

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

Spring 2016



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



A Message from Jocelyn Lyons, JAAA Executive Director

Older Americans Month 2016: "Blaze a Trail"

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the

opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

While Jayhawk Area Agency on Aging provides various direct and subcontracted services to older adults year-round, we will use Older Americans Month 2016 to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own. Throughout



Jocelyn Lyons

the month, Jayhawk Area Agency on Aging will conduct activities throughout Douglas, Jefferson and Shawnee counties and share information designed to highlight local programs, resources and suc-

cess stories. We encourage you to get involved by volunteering in your local area or attending events sponsored by various organizations, such as our "No Place Like Home" fundraising dance.

Statement from Assistant Secretary for Aging Kathy Greenlee welcoming passage of the Older Americans Act reauthorization

On behalf of older adults and those of us hoping to grow old, I am extremely grateful that the reauthorization of the Older Americans Act (OAA) has been successfully passed by both the House and Senate. Older adults consistently express their personal desire to age in their homes and communities, surrounded by the people, places and activities that give their lives meaning. For more than 50 years, the OAA has provided support to make that dream a reality; from home delivered meals and exercise classes to legal services and case management. In every setting and through every advancing year, OAA services support health, dignity and independence.

I applaud the dedicated work of the national aging services network of states, tribes, area agencies on aging, long term care ombudsman, local services providers and volunteers who make successful aging possible. Their work with and on

behalf of older adults and family caregivers makes a difference in millions of people's lives each and every day.

Our country is growing old. By 2020, the older adult population will number more than 77 million. One in every five people will be over the age of 60. And more than 34 million adult caregivers will provide uncompensated care to older adults. These numbers will continue to grow. The programs authorized by the Older Americans Act have never been more important to individuals, to families and to communities. The reauthorization of the Older Americans Act signals our commitment to the health and well-being of those of us aged and aging in America. The reauthorization is also a testament to the value of old age itself.

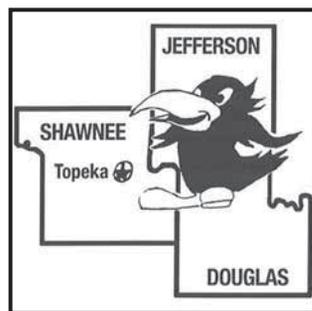
Kathy Greenlee
Assistant Secretary for Aging

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
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- Copies distributed: 7,000+

You are encouraged to write us at:

Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd.
Topeka, KS 66611-2121
(800) 798-1366 or (785) 235-1367

Marsha Henry Goff, editor



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Call Kevin at (785) 841-9417 to place your display ad in the Summer 2016 issue of Amazing Aging! The deadline is July 15.

Owen Dalaba: McLouth's barber for 58 years

By Marsha Henry Goff

From the window of his barbershop on McLouth's main street, Owen Dalaba — while cutting the hair of five generations of area men and boys — has watched the changes in the town that was once a bustling farming community. "When I came to McLouth there were four grocery stores, four filling stations, three feed stores, two blacksmith shops, a truck line, a jewelry store, a shoe cobbler. We didn't have a restaurant, but we had a drugstore, an undertaker, a lumberyard, and a Massey-Ferguson dealer."

Although McLouth has grown in population to around 900 residents, he says the town is "kind of like a bedroom community anymore. Like I said, when I came, it was a farming community. I'd have farmers come in here and loaf and visit. And now about three or four guys farm the whole countryside."

He understands why businesses have left the town. "Local stores can't compete with K-Mart, Wal-Mart and other big stores. You have to patronize local stores to keep them." Still, his business has survived for 58 years and he has been able to adapt to changes. For example, in February of 1958, when he was hired to be the shop's second barber, he shaved customers with a straight-edged razor until the popularity of electric shavers eliminated the need for barbershop shaves. Haircuts cost one dollar then. Presently he charges five dollars and still cuts the hair of the man who was his second customer on his first day at the shop.

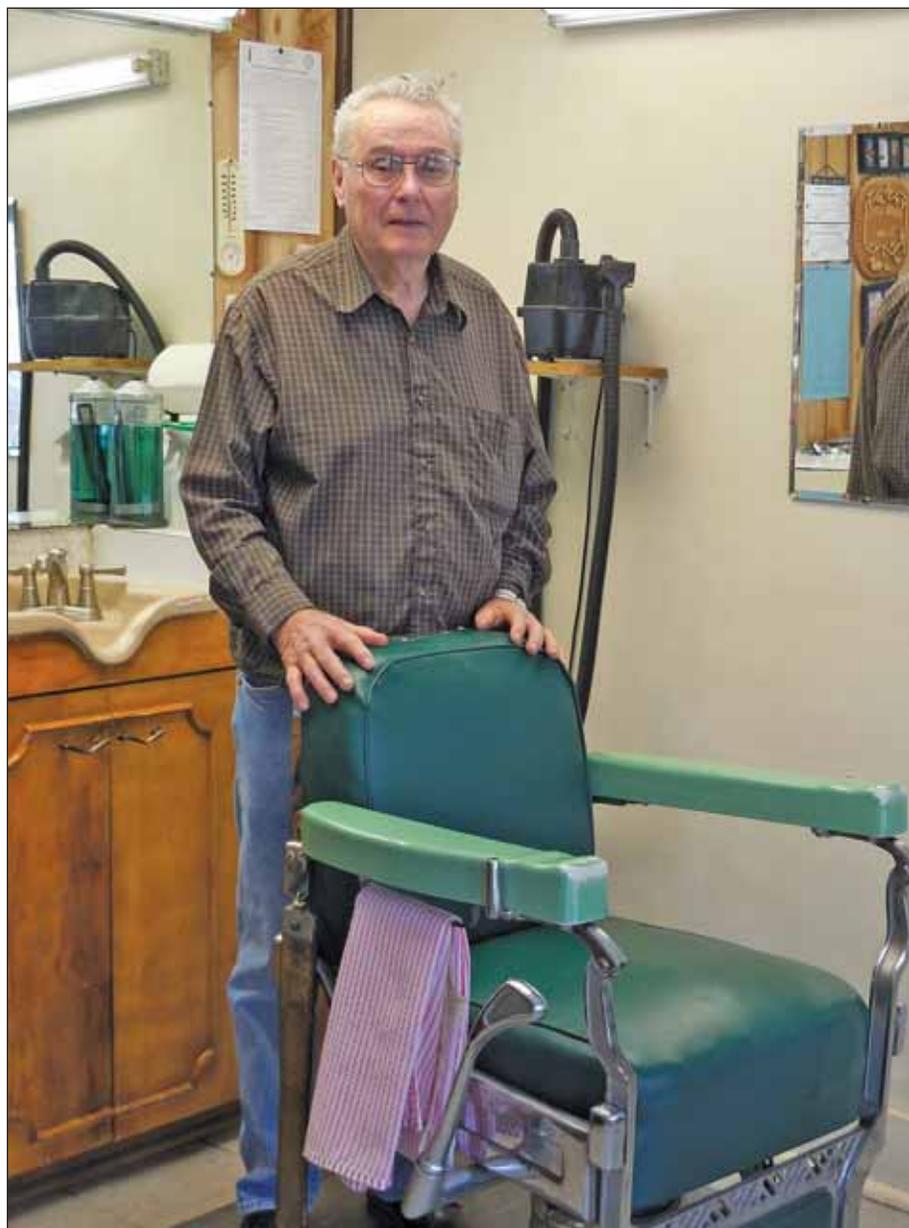
Within two years of his arrival, Dalaba bought the business and the building in which it is located.

Any interior improvements, like the wood paneling on the walls, were do-it-yourself projects. "I couldn't afford to have it done so I did it myself. I've had the pole outside for about 40 years. I had a wood one out there when I first started. And then it got all rotten so I bought that one."

In 1972, when long hair came into fashion, his business was cut in half, so for 15 years he upholstered furniture in his back room and cut hair in the front. While many of his customers still want flattops, he says the most unusual haircut he has given is a Mohawk. When asked if he dyed it purple, he replies with a smile, "I'm just a plain old barber. I'm not a beautician. I've had guys want me to put names in their hair and stuff, but I'm not a sculptor so if they want that, they have to go somewhere else."

Dalaba's barbershop is filled with a half-century of memorabilia and family pictures. A painted saw hangs on the wall, a gift from the wife of a customer. A certificate of appreciation from his church is displayed in a prominent place. "I'm a Christian and I believe in Jesus. I helped start the Nazarene Church here." A horseshoe hangs over the door to the back room. "I don't believe in luck so it's upside down. People come in and say I've got it hung up the wrong way. I like horses and had horses, quarter horses and Tennessee walking horses. I had one until I got so old I couldn't ride him anymore."

Dalaba, 81, and his wife of nearly 63 years have two sons and a daughter and five granddaughters. His customers are also like family to him. "A lot of my customers have died. That's the only bad thing about it. It's about like losing my family when one of them dies."



Dalaba stands ready for his next customer.

One of the best things about his job, he says, is that "I get to talk to people. He and his customers talk mostly about politics and sports. KU basketball has been a hot topic recently. Dalaba mentions the KU-OU game that went into three overtimes and expresses the opinion that "Perry Ellis ought to get to the NBA."

Barbering has been a good fit for Owen Dalaba and he is grateful that his late aunt and uncle who

lived south of McLouth told him that the town's barbershop needed another barber. "Business is pretty good," he says . . . and has been for 58 years.



Please recycle this copy of *Amazing Aging!* when you are through with it.

“Aged to Perfection” is JAAA’s first one mile walk/5K fun run

By 2030, 1 in 5 Americans will be 65 or older.

This year the youngest baby boomer will turn 52 years old.

Jayhawk Area Agency on Aging (JAAA), a local, independent 501c(3) non-profit will hit the ground running with its first 1 mile walk/5K fun run on September 3, at 9 a.m. on the Washburn University campus. The walk/run is appropriately named, “Aged to Perfection,” and proceeds will go to the Guardian Angel Fund.

JAAA employees created the Guardian Angel Fund through donations and fundraisers to be able to meet the unmet needs of the elderly and physically disabled throughout Shawnee, Douglas, and Jefferson Counties. The Guardian Angel Fund provides items such as wheelchairs, walkers, incontinence supplies, minor home repairs, pest control services, respite care, and much more, when other funding is not available. This becomes increasingly important as the aging population and their needs continue to grow.

The agency’s fundraiser will provide opportunities for young and adult children to honor grandparents and great-grandparents who have “Aged to Perfection” and to make memorial donations

in remembrance of those who are deceased. We are all affected by the aging population when we have elderly parents, grandparents or neighbors and eventually we will be the elderly.

Ninety percent of adults age 65 and older say they hope to stay in their homes for as long as possible. However, to achieve this, many people will need assistance to continue living safely and successfully in their homes.

JAAA helps make this possible by assessing individuals’ needs, educating and providing direct assistance, determining eligibility for individuals,

authorizing or purchasing services and monitoring the quality of care and cost effectiveness of the services provided. The average cost to provide one year in a nursing home facility is over \$43,000 per resident, whereas home-based services which help a person stay in their home cost less than an average of \$6,000 per year.

JAAA is also a 501c(6) which allows the agency to lobby on behalf of our aging population. Our elderly do not ask for much, so please join us in giving them what they do need.

For more information, please contact Sara Wood at sara.wood@washburn.edu, or to make a donation contact Sharon Wright at (785) 235-1367.



JAAA gets around! Look for us!

Medicare Mondays, first Monday of each month, Topeka/Shawnee County Public Library, 1:00 p.m. to 3:00 p.m.

New to Medicare meeting, Topeka/Shawnee County Library: Thursday, March 10 at 6:30 p.m.

Grey Wolves in Meriden, Meriden United Methodist Church, third Thursday of each month, 11:00 a.m.

Topeka Area Continuity of Care (TACC) Resource Fair, Fairlawn Mall in Topeka, May 5, 10 a.m. to 2:00 p.m.

CarFit, Grace Episcopal Church Lot (go to Car-Fit.org to sign up), May 11, 9 a.m. to noon.

Kansas Department of Health and Environment Resource Fair, State Capitol Grounds, May 18, 9:00 a.m. to 1:00 p.m. (Rain date of May 25).

Topeka Gives, Fairlawn Plaza Mall, June 7, all day

CHAMPSS Orientation Sessions

Lawrence: Lawrence Public Library, first Monday of each month (if a holiday, then the following Tuesday) at 2:00 p.m.

Baldwin City: Baldwin City Public Library, quarterly unless demand is greater than anticipated, 2:00 p.m.

Shawnee County, first Wednesday of each month at 1:30 p.m. at JAAA. Shawnee residents must call JAAA receptionist to register for an orientation.

You may contact us at
235-1367 (Topeka); 1-800-798-1366 (outside Topeka)

Please visit us online at
www.jhawkaaa.org.

JAAA proudly introduces our Honorary Chairs: Deborah and Brad About

By Marsha Henry Goff

About's Catering has been the longest and strongest supporter of JAAA's fundraisers for Guardian Angel Fund. They bought in early to Guardian Angel's mission of helping frail elderly individuals who had no other place to turn for essential needs. Every year at our "There's No Place Like Home" dance at Great Overland Station, attendees look forward to the delicious and creative food offerings prepared by About's Catering.

We are honored that Brad and Deborah About have agreed to serve as honorary chairs of this year's "Elvis in Viva Las Vegas" fundraiser on May 21. They will kick off the event by dancing to the first dance, "Lost in the Fifties Tonight/In the Still of the Night." The couple and their excellent staff are the reason About's Catering enjoys a sterling reputation in Topeka and the surrounding area. About's is the chosen caterer for Topeka Civic Theatre and a preferred caterer of the Dillon House, Topeka Performing Arts Center and Great Overland Station.

Brad About grew up in Wichita where he worked in several family owned food service businesses. He graduated from Oklahoma State University with a BS in Hotel and Restaurant management in 1977 and moved to Topeka. Chef About has been involved in many local operations: The Old Way Station, Rainbows, The Kozy Kitchen and About's New Way Station.

They opened About's At Western Hills in 1993 and in 2008 moved About's Catering to 2127 SW Westport Drive. In addition to Topeka, they cater events as far away as Lawrence, Manhattan, Emporia and Hiawatha. About's specializes in quality, service and versatility that can only be provided by a hands-on, home-owned business. Events ranging from large formal weddings to corporate and family picnics all receive Brad's personal attention.

Deborah About was born in her mother's native country of Mexico and grew up in Latin America where her Western Kansas father supervised private bilingual schools in Columbia. She came to the United States for college and decided to move to Topeka where members of her father's family resided.

When About's at Western Hills opened in 1993, her experience in the office, coupled with Brad's experience in the kitchen, complemented each other well. She says that her "decision to partner with Brad, and not pursue my passion for psychology and art has been very rewarding and difficult at times. We are both driven in our respective areas, and I believe that has resulted in mutual respect and love."

Deborah notes that her husband has been generous in donating "his time, food and/or service" to many worthy causes, among them: Jayhawk Area Agency On Aging's fundraiser for its Guardian Angel Fund, Meals On Wheels (Sumptuous Settings), Midland Care Fundraiser, Topeka Police Department, Capper Foundation,



About's workers prepare to set up buffet tables at our last year's Blue Hawaii event. Note the tikis on the tables and the locomotive chandeliers in Great Overland Station's east room.

KTWU., Topeka AIDS Project, March Of Dimes, Teamsters Military Assistance program, Boys & Girls Club, Justin Corbit Foundation, Joy Of Caring, Friends Of The Zoo Fundraiser, American Cancer Society, Caritas Ball, Magic Camp,

United Way, Y.W.C.A., Topeka Rescue Mission, Topeka Civic Dinner Theatre, Children's Miracle Network and Lifehouse Child Advocacy Center.

JAAA is grateful to be included in that list.

Elvis will shake it up at JAAA's fundraiser on May 21

Expect a whole lot of shakin' going on at Great Overland Station on Saturday, May 21, when Bob Lockwood again performs as Elvis — this time in "Viva Las Vegas!" Last year's theme of "Elvis in Blue Hawaii" proved extremely popular and we have pulled out all the stops to make this year's dance as successful as its predecessor.

Bob is backed up by the excellent 1950's Secrets band which consists of two of Bob's sons: Dr. Park Lockwood, Lawrence, (Washburn University professor) and Bobby Lockwood, Kansas City, KS, (teacher and coach); Jeff Nelson, Lawrence, (Douglas County Deputy Sheriff); Ken Burke, Shawnee, (financial advisor); and Debbie Husted, Lawrence, (professional singer). The band plays music of all tempos.

Lt. Col. Lanny Snodgrass, MD, Seattle, WA, (military physician and Washington University professor) will again play beautiful piano music while attendees are dining. The good doctor is a psychiatrist who had the choice of a medical career or becoming a concert pianist. He has been quoted as saying that "88 keys on a keyboard are simply not enough." If you would like a preview of his musical talent, go to www.youtube.com and search for Dr. Lanny Snodgrass. His performance of Ebb Tide is absolutely amazing and there is also a video of him playing Fascination at last year's "Blue Hawaii" event.

Another attraction at our fundraiser is the delicious food and beverages served by Aboud's Catering. Aboud's servers and bartenders are friendly and helpful. Brad and Deborah Aboud have been among

Guardian Angel Fund's strongest supporters because they understand how important the fund is to seniors who have no other place to turn when calamity strikes. We are honored that Brad and Deborah are serving as this year's honorary chairs and will kick off our event by dancing the first dance.

Honored guests from Douglas County are Rodney and Becky Johansen, owners of Eileen's Colossal Cookies in Lawrence, and from Jefferson County, Paula Hladky and Willard Epling, volunteers extraordinaire, of Perry.

JAAA's "There's No Place Like Home" Committee is a small group of women who work very hard to raise money for JAAA's Guardian Angel Fund. The committee consists of Shirley Biller, Kathy Green, Jocelyn Lyons, Carol Sook, Beverly Thompson, Lori Yocum and is chaired by Marsha Henry Goff.

For this year's silent auction, Kathy has procured a KU basketball signed by Coach Bill Self and the entire team, K-State Football signed by Coach Bill Snyder and a K-State basketball signed by Coach Bruce Weber. She has secured a leaf blower and a Kitchen Aide mixer for the auction and is still busy soliciting other donations.

The auction has become a big draw at the event and April Maddox, Director of Case Management, has been successful in securing coveted items such as Kansas City Royals, KC Chiefs, collegiate and many other sports game tickets and/or memorabilia, tickets to theater and musical events, artwork, auto services, massage and spa appointments and far too



Elvis (Bob Lockwood) poses with young fan Zoe Goff at last year's dance.

many other items to name. We also have packages to Branson, Omaha (includes game tickets to Storm Chasers), Tulsa Zoo and many other attractions. Everyone who buys a ticket gets a free chance on the drawings for elegant themed baskets donated by our supporters.

Tickets are available at \$20 each

or two for \$35 by phoning JAAA at 785-235-1367 or dropping by our office at 2910 SW Topeka Boulevard. Tables seating eight may be purchased for \$200. We encourage you to mark May 21 on your calendars and meet us at Topeka's Great Overland Station to let Elvis treat you to a fun night . . . Las Vegas style.

Please call Kevin at (785) 841-9417 to place your display ad in the Summer 2016 issue of Amazing Aging! The deadline is July 15.

Are you on Medicare?



Did you know?

Medicare covers a one-time preventative visit within the first 12 months that you have Medicare Part B.

You can get the following preventative services covered 100% by your Medicare Part B

Abnormal Aortic Aneurysm Screening
Alcohol Misuse Screening and Counseling
Bone Mass Measurement
Breast Cancer Screening (Mammogram)
Cardiovascular Disease Screening
Colorectal Cancer Screening
Fecal Occult Blood Test
Flexible Sigmoidoscopy
Colonoscopy
Barium Enema
Depression Screening
Diabetes Screening
Diabetes Self-Management Training

Flu Shots
Glaucoma Tests
Hepatitis B Shots
HIV Screening
Medical Nutrition therapy Services
Obesity Screening and Counseling
Pneumococcal Shot
Prostate Cancer Screening
Sexually transmitted infection screening and counseling
Tobacco use cessation counseling (for people with no sign of tobacco related disease)
Yearly "wellness" visit



Volunteer Lois Bryant greets visitors to Stormont Vail with a friendly smile

Lois Bryant has found a volunteer job that suits her perfectly. Her friendly smile greets visitors to Stormont Vail three mornings a week. "I like the people. I like greeting people. It's interesting. It's different from what I did," Lois explains. "I like the people I work with, the people I meet." Lois had a number of volunteer options after she retired, but chose the hospital because she had a friend who volunteered there and said it was a good experience. And Lois, a former home health aide and nurse's aide, was accustomed to a medical setting. "When I first started out, I worked for Midland Hospice. It was a difficult job. You see people and you know they're dying, but a lot of the families don't want to accept it. It's hard to watch someone you love die."

That earlier job — and because

she is a widow — makes her empathetic with visitors who are concerned about their family members who are hospitalized. "Some of them are very friendly, you know, but some people come in who have loved ones here and they're worried about them and they won't say much. But I'll still smile at them and say hello to them even if they don't speak."

Beverly Rice, Director of Volunteer Services and Patient Advocates for Stormont Vail Health, greatly values volunteers like Lois Bryant, and says, "Our volunteer team at Stormont Vail Health serves a vital role in the day-to-day operations of the health center. Volunteers like Lois Bryant, a 5-year volunteer with over 2,200 hours of service, provide valuable time and services and add a personal touch to the service we give to our patients, families and visitors."

"Lois is very dedicated to her work at the Customer Resource Center ensuring that guests have the information they need — and always with a smile. We are fortunate to have a volunteer team that focuses on delivering much kindness and compassion to those we serve, and their work is immeasur-

able to Stormont Vail Health and the communities we serve."

Lois Bryant's friendly smile makes the world a little brighter for everyone she encounters.

Editor's note: Thank you to Vanita Thompson, Service Coordinator at Plaza West Apartments, for suggesting an article on Volunteer Lois Bryant.



Join AFA's Educational and Social Services Department as We Celebrate Older Americans Month!

In honor of Older Americans Month, the Alzheimer's Foundation of America (AFA) and Dementia Action Alliance (DAA) are teaming up to present a webinar for family and professional caregivers alike. Participants will learn tips and strategies for helping to ensure that individuals with dementia live meaningful lives.

Molly Fogel, LCSW, AFA's director of educational and social services, and Jackie Pinkowitz, MEd/Chair, co-leader DAA, will present this free, educational webinar.

May 2, 2016

11:00 a.m. OR 3:00 p.m. EST

Register here: <https://attendee.gotowebinar.com/rt/1713662912943086593>

AFA's National Toll-Free Helpline: 866-232-8484
www.alzfdn.org



Lois Bryant greets visitors to Stormont Vail with a friendly smile.

Ray and Marian Wilbur: Retired teachers are avid volunteers

By Marsha Henry Goff

"We have the time now," explains Ray Wilbur in describing the countless hours he and Marian, his wife of nearly 56 years, give to their many volunteer activities. The busy couple's time was once taken up with teaching Lawrence students — high school math for him and ninth grade English and American history for her.

They grew up in Salina and went to school together from 7th grade through Kansas Wesleyan University, knowing each other only well enough to greet in passing. Ray joined the army after college and Marian began her teaching career in Salina. After he was discharged, he taught in Goodland and Moundridge. A chance meeting between them in a drugstore set their romance in motion.

"I had finished a long day of teaching and stopped in a corner drugstore with my closest friend from high school," says Marian. "Ray and a crazy buddy — although I thank him to this day — were in there, too, and we visited." After the women left, Ray's buddy remarked about Marian, "I don't know why she isn't married. She's really nice."

That same week, Marian received a letter from Ray asking if she would like to go to a movie with him. "Mom," she exclaimed, "Big Red asked me out!" Marian jokes that tall, auburn-haired Ray's teaching duties away from Salina made him "so lonely that anybody looked good to him," but the date obviously worked out because they married in June 1960.

As soon as Ray received his Master's degree in 1963 from Bowling Green University in Ohio, they

returned to Kansas, choosing to locate in Lawrence because of Marian's suggestion that they could take classes at KU in the summer. Their two sons were reared and educated in Lawrence.

After they retired from teaching, the couple volunteered for 12 years at Bishop Seabury Academy, a private Episcopal school in Lawrence, where Marian served as librarian and Ray taught math. Marian, who helped found the school, served on the Board. "We're so proud of it," she says. "The school has become very respected."

For the last 20 years, Marian has been an Audio-Reader volunteer, reading everything from obituaries to Dillon's grocery ads. "I read the local part of the Kansas City Star, the murders, the stabbings, but they have some other interesting articles there, too."

Audio-Reader provides free of charge reading and information services for blind, visually impaired and print disabled individuals in Kansas and Missouri. Newspapers, magazines and best-selling books are read on the air and on the Internet 24 hours a day. Automated newspaper readings are available by telephone.

After a couple of years with Audio-Reader, Marian said to Ray, "You ought to try this. You'd enjoy it."

Ray responded, "I'm not sure I could pass the entry exam." But he took the exam and was pleased to note that "they had some baseball players in there so that worked out well. You remember Mark Gubicza. One of the names you had to pronounce was Gubicza so I had one up right there. I read sports, period. I'm going to read it anyway."

Marian grins, "That's how I got him into it." The couple read



Marian and Ray Wilbur

on Thursdays for an hour each. Because of a scheduling conflict, Marian now reads from home. "I have my own little microphone set and I usually get up and read early, but it really makes it convenient, especially in bad weather."

Ray occasionally reads from home, but usually goes to the studio located on the KU Campus. Although he notes that there are hundreds of volunteers who read, he says, "You never see anybody. You go out there and you run into George [McCoy, Telephone Reader Coordinator], maybe one other volunteer, then you're gone."

Marian has also been a volunteer at Lawrence Memorial Hospital for 20 years. She mentions that her Friends of the Library group has just concluded a book sale. Together, Marian and Ray deliver Meals on Wheels and work with Trinity Interfaith Food Pantry, a consortium of four Lawrence churches: Trinity Episcopal, St. Margaret's Episcopal, Trinity

Lutheran and First Methodist.

Ray is enthusiastic about Marian's and his work with BackSnacks. "Harvester's started BackSnacks, but they have it through Trinity Episcopal where it's delivered to elementary schools. I think it is 400 of these little backpacks of food delivered each week which will allow the kids to use them over the weekend because they're on [free or reduced-price] school lunches and might not get a meal on weekends."

He says, "Everybody kind of finds their niche in volunteer work. You can try something and you don't have to stay with it, but eventually you get something you really like. You're going to meet people who have the same outlook you have. You meet really nice people."

After long careers as educators, Ray and Marian Wilbur continue to give to their community by volunteering. One has to wonder how this busy couple ever found time to teach.

Guardian Angel Fund

Have you ever wanted to be someone's Guardian Angel? You can be simply by making a contribution to JAAA's Guardian Angel Fund which helps frail indigent seniors who have no other place to turn. Guardian Angel Fund is often the last resort for seniors who have pressing needs and no way to pay for them. No contribution is too small to help someone who has nothing.

JAAA established its Guardian Angel Fund, with initial funding provided by Barney Brayman and his late wife Joan, to meet the urgent needs of desperate seniors that could not otherwise be met. As part of its mission, JAAA allocates federal and state funds to providers of services to seniors in the counties of Shawnee, Douglas and Jefferson, but those funds have restrictions on how they may be used and, even when needs meet those restrictions, bureaucracy often takes precious time ... time that those with urgent needs cannot afford to waste.

Over the years, Guardian Angel has repaired furnaces that quit working in freezing temperatures, bought air conditioners for ill seniors during deadly heat waves and replaced essential appliances.

Guardian Angel has eradicated bedbugs introduced by a used sofa into a spotless home and purchased a train ticket so a mother could attend her daughter's funeral. The fund helped purchase a device that transferred an MS patient from her bed to a wheelchair and back. It built a ramp so a wheelchair-bound retired social worker could enter and exit her home. Guardian

Angel has also helped the much-loved pets of seniors by declawing a cat and grooming a small dog whose hair covered its eyes. Hundreds of seniors have been helped by Guardian Angel.

It does not take much imagination to think about how it would feel to need something desperately and have no money to pay for it. The proceeds from our upcoming fundraiser benefiting Guardian Angel stay in the communities Jayhawk Area Agency on Aging serves. It helps your friends and neighbors. One day it may even help your family ... or you.

We will be grateful if you will fill out the card on this page and make out a check for any amount to "JAAA - Guardian Angel Fund." Thank you so much for caring.



Amazing Aging strives to provide readers with the information they need to live independent and productive lives. We also seek to feature stories of seniors who are active as workers, volunteers or engaged in hobbies. If you know a senior you would like to see featured in a future issue, please contact editor Marsha Henry Goff at mhgink@netscape.net or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.

Jayhawk Area Agency on Aging's
There's No Place Like Home

All proceeds benefit

Guardian Angel Fund

"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.

Yes, I want to help! Here is my check for:

\$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

Name as you wish it to appear in list of contributors. Please mail to JAAA, 2910 SW Topeka Blvd, Topeka, KS 66611.

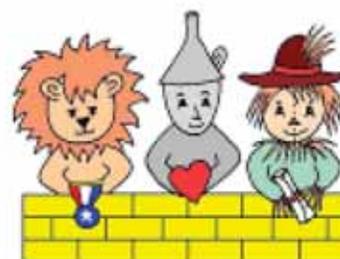
Name

Address

City, State, Zip

Phone

E-mail



Your contribution to JAAA is tax deductible.



Topeka SR Magazine features JAAA Executive Director Jocelyn Lyons

An interview with Jocelyn Lyons, JAAA Executive Director, entitled "We Still Have the Choice," is prominently featured in Topeka SR magazine which will be available in May in conjunction with Older Americans Month. You may pick up a complimentary copy at several locations in Topeka, which includes JAAA, 2910 SW Topeka Boulevard.

The full-color magazine also includes "Mountain Echoes," the combat experiences of World War II veteran Crosby "Bing" Powell, who shipped out to Africa in 1943 and

fought throughout Italy. At the age of 90, Powell works part-time in the athletic department at Washburn.

Other articles are: "The Enduring Legacy of Gourmet V," about decades of interesting conversations, foods and fellowship that have sustained a professional women's circle; "A Century of Art" about the Topeka Art Guild (and the city's first known restroom art stop); "Ageless Powers," where Barbara Haze creates heroes for her time; and "Senior Trips," in which award-winning travel writer Susan Kraus provides tips for enjoying travel in your senior years.

Jayhawk Area Agency on Aging Mealsite Locations

Douglas County:

BAKER CHAMPSS
615 Dearborn, Baldwin

DILLONS CHAMPSS
4701 W 6th, Lawrence

DILLONS CHAMPSS
1015 W 23rd, Lawrence

DILLONS CHAMPSS
1740 Massachusetts, Lawrence

HY-VEE CHAMPSS
3504 Clinton Parkway, Lawrence

HY-VEE CHAMPSS
4000 West Sixth St., Lawrence

DILLON'S CHAMPSS
6829 SW 29th St, Topeka

DILLON'S CHAMPSS
800 nW 25th St., Topeka

DILLON'S CHAMPSS
5311 SW 22nd Pl., Topeka

DILLON'S CHAMPSS
4015 SW 10th St., Topeka

East Topeka Senior Center
432 SE Norwood, Topeka

First Apartments
3805 SW 18th St., Topeka

Highland Park
2914 SE Michagan Ave. Topeka

Jefferson County:

Jefferson Co Memorial
Hospital
408 Delaware St. Winchester

MAC'S GRILL CHAMPSS
408 Sycamore St, Valley Falls

Meriden/St Aloysius
615 Wyandotte, Meriden

ROSE'S CAFE CHAMPSS
522 Liberty St., Oskaloosa

Lulac Senior Center
1502 NE Seward Ave., Topeka

Papan's Landing Senior Center
619 NW Paramore St., Topeka

Rossville
429 Pearl, Rossville

Santa Fe Place Apartments
600 SE Madison, Topeka

Silver Lake
404 E Lake St., Silver Lake

Shawnee County:

Auburn
1020 Washington, Auburn

HY-VEE CHAMPSS
2951 SW Wannamaker Rd.,
Topeka

Tyler Towers
600 W 14th St., Topeka

Canada Drug of Topeka



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