

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**

Summer 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



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Honorary Chairs Katherine and Frank Galbraith pose with Elvis (aka Bob Lockwood) at JAAA's "There's No Place Like Home" fundraiser at Great Overland Station.

A Message from Jocelyn Lyons, JAAA Executive Director

Often I find myself reflecting back on the amazing career I have at Jayhawk Area Agency on Aging. The most rewarding facet of my career has been the people I have met along this journey.

As a young person in the beginning of this journey, I can recall being so impressed by the passion of community grassroots advocates. I envision that I would stand or sit wide eyed while observing the passion of their work, the passion of their speeches and the direct challenge, to challenge change. Many of those persons have passed, and few are still standing and advocating for change.

Several years ago, JAAA began recognizing individuals who have passionately advocated on aging issues by issuing the Donna J. Kidd

Award. The award named ,after JAAA's first Executive Director, is presented to persons who have affected change in their communities, and have tirelessly volunteered in their communities.



Jocelyn Lyons

This year the award was presented to Hilda Enoch, Lawrence, Kansas. Hilda was one of the founders of Head Start because she saw the need for daycare for low income families. She helped lead the charge for a homeless shelter, helping form the Coalition for Homeless Concerns. She has been an avid member of the Older Women's League (OWL) Kaw Valley Chapter.

My acquaintance with Hilda began when she was passionately advocating for senior transportation needs. But Hilda did not stop with advocating for senior trans-

portation alone, she became the driving force in the issues of public transportation, realizing a need for a full service public transportation service in Lawrence.

Like Donna Kidd, Hilda's advocacy work was not focused on senior issues only, her advocacy efforts were on issues affecting the overall health of her community's culture. Asked why

she was a leader on issues, Hilda simply responded, "It's my community."

In closing I want to thank those passionate advocates who challenged me years ago and prepared me for this career journey, beginning with Donna Kidd, Petey Cerf, Marge Roberts, Nadine Burch, Nell Mitchell, Dr. Robert Keys, Ralph Turner



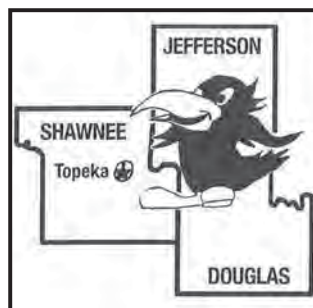
Hilda Enoch accepts the 2014 Donna Kidd award while Jocelyn Lyons, JAAA Executive Director, looks on.

- 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:

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Marsha Henry Goff, editor



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Amazing Aging strives to provide readers with the information they need to live independent and productive lives. We also seek to feature stories of seniors who are active as workers, volunteers or engaged in hobbies. If you know a senior you would like to see featured in a future issue, please contact editor Marsha Henry Goff at mhgink@netscape.net or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.

JAAA's 'There's No Place Like Home Dance' declared 'best ever'

By Marsha Henry Goff

"I think this was our best dance ever!" exclaimed JAAA Executive Director Jocelyn Lyons at the conclusion of our annual fundraising event in May. Her sentiment was echoed by many attendees, both young and old, who are eagerly awaiting next year's dance to see if it can match or improve upon this year's event.

Honorary Chairs Katherine and Frank Galbraith opened the festivities by dancing to a medley of "Lost in the Fifties/In the Still of the Night." The four Galbraith children honored their parents with their attendance: daughter Susan McKenzie and her husband, Scott, who reside in Topeka, sons Frank, John and Tom, along with their respective spouses Karen, Dana and Kris, all of whom live in Wichita.

This was the second year the event featured Elvis (aka retired KU Coach Bob Lockwood of McLouth) and the 1950's Secrets Band. The band consists of talented musicians whose day jobs are far removed from music: Jeff Nelson, Lawrence, (law enforcement); Ken Burke, Shawnee, (wealth management); Dr. Park Lockwood, Lawrence, (Washburn University professor); Bobby Lockwood, Kansas City, Kan., (teacher and coach); Lt. Col. Lanny Snodgrass, MD, Seattle, Wash., (military physician and Washington University professor); and Debbie Husted, Lawrence, (legal assistant).

Lanny Snodgrass provided exquisite piano music while attendees enjoyed delicious food prepared by Aboud's — Topeka's excellent caterers who never disappoint — as well as during the dance

when he played standards "Fascination," "Dancing in the Dark" and "Unforgettable." Elvis ballads and classic songs provided many opportunities for slow dancing.

But Great Overland Station rocked during Elvis's up-tempo songs. (Check out the photos for pictures of dancers.) As is customary, Elvis distributed stuffed animals while singing "Teddy Bear," including a bear presented to Katherine Galbraith. We were thrilled that a few attendees dressed in the fashion of the '50's — most notably Jerry Wittmer, who sported an Elvis costume, and his dancing partner, Peggy Hamman, who wore a poodle skirt.

Other highlights of the evening were the ticket drawings for baskets and the results of the silent auction. Prizes ranged from tickets for KC Royals, T-Bones and Coun-

try Stampede, autographed K-State basketball and other sports memorabilia, to massages, wine tastings, hotel stay, round of golf with two cart rentals, a big snowblower and too many more items to mention (please see ads in this newspaper thanking our donors). Silent auction successful bidders were rewarded with great bargains.

Planning for next year's event, scheduled for Saturday, May 9 at Great Overland Station, is already underway. We have some wonderful surprises for you (Hint: Think about joining Elvis in Hawaii). Hope to see you there!

**See dance
photos on
page 12.**

*JAAA sincerely thanks those who donated auction items, baskets and gift certificates to our
"There's No Place Like Home" fundraiser benefiting our*

Guardian Angel Fund

Abilene and Smoky Valley Railroad
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Qdoba Mexican Grill
Rolling Hills Zoo
Row House
Shelly Beemer, CMT
SouthWind Gallery
Stanford and Sons

Sunset Zoo
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The College Basketball Experience
The Tasteful Olive
Topeka Civic Theatre
Topeka Roadrunners
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Wheatfield's Bakery Cafe
Whirled Hair Design
Wichers Photography
Wichita State Athletic Department
Windsor At-Home Care
Wolfe's
WWI Museum

"We are each of us angels with only one wing and we can fly only by embracing each other." — Luciano De Crescenzo

*JAAA extends Heartfelt Thanks to those who Generously Contributed
to our "There's No Place Like Home" Fundraiser benefiting our*

Guardian Angel Fund

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JAAA Staff Fundraising Activities: Chris Anderson, Susan Arnold, Mary Barker, Cynthia Buck, Dorothy Devlin, Michele Dillon, Theresa Foster, Nyree Green-Brooks, Susan Harris, Kristy Heffren, Beth Kinnan, Jocelyn Lyons, April Maddox, Kim Magee, Vanessa Merillat, Chris Merriweather, Grace Reichle, Marsha Ridinger, Elizabeth Rincon, Anna Sargent, Patricia Smith, Maggie Steiner-McMurphy, Jean Stueve, Sharon Wright, Betty Wade, Bailey Warren



With sincere thanks to 'There's No Place Like Home' committee members

The small, but energetic, committee that plans JAAA's May dance begins work in October and most of the members have been on the committee for multiple years — some have worked the entire seven years I have chaired the dance. They are involved because they believe, as I do, that JAAA's Guardian Angel Fund is worth the effort.

My sincere thanks to:

Shirley Biller, who has served on the committee since its inception. She is a former member of JAAA's Board of Directors and Advisory Council.

Jocelyn Lyons, Executive Director of JAAA, has also served on the committee since the beginning. She also serves as emcee at the dance where she thanks everyone but herself.

Martha Skeet makes the drive with me from Lawrence. Also on the committee since the beginning, she previously served on JAAA's Board and Advisory Council.

Carol Sook has been on the committee for the last several years. She is passionate about Guardian Angel Fund and serves on the Advisory Council of JAAA.

Beverly Thompson, on the committee since its inception, has also served on the Advisory Council. She fittingly won the coveted Donna Kidd award in 2013 for her volunteer efforts.

Lori Yocum, a new mother and busy owner of A Helping Hand Home Care, is the always smiling Energizer Bunny of the committee.

Although not on the committee, **April Maddox**, JAAA Case Management Program Manager, acquired our Silent Auction items.

Thank you all so much.

Marsha Henry Goff, Chair

CHAMPSS is coming to Lawrence

By Marsha Henry Goff

On those frequent occasions when Jayhawk Area Agency on Aging's Executive Director Jocelyn Lyons visits Lawrence, she is approached by seniors who ask, "When is CHAMPSS coming to Lawrence?"

Now she has an answer. JAAA's increasingly popular CHAMPSS (Choosing Healthy Appetizing Meal Plan Solution for Seniors) program is coming to Lawrence on October 1. The city's two Hy-Vee stores — located at 3504 Clinton Parkway and 4000 West 6th Street — responded to JAAA's Request for Proposals and were awarded contracts to provide CHAMPSS meals for those age 60 and over.

JAAA established the CHAMPSS program after noting declining numbers of seniors attending congregate meal sites over a period of many years. The program is patterned after Johnson County's successful program, which began operation in 2008. It takes time to ensure that any newly-funded program will be successful and expansion possible. JAAA first began operating a CHAMPSS program at Rosie's Café in Oskaloosa. The success of that program allowed JAAA to open CHAMPSS at Topeka's Hy-Vee store. Later, the program added five Dillon's stores in Topeka and Mac's Grill in Valley Falls. The support of seniors has been essential in increasing the number of CHAMPSS locations.

CHAMPSS enrollment will be

held in Lawrence prior to October 1 and dates will be well-publicized. Those who enroll will be provided a card which may be loaded with up to 12 meals (a donation of \$3.00 per meal is suggested, but because the value of the meal is almost \$6.00, participants are invited to be as generous as their budgets allow). While funded in part by the Older Americans Act and the Kansas Department on Aging, it is the participants' donations that enable the CHAMPSS program to grow and allow more seniors to take advantage of it.

Cards may be reloaded with a credit card by phoning JAAA or by mailing a check to the agency. At the participating store or restaurant, a CHAMPSS member simply swipes the card at the pay station and one meal is deducted. A member may eat one meal daily — breakfast, lunch or dinner — at their choice of Hy-Vee stores in Lawrence or at any CHAMPSS location in Shawnee and Jefferson Counties.

The flexibility of the meal program, which allows seniors their choice of what and when to eat, is undeniably appealing. The meal consists of the member's choice of entrée, fruit and vegetable along with bread and low fat milk. Each location has a dietitian who ensures the meal is nutritious and tasty.

There are currently 1,466 CHAMPSS members in the three counties—Douglas, Shawnee and Jefferson—that JAAA serves. Enthusiastic seniors in Douglas County will undoubtedly increase that number.

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Urge Congress to reauthorize the Older Americans Act

It is not news to anyone that in Washington, DC, the legislative priorities of both parties are often subject to partisan gridlock. But the Older Americans Act is one legislative priority with the potential to overcome political stand-offs and benefit seniors across the country and here at home in Shawnee, Jefferson and Douglas counties. We call on Washington policymakers to seize a rare opportunity for unanimity and pass a bipartisan Older Americans Act without delay.

The Older Americans Act has a proud bipartisan history. The OAA was created in 1965 as part of President Lyndon Johnson's Great Society, with the mission to improve the lives of older individuals across the country. Through an extensive service network of 56 state agencies, more than 200 tribal organizations and 600 area agencies on aging, and 20,000 local providers, OAA is the primary vehicle that supports home-and-community-based services to keep seniors in their homes and active in their communities.

This law supports many services for older adults including in-home services that help seniors age in place; congregate and home-delivered meals and community center programs; transportation programs that promote mobility and independence; training and respite care for family members caring for aging loved ones; and services to prevent and respond to elder abuse.

Jayhawk Area Agency on Aging provides Older Americans Act funding to several community based providers in our tri-county area that includes but not limited to: Douglas County Meals

on Wheels, Shawnee & Jefferson County Meals on Wheels and meal services of Douglas County Senior Services. Additional funding is allocated to Kansas Legal Services, Jefferson County Service Organization Transportation services and to numerous in-home providers throughout the tri-county area.

Not only do OAA programs preserve the dignity and independence of older adults in Shawnee, Jefferson and Douglas counties and across the state and country, they also save taxpayers tens of billions of dollars each year by keeping seniors healthy and safely living in their communities. OAA programs can delay or prevent the need for much more expensive institutional care that is often federally funded through Medicare or Medicaid.

Services that promote independence are especially important considering that recent reports estimate 90 percent of seniors want to grow older at home, and four out of five older adults believe their current

home is where they will always live. OAA programs help make this possible. Last year, 92 percent of OAA home-delivered meal recipients said the program allowed them to continue living at home. Seventy-eight percent of the family caregivers served by OAA programs reported that these services allowed them to provide care longer than they would have otherwise been able.

These programs are increasingly critical as the population of older Americans grows. Every day 10,000 Americans turn 65. By 2030, one out of every five Americans will be age 65 or older. Yet federal funding for cost-effective, community-based OAA programs continues to stagnate and even decline.

Congress last authorized OAA in 2006, but this authorization—the process that provides congressional approval for continuing policy and funding—expired in 2011. Federal funding for OAA services has continued since 2011, but leaving these programs unauthor-

ized subjects them to the whims of annual spending decisions and unnecessarily destabilizes the very programs creating a sense of stability and independence for millions of vulnerable seniors across the country and in our community.

Our seniors deserve better. We encourage lawmakers to expeditiously reauthorize the Older Americans Act, which has a long history of broad-based bipartisan support. Currently, there are bipartisan proposals pending in both chambers of Congress. In this era of frustrating political posturing, Congress has a very real and rare opportunity to come together, reach across the aisle, and bridge political divides in support of seniors everywhere by passing the Older Americans Act.

We urge Congress to support seniors in their districts, states and across the country by passing the Older Americans Act. You can help, too. Get in touch with Senator Roberts and Congresswoman Jenkins, and tell them Congress must reauthorize OAA.



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JAAA and Project ElderCool are providing air conditioners to low-income seniors living in Douglas, Jefferson and Shawnee Counties

Jayhawk Area Agency on Aging, in partnership with Bishop Sullivan Center in Kansas City, Missouri, and Mr. Goodcents Subs and Pasta, will provide up to 100 window air conditioners to low-income elderly living in the counties of Douglas, Jefferson and Shawnee.

Since 2000, Bishop Sullivan Center has provided free air conditioners to Kansas City's low income elderly in response to the 21 heat-related deaths in Kansas City during 1999. During those years, over 5,000 units have been installed, making heat-related deaths rare in the KC area. Now they have branched out in the effort to help seniors living in surrounding areas.

JAAA's Project ElderCool is funded by Mr. Goodcents. Wichita Technical Institute HVAC students, under the direction of instructor Rod Fronk, are installing the air conditioners at no cost. WTI sees the project as an opportunity for students to practice their skills and to give back to the community. ElderCool is a project greatly appreciated by those who benefit by it. JAAA recently received two thank you notes for air conditioners that are already installed and in use:

"Thank you all for helping me when I needed your help. Good friends to me. Thank WTI for me; they were great to help me too."

"I would like to thank Mr. Goodcents for donating a window air unit to me. I would also like to thank Jayhawk Area Agency on Aging for coordinating the installation with the knowledgeable students and instructors of WTI. This opportunity is a blessing and I thank you all again for making a difference for an elder in your community."

If you do not have air conditioning and wish to learn if you qualify for a free air conditioner, please call April Maddox, JAAA Case Management Program Manager, or Betty Wade, JAAA Supplemental Services Coordinator, at 235-1367 in Topeka or 1-800-798-1366 outside Topeka.

If you are an individual who would like to help with Project ElderCool, you can do so by encouraging your elderly neighbors who do not have air conditioning to contact JAAA. You may also donate money to place in a recipient's utility account to offset increased usage by sending a check made out to JAAA and specifying what your donation is meant for in the memo line.



Wichita Institute of Technology HVAC students install an air conditioner for JAAA's ElderCool project.

Most people try not to think about nursing homes and assisted living facilities... that's why we think about them every single day.



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A fantastic role model: 90-year-old Margaret Liebeno

By Marsha Henry Goff

"Sometimes I come in last, but sometimes a lot of people come in after me," says Margaret Liebeno, Leavenworth, in speaking of the 5K and 10K races she has run or, according to her, "now mostly walk." It is safe to say that — at age 90 — Margaret is usually the oldest race participant. With her daughter, Beth Scanlon, she has been entering races and walks for good causes since the 1970s. "We usually have races scheduled every month from March (Mardi Gras 5K in Kansas City's West Bottoms) to November (Turkey Trot)," she explains, then adds, "and we do the Jingle Bell Run in December in the caves in Kansas City."



Justin Johnston

She recently completed the Jingle in July race, also in the 68-degree caves, which benefits the Arthritis Foundation. Additionally, she walks two to three miles every day for exercise, takes tai chi classes offered by her county's Council on Aging, and broke her arm playing kickball on July 4, 2010. She participated, as part of a six-member team, in the Walk Kansas challenge which includes sound nutrition practices, as well as physical activity sufficient to walk across Kansas from Colorado to Missouri. In spite of her active life, she laments that her generation is not living as long as her parents' generation. "Of our family of eight children, only three are left." Margaret's surviving siblings are 99 and 94.

Last June 7, in a driving rain, Margaret won her division (90 and over) in the Remembering Justin 5K race in McLouth, Kansas. The race is named

for Justin Johnston, a 16-year-old McLouth High School student who was killed on a school-sponsored Spanish Club trip to Costa Rica in June 2011. Justin's family decided to honor his memory by providing scholarships for students at MHS, where Justin was popular with classmates and teachers, enjoyed his classes and participated in cross country, power lifting, and baseball. Money for scholarships is raised through the 5K race, a fun walk and a golf tournament, allowing two \$1,000 scholarships to be awarded every year. Scholarships are renewable for a total of five years or \$5,000. "It's a good cause," Margaret says, "that came from something very tragic."

Margaret still drives, but Justin Johnston limits her long-distance driving to visit her son who lives in the Chicago area, then on to Indianapolis and St. Louis to visit other children before returning home to Leavenworth. "It's not difficult to drive on Interstates," she says, "just set the cruise control and pay attention to the highway." When visiting another child in Texas, she usually drives to Wichita, Kansas, where a grandchild accompanies her to the Lone Star State. "It's a two day drive to Florida where another son lives," she explains matter-of-factly, "so I fly there."

I don't know about you, but when I grow up, I want to be exactly like Margaret Liebeno!



Please recycle this copy of *Amazing Aging!* when you are through with it.



Margaret Liebeno celebrates first place in her division in the Remembering Justin 5K race in McLouth. Photo by Wendi Johnston

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Long term care options for your loved ones

By Michele Dillon

JAAA Caregiver Specialist

The question of when and if your loved one needs long term care is a hard question to answer. Home Health Agencies can provide a lot of in-home support but there may be a time when they are no longer able to meet that need.

Some questions to answer:

1) What are mom's physical needs?

2) Is she a wander risk?

3) Would she benefit from socialization with others?

4) What are the financial needs? Do we have the money to support private pay home health? Do I need to go back to work?

5) What are the emotional needs of the caregiver? This one is important. A caregiver needs to think about how much she can do and still maintain a healthy and active life.

Once it is decided that long term care is necessary, there are many options available.

Assisted Living — This is for folks who need a little extra help with activities of daily living (bathing, meal preparation, housekeeping, etc.) but don't require 24 hour care. The resident will usually have their own small apartment. These facilities usually offer three meals a day, activities, and housekeeping. Needs such as medication management, laundering of personal items and incontinence assistance may be charged extra. Some assisted living facilities allow pets, as long as the loved one can take care of it, and will accept Medicaid. A doctor, physical therapist and a beautician usually visit the resident on campus. Some offer locked units

to accommodate dementia. Showers and kitchen areas are adapted for wheelchairs.

Home Plus — A Home Plus facility provides senior care in a residential setting with twelve people or less. All Home Plus facilities must be licensed with the state of Kansas, must follow strict rules and regulations of the state, and must pass yearly inspections. These facilities offer a homier environment than nursing homes and are ideal



Michele Dillon

for dementia residents as there are fewer residents and it is more like home. Most homes plus are private pay but a few do take Medicaid.

The level of care provided by each Home Plus facility varies from independent living to full nursing care. Regardless of the level of care, the smaller settings allow a higher staff-to-resident ratio so each resident can have individualized one-on-one nursing care 24 hours a day, seven days a week.

Residents of Home Plus facilities live like a family. They share common spaces of the home such as living rooms, dining rooms, and kitchens, but can have private bedrooms or shared bedrooms. Home Plus facilities do not use commercial kitchens; home style meals are prepared everyday using the standard kitchens within the facility and residents are encouraged to eat together like a family.

Additionally, Home Plus facilities are not factory facilities. Residents are encouraged to maintain their independence and choose their own schedules. They decide when they want to go to bed, when they want to eat, and how they want to spend their time throughout the day.

Nursing Facilities — These are for people who require continual care and have difficulty coping with the required activities of daily living. Nursing aides and skilled nurses are usually available 24 hours a day. Cost includes room and board, medication management, three meals a day, snacks throughout the day, maintenance therapy as needed, activities, bathing assistance, laundering of linens, and healthcare monitoring. Extras might include incontinence products, prescriptions, beauty shop visits and therapy. Nursing facilities try hard to make the environment as individual as possible but the majority of residents have

meals at the same time and routine is common. Some facilities have a locked unit for dementia and some offer on-site dialysis.

Whatever you choose, continuing to advocate for your loved one's needs is important. Letting them know a loved one's food preferences, color choice, when they want a bath, activities they will participate in and other likes and dislikes will help in the transition.

I can help you decipher which choice is best and when. I can also help guide you in what to look for at each facility, what questions to ask and when to ask them. Give me a call at 800-798-1366.



Sea Shells

By Connie Michaelis, Marketing Director

I recently had some time in Florida doing my favorite thing. I was walking the beaches, picking up shells. Captiva Island is known for some of the best shelling in North America. The varieties are endless and there are miles and miles of white beaches to explore. It is the ultimate treasure hunt. The interesting part of shell collecting is that you pick dozens of them up only to discover they look perfect from the top but underneath they are broken or have missing pieces. They look perfect nestled in the sand, but on closer inspection they are flawed. I've picked up many starfish only to discover they were missing an appendage. As I was sorting my shells and culling out the broken ones I had an "Aha!" moment: the shells became a

metaphor for life.

We are like shells and most of us are chipped and broken and some are missing a few appendages. Like the shells, we might look perfect until you take a closer look. Mature shells have weathered many storms. It takes years for marine critters to create their ocean castles. The more calcium they exude the larger and more amazing they become. Every species creates its unique designer abode. My realization was that mature humans are just like that. We may end up broken and chipped but we are still treasures! Many seniors may feel discarded and washed up on the beaches of life, but they are magnificent treasures! Suddenly I was more interested in how beautiful the discard pile was. At that moment, I gathered up the broken ones to carry home to remind me of this lesson. I shared this story with the staff at McCrite and suggested to them that we are privileged to serve our residents that are like the shell treasures. We know how magnificent they are! When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.

The sweet life of beekeeper Richard Bean

By Marsha Henry Goff

On a hillside southeast of Lawrence, Richard Bean's industrious bees feed on sweet clover to produce the delicious honey he sells to appreciative customers. A beekeeper is something he had long wanted to be before eventually investing in his first hives over 40 years ago. Currently, he has more than 50 hives scattered around the countryside.

Bean is not allergic to the bees' venom and rarely wears more than a protective screen around his head, often working the hives with bare arms and legs. The bees in only one colony are aggressive, forcing him to use smoke to calm them before he approaches the hive.

Recently, Bean has learned to make his own queens for queenless colonies instead of buying them from commercial producers. "It's kind of like playing God," he says. Each colony has only one queen, who may lay up to 3,000 eggs a day. Without a prolific queen, the colony will depopulate, weaken and die due to disease or pests. A colony may lose its queen due to age or accident and when no eggs are being produced, the colony is

queenless and at risk.

The beekeeper may encourage the bees in a queenless colony to make a queen by placing a frame with eggs or young larvae into the hive. Nurse bees will pull queen cells out of the frame, feeding them copious amounts of royal jelly — a substance rich in protein that is formed in the glands of the young nurse bees — allowing the queen to develop large ovaries and the ability to lay eggs.

The first queen to emerge kills queens still in their cells. Should two queens emerge simultaneously, they will fight to the death. The

virgin queen is mature about five days after emerging and begins mating flights where she will mate with 15 to 20 drones, whose sole purpose is procreation and all of whom die after mating. Three days after successfully mating, the queen will start laying eggs.

Bean sells his honey at Lawrence Farmers' Market, Baldwin City's Maple Leaf Festival and at Hy-Vee and health stores. His business is a popular stop on the Kaw Valley Farm Tour each fall. Best of all, he is doing what he always wanted to do, working hard and living the sweet life.



Beekeeper Richard Bean wears a protective screen to protect his face, head and neck while working with honeybees



The hive at far right houses aggressive bees that Bean must use smoke to calm before working with them.



Sweet clover and busy bees result in Richard Bean's delicious honey.

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Scenes from the 'There's No Place Like Home Dance'



JAAA Executive Director Jocelyn Lyons and Elvis smile for the camera.



Lawrence residents Joan Martin, Vicki Julian, Susan and Darwin Eakins having a good time.



JAAA Advisory Council Members Matthew Pettit and Carol Sook pose with Elvis.



JAAA Board member Gary Fowler dancing with his lady.



Siblings Gabe and Zoe Goff enjoy a slow dance.



Not just one, but two Elvi: Jerry Witmer and Bob Lockwood.



Elvis presents Katherine Galbraith with a teddy bear.



Who's dancing with whom? Doesn't matter when you're having fun.