

Governor Laura Kelly Announces More Than \$2.1 Million in Grants to Address Gaps in Early Childhood Care and Education

TOPEKA—Governor Laura Kelly today announced more than \$2.1 million in grant funding to fuel 59 ‘All in for Kansas Kids’ Quality Subgrants. The grants will help communities, service and childcare providers, and other early childhood champions address needs and gaps in the early childhood care and education system through locally-driven ideas and approaches.

Grantees from organizations and childcare providers large and small from across the state will use their awards to develop and implement new approaches that help children and families in their communities thrive. More than 140 applications were submitted, each focusing on addressing gaps in access, availability, and quality of childcare, as well as community-level supports for families.

“Investing in early childhood care and education system is the one of the best ways we can improve outcomes for Kansas families and communities,” Governor Laura Kelly said. “As we continue to rebuild our state’s foundation, supporting our kids’ development from Day One will boost our communities, help recruit businesses, and encourage those in our current and future workforces to stay in the places they grew up.”

Funding for the subgrants was made possible by the federal Preschool Development Birth Through Five Renewal Grant, a 3-year grant awarded to Kansas in April 2020. Many funded projects will receive multi-year support in alignment with the federal grant to create long-term, sustainable changes.

The work is being guided by the All in for Kansas Kids Strategic Plan, which maps the state’s future direction for early childhood. Grantees directly responded to findings from the statewide needs assessment conducted in 2019. More than 6,100 Kansans elevated a range of challenges that became the focus of the grant award categories: childcare access, rural childcare, connecting families to services, kindergarten readiness, and quality of care.

Grantees were awarded from all regions of the state and include targeted supports to help expand access to high quality childcare in communities such as Leoti, Washington, Independence, St. Francis, Valley Falls, Ness City, and Ellsworth, and in Thomas, Finney, Sumner, and Allen Counties. Grants will also support regional efforts to bridge gaps for families in counties surrounding sprawling Kansas communities like Lawrence, Wichita, Kansas City, and Emporia.

“Kansans across the state recognize the importance of providing their children with the best start in life possible,” Melissa Rooker, executive director of the Kansas Children’s Cabinet and Trust Fund, said. “We are pleased to support local early childhood care and education experts and provide financial resources to allow them to implement community-driven strategies.”

To learn more about specific funded programs and activities and connect with the All in for Kansas Kids Strategic Planning efforts to strengthen the Kansas early childhood care and education system, please visit the Kansas Children’s Cabinet and Trust Fund website <http://AllinforKansasKids.org>.

Half of Kansans say they have suffered from ‘quiet stress’ this year

- Over a quarter of adults say social distancing and loneliness has been their biggest stressor this year.
- 19% say they are more likely to turn to alcohol to alleviate stress as compared to pre-pandemic times.
- A third admit to suppressing their emotions and say these feelings emerge after they’ve been drinking.
- 48% say the reason they would hide their feelings if suffering from stress so as not to worry family or friends.

With a global pandemic still raging across America, resulting in separation from loved ones due to social distancing, as well as growing unemployment rates and economic uncertainty for many, it is perhaps no wonder there has been an increase in the need for mental health treatment. With disruptions to many Americans’ social lives, it may be difficult to reach out for help during this time, which can lead to people restraining their emotions and keeping them inside. This is often referred to as ‘quiet stress’ and while it may not sound serious, it can contribute to a range of different illnesses, such as addiction, lowered immunity and heart disease.

American Addiction Centers, a leading provider of substance addiction treatment resources, conducted a survey of 3,000 adults, which found that over half (59%) of Kansans say they believe they have suffered from ‘quiet stress’ this year. More widely known symptoms of stress often include visible outbursts, shouting, swearing and anger. By comparison, ‘quiet stress’ can cause an individual to underreact and not speak up about how they feel. This can lead to a state of inertia, whereby even though we feel overwhelmed, we ignore important tasks and don’t act on certain situations that require change. Therefore, ‘quiet stress’ can result in a sense of emotional paralysis, which could leave us unable to emerge from negative situations.

Infographic: View the quiet stress statistic across America

It appears that being isolated ranks high up as a stress trigger for many people, as over a quarter (28%) of respondents say the thing that has made them the most stressed this year is social distancing and loneliness. This was followed by personal finance (23%), being unable to see loved ones (20%), personal health (15%) and relationship issues (13%).

Although it is possible to learn to subdue your body’s stress responses, eventually these emotions will emerge and could manifest negatively in the form of a suppressed immune system, social withdrawal or unhealthy habits like excessive drinking. The survey also discovered that nearly 1 in 5 (19%) respondents admit they are more likely to turn to alcohol now to alleviate stress as compared to pre-pandemic times.

Additionally, 1 in 3 (33%) people who say they usually internalize their emotions within admit these feelings emerge after they have been drinking. Moreover, for many, the pandemic has resulted in heightened anxiety levels, as well as isolation, loneliness and boredom that may be brought on by spending more time at home – all of which can become potential triggers for excessive drinking.

Finally, the survey revealed that nearly half (48%) of people say the reason they hide their feelings when suffering from stress is because they don’t want to worry friends or family. Nearly a quarter (23%) said the reason they hide their feelings is out of fear of appearing weak. Additionally, 17% said it’s because they want to avoid dealing with it, and 13% don’t believe it is an issue that needs to be discussed.

‘Compared to traditional symptoms brought on by stress, it can be difficult to diagnose those caused by ‘quiet stress’ as they may manifest in different ways. If you notice you are procrastinating on tackling important tasks, excessively drinking, more prone to getting colds or feeling ‘stuck’ in difficult situations, it could be worth evaluating whether you are internalizing your body’s responses to stress,’ says a spokesperson for American Addiction Centers. ‘If you feel overwhelmed at the thought of reaching out to a loved one about it, contact your local care clinic for help from a trained professional, such as a counsellor.’

Sue's Sudsy Soapbox By: Sue Reich



Well, it is one of those days again. Rainy, cold, windy. Tomorrow is Turkey day and it will just be Mr. Ed and I and our furbabies. Sure is boring this year. Like I told you last time, our pre-turkey dinner with our group got cancelled. Just don't want to take chances. We just bought a turkey breast and divided it in three pieces so we won't get "turkied out". Lol. We delivered the papers yesterday and went and bought some goodies for Thanksgiving.

My son and his family took a couple of days of vacation at the Great Wolf lodge at the Legends. They really enjoyed it. Got to go down the slides, use all the fun water equipment, stayed a couple of days and nights. John really needed to have that week vacation. He works in a nursing home and was "hitting the walls". They even took a couple of extra kids, as if their four wasn't enough.

Years ago, a few of my co-workers/friends and I were going to go there, about seven of us and spend a couple of days. But then a couple of them got ill, one passed away. Then seems like one by one, they started having bad health problems and that really changed our plans. We were going to "party hardy". About all of them are gone now except about three of us left. Now with this virus, we really can't do that now anyway.

John said that they had to wear masks except when they were in the waterpark or dining. Mr. Ed had company and I told him to put on his mask. He said they had theirs on too. I put a sign on the front door, that makes sure you wear a mask, we don't know where you have been. lol There is also an oxygen sign on the door too.

Went to the TRC turkey dinner last Sunday. Sure different there too than it was last few years. Drove around the center, stopped in front, young people came out with each dinner in a plastic bag and gave us two coupons for KCWindmill across the street for a cup of hot cocoa. I took pictures of the "event". Three young ladies were in front with a table handing out a bag with a few goodies in it too. Mr. Ed stayed in the car and I did all the running around for us. Took pictures inside and out. I still say it feels like we are on another planet. We ate on those dinners a couple of days and now another turkey day is here.

I have to tell you; my son and his family are the bestest I could ever have. About every time they come over, they bring us FOOD. They are so neat. Chicken and livers, French dip sandwiches, huge loaded baked potatoes, tacos, just anything they think we will eat. Mr. Ed and I have both lost a lot of weight. I have lost 35 and he has lost about 50. They worry about us. I worry about them too. Especially John working in a nursing home.

My cousin Bobbie Larson's old homestead is for sale. It is on Swartz rd. We had a lot of great memories in that house. All of us cousins, aunts and uncles, music, laughter. That house will never be the same as when us Larson's took over, on the inside and the outside. Sure miss all those dear wonderful relatives of mine. Since this pandemic, they probably are the lucky ones not being here putting up with all this stuff. Well, my dear readers, hope you all had a good and safe Thanksgiving, traveled safely, kept your distance. didn't overeat, "urp", and got back home in your cozy little abodes.

Take care, mind your p's and q's. Ivya all, your little ol' gal from Argentine. Sue
Guess what? Santa Claus is just around the corner.

More Remodeling by Sue Reich

Those guys, Calvin, Jim, Larry, and whomever shows up at the building next to the garden, are really putting their time and effort to make something out of proper

Turner. Wow, did you see the wrought iron fence that is going up? Josh Markley, a very great guy pulled some strings and donated a fence. Now, when it gets up, all they need is some gates. I tell you, there are some really great people in Turner. They things



Little passes were given out for those who went thru the line for turkey dinners. Then you turned it in to the deli & received a tasty cup



Happy Thanksgiving, Barbara!



These nice ladies were passing out bags of goodies in front of Windmill deli.

they do like volunteering, and having fund raises, donating things for their cause, it unbelievable. When the weather gets better we are planning a parking lot sale there. I have a lot of stuff I am donating because for one thing I have to rid of it. A lot



A wrought iron fence is being erected around the parking area of the community garden in Turner. Thanks so much to Josh Markley for getting it for us. We do have some wonderful people in Turner.



The owner of Bubbles & Bows. I have been a customer of theirs for over 15 years. They started in Argentine and now are on Maple Hill.



Remember our great Thanksgiving dinners at TRC in the past? Quite different this year isn't it?

Comin' & Goin' Turner Style



By Sharon Hoover

Thanksgiving wasn't the same because of the coronavirus. We watched the Plaza Tree Lighting Ceremony from the comfort of our home. It was nice as I sat and drank my hot tea hoping next year, we would be able to be with family and friends. The Plaza is not the only area to have a beautiful light display. I found many on the internet - Johnson County has several listed. We'd been to Shawnee Mission Park in the past but there were many more listed. Longview Lake in Lee Sum-

mit, MO. (1499 SW County Park Road) has over 500,000 lights and 175 animated figures. Their drive thru is open from November 25 through December 31.

Ag Hall (126th & State Avenue.) is hosting drive thrus on Dec 4 and 5 and Dec 11 & 12 from 5:30 to 9:00. The details are online at National Agricultural Center and Hall of Fame) and in my article of November 12 which is also online at www.recordnews.com.

Something new and exciting is the show Walmart is presenting at the Kansas Speedway on Dec 4. To receive free tickets to the Walmart Holiday Drone Light Show from the safety of your car go to www.walmartdrone-show.com. When confirmed, families will receive a QR code which will grant their entry on the day of the event. One thousand intel drones will be launched into the night sky creating three dimensional seasonal shapes - snow-

flakes, snowmen, Christmas trees, etc. choreographed to a soundtrack of classic and modern holiday tunes. For families across the nation it will be available live on Walmart's Facebook, Instagram, and TikTok channels on Saturday Dec 5 at 6:40 pm Central Time.

If you don't mind traveling a little further Powell Gardens (1609 NW HY50) in Kingsville, MO is hosting the Festival of Lights: Enchantment. They offer a mile long path with a variety of light displays. Tickets and additional information are available at Powell Gardens Christmas lights on the internet for the extra activities besides the lights display. The dates are Nov 13 thru Jan 3, Thursday-Sunday 4:00 -10:00 pm. Additional dates added are Dec 21-23 and Dec 28-30.

Until next time please be kind, wash your hands, practice social distancing, wear a mask and get a flu shot.

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Kansas City, Kansas Municipal Court to Close Until January 18, 2021

The Unified Government announced today that the Kansas City, Kansas Municipal Court will be closed from December 1, 2020, to January 18, 2021. The closure is part of the County's ongoing efforts to increase public safety and reduce the spread of COVID-19.

This temporary closure applies to all cases except for Domestic Violence and necessary trials. Hearings that are currently scheduled will be rescheduled for a date after January 18, 2021.

"The decision to close the court to all cases except Domestic Violence and necessary trials was not made lightly," said Municipal Court Administrator Dominic Geniuk. "This change allows for an immediate decrease of persons entering the

building, making the spread of COVID-19 less likely for both the public and our staff remaining in City Hall."

In spite of the temporary closure, Court Officials emphasize that many interactions with the Court can be conducted online at wycokck.org/Municipal. Through this site, the public can:

- Download the myWyCo app, through which they can pay municipal court tickets, and set a court date and payment reminders.
- Request a video hearing
- Connect with Unified Government Digital Services
- Check Court dates
- Request certified records
- Submit something to the court
- Request a continuance
- View Administrative Operations or Jail Orders

Tom's Tasty Treats

By: Tom Valverde

A simple, but very good to eat coffee cake is this week's tasty treat. It's very traditionally served during the Christmas holidays. I know you and your family will enjoy,

Cranberry Coffee Cake

Ingredients:

- 2 c Flour
- 1 c Sugar
- 1 t Baking Powder
- 1/2 t Baking Soda
- 1/2 t Salt
- 1/2 c Butter
- 1 Lg. Egg + 1 yolk, Lightly beaten
- 1/4 c Milk + 1T
- 1 1/2 t Vanilla
- 1 2/2 c Fresh Cranberries

Chopped Topping:

- 1/2 c Flour
- 1/2 c Brown Sugar
- 1 t Cinnamon
- 1/4 c Butter

Directions:

Set oven to 350°. Grease an 8x8" loaf pan or tube pan.

Combine and whisk together the flour, sugar, baking powder, soda and salt. Add a 1/2 of cinnamon to the batter if desired. Cut in the butter until the mixture has the texture of coarse crumbs.

In a measuring cup, combine the milk, egg and yolk and the vanilla. Add this to the flour mixture and mix well. Spread evenly into the pan. Spoon the cranberries over the batter.

Make the topping by cutting the butter into the other ingredients until crumbly, then sprinkle over the cranberries.

Bake at 350° for 45 to 50 minutes or until cake tests done.

Good to remember family and friends who may live alone; will make 3 or 4 mini loaves, these bake for 30 minutes.

Delicious served warm or cold. Wrap tightly in plastic wrap to keep. Keep chilled and rewarm for 20 seconds. Serve with hot coffee and some room temperature butter. Try with Orange marmalade butter. Add a couple of tablespoons of orange marmalade to a stick of butter. Keep extra to use on toast. Makes a great snack when taking a break from writing Christmas cards or decorating for Christmas. Enjoy!

Guest Editorial

Our Silent Epidemic: "Loneliness"

By: Tom Valverde

Half of all senior-aged adults say television is their main form of company. With the "most wonderful time of the year" now here, it's an appropriate issue to focus attention on. And for those of us, who are able, it's really the time to show such people that they are cared about. And sending a card is nice but, it doesn't replace the social interaction needs of lonely and isolated adults. There's nothing better than spending time to visit an acquaintance, or neighbor who lives alone. And the number of one-person households has steadily increased in number since the 1940s, to the present. These numbers are put together by the U.S. Census: 1940, there were Less than 15% of one-person homes in America, by state. Thirty years later, in 1970 the number grew to 20%, with even higher numbers in California and New York; 25%. By 2000, the vast majority in the U.S. stood at over 25%. Our numbers at present are predictably, the worst yet, where we now have 40% of the population living in one-person households.

Many are unaware of the fact that being alone and feeling isolated is a risk factor for an early death. Here are only a few risk factors, along with the percentage number of how they increase mortality. Living with Air pollution, 5% Being Obese, 20% Excessive Alcohol, 30% Loneliness, 45% Leading a solitary life alone, has been linked to Chronic Heart disease. Morning Cortisol levels are Increased in lonely people- they live in fear of yet, another day, ALONE. High levels of Cortisol can increase blood pressure, it narrows the Arteries. It has a negative effect regulating the body's Metabolism and can lead to weight gain. The immune system is weakened by high levels of Cortisol. Other effects are Anxiety & Depression. It decreases healthy sleep patterns; causes sleep to be "fragmented, with many "Micro-awakenings" all through the night. Loneliness has been shown to negatively influence Gene Expression, such as Inflammation biology. Men are more at risk, 63%

live alone, women, 58 % not much difference in numbers, but men are typically not as outgoing and social as are women. Loneliness has the same negative effect on the body as smoking 15 cigarettes a day!

Some really heart-wrenching comments found on the net: "The most terrible poverty is loneliness, and the feeling of being unloved." "It's the worst pandemic and I've been in it so long, I don't know how to chat with people anymore." "I have no one. If I was abducted and murdered, only my job would realize I was gone after I stopped showing up. My life is meaningless." "Loneliness is a slow death." "I can go for days, without speaking to anybody." "I have a cat, so it's okay." "I was married for forty years, and it's awful; things don't get better, they get worse." "It's nice when my children visit or call. But they have not been

here to see me in a long time. I can't remember the last time they even called me to see if I was alright." "Loneliness, it hit me hard, and I was totally unprepared for it. It's really bad." "I just wish that someone would think enough of me to call or even write. But I would rather that they would visit, even for a little while."

The Christmas season is here, and it can be especially hard on single, live alone adults. Most of us have it within our means if not to invite someone to lunch, we can call ask if we may stop by for a visit. The open expression of love and caring can make all the difference! And if you prepare a Tom's Tasty Treat, make sure to share with someone you know that is all alone. Your thoughtfulness will be long remembered, and you'll be glad you took the time to show someone that's alone at Christmas that you care about them!

Get Ready For Taxes: Steps To Take Now To Make Tax Filing Easier In 2021

WASHINGTON – The Internal Revenue Service encouraged taxpayers to take necessary actions this fall to help file federal tax returns timely and accurately in 2021.

This is the second in a series of reminders to help taxpayers get ready for the upcoming tax filing season. A special page updated and available on IRS.gov, outlines steps taxpayers can take now to make tax filing easier in 2021.

2020 has been a busy year, with a lot of changes. To make sure taxpayers don't miss out on tax benefits or make mistakes, they can take a few simple steps now to make filing their taxes easier in 2021.

An important first step to getting taxes ready is to gather all tax records. Having records organized makes preparing a tax return easier. It may also help discover potentially overlooked deductions or credits.

- Most income is taxable, so taxpayers should gather income documents such as Forms W-2 from employers, Forms 1099 from banks and other payers, and records of virtual currencies or other income. This also includes, unemployment income, refund interest and income from the gig economy.

- Beginning in 2020, individuals may receive Form 1099-NEC, Nonemployee Compensation, rather than Form 1099-MISC, Miscellaneous Income, if they performed certain services for and received payments from a business. Please refer to the Instructions for Form 1099-MISC and Form 1099-NEC to ensure clients are filing the appropriate form and are aware of this change.

- Taxpayers may also need Notice 1444, Economic Impact Payment, which shows how much of a payment they received in 2020. This amount is needed to calculate any Recovery Rebate Credit they may be eligible for when they file their federal income tax return in 2021. People who didn't receive an Economic Impact Payment in 2020 may qualify for the Recovery Rebate Credit when they file their 2020 taxes in 2021.

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Turner Unified School District No. 202 is seeking Bid Proposals for a roof replacement at Journey School of Choice.

Documents pertaining to this Request for Proposal will be provided to any qualified contractor free of charge by email request sent to crockettc@turnerusd202.org

Turner USD 202 Facility Supervisor, Chris Crockett will host the blind bid opening on Wednesday January 6, 2021 at 1:00 pm. The location of the bid opening will be the Facility and Grounds Building located at 5800 Metropolitan, Kansas City, KS 66106. Turner USD 202 will announce the vendor that is awarded the bid January 20, 2021.

(First published 11-26-20)
2t-The Record-12-3-20

Request for Proposal Advertisement

Turner Unified School District No. 202 is seeking Bid Proposals for a roof replacement at Turner Middle School.

Documents pertaining to this Request for Proposal will be provided to any qualified contractor free of charge by email request sent to crockettc@turnerusd202.org

Turner USD 202 Facility Supervisor, Chris Crockett will host the blind bid opening on Wednesday January 6, 2020 at 1:30 pm. The location of the bid opening will be the Facility and Grounds Building located at 5800 Metropolitan, Kansas City, KS 66106. Turner USD 202 will announce the vendor that is awarded the bid January 20, 2021.

(First published 11-26-20)
2t-The Record-12-3-20

Request for Proposal Advertisement

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Documents pertaining to this Request for Proposal will be provided to any qualified contractor free of charge by email request sent to crockettc@turnerusd202.org

Turner USD 202 Facility Supervisor, Chris Crockett will host the blind bid opening on Wednesday December 9, 2020 at 1:00 pm. The location of the bid opening will be the Facility and Grounds Building located at 5800 Metropolitan, Kansas City, KS 66106. Turner USD 202 will announce the vendor that is awarded the bid December 16, 2020.

(First published 11-26-20)
2t-The Record-12-3-20

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Guest Editorial

Ever Increasing: Illegal Nursing Home Evictions

By: Tom Valverde

Many thousands of nursing home residents and patients experience being evicted or discharged against their wishes, many times, illegally because they are poor or on Medicaid. It is hoped, that with the new presidential administration, that this long-standing problem will be thoroughly investigated, and corrections made. "If you are looking for a class of people to bully around and to violate their rights, this is probably the best group you could find, right? They are older, medically fragile, they are coming off a significant medical condition that required hospitalization and a lot of rehabilitation, they are under-resourced, overwhelmed, poorly informed about what their rights are. They can be easily manipulated." Quote by Tony Chicotel, attorney, California Activist for nursing home reform. "And on any given day there are now about 1.7 million Americans living in a nursing home. Every year, Thousands are evicted against their wishes. In some cases, they leave quietly, because they don't know what else to do."

Examples of some of the uncaring and unlawful evictions were documented by state ombudsman and legal activists: The first case involved a woman in her early sixties, who was admitted to a nursing home to recover from back surgery that left her unexpectedly unable to walk much, or to take care of herself. Only a few weeks into her stay, she received a letter explaining that Medicare would no longer pay for her stay. The patient comments: "I had Medicare and thought everything was ok. You just don't know what is going to happen." "It's like telling a person--- You are not worth living because you don't have the money to pay for this or that, or whatever it is for care. I don't want to be a burden on my children." Her son responds: "My mom gets \$1,600 a month from her retirement

and social security. I could pay \$1,800 a month from my own pocket. That wasn't \$4,000 and they wanted \$9,000. He and his sister said that they only learned of their mother's right to appeal After she had been dismissed from the nursing home. Or if she could apply to Medicaid, to see if she qualified, which she later did. This would allow her to stay in the nursing home for as long as she required care. This patient was home for only three days, and then contracted pneumonia and had to be on oxygen. She was in and out of the hospital ten times. In its defense, the nursing home said that when she had left the nursing home, "her health had improved, and when she left our facility, she left voluntarily." They also stressed the fact that "Our administrator had given her "paperwork" which told about her right to appeal." No, you don't just hand "paperwork" to an infirm, elderly person, a patient, and expect them to both read and understand what that paperwork says. For \$9,000 a month, at the bare minimum, one of the "administrators" should be required to speak with the patient and explain their rights, under the law, take and answer questions, all preferably in the presence of a family member or guardian. Is this too much to expect, after having paid \$9,000 a month for care? No!

The second case is truly unbelievable. A man in his early fifties is in a nursing home for a year. He is diabetic and acquired an open sore on his foot. Because the wound was not healing properly, he had surgery to amputate two toes and the top of his foot. He then, was only able to move about, while sitting in a wheelchair. He explains: "One night, around 10 pm, an administrator comes into his room, "with a big smile on his face and then tells me, we're kicking you out!" The patient is asked, "with a big smile?" "Yeah,

and they bundled me into a van and just dropped me off right here on the sidewalk." A diabetic is left on the sidewalk, on skid row in Los Angeles, without insulin, no money, after 10:30 at night! And the patient had surgery that left him wheelchair bound. A follow-up report said that without his insulin, that the patient could have died, and said that his eviction by the nursing home was illegal. The former patient has an attorney and is taking the "care center" to court. He has relative youth, on his side. Most nursing home patients haven't the health or stamina to take their case to court, seeking damages.

Heartless "administrators" should be let go of a nursing home if they knowingly endanger the life of a resident. It is such a mean and callous thing to do to a person. Ms. Kelly Bagby, vice-president AARP Foundation Litigation, says, "It's not just Medicare vs. Medicaid, nursing home facilities want people who don't cost as much to serve. They want "easier" residents." "For some Medicaid facilities, if you have people who are "low-income," and maybe have symptoms that may be related to Dementia or to Alzheimer's, they require more staff, so they're more costly." And the corporations which run multiple sites, in multiple States, don't want these individuals. It's all about producing a profit. Attorney Tony Chicotel: "Government programs are more than willing to pay for acute care needs such as certain kinds of health conditions like heart attack and strokes. But they are really not willing to pay for long-term needs like Dementia or Parkinson's." It's obvious that multi-unit nursing homes which are owned and operated by corporations are more concerned with revenue per resident and not as interested in providing quality, compassionate care to the elderly and disabled. Reveals them to be unprincipled and more unethical, than caring or ethical. Whenever a State ombudsman turns in a report of such blatant neglect to the Federal government, these poorly run facilities should

pay substantial fines and provide compensation to the abused and neglected patients.

Sadly, this practice of evictions, although illegal, happens with such frequency that staff at homeless shelters have coined a term for these nursing home staff evictions, "resident dumping." A December 22, 2017 report from the Centers for Medicare and Medicaid services (CMMS), titled, "An Initiative to Address Facility Initiated Discharges that Violate Federal Regulations," states: "The government is aware and acknowledges that some nursing homes are evicting low-income patients to make room for more lucrative patients." "Although the Federal government acknowledged the problem of illegal evictions from its funded nursing homes, it has not changed its enforcement rules.," said Ms. Molly Davis, California long-term ombudsman. There are certain, enforcement tools that the Federal government has that they are not using consistently," she added. The problem of sudden discharge of patients from U.S. nursing homes has been increasing and a big concern for the patients and their families since 2015. Many vulnerable people who are weak physical health or in need of medical treatment and medications are being released many times without any advanced notice, and simply left to fend for themselves, which they are incapable of doing and nonetheless, Federal guidelines are of little use in their being prevented, as the CMMS report states: "Discharges which violate Federal Regulations are of great concern because in some cases they can be unsafe and/it traumatic for residents and their families. These discharges result in residents being uprooted and their familiar settings, termination of relationships with staff and other residents. In addition, residents may be relocated long distances away, resulting in fewer visits from family and friends and isolation of the resident. In some cases, residents become homeless or remain in hospitals for months.

The third case involves a man with Dementia and his caretaker wife. The man eventually had to be placed in a nursing home as she is unable to continue his care at home. After a short time, she receives a letter from Medicare saying that would no longer pay for his treatment---leaving his wife to pay the bills. She said, "So I was paying \$500 per day, out of pocket, for his stay there. We had budgeted for our retirement but then things fell apart. The stock market crashed, we lost our home, we lost everything during the financial crisis." "That's when I had to go look for a job. It's hard working on my feet. "Trust me, I would not be working on my feet in a restaurant, standing on my feet, if I didn't have to work. I'm looking at another five years down the road, which means I will be 80."

This year, The New York Times discovered that because of the Coronavirus Pandemic, across 18 states, 6,400 people were discharged from nursing homes, "To make room for COVID-19 patients who bring in more money. The CMMS revised its reimbursement formula and The New York Times confirmed that patients with COVID-19 can bring in up to an additional \$600 in Medicare payments in comparison to Medicaid patients requiring health care." COVID-19 has led to less nursing home transparency with the public. Without visitors, residents are hidden, and it's more difficult to hold staff accountable for any negligence that is occurring. It's opened the door for the persistent concern about all nursing homes, and that is abuse and neglect of patients. Some people may be unable to communicate their experience and family members know nothing of what is happening with their loved one. Please share any concerns with your State elected officials, by letter or call. And write your letters in January so the new presidential administration can look for solutions to this terrible problem. Our elders deserve the best care without discrimination about the ability to pay.



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