

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 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



Katherine and Frank Galbraith are Honorary Chairs of JAAA's "There's No Place Like Home" dance on May 10. Read about their 71-year love story on page three.

A Message from Jocelyn Lyons, JAAA Executive Director

As we say goodbye to our winter blues, we welcome the many flowers that continually bloom in JAAA's garden. This past month we celebrated our volunteers, our true roses, who have stepped up to assist within our office, providing countless hours of service with data entry, updating resource materials, counseling Medicare beneficiaries, serving on program development committees, Tai-Chi instructors and working in the enrollment process of our CHAMPSS program.

Programs administered by the AAA requires a vast number of manpower hours, however, for

most programs, funds are not adequately available to meet the administrative expectations and/or consumer demands.

During last fiscal year, volunteers contributed \$10,178 in-kind hours. Although this does not reflect all in-kind hours, it is expected that amount will be much higher this fiscal year as we see more individuals come forth to inquire how they may be of service to our agency.

So I want to give a big thank you to: Mike, Jerry, Noda, Sharon, Ann, Lyle, Jeremy, Jan, Betty, Lucy, Peggy, Joan and Barb. (If I missed anyone, please charge it to my head and not my heart.)



Jocelyn Lyons

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 7,000+

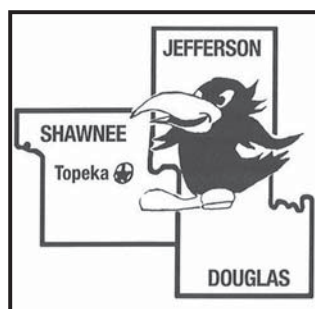
You are encouraged to write us at:

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 **Jocelyn Lyons** at Jayhawk Area Agency on Aging, Inc.

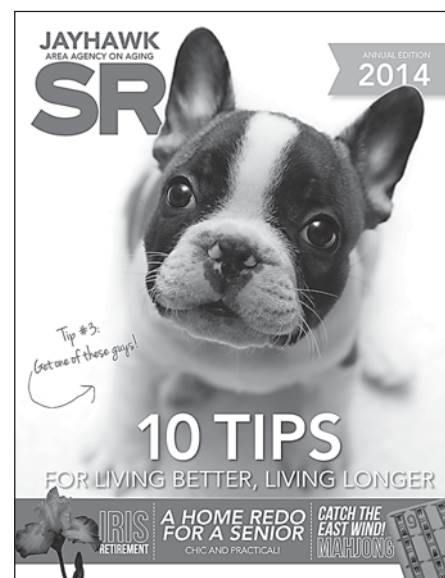


Jayhawk Area Agency on Aging SR Magazine

Want to live a longer, healthier, happier life? Pick up your complimentary copy of *Jayhawk Area Agency on Aging SR* magazine featuring "10 Tips for Living Longer, Living Better" offered by area seniors and experts. The magazine is published annually by The World Company's Sunflower Publishing which also publishes *Kansas! magazine*, *Topeka Magazine*, *Lawrence Magazine* and many other award-winning regional publications.

The full-color magazine includes profiles on individuals in Lawrence, Topeka and Oskaloosa who are well-served by JAAA's caregiver support program. You'll love the stunning photos and story of a lovely iris garden in Meriden as well as reading about the Mahjong-loving ladies of Topeka. An article about a home redo for a senior that makes her life safer and easier will be of interest to many. Another story lets you can learn about pickleball, a fun sport growing in popularity among retirees and others.

Don't miss out! You may pick up a copy at JAAA, 2910 Topeka Boulevard, and at various locations in the counties — Douglas, Jefferson and Shawnee — served by Jayhawk Area Agency on Aging.



Meriden Adult Services-Plus, Inc.

Serving Jefferson and Shawnee Counties since 1996

✦ "Dedicated to Quality Care" ✦

- | | |
|--|---|
| <input checked="" type="checkbox"/> HCBS/FE Waiver Program | <input checked="" type="checkbox"/> Home Health Aides |
| <input checked="" type="checkbox"/> Skilled Nursing thru Waiver Programs | <input checked="" type="checkbox"/> Attendant Care Services |
| <input checked="" type="checkbox"/> Twenty-Four Hour Services | <input checked="" type="checkbox"/> Homemaker Services |
| <input checked="" type="checkbox"/> Private Pay Services | <input checked="" type="checkbox"/> Chore Services |
| | <input checked="" type="checkbox"/> State Regulated |

**Participating in Senior Care Act &
Older Americans Act Programs**

7210 K-4 Hwy, Suite C • Meriden, KS 66512

785-484-2699 • meridenhomehealth@embarqmail.com

Katherine and Frank Galbraith: Married 71 years and still dancing

By Marsha Henry Goff

Seven-year-old Frank Galbraith was introduced to three-year-old Katherine Elizabeth Kelly — his friend's little sister — when she threw a snowball and hit him in the back. Fifteen years later the couple married.

World War II was raging in 1942 and, after their marriage, Frank returned to his 34-month tour of duty with the US Navy, while Katherine stayed home to care for her invalid mother. She traveled to New York in the summer of 1945 to visit Frank, whose ship was in port, and had the good fortune to be in Times Square on Tuesday, August 14, 1945, celebrating the Japanese surrender and the end of World War II. "The crowd there was shoulder to shoulder and confetti was falling everywhere," Katherine recalls.

After the war, Frank completed his education under the GI Bill at Washburn University. On June 19, 1950, two weeks after graduation, he began his 34-year position with Capitol Federal. "When I joined Capitol Federal," he says, "we had one office, 15 employees and 20 million dollars in assets. I worked as teller, then in advertising and savings." When Frank retired as a vice president in 1984, Capitol Federal had grown to 17 offices in several Kansas cities and attained assets of two billion dollars.

Both Katherine and Frank have long and stellar records of service to their community and church. Frank served as Topeka USD 501 City PTA Council president, during which time he spearheaded the citywide free polio vaccination of sixth grade school children. He served as president of Optimists and is a member of Shriners and other service organizations.

In 1963, he worked with former convict Bill Sands, other businessmen and the Rev. James Post to form a group at Kansas State Penitentiary in Lansing to rehabilitate pre-release prisoners. The group consisted of prisoners, former prisoners and non-offenders who had the

common goal of reducing recidivism — thus achieving safer communities — by enabling prisoners to become mentally fit and utilize transitional services. The group established the Seven Step Foundation, a program which still exists in some US and Canadian prisons.

Katherine served as a leader in Cub Scouts or Brownies for each of her children. She served on the board of the Shawnee County unit of the American Cancer Society and for over 20 years transported cancer patients to medical appointments and treatments.

Of her many volunteer activities, she cites one where she believes she "made a real difference in the lives of

young people by helping them learn about destructive pseudo-religious cults." After a friend's daughter had a disastrous experience with a cult in college, Katherine made it her mission to save other young people from such damaging mind-control encounters. She gave over 200 speeches throughout Kansas — in churches, schools and before civic organizations — to educate children and their parents about the dangers of cults, testified before the US Senate, and encouraged donations to the cause.

The Galbraiths have four children: daughter Susan and husband Scott

McKenzie, Topeka; three sons, Dr. Frank, Jr. and wife Karen, Wichita; John and wife Dana, Wichita; and Tom and wife Kris, Wichita. They have eight grandchildren, two step-grandchildren and three step-great-grandchildren.

Jayhawk Area Agency on Aging is pleased to recognize this loving and community-minded couple as honorary chairs of our "There's No Place Like Home" fundraising dance. Frank, 94, and Katherine, 91, have now been married 71 years and still love to dance. It doesn't get much better than that!



Frank and Katherine's wartime wedding photo.



What 100 Year Olds Have in Common

By Connie Michaelis, Marketing Director

Nationwide, the centenarian population has grown 65.8% over the past three decades. In contrast, the total population has increased 36.3% over the same time period. The 100 year olds are gaining on us! Do you aspire to be a member of this auspicious group? A recent article in the US News and World Report stated that centenarians have certain things in common. The first thing they have in common is that 82% of them are female. (Gentlemen keep reading!) They stated that, "Women are more social than men. Studies have found that staying socially connected predicts greater life expectancy. If you are social, it may reduce stress levels because you can talk about your feelings." It seems there is therapeutic benefit from socialization. It may not

just be a matter of the Y chromosome, but a life-style. In other words, touchy, feely equals healthy!

The second related commonality is that centenarians live with others. Over two thirds of men and women that reach 100 are living in a communal setting. The reasons cited are the opportunity for socialization, emotional, mental and medical support. This message has become my mantra. Living at home alone is not necessarily a healthy choice. Isolation may lead to depression, inactivity, poor diet and eventually accidents and falls. Isolation is a menace to active, vibrant living. The third similarity of centenarians is that 85% of them live in urban areas. It seems that living in a city provides more mental stimulation (museums, theater, symphony, etc.), more physicians, more social networking and more transportation. The fourth shared commonality listed is that living in the Midwest increases the chance of longevity. We've got that piece handled! So my advice is live in Topeka at McCrite Plaza and you will increase your odds to make 100! When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.

Heroes of the Greatest Generation: Stitt Robinson

By Marsha Henry Goff

Stitt Robinson had a unique experience in World War II. He was involved in two glider invasions: the first in Operation Dragoon, the August 14-15 invasion of Southern France with the 13th Airborne Division; and the second, Operation Varsity, across the Rhine River in Germany on March 24, 1945, with the 82nd Airborne Division.

After he was drafted in November 1941, Stitt was sent to Officer's Candidate School at Fort Benning, Georgia. "I had two years of ROTC as an undergraduate at Davidson College my first two years in college, but not in my junior or senior years." He graduated from OCS as a Second Lieutenant and was first stationed at Fort McClellan, Alabama, where he met his wife Connie. The couple married on March 18, 1944, when he had a ten day leave, giving them time for a honeymoon in New Orleans before he shipped out for Europe.

He served as communications officer in an independent unit, the 550th Infantry Battalion, later called the 550th Glider (or Airborne) Infantry Battalion which was known as "A Bolt from the Blue." Stationed in Panama for 6 months, he sailed on a Liberty Ship to Naples, with a detour to Africa when the ship was attacked by a German submarine in the Strait of Gibraltar.

Operation Dragoon utilized 407 gliders transporting 4,000 airborne troops, 221 jeeps and 213 artillery pieces. "The British gliders were larger than ours and could transport a jeep or cannon, but ours transported personnel and could hold a squad — 10 to 12 men — but they were very fragile. The DC-3s towed two gliders and the glider pilot determined when to

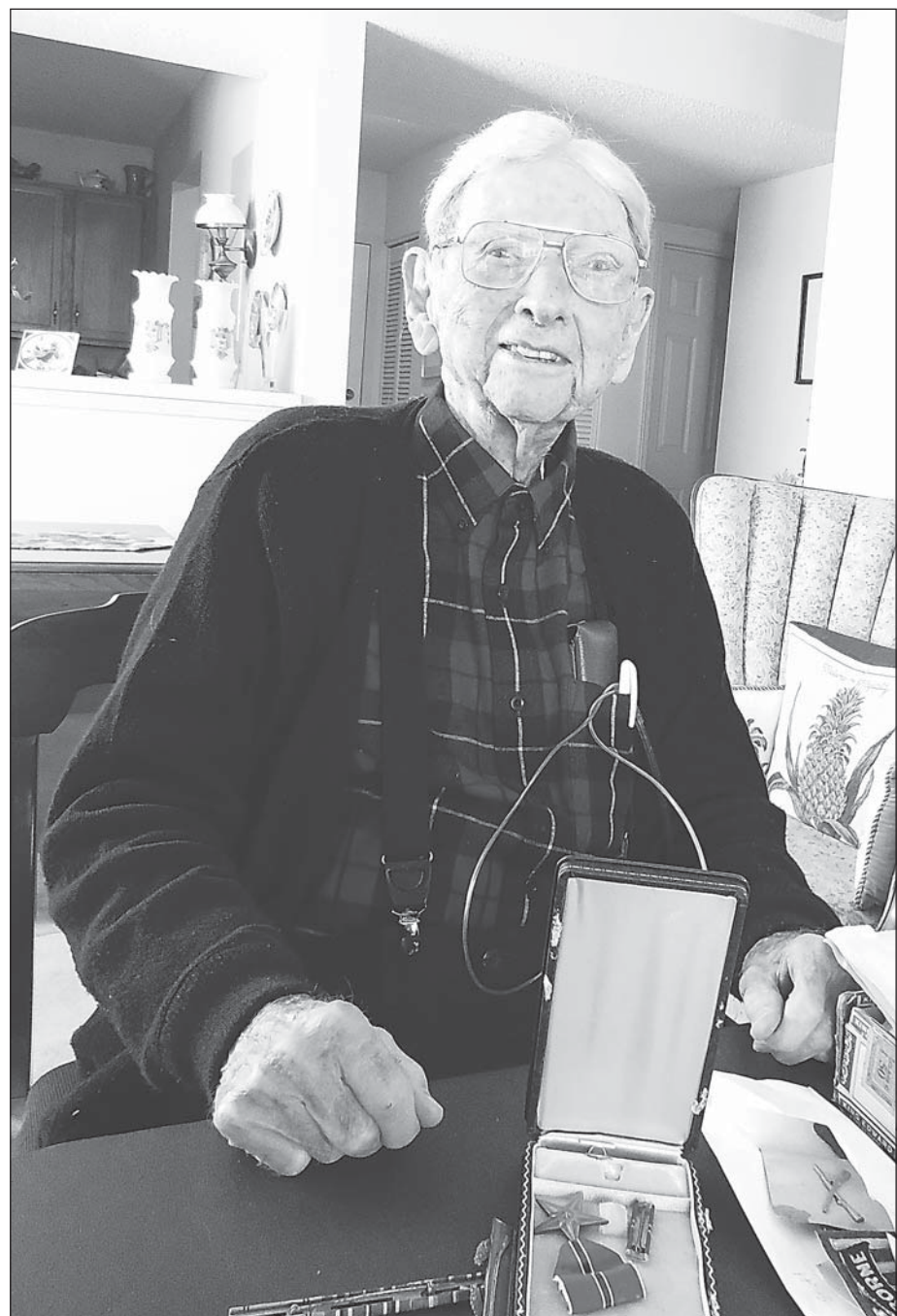
release [usually at 1,500 to 2,000 feet]. The gliders would practically be a wreck by the time they got in." Indeed, fewer than 50 of the 407 gliders were deemed salvageable.

Operation Varsity across the Rhine saw even more destruction of gliders. Only 172 of 1,302 gliders were salvageable. Worse, the cost in lives, estimated at 1,111 Allied soldiers, caused some to question whether it was worth it — "We weren't quite sure why it was necessary," said Stitt — although the operation did open the northern route into the industrial heart of Germany.

Stitt's unit fought in waist deep snow in Belgium during the Battle of the Bulge. "The German tanks were supposed to be retreating, moving elsewhere, but instead they made a counterattack; we actually relieved an armored division and that armored division should have been there to counter those tanks. We didn't have anything but bazookas and to knock a tank out, you have to hit it in the right place and that was pretty difficult."

Stitt had attained the rank of Captain and was in Headquarters Company when his battalion lost about a third of the unit. "I talked to one of them over the phone, Lieutenant Mertles, and he said, 'Give us some more help!' But there was no more help to be provided and so they ended up either surrendering or being killed. I never found out what happened to that group, whether they were captured or killed."

After the war, Stitt completed his PhD at the University of Virginia. He was immediately hired by The University of Kansas and spent almost 40 years teaching there, where he chaired the department for several years. He and Connie live in Lawrence.



Stitt with his medals (note Bronze Star) and his military discharge and unit commendation papers. The Bronze Star is awarded to a person in any branch of the military service who, while serving in any capacity with the Armed Forces of the United States on or after December 7, 1941, distinguished himself by heroic or meritorious achievement or service, not involving participation in aerial flight, in connection with military operations against an armed enemy.

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

Guardian Angel Fund helps in so many ways

Can you imagine sleeping in a chair because you have no mattress? Or trying to decide whether to buy eyeglasses or groceries? How about living in a stifling house last summer and being more worried about how the heat was affecting your dog than yourself?

JAAA's Guardian Angel Fund came to the rescue for these seniors — purchasing a mattress, eyeglasses and an air conditioner — as well as similar essentials for many other seniors whose incomes do not allow for life's basic necessities.

During this fiscal year, JAAA is scheduled to allocate well over a million dollars in federal and/or state funds to providers with familiar names: Meals on Wheels of Shawnee and Jefferson Coun-

ties, Douglas County Senior Services, Jefferson County Health Department, Kansas Legal Aid and more than a dozen other providers of services to seniors in the three counties we serve.

However, the funds we allocate come with restrictions which do not allow us to meet many of the critical needs of frail, indigent seniors. Guardian Angel Fund was established to meet as many of those critical needs as its limited funds allow.

Would you like to be a Guardian Angel for a senior who badly needs one? If so, please fill in the adjacent form and make out your check to "JAAA's Guardian Angel Fund." Any amount you donate is greatly appreciated.

Heart 2 Heart In-home care

Assistance we provide:

- Companionship
- Assistance to Dr. appointments
- Light housekeeping
- Meal planning and Preparation
- Respite Care
- Escort to Religious Services
- Shopping
- 100% Personalized Care
- Bathing and grooming
- Dressing
- Medication Reminders
- Ambulation Assistance
- Pet Care
- Escort to Errands

Michelle Gibler CEO

785-764-9946 ♥ heart2heartkansas.com

♥ Personal Care ♥ Experienced ♥ References Available

Lawrence, Topeka, Ottawa, and surrounding areas

*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

\$1,000 to \$4,999

\$500 to \$999

\$100 to \$499

Up to \$99

Over the Rainbow

Tinman with a Heart

Intelligent Scarecrow

Courageous Lion

Friendly Munchkin

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

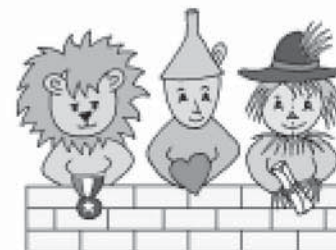
Name

Address

City, State, Zip

Phone

E-mail



Your contribution to JAAA is tax deductible.

JAAA's "There's No Place Like Home" dance again features Elvis

Elvis and the 1950's Secrets Band proved so popular last year that we decided to give you another chance to get lost in the '50s for a memorable evening. The dance, a fundraiser for our Guardian Angel Fund, is Saturday, May 10, from 5:30 p.m. to 9:30 p.m., at Topeka's beautifully-restored Great Overland Station. As always, you can enjoy delicious food and drink provided by Aboud's Catering.

Tickets are \$20 each or two for \$35 and may be purchased in person at JAAA, 2910 Topeka Boulevard or via credit card by calling 235-1367 or 1-800-798-1366 (outside Topeka). Each ticket buyer is provided with a free ticket to place in drawings for extravagantly-filled themed baskets donated by JAAA's generous supporters. Many other prizes to be auctioned range from Kansas City Royals, T-Bones and Country Stampede tickets to items including a two-person paint party at Paint Therapy and a brand new snowblower (hopefully the winner will not need it until next winter).

Kicking off the dance will be honorary chairs, Katherine and Frank Galbraith, dancing to "Lost in the Fifties/In the Still of the Night." Retired KU Coach Bob Lockwood, as Elvis, sings standards of various tempos accompanied by the 1950's Secrets Band.. The band is composed of Jeff Nelson, a Douglas County Deputy Sheriff; vocalist Debbie Husted, a legal assistant; and three of Lockwood's sons, Park, an associate professor at Washburn; Bobby, a teacher at Shawnee Mission and coach at Piper High School in Kansas City; and Perry, a restaurant owner.

Dr. Lanny Snodgrass, a psychiatrist from Seattle, will again reprise his popular piano music while attendees are dining. He will also play a few songs for dancing. As does Lockwood, Dr. Snodgrass donates his time and considerable talent to raise money for JAAA's Guardian Angel Fund.

Don't miss the opportunity to enjoy an unforgettable evening while helping a great cause!



Bob Lockwood appearing as Elvis at the Lied Center on The University of Kansas campus. - Photo by Asa Lockwood



Anita and Mayor Larry Wolgast, 2013 Honorary Chairs, pose with Elvis (aka Bob Lockwood) at last year's dance.

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

The First Apartments

Independent Community--Seniors and Individuals with Disabilities

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



**Studio, One Bedroom & Expanded One Bedroom
Apartments providing:**

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

Unique Service Coordinator Staff on site providing:

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

We also offer:

- Restricted access with phone/intercom system
- Meals on Wheels site • Coffee Room
- Laundry Room
- Recreation Room w/pool table and exercise equipment
- Library, computer w/internet
- Salon
- Community senior bus transportation
- Red Carpet Library Service
- Summer Gardening
- 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 in the Seabrook neighborhood and surrounded by area churches, banks and shopping center.

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

www.thefirstapartments.org



Mother, a word that means the world to me

By Marsha Henry Goff

When Howard Johnson wrote the lyrics for the song “M-O-T-H-E-R” in 1915, my late mother wasn’t born, so he can be excused for not writing them exactly as I would.

M is for the many things she gave me. Well, that line is true enough and hard to improve. My mother gave me many things, but one of the best things she gave me is memories, almost all of them good ones. She also gave me moxie and still managed to keep a lot of it for herself.

O means only that she’s growing old. I certainly would never have admitted this in print. In some dark recess of my mind, I knew Mother was growing old; she was 87 when she died, but she never appeared old to me. She seemed ill at times, but never old ... probably because she had such a love of life and a natural curiosity about things. She was passionate about politics and wasn’t afraid to speak her mind to politicians when she thought they’d done something dumb — and, let’s face it — they gave her plenty of ammunition. Married for many years to a dedicated elected city and state official, Mother had no patience with politicians who were more worried about keeping their seats than doing what they knew

was right for their constituents. She called them gutless ... and she was right (see R below).

T is for the tears she shed to save me. Mother shed her share of tears. But as a child, I remember many more tears of laughter than of sorrow. She’d sit at the kitchen table, drinking coffee with her visiting sisters and brothers, and they’d tell stories and laugh until they cried.

Because of those storytelling sessions, I know that my Uncle Hub — dubbed our “Bible Uncle” because of his religious knowledge — once climbed a tree on their family farm during an evening Sunday School picnic and dropped a raccoon coat on a man standing under it who “fainted dead away.” Having a coat dropped on you would be startling, at the very least, but Uncle Hub committed that act during an Oklahoma “panther scare” and let out a panther scream just as he dropped the coat.

I also learned that Uncle Marion and Uncle Paul tried to sneak a smoke without Grandma knowing. They were happily puffing away on their shared cigarette when Uncle

Paul spotted Grandma behind them. Uncle Marion kept trying to share the cigarette with Uncle Paul who vigorously shook his head no. Uncle Marion caught on when Uncle Paul piously remarked that he didn’t smoke and that his brother shouldn’t either, but it was too late for both of them.

H is for her heart of purest gold. Yes, I’m pretty sure Mother’s

heart was 24 karat, but if I had written the song, H would stand for her humor. One of my favorite examples of Mother’s sense of humor occurred a year before her death when she was in a nursing facility for two weeks of physical therapy before returning home.

“The nurse confiscated my plastic toothpicks,” complained Mother. “She said they could be used as weapons.”

I immediately had a mental picture of medical personnel running screaming out of Mother’s room, their faces bristling with pink toothpicks embedded like porcupine quills.

And then Mother told me what her own reaction had been. “Weap-

ons!” Mother exclaimed to the nurse, holding up her frail hands in a loose circle. “How about these wrapped around your throat? Or how about these?” she demanded, baring her teeth and making biting motions.

It took me ten minutes to stop laughing. Still, it was fortunate that the nurse also appreciated Mother’s humor or she might have found herself in a straight-jacket.

E is for her eyes with lovelight shining. I’m sure Howard Johnson needed a way to get LOVE into the song and — without an L in MOTHER — he did the best he could. A mother’s love is the very first — and the purest, most selfless — love we know.

R is right and right she’ll always be. I can’t say that I always thought Mother was right (except about politicians), but she’s the person I called whenever I had sticky questions about proper grammar. Every time I ended a sentence with a preposition, she cringed, although she admitted her college English book included this rule: Never use a preposition to end a sentence with. I can say this with assurance, however: Mother was right far more than she was wrong.

Put them all together, they spell Mother ... a word that means the world to me. I couldn’t say it better myself!



*Happy Mother's Day
to all you wonderful mothers!*



Older Americans Month, May 2014

Safe Today. Healthy Tomorrow.

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active. This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow."

The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible. Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn

about the variety of ways they can avoid the leading causes of injury, like falls.

While Jayhawk Area Agency on Aging provides services, support, and resources to older adults year round, Older Americans Month offers an opportunity for us to provide specialized information and services around the important

topic of injury prevention. On May 22 at 3:00 p.m., JAAA will host a presentation about fall prevention by Rebound Therapy. The presentation is free to the public.

This presentation and other available information will

help older adults take control of their safety and live longer, healthier lives. Throughout the month, Jayhawk Area Agency on Aging will be conducting activities and providing tips on how to avoid the leading causes of injury. To learn more about Older Americans Month and how you can participate, contact JAAA and follow us on Facebook.

Rebound Therapy is providing a presentation about fall prevention on May 22 at 3:00 p.m. in the basement at Jayhawk Area Agency on Aging. Anyone wishing to learn more about fall prevention in the home is welcome to attend this event.



Quality Healthcare & Equipment



Advanced Homecare has been serving Kansas and the region home medical equipment and supply needs since 1989. As one of the area's largest retail suppliers of home health products and services, we provide superior customer service and top quality, state-of-the-art medical equipment and supplies. We take extra care in making sure that we fulfill the needs of each and every one of our customers. Our expert staff takes the time to give each of our customers the personal attention he or she deserves and are trained to find the right products for each individual. Home visits can even be arranged if someone is unable to visit us. We participate with most major insurance plans, are Medicare and Medicaid approved, and will coordinate insurance billing for covered items.

- **Home Oxygen; CPAPS; BIPAPS**
- **Power Scooters, Wheelchairs, Walkers, Canes**
- **Seat Lift Chairs, Hospital Beds**
- **Mastectomy Products & Many Daily Living Needs**
- **Free Delivery & In-Home Setup**

Please call us at 785-841-2200 for more information.



2851 Iowa St. • Lawrence
www.advancedhomecarekansas.com

24 Hour Emergency Service 1-800-827-9406

Caregiver Support

Caregivers can be proactive

By Michele Dillon

Happy Spring!

It's been a very long winter, hasn't it? With the change in weather there may be an increase in illness and/or hospital visits. Let's talk about the process of discharge from an extended hospital stay. I have had caregivers tell me how frustrating this process can be. They are told that their loved one needs 24/7 care and is being discharged tomorrow and they need to come up with a plan.

Is this the way it should work? Certainly not. Social Workers and Discharge Planners need to be more in tune to the needs of caregivers and I am working on this with them. Caregivers can, however, be proactive by asking certain questions and being informed. Let's discuss a few.

What type of care is specifically required? Many times 24/7 care isn't actually needed. Many nursing home residents are provided with morning, afternoon and bedtime care, but the time between meals is spent in activities, watching TV or napping. Can those times be covered at home with home health or day care? This would certainly be a much less expensive alternative. What financial resources are available to help me pay for long term care and in home health?

What are all of the medications for? Too often I hear seniors tell me that they don't know what their meds are for, they just take them because the doctor told them to. Do they need the antidepres-

sant? Is there something else that will help them sleep? Does the primary physician have a list of all the medications and which doctor prescribed them?

Discuss the diagnosis and what it means long term. What is the prognosis, stages? How will the needs change in the future? What kind of medical equipment will I need and how do I pay for it?



Michele Dillon

Does your loved one need in home therapy and what kind? On a side note, please know that Medicare allows maintenance home health, so a hospital stay is not required. If you have a loved one who has

become weaker and might benefit from physical therapy, discuss it with his or her doctor and see if you can get an order.

Will someone be available to show me how to change a dressing, proper lifting techniques, how to deal with behavioral issues? What additional resources are available if these occur?

These are just a few questions. Every situation is different and different circumstances may offer a different set of questions. Discharge planners are very busy and limited in time. If you find yourself in a state of confusion at discharge time, call me. I can meet with you at the hospital and discuss your options and help you with at home resources. I can be reached at 785-235-1367 or 1-800-798-1366 if you live outside the Topeka area.

Tune in next quarter on long term care options and what is available.

Why you must take responsibility for your health

Marsha Henry Goff

After an invasive procedure in a doctor's office, my sister was handed a pill to take. "What is it?" she inquired.

"Sulfa," the nurse replied.

Had my sister taken the pill, it might have had fatal results because she is highly allergic to sulfa and suffered life-threatening anaphylactic shock the last time she ingested it.

"Why," she later asked me indignantly, "do I write down allergies on the doctor's form if no one is going to read it?"

That tiny pill she was offered is a reminder that patients need to continually inform medical professionals of any allergies or medical problems they suffer. Not every patient would have questioned the nurse about the pill.

Doctors and nurses cannot be expected to remember the aller-

gies of every patient they treat and — as my sister learned — just because it is written on a form, does not mean someone has read it. Protect yourself by making sure medical professionals know your allergies before they prescribe medicine.

Also, if you fill prescriptions at more than one pharmacy or receive prescriptions from multiple doctors, make sure each pharmacist and doctor knows all the medicine you are currently taking. Drug interactions can be dangerous. If you have questions about medicine you are buying, feel free to ask your pharmacist. Also ask about reactions a prescription drug may have with over-the-counter medicines you are taking.

Take responsibility for your own well-being. No one — absolutely no one — has the incentive to do it better.

**JAAA is pleased to offer CHAMPS
(Choosing Healthy Appetizing Meal Plan
Solutions) at the following locations:**

Dillon's Stores in Topeka

29th and Urish

Highway 24 and Rochester Road

29th and California

21st and Fairlawn

10th and Gage

Hy-Vee Store in Topeka

29th and Wanamaker

Route 92 in Oskaloosa

Mac's Grill, Valley Falls

Coming soon to a location in Lawrence

Beware of this Medicare scam

Douglas County residents were recently warned of scam phone calls from people identifying themselves as representatives of home medical equipment and supply companies. They asked seniors for Medicare insurance numbers and other personal information.

Lawrence Memorial Hospital alerted the district attorney after receiving complaints from many patients who said they received unsolicited phone calls claiming to be from home medical equipment and medi-

cal supply companies and that the callers asked for Medicare insurance numbers, doctor's names and other personal information.

There is no need for a company to request this information from a patient over the phone when a physician arranges for home

health care equipment or supplies. Seniors are reminded to not share information such as date of birth, driver's license number, credit card number, Social Security number or insurance information with unsolicited callers.

If you believe you may have been a victim of a Medicare scam, please call the US Department of Health and Human Service at (800) 447-8477. If you think you are a victim of identity theft because of a Medicare scam, please call your local police department to file a report.

Never give out personal information to those who call you. No legitimate caller will ever ask for your Social Security, Medicare, credit card or bank account number. Guard your privacy and save yourself a great deal of trouble.



Are you turning 65 and becoming a member of Medicare this year?

If so, you qualify for Medicare Part D Prescription Insurance. JAAA, as a free service, can help you compare, choose and enroll in the best Part D plan for your prescription drug needs.

Low income individuals may be eligible for financial assistance in paying Medical Part A & B premiums, co-pays and deductibles as well as help in paying Medicare Part D (prescription drug) expenses.

**Individual's monthly income: \$973 - \$1,459
Assets: up to \$13,440**

**Couple's monthly income: \$1,311 - \$1,966
Assets: up to \$26,860**

If your income is near these amounts, contact one of the numbers below for help completing the Medicare Savings Program or Extra Help application

**1-800-MEDICARE
(TTY: 1-877-486-2048)**

**Jayhawk Area Agency on Aging
235-1367 or 1-800-798-1366**

**Douglas County Senior Services
842-0543**



INCENTIVE REWARD PROGRAM

You may get a reward of up to \$1,000 if you report suspected Medicare

fraud, the Inspector General's Office reviews your suspicion, the suspected fraud you report isn't already being investigated and your report leads directly to the recovery of at least \$100 of Medicare money. Call 1-800-MEDICARE for more information.



Canada Drug of Topeka

Many More BRANDS & GENERICS Available

Abilify
Advair Diskus
Benicar
Boniva
Celebrex
Cialis
Crestor
Cymbalta
Diovan
Effient
Evista
Exelon
Eye Drops
Frova
Geodon

Gleevec
Inhalers
Januvia
Levitra
Lexapro
Namenda
Nexium
Onglyza
Pristiq
Rilutek
Spiriva
Uloric
Viagra
Vytorin
Zetia

785-272-6100

CALL FOR A FREE QUOTE ON YOUR MEDICATIONS!

866-804-6100