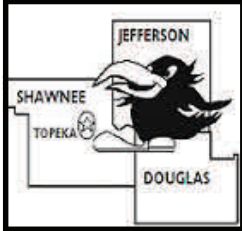


Amazing Aging!

Winter, 2006

Amazing Aging!

For Seniors and Those Who Love Them



Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging
For Shawnee, Jefferson and Douglas Counties


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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The time is ripe, the needs are clear
and the opportunity is in place to
make our communities an even better
place to age!



The future home of Jayhawk Area Agency on Aging, Inc. Donations are graciously accepted! Please contact JAAA Communications and Public Relations Specialist, Annette Thornburgh at 785-235-1367.

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A Message from the Board Chair

Did you know a baby boomer turns 60 every 7 seconds? Jayhawk Area Agency on Aging will be there to help the baby boomers as well as every senior, every second, along the way.

With 77 million baby boomers in the U.S. just beginning to turn 60, our attention must turn to this "quiet crisis". Clearly the aging of America is having a tremendous impact on every community in America, no matter how big or small, including our own.

Jayhawk Area Agency on Aging (JAAA) has been serving seniors and their families for 30 years. As the focal point of service delivery to older adults in Jefferson, Shawnee, and Douglas Counties, JAAA serves as a catalyst to help our communities plan for the future.

We know when seniors stay in surroundings of their choosing, the quality of care is better and less expensive.

JAAA ensures the coordination of essential services that help seniors to age in place:

- Home Delivered Meals
- Transportation
- Adult Day Programs
- Home Health and Personal Care Visits
- Caregiver Support and Referral

With the historic growth in our aging population, JAAA has seen a dramatic increase in demand for services, which allow older adults to remain independent in their homes and communities.

Currently housed in rented space that is too expensive and inadequate, Jayhawk Area Agency on Aging is embarking on a fundraising campaign to purchase our own building.

A place where seniors and those that love them can find:

- Solutions for Remaining Independent
- Accurate and Timely

Information on Aging Issues

- Senior Focused Classes and Support Groups
- Referrals, Reassurance and a Listening Ear

The fewer dollars we spend on JAAA's housing, means more dollars put back in to our communities!

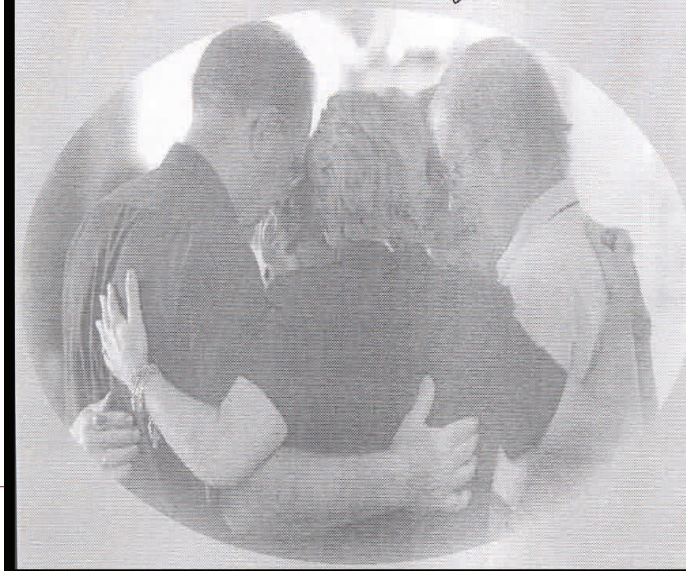
The time is ripe; the needs are clear, and the opportunities in place to make our communities an even better place to age.

Won't you help by sending a contribution to our Building Fund?
Sincerely,

Tom Ryan

**Board Chair
Jayhawk Area Agency on Aging**

*It is never true that nothing more can be done...
Heart of America Hospice*



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LAWRENCE, KS 66049

785-841-5300 FAX 785-841-5310

TOPEKA LOCATION:

3715 SW 29th STREET, SUITE 20

TOPEKA, KANSAS 66614

785-228-0400 FAX 785-228-9049



Kansas Silver-Haired Legislature 2006 Kansas Legislature Recommendations

The 2006 Kansas Legislature will consider recommendations on five current bills and a resolution forwarded by the Kansas Silver Haired Legislature.

“It is important that the Kansas Legislature consider the needs of seniors as they study the impact of legislation,” said Irv Hoffmann, Lenexa, president of the Kansas Silver Haired Legislature. “The recommendations of the Silver Haired Legislature reminds our state policy makers that we are active advocates for seniors all across Kansas.”

Kansas is one of 24 states with a Silver Haired Legislature. It has met annually since 1983 to develop policy recommendations for the Kansas legislature. Members are age 60 and older, elected by their peers to two-year terms of office.

The Kansas Silver Haired Legislature considered a variety of bills held over from the 2005 legislative session. “We advocate for legislation that supports seniors such as providing financial assistance, designating seniors as a special target population under the federal Workforce Investment Act and providing adequate funding for all in-home services,” said Jim Snyder, Topeka, Speaker Pro Tem of the Kansas Silver Haired Legislature.

The resolution and five bills recommended were:

Silver Haired Legislature

Resolution 2201/Opposing securitization or other sale or transfer of the right of the State to continue to receive moneys payable to Kansas pursuant to the tobacco litigation agreement—The SHL opposes any securitization or other sale or transfer of the right of the state of Kansas to continue to receive the moneys payable to Kansas pursuant to the tobacco litigation master settlement agreement between the state and tobacco product manufacturers that are participating tobacco industry companies on or after November 23, 1998, under the master settlement agreement and urging the Kansas Legislature to not enact any legislation to authorize any such securitization or other sale or transfer of the right of the State of Kansas to continue to receive revenues under the moneys payable to the state pursuant to the master settlement agreement.

HB 2194 State Workforce Investment Program—This bill would prescribe membership on the state and local workforce investment boards and would designate older Kansans as a special target population for Kansas under the federal Workforce Investment Act.

HB 2196 Volunteer Ombudsman Recruiting and Training—This legislation would require the Kansas Long-Term Care Ombudsman to adopt and implement policies to recruit and train a sufficient number of volunteer ombudsmen and

friendly advocates to provide services in all areas of the state.

HB 2192 Dedication of Certain Tobacco Litigation Settlement Proceeds for Health Care for Senior Kansans—This bill would require the deposit each fiscal year of an amount equal to 30% of the amount of moneys received under the tobacco litigation settlement agreements to the credit of the Health Care for Seniors fund.

SB 62 Enabling Financial Assistance for Grandparents with Custody of their Grandchildren—This bill provides for those age 60 or older and being at or under the Federal Poverty Level (approximately \$770 per month) to receive financial assistance through the State SRS program.

SB 238 Creating the health care for seniors fund; disposition of certain additional tobacco litigation settlement proceeds—This bill to provide for monies of new tobacco companies who have joined the settlement since July 2004 to be used for the express purpose for seniors—50% used as received and 50% placed in a Seniors Health Care Fund for future usage. •

For information on becoming a member of the Silver Haired Legislature:
Call Marsha at 235-1367.

Marian Clinic Dental Presents... Smiling Together



An Intergenerational Outreach for Grandparents & Grandchildren Needing Dental Care

At Marian Clinic Dental, grandparents and grandchildren have been smiling together for years. Our clinic is a special community resource for all generations seeking healthy smiles. Now, grandparents and grandchildren have even more reasons to smile when visiting our clinic.

We have recently expanded our services to provide more dental health options for you and your family.

Through our recent expansion, we now have three dentists ready to serve adults and children with little or no waiting time. We have also expanded our hours to include services Monday through Friday from 7:15 AM to 4:30 PM. Children ages 3 and up on Healthwave and Medicaid programs are seen **FREE OF CHARGE**. Adults pay an initial fee of \$45, which covers the first appointment's initial exam, full mouth X-rays, and the dentist's consultation. Treatment is on a sliding scale fee system based on income. Services are limited to individuals living at or below 200% of the federal poverty guidelines. **For more information: 233-2800**

Please call Marian Clinic Dental at 785-233-2800 for more information, or visit us at 3164 East Sixth Avenue in Topeka, Kansas. Our staff members Mrs. Melody Lawrence, Office Manager, or Mrs. Charlotte Rinsley, Social Worker, are ready to assist you.

Jayhawk Area Agency on Aging, Inc. (JAAA) Guardian Angel program is for those seniors who are in need of just a little help.

Due to the generosity of Barney and Joan Braymen and the assistance of Topeka Community Foundation, JAAA has set-up a fund specifically designed to supplying items which will help JAAA's low-income senior clients remain independent!



**JAAA would like to thank the Kansas Bureau of Investigation (KBI) for
three years of donations to the Guardian Angel Fund!**

**If you would like to donate to the Guardian Angel Fund call
(785) 235-1367!**

Meet Ivan Anderson JAAA Volunteer by Diane McDermed, Volunteer Coordinator

A picture of Ivan Anderson would be listed under the word “volunteer” in Webster’s Dictionary if Jayhawk Area Agency on Aging had its way.

For three years, Ivan has served as a SHICK (Senior Health Insurance Counseling for Kansas) counselor for JAAA. And with the new Medicare prescription drug insurance (Part D) enrollment in full swing, Ivan’s expertise has become an invaluable resource by assisting and counseling Medicare beneficiaries regarding the new program.

Ivan works every Monday at JAAA from 8:30 am to 12:30 pm. “Ivan is a delight to work with, always has a smile and is ready to assist his clients in any way that he can.” says Diane McDermed, Senior Health Insurance Counseling of Kansas (SHICK) coordinator for JAAA.

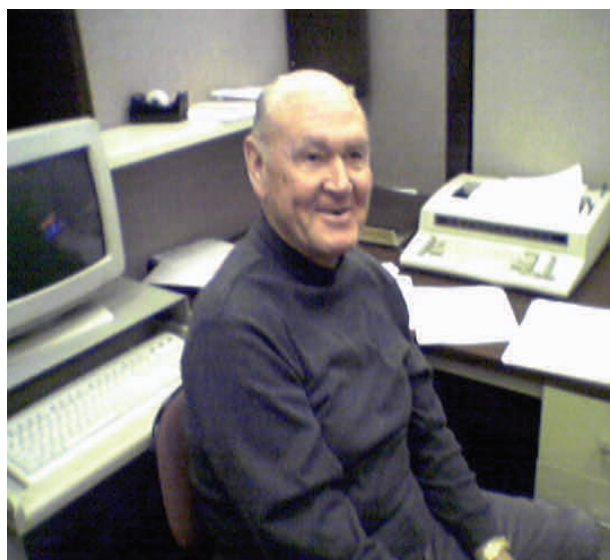
Ivan has accumulated a wealth of experience and expertise in healthcare throughout the years. Beginning in 1949, Ivan obtained his Bachelor of Science degree from Kansas University and his masters degree in Hospital Administration from the University of Minnesota in 1953.

Ivan’s professional career began as Field Representative for Blue Cross Blue-Shield in 1949. In 1952 he became the Administrative Resident for Stormont-Vail Hospital and quickly rose to Associate Director of Stormont-Vail Hospital in 1953. Ivan moved on to become the Administrator for Newman Memorial County Hospital in Emporia in 1954. After becoming the Executive Director for Kansas Health Facilities Information Service in 1962, he came back to Blue Cross Blue Shield as the Director of Planning Services. In 1971 Ivan became the Associate Director of Kansas Regional Medical Program, and Assistant Professor of Human Ecology and Community Health.

In the 1970’s Ivan served as Executive Director of Memorial Hospital Corporation of Topeka and the Executive Director of A.T. and S.F. Planning and Evaluation at Kansas University Medical Center. Beginning in 1989 Ivan served as the Associate Administrator and Senior Consultant for Menninger Memorial Hospital.

Ivan retired in 1991, but his commitment to the community never waived. As a member of the Board of Directors for Kansas Foundation for Medical Care and Chairman of the Senior Advisory Committee for Kansas Blue Cross-Blue Shield, Ivan is as busy as ever! Besides JAAA, Ivan volunteers for Stormont Vail Hospital in the Admissions Department.

Ivan is truly the definition of the ideal volunteer when he says, **“I want to give back to the community what the community has given me.”**●



Ivan Anderson volunteering at the JAAA office.

There are many volunteer opportunities available at Jayhawk Area Agency on Aging!



**Give us a call today!
235-1367**

Caregivers Corner

By JAAA Caregiver Specialist, Angi Heller Workman, LBSW

Dear Family Caregivers,

In the short time I have been the Caregiver Specialist with Jayhawk Area Agency on Aging, Inc. (JAAA) a number of caregivers have expressed an interest in attending a caregiver support group. This group would not only provide an opportunity to share concerns, questions, and caregiving experiences, but also offer guidance in how to take care of oneself in the midst of caring for a loved one. Many caregivers for individuals over the age of 60 have pointed out that by hearing how others manage with difficult challenges have in turn helped them to cope better.

According to the National Family Caregivers Association, "People formerly labeled as mothers, daughters, sisters and wives or as fathers, sons, brothers and husbands are now also family caregivers. Add to that the fact that many of these

people are also employees, all with outside activities and friendships." *Today's Caregiver Magazine* November/December 2005 issue.

While everyone's time is precious, the importance of maintaining your own mental and physical health is essential to performing your duties effectively as a caregiver. In my role as the Caregiver Specialist, I provide assistance and information on a continuous basis and also connect caregivers with services and local agency providers.

I have the exciting news to share about a new Caregiver Support Group through Senior Outreach Services (S.O.S.).


Senior Outreach Services is a mental health wellness and recovery program through Valeo, which provides counseling and consultation for seniors and/or caregivers of seniors. S.O.S. helps those working with life transitions, grief and loss, stress

management, and relationships surrounding aging issues. Teresa McQuin, LSCSW and Karen Beckwith, LSCSW will be the group's facilitators.

The caregiver support group will be held twice a month. The second Monday at 11 a.m. and/or the fourth Wednesday at 1 p.m. The first meeting was held on Monday, February 13th. The RoseHill Place has offered their clubhouse to provide the meeting location. **The RoseHill Place clubhouse is located at 3600 SW Gage Blvd #97, Topeka, KS 66614.**

Please call me anytime for directions to RoseHill or for any other information concerning the support group or any caregiver concerns. I can be reached at 235-1367 ext 130.

Respectfully,
Angi Heller Workman, LBSW
Caregiver Specialist, JAAA



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From a Clients Perspective

By JAAA Volunteer Coordinator, Diane McDermed

One morning Shirley Demler's life changed forever. Shirley's husband Bob, who had recently been battling a heart condition, decided he felt well enough to ride his electric scooter to the post office. When Bob reached the post office to pick up his mail, he suffered a massive heart attack and died.

Understandably in shock, Shirley did not know which way to turn. All Shirley knew for sure was she needed to bury her husband and find a new place to live. Anyone facing a tragic situation like Shirley's would be overwhelmed. For a newly widowed senior with few financial resources and no family help, the obstacles seem insurmountable.

Shirley was fortunate. She had Mary Barker to help lift her up. Mary is Shirley's case manager at Jayhawk Area Agency on Aging. "Without Mary's and JAAA's help I would not make it," states Shirley.

Mary has made a difference in Shirley's quality of life. From helping Shirley find adequate housing to recently arranging for her to enroll in the new Medicare Part D program. Medicare Part D is a new prescription drug insurance program designed to help seniors with their prescription drug costs.

Mary made sure Shirley had a merry Christmas in 2005 by enrolling her in "Be a Santa to a Senior" program. Sponsored by Home Instead Senior Care, this program provides holiday cheer and gifts to deserving seniors in the communities they serve.

"I don't know what I would do without Mary," says Shirley. "She is always there to help me and she is also my friend."

Call for more information on JAAA case management :
785-235-1367 or 800-798-1366



Congratulations!
JAAA Employees of the Month!

Beth Kinnan	June 2005
Jessica Claas	July 2005
Susan Harris	August 2005
Leah Watts	September 2005
David Scott	October 2005
Linda Pullen	November 2005
Sheryl Fields	December 2005
Grace Reichle	January 2006
Kadiedra Carr	February 2006



**Caregiver
Support Group
now forming!
Call Angi for
more details!
235-1367**



JAAA Case Manager, Mary Barker, (left) and Shirley Demler (right)



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015-2903

The 2005 White House Conference on Aging

By Annette Thornburgh

JAAA Public Relations and Communications Specialist

The fifth White House Conference on Aging (WHCOA) is now in the history books and it was an experience I won't soon forget. Designed to develop recommendations for additional research and action in the field of aging, the conference focused on the aging of today and tomorrow, including the 77 million baby boomers that began to turn 60 on January 1st 2006.

1200 delegates adopted 50 resolutions and developed implementation strategies, which will result in recommendations to the President and Congress in June of 2006.

While there were many outstanding and knowledgeable speakers, the most impressive group had to be the hundreds of senior conference delegates. I want to be like them when I grow up! It confirmed to me the strength and talent of America lies not solely with youth, but is alive and

well with those 60 and older as well.

Top Three Resolutions

- Reauthorize the Older Americans Act Within the First Six Months Following the 2005 White House Conference on Aging
- Implement a Coordinated, Comprehensive Long-Term Care Strategy by Supporting Public and Private Sector Initiatives that Address Financing, Choice, Quality, Service Delivery and the Paid and Unpaid Workforce
- Ensure that Older Americans Have Transportation Options to Retain Their Mobility and Independence

The 2005 WHCOA provided a provocative overview of aging in Amer-

ica. The devil will be in the details.

While all resolutions represent legitimate needs:

- Will government at all levels find the resources to take on even more?
- Will public entities work in tandem with private entities to find solutions?
- Will Americans embrace and support the changes which are inevitable?

If given the right tools, incentives and innovative methods to remain independent, I am confident seniors will exceed our expectations as a contributing and dynamic segment of our population.

Stay tuned....

Annette Thornburgh,
WHCOA Delegate



Left to right, Bob Bethell, Alden, At-Large Delegate, Barbara Withee, Manhattan, Gubernatorial Delegate, Jessie Bryant, Newton, Rep. Todd Tiahrt Delegate, Colette M. Panchot, Overland Park, At-Large Delegate, Rosemary Chapin, Lawrence, Representative Dennis Moore, Delegate, Former KS Aging Secretary Pamela Johnson-Betts, Gubernatorial Delegate, Debra H. Zehr, Topeka, At-Large Delegate, Annette Thornburgh, Topeka, Representative Jim Ryun Delegate, Acting KS Aging Secretary Kathy Greenlee, Gubernatorial Delegate, Janet Splitter, Lorraine, Representative Jerry Moran, David Geist, Dodge City, Senator Pat Roberts, (Not pictured, Julie Goevert Walter, Manhattan, Senator Sam Brownback)

Questions on Medicare Part D?? We can help!

Call today! 235-1367

DO YOU KNOW THESE FACTS REGARDING MEDICARE PART D??

- Everyone on Medicare can get drug coverage.
- The program is voluntary.
- BUT**
- If you are a Medicare Beneficiary and do not have prescription drug coverage, and choose to enroll in a plan after May 15, 2006, you will incur a 1% penalty per month until you enroll in a part D plan.
- If you have limited income, Medicare will pay almost all your drug costs.
- To find out if you qualify for extra help you will need to apply to the Social Security Administration or to a Medicaid office.
- Those with Medicare and Medicaid coverage (dual eligibles) were automatically enrolled and assigned to a Medicare Part D plan January 1, 2006.

Jayhawk Area Agency on Aging, Inc. is there to help you with your Medicare Part D questions as well as assistance with enrolling. Call (785) 235-1367



Congressman Jim Ryun, addressing the concerns of Medicare Beneficiaries regarding problems with Medicare Part D at an open forum session January 25, 2006 at Jayhawk Area Agency on Aging, Inc.

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Consumer Rights By Kansas Attorney General Phill Kline

Dear Attorney General Kline:

I try to be an informed consumer but sometimes I just need help in locating basic information. Is there a convenient way to access a variety of consumer information?

Dear Kansas Consumer:

My office receives hundreds of calls each week from consumers who are unhappy with their purchase of a product or service, are concerned about being victimized by a potential scam or have otherwise been ripped-off. It is certainly much easier and more effective to prevent people from becoming victims of financial crimes than to make them financially whole again.

One such tool is the 24-Hour Consumer Information Line which is maintained by my Consumer Protection Division.

Kansans have access to valuable consumer information by simply making a telephone call and following steps to learn about scams, how to make a wise vehicle purchase and preventing unwanted telephone solicitations.

The number is 785-296-2424.

Here is the list of topics available on the Consumer Information Line:

1. Common Scams * Scam artists target potential victims in a variety of ways. **Category 1** includes valuable information for individuals who fear they may have been targeted or would like

information regarding the most common scams occurring in the United States. Information is included about mail, phone, Internet, door-to-door and home repair scams.

2. Communicating with the Consumer Protection Division * A major function of the Consumer Protection and Antitrust Division is to review each complaint received, which amounts to more than 7,500 written complaints each year. By selecting **Category 2**, you'll hear information on how to file a complaint, requesting aspeaker and/or educational material from the office, information about the Vulnerable Adults Task Force, and how to contact the Communications Office.

3. Billing Issues * Consumers receive more bills today than ever and many are neither short nor simple. **Category 3** contains a vast amount of information regarding billing issues including tips to follow when you are billed for merchandise returned or never received, what you should know about phone solicitations for "free" or "special" deals, protections you may be offered under the Fair Debt Collection Practice Act, information about telephone cramming, and Internet service.

4. Vehicle Purchases * Buying or leasing a vehicle is an exciting time for many consumers. It is important that consumers make an informed decision before signing a contract. **Category 4** contains information designed to inform and educate consumers on a variety of issues relating to buying, leasing, and owning a vehicle.

5. Unwanted Phone Calls * The Kansas No-Call Act allows Kansas residents to make their phone numbers "off limits" to certain types of sales calls. By choosing **Category 5** you will learn how to register your telephone numbers, be briefed on laws regulating the faxing or commercial advertisements and hear tips to reduce

unwanted e-mail.

6. Consumer Laws * Although our office is prohibited by law from giving private legal advice, Kansans may find **Category 6** helpful in understanding several consumer laws including the Three-day Right to Cancel, Door-to-Door sales, Credit Repair, and the Kansas Lemon Law.

7. Problem Solving Advice * Many problems in the marketplace can be handled without contacting an outside agency for assistance. **Category 7** documents steps which should be considered when attempting to resolve a consumer complaint.

8. Commonly Asked Questions * The Consumer Protection Division receives about one thousand calls each week from consumers seeking information on a variety of issues. **Category 8** contains answers to frequently asked questions. The topics in this category and those in **Category 1** are changed as needed.

Kansas consumers can access the Consumer Information Line by dialing 785-296-2424, and then choosing the category that interests them by pressing number 1 through 8, and then choosing the specific message that interests them also by pressing 1 through 8.

Attorney General Phill Kline offers this public service to help you avoid becoming a victim of consumer fraud. Although some of the details have been changed, the cases appearing in this column are based on actual complaints or questions.

For further information or to file a complaint, please write Attorney General Phill Kline, Consumer Protection Division, 120 SW 10th Ave., Topeka, Kansas 66612, or call the toll-free Consumer Hotline, 1-800-432-2310.

**Contact: Jan Lunsford
Public Information Officer
Office of Attorney General Phill Kline**

Congressman's Corner

Third District Congressman Dennis Moore

(A revolving column from Kansas Policy Makers)



MOORE: CONGRESS MUST IMPROVE MEDICARE DRUG BENEFIT

In December 2003, Congress passed legislation adding a prescription drug benefit to the Medicare program. I am a strong supporter of efforts to ensure quality, patient-centered health care for all Americans, but I am concerned by the difficult transition to the new Medicare prescription drug benefit program, which began on January 1, 2006. Unfortunately, the first four weeks of the new Medicare drug coverage have been a very confusing time for many seniors. At drug stores nationwide, Medicare beneficiaries are being told that they're not enrolled, or their drugs aren't covered, or they must pay deductibles and larger co-payments than they can afford.

There's no doubt that this is an incredibly complicated and confusing program. There are, however, several simple, bipartisan steps that Congress can take to improve the drug benefit and make the transition to the new benefit easier.

As you may know, the prescription drug legislation, which I voted against, included a provision that explicitly prohibits Medicare from negotiating for lower drug prices, the way that the Veterans Administration (VA) has done for veterans since 1992. In addition, when Health and Human Services (HHS) Secretary Tommy Thompson announced his resignation in December 2004, he expressed his regret that the Medicare law barred him from negotiating, saying: "I would like to have had the opportunity to negotiate." Congress should pass the MEDS Act, bipartisan legislation I introduced

with Rep. Jo Ann Emerson from Missouri, to give the Secretary of HHS the authority to negotiate a group discount for lower pharmaceutical prices on behalf of 43 million Medicare beneficiaries. My legislation is a simple reform to reduce prices for seniors who depend upon medication for their good health. Another commonsense step is delaying the enrollment deadline, currently set for May 15, 2006. Under the current federal regulations, anyone who is eligible now that does not sign up for 2006 coverage by the May 15th deadline will pay 1% more for each month they delay. I am a co-sponsor of legislation to extend the open enrollment until December 31, 2006, which would allow seniors to take the time they need to understand their options while also preventing another logjam that could easily overwhelm the enrollment system, much like the one we are experiencing now.

I share the concerns and frustrations of my constituents regarding the transition to the new Medicare prescription drug benefit program. Now that the prescription drug bill is the law, however, I am fully committed to educating seniors about the benefit. In fact, I recently signed on as an original co-sponsor of legislation to provide \$100 million in additional funding for State Health Insurance Assistance Programs (SHIP), which provide beneficiaries with unbiased information and assistance with their Medicare benefits and coverage options. Last year, these programs were funded at \$31.7 million. With over 43 million Medicare beneficiaries trying to navigate the new drug benefit, that is nowhere near enough funding to meet demand.

We must ensure that we are adequately supporting our local agencies and those who are responsible for helping our seniors through the enrollment process. It is imperative that all members of Congress work together to make this transition seamless and ensure the timely enrollment of those eligible for subsidies. When it comes to the health of our senior citizens, there is no room for partisanship.

**Dennis Moore, Member of Congress
Third District, Kansas
Lenexa, Kansas**

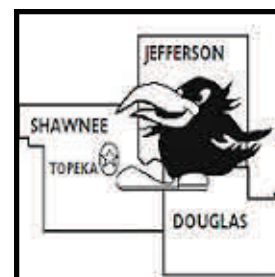
Jayhawk Area Agency On Aging, Inc.

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- **Part D Plan Comparisons**
- **Enrolling in a Part D Plan**
- **Home Visits Regarding Your Part D Questions**

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AARP Tax Aide Available

Free Income tax preparation help will be offered on Mondays at Jayhawk Area Agency on Aging from 9:00 am to 3:00 pm. Assistance will be provided through April 10, 2006. Tax-aide offers free tax assistance for individuals and families of moderate income who need help filling out their tax returns. **Those who are homebound can schedule a visit by calling (785) 235-9296.** For additional information about assistance to complete tax forms, call Community Action at 235-9296 or call JAAA for other tax site locations.

Income tax preparation assistance in Lawrence is available Tuesday and Thursday afternoons 1:00 to 4:00 pm through April 14, 2006. For more information contact Janet Ikenberry Douglas County Senior Services at (785) 842-0543.

For Jefferson county locations contact Lynn Luck, Jefferson County Service Organization at (785) 863-2637.

Home and Food Sales Tax

Jayhawk Area Agency on Aging, Inc. and Older Citizens Information will be assisting the homebound with Homestead and Food Sales Tax Refunds, as well as completing LIEAP applications beginning January 17. LIEAP application process ends at the end of March. Homestead and Food Sales Tax Refund ends April 15, 2006. For information contact JAAA at (785) 235-1367 or OCI at (785) 232-9065.

Utility Franchise Fee Refund

Jayhawk Area Agency on Aging, Inc. will be providing assistance for the Utility Franchise Fee Refund. To qualify for this program you must be 65 years old, completed and received a Kansas Homestead Refund the previous year, your residence must be in the city of Topeka, and you must have paid your utilities the previous year. For information contact Vanessa Merrillat or Tiana Jackson at (785) 235-1367.

Upcoming Medicare Part D Presentations

March 14, April 11, and May 9, 2006, Jayhawk Area Agency on Aging and AARP are sponsoring these informational sessions to educate Medicare Beneficiaries on Part D prescription drug coverage. Presentations held at JAAA, 1720 SW Topeka Blvd, Topeka, KS 66612 from 10:00 am to 12:00 pm. Assistance is available for Medicare Part D comparisons and enrollment. Contact (785) 235-1367.

Other agencies who can answer questions regarding Medicare Part D include:

Older Citizens Information (785) 232-9065
Health Access (785) 235-0996
AARP Kansas 866-448-3619
Stormont Vail HealthWise 55 (785) 354-6787
Douglas County Senior Services (785) 842-0543
Jefferson County Service Organization (785) 863-2637

ABC's of Alzheimer's Disease

Attend this three part workshop for caregivers of individuals with Alzheimer's disease or dementia. **March 6, 13 and 27 from 5:30 to 8:00 pm** at the Topeka & Shawnee County Public Library, Marvin Auditorium, Room 101A.

Free Safe Return Sign Up Day

The Alzheimer's Association is hosting a free Safe Return sign up day on **Saturday May 6, 2006, 10:00 am to 12:00 pm**, 1720 SW Topeka Blvd, Topeka, KS. Safe Return is a nationwide identification, support and registration program working at the community level. Assistance is available 24 hours, every day, whenever a person is lost or found. When missing Safe Return faxes the registrant's information and photo to local law enforcement. When found, a citizen or law official calls the 800 number and Safe Return notifies listed contacts. *Continued on page 13*

SPICeline Training

Substance Abuse and Management of Medications in Older Adults, June 29th and October 26th, 8:30 am to 4:30 pm. Call Cheryl for more information at (785) 266-8666.

March for Meals

Meals on Wheels will be doing their March for Meals walk on March 11, 2006. For information contact Kim Wittman at Douglas County Senior Services at (785) 842-0543.

Mayors for Meals will be on March 22, 2006. Area Mayors for cities and townships located in Shawnee, and Jefferson counties will be delivering meals on March 22, 2006, "so no senior goes hungry." Contact Jane Metzger at (785) 354-5420.

SAGE Training

Problem Gambling Among Older Adults, April 27, 2006, 9:00 am to 3:00 pm Call Cheryl for more information (785) 266-8666.

Caring for an Older Adult with Dementia Saturday May 20th 9:30—Noon Topeka and Shawnee County Public Library

This is a **free** workshop, sponsored by JAAA and the Topeka and Shawnee County Public Library. Topics to be covered include: dementia behavior and how to cope, choosing a nursing home and resources available in the community. For more information, call Brandon Smith-Ziph at 235-1367.

March Madness Senior Resource Fair Tuesday March 7th from 1:30-5:30 Hy-Vee at 6th & Monterey Way in Lawrence.**Pixies on Parade** March 17th at Parade Day in Downtown Topeka 9am-2 pm All Proceeds benefit Faith In Action Call:430-2361

Can't get enough news about healthy aging???
Check out Kaw Valley Senior Monthly 785-841-9417

-Or-

60 and Better A publication of Douglas County Senior Services 785-842-0543

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Stormont Vail's HealthWise 55 and Jayhawk Area Agency on Aging are teaming up to celebrate Older Americans Month in May!

Confirmed Activities to date:

Sunday, April 30

"A Midsummer Night's Dream" by William Shakespeare Topeka Civic Theatre and Academy 3028 S.W. 8th Avenue.

Show begins at 2 p.m. Drinks and dessert can be purchased between the acts of the play. Tickets are \$9 and can be purchased at Stormont-Vail's HealthWise 55 office For more information call (785) 354-6787

Monday, May 1

Bingo at the Loyal Order of the Moose

1901 North Kansas Ave. 1:30 to 3 p.m. This event is free. Refreshments available.

Tuesday, May 2

Enjoy a morning getting fit at the Topeka YWCA

225 S.W. 12th Street

You may attend any or all of the activities at the YWCA, beginning at 8 a.m. and running through noon. Free.

YWCA Activities:

8 to 8:45 a.m. – Arthritic Aqua Exercise Class in Therapeutic Pool (cont'd top of next column)

YWCA Activities, cont'd

9 to 9:30 a.m. – Sit and Be Fit Class in Health Arena

9:30 to 10 a.m. – Exercise Equipment Demo in Health Arena

10:15 to 11 a.m. – Tai Chi Class in Studio

11 a.m. to noon – Health Foot Presentation by Chris Brodine, DPM, in Studio

Noon to 1 p.m. – Aqua Class Sample in Therapeutic Pool

Other ongoing activities: Cardiovascular equipment use, whirlpool use, indoor walking track, lap swimming and blood pressure checks.

Wednesday, May 3, and Thursday May 4

2006 Governor's Conference on Aging Services

Capitol Plaza Hotel Topeka Theme: "Kansas Seniors: In the Spotlight."

General and break-out sessions on senior issues and services.

Exhibitors will display goods and services. For more information or to request a registration packet contact the Kansas Department on Aging, (785) 296-4986 or 800-432-3535, or check the

web site at www.agingkansas.org.

Friday, May 5

Senior Prom Ramada Inn Ballroom

Dance the evening away to the music of "The Fairlawn Road Swing Band," from 6:30 until 9 p.m. Tickets are \$5 per person to dance and listen to the music. Drinks and hors d'oeuvres included with your ticket. Tickets can be purchased at Health-

OLDER AMERICANS MONTH UNDERWRITERS

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228-0555



Kansas Insurance Commissioner, Sandy Praeger A Message for Women:

We've been hearing for quite some time now that **heart disease is the number 1 killer of both women and men.** In Kansas it is the cause of 33.4% of all deaths. It can strike even if you are young, active and otherwise healthy. Statistics show that no disease, not even cancer, claims the number of women's lives as does cardiovascular disease. It is the cause of approximately one death per minute among females - that's nearly half a million female lives every year, nationally. Although you can't change some of your risk factors for heart disease -- such as age, race and heredity -- there are some things you can do to help ensure a healthier heart.

The American Heart Association suggests the following:

1. **Let each birthday remind you that it's time for your yearly checkup.** At that time, discuss with your doctor how you can reduce your risk for heart disease.
2. **Exercise for at least 30 minutes most days of the week.**
3. **Quit Smoking:** Begin by cutting the number of cigarettes each day in ½ until you are down to zero.
4. **If you are overweight, cutting just 200-300 calories a day can help you lose up**

to two pounds per week and bring you closer to a heart-healthy weight.

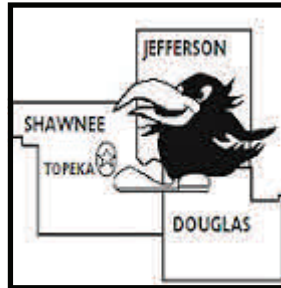
5. **Check out the Nutrition Facts panel on packaged foods to see how much salt they contain.** Aim for a total daily intake of no more than 2,300 milligrams (about a teaspoon) per day.

The American Heart Association is once again celebrating Go Red for Women, and I heartily endorse this effort of education and awareness. The goal of the Go Red for Women message - Love Your Heart - raises awareness of heart disease and empowers women to reduce their risk. National Wear Red Day is scheduled for Friday, February 3, 2006. It is a call to action for women to wear red on that day and begin taking charge of their own heart health by raising their awareness of heart disease and educating other women about what they can do to live longer, stronger, heart-healthy lives. For additional information, visit www.americanheart.org. You and you alone can develop an effective heart disease prevention plan which results in a healthier heart. Go Red For Women aims to help women make their health a top priority. For More Information Contact: Charlene Bailey at 785-296-7807.

- Amazing Aging is a quarterly publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed, 4,500

You are encouraged to write us at
Jayhawk Area Agency on Aging, Inc.
1720 SW Topeka Blvd.
Topeka, KS 66612
(800) 798-1366 or (785) 235-1367
Diane McDermed, Editor

Our thanks to the volunteers who helped assemble the newsletter



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 **Joce-lyn Lyons** at Jayhawk Area Agency on Aging, Inc.

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Advocacy, Action and Answers on Aging
For Shawnee, Jefferson and Douglas Counties***

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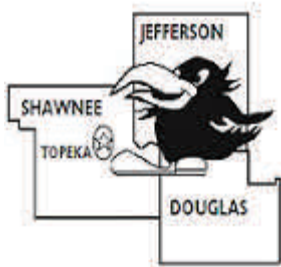
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Winter 2006

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