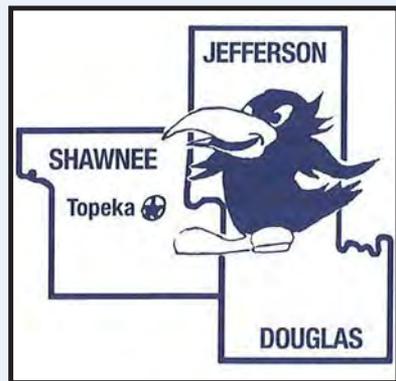


Amazing Aging!

For Seniors and Those Who Love Them

**A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties**

SUMMER 2012



Our Mission

Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- Is a 501(c)3 non-profit organization
- Is funded by tax-deductible contributions, federal funds, under state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability



Bob Lockwood (aka Elvis) wows Lawrence High School's Class of 1957 with his performance at the Lawrence Country Club.

Coach Bob Lockwood's second career as Elvis

By Marsha Henry Goff

If you are seeking an example of Amazing Aging, look no farther than Bob Lockwood of rural McLouth. After 40 years at The University of Kansas — first

as an All-American athlete, then as a coach — Lockwood retired in 2002, attaining the status of KU Emeritus Faculty and induction into the KU Sports Hall of Fame.

While coaching gymnastics,

volleyball and other sports at KU, Lockwood managed the Lawrence Aquatic Center during the summer months. In 1998, when he retired from that job after 30 years, the City

A Message from Jocelyn Lyons, JAAA Executive Director

"It doesn't matter where you are, you are nowhere compared to where you can go." – Bob Proctor

I have seen many changes in the aging network arena, including the consumers we serve, that it excites me to be part of this blueprint for change. The influx of Baby Boomers, growth in technology, rise in chronic illness, vs. the awareness of healthy lifestyles, growth in businesses targeting our aging population, etc., make it evident that we are a changing society. And maybe it's my own awareness in being counted in the aging population number, that my eyes are wide open in visioning how I choose to age.

I often think of the Pew Research Study that stated the younger we are the older we see ourselves; but, the older we are,

the younger we see ourselves. This year's theme to Older Americans Month was "Never too Old to Play," a theme that is demonstrated daily by many older persons participating in many sports and activities.



Lyons

An example was an 86-year-old woman who visited our office after playing two hours of volleyball at a local community center. I silently questioned myself whether I could have played for two hours and loudly proclaimed a resounding NO!

However, wanting to continue JAAA's role in advocating a healthy active aging lifestyle, I arranged a demonstration and participated in a Yoga class to consider and compliment Tai Chi classes offered by JAAA. Allow me to say, I really admire my peers and those older than I who have the gift of still being able to bend, stretch,

balance, without moaning and groaning while listening to joints/bones sing the Rice Krispies snap, crackle and pop song. But, not to be outdone, I continue my quest to build endurance for one day to actively participate with 85+ year old athletes. I have set out to find my niche in a activity/program that does not make me appear "older" because I'm still 29 years old!!

Last month, family members from across the nation arrived for my surprise 60th birthday celebration. Long story short, on a visit to the local skate park to watch my 9-year-old nephew burn off energy, I felt that I could skateboard around the perimeter knowing I dare not try to enter the concrete pit. Making my way to the end of the stretch, I approach a "tiny" drop (as described by my nephew) causing the board to go one direction and I another. The result was a cracked collarbone, injury to my "good" knee, bruises and a wonderful memory for my nephew.

My experience and that of the 86-year-old volleyball player is a tiny demonstration of a saying I once read: "Man cannot discover new oceans unless he has the courage to lose sight of the shore." As our network grows to meet the lifestyles of consumers who see themselves as being younger, no matter how old they may be, and no longer willing to be defined by others but by themselves, acknowledging change is necessary. JAAA will continue to take the risk to discover new waters, listen to our consumers and their caregivers in establishing programs, assist in accessing services, educate and inform, provide unbiased counseling, be inclusive of all populations and be respectful of consumers' choices. We will position ourselves at tables that afford us the opportunity to advocate for those who are unable to advocate for themselves.

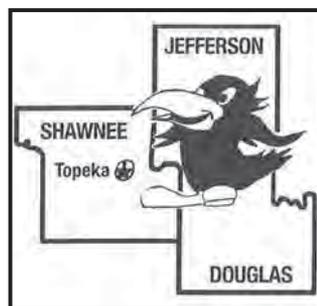
"It matters not so much where we are, but in what direction we are moving." – Oliver Wendell Holmes.

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You are encouraged to write us at:

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Marsha Henry Goff, editor



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Bob Lockwood

CONTINUED FROM PAGE ONE

of Lawrence honored him with "Bob Lockwood Day" and dedicated the "Bob Lockwood Meeting Room" at the aquatic center.

He denies being a workaholic, but admits he likes to keep busy. However, he was never too busy to spend time with his three sons and always looked for something they "could do as a family." Happily, the family's

musical talent provided the opportunity to enjoy spending time together. A 1983 T-shirt proudly proclaimed "The Bob Lockwood Band" and featured the photos of Lockwood, his sons — Park, Bobby and



Bob Lockwood

Perry — and their friend Jeff Nelson. The band performed at weddings, charity fundraisers, country fairs and other events. Lockwood smiles when he relates that Perry, at age 7, sang "Blue Suede Shoes," but "only if someone offered him a \$5 bill."

In recent years, Lockwood has embarked on a second career as Elvis, complete with wig, sunglasses and sparkly jumpsuit. He and his band — 1950's Secrets — create a sensation at high school reunions, especially reunions of classes whose members grew up with the music of "The King."

At a recent reunion of Lawrence High School's Class of 1957, Lockwood rewrote lyrics to the Statler Brothers' hit

song "Class of '57," using the names and life experiences of class members. He tossed stuffed teddy bears, lions and tigers as he sang "Let Me Be Your Teddy Bear." He also danced with a woman and later was amused to discover that, although neither recognized the other, they had once known each other well. It was debatable who most enjoyed the event: 1957 class members — who said it was their best reunion ever — or Lockwood and his band.

The 1950's Secrets band consists of Park, who teaches at Washburn University; Bobby, who teaches and coaches in the Shawnee Mission school system; Perry, who works for the Lawrence *Journal-World*; Jeff Nelson, a Douglas County Deputy Sheriff; and Kim Scarborough, who is employed by Health Care Access in Lawrence. In addition to class reunions, Lockwood and the band perform at opera houses in Southeast Kansas and many other area events.

The band beautifully backs up Lockwood, who says that, once he is in costume, "It's not like I'm Elvis and not like I'm me. It's just my way of showing my appreciation of the King's music."

Note: Lockwood and the 1950's Secrets band will perform at the next "There's No Place Like Home" dance on Saturday, May 4, 2013. They put on quite a show and will be playing music of all tempos for both dancing and listening.



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Beware of Utility Bill Payment Scam

There is no — repeat NO — federal program, sometimes described as a bailout authorized by President Obama's administration, that will pay your utility bills. Unscrupulous swindlers have taken advantage of the extreme heat, high utility bills and bad economy to trick victims into surrendering their Social Security numbers and other personal information.

In addition to contacting victims via e-mail, false tweets and Facebook messages, scammers are going door-to-door "registering" victims and giving them bogus bank account and routing numbers to use when paying bills online. Thousands of utility consumers are falling for the scam and putting themselves at risk by giving out personal information.

In the short term, the scheme seems to work as the utility company initially credits the payment. Temporarily happy victims share their success stories with family members and friends who also fall for the scam. However, the victims' happiness is short-lived because, once the local utility company figures out the account numbers are fake, the payments are canceled.

The door-to-door element is unusual because face-to-face visits to victims put criminals at risk. The solicitors often wear uniforms that look as if they are affiliated with a local utility, making the scam appear believable. Indeed, it is possible that many door-to-door solicitors may be dupes themselves, people desperate for jobs who are hired by criminal masterminds to make physical contact with victims.

Regardless of how you learn

about the utility bill payment scam, it IS a scam. Don't fall for it. Make it a habit to never give personal information — espe-

cially Social Security or credit card numbers — to anyone who calls, e-mails or knocks on your door. Criminals use such

information to steal your identity and identity theft can cause problems that may last for years. It's a hassle you don't need.

JAAA extends Heartfelt Thanks to those who Generously Contributed to our "There's No Place Like Home" Fundraiser benefiting our

Guardian Angel Fund

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Another successful dance benefiting JAAA's Guardian Angel Fund

Last May's "There's No Place Like Home" dance at Topeka's Great Overland Station remains a pleasant memory in the minds of those who attended the benefit for JAAA's Guardian Angel Fund. This year's honorary chairs were Ethel and Jim Edwards. The couple — Ethel, a USD 501 librarian and Jim, an employee of the State Board of Education — are active in local civic and charitable activities.

The Kings of Swing once again provided delightful music for dancers and listeners and Aboud's Catering served their consistently delicious

food to the appreciative palates of attendees. Supporters of JAAA created beautiful themed baskets for a drawing. Each attendee was given a ticket for the drawing and had the option to buy additional tickets.

We are grateful for the businesses and individuals who financially support our Guardian Angel Fund and also those agencies that provide baskets for the drawing. Guardian Angel Fund is frequently a last hope for seniors in desperate circumstances.

Next year's event is scheduled for Saturday, May 4. We hope to see you there.



Honorary Chairs Ethel and Jim Edwards take a well-deserved break from dancing.

A Message from KDADS Secretary Shawn Sullivan

Secretary Sullivan sent the following message to agencies explaining the new KDADS department and encouraging them to embrace the opportunity to better serve older adults and persons with disabilities. The goal of the department is to keep those populations independent and in their homes as long as possible.

On July 1, 2012, all of us will be presented with a great opportunity. The Kansas Department on Aging, the Disability and Behavioral Health Services Division at SRS and parts of the Health Occupations Credentialing Division at KDHE will become the Kansas Department for Aging and Disability Services (KDADS). These changes are taking place under an executive order issued by Governor Sam Brownback. In addition to continuing to provide services

to the older adults of our state, KDADS will administer:

- Mental Health Programs
- Addiction and Prevention Programs
- State Hospitals and Institutions
- Home and Community-based Services Waiver Programs
- Some health occupations credentialing

I am depending on you to collaborate with me in turning this opportunity into success for the people of Kansas.

There are differences between the older adults and persons with disabilities whom we will serve under the new agency. However, they also represent many common challenges: helping people to stay independent and healthy as long as possible, the need for quality housing and competent caregivers and the necessity of

navigating a fragmented health care system.

Our new agency will provide us with a broader-than-ever platform to address these long-term services and supports challenges.

We want to keep older adults and persons with disabilities at home and independent as long as possible. Our agency will work toward providing an integrated and coordinated Medicaid system to help them achieve this goal. The quality Older Americans Act services that KDOA has focused on since its inception will continue to help us fulfill our new agency's mission. If older adults or persons with disabilities live in one of our state's adult care homes, state hospitals or other supportive living environments, our agency will continue its efforts to ensure that quality care

and services are provided in a place as much like home as possible.

Whether care and services are provided in an HCBS or facility-based setting, we want to strengthen accountability within all of our systems.

A large part of our mission will be to build awareness of how communities can engage and support the needs of older adults and Kansans with disabilities—and help communities understand how much they have to learn from the most vulnerable among them.

Our commitment to promoting security, dignity and independence of our state's older adults and persons with disabilities has not changed. Thank you for working with us to create a better Kansas for all our residents, regardless of their age or need for care.

Scam Relies on Grandparent's Love for Grandchild

By Marsha Henry Goff

Hugh is a highly intelligent 83-year-old retired university professor who lives in Oregon. He picked up the phone last week to hear, "Grandpa?"

"Michael?" inquired Hugh.

"Yes, Grandpa, it's Michael."

Convinced he was speaking to his grandson, a college student, Hugh took notes as he was told Michael was attending a wedding out of the country, was in jail and needed \$4,400 wired via Western Union. When Hugh asked why Michael had not called his parents, the caller said he was too embarrassed to ask his parents for help.

The scam artist was following a script that has proven extremely successful in stealing money from loving, well-in-

tioned grandparents. What the thief did not count on was that Michael's parents, who live in Missouri, were visiting and could hear both sides of the conversation because Hugh, who is hard of hearing, had the phone's volume set at its highest level.

"That's not Michael," said Michael's mother.

Michael's father agreed. "No, that's not Michael."

But Hugh was certain he was speaking to his grandson who needed his help. He was not fully persuaded the call was a scam until Michael's parents contacted Michael and had him speak to his grandfather to assure him he was at home attending summer school, was not in trouble and did not need money.

The call came from an area

code in Canada, although that was not the country where Michael was said to be in jail. It was painfully obvious to Michael's parents that, had they not been visiting Hugh, he would have been scammed out of \$4,400.

The Better Business Bureau offers the following advice to protect yourself from the "Grandparent Scam":

Don't fill in the blanks. Make callers identify themselves or ask which grandson or granddaughter it is.

Confirm identities by asking for details. Request callers provide their middle names, birthdays, favorite pets, etc.

Verify information before sending money. Call parents, home or work to confirm the story.

Beware if you're asked to

wire money. Scammers prefer wire transfers because they're fast and easy. But, money is hard to recover once it's wired.

Protect your personal information. Never give out credit card or bank account numbers unless you're confident with whom you're speaking.

If the scam artist did research on Facebook, as they frequently do, he or she may be able to answer some of the questions you ask. Keep asking questions; if it's a scammer, one of your questions will likely trip them up.

Many intelligent and loving grandparents have lost money to scammers because they were unaware of the scam and unprepared for the call. You worked hard for your money. Do not let a thief scam you out of it with a phone call.



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Shingles is an Infection Best Avoided

By Marsha Henry Goff

On a bright May morning in 2010, Blossom Laing, Topeka, noticed a slight rash on her right ribcage. "I was unconsciously scratching it," she remembers, and she took the precaution of treating it, as she would any rash, by rubbing on cortisone cream. It was the wrong treatment because Laing had shingles virus, an infection that causes a painful, blistering red skin rash. While the infection is most common in older adults, only those who have had chickenpox can get shingles.

Called the herpes zoster virus or varicella zoster virus, the infection usually enters the body in childhood and causes chicken pox. Once in the body, the virus can lie concealed in the spinal cord and brain for years before it triggers shingles.

When Laing, who has a high tolerance for pain, realized the rash was hurting, she wondered if she might have broken ribs. She didn't realize she had shingles until a player at a bridge club meeting described her shingles attack. Laing immediately

thought, "That's what I have."

A doctor confirmed Laing's self-diagnosis and prescribed Lidocaine for the pain. Although Laing believes she was spared the near-unbearable pain suffered by some shingles victims, she did suffer from fatigue and body aches. She admits that, "There were days I just didn't get out of bed." She felt better in a couple of months, but the rash, which spread to her back, did not completely disappear until September.

She advises friends to "get the shingles shot" and deems the vaccination worth the cost. Called the varicella-zoster vaccine, the shot is expensive — about \$200 — but Medicare Part D, depending on your plan, will often pay for some or all of it.

While most cases of shingles, though painful, heal on their own, if you should get shingles, it is important to start treatment within 72 hours. It is especially important to seek medical attention if the shingles rash is near the eye which can, in rare cases, cause blindness. Doctors will likely prescribe pain medication and antiviral drugs

to fight the infection. Early treatment can shorten the disease's duration and lower the risk of complications. It is recommended that you avoid scratching or touching the rash as doing so may spread it, but you may use cold compresses to ease the pain.

Laing fortunately escaped the complications that can occur as a result of a shingles infection, among them: skin infections; encephalitis; vision or hearing loss; balance problems; facial paralysis; and pain that continues long after the skin has healed.

The most common complication, suffered in about 30 percent of older victims, is postherpetic neuralgia, which can lead to months or years of

continued pain.

Up to ten in every thousand seniors develop shingles each year. Without the vaccination, 10 to 14 percent of them will suffer from neuralgia. With the vaccine, the risk of getting shingles is reduced by half and the risk of serious complications is reduced by two-thirds. The vaccine has been available since 2006, but, according to the Center for Disease Control and Prevention (CDC), less than 7 percent of US seniors — those most likely to be affected by the disease — chose to receive the vaccine as of 2008. That percentage is slowly increasing, but most seniors have not been vaccinated and are not protected from shingles. Are you one of them?

IMPORTANT: If you are one of the 247 individuals in the counties of Shawnee, Jefferson and Douglas who received a letter and/or postcard from Centers for Medicare & Medicaid Services saying you may qualify for discounts to your Medicare prescription drug costs, please call JAAA at 235-1367 (Topeka) or 800-798-1366.



Homegrown Tomatoes

By Connie Michaelis, Marketing Director

Oh, how I look forward to the first homegrown tomato of summer! There is nothing like a bacon, lettuce and tomato sandwich, but any way you fix them (or just biting into a whole one) is pure delight. Can you imagine what you would think of tomatoes if your only experience were the ones in the produce department? They are beautiful to behold, but what a deception! Other vegetables can be imported or mass produced, but the best tomatoes come from the back yard. I would wager that younger suburbanites may not know such pleasures. And perhaps the older you are the more you appreciate the real thing. Most of us were raised on or around a farm or

at least a big garden. We are not easily fooled. Not only do they taste better, it feels better to know where they came from. It's even better when your neighbor or co-workers brings you the "gift" of a ripe tomato. John Denver had it right when he sang, "Only two things money can't buy, that's true love and homegrown tomatoes!" Anyone who blesses me with a homegrown tomato is a true love!

That's why we have a garden out back at McCrite. Our residents may have their own plot if they choose. Whether you choose to plant or not, it is fun to watch them grow. There is such hope built into gardening. It is the promise of a sweet future. We all need that in our lives. Gardening entails all kinds of core values: faith, endurance, patience, hard work. I remember my dad talking about crops being hailed out, destroyed by bugs or killed by drought. It takes a lot of faith to believe there is a harvest coming. But that is the kind of stuff we are made of here at McCrite, always looking to the future! When you have questions about Senior Living call the experts at McCrite Plaza 785 267 2960.

Senior Health Insurance Counseling For Kansas (SHICK)

Do you have questions about Medicare, Medicare Supplement Insurance, Medicare Part D Prescription Drug Insurance or Long-term Care Insurance? If so, our SHICK (Senior Health Insurance Counseling for Kansas) volunteers at JAAA can help.

SHICK is a free program giving older Kansans the opportunity to talk with trained community volunteers who can answer your questions. SHICK volunteers also can provide you with many resources which help you find your way through the Medicare maze.

SHICK volunteer counselors do not work for any insurance company. They are highly-trained to educate and assist seniors in making informed

decisions on what is the best choice when considering insurance plans. Our volunteers work to help seniors cut through the confusion by staying informed on changing conditions in health care insurance.

Take the opportunity for free face-to-face confidential counseling with one of our SHICK volunteers. He or she can help you with Medicare information about employment and disability as well as with Supplemental Rate Comparisons via the Kansas Insurance Department website.

Please call SHICK Coordinator Vanessa Merillat at 235-1367 (Topeka) or 800-798-1366 (outside Topeka) if you have health care insurance questions or if you would like to become a SHICK volunteer.

New roof proves timing is everything

By Jean Stueve
Fiscal Supervisor

Sometimes timing is everything. We knew our building maintenance schedule would require us to commit to major roof repair in the next few

years. Last spring's hail forced the repairs a little earlier than planned. I'm sure everyone in the area is going to have a bit higher insurance rates because of all the damage, but no cash reserves were required to re-place the roof.



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