

Amazing Aging!

For Seniors and Those Who Love Them
Jayhawk Area Agency on Aging, Inc. • April—June 2002

JAAA • 1720 SW Topeka Blvd. • Topeka, KS 66612 • Phone: 785-235-1367
(toll-free 800-798-1366) • Fax: 785-235-2443 • E-mail: jhawkaaa_mbox@hotmail.com

Governor's Aging Conference in May

THE ANNUAL CONFERENCE ON aging issues sponsored by the Governor and the Kansas Department on Aging will be held in May.

The 2002 Governor's Conference on Aging Services will be held on May 1st and 2nd in the Maner Conference Center, Capitol Plaza Hotel, 1717 SW Topeka Blvd., Topeka, KS (across the street from JAAA's offices at 1720 SW Topeka Blvd.).

The theme of this year's conference is "Health, Home and Happiness," which refers to seniors living in their own homes for as long as possible.

GOALS, TOPICS, SPEAKERS

According to KDOA, the conference "will explore ways to overcome the barriers that prevent seniors from staying in their homes and look at how they can live healthy, happy, productive and independent lives in the housing of their choice."

The conference will cover a wide range of topics, including seniors staying in the housing of their choice; various health, spirituality and end-of-life issues; services for seniors; writing personal histories; and how to make the senior years better.

A guest speaker will highlight lunch on each day of the conference.

On May 1st, LaDonna Gatlin will speak. Gatlin is the sister of country music's The Gatlin Brothers. Her presenta-

tion, "Life in the Key of Change — That's Not What I Signed Up For," will discuss managing change.

On May 2nd, Fran Spain will speak. Spain is a nationally known humorist and motivational speaker. The 84-year-old belle from Baton Rouge, LA, will speak on "Growing Old with Grace: Who in the World is Grace?"

A dinner on May 1st will commemorate KDOA's 25th anniversary and feature Dr. Jerry Old's presentation on "Vintage People, Successful Aging." Old has a family practice in Arkansas City.

Kansas seniors; aging network and health and social-work professionals; family and professional caregivers; senior housing administrators and staff; faith-based groups; legislators; among others, are urged to attend.

Costs to attend the conference are:

1. Early-bird registration (before April 15th) for both days of conference and all meals—\$80.
2. After April 15th—\$90.
3. Seniors (at least 60 years of age) - \$55.
4. One day only (May 1st or 2nd and including meals for that day) - \$50.

Continuing Education Units (CEU's) are offered. Accommodations for the physically challenged can be arranged.

For more information contact KDOA via phone at 785-296-4986 (toll-free 800-432-3535) or e-mail at chrisg@aging.state.ks.us.

The conference "will explore ways to overcome the barriers that prevent seniors from staying in their homes..."

Local group warms heads, hands and hearts

A LOCAL GROUP OF KNITTERS and crocheters that creates warm coverings and feelings for area children is once again holding meetings at Jayhawk Area Agency on Aging.

The group will knit and crochet hats and mittens for head-start children at JAAA, 1720 SW Topeka Blvd., Topeka. The group meets here on the 3rd Wednesday of the month at 2:00 p.m. Call Betty Berens to confirm the meeting time and place.

Creativity and companionship abound as the group's members get together to knit, crochet and visit with one another.

Previously, the group has made hats and mittens for children at Topeka Association for Retarded Citizens, or TARC.

Group member Betty Berens said she has been involved for about 20 years. Berens said that sometimes the children have not even known how to put on the hats and mittens the group has created. However, she said she likes to see the glad expressions on the children's faces as they receive their hats and mittens.

Berens said the group would like to get more people involved in its free-will effort. If you have any yarn to donate to the group, call Berens.

For more information, please call Betty Berens at 354-7404.

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Jayhawk Area Agency on Aging, Inc. Contribution Form

If you'd like to support programs geared to helping seniors live independent and dignified lives, please complete and return this form:

Name: _____

Address: _____

City, State, Zip: _____

Contribution: \$ _____

(Please make check or money order payable to Jayhawk Area Agency on Aging, Inc.) **THANKS FOR YOUR SUPPORT!**

Please mail this form with your contribution to: Jayhawk Area Agency on Aging, Inc., 1720 SW Topeka Blvd., Topeka, KS 66612

Board Chair's Message and Message from the Executive Director

It is with regret the JAAA Board of Directors received and accepted the resignation of the president, Alden Hickman. Alden has been invited to be a full-time interim pastor for a church in the Topeka area. His work for JAAA has been an invaluable service to the improvement of our agency. Thank you Alden for all of your work, and especially for your foresight to help JAAA prepare for the next 25 years of service to the seniors within the JAAA area.

Lee Hedrick, Vice-Chair, has agreed to finish Alden's term as president. Lee is a retired RN who worked with the Douglas County Visiting Nurses for 26 years.

MESSAGE FROM THE EXECUTIVE DIRECTOR

The news reports are filled with the budget issues facing the State of Kansas. It is a grim picture, at best. Unfortunately, some of the discussions being held regarding the budget have the potential to paint a grim picture for many seniors.

The Senior Care Act program targets those most frail seniors who are at risk of institutionalization but who are able to reside in the community because some services are available. It is estimated that the SCA program will serve approximately 7,302 seniors for FY '03. The cost is projected at an annual average of \$1,158 per senior.

This particular program is facing a potential cut – a serious cut. Original discussions at the Capitol were as much as a 55%

cut of \$4.4 million. As the Legislature enters the Omnibus session, both the House and the Senate are working to restore the funding. The Senate sees the wisdom in restoring all of the funding that was originally cut. The House is discussing a restoration of half of the funding.

It is very distressing to hear of the cuts slated for this program. For every \$1,000,000 that is cut from this program, 848 seniors will lose services—the services that are literally keeping them out of nursing homes. However, when only 36 of those individuals (4% of those removed) do enter a nursing home, the cost will be that \$1,000,000 of expected savings. This very unfortunate budget situation has the State gambling at terrible odds.

More than 95% of the clients on this program have said these services are a significant factor in keeping them out of a nursing home. Yet, when only 4% of those seniors whose services are cut do enter a nursing home, there will be absolutely no cost savings.

A cut in funding to the Senior Care Act is not a cost-savings to Kansas.

Please, contact your legislators and let them know your opinions and concerns. A cut in funding to the Senior Care Act is not a cost-savings to Kansas. Please thank your Senator for supporting the full restoration of the funds – and encourage your Representative to find a way to support 100% restoration.

Maria Russo

Older Americans Act

Panel makes funding recommendations; public hearing to be held in June

A joint committee will make provider funding recommendations and a public hearing will be held on needs, both for fiscal year 2003.

FUNDING RECOMMENDATIONS

The joint Jayhawk Area Agency on Aging Board of Directors and Advisory Council Grants Committee has made recommendations on FY 2003 Older Americans Act funds. The committee interviewed providers that applied for the funds the week of April 1st.

Grants Committee members are:

1. Douglas County: Lee Hedrick (Board) and Joe Simunac (Council)
2. Jefferson County: Frank Shrimplin (Board) and Marie Riley (Council)
3. Shawnee County: Emily Yinger (Board) and Kathy Speaker (Council)

The committee's recommendations go before both the full Advisory Council and the Board of Directors for approval. The adopted recommendations will then be submitted to the Kansas Department on Aging (KDOA) for approval.

Agencies that will receive Older Americans Act funding for FY 2003 include: Catholic Community Services; Community Action; Community Resource Council; Douglas County Senior Services; East Topeka Senior Center; Jefferson County Health Dept.; Jefferson County Service Org.; Kansas Legal Services; Lawrence Meals on Wheels; LULAC Senior Center; Meals on Wheels of Shawnee County and Jefferson Counties; Papan's Landing Senior Center; Shawnee County Health Agency; TEACH, Inc.

PUBLIC HEARING

JAAA will conduct a public hearing, tentatively scheduled for 1 p.m., June 26th, to gather input on programs and services that are to be funded for FY 2003. The hearing will be held at JAAA, 1720 SW Topeka Blvd.

JAAA ADVISORY COUNCIL MEMBERS:

- Douglas County (3 Members):
Bob Lewis (Secretary), Joe Simunac (Chair),
¹Seat Open
- City of Lawrence (2 Members):
Marian Brown, Frances Fischer
- Jefferson County (3 Members):
Mary Kimmel, Marie Riley, ¹Seat Open
- City of Oskaloosa (1 Member):
¹Seat Open
- Shawnee County (3 Members):
Beverley Davisson, Kathy Speaker (Vice-Chair), ¹Seat Open
- City of Topeka (3 Members):
Charlotte Morley, ¹Two Seats Open
¹If interested, contact JAAA at 785-235-1367

AMAZING AGING!, April—June 2002, Jayhawk Area Agency on Aging, Inc. (JAAA), a 501(c)(3) non-profit organization. AMAZING AGING! is published as a free service.

JAAA's mission is to "advocate on aging issues, build community partnerships and implement programs to help seniors live independent and dignified lives" in Douglas, Jefferson and Shawnee counties of Kansas. JAAA is funded by tax-deductible contributions and federal, state and local sources.

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The day-to-day operations of JAAA are managed by its Executive Director.

JAAA utilizes both a Board of Directors and an Advisory Council. Both are 15-member volunteer groups. The Board of Directors sets policy and direction. The Advisory Council is a liaison between JAAA and seniors; providers of aging services; and local, state, and national legislators.

The Advisory Council and Board of Directors are comprised of appointees from Douglas, Shawnee and Jefferson counties and the cities of Lawrence, Oskaloosa and Topeka.

JAAA EXECUTIVE DIRECTOR:

Maria C. Russo

JAAA BOARD OF DIRECTORS MEMBERS:

Douglas County (3 Members):

Margo Gordon, Shirley Harkess, Lee Hedrick (Chair)

City of Lawrence (2 Members):

Mildred Harkness, Kristine Williams

Shawnee County (3 Members):

Dina Cox (Treasurer), Emily Yinger, ¹Seat Open

City of Topeka (3 Members):

Susan Andrews, Ross Freeman, Berniece Smith

Jefferson County (3 Members):

Paul Monhollan, Tom Ryan, Frank Shrimplin

City of Oskaloosa (1 Member):

Peggy Miller (Secretary)

Caregiver Support Program

New providers, coordinator come on board

TWO NEW PROVIDERS OF OLDER Americans Act (OAA) services recently have come on board.

NEW PROVIDERS

The Bert Nash Community Mental Health Agency (Lawrence) and Teach, Inc. (Topeka) will provide services under Title III-E of the OAA, the National Family Caregiver Support Program.

Title III-E of the OAA includes services geared to those who provide care to those age 60 and older and grandparents age 60 and older who provide primary care to children under age 19. Those services include:

1. Information.
2. Assistance.
3. Individual counseling/support groups/caregiver training.
4. Respite care.
5. Supplemental services.

The Bert Nash Community Mental Health Agency will offer individual counseling/support groups and training to caregivers.

Teach, Inc. will offer information, individual counseling/support groups and training to grandparent caregivers.

CAREGIVER COORDINATOR NAMED
Jayhawk Area Agency on Aging (JAAA)

recently named Terry McDaniel as its Caregiver Specialist. The Caregiver Specialist is responsible for addressing the needs of the caregiver by providing information, referral, case management, making presentations in JAAA's service area, and networking with the private sector to assist in the development of new programs.

McDaniel was JAAA's Information and Outreach Specialist for the past three years and helped to make that department a positive force in the tri-county area. McDaniel and her husband Jerry have four children and three grandchildren.

Caregiver Tip

Education

Although the person you care for may sometimes act stubborn or resistant, respect his or her need for choices and the right to make decisions. Encouraging as much independence as possible can benefit both of you.

EACH ISSUE OF **AMAZING AGING!** will provide a "Caregiver Tip" to help caregivers and those to whom they provide care.

JAAA can also help; call 785-235-1367 (toll-free 800-798-1366).

Pharmacy Assistance Programs

Pharmacy assistance programs available

FOLLOWING ARE WAYS TO contact pharmacy assistance programs:

PHARMACY ASSISTANCE PROGRAMS

Pfizer "Share Card"

To be eligible:

1. Must be 65 years of age or older.
2. Must be a Medicare enrollee.
3. Income must be below \$18,000 a year for a single applicant and \$24,000 a year for a couple.
4. Must not have any other prescription coverage.

The Share Card program allows seniors to receive 30 days of Pfizer outpatient prescriptions for a \$15 co-pay.

For more information call 1-800-717-6005 or log on to Pfizer's website at www.pfizer.com.

Prescription Drug Discount Cards:

FREE membership for qualified Medicare enrollees.

Together Rx™ is a prescription savings program that provides savings to qualified Medicare enrollees right at the pharmacy counter. Together Rx™ is

brought to you by a number of major pharmaceutical companies working to bring savings on their medicines for eligible patients—all in the simplest way possible. All with one card!

To qualify for the Together Rx™ Card, you must be a Medicare recipient, have no prescription drug coverage and have incomes of up to \$28,000 for an individual or \$38,000 for a couple. For households of three or more, call 1-800-865-7211 for eligibility information.

Participating in the new card are Abbott Laboratories, AstraZeneca, Aventis, Bristol-Meyers Squibb Company, GlaxoSmithKline, Johnson & Johnson and Novartis.

Together Rx™ offers:

1. Anticipated savings of approximately 20-40% off the price you usually pay, and in some cases more, for outpatient prescription medicines.
2. Enrollment for the Together Rx™ Card begins immediately and the cards become effective in June, according to the announcement. To access an application call 1-800-865-7211 or download the application at www.togetherrx.com

Kansas News Briefs

Legislative contact information, "advocacy"

A LISTING OF THE WAYS TO contact state legislators is provided below:

STATE LEGISLATORS

A list of the Kansas House and Senate members' office telephone numbers and e-mail addresses appeared in the March 2002 issue of Amazing Aging!

State legislators also can be contacted by calling "Access Kansas," which keeps legislator contact information, at 1-800-452-6727.

The accessKansas website also lists House and Senate rosters with contact information. Those addresses are:

- House: www.accesskansas.org/legislative/houseroster/index.html
- Senate: www.accesskansas.org/legislative/senateroster/index.html

The Kansas Legislature recessed on April 12th and will reconvene on May 1st for a brief wrap-up session.

LEGISLATIVE ADVOCACY

According to the Kansas Department on Aging, when lobbying legislators the following strategies "score" with them:

- Brevity: the presentation must be short, wherever presented.
- Accuracy: the credibility of your testimony depends on the accuracy, check your facts.
- Preparation: anticipate questions, and establish position with clear and convincing evidence.
- Courtesy: be polite, not demanding. Might does not make right.
- Appreciation: Thank legislators for their time.

Senior Health Insurance Counseling For Kansans (SHICK)

To be eligible, low-income Medicare recipients may be able to obtain prescription drugs directly through a pharmaceutical company at reduced costs.

SHICK counselors help seniors complete the required forms to obtain drugs.

For more information call JAAA at 235-1367 or 1-800-798-1366.

JAAA Leader Profile

Mildred Harkness

Mildred Harkness has led a very busy, varied life and has brought much wisdom to the Jayhawk Area Agency on Aging (JAAA) as a member of the Board of Directors for many years.

PERSONAL HISTORY

Mildred spent most of her early years in Western Kansas where she grew up, worked and raised her family in Leoti, Kansas. She has two children, two grandchildren, four great-grandchildren and foster grandchildren and great-grandchildren. She has been a member of the 1st Baptist Church for 60 plus years and served on their State Board for 8 years. She now resides in Lawrence. In her first year of marriage, while she taught school, they lived in a sod house on the prairie. It was

called "The Honeymoon Cottage"!

EDUCATIONAL HISTORY

Mildred graduated from Ft. Hays College with a degree in teaching and is a retired LPN.

PROFESSIONAL HISTORY

Mildred owned a Ford Agency in Leoti, Kansas. She taught in one-room schoolhouses and was a one-time Principal.

VOLUNTEER HISTORY

Mildred volunteered for years in Western Kansas before the Older Americans Act went into effect. She was the first President in the Dodge City area and a past Board Chairperson for the Board of Directors for the Area Agency on Aging. Gov. Bennett appointed her Chairperson for the Steering Committee for the Kansas De-

partment on Aging. Gov. Carlin appointed her to the Advisory Council for the Department on Aging. She was one of four co-chairs who helped create the KU Medical Center on Aging, now called the Landon Center on Aging at KU Med.

Mildred is a founding member and past President of the U.S. Coalition on Aging. She was on the Steering Committee for the National Silver-Haired Congress in Washington D.C. and locally.

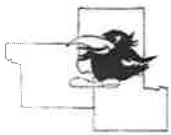
"I find it a delight in serving however I can. If you can help others as you go through life, that's what counts, that's how I get satisfaction," Mildred said.

Mildred Harkness is truly a unique woman and JAAA is privileged to have her serve on the Board.

Amazing Aging!

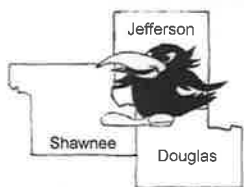
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Calendar: April—June 2002



JAYHAWK AREA AGENCY ON AGING, INC.: Serving Shawnee, Jefferson and Douglas Counties of Northeast Kansas

Throughout: Free notary services provided at JAAA, 1720 SW Topeka Blvd., Topeka.

April 23rd: Silver-Haired Legislature Delegates Meeting, 5 p.m., JAAA, 1720 SW Topeka Blvd., Topeka.

April 24th: SHICK Update Training, 8 a.m., JAAA, 1720 SW Topeka Blvd., Topeka.

May 1st and 2nd: 2002 Governor's Conference on Aging Services, Maner Conference Center, Capitol Plaza Hotel, 1717 SW Topeka Blvd., Topeka.

May 3rd: Community Resources Council Emergency Aid, 8 a.m., JAAA, 1720 SW Topeka Blvd., Topeka.

May 9th: JAAA Advisory Council and Board of Directors Meetings, Douglas County location to be determined. Advisory Council meets at 10 a.m. Board of Directors meets at 1:30 p.m. For location call JAAA on or after May 6th at 235-1367 or 1-800-798-1366.

May 12th: Mother's Day.

May 21st and 22nd: Transportation Safety Conference, Maner Conference Center, Capitol Plaza Hotel, 1717 SW Topeka Blvd., Topeka. For info. contact Mary Heberling at 1-785-864-3969 or mheberling@ku.edu.

May 27th: Memorial Day (Observed).

June 13th: JAAA Advisory Council and Board of Directors Meetings, JAAA, 1720 SW Topeka Blvd., Topeka. Advisory Council meets at 10 a.m. Board of Directors meets at 1:30 p.m.

June 16th: Father's Day.

June 19th: Deadline for submission of information for July-September 2002 issue of *Amazing Aging!*

June 26th: Fiscal Year 2003 Area Plan Public Hearing on Programs and Services (tentative), 1 p.m., JAAA, 1720 SW Topeka Blvd., Topeka.

- Are you getting more than one publication?
- Are we using your correct address?
- Is your name correct?

Please, help us save money. Call us with your correct mailing information.

785-235-1367 (toll-free 800-798-1366)

Thank you for your consideration.