

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 2019



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



Story on page 3.

Julia Stogdill and Jerry Boyles cut a rug at the Senior Prom hosted by Shawnee Heights High School students of Julie Coulter. The prom is given in appreciation of the students' earlier visit to LULAC Senior Center.

A Message from Susan Harris, JAAA Executive Director

The Older Americans Act (OAA), the first program to focus on community-based services for older persons, was passed in 1965. The Act articulates a series of far-reaching objectives which federal, state, tribal, and local governments are jointly responsible for assisting older persons to achieve: adequate retirement income; best possible physical and mental health; suitable and affordable housing; institutional and home and community based long-term care; employment opportunity without age discrimination; retirement in health, honor and dignity after years of contribution to the economy, pursuit of meaningful activity; efficient



Susan Harris

community services; benefit from proven research knowledge, and individual freedom and independence in planning and managing their own lives. Nonetheless, with over a billion dollar budget, the programs and services funded through the OAA are necessarily more limited than this vision might apply.

Each AAA, which receives Older Americans Act funds, is required to prepare an Area Plan for its specific planning and service area (PSA). The Area Plan is a document that is prepared every four years and updated annually. It specifies the service objectives and activities that the AAA intends to achieve within a specific time

period with the use of Older Americans Act funds. The fiscal year used for the Area Plan purposes is the Federal Fiscal year, which begins October 1st and ends the following September 30th. Incorporated within the Area Plan are the various budgets needed to implement the planned services.

The Area Plan serves three main purposes:

- 1.) Establishes service objectives based on identified need and resources Available;
- 2.) Provides fiscal budgets necessary for service provision;
- 3.) Provides and evaluation/monitoring tool, which measures the Agency's performance.

Every spring Jayhawk Area Agency on Aging goes through a process known as allocations where a team of individuals determine what services and provider agencies will be receive funding through the Older

Americans Act to provide services to those age 60 and older. This year, as with many years, it is a difficult process determining what services will be funded with the limited funds received each year. With the increase in the number of people age 60 and older residing in our service area and the growth of funding not following suit, the Allocations Committee members have a tough job of making sure that services and funding are targeted to specific needs that will benefit the communities we serve.

This year the committee focused on nutrition services, and transportation services meeting with providers who submitted updated program information and budgets to discuss what is going well, what needs to improve, and what the future holds for these providers and services. Addi-

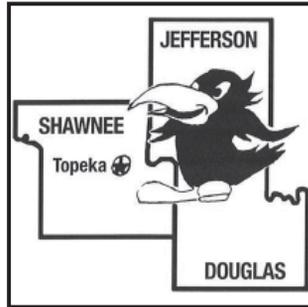
CONTINUED ON PAGE FIVE

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 6,000+

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



Amazing Aging is a 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 **Susan Harris** at Jayhawk Area Agency on Aging, Inc.

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.

LULAC Senior Center and Shawnee Heights High School: A partnership that is rewarding for seniors and students alike

By Marsha Henry Goff

When Julie Coulter, a Language Arts teacher at Shawnee Heights High School, approached Kathy Votaw, LULAC Senior Center Director, about bringing her College Composition class to LULAC to interact with the seniors there, she says that “Kathy’s enthusiasm for the project completely matched mine—she was like a kindred spirit.”

Coulter wanted her students to have the opportunity to interview the seniors and write a non-fiction paper incorporating factual information. Students have visited LULAC three times in the past two years and Coulter says they have written some of the best papers she has received. She credits that to the facts that students took the assignment seriously because they cared about the people they were writing about and because the seniors gave them a wealth of material from which to draw.

In appreciation, the students host a Senior Prom for LULAC seniors at the high school during the SHHS spring art show. The occasion gives the seniors and students another chance to interact and provides a special night out for the seniors. Lyle Reynoso and the Shawnee Heights Jazz Band provided excellent music for listening and dancing. “This is the second year playing for this event, and I can’t express how much fun the students and I have watching the residents’ faces light up when the music starts.” Reynoso says. “What an amazing opportunity.”

Two of the senior dancers at the prom grace the front cover

of this issue of *Amazing Aging*. Julia Stogdill, originally from Maryville, Missouri, says she has “lived in Topeka off and on for 20 years.” She previously worked as a solder-dipper for Adronics in Hays, Kansas, and was already retired when she moved to Topeka.

Julia says she really likes spending time at LULAC and that she didn’t have anything to do before discovering the center. Being without anything to do is hard to imagine for Julia because she appears to be a bundle of energy who meets life with gusto. She enjoys BINGO twice a month at LULAC, domino games at her table there and get-togethers for dinners. When the students came to the center, she says she had a nice visit with two young ladies and admits that “we asked as many questions as they did.”

The other dancer in the photo, Jerry Boyles, has a familiar name in Topeka. Many kids and their parents fondly remember Boyles’ Joyland, Topeka’s amusement park that the family opened in 1953 at 2700 SE California and operated for 35 years until the rides were auctioned off in 1988. Jerry owned and operated Boyles’ Flea Market at 29th and Adams from 1997 until 2017.

Decked out in a white hat and coat, Anthony Longstreet should have won a sharpest-dresser award at the prom. Anthony is a man of God, a basketball fan and the father of four daughters, the youngest of whom is scheduled to graduate soon from Washburn University. “I moved to Topeka because my daughter is here and she has a little child. I wanted to be a part of it.”



Mary Helen Tetuan, second from left, performs her favorite dance.

As a younger man he sold “fancy faucets, sinks and tubs and razed a lot of warehouses in Colorado.”



Anthony Longstreet

He lived in Wichita for 30 years and in Kansas City for ten where he became a deacon of his church. He says that he talked to the students about life and told them to “choose God before anything because He’s going to lead you the right way. I don’t want them to go down the path I went down to reach Him. So choose God first and you’re going to be OK.”

Anthony pointed to another senior dancer, Mary Helen Tetuan, who was doing a line dance with some of the students. “Look,” he said, “she’s beating them all!”

Indeed, she was. “I love to

dance! That’s my favorite dance,” Mary Helen says after the dance was finished. “My husband and I used to dance all the time. He was a musician and he played a lot of dances and when he didn’t have a job, we’d go to the dances. He played a saxophone. He was good.” She was at the prom with her sister-in-law of 55 years, Augustine (Auggie) Tetuan. When Mary Helen goes to LULAC, she takes along her little dog Chula, a Yorkie-Poo. “Everybody knows her,” Mary Helen says, “and she goes to visit with everybody.”

Jonathan Lovano was one of the students attending the prom. He enjoyed his visit to LULAC where the students sat down with the seniors, made conversation and heard about their lives. “I think the youth should go to senior centers and just listen to their stories because they are just amazing,

CONTINUED ON PAGE FOUR

Senior Prom

CONTINUED FROM PAGE THREE

they have gone through so much.” He notes that so much of everyday life now involves new technology — computers, programmable appliances, smart phones — and seniors have had to adjust to that.

“I think kids are missing out who don’t relate to older individuals,” Jonathan says. “I think a lot of it has to do with social media.



Jonathan Lovano

We spend so much time looking down at our phones and miss out on the real memories. My grandparents live in Mexico so whenever they come, I try to be off my phone and just spend the time with them. And I just think a lot of people are missing out on that. This is the second year they’ve held the prom but my first year attending. I think it’s really special. It brings their memories back from the old days. I just have fun with them. It would be nice if my grandparents could be here for this.”

Katy Locey is a student who found common ground with a woman named Norma at LULAC when her class visited the center. Katy suffers from Ehlers-Danlos Syndrome Hypermobile Type (EDS), a rare genetic connective tissue disorder that affects the bones and joints and causes chronic and constant pain throughout her body, especially in the joints.

During her conversation with Norma, a caretaker and best friend of Auggie, a regular attendee at LULAC, Katy began experiencing increasing pain in her wrist

and neck. When she began rolling her wrist and neck in an effort to relieve the pain, Norma asked why she was rolling her wrist. Katy revealed that she was diagnosed with EDS at 16 and Norma confided that she had Fibromyalgia which caused her to be in never-ending pain everywhere in her body.

Katy explains what the connection with Norma meant to her: “It is extremely hard to put into words how I felt. There is no one my age that I can talk to about my EDS who will actually get the pain I am in. I either get sympathetic eyes or annoyed frowns whenever I bring up my EDS and how I might not be able to do the same activities as my peers. But talking to Norma and hearing the pain she is in was like looking into a mirror, granted one much older than I, but a mirror nonetheless.

“I found someone who understood — she understood me. For the first time, I had someone to relate to. It was an incredibly exciting experience. I was excited because I found someone to talk to and relate to which is what all people want, to be heard and understood even if it is by only one person. I am so grateful that I got the chance to meet all the seniors at LULAC but especially Norma, who helped me feel a little less alone in this big world.”

Another senior-student connection occurred between Lynne Wells and Isiah Gallegos who are now friends on Facebook. On his first visit to LULAC last November, Isiah noticed Lynne and sat with her. She had a metal device on her left hand intended to straighten her fingers which had curled after a serious illness that required her to be life-flighted to a Wichita hospital where she spent 159 days before being transferred to Kansas



Lyle Reynoso conducts the Shawnee Heights Jazz Band at the Senior Prom.

Rehabilitation Hospital in Topeka for another three months.

Two years ago on April 12, Lynne came home from work at Walgreen’s feeling ill. Within



Lynne Wells

minutes, she was lying on her living room floor, completely paralyzed. Diagnosed with Guillain-Barre syndrome, a disease that strikes only one in every 100,000 people, she couldn’t speak for seven weeks. When her children visited, all she could do was look at them. “I couldn’t even cry,” she remembers. “My tear ducts were paralyzed.”

Lynne is a determined woman and fought her way back to independence, however — once in her new apartment — she did not expect the depression and fear that followed her illness. “I was scared, claustrophobic, crying, depressed and I thought this is not me. I would cry maybe once every five years. I wasn’t afraid of anything and now I’m scared of every-

thing,” she says. “I had a choice. I could either get on with my life, because when this happened to me I was 61 and I’m 63 now, or I could go to an old folks home and I’m not an old folk. I want to drive again. I want to get back into life.”

Isiah recognized and appreciated Lynne’s courageous spirit. In addition to adding her to his Facebook friends, he says, “I went back one more time and plan to go more often when school is out, but it was right before Christmas. I brought them homemade sugar cookies for the holiday. This experience was to get caught back up with Lynne and make sure she has been doing alright.”

Isiah’s final words best sum up the value of the partnership between LULAC Senior Center and the Shawnee Heights High School students who visit them: “I really enjoyed LULAC because of the energetic personalities and the homey feeling as soon as you walk in. It really is just a great experience to talk with all the seniors there and hear about their stories. I would never trade that experience for anything and it surely was a new aspect of how to live one’s life.”

Caregiver Support

Maximizing your income

By Michele Dillon
JAAA ADRC Supervisor

With a devastating long term diagnosis like Parkinson's or Alzheimer's, finances are a big concern. Did I save enough to get us through this illness and will there be enough for the spouse afterwards. This can cause added stressors to an already tenuous situation. Let's talk about some things that can assist in this situation.

Knowing what is coming around the pike is very helpful. What stage in the disease process is your loved one in and what will happen as it progresses. Not only will this help you plan financially it will help you cope as you can develop a plan through each phase of the disease.

Meeting with an Estate Planning attorney may be beneficial for those with large estates. They can invest your monies and develop trusts and deeds to preserve assets. I would tread with caution however. If you do run out of money and have to get government assistance, there are stiff penalties for moving money around. (My next article will talk about Kancare and division of assets). They will also make sure that you have Power of Attorneys and wills in place.

Let's take a look at care for your loved one. A lot of times, when there is a hospital visit the

discharge planner or doctor will tell you that the recipient needs long term care or 24 hour care. Is that really the case? Lots of folks in a nursing home setting get help with bathing and dressing and meals but they are not necessarily getting assistance in the middle of the day. Can you provide that assistance at home? Maybe you just need assistance getting them up in the morning or to bed. Can a meal be delivered at lunch? If your loved one is in the hospital and you have questions about the need for care give Jayhawk a call. We can come and meet with you in the hospital and help



Michele Dillon

develop in home services that will meet your needs or be upfront with you and say that maybe in home is not the way to go. They may need more extensive services later but you are preserving funds for that later time.

If it is a short term need for bathing, homemaker or bathing assistance, Jayhawk Area Agency on Aging provides a caregiver program. This program covers the services just mentioned for a short term. Maybe your loved one just got out of the hospital and is weaker than normal. We can provide some short term relief to help you over the hump. If you want to get some rest and maybe go on a little vacation we can offer some funding to help supplement some respite care. These programs are federally

funded through the Older Americans Act and donation based.

Reach out to us. We are here to provide you with non-biased information on resources and

Director's message

CONTINUED FROM PAGE TWO

tionally caregiver support services, legal services, in-home services, disease prevention/health promotion services, information and outreach services, and assessment and case management services were discussed and reviewed.

Older Americans Act services are not means tested in any way and they are provided on a donation basis, with that being said, donations are vital to the programs funded by the OAA. The donations received are returned back to the specific service as program income

tools to help you. We also provide support groups as a place where you can seek the advice of others who are going down the same road.

allowing for more services to be provided, the more donations received, the more services that can be provided. The allocation dollar and service amounts determined by the Allocations Committee are submitted to Jayhawk Advisory Committee for review and recommendation to approve and then presented to the JAAA Board of Directors for approval and incorporation into the annual area plan. The following table shows the services that are funded by JAAA through the Older Americans Act, as one can see this is a wide range of services targeted to those age 60 and older.

Older Americans Act Title	Services Provided/Funded by JAAA
OAA IIIB	<ul style="list-style-type: none">Information and Assistance (IIIB)Outreach (IIIB)Case Management (IIIB)Coordination and Program Development (IIIB)Assessment (IIIB)TransportationLegal ServicesIn-Home Attendant Care and Homemaker Services
OAA IIIC	<ul style="list-style-type: none">Home Delivered MealsCongregate MealsCHAMPSS
OAA IIID	<ul style="list-style-type: none">Physical Fitness and Exercise Programs—Tai ChiMedication Management-- Home Meds
OAA IIIE	<ul style="list-style-type: none">AssistanceBath itemsFlex-CaregiversInformationSupport GroupsRespiteIn-Home Attendant Care and Homemaker ServicesTransportation

The happy, busy life of Carma Glas includes weekly visits to former co-workers who are nursing home residents

By Marsha Henry Goff

When you first meet Carma Glas, you quickly notice her sweet demeanor and soothing voice. Although she admits that her childhood was not an easy one, it shaped her into the friendly and caring woman she is today. The youngest of 13 children, Carma (then named Shirley) was only four-and-a-half years old and alone with her 42-year-old mother when she died. “Of course I didn’t realize she had died,” Carma says, “but she was on the floor and I ran to a corner store for help.”

Adding to that trauma was her separation a few months later from the only life she had known. Her siblings found her in 1977 almost 25 years to the day after her adoption. “My siblings told me they put us on a porch and put our best clothing on and people would come and just pick us out like little puppies,” Carma says. “It’s an odd, wonderful thing. My adopted mom’s sister actually was married to a birth cousin of mine. I had a different name then, both first and last. My birth name was Shirley Ann and I became Carma Lee. I don’t know how a five-year-old could ever get used to that but I think God whispered in my ear that it was OK.”

She says she and her siblings — all of whom, except a deceased brother and sister, live in Louisiana — have so much fun when they get together. And she has learned from them about the life she barely remembers. Carma says her sister who is six years older has suffered from the memory of putting her in the back seat of

her adoptive parents’ car and telling her she was going to the grocery store when in fact they were taking her to their home to Iowa. Her siblings also told her that her adoptive parents were supposed to bring her back to visit once a year. They never did, but Carma bears no grudges, saying, “They did the best they could.”

And while what she refers to as her “Carma life” was not easy, she says it was better than life was for her older siblings who worked in the cotton fields and only went to school for six months each year. “They told me that at the age of five, I was just being introduced into the cotton fields.”

While she lacked the upbringing she may have wished for with both her birth and adoptive families, she remembers deciding at age 12 that she would forge a different path. “It’s all choices,” she says, “and I think you can make them at a very young age.” Her life changed decidedly for the better when she met Fred Glas, the man she would marry at age 18. “It does work,” she declares, referring to their teenage marriage. The couple moved to Lawrence in 1972 when Fred accepted a job at DuPont. They will celebrate their 49th wedding anniversary in September.

When she met Fred, she began classes to become Catholic, unaware that she had been baptized Catholic as a baby. In addition to a new husband and a new faith, her marriage brought her an added bonus: “I had the most wonderful mother-in-law in the world. She was just the most wonderful human being.”



Carma Glas is as sweet and kind as she looks.

She credits her adoptive parents for introducing her to the grandparents with whom her family spent every weekend. “I think that is probably how I acquired my love for the more mature adults because they were so special. I just love the more mature — I call them the more mature population — because you wouldn’t want to be called older, you know.”

Some of the women with whom she worked at Weaver’s Department Store in Lawrence are in the “more mature” category now and Carma visits them twice a week at the assisted living facility where they live. “Mary worked in the office and Virginia, who is

95, worked on the floor. I met Virginia first. She was just amazing and we used to celebrate birthdays together with other women.

“Mary was my sponsor for getting confirmed. Although she didn’t have to, she went to every RCIA class with me on Monday nights and she became like a surrogate mom to me so there is a special bond. I do for her what I have threatened my children that they had better do for me, like keeping her little face free of unwanted hair. Both women I visit have caring and loving families, but I can sometimes help when they cannot. With their wisdom and

CONTINUED ON PAGE SEVEN

June 15 is designated World Elder Abuse Awareness Day

By Marsha Henry Goff

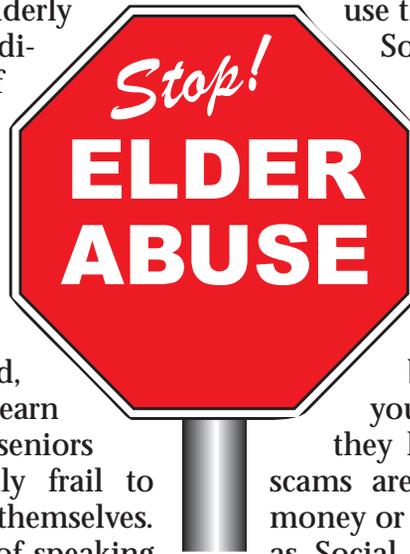
In a perfect world, we would not require an Elder Abuse Awareness Day. However, in the past year, one in six older people experienced some form of abuse. That abuse may take the form of physical, emotional or financial abuse. Sadly, sometimes those nearest and dearest to the elderly are their abusers and that is the most difficult to understand.

Although all forms of elderly abuse are reprehensible, physical abuse can result in serious injury or death. Seniors living in nursing facilities and other institutions, rather than in their homes, are subject to higher rates of abuse. If you see indications — such as bruises, bedsores, or weight loss — that a senior is being abused, document the abuse by taking photos of injuries and take statements from the victim or other witnesses. Keep a log of suspicious behavior or circumstances. Address your concerns with the director of the long-term care facility or the home-care provider. If they do not act on your concerns, do not hesitate to contact law enforcement.

When my grandmother was in a nursing home, I was invited to a training session where I was asked to describe my grandmother's very productive life. The director told me that the workers in the home often did not see the patients as the productive people they had been and she wanted to change their perception. Although elderly individuals should be respected, often they are not.

It may be easier for workers and others who come in contact with elderly individuals to respect them if they know more about their lives and what they accomplished before they became old and frail. Such knowledge may allow them to see elderly residents as individuals instead of patients.

Emotional abuse can break the spirit of an older person. If you notice depression or change of mood, investigate to learn the cause. Often, seniors are too physically frail to stand up for themselves. Some are scared of speaking up because they fear repercussions. We all need to be on the lookout for any sign of elder abuse and speak up if something seems wrong.



Financial abuse is perpetrated by scammers who target elderly individuals by phone, email or in person. Some scammers — especially those who use the Grandparent scam — rely on seniors' love and willingness to help. Other scammers use the threat of losing Social Security benefits or having utilities cut off to spark fear. One scam even threatens that an arrest warrant has been issued and will be served unless you call the number they leave. All of these scams are designed to get money or information, such as Social Security numbers or banking and credit card numbers, that they can use to defraud seniors and line their own pockets.

All too often, financial

exploitation of elderly individuals is done by their children and other close relatives. Many times the exploiter is the individual that the older person has entrusted with their power of attorney. Sometimes children act in concert to exploit their parent. When that is not the case, it is important that siblings keep an eye out for exploitation by the person who has power of attorney.

By 2050, the global population of people 60 years and older is expected to be about 2 billion, double the amount of 900 million recorded in 2015. That dramatic rise has caused a worldwide recognition of the challenges and problems facing the elderly. Abuse, neglect, violence, and exploitation are the biggest issues facing senior citizens around the world.

The first World Elder Abuse Awareness Day was held in 2012.

Carma Glas

CONTINUED FROM PAGE SIX

their unconditional love, my wonderful and amazing more mature friends do more for me than I could ever do for them. They do not care what you have or don't have, where you live or don't live, they love you for who you are!"

Carma has a happy and busy life. She works two or three days a week at Weaver's at a job she loves. She and Fred have four children, two of whom live in Lawrence. She enjoys picking up and spending time with an 11-year-old

grandson a couple times each week. When her friend Monica Cordova, another former co-worker at Weaver's, had a knee replacement, she thought she could help by taking her to therapy. "I guess you volunteer your time when you can without totally stretching yourself until you're too thin," she says. "I just try to treat people the way I'd want to be treated."

Carma picks up a card printed with words she tries to follow and reads it aloud: *The world is full of kind people. If you can't find one, be one.*

She surely is.



CORRECTION: I regret that I misspelled Carolee Meseraull's last name (one s, not two, is correct) in the Winter issue of *Amazing Aging*. I told her that she may write about me and spell my last name Goof, which, in this instance, is accurate.

— Marsha Henry Goff

Michele Dillon's book, *What I Like When I Can't Say*, provides dignity and respect to dementia patients and guidance to caregivers

By Marsha Henry Goff

Michele Dillon, JAAA's Douglas/Jefferson County Lead, is based in Lawrence, has a passion for caregiving and hospice care and has had a great deal of personal experience with both. She worked in nursing homes as an activity aide right out of high school and earned an associate's degree in recreational therapy at a junior college in her home state of Illinois. She acquired an administrator's license in Illinois, worked as assistant administrator in a nursing home, then for a while, did some social services and then earned a bachelor's degree in Health Care Management. "I served as a volunteer for hospice in home care," she says, "and I minored in Alzheimer's Dementia and Hospice. Those are my two passions. I was director of the memory care unit in one nursing home and in another I actually helped them develop a memory care unit."

She notes that all too often when dementia patients have behavioral problems, it is because those caring for them, either family or nursing home staff, do not know what they want and the patient is unable to tell them. Her book is a jour-

nal tool for people to record their life stories from childhood to adulthood and to express their preferences about likes and dislikes. The chapters provide a guide about things people might like to express their opinions about what they like and what they want while they are able to do so.

"If you have a background about people and you know if they prefer a shower in the morning or at night, whether they freak out if there's a spider on the floor, if you have that insight into people and there's a behavior issue, you know better how to deal with it," Michele says. "I wrote the book because I wanted people to use it as a guide to say, 'Here's what I think about things, here's how I grew up, here's my background.' If they become confused or if they do get dementia where they can't speak for themselves, they've said what they want to say in the book and then people can refer to it."

For example, Michele knew her father-in-law did not want to die with his boots on. He wore boots every day of his life and promised his mother that he would not die with them on. The last day of his life under hospice care, she noticed he kept



When filled out, Michele Dillon's book ensures dignity and respect for dementia patients and is a valuable guide for caregivers.



Michele Dillon is pictured in her Lawrence office at 2001 Haskell Avenue.

shuffling his feet in his hospital bed. Because of that knowledge, she was able to assure him, "Dad you don't have your boots on." If I didn't have that information, I wouldn't have known why he was doing that. He died that night."

Her relocation to Kansas and her resulting employment at JAAA occurred when she struck up a correspondence with a classmate she had dated briefly when they were sophomores at the same high school. She visited him in Kansas and six months later they married. "His parents were here. They were older and we knew they would need someone close by."

Michele has tremendous respect for the capabilities of seniors and their ability to make decisions for themselves. "My mother-in-law had anxiety really bad and got to where she said to me, 'You do it,' and I said, 'No, I know I'm your DPA [Durable Power-of-Attorney], but that's not the point of it'

When speaking before caregivers, I ask: At what age does someone become incompetent? If they're 65, 75, 85, 95, if they don't have dementia and they're competent then you shouldn't be running their life and I think a lot of times that puts more burden on caregivers than it needs to because they feel like they need to be responsible for this person when they don't."

Michele leads JAAA's caregiver support groups. "It's a lot of listening and hearing where they are in the moment and a lot of empathy. I tend to be straight forward and realistic which caregivers like. I find they appreciate it if they know what is coming so they aren't blindsided. If there is a family dynamic situation, I try to hear all sides of the story. I set up email so everyone is on same page. Being up front and saying if the person you are caring for doesn't really want the care, then you need to know how to

CONTINUED ON PAGE NINE

set your boundaries.”

She relates that, “One lady called and said, ‘Dad is falling a lot. How can I convince him he needs assisted living?’ My response was, “Does Dad know he’s falling? Is Dad alert and oriented?” She says, ‘Yes,’ and I say, “Then leave Dad alone. If he falls, that’s on him, that’s not your responsibility.’ That’s what they really want to hear because they don’t want to feel like they should have done something. Because if Dad is a competent adult, that’s a lot of the conversation. It’s telling people that it doesn’t matter how old they are. If they’re competent, let them alone.”

Before she wrote the book, Michele visited with people: “Tell me if you couldn’t speak for yourself, what would you

want people to know? Tell me something that would really annoy you. Be particular about what really irritates you. Be specific because when behavior problems occur it is about little things. You get to decide.”

She explains, “I saw too many folks not being heard and at the time I met them I was hearing third party from their kids. It breaks my heart to see somebody that has been so active and you look at the pictures in their room and they look so young and beautiful and now they’re just relegated to some fetal position. I hate this disease and so I thought writing the book would be something that would preserve a little bit of their dignity when they couldn’t speak for themselves.”

What I Like When I Can’t Say is a book that everyone should fill out in the hope you will never need it. It simply serves as an insurance policy in the event you do. The book is available on Amazon.com.



Norma Evans, who will soon celebrate her 105th birthday, is pictured with Elvis (Bob Lockwood) at the Perry Senior Citizens Valentine’s Day luncheon.

R-E-S-P-E-C-T (it’s what we all need and want)

Marsha Henry Goff

Aretha Franklin, Queen of Soul, sang about respect. In the article above, Michele Dillon, who provides caregiver support for JAAA, talks about respect for seniors when she advises caregivers to avoid taking control of their loved one’s life regardless of age. “If they’re competent,” she says, “let them alone.”

Show that you respect seniors by allowing them to make their own decisions. They have been making decisions about their lives for a good long while and should continue to do so as long as they’re able. And the fact is, most of them will remain able to make their own decisions even if they become physically infirm. Frailty of body does not mean frailty of mind.

As my late grandmother’s conservator, I disposed of her rental houses. I never sold one of them without her telling me to do so. Grams only needed my physical help. My mother stayed sharp until she died in mid-sentence at 87. However, she once had a urinary tract infection

that briefly caused her confusion. It is important to know that confusion is often the first symptom of a UTI in an older person. Too much medication can be another cause of confusion. Don’t always assume that the cause is advanced age. Only 30 percent of people 85 and older are estimated to have dementia. That means 70 percent do not.

Even if your motive for usurping decision-making is to protect older individuals, you are not showing respect when you make decisions for them that they are perfectly capable of making for themselves. Put yourself in their places. If you are fortunate, you will grow to become old and will be in the 70 percent of people able to make their own decisions.

How would you feel if someone — be it a child or a person who considered themselves a friend — made a decision for you that is different than the one you would make? What? You wouldn’t like it? I didn’t think so.

JAAA is ready to help with CHAMPSS

CHAMPSS is one of JAAA's most popular programs and we stand ready to help CHAMPSS cardholders with their questions or concerns and also providers should they require help in making their menus and meals more appealing. The schedule for orientation sessions is listed below and you may sign up for the program and/or ask questions about it.

Meals, which expire one year after purchase, are loaded onto your card at a suggested donation of \$3.50 per meal. You may load only a couple meals or up to 12 meals at a time. Reloading your card is easy. You may call JAAA to reload with a credit card, send a check or stop by our offices with cash.

When you receive a survey, please fill it out and send it back to us. That is the way we learn of concerns you may have and it also gives you an opportunity to rate the meals you are served at different providers. CHAMPSS locations are:

Douglas County — Hy-Vee at 3504 Clinton Parkway; Hy-Vee at 4000 West 6th Street; Dillon's at 4701 West 6th Street; Dillon's at 1015 W. 23rd Street; and Dillon's at 1740 Massachusetts Street. All Douglas County locations are presently in Lawrence, but we are working to find locations in Baldwin City and Eudora.

Jefferson County — F.W. Huston Medical Center, Winchester. We are actively seeking more locations in Jefferson County.

Shawnee County — Dillon's at 21st and Fairlawn; Dillon's at 29th and California; Dillon's at 29th and Urish Road; Dillon's at Highway 24 & Rochester Road; Dillon's at 10th and Gage; Hy-Vee at 2951 SW Wanamaker; and Millennium Café inside the Topeka & Shawnee County Public Library, 10th & Washburn Avenue. All CHAMPSS Shawnee County locations are presently in Topeka.

CHAMPSS Orientation Sessions

Lawrence: Lawrence Public Library, first Monday of each month at 2 p.m. except 10 a.m. as noted
May 6 June 3 (10 a.m.) July 1 (10 a.m.)

Shawnee County: JAAA, first Wednesday of each month at 1:30 p.m. Shawnee residents must call JAAA receptionist to register for an orientation.
May 1 June 5 July 3

Jefferson County: residents may enroll at Topeka or Lawrence orientation sessions.



JAAA gets around! Look for us!

Caregivers' Support Groups

Baldwin Methodist Church, first Wednesday of each month, 1 p.m. - 2 p.m.

May 1 June 5 July 3

Topeka/Shawnee Library, second Monday of each month, 3:30 p.m. - 4:30 p.m.

May 12 June 9 July 14

JAAA, third Friday of each month, 12:00 noon - 1:00 p.m.

May 17 June 21 July 19

Events and Presentations

Medicare Monday, we'll answer your Medicare questions, Topeka Public Library, 1 p.m. - 3 p.m. **Msay**

May 6 June 3 July 1

Do It Yourself Medicare Part D, Topeka Public Library, second Wednesday of each month 9:30 a.m.

May 8 June 12 July 10

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

May 21 June 18 July 16

Medicare Quarterly Evening, Topeka Public Library, 6:30 p.m. on **July 11**

Jayhawk Area Agency on Aging is responsible for allocating both federal and state funds to providers of needed services to seniors in the Counties of Douglas, Jefferson and Shawnee. While JAAA itself provides a great many of those services, we also allocate funds to the many providers in the chart below whose names may be familiar to you. Our stated mission is to enable seniors to stay in their homes as long as they wish to do so. The allocation process, though time-consuming, helps us achieve that mission.

**JAAA's Allocations of Funds to Providers who Serve Seniors in Douglas, Jefferson and Shawnee Counties
(Fiscal Year 2020)**

<u>Provider</u>	<u>Service</u>	<u>OAA/State Award</u>	<u>USDA</u>	<u>Total Award</u>	<u>Counties Served</u>	<u>Location</u>
East Topeka Senior Center	Transportation	40,000		40,000	SN	SN
Jefferson County Service Organization	Information & Assistance	5,787				
Jefferson County Service Organization	Transportation	26,600				
Jefferson County Service Organization	Outreach	4,634		37,021	JF	JF
Kansas Legal Services	Legal Assistance	16,000		16,000	DG JF SN	SN
Lawrence Meals on Wheels	Home Delivered meals	81,218	15,083	96,301	DG	DG
Meals on Wheels of Eastern Kansas	Congregate Meals	199,910	37,664			
Meals on Wheels of Eastern Kansas	Home Delivered meals	349,187	72,054	658,815	DG JF SN	SN
Mom's Meals	Home Delivered meals	85,000		85,000	DG JF SN	Other
Papan's Landing Senior Center	Transportation	16,500		16,500	SN	SN
Topeka LULAC Senior Center	Transportation	13,600		13,600	SN	SN
Jayhawk Area Agency on Aging	Assessment	13,749				
Jayhawk Area Agency on Aging	Case Management	21,639				
Jayhawk Area Agency on Aging	Coordination	22,106				
Jayhawk Area Agency on Aging	Program Development	18,090				
Jayhawk Area Agency on Aging	Information & Assistance	59,480				
Jayhawk Area Agency on Aging	Outreach	4,356				
Jayhawk Area Agency on Aging	Congregate Meals	200,000	35,109			
Jayhawk Area Agency on Aging	Physical Fitness & Exercise	19,500				
Jayhawk Area Agency on Aging	Medication Management	5,090				
Jayhawk Area Agency on Aging	Caregiver Group Assistance	68,930				
Jayhawk Area Agency on Aging	Caregiver Assistance/Information	25,456				
Jayhawk Area Agency on Aging	Caregiver Support Groups	7,000				
Jayhawk Area Agency on Aging	Flex & Bath Assistance	5,300		505,805	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	RRRR	20,720		DG JF SN	
Customer Choice Providers				110,459		
<i>A Helping Hand Home Care</i>	<i>ATCR, HMKR, RRRR</i>					DG
<i>Jeff County Health Dept.</i>	<i>ATCR, HMKR</i>					JF
<i>Prestige Home Care</i>	<i>ATCR, HMKR, RRRR</i>					Other
<i>Trinity In-Home Care</i>	<i>ATCR, HMKR, RRRR</i>					DG

OAA Awards to providers serving only Douglas County \$81,218; providers serving Jefferson County only: \$37,021; providers serving Shawnee County only: \$70,100; providers serving Douglas, Jefferson & Shawnee Counties: \$1,196,143

The First Apartments

A self-supporting Community--Seniors and Individuals with Disabilities

Leave your yard
and home
maintenance
to us!
You're invited to
The First
Apartments.



Studio, One Bedroom & Expanded One Bedroom Apartments providing:

- emergency call button w/24 hr. staff
- 24 hr. emergency maintenance
- Individually controlled heat & air
- balconies on each floor
- covered patio by pond
- small pets welcome

Unique Service Coordinator Staff on site providing:

- general case management
- referral services to community agencies & service providers
- resident advocate
- community presentations
- assistance with Medicare Part D plans

We also offer:

- Restricted access with phone/intercom system
- Meals on Wheels site
- Coffee Room
- Laundry Room
- Recreation Room w/pool table and exercise equipment
- Salon
- Red Carpet Library Service
- Summer Gardening
- Storage locker for each apartment
- City bus stops at front door
- Group Exercise
- Crafts
- Monthly BINGO

We charge no entry fees. Our reasonable monthly rent includes utilities and maintenance costs. Applicants are encouraged to inquire about the availability of rent subsidy if their annual incomes meet HUD requirements.

Visitors and prospective residents are invited to schedule an appointment for a tour of our building and view an apartment.

Residents are the principal priority to our staff. We provide a self-supporting environment that encourages use of community resources.

Great location in the Seabrook neighborhood and surrounded by area churches, banks and shopping center.

3805 SW 18th St., Topeka • (785) 272-6700

www.thefirstapartments.org

