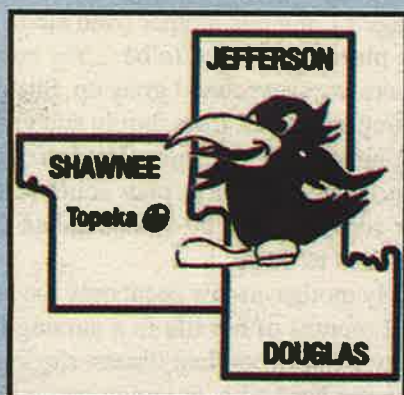


Amazing Aging!

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**

WINTER 2008



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

Inside this issue:

| | |
|---|----|
| Message from the Board Chair | 2 |
| Project LIVELY celebrates 25 years ... | 3 |
| Thornburgh reminds Kansans to check before they give | 3 |
| Social Security reminder for working retirees..... | 4 |
| Congressman's Corner..... | 5 |
| Kansas Silver-Haired Legislature .. | 6 |
| Jest for Grins | 7 |
| Caregiver's Corner | 8 |
| New AAA foundation study offers hope..... | 10 |
| Understanding and Preventing Older Adult Suicide..... | 11 |
| Sudoku | 11 |
| Food and Nutrition..... | 12 |
| Depression is not a normal part of aging..... | 13 |
| K4A's 2008 Public Policy Goals .. | 15 |

www.jhawkaaa.org



**JAAA
looks
forward to
serving
you in
2008!**

Non-Profit Org
US POSTAGE PAID
TOPEKA, KS
PERMIT NO. 961

If you do not want to be on our free
newsletter mailing list, please give us a call

Email: annette.jaaa@hotmail.com

Fax: 785-235-2443

Phone: 785-235-1367

Topeka, Kansas 66611

Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd
Topeka, Kansas 66611

A Message from the Board Chair

Aging in Place

By Marsha Goff
JAAA Board Chair

Home for the Holidays. It's the place almost everyone longs to be. Home is wherever you think it is - whether it's a house you've owned for 60 years, a house or apartment you rent, or an assisted living facility where you live semi-independently. At Jayhawk Area Agency on Aging, we're constantly working to keep seniors in their homes ... both during the holidays and every day of the year.

We all know that sometimes a nursing home isn't just one answer, but the only answer. However, with just a little help, most seniors can remain in the security and comfort of their homes. It's called "aging in place" and it's our job to enable seniors to do just that.

That is why we contribute program funding to the following providers in Douglas, Jefferson and Shawnee counties:

SHAWNEE COUNTY

Advantaged Home Care (Attendant Care, Homemaker); Advocate Home Care (Homemaker, Attendant Care); Assisted Services (Caregiver Support for Attendant Care, Homemaker, Respite); Catholic Charities/Friendly Visitors Programs (Telephoning); Community Action Agency (Repairs/Maintenance/Renovation, Material Aid); Community Resources Council (Information/Assistance); East Topeka Council on Aging (Caregiver Support, Telephoning, Transportation); Jayhawk Area Agency on Aging, Inc. (Information/Assistance, Outreach, Case Management, Assessment, Program Development, Coordination, Caregiver Support Information, Caregiver Support Assistance, Caregiver Support Flex Services, Caregiver Support Bath Items); Kansas Association of AAA (Caregiver Support Information); Kansas Legal Services (Legal, Supervision); LULAC Senior Center (Transportation); Meals on Wheels (Congregate Meals, Home Delivered Meals); Meriden Adult Services (Caregiver Support for Attendant Care, Chore, Homemaker); Midland Care Connections (Caregiver Support, Respite); Papan's Landing Senior Center (Recreation, Transportation, Telephoning, Visiting); Rueschhoff Corporation (Personal Emergency Response); Shawnee County Health Agency (Attendant Care, Homemaker, Screening); Teach (Grand-

parent Assistance, Grandparent Counseling); Windsor At-Home Care (Attendant Care, Homemaker).

DOUGLAS COUNTY

Assisted Services (Caregiver Support for Attendant Care Homemaker, Respite); Douglas County Senior Services (Adult Day Care, Caregiver Support Groups, Congregate Meals, Home Delivered Meals, Information/Assistance, Outreach, Transportation, Visiting); Jayhawk Area Agency on Aging, Inc. (Information/Assistance, Outreach, Case Management, Assessment, Program Development, Coordination, Caregiver Support Information, Caregiver Support Assistance, Caregiver Support Flex Services, Caregiver Support Bath Items); Kansas Association of AAA (Caregiver Support Information); Kansas Legal Services (Legal, Supervision); Lawrence Meals on Wheels (Home delivered meals); Mason's Memory (Attendant Care, Homemaker, Personal Emergency Response); Meriden Adult Services (Caregiver Support for Attendant Care, Chore, Homemaker); Midland Care Connections (Caregiver Support, Respite); Rueschhoff Corporation (Personal

Emergency Response); Trinity In-Home Care, Inc. (Caregiver Support for Attendant Care, Homemaker, Respite); Windsor At-Home Care (Attendant Care, Homemaker).

JEFFERSON COUNTY

Assisted Services (Caregiver Support for Attendant Care, Homemaker, Respite); Jayhawk Area Agency on Aging, Inc. (Information/Assistance, Outreach, Case Management, Assessment, Program Development, Coordination, Caregiver Support Information, Caregiver Support Assistance, Caregiver Support Flex Services, Caregiver Support Bath Items); Kansas Association of AAA (Caregiver Support Information); Jefferson County Health Agency (Attendant, Homemaker); Jefferson County Health Department (Age Related Disorders Information, Attendant Care, Caregiver Support, Medication Management, Screening); Jefferson County Service Organization (Information, Outreach, Transportation); Kansas Association of AAA (Caregiver Support Information); Kansas Legal Services (Legal, Supervision); Meals on Wheels (Congregate Meals, Home Delivered Meals); Meriden Adult Ser-

vices (Caregiver Support for Attendant Care, Chore, Homemaker); Midland Care Connections (Caregiver Support, Respite); Rueschhoff Corporation (Personal Emergency Response); Windsor At-Home Care (Attendant Care, Home-

maker). Despite using an electric wheelchair, until only three weeks before her death at age 87, my late mother lived alone in the place she wished to be ... the home where my sisters and I grew up. She required assistance from family and visiting nurses, but she appreciated the fact that if she wanted to play solitaire on her computer at 3:00 a.m., she had the freedom to do so.

My mother-in-law spent only the last four months of her life in a nursing facility. Prior to her final illness, she lived alone in her home, enjoying gardening and reading on her front porch with her cat at her side. Although my husband visited her daily and her sister-in-law grocery-shopped for her, she took pride in her independence as she had for 94 years.

If you or an elderly relative or friend require assistance with meals, personal care, housekeeping, transportation, legal issues or any of the other services we provide or fund, please call us at 235-1367 in Topeka or 1-800-798-1366 outside the Topeka area. We're here to help. It's what we love to do.

Happy Holidays to all of you.



- 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

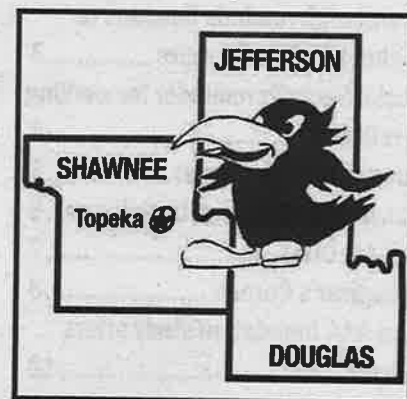
You are encouraged to write us at:

Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd.
Topeka, KS 66611-2121
(800) 785-1366 or (785) 235-1367

Annette Thornburgh, editor

Amazing Aging is a quarterly publication of Jayhawk Area Agency on Aging. Publishing of letters from readers, opinion columns or advertising does not constitute agreement or endorsement by this newsletter or Jayhawk Area Agency on Aging.

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.



Project **LIVELY** celebrates 25 years

A program that has helped seniors in Douglas County maintain their independence for 25 years has reached an exciting milestone.

Thousands of seniors living in Douglas County experience multiple health, social, financial, and/or housing problems and are sometimes unable to coordinate services on their own behalf.

A celebration to commemorate Project LIVELY (Life, Interest and Vigor Entering Later Years), a service of the Lawrence-Douglas County Health Department, was held on December 6 at the Community Health Facility, 200 Maine St., in Lawrence. The community is invited to attend.

"I think it's always important to take the time to celebrate programs that have a direct impact on making Lawrence one of the nation's top 10 retirement destinations," said Sandra Kelly-Allen, Project LIVELY Program Coordinator.

Project LIVELY began in 1982 as a means of connecting Lawrence and Douglas County seniors to providers

who assist with medication, house-keeping, transportation, adult day care, homemaker and respite services.

"Project LIVELY is the best thing that ever happened to me," said Alvera Grammer, who has lived in Lawrence for more than 60 years.

With 78 million baby boomers turning 65 in 2011 and roughly 80 percent of older Americans living with at least one chronic condition, the need for Project LIVELY's services is integral to the health of our community.

"I truly believe that the test of a community is in the way that it cares for its older adults," Kelly-Allen said. "We here at Project LIVELY are proud to be part of that process."

For more information about the program, call the Health Department at (785) 843-3060 and ask for the Project LIVELY Coordinator or e-mail Kelly-Allen at: skelly@ldchealth.org.

The Health Department and Project LIVELY staff would like to thank everyone who helped us celebrate our 25th anniversary.

Thornburgh reminds Kansans to check before they give

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

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

The address for Kansas Charity Check is www.kscharitycheck.org. The

website includes a search feature that allows users to search the 2963 charitable organizations registered in Kansas; determine the amount of money raised by the charitable organization; the percentage of money the organization uses for fund raising expenses; and the amount of money the organization contributes to the charitable purpose.

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

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



**Secretary of State
Ron Thornburgh**

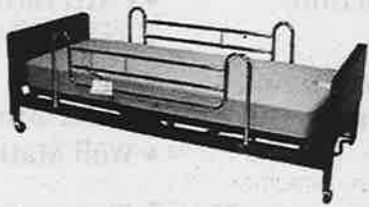


ADVANCED HOMECARE MEDICAL EQUIPMENT RENTAL AND SALES



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

- Mastectomy Products & Many Daily Living Needs
- We Bill: Medicare, Medicaid & Private Insurance



785-841-2200

2500 W. 31st • Lawrence

1 1/2 BLKS WEST OF 31ST & IOWA, EASY ACCESS FROM K-10 BYPASS

24 Hour Emergency Service 1-800-827-9406



Social Security reminder for working retirees

Let us know now if you expect to earn more this year than you thought

By Ancel Neuburger

Social Security District Manager in
Topeka, KS

A growing number of retirees are including work — either full or part-time — in their retirement lifestyle. Some of these retirees work because they need the income; others work because they find it helps them to stay physically and mentally active. Whatever their reasons for working, all retirees need to understand the relationship between working and their Social Security benefits ... including when to let Social Security know about their earnings.

Here are a few brief reminders if you or someone you know is a "semi-retired" beneficiary.

For workers who are 'full retirement age' or older

If you work and are full retirement age or older, you may keep all of your benefits, no matter how much you earn. This year, the full retirement age for workers born in 1942 is 65 years and 10 months. The full retirement age for workers born in the years 1943 through 1954 will be 66 years of age, and

then gradually rise to age 67 for people born in 1960 or later. You can find out exactly what your full retirement age is by visiting our website at www.socialsecurity.gov/pubs/ageincrease.htm and typing in your year of birth.

For workers who are between age 62 and full retirement age

The earliest you can apply for Social Security retirement benefits is age 62. And if you are younger than full retirement age, there is a limit to how much you can earn and still receive full Social Security benefits. If you are younger than full retirement age during all of 2007, we must deduct \$1 from your benefits for each \$2 you earned above \$12,960. And we do not count pensions, savings or investment income toward these threshold amounts — only wages or self-employment income.

If you reach full retirement age during 2007, we must deduct \$1 from your benefit payment for each \$3 you earn above \$34,400, until the month that you reach your full retirement age.

Because we adjust the amount of your Social Security benefits based on

what you have told us you would earn this year, it is important to let us know if you think your earnings for 2007 will be different than what you originally told us.

If other family members get benefits based on your work, your earnings after you start getting retirement benefits could reduce their benefits, too. However, if your spouse and children get benefits as family members, their earnings affect only their own benefits.

It's important to note that if a retiree's earnings cause benefits to be withheld before they reach full retirement age, Social Security will increase that retiree's monthly benefit amount starting at full retirement age. This will also increase the benefit amount paid to his or her survivors.

If you need help in estimating your

earnings, contact us at 1-800-772-1213. When you call, please have your Social Security number handy.

For more information about Social Security retirement benefits and working, read the pamphlet, *How Work Affects Your Benefits*. You can find a copy online at www.socialsecurity.gov/pubs/10069.html. Or you can call 1-800-772-1213 (TTY 1-800-325-0778) to request a free copy.

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

YOUR HEALTH COMES FIRST!

Use the Bankruptcy Law To Protect Your Health & Financial Well-being
Stop Bill Collectors, Repossessions & Foreclosures

Come see me and I'll show you how to get a fresh start!

HARPER LAW OFFICE, LLP

Topeka 354-8188 • Lawrence 749-0123

A Debt Relief Agency That Provides Legal Advice

Helping People File for Relief under the Bankruptcy Code for over 25 Years!

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!

MISSION TOWERS



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

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group
- Library
- Entertainment
- Well Maintained

Call Manager Karol Freeman

(785) 266-5656

2929 SE Minnesota • Topeka





Congressman's Corner

Roberts shares legislation update

By Pat Roberts
U.S. Senator, Kansas

Seniors are a growing population in Kansas and throughout the country. When I hold town hall meetings across the state, I often receive suggestions and advice on how we can better assist our older Kansans. I want to update you on legislation that will have a positive impact on Kansas seniors and their families.

First, with my support, Congress passed legislation renewing the Older Americans Act. The Older Americans Act authorizes more than \$1.8 billion in funding for state and community programs on aging, mental health services, community service employment programs, and for prevention of elder abuse. Programs that fall under Title III of the act such as supportive services and centers, family caregiver support, nutrition programs like Meals on Wheels and disease prevention efforts

will receive increases in funding.

As a member of the Senate Health Committee with jurisdiction over this legislation, I had to ensure seniors in Kansas benefited from the final legislation. There was concern that critical funding for these programs would be cut. Under the new law, funding formulas were adjusted for states like Kansas with growing aging populations. Kansas' share of the funds is expected to increase over funding levels in past years.

Second, with passage of the Medicare Modernization Act (MMA), seniors are now able to get prescription drug coverage for the first time through the Medicare program. In Kansas, we have over 50 plans offering prescription drug coverage through this new program. As a result of this program, seniors are saving an average of \$1200 per year on their



Sen. Roberts

drug costs.

You should review your Medicare plan regularly to make sure your current plan is meeting your needs. If you are unhappy with your current plan, explore other drug plans as you may

be able to find lower cost alternatives. Through December 31, seniors have the option to change Medicare prescription drug plans. Please contact Medicare at <http://medicare.gov> or call 1-800-MEDICARE this month to begin making enrollment changes in prescription drug coverage

for 2008. I know that sometimes sorting through all of these plan options can be frustrating and confusing. I encourage you to visit with the staff at the Jayhawk Agency on Aging who can help you wade through the various choices to pick the plan that best fits your needs.

As a member of the Senate Finance Committee, my goal is to get a Medicare package approved this year to improve benefits for Medicare beneficiaries and to improve payments for Medicare providers, such as home health care providers and local pharmacies. I'm sure many seniors have also heard about potential Medicare cuts to physicians, which could ultimately hurt their ability to provide care to seniors. My colleagues and I are focused on ensuring this doesn't happen. It is my hope Congress can act quickly on these improvements.

I want to hear from you - call my office in Topeka or visit my website at <http://roberts.senate.gov>. If you would like to know more about issues before the Senate, please visit my website, and be sure to sign up on my home page for a monthly e-newsletter, The Roberts Report, that offers regular updates on my work for Kansas.

Make a New Year's Resolution



NOT TO FALL!
FREE
Balance Screening
Tuesday,
January 29th!
1:00-3:00 p.m.

Does this describe you?

- Falls in the past six months
- Difficulty getting up from chairs
- Loss of balance while walking or standing
- Dizziness or Vertigo
- Have to hold onto furniture to walk
- Knees buckling
- Increased weakness

This **FREE** clinic will help you find out what you need to do to be safe and prevent serious injury from falls. Call us today to register at 785-232-8524.

Kansas Rehabilitation Hospital

A joint venture of **HEALTHSOUTH** and Stormont-Vail HealthCare

1504 SW 8th Avenue • Topeka • 785-232-8524
www.kansasrehab.com



Enjoy Your Independence!

Make your own decisions with dignity and respect.

Call Topeka Independent Living Resource Center, where advocates assist you in achieving your goals of freedom and equality.

785-233-4572 V/TTY
800-443-2207 Toll Free



Kansas Silver-Haired Legislature

WORKING ON YOUR BEHALF: The Kansas Silver Haired Legislature

The Kansas Silver Haired Legislature (SHL) is a unicameral legislature composed of 125 representatives. All are over 60 and are elected from their county residence. Wyandotte, Johnson, Shawnee and Sedgwick counties have 5 additional delegates.

The legislature provides an educational experience in the political process and provides an opportunity to identify priority concerns of Kansas senior citizens. The SHL develops bills and resolutions which are presented to the Kansas Legislature and the Governor as recommendations for state policy.

The purpose of the Silver Haired Legislature is:

- **To Educate** - Participation provides experience in the political process.
- **To Inform** - Actions of the SHL inform the public and the Kansas Legislature on concerns of the elderly.
- **To Involve** - The SHL provides over 412,000 seniors a way to become involved.

Silver Haired Legislators are charged with the following responsibilities:

- Advocate for the legislation by the SHL
- Testify at hearings on SHL legislation
- Meet with seniors in their county/district on SHL legislation affecting the elderly
- Attend scheduled SHL meetings

The SHL is funded by donations and volunteer help. Contributions are tax deductible and may be made payable to the "SHL Treasurer" and sent to the treasurer or to any Area Agency on Aging.

Silver Haired Legislator elections are conducted by the Area Agencies on Aging across the state every two years. Candidate registration forms, petitions and filing instructions are available from any area agency on aging. Any Kansan aged 60 and over who is a registered voter may file for candi-

dacy. The term of office is two years. To become a candidate, obtain the rules and procedures from an Area Agency on Aging or an officer of the SHL. If you do not want to become a candidate, support your Silver Haired

Legislator(s) and suggest issues of concern to the elderly.

In October, the Silver Haired Legislature met in Topeka for three days and approved two bills and three resolutions. "The bills are planned to be drafted and pre-

sented for introduction early in January," stated Jim Snyder, Speaker for the SHL.

The bills and resolutions passed during the 2007 session:

1. Enactment of the Geriatric Mental Health act and establishing a geriatric mental health service program administered by the Kansas Department on Aging.
2. Provisions for mandatory reinstatement of certain insurance policies.
3. Provision for certain amounts of casino revenues for a Senior Services Fund and a new health care for seniors fund.
4. Resolution commending Kansas Legislature to provide cost of living adjustment for retirees.

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

5. Resolution for Kansas Legislature to help combat predatory lending practices on Income Tax Refund Advances that adversely affect the elderly and other residents of Kansas.

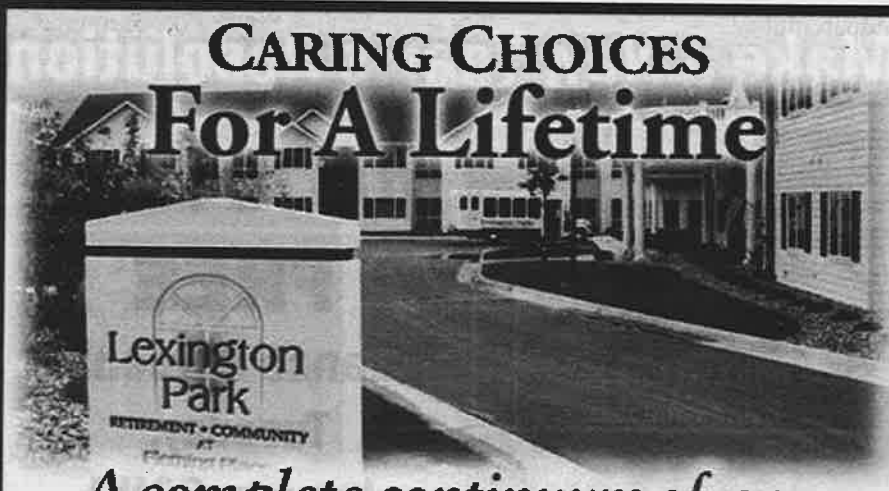
THANKS TO THE FOLLOWING AREA DELEGATES FOR THEIR TIME AND DEDICATION!

Jefferson County: Bette M. Fordford@grasshoppernet.com
Douglas County: Joann Wiley, alternate
SHAWNEE COUNTY:
District #1, Doris J Williams - dwill918@sbcglobal.net
District #2, Betty Dunn, Chair - dunnbetty@sbcglobal.net
District #3, Genitha Clark - grannyclark@sbcglobal.net
District #4, Jim Snyder -

rsnyder409@aol.com
District #5, Berniece Smith - berniece-smith@aol.com
District #6, James Miller - snyderfan89@sbcglobal.net

To become a candidate for the Silver Haired Legislature in Shawnee, Jefferson or Douglas Counties, or to find out more, call Marsha Ridinger at JAAA. 785-235-1367 or 800-798-1366 mridinger@jhawkaaa.org.

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



**CARING CHOICES
For A Lifetime**

A complete continuum of care

**Lexington Park
Independent Living Apartments
1011 Cottonwood 273-4545**

**Lexington Park
Assisted Living Apartments
1021 SW Fleming Ct. 233-7511**

**Lexington Park
Nursing & Post Acute Care
1031 SW Fleming Ct. 440-0500**

Across from Gage Park on 10th

www.lexingtonparkcommunity.com



God's reward for having children

By Marsha Henry Goff
JAAA Board Chair

Now that nature has decreed it impossible, I wish I'd had more kids. Not for the kids, mind you, but for the grandchildren they produce. Whoever said "grandchildren are God's reward for having children" hit the nail right on the head! Those of you who have grandkids understand this. Those of you who don't should continue reading because this is information that you'll likely have a future need to know.

There are huge differences between children and grandchildren. For example, grandchildren can be sent home before they drive you crazy. Also, if grandkids behave badly in public when they're with you, it's not your fault. It's their parents' fault for not training them better. And any savvy grandparent knows that parental responsibility begins when grandbaby has a loaded diaper. This is one of the best perks of grandparenthood.

When my children were young, I was so busy taking care of them that now I've forgotten important things

like: Was it Ray, Jr. or Greg who called olives "jobs?" Which kid would only eat peas he smashed with his thumb and peeled off that digit with his tongue? I think I know which kid did what, but I'm not 100 percent sure. I do, however, remember that it was Ray, Jr. who, bright and early one morn, recovered weenies—thrown out the night before—from the garbage can and shared them with the dog for breakfast. And it was definitely Greg who scrubbed the utility room floor with Raid Ant Killer utilizing his brand new winter coat as a rag.

However, with grandkids, my memories are not at all vague. I'm certain that it was B.J. whose favorite Sesame character was the Count, Gabe who could hum the entire Jeopardy theme at 16 months, Sammi who decorated her closet doors with a permanent marker, and Zoe who had a Guinness world record collection of the red Teletubby: Giant Po, Keychain Po, Bathtub Po, and three identical Pos whose names—Vicki and Steve Po, Grandma and Grandpa Po and Topeka Po—allowed her to distinguish between them.

The fact is that every single thing grandchildren say or do is cute! Cute was Gabe at age five flawlessly reciting

the Pledge of Allegiance, then saying, "And now for our mission statement: 'Sunset Hill provides opportunities ...'" He didn't have a clue what words like "opportunities" or "potential" or "environment" meant, but coming from his lips in his chirpy little voice, they sounded—you guessed it—cute!

At 6-years-old, Samantha, the Brownie in our family, cut her finger on safety scissors during a meeting her mother Val, who served as Brownie leader, conducted at their home. Sammi declined her mother's offer of help and headed for an upstairs bathroom to find a Band-Aid. A short time later, Val heard her sobbing and rushed up to find a blood-spattered bathroom and a near-hysterical Sammi. "It turned out to be a small cut," says Val, "but there was so much blood Sammi couldn't tell where it was coming from and had bandaged three of her fingers in an effort to stop the bleeding." Sammi looked at her mother with tear-blinded blue eyes and pleaded in a quavering voice, "I want to LIVE!"

Ray and I are fortunate to have our grandchildren nearby. For most of our lives, my sisters and I lived 90 miles away from my paternal grandparents. Still, we saw them ten times more often

than we saw our maternal grandparents in Oklahoma. I think both grandparents and grandchildren lose when separated by distance.

However, there were compensations. My cousin Mike, who lived next door to my maternal grandparents, noticed how thrilled Grandma and Grandpa were to see us on our infrequent visits and asked his mother, "Can't we move far away so Grandma and Grandpa will be glad to see US?"

My friend Jean recently lost three of her grandchildren to Minnesota when her son accepted a job there. While she is putting on a brave front, I suspect she is feeling exactly like I would feel if my grandchildren ever move out of our area. I'm pretty sure Jean has calculated the mileage from her door to theirs to the nearest tenth of a mile. And I'll bet she has memorized the phone numbers of the airlines that offer cheap fares from Kansas City to Minneapolis. I don't know about you, but I'm buying stock in airlines!

- Marsha Henry 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.



CELEBRATE!

The Governor will send a letter to those reaching their 80th birthday or couples celebrating their 50th wedding anniversary. Include the accurate spelling of the person's name, salutation (Mr., Mrs., or Ms., etc), age, birth date, and complete mailing address of the recipient. Allow several weeks for processing and mailing.

Address:

Governor Kathleen Sebelius
Constituent Services
State Capitol, 2nd Floor
Topeka, KS 66612-1590
E-mail: governor@state.ks.us



**Comfort
Keepers**

Randy & Sarah Cox, Owners

SERVICES AVAILABLE:

- ◆ In-Home Companionship
- ◆ Meal Preparation
- ◆ Grocery Shopping
- ◆ Sitting Services
- ◆ Transportation
- ◆ Grooming & Dressing Guidance
- ◆ 24 Hour Care Available
- ◆ Laundry & Linen Washing
- ◆ Periodic Review With Family
- ◆ Errand Services
- ◆ Light Housekeeping
- ◆ Flexible Schedules

FREE IN-HOME CONSULTATION CALL:

267-8200

OUR CAREGIVERS ARE SCREENED, BONDED AND FULLY INSURED

www.comfortkeepers.com



Caregiver's Corner

Caregiver Support Group Meetings, January-June 2008

Douglas County

Douglas County Senior Services 745
Vermont, Lawrence, Ks
785-842-0543
1st and 3rd Mondays 2:15 to 3:45 pm

2nd and 4th Tuesdays 6:30 pm to 8:00
evenings.

Baldwin Public Library 800 7th St.
Baldwin, Ks.
3rd Thursday of the month 2:00 to 3:30
pm.

Jefferson County

Meriden United Methodist Church
200 Dawson Meriden, Ks.
4th Tuesday of the month 10 am

Shawnee County

Classic Bean
2125 Fairlawn Rd
1st Tuesday of the month
3rd Wednesday of the month



There's No Place Like Home

An event benefitting Jayhawk Area Agency on Aging

Please join us for food, fun and listening and
dancing to the toe-tapping music of

Kings of Swing!

Only \$10 per person

Save this date:

May 7, 2008

5:30 p.m. to 9:30 p.m.

Great Overland Station

Topeka, Kansas



Your contribution helps JAAA assist seniors in the counties of Shawnee, Jefferson and Douglas

| | |
|---------------------------|--------------------|
| January 1 st | No Meeting |
| January 16 th | 3:00 – 4:00 (Wed) |
| February 5 th | 1:00 – 2:00 (Tues) |
| February 20 th | 3:00 – 4:00 (Wed) |
| March 4 th | 1:00 – 2:00 (Tues) |
| March 19 th | 3:00 – 4:00 (Wed) |
| April 1 st | 1:00 – 2:00 (Tues) |
| April 16 th | 3:00 – 4:00 (Wed) |
| May 6 th | 1:00 – 2:00 (Tues) |
| May 21 st | 3:00 – 4:00 (Wed) |
| June 3 rd | 1:00 – 2:00 (Tues) |
| June 18 th | 3:00 – 4:00 (Wed) |

Jayhawk Area Agency on Aging
2910 SW Topeka Blvd
2nd Wednesday of the month

| | |
|---------------------------|----------------|
| January 9 th | 1:00 – 2:30 pm |
| February 13 th | 1:00 – 2:30 pm |
| March 12 th | 1:00 – 2:30 pm |
| April 9 th | 1:00 – 2:30 pm |
| May 14 th | 1:00 – 2:30 pm |
| June 11 th | 1:00 – 2:30 pm |

Rose Hill
3600 SW Gage
4th Wednesday of the month

| | |
|---------------------------|----------------|
| January 23 rd | 1:00 – 2:00 pm |
| February 27 th | 1:00 – 2:00 pm |
| March 26 th | 1:00 – 2:00 pm |
| April 23 rd | 1:00 – 2:00 pm |
| May 28 th | 1:00 – 2:00 pm |
| June 25 th | 1:00 – 2:00 pm |

Aldersgate Village
7220 SW Asbury Drive
2nd Thursday at 2 pm

| | |
|---------------------------|---------|
| January 10 | 2:00 pm |
| February 14 th | 2:00 pm |
| March 13 th | 2:00 pm |
| April 10 th | 2:00 pm |
| May 8 th | 2:00 pm |
| June 12 th | 2:00 pm |

For more information on caregiver support groups, please call Marilyn Thomas at JAAA. 235-1367 or 800-798-1366

Kansas Legal Services

Topeka: 785-354-8531
Lawrence: 785-838-3401

www.kansaslegalservices.org

"There's No Place Like Home" Benefit Dance Sponsorship Opportunities



"There's No Place Like Home" accurately describes the mission of JAAA to enable seniors to age in place, to live in their homes as long as possible. We are grateful for your contribution because it enables us to better fulfill our mission.

A great many seniors in Shawnee, Jefferson and

Douglas Counties will live out their lives in comfort and dignity because of your generosity.

Honorary Co-Chairs:
There's No Place Like Home Benefit Dance
Marjorie and Barney Heeney
Topeka

Committee Members
Marsha Goff JAAA Board Chair, Lawrence
Jocelyn Lyons JAAA Team Management Leader
Martha Skeet JAAA Board Secretary, Lawrence
Beverly Thompson, JAAA Advisory Council, Topeka
Jeanene Johnson, Social Director Brewster Place Retirement
Community, Topeka

Yes, I want to help!

\$5,000 to \$10,000
\$1,000 to \$4,999
\$500 to \$999
\$100 to \$499
Up to \$99

Over The Rainbow
Tinman with a Heart
Intelligent Scarecrow
Courageous Lion
Friendly Munchkin

Here is my check for: \$ _____

Name: _____

Business Name: _____

Address: _____

City/State/Zip: _____

Email: _____

All sponsors will be highlighted in the spring issue of *Amazing Aging*, and gratefully acknowledged in all promotional material not only for the dance but also for all Older Americans Month activities in the month of May 2008.

For more information concerning sponsorship opportunities, please call Jocelyn Lyons at 785-235-1367 or 800-798-1366.

Harbor House
Memory Care
Open Now

Memory
Day Care
Program
Respite

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.**

New AAA foundation study offers hope for improving senior drivers' performance

Washington, DC—Senior drivers 70 years of age or older who take classroom driving improvement courses and behind the wheel training can improve their driving performance, according to a new study released today by the AAA Foundation for Traffic Safety and Yale University.

Out of 27 million people currently aged 70 or older in the United States, an estimated 20 million have active drivers' licenses. The Census Bureau predicts by 2020, those aged 70 or over will grow to 37 million and by 2030, over 50 million. The study was undertaken to research ways to reduce the safety risk of older drivers, according to AAA Foundation President and CEO Peter Kissinger.

"An intervention, such as driving improvement classes that include behind-the-wheel training, can enhance senior driving performance and potentially prolong their safe driving years," Kissinger said. "Hopefully, this study will encourage seniors, families and health care professionals to engage in discussions about this important traffic safety issue."

The research, "Enhancement of Driver Performance Among Older Drivers," used 126 drivers aged 70 years or older who recorded sub-optimal driving performance scores dur-

ing road tests. Participants were then divided into two groups, one undergoing eight-hours of classroom training, based in part on AAA's Driver Improvement Program, plus two-hours of behind-the-wheel training and the other serving as the control group. Drivers who took the classroom and on-road training showed significant improvement in their driving skills.

"Senior drivers cherish their mobility and families and health professionals struggle with the issue of how long their loved one or patient should be allowed to drive," said Kissinger. "This study shows there are ways to improve driving performance of seniors."

"There are a number of changes that can occur with aging that may potentially affect driving safety," said Dr. Richard Marottoli, the study's principal investigator from Yale University. "Doctors and other rehabilitation specialists can take an active role in helping seniors identify and work on potential problems in advance that may limit their mobility later."

Generally available throughout the United States, various driver training programs for older drivers are provided by AAA and other organizations. In 33 states and the District of Columbia a senior can qualify for an insurance discount upon taking a course, most of

which do not include on-road instruction. Bills proposing car insurance discounts for senior drivers are pending in three states.

Established in 1947 by AAA, the AAA Foundation for Traffic Safety is an independent, publicly funded, 501(c)(3) charitable research and educational organization. The AAA Foun-

dation's mission is to prevent traffic deaths and injuries by conducting research into their causes and by educating the public about strategies to prevent crashes and reduce injuries when they do occur. The report "Enhancement of Driver Performance Among Older Drivers," is available online at www.aaafoundation.org

Driving Courses

Date: February 23rd

Location: Brewster Place Retirement
Community Instructor: Kansas Highway Patrol Public Resource Officer, Tim McCool

Fee: \$20.00

For more details and to register, call Betty Oliva at AAA Kansas (785) 233-0222 or (866) 245-6222

AARP Driver Safety Program

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. AARP has offered the course in the classroom for 25 years and now offers the same course online.

AARP Driver Safety Course

Stormont Vail Health Care (in cooperation with Healthwise 55)

1500 SW 10th Ave

Topeka, KS 66604

Class Size Limited! Call to register asap. 354-5225

Course Fee: \$10.00

January 10th 10:00 AM

January 11th 10:00 AM

Mr. Tim Edwards, Instructor

On-Line Course also available from AARP. For details you can visit www.aarp.org or call 1-888-227-7669.

An insurance discount may apply upon completion of driving class.

For applicability in your particular situation, please consult your insurance agent.



IMPORTANT MEDICARE DATES

November 15 was the first day you could change your Medicare health or prescription drug coverage for next year.

This is the one chance this year most people with Medicare have to make a change in their health and prescription drug plans. Enroll as early as possible—the earlier the better—to avoid any issues at the pharmacy counter in January

December 31 Enrollment Ends

In most cases, December 31 is the last day you can change your Medicare coverage for next year. **January**

1 Coverage Begins Your new coverage begins if you switched to a new plan. If you stay with the same plan, January 1 is the date that any changes to coverage, benefits, or costs for the new year will begin.

Need help? Have questions?

• Jayhawk Area Agency on Aging, Inc. 235-1367 or 800-798-1366

• www.medicare.gov 1-800-MEDICARE (1-800-633-4227) TTY 1-877-486-2048

• Social Security Topeka Office, 785-295-0100



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.

10 TIPS FOR FAMILY CAREGIVERS

1 Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.

2 Watch out for signs of depression, and don't delay in getting professional help when you need it.

3 When people offer to help, **accept the offer** and suggest specific things that they can do.

4 Educate yourself about your loved one's condition and how to communicate effectively with doctors.

5 There's a difference between caring and doing. **Be open** to technologies and ideas that promote your loved one's independence.

6 Trust your instincts. Most of the time they'll lead you in the right direction.

7 Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back.**

8 Grieve for your losses, and then allow yourself to **dream new dreams.**

9 Seek support from other caregivers. There is great strength in knowing you are not alone.

10 Stand up for your rights as a caregiver and a citizen.

JAAA Board of Directors

Douglas County

Marsha Goff
Chair
Lawrence, KS

John Studdard
Lawrence, KS

Martha Skeet
Secretary
Lawrence, KS

City of Lawrence

Marian Brown
Lawrence, KS

Vacant Seat

Jefferson County

Joyce Volmut
Topeka, KS

Tom Ryan
Treasurer
Valley Falls, KS

Gary Fowler
Nortonville, KS

City of Oskaloosa

Alice Lou Jeffers
Oskaloosa, KS

Shawnee County

Catherine Walter
Topeka, KS

Paul Monhollon
Vice Chair
Topeka, KS

Shirley Biller
Topeka, KS

City of Topeka

George Thompson
Topeka, KS

Seat Vacant

Understanding and Preventing Older Adult Suicide, January 30

This program is intended to increase awareness of the magnitude and seriousness of older adult suicide.

The training includes slides, a video, interactive learning and helpful resources.

A special feature of this training is a presentation of the results of a Shawnee County older adult suicide study for the years 2000 through 2004.

Professions who may find this workshop useful include: social workers, case managers, activity therapists, RN's, LPN's, LMHT's, CMA's, etc.

Certificates of attendance for 4.0 hours are available for all participants.

Cost for this workshop is \$35.00. Pre-registration is required.

To Register:

CALL

Lisa Narron

Office Manager

Prevention and Recovery Services
(785) 266-8666

Prevention and Recovery Services
lnarron@parstopeka.com

www.parstopeka.com

CPAAA sponsors conference, workshop

Catch a Wave to the Future Conference and Networking

Learn about:

- Outstanding nationally recognized speakers
- Grant writing and fundraising
- Baby boomer trends
- Health promotion
- Evidenced based programs

March 13th 8 am to 4:30 pm

Airport Hilton, Wichita

Registration \$35 Lunch Provided

For more information call Tara at 316-660-5225 or Monica 316-660-5229

Collecting or Hoarding? Steps to Under-

standing Hoarding

Wichita/Sedgwick County Hoarding Task Force presents: One-day intensive workshop on hoarding

Internationally known expert speakers

April 4, 2008

Wichita Marriott

Registration \$50 breakfast, lunch and snacks provided. Sponsored by the Central Plains Area Agency on Aging and the PEANE 2007 Grant through the Kansas Dept on Aging

For more information please call Stacy Nilles 316-660-5230 or 800-367-7298 or snilles@cpaaa.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.

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

HARD

Solution on page 15

JAAA Advisory Council

Douglas County

Robert Carnahan,
Lawrence, KS

Vacant Seat

Vacant Seat

City of Lawrence

Gary D. Hale,
Chair
Lawrence, KS

Emily Donaldson
Lawrence, KS

Jefferson County

Lynn Luck
Oskaloosa, KS

Mel Gray,
Perry, KS

Larry Martin
Valley Falls, KS

Shawnee County

Lois Long
Topeka, KS

Nina Skidmore
Topeka, KS

Carol De Groff Sook
Tecumseh, KS

City of Topeka

Beverly Thompson
Topeka, KS

Noda Preston
Topeka, KS

Beverly Cushinberry
Topeka, KS

City of Oskaloosa

Ann Hundley
Oskaloosa, KS



Food and Nutrition

Can tomatoes help fight prostate cancer?

Kansas Senior
Press Service

If tomatoes help fight prostate cancer,

why don't companies that sell processed tomato products print that message on their labels? The answer is more complicated than you might think.

The Food and Drug Administration (FDA) is the federal health organization responsible for accepting or rejecting the health claims that members of

the food industry want to make for their products. The FDA decides what health claims may be made, based on scientific evidence. Three years ago, the FDA reviewed all the scientific evidence from many studies concerning the cancer-preventing qualities of lycopene, a compound found in tomatoes, and determined that there was not enough affirmative research to support this health claim.

Before you begin to think less of the tomato's health benefits, consider the perspective offered by the cancer experts at the American Institute for Cancer Research (AICR). They agree with the FDA's decision, because researchers and nutritionists, not marketers, are the most reliable sources of information about a product's health benefits. In this sense, AICR supports the FDA's decision to deny supplement manufacturers the right to make a health claim that isn't supported by scientific evidence.

AICR also rejects the concept of "super foods," the idea that individual foods can protect or improve health on their own. Instead, AICR believes that vegetables and fruits act together to protect against cancer when incorporated into our daily diets. The AICR credits the tomato as a cancer-fighting food when it is included as part of a plant-based diet of vegetables and fruits.

AICR nutritionist Karen Collins, MS, RD, points out that, although the government rejected the claim, considerable evidence suggests that tomatoes do help fight cancer. Several lab studies have shown a correlation between tomato consumption and lowered cancer risk. Other studies show that lycopene in tomatoes stops the reproduction of many types of cancer cells, including breast, lung, and endometrial cancers.

Collins mentions supporting human studies of people who consumed varying amounts of tomatoes as part of a regular diet. Those who included the most tomatoes in their diets demonstrated lowered cancer risks than those eating fewer tomatoes.

AICR endorses the FDA's refusal to let tomatoes be promoted as a wonder food, but believes that they do play an important role in cancer prevention. As Collins says, no one type of food is powerful enough to stop cancer on its own. However, eating a combination of various plant-based foods, including tomatoes, seems to be a highly effective way to reduce cancer risk.

Source: The American Institute for Cancer Research



Nut Nutrition

While they are not a fruit or vegetable, nuts are important to one's overall diet and are, therefore, included in this website. In fact, our healthy recipe criteria PROVIDES AN EXTRA ALLOWANCE FOR NUTS BECAUSE THEY, LIKE FRUITS AND VEGETABLES, ARE SO IMPORTANT TO OVERALL DIET. We hope you'll find this nut information helpful as you add more of them to your meals and snacks.

| | |
|-----------|----------------------|
| Almonds | Brazil Nuts |
| Cashews | Hazelnuts (Filberts) |
| Macadamia | Peanuts |
| Pecans | Pine Nuts |
| Pistachio | Walnuts (English) |

http://www.fruitsandveggiesmorematters.org/?page_id=845

What's In Season?

December, January, February

| | |
|----------------|------------------|
| Apples | Belgian Endive |
| Bok Choy | Brussels Sprouts |
| Cherimoya | Chestnuts |
| Coconuts | Dates |
| Grapefruit | Kale |
| Leeks | Mushrooms |
| Oranges | Parsnips |
| Pears | Persimmons |
| Pummelo | Radicchio |
| Red Currents | Rutabagas |
| Sweet Potatoes | Tangerines |
| Turnips | Winter Squash |
| Yams | |



Recipes

Grandma's Chicken Vegetable Soup

A delightful soup that warms your soul.

This is one of our own Fruits & Veggies-More Matters™ recipes. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Category: Soups

Think Variety; Think Color:

Preparation time: 30 minutes

Serves: 4

Cups of Fruits and Vegetables per Serving: 1

Ingredients:

- 1 - 14 ½ oz. can reduced-sodium chicken broth
- ½ cup water
- 1 lb. (3 medium) potatoes, cut into ½-inch cubes
- 1 medium carrot, cut into ¼-inch slices
- 1 lb. boned and skinned chicken breasts, cut into 1-inch chunks
- 1 medium zucchini, cut into ¼-inch slices
- 3 green onions, sliced
- 2 tsp. dried basil
- 1/8 tsp. salt
- 1/8 tsp. black pepper

and bring to boil. Add potatoes and carrot; cover and cook 5 minutes. Add chicken, zucchini, onions and basil; bring to boil, reduce heat, cover and cook until chicken is opaque throughout, about 7 minutes. Season with salt and pepper.

Each serving provides: An excellent source of vitamins A and C and potassium, and a good source of folate, magnesium and fiber.

Credit: Recipe was supplied for Produce for Better Health Foundation courtesy of United States Potato Board. Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutritional Information per Serving

Calories: 240
Carbohydrates: 25g
Total Fat: 3.1g
Cholesterol: 65mg
Saturated Fat: 1.0g
Dietary Fiber: 4g
% of Calories from Fat: 12%
Sodium: 216mg
Protein: 28g

In 3-quart saucepan over medium heat combine broth and water. Cover ©2007 Produce for Better Health Foundation. All rights reserved.



AN APPLE A DAY...

Did you know about 2,500 known varieties of apples are grown in the United States. More than 7,500 worldwide

Senior Centers: Meet Friends, Make Friends, Have Fun!

Senior Centers are often gathering places for seniors in Kansas communities. They're a good place to receive information about senior adult services and enjoy a variety of activities with friends and neighbors. Actual hours of operation vary in each community. While there are usually social activities that may be free of charge, some senior centers provide services on a contribution basis. Others may charge for certain services. You can call the Senior Centers listed to find out the days and hours of operation.

Activities and services that are sometimes offered at Senior Centers include:

• Educational programs • Health information • Health insurance • Legal services • Job service • Entertainment • Craft classes • Financial advice • Transportation • Counseling programs • Noon meals • Computer classes • Community Service Opportunities • Exercise classes

DOUGLAS COUNTY

Baldwin Senior Center
1221 Indiana
Baldwin City, KS 66006
785-594-2409
Lawrence Senior Center
745 Vermont
Lawrence, KS 66044

785-842-0543

www.dgcoseniorservices.org

JEFFERSON COUNTY

Valley Falls Senior Center
509 Broadway
Valley Falls, KS 66088
785-945-3714

SHAWNEE COUNTY

Auburn Senior Center
Auburn United Methodist Church
240 East 8th St.
Auburn, KS 66402
785-256-2917
Rossville Senior Citizen Center
429 Pearl St.
Rossville, KS 66533
785-584-6364
Silver Lake Senior Citizen Center
404 East Lake Street
Silver Lake, KS 66539
785-582-5371
Lulac Multipurpose Senior Center
1502 Seward Ave.
Topeka, KS 66616
785-233-1828
Papans Landing Senior Center
619 N.W. Paramore
Topeka, KS 66608
785-232-1968
East Topeka Senior Center
1114 S.E. 10th Street
Topeka, Kansas 66607
785-232-7785

Veterans Mental Health Hotline

The Topeka VA is operating a 24/7 hotline for veterans to call for information about mental health services, including PTSD. The hotline is staffed by trained professionals.

Hotline Number: 1-888-899-9377

This hotline serves the state of Kansas, parts of Missouri, and parts of Illinois. Eight VA hospitals participate in this program and include: Leavenworth, KS, Topeka, KS, Wichita, KS, Kansas City, MO, Columbia, MO, Poplar Bluff, MO and Marion, IL.

If a veteran cannot be served by one of these hospitals, the hotline staff will refer them to a VA hospital in their area.

A national Suicide Prevention Hotline is also available to civilians and veterans alike.

The number is: 1-800-273-8255

Callers will hear a menu of options, the first being the suicide crisis line for veterans. This option will take them directly to a trained counselor who will access the level of emergency and help the veteran appropriately.

Free tax assistance sites to open January 28

Low and moderate income taxpayers can save tax preparation fees by using one of the 12 free tax sites in Shawnee County.

Dates: January 28th through April 15th

Tax sites are both AARP-sponsored (Tax-Aide) sites and Volunteer Income Tax Assistance (VITA) sites.

Tax assistance times for the Jayhawk Area Agency location (2910 SW Topeka Blvd) will once again be Mondays

from 9:00 a.m. to 3:00 p.m.

A handy brochure detailing all county-wide locations, times and checklist of items to bring is available at Jayhawk Area Agency on Aging or call:

Cindy M. Evans, County Extension Agent K-State Research & Extension - Shawnee Co

1740 SW Western Ave
Topeka, KS 66604, 785-232-0062

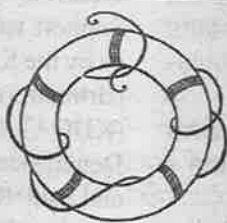
Brochure may also be downloaded at: www.oznet.ksu.edu/shawnee

Senior Outreach Services (SOS) available in Shawnee County

Home and community based mental wellness services are available to anyone over 60 years of age in Shawnee County. Senior Outreach Services (SOS) are provided by **Valeo Behavioral Health Care** clinical staff member, Tim Bonner, LCP. The first meeting is free of charge and many senior citizens will qualify for waiver of fees for six sessions. Tim reported, "The goal of Senior Outreach Services is to overcome any barriers that stand in the way of someone receiving mental health services. Our focus is on utilizing personal strengths to bring about solutions as quickly as possible."

According to Mr. Bonner, the most frequent needs that are addressed are: learning new coping strategies to adjust as changes come with aging, resolving issues that bring about a depressed

mood, helping families effectively communicate to unite in addressing the elder's changing needs, facilitating the grieving process as a senior citizen deals with losses, and support for caregivers. Tim facilitates a caregivers' support group each fourth Wednesday from 1:00 to 2:00 p.m. at the Rose Hill Senior Housing's community building, 3600 SW Gage Blvd., #79. It is open to anyone of any age who is in a caregiver role with an elder, even if it is not full time. The S.O.S. services are partially funded by a grant from Shawnee County. More information is available by calling Tim at **Valeo**, 233-1730 extension 3229. He is also available to speak to groups about this valuable service for senior citizens, as well as on topics regarding maintaining mental wellness.



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



WHY CHOOSE MIDLAND HOSPICE?

- Over 29 years of experience
- Not-for-profit, community based
- Care provided in the patient's home, nursing facility or hospital
- Medications, medical equipment and supplies related to the illness at no cost to the patient
- Art and Music Therapists on staff
- We accept all patients, regardless of inability to pay
- Bereavement support, including individual counseling, support groups, book discussion groups, reiki, massage therapy and yoga
- Serving 20 Kansas counties



www.midlandhospice.org

543 Lawrence Ave. • Lawrence 200 SW Frazier Circle • Topeka
785-842-3627 785-232-2044

635 S. Main St. • Ottawa
785-242-0002

Depression is not a normal part of aging

Depression is not a normal part of aging. Yet depression is a widely underrecognized and undertreated medical illness.

Depression often co-occurs with other serious illnesses, such as heart disease, stroke, diabetes, cancer, and Parkinson's disease. Because many older adults face these illnesses as well as various social and economic difficulties, health care professionals may mistakenly conclude that depression is a normal consequence of these problems — an attitude often shared by patients themselves.

These factors together contribute to the underdiagnosis and undertreatment of depressive disorders in older people. Depression can and should be treated when it co-occurs with other illnesses, for untreated depression can delay recovery from or worsen the outcome of these other illnesses.

What is Depression?

Depression is a serious medical illness; it's not something that you have made up in your head. It's more than just feeling "down in the dumps" or "blue" for a few days. It's feeling "down" and "low" and "hopeless" for weeks at a time.

Signs & Symptoms

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism

- Feelings of guilt, worthlessness, helplessness

- Loss of interest or pleasure in hobbies and activities that were once enjoyed

Treatment

A variety of treatments including medications and short-term psychotherapies have proven effective for depression.

New Brochure Available on Suicide Awareness for Older Kansans

The brochure, *Suicide Awareness for Older Kansans*, was developed by the Governor's Mental Health Services Planning Council and the Sedgwick County Aging and Wellness Coalition. Support was provided by the Kansas Department on Aging (KDOA), the Kansas Department of Social and Rehabilitation Services (SRS),

and the Kansas Department of Health and Environment (KDHE). The brochure is available on the KDHE website at: <http://www.kdheks.gov/idp/downloadSuicideandOlderAdultBrochure.pdf>. It will also be available through the 11 Kansas Area Agencies on Aging or any local health department.

Jayhawk Area Agency on Aging
785-235-1367

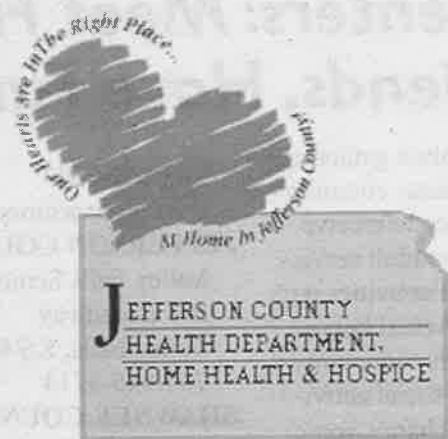
Jefferson County Health Department
785-863-2447

Lawrence/Douglas County Health Department
785-843-3050

Shawnee County Health Department
291-2490

Facts

- Kansas ranks 16th among the 50 states for suicide rates, and many of those deaths occur in the over-65 population.
- In 2005, 55 Kansans over 64 years old died by suicide — 47 men and 8 women.



Jefferson County Health Department, Home Health & Hospice

(785) 863-2447

1212 Walnut - Hwy. 59 - P.O. Box 324, Oskaloosa, KS 66066-0324
Public Health Fax: 785-863-2652 • Home Health/Hospice Fax: 785-863-3323

Do You Have Your Family Preparedness Guide? Call the Health Department today or download a copy from <http://health.jfcountys.com>

Health Clinics

(For questions and more information, please call 785-863-2447)

1st Wednesday of the month

Nortonville 9:00-10:30 Senior Citizens Center
Valley Falls 11:00-Noon at Township Hall

2nd Wednesday of the month

Fairview 9:00-10:00 am Fire Dept Community Room
Meriden 10:30-Noon Methodist Church

3rd Wednesday of the month

Perry 9:00-10:00 am Community Bldg
Grantville 10:30-Noon Community Bldg

4th Wednesday of the month

Winchester 10:30 to Noon Community Bldg

3rd Monday of the month

McLouth 10 30-Noon Senior Citizens Center No clinic on MLK Day and Presidents' Day at McClouth

Jefferson County Caregiver Support Group

Call Marilyn Thomas at Jayhawk Area Agency on Aging for details.

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

3rd Annual Lawrence Area Partners in Aging March Madness Senior Resources Fair

When?: Tuesday March 4, 2008 10 am to 2 pm.

Where?: Hy-Vee at 6th and Monterey Way, Lawrence, Ks.

What?: The Senior Resource Fair is designed to introduce seniors and their families to the businesses that belong to the Lawrence Area Partners in Aging (LAPA) and the services they provide.

For more information please call any of the following resource fair committee members: Kim Hoffman (842-0656) Seth Movsovit (856-5555) Ashley Schemm (842-0543) Tina

Roberts (842-0543) Julie Prideaux (842-3627) Kitty Shea (856-5512) and Marilyn Thomas (JAAA) 800-798-1366.

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

Meriden Home Health Care and Adult Services Plus, Inc.

Serving Jefferson, Shawnee and Douglas Counties for 12 years

✦ "Dedicated to Quality Care" ✦

- | | |
|-----------------------------|---------------------------|
| ☑ Skilled Nursing Care | ☑ Home Health Aides |
| ☑ Twenty-Four Hour Services | ☑ Attendant Care Services |
| ☑ Infusion Therapy | ☑ Homemaker Services |
| ☑ Rehabilitation Services | ☑ Chore Services |

Medicare Certified  **State Regulated**
Participating in Senior Care Act & Older Americans Act Programs

7210 K-4 Hwy, Suite C • Meriden, KS 66512
785-484-2699 • meridenhomehealth@earthlink.net

Kansas Area Agencies on Aging Association's 2008 Public Policy Goals

The Kansas Area Agencies on Aging Association (K4A) represents the 11 Area Agencies on Aging (AAA) in Kansas that collectively serve all 105 counties in the state. Jayhawk Area Agency on Aging services Jefferson, Shawnee and Douglas Counties. The AAAs provide assessments for community-based and facility-based services, information, care management and many other services

for Kansas seniors. In Kansas, AAAs are the "single point of entry," coordinating the delivery of publicly-funded community-based services. The Area Agency on Aging system is federally, state and locally funded and locally administered. Consequently, service delivery/decisions are made in the community, the level closest to the seniors needing services.

The Area Agencies on Aging in Kansas are part of a national network of 655 AAAs established by Congress in the Older Americans Act of 1965. The Area Agencies on Aging carry out their federal mandate as "the Leader" on aging issues at the local level. The Kansas Area Agencies on Aging Association works to improve services and supports for all older Kansans and their caregivers.

To meet the needs of Kansas seniors and to accomplish K4A Legislative Policy Priorities K4A urges:

Legislation:

- HB 2578 - Legislation to establish a program through which unused prescription drugs (from nursing homes, home health agencies, hospice, etc.) may be distributed for use by medically indigent persons.

- HB 2404 - Legislation to exempt purchases made by the eight not-for-profit Area Agencies on Aging from

sales taxes that are not levied on the AAAs supported through governmental entities.

Budget:

- **K4A urges \$1,569, 674 to fund Access to Core Services**

Changes in federal policy by CMS seriously affect the Area Agencies on Aging's (AAA) financial ability to access customers. These changes significantly impact the Medicaid reimbursement rates paid to AAAs. Area Agencies on Aging have no way to cover and cannot absorb these necessary costs that are no longer reimbursed under Medicaid.

- **K4A urges full funding of Home and Community Based Services for the Frail Elderly waiver (HCBS-FE) in FY 2008.**

- The HCBS-FE waiver program prevents the premature institutionalization of Kansas' senior population.

- By keeping seniors in the community as long as possible, last year, the HCBS-FE

Frail Elderly waiver program saved the state on average \$7,757 per person (\$19,392 all funds) over the cost of institutional care. The total savings to the state is \$45,144,576 annually (\$112,861,440 all funds) based on 5,820 seniors served.

- **K4A recommends funding of the Senior Care Act without a waiting list and urges funding of preventive**

services under the Senior Care Act.

- Basic care such as meals, homemaker, attendant care and others is available—often the key to allowing a person to stay in the community and to avoid entering the Medicaid system.

- The area of preventive services was amended into the Senior Care in 2005 but no funding was added for these services. Programs that promote healthy aging have been documented to provide a better quality of life for the senior and reduced health care costs for the state.

- **K4A recommends the Rapid Referral and Case Management in Kansas hospitals.**

The project piloting the Rapid Referral and Case Management showed significant improvement in coordination of community services and keeping seniors and those with disabilities in their homes, diverting them from placement in nursing homes and reducing occurrences of re-hospitalization.

- K4A recommends the addition of \$1,007,672 (all SGF) for nutrition programs. The additional funding would be used to address the new federal minimum wage requirement.

We would appreciate the opportunity to discuss these issues with you.

Inquiries may be directed to Jayhawk Area Agency on Aging Team Manager Jocelyn Lyons, 785-235-1367 or 800-798-1366. or:

Craig Kaberline, Executive Director
Kansas Area Agencies on Aging Association

email: k4aed@hotmail.com

Web site: www.k4a.org

(785) 267-1336

Legislation Supported

- K4A supports a state-wide effort of improve geriatric mental health within our Kansas communities. K4A advocates for funding for this core service flow through the Area Agencies on Aging whose role is to plan for community needs for the elder population within their service area.

- K4A supports the Silver Haired Legislatures initiative for adding two long-term care ombudsmen.

- K4A supports the efforts to improve the Grandparents as Caregivers legislation.

- K4A urges the promotion of employment programs and policies that meet the needs of older workers.

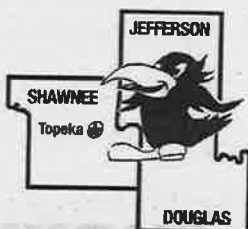


Golden Girls Tea

Over 100 ladies enjoyed tea and fellowship at the Golden Girls Tea, October 3rd. During the tea, participants dressed up like the Golden Girls character "Sophia." Congratulations to Frances Ufheil, who was the winner of the Golden Girls Look a Like Contest. Marianne Carlson took second place, while Molly Hills placed third. Our thanks to Bruce Jones of KSNT Channel 27 for serving as a judge.

PLEDGE FORM

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



Here is my tax-deductible contribution.

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

"Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Douglas, Jefferson and Shawnee Counties to help seniors live independent and dignified lives."

Please apply my gift toward

☐ Guardian Angel Fund

☐ Where Needed Most

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

Level of Giving

☐ \$25

☐ \$50

☐ \$100

☐ Other _____

Method of Payment

☐ Check Enclosed

☐ Bill Me

☐ Monthly

☐ Quarterly

☐ Annually

Thank you for your support!

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

SUDOKU SOLUTION

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

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.



BREWSTER PLACE
RETIREMENT COMMUNITY

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