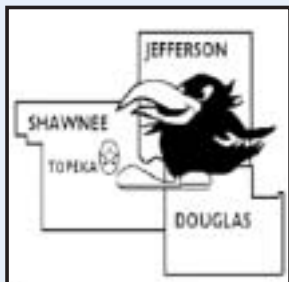


# Amazing Aging!

*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

FALL 2006



**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



## The Center for Senior Independence

*Giving seniors a safe and accessible facility catering to their unique needs*

(The address for our new building is 2910 SW Topeka Blvd)

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[www.jhawkaaa.org](http://www.jhawkaaa.org)

Jayhawk Area Agency on Aging, Inc.  
 1720 SW Topeka Blvd  
 Topeka, Kansas 66612  
 Phone: 785-235-1367  
 Fax: 785-235-2443  
 Email: [annette\\_jaaa@hotmail.com](mailto:annette_jaaa@hotmail.com)

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# A Message from the Board Chair

## JAAA to move to new location *Center for Senior Independence will provide space for new initiatives*

While summer may be a time to sit back and relax, Jayhawk Area Agency on Aging was hard at work. JAAA worked to educate, counsel and enroll over 1,000 Medicare beneficiaries in Medicare Part D, celebrated May as Older Americans Month, educated policy makers about in-home services during our second annual Independence Day Visits and launched our website!

It is amazing to me how we were able to accomplish so much during the summer as the agency is also getting ready to move! By October 2nd, JAAA will be moved in to our new location. The Center for Senior Independence, located at 2910 SW Topeka Blvd. will provide so much to the community. The most recognizable benefits will be:

- Privacy for personal consultations
- More accessible parking
- Twice the space—the lower level will be devoted to offering a wide range of activities and programs for seniors

With retirement of the babyboomers looming, demands on JAAA and its community partners will be enormous. In spite of the challenge, our purpose remains clear—we must assist seniors to live independently in their own homes for as long as possible.

With collaboration from other organizations and donations from the community, The Center for Senior Independence will provide space for new initiatives that will supplement in-home services including

programs on:

- Nutrition Classes (demonstrations can be prepared in the ample kitchen on the lower level)
- Age-appropriate exercise such as Yoga and Tai Chi
- Support groups
- Educational seminars on topics such as health and wellness, safety, nutrition, etc

Clearly, the types of activities the Center for Senior Independence can provide will promote physical, mental and emotional health. And, thus, prolonged independent living—particularly among low-income individuals whose options are severely

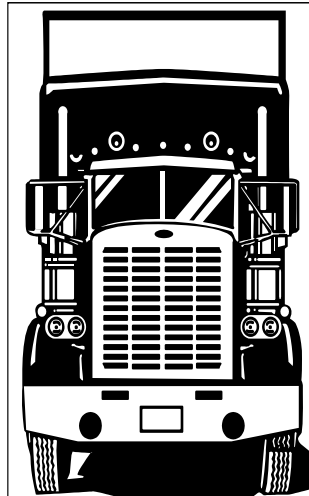
constrained.

Please help us provide a safe, convenient and accessible place for seniors to exercise and learn skills to remain independent by sending a contribution to The Center for Senior Independence. Thank-you!

Sincerely,



Tom Ryan  
Board Chair,  
Jayhawk Area Agency on Aging



### Jayhawk Area Agency on Aging

#### IS ON THE MOVE!

Look for us in our new location  
October 2<sup>nd</sup>!

2910 SW Topeka Blvd  
Topeka KS 66612



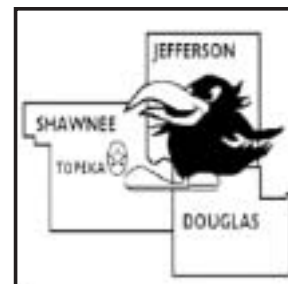
- Amazing Aging is a quarterly publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 4,500+

You are encouraged to write us at:

Jayhawk Area Agency on Aging, Inc.  
1720 SW Topeka Blvd.  
Topeka, KS 66612  
(800) 78-1366 or (785) 235-1367

Annette Thornburgh, editor

Jayhawk Area Agency on Aging does not discriminate on the basis of race, color, national origin, sex, age, or handicap. If you feel you have been discriminated against, you have a right to file a complaint with the Agency. In accordance with ADA regulations, every effort will be made to accommodate people with disabilities. If you need special assistance, please call **Jocelyn Lyons** at Jayhawk Area Agency on Aging, Inc.



# JAAA awards \$1.2 million to organizations

Area Agencies on Aging were designed to be the primary resource for information and services for older adults and those who care for them. The Older Americans Act of 1965 charges area agencies on aging to "be the leader relative to all aging issues on behalf of all older persons in the area."

On July 21, Jayhawk Area Agency on Aging, Inc. awarded \$1,211,889.00 to agencies and organizations in Douglas, Jefferson and Shawnee counties for the purpose of providing services for the elderly for the period of October 1, 2006 to September 30, 2007, in accordance with the Older Americans Act of 1965 as amended.

Jayhawk Area Agency on Aging receives federal funds from the Administration on Aging, through the Kansas Department on Aging to fund social services such as:

- **Title III-B Supportive Services** that include, but are not limited to, transportation, legal, health screening, outreach, information, visiting and personal care services
- **Title III-C Nutrition Services** that include home-delivered meals and congregate meals
- **Title III-D Disease Prevention and Health Promotion Services** that include, but are not limited to, information-age related disorders, routine health screening, and medication management education
- **Title III-E Caregiver Services** that include services to a caregiver of a recipient 60+ years of age or a 60+ relative/grandparent providing care to children under the age of 19.

While playing a direct role in assessing community needs and developing responsive programs and awarding funds, JAAA also provides services.

Examples of Direct Services provided by JAAA:

- Information and referral assistance
- Health insurance counseling such as Medicare Part D

- Caregiver counseling and referral
- Client assessment
- Case management

In addition to federal funds for social services, State funds are also provided through the Kansas Department on Aging for nutrition services. In addition, JAAA will once again receive State funds for 2007 to continue Senior Care Act services and Targeted Case Management for Shawnee, Jefferson and Douglas counties.

In applying for funds, JAAA yearly develops a document known as the Area Plan which outlines goals for programs funded under the Older Americans Act, to be achieved for fiscal year 2007. (Oct 1, 2006 through September 30, 2007) and to meet the need of consumers in Shawnee, Jefferson and Douglas Counties. Also included in the Area Plan are the budgets for the Older Americans Act Programs.

### Organizations Receiving Older Americans Act Funding for FY 2007

- Catholic Community Services/Friendly Visitors Program
- Community Action
- Community Resources Council/Older Citizens Information Program

- Douglas County Senior Services
- East Topeka Senior Center
- Jayhawk Area Agency on Aging/IIIB & IIIE Direct Services
- Jefferson County Health Department
- Jefferson County Service Organization
- Kansas Assoc. of Area Agencies/Caregiver Campaign
- Kansas Legal Services/Jayhawk Legal Services
- Lawrence Meals on Wheels
- LULAC Senior Center
- Meals on Wheels of Shawnee

- and Jefferson Counties, Inc.
  - Meriden Adult Services Plus, Inc.
  - Midland Adult Day Programs
  - Papan's Landing Senior Center
  - Shawnee County Health Agency
  - TEACH, Inc.
  - Trinity Respite Care
  - Title III-E FLEX and BATH Services
- Consumers and organizations may address questions, concerns or suggestions to Jayhawk Area Agency on Aging at 800-798-1366 or 785-235-1367.



## Congratulations! JAAA Employees of the Month!

MARCH  
APRIL  
MAY

Rebekah Pitts  
Vanessa Merillatt  
The Medicare Part D Team:  
Janell Collins, Mellany  
Martin, Vanessa Merillat and  
Tiana Jackson, Betty Newell  
and Leah Watts  
Jean Stueve  
Sharon Sturgeon

JUNE  
JULY



Comfort  
Keepers

Randy & Sarah Cox, Owners

### SERVICES AVAILABLE:

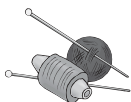
- In-Home Companionship
- Meal Preparation
- Grocery Shopping
- Sitting Services
- Transportation
- Grooming & Dressing Guidance
- 24 Hour Care Available
- Laundry & Linen Washing
- Periodic Review With Family
- Errand Services
- Light Housekeeping
- Flexible Schedules

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OUR CAREGIVERS ARE SCREENED, BONDED AND FULLY INSURED  
[www.comfortkeepers.com](http://www.comfortkeepers.com)

Do you like to knit?



Join JAAA's Knitter Club!  
Knitting hats for the Head Start kids, our group meets periodically at the JAAA offices. Come join us for good conversation and knitting! For more information, call Janell at 235-1367.

**[www.jhawkaaa.org](http://www.jhawkaaa.org)**



# Kansas Silver-Haired Legislature

## What is the Kansas Silver Haired Legislature?

The Kansas Silver Haired Legislature (SHL) is a unicameral legislature composed of 125 representatives. All are over 60 and elected from their county residence. Wyandotte, Johnson, Shawnee and Sedgwick counties have five additional delegates. The legislature provides an educational experience in the political process and provides an opportunity to identify priority concerns of Kansas senior citizens. The SHL develops bills and resolutions which are presented to the Kansas Legislature and the Governor as recommendations for state policy.

The purpose of the Silver Haired Legislature is:

• **To Educate** - Participation provides experience in the political process.

cess.

• **To Inform** - Actions of the SHL inform the public and the Kansas Legislature on concerns of the elderly.

• **To Involve** - The SHL provides over 412,000 seniors a way to become involved.

Silver Haired Legislators are charged with the following responsibilities:

• Advocate for the legislation by the SHL

• Testify at hearings on SHL legislation

• Meet with seniors in their county/district on SHL legislation affecting the elderly

• Attend scheduled SHL meetings

The SHL is funded by donations and volunteer help. Contributions are tax deductible and may be made payable to the "SHL Treasurer" and sent to the treasurer or to an Area Agency on Aging.

Silver Haired Legislator elections are conducted by the Area Agencies on Aging across the state every two years. Candidate registration forms, petitions and filing instructions are available from any Area Agency on Aging. Any Kansan aged 60 and over that is a registered voter may file for candidacy. The term of office is two years.

If you do not want to become a candidate, support your Silver Haired Legislators and suggest issues of concern regarding aging issues.

### AREA SENIORS IN THE SPOTLIGHT!

#### DID YOU KNOW.....

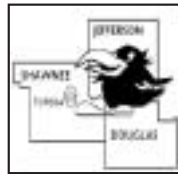
In addition to the State Silver Haired Legislature there is also a **National Silver Haired-Congress**?

Keith and Thelma Ray of Silver Lake attended this year's National Silver Haired-Congress (NSHC). The NSHC is a non-partisan, non-profit grassroots advocacy organization composed of Silver Senators and Silver Representatives 60 years of age or older who represent their respective states.

Each delegate is permitted to submit resolutions for study and discussion. Seventy resolutions were worked through six committees, debated and then the top ten resolutions were delivered personally by each of the 117 delegates to their respective congressional representatives.

#### The Top Five NSHC Resolutions:

1. Re-authorization of the Older Americans Act
2. Extension of the Medicare Part D deadline of May 15, 2006
3. Integration of Dental Care into Primary Health Care
4. National Background Check and Registry for Health Caregivers
5. Initiate Action on the recommendations of the 2005 White House Conference on Aging.



### Jayhawk Area Agency On Aging, Inc.

Helping you with Your Medicare Part D Questions

We Can Assist You:

- ✓ To sign up for Extra Help
- ✓ Part D Plan Comparisons
- ✓ Enrolling in a Part D Plan
- ✓ Home Visits Regarding Your Part D Questions

Call Janell at (785) 235-1367 TODAY!

### Thanks to the following area delegates for their time and dedication!

**Jefferson County:** Bette M. Ford, #6 George Thompson Secretary

**Douglas County:** Joann Wiley  
**Shawnee County:** District #1, Berniece Smith -Chair; District #2 Betty Dunn; District #3 Jim Snyder Speaker Pro-Tem; District #4 Genitha Clark; District #5 Toni Wellshear; District

To become a candidate for the Silver Haired Legislature in Shawnee, Jefferson or Douglas Counties, or to find out more, call Marsha Ridinger at JAAA. 785-235-1367 or 800-798-1366



### Kansas Rehabilitation Hospital NeuroSymposium



**Saturday, Sept 23  
10AM-1PM  
Topeka, Kansas**

#### Keynote Address

### Applying Technology in Rehabilitation

**Dr. Dale Garrett, MD.**

### Screenings, Demos, & Lunch

#### Breakouts

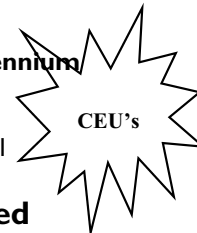
Treatment of Parkinson - Past, Present & Future  
Amy Parsons, RN, BSN

#### Breakthroughs in MS— Martha Badger, RN, BSN

Emerging Trends for Stroke -What's the Evidence?-  
Dr. Barbara Quaney, PT, Ph.D.

#### Spinal Cord Injury in the New Millennium Liz Zayat, OTR/L

Brain Injury Rehab—Changing the Model  
Janet Williams, MSW, Ph.D.



#### The public is invited

**RSVP to Leslie at 785-232-8524 or email**

**leslie.cunningham3@healthsouth.com  
by September 18th**



## Congressman's Corner

# Ryun supports bill to accelerate the use of health information technology

Rep. Jim Ryun  
2nd District

Would you believe that up to 1.5 million Americans each year are harmed or killed by medication errors? That astounding figure is the result of a report on medication errors by the highly regarded Institute of Medicine (IOM) sponsored by the National Academy of Sciences. Because the errors occur at each level of health care delivery, all of us—patients, health care providers, drug manufacturers, and government officials alike—have a role to play in reducing these worrisome errors.

For seniors, the most effective ways to improve the safety of their own medication use is by faithfully adhering to the directions provided for each prescribed medication. In the IOM study, it was discovered that more than half of

patients did not take medication exactly as prescribed. Knowing what drugs you take and why you take them is also a useful step. When you take a complete list of medicines with you to the doctor, your physician can be aware of potentially harmful drug interactions that a new prescription might cause.

Medications, however, are not only dispensed in homes or physician offices. Our seniors must be protected at all points of access in our health care system. Amazingly, the study found that in a typical hospital, a patient can expect to face an average of one medication error per day. Certainly we can do better, and several Kansas hospitals are leading the way.

At two hospitals in the Second District, St. Francis Hospital in Topeka and

Lawrence Memorial Hospital, nurses use a bar code system to match a patient's medication with a bar code on each patient's wrist band. Sadly, this kind of health information technology (IT) has been slowly implemented around the country.

Because insurance companies, hospitals, physicians, and pharmacists each track information their own way, the industry lacks a common standard to share health care information. There is a need for coordinating guidelines so that information systems can work together rather than apart.

For these reasons, I supported the Health Information Technology Act, H.R. 4157, which passed in the House of Representatives on July 27, 2006. With its adoption, the government will establish standards and a common

structure to accelerate the use of health IT. Once health IT guidelines are established, private businesses and health care providers can work together to develop the most effective ways to improve accuracy and access to health information. When health information is shared the right way, errors that occur throughout the health care system, including those in the distribution of medication, will be reduced.

In the 20th Century, modern medicine has eliminated or reduced the impact of numerous illnesses and diseases in our country. By expanding the use of health IT in the 21st Century, we can build on those achievements and further improve the quality and cost-effectiveness of health care in this country.

- Rep. Jim Ryun, member of the U.S. House of Representatives, represents the 2nd District in Kansas.



Rep. Jim Ryun

## 'Explore Your Options' booklets now available at JAAA

The 14<sup>th</sup> edition of Explore Your Options is now available!

The Explore Your Options booklet will help you through the maze of services available to Kansas seniors. It is designed to help you take an active role in making decisions that affect your health care and living situation.

Even if you are faced with a serious illness or disabling disease, knowing that you have options to help you maintain your independence and stay at

home can be a great comfort.

Updated every year, Explore Your Options guides are *available free of charge* through Jayhawk Area Agency on Aging, Inc. and every area agency on aging in Kansas.

For your free Explore Your Options Guide for Shawnee, Jefferson and Douglas Counties, please call 800-798-2799 or 785-235-1367.

Explore Your Options Guide is also available on-line at [www.agingkansas.org](http://www.agingkansas.org).

## Friends of Hospice to host Taste of Elegance

The Jefferson County Friends of Hospice will be hosting their annual "Taste of Elegance" October 28, 2006 at 5:30 p.m. in the Jeff West High School Commons area.

The formal event provides opportunity for those attending to enjoy elegant dining and opportunities to bid/purchase donated items—such as framed original oil paintings, sporting event tickets, week-end get-aways

and more.

All funds raised directly benefit Hospice clients served by the Jefferson County Health Department, Home Health & Hospice agency. Tickets are \$20 per person.

Persons wanting to attend may contact Suzy Johnson, Hospice Volunteer Coordinator at 785-863-2447, or any Jefferson County Friends of Hospice Volunteer.

The coffee's on us!

We offer all Senior Citizens FREE coffee at the new

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On the mall Every Wednesday!

Fairlawn PLAZA

21st & Fairlawn - Topeka KS

We're Just Your Style!



# Kansas Legal Services

## When Medicare coverage isn't enough

By *Natalie Stoker*  
Kansas Legal Services

Medicare is not total care. Private health insurance, called supplemental insurance or Medigap, can be purchased to fill in some of Medicare's gaps in coverage. For example, supplemental insurance can cover the Medicare Part A deductible, the coinsurance for a skilled nursing facility, and emergency care in a foreign country.

Everyone qualified for Medicare may enroll in supplemental insurance during their six month open enrollment period. The enrollment period begins with the first month you enrolled in Medicare Part B, and it should be listed on your Medicare card. All supplemental insurance policies purchased are guaranteed renewable. However, insurance companies are not required to provide supplemental insurance once your enrollment period expires.

Medicare recipients choose both the plan and the insurance provider. The State sets minimum coverage require-

ments for all 12 plans, labeled Plan A to Plan J. This means, all insurance companies offering Plan A must offer the same Plan A coverage. However, the insurance companies set their own rates, which vary widely. In 2005, annual premiums for Plan A based on issue age rates varied from \$574 to \$1,917.

Service also varies between the insurance providers, and you should check the limitations, exclusions and waiting periods before purchasing. Choosing the right plan and the right provider is important to get the most for your money.

Plan A covers the basic benefits, which serve as the building blocks for all the other policies. According to the *Kansas Medicare Supplement Insurance Shopper's Guide*, every policy provides:

Coverage of the Part A coinsurance amount for the 61<sup>st</sup> through 90<sup>th</sup> day of hospitalization, worth \$228 per day in 2005.

Coverage for the Part A coinsurance amount for each of Medicare's 60 non-renewable lifetime hospital inpatient reserve days used, worth \$456 per day in 2005.

Once all Medicare hospital benefits

are exhausted, Plan A covers 100 percent of the Medicare Part A eligible hospital expenses. This is limited to 365 days of additional inpatient hospital care during the policyholder's lifetime.

Coverage for the reasonable cost of the first three pints of blood per calendar year.

Coverage for the coinsurance amount for Part B services after the \$100 annual deductible is met.

Insurance companies base premiums on either issue age or attained age. Issue age policies are based on your age at the time of purchase. A 65-year-old who purchases the plan always pays the premiums charged other 65-year-old customers. The premium will not increase simply because you are growing older, but it is subject to the rate changes all 65-year-olds face. Attained age premiums are based on your actual age, and will increase as you get older.

*The Kansas Medicare Supplement Insurance Shopper's Guide* recommends calculating the total premium

you would be expected to pay over the next 15 years to compare policies based on attained age with issue age policies. Issue age policies may be less expensive when calculated over several years. Current Medicare Supplement Rates are available online at [www.ksinsurance.org](http://www.ksinsurance.org).

For more information on supplemental insurance or to order *The Kansas Medicare Supplement Insurance Shopper's Guide* contact the Kansas Insurance Department Consumer hot line at 1-800-432-2484.

### Kansas Legal Services

712 S Kansas Ave Second Floor  
Topeka KS 66603  
Phone: 785-354-8531

#### New Location:

600 Lawrence Avenue, Suite 1E  
Lawrence, Kansas 66049  
Phone: 785-838-3401

[www.kansaslegalservices.org](http://www.kansaslegalservices.org)

## Legislative Forum to be held in October

Seniors, this is your chance to hear what the Douglas County candidates for the Kansas Legislature have to say on issues of importance to you!

All state legislative candidates for Douglas County have been invited to participate and address specific topics affecting seniors. Dr. Rosemary Chapin Ph.D, Professor / Director, Office of Aging and Long Term Care at Kansas University will be the moderator. A question and answer session will follow.

Legislators Ann Mah, Roger Pine, Paul Davis, Barbara Ballard, Tom Sloan and Tom Holland have agreed to attend the forum at time of printing.

Your involvement is important- so don't miss your opportunity to be heard!

The Interagency Network for Aging (INFA) Legislative Forum will be held Wednesday, October 4th at the Lawrence Public Library auditorium, 707 Vermont. Registration will begin at 1:30 p.m. and the forum will be held from 2:00 p.m. to 4:00 p.m.

INFA's purpose is to:

- Advocate on behalf of the elderly of Douglas County by facilitating the

coordination of services both at the individual and systems level.

- Simplify access to services.
- Enhance and facilitate interagency

communication, coordination and cooperation.

- Encourage new ideas for meeting the needs of the elderly.

Registration is recommended due to limited seating.

Contact Sandra Kelly-Allen, LMSW at (785) 843-3060.

# Amazing Aging! Has a New Format!



Advertise in *Amazing Aging* and increase your business exposure in the senior community.

We distribute 4,500+ copies in Shawnee, Douglas, and Jefferson counties.

Call us today at (785) 235-1367 for ad rates.



## Jest For Grins

# Old Age Isn't For Sissies

By Marsha Henry Goff  
JAAA Board Member

It's no fun to realize you're at the age when the only thing you can still do young is *die*. When I expressed this view to my husband, Ray reminded me that "every day above ground is a good one." Lucky for me, all my older role models have been great so I don't panic at the thought of growing older. But, hey, no one said I had to *like* it!

I certainly don't like the fact that, if I forget my glasses, I can't read a restaurant menu or the price tag on a sweater. Fortunately for the state of the economy, however, forgetting my glasses has never affected my ability to write a check.

My daughter-in-law's late grandfather decided it was better to lose his sight than his ability to laugh at himself. Though nearly blind, he flew from Oregon to Kansas each year to visit his son's family. Herb Hughes loved to tell about the trip when he was served coffee and given a foil packet by a flight attendant. He emptied the packet in his coffee and stirred it long enough to attract his seatmate's attention. "Are you having a problem?" the man asked.

"I can't seem to get this cream to dissolve," Herb explained, "It's all lumpy."

"That's because you've put your peanuts in your coffee," the man replied. Herb could never deliver that line without laughing! Age may have dimmed his sight, but his sense of humor remained bright.

As we age, we also worry about losing our ability to remember things both important and trivial. Have you not been able to find the potato chips because you put them in the refrigerator? It's happened to me. Never mind that I can remember taking the gum out of my mouth at age 15 to eat a cookie, then throwing the cookie in the trash and popping the gum back in my mouth. Back then, memory lapses were funny. Now they're sinister.

We all know older people who are afraid to try new things. Ray and I have always realized that our friend Estel, a 72-year-old widow, isn't one of them. However, when she recently decided to drive herself to visit relatives in Southern Missouri, Ray was concerned. "Is she going all alone?" he inquired anxiously. "Nope," I replied, "She's going with God and a cell phone!"

The first time I heard the phrase "old age ain't for sissies," I thought of my Grandma Ruth celebrating a birthday by flexing her 80-year-old, rock-hard biceps sculpted by years of sorting metal in the small-town junkyard she managed by herself after Grandpa's death. Grams, a first generation Irish-American, standing 4'11" and weighing in at 85 pounds, was plenty tough!

At age 87, Grams climbed a tree to pick pears. She took the precaution of having her 90-year-old sister-in-law take position under the tree as a spotter. Suddenly, Grams plummeted 15 feet, landing with a loud *WHUMP* at Aunt May's feet. When Aunt May couldn't revive Grams, she concluded the worst and went into the house to call the mortuary. She was talking to the funeral director when Grams, bruised but unbroken, walked in the back door.

As soon as we learned of the accident, we drove 90 miles to Grams'

house and took her to a doctor. When the doctor advised her not to climb any more trees, Grams declared emphatically, "I certainly won't be climbing any more PEAR trees!"

But my favorite recollection of my young-at-heart Grams is of a visit to a park where we took the kids to play. I can still see her barreling down the high slide, arms up in the air, a big smile on her face. She shot right off the end of the slide and landed in a pile of sand. I watched as she struggled to her feet, dusted herself off, and headed for the ladder of the slide to "go again!"

That's the lesson I need to learn from Grams: Keep growing older but never grow old.

- Marsha Goff is a JAAA board member from Douglas County and writes a regular humor column -- *Jest for Grins* -- for the *Lawrence Journal-World*. She also is the author of historical books and magazine articles.

There are many volunteer opportunities available at Jayhawk Area Agency on Aging!  
Call Janell today at 785-235-1367!

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Resource Center, where advocates  
assist you in achieving your goals of  
freedom and equality.

785-233-4572 V/TTY  
800-443-2207 Toll Free



# Caregiver's Corner

## Caregivers should take time to enjoy life, ensure their own health

Summer months are a time to frolic through gardens, take long walks, lie in the sun, and cook outdoors. But that may not be so easy to do, if you are a caregiver. As a caregiver, you are consumed with managing care giving tasks. Are the only things on your calendar care giving tasks or doctor's appointments? Stop and look at your schedule—did you go out for a walk, lunch with a friend, or call a friend to visit this week?

Take some time to enjoy your life and take steps to insure your own health!

Senior Outreach Seniors (S.O.S), in

cooperation with Jayhawk Area Agency on Aging, Inc, has developed a support group especially for the caregiver. The goal of the group is to support the caregiver by addressing their needs to insure their own quality of life as they care for others. Valeo's S.O.S is a mental health wellness and recovery program providing counseling and consultation for seniors and/or caregivers of seniors. Teresa McQuin, LCSW for S.O.S, facilitates the group, which meets once a month. The group meets on the fourth Wednesday of the month at 1:00 p.m. The meeting is held at the RoseHill Place Clubhouse, 3600 SW

Gage Blvd #97.

A number of caregivers who attend have expressed appreciation for the support they receive from the group meetings and comment on how much their outlook has improved. Members have found understanding and personal connection by sharing their care giving tasks and challenges. Caregivers have expressed feelings of guilt, frustration and loneliness regarding their care giving tasks. Teresa gives the group useful tips for dealing with the day-to-day frustrations, and shares methods for setting realistic limits. As the caregiver specialist for JAAA, it's my job to

suggest respite services as well as other community resources that can help you the caregiver as you deliver care giving duties.

Jayhawk Area Agency on Aging, Inc., along with Senior Outreach Services, is there for you. It only takes a phone call to begin feeling better about yourself and your priceless job as a caregiver.

- Marilyn Thomas is a Caregiver Specialist with Jayhawk Area Agency on Aging, Inc.

There are many support groups in the community, call JAAA's Information and Referral Dept to learn more. (785) 235-1367 or 800-798-1366

## East Topeka Senior Center to offer transportation for caregivers

In an effort to respond to the needs of Shawnee County area caregivers, East Topeka Senior Center, a project of the East Topeka Council on Aging, Inc. will provide supplemental assisted and non-assisted transportation services.

Transportation Services will be available to the following Shawnee County residents:

Seniors age 60 and over who are in the care of an adult caregiver

Adult caregivers of seniors age 60 and older when he or she accompanies the aforementioned senior

Seniors who qualify as relative caregivers

Children who are under the care of a senior relative caregiver

### Target population:

Services are designed to address the transportation needs of Shawnee County Caregivers (as defined below) and the individuals for whom they are providing care.

1. Caregiver defined as an adult family member, or another individual, who is an informal provider of in-home and community care to an older individual.

2. Relative Caregiver defined as a grandparent of step grandparent of a child, or relative of a child by blood marriage, who is 60 years of age or older and-

Lives with the child

Is the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve

as the primary caregiver of the child

Has legal relationship to the child, such as legal custody or guardianship, or is raising the child informally.?"

**Note:** Relative caregiver must accompany the child or children in their care. East Topeka Senior Center will provide transportation for the Relative caregiver and the child(ren) in their care.

For more information, please call: East Topeka Senior Center, 1114 SE 10<sup>th</sup> St, Topeka KS 66607, 785-232-7765.

## Alzheimer's Association to host author David Troxel on November 1

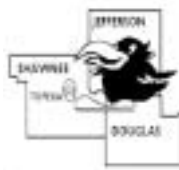
The Alzheimer's Association, Heart of America Chapter, is hosting David Troxel, international speaker and author of the book, "The Best Friends Approach to Alzheimer's Disease Care," November 1 at the Kansas Museum of History.

An informal family session will be held that evening at the Topeka and Shawnee County Public Library from 5:30 to 7 p.m. Specific topics will include communication, activities, family relationships and an update on research. David has worked in the field for twenty years, but also is a family caregiver himself, caring for his mother with AD.

Admission is free, but pre-registration is suggested. Call (785) 234-2523 for more information.

## PLEDGE FORM

Yes! I support the mission of Jayhawk Area Agency on Aging, Inc.



Here is my tax-deductible contribution.

Name: \_\_\_\_\_

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

Please apply my gift toward

- Center for Senior Independence
- Guardian Angel Fund
- Capital Campaign

\* Contact Annette Thornburgh at (785) 235-1367 for details or to discuss other options of support

### Level of Giving

- \$25
- \$50
- \$100
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- Check Enclosed
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  - Monthly
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  - Annually

Thank you for your support!

Jayhawk Area Agency on Aging, Inc. is a 501(c)3 non-profit organization





# Quiz Time

## What do you know about Aging and Mental Health?

Aging, by definition, means to grow old and more mature. Aging is a normal process; we are aging from the moment of birth. However, in today's society, the word "aging," like "mental health" or "mental disorder" sometimes has negative meanings. Incorrect beliefs fuel a number of myths about what it means to be an older adult, especially one who experiences a mental health problem or disorder. Answer these questions to see how much you really know about aging and mental health. True or False?

1. All old people are crabby.  
 True  False

False: If you are crabby when you are 25 and 35 years old, chances are that you will be at 55, 75, and 95. Our basic personalities do not change much.

2. The majority of older adults live in nursing homes.  
 True  False

False: At any one time, only about 5 percent of people 65+ are living in nursing homes, and the percentage is decreasing. However, a far greater

percentage of people can expect a limited nursing home stay at some point in their lives. Older adults can help themselves stay healthy by living a lifestyle and continuing the activities that they enjoy.

3. Isolation and hearing loss can cause paranoid thinking.  
 True  False

True: Paranoid thinking can develop under these difficult circumstances, when words and sounds may be misinterpreted.

4. Growing old does not really change a person's ability to learn.  
 True  False

True: People maintain the ability to learn throughout life unless a disease interferes. However, learning for some older adults may be slower, and there are some small changes in memory. Older adults' intellectual abilities remain much the same as when they were younger.

5. Serious mental health problems are most common in older people.  
 True  False

False: Only one in eight older adults have been diagnosed with a mental disorder, the lowest rate among all age groups.

6. Older adults can benefit from counseling or psychotherapy.  
 True  False

True: These "talking therapies" often can help older adults, and are used alone or in combination with medication.

7. Poor nutrition can lead to apathy, confusion, and depression, which then can cause even worse nutrition.  
 True  False

True: Some medications, dental problems, and diseases that make it difficult to cook or eat may increase the risk of poor nutrition.

8. Most older adults would prefer to be young if given the choice.  
 True  False

False: Most older people are satisfied with their lives. They are not eager to turn back the hands of time.

Questions adapted from *The Facts on Aging and Mental Health Quiz* and *The Facts on Aging Quiz*. (Palmore, E.B. 1998 Springer Publishing Inc., New York 10012). Used by permission.

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**Jayhawk Area Agency on Aging, Inc. (JAAA) Guardian Angel program helps those seniors who are in need of just a little help.**

**Due to the generosity of Barney and Joan Braymen and the assistance of Topeka Community Foundation, JAAA has set-up a fund specifically designated to supplying items which will help JAAA's low-income senior clients remain independent!**



**A SPECIAL THANKS TO SAM'S CLUB TOPEKA FOR THEIR GENEROUS GIFT OF \$1000 TO THE GUARDIAN ANGEL FUND!!**

**If you would like to donate to the Guardian Angel Fund call (785) 235-1367!**

# JAAA sponsors Second Annual Independence Day

JAAA takes its mission seriously to educate and inform partners, clients, policy makers and the community regarding issues of interest and concern for older adults. The Independence Day Visits were created to bring more awareness and understanding of in-home services for seniors.

Twenty-four policy makers, senior advocates and members of the media participated in the second annual Independence Day Visits, which took place in Shawnee, Jefferson and Douglas Counties. After an overview of JAAA's services, participants accompanied a case manager on a home visit to a senior client. JAAA case managers are trained professionals who serve as advocates for their senior clients. They work to ensure that options available from caregiver sup-

port, Medicare D and other services are explained and understood by the senior, their family and friends. A question and answer session followed the events to allow more discussion.

"The goal for the Independence Day Visit is for all involved—the client, the observer and case manager—to come away with a better perspective and understanding of the process and each other's unique perspectives," stated Jocelyn Lyons, Team Management Leader for JAAA.

**Daunting fiscal obstacles face policy makers, service providers, seniors and families dealing with in-home services**

Daunting fiscal obstacles face policy makers, service providers, seniors and families dealing with in-home services. However by viewing these challenges as opportunities, we can find ways to collaborate—to work together more efficiently to help seniors live independent and dignified lives.



**Clyde Thierry, 97, plays his violin** as Ashley Holder, a caretaker with Trinity In-Home Care, listens. Holder visits Thierry three times a week to wash dishes, sweep and help keep Thierry company at his Lawrence home, where he lives with his daughter, Daphne Payne, who is 70. Holder's services, provided through the Jayhawk Area Agency on Aging, allow Thierry to stay out of a nursing home. (Excerpt printed with permission from *The Lawrence Journal World* from a July 11, 2006 article by reporter Dave Ranney. Photo by Thad Allen-der, *Lawrence Journal World*.)

## Independence Day Participants:

### DOUGLAS COUNTY

Joe Humerickhouse, State Representative District 59

Thomas Scherer, Candidate for Third District Congress

Linda O'Donnell, Chair Douglas County Advocacy Council

Paul Davis, State Representative District 46

Dave Ranney with *The Lawrence Journal-World*

Pattie Johnston, Douglas County Advocacy Council

### SHAWNEE COUNTY

County Commissioner, Vic Miller

Justin Pike representing Second District Congressman Ryan

Heather Grace representing Second District Congressman Ryan

Judy Jewsome representing Nancy Boyda candidate for Second District

Annie Kuether, State Representative District 55

Annie Tietze, Candidate for House District 56

Lana Gordon, State Representative District 52

JoAnn Mzhickteno, Chair Shawnee County Advocacy Council

Cyrene Holt, Shawnee County Advocacy Council and Donna J. Kidd Award Winner 06

Nina Skidmore, JAAA Advisory Council and former Silver Haired Legislator

Dave Heinemann, House Candidate for District 54

George Thompson, JAAA Board of Directors

Ann Bush with Topeka Capital Journal

Shirley Biller, JAAA Board of Directors

Lois Long, JAAA Advisory Council

### JEFFERSON COUNTY

Bette Ford, Silver Haired Legislator for Jefferson County

Jim Farris, Candidate for House District 47

Martha Skeet, JAAA Board of Directors

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**2929 SE Minnesota Topeka**



# Older Americans Month a success!

Thanks to our underwriters, Stormont Vail HealthWise 55 and Jayhawk Area Agency on Aging accomplished its goal of celebrating the art of aging in a variety of ways.

The week commenced Sunday with a production of A Midsummer Night's Dream at the Topeka Civic Theatre, while Monday found us at the Moose Lodge for a stimulating afternoon of Bingo. The YWCA hosted an open house

for seniors to consider how exercise can help maintain an active lifestyle. The Senior Prom topped off the week with energetic dancers celebrating the fact that we are staying healthier and living longer than ever before. In all, over 500 seniors celebrated the true art of living and aging well.

The amount and quality of events could not have been provided without the generosity of our sponsors!

OLDER AMERICANS MONTH 2006



CHOICES FOR INDEPENDENCE



Tai Chi during Older Americans Month Free Day at the YWCA. Inset: Dancers enjoying Senior Prom during Older Americans Month.



Enjoying Bingo at the Moose Lodge during Older Americans Month.

## Thanks to our 2006 Older Americans Month Underwriters:

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Lawrence Therapy Services



Cyrene C. Holt welcomes longtime friend Al Goodwin to a reception at the Governor's Row House, 811 S.W. Buchanan. Holt was honored with the Donna J. Kidd Award in conjunction with the commemoration of May as Older Americans Month. *(Excerpt printed with permission from The Topeka Capital-Journal from a May 24, 2006 article by reporter Hal Lockard. Photo by Jason Hunter, The Topeka Capital-Journal.)*

## Cyrene Holt honored as the 2006 Donna J. Kidd Award Winner

Given each May to honor an outstanding older person making a significant contribution to seniors in their community, the Donna J. Kidd award is named for the first executive director of Jayhawk Area Agency on Aging.

"The vision Kidd had for the elderly and her dedication to improving their lives in Topeka will be part of the Topeka community for a long time to come." commented this year's award recipient Cyrene Holt of Topeka.

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# Brewster Place

# Retirement Community

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- Ø A focus on wellness...physical, spiritual, intellectual and social.
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You can also visit us on the web at: [www.brewsterplace.org](http://www.brewsterplace.org)