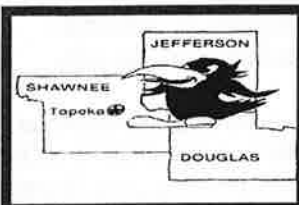


December, 2004

Amazing Aging! *For Seniors and Those Who Love Them*



Jayhawk Area Agency on Aging, Inc.
THE Agency On Aging
For Shawnee, Jefferson and Douglas Counties

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, the Kansas Health Foundation, 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

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JAAA Casemanager, Linda Pullen (left) Casemanager, Mary Barker, Congressman, Jim Ryun, Communications and Development Director, Annette Thornburgh, and Intake Specialist, Ruth Friend.

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From The Chairman of the Board's Desk

The new year brings a new beginning for Jayhawk Area Agency on Aging, Inc. (JAAA). After eight years of service, JAAA Executive Director Maria Russo has resigned to pursue other professional interests. Innovation, collaboration and outreach marked Maria's tenure as executive director and JAAA is grateful to her for the firm foundation on which JAAA stands today.

The board of directors, advisory council and staff look to this time of change as an occasion to explore new avenues of leadership and innovation—an opportunity to try a new approach for JAAA. In this time of tighter budgets with less government support, JAAA continues to look for ways to do more with less.

With the consent of board and staff, JAAA is exploring team management as an alternative to an executive

director. Whether the team management concept will be adopted permanently by JAAA, remains to be seen. However, we recognize our staff, board and advisory council will be better prepared to meet the challenges of managing JAAA after fully exploring leadership through team management.

This fall, the management staff of JAAA has been working with and learning from other companies who have successfully implemented the team concept into their organizations.

Additionally, the managers meet weekly to study and consider the team concept model. I have attended a number of these meetings, as have other members of the board. I am impressed and encouraged by the level of commitment and dedication our managers bring to the table. While

the managers pursue the implementation of this opportunity, all JAAA staff, board and advisory council members are essential partners in its success.

A daylong training retreat will be held at The Barn Bed and Breakfast compliments of the board and advisory council. The consulting firm of Team Tech will not only lead JAAA staff, but also board and advisory council in further exploration of the team management concept at the retreat.

Everyone associated with JAAA is excited for the future and the many opportunities ahead. I welcome your comments and suggestions as we reach for new horizons at JAAA. ☺

Tom Ryan

Tom Ryan,
Board Chairman



JAAA management team, (bottom row left) Program Manager, Marcia Ridinger, Office Manager, Patty Knott, Program Manager, Jocelyn Lyons, (back row left) Fiscal Manager, Dana Schirmer, Program Manager, Brandon Ziph-Smith, Program Manager, Jean Stueve, Administrative Assistant, Barbara Swinney, and Communication and Development Manager, Annette Thornburgh.

Meet Case Manager Cindy Pittman

By Diane McDermed, JAAA Volunteer Coordinator

Cindy Pittman was born in Manhattan, KS and has been a small town girl of Wamego, KS area ever since graduating from Wamego High School in 1987. She moved to Topeka in order to attend Washburn University graduating in 2000 with her Bachelor of Science Degree in Criminal Justice. In 2004 Cindy received her master's in Criminal Justice. She lives in Belvue, Kansas with her husband Stephen celebrating their 5th year of marriage on October 2, 2004 and with her son Chance who just turned 3 August 2, 2004. Cindy has a strong-willed family background being a direct descendent of the

Hatfield Clan known famously for the feud with the McCoy family of West Virginia. Her family and friends say this is where Cindy gets her dedication to whatever she puts her mind to do.

Cindy has been a CASA volunteer for Shawnee County and a case manager for the Kansas Children's Service League proving her ability to advocate for clients as she does at JAAA. Cindy enjoys case management and working with seniors because she is dedicated to preserving the clients right to be heard as well as assisting in keeping them in their homes as long as possible. She is also a docent for the

Sunset Zoo in Manhattan, Kansas and believes in doing what she can to preserve animals in their natural habitat.

When Cindy isn't working she enjoys traveling to all the different zoos across the state and spending time with her family. Cindy has two cats at home named Mister and Patches along with a dog Ozzy.

Cindy's believes that you should shoot for the moon-at least if you miss you will be among the stars. ☺

"Cindy's believes that you shoot for the moon-at least if you miss you will be among the stars."



JAAA Casemanager, Cindy Pittman says, "I love the Sunset Zoo and I love dogs and cats, I believe they make great companions for seniors."



Please call us and arrange for a tour

Located in Southwest Topeka, Thornton Place brings a gracious lifestyle with low monthly rates, three delicious meals daily, Weekly housekeeping with linen service, Paid utilities, transportation, daily fun filled activities and much more! We have a library, spacious dining room, Chapel, TV lounge and billiard room. We also have hair

Studio, 1 bedroom, 2 bedroom
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tour and dinner, you'll be glad you
did it!

228-0555



Renae Bulmer's (left), (Center) JAAA Program Manager, Jocelyn Lyons, and JAAA Volunteer Coordinator, Diane McDermid, exercising at the "Explore Your Options" kickoff, held October 8, 2004. More than 40 seniors attended this first time event!

Jayhawk Support Services for Elders by Ted Tannehill, Project Coordinator

"The Jayhawk Support Services for Elders program is currently seeking volunteers to provide financial management assistance to seniors, age 60 and older."

The Jayhawk Support Services for Elders program is currently seeking volunteers to provide financial management assistance to seniors, age 60 and older. Bill paying, checkbook balancing, and asset management can be overwhelming to those having difficulty adjusting to impairment, recent death of spouse, or changing financial circumstances.

Volunteers are screened, trained and

bonded. Training session topics include financial and legal issues, which effect today's older person. For more information about this rewarding one-on-one volunteer opportunity, or to sign up for the training to be held at your convenience, call Ted Tannehill JSSE Project Coordinator, (785) 354-8531.

JSSE is a non-profit organization funded by the United Way of Greater Topeka, the Older Americans Act

through the Kansas Department on Aging, and Jayhawk Area Agency on Aging, Inc. Our program provides services to seniors who reside in Shawnee, Douglas and Jefferson Counties. ☺

**Professionalism
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Jayhawk
Area
Agency on
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Advocates for
today's active
seniors**

KANSAS CELEBRATES SECOND ANNIVERSARY OF NO-CALL LAW by Attorney General Phill Kline

November 1 marked the second anniversary of the law designed to reduce the number of unwanted calls Kansans receive from telemarketers, and judging by the number of Kansans who have added their phone numbers to the list and the amount of monies collected from violators, it has proven to be both popular and successful.

"The second anniversary of the No-Call law marks a significant milestone for the hundreds of thousands of Kansans who enjoy the convenience and protection provided by the law," Attorney General Kline said. "The number of people who have registered for the do not call list shows just how popular this law is with Kansans."

The Kansas No-Call Act prohibits unsolicited sales calls by telemarketers to residential telephone numbers registered on the do not call list. Since the enactment of the law in

2002, 723,983 Kansans have registered their phone numbers on the list.

Any telemarketer found to have violated the Act is subject to penalties of up to \$10,000 per violation. To date, Attorney General Kline's Consumer Protection and Antitrust Division has received 4,741 complaints from Kansas consumers about potential violations and has collected over \$352,000 in civil fines and penalties for violations of the law.

"My office has worked diligently to ensure appropriate enforcement of the No-Call law, and we will continue to aggressively enforce the law," Kline said.

While most businesses are required to comply with the law, the legislature exempted several groups from it. Organizations soliciting charitable donations, calls concerning political candidates or issues, and calls from businesses with whom a

consumer has had a prior relationship within the past 18 months are allowed under the law. In addition, calls made by collection companies to collect a debt are also exempt under the law.

It is not too late for Kansans to register their phone numbers on the no-call list. In fact, hundreds of Kansans continue to register each month. Those wishing to register should call 1-888-382-1222 or visit www.donotcall.gov.

Consumers who have received unwanted telemarketing calls after registering their phone number should contact Attorney General Phill Kline's Consumer Protection Division at 800-432-2310.

For additional information regarding this topic please contact: Whitney E. Watson at 800-432-2310 ☺

"It is not too late for Kansas to register their phone numbers on the no-call list."

"Quite simply, it's arranging for someone other than yourself to care for your loved one for a period of time."

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The acceptance of paid advertising material by Amazing Aging does not constitute endorsement of products or services by the newsletter of Jayhawk Area Agency on Aging, Inc.

CAREGIVING AT ITS BEST, BY JAAA CAREGIVING SPECIALIST, CAROL RAMSEY

In previous columns, I have been writing about the importance of caregivers taking care of themselves, and various ways to do this. This month, I want to provide information about RESPITE CARE.

What is respite care?

Quite simply, it's arranging for someone other than yourself to care for your loved one for a period of time.

The main purpose of respite care is to give yourself a break so you can get a haircut, shop, go to a movie, visit friends, go to church, or take a walk. In other words, so you can meet some of your own needs. Respite care can also benefit your loved one. It gives them an opportunity to talk with a new companion, to be stimulated with new conversations, and to have a different view of the world.

Respite care can be given in your home or in a center designed for this purpose. Respite care providers can be paid agency staff who

can do physical care and supervision, or a volunteer from a local agency, or professional staff in a center. Center care can include activities, meals, rest time, supervision of medications, and perhaps even outings into the community. Home care can give companionship and conversation in a familiar setting.

In choosing a setting and person to carry out respite care, you need to consider your loved one's physical and mental abilities, the amount of physical care and supervision they need, and their preferences for activities and social interaction. You will also need to decide how frequently you would like to use respite care, and for what length of time. A regular schedule will probably work best for you, your loved one, and the provider.

There are some funds available to help pay for respite care services. In some cases, the

funds are very easily applied for and there are few/no eligibility requirements. In other cases, you and/or your loved one must qualify according to certain income limits or need.

One barrier you may encounter is resistance or negativity from your loved one. He/she may have become very used to having you there and available to them around the clock, and they may worry about what it will be like to have someone else providing care. It's a good idea to talk about your need for rest, so you can continue to provide care and to encourage them to "try it out" for a while.

For more specific information about respite care providers, services, and funding please call me at (785) 235-1367. Remember, the best way you can continue to give care is to take care of yourself!



Information and Upcoming Events by Lacey Koway

December

Gift of Warmth-Includes: The Gift of Warmth can help provide you with gas utility assistance if you meet income guidelines and includes, gas, propane and wood (non electric). Round 2 starts December 1st (round one is already out of funding). Applications will be accepted until the funding is gone. Funding is limited so hurry!! Contact the Salvation Army for any further questions at 233-9648.

LIEAP-Applications for this utility assistance program will be mailed out by SRS January 18, 2005 and will be received through Tuesday, March 31, 2005. No applications will be received before January 18, 2005. You may get applications directly from SRS call (785) 296-2649 .

Cold Weather Rule-Applications will be accepted November 1, 2004 through March 31, 2005. You must first make arrangements on how you will pay your bill before you can receive assistance. You can schedule payments over a twelve month period. For information call 1-800-662-0027.

January

Tax Assistance-Volunteers from AARP will be available for assistance in completing your taxes. AARP volunteers will be available to complete your tax filing every Monday at the Jayhawk Area Agency on Aging, Inc., 1720 SW Topeka Blvd., Topeka, Kansas from 9:00 am to 3:00 pm, every starting February 7, to April 11, 2005. This program will be offered at other locations for your convenience. **Call Lacey at (785) 235-1367 for questions.**

WHAT YOU WILL NEED TO BRING FOR TAX PREPARATION:

This years tax package
Wage and earnings (W-2) forms
Interest and dividends from banks, credit unions, etc...
Property tax from previous and present year
Pension form (1099-R)
Copy of last year's return
Social Security Assistance (SSA) or Railroad Retirement Beneficiary (RRB-1099)
If you don't have everything please be sure to bring what you can.

Does God Count Every Snowflake?

*I woke up one winter morning
Went to the window and looked
around,
Outside the snow which fell all
night lay thickly on the ground.*

*And then I began to wonder
"Does God name each
snowflake at birth.
Or does He count each single
flake
As it gently falls to earth?"*

*If He keeps track of the hairs
on Our heads,
And numbers the sands of the
sea,
Could it be that He counts each
Snowflake
As it lands on each branch and
Tree?*

*And does he know how many
Snowflakes
Are on each mountain peak,
Or how many have fallen on
land
And sea?
Then His counting system surely
is surely is unique!*

*But, whether God counts each
snowflake,
I think you will agree,
That even if He knows how
many there are
He still counts YOU and
ME!!!*



THORNBURGH REMINDS KANSANS TO CHECK BEFORE THEY GIVE

Kansas Secretary of State Ron Thornburgh reminds Kansans to check before they give. The holiday season brings a blizzard of solicitations from charitable organizations. The Secretary of State, Attorney General and Department of Aging have partnered to provide Kansas Charity Check. This initiative is designed to promote and encourage informed decisions when contributing to a charitable organization.

"This is a resource for all Kansans to use and make informed charitable giving decisions," stated Kansas Secretary of State Ron Thornburgh. "I encourage Kansans to research solicitations by charitable organizations before making the ultimate decision to give. While most charitable solicitations are valid, all too often only a fraction of the money donated ends up in the hands of the charitable purpose."

The address for Kansas Charity Check is www.kscharitycheck.org. The website includes a search feature that allows users to search the 1021 charitable organizations


registered in Kansas; determine the amount of money raised by the charitable organization; the percentage of money the organization uses for fund raising expenses; and the amount of money the organization contributes to the charitable purpose.

I encourage people who do not have Internet access at home to go to a public library or senior center to access the Kansas Charity Check website. The same information can also be obtained from the Secretary of State's office by calling 785-296-4564.

Kansas law requires most charitable organizations, professional fund-raisers and solicitors who work for them, to register with the Kansas Secretary of State. The registration provides public information regarding operations, solicitation costs and the net amount donated to the charitable purpose. ☺

The coffee's on us!

We offer all Senior Citizens FREE coffee at the new
Fairlawn Plaza Cafe
 On the mall Every Wednesday!



We're Just Your Style!



*The Jayhawk Area
 Agency on Aging,
 Inc. Board of
 Directors, Advisory
 Council and Staff wish
 you a safe and Happy
 Holiday Season and a
 Happy New Year!*

Employee of the Month Implemented at Jayhawk Area Agency on Aging, Inc.

Patience, grace and a good work ethic were the common attributes given to Jayhawk Area Agency on Aging's employees of the month for September, October and November.

In order to spotlight and celebrate the many dedicated employees of JAAA, the Employee of

the Month program was established. Each month a committee is randomly chosen to pick that month's winner from among nominations submitted. In addition to the prime parking spot at JAAA which boasts the "Employee of the Month" sign, each month's winner receives two movie passes

and a submission to the paper and JAAA newsletter.

Congratulations to Sheri Jones, Betty Wade and April Maddox as September, October and November employees of the month! Thank-you for all you do for JAAA and your dedication to the seniors of Shawnee, Jefferson and Douglas counties. ☺

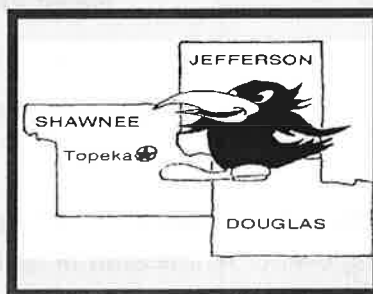
Meet New JAAA Information and Outreach Specialist Lacey Koway

Lacey spent most of her childhood in California and later moved to Kansas. She graduated from McPherson High School in 1996. She went to college at Roberts Wesleyan College, Rochester, NY majoring in Art. After college Lacey moved to Philadelphia, PA, where she worked for a law firm. Lacey moved back to Kansas in 2000 and took time off of work and have a child. Lacey worked as an Assistant Funeral Director in Topeka, serving families for 2 years.

Lacey and her husband, Greg and their three year old son, Trent, live and work in Topeka. Lacey can often be found spending time with friends, helping others and educating her son.

Lacey's interests and hobbies include shopping, cooking or making desserts. She enjoys a nice bike ride on a warm summer day, or curling up on the couch on a cold winter day drinking coffee and reading a good book.

Lacey wanted to work for JAAA because of the service that we provide to seniors and their caregivers and the assistance we provide for people in crisis. She is looking forward to serving seniors and visiting with them on the phone and in person. ☺



JAAA Information and Outreach Specialist, Lacey Koway.

Quotes And Jokes For Our Folks

*"Borrow money
from a pessimist,
they don't expect it
back."*

Better to understand a little than to misunderstand a lot.

Borrow money from a pessimist, they don't expect it back.

Duct tape is like the force, it has a light side and a dark side and it holds the universe together.

Ever stop to think, and forget to start again?

Generally speaking, you aren't learning much when your mouth is

moving.

I took an IQ test and the results were negative.

I used to be indecisive. Now I'm not sure.

I'm not a complete idiot, some parts are missing!

If at first you don't succeed, destroy all evidence that you tried.

The nice thing about being senile is you can hide your own easter eggs.

It is far more impressive when others discover your good qualities without your help.

It's always darkest before dawn. So if you're going to steal the neighbor's newspaper, that's the time to do it.

Make it idiot proof and someone will make a better idiot.

Multi-tasking means screwing up several things at once. ☺



Jayhawk Area Agency on Aging, Inc. would like to thank you for your donations!!!

Dr. Ethan Bickelhaupt

Professional Daniel Politoske

Dan & Peggy Harris

Ann Hyde

Barney & Joan Braymen

Wayne McDaniel

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David Greenamyre

A special thank you to Clarence and Ruth Price for providing party time karaoke for staff at the United Way karaoke fund raising event. All the staff of Jayhawk Area Agency on Aging, Inc. had a great time.

Governors Sebelius and Blagojevich Announce the Addition of Kansas to I-SaveRx Prescription Drug Importation Program

Kansas Becomes Fourth State to Join Program Providing Access to Safe and Affordable Prescription Drugs

Topeka – Kansas Governor Kathleen Sebelius and Illinois Governor Rod Blagojevich met with senior citizens today to announce Kansas is joining the I-SaveRx prescription drug importation program – the first program in the nation to allow citizens to purchase lower cost, safe prescription drugs from state-approved pharmacies in Europe and Canada.

"We must make health care and life-sustaining prescription drugs more affordable for seniors and hardworking Kansans. After carefully reviewing the I-SaveRx program, I'm convinced it will help tens of thousands of Kansans safely obtain the medicine they need at prices they can afford," Governor Sebelius said. "I'm grateful to Governor Blagojevich for his leadership and his willingness to allow Kansas to participate in this innovative partnership."

Governor Blagojevich said: "I want to commend Governor Sebelius for her leadership and encourage other states to join us in this bold step to take control away from powerful pharmaceutical companies and give it to the hardworking Americans who are unable to pay for their medicine. Life saving medicines should not be luxury products available only to people who can afford them. Through I-SaveRx, seniors and others with high prescription drug costs can now afford the medicine they need. Already, more than 30,000 people in Illinois, Wisconsin, and Missouri have called or gone on-line to begin enrolling in I-SaveRx. Today we're extending that opportunity to Kansas' 2.7 million residents."

Kansas is the fourth state to join the program developed by Illinois and launched in early October, following Wisconsin and Missouri into the

program.

With the addition of Kansas, I-SaveRx now provides more than 26 million residents in four states with access to lower-priced prescription drugs through a network of more than 60 inspected and approved pharmacies and wholesalers in Canada, the United Kingdom and Ireland. Consumers in Kansas, Missouri, Wisconsin and Illinois can look up I-SaveRx prices and start the enrollment process by calling toll-free **1-866-ISAVE33**, or visiting **www.I-SaveRx.net**.

Governor Blagojevich launched I-SaveRx on October 4th and extended an invitation to other states to join the program. **Participants in the I-SaveRx plan can save an average of 25 to 50 percent** on the cost of the most common medications used to treat chronic conditions.

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- Funded by annual contributions from readers like you, and advertising
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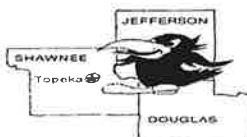
Topeka, Kansas 66612

(800) 798-1366 or (785) 235-1367

Diane McDermid, Editor

And many helpful volunteers

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 the agency.



Jayhawk Area Agency on Aging, Inc.
THE Agency On Aging
For Shawnee, Jefferson and Douglas
Counties

1720 SW Topeka Blvd
Topeka, Kansas 66612

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**"If you do not want to be on our newsletter
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THE FUTURE**

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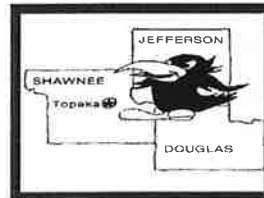
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Aging. Here is my pledge for
Jayhawk Area Agency on
Aging, Inc.***



Thank you! Would you like some options in giving? Give us a call-we'd love to discuss the many ways you can support Jayhawk!

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