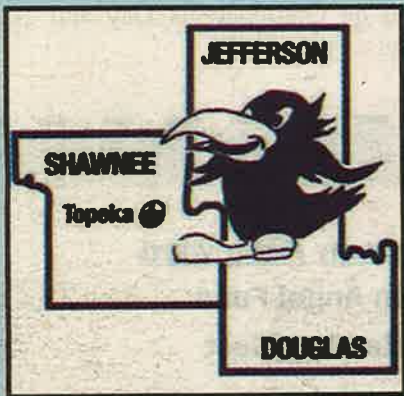


Amazing Aging!

For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

SUMMER 2007



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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www.jhawkaaa.org



On May 8, Topeka Mayor Bill Buntin, Greater Topeka Chamber of Commerce Ambassadors, and other supporters officially dedicated Jayhawk Area Agency on Aging's new 2910 SW Topeka Blvd facility.

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Email: annette.jaaa@hotmail.com

A Message from the Board Chair

JAAA salutes Kansas' grandparents

Marsha Goff
JAAA Board Chair

Grandparents are one of childhood's greatest blessings. It took a long time to formally celebrate that blessing, however, as Grandparents Day has only been in existence since President Jimmy Carter signed it into law in 1979.

Marian McQuade, a West Virginia mother of 15, is credited with starting the effort in 1970 to create a day with three stated purposes: to honor grandparents, to give grandparents an opportunity to show love for their children's children and to help children become aware of the strength, information and guidance older people can offer.

While I personally believe those three purposes already exist in any good grandparent/grandchild relationship, Grandparents Day—celebrated the first Sunday after Labor Day—is a good time for families to get together and remember how important they are to each other. It's a good time to break out photo albums, share family history through story telling and just enjoy each other's company.

It is also a good time for grandparents to recognize that their best gifts to grandchildren aren't purchased with money but are given from the heart: love, time and education. With few exceptions, I don't remember gifts from my grandparents that they bought at stores.

Instead, I remember Grandpa Jake, a schoolteacher, teaching me cursive writing by having me practice with a large nail because he didn't want me to waste pencil lead or ink. I remember gathering in Grandma Maude's living room with my aunts, uncles and cousins and singing hymns and Christmas carols while my mother played the piano.

I remember walking to the depot with Grandpa Marsh to mail a letter and I remember Grandma Ruth identifying birds by their songs on nature walks. I also recall Grams showing me how to focus the sun's rays through a magnifying glass to set a piece of paper on fire. Today, many would think that trick wasn't a good thing to teach a child, but—under Grams' close supervision—it was a neat experience and remains a precious memory of time

spent with her.

My two sons were fortunate to know both my husband's and my parents.

Although they were in or near their teens when their grandfathers died, their own children had the pleasure of knowing their great-grandmothers who were wonderful role-models for what grandmothers should be. It is good for children to recognize that, while physical capabilities may diminish, the capacity for exhibiting courage and showing love does not.

Grandparents Day is also a good day to remember those in nursing homes and neighborhoods who have no grandchildren or whose grandchildren live far away.

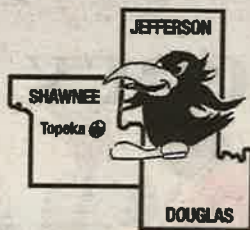
Grandparents Day was preceded by National Shut-In Day, proclaimed by President Richard Nixon in 1972. As early as 1961, Hermine Beckett Hanna, of New York, made it her goal to educate the young to the important contributions senior citizens have made and to the important contributions they are

willing to make if asked. She also encouraged children to adopt a grandparent, not for a day or for material giving, but because they have a lifetime of experience and love they'd like to share.

At Jayhawk Area Agency on Aging, we recognize the important contributions seniors have made and continue to make ... to our country, to our communities and to our families. We salute you on Grandparents Day and every day.

PLEDGE FORM

**Yes! I support the mission of
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☐ Monthly
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- Amazing Aging is a quarterly publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 5,000

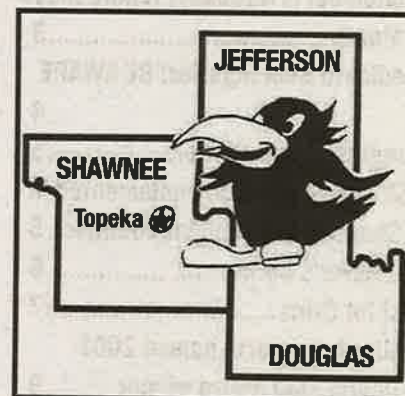
You are encouraged to write us at:

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2910 SW Topeka Blvd.
Topeka, KS 66611-2121
(800) 785-1366 or (785) 235-1367

Annette Thornburgh, editor

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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.



September is National Preparedness Month

WASHINGTON - The U.S. Department of Homeland Security will sponsor the fourth annual National Preparedness Month this September and encourage Americans to prepare for emergencies in their homes, businesses and communities. This year's effort has a growing coalition of more than 625 national, regional, state, and local organizations pledging support.

"It is vital that Americans take steps to prepare for emergencies at home, work or school," said Homeland Security Secretary Michael Chertoff. "Personal preparedness is paramount to effectively reacting to the effects of a disaster. By preparing yourself, your family, and your businesses, you allow first responders to prioritize efforts and aid."

For the first time, the month will focus on different areas of emergency preparedness.

September 1-8; Back-to-School (Ready Kids)

September 9-15; Business preparedness (Ready Business)

September 16-22; Multicultural preparedness (Listo)

September 23-30; Home and family preparedness, including pets, older Americans and individuals with disabilities

and special needs (Ready America)

Homeland Security Committee members, Sens. Joe Lieberman and Susan Collins, and Reps. Bennie Thompson and Peter King, have agreed to serve as honorary Congressional co-chairs of National Preparedness Month 2007 and lead the effort to increase public awareness on the importance of emergency preparedness on Capitol Hill.

The Ready campaign and the department's Citizen Corps program work closely together to promote activities across the nation that will encourage individuals to have an emergency supply kit, make a family emergency plan,

and be informed about the different threats that may affect them, as well as take steps to get trained and engaged in community preparedness and response efforts.

National Preparedness Month coalition members have agreed to distribute emergency preparedness information and sponsor activities across the country that will promote emergency preparedness. Membership is open to all public and private sector organizations. Groups can register to become National Preparedness Month coalition members by visiting www.ready.gov and clicking on the National Preparedness Month banner.

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Save the Date!

A NIMS (National Incident Management Systems) and ICS (Incident Command Systems). Training will be conducted by Kathy Allen from Shawnee County Emergency Management on September 27, 2007 from 8:30 to 4:30 pm at Jayhawk Area Agency on Aging. CALL JAAA FOR MORE DETAILS, or check out our website!



Community Resource Fair:

Vendors from area agencies including JAAA, Assistive Technology for Kansans, Topeka Transit, and more!

Demonstrations:

VitalStim, SaebFlex, AutoAmbulator, & Interactive Metronome

Screenings:

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KRH Neuro Symposium
Saturday
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12:30-4:00

This a free program
open to the public,
patients, caregivers,
and healthcare
professionals
Please RSVP
CEU's available

Schedule of Events: -

12:30 - 1:30 pm Focus on Multiple Sclerosis - Dr. John Clark, MD
Focus on Spinal Cord Injury - Dr. Sushmita Velloor, MD
Focus on Stroke - Dr. John Terry, MD

1:30-3:00 pm: Resource Fair, Technology Demonstrations, & Screenings

3:00-4:00 pm Focus on Brain Injury - Dr. Nicole Golding, MD
Focus on Parkinson's - Dr. Jules Nazzaro, MD

RSVP required, please call Leslie at 785-232-8524



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800-443-2207 Toll Free

Medicare Beneficiaries: BE AWARE!

Unfortunately there are people out there all too willing to separate you from your money. If you don't think it happens in Kansas, read on:

Medicare beneficiaries from the central Kansas area have received calls this summer from a group of scam artists.

The Scam:

Announcing he is "John Edwards" from the beneficiary's bank, the scam artist insists he needs to deposit \$350.00 into beneficiary's account. If "John" hears "No" he hangs up, but it doesn't end there! The scam artists continue to call back and continue to ask for banking information. They may even tell the beneficiary they are from Medicare and need to get the

check into their account.

A Kansas Medicare beneficiary who called in to report this scam said "NO!" because this same group was successful in getting \$350 out of her account just three weeks before! After losing the \$350 she called her bank and they worked with her to replace the funds. The bank also changed her account information.

A manager of a Care Facility has also reported a number of other beneficiaries within her facility and around the area who have been targets of this scam.

If you or someone you know have been victimized by this scam, or have experienced any other suspicious activity, please call:

- 1) Your Local Law Enforcement
- 2) Kansas Attorney General's Office 1-800-432-2310
- 3) Kansas Senior Medicare Patrol 1-800-432-3535
- 4) Senior Health Insurance Counseling of Kansas (SHICK) 1-800-860-5260

- 5) Jayhawk Area Agency on Aging, Inc. 800-798-1366/235-1367

If your phone has Caller ID, it would also be helpful to report the phone number and any other details you can provide. Let's stop these unscrupulous scam artists!

REPORT! REPORT! REPORT!

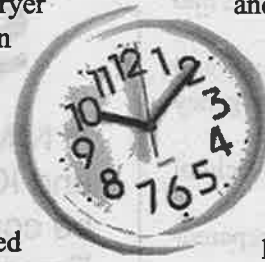


Time Saving Tips from Jackie Fincham

1. Do you have a pan that is burned on the bottom? Try putting a Bounce (or other name brand) dryer sheet new or used in the pan with water. This will loosen the black and make the pan much easier to clean with scouring powder and scrubber. Soak pan for a few hours first. Try a new or used dryer sheet for dusting as well—great for getting in to crevices and corners!

2. Groceries can be time saving if you put three or four bags in to the basket opened up and piled on top of each other. When the top bag is full, pull it out and the next bag is already there!

3. Contact Paper can be lifted from the backing easily by poking the contact paper side with a needle or straight pin. Poke a tiny hole with the pin and lift the pin up and the contact paper will come with it. Saves time and stress getting it loose.



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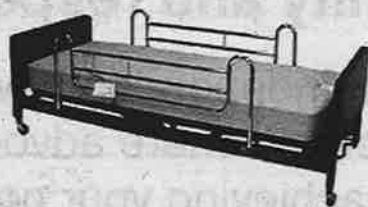
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Congressman's Corner

Congressional Constituent Services - Medicare questions

By Congressman Dennis Moore
Third District - Kansas

One of the most rewarding parts of my job is helping my constituents with any challenges they may face in dealing with federal agencies. Unfortunately, many people are not aware of the assistance that my staff and I can provide until it is too late! I appreciate hearing your views regarding legislation, but I can also provide practical assistance when it comes to dealing with the various agencies of the federal government.

For example, Medicare continues to be a hot topic for many of you. So, here are a few helpful tips:

- Medicare premiums are determined by the most recent tax return from the IRS, so one-time income increases (property sales, capital gains, cashing in an IRA, etc.) should only affect your Part B premium for one year. For example, 2007 Part B premiums were determined by 2005 tax information. So, if your premiums are increased one year due to a one-time increase, your premiums could decrease the following year.

- There are various processes in place if you disagree with your assigned premium or if you have experienced a life-changing event. Please contact 1-800-MEDICARE or your local Social Security office (785-843-2346) if you need more information.

- You can apply to receive extra help with your Medicare Part D pre-

scription drug costs. In most cases, if you qualify you will be automatically notified. You may also check to see if you qualify. This can be done on-line at www.medicare.gov or by visiting or calling your local Social Security office.

- If you are confused about the various Medicare Part D plans or have additional questions, more information can be obtained by contacting a SHICK (Senior Health Insurance Counseling for Kansas) representative toll free at 1-800-860-5260.

In addition, I occasionally hear from constituents who are being double billed for their Part D Prescription drug plan. What generally occurs is that the plan premiums are deducted from the Social Security benefits and sent to CMS (Centers for Medicare and Medicaid). CMS then, is to pay the premiums to the plan. When the computer system at CMS is slow to pay or other chal-

lenges exist, the plans have contacted the beneficiaries directly and requested payments or threatened with discontinuing services. Beneficiaries, at that time, have generally paid the premiums directly to the plan to avoid a discontinuation of services. Later, they have contacted Social Security and discovered that their premiums were still deducted from their checks; however the payments never made it to the plan, resulting in them paying double the amount.

If you have been contacted by a plan regarding late payments, the first step in resolving this issue is to contact Social Security first to make sure payments have been deducted from your benefits. Second, instead of talking directly with the private plan representatives, speak with a Medicare representative to alert them of the problem (1-800-MEDICARE 24 hours a day, 7 days a week). The payment arrangement is between CMS and the

plan and must be resolved between the two. If you are still unable to resolve the issue at this point, please contact my office (913-621-0832).

Also, be cautious when it comes to switching your Part D prescription drug plan mid-cycle. More and more seniors have been contacted by insurance representatives and convinced to change plans mid-cycle, only to discover the new plan does not serve them as well as the old plan. When the beneficiary tried to switch back to the original plan, they were instructed that they cannot change plans again until the annual general enrollment period. Therefore, please make sure you take the time to thoroughly examine all plan options to decide which will best fit your needs.

As always, contact Medicare or a SHICK representative if you have any questions. And, if you need assistance, please don't hesitate to contact me.

- Rep. Dennis Moore, member of the U.S. House of Representatives, represents the 3rd District in Kansas.



Rep. Moore



Put it on ICE

Emergency personnel are encouraging people to enter emergency contact numbers in their cell phone memory under the heading ICE, which stands for **In Case of Emergency**. Then, if the person is unable to communicate in an emergency, first responders will know whom to call for vital medical or personal information.



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Caregiver's Corner

Caring for others, caring for each other

By Annette Thornburgh
Amazing Aging Editor

fel-low-ship

1: Companionship/Company

2 a: community of interest, activity, feeling, or experience

b: the state of being a fellow or associate

3: a company of equals or friends

When you are a caregiver, you belong to a very large fellowship—about 50 million strong. Everyone is sure to join this fellowship at some point in life's journey. You may join the fellowship as the caregiver, the one being cared for, or both and perhaps even at the same time. It happens more often than one may think. The non-profit Pew Research Center discovered some startling statistics in a recent study: Slightly more than 1 of every 8 baby

boomers — those Americans roughly ages 40 to 60 — are simultaneously raising a child and providing some form of financial assistance to a parent. Demographers call them the "Sandwich Generation."

And sometimes the hardest thing in the world to do is to reach out—to admit, "I need help." It becomes especially difficult when you are a caregiver. But, if you take that step and do reach out, a wonderful thing happens. You connect with others who know where you are and where you've been. They foster hope and provide guidance as well as emotional and spiritual support so that you can go on doing what you must do everyday.

Reaching out, sharing and caring for each other was the aim of these nine men and women when I participated in the caregiver support group hosted by Marilyn Thomas, Caregiver Specialist for JAAA. Marilyn asked me to participate in a support session and relate my impressions in an article for *Amazing Aging*.



Come join the fellowship at a Caregiver Support Meeting.

The atmosphere in the support group, while tense and somber in the beginning, became tearful at times and humorous in others. The nine caregivers present were caring for husbands, wives and grandparents with a variety of ailments from severe diabetics, Alzheimer's disease, heart disease and dementia. I could relate to their experiences because I had been there. And fifteen years later after being a caregiver for my mother, I found myself comforted, understood and sustained. Once in the fellowship, you are always a member.

Concerns at the support group today revolved around the constant vigilance regarding medications, sleep problems, and the struggle with the ever-changing rules and regulations of assistance. Janet echoed the group's sentiments when she stated "It's up to you to monitor their medications like any doctor or nursing home facility."

"How do you get a man to wear depends?" lamented someone in the

group. Questions such as these, while not usually volunteered at a social gathering are the norm here. The caregiver support group is a safe, comfortable place to find answers to these very personal and often embarrassing questions. Caregivers need the answers, the camaraderie and the empathy of someone who's been there, and doesn't look at you funny for asking the question. And yes, there are options to the Depends question, and these suggestions are loving, creative and practical.

As the group winds down the time together, Marilyn reminds them of upcoming support groups, shares updates on any changes in services and gives suggestions on new assistance products available.

Marge smiles and says, "What a blessing it is to have a support group like this. They've saved my buns in so many ways. It is hard to remember me sometimes and this group helps me remember (me)."

Caregivers need the answers, the camaraderie and the empathy of someone who's been there, and doesn't look at you funny for asking the question.

Caregiver Support Groups

There is help out there! Please join us for any or all the meetings below!

Privacy and confidentiality are assured for those attending Caregivers Coffee Break Meetings. Please call Marilyn for more information (785) 235-1367.

Jefferson County

Meriden United Methodist Church
4th Tuesday 10 am, 200 Dawson

Caregiver's Coffee Break Meetings in Topeka

Meetings held at Classic Bean Coffee House at 2125 Fairlawn Road (Fairlawn Plaza)

August 15, 3:15 pm-4:15 pm
Sept 3, Holiday
Sept 19, 3:15 pm-4:15 pm
Oct 1, 12:30-1:30 pm
Oct 17, 3:15 pm-4:15 pm
Nov 5, 12:30-1:30 pm
Nov 21, No meeting
Dec 3, 12:30-1:30 pm
Dec 19, 3:15 pm-4:15 pm

Meetings held at RoseHill Clubhouse at 3600 SW Gage Blvd #97

Aug 22, 1:00-2:00 pm
Sept 26, 1:00-2:00 pm
Oct 24, 1:00-2:00 pm
Nov 28, 1:00-2:00 pm
Dec 26, No meeting

Meetings held at Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd (Across street east from Holiday Square)

Apr 11, 1:00-2:30 pm
May 9, 1:00-2:30 pm
June 13, 1:00-2:30 pm
July 11, 1:00-2:30 pm
Aug 8, 1:00-2:30 pm
Sept 12, 1:00-2:30 pm
Oct 10, 1:00-2:30 pm
Nov 14, 1:00-2:30 pm
Dec 12, 1:00-2:30 pm

Douglas County Caregiver Support Groups

(For more information, please call Douglas County Senior Services at 785-842-0543)

Douglas County Senior Services 1st and 3rd Mondays 2:15 to 3:45 pm, 745 Vermont, 2nd and 4th Tuesdays, 6:30 to 8:00 evenings, Lawrence, KS

Baldwin Public Library 3rd Thursdays, 2:00 to 3:30 pm, 800 7th St, Baldwin, KS

Are you a caregiver needing some help and support? Attend a Caregiver Support Group Meeting. Call Marilyn today! (785) 235-1367

Did You Know??

The value of the services family caregivers provide for "free" is estimated to be \$306 billion a year. That is almost twice as much as is actually spent on homecare and nursing home services combined (\$158 billion).



The Patient from Hades

By Marsha Goff
JAAA Board Chair

In a perfect world, "Angels of Mercy" (nurses) wouldn't have been forced to deal with "The Patient from Hades" (me). Of course, in a perfect world, I wouldn't have been hospitalized, so I guess you could say I was entitled.

My husband Ray says I was a model patient the first two days after surgery, sleeping round the clock and briefly rousing from time to time just long enough to say "HURTS!" The problems began when I started to get better ... but, unfortunately, not quick enough to suit me. I am an inexperienced invalid and on those rare occasions when I am ill, I fully expect to be well no later than yesterday. Hence, once conscious, a patient patient I am not.

When I became aware that the only parts of me that shouldn't be hurting—namely my legs—were encased in inflating devices clearly invented for use in the Spanish Inquisition, I became extremely crabby about their use. As soon as I could get out of bed and walk the hospital halls, thus eliminating the risk of blood clots, I flatly refused to wear them. "I'll assume the responsibility for not wearing them," I told the nurse, "but if you put those things on me, I'll take them off."

What a picture I must have made shuffling the hallways with my Tim Conway walk, hospital hairdo (lank on

top and sides, mashed flat in back), clad in my coziest (not prettiest) robe and well-worn mocs, while pushing an IV pole in front of me (not about to leave that morphine pump behind). Given the way I looked and felt, a good title for a movie of my excursion down the halls would be "Dead Woman Walking."

It occurs to me that my poor patient conduct may be inherited. You would think that Grandma Henry, herself a nurse who trained in a Victorian Era hospital, would have been a great patient. Not so, claimed the nurses who took care of her when she was hospitalized at age 85. The problem was that—because Grams insisted nurses were greatly overworked—she repeatedly ignored their instructions to push her call button when she wanted to get out of bed. Finally, fearful she would fall and break a hip, they restrained Grams with a device that laced her to the bed.

Late one night, a nurse came in to check on her and panicked when she saw an empty bed; Houdini Grams had escaped the restraint. Three nurses searched the hallways and were beginning to worry that Grams had gone outside when one thought to check her bathroom. There sat Grams. "You're not supposed to get out of bed by yourself," scolded the nurse. "That's why we put the restraint on you."

"Now that you mention it, I want to talk to you about that," said my very

provoked Grams. "I thought I'd wet my pants before I got all those ties undone!"

When my Uncle Hub—hospitalized in intensive care—improved enough to notice all the monitoring devices connected to him, he discovered that if he touched the metal bed in a certain way, it caused an alarm to sound. The first time was an accident. The second time ... well, after he had intentionally set off the alarm, the nurse rushed in to find her patient apparently unconscious or deceased. She leaned her head down to his chest and about had a heart attack, herself, when Uncle Hub said "BOO!" into her ear.

Mom badly scared her family after surgery when she suffered a blessedly brief—albeit seriously psychotic—reaction to anesthesia. But she scared her nurses even more. It was clearly their faults, Mom maintained, because they wouldn't listen when she'd tell them that someone was sneaking up behind them with a knife to stab them. One nurse,

who possessed the capacity to terrify doctors, was so frightened of Mom that she phoned me at 1:00 a.m. to say the doctor had ordered a calming shot for my mother, but she (the nurse) wanted my opinion on whether she should try to give it to her. "Sure!" I replied. Easy for me to say. I was six miles away and well out of Mom's range.

Frankly—because they have to deal with patients like me—I'm amazed that anyone chooses a career in nursing. I hope it is because they know that, despite the hard times we give them, patients have great respect for nurses and are glad they are there when we need them. Still, if I never need nurses again, I'll be delighted. And they, I promise you, will be ecstatic!

- Marsha Goff is the JAAA Board 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.

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Topeka KS 66611

(785) 235-1367

Dress up like everyone's favorite “Golden Girls” character, Sofia, for a look-a-like contest, judged by local celebrities. The winner will receive \$100.00 CASH. If trivia is more your cup of tea, come compete in a “Golden Girls” trivia contest for a chance to win a night's stay at the beautiful Barn Bed & Breakfast, valued at \$140.00!

Admission is free of charge. Please RSVP by Friday, September 28

At (785) 235-1367. Please join us for an afternoon you won't soon forget!

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.



From left to right: Jennifer Nigro, Audio Reader Volunteer Coordinator, Donna Kidd Award Winner Emlin North, and Peg Simpson, Audio Reader Outreach Director.

Emlin 'Pete' North named 2007 Donna Kidd Award winner

By Marsha Goff
JAAA Board Chair

Emlin "Pete" North, a Topeka resident, is regarded by officers of Kansas Audio-Reader Network as an outstanding volunteer "who puts in an extraordinary amount of time, care and effort to make sure listeners get the programs that they want and need, free of charge."

He became involved with Audio-Reader six years ago and spends two hours each week recording the Wichita Eagle for listeners. He also spearheads

"Meet the Readers" which allows listeners and readers to meet and provides listeners with the opportunity to give feedback and make suggestions about programming. Residents at Topeka's Aldersgate Village and Brewster Place have benefited from "Meet the Readers" events held at those sites.

A former director of fundraising for Menninger Foundation, Pete serves as

chair of Audio-Reader's Development Committee and came up with an idea for its annual fundraiser: the sale of used audio products donated from the community.

His concept is dubbed "For Your Ears Only"—a play on the Bond movie "For Your Eyes Only"—and utilizes the familiar James Bond theme music.

"I enjoy everything about my work with Audio-Reader," Pete—an avid Jayhawk fan—says, "including the drive to Lawrence each week."

It is clear that volunteering is a habit for Pete. He is active in the Topeka community and has served in a great many charitable and civic volunteer positions, among them: Friends of the Library, Mulvane Art Museum board, Topeka Jazz Workshop and Audubon board. Pete's productive life is laudable, but it is his gift of enriching the lives of others that makes him the perfect recipient of the 2007 Donna J. Kidd Award.

Meriden Home Health Care and Adult Services Plus, Inc.

Formerly known as Heartland Home Care & Heartland Adult Services Plus, Inc.

✦ "Dedicated to Quality Care" ✦

- | | |
|-----------------------------|---------------------------|
| ☑ Skilled Nursing Care | ☑ Home Health Aides |
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Harbor House
Memory Care
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HARBOR HOUSE
Memory Care Residence

"THE EXPERIENCE OF JOY"

Our mission at Harbor House Memory Care Residence is simple; We are in the business of creating extraordinary and joy-filled life experiences for our memory impaired residents.

We accomplish this goal in many ways. The manner in which we 'deliver' our services like stimulating and specialized activities, great food, housekeeping and caring personal assistance are the essentials of our services. While these services are important and help to make us a "good" provider, at Harbor House these are very fundamental services.

Similar to a hotel advertising air conditioning and color TV.

At Harbor House 'the basics' are just the Beginning.



So what does it take to fulfill our commitment of providing our alzheimer's and dementia residents their rightful daily "Experiences of Joy?"

It requires many things. More than anything it requires commitment, enthusiasm, passion and ingenuity from each and every Harbor House associate.
(A sense of humor, creativity and compassion are mandatory.)

Let Harbor House put some laughter and joy back into the lives of those you love.
Let us meet them in their world.

Call Today 785-856-5512
1126 Hilltop Drive, Lawrence

Email: harborhouse@sunflower.com

To place your ad in Amazing Aging!, please call Kevin toll-free at 877-841-9417.

Case Management Week is October 7-13

Case Management Week is a week-long celebration and serves to recognize case managers, to educate the public about case management, and to increase recognition of the significant contribution of case managers to quality healthcare for the patient, healthcare provider and payor.

Jayhawk Area Agency on Aging salutes our dedicated case managers and recognize the essential work and care they provide for the seniors and caregivers

of Shawnee, Jefferson and Douglas Counties.

For older adults, a case manager can identify risk factors early and help prevent medical complications that often lead to nursing home placement. In one study, a case management program reduced total hospital admissions by 54 percent and total health care costs by 33 percent.

For more information, please visit <http://www.cmsa.org>



JAAA welcomes John Glassman

JAAA welcomes and congratulates John Glassman, new Executive Director of Douglas County Senior Services.

Douglas County Senior Services provides a variety of programs, including Meals on Wheels, adult day care and transportation. Its senior cen-

ter organizes trips and offers computer classes.

Douglas County Senior Services
745 Vermont
Lawrence, KS 66044
785-842-0542
www.dgcoseniorservices.org

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Offering Clean, Safe, Affordable Housing for qualified seniors and non-elderly disabled.

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Call Manager Karol Freeman

(785) 266-5656

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Our sincere sympathies....

John H. Hope Sr passed away July 23, 2007.

John was a member of St. John the Evangelist Catholic Church and a board member of Jayhawk Area Agency on Aging and the Douglas County Agency on Aging. He was a past president of the Senior Chamber of Commerce and a volunteer at the Lawrence

Visitor Center. He was an avid fan of Washburn and Kansas University athletics.

"John was a passionate advocate for aging services in the community and we will miss his wealth of knowledge and passion," said Jocelyn Lyons, Team Management Leader for JAAA. We'll miss you, John.

SAVE THE DATE!

Caregiver Workshop sponsored by Jayhawk Area Agency on Aging in support of November as National Caregiver Month

When? November 17, 2007, 10 am to Noon

Where? Apostolic Church of Jesus Christ, 2420 SE Bellview Ave Topeka, KS

Possible Workshop Topics include veteran's benefits, health insurance information with a representative from SHICK (Senior Health Insurance Counseling for Kansas) and more!

For more information call Marilyn Thomas, Caregiver Specialist, (785) 235-1367.

Can't get enough news about healthy aging???

Check out

Kaw Valley Senior Monthly
785-841-9417

-Or-

60 and Better
A publication of Douglas County Senior Services
785-842-0543

Amazing Aging! Has a New Format!

The Jayhawk Area Agency on Aging's official newsletter, *Amazing Aging!*, is now printed on newsprint and has a tabloid format.

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

To place your ad in the next issue of *Amazing Aging!*, call Kevin Groenhagen toll free at 1-877-841-9417. (In Lawrence, please call 841-9417.)

JAAA Board of Directors

Douglas County

Marsha Goff
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Lawrence, KS

Vacant Seat

Martha Skeet
Secretary
Lawrence, KS

City of Lawrence

Marian Brown
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Topeka, KS

Shirley Biller
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Topeka, KS

George Thompson
Topeka, KS

Join our Team!

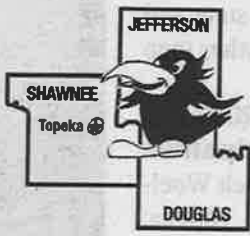
If you have a passion to help older persons and persons with disabilities live with dignity and choices in their homes and communities please consider joining our team at Jayhawk Area Agency on Aging.

The JAAA Board of Directors and Advisory Council are essential components of the Area Agency, which serve as sources of leadership and community support. However for the Board and Council to function effectively, a distinction must be made between them.

A Board of Directors is a governing body, appointed to establish policy for the AAA and to develop procedures for carrying out those policies. Advisory Council offers advice

and recommendations to the Board and Agency staff to help them accomplish their goals and implement policies and procedures. A council has no official governing power, and its authority is derived from its ability to enhance the expertise and understanding of Board officials with respect to needs, services, problems, and opportunities to improve service delivery to older persons.

The Jayhawk Area Agency on Aging currently has vacancies on the Advisory Council and Board of Directors. For more information, please call Barbara Swinney at 800-798-1366 or 235-1367 or check out JAAA's web site at: www.jhawkaaa.org



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.

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

HARD

Solution on page 14

**Watch for the next issue of
Amazing Aging! this fall.**

**JAAA
Advisory Council**

Douglas County

Robert Carnahan,
Chair
Lawrence, KS

Vacant Seat

Vacant Seat

City of Lawrence

Gary D. Hale,
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Beverly Thompson
Topeka, KS

Noda Preston
Topeka, KS

Vacant Seat

City of Oskaloosa

Ann Hundley
Oskaloosa, KS

JAAA clients share their experiences and concerns

Since 2005, 63 participants including policy makers, senior advocates and members of the media have taken part in JAAA's Independence Day Visits.

By information sharing and solution seeking at the Independence Day events, JAAA hopes to move toward the realignment of existing funding sources — so that more of our public and private dollars are directed at **affordable, cost effective, AND consumer-centered** home and community-based supports.

After an overview of JAAA's services, Independence Day participants accompanied a case manager on a home visit to a senior client. JAAA case managers are trained professionals who serve as advocates for their senior clients. They work to ensure that options available from caregiver support, Medicare Part D and other services are explained and understood by the senior, their family and friends.

"JAAA is appreciative of these poli-

cy makers and senior advocates for taking time to join us for Independence Day says Jocelyn Lyons, JAAA Team Leader. We can make an even greater impact at all levels—federal, state and local—if we work together rather than alone."

Our Thanks to these 2007 Independence Day Participants:

Topeka City Councilman Jack Woelfel, State Rep. Annie Tietze, Topeka, State Rep. Lana Gordon, Topeka, State Sen. Vicki Schmidt, Topeka, Joshua Dieker, a representative for congresswoman Nancy Boyda,

JoAnn Mzhickteno, Shawnee County Advocacy Council, Nina Skidmore, JAAA Advisory Council, Carol Sook, JAAA Advisory Council, Shirley Biller, JAAA Board, Kasha Stoll Topeka Capital Journal, Lawrence City Commissioner Boog Highberger, JAAA Board Chair Marsha Goff, Lawrence, and Christine Metz, Lawrence Journal World.

"By the year 2020, the year of perfect vision, the old will outnumber the young." - Maggie Kuhn, Founder of the Gray Panthers



From left to right: Virginia Epling discusses senior services with her case manager David Scott and Topeka City Councilman Jack Woelfel during JAAA's Independence Day visits.

Thanks to JAAA clients and casemanagers

Independence Day events could not take place without the hard work of JAAA's casemanagers and the hospitality of our clients.

Thanks to JAAA casemanagers, Dorothy Devlin, Rex Ellebracht, Susan Garcia, Beth Kinnan, Tim Loyd, Jenny Meerpohl, Yvonne Perry, Grace Reichle, David Scott, Shirley Strong and Barbara Tucker.

Thanks to JAAA Clients, David Treadway, Aretta Manis, Geo Hess, Evelyn Holmes, Barbara Harris, Virginia Epling, Farry Smith, Gloria Madere, Mary Seigrist, Arlene Wilson and Alpha Lusk.

Kansas senior citizens spelling bee set for October 11

Salina Senior Center, and City of Salina, Parks and Recreation 50 Plus program are co-sponsoring the first annual Senior Citizens State Wide Spelling Bee on Thursday, October 11, at 9:30 a.m. This Spelling Bee is open to any Kansas resident who is 50 years or older by October 1, 2007. The contest will be held on October 11, 2006, at 9:30 a.m. at the Bicentennial Center, 800 The Midway, Salina, Kansas. There is \$5.00 entry fee payable in advance. Please make checks out to the Salina Senior Center. Entry forms may be obtained online at our web site at www.salhelp.org/aging/spellingbee, or by calling 1-785-827-9818.

Entry forms are due back by Sep-

tember 14, 2007, to the Salina Senior Center 245 North Ninth, Salina, Kansas, 67401.

The grand prize will be a trip for two (2) to the National Senior Citizens Spelling Bee competition in Cheyenne, Wyoming, in June 2008, to compete against other state winners.

Spectators are welcomed and encouraged. Join the fun and sign up for the Spelling Bee by September 14, 2007.

SALINA SENIOR CENTER
245 N. NINTH
SALINA, KS. 67401
Phone: (785) 827-9818
Fax: (785) 827-1516
CHRYSTAL BRUNNER

The coffee's on us!

We offer all Senior Citizens FREE coffee at the new

Fairlawn Plaza Café

On the mall Every Wednesday!

21st & Fairlawn • Topeka KS

We're Just Your Style!

JAAA awards \$1.2 million to organizations

On April 12, 2007, Jayhawk Area Agency on Aging, Inc. awarded **\$1,221,383.00** to agencies and organizations in Douglas, Jefferson and Shawnee counties for the purpose of providing services for the elderly for the period of October 1, 2007 to September 30, 2008, in accordance with the Older Americans Act of 1965 as amended. Jayhawk Area Agency on Aging receives federal funds from the Administration on Aging, through the Kansas Department on Aging to fund social services such as:

- **Title III-B Supportive Services** that include, but are not limited to, transportation, legal, health screening, outreach, information, visiting and personal care services

- **Title III-C Nutrition Services** that include home-delivered meals and congregate meals

- **Title III-D Disease Prevention and Health Promotion Services** that include, but are not limited to, infor-

mation-age related disorders, routine health screening, and medication management education.

- **Title III-E Caregiver Services** that include services to a caregiver of a recipient 60+ years of age or a 55+ relative/grandparent providing care to children under the age of 19.

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

Examples of Direct Services provided by JAAA:

- Information and referral assistance
- Health insurance counseling such as Medicare Part D
- Caregiver counseling and referral
- Client assessment
- Case management

In addition to federal funds for social services, State funds are also provided through the Kansas Department on Aging for nutrition services.

JAAA will once again receive State

funds for 2008 to continue Senior Care Act services and Targeted Case Management for Shawnee, Jefferson and Douglas counties. In applying for funds, JAAA yearly develops a document known as the Area Plan which outlines goals for programs funded under the Older Americans Act, to be achieved for fiscal year 2008. (Oct 1, 2007 through September 30, 2008) 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 2008

- Assisted Services, Inc.
- Catholic Community Services/Friendly Visitors Program
- Community Action
- Community Resources Council/Older Citizens Information Program
- Douglas County Senior Services
- East Topeka Senior Center
- Jayhawk Area Agency on Aging/

IIIB & IIIE Direct Services

- Jefferson County Health Department
- Jefferson County Service Organization
- Kansas Assoc. of Area Agencies/Caregiver Campaign
- Kansas Legal Services/Jayhawk Legal Services
- Lawrence Meals on Wheels
- LULAC Senior Center
- Meals on Wheels of Shawnee and Jefferson Counties, Inc.
- Meriden Adult Services Plus, Inc.
- Midland Adult Day Programs
- Papan's Landing Senior Center
- Shawnee County Health Agency
- TEACH, Inc.
- Trinity Respite Care
- Title III-E FLEX and BATH Services

Consumers and organizations may address questions, concerns or suggestions to Jayhawk Area Agency on Aging at 800-798-1366 or 785-235-1367.

Keep your Social Security number safe or your number may be up

By Ancel Neuburger

Social Security District Manager in Topeka, Kansas

Did you ever think that your Social Security number may be the most valuable thing you have? Well, it certainly can be more valuable to an identity thief than a wallet full of cash and credit cards. That's why it is important that you keep your Social Security card and number safe.

We at Social Security do our part to protect your information. We strictly maintain the privacy of Social Security records. In addition, we require and carefully inspect proof of identity from people who apply to replace lost or stolen Social Security cards, or for corrected cards. We do this to prevent people from fraudulently obtaining Social Security numbers.

You, too, should treat your Social Security number and personal information as confidential. Don't share it with just anyone. Remember to shred important documents with your Social Security number and personal information before throwing it away.

And you should never carry your card with you unless you've been asked to show it to an employer or service provider.

When it comes to service providers and businesses, you should be cautious about sharing your Social Security number.

Many companies will ask for your number, but they may not need it to do business with you.

Any time you are asked for your Social Security number you should ask:

- Why do you need my number?
- How will you use my number?
- What if I refuse to provide my

number?

- What law requires me to give my number?

If you want to do business with the person asking for your number, the answers to these questions can help you

decide whether you feel safe entrusting your information to them.

To learn more about your Social Security number and card, and how to keep them safe, visit our web site at www.socialsecurity.gov.

The Social Security Administration has moved to 600 S.W. Commerce Place, across the street from Red Robin, near S.W. 6th and Wanamaker. (785) 295-0100.

The Topeka office serves Shawnee, Wabaunsee and Jackson counties and also is a training office for new employees in Kansas and Nebraska.



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



www.jhawkaaa.org

Grandparents Day is September 9

Grandparents Day was the brain-child of Marian McQuade of Fayette County, W.Va., who hoped that such an observance might persuade grandchildren to tap the wisdom and heritage of their grandparents. The first presidential proclamation was issued in 1978 — and one has been issued each year since — designating the first Sunday after Labor Day as National Grandparents Day. In honor of our nation's grandparents, the Census Bureau presents an array of data about these unsung role models and caregivers.

5.7 million

The number of grandparents whose grandchildren younger than 18 live with them.

Grandparents as Caregivers

2.5 million

The number of grandparents responsible for most of the basic needs (i.e., food, shelter, clothing) of one or more of the grandchildren who live with them. These grandparents represent about 43 percent of all grandparents whose grandchildren live with them. Of these caregivers, 1.5 million are grandmothers, and 915,000 are grandfathers.

1.7 million

The number of grandparent-caregivers who are married.

1.4 million

The number of grandparents who are in the labor force and also responsible for most of the basic needs of their grandchildren.

912,000

Number of grandparents responsible for caring for their grandchildren for at least the past five years.

496,000

Number of grandparents whose income is below the poverty level and who are caring for their grandchildren.

753,000

Number of grandparents with a disability who are caring for their grandchildren.

545,000

Number of grandparents who speak a language other than English and who are responsible for caring for their grandchildren. Of this number, 217,000 speak English very well.

\$40,359

Median income for families with grandparent-caregiver householders. If a parent of the grandchildren was not present, the median dropped to \$30,246.

73%

Percentage of grandparents who care for their grandchildren and who live in an owner-occupied home.

28%

Among preschoolers with employed mothers, the percentage regularly cared for by their grandparent during the hours their mom works.

Grandchildren

5.7 million

The number of children living with a grandparent; these children comprise 8 percent of all children in the United States. The majority of these children, 3.7 million, live in the grandparent's home.

2.1 million

The number of children who live with both a grandmother and a grandfather.

SUDOKU SOLUTION

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

Did You Know??

60+ population is 50,622,590 1.7% increase from 2005 and the first time the 60+ population has exceeded 50 million!;

65+ population is 37,260,352 1.3% increase from 2005); and

85+ population is 5,296,817 4.3% increase from 2005).

Figures based on the latest National Census Estimates of the US Population by Age (as of July 1, 2006)

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

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



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

Recipe: Strawberry-Cran Cooler

A refreshing and thirst-quenching drink to satisfy even the youngest.

Preparation time:

10 minutes or less

Servings:

4 - 10 oz..
5 A Day servings: 1 ½.

Ingredients:

2 ½ cups fresh or frozen sliced strawberries, reserving 4 slices or whole berries for glass decoration

2 cups chilled cranberry juice drink

4 tbsps. honey

½ cup ice

½ cup ginger ale

1. Combine strawberries, cranberry juice, and honey in blender and run on HIGHEST speed to puree strawberries. Once berries are smooth, and while blender is running, add ice and allow to blend until smooth.

2. Remove from blender base; add ginger ale. Stir briefly, pour into chilled glasses and decorate with a whole strawberry or slice on the rim of the glass. Serve immediately and enjoy.

Nutritional Information per Serving

Calories: 200
Total Fat: 0g
Saturated Fat: 0g
% of Calories from Fat: 0%
Protein: 1g
Carbohydrates: 53g
Cholesterol: 0mg
Dietary Fiber: 3g
Sodium: 10mg

Credit: Recipe developed for the Produce for Better Health Foundation by Chef Carmen I. Jones, CCP.

We're here to help you

By Grant Randall

Student, University of Kansas
School of Law

The citizenry of this country seem to have a natural skepticism towards the government, especially when government comes in the form of an agent of the state knocking on the door. The most innocent person can fall victim to unmerited paranoia. What did I do? Have they come to take me away? Worse yet, is it the IRS? That being understood, I haven't taken it personally when, as a legal intern with the SRS's Adult Protective Services division (APS), I've been referred to as "Big Brother" on more than one occasion. This Orwellian comparison is unfortunate. Most all government agencies and departments have been created to serve the interest and liberties of the people, and none more so than SRS. In fact, with their dedication to safeguarding the well being of those 18 years of age and older, and their mission to provide essential services to those in need, a more appropriate moniker might be Big Mother. We like to laugh at that idea.

APS workers make every effort to protect those who have fallen victim to abuse, neglect, or exploitation. This abuse can be physical, mental, or financial. Perpetrators can include family members, friends, medical caregivers or strangers. By investigating the situation, and cooperating with other area agencies, APS protects those who might otherwise be unable to protect themselves. Once an investigation is complete, the APS agent can confirm the perpetrator, which means their name will be added to the statewide registry; which is made public and is statutorily consulted by nursing homes and health-care facilities. They can also refer the matter for criminal prosecution, at the prosecuting attorney's discretion. The agent advocates for the victim throughout this process.

Another important aspect of APS is seen when individuals are found unable to care for themselves. The APS

agent will work with the individual to locate services that will best meet the person's needs, in a way that is most comfortable and unrestrictive to the individual. The inability to care for oneself can mean financially, where food, shelter, transportation, or help paying the bills is needed. This can also mean physically, if the individual has become disabled or incapacitated. When that happens, and there is no viable alternative, SRS follows the statutory requirement to initiate protective proceedings in probate court.

APS agents seek to protect those adults that they are licensed to serve while also ensuring that the individual's civil liberties are never compromised. SRS agents only investigate after receiving consent from the individual. No financial or health records are obtained without the individual's authorization, given by signing a release of information. The adult's rights are further protected once the agent is allowed to do their job, ensuring that the perpetrator will no longer abuse the victim, or anyone else for that matter.

A knock on the door from an APS agent is nothing to fear. A visit from an SRS social worker merits nothing short of your warmest welcome; they have only your best interest in mind. While I've been called "Big Brother" and talked to through the screen door on more than one occasion, almost all visits end with a sincere thank you and the invitation to come back any time.

Do you know a GRAND Parent?

Nominations for the 2007 GRAND-Parent of the Year Award, sponsored by GRAND magazine are now being accepted at www.grandmagazine.com. The deadline for nominations is September 3, 2007. Ten finalists and The GRANDParent of the Year will be announced in the NOV/DEC issue of GRAND magazine and on

www.grandmagazine.com. The winner will receive a seven-night Caribbean Cruise for two from Royal Caribbean International and each of the top 10 finalists will have their photos and essays published in GRAND magazine. Every grandparent nominated will receive a free subscription to GRAND magazine.

Grandparents as Caregivers program

The Grandparents as Caregivers program provides monthly financial assistance to grandparents raising grandchildren.

Eligibility Requirements:

- Grandparent or other qualifying relative
- Legal custody of child
- Live with the child

- 50 years of age or older
- Household income less than 130% of federal poverty level

Eligible grandparents will receive \$200 per grandchild, not to exceed \$600 per month.

For more information or for an application contact your local SRS office toll free at (888) 369-4777, or JAAA, 235-1367.

SAVE THE DATE!

CAREGIVING ACROSS THE AGES CONFERENCE & TRADESHOW

October 31 – November 2, 2007

Sheraton Hotel

8447 W 95th St

Overland Park, Kansas 66212

This conference and tradeshow is the premier opportunity to learn and network with other professionals serving caregivers across a five state area. Call JAAA for more details.

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ON AGING
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| ♦ Errand Services | ♦ Light Housekeeping | ♦ Flexible Schedules |

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Lawrence, Kansas 66049
Phone: 785-838-3401

www.kansaslegalservices.org

Brewster Place Retirement Community

What distinguishes Brewster Place?

- Maintenance free living with your choice of an elegant Townhome, luxurious cottage or spacious apartment.
- A focus on wellness...physical, spiritual, intellectual and social.
- A friendly & supportive staff.
- Convenient location.
- Beautifully landscaped campus.

the most!
Get ~~more~~
out of life.



For more information or a personal tour, please contact our Marketing Director, Phyllis Lansford, at 785-274-3350 or email her at brewster@brewsterplace.org

You can also visit us on the web at: www.brewsterplace.org