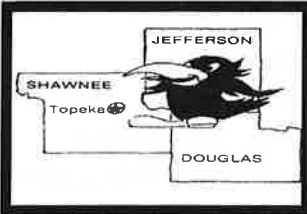


Spring, 2005

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, 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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OLDER AMERICANS MONTH

May 2005



TO BE REPRODUCED BY SENIORS AND THEIR FAMILIES
IN THE COMMUNITY OF SENIORS

***Jayhawk Area Agency on Aging, Inc. advocates on senior issues
today, tomorrow and the future! JAAA means business!***

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A Message From The Board Chairman

Celebrate Long-Term Living!

That's the theme of Older Americans Month for May 2005.

Jayhawk Area Agency on Aging, Inc. (JAAA) has planned a full slate of activities to commemorate the month. A panel discussion on social security, a forum on veterans benefits and a Vintage Ball are just a few of the highlights.

When Older Americans Month was established in 1963, only 17 million living Americans had

reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older

Americans Month," and has become a tradition.

Older Americans Month is a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country.

We hope you will join us for the many events JAAA has planned to

CELEBRATE LONG-TERM LIVING!

Tom Ryan

Tom Ryan

Board Chair

Jayhawk Area Agency on Aging, Inc.

It is never true that nothing more can be done.
Heart of America Hospice



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1311 WAKARUSA, SUITE 2121

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3715 SW 29th STREET, SUITE 20

TOPEKA, KANSAS 66614

785-228-0400 FAX 785-228-9049



Older Americans Month
Come and Help us Celebrate Long-Term Living
Events held in Topeka:

May 6, 2005

The Vintage Ball
Capital Plaza Hotel
5:00 to 8:00 pm

May 12, 2005

Strengthening Social Security for Future Generations
Topeka & Shawnee County Public Library
James C. Marvin Auditorium
6:00 to 8:00 pm

May 20, 2005

How a Senior Can Obtain Veterans Benefits
Speaker Larry Martin
Jayhawk Area Agency on Aging, Inc.
9:00 to 11:00 am

May 24, 2005

Donna J. Kidd Award
Governors Row House, 8th and Buchanan
1:00 to 3:00 pm

May 27, 2005

Passion in the Later Years
Speaker Jane Fowler
Pozez Education Center, Stormont Vail
9:00 to 11:00 am

MISSION TOWERS

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Senior Citizens Gamble Big and Often, continued on page 7

"The study is the largest to-date to study gambling among older adults."

Jan. 19, 2005 - A significant percentage of older Americans may be "at-risk" gamblers who tend to bet large amounts of money or more than they can afford, according to a study published in the January edition of the *American Journal of Geriatric Psychiatry*, which also found gambling to be a common pursuit among seniors.

Researchers at Pennsylvania State College of Medicine and the University of Pennsylvania surveyed 843 elderly people 65 years and older and discovered that 70 percent had been involved in at least one gambling activity in the past year and 11 percent fit the criteria of at-risk gamblers: they had recently laid down more than \$100 on a single bet

and/or they had bet more than they could afford to lose.

The study, which surveyed a random sample of elderly patients at primary care clinics, found that women were just as likely as men to be gamblers and to show symptoms of gambling problems.

And while those surveyed may have had easier access to gambling options than people living in other parts of the country, the investigators were still surprised at the relatively high percentage that fits the at-risk profile. The study is the largest to-date to study gambling among older adults.

"Results from this study raise significant public health concerns that gambling and at-risk gambling are prevalent in older men and women," the authors state.

"Although many older adults view gambling as harmless entertainment and participate in some form of gambling without significant problems, a significant minority suffers disastrous consequences."

In the United States, gambling is a \$40 billion industry and some type of legal gambling opportunity is now available in every state except Utah and Hawaii. Gambling appears to be a common pursuit of older Americans. In a 2001 study, seniors rated a trip to a casino as their most popular day-trip social outing.

Pathological gambling is now recognized as a psychiatric disorder and has been associated with high rates of suicide attempts, domestic violence and crime driven by a need to cover losses. David Oslin, MD, of the University of Pennsylvania, the study's senior author, said the older at-risk gamblers identified in the survey would not be considered pathological. Nonetheless, he said a tendency to bet high and bet more than one can afford could be particularly perilous for an older person.

For example, seniors are more likely than younger people to be living on fixed incomes-so even small losses can have a big impact.



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A Clients Perspective by JAAA Casemanager, Rebekah Pitts

Dorothy Lynn has lived in Kansas her whole life. She was born in DeSoto, but moved around a lot. Before retiring, Dorothy taught school. She started out teaching in a small country school with an emergency license that she earned after just 8 hours of college credit. Each summer Dorothy would return to school and earn 8 more credit hours. Eventually, she earned her degree.

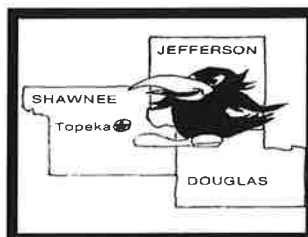
Dorothy's last teaching position was with Appanoose Schools, USD 287, which includes the cities of Pomona and Williamsburg. There

Dorothy taught 7th grade home room as well as English and reading to the 6th, 7th, and 8th graders.

Upon retiring from her career as a teacher, Dorothy took up the hobby of painting. Each winter she would take lessons. It did not take long for her to evolve into a talented artist. Just recently, Dorothy entered her painting "Iris" into a contest at Topeka Presbyterian Manor. Dorothy's lifelike painting earned her "Best of Show." Her work of art was then sent to Wichita where greeting cards were made with the painting's

likeness.

In her spare time, Dorothy also likes to quilt, crochet, and participate in the many events that are offered at Topeka Presbyterian Manor. Dorothy is just one more shining example of our talented and interesting Jayhawk Area Agency on Aging clients.♣



"In her spare time, Dorothy also likes to quilt, crochet, and participate in the many events that are offered at Topeka Presbyterian Manor."



Jayhawk Area Agency on Aging, Inc. client Dorothy Lynn stands beside her best of show painting.

Celebrate National Volunteer Week April 17-23

People through volunteer service, strengthen and improve quality of life within the senior community, and help others live more productive lives.

"Volunteers Plant the Seeds of Kindness" is the theme for the annual National Volunteers Week, April 17-23, 2005. This is a week to recognize and celebrate the efforts of volunteers at the national, state, and local levels.

Jayhawk Area Agency on Aging, Inc. would like to thank those who serve on our Board of Directors, Advisory Council, and the volunteers who serve as Prescription Drug Assistance Counselors, and Office Support Volunteers.

If you are **interested in volunteering** contact Jayhawk Area Agency on Aging at (785) 235-1367.

Non-Surgical Techniques Can Improve Signs of Aging

CHICAGO - Dermatologist Dr. Mary C. Massa of Rush University Medical Center says many people can benefit from "UN-extreme" measures that can make a big difference in how you look and feel about yourself. "Not everyone needs an extreme makeover or surgery to look their best. There are non-surgical treatments for enhancing appearance and reducing the signs of aging come with less risk than surgical procedures, and are a great option for patients who seek improvements without surgery."

"Massa says topical cream and lotions are the best option for people who want a modest change in their appearance."

Massa says topical cream and lotions are the best option for people who want a modest change in their appearance. Vitamin A derivatives and glycolic acids can induce new collagen formation and change the way new skin cells grow. These topical agents can make skin smoother, more even in color and even soften fine lines.

Microdermabrasion, done in the office by a physician, gently removes the dead top layers of the skin by using hard particle called aluminum oxide. The aluminum oxide particles are skimmed across the skin's surface, removing the dead skin cells revealing newer, fresher skin. Usually a series of six to eight sessions every two to four weeks is recommended to see a significant difference in

appearance. Patients can return to work immediately after treatment.

Another office procedure, light chemical peels (often referred to as lunchtime peels), offer little-to-no recovery time and can be performed during a short time period like a lunch-break. "Light chemical peels remove the dead top layers of skin and induce new collagen formation, making skin smoother and more even in color. Chemical peels can also soften fine lines. A series of four to six peel sessions are generally recommended.

Deeper chemical peels can be performed to achieve greater results faster, however these require a more significant recovery period," says Massa. "Botox, a purified protein derived from Botulinum toxin, can be injected into facial muscles to weaken their motion and soften facial lines. The effects of Botox last about three months, but most patients find that after several treatments, the muscles become weakened and treatments are required less frequently. Botox is most often used to decrease the appearance of frown lines between the eyes, lines across the forehead, and lines around the eyes. The injections are relatively painless and take only a

few minutes in the doctor's office," says Massa. Botox has been used in many different areas of medicine for many years and has an excellent record for safety.

Collagen and hyaluronic acids are popular filler substances and are used to soften the signs of aging around the nose and the mouth. These fillers can also be used to enhance lip size. Most people return to their daily activities immediately after the procedure. Filler materials such as collagen and hyaluronic acid generally last from three to six months. Another nonsurgical, office procedure uses laser light to decrease the overall redness in the face, decrease age spots, and to shrink or remove broken red blood vessels in the skin. There are many different types of lasers and each have a different recovery time based on the areas treated and the laser used.

An excellent option for patients who desire skin tightening without surgery is Thermage, a procedure that causes collagen tightening in the skin. High intensity heat energy is placed under the skin's surface, which causes tightening of the forehead, cheeks and neck area. Though results are not as dramatic as a face, neck or brow-lift, Thermage offers patients results without surgery.●

Senior Citizens Gamble Big and Often, continued from page 4

And they're more likely to have some type of age-related mental impairment affecting their ability to bet responsibly.

"These seniors who are at-risk may not be ready for gamblers anonymous but many of them don't have a lot of money and spending on gambling could mean that they won't have anything left to buy medicines," Oslin said.

Oslin and his colleagues also were troubled by the fact that among survey participants, at-risk gamblers were more likely than non-gamblers to be a member of a minority group. Their concern is based on previous research that has found "members of ethnic minority groups are less likely than other adult pathological gamblers to seek treatment." Furthermore, in the U.S. minorities are the fastest-growing sector of a rapidly expanding elderly population.

Finally, the study revealed a potential link between post-traumatic stress disorder (PTSD) and gambling problems, which could suggest the

need to "screen for gambling problems among veterans and other groups at increased risk for PTSD."

"Healthcare professionals must increase awareness of and educate the public about the potential negative effects of gambling, particularly for financially vulnerable, minority and cognitively impaired older citizens, who may be particularly at risk," the authors conclude.

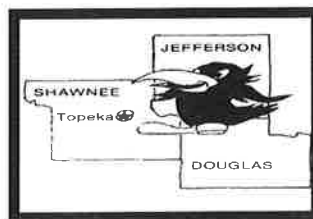
"Screening to improve early identification of gambling problems in older adults" and counseling patients with cognitive impairment and their families about gambling and the potential financial impacts of decreased judgment, may serve to reduce the personal, family and social cost of problem gambling in older adults."

The *American Journal of Geriatric Psychiatry*, now published monthly, is the official journal of the American Association for Geriatric Psychiatry and can be found online at <http://ajgp.psychiatryonline.org>. ●



"Healthcare professionals must increase awareness of and educate the public about the potential negative affects of gambling, particularly for financially vulnerable, minority and cognitively impaired older citizens, who may be particularly at risk," the authors conclude.

***Jayhawk Area
Agency on Ag-
ing, Inc. advo-
cates on senior
issues today,
tomorrow and
the future!
JAAA means
business!***



**Employee's of the Month Receive
Recognition by Jayhawk Area
Agency on Aging, Inc.
By Diane McDermid, JAAA
Volunteer Coordinator**

Diane McDermid, JAAA Volunteer Coordinator was selected as Employee of the Month for December, Barbara Swinney, JAAA Administrative Assistant was selected as Employee of the Month for January, and Julie Miller, JAAA Fiscal Supervisor was selected as Employee of the Month for February, 2005.

Employees are nominated by their peers, and a committee determines who wins the Employee of the Month from nominations submitted.

Topeka Faith in Action-No Place Like Home is a coalition of interfaith volunteers dedicated to providing informal support service for those 60+ with long-term health needs. By putting their faith into action, these volunteers help those in Shawnee County remain at home, living with dignity and independence.

Services provided:

- Caregiver Respite- a much needed break for caregiver
- Friendly Visitor-someone to talk and share with
- Friendly Calls- checking in, being a listening ear
- Handyperson- minor home repair, yard work, light housework
- Grocery Shopping- for a care recipient

All services listed are provided at no cost. If you are interested in finding out more about Faith in Action, or if you know a neighbor, friend or family member who could benefit from these services please call:

Jane Batterman at 785-430-2361

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For more information or a personal tour, please contact our Retirement Consultant, Phyllis Lansford at 274-3350 or email her at brewster@brewsterplace.org
www.brewsterplace.org

Vulnerable Adult Abuse Prevention by Attorney General Phill Kline

Dear Attorney General

Kline: My recently widowed neighbor is 88 years old and is failing physically and mentally. She lives alone and has no immediate relatives. She recently confided in me that most of her life savings is now gone. The lady that cleans her home has been stopping by her house frequently and I'm concerned that she might be forcing my neighbor to write checks to her or is forging the neighbor's signature on these checks. What can I do?

Dear Kansas

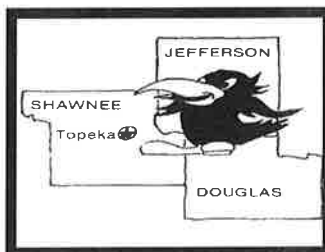
Consumer:

Unfortunately, the situation you describe occurs with more and more regularity. Crimes against senior citizens and the vulnerable are on the rise with more than 60,000 allegations of adult financial abuse reported to social service agencies nationwide each year. In an effort to protect vulnerable Kansans, I formed the Vulnerable Adults Task Force within my Consumer Protection and Antitrust Division in July, 2003. Since that time, the VATF has received over 1,350 complaints and has

recovered more than \$120,000 for vulnerable Kansans. Kansas law mandates that persons in certain occupations must immediately report any information of elder or dependent adult abuse if they believe that any neglect or exploitation has occurred or is occurring, or there is need of protective services. Mandated reporters include licensed healing arts professionals, those given power of attorney for vulnerable adults, bank trust officers, teachers, guardians, care home administrators, case managers, social workers and law enforcement officers. Reports must be made to the Department of Social and Rehabilitation Services if the suspected abuse occurs outside an institution and to the Department on Aging if it occurs in an institution. But anyone who suspects abuse or exploitation may report it directly to local law enforcement or the appropriate state agency. The Adult Protective Services Hotline is 1-800-922-5330 and the Kansas Department on

Aging number is 1-800-842-0078. If a criminal act is charged, it will be handled in most cases by the local county or district attorney. If it is a civil offense, it may be handled by private counsel or by the Consumer Protection and Antitrust or Medicaid Fraud and Abuse divisions of my office. Attorney General Phill Kline offers this public service to help you avoid becoming a victim of consumer fraud. Although some of the details have been changed, the cases appearing in this column are based on actual complaints or questions.

For further information or to file a complaint, please write Attorney General Phill Kline, Consumer Protection Division, 120 SW 10th Ave., 2nd Floor, Topeka, Kansas 66612, or call the toll-free Consumer Hotline, 1-800-432-2310. ☺



"There is often a lifetime of practical knowledge of paying bills, making appointments, finding information, and solving problems that is invaluable to us when we assume the role of caregivers."

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CAREGIVING AT ITS BEST, by JAAA Caregiver Specialist, Karel Ramsey

Family caregivers have experiences and abilities that prepare them for providing care for a loved one. A relationship is already established. The loved one's habits, personality and preferences are known. There is often a lifetime of practical knowledge of paying bills, making appointments, finding information, and solving problems that is invaluable to us when we assume the role of caregivers. However, there are gaps in what we know. Few of us have ever had any experience in helping a person move from bed to chair without hurting ourselves, or them. We may not know how to prevent bed sores, help an adult take a shower, or keep track of the amount of food or fluids taken. It is natural to wonder about how to learn the things we need to know.

Available at Jayhawk Area Agency on Aging, Inc. are books, pamphlets, and videos. One example is Quick Tips for Caregiving (available in English or Spanish) in which an RN provides step by step instructions with illustrations on how to give a bed bath, how to

move a person safely, how to prevent infections etc. This book is also available in many of the public libraries in Douglas, Jefferson, and Shawnee counties. If you are a person who learns best by watching, the agency has a collection of videos available which can be borrowed. Topics include: "How to Care for Someone on Bed Rest," "Safe Wheelchair Use," "Fall Prevention," and many more.

Medical professionals may be available to help you learn. Ask the nurse or aide caring for your loved one in the hospital, nursing home, or rehabilitation center to show you how to do things, and ask for the chance to practice while they are there. If you need supplies or equipment like wheelchairs, lift chairs, walkers, etc., spend some time with the staff of the medical equipment provider. Many times they know of additional devices or techniques they will be happy to show you.

The American Red Cross offers a ten-module training course for caregivers that covers several topics on both

physical care and other issues. Contact your local office to find out where and when the training will be offered in your community. There is a fee for this training.

If your loved one has long-term care insurance, review the benefits with your agency carefully. Your policy may provide funding for caregiver training.

Finally, don't forget to ask other caregivers for advice and solutions. This is another reason why support groups are so helpful-some of the best experts are other caregivers. What about you? Have you found a way to do something that has been really helpful for you? Would you like to share it with someone else? Send your ideas to me at the office, and I'll put them in the next newsletter.

For more information about training resources, please call me at (785) 235-1367 or toll free at 1-800-798-1366.♥



Information and Upcoming Events by JAAA Volunteer Coordinator Diane McDermed

"Cherished Traditions"

Sumptuous Settings 2005, the 14th annual fundraiser for Meals on Wheels, will be April 29-May 1, 2005, at the Kansas Museum of History. The event will feature beautiful exhibits and a delicious tea room. Call for event time schedule 354-5420.

2005 Governor's Conference on Aging Services

May 4 and 5, 2005

Capitol Plaza Hotel and Maner Conference Center

Topeka, Kansas

- Dr. Harriet Lerner, psychologist and best-selling author, on the essential components of good communication with difficult people and difficult subjects.
- Dr. James Boyer, long-time professor of curriculum and American ethnic studies at Kansas State University, on social justice and diversity issues.
- Pearl Rovaris MacDonald, humorist who teaches how to spark creativity instantly in oneself and others and how to change personal perspectives to understand others' points of view.
- More than 30 breakout sessions, many with CEU credits available.
- Exhibit area with booths featuring products and services relevant to seniors and those who serve them.

May 19, 2005

Community Workshop

Communicating Effectively with Health Care Professionals

Alzheimers Association

Topeka, KS

Call 785-235-1367 and ask for Karel Ramsey

The 2005 Kansas Mental Health and Aging Summit will be held on Tuesday, May 3, from 8:30 a.m. to 4 p.m. in the Sunflower Room of the Maner Conference Center. Theme: "Visions for Kansas; Older Adults at the Crossroads." This is a designated White House Conference on Aging Event.

For more details or registration information on these conferences, check the Kansas Department on Aging website: www.agingkansas.com or call 785-296-4986 or 800-432-3535.

Communicating Effectively with Healthcare Professionals-A Workshop for Caregivers

- Join Caregiver Specialist, Karel Ramsey from Jayhawk Area Agency on Aging, Inc. as she presents a free three hour workshop for family caregivers of those with chronic or aging diseases. This workshop will assist those attending to improve their communication and interpersonal skills with healthcare providers, with the goal for all to be working as a team together in order to provide the best care. Refreshments served. There are two dates to choose from:
- Wednesday, June 8, 1-4 pm or Saturday June 11, 9 am-12 pm

For more information or to enroll in this free program, call Lawrence Memorial Hospital Connect Care (785-749-5800 or log onto our website www.lmh.org. Sorry CEU's will not be provided.

Commissioner's Corner by Insurance Commissioner Sandy Praeger

ONLINE INSURANCE FRAUD REPORTING SYSTEM NOW AVAILABLE TO KANSAS CONSUMERS Fraudulent insurance plans are becoming more prevalent in every line of insurance, and cost consumers billions in unpaid claims. According to the National Insurance Crime Bureau, it is estimated that insurance fraud costs Americans about \$30 billion each year which translates into \$200 - \$300 in higher insurance premiums for the average household. Not only is consumer fraud on the rise, but there is also an increasing number of cases being investigated concerning agent fraud. As part of the ongoing steps to proactively address through the Kansas Insurance Department (KID) website at www.ksinsurance.org, or through the NAIC Website www.naic.org. Complaints received through the online system are then routed out to the appropriate state where reported incidence of fraud may be occurring for full investigation by that state's insurance department. To file a suspected insurance fraud report, consumers are required to indicate the state where the suspected fraud occurred, name of the business or individual, with a

issues surrounding insurance fraud, the National Association of Insurance Commissioners (NAIC), of which I serve as Secretary-Treasurer, has launched an online insurance fraud reporting system to enable consumers to report suspected acts of insurance fraud. I am very pleased that the NAIC is able to provide this reporting system. No personal identifying information is required in order to submit an allegation of suspected fraud. The online fraud reporting system allows consumers to provide detailed information anonymously and is available through the Kansas Insurance Department (KID) website at www.ksinsurance.org, or through the NAIC Website www.naic.org. Complaints received through the online system are then routed out to the appropriate state where reported incidence of fraud may be occurring for full investigation by that state's insurance department.

For more information call:
Kelly Levi 785-296-7804.♥

The coffee's on us!

We offer all Senior Citizens FREE coffee at the new

Fairlawn Plaza Café

On the mall Every Wednesday!



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Kansas Legal Service Column for Seniors Grandparent Visitation Rights: Do They Exist?

By Maria Fogliasso

For many older Americans, maintaining relationships with their grandchildren is a priority. The benefits are reciprocal. Grandparents offer the child an added source of wisdom, friendship, and guidance, while grandchildren provide a renewed sense of purpose in the grandparent's life. In most cases, fostering that relationship is not an issue and parents encourage it. But what happens when grandparents are denied visitation? This problem is becoming increasingly more common with the changing family structure and complexities of modern life. Grandparent visitation rights do exist in all 50 states, but it is not a constitutional right and each state's requirements vary widely.

In Kansas, only two types of non-parents are allowed to petition for visitation rights with a child under the age of 18: grandparents and stepparents. The term "grandparents" is strictly interpreted and does not include great-grandparents or step-grandparents.

It's relatively simple for a grandparent in Kansas to get a "foot in the door" to request visitation rights with her minor grandchildren – just file an application in the county where her grandchild resides. However, she has a difficult road to travel before being awarded that right. A grandparent seeking visitation bears the burden of proving, with evidence, that (1) she has a substantial relationship with the child, and (2) that visitation is in the best

interest of the child.

Although there is no official list of factors to determine what constitutes a substantial relationship, courts might consider the frequency of past visitation as well as the attachment between grandparent and grandchild.

In deciding what is in the child's best interest, courts look at whether ordering grandparent visitation would best meet the child's physical, mental, and emotional needs. Courts also consider the child's feelings on visitation, the effect visitation would have on the parent-child relationship, why the parent opposes visitation, mental health of all adults involved, and whether the grandparent has a criminal record.

Another hurdle a grandparent will encounter is that the court assumes the grandchild's parent is a fit parent, and as such makes decisions (about visitation and otherwise) in the best interest of his or her child. However, it was recently decided that the parent's determination of what is in the child's best interest is not absolute. This means the court is not required to make a finding of parental unfitness before awarding grandparent visitation.

Should the grandparent feel it necessary to attack fitness of the parent, the issue could go beyond

the fight for visitation rights. If a parent is deemed unfit, the court may declare the grandchild a "child in need of care." When the court finds a child in need of care, the possibility exists that the state could find it necessary to remove the child from the parent's home.

The legal definition of an unfit parent is "one who is unsuitable, incompetent, or not adapted to his or her role as parent." What that specifically means remains ambiguous. It may include treating a child with cruelty or keeping a child in inhuman surroundings. It may also involve neglecting, refusing, or being unable to provide necessary support and education. Evidence of a violent or uncontrollable temper is another way to establish unfitness. The simplest way to prove a parent's unfitness is by presenting evidence of prior court declarations demonstrating the parent's inability to properly care for his or her child: removal of the child from the parent's home combined with the parent's failure to carry out an approved plan directed at the child's return, declarations that the child is a child in need of care, abandonment of the child, or criminal convictions involving murder, sex offenses, or crimes against any person.

The battle for grandparent visitation is difficult, and the stakes are high. In addition to the legal challenge of obtaining visitation, a grandparent would be wise to also consider the strain litigation puts on family relationships. Opening a simple line of communication with parents is often more effective and avoids putting grandchildren in the middle of an uncomfortable situation.

For more information contact Kansas Legal Services at (800) 723-6953.♣

Quotes And Jokes For Our Folks

• Kidneys and Livers

Two old men were arguing the merits of their doctors. The first one said, "I don't trust your fancy doctor. He treated old Jake Waxman for a kidney ailment for nearly a year, and then Jake died of a liver ailment."

"So what makes you think your doctor is any better?" asked his friend.

"Because when my doctor treats you for a kidney ailment, you can be sure you'll die of a kidney ailment."

• Thanks for Flying

An airline pilot wrote that on this particular flight he had hammered his ship into the runway really hard. The airline had a policy, which required the first officer to stand at the

door while the passengers exited, give a smile, and a "Thanks for flying XYZ airline." He said that in light of his bad landing, he had a hard time looking the passengers in the eye, thinking that someone would have a smart comment, but no one seemed annoyed. Finally everyone had gotten off except for one little old lady walking with a cane. She approached and asked, conspiratorially, "Sonny, mind if I ask you a question?" "Why no Ma'am, what is it?" "Did we land or were we shot down?"

• An Elderly Gent

An elderly gent was invited to his old friends home for

dinner one evening.

He was impressed by the way his buddy preceded every request to his wife with endearing terms-calling her Honey, My Love, Darling, Sweetheart, Pumpkin, etc. The couple had been married almost 70 years, and they were still very clearly in love.

While the wife was off in the kitchen, the man leaned over and said to his buddy, I think it's wonderful that, after all the years you've been married, you still call your wife those loving pet names.

The old man hung his head. I have to tell you the truth, he said. I forgot her name about ten years ago. ♥

"Because when my doctor treats you for a kidney ailment, you can be sure you'll die of a kidney ailment."

In Kind

Alota Storage, LLC

Newsletter

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Beverly Smith

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Dale Strathman

Kirk Thompson

Larry Welch

Kathryn & Gerald Wietharn

Thank you for your Donations



Mayday! Mayday!

Enroll Your Loved One in Safe Return for FREE on May 1, 2005

The Alzheimer's Association – Heart of America Chapter through the support of the Jayhawk Area Agency on Aging has scheduled a Safe Return enrollment blitz on Sunday, May 1, from 2:00 – 4:00 p.m. The enrollment location will be at the association office at 515 S. Kansas Ave., Topeka.

Safe Return is a nationwide identification and registration program that works at the community level. Assistance is available 24 hours, every day whenever an individual with Alzheimer's disease or a related dementia wanders off and becomes lost.

The enrollment fee is \$40 but, on May 1 the enrollment fee will be waived for individuals with dementia who live at home. Please contact Cindy Miller at 785.234.2523 for registration details.●

- A bi-monthly publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed, 5,000

Your newsletter. Write us at

Jayhawk Area Agency on Aging, Inc.

1720 SW Topeka Blvd.

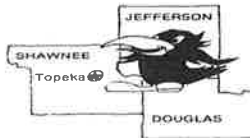
Topeka, Kansas 66612

(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 Jayhawk Area Agency on Aging, Inc.



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For Shawnee, Jefferson and Douglas
Counties

1720 SW Topeka Blvd
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Phone: 785-235-1367
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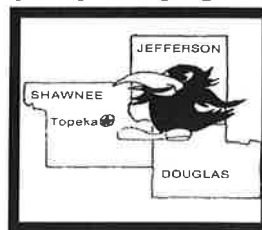
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