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

If you do not want to be on our free newsletter mailing list, please give us a call.
Support our community-based aging programs helping seniors with Medicare Part D

Between November 15—December 31 each year, those with Medicare can make changes to their Medicare health or prescription drug coverage.

The need to provide enrollment assistance and one-on-one counseling on the Part D prescription drug benefit cannot be overstated. Older adults and their families have turned to Jayhawk Area Agency on Aging for help since the Medicare Part D initial enrollment period in 2005.

Aging professionals have big hearts but their agencies and programs have very thin wallets and already over-worked staffs. While experiencing great success assisting individuals, JAAA also feels the strain on other critical support services, staff and technology due to a lack of any dedicated funding to perform these efforts from the Centers for Medicare and Medicaid Services (CMS). Consequently, with the exception of a small number of one-time grants, JAAA has had to assume the extensive costs of providing this assistance within our existing resources that are already stretched thin.

I commend JAAA and other agencies in the aging network with the excellent job they are doing providing this worthwhile community service and call upon policy makers to dedicate funding that will allow the aging network to maintain the staff and commit the necessary resources for counseling, information and assistance, community outreach, enrollment events, ongoing plan selection and application assistance to older adults and persons with disabilities.

Older adults and their families have turned to Jayhawk Area Agency on Aging for help since the Medicare Part D initial enrollment period in 2005.

CORRECTIONS

Two ads in the Spring 2009 issue of Amazing Aging had old addresses for the advertisers.

Advanced Homecare is now located at 2851 Iowa St. in Lawrence, while Canada Drug of Topeka is now located at 5938 SW 17th St. in Topeka.

New Secretary of Aging and Long-Term Care Ombudsman Named

In August, Governor Mark Parkinson named Martin “Marty” Kennedy as the Acting Secretary of Aging. Kennedy replaces outgoing Secretary Kathy Greenlee who became the Assistant Secretary for Aging at the U.S. Department of Health and Human Services.

Governor Parkinson has also named Belinda Vierthaler (VEER’ –thay –lur) as the state’s Acting Long-Term Care Ombudsman. Vierthaler replaces former Ombudsman Gilbert Cruz who resigned in June 2009 to enter the private sector.
JAAA’s Benefit Dance Proves Swinging Success

Jayhawk Area Agency on Aging’s Second Annual “There’s No Place Like Home” fundraiser was another rousing success. At Topeka’s wonderful Great Overland Station, over 300 people enjoyed dancing and listening to The Kings of Swing and savored delicious hors d’oeuvres catered by Aboud’s.

JAAA was honored to have Kansas State Treasurer Dennis McKinney join us and serve as the evening’s emcee. Topeka’s Honorable Mayor Bill Bunten and wife JoAnn, enjoyed the evening and could be seen swirling around the dance floor. Once again, a beautiful Victorian dollhouse, crafted by Mr. James McHenry, Sr., was donated to benefit our Guardian Angel Fund.

“There’s No Place Like Home” Dance has a dual purpose: to provide guests with a fun-filled evening of delightful refreshments and toe-tapping music and to serve as a fundraiser for JAAA. Proceeds help fulfill our mission of enabling elderly individuals in Shawnee, Douglas and Jefferson Counties to remain in their homes where they are comfortable and content. It is a mission we take very seriously.

JAAA is fortunate to have so many individual and corporate sponsors who contributed to the success of “There’s No Place Like Home.” Please look for the names of our contributors in our thank you ad at right.

To place your ad in Amazing Aging!, please call Kevin at 785-841-9417.

Our Heartfelt Thanks to our “There’s No Place Like Home” Generous Contributors

Over the Rainbow
$5,000 to $10,000
CoreFirst Bank & Trust

Tinman with a Heart
$1,000 to $4,999
Aboud’s Catering (in kind)
The Barn Bed and Breakfast (in kind)
Capitol Federal

Intelligent Scarecrow
$500 to $999
Cumulus Radio (in kind)
KTKA TV (in kind)
PRN Home Health & Hospice (in kind)

Courageous Lion
$100 to $499
Advantaged Home Care
Shirley Biller
Blue Cross and Blue Shield of Kansas

Marsha Henry Goff and Ray Goff
In Memory of June S. and L. Lew Henry
Heinen Custom Operations, Inc.
Marjorye and Barney Heeney
Kaw Valley Senior Monthly
Jocelyn Lyons
Marsha Ridinger
Round Corner Drug Store (in kind)
Gary and Martha Skeet
Nina Skidmore
Ron and Annette Thornburgh
The World Company

Friendly Munchkin
Up to $99
Atria Hearthstone (in kind)
Marian Brown
JAAA Staff
Marlene Hendrick
Carol and Kenneth Sook
John B. Studdard

ADVANCED HOME CARE
MEDICAL EQUIPMENT RENTAL AND SALES

• Home Oxygen; CPAPS; BIPAPS
• Power Scooters, Wheelchairs, Walkers, Canes
• Seat Lift Chairs, Hospital Beds
• Free Delivery & In-Home Setup

785-841-2200
2851 Iowa St. • Lawrence

24 Hour Emergency Service 1-800-827-9406

AMAZING AGING! FALL 2009 • 3
A big thank you goes out to the helpful young ladies above who were spending a summer week at YWCA and wanted a volunteer project to complete. JAAA put them to work cleaning out weeds and recycling outdated resource books.

**Radiology and Nuclear Medicine Certified as Elder Friendly**

Radiology and Nuclear Medicine (RNM) 823 Mulvane, Topeka, earned their Elder Friendly Business Certification through the Jayhawk Area Agency on Aging, Inc. The Elder Friendly Certification process follows specific guidelines and utilizes trained elder evaluators that “shop” a business anonymously for a nominal fee. Evaluators review the effectiveness of telephone and customer service, building layout and access. Training and feedback is also provided to participants. When in compliance, the business is awarded certification in the form of a window decal and directory that lets everyone know a business is Elder Friendly Certified.

The mission of Radiology and Nuclear Medicine is to provide exceptional radiology services by empowering team members to exceed the expectations of patients, physicians and referral sources. “Elder Friendly Business Certification is a program that benefits everyone.” states Jocelyn Lyons, team leader for Jayhawk Area Agency on Aging, Inc. “We are pleased to certify Radiology and Nuclear Medicine as “Elder Friendly”.

Jayhawk Area Agency on Aging’s fourteen case managers provide options and counseling which empower older adults and their caregivers to make good choices in their long term care. Our highly trained case managers worked with over 1200 clients in 2008 to provide:

- Regular contact with clients including home visits to assure that seniors have adequate support services to remain safely in their own homes
- Evaluation of services to make sure standards are met and client’s health status is maintained
- Close monitoring of client’s mental state, which is essential when working with seniors that are frail and susceptible to confusion and thus vulnerable to fraud and abuse

The Case Management Society of America aims to improve patient well-being and health care outcomes by supporting the professional development of care managers from a variety of disciplines, practice settings, skill levels and professional capacities.

**Heart of America Hospice**

We are proud to serve Shawnee, Jefferson, Douglas and many surrounding communities with 24-hour on call nurses for visits and admissions as well as bereavement, chaplain, social worker, home health aide, and volunteer support. We assist patients and family wherever you call home.

800-396-7778

**Music to Her Ears**

I grew up on a farm and taught school for many years. One of my hobbies as a child was participating in 4H. Moving to Homestead allowed me to focus on another one of my pastimes, playing the piano. I love to sit and play each day, and I’m so glad Homestead has a beautiful piano available for our use, whenever we feel inspired. I play for myself, although a little part of me hopes the other residents are humming along.

TOPEKA 5120 SW Drury Lane 272-2200 • AUBURN 380 E Valley Springs Dr. 296-7100
www.homestead-assistedliving.com

Homestead Resident: Opal May Akin

4 • FALL 2009

AMAZING AGING!
Longtime senior advocate receives Donna J. Kidd award

Lawrence (Larry) Brock of Topeka was awarded the 2009 Donna J Kidd Award. On May 29th, a reception was held at the Brewster Place Retirement Community to honor the tireless senior advocate.

To commemorate May as Older Americans Month, The Donna J Kidd Award recognizes an outstanding older person who is making a significant contribution to seniors in their community through employment and /or volunteer work. A tireless champion for seniors and aging issues in the community, Donna J. Kidd was Executive Director of Jayhawk Area Agency on Aging from 1976 to 1997.

According to Phyllis Lansford, Marketing Director for Brewster Place, “I know lots of people that perform tasks every day to make an elder person’s life better however; I believe no one deserves this award more than Larry.”

Born in Texas, Lawrence spent most of his life in Oklahoma until his semi-retirement in 1997. Upon graduation from high school in Tulsa, Lawrence joined the U.S. Marines and graduated from the University of Tulsa in 1965 with a degree in Business Administration.

In 1970, Lawrence resigned from a Tulsa bank to organize and develop Brock Marketing Services, providing marketing support to financial institutions in 35 states over a 29-year period. Returning to school in 1990, Lawrence completed additional degrees in gerontology and counseling psychology.

Lawrence joined the staff of First United Methodist Church on September 1, 2000, as Director of the Senior Adult Ministries. The mission of this ministry is to serve the church by developing an effective ministry focusing on active senior adults and home-bound members of the church. Lawrence has represented First UMC in the organization of the Shepherd’s Center of Topeka, an inter-faith activity center for active seniors of the Topeka area. Nearly 200 seniors from 25 congregations attend the educational and social activities of this center.

Serving as Director of the Shepherd’s Center, Lawrence, together with members of the “Friends of the Senior Adult Ministries” at First Church and representatives of 15 sponsoring congregations, are working to continually enhance and expand this fruitful ministry in the Topeka community. Brock has two children and five grandchildren: a son, Tom, his wife and family, living in western Kansas; and a daughter, Robin, who lives in Miami with her family.

“I know lots of people that perform tasks every day to make an elder person’s life better however; I believe no one deserves this award more than Larry.”

- Phyllis Lansford

Lawrence (Larry) Brock

Are you a grandparent caring for your grandchildren?

You are not alone!

Call JAAAs today for information on programs and services available to you. Helpful information is also available at the JAAAs offices 2910 SW Topeka Blvd. Call 235-1367.

S.O.S.
Senior Outreach Services

785-233-1730 X 3229

A Mental Health Wellness Service providing:

- Free Assessment
- Individual & Family In-Home Counseling
- Consultation for Caregivers

PLEDGE FORM

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

Here is my tax-deductible contribution.

Name: _____________________________

Address: ________________ St: ____ Zip:_______

City: _____________ St: ____ Zip:_______

-level of Giving
- $25
- $50
- $100
- Other ______

-method of Payment
- Check Enclosed
- Bill Me
- Monthly
- Quarterly
- Annually

* Contact Jocelyn Lyons at (785) 235-1367 for details or to discuss other options of support

Thank you for your support!
Jayhawk Area Agency on Aging, Inc. is a 501(c)3 non-profit organization
JAAAs 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.”

Jayhawk Area Agency on Aging, Inc. awarded $1,277,801 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, 2009 to September 30, 2010, 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, 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, medication management education and physical fitness programs
- **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, JAAAs also provides services.

Examples of Direct Services provided by JAAAs:

- 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. Therefore, JAAAs will once again receive State funds for 2010 to continue Senior Care Act services and Targeted Case Management for Shawnee, Jefferson and Douglas counties.

**During the last legislative session, state and national lawmakers addressed an economic crisis. As a result, state funds were cut for Senior Care Act services as well as funds for State Nutrition Services. The JAAAs Advisory Council set the priority to allocate more Older Americans Act funds toward in-home and access services.**

Despite receiving additional federal stimulus funding for nutrition services, overall funding was still less than adequate to make up for the revenue lost at the state level. With further cuts anticipated for the upcoming legislative session, JAAAs is bracing for more reductions that will in turn adversely affect services to consumers as well as the providers of those services.

Advocacy will prove a key component in affecting positive outcomes. JAAAs will continue to work with other advocacy groups as well as caregivers and consumers, to affect positive service and policy outcomes for the aging population. Special emphasis will be focused on the frail and low income senior population and their service providers. “Consumers and caregivers need to directly advocate with their local, state and federal representatives letting them know how reduced fund-
Life’s absolute truths

By Marsha Henry Goff
JAAA Board Vice-Chair

I have lived long enough to know that life offers some absolute truths, among them:

Giving away your maternity clothes is a surefire way to get pregnant.

The higher the cost of a gallon of gas, the lower the mileage you get from it.

If a deer crosses the road in front of you, look out for the one following him.

Politicians and passenger balloons hold roughly the same quantity of hot air.

For women only: When you find exactly the right lipstick color or a bra that fits perfectly, the manufacturer will stop making it.

For men only: God gave you prostates to make up for giving women menopause.

For both: The bigger the rear end, the tighter the pants.

A woman needs a pair of red shoes just for the fun of it.

And, at least once in his life, a man requires a pickup truck for the same reason.

Never discuss politics with your dentist when she/he is holding a drill.

When you can no longer find your computer keyboard, it is time to clean your desk.

Know-it-alls usually don’t.

Beware of the law enforcement officer who stops you for speeding and greets you by saying “This is my first day on the job.”

Some people who act like friends are not.

Setting the clock in your car 10 minutes ahead doesn’t make you early for meetings because you automatically subtract 10 minutes whenever you look at the clock.

Secretaries keep the world running.

A messy house attracts unexpected visitors.

Three-fourths of blondes aren’t.

It is not an equal playing field when you have to take off your clothes but your doctor doesn’t.

No matter what time you plan dinner, you cannot fool the telemarketer.

It is impossible to eat any farm animal you have named.

Your mother will stand up for you even when she knows you are wrong.

Your father serves as a good role model when you choose a husband.

You CAN go home again (it just won’t be the same).

A true friend will like you even when you are not being very likeable.

A logo that costs $20,000 is as good as one that costs $88,900.

A bicyclist will sometimes stop at a stop sign.

A cat cannot occasionally (albeit rarely) be man’s best friend.

A dog will roll in anything that smells bad and then expect you to shake hands with him.

The person taking 15 items through an express checkout allowing 8 items cannot count.

A person takes years to learn the job but months to lose it.

A true friend doesn’t love you for what you do but for who you are.

A true friend will stand up for you even when she knows you are wrong.

A true friend calls even when she knows you are wrong.

A true friend will be there for you.

You really CAN’T eat just one.

A woman needs a pair of red shoes just for the fun of it.

You’re never too old to make a snow angel.

Husband Ray will never achieve his desire to “buy someone for what they are worth and sell them for what THEY think they’re worth.”

Unless you can fly a 767, you have to trust the pilot (but you can help hold up the plane by keeping a firm grip on the armrests).

You’ve officially grown up when you recognize that you learned the most from your toughest teachers.

You really CAN’T eat just one.

And the number one absolute truth is: Sunrises, sunsets and rainbows are FREE. Be grateful.

— Marsha Henry Goff is the JAAA Board Vice-Chair 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.

Santa Fe Place
Senior Apartments

Santa Fe Place is Just Right
For Adults 55+ With Care-Free Living!

• Efficiency, 1 And 2 Bedroom Apartments
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• Exercise Room • Planned Social Activities!

785-234-3386 • 600 SE Madison • Topeka
santafeapartments@cohenersey.com
## Caregiver’s Corner

**2009 Caregiver Support Groups**

<table>
<thead>
<tr>
<th>Lexington Park Independent Living 1011 Cotton Wood Ct.</th>
<th>Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd.</th>
<th>Rose Hill Clubhouse 3600 SW Gage Blvd</th>
<th>Aldersgate Village Manchester Lodge 7220 SW Asbury</th>
<th>Countryside United Methodist Church 3221 SW Burlingame</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Tues. of Month</td>
<td>2nd Wed. of Month</td>
<td>4th Wed. of Month</td>
<td>2nd Thurs. of Month</td>
<td>4th Tues. of Month</td>
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<tr>
<td>From 2-3:00 p.m.</td>
<td>From 1-2:00 pm</td>
<td>From 1-2:00 p.m.</td>
<td>From 2 –3:00 p.m.</td>
<td>From 2-3:00 p.m.</td>
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<tr>
<td>October 6</td>
<td>October 14</td>
<td>October 28</td>
<td>October 8</td>
<td>October 27</td>
</tr>
<tr>
<td>November 3</td>
<td>November 4 (11th is a holiday)</td>
<td>November 18 (25th day b-4 holiday)</td>
<td>November 12</td>
<td>November 24 (may change)</td>
</tr>
<tr>
<td>December 1</td>
<td>December 9</td>
<td>December 16 (23rd is b-4 holiday)</td>
<td>December 10</td>
<td>December 22 (may change)</td>
</tr>
</tbody>
</table>

For more information, please call Marilyn Thomas at Jayhawk Area Agency on Aging at 785-235-1367

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**Your business or organization can run an ad in Amazing Aging! for as little as $21.00 per issue. Call Kevin at (785) 841-9417 for more information.**

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**Meriden Home Care Meriden Adult Services-Plus, Inc.**

*Serving Jefferson, Shawnee and Douglas Counties for 13 years*

> "Dedicated to Quality Care"

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Medicare Certified • State Regulated

Participating in Senior Care Act & Older Americans Act Programs

7210 K-4 Hwy, Suite C • Meriden, KS 66512

785-484-2699 • meridenhomehealth@embarqmail.com

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Please visit us online at www.jhawkaaa.org
The latest edition of VA’s Federal Benefits for Veterans, Dependents and Survivors is now available.

The 164-page handbook provides the latest information on important changes in eligibility for VA medical care and benefits. It describes other federal benefits, including education, disability compensation, pension, home loan guarantee, vocational rehabilitation, life insurance, and burial assistance.

This year’s addition marks the addition of “Survivors” to the title as well as details on the post-9/11 bill signed into law in 2008.

Printed copies may be ordered from the Government Printing Office, 866-512-1800 at $5 a copy. To get the online version, please visit http://www1.va.gov/opa/vadocs/current_benefits.asp.

Explore Your Options

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 800-798-1366 or 785-235-1367.

Explore Your Options guide is also available on-line at www.agingkansas.org.

Veterans Benefits Reference Guide now available

The 17th 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.

New Location for Meals on Wheels

Meals on Wheels of Shawnee and Jefferson Counties has moved its operation from Stormont-Vail Regional Health Center to Washburn Institute of Technology, 5724 SW Huntoon.
Reform proposal aimed at easing burden on caregivers, families

By Jim McLean
KHI News Service

TOPEKA — Like many Americans, Topeka resident Jocelyn Lyons is interested in the health reform debate underway in Congress.

There’s a section in one of the massive reform bills under consideration that holds particular interest for her. It would authorize a new national insurance program for long-term care services.

Lyons, like millions of Americans, is helping to care for aging loved ones — her 102-year-old grandmother, her 85-year-old father and an 83-year-old stepfather.

For the past seven years Lyons has been preparing meals and doing some light housekeeping for her grandmother, Neva Douglas-Tucker, or “Gran” as she’s known to family members. An attendant provided by a small state program also visits a couple of hours a week to assist with household tasks and to help Douglas-Tucker bathe.

But in recent months Douglas-Tucker’s needs have intensified.

“Two months ago, she woke up and couldn’t see,” Lyons said. “Once that happened, we needed to get more help into the house.”

Now, after her nightly dinner with her grandmother, Lyons, a longtime administrator at the Jayhawk Area Agency on Aging, hands off care responsibilities to an overnight attendant.

Another service provider comes in the morning to prepare breakfast.

The services cost approximately $2,400 a month. Douglas-Tucker, a domestic worker most of her life with a small Social Security pension, pays what she can. Lyons and one of Douglas-Tucker’s daughters pay the rest.

“That’s just the way I was raised,” Lyons said, when asked whether she felt burdened by her care-giving responsibilities, which also include helping her father, who suffers from glaucoma, and visiting her step father in an Omaha nursing home a few times a month.

A shared problem

Approximately 10 million Americans need some kind of long-term care, according to the American Association of Homes and Services for the Aging, which represents nonprofit nursing homes. That number is expected to grow to 12 million by 2020 as baby boomers age.

“Seventy percent of American families will face this care-giving challenge,” said AAHSA President and CEO Larry Minnix, Jr. at a recent forum in Lawrence sponsored by the organization’s Kansas affiliate and AARP.

Studies cited by the AAHSA found that 78 percent of long-term care services are provided at home by family and friends, at an average annual cost of $5,500.

But taxpayers are alsoshouldering a substantial portion of the bill through Medicaid. The program primarily created to provide health care services to low-income Americans pays 42 percent of all long-term care costs, about $116.8 billion a year. Lawmakers from both political parties agree that isn’t sustainable.

“We can’t throw enough money at today’s delivery system to make it work,” Minnix said.

A proposed solution

A coalition that includes AAHSA, the Alzheimer’s Association, the Services Employees International Union and the National Council on Aging is lobbying for a new voluntary national insurance program. Everyone, except those who opt out, would pay into a fund through a payroll deduction to qualify to receive cash assistance when they need it to help pay long-term care expenses.

An actuarial study commissioned by AAHSA showed that for an annual premium of about $1,000 a year — approximately $2.87 a day — an individual could receive a lifetime benefit of about $27,000 a year. An annual deduction of about $800 would provide five years of benefits.

Minnix and other advocates for a government program say it would leave room for private insurers to market wrap-around coverage, similar to the expanded Medicare coverage offered by private companies.

The idea of a government-sponsored long-term insurance program has some support in Congress. U.S. Sen. Ted Kennedy, D-Mass., chairman of the Senate Health, Labor and Pensions Committee, included a plan similar to the one being advocated by AAHSA in his panel’s version of the health reform bill. And Sen. Chris Dodd, D-Conn., who is running the committee while Kennedy receives treatment for a brain tumor, said last week that a review by the nonpartisan Congressional Budget Office showed the proposed program would save the federal government approximately $59 billion over 10 years.

But Republicans on the panel are signaling their opposition to creation of another government program. Sen. Judd Gregg, R-N.H., responding to Dodd last week, said that the long-term care proposal would be a new entitlement that over time would become too costly to sustain.

“You can claim a 10-year savings, I won’t argue with that,” Gregg said.

“But over 40 years you’re putting $2 trillion in costs on our children that you’re not paying for.”

Saying that he was committed to producing a “deficit neutral bill,” Dodd said the committee will start work on the long-term care section when it returns July 6 from its holiday recess.

U.S. Sen. Pat Roberts, R-Kan., a member of the HELP Committee, didn’t immediately respond to a request for comment on the long-term care proposal. But Deb Zehr, president and CEO of the Kansas Association of Homes and Services for the Aging, said Roberts didn’t express opposition to it in April during a Washington, D.C. meeting with Kansas advocates.

“It’s not out of the question that he might support it,” Zehr said. “We’re working him very hard. The door hasn’t been closed.”

Zehr and her counterparts across the country are urging people with a stake in the outcome — people like Jocelyn Lyons — to lobby members of Congress when they’re home over the July 4th holiday.

“We have a lot of work to do. A lot of convincing,” she said.

-Jim McLean is a staff writer for KHI News Service, which specializes in coverage of health issues facing Kansans. He can be reached at jmclean@khi.org or at 785-233-5443, ext. 110.
JAAA awards

- continued from page six

Jocelyn Lyons, JAAA Team Management Leader.

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 2010. (Oct 1, 2009 through September 30, 2010) 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 2010

- Community Action
- Douglas County Senior Services
- East Topeka Senior Center
- Jayhawk Area Agency on Aging/IIIb, III & IIIE
- 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
- Mason’s Memory
- Meals on Wheels of Shawnee and Jefferson Counties, Inc.
- Meriden Adult Services Plus, Inc.
- Midland Adult Day Programs
- Oskalosa Nutrition Voucher Program
- Papan’s Landing Senior Center
- Shawnee County Health Agency
- 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.

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

Sudoku

© Puzzles by Pappocom
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

7 1 9
2 4 3
6

8 5 1
3 2 4

MEDIUM

Solution on page 15
Jefferson County News

Health Screenings Clinics

Health Screening (Jefferson County Health Department):

- Blood Pressure
- Blood Sugar

Everyone Welcome!!

October
- Flu Shots
- Hand Washing & Disease Prevention
- November
- Importance of Oral Care in Disease Prevention

Presented by:
Jefferson County Health Department Nursing Staff

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>10/7/2009</td>
<td>Nortonville</td>
<td>9:00 AM - 11:00 AM</td>
<td>Senior Citizen Center</td>
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<td></td>
<td>Valley Falls</td>
<td>12:30 PM - 2:00 PM</td>
<td>Township Hall</td>
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<td>10/14/2009</td>
<td>Meriden</td>
<td>10:00 AM - 12:00 PM</td>
<td>Methodist Church</td>
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<td></td>
<td>Fairview Township</td>
<td>1:30 PM - 3:00 PM</td>
<td>Fire Dept Comm. Room</td>
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<td>10/19/2009</td>
<td>McLouth</td>
<td>10:00 AM - 12:00 PM</td>
<td>First Baptist Church</td>
</tr>
<tr>
<td>10/21/2009</td>
<td>Perry</td>
<td>1:30 PM - 3:00 PM</td>
<td>Community Building</td>
</tr>
<tr>
<td></td>
<td>Grantville</td>
<td>10:00 AM - 12:00 PM</td>
<td>Community Building</td>
</tr>
<tr>
<td>10/28/2009</td>
<td>Winchester</td>
<td>10:00 AM - 12:00 PM</td>
<td>Comm. Building/ Library</td>
</tr>
<tr>
<td>11/4/2009</td>
<td>Nortonville</td>
<td>9:00 AM - 10:30 AM</td>
<td>Senior Citizen Center</td>
</tr>
<tr>
<td></td>
<td>Valley Falls</td>
<td>11:00 AM - 12:00 PM</td>
<td>Township Hall</td>
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<tr>
<td>11/11/2009</td>
<td>Fairview Township</td>
<td>9:00 AM - 10:00 AM</td>
<td>CANCELLED - no clinic</td>
</tr>
<tr>
<td></td>
<td>Meriden</td>
<td>10:30 AM - 12:00 PM</td>
<td>CANCELLED - no clinic</td>
</tr>
</tbody>
</table>

Need help with transportation?

Jefferson County Service Organization

Description of System
JCSo provides demand response transportation service for all persons living in Jefferson County. Residents are taken to Topeka, Lawrence, Kansas City, Atchison, Leavenworth, and towns within Jefferson County for medical and professional appointments and shopping.

Trips Made:
- Medical, Personal Business, Recreational, Shopping

Clientele:
Elderly, Disabled, General Public

Service Area:
Jefferson County including the cities of Oskaloosa, McLouth, Winchester, Nortonville, Valley Falls, Meriden, Perry, Ozawkie, and Lecompton (Douglas County).

Fares:
Rates: For recreation and contracted trips $1.00 per mile plus drivers wages of $6.00 per hour. Donations accepted for medical and shopping trips. Check with JCSO as rates could change.

Contact:
Lynn Luck
Box 212
Oskaloosa, KS 66066
(785) 863-2637

Service Hours:
Weekdays 8:00 AM to 5:00 PM

Additional Hours: Special requests can be made for Sunday and Saturday trips and for after hours.

Did you know??

Jayhawk Area Agency on Aging, Inc. has a satellite office in Oskaloosa located at the Jefferson County Service Organization, 410 Washington St. Jefferson County resident and case manager for Jayhawk Area Agency on Aging, Linda Angle, is working out of this office. 785-863-2012.

The Downtown Café in Oskaloosa is still offering meal vouchers. To pre-register call Jeff Co. Health Dept 785-863-2447 or Jeff Co Service Organization at 785-863-2637.

In southwest Topeka there is a retirement community offering the finest in skilled nursing and assisted living. Rolling Hills Retirement Community offers unique options to satisfy your needs.
JAAA: Information is our Passion!

As one of eleven area agencies on aging in Kansas, Jayhawk Area Agency on Aging is dedicated to bringing seniors and those that love them the most up-to-date information available. Publications are available at JAAA offices, 2910 SW Topeka Blvd. Please call JAAA at 235-1367 or 800-798-1366 for ordering information. Publications may also be ordered on-line through the Kansas Dept on Aging: http://www.agingkansas.org/Publications/requestform.htm
Publications Available: (free of charge)
Explore Your Options: A Guide to Information and Services 17th Edition
Now Available!

Set of booklets providing information on home and community-based services available in the 11 Area Agencies on Aging across Kansas.

Kansas CareGiver Guide
This guide offers a range of suggestions to make caregiving easier and more successful.

Guide to Choosing a Nursing Home
A booklet from the U.S. Department of Health and Human Services that gives an overview of things to consider when selecting a nursing home.

A Guide to the Quality of Life in a Long Term Care Setting
An easy-to-read book that covers such areas as communication, managing activities of daily living, coping with difficult behavior, legal and financial affairs, finding help in the community, selecting a nursing home, and medications.

How to Select a Special Care Unit
A consumer’s guide to Special Care Units for persons with Dementia. A booklet on how to select a special care unit in a nursing home.

The Medicare Handbook 2008 - Medicare and You (CMS)
Health Care Financing Administration booklet detailing Medicare coverage for eligible disabled citizens or seniors age 65 and over.

Facts about the Qualifying Medicare Beneficiary (QMB) Program
A booklet describing eligibility requirements for the Medicaid program which pays the deductibles, premiums, and co-payments for the Medicare program.

Supplemental Insurance Guide
Kansas Insurance Department booklet explaining the ten supplemental plans that can be purchased to provide coverage for what Medicare does not. Includes a comparison chart of some private insurance companies.

A Mental Health Guide for Older Kansans and their Families
A 96-page book describing the facts and myths about mental health and aging.

KDOA has partnered with the Kansas Mental Health and Aging Coalition and Kansas State University to publish this resource guide.

End-of-Life Wall Chart
Poster with information on Palliative Care, Pain Relief, Suffering, Questions for your Doctor and Communicating Your Wishes about End-of-life issues.

Stroke Wall Chart
Poster featuring definitions, stroke risk factors, warning signs and symptoms, and statistics.

Mental Health Wall Chart
Poster with information on Mental Health issues.

Mental Health Bookmarks
Bookmarks with information on Mental Health issues.

Medicare Volunteers

Volunteers wanted to assist seniors with Medicare Part D
Opportunities exist for persons who enjoy working with seniors
Learn the ins and outs of Medicare Part D prescription drug insurance
Use this knowledge to help
No prior Medicare counseling experience is necessary
Training and ongoing support is provided
Empower seniors through Counseling
Enrich your life and the lives of others
Reap the benefits of being a Volunteer

Medicare Part D & C Training
Nov 10th at JAAA Topeka Office
8:30 - 4:30 Lunch Provided
Call Pam to register: 235-1367

Jayhawk Area Agency on Aging is in need of volunteers to assist during the Medicare Annual Open Enrollment Period (November 15 through December 31). Volunteers for open enrollment will assist customers with comparisons of Medicare Part D plans, explanation of benefits, and assistance with enrollment in a Part D plan.

To learn more about this exciting volunteer opportunity, call Jayhawk Area Agency on Aging at 235-1367 or 800-798-1366.
**Needs Assessment Offers Insight**

In ensure options continue to be available for our aging citizens, Jayhawk Area of Aging Agency conducted a comprehensive survey on the current and future needs of the elderly in Shawnee, Douglas, and Jefferson counties.

Today’s retirees live longer, healthier, active lives. With minimal outside assistance, seniors can stay independent and active even as age begins to take its toll. As the baby boomer generation enters retirement, it is imperative that our communities prepare for the increase in our senior population.

1144 surveys were collected at 50 sites in the three counties during winter 2008 and spring 2009. Surveys were collected at meal sites, service groups, church settings, senior living apartments, and service providers. Information was collected on a variety of subjects including: nutrition, community services, household activities, health care needs, morale, transportation, housing, care giving, finances, legal issues, employment, usage of senior center activities, specific areas of need, and demographics.

Copies of the Needs Assessment are available at the agency, or you may access the executive summary online at: [http://jhawkaaa.org/images/20090527153242.pdf](http://jhawkaaa.org/images/20090527153242.pdf)

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**2009 H1N1 Flu Virus**

The news swirling around regarding the 2009 H1N1 Flu Virus, as well as the seasonal flu virus can be overwhelming and a little bit scary. Jayhawk Area Agency on Aging is here to help.

We’ve selected an article from WebMD (see page 15) that speaks to these issues with an emphasis on the elderly.

Contact information for the state of Kansas, Shawnee, Jefferson and Douglas Counties is also included below for your information.

As always, Jayhawk Area Agency on Aging is here to help as well. 800-798-1366 or 235-1367

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**STATE OF KANSAS**

*If you have questions about the 2009 H1N1 Flu Virus (initially known as swine flu), call or email KDHE. Spanish speaking operators will be available to answer questions from 8 a.m. - 5 p.m. Monday through Friday.*

**Toll-free number is 1-877-427-7917**
**General Email: H1N1Fluinfo@kdheks.gov**
**Lab/Clinicians: spclhotline@kdheks.gov**

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**SHAWNEE COUNTY**

**Shawnee County Health Agency**

**P** Promote Health Agency  
**P** Provide Health Agency  
**P** Protect Health Agency

**EPCO@juno.com**  
**Monday-Friday 8 a.m. to 5 p.m. - 785-368-2000**  
**Ask to speak to a CD Nurse**

**JEFFERSON COUNTY**

**Jefferson County Health Department, Home Health & Hospice**

**Public Health**

**Jefferson County Health Department, Home Health & Hospice**

**Public Health**

**DOUGLAS COUNTY**

For more information on the 2009 H1N1 flu virus, call the Lawrence-Douglas County Health Department at (785) 841-0721, or (on the web at: [www.lchhealth.org](http://www.lchhealth.org)).
Swine Flu and the Elderly
Experts share insights on ways seniors can protect themselves against swine flu

By Wendy C. Fries
WebMD Feature

If the word has you a little nervous, you’re not alone. Though a pandemic simply refers to an epidemic that’s widespread, when applied to terms like novel influenza A (H1N1), H1N1 flu, or swine flu, it can sound confusing and a little scary.

Some perspective can help. Certainly the spread of H1N1 swine flu is serious. Yet so is seasonal flu, which hospitalizes more than 200,000 people a year in the U.S. Both types of flu have similar symptoms, including fatigue, chills, headache, body aches, stuffy nose, sore throat, cough, and fever. And if you get sick, the only way to tell which flu you have is to be tested by your doctor.

So what is it about swine flu that has people so nervous? Should seniors in particular be worried? To learn more, WebMD went to medical experts and got their answers to these and other questions about the H1N1 virus.

Why is swine flu a particular worry?

Swine flu is a novel form of the influenza virus, combining swine, human, and avian virus strains. Because it is new, people in general don’t appear to have antibodies against it as they might against seasonal flu. That means potentially more people could get sick with this flu.

Are seniors particularly susceptible to swine flu?

H1N1 swine flu doesn’t seem to be a big problem for seniors unless that person has a chronic underlying condition, says Thomas Yoshikawa, MD, professor of medicine at the David Geffen School of Medicine at UCLA and editor-in-chief of the Journal of the American Geriatrics Society.

Most H1N1 cases are occurring in younger people. “It appears that older persons, who have been exposed multiple times in their life time with various flu outbreaks, may have residual immunity of which some of it is against this H1N1 flu strain,” Yoshikawa tells WebMD.

However, underlying health problems like heart and lung diseases or a compromised immune system “confers an increased risk of influenza, whether it’s swine flu or another type of flu,” says Sean X. Leng, MD, PhD, a geriatrician conducting research on influenza immunization in older adults and assistant professor of medicine at Johns Hopkins University School of Medicine.

Though healthy seniors haven’t been particularly targeted by H1N1 swine flu, seasonal influenza remains a deadly risk for many, with roughly 36,000 people in the U.S. dying from flu-related causes every year. A yearly flu vaccination remains an important way to stay flu-free.

Should seniors get a swine flu vaccine if it becomes available?

“Absolutely yes,” says Yoshikawa.

Leng agrees. “When the vaccine is available I would recommend my patients get it.”

Yet while many experts expect a swine flu vaccine by fall, there won’t initially be enough vaccine for everyone. That’s why some officials are recommending that when the H1N1 flu vaccine is available, it should first be administered to pregnant women, health care workers, people taking care of infants less than 6 months old, children and young adults between 6 months to 24 years old, and those between 25 and 64 with underlying health problems.

Even when there is enough H1N1 vaccine to go around, it’s important to remember that this vaccine won’t protect against seasonal flu, too. You’ll need to get a seasonal flu vaccination as well.

What steps can seniors take to protect themselves against swine flu?

The most common ways of getting the flu are being exposed to people with the flu who are sneezing, coughing—even breathing—nearby, or by touching objects that were previously handled by a person with flu.

“I’m telling my patients that if someone in the immediate family or close contact has any flu-like symptoms ... they need to stay away from those people; those people also need to isolate themselves and seek care,” says Leng.

Once you have symptoms of the flu, you should contact your doctor, says Leng.

“Whenever possible, seniors should avoid anyone who might appear to have flu symptoms,” advises Yoshikawa. “Washing your hands with disposable paper towels rather than shared cloth towels minimizes spread of the flu onto your hands and face.”

Carrying alcohol-based hand gels and cleaning your hands whenever you go to public places may also help remove or kill the flu virus, Yoshikawa tells WebMD.

What type of treatment should a senior with swine flu follow? Can they take antivirals?

“If a senior comes down with symptoms compatible with a flu, they should see their doctor right away,” Yoshikawa says. “Taking antivirals early in the course of the flu (preferably before all symptoms start but by 48 hours into the course of the infection) can reduce the severity of the disease.” Antivirals can also help prevent flu and its complications.

The antivirals recommended as effective against H1N1 flu are oseltamivir (Tamiflu) and zanamivir (Relenza).

What precautions should caregivers of the elderly or those in retirement homes take to protect themselves from swine flu?

There are always universal precautions to help prevent the flu, says Leng. If you’re seeing patients, make sure you wash your hands, and if you’re caring for someone with flu symptoms, “you really need to wear a mask,” Leng tells WebMD.

Additionally, in a retirement community setting, “if someone gets flu-like symptoms, I would suggest they stay in their own apartment, and if diagnosed they really need to be isolated.” Yet sometimes a senior may not realize they have flu-like symptoms. In that case the caretaker may want to take the extra step and get that person to seek care if they have symptoms, suggests Leng.

And as a caregiver you need to protect your patients by staying home if you become ill and avoiding especially those at high risk for complications from influenza.

If I follow the standard flu precautions will they help me avoid swine flu?

Yes they should, say the experts. The CDC recommends:

• Covering your nose and mouth with a tissue when you cough or sneeze.

Then throw the tissue away.

• Wash your hands often with soap and water, especially after coughing or sneezing.

• Avoid touching your eyes, nose, and mouth.

• Stay home if you get sick and limit your contact with others.

The CDC also advises avoiding crowds and heeding school advice about school closures. “These measures will continue to be important after a novel H1N1 vaccine is available because they can prevent the spread of other viruses that cause respiratory infections,” says the CDC in a FAQ on the pending H1N1 vaccine.

What are the warning signs that I may need emergency medical care for swine flu?

If you do get the H1N1 virus, you may be sick for a week or longer, reports the CDC. They suggest staying home from work for at least seven days after symptoms begin, or until you’ve been symptom-free for 24 hours. If you experience any of these signs while having the flu, the CDC suggests seeking urgent medical care:

• Problems breathing or shortness of breath

• Pain or pressure in the chest or abdomen

• Sudden dizziness

• Confusion

• Severe or persistent vomiting

• Flu-like symptoms that improve but then return with fever and worse cough

SUDOKU SOLUTION

1 6 3 9 2 5 4 8 7
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5 6 7 2 5 9 8 4 3 1
6 8 3 5 2 4 1 6 7 9
7 9 2 6 1 7 4 5 3
8 5 4 8 3 6 9 1 2 7
9 2 7 5 6 4 3 1 8

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We charge no entry fees. Our reasonable monthly rent includes utilities and maintenance costs. Applicants are encouraged to inquire about the availability of rent subsidy if their annual incomes meet HUD requirements.

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Residents are the principal priority to our staff. We provide an environment of independent living that encourages use of community resources.

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