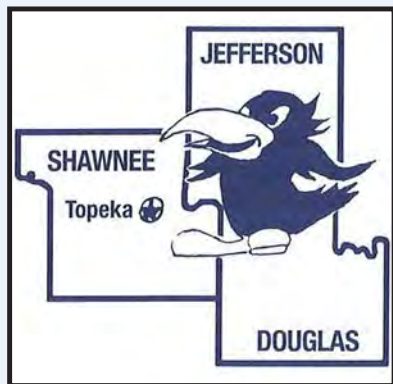


Amazing Aging!

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 2012



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



Dancers glide to the mellow music of Kings of Swing.

‘There’s No Place Like Home’ Features Great Music, Delicious Food

What’s the most fun you can have for \$15 on Wednesday, May 9? You know the answer to that question if you have previously attended Jayhawk Area Agency on Aging’s annual “There’s No Place Like Home” fundraiser. The evening event from 5:30 to 9:30 at Topeka’s beautiful Great Overland Station features delicious food catered by Aboud’s and toe-tapping music by The Kings of Swing band.

Last year we introduced a highly popular drawing for extravagantly filled themed bas-

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Best of all, every dollar contributed goes to our Guardian Angel Fund which helps your family, friends and/or neighbors in the three counties — Shawnee, Douglas and Jefferson — that JAAA serves. Guardian Angel Fund is especially important

because it targets those seniors who fall through the cracks and have no place else to turn.

So round up your family and friends and attend “There’s No Place Like Home.” We know you’ll have a great time and will look forward to next year’s event. Tickets may be purchased with cash, check or credit card in person at JAAA, 2910 SW Topeka Boulevard, or by phoning 235-1367 (Topeka) or toll free at 1-800-798-1366.

Hope to see you there!

A Message from Jocelyn Lyons, JAAA Executive Director

Older Americans Month 2012: Never Too Old to Play!

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month — a proud tradition that shows our nation's commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012 — *Never Too Old to Play!* — puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year's celebrations will

recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide meaningful opportunities for older adults — many

of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, on-line social networking as well as arts and recreational groups.

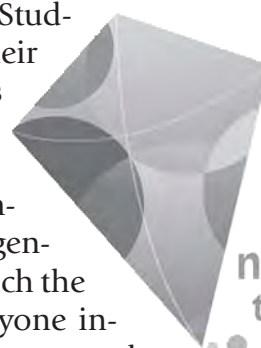
Lifelong participation in so-

cial, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

While Jayhawk Area Agency on Aging provides services, support, and resources to older

Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!

Jayhawk Area Agency on Aging is joining in the national celebration of Older Americans Month 2012 with activities and events to promote intergenerational engagement and recreation. We invite you to join in



never too old
to play
older americans month 2012

the fun beginning with our annual "There's No Place Like Home"

Dance benefiting our Guardian Angel Fund. The dance will be held May 9th at the Great Overland Station in Topeka. For more details and to purchase tickets, please contact our office at (785) 235-1367 or toll free 1-800-798-1366.



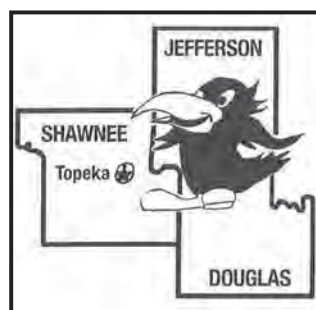
Lyons

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- Funded by annual contributions from readers like you, and advertising
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You are encouraged to write us at:

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Topeka, KS 66611-2121
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Marsha Henry Goff, editor



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In this issue . . .

JAAA's "There's No Place Like Home" fundraiser is May 9 and we hope when you look at the photos of people having fun at last year's dance (page 10), you will want to be a part of this year's event. Whether you dance or choose to enjoy listening to Kings of Swing's music, you will have a fantastic time. Come hungry! Aboud's Catering provides delicious food to please every palate.

That age does not necessarily diminish talent and productivity is obvious in the stories about Martha Kistler and Elden Tefft. Both artists — one in fabric, the other in metal and stone — are busy planning what they will create next. And both are generous in sharing their talent with others.

JAAA Executive Director Jocelyn Lyons' column recognizing that we are "never too old to play" focuses on a subject near and dear to her heart. Lyons has long advocated that JAAA offer classes to encourage fitness and to give seniors the opportunity to be socially active. She is quick to shoot down the stereotype of seniors being frail, ill and confined to their homes. Sadly, some are ... but the majority of seniors are not and many retirees have replaced their previous paid jobs with volunteer positions. Most of today's seniors' needs have not changed. They want to be active, live life to the fullest and have fun!

Dr. Doug Klingler's article about prostates is important for every man — and every woman who loves a man — to read. My uncle died of prostate cancer. It did not have to be that way. I do not know if it was fear or

embarrassment that caused his long delay in consulting a doctor, but neither reason was worth his life.

According to the American Cancer Society, for all men with prostate cancer compared to those men who do not have prostate cancer, the 5-year relative survival rate is nearly 100%; 10-year relative survival rate is 98%; and 15-year relative survival rate is 91%. Those are pretty good odds and should eliminate fear as a reason for not having a doctor check out symptoms.

With regard to embarrassment as a reason for keeping a patient from consulting a doctor, consider this: Whatever embarrassing test a doctor may give to you, another doctor will give to them. Chances are they do not like it any better than you do. Best of all, a little embarrassment will not kill you.

I hope you enjoy this issue of *Amazing Aging*.

Marsha Henry Goff
Editor



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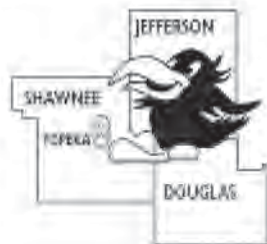
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Martha Kistler: Quilt Artist and So Much More

By Marsha Henry Goff

Multi-talented Martha Kistler has an adventurous, creative and generous spirit that not even Parkinson's Disease can suppress. At the age of 42, she packed her belongings in a trailer and notified her adult children that she was moving from Topeka to Oklahoma. It was a fortuitous move because it was in Oklahoma that she met her husband Harland, a CPA and one of her strongest promoters.

The couple lived in Oklahoma, then South Dakota where she made a quilt to benefit Victory Junction Gang Camp in North Carolina. The free summer camp for seriously ill children was founded by NASCAR driver Kyle Petty and his wife Pattie in honor of their son, Adam, who was killed in a practice crash in 2000. The quilt was entitled "These Boots" and featured the lone star pattern bordered by boots and spurs. Martha asked Kyle Petty and his father, Richard, to sign quilt blocks to be incorporated into the quilt. "When Kyle's block was returned, there was a greasy fingerprint next to his autograph," Martha says. At first dismayed, she decided to use the block without attempting to remove the print, reasoning that, "It was, after all, a genuine Kyle Petty fingerprint!"

Martha and Harland returned to her hometown of Topeka in 2009 and Martha joined the Kansas Capital Quilters Guild and quickly embraced

its service projects. KCQG's 2012 Quilt Show, scheduled for September 15 and 16 at The Women's Club, features "Opportunity Quilt," created by Martha, Kelly Warren, Pat Schemmer and Jean McDondald. Tickets for the quilt may be purchased for \$1 each or six for \$5. To buy tickets from Martha, phone her at 286-7395.

Martha puts her talent to work for numerous charitable causes. She has made KSU and KU quilts for the American Legion to auction and was proud that the K-State quilt brought \$3,120 in donations.

She is completing a "Quilt of Valor" which will go to the family of a soldier lost in Iraq or Afghanistan.

Currently, Martha is most enthusiastic about a quilt featuring a red, green and gold lone star pattern featuring Scottie dogs and bordered with paw prints. Made by Martha and Laura Flahart, the quilt will benefit Highland Park High School theater students who have been selected to travel to Scotland in August to present their play "You Don't Know Me." A graduate of HPHS, Martha proudly notes that, "Highland Park is one of 51 high schools — and the only school from Kansas — invited to represent the United States in the American High School Theatre Festival in Edinburgh, Scotland."

It is a prestigious honor, but Highland Park Theatre Director Scott Kickhaefer and his students face the challenge of raising \$93,000 (roughly



Martha uses a long-arm quilting machine in the room she describes as her "Woman Dungeon."

\$6,000 per student) for the trip. The students have held bake sales, car washes and set up an Internet fundraising site called GoodSearch.com, but they need more help from the community. Tickets for the quilt are \$5 each or six for \$20 and may be purchased through June 11 for the drawing on June 15. If you would like to purchase a ticket or make a donation, please contact Scott Kickhaefer at 274-6119, scottkickhaefer@rocketmail.com, or HPHS,

2424 SE California Ave., Topeka, KS 66605.

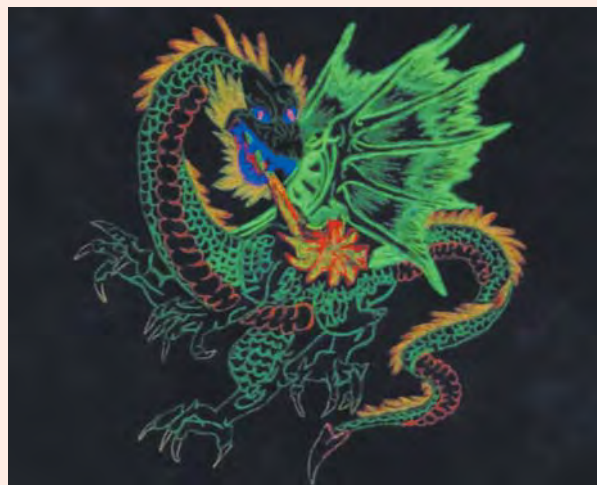
Perhaps Martha's most striking creations are her black-light dragon quilts done with fluorescent thread. After reading a magazine article about Dustin Farrell, a Pennsylvania artist who creates black light quilts, she jumped at the chance to take two classes he taught at an Overland Park Long-arm Quilt Show. She acquires her dragon patterns by visiting tattoo parlors and the Internet.

CONTINUED ON PAGE SEVEN

Kistler's dragon quilts with fluorescent thread



This closeup shows the detail of Martha's sewing artistry.



Martha acquires dragon patterns from tattoo parlors and the Internet.



The many dragons on this black light quilt represent the Year of the Dragon.

Martha Kistler

CONTINUED FROM PAGE SIX

Martha laughs that she has been described as "a quilter who has gone outside the box

and is headed toward the galaxy." It is a description she welcomes, saying, "I like being outside the box. It's less populated. There are no rules and I can do whatever I want."

When she encounters an

obstacle that might halt others, she meets it head-on or detours around it. When her Parkinson's Disease made it impossible to sign her name, she simply learned to sew it upside down and backwards. "And on

days when I'm too shaky to sew," she says, "that's when I go shopping for fabric!"

Martha Kistler: outside the box quilt artist, cookbook author, community benefactor and so much more.

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Sculptor Elden Tefft: Beautifully leaving his mark for future generations

By Marsha Henry Goff

If you think highly-acclaimed, successful sculptors are temperamental and conceited, you have not met Elden Tefft of Lawrence. Listed in *Who's Who in American Art* and internationally-famous, Tefft is kind to a fault, generous with his time and modest about his amazing artistic talent.

As a faculty member, Tefft initiated the Major and Master's

Sculpture programs at the University of Kansas, where he is Professor Emeritus of Art. He established a studio sculpture foundry at KU and has taught casting techniques and built bronze casting facilities throughout the world. He is founder and Director Emeritus of the



Elden Tefft is photographed in his Tefft Terra Studio in Lawrence with several scale models of his work in the background.

International Sculpture Center, Washington, DC and Hamilton, NJ.

Many of his pieces decorate the KU landscape. The most obvious are the beautifully intricate 10-foot-tall sculpture of a kneeling *Moses*, which graces the grounds in front of the School of Religion building, and *Academic Hawk* that stands in front of Strong Hall.

It is a rare Kansan who has not seen his work, even though

he or she may not know the name of the sculptor who created it. A few of those works are: *Wildcat*, Baker University in Baldwin City; *Trails West* for the Kansas Travel Information Center in Olathe; *St. Francis*, St. Benedict's College in Atchison; and *Keepers of our Universe*, Burcham Park on the Kaw River in Lawrence. Other of Tefft's sculptures are placed throughout the United States and the world.

Tefft's list of achievements, honors and awards is longer than newspaper space will allow reporting. However, it is important to mention that he was the first in the educator's category to receive the State of Kansas Governor's Arts Award for Lifetime Achievement and that he was honored with the Outstanding Service to Contemporary Sculpture citation from the Southern Association of Sculptors.

At the age of 92, Tefft works every day in his studio where he has completed several works in preparation for a planned one-man show entitled *Gossamer*. He is also working on a third larger than life sculpture of Dr. James Naismith, inventor of the game of basketball, which he hopes eventually will find a home in



Moses kneels in front of the burning bush, represented by an enormous stained-glass window in Smith Hall which houses KU's School of Religion.

Lawrence. *Naismith*, an heroic bronze sculpture, is the last of an international tri-memorial honoring Naismith's 150th birthday anniversary. The first Naismith sculpture is located in his birthplace of Almont, Canada. The second is installed at Springfield College in Springfield, Massachusetts, the birthplace of basketball.

Lawrence, where Naismith coached and served as athletic director at KU, lived out his life and is buried, is the obvious site for the last sculpture.

Elden Tefft's artistic creations are his gift to the world and future generations. But his gift to those who know him is the sweet friendship of a productive, talented and generous man.

What is the prostate and what is it good for?

Douglas W. Klingler, M.D.

The prostate is a gland in the male pelvis that produces secretions for the male ejaculate. As men age, a number of changes can occur in the prostate including benign and cancerous growth, as well as inflammation and infection. Many men notice changes in the urinary stream as they grow older, which is most often due to non-cancerous (benign) growth of the gland. Prostate cancer, unfortunately rarely causes any symptoms until the disease is significantly progressed.

Benign Prostatic Hypertrophy (BPH) is a non-cancerous enlargement of the prostate gland. This commonly occurs in men as they get older and is usually a slow process. Urinary difficulties, such as weak urinary stream, frequent urination, feelings of incomplete emptying, and getting up at night to urinate more than once are charac-

teristic. Prostate cancer usually does not cause any symptoms with urination until it reaches an advanced stage. Men who have BPH do not have an increased risk of prostate cancer, though some men may harbor both diseases.



Dr. Klingler

According to the American Cancer Society, prostate cancer is the second leading cause of death due to cancer in males and the second most commonly diagnosed cancer in males behind skin cancer. An estimated 241,740 new cases will be diagnosed, with an estimated 28,170 deaths due to this disease in 2012. Nearly 63% of prostate cancers arise in men 65 years of age or older.

Since there are few symptoms of early prostate cancer, a marker for the detection of early cancer was introduced and approved by the FDA in 1994. The marker, found in the blood, is called PSA which is short for Prostate Specific Antigen. A number of different con-

ditions can cause an elevated PSA, including prostatitis (inflammation of the prostate), BPH (benign prostatic hypertrophy), and cancer. It is also possible to have a combination of these conditions. An elevated PSA does not mean a man has prostate cancer, but the odds of a prostate cancer causing the PSA elevation do increase as the PSA level rises.

Prostate cancer screening generally consists of a digital rectal exam (DRE) and the PSA test. Screening may be recommended to start between 40 and 50 years of age depending on a number of factors, including race and family history. Men of African descent have a slightly higher risk of prostate cancer whereas Asian and Na-

tive American men have a lower overall risk. Men who have a brother or father with prostate cancer have a significantly increased risk of prostate cancer.

PSA screening is somewhat controversial at present and not endorsed by all medical organizations. However, most guidelines recommend that physicians discuss the pros and cons of screening with each patient to decide the correct choice for that individual. The AUA (American Urological Association) recommends having a discussion about prostate cancer screening for men over 40 years of age with a life expectancy of at least 10 years.

- Dr. Klingler, M.D., is a urologist with Lawrence Urology.

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Dealing with Change

By Connie Michaelis, Marketing Director

How do you feel about change? Sarah Ban Breathnach, author of the bestselling book *Simple Abundance* wrote a second book called *Moving On*. The book explores the importance of embracing the future, no matter what that might be. In it she writes, "You've got to make a conscious choice every day to shed the old - whatever 'the old' means for you." Life is full of opportunities to "move on" in healthy, wholesome ways. Hanging on to the past can be unhealthy and even crippling.

When my mom made the decision to move out of her home and into retirement living, she struggled with the typical issues:

"What possessions can I live without?" "How will I ever condense 3000 square feet into 700 square feet?" "What about Great-Grandma's china cabinet, the antique player piano, and the collection of Roseville Pottery?"

My sisters and I encouraged Mom to use this as a time to redefine herself. So we named the new apartment The Penthouse! It allowed Mom to recreate herself at 90 years old. She decided who she wanted to be, not just a collection of who she used to be. We had fun designing her new space and graciously gifting items to her family and various missions. We bought her all new bedding and towels, which she thought was a total extravagance! She ended up with a doll house apartment, which she loved. Mom felt so safe and secure in her new space. She hand-selected everything there. It was truly a reflection of her best! Are you ready to "move on?" When you have questions about Senior Living, call the experts at McCrite Plaza 785 267 2960.

Help for Arthritis Patients

By Jamee Sholtz
Public Health Educator
Kansas Arthritis Program

May is Arthritis Awareness Month and it is a great time to take charge of your health! If you have arthritis you may believe you should not exercise. The fact is exercise is a safe and effective pain reliever and self-management tool for people with arthritis. It is important to talk with your health care professional to determine what exercise is right for you.

Generally speaking, at least thirty minutes per day of exer-

cise is the goal for a person with arthritis. If that amount of exercise time sounds daunting in the beginning, the exercise can be broken down into smaller pieces — like walking for 10 minutes at a time, three times per day. Being physically active may help you feel more in control of your life — physical activity can be walking, swimming, biking, dancing, gardening or washing your car.

Spring has sprung! Take advantage of this time of year to develop an exercise plan. Physical activity is the arthritis pain reliever!

Beware of Jury Duty Scam

The Division of SHIP Relations was notified about a scam which occurs when someone, who claims to be a jury duty coordinator, calls a person to say they did not respond to a summons they received for jury duty and that a warrant had been issued for their arrest. If the person states they never received a summons, the scammer asks for their Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. The person's identity may be compromised

by providing this information.

The fraud has been reported so far in 11 states, including Oklahoma, Illinois, Colorado and Arizona. This scam is particularly insidious because intimidation is used to obtain information by callers pretending to be with the court system.

The FBI and the federal court system have issued nationwide alerts on their websites warning consumers about the fraud. For additional information, go to http://www.FBI.gov/page2/june06/jury_scams060206.htm.

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- Library, computer w/internet
- Newly Remodeled Salon Sole
- Transportation for grocery shopping
- Red Carpet Library Service
- Health Department Clinics
- Healthwise 55 Presentations
- Storage locker for each apartment
- City bus stops at front door

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 an environment of independent living that encourages use of community resources.

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

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

www.thefirstapartments.org

