengthening active life expectancy, which is life without disease and without physical and mental/thinking disability.”

Natural changes to the body as we age can lead to a gradual loss of muscle, reduced energy, and achy joints. These changes may make it tempting to move less and sit more. But doing that can raise your risk for disease, disability, and even death. It’s important to work with a doctor to find the types of physical activity that can help you maintain your health and mobility.

Even frail older adults can benefit from regular physical activity. One NIH-funded study included over 600 adults, ages 70 to 89, who were at risk for disability. They were randomly placed in either a moderate exercise program or a comparison group without structured exercise. The exercise group gradually worked up to 150 minutes of weekly activity. This included brisk walking, strength and balance training, and flexibility exercises.

“After more than 2 years, the physical activity group had less disability, and if they became disabled, they were disabled for a shorter time than those in the comparison group,” Bernard explains. “The combination of different types of exercise — aerobic, strength and balance training, and flexibility — is important to healthy aging.”

NIH’s Go4Life (<https://www.nia.nih.gov/health/topics/exercise-and-physical-activity>) website has tips to help older adults get and stay active.

Another sure way to improve your chances for a longer, healthier life is to shed excess weight. “Being obese — with a body mass index (BMI) higher than 30 — is a risk factor for early death, and it shortens your active life expectancy,” Ferrucci says. BMI is an estimate of your body fat based on your weight and height. Use NIH’s BMI calculator (https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm) to determine your BMI. Talk with a doctor about reaching a healthy weight.

Studies in animals have found that certain types of dietary changes — such as extremely low-calorie diets — can lead to longer, healthier lives. These studies offer clues to the biological processes that affect healthy aging. But to date, calorie-restricted diets and other dietary changes have had mixed results in extending the healthy lives of people.

“We have indirect evidence that nutritional adjustments can improve active longevity in people, but this is still an area of intense research,” Ferrucci says. “So far, we don’t really have solid evidence about caloric restriction and whether it may have a positive effect on human aging.” Researchers are now studying potential drugs or other approaches that might mimic calorie

restriction’s benefits.

Not smoking is another pathway to a longer, healthier life. “There’s no question that smoking is a hard habit to break. But data suggest that from the moment you stop smoking, there are health benefits. So, it’s worthwhile making that effort,” Bernard says.

You might think you need good genes to live longer. But genes are only part of the equation for most of us, says Dr. Thomas Perls, an aging expert and director of the New England Centenarian Study at the Boston University School of Medicine. “Research shows that genes account for less than one-third of your chances of surviving to age 85. The vast majority of variation in how old we live to be is due to our health behaviors,” Perls says. “Our genes could get most of us close to the remarkable age of 90 if we lead a healthy lifestyle.”

The influence of genes is stronger, though, for people who live to older ages, such as beyond 95. Perls has been studying people who live to age 100 and up (centenarians) and their families to learn more about the biological, psychological, and social factors that promote healthy aging.

“It seems there’s not a single gene that imparts a strong effect on the ability to get to these older ages,” Perls says. “Instead, it’s the combined effects of probably hundreds of genes, each with weak effects individually, but having the right combination can lead to

a very strong effect, especially for living to the oldest ages we study.”

It’s a good idea to be skeptical of claims for a quick fix to aging-related problems. Perls cautions against marketed “anti-aging” measures such as “hormone replacement therapy,” which has little proven benefit for healthy aging and can have severe side effects. “People used to say, ‘the older you get the sicker you get.’ But with common sense, healthy habits such as regular exercise, a healthy weight, avoiding red meat, not smoking, and managing stress, it can be ‘the older you get the healthier you’ve been,’” Perls says.

The key to healthy aging is to engage fully in life — mentally, physically, and socially. “Transitioning to older years isn’t about sitting in a rocking chair and letting the days slip by,” Bernard says. “Older adults have unique experiences, intellectual capital, and emotional involvement that can be shared with younger generations. This engagement is really key to helping our society move forward.”



Senior Highlights:

Grant County Senior Center

Grant County Senior Center in Ulysses, Kansas, has been established for well over 50 years. We provide several services to our aging community that include transportation and in-home care. We strive to give the very best to our aging community members. We normally have monthly trips for activities outside our center and it is a way to get our patrons out of town for a bit.

We offer an exercise program, and our class can be found on our YouTube page. We offer a wellness area that has weights, treadmills with TVs, bikes and more. We have several activities

that go on throughout our day such as dominoes, puzzles and lounging in the living room area and watching old westerns. We also have Bingo every Wednesday, Bible Study every Thursday and Sit N' Fit Class Tuesday and Thursdays. In addition, we serve lunch daily and have a Meals on Wheels program available for our patrons who reside within Grant County.

We love to participate with our community. We recently celebrated homecoming and we had Spirit Week at the center as well. We are planning on a trip to the Pumpkin Patch in Dodge City next month on the 9th.



Weighing in on Dietary Fats

News in Health

Some Fats Are Healthier Than Others

With the winter holidays upon us, you'll likely be surrounded by family, friends and plenty of good food. Many of these foods, though, can be high in fat. Learn which fats are naughty and which are nice to your health. Then you can make smarter food choices.

We need a certain amount of fat in our diets to stay healthy. Fats provide needed energy in the form of calories. Fats help our bodies absorb important vitamins — called fat-soluble vitamins — including vitamins A, D and E. Fats also make foods more flavorful and help us feel full. Fats are especially important for infants and toddlers because dietary fat contributes to proper growth and development.

“Fats are really the most concentrated source of energy in the foods we eat, and our bodies need that energy,” says NIH nutritionist Dr. Margaret McDowell. “Fats are truly an essential nutrient.”

Problems arise, though, if we eat too much fat. Dietary fats have more than twice as many calories per gram as either proteins or carbohydrates like sugar and starch. Excess calories, of course, can pack on the pounds and raise your risk for diabetes, cancer and other conditions. Eating the “wrong” kinds

of fats can trigger additional health hazards. “Some fats are better for our bodies than others,” McDowell says. “We should really aim to eat the right types of fats.”

Foods can contain a mixture of different fats. Unsaturated fats are considered “good” fats. They’re sometimes listed as “monounsaturated” and “polyunsaturated” fat on Nutrition Facts labels. These can promote health if eaten in the right amounts. They are generally liquid at room temperature and are known as oils. You’ll find healthful unsaturated fats in fish, nuts and most vegetable oils, including canola, corn, olive and safflower oils.

The so-called “bad” fats are saturated fats and trans fats. They tend to be solid at room temperature. Solid fats include butter, meat fats, stick margarine, shortening, and coconut and palm oils. They’re often found in chocolates, baked goods, and deep-fried and processed foods.

“When we eat too many solid fats, we put our bodies at risk. These fats tend to raise total blood cholesterol, as well as the part of cholesterol known as low-density lipoprotein (LDL) cholesterol,” says McDowell. “When those cholesterol levels are out of whack and too high, it’s a risk factor for cardiovascular disease.”

“When there’s too much cholesterol in the blood, the excess can get trapped in artery walls and build up,” adds Dr. Catherine Loria, an NIH expert on nutrition and heart health. “The buildup can develop into



atherosclerosis, or hardening of the arteries, which can lead to coronary heart disease.”

Experts say that the total fat intake for adults ages 19 and older should be 20% to 35% of the calories eaten each day. For children ages 4 to 18, it should be 25% to 35%.

Experts also say you should get less than 10% of your calories from saturated fatty acids. NIH-funded studies have shown that replacing the solid fats in your diet with healthful unsaturated fats can have a positive impact. “When you look at total fat intake, using unsaturated fats in place of some of the saturated fats actually lowers your total cholesterol levels, and mainly your LDL cholesterol levels, which is a good thing,”

says Loria.

Other NIH-funded research found that, when it comes to weight loss, the source of calories—whether from fat, protein or carbohydrate—isn’t as important as the number of calories you consume. But when it comes to risk factors for heart disease, replacing some carbohydrates with protein or unsaturated fats can greatly improve blood cholesterol. In a specialized diet designed to lower blood pressure, using unsaturated fats in place of some carbohydrates boosted blood levels of “good” cholesterol (HDL cholesterol)

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Fat,
from page 9

and caused a more healthful drop in blood pressure. “It’s about becoming a label reader,” says Joanne Gallivan, a registered dietitian who heads NIH’s National Diabetes Education Program. To eat healthy, she says, “you need to read the Nutrition Facts label to learn the amount of fat and calories in the food, the amounts per serving, and what percent of calories come from fat.” The nutrition label also shows the amounts of unhealthy saturated and trans fats.

Eating healthy fats and less total fat can be especially challenging over the holidays, however. “You want to enjoy the foods and the celebration. You shouldn’t think of the holidays as a time to deprive yourself,” says McDowell.

One way to cut fat at holiday gatherings is to simply reduce your portion sizes. “Choose more lean meats, like poultry without the skin. Eat more fruits, vegetables and whole-grain foods,” says Gallivan.

When preparing recipes, try to use lower-fat ingredients. “Low-fat and fat-free yogurt and milk still contain the important proteins and minerals found in the full-fat versions, but you’re getting less saturated fat and cholesterol,” McDowell says. “In some recipes, you can use applesauce or egg whites, instead of oil. In general, bake,

See Fat,
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SOUTHWEST KANSAS SENIOR CITIZENS LAW PROJECT			
AAA SCHEDULE 2023-2024			
1st Quarter (October-December 2023) Kansas Legal Services			
DATE	SENIOR CENTERS	KLS ATTORNEY	TIME
10-05-22	Pratt Senior Center	Noah Hahs	10:30am
10-05-22	Great Bend Senior Center	Noah Hahs	1:30pm
10-06-22	Syracuse Senior Center	Noah Hahs	11:00am
10-11-22	Tribune Senior Center	Noah Hahs	1:30pm
10-13-22	Dodge City Senior Center	Noah Hahs	10:00am
10-13-22	Meade Senior Center	Noah Hahs	1:30pm
10-20-22	Liberal Senior Center	Noah Hahs	10:00am
10-20-22	Garden City Senior Center	Noah Hahs	1:00pm
DATE	SENIOR CENTERS	KLS ATTORNEY	TIME
11-02-22	Larned Senior Center	Noah Hahs	11:00am
11-02-22	Great Bend Senior Center	Noah Hahs	1:30pm
11-03-22	Hugoton Senior Center	Noah Hahs	10:00 am
11-03-22	Ulysses Senior Center	Noah Hahs	2:00 pm
11-17-22	Liberal Senior Center	Noah Hahs	10:00am
11-17-22	Garden City Senior Center	Noah Hahs	1:00pm
DATE	SENIOR CENTERS	KLS ATTORNEY	TIME
12-01-22	Scott City Senior Center	Noah Hahs	12:00pm
12-07-22	Great Bend Senior Center	Noah Hahs	1:30pm
12-08-22	Dodge City Senior Center	Noah Hahs	10:00am
12-15-22	Liberal Senior Center	Noah Hahs	10:00am
12-15-22	Garden City Senior Center	Noah Hahs	1:00pm
* An attorney will visit only if appointments are scheduled. Please contact your local Senior Center or Kansas Legal Services (620-227-7349) if you plan to meet with the attorney.			

Century Birthdays



It is scientifically proven that people who have more birthdays live longer!!!

We would like to wish A Very **Happy 100 and 100+ Birthday** to:

Dorothy Eileen Schwindt, 102 years young on August 7th;
Lela Bishop, 101 years young on August 13th;
Irene Carman, 101 years young

on October 12th;
Welda Frey, 100 years young on September 20th;
Mary Jane Brown, 100 years young on April 22nd;
Gladys Pagenkopf, 101 years young on July 14th;
Mabry Foreman, 100 years young on August 14th; and
Gertrude "Trudy" Perkins, 100 years young on October 29th.

Five foods for better brain health

By **Claire Leis**
Registered Dietitian Nutritionist

The brain is arguably the most important organ in the human body. The brain controls every process and system. Every breath, taste, touch, memory, thought, and emotion is controlled by the brain. Despite its significance, the complexity of the brain causes scientists to remain unclear as to what causes the decline of brain health. The Alzheimer's Association estimates that 6.2 million Americans live with Alzheimer's dementia. It's estimated that this number could double by 2060.

Cognitive decline, including memory loss, confusion, or withdrawal from work and social activities, as seen with Alzheimer's Disease and dementia, cannot be cured. Medications may be used to manage symptoms temporarily. For this reason, scientists agree that delaying disease onset through diet and lifestyle intervention remains the best strategy. Research has shown diet interventions to be effective in protecting cognitive decline. While no single food can promise a

sharp brain as you age, research has found that some foods are better than others at promoting brain health. Research suggests the best foods for your brain are those that also protect your heart, including green leafy vegetables, nuts, olive oil, berries, and fish. These foods can help keep your mind sharper for longer.

Green Leafy Vegetables

Several prospective cohort studies found that green leafy vegetables were associated with slower cognitive decline. Green leafy vegetables, such as kale, collard greens, spinach, lettuce, broccoli, and arugula, are sources of folate, vitamin E, carotenoids, and flavonoids. All of which are nutrients related to a lower risk of dementia and cognitive decline. A study completed by the Rush Memory and Aging Project at Rush University found that individuals with the highest intake of green leafy vegetables at seven or more servings per week had

Fat, from page 10

broil or grill instead of frying."

Learn to read between the lines on Nutrition Facts labels. "If a food is labeled 'low-fat,' that doesn't necessarily mean it's low in calories," says Gallivan. Nonfat cookies, crackers and other products may contain added sugar and salt to boost their flavor. Added sugar can add calories, and too much

salt can raise blood pressure.

"If you indulge a bit over the holidays, just be sure that the next day you go back to following a healthy meal plan and being active," says Gallivan. And remember, when it comes to saturated or trans fats in your diet, you'll help your health if you choose wisely and trim the fat.

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less evidence of Alzheimer's Disease pathology when compared to those with the lowest intake. To increase the green leafy vegetables in your diet, try making homemade kale chips or add arugula to your next sandwich. Fresh or frozen spinach can be added to smoothies or mixed into pasta and casserole.

Nuts

Nuts provide protein and healthy fats and can promote a healthy body weight and decrease the risk of cardiovascular disease. Nuts are an excellent source of Vitamin E, which protects cells against oxidative damage to help slow mental decline. Walnuts are particularly beneficial to brain health as they provide anti-inflammatory

Care, from page 5

high levels of potentially harmful stress hormones. Caregivers and care recipients often struggle with the problems related to dementia, such as agitation, aggression, trouble sleeping, wandering, and confusion. These caregivers spend more days sick with an infectious disease, have a weaker immune response to the flu vaccine, and have slower wound healing.

One major successful and expanding effort to help ease caregiver stress is known as REACH (Resources for Enhancing Alzheimer's Caregiver Health). Nearly a decade ago, NIH-funded researchers showed that a supportive, educational program for dementia caregivers could greatly improve their quality of life and reduce rates of clinical depression. As part of the program, trained staff connected with caregivers over six months by making several home visits, telephone calls, and structured telephone support sessions.

"REACH showed that what caregivers need is support. They need to know that there

are people out there and resources available to help them," says Dr. John Haaga, who oversees NIH's behavioral and social research related to aging.

The REACH program is now being more widely employed. It's been adapted for use in free community-based programs, such as in local Area Agencies on Aging. It's also being used by the U.S. Department of Veterans Affairs and by the Indian Health Service, in collaboration with the Administration for Community Living.

"We know how to support families caring for an older adult. But that knowledge is not easily accessible to the families who need it," says Dr. Laura Gitlin, a coauthor of the REACH study and an expert on caregiving and aging at Johns Hopkins University. "Caregivers need to know it's not only acceptable, but recommended, that they find time to care for themselves. They should consider joining a caregiver's support group, taking breaks each day, and keeping up with their own hobbies and interests."

omega-3 fatty acids. Research suggests that eating one to two ounces of walnuts daily can improve cognitive function. Additional benefits of regular walnut intake include decreased risk of cardiovascular disease, depression, and type 2 diabetes. To add more nuts to your meals, add them to your yogurt or cereal, make your own nut butter, or add to meals like stir-fry.

Olive Oil

Experts agree that olive oil is beneficial for many aspects of health. Olive oil is rich in a mono-unsaturated fatty acid called oleic acid. It also contains vitamin E and polyphenols. Together, these compounds reduce inflammation, providing neuroprotection to the brain and reducing your risk of other inflammatory diseases like heart disease and type 2 diabetes.

A 2023 observational study from Harvard T.H. Chan School of Public Health found that Americans who consumed more than ½ tablespoon of olive oil daily had a 28% lower risk of dying from dementia than those who never or rarely consumed olive oil. Participants who swapped out one teaspoon a day of margarine or mayonnaise for olive oil were associated with an 8-14% lower risk of dementia-related death.

Opt for extra-virgin olive oil for additional health benefits when selecting an olive oil. The cold mechanical press method in which extra-virgin olive oil is produced retains more nutrients from the olive than standard olive oil. Extra-virgin olive oil can be eaten raw, on a salad or a piece of bread, or cooked into a dish.

Berries:

Like other foods on this list, berries have been found to protect brain health and reduce the risk for chronic diseases, including heart disease and type 2 diabetes. Interestingly, while fruits, in general, are beneficial to overall health, berries specifically have

been suggested to slow cognitive decline. Berries provide vitamin E, folate, flavonoids, and carotenoids, which work together to reduce inflammation and slow beta-amyloid deposits in the brain. The protein beta-amyloid forms plaque and causes brain cells to eventually die in people with Alzheimer's disease.

The berry family includes cranberries, blueberries, blackberries, goji berries, strawberries, açai berries, and grapes. To increase the berries in your diet, add blueberries to your breakfast cereal, blend blackberries into your next smoothie, or enjoy fresh strawberries for a healthy snack.

Fish

Research has suggested that eating just one serving of fish per week may lower the risk of developing dementia. Fish are rich in omega-3 fatty acids, a healthy unsaturated fatty acid. Omega-3 fatty acids benefit both the heart and the brain as they reduce inflammation and lead to lower levels of blood β -amyloid.

While most fish contain small amounts of omega-3 fatty acids, fatty fish are rich in omega-3 fatty acids, providing the most benefit to the heart and brain. Fatty fish options include salmon, sardines, Atlantic mackerel, cod, herring, lake trout, and canned light tuna.

Grill, broil, or bake fish rather than deep-fry for a heart-healthy option. Try seasoning fish with lemon or dill to enhance the flavor profile.

We all want to eat better for our brain, but implementing change can feel overwhelming. Where to even begin? Try adding one new food a week. Pick two or three meals and snacks to add the new food to. For example,

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New faces at SWKAAA

Charlene Dye

My name is Charlene Dye. I am new to Southwest Kansas Area Agency on Aging.

I enjoy working with people and assisting them with resources to meet their needs. I am honored to be in the role as the Director of Information and Assistance.

I look forward to the journey of assisting with resources and services to help each person to obtain their quality of life.

Charlene Dye,
Thank you



Karen Rader

My name is Karen Rader. I was born and raised here in Dodge City.

I was gone 10 years and lived in Mullinville and moved back here in 2001.

I have a daughter, Tine, who has two children. Her son, Ryan, and family live in Minnesota, and he has three children. Her daughter, Lexi, lives in Colorado where my daughter lives and she has two children.

My son, Josh, lived in California for 33 years and just recently moved to Nevada. He has two children, Wyatt and Ethan. They are both grown.

I have worked for many places in Dodge City and worn many different hats. Each job has taught me something new and has helped me on other jobs. I am still learning.



Brain, from page 12

incorporating more spinach into your diet might look like blending it into a smoothie at breakfast one day, having it in a wrap for lunch another, and sauteing it into a rice bowl for supper later in the week. Breaking the goal of healthy eating into small, attainable steps makes it easier to achieve and stick with long term.

Easy Lentil Salad with Lemon Vinaigrette

Simple ingredients, easy to make, and super healthy to boot, you'll love everything about this lovely lentil, kale, cherry tomato,

and almond salad with lemon vinaigrette!

Prep Time:10 minutes
Total Time: 10 minutes
Course: Dinner, Lunch
Cuisine: Gluten Free, Grain Free
Vegan, Low FODMAP Option, Mediterranean
Keyword: easy lunch ideas, lentil recipes, vegan salad

Servings: 1 serving
Calories: 443 kcal
Author: EA Stewart, RD/Registered Dietitian Nutritionist

Ingredients

- 2 cups chopped kale
- ¾ cup cherry tomatoes sliced in half
- ½ cup chopped Radicchio
- ½ cup cooked lentils
- 2 tablespoons slivered almonds
- 1 tablespoon extra virgin olive oil
- Juice from ¼ of a lemon
- Sea salt and black pepper to taste

Instructions

1. Place kale, cherry tomatoes, optional Radicchio, lentils, and almonds in a salad bowl.

2. Top with olive oil, lemon juice, and salt and pepper to taste. Toss well, then serve.

Notes

MAKE IT LOW FODMAP:
Use canned, well-rinsed, and drained lentils.

Nutrition

Serving: 1 salad; Calories: 443 kcal; Carbohydrates: 41g; Protein: 20g; Fat: 25g; Saturated Fat: 2g; Sodium: 70mg; Potassium: 1468mg; Fiber: 11g; Sugar: 5g; Vitamin A: 13935IU; Vitamin C: 189.3mg; Calcium: 285mg; Iron: 6.8mg

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MORTON	STEVENS	SEWARD	MEADE	CLARK	KIOWA	BARBER
					COMANCHE	



For information, 620-225-8230
or come see us at
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Dodge City, KS 67801





(Courtesy photo)

Sharron Scott (right) and Oleta Bergquist (left) are getting some petting time in with there new cat!!



(Courtesy photo)

Colleen Tarman (right) and Harlan Miller (left) are getting some help from the new cat with their puzzles!!



(Courtesy photo)

Steve Dunham (left) and Daryl Miller (right) are making friends with the new puppy!!



(Courtesy photo)

And last but surely not least Mrs. Rupke was overjoyed to get her cat and named him Bailey!

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Call us today at (855) 643-8180, or visit our [website](http://www.kancare.ks.gov/kancare-ombudsman-office) (www.kancare.ks.gov/kancare-ombudsman-office).

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