

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**

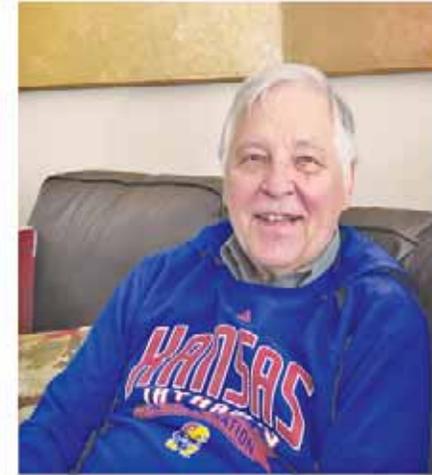
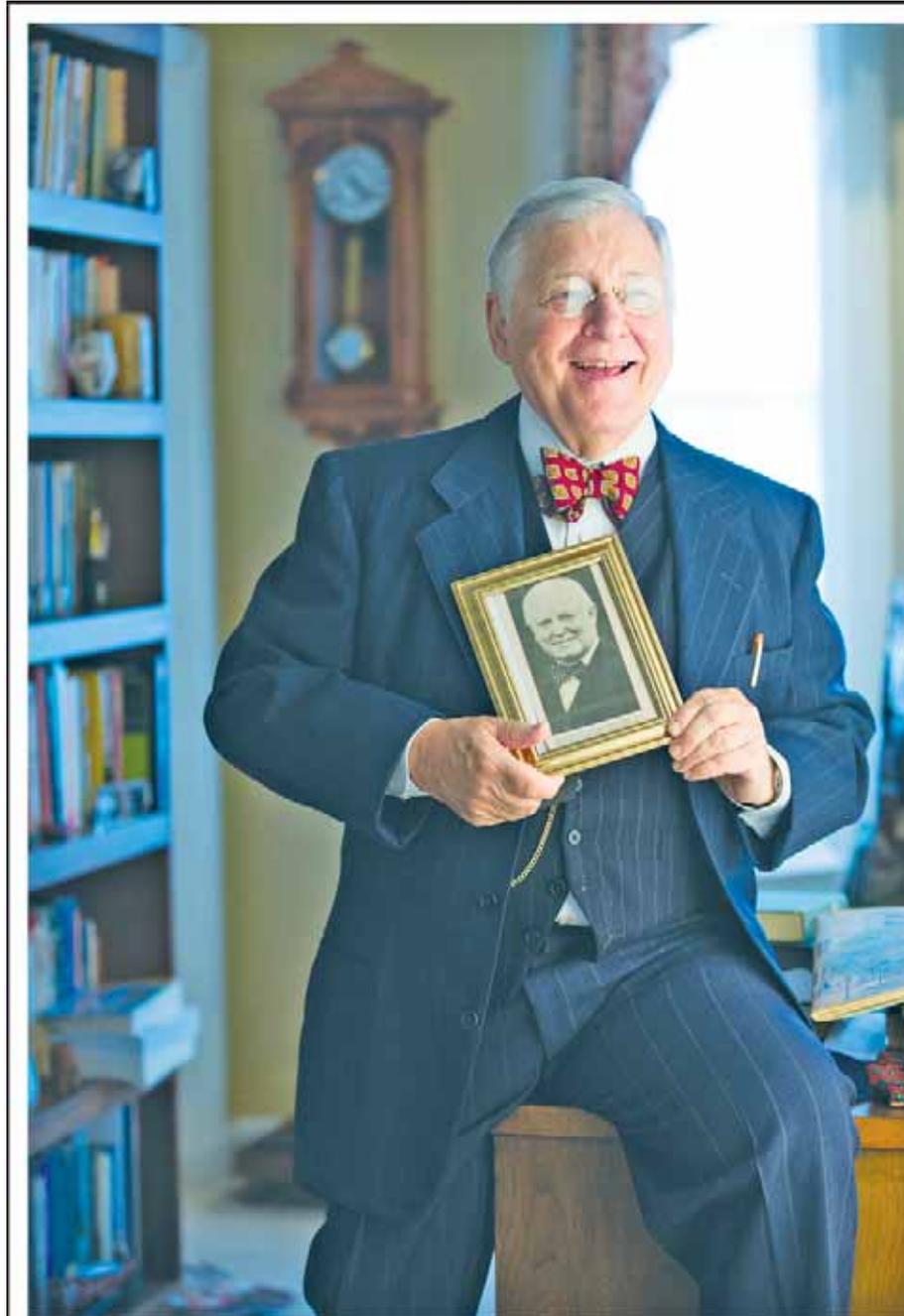
Winter 2017



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



Jack Wright, KU professor emeritus of theatre and film, is pictured above. He morphs into William Allen White in *The Sage of Emporia* at left (photo by Nick Krug/Lawrence Journal-World). Please read story beginning on page 3.

A Message from Jocelyn Lyons, JAAA Executive Director

Happy New Year!!!

With each New Year, like many others, my resolutions are made and broken before January comes to an end. Most resolutions are made to lose weight or to become healthy by eating healthy. Many ads, commercials and retail windows feature athleisure wear, the best athletic shoes, exercise equipment, etc. to appeal to those of us who have the overwhelming desire to do the right thing.

Dietary cookbooks are moved to the front display

book/magazine racks and health food stores are sure to have fully stocked shelves with fat burning pills, special drinks, snack bars, and now gummies. Did I mention the TV offers that proclaim "it is only \$19.99 but today you'll receive a second one free!"



Jocelyn Lyons

The health clubs offer free memberships for us to try out, and we walk into the place wearing our new work out gear, color coordinated shoes, gym bag (to hide the Lays potato chips) and a fresh towel around our neck ready to send our body a signal of who is in charge. Oh and let's not forget the fitness device we purchased to measure our steps, heart rate, calories burned, sleep patterns

and GPS in case we get lost on the treadmill from being delirious!

Following the consultation of the trainer who informs us of our body mass numbers (which translates into "you're obese"), the trainer gives us the facility tour, outlines his/her expectations and promises to check on us during the workout. With each machine we try, there are other clients standing, looking at us in a not so pleasant manner while we put on a show of mastering the machine with ease, and maintaining that level with each rotation from machine to machine.

However, we try our best to keep our steps straight because our legs begin to feel like jelly! Sweat is pouring from our heads! Our bodies are wet, sticky and maybe stinky! Why is that person looking at me and frowning? The trainer comes by to ask how we're doing and of course our response through a dry hot short breath is "It's a

piece of cake!"

Of course the trainer has already dialed '91' with finger at the ready to push the last '1.' The workout is over and we return to our car, unable to drive because we have the shakes!!! Our body is demanding water, lots of water. We walk into our home, fall into the first chair inside the door and wonder if we will ever have six pack abs or the twenty-four inch waistline again.

What did I learn after spending the money? The people that were staring and frowning at us were regular patrons of the club and we were on their machine! (Reminds me of church when you're sitting in some else pew seat!) They hate the New Year at the health club, because they know we are taking up space and will not return!

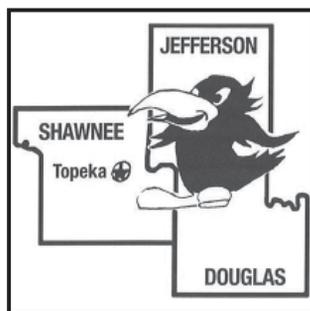
Therefore, I did not make a resolution for the New Year. I set a goal to lose 10 pounds by the end of January. With two weeks into the New Year, I have gained 2 pounds!

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
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You are encouraged to write us at:

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Marsha Henry Goff, editor



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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.

Jack Wright IS *The Sage of Emporia*

By Marsha Henry Goff

Jack Wright, KU professor emeritus of theatre and film, is one of those rare individuals who began the career he loves at the tender age of five. The child of working parents — his father taught piano lessons, his mother worked in retail — Jack was enrolled in Carl and Betty Curtiss' School of Elocution and every Saturday he performed on their radio show, "Three Storytellers," where he, billed as Jackie Wright, was the youngest storyteller. He jokes that "I stayed five until I was ten." The show was eventually syndicated and broadcast nationally.

The Curtisses and Wright left the radio show to perform on television in a drama about a farm boy, played by Wright, who had polio. The Salk polio vaccine had not been invented and the disease "was a big deal in the 1950s," explains Wright. The show aired weekly on a Cleveland, Ohio, television station. As a child actor, Wright obtained his equity card at quite a young age. He performed in civic theatres in two Ohio cities, Canton and Massillon, as well as in Canal Fulton Summer Theatre, a famous professional theatre.

Due to school and his busy acting schedule, he greatly regrets that he did not continue piano lessons with his father. "I actually took about a year of piano with him, but I was on the radio at that time and he was very good, he didn't push me and Mom didn't push me either, but she was more disap-

pointed than Dad that I didn't take up the piano. My sister did; she's quite an accomplished pianist. I didn't stick with it long enough to know whether I was any good or not. My Mom always said that I would regret someday not being able to sit down with friends and play and that's the single most thing I regret, that I go to a party where there's a piano and I can't sit down and play."

While a junior in high school, Wright entered a contest sponsored by the Ohio Council of Churches that required students to write original speeches. Wright's "Puppets for Peace" speech won local, regional and state contests and he was awarded a four-year scholarship to his choice of the Ohio Council of Schools colleges. He selected Otterbein and it was serendipitous that Dr. Charles Dodrill supervised the theatre side of Otterbein's Speech and Theatre Department because he, having graduated from KU, was later instrumental in encouraging Wright to write to KU for a graduate school fellowship which he was awarded: two years of teaching plus two years of writing his dissertation.

In addition to his teaching duties at KU, during his tenure there Wright is credited with directing nearly 100 plays, many of which were musical theatre or Shakespeare productions. He retired from KU in 2010 and relishes the free time he has. "The best thing about retirement is the time you have. I can't think of anything bad about it. I think what happened was I taught all

day and had all those nights in rehearsal so you don't have any time to yourself. And I really missed that time in the evening."

He admits he misses contact with students which he says was always a highlight for him. "But," he adds, "I keep connected as much as I can. I'm on the Friends of the Theatre advisory board, president of Friends of the Theatre and, being president, you sort of stay in touch with the students. So that helps and of course directing William Inge's *Picnic* this past September put me in touch again with the current students so that was good. I really enjoyed that. So I keep my fingers in."

Indeed he does. Wright fills his free time in many constructive ways, but one of the most challenging and fun uses of his time is performing his one-man show, *The Sage of Emporia* by Henry C. Haskell, a playwright and long-time editor and columnist for the *Kansas City Star*. Wright was only 38 when Haskell visited him at KU with the script, saying he wanted KU to produce a play he had written about Emporia editor William Allen White. Wright agreed to read the script and Haskell asked if KU had a good faculty actor. Wright recommended Bill Kuhlke, but when the two men visited Kuhlke, who was very tall, Haskell said he wasn't the right type, that White was a short man, chunky and chubby.

Turning to Wright, Haskell asked, "Do you act?" Wright admitted he did, read the script that night and loved it. He agreed

to perform the play for then KU Chancellor Budig's Festival of the Arts. The problem was that the Festival was only three and a half weeks away and the play was two and a half hours long. He credits Judy, his wife of 37 years whom he met at a theatre convention in Chicago, with helping him memorize the lines.

Opening night was attended by the daughter-in-law of William Allen White, a controversial and outspoken lady from New York, not known for her tact. When she approached Wright after the show, he was nervous, especially when she said she enjoyed the performance, *but*.

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REAL ESTATE

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Topeka's Senior's Real Estate Specialist

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Email: Carol@CarolRealtor.com

Web: TopekaSeniorLiving.com

Contact: Carol Ronnebaum, Coldwell Banker Realtor

Simplify your later-in-life move with a Senior's Real Estate Specialist who understands the unique concerns that you and your family are facing. From downsizing to selling your home, seniors experience issues not found with traditional home sales. Together we can put together a plan of action that works for you. My team of specialized, senior-friendly experts can help with packing, moving, unpacking, setting up new home, eliminating personal items, and selling your home for the most money.

Jack Wright

CONTINUED FROM PAGE THREE

. . . The *but* scared Wright, however she simply said that White would never wear a cotton shirt and, when Wright explained that he went through a lot of shirts and cotton shirts were easy to launder, she offered to pay for silk shirts.

That did not happen and Wright continued to wear cotton shirts; however, he also wore White's glasses and bow ties and carried his briefcase which she loaned to him. He still uses them in his performances. A plus to today's performances, he says, is that makeup does not take as long as it did when he was younger and lines had to be drawn on his face.

The challenge of a one-man show, he says, is that "if you get

in trouble, you have to get out of it or it's a long night." He tried to avoid memory blocks by scattering what he terms "cheat sheets" around the set, but only used them one night because "the problem is when you are under that pressure and you pick up the cheat sheet, are you at the right one?"

He finds it better to adlib until his brain "settles down" and "usually I can talk my way out of it. There's a lot of pressure to do a one-man show, but it's fun, too. I like the satisfaction that I've accomplished something."

Wright has performed *The Sage of Emporia* throughout the United States to rave reviews. Should he bring his show to a theatre near you, regard it as your ticket to an evening of exceptional entertainment.



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. We'll answer your Medicare questions.

February 6

March 6

April 3

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

CHAMPSS Orientation Sessions

Lawrence: Lawrence Public Library, first Monday of each month at 2:00 p.m.

February 6

March 6

April 3

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

February 1

March 1

April 5

Jefferson County residents may enroll in Topeka or Lawrence orientation sessions.

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

Why Guardian Angel Fund is so important to our frail, indigent elderly

By Marsha Henry Goff

Poverty is not pretty. It is especially ugly when suffered by our frail, indigent elderly who have worked hard all their lives only to discover they have outlived their savings and there is no program available to cover their desperate needs. It is the reason JAAA established its Guardian Angel Fund.

Guardian Angel Fund recently helped John and Mary (names have been changed) whose incomes are severely

limited. Both have diabetes and Mary fell last summer and broke her hip and pelvis; John required amputation of several toes. They qualified for commodities, but the food was not always diabetic-friendly so they existed primarily on peanut butter sandwiches and were fortunate to occasionally have fruit, butter and milk.

John and Mary were being evicted from their rental house which was in extremely poor condition (infested with bugs,

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Library's Millennium Café is new CHAMPSS location

Jocelyn Lyons, JAAA Executive Director, is "pleased to announce that the Millennium Café, the latest CHAMPSS (Choosing Healthy Appetizing Meals Solution for Seniors) location, fills a void left in Central Topeka when their neighborhood Dillon's supermarket closed in 2016, causing the area to be designated a food desert. JAAA sought to address the issue due to the community being densely populated with seniors and low income. It is the intent this new CHAMPSS site will in a small way address food insecurity for area senior residents. The Topeka Public Library — which does not own, but serves as a host site for the café — offers an array of programs that attracts seniors from within the neighborhood and the City. Did I mention the food at the café is wonderful!!!"

The opening of CHAMPSS at the café on January 9 continues JAAA's effort to increase choice for seniors about where and

when they dine. Matthew Pettit, Public and Senior Service Specialist at the library, also serves as chair of JAAA's Advisory Council. He says, "I'm excited from both my perspectives that JAAA and the Millennium Café were able to partner for CHAMPSS. It's another important nutrition option for seniors in our central Topeka neighborhood. It's also an exciting opportunity for seniors already in the library borrowing items, taking classes, using technology or attending programs like our Senior Life series. It's win-win."

The café is located within the Topeka & Shawnee County Public Library at 1515 SW 10th Avenue in Topeka and is open for breakfast, lunch or dinner on Mondays through Fridays from 8:15 a.m. to 5:30 p.m. and Saturdays from 8:30 a.m. to 4:30 p.m. The café is closed on Sundays.

The café offers a special CHAMPSS menu. CHAMPSS card holders may choose a main



You'll have many delicious choices at the Millennium Café.
(Photos by Matthew Pettit)

entrée from a variety of hot or cold sandwiches, chili or soup. Additionally, they may choose salad or vegetable of the day and mixed fresh fruit or a piece of whole fruit. An 8-ounce serving of skim milk completes the meal.

For those not familiar with the CHAMPSS program offered by JAAA in the three counties — Douglas, Jefferson and Shawnee — that it serves, a plastic card is loaded with up to 12 meals (a donation of \$3.00 per meal is suggested to enable the program to continue and grow). At the participating restaurants, the card is swiped and one meal is removed. Cards may be used for one meal a day — either breakfast, lunch or dinner — at any of our participating locations: Hy-Vee, five Dillon's stores and the Millennium Café in Topeka, both Hy-Vee stores and four Dillon's in Lawrence, Mac's Grill in Valley Falls and Rosie's Downtown Café in Oskaloosa. JAAA is actively looking to acquire locations for CHAMPSS in Eudora and Baldwin City.

Cardholders in all three counties may refill their cards by calling JAAA with a credit or Vision card or by using our website (www.jhawkaaa.org). Cards may also be refilled by mailing a check or dropping by our Topeka office with a check or cash. In Lawrence, cardholders may call 842-0754 to make an appointment to drop by our office in Independence, Inc. to refill their cards.

To initially obtain a CHAMPSS card, seniors must attend an orientation session. CHAMPSS orientations in Topeka are scheduled at 1:30 p.m. at JAAA on February 1, March 1 and April 5. Orientation sessions in Lawrence are scheduled at 2:00 p.m. at Lawrence Public Library on February 6, March 6 and April 3.

To date, JAAA has 3556 active CHAMPSS cardholders. If you have questions about CHAMPSS, please call Beth Kinnan, JAAA Nutrition Coordinator, at 235-1367 in Topeka or 1-800-798-1366 outside Topeka.



A cold winter's day calls for the Millennium Café's warm soup.

Heroes of the Greatest Generation: Vincent Muirhead

By Marsha Henry Goff

When Vincent Muirhead is interviewed by reporters, he is invariably asked about Pearl Harbor. But he is so much more than a survivor of the sneak attack by the Japanese that brought America into a war that was already raging in Europe and parts of Asia. A recent graduate of the US Naval Academy, he was at his battle station aboard the USS Maryland when the Oklahoma, berthed next to the Maryland, was sunk by torpedoes.

He had been on his way to breakfast when he looked out a porthole and saw a Japanese plane flying low. He spent about four hours at that battle station where, as a rangefinder and optical officer, his job was to ascertain the enemy's position.

After graduation from the US Naval Academy, Muirhead was fulfilling a two-year obligation to serve on a combat ship before attending flight school to become a Navy pilot. Originally, he wanted an appointment to West Point where he could learn to fly and serve in the Army Air Corps, but his Congressman, Frank Carlson, had an appointment available only to the Naval Academy. Muirhead took his entrance test at the post office in Norton, passed, took a physical at Ft. Riley, which he passed only after having three teeth straightened, and headed to Annapolis.

While waiting for his appointment, Muirhead attended K-State for a year. A fellow student at K-State also received an appointment to the Naval Acad-

emy and they traveled there together and were roommates the entire four years. Muirhead still marvels that, during their stopover in Washington, DC, his friend's Congressman gave them the keys to his car and told them to sightsee, but to have his car back by 5:00 p.m.

Flying was in Muirhead's blood. He built his first airplane model as a 10-year-old and was hooked. He subscribed to *Airplane News* and decided he wanted to become a fighter pilot and airplane engineer.

But his penchant for building gasoline powered airplane models almost got him kicked out of the Naval Academy. "I built one which took all of my junior year at the Academy and an officer who was teaching radio had a little radio unit he made and a control system he wanted me to put in the model. That was going to be my senior project. Then I changed battalions and the new commander wrote me a letter and told me I could not have it in my room unless I had permission from the Admiral. I wrote the Admiral but I was only going to be there six months and permission took three months so that was the end of that."

During flight training in Texas in 1943, Muirhead met the woman who would share the rest of her life with him, dying just 36 days before their 70th wedding anniversary. He completed flying training in Pensacola and was assigned to Carrier Air Group Sixteen stationed on the Bonhomme Richard.

On August 15, Muirhead — serving as executive officer



Vincent Muirhead, Pearl Harbor survivor and Hellcat fighter-bomber pilot.

and flying off the carrier USS Randolph — led a group of 16 fighter-bombers on a dawn patrol over Tokyo. They had dropped their bombs and were returning to the ship when they met another bomber group coming in. The pilots of the latter group were instructed to drop their bombs at the water's edge. Hirohito had surrendered. "There were bombers from other ships, of course," Muirhead says, "but we were the last from our ship to drop bombs on Tokyo."

Muirhead stayed in the Navy, retiring as a commander in 1961. It was important to find work where he could spend time with his wife and family. He taught aerospace engineering at the University of Kansas, serving

as chair of the department for a dozen years. He retired from KU in 1989.

Muirhead and his wife Bobby have three daughters. He and daughter Sherry, who has a great interest in military history and her father's part in it, live comfortably in a home where three model airplanes hang in the family room along with framed documents and medals that are keepsakes of his Navy career. One of the models is a miniature replica of the Hellcat fighter he flew. His name and the group's Airedale mascot are painted on each side. Two bombs rest under the fuselage, above and on either side of a large gas tank; three missiles are

CONTINUED ON PAGE EIGHT

Lana Hood 'pays it forward' to JAAA in Capitol Federal's Grand Giving contest

By Marsha Henry Goff

Lana Hood is Jayhawk Area Agency on Aging's new best friend. That is because when she filled out her form for Capitol Federal's Grand Giving contest, she named JAAA as the charity to receive \$1,000 should she be the winner of the Topeka drawing.

For several years, Capitol Federal has been offering the contest in the communities it serves. In each community, a winner received \$1,000 and had the opportunity to "pay it forward" by giving an additional \$1,000 to the local non-profit of his or her choice.

Lana says she chose JAAA "because 'There is No Place Like Home' especially for our elderly. I appreciate JAAA's commitment and resources to assist seniors and their families in helping them stay home as long as possible." She first became aware of JAAA years ago while she was working at Jayhawk Pharmacy & Patient Supply.

Lana is devoted to her mother, who lives out of town, and she is grateful that her present job involves travel that allows her to spend time with her mother at her home. "I've always admired and appreciated the elders in my life," she says, "and the wisdom and love they have shared!"

Jocelyn Lyons, Executive Director of JAAA, is grateful to both Lana and Capitol Federal. She has been with JAAA since



JAAA staff and friends pose with Lana Hood, who named JAAA as her "pay it forward" charity. (Photo by Amy Miller Photography)

its inception in 1976 and notes that the agency "was incorporated with the mission of advocating on aging issues, building community partnerships and implementing programs within Shawnee, Jefferson and Douglas Counties to assist seniors to live independent and dignified lives."

Jocelyn says that the \$1,000 gift "will be used to support our Guardian Angel Fund in better serving our most frail senior population and help resolve unmet unique needs of seniors in our service area."

By applying the donation to JAAA's Guardian Angel Fund, Jocelyn has made both Lana and Capitol Federal the Guardian Angels to more people than they will ever know.



Lana Hood, Topeka winner of Capitol Federal's Grand Giving contest, presents a \$1,000 check to JAAA Executive Director Jocelyn Lyons. (Photo by Amy Miller Photography)

'Elvis' reprises his 'Blue Hawaii' performance for JAAA's 'There's No Place Like Home' dance

By Marsha Henry Goff

Do you love the sound of Hawaiian music? The comfort of Hawaiian shirts and island dress? The beauty of tropical plants? Can you think of anything that might improve on those things? The answer, of course, is Elvis!

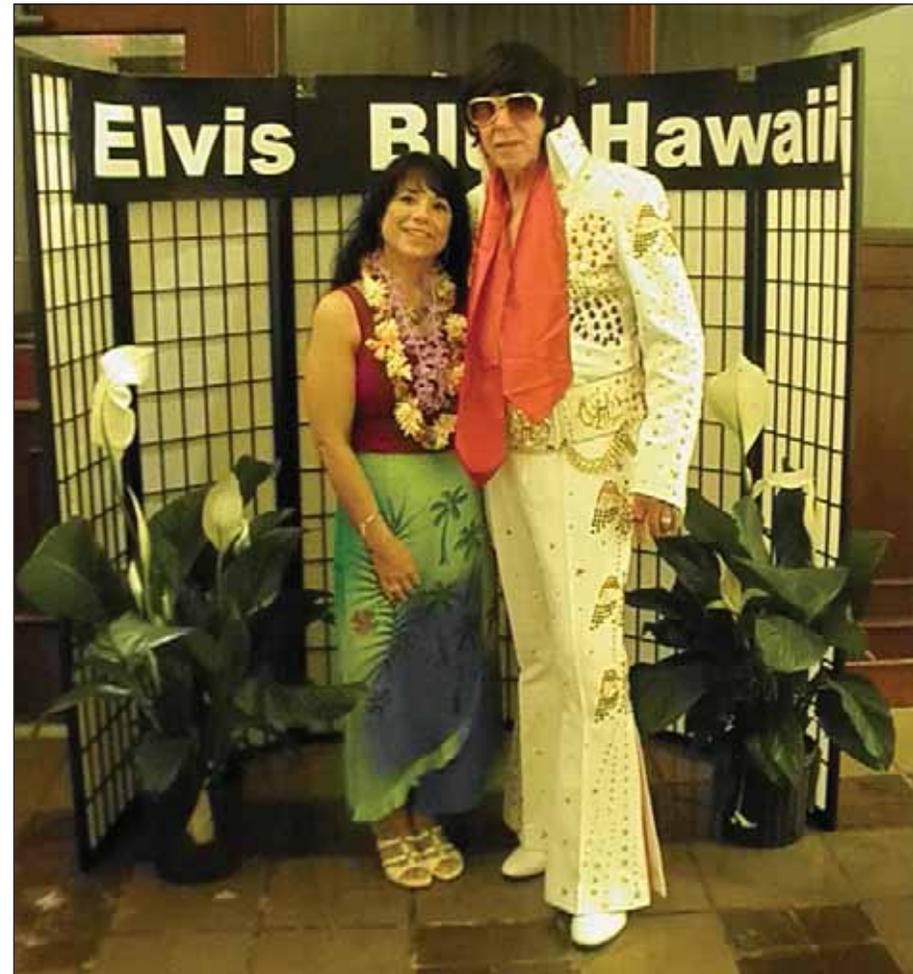
On Saturday, May 27, Bob Lockwood, retired KU coach and McLouth resident, will again perform at Great Overland Station as Elvis, singing the King's songs including those made popular in the 1961 movie, *Blue Hawaii*.

The ever-popular 1950's Secrets Band will play all your favorites. Band members, both individually and collectively, are in great demand as entertainment at restaurants, service clubs and private parties. Dr. Lanny Snodgrass of Seattle, perhaps in his Liberace guise, will again entertain attendees with exquisite piano music while they dine.

Come to feast on delicious food by Aboud's Catering, dance or listen to great music and bid on amazing items. Last year, items for the silent auction ranged from airline tickets (Hawaii anyone?) to coveted prints like the one of KC Royal Hosmer sliding into home plate. There were tickets to sports games, paintings, small appliances (once we even had a snow blower). You may also buy tickets to win a drawing for elaborate baskets ranging from spa items to BBQ needs.

The annual dance is a fundraiser for Jayhawk Area Agency on Aging's Guardian Angel Fund. The fund is unique in that it can pay for desperate needs for frail and indigent seniors who might otherwise fall through the cracks. We are grateful to the businesses and individuals who support our fundraiser each year.

Please mark May 27 on your calendar. We promise a night of fun that you'll remember forever.



Bob Lockwood in his Elvis persona poses with his wife Lillian in front of the Blue Hawaii photo booth.

Muirfield

CONTINUED FROM PAGE SIX

in place under the wings. The machine guns are visible.

"The P38s were good," Muirhead admits, "but in combat, I'd rather have the Hellcat. We used to say, 'It's made by Grumman Iron Works and it stays together.'" Clearly, the Hellcat is a worthy warrior . . . just like the man who flew it.

He believes there are two reasons he survived the war. The

first is that President Truman ordered atomic bombs be dropped, first on Hiroshima, then on Nagasaki. Should an invasion of the Japanese homeland become necessary, Muirhead's fighter-bomber group would have supported the Marine and Army soldiers participating in it. Casualties on both sides would have been horrendous. But the second reason for his survival, he says, is the most important: "Actually, I'm here because the Lord watched over me."



Muirhead built this model replica of his Hellcat fighter-bomber. Note machine guns at front of wings, missiles under the wings and bombs on either side of the gas tank under the fuselage.

At JAAA, we believe in transparency

Jayhawk Area on Aging's mission is to make it easier for older individuals to live independently in the comfort of their own homes. Enabling seniors to "age in place" is both cost-efficient and the preferred choice for hundreds of older

adults in Shawnee, Jefferson and Douglas Counties. Jocelyn Lyons, JAAA Executive Director notes that, "With an increasing aging population but decreasing funds, JAAA continues to strive to meet the needs of our seniors in allocating funds for services

in our tri-county area."

We at JAAA also realize that the federal and state funds we allocate to agencies providing needed services to seniors is money from taxpayers and we believe you should know how much money is allocated

to various agencies. The chart below shows exactly how much money is allocated to agencies for the services they provide, what those services are, the counties they serve and which federal and state programs provide the funding.

JAAA's Allocations of Funds to Providers who Serve Seniors in Douglas, Jefferson and Shawnee Counties (Fiscal Year 2017)

Provider	Service	OAA/State Award	USDA	Total Award	Counties Served	Office
Douglas County Senior Services	Information & Assistance	5,000				
Douglas County Senior Services	Home Delivered Meals	110,112	24,393	139,505	DG	DG
East Topeka Senior Center	Transportation	20,000		20,000	SN	SN
Jefferson County Service Organization	Information & Assistance	5,063				
Jefferson County Service Organization	Transportation	20,000				
Jefferson County Service Organization	Outreach	4,129		29,192	JF	JF
Kansas Legal Services	Legal Assistance	15,460		15,460	DG, JF & SN	SN
Lawrence Meals on Wheels	Home Delivered Meals	52,701	10,277	62,978	DG	DG
Meals on Wheels of SN & JF Counties	Congregate Meals	172,350	35,009			
Meals on Wheels of SN & JF Counties	Home Delivered Meals	244,754	53,207	505,320	JF & SN	SN
Mom's Meals	Home Delivered Meals	76,795	8,788	85,583	DG, JF & SN	Other
Papan's Landing Senior Center	Transportation	16,500		16,500	SN	SN
Topeka LULAC Senior Center	Transportation	6,000		6,000	SN	SN
Jayhawk Area Agency on Aging	Assessment	1,000				
Jayhawk Area Agency on Aging	Case Management	25,000				
Jayhawk Area Agency on Aging	Coordination	27,000				
Jayhawk Area Agency on Aging	Program Development	10,000				
Jayhawk Area Agency on Aging	Information	85,000				
Jayhawk Area Agency on Aging	Outreach	6,000				
Jayhawk Area Agency on Aging	Congregate Meals	146,077	34,072			
Jayhawk Area Agency on Aging	Physical Fitness & Exercise	22,590				
Jayhawk Area Agency on Aging	Caregiver Group Information	43,402				
Jayhawk Area Agency on Aging	Caregiver Assistance/Information	27,981				
Jayhawk Area Agency on Aging	Caregiver Support Groups	6,500				
Jayhawk Area Agency on Aging	Flex & Bath Assistance	5,300		439,922	DG, JF & SN	All
Customer Choice - In Home Services	Attendant Care ATCR	70,803				
Customer Choice - In Home Services	Homemaker HMKR	18,936				
Customer Choice - In Home Services	Respite RESP	20,720		110,459	DG, JF & SN	
Customer Choice Providers						
<i>A Helping Hand Home Care</i>	<i>ATCR, HMKR, RESP</i>				<i>DG & SN</i>	<i>DG</i>
<i>Jefferson County Health Dept</i>	<i>ATCR, HMKR</i>				<i>JF</i>	<i>JF</i>
<i>Prestige Home Care</i>	<i>ACTR, HMKR, RESP</i>				<i>DG & JF</i>	<i>Other</i>
<i>Trinity In-Home Care</i>	<i>ACTR, HMKR, RESP</i>				<i>DG & JF</i>	<i>DG</i>

Awards to providers serving Douglas only, 167,813; Jefferson only, 29,192; Shawnee only, 42,500; Jefferson & Shawnee, 417,104; Douglas, Jefferson & Shawnee, 608,564. TOTAL AWARDS: 1,265,173

Election results could revive health care compact fight in Kansas

By Bryan Lowry

Courtesy of The Wichita Eagle/
Kansas.com

The 2016 election could revive a fight over Kansas' commitment to a proposal that would give states control over federal health care dollars.

Gov. Sam Brownback signed a bill in 2014 that committed the state to a proposed health care compact.

The proposal, which supporters framed as a way to free the state from the requirements of the Affordable Care Act, would allow states to receive federal health care dollars as a block grant and to make their own decisions about how to spend that money.

Opponents, such as the AARP, warn that would empower the state to make changes to Medicare, the federal program that provides health coverage to seniors.

Interstate compacts are agreements between states that can go into effect after being approved by Congress and the president. Kansas was one of nine states to pass the health care compact legislation.

Bills to enact the compact failed to gain traction Congress in the years since Kansas passed the legislation – and it was extremely unlikely that President Obama would approve the legislation even if it had passed Congress.

However, after the election

of Republican Donald Trump as president and Republican majorities in both houses of Congress, opponents and supporters are both contemplating the possibility that the theoretical compact could become a reality.

U.S. Sen. James Lankford, R-Okla., introduced a compact bill in 2015. His spokeswoman, Aly Beley, said in an e-mail that “Lankford looks forward to exploring the best way to replace Obamacare by working with the White House and Congress at the start of the new year.”

Beley, who previously served as aide to Kansas Senate President Susan Wagle, said that the compact would allow “each state to manage health care for its citizens or join with other states to do so.”

Kansas House Minority Leader Jim Ward, D-Wichita, said that he expects the compact idea to receive serious consideration and debate in Washington.

“And that’s really scary,” said Ward, pointing to the potential impact to Medicare.

Ward said he plans to bring a bill to repeal Kansas’ commitment to the policy. He made an unsuccessful attempt at repeal last session, but after moderates and Democrats made gains in the Legislature this election Ward’s chances of withdrawing the state from the compact have likely improved.

Maren Turner, the director

of AARP Kansas, said the organization – which advocates for seniors – remains strongly opposed to enacting a compact. “Why risk the health of Kansans for something that has not really been thought through?” Turner said.

“There are a lot of questions about how the health care compact would work. Who would be responsible for the Medicare funding? If a person moved outside of one of the states within the health care compact, how would that work?”

When Brownback signed the compact legislation in 2014, he promised that he would protect Medicare from any cuts if the state took over control of the program. His office reiterated that stance this month.

“As Governor Brownback promised at the time, he will oppose any efforts at the state level to reduce Medicare benefits or coverage for Kansas seniors,” said Melika Willoughby, the governor’s spokeswoman.

Ward isn’t willing to take the governor at his word on the matter. “Distrust is not strong enough. I don’t believe him one bit,” he said.

Turner, of AARP, said it’s not worth risking state control of Medicare regardless of the governor’s promises because of the number of unknowns.

“To come up with a health care compact that has way more questions than answers, that threatens to undermine the guaranteed benefit, that’s not a good idea,” she said.

**Please call Kevin at
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Seniors advise on legislative issues

McPherson Sentinel/McPherson Council on Aging

The Kansas Silver Haired Legislature held their 34th Annual Session in Topeka on Oct. 4 through 6.

The Kansas Silver Haired Legislature held their 34th Annual Session in Topeka on Oct. 4 through 6. At this annual session, the delegates debate and vote on the issues presented to them by the Executive Board from their July meeting.

These issues, in the form of bills and resolutions, are subjected to a two-day process of committee hearings and debate, and then voted on two separate times before being considered as "passed." Those bills and resolutions that do survive this process are then sent to the Kansas State Legislature for consideration during the 2016 Legislative session.

It is just one way for the Senior Citizens in Kansas to have their collective voice heard.

Here are the resolutions passed by the full body of the Kansas Silver Haired Legislature at this year's session:

1) Resolution No. 3301 - Urge the Kansas Legislature and the governor to fully fund all Kansas Public Employees Retirement System obligations, including the interest at 8 percent on the bonds passed this past legislative session.

2) Resolution No. 3307 - Urge the legislature and the governor to provide a cost-of-living adjustment for each retiree who is entitled to receive a retirement benefit from KPERS. This

has not happened since 1998.

3) Resolution No. 3302 - Urge the legislature and the governor to repeal the non-wage business income tax exemption, passed by the Kansas Legislature and signed by the governor in 2012, and replace it with a tax policy fair to all Kansans, with shared responsibility for contributing by all Kansans.

4) Resolution No. 3303 - Urge the legislature and the governor to continue to support and fund public transportation, so vitally needed by our Kansas Senior Citizens, especially in rural areas of our state.

5) Resolution No. 3304 - Urge the legislature and governor to restore the 30 percent cut to the Senior Care Act program, which allows a qualifying senior to stay in their own home with just a minimum of assistance, which averages approximately \$250 a month. This is a substantial savings when compared with an alternative of nursing home expenses, which can easily average around \$4,000 per month.

6) Resolution 3305 - Urge the legislature and governor to support the expansion of Medicaid (KanCare) in Kansas. Currently, approximately 150,000 (of which around 16,000 are Kansas seniors between the age of 60 and 65 years old) Kansans fall into the "coverage gap" - they make too much money to qualify for the base Kansas KanCare program, yet not enough to be able to afford medical insurance on their own. The Kansas Hospital Association, and the Alliance for a Healthy Kansas are both in full support of this

resolution.

The Silver Haired Legislature was created by an act of Congress in 1969, with the Kansas Silver Haired Legislature being formed in 1982. The KSHL is charged with identifying issues important to older Kansas adults 60 years of age and older, of which there are nearly 500,000, and to educate the Kansas Legislature about those issues.

Each county is entitled to one representative, with the five larg-

est counties having up to five additional representatives. This coming spring, the SHL delegates from the eleven regions across Kansas will begin meeting once again to decide the issues of importance to Kansas seniors, and preparations will be made for the 35th annual session next fall in Topeka.

Talk to your county's SHL delegate between now and then so the issues important to you can be considered in this next cycle.



John and Mary had few things that could be moved to the new apartment so JAAA staff adopted them for Christmas and provided much needed items for their new start.

Guardian Angel

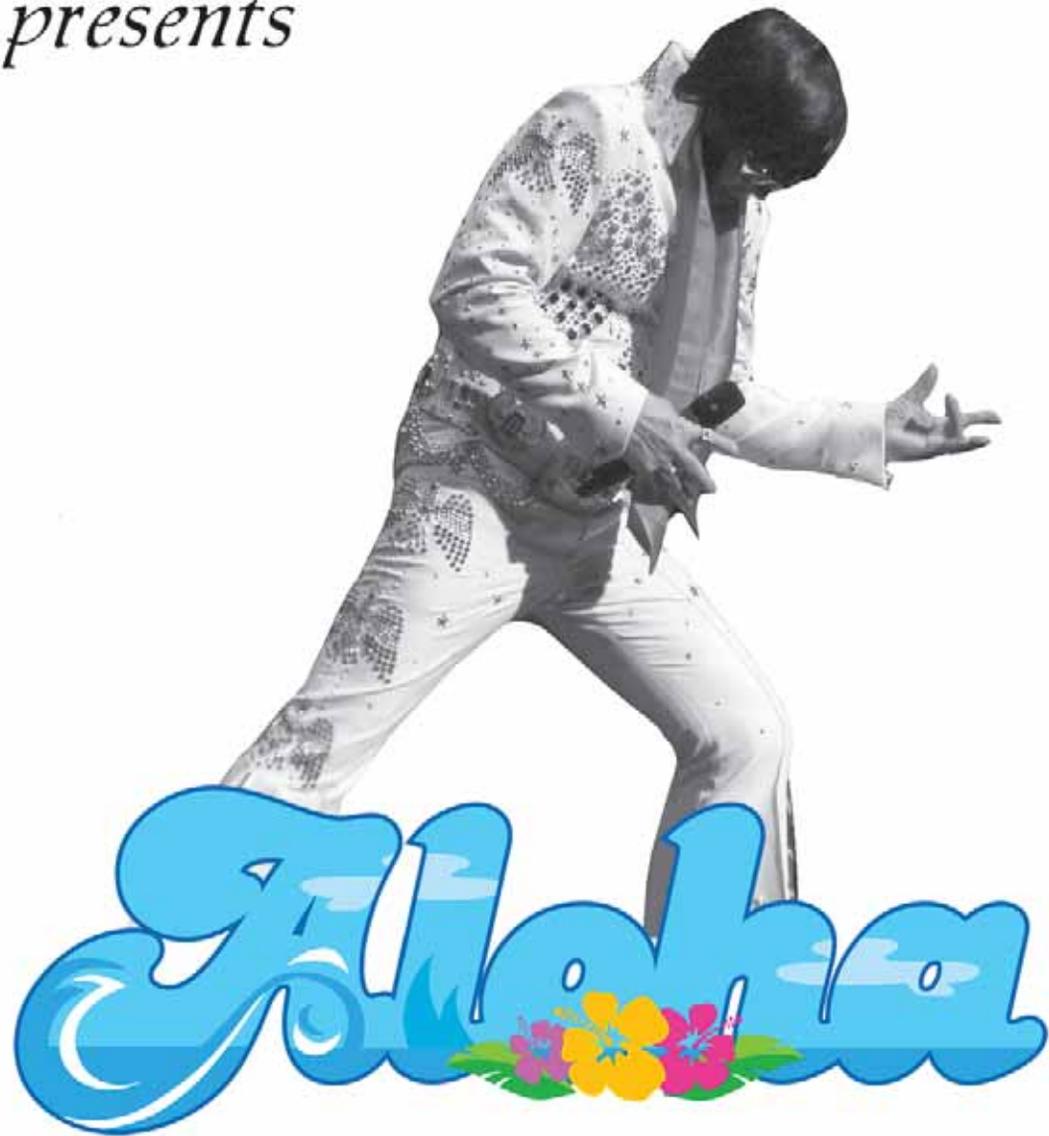
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water damage and mold). All items in the house were in a similar condition and not suitable to move to the rent-subsidized housing JAAA was able to obtain for them in a high-rise apartment. Even though their living conditions were deplorable, the house was home to them and the eviction was stressful.

Guardian Angel Fund purchased beds, mattresses and box springs for them and JAAA staff members were so overcome by the needs of the impoverished couple that they adopted them for Christmas, buying items they required for the move and a fresh start.

Readers may be surprised that such dire need exists. JAAA staff members are not. They see it every day and are glad that Guardian Angel Fund is there to help.

JAAA presents



Elvis in Blue Hawaii

Saturday, May 27, 2017

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

Great Overland Station

(save the date)