



The Record

Volume 135

February 17, 2022

Number 07

Vaccine and Testing Clinics Continue Statewide

Vaccine and Testing events will continue to be held in several counties across the state over the coming weeks

TOPEKA—As the Omicron variant continues to spread across Kansas, local health departments, providers, and community groups are continuing to hold free COVID-19 vaccine and testing clinics across the state. The Omicron variant poses a dangerous risk to communities across Kansas, but the important steps to prevent the spread of COVID-19 remain the same — vaccinate, mask, test, and distance as possible.

Following recommendations of both the Food and Drug Administration (FDA) and Centers for Disease Control (CDC), all Kansans age 5 and older are eligible to receive the Pfizer-BioNTech

COVID-19 vaccine. For those 18 and older, the FDA's emergency use authorization also covers the Moderna and Johnson & Johnson vaccines.

Recently, the Kansas Department of Health and Environment announced all fully vaccinated Kansans over the age of 12 are also now eligible for a COVID-19 booster shot. Kansans who are at least 12 years old and have met the 5-month time period following the primary vaccination series for the Pfizer vaccine are eligible for its booster dose. Those who are at least 18 years old and have met the 5-month time period following the primary vaccination series for the

Moderna vaccine, or who had their Johnson & Johnson vaccine at least two months ago, are also now eligible to get the COVID-19 booster dose. Additionally, moderately or severely immunocompromised children ages 5-11 can now receive an additional primary dose of the COVID-19 vaccine administered 28 days after their second shot.

As of Feb. 9, 2022, 61.5% of Kansans have received at least one dose of the COVID-19 vaccine.

The events listed below are part of a sustained effort to mobilize Kansans to get vaccinated and/or tested to stop the spread of COVID-19 to protect themselves and their loved ones. Free testing is available to everyone in Kansas, regardless of vaccination status and even if you have been tested before.

At-home COVID-19 rapid tests are now available for free at covidtests.gov or by calling 1-800-232-0233. All households are eligible to order 4 free at-home tests, which will typically ship within 7-12 days.

The Omicron variant is highly infectious and transmittable, accounting for the majority of recent COVID-19 cases in the U.S. Vaccines remain the best tool to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging. Additionally, it is recommended that people wear a well-fitting mask in public indoor settings in Kansas, regardless of vaccination status.

Events are listed below by county and then by date. Events marked with a (*) are student-focused clinics taking place at schools.

Every Monday-Friday, Sunday February 13
 What: The Armory, Mass Testing Site
 Where: 100 S 20th St, Kansas City, KS
 Hours: 8:00 AM – 8:00 PM

Every Monday-Friday beginning Monday February 13
 What: The Armory, Mass Testing Site
 Where: 100 S 20th St, Kansas City, KS
 Hours: 8:00 AM – 6:00 PM

Governor Kelly Announces Medicaid Expansion Bill to Boost Kansas' Economy, Increase Access to Care

TOPEKA—Governor Laura Kelly announced legislation to expand Medicaid (KanCare), a law that would provide more than 150,000 hard-working Kansans access to affordable healthcare and create more than 23,000 new jobs, bolstering the Kansas economy.

“Expanding Medicaid so that thousands of hard-working Kansans have access to affordable health care would boost the Kansas economy,” Governor Laura Kelly said. “Expansion would inject billions of dollars into our state, create thousands of jobs, help retain our healthcare workers in Kansas --and help rural hospitals’ bottom lines. It’s time to work together to deliver for Kansans and get this done once and for all.”

Under the proposed legislation introduced on February 9, Medicaid will be expanded to cover Kansans earning up to the full 138 percent of the Federal Poverty Level, 90 percent of which would be paid by the federal government, starting on January 1, 2023. Furthermore, if Medicaid is expanded, the state is poised to receive an additional \$370 million over the next eight fiscal quarters for the current Medicaid population. That’s a total of \$68.5 million in State General Fund savings in Fiscal Year 2023 alone, which will be reallocated for one-time

strategic investments on housing, childcare, and workforce development.

A 2022 statewide survey finds that almost 8 in 10 Kansans – 78 percent – support expanding Medicaid to allow more Kansans to qualify for health care coverage. This is not only the right thing to do for our state, but it’s incredibly popular among Democrats, Independents, and Republicans alike.

Expanding Medicaid in Kansas would boost the economy by:

- * Providing affordable health insurance to hundreds of thousands of Kansans
- * Stimulate the economy for rural, suburban, and urban communities alike
- * Create tens of thousands of new jobs
- * Inject billions of dollars in increased economic output
- * Retain health care jobs in Kansas

The bill requires the Secretary of Health and Environment to collect information from applicants regarding their employment history through the Medicaid application and refer unemployed or underemployed individuals to the Department of Commerce or Department for Children and Families to assist with locating job opportunities through work referral programs.

Sue's Sudsy Soapbox



By Sue Reich

Happy Valentine everyone. Time sure flies by when you're having fun, right? Sure is fun wearing masks, can't hardly talk, or breathe, or your glasses fog up. What is worse is when you are at a sit down restaurant and are trying to eat. Those forks are sure hard to poke through those masks, especially the cloth ones. Then when you leave there are all those little holes in the masks. Oh well, it makes it easier to breathe. Did you hear about the contest concerning a city that was having a name your snowplow? The winner was, "Betty Whiteout." Isn't that cute,? I thought it was.

Spring, Spring, what's that? Anyway, I am planning a downsizing sale. When Mr. Ed and I got married neither one of us wanted to get rid of a lot of stuff so we just kept it. But enough is enough. Gotta get rid of it so we can get a smaller place. A grandfather clock, lots of clothes, dolls, dishes, china cabinets, towels, washcloths, clown stuff, just stuff and more stuff. CD's, stuff, stuff and more stuff.

It is so weird, my son married Matilda quite a few years ago. Her maiden name was Adcox. Now get this, when I went to Franklin, I played with Carol and Frieda Adcox. So my son met and married an Adcox. Come to find out, Carol and Frieda were the great aunts of my sons wife. Isn't that something? Carol, Frieda and I used to play together all the time and Carol was my partner during our Maypole Program at Franklin. John said, "what goes round comes round." They lived behind me on 11th and Ruby and I lived at 11th and Metropolitan. Frieda has passed away and Carol lives out in the country somewhere. One time we were up in the woods behind their house and just had bunches of fun up there. Frieda got me down because we started playing around and got my head in a red ant hill. Them suckers sure can bite.

One time, Arla and Guy King, my cousins, and I went up on the 12th street bridge after the 1951 flood on the Armourdale side of the bridge that had fallen down and only a cable was strung across our half. We would hold onto the cable and (pardon my language) spit in the river. Arla and I went to Argentine High school to our typhoid shot (no protesters). Just did what we had to do. Arla walked away and they hollered at her, the needle was still hanging in her arm. Those were the days, no idgets, no protesters, we just did it and no questions asked. Right? Hey, look how old we are, so I guess those were the "good old days".

Everyone take care, gonna hit the sack and get busy tomorrow and get some things done. Ivya all! Take care. be kind.

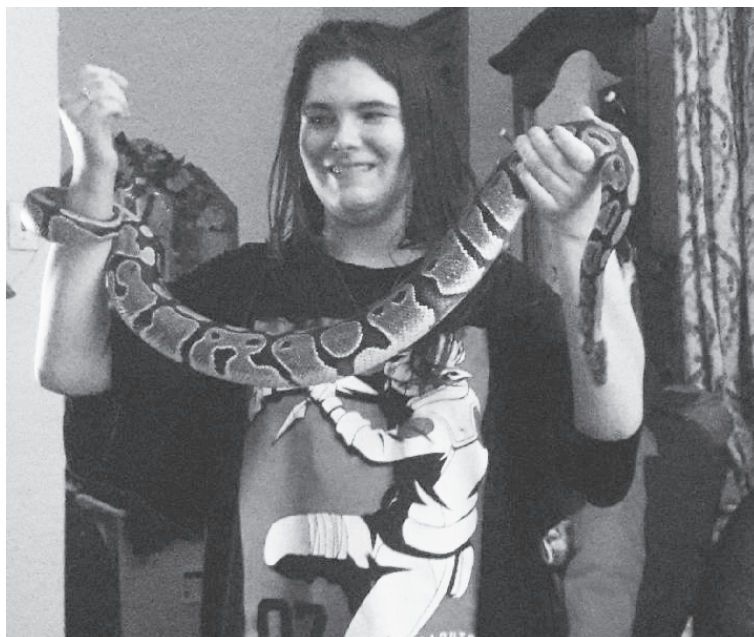
Your little ol gal from Argentine. Sue




A really nice sign in front of the WindmillKC Restaurant on 55th street in Turner.



An emergency vehicle coming out of Crosslines



This is Millie, a sweet pet snake raised from an itty bitty baby. Millie and her owner even sleep together.



The Record Publications, LLC
Publishers of *The Record*
(913) 362-1988
Jon A. Males
Owner/Publisher/Editor

Policy On Opinion
All statements of implication or opinions contained in editorial, columnist, or advertising materials in this publication represent only the view of the author or advertiser.

The Record (USPS No. 002269) is published weekly every Thursday by The Record Publications at PO Box 6197, Kansas City, Kansas 66106. Newsstand price, single copy, 35 cents; subscription price per year, \$16.13. For editorial, display, and classified advertising information call 362-1988. Periodical postage paid at Kansas City, Kansas 66110. Postmaster: Send address changes to The Record, P.O. Box 6197, Kansas City, Kansas 66106-0197

© 2022 by The Record Publications, LLC. Kansas City, Kansas. All rights reserved. No part of this publication may be reproduced in any form or by any means without expressed written consent from the publisher.



By Sharon Hoover

Comin' & Goin' Turner Style

they are either on zoom or use the internet to enroll.

The KCK Women's Chamber Foundation has announced they will be accepting applications for the 2022 KCKWCF Scholarships. These scholarships are awarded to non-traditional women students enrolled in any post-secondary institution who are residents of the Kansas City Metropolitan area. The deadline for applying is April 1. Winners will be announced from April 29 thru May 3. The Awards luncheon will be August 11. You can apply at <https://bit.ly/KCKWCF2022>.

Jason Anderson, CPA, CPP, Senior Consultant and Managing Member of Gradmetrics is holding a zoom workshop entitled "Student Loan Forgiveness" on February 23, 2022 at noon. He will cover

student loan repayment plans, consolidation, and loan forgiveness opportunities including Public Service Loan Forgiveness. The program is being brought to you through the KCK public Library and the internet address is rather lengthy. <https://kckpl.librarymarket.com/events/student-loan-forgiveness-act-now>

El Centro along with Heart to Heart (sponsored by Aetna) is holding a Free Covid-19 Vaccination Event on Sunday, February 19, 2022, from 12pm-3pm at 1330 S. 30th St., KCK. Those eligible are adults 18 & older and youth 5-17 years old with consent of their guardian. Registration is strongly encouraged but not required, 913-677-0100. A \$25 gift card for WYCO residents who get their first vaccine or booster shot. Featured entertainment by

Zapaton Show.

I seem to be picking library books who have English authors lately. Lisa Jewell, who has been around for some time can really write a suspense novel. Her latest is "The Night She Disappeared". It takes place in the English countryside where two teenagers have disappeared and the events leading to their disappearance and the hunt that follows.

The second English author, Alice Feeney has written "Rock, Paper, Scissors". This psychological thriller takes place in London and Scotland. It is about a married couple with many secrets who go on a weekend holiday. The ending was a surprise. If you like novels with a twist, both authors will satisfy.

Until next time, stay safe, and be kind to those around you.

I've been enjoying the favorable weather although I feel we've been on a roller coaster and from the looks of it, more craziness is on the way. Does it really matter if that groundhog sees his shadow? We always have 6 weeks of winter. A few events are coming up that have no bearing on the weather because



**60-MONTH
CD SPECIAL**

1.25%

1.26% APY*

**120-MONTH
CD SPECIAL**

1.75%

1.77% APY*

"New money only. Please contact an employee for more information about fees and terms. Interest rates and APY are subject to change at any time. Substantial penalty for early withdrawal from certificates."



ARGENTINE FEDERAL SAVINGS

We Care!

CALL US TODAY

913-831-2004 or

913-402-1500

3004 Strong Avenue, Kansas City, Kansas

12501 Antioch Road, Overland Park, Kansas

And Online at ArgentineFed.com



SENATE NEWS



By Sen. Pat Pettey

This was an extremely short week for legislators in Topeka. Due to weather concerns, the Senate adjourned after quickly passing four bills on Tuesday. We will return on Monday, and expect to have a full week of work.

COMMITTEE UPDATE

- JJOC Joint Juvenile Oversight Committee
- Confirmation Oversight
- Education
- Public Health and Welfare

• Ways and Means
Some committee work to keep an eye on:

• **FOOD SALES TAX:** The Senate Committee on Assessment and Taxation will have hearings on Tuesday, February 1, on SB 339 and SB 342. Both bills address the state food sales tax. I am a sponsor of SB 342, which is our plan to Axe the Food Tax. I will be watching the discussion on both of these bills to identify the differences and opportunities for a bipartisan solution that can deliver relief to Kansas families once and for all.

• **VACCINE REQUIREMENTS:** A bill prohibiting COVID-19 vaccination requirements for Kansas National Guard members will receive

a hearing in the Senate Committee on Federal and State Affairs on Monday, January 31.

• **RIGHTS OF BLIND PARENTS:** My friend Senator Mary Ware has worked hard to advocate for blind parents' rights. SB 276, which has a hearing in the Senate Committee on Public Health and Welfare on Tuesday, February 1, would ensure that a parent's blindness could not serve as a basis for denial or restriction of legal custody, residency, or parenting time when such legal custody, residency or parenting time is determined to be otherwise in the best interests of the child

THE FIGHT FOR IVERMECTIN: Senator Mark Steffen – who is currently under investigation by the Kansas Board of Healing Arts and is one of the top anti-mask, anti-vax COVID-19 skeptics in the Kansas Legislature – can continue bucking scientific consensus and established medical best practices, depending on the outcome of SB 381 in the Public Health and Welfare committee on Thursday, February 10. The bill would allow for the prescribing and dispensing of medications for off-label use to prevent and treat COVID-19 infections. This bill did pass out of Public Health & Welfare in another bill and it also included impact on childhood vaccinations. I will add more in the next newsletter. Pretty ugly legislative work.

BOARD OF REGENTS: Over the summer, Governor Laura Kelly nominated Carl Ice, Cynthia Lane, and Wint Winter to the Board of Regents, which oversees our state's 4-year universities. They underwent the confirmation process in the Senate Committee on Confirmation Oversight, and each was approved by the committee unanimously. Though they have been serving in these positions in an interim capacity for 7 months they still require confirmation by the Senate as a whole. Leadership is forcing them to undergo additional hearings, this time in the Senate Committee on Education. I am on the Senate Education Committee and I find this totally unnecessary and just puts these highly qualified citizens under a lot of stress when their focus should be

doing the best for higher education. These hearings will take place next Monday, Tuesday, and Wednesday. The Education committee will vote on these appointments on Thursday.

RENEWABLE ENERGY: The chairman of the Senate Utilities – a former TV weatherman who does not believe in climate change and is on the board of the conservative, anti-renewable think tank The Heritage Foundation – has a bill this week that would establish setback and construction requirements for wind energy facilities. A renewable energy attorney says this bill, along with other bills proposed by Senator Thompson, would effectively end renewable energy in Kansas. To put that in perspective, in 2020, our state ranked among the top five states in total wind energy generation, and Kansas had the second-largest share of electricity generated from wind in the nation. The bill has hearings scheduled for Wednesday and Thursday.

Committee hearings and legislative proceedings are live-streamed from the Kansas Legislature's website and Youtube channel.

You can also track bills on the Legislature's website by clicking on the Bills & Laws link. You are welcome to testify before a committee – in person or remotely via WebEx – on any issue important to you. A written copy of your testimony is required at least 24 hours prior to the committee hearing.

I am honored to serve you in Topeka. My office number is 125E. I welcome your input on any of these issues. Please feel free to contact me at 785-296-7375 or pat.pettey@senate.ks.gov.

KEEP YOUR EYE ON THESE BILLS UNDERMINING VOTING RIGHTS

The Committee on Federal and State Affairs will hear two bills on Thursday that seek to undermine our election process and make it more difficult for Kansans to vote.

SB 388 would require the use of the United States postal service when returning an advance ballot by mail. We already have tight rules on

CONTINUED ON PAGE 5

CROSS-LINES RETIREMENT CENTER, Inc.

NOW ACCEPTING APPLICATIONS

UNDER NEW MANAGEMENT

ALL UTILITIES PROVIDED

SEVERAL FLOORPLANS TO CHOOSE FROM

Huge Master Suites Available

- 2 Bathrooms — 1 walk-in shower and 1 shower/tub combo
- Extremely Large bedroom

\$580 per month (effective June 1, 2019)

1 Bedroom Units Available

- Laundry rooms available on-site
- Huge Parking Lots
- Doctors near by
- Banks nearby
- Exercise Room
- Craft Room
- Library Next Door

\$443 per month (effective June 1, 2019)

Studios Available at \$377 (effective June 1, 2019)

Call for an appointment to tour the property today!!

Cross-Lines Retirement Center, Inc.

3030/3100 Powell Ave.

Kansas City, Kansas 66106

913-789-0855

Xlines3030@gmail.com

Young Management Corporation and this Property do not discriminate on the basis of disability status in the admission or access to, or treatment or employment in, its federally assisted programs and activities.

The person named below has been designated to coordinate compliance with the nondiscrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24 CFR, part 8 dated June 2, 1988).

Linda I. Kemp, Property Supervisor
Young Management Corporation
22602 State Line Road
Bucyrus, KS 66013

913-947-3131 - 913-341-2428 (direct) TTY:711

Petty... ...from page 4

returning advance ballots: ballots must be postmarked by Election Day and received by that Friday to be counted in an election. Individuals have up until the week before the election to request an advance ballot; it is entirely within the realm of possibility that that ballot does not arrive in their mailbox until Election Day. For those concerned about the speed of USPS (concerns in 2020 were well-founded given President Trump's explicit call to slow down mail to make it harder for Americans to vote), they could overnight it using UPS, FedEx, or another private service to guarantee delivery before the Friday deadline. This bill would eliminate that possibility and make it more difficult for voters to ensure their vote is counted.

SB 389 would require all voting systems for elections to use individual voter-verified paper ballots with a distinctive watermark. Like several bills introduced last year, this bill feeds the Big Lie that our elections are not safe and secure. It would add administrative responsibilities to our already stretched-thin election offices and county clerks, for no reason other than to perpetuate the myth of voter fraud and election rigging.

BUILDING A STRONGER ECONOMY (BASE) GRANT APPLICATION

This week, Governor Laura Kelly announced the launch of the Building a Stronger Economy (BASE) program. BASE is a new grant opportunity to help support infrastructure development and advance economic development opportunities across Kansas.

The grant program will be administered by the Kansas Department of Commerce. As proposed by the Strengthening People and Revitalizing Kansas (SPARK) Executive Committee, the program offers matching funds to address economic development opportunities with the goal of expanding the state's base of businesses and residents as we continue to recover from the effects of the COVID-19 pandemic.

In December 2021, the SPARK Executive Committee approved \$100M in available federal COVID-19 relief funding for eligible economic development and infrastructure proposals. Projects that qualify under the requirements of the American Rescue Plan Act (ARPA) may receive matching funds to facilitate project completion.

Projects submitted are required to document how the project was delayed or affected negatively due to the COVID-19 pandemic and the resulting negative economic conditions. Additionally, there is a minimum 25% match requirement by the applicant.

County and local governments, Economic Development Organizations, local Chambers of Commerce, and other stakeholders are eligible to apply. Awardees will be provided with 50% of award allocation in calendar year 2022. The remaining 50% of funding will be provided no earlier than January 2023.

Projects to be funded by BASE would support infrastructure investments associated with economic development projects including:

- Development of new business parks
- Development of infrastructure required to support business expansions
- Renovation of existing business parks to bring them up to modern standards
- Development of infrastructure such as railroad spurs, water, wastewater, stormwater and other utilities
- Driveway aprons
- Business park signage
- Parking facilities directly associated with business attraction projects
- Speculative industrial office and residential space
- Development of infrastructure related to cybersecurity investments
- Other projects that achieve the goal of expanding the state's base of businesses and residents.

The BASE grant application process opens Monday, January 31, 2022 at 1:00PM with a Monday, February 28, 2022 11:59PM

deadline for submissions. Grant awardees will be announced no earlier than March 25, 2022.

An informational webinar on BASE will be available to the public on Wednesday, February 2 at 3:00PM. Registration for the webinar and guidelines for the grant application can be found at kansascommerce.gov/basegrant. Applicants can contact CommerceSPARK@ks.gov for any questions regarding this funding opportunity.

FOLLOW OUR WORK

In addition to watching legislative proceedings live, you can always stay up to date with legislative matters by following our caucus's social media accounts. Our staff live-tweets Senate session daily, provides updates on legislation regularly on Facebook, and shares

resources to help you advocate for your issues on Instagram.

THE TOOLBOX IN WYANDOTTE COUNTY

The Toolbox is the go-to resource for everything small business in Wyandotte County, Kansas. All our services are offered at no-cost to local residents and businesses. We provide support with planning, registering, funding, operation, and growing your business. We take the intimidating checklist of starting and operating a business and distill it down into the essentials through private one-on-one small business coaching. We want to make navigating business-related processes in Wyandotte personable, simple and accessible, so you can get back to doing what you do best –creating, innovating, and succeeding in your business.

Tom's Tasty Treats

By Tom Valverde

This week's tasty treat is quick and easy to make. And for your family and friends, a special treat that they are sure to love. And it's good anytime of the year. Please try:

TOM'S COCONUT FUDGE

Ingredients:

- 2 c Sugar
- 1 stick Butter
- 1 5oz. can Evaporated Milk; 2/3 cups
- 1 12oz. pkg. White Chocolate Chips
- 1 7oz. jar Marshmallow Fluff
- 2 c Sweetened Shredded Coconut
- 1 t Coconut Extract
- 1 drop Red Liquid food coloring, optional multi-color Sprinkles for decorating the top.

Spray a 9?13" pan with PAM. If you prefer thicker pieces of fudge use a 10x10" pan. In a large saucepan, combine and stir over medium heat, the sugar, butter, and the evaporated milk. Bring the mixture to a full, rolling, boil. Then, continue to cook stirring occasionally. Watch to prevent it's over-boiling. After 5 minutes of cooking, take from the stove and let stand for 5 minutes. Take care as this candy is very hot.*

Stir in the white chocolate chips and stir until melted. Empty the marshmallow fluff into the saucepan and stir until well blended. Add the coconut extract and the 1 drop of red food coloring. Then, stir in the shredded coconut. Spread evenly into the pan, top with sprinkles. Chill for an hour before slicing. Store the fudge in an air-tight container with wax paper between the layers.

Variation:

Tint pale green and drop rounds onto waxed paper to form bird's nests and place several jelly beans for a neat Spring candy. Use as a take home favor for a Spring Brunch or lunch.

These taste even better than they look. You'll be a fudge master with this recipe that is my take on an old friend's fudge recipe.

Enjoy!

AG Derek Schmidt: Imprison Repeat Felons Who Commit New Violent Crimes With Firearms

Convicted felons who already are prohibited by law from possessing firearms but nevertheless carry firearms while committing new violent felonies would be sentenced to prison rather than placed on probation under legislation proposed this week by Kansas Attorney General Derek Schmidt.

“Kansas law already provides that certain convicted felons may not possess weapons,” Schmidt said. “But the truth is, many violent crimes in our communities are committed by armed repeat felons who flaunt that law because they know the most likely consequence of conviction is probation rather than incarceration. Today we are proposing to give this existing stat-

ute real bite by requiring that felons who repeatedly and illegally carry firearms while committing new violent crimes be sent to prison, not granted probation. This proposal focuses on taking off our streets those criminals who repeatedly misuse firearms to commit violent crime in our communities.”

At Schmidt’s request, legislators this week introduced the Reduce Armed Violence Act. The measure would require that felons who illegally possess firearms while they commit new violent felonies would be imprisoned for the weapons charge in addition to any penalty for the new violent felony they have committed. The sentence for the weapons violation would be served consecutively to any other sentence the person receives for the underlying violent crime and

would range from 7 months to 23 months of incarceration depending on the offender’s criminal history.

Prosecutors have proposed similar measures during previous legislative sessions and are hopeful for passage of Schmidt’s efforts.

“The overwhelming majority of gun crime in our community is perpetrated by felons who are also legally prohibited from possessing the very firearms they use,” said Shawnee County District Attorney Mike Kagay. “Although many of them are arrested and prosecuted for possessing these weapons, current Kansas law typically mandates that these offenders receive probation. This is not an effective deterrent for the offenders, and they simply repeat their behavior. This legislation will provide prosecutors the only tool we can use to ensure

these offenders are prevented from engaging in violence on our streets.”

The bill was introduced earlier this week in the House Committee on Corrections and Juvenile Justice.

Mayor Garner Decommissions UG Vehicle

Kansas City, KS – The assignment of a Unified Government purchased vehicle for the office of the Mayor has highlighted the challenges of launching a new administration in the public spotlight. Garner has returned the newly purchased GMC Yukon Denali to the Unified Government fleet division to be decommissioned and sold.

While the Unified Government charter allows for a vehicle to be purchased for incoming mayors, Mayor Garner wants to put his service to this community above himself by making a promise to refuse any new vehicle purchases afforded to his office by the Unified Government.

The Unified Government is confident that this action will allow for the fleet center to recoup any expenditures it incurred in its obligation to provide the Mayor’s office with a fleet vehicle as mandated by the Unified Government charter ordinance.

“As a new Mayor, I am being proactive in recognizing that I need to move in a different direction when it comes to the utilization of resources provided to me by the Unified Government,” said Mayor Garner. “I really want people to know that I want this Mayor’s office to be something other than politics as usual.”

“I reaffirm my pledge to be community-driven,” continued Mayor Garner. “I want to do my part to help facilitate making Wyandotte County a great and safe place to live, work and raise a family.”

Vaccine...

...from page 1

Every Saturday-Sunday
What: The Armory, Mass Testing Site
Where: 100 S 20th St, Kansas City, KS
Hours: 9:00 AM – 3:00 PM

Every Monday beginning Monday, February 14, 2022 until Monday, February 28, 2022

What: Cross-Lines Community Outreach, Vaccine and Testing Event

Vaccines Offered: Pfizer, Moderna, and Johnson & Johnson
Where: Cross-Lines, 736 Shawnee Ave, Kansas City, KS
Hours: 8:00 AM – 1:00 PM

Please note, additional vaccine and testing events may be happening in communities across the state. Please check with your local health department for events that may not be listed.

To find a free testing location in your community, or guidance about who should get tested, visit: knowbeforeyougoKS.com.

To learn more about the vaccines and schedule a vaccination appointment, visit: kansasvaccine.gov/.

Tax Time Reminder for Meals on Wheels Contributions

TOPEKA – The Kansas Department for Aging and Disability Services (KDADS) is encouraging Kansas taxpayers to remember older adults in the state when they file their income tax returns by contributing to the Senior Citizens’ Meals on Wheels program.

“Senior nutrition programs provide thousands of Kansans the opportunity to be independent in their own homes — where most want to be — by providing not only nutritious meals, but socialization through regular visits as well as important safety checks,” KDADS Secretary Laura Howard said. “Your contribution will help volunteer across our state keep a watchful eye on the physical and mental health and safety of our seniors.”

Kansas taxpayers will find a check-off on state income tax forms that allows for a monetary contribution used solely for the purpose of providing meals to homebound older adults and people with disabilities in our communities through the federal program that is part of the Older Americans Act.

The tax check-off on your tax form is authorized by Kansas Statute 79-3221g:

(a) For all tax years commencing after December 31, 2001, each Kansas state individual income tax return form shall contain a designation as follows:

Senior Citizen Meals on Wheels Contribution Program. Check if you wish to donate, in addition to your tax liability, or designate from your refund \$1, \$5, \$10 or other.

Contributions of less than \$1 cannot be credited to the program.

In 2019, this tax checkoff provided \$85,687 to the Meals on Wheels program and more than 3.1 million meals were provided in Kansas.

To volunteer to help with the Meals on Wheels program and for information in your community, call 855-200-ADRRC (2372).

Baby Boomers and Older Adults in the Silent Epidemic of Malnutrition and Hunger

By Tom Valverde

Baby boomers are aging with increased nutrition-related health problems and diseases than in previous generations. There's an increased prevalence of Diabetes, up 55%, and obesity has increased in Seniors by 25%. Of great concern to health professionals in geriatric care is the new data that shows the number of older adults in very good or excellent health has decreased by 9%.

Good nutrition is difficult in many areas that are designated as being "Food deserts," places where the access to fresh fruit and vegetables is more than a mile away. Lack of transportation or mobility impacts on the availability of food.

The FDA does not take into account is that even when there are fresh markets and grocers, the high cost of these essential foods puts them out of reach for Senior adults on Social Security or on low income. Some have come to think of some foods as being a luxury, not a food to be included in their regular diet.

"You see something that looks so good and other people snatching it up. But, it's too expensive and I can't. I'd love to be able to have a ribeye every once in a while, but, it's just not in my budget!" said a 68 year old woman, one of over 400 who were questioned about their food and nutrition by the University of Tennessee. And with COVID, the insecurity around basic foods has only worsen. And many have had cuts to their Government food stamps and inflation has truly hit Senior adults hard. One in four older adults in the US have some form of malnutrition," said Dr. Heidi Silver, professor of medicine at Vanderbilt.

"People can look healthy, be overweight or obese and still be malnourished. It's impossible to know just by looking whether someone is malnourished," she said.

As people age there are changes that also add to the risk of older adults being malnourished. There

can be changes in digestion as well as medications that impact on how nutrients are absorbed. The aging of Baby Boomers has brought attention to the silent epidemic of malnutrition and hunger among older adults. Poor nutrition in older adults has spiked as Boomers have aged.

As studies have proven this is not just a problem that occurs in hospitals or in nursing homes or assisted living facilities. All of this is prevalent among the US older population in general. Studies show some of trends among older adults that are factors which can lead to food insecurity and malnutrition:

1. 63% of respondents said that they had to choose between medication or food.

2. 58% said that they had to choose between utilities or food.

3. 47% said that they were unable to go out to buy food because of health reasons.

4. 39% said they had either mouth or teeth problems that made it difficult or hard to eat.

5. 22% said that they didn't eat because they didn't want to eat alone.

The stress of aging, lack of adequate exercise or having fewer energy expenditures contribute to Seniors being malnourished. Lack of out of door walking means less time spent in sunshine. So Vitamin D is not produced. Aging skin is less able to produce Vitamin D, supplements are a must.

Changes to bodies as we age include:

1. Sense of taste and smell may weaken and lead to lack of appetite.

2. Digestive system may slow and be less able to absorb vital nutrients

3. Lack of mobility can make it difficult to shop for and prepare food.

4. Medications may cause lack of appetite.

5. Social isolation may cause a decreased desire for eating. The death of a spouse can cause a drop in appetite.

Malnutrition in older adults:

1. Changes in appetite

2. Changes in the quantity of food that's, consumed; decreased appetite

3. Loss of muscle mass

4. Fatigue, weakness, frailty, and falls.

5. Increased number of illness and infections

6. Significant weight loss in a short period of time

Long-term inadequate protein intake can result in an impaired immune function, loss of body mass, and poor wound healing. Pressure ulcers increase the individual's protein intake requirements. Source, Clinical Nutrition Manual. Senior adults who are malnourished have higher rates of Chronic diseases such as Cardiovascular disease, chronic lung disease, cancer, GI disease, diabetes, kidney failure, cirrhosis, Parkinson's, dementia, and Alzheimer's.

Being malnourished puts the individual at greater risk for being hospitalized which can further malnourish because of imposed food restrictions and dislike of hospital food.

Seniors in long-term care facilities are up to 85% malnourished, or undernourished from Insufficient food intake.

Studies indicate that 1 in 4 Older adults in the US either reduce their meal size or skip meals entirely due to the high cost of food and cuts made to Food Stamp benefits.

In some cities, libraries are now serving meals for older adults as a solution to the lack of nutrition among older adults. These meals are more than good food, they provide essential social gatherings where new friends can be made and meals enjoyed in the company of other live-alone older adults.

Many more innovative methods such as this which provide for better nutrition to Seniors must be given priority by Cities.

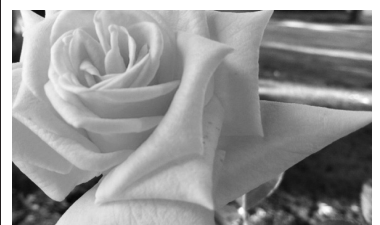
States need to increase food stamps to offset the current inflation in food prices. And enhanced prepared meals and free food items must occur to slow the progression of malnutrition among older adults. Source, Alliance for Aging Research.

More action to address the silent

epidemic of older adult malnutrition is needed. Serious consideration, and more attention should be given to the nutrition needs of all Seniors, especially those who live in assisted living facilities and long-term care and rehab centers. Feeding tubes do not help these vulnerable populations. Source, University of Tennessee, Nutrition Studies and Research departments.

Innovative planning with resources from local Foundations, Civic, Volunteer and Church groups as well as from the Federal Government need to be allocated to those not-for-profit and community centers that provide older adults with food staples, such as fresh fruits and vegetables and hot meals is critically needed. This is a mission for all players in the city with the power to help to do their part. No persons should be left with hunger in Kansas City.

NOTE: Care givers of older adults. An eight ounce glass at bedtime will prevent Stroke and Heart Attack. Keep hydrated always.



Passings...

By Sue Reich

Carolyn Clement, age 80, passed away on January 26, 2022. Graduate of Wyandotte High school, class of 1959. She was the attendance secretary for Turner High School and worked at Wyandotte Credit Union.

Dick Peugeot, age 84, passed away on February 2, 2022. He was a graduate of Argentine High School, class of 1955. Dick had heart problems. His wife, Ruth Peugeot, passed away three days before he did of Covid, on Sunday January 30.



Periodical Postage Paid
at Kansas City, Kansas

THE HUB ARGENTINE

**FREE FOOD
PANTRY**

**DESPENSA DE
COMIDA GRATIS**



For people who live or work in zip codes 66106 & 66103
 Para personas que viven o trabajan en códigos postales 66106 y 66103

<p>TUESDAYS: 9AM-12PM</p> <p>2ND SATURDAYS: 10AM-2PM</p>	<p>MARTES: 9AM-12PM</p> <p>SEGUNDO SÁBADO: 10AM-2PM</p>
--	---

THE HUB ARGENTINE
 3730 Metropolitan Ave | Kansas City, KS 66106



www.thehubargentine.org



913-831-4531



info@thehubargentine.org