

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**

FALL 2025



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



**Robert W. Phillips, author of *Big Boys Don't Cry*
Please see story on page 3.**

A Message from Susan Harris, JAAA Executive Director

Welcome to fall! I enjoy the cooler temperatures, and the beautiful colors of nature as the leaves change. Fall is a busy time for Jayhawk Area Agency on Aging as we move into Medicare Open Enrollment, celebrate National Caregiver Month in November, and complete end of the fiscal year activities.

October 15th starts Medicare Open Enrollment, which runs through December 7th. This is the time that Medicare Beneficiaries are given the opportunity to shop and compare Medicare Part D plans as well as Medicare Advantage Plans. We encourage all Medicare Beneficiaries to take the opportunity to review their current Medicare Part D plan or



Susan Harris

Medicare Advantage Plan to see if that plan is going to continue to be the appropriate plan for you with regard to cost and coverage. Plans can change annually what they charge in premium, as well as costs you will pay at the pharmacy counter...it is in your best interest to review your plan and compare coverage options and make changes if necessary. We have a team of individuals ready and able to help you through this process. This service is free of charge.

National Caregiver Month is in November. We recognize the challenges that family caregivers face and how they manage them day and night. Over half of family caregivers are women.

One out of every four caregivers report diminished family relationships. Most caregivers work outside the home either part- or full-time in addition to their caregiving responsibilities. Over a million American young people, aged 8 to 18, care for an adult relative daily. Nearly 70 percent of caregivers report they don't see their doctor regularly because of their responsibilities.

This November, we will remember and celebrate the people who lovingly give baths, clean houses, shop for, cook meals for, and comfort the millions of older adults and ill people who are friends and loved ones. We encourage everyone to reach out to a caregiver for an older adult that they know and ask what you can do to help make their job a bit easier. Something as simple as going to the grocery store for them or offering to be with their loved one so that they can have a break can go a long way to

help caregivers reduce the stress they can feel. As a caregiver the healthiest thing you can do for yourself is to fit naps into your schedule. Round-the-clock caregiving is never easy, but when your loved one takes a break, don't do another task, you take a break too. It's important to not wear yourself down or who will take care of you?

AARP Tax Aides will be at our offices with volunteer tax preparers to help older adults with their state and federal taxes as well as homestead tax refunds. They will be helping February through April 15th on Mondays and Tuesdays at our Topeka office. Assistance is by appointment only and appointments will not begin to be taken until after at least the 2nd week of January.

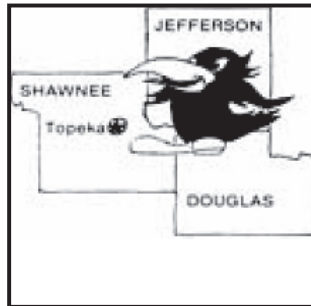
Jayhawk Area Agency on Aging turns Fifty in 2026! Stay tuned for information about all the events Jayhawk will host to celebrate our Golden Anniversary.

- **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.

Robert W. Phillips: veteran, realtor, businessman and now a published author

By Marsha Henry Goff

Robert Phillips, known to his friends as Rob, has recently become a published author of his first book, a memoir titled *Big Boys Don't Cry*. His reasons for writing the book, he says, are because he had a story he wanted to tell and he also wanted "to keep my sanity." Rob experienced PTSD from the Vietnam War and says he was coached by the Veterans Administration "to keep my mind busy and to not dwell on bad things. It worked."

In addition to having PTSD, Rob has the limitation of being legally blind. But he does not let that limitation stop him and is grateful for the technology that exists to assist him. In his office, a wrap-around desk holds four

large computer screens. Two of the keyboards have yellow keys marked with big letters. He types what he wants to say and a voice reads it back to him.

His office decorations show his patriotism as well as his love of family and Western art. It also contains several awards he has been given. Even with his limited vision, he can look out his office windows and see flowers growing and the American flag flying.

Rob served his country as a U.S. Army officer in Vietnam. But he did not come home alone. He traveled with his adopted daughter, a little four-year-old girl named Lei Anh (pronounced Lee Ann). Before he left for Vietnam, he and his wife decided if the opportunity arose, he would adopt a



This computer screen on the right is reserved for email. Note yellow keyboard and large font.



Rob sits at his desk surrounded by four computer screens.

Vietnamese child. Later, they adopted a son, Andrew, seven years younger than Lei Anh. He also has a step-daughter, Ginger. Family is important to him and his wife Beverly.

Rob is well-known in Lawrence, both as a realtor and businessman who served the community well. He was part of an investment group that owned the Eldridge Hotel which he served as general manager. He also served on the board of the Chamber's Convention and Visitors Bureau and constantly sought ways to promote Lawrence and bring visitors to the city.

As a member of the Convention and Visitors Bureau board, he contributed the idea of having a Festival of Poinsettias

along with several other already ongoing holiday events to draw people to Lawrence for the Christmas season. Merchants' windows held poinsettia displays and he remembers putting up a huge poinsettia tree in the Eldridge.

The Poinsettia Festival only lasted a few years. However, it was during his tenure at the Eldridge that he was instrumental in beginning two events and being one of three originators of another that are ongoing decades after their beginnings.

Rob's love of horses gave him the idea of a parade consisting solely of horse-drawn vehicles, one of which carried Santa Claus. The Eldridge Old Fashioned Christmas Parade began

CONTINUED ON PAGE FOUR

Phillips

CONTINUED FROM PAGE THREE

in 1993 with 21 horse-drawn carriages and later parades have had as many as 70. The Lawrence Old Fashioned Christmas Parade, as it is presently known, is still going strong 32 years later and will take place this year on December 6 at 11:00 a.m. It is an outstanding way to celebrate the start of the Christmas season.

His idea of a gingerbread auction to serve as a fundraiser for Big Brothers and Sisters started as the Eldridge Hotel Gingerbread Festival. People baked and decorated their original gingerbread creations, several of which were auctioned at more than \$1,000. He had a similar auction for children's creations except theirs were made from graham crackers which they

decorated with frosting, candies and sprinkles. His maintenance man cut 12-inch square boards to serve as bases for the children's efforts. The first bid for every child's graham cracker creation was a \$5 offer from the Eldridge. Although it has a different name and is no longer held in the Eldridge, the fundraising gingerbread auction for Big Brothers and Sisters continues.

Rob joined Katie Armitage and Paul Stuewe in growing Civil War on the Western Frontier, held in late August in remembrance of Quantrill's Raid, into a week-long event with bus and horse-drawn trolley tours, informative talks and cemetery tours, reenactors, construction of mud forts and period lunches and dinners. The trio managed the event for over a decade until Watkins Museum took it over, shortened its name to Civil War on



A long ago photo of Rob's son Andrew and daughter Lei Anh hangs on a wall of family photos.



A wall in Rob's office is evidence of his love of family, horses and Western art. The statue on the right is a replica of sculptor James Earle Fraser's *End of the Trail*.

the Border and manages it to this day.

Rob is an active man, full of ideas, who needs to be busy. Writing a book filled all those needs. *Big Boys Don't Cry* derived its title from something his mother told him at his maternal grandmother's funeral. He had only met her once, but when everyone else began to cry, Rob started to follow suit. "Big boys don't cry," his mother whispered to him. He also did not cry a year later when his mother died. He thought stoicism was a big boy trait, but he says when he wrote about that in the book, it made him very sad.

Rob's older sisters were no longer at home when his mother died and his father simply could not handle all the farm work as

well as being a single parent to a young boy — even a boy who by five years of age could drive a John Deere tractor across the parking lot. He lived with a sister, then another sister, and when his father remarried, he went back to live with his father. "I lived with him about two years," he says, "but it didn't work out so I went back to live with my sister who was a teacher."

He was popular in high school, a good athlete and even had a girlfriend. His family did not have a lot of money but few did then. However, he says, "My friends had parents and I didn't. That made me feel poor." When the football team had a Dad's Game with a dinner and dads

CONTINUED ON PAGE SIX

Dr. Lanny Snodgrass proved that you are never too old to serve your country

By Marsha Henry Goff

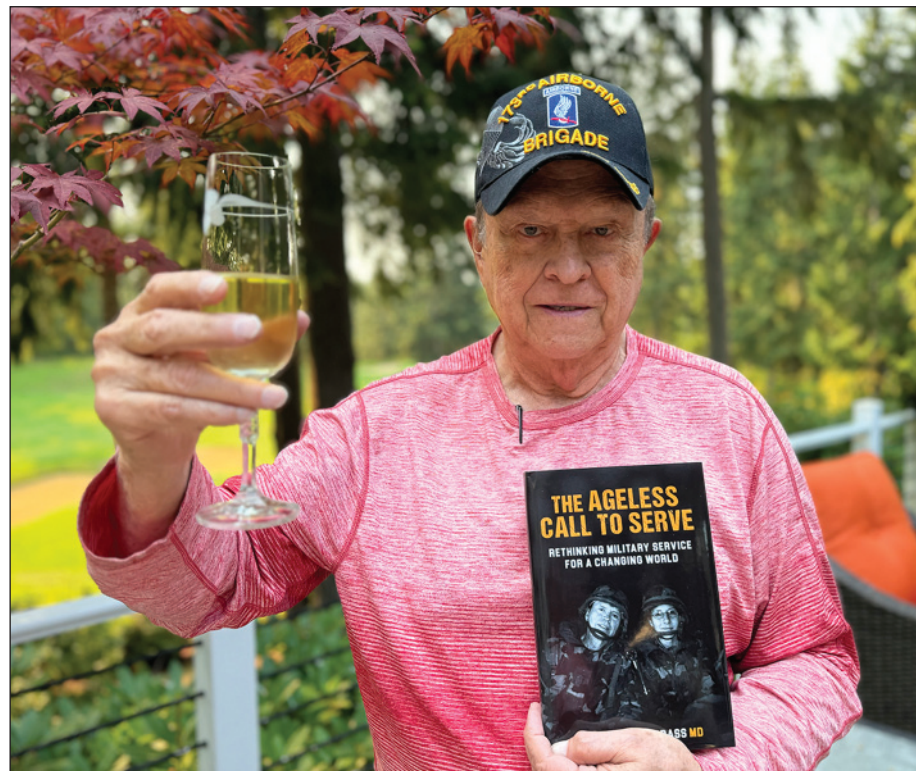
Dr. Lanny Snodgrass, MD, PhD grew up in Lawrence, the son of a minister. During the Vietnam War, he was a civilian psychologist in Bangkok, Thailand. He is a talented musician and might have had a career as a concert pianist, but decided instead to get a medical degree and become a psychiatrist. He interned at the famed Menninger Institution which was located in Topeka at that time.

After a distinguished career as a psychiatrist, at the age of 63, when most people are thinking of retirement, he enlisted in the Army during the Iraq War and became the oldest person ever to join the military. Even with an existing heart condition, he went through the same basic

officer training as recruits a third of his age.

He is a leading expert on PTSD (post-traumatic stress disorder) and military mental health and has strong feelings that teenagers should not be sent into combat. He expounded on that idea in his book, *The Ageless Call to Serve*, published in 2024.

Although he now lives in the state of Washington, Dr. and Lt. Colonel (retired) Snodgrass often returns to Lawrence to visit family and friends. Those of you who remember the many Guardian Angel fundraisers that JAAA used to have with Kings of Swing or Elvis (Bob Lockwood) as entertainers, may also remember the times Dr. Snodgrass performed as Liberace, complete with wig and candelabra.



Dr. Lanny Snodgrass, the oldest person to enlist in the military, toasts his book, *The Ageless Call to Serve*.

Medicare Open Enrollment October 15 through December 7

It's that time of year again! The Part D Drug Plan or Medicare Advantage Plan that was right for you this year may not be the best plan for you in 2026. JAAA's team of experienced individuals can ensure you are enrolled in the best plan to save you money and keep the doctors you want.

Best of all, this service is absolutely FREE!

Appointments fill up fast so call 785-235-1367 today for your appointment.

Phillips

CONTINUED FROM PAGE FOUR

sitting on the sidelines, he borrowed a dad from one of his friends.

Big Boys Don't Cry is the captivating story of a young boy's life on a Flint Hills tenant farm near Virgil, Kansas. It is a tale of joys and sorrows, good times and hardships and even of a short cattle drive he participated in at six years of age atop his horse. When he went with three others down to the timber to round up the cattle, he discovered a beautiful spring-fed waterfall. As he grew older, he wondered if he had imagined that waterfall but now he knows it exists and has permission to visit it which he intends to do next year.

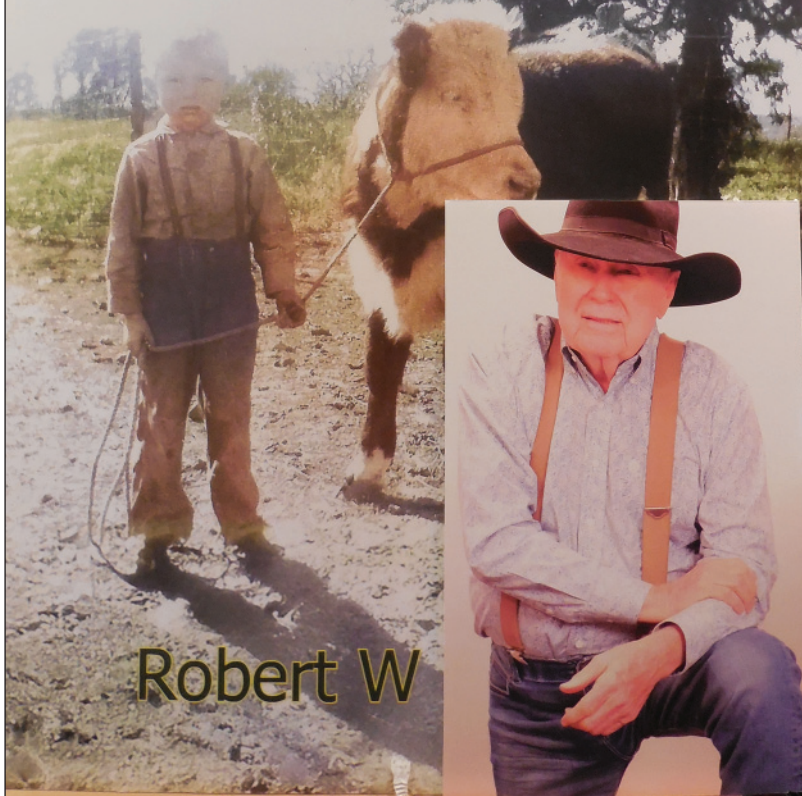
To launch his book, Rob had a book signing, complete with

food and drink. The tables were decorated with green and yellow balloons (green for the grass of the Flint Hills and yellow for the wildflowers that grew there). Because his wife Beverly had served as his number one proofreader and critic and had chauffeured him throughout Eastern Kansas during the three years he spent researching and writing his book, he commissioned a jeweler to make a special necklace for her with green and gold stones and a diamond which he told her represented "the many sunrises and sunsets in the story."

He is already at work on his second book, *The Birth and Demise of a Small Flint Hills Town*, which is the story of Virgil, Kansas. He hopes to have that book completed within a year. Keeping busy writing is one of the things that author Robert W. Phillips seems to do best.

BIG BOYS DON'T CRY

MEMOIR OF A
MID-CENTURY
FARM BOY



Rob had this colorful poster created for his book signing.



This gavel award was presented to Rob after his tenure as President of the Lawrence Board of Realtors.



Over 100 people attended Rob's book signing. Note green and yellow balloons.



Rob's daughter Lei Anh gave him the flag which she ordered to be flown over the U.S. Capitol one Veteran's Day. The sword was presented to him when he left as Commander of National Guard Unit, 114th Cavalry.



People eager to read Rob's book line up for his signature.



The Red File has magnets that allow it to attach to your refrigerator.

The Red File and why you need one

The Red File is like flood, fire or storm insurance. You hope you never need it but — if you do — it is invaluable. It hangs on the refrigerator and contains your vital information (including any medical conditions you may have, medications you take, allergies, your doctor's name and number, as well as the name and number of a family member or friend to call if needed). You

may even insert your photo.

Paramedics and EMTs are trained to look for the Red File if they are called to your home during a medical emergency. It tells them everything they need to know and saves valuable time.

The Red File also contains helpful information. You may pick up your free Red File at JAAA's offices.

Don't forget to pick up your RED FILE!

Caregiver Support

Communication with a person with Dementia

By Michele Dillon
JAAA ADRC Supervisor

Good communication skills will help to make caregiving a little less stressful and decrease agitation in your loved one. Here are ten tips:

Set a positive mood by your tone of voice and physical touch. Be calm and pleasant. Approach the situation without confrontation or expectation. Your facial expressions, body language and tone of voice will set the tone.

Limit noise and distractions as much as possible. Address your loved one by name and maintain eye contact. Depending on how far they are into the disease process you may have to remind them of your name. Don't say - "Remember I am" Use nonverbal cues and touch to keep them focused.

Keep it simple - Use simple words and sentences. Don't complicate the issue. Speak slowly and try to keep your voice in low, soothing tones. Repeat request if needed. If you both are getting frustrated change the subject or leave it alone for a few minutes and then try again. Use names instead of pronouns. Closed ended (yes or no) questions work best. Provide choice but limit it. Ex - Hi Tom, would you like your shower now or

this afternoon? Do you want to wear the blue shirt or the brown one? Hold up both for visual cues.

Be patient in waiting on a reply. Look for nonverbal cues and suggest words if needed. We all know that nonverbal communication says more than verbal.

Tasks become more understandable when broken down into steps. Gentle reminders on steps that are forgotten and assistance with things they can no longer do. Try to keep them as independent as possible but be patient and help when needed. This can

be the most difficult piece for some people. If going to a doctor's appointment, for example, leave plenty of time before the appointment so you're not rushed and frazzled. Maybe do a road trip or get ice cream before the appointment so everything is calm. It is recommended that you don't tell them about an appointment days ahead of time. It will cause anxiety and worry because they will try and remember when it is.

When your loved one does get agitated distract and redirect, suggest having a snack or going for a walk. Put some music on and ask them to dance. Before redirecting though it's always



Michele Dillon

November is
Caregiver Month



JAAA
wishes to thank
you for
the loving care
you freely give.

CONTINUED ON PAGE NINE

good to empathize with the person. You don't want to disregard how they are feeling but acknowledge it.

Don't argue or disagree. If Dad is looking for Mom, who passed ten years ago, start a reminiscing conversation. Something like, "I forgot how you and Mom met, tell me about that" is a good conversation starter. Bringing up that Mom died is just going to upset that person and they will grieve all over again. A comforting touch and reassurance is the best approach.

Since, I've brought up reminiscing spend time with your loved one discussing the past. Those with dementia keep their past memories long after the short term fades. Music they grew up with or past events are a great conversation starter. When the person is in the later stages and can no longer have a conversation, reminiscing is still a good way to visit. Patting or holding their hand or singing their favorite song can still be a comfort. Maybe reading a book from their childhood.

Personality and behavioral changes are common occurrences with this disease. Maintain your sense of humor and

be creative, flexible and patient. It's the disease that's causing the behavior change. It's not their fault and they are not mad at you. You can't change the person so try to accommodate the behavior instead of change it. If they don't want to shower, try a bed bath. Use warm clothes and massages to accomplish the task. If they want to sleep on the floor put a mattress there. If they don't want to change outfits try buying two of the same one. What works today may not work tomorrow

Talk with the doctor about behavior changes. Your loved one might be in pain and can't communicate it. They might have a bladder infection or a virus. If they are having hallucinations, medications might help. All behaviors are a communication of some need they cannot express. Trying to keep them busy and continuing to give them purpose goes a long way in keeping some behaviors, such as wandering and rifling through drawers, at bay.

Jayhawk Area Agency has several programs, as well as informational materials, to assist caregivers in their journey. Call me at 785-230-1713 to discuss our adult day, support groups and grant programs.

- Michele Dillon Caregiver support specialist, Jayhawk Area Agency on Aging, 785-235-1367.

Editor's comment: My late friend Rosemarie came to America as an adult with her husband and two children. She quickly learned English. Rosemarie was kind, intelligent and pretty, but later in life she developed Alzheimer's disease. Her husband took care of her as long as he could, but was finally forced to place her in a memory care center. He visited her daily even though she no longer recognized him nor could she speak. One day, he played for her some German songs he had on his phone and Rosemarie sang along with them.

Jayhawk Area Agency on Aging will celebrate 50 years serving seniors in Douglas, Jefferson and Shawnee Counties

By Marsha Henry Goff

When the United States of America celebrates its 250th birthday next year, Jayhawk Area Agency on Aging will be celebrating a birthday of its own. In 2026, JAAA will have been serving seniors in Douglas, Jefferson and Shawnee Counties for 50 years!

JAAA replaced the Capitol Area Agency on Aging which had been defunded. In 1976, representatives of Shawnee, Jefferson and Douglas counties and the cities of Topeka and Lawrence created JAAA and agreed it should be headquartered in Topeka. Donna Kidd was hired as JAAA director in late 1976 and in January of 1977, she hired Jocelyn Lyons as secretary.

Jocelyn was trained about programs by the State of Kansas aging group that was the predecessor to the current Kansas Department on Aging. She then trained management staff as they were hired. JAAA began operation with four staff members (the other two were males who served respectively as fiscal manager and program coordinator) and three providers, Friendly Neighbors (food), Jefferson County Service Organization (transportation) and Douglas County Council on Aging (transportation).

JAAA was first housed in the building currently occupied by the Kansas Lottery, then in

a house on Topeka Boulevard until the ceiling fell in forcing the agency to move to the federal building at 4th and Quincy. The agency next moved to the old Buchanan School building where Jocelyn's office was in what had been her first grade classroom. JAAA rented offices in a building on Topeka Boulevard before purchasing their current home at 2910 SW Topeka Boulevard.

Jocelyn Lyons served JAAA in many positions during her tenure. She served her last three years at the agency as Executive Director and for several years prior to that as Management Team Leader when the Board experimented using a management team instead of a director. When Jocelyn retired after 40 years of service, Susan Harris was hired as Executive Director.

JAAA has grown tremendously over the past half century. Its staff of 35 works with 23 providers to serve 26,000 people. Susan Harris is looking forward, not backward, when she says, "As we look ahead to the next 50 years, we are committed to expanding our reach, innovating our programs, and deepening our partnerships so that every older adult in Shawnee, Jefferson and Douglas counties can continue to live with independence, dignity and deep connection to their community."

Neuropathy: Understanding, Identifying, and Reversing Nerve Damage without Drugs or Surgery

By Dr. Jeremy Rodrock, DC and Dr. Amelia Rodrock, DC

(Editor's Note: Many people who suffer with neuropathy conclude it is just something they must live with, but that is not always the case. When I learned that Dr. Jeremy Rodrock's chiropractic practice in Baldwin included a Neuropathy Clinic, I asked him to write an article about the condition and to include helpful exercises that may be done at home. He and his wife, Dr. Amelia Rodrock, who has a chiropractic practice in Lawrence, co-wrote this article so that you may learn more about neuropathy, its causes and symptoms, as well as treatments and simple exercises that may alleviate the condition.)

Peripheral neuropathy is a condition that affects more than 20 million Americans, that's roughly one in six people. For many seniors, it starts gradually: a tingling in the toes, occasional numbness in the fingers, or a burning sensation at night. Over time, it can progress to constant pain, loss of balance, and a serious decline in independence.

What Is Neuropathy?

Neuropathy refers to damage to the peripheral nerves which is the network that carries messages between the brain, spinal cord, and the rest of the body. When these nerves are damaged, communication breaks down, leading to symptoms such as numbness, tingling, burning, weakness, or even changes in

balance and coordination.

There are different types of neuropathy, including sensory neuropathy, which affects sensation and often causes tingling, burning, numbness, or extreme sensitivity to touch, and motor neuropathy, which impacts the nerves that control movement, leading to weakness, cramps, and loss of coordination.

Common Causes of Neuropathy

While diabetes is one of the most common causes, it is not the only culprit; neuropathy can



Dr. Jeremy Rodrock

also result from chemotherapy or certain prescription drugs, chronic inflammation and poor circulation, vitamin deficiencies (especially B vitamins), autoimmune disorders, injuries or nerve compression such as from spinal issues, and exposure to toxins including alcohol and environmental chemicals, and in many cases, it develops due to a combination of these factors.

The Problem with Traditional Medical Treatment

In conventional healthcare, neuropathy is usually "managed" rather than reversed. Doctors often prescribe drugs like gabapentin, pregabalin, or pain medications. While these can help mask pain for a time, they do not repair damaged nerves. Over time, dosages

tend to increase, side effects can become significant, and the underlying nerve damage continues to progress. The result? You may feel less pain temporarily, but lose more function in the long run and sometimes end up with difficulty walking, frequent falls, or in severe diabetic cases, amputation. Medications can be helpful in emergencies, but they should not be the only approach when the goal is long-term nerve health.

Could You Have Neuropathy? Quick Self-Check

Use this short survey to see if your symptoms could indicate neuropathy.

Rate each question: Rarely (1 point), Sometimes (2 points), Often (3 points).

1. Numbness or tingling in your hands or feet?
2. Sharp, jabbing, or electric-like pain?
3. Muscle weakness or difficulty moving your limbs?
4. Burning sensations in affected areas?
5. Increased sensitivity to touch?
6. Balance problems or frequent falls?
7. History of diabetes? (Yes = 2 points)
8. Have you undergone chemotherapy? (Yes = 2 points)

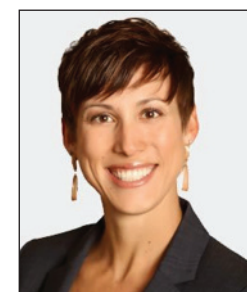
Scoring:

- **5–10 points:** Mild symptoms, early care may prevent progression.
- **11–15 points:** Moderate symptoms, nerve damage is likely underway.
- **16+ points:** Severe symp-

toms, specialized treatment strongly advised.

A Natural, Non-Drug Approach to Rebuilding Nerve Health

While medications focus on masking pain, modern natural care aims to restore nerve health and function by addressing the



Dr. Amelia Rodrock

underlying causes. In our practice, we identify the root cause of your neuropathy and customize a plan just for you, meaning

not all therapies are used for every patient. Depending on your needs, your care may include targeted light therapy to improve circulation and stimulate cellular repair in damaged nerve tissue; therapeutic nerve stimulation in a water-based environment to encourage nerve regrowth and improve signal transmission; circulation-boosting therapies such as vibration platforms and specialized exercises to bring oxygen and nutrients directly to the nerves; spinal and joint care, including chiropractic adjustments and decompression therapy to relieve pressure and enhance nerve communication; shockwave tissue regeneration technology, which uses sound waves to trigger the body's natural healing response and promote blood vessel growth; and

CONTINUED ON PAGE 11

Neuropathy

CONTINUED FROM PAGE 10

nutritional support through anti-inflammatory meal plans, targeted supplements, and lifestyle coaching to reduce nerve irritation and supply the body with the building blocks it needs for repair.

Why This Approach Works

Healthy nerves require oxygen, nutrients, and unobstructed pathways for signals to travel. By improving circulation, reducing inflammation, and removing mechanical pressure, you create the conditions for nerve healing. This can mean reduced pain, increased sensation, better balance, and more independence without long-term reliance on medication.

Real Results without Just Masking the Pain

Many patients who once feared losing mobility have been able to resume walking with confidence, return to hobbies they thought they'd given up, and reduce or even eliminate their medications with their doctor's guidance after improving nerve health through consistent, targeted care.

Take the First Step Today

If you scored high on the self-check, or if you're tired of living with constant nerve pain, there are options beyond "managing" your neuropathy. Addressing the cause and supporting your body's healing abilities can make a life-changing difference.

Simple At-Home Exercises for Neuropathy

In addition to in-office treatments, gentle at-home exercises can support circulation, mobility, and nerve health. Here are three simple movements you can try daily:

1. Ankle Circles for Circulation

Sit in a chair with your feet flat on the floor. Lift one foot slightly and slowly rotate your ankle in a circle, 10 times clockwise and 10 times counterclockwise. Repeat on the other side. *Why it helps:* Improves blood flow to the feet and ankles, keeping nerves nourished and reducing stiffness.

2. Toe Lifts and Heel Raises

Stand near a counter or sturdy chair for balance. Lift your toes off the ground while keeping your heels planted, then lower them back down. Next, lift your heels off the ground so you're on your toes, then lower. Repeat 10–15 times. *Why it helps:* Strengthens the lower leg muscles, improves balance, and supports nerve communication.

3. Nerve Glide Stretch (Seated Leg Extension with Foot Flex)

Sit tall in a chair. Extend one leg out straight and gently flex your foot back toward you (toes pointing up), then relax. Repeat 10 times on each leg. *Why it helps:* Encourages better nerve mobility and nutrient flow along the legs, which can ease tingling and discomfort.

Are you looking for a fun and rewarding volunteer opportunity to play games, do crafts and sing with people who have mild to moderate dementia? Lunch is provided.

Care for All wants you!

Christ Lutheran Church
35th and Burlington
Mondays and Thursdays
10 a.m. to 2:00 p.m.

If you can volunteer one or two days a week, please call Michele Dillon
785-235-1367

**Please visit us online
at www.jhawkaaa.org.**

**Jayhawk Area Agency on Aging
wishes to**

**THANK OUR
VETERANS**

for their Service to Our Country.