

Amazing Aging!

For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

Winter 2014



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



Claudia Hey and motherless little **Polaris** play kissy-face at Ad Astra Alpaca Farm near Baldwin City. See story on page six.

Paul Edwin Monhollon - 1939-2013

"No man is a failure who has friends," said Clarence, George Bailey's guardian angel in the movie *It's a Wonderful Life*.

Our friend, Paul Monhollon, who died on December 16, 2013, was a success in every aspect of his life: family, personal, church, work and volunteer. He made countless friendships in his 74 years and made a difference in a great many lives, especially in the lives of ill, injured and disabled children who — as a Shriner Hospital Dad — he transported to the Shriners Hospital in St. Louis for treatment. His wife Sharon occasionally accompanied him on trips and mentioned that Paul never became impatient when the children boisterously ran around at stops along the way. "Let them run," he said, "I have seen too many who can't."

Paul was a long-time volunteer

for Jayhawk Area Agency on Aging, serving on the board, as treasurer and on multiple committees for many years. He frequently handled the "honey-do" list for the agency, replacing light bulbs and doing minor repairs. He also made the decorative name signs that mark the offices of staff members.

Tom Ryan, a board member who has served several terms as chair, said he regarded Paul as his right-hand man. One time, when Tom was feeling that he had perhaps stayed too long in his board position at JAAA, he spoke with Paul, who had served even longer. "I believe so strongly in the mission of the agency, Paul explained, "that I want to serve as long as I can."

Tom says that Paul was a "father figure of wisdom and guidance for me. And I loved that when meetings bogged down and went on too long, Paul would twirl his fingers in the signal to move things along."

Shirley Biller, who served with Paul on the board and several committees, remarked about his caring nature. "He really cared about older people," she said, "and did everything he could to help them. He also cared about JAAA's employees and worried when funds didn't allow raises for them. He was a wonderful treasurer and a good friend."

My own recollections of Paul and his hard work on behalf of — and devotion to — the mission of JAAA are similar. He didn't speak a lot at board or finance committee meetings, but when he spoke, everyone listened. His ideas were good and his knowledge of fiscal matters helped

the agency tremendously. I never saw him angry and I never heard him speak ill of anyone. Laudable as that was, I especially liked his low-key sense of humor. His departure from the agency left a hole that will be difficult, if not impossible, to fill.

We at JAAA extend our profound sympathy to his family, his wife Sharon and children Michael, Melody and Meredith, as well as his siblings, grandchildren and great-grandchildren.

"Every time a bell rings, an angel gets his wings." Way to go, Paul!

— Marsha Henry Goff



A Message from Jocelyn Lyons, JAAA Executive Director

The holidays have passed and we have been blessed to see another year!!! In reflecting on the last year I was in awe with the realization that life goes by so fast I never thought about 2014!!! I pondered if I thought of 2014 in 1991 or did I think of year 2000 in 1991. Did I think in terms of measuring events, situations, life in years as I'm doing now? For the last year, I have stated that I will retire in three years. Not once did I state I will retire in 2016. Just three years.

New Year's Day, while enjoying retail therapy, I saw a friend that I had not visited with in probably two years. While catching up on

family news, she asked if I was still working at JAAA and when did I plan to retire. My response was three years. My response shocked



Jocelyn Lyons

me into thinking how long have I been saying three years all while I remember saying four years for two years. Was I calculating the three years based on calendar year, federal fiscal year, did I go back and factor in the two years of four

years . . . what, when, is my target year — 2015, 2016, or 2017 — for retirement? I'm confused!!! Life is moving fast!!!

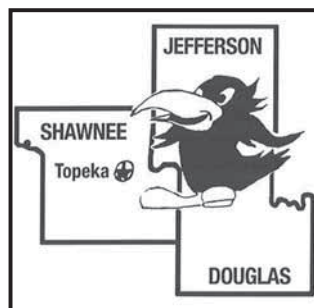
At this point I'm thinking I should stop saying three years and just state "in a FEW years."

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You are encouraged to write us at:

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Marsha Henry Goff, editor



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Caregiver Support

Michele Dillon

JAAA Caregiver Support Specialist

We, as caregivers, are the type of folks who hate to bother other people. Everyone has their own life. They are already busy. That being said, we as caregivers also know that if someone else needed something we would do what we can, despite our own busy lives. Former First Lady Rosalynn Carter once said, "There are four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers."



Michele Dillon

If that is truly the case then that means we all have the need and desire to help others.

I personally love to help out those in need and am just waiting for the opportunity. Except, no one wants to ask. Oh sure, I can and do just go ahead and make a meal or call but it would make things easier if people would reach out to me for assistance and share their needs. I bet your neighbor is already going to the grocery store. I'm sure she wouldn't mind picking up a few things for you. Some other ideas, laundry or some housekeeping help. Spend some time with a friend just sharing a cup of coffee. Other thoughts could be yard work, walking your dog, picking

up a prescription. Do you have a computer guru friend? They can do some research for you or help set up auto bill pay. Lots of these ideas don't require much time of the other person but they will feel better knowing they have done something concrete to assist you in your needs. We are all in need to care and help. Please allow those around you to be that helping hand if they want to do it.

I think we don't ask for help because we feel guilty that we don't do enough. We need to remember that we don't have to be superhuman and good enough is OK.

Here are some tips for overcoming guilt. These tips come from Mayo Clinic health education outreach coordinator Angela Lunde: 1) acknowledge your feelings — it's normal to hate the caregiving but love the person you are caregiving for; 2) reach out and talk to others; 3) Pay attention to your inner dialogue. I should, I could, or I oughta can be harmful thought processes; 4) Forgive yourself — accept that some things are beyond your control. No family or caregiver can plan for every situation or anticipate every challenge; 5) Be a good enough caregiver — You can't do it all and be perfect all the time; 6) Let go of the steering wheel — Let go of what you can't control.

Someone cares

A friendly word can mean so much,
A kindly deed, an encouraging touch.
If I could but reach across the miles,
To lend a hand, or to bring a smile.
Would it lift the spirit, strengthen the heart,
To hear, I love you, though we're far apart?
My friend, these are only simple things,
But there are times when they make us sing.
Sometimes our days with pain are filled,
To just make it through takes all our will.
And so, my friend, I send to you,
These humble words, though they are true.
Words of hope, my thoughts and prayers,
That you would know that someone cares.

© 1999, Jerry Ham



How to Stay Young

By Connie Michaelis, Marketing Director

Today I am passing on some good advice. I'm going to work on practicing these pearls of wisdom myself: Age is a non-essential number, forget it. Staying young is an attitude and frame of mind. Keep only cheerful friends, the grouches pull you down. Be childlike, but not childish. Keep learning. The best classroom in the world is at the feet of an elderly person. Never let the brain be idle. "An idle mind is the devil's workshop." And the devil's workshop is filled with worry and fear. Enjoy the simple things. Laugh often, long and loud. Laugh until you gasp for breath. Stay present; don't live in the pain of the past or the fear of the future. Tears will happen, but

endure, grieve and move on. The only person who is with you your entire life is you.

Be ALIVE while you are alive. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your personal space is your refuge. Cherish your health; preserve it. The way you think, the way you behave, the way you eat can influence your life for 30 to 50 years. Don't take guilt trips. Take a trip to the mall or to a foreign country, but not to where the guilt is. Tell the people you love that you love them at every opportunity. Give a stranger a compliment. Everyone needs a smile and you have an unlimited supply to give. Accept all compliments you receive by saying a simple thank you. Remember that being kind is more important than being right. Aging is a privilege. Celebrate every birthday and look forward to more! AND always remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away. When you have questions about Great Living call the experts at McCrute Plaza 785 267 2960.



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Can you benefit from Free Talking Books?

A new Talking Books application is now available. The new application, designed by the State Library of Kansas, is streamlined and easier to use. The application also includes the Talking Books return address, making it more apparent for individuals and professionals, outside of libraries, to submit applications. The new application is available online at <http://www.kslib.info/Documents/talking/Application2013.pdf>.

Talking Books Service is no-cost library service delivered to Kansas residents who are unable to read or use standard printed materials due to visual impairment, physical impairment or reading disabilities.

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- or other professionals acceptable to the Library of Congress.

Talking Books
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KTB@library.ks.gov
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For more information, please contact:

Candace LeDuc
Communications Coordinator
State Library of Kansas
300 SW 10th Street
Room 312N
Topeka, Kansas 66612
(785) 291-3230

Fire at Rosie's closes CHAMPSS program in Oskaloosa

Jayhawk Area Agency on Aging regrets that Rosie's Downtown Café and other Oskaloosa business were damaged by fire the night of January 13. The café, which was extensively damaged, hosted JAAA's very successful CHAMPSS program in Oskaloosa and the agency had taken steps to address the impact on CHAMPSS consumers who live there.

Letters have been sent to consumers to inform them that, while no refunds can be allowed, their cards may be used at Mac's Grill

in Valley Falls and at all CHAMPSS locations in Topeka. Jocelyn Lyons, JAAA Executive Director, has already met with potential CHAMPSS providers in Oskaloosa and hopes, if businesses express interest, to have another location open no later than the end of February.

JAAA knows this is a serious loss for the town and the area residents who enjoyed dining at Rosie's. The agency will do everything in its power to ensure that the inconvenience to CHAMPSS cardholders is as short in duration as possible.

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What you need to know about filing (or not) your 2013 taxes

One of the things certain in life is taxes. Another certainty is that tax laws change annually. Fortunately, AARP volunteers are trained to prepare your income taxes so you do not have to learn all the changes that occur each year in both federal and state taxes.

You **must** file taxes if:

- Your filing status is single and you make over \$10,000 (not counting Social Security)

- Your filing status is married filing jointly and you make over \$20,000 (not counting Social Security)

- You have self-employment income of at least \$400

You **should** file taxes because you may owe or have money coming to you if:

- You had income tax withheld from your pay

- You made estimated tax payments for the year 2013

- You may qualify for the

Earned Income Credit

- You also may qualify for the Child Tax Credit or an Education Credit

If you are unsure whether you should file, please stop by an AARP tax site for a review by an AARP tax-aide who will tell you if filing is necessary. Do this before you make a tax appointment if you live in an area where appointments are accepted. All Shawnee County sites are walk-in for both reviews and tax preparation.

If you filed last year **only** for the Kansas Food Sales Tax Refund and/or the Kansas Homestead Refund for Renters, you need not file this year unless your circumstances have changed (e.g., if you now own a home). Homestead Refunds are still available for homeowners who meet the requirements for filing.

Both review and tax preparation are free services provided by AARP tax-aides.

Free AARP Tax Assistance

Shawnee County (9 am - 3 pm at all locations)

Monday & Tuesday, **JAAA**, 2910 Topeka Boulevard, Topeka

Tuesday & Wednesday, **Community Action**, 6th & Swygart, Topeka

Thursday, **Lohman Methodist Church**, 15th & Gage, Topeka

Friday, **First Baptist Church**, 19th & Gage, Topeka

WALK-IN ONLY — NO APPOINTMENTS — Individuals may be given an estimated time to return after signing in.

Douglas County

Douglas County Senior Center, 8th & Vermont, Lawrence

Beginning February 3rd, Monday - Thursday, noon to 4 pm

Saturday, 9 am to noon

For appointment, please call 785-856-0365

Baldwin City Lumberyard Arts Center, Baldwin City

For appointment and hours, please call 785-594-3411

Jefferson County

Oskaloosa Public Library, Oskaloosa

For appointment and hours, please call 785-863-2637

WHAT YOU SHOULD BRING

Photo ID required for all taxpayers

Social Security cards for all taxpayers and dependents

Copy of last year's tax return

Year-end Social Security statement, Form SSA-1099

Unemployment compensation statements

Summary list of deductible items if itemizing

(e.g., medical bills, charitable donations,
mortgage interest, etc.)

IMPORTANT NOTE: If you filed taxes **ONLY** for the Kansas Food Sales Tax Refund and/or the Kansas Homestead Refund for Renters, you will not need to file taxes for 2013 **AS LONG AS** your income and living situation has not changed. However, if you own your home, you may still qualify for the Homestead Refund.

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Participating in Senior Care Act & Older Americans Act Programs

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www.jhawkaaa.org.**

Herd grows at Ad Astra Alpaca Farm

By Marsha Henry Goff

With one exception, every baby alpaca — called a cria — born on Claudia and Bob Hey's Ad Astra Alpaca Farm is named for a star. That exception is sweet-faced Serendipity, the daughter of Carmelita and an opportunistic male alpaca named Leo who managed to jump the fence between the gender-separated herd. "We found him one morning in the females' enclosure with a satisfied smirk on his face," says Claudia with a grin.

Still, while they noticed that Carmelita was gaining weight, they did not realize she was pregnant until she gave birth about a year later, hence the fitting name they bestowed on her little white cria. Claudia and Bob keep the genders separated because they are selective about breeding to increase the quality of their 59-alpaca herd with regard to length and thickness of fleece, disposition, conformation

and bite as well as other desired characteristics, one of which is to ensure that subsequent birthing females have adequate milk supplies for their babies.

When Claudia retired from teaching English to junior high students in Baldwin City, this energetic lady decided she needed something to do, but knew she didn't want to milk cows as she had done while growing up. She and her husband live on the once dairy farm south of Baldwin previously owned by her parents. The couple settled on raising alpacas and their first three females, purchased from a breeder in Wisconsin, were delivered on April 25, 2005.

Alpacas were first imported into the United States in 1984 and now every state, including Alaska and Hawaii, has alpaca herds. A member of the camelid family — consisting of llamas, dromedary and Bactrian camels, vicuna and guanacos — alpacas are a type of



ruminant, chewing their cud similar to a cow, although they have only three stomachs compared to the four of a true ruminant.

Claudia and Bob's herd has grown both by breeding and acquisition which accounts for the many alpacas not named for stars. They also sell their alpacas — always with the idea of improving their herd — including one memorable male dubbed Romeo for his tendency to kiss women visitors to the farm. Claudia mentions that when they entered the alpaca business, prices were high, then quickly fell. "No one was buying," says Claudia, "but, fortunately, Bob likes them as much as I do."

So in June of 2009, the couple opened a gift shop in a new barn, built on the site of the old milk house, where they sell alpaca products: among them, beautiful and soft alpaca sweaters, shawls, scarves, hats, mittens, shoe insoles, rugs, small stuffed animals and much more. Because alpaca fleece — cherished by ancient Incas as "the fiber of the Gods" — contains no lanolin, it is considered

hypo-allergenic and is not scratchy like wool. Fleece from Ad Astra alpacas is sent to the North American Alpaca Fiber Producers Co-Op, the New England Alpaca Fiber Pool, and the Shepherd's Mill to be made into apparel, yarn, and rovings which are bundles of fiber ready for conversion into yarn.

Claudia and Bob do their own shearing in the spring, sometimes enlisting help from Bob's son Matt. Ad Astra alpacas are huacaya, as opposed to suri, because their fleece has a woolly appearance like that of sheep, unlike the suri that have long silky "dreadlocks." During the month-long shearing process, it is Claudia who utilizes rose pruners to trim the alpacas' toenails. "The toenails of the white ones grow faster," explains Claudia, "so theirs are sometimes trimmed twice a year."

The fact that alpacas have two toes on each padded foot, instead of a hoof, is an advantage because the animals, which can weigh from 100 to 175 pounds, do not compact the ground on which they roam.



Carmelita nurses Serendipity, whose upraised tail shows milk is flowing, while Polaris in foreground is bottle-fed.

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Alpacas

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They have no front top teeth, just a soft pad, making a rare bite relatively painless. Another advantage is that their waste, which looks like rabbit droppings, is virtually odorless and may be used on gardens without composting because of its low nitrogen content. Alpacas are clean animals who choose certain areas in their pastures to serve as latrines and go there when nature calls. They also are quiet animals, usually emitting only a low hum, although they can occasionally make a belling noise similar to a donkey if a dog or coyote threatens.

While alpacas commonly live for 15 to 20 years, Claudia and Bob suffered a heartbreaking loss when Ginger, mother of then six-week-old Polaris, died from sudden onset polio. That Polaris has survived and thrived, Claudia believes, is because Ginger gave him such a good start and he is bottle-fed four times a day. The bonding between mother and cria is important and Claudia admits to worrying during the recent bit-

terly cold weather because crias sleep beside their moms. Happily, her worry was unnecessary because Carmelita allowed him to sleep cuddled up against her with Serendipity. The females in his enclosure appear to have taken little Polaris under their wings and Claudia has noticed him snuggled next to both Daisy Hartman and Brie. Crias are weaned at five to six months so soon neither Polaris nor Serendipity will require nursing.

Claudia loves to talk about her alpacas and has taken several of them to visit nursing home residents. The Heys also provide tours of the farm by appointment and can accommodate large school groups as well as smaller groups. They are a popular stop on the annual Fall Kaw Valley Farm Tour and visitors consistently spend longer than they expected watching the cute, curious and friendly alpacas.

Ad Astra Alpaca Farm is located at 168 E 1700 Road in Baldwin City and its gift shop is open from 9-12 on Saturday mornings, 1-5 on Sunday afternoons and anytime by appointment. You may learn more about Ad Astra Alpaca Farm by visiting its website: adastraalpacos.com.



Serendipity, a happy surprise sweet of face and nature.



Claudia folds a sweater for a purchaser.



With few exceptions, alpacas are as curious about visitors as visitors are about them. Left to right at far right: Cygenes (white), Ida Rose (brown), Mimosa (black).



Polaris playfully bites Daisy Hartman, who has been rolling in the dirt (a favorite alpaca activity).

AAA: Keeping you behind the wheel

As we age, reflexes slow and eyes aren't as sharp as they once were. Still, years of driving experience and caution born of that experience enable most seniors to be safe on the road. AAA wants to keep it that way and has several programs to do just that.

Jim Hanni, Executive Vice President, Public Affairs, AAA Allied Group, who is headquartered in Topeka, says that older drivers are careful and skilled at finding ways to drive safely. "For example," he says, "if it becomes difficult for them to see at night, they stop driving at night. They may decide not to drive during high traffic hours or they may choose to avoid busy highways."

Hanni is proud of the programs AAA has developed to keep seniors driving as long as they wish and can do so safely. He provided the following information about senior driving programs.

Keeping the Keys classes assist mature drivers in remaining safe drivers for as long as possible. The classes are free and provide information and resources essential for staying on the road longer and safer. AAA provides classes for groups as requested. A group may schedule a Keeping the Keys program by calling Betty Oliva in Topeka at 866-245-6222, pressing 0, then dialing 6554. Her local Topeka number is 438-6554 or email her at boliva@aaa-alliedgroup.com.

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on

community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

Why is CarFit important? Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed, text or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

How is a CarFit check completed? At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

Want to volunteer to help senior drivers? In cooperation with KDOT (Older Driver Emphasis Area Team), AAA plans to host combination CarFit technician and event coordinator training in two Kansas locations the week of May 20-23. Rhonda Shah, AAA National CarFit Program Coordinator, will be training anyone who would like to help senior drivers in future CarFit events, as CarFit "technicians." Training will also be offered to anyone who wishes to also be a CarFit Event Coordinator. Event



Coordinators must first be trained as CarFit Technicians.

This training is tentatively scheduled in Topeka on May 20, 9 am to Noon, at the Pozez Educational Center, Stormont Vail Regional Medical Center, as well as in Salina on May 22, 9 am to Noon, at the Kansas Highway Patrol Training Academy, 2025 E. Iron, Salina. These training sessions will be followed the next day with actual CarFit events, so new technicians can put their acquired skills to practice right away.

Reservations are required to fill planned timeslots for CarFit, and there are a limited number of time slots for each event. The Topeka CarFit event is tentatively scheduled to take place on May 21, 9 am to Noon, at Noller's Quick Lane, 1138 S.W. Wanamaker Rd., Topeka. The Salina CarFit event will take place on May 23, 9 am to Noon, Kansas Dept. of Transportation District Two Office, 1006 N. Third, Salina. Reservations for the Topeka event can be made by calling Connie Wood at Stormont Vail, Topeka, 785-354-6787. Reservations for the Salina CarFit event

can be made by calling Gretchen Gleue at KDOT, 785-296-0845. Inquiries can also be made by calling us at AAA, toll-free, 866-245-6222, press 0, dial extension 6554.

AAA's Online Roadwise Driver Course, tentatively to be launched in March, utilizes a variety of well-designed online activities that keep the user highly engaged with course content. Here are just a few examples of what AAA's new course has to offer:

- Comprehensive coverage of the Top Five types of crashes in which older drivers are involved informed by the recent NHTSA research identifying these scenarios.

- The latest research on seniors' use of medications, and their medications' impact on driving abilities.

- In car video clips showing actual crash events to emphasize key risk factors and situations (Including clips sourced from AAA Foundation for Traffic Safety research, integrated into the all-new, full-HD video).

- Intermediate learning assess-



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Keeping the Keys JAAA's annual "There's No Place Like Home" dance to feature Elvis and the 1950's Secrets Band

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ments throughout the program to reinforce content.

- Incorporation of the AAA existing resources, including: Roadwise RX, CarFit, SeniorDriving.AAA.com, brain training demo exercises, etc.

- A full content transcript for review.

AAA's classroom-based Roadwise Driver course (revised) will be available as well. The curriculum will feature the same improvements as the online course and will include improved instructor, video and student resources. We are glad to schedule a course for pre-formed groups. In the meantime or thereafter, as long as at least 10 or more have pre-registered, AAA should be able to arrange for an instructor to teach the course at their location, provided it has adequate classroom setup to accommodate the class size.

Hanni also encourages you to visit the AAA Senior Driving website, highlights of which are:

- Roadwise Review – website tool for assessing your driving health. <http://seniordriving.aaa.com/evaluate-your-driving-ability/interactive-driving-evaluation>

- Roadwise Rx – website tool for finding out how your medications, both prescription and over-the-counter, interact with driving. <http://seniordriving.aaa.com/understanding-mind-body-changes/medical-conditions-medications>

- AAA's library of Senior Driving resources. <http://seniordriving.aaa.com/tools-additional-resources>

AAA is doing its part to keep you safely behind the wheel where we know you want to be. You can help yourself by taking advantage of the opportunities they offer.

Elvis (aka Bob Lockwood of McLouth) and the 1950's Secrets Band proved quite popular at last year's "There's No Place Like Home" annual fundraiser so they were asked to reprise their performances at this year's dance on May 10 at Great Overland Station. Young and old alike vied to have their photo taken with him or to be a recipient of one of the teddy bears he distributed as he sang the Elvis hit, "Teddy Bear."

During the past year, Lockwood has been in great demand for his Elvis impersonation. He performed for an audience of over a thousand at the annual Douglas County community children's Christmas party at the Lied Center on the KU Campus, performed two Elvis Tribute concerts at Quenemo Opry House, appeared at various parades, class reunions and fundraisers, promoted JAAA's dance on Ralph Hipp's show on WIBW-TV as well as participated in many other events and celebrations.

Aboud's will again provide their consistently delicious hor d'oeuvres, so plan to come hungry. In addition to complimentary coffee and iced tea, a cash bar featuring wine, beer and soft drinks will be available.

JAAA supporters who donate fabulous themed baskets for our drawings appear to outdo themselves every year. Basket themes appeal to both men and women and generally range from gardening to barbecue, luxurious spa to picnic, each elaborately packaged. Special prizes are sometimes included (a toaster oven last year).

Best of all, proceeds from the fundraiser benefit JAAA's Guardian Angel Fund. The Fund furthers JAAA's mission of enabling frail elderly and disabled individuals to stay in their own homes where they are happiest. Guardian Angel can provide help for those who fall through the cracks when restrictions do not allow other funding sources to provide relief.

For example, only a few of the items Guardian Angel provided last year were: an air conditioner last summer for a stifling house whose occupant's main concern was how the heat affected his dog; mattress for an ill woman who had been sleeping in a chair; a portion (her church also paid a portion) of a transfer device for an MS patient to enable her husband to transfer her from bed to wheelchair; Nicorette gum to assist a lung patient to quit smoking; eye glasses for a woman who was faced with the decision of whether to buy glasses or groceries; and a clothes dryer for a terminally-ill cancer patient who became too weak to hang up her laundry.

If you cannot attend the dance, but would like to make a tax-deductible contribution to Guardian Angel, please make your check payable to "JAAA Guardian Angel Fund." Your donation will make you a Guardian Angel to many needy and deserving individuals.

Community Giving Fund awards \$500 grant to JAAA

Jayhawk Area Agency on Aging has been awarded a \$500 grant from the Community Giving Fund, a joint initiative of ProSight Specialty Insurance and Tangram Insurance Services to provide addi-

tional support to its non-profit policyholder organizations in an effort to further their mission. The grant will support JAAA's mission in the Counties of Douglas, Shawnee and Jefferson. As one of

97 nationwide grantees selected for the Community Giving Fund JAAA demonstrated a distinctive commitment to supporting the frail elderly and disabled in the counties they serve.

Call Kevin at (785) 841-9417 to place your display ad in the SPRING 2014 issue of Amazing Aging! The deadline is April 15.

Don't just say 'I love you,' put it in writing

By Marsha Henry Goff

While few have Elizabeth Barrett Browning's talent to pen poetic love letters that will endure for the ages, there was a time when men and women with little writing skill simply poured out their hearts to each other on paper. The custom appears to have fallen into disuse and that is a shame because it is absolutely impossible to write a bad love letter. Why? Because the recipient of such a missive is not inclined to be critical of style. It's the message that counts.

Children know that and write excellent love letters. One of my personal favorites — written in brightly-colored crayon and decorated with hearts, rainbows and a portrait of a woman with green hair that may be me — is from my granddaughter. "Dear Grammy," it reads, "I love you. You are intelligent. Love, Samantha." Sweet child! I like her work of art so much that it's been stuck with magnets on my refrigerator door for many years.

Still, with Valentine's Day approaching, the love letters on my mind are those written from man to woman and vice-versa. While most folks would agree that the art of writing love letters comes more easily to women than to men, no female (Elizabeth BB excepted) can top a love letter written by a romantic man. I've received a few and treasure them all.

A male's romantic attention doesn't have to be directed my way for me to take notice. After decades of marriage, my cousin David still writes love letters and poems to his wife Sharon. He's not the slightest embarrassed to show her how much he cares. I am amazed that he has become such a sweet and sensitive man.

He sure wasn't that way as a young boy when my family visited his family's farm in Oklahoma. At age 8, I had never seen a stinger-nettle and when David (along with his twin brother Dick) encouraged me to pick what appeared to be a pretty flower, I did. For the record, stinger-nettles are appropriately named. Plucking one makes your hand feel like you've stuck it in a hive of bees. And if you are 8, it makes you cry ... a LOT!

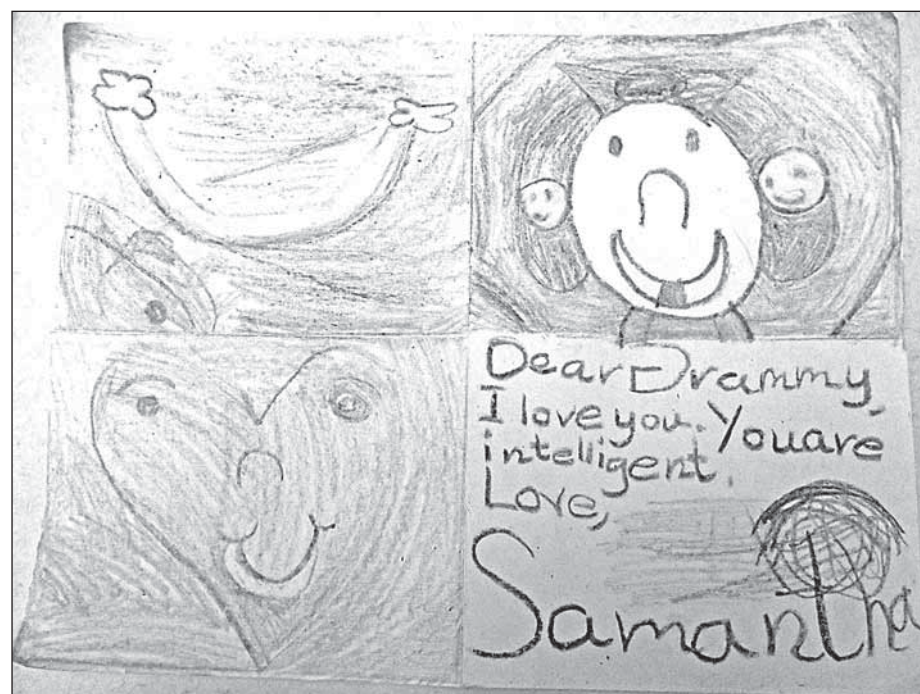
Richard, son Greg's good buddy, is another romantic male. By the time he was in high school, Richard was a regular Valentino, arranging to have a red rose delivered to the table where he and his prom date were dining. "She looked so pretty I almost wanted to cry," he later reported without a hint of self-consciousness.

But it was survival, not romance, Richard was concerned with the night he left our home in a severe thunderstorm even though we urged him to spend the night. He had ventured about 50 feet from our front door when he was enveloped in a white light followed almost immediately by a deafening crack of thunder. Illuminated by periodic lightning flashes, we saw him — in strobe-light fashion — galloping back to the house. "Whoa!," he exclaimed, shaking rain from his hair and clothes, "I thought the Big Guy was going to say, 'Empty your pockets and cash in your chips!'"

Even now, I'm not sure what he meant. But he did spend the night.

Mom has some wonderful love letters from Dad, written from Africa and Europe during World War II. And he got his share from her, too. War, I've decided, makes it easier to express feelings for someone you may never see again.

In his 80s, a late gentleman I



greatly admired had a very creative way of expressing his love for his wife on Valentine's Day. After she retired for the night, he scattered hearts and chocolate kisses around the living room. What a sweetheart!

Speaking of sweethearts brings husband Ray to mind. Love letters? I've had a few from him, way more than a few if you count the notes he writes on the back of used envelopes: "I've gone to gas up Guppy Rojo. XOXO" or "I'm recycling at Wal-Mart. XOXO." Yes, I save all those envelope notes along with every greeting card he has given me

and I'll soon have more valentines to add to my sentimental stash.

Admittedly, Valentine's Day is a confusing holiday. It's the one day when the most romantic thing a man can do is to take the love of his life out to dinner. At the same time, the most romantic thing a woman can do is prepare a candlelit dinner at home for her one and only.

This year, I think I have found the answer to that perplexing problem. I plan to light the candles and order Chinese in.

Happy Valentine's Day to lovers everywhere!

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♥ Experienced
♥ References Available

Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.
Proverbs 3:5&6

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Lawrence, Topeka, Ottawa, and surrounding areas

Will you be one of JAAA's Guardian Angels?

Guardian Angel Fund had its genesis over a decade ago when JAAA solicited grant money from a benefactor to set up a centralized system to transport seniors for H1N1 flu virus vaccinations. All of the grant was not used and when JAAA tried to return the remaining money — about \$1,000 — the donor, who wished to remain anonymous, asked if JAAA could find another use for the money to help seniors. "That gift," says Jean Stueve, JAAA Fiscal Manager, "was the seed money for Guardian Angel Fund."

Guardian Angel Fund has helped countless individuals during the past 10 years and, with your support, will continue to help countless more in the future.

Sometimes the need is small, like paying \$6.50 for quad-cane tips or a \$75.60 application fee for a senior to procure hearing aids from Starkey Hearing Foundation's Hear Now Program. Other times the need is more, \$440 for dentures or \$582 to paint the interior of a woman's home that had been destroyed by renters while she was in Oklahoma caring for her ailing parents. She was trying to do the painting herself with a long-handled roller while sitting in a chair.

You cannot put a price on the need necessary to enable someone to stay in their own home. If you'd like to help, please fill out the form on this page and make out the check to JAAA Guardian Angel Fund.



JAAA is saddened to report the loss of
a valued board member

John B. Studdard
1931-2013

He served our country and JAAA well

Seniors, Caregivers, Disabled Individuals
Do you have a question about available services?
JAAA can help you.



Shawnee County



Jefferson County



Douglas County

235-1367 (Topeka) or
1-800-798-1366 (outside Topeka)

*Jayhawk Area Agency on Aging's
There's No Place Like Home
All proceeds benefit*

Guardian Angel Fund

"There's No Place Like Home" accurately describes the mission of JAAA to enable seniors to age in place, to live in their homes as long as possible. We are grateful for your contribution because it enables us to better fulfill our mission. A great many seniors in Shawnee, Jefferson and Douglas Counties will live out their lives in comfort and dignity because of your generosity.

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

\$5,000 to \$10,000

Over the Rainbow

\$1,000 to \$4,999

Tinman with a Heart

\$500 to \$999

Intelligent Scarecrow

\$100 to \$499

Courageous Lion

Up to \$99

Friendly Munchkin

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

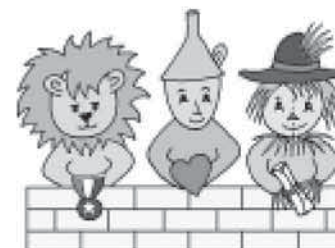
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Your contribution to JAAA is tax deductible.

Elvis Returns to Topeka on May 10



Elvis (aka Bob Lockwood) pictured here with 106-year-old Edna Zillner at Pioneer Ridge in Lawrence, will return to Topeka on Saturday, May 10, for JAAA's annual "There's No Place Like Home" dance at Great Overland Station. (Photo by Brian Cooper)