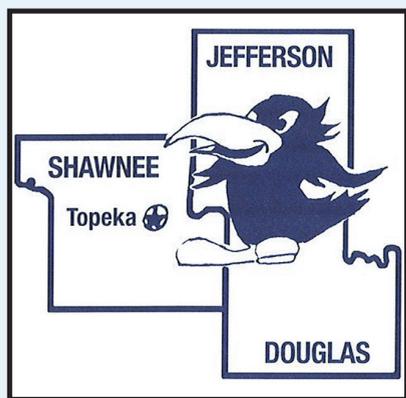


Amazing Aging!

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 2007



Our Mission

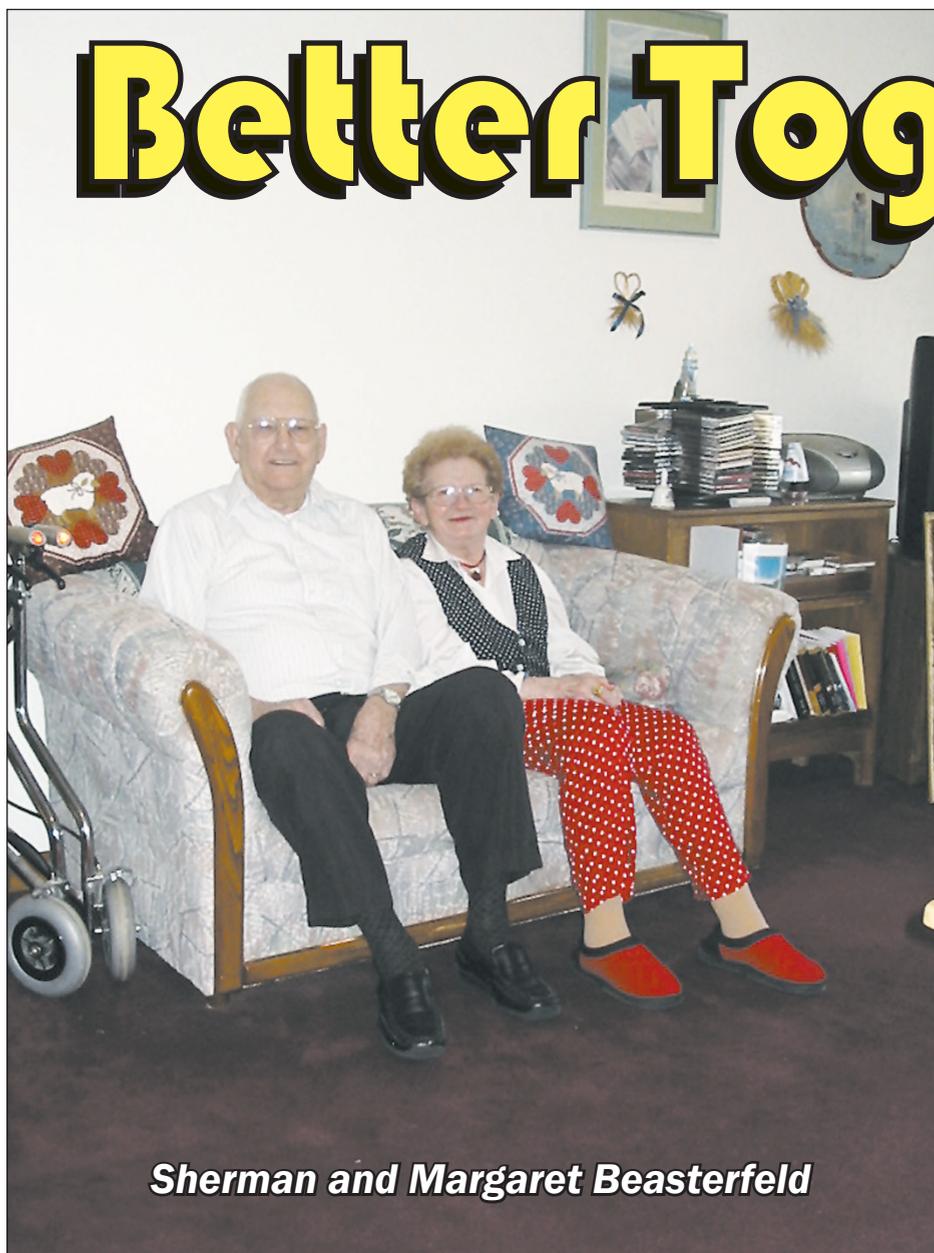
Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- 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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www.jhawkaaa.org



Sherman and Margaret Beasterfeld

Better Together

By Annette Thornburgh
Amazing Aging Editor

We could all learn a thing or two about optimism, flexibility and tenacity from Sherman and Margaret Beasterfeld.

Sherman and Margaret have spent their lives helping others in need. A pastor, Sherman has spent his professional life as superintendent for rescue missions around the country. He served as the superintendent of the Rescue Mission in Topeka from 1973 to 1981. Margaret has difficulty walking and talking, and Sherman does most of the conversing. However, Sherman is ever deferential to Margaret and takes care to include her in the conversation. From Margaret's smile and twinkling eyes, it is clear that she is very much involved in their life here at The Homestead of Auburn.

Two years ago, health issues began to cause concern for the Beasterfelds and they began a relationship with Beth Kinnan, a case manager at Jayhawk Area Agency on Aging. Sherman is

CONTINUED ON PAGE 3

Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd
Topeka, Kansas 66611
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A Message from the Board Chair

Please help JAAA help area seniors

Marsha H. Goff
JAAA Board Chair

It may not be a good idea for every non-profit to purchase their own building, but it was the right move for JAAA! The building we were renting was inadequate for our needs and rent, already high, was due to increase another \$2,000 monthly. Under the visionary leadership of Tom Ryan, our previous chair, and with the financial support of individuals and businesses, we were able to make a substantial down payment on our new home at 2910 Topeka Boulevard.

A very significant contribution was made by Tom Schwartz, Topeka, who understands the importance of our mission to enable older adults to remain in the comfort of their own homes. He knows that often, with just a little extra assistance from home-based care agencies, seniors can avoid moving to nurs-

ing homes.

JAAA allocates federal and state funds to agencies that provide home-based services, among them congregate meal sites, home delivery of meals, transportation and personal care in the home. We provide case managers who coordinate services to meet seniors' individual needs. JAAA is the agency to call when such assistance is needed. Our number is 235-1367 for Topeka residents and 1-800-798-1366 for those who live outside Topeka in Douglas, Jefferson or Shawnee counties.

JAAA's new home—twice the space with a mortgage payment less than we were paying in rent—enables us to bet-

ter serve senior citizens throughout the area. We are currently developing even more programming in our ADA compliant building that will benefit seniors physically, mentally and financially.

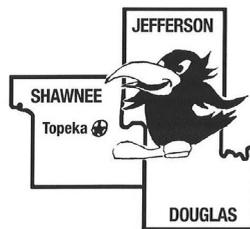
We are diligently working to pay down the principal of our mortgage so the money we are currently paying on interest may be used for additional programming and to secure needed items for seniors who sometimes do not have time to wait for approval through normal channels. JAAA holds an annual in-house silent auction fundraiser and has established a Guardian Angel Fund to purchase such items for seniors who require them.

To date we have raised about a third of the cost of our building. If you—or someone you know—have benefited from JAAA's services and would like to make a contribution so that money we currently pay on interest can be used for additional programming and seniors' pressing needs, please fill out the coupon below and send your check made payable to JAAA to: JAAA, 2910 Topeka Boulevard, Topeka, KS 66611. Better yet, we invite you to drop off your tax-deductible contribution and tour our new building.

I think you will agree that purchasing our new home was the right decision!

PLEDGE FORM

**Yes! I support the mission of
Jayhawk Area Agency on Aging, Inc.**



Here is my tax-deductible contribution.

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Address: _____

City: _____ St: _____ Zip: _____

"Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Douglas, Jefferson and Shawnee Counties to help seniors live independent and dignified lives."

Please apply my gift toward

- Center for Senior Independence
- Guardian Angel Fund
- Where Needed Most

* Contact Sarah Williamson at (785) 235-1367 for details or to discuss other options of support

Level of Giving

- \$25
- \$50
- \$100
- Other _____

Method of Payment

- Check Enclosed
- Bill Me
 - Monthly
 - Quarterly
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Thank you for your support!

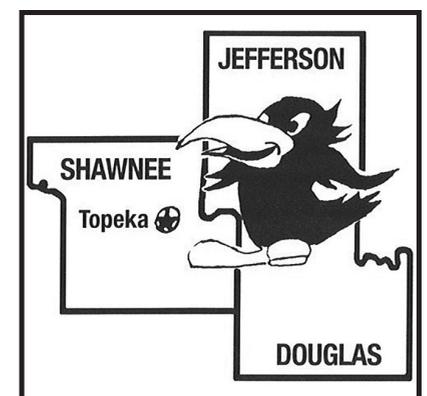
Jayhawk Area Agency on Aging, Inc. is a 501(c)3 non-profit organization

- 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: 5,000

You are encouraged to write us at:

Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd.
Topeka, KS 66611-2121
(800) 785-1366 or (785) 235-1367

Annette Thornburgh, editor



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.

Better Together

CONTINUED FROM PAGE 1

now legally blind and Margaret has Parkinson's disease. Beth was able to assist by coordinating some cleaning help and Margaret was able to receive some assistance with her medications.

Last fall it became evident that Sherman and Margaret's living arrangements would need to change to accommodate their need for more assistance in daily living. As their case manager, Beth suggested potential suitable facilities for them to investigate and assisted in the application process.

I had the opportunity to visit with the Beasterfelds earlier this year at their neat and efficient apartment at The Homestead Assisted Living Residence located in Auburn, Kansas. Married for over 60 years, the Beasterfelds moved to their new apartment shortly before Christmas and were just settling in when I visited them in January. Sherman gave me a tour of their apartment, which consisted of an efficiency kitchen, living room and roomy bedroom with a large fully accessible bathroom.

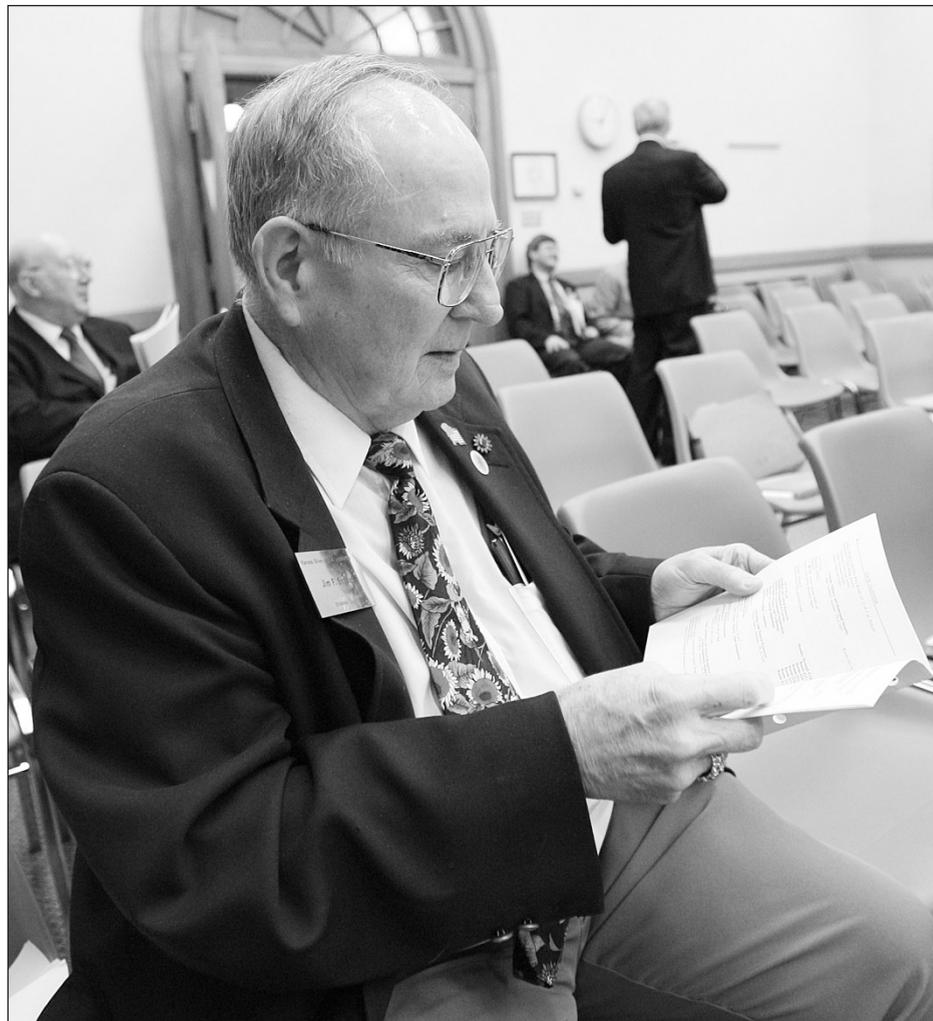
Sherman says, "You couldn't find a better social worker (than Beth), but don't tell her that, she'll get a big

head." It is clear that Sherman and Margaret have forged a strong partnership with Beth and that partnership has helped them over several hurdles in the last two years. Coordinating state and federal assistance programs can be cumbersome and confusing. A case manager can help navigate the systems for seniors. Sherman mentions that JAAA has helped them in so many ways, from assistance with Medicare Part D to finding living arrangements.

Sherman indicated that when they initially toured The Homestead last fall, they were unsure it was right for them. After a couple months, Beth suggested they give it another try and that's when they decided to move. "Karen, (the director at Homestead) went above and beyond with Beth to arrange to get us out here," says Sherman. "She puts her arms around you, they really care."

Jayhawk Area Agency on Aging is here to help seniors like Sherman and Margaret, and those that love them, live independent and dignified lives.

For more information on The Homestead Assisted Living Residence of Auburn, call 785-256-7100



Silver Haired Legislator Jim Snyder looks over a bill before testifying at the House Taxation Committee. Photograph by Anthony S. Bush/*The Topeka Capital Journal* from an article by Kasha Stoll/*Topeka Capital Journal*, February 10, 2007. Interested in becoming a Silver Haired Legislator? Contact Marsha Ridinger at JAAA!



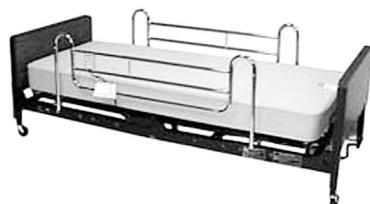
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Volunteers needed to help seniors navigate Medicare

Volunteer counselors are sought to assist seniors to navigate the Medicare system.

Jayhawk Area Agency on Aging, Inc., in cooperation with Senior Health Insurance Counseling for Kansas, (SHICK) is currently recruiting volunteers to become trained counselors.

A full three day regional training session will be held May 22, 23 and 24 at the JAAA offices, 2910 SW Topeka Blvd in Topeka. Volunteers do not have to be seniors, but should have computer proficiency and a willingness to work one-on-one with Medicare beneficiaries.

"This is a great opportunity for anyone who wants to roll up their sleeves and make a difference in their community," states Janell Collins, SHICK coordinator for Jayhawk Area Agency on Aging.

Counselors will complete three days of training in order to confidentially counsel beneficiaries regarding Medicare, Medicare supplemental insurance, prescription drug insurance, long-term

care insurance and more.

The deadline to register is May 15, 2007. To learn more about this volunteer opportunity, or to register, please contact Janell Collins at 785-235-1367, 1-800-798-1366 or jcollins@jhawkaaa.org.

Senior Health Insurance Counseling for Kansas (SHICK) is a free program offering older Kansans an opportunity to talk with trained, community volunteers and get answers to questions about Medicare and other insurance issues. SHICK provides you with many resources that will help you with your struggle through the Medicare maze.

Our volunteers at SHICK know their stuff! The role of the volunteer counselor is to help people stay informed on changing conditions in health care insurance and to cut through the confusion.

Our volunteer counselors receive training on Medicare, Medicare Supplement Insurance, Long-Term Care and other health insurance subjects that concern older Kansans.

Our volunteer counselors do not work for any insurance company. The goal is to educate and assist the public to make informed decisions on what's best for them.

For help and assistance, call

Jayhawk Area Agency on Aging, Inc. at 785-235-1367 or 800-798-1366.

KDOA Senior Health Insurance Counseling for Kansas (SHICK) at 1-800-860-5260.



WE NEED YOU!

Jayhawk Area Agency on Aging receives grants

Sunflower Foundation: Health Care for Kansans

Jayhawk Area Agency on Aging, Inc. (JAAA) received from the Topeka-based Sunflower Foundation: Health Care for Kansans, a grant by the organization under its latest semi-annual funding cycle, totaling \$20,000, for a new agency telephone system.

Jocelyn Lyons, Management Team Leader for Jayhawk Area Agency on Aging, Inc. said, "We are excited about this wonderful opportunity. Thanks to the generosity of the Sunflower Foundation and its partnerships with JAAA, we will be able to serve seniors with more efficiency, starting at the first point of contact – with a phone call."

The Sunflower Foundation, created in 2000, is a philanthropic organization with the mission to serve as a catalyst for improving the health of Kansans, which it supports through a program of grants, awards and related activities.

Gault-Hussey Trust Grant Award

Jayhawk Area Agency on Aging, Inc. received a \$2,500 grant from the Gault-Hussey Trust. The generous grant award will be used for technology upgrades for the agency. Jayhawk Area Agency on Aging, Inc. is grateful to the Gault-Hussey Trust for the opportunity to upgrade computers and software to better serve our seniors.

"These funds have helped moved our agency from 'make do and get by' to the 21st century," said Jean Stueve, Fiscal Supervisor for JAAA. "We are very fortunate to receive community support for our needs, which enables us to continue to provide our seniors with the resources they need to remain in their homes for as long as possible."

For more information on how you can support Jayhawk Area Agency on Aging, please give us a call at (785) 235-1367.



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Congressman's Corner

Boyda vows to keep in touch with residents

My first few months in Congress have been incredibly exciting. I officially entered office on January 4th of this year, and dozens of constituents from the Second District joined me for my swearing-in. We marched together to the Capitol for a group picture with the Speaker of the House, and while we waited for her in the Rayburn Room, we sang a good, loud rendition of "Home on the Range." Two rounds, actually. The camera crews loved it—they looked at us like we were crazy, but they loved it—and between the singing and the celebrating, we had an amazing day. Every morning since, I've awoken in awe of the tremendous trust you've placed in me as your representative in Congress. I'm trying hard to live up to your faith.

Since then, I have worked hard to keep in touch with the residents of the Second District. My official title is "representative," but that isn't *just* a title; it's a job description. And if I am to properly represent my constituents, I have to know what's on their minds. Toward that end I've opened two outreach offices in my district—I like to think of them as customer service offices for 674,000 Kansans. If you run into a problem with Medicare, Social Security, the VA, or any federal agency, or if you'd like to express their views on senior-related legislation, please call us or swing by a



Rep. Boyda

district office and talk to my staff.

Or, if you'd prefer, don't swing by our office. We'll come to you. We've launched a new series called *Congress on Your Corner*, in which my staff and I host informal gatherings in grocery stores, senior centers, libraries, and malls throughout the district. I meet one-on-one with Kansans to discuss their legislative concerns, answer questions, and offer assistance with federal agencies. We've already hosted events in Osage City, Fort Riley, and Iola, and more are on the schedule for Hiawatha, Topeka, and elsewhere. So keep an eye

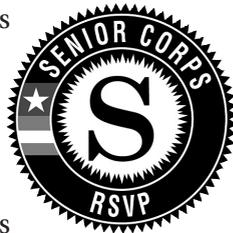
out. You might run into us at your local coffee shop or your favorite restaurant, and if so, I truly hope you'll say hi.

I'm trying to spend as much time here in Kansas as humanly possible. I travel home to Topeka almost every weekend, and I hope to host a *Congress on Your Corner* every week to help me keep in touch with Kansans. I believe, to the bottom of my heart, that Kansas doesn't need more Washington values; Washington needs more Kansas values.

And surely one of the most important Kansas values is caring for and protecting our senior citizens. I look forward to serving your interests in Washington, and I'll hope to hear from you soon.

RSVP program to be implemented in Shawnee and Douglas counties

RSVP is a national program that has a dual purpose. Its mission is to engage persons 55 years and older in volunteer service to meet critical community needs, and to provide a quality experience that will enrich the lives of the volunteers through significant community service work and personal development. RSVP encourages individuals to bring their talent, experience, skill, and hobbies to community non-profit projects and organizations needing volunteer assistance. RSVP offers volunteer opportunities to anyone age 55 and older willing to spend a minimum of four (4) hours a month to make their community a better place to live. RSVP has no



education, income, race, creed, sex, handicap, or experience requirements and enrollment does not require dues or fees. In 2007 The United Way of Greater Topeka, with the partnership of the Roger Hill Volunteer Center of Douglas County, was awarded a grant from the Corporation for National and Community

Service to implement the RSVP program in Shawnee and Douglas County.

Some of the benefits you can expect when volunteering with RSVP:

- To make a difference in your community.
- To have the opportunity to help others and in the process feel better about yourself.
- To age healthier physically and

mentally as you stay active.

- To use your present skills and/or develop new ones.
- To make new friends and meet people who are excited about helping others.

For more information or to enroll in RSVP and begin making an impact in your community please contact Rachel Pantos, RSVP Director at 785-228-5124 or Rachel.pantos@unitedwaytopeka.org.

Protect yourself, report fraud

If you suspect, you are a victim of medical fraud, call the Senior Medicare Patrol at 1-800-860-5260.

The Kansas Department on Aging Senior Medicare Patrol reminds you

- Never give out your Medicare, social security or bank account number.
- Never accept offers from door to door sales people, telemarketers, magazine, radio or TV ads, and review your Medicare summary notice.

Call the Senior Medicare Patrol toll free at 1-800-860-5260.



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Caregiver's Corner

Caregiver Support Groups are there to help

Caregiving Fact: Approximately 44 million American families and friends provide unpaid care to another adult, sometimes around the clock. Wives, daughters, sons, partners, fathers, nieces, brothers—they provide approximately 80 percent of the long-term care in the United States.

Caregiving Fact: Caregiving is the backbone of the American long-term care system: the value of the services provided by informal caregivers (family or friends of seriously ill loved ones) is estimated at \$257 billion annually.

Caregiving Fact: Don't be afraid to say "Yes" if someone offers help; have a list handy of errands or tasks you need help with. And don't be afraid to say "No" to the demands of others when you are overwhelmed or need a break.

Handbook for Long-Distance Caregivers Available

Whether you live an hour away or across the country, this booklet offers a roadmap for those new to the challenges of caring from afar for ill or elderly loved ones. Included: how to assess your care situation; develop a care team; hold a family meeting; access community organizations and private agencies; and balance work and caregiving.

This publication is available as a downloadable PDF document. See www.caregiver.org or call (800) 445-8106

Another great source of information is Explore Your Options available at

JAAA!

Caregiver Support Groups

There is help out there! Please join us for any or all the meetings below! Privacy and confidentiality are assured for those attending Caregivers Coffee Break Meetings. Please call Marilyn for more information 235-1367.

Caregiver's Coffee Break Meetings in Topeka.

Meetings held at Classic Bean Coffee House at 2125 Fairlawn Road (Fairlawn Plaza)

April 2	12:30- 1:30 pm
April 18	3:15 – 4:15 pm
May 7	12:30-1:30 pm
May 16	3:15-4:15 pm
June 4	12:30-1:30 pm
June 20	3:15 pm- 4:15 pm
July 2	12:30-1:30 pm
July 18	3:15- 4:15 pm
August 6	12:30-1:30 pm
August 15	3:15 pm- 4:15 pm
Sept 3	Holiday
Sept 19	3:15 pm- 4:15 pm
Oct 1	12:30- 1:30 pm
Oct 17	3:15 pm- 4:15 pm
Nov 5	12:30- 1:30 pm
Nov 21	No meeting
Dec 3	12:30- 1:30 pm
Dec 19	3:15 pm- 4:15 pm

Meetings held at RoseHill Clubhouse at 3600 SW Gage Blvd #97

April 25	1:00-2:00 pm
May 23	1:00-2:00 pm
June 27	1:00-2:00 pm
July 25	1:00-2:00 pm
Aug 22	1:00-2:00 pm

Sept 26	1:00-2:00 pm
Oct 24	1:00-2:00 pm
Nov 28	1:00-2:00 pm
Dec 26	No meeting

Jayhawk Area Agency on Aging
2910 SW Topeka Blvd (Across street east from Holiday Square)

Apr 11	1:00- 2:30 pm
May 9	1:00- 2:30 pm
June 13	1:00- 2:30 pm
July 11	1:00- 2:30 pm
Aug 8	1:00- 2:30 pm
Sept 12	1:00- 2:30 pm
Oct 10	1:00- 2:30 pm
Nov 14	1:00- 2:30 pm
Dec 12	1:00- 2:30 pm

Douglas County Caregiver Support Groups

For more information, please call Douglas County Senior Services at 842-0543

Douglas County Senior Services 1st and 3rd Mondays 2:15 to 3:45 pm

745 Vermont, 2nd and 4th Tuesdays 6:30 to 8:00 evenings, Lawrence KS

Baldwin Public Library 3rd Thursdays 2:00 to 3:30 pm, 800 7th St, Baldwin, KS

Are you a caregiver needing some help and support? Attend a Caregiver Support Group Meeting Call Marilyn today! 235-1367

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DID YOU KNOW???

Older Adults who exercised at least three times a week were much less likely to develop dementia than those who were less active?



Jest For Grins

Peter Pan had it right!

By Marsha Henry Goff
Incoming JAAA Board Chair

When I grow up, I want to be exactly like my friend Emily ... old enough and rich enough to say anything I want! She's certainly earned that right by achieving professional success and honors undreamed of by many women of her generation, but the best thing about Emily is her sense of humor and the ability to laugh at herself.

Take the time she flew to California to visit relatives and the entire family showed up at the airport to greet her. Emily loves to tell what ensued: "Their young son, all dressed up in a suit, clicked his heels together, stuck out his hand for me to shake and inquired politely, 'Will you be dying soon?' I guess I must have been the *oldest* person he'd ever seen!"

When I grow up, I'd like to be brave like my Grandma Ruth. Grams weighed in at 85 pounds, but she was tough as nails. Once when I visited her in the small Kansas town where she lived, I noticed a baseball bat by her front door and asked why it was there. "The neighborhood's been troubled by burglars," Grams said matter-of-factly, "and if one breaks in here, I'm going to hit him with the bat!"

There wasn't a doubt in my mind that any burglar who tried to rob Grams would be one sorry customer! Getting

in would be easy—her door opened with a skeleton key—but getting out would be hard. Very hard.

Another brave woman I'd like to emulate is my mother-in-law. While in her sixties, she took on El Bucardo III—nearly a ton of rampaging Herford bull—armed only with a pitchfork. (Animal Rights Activists: Please note that this was a clear case of self-defense.)

Speaking of bulls reminds me that when I grow up, I'd like to keep an open mind and a willingness to try anything just like my dad. Six months before he died, Dad went to Abilene and rode—albeit briefly—a Brahma bull because he had "always wanted to do that." (Well, that particular experience I could probably do without!)

There are so many people in my life who provide sterling examples of the type of person I want to be when I grow up. The problem is that I haven't decided for sure that I *want* to grow up. You don't have to, you know. Sure, Wendy did. But Peter Pan didn't. I seem to remember that Wendy spent her time sewing and cooking, while Peter's hobbies were crowing and flying. No contest, there!

And some grown-up activities—not all of them domestic—don't interest me at all. Bridge is one. Early in life, I made a decision that I would not play Bridge. Of course I have never been good at games. I learned that the first

time I played checkers. After loosing for the eleventh time, I suggested we play give-away, thinking it would be a snap for me to win when the object is to lose. Guess what? The only time I can't lose a game is when I'm supposed to!

Attention kids: If you think school is boring, you should sit in on some of the grown-up meetings I have attended. For example, I knew I'd joined the wrong group when 45 minutes of the first meeting was spent trying to choose a name for the organization. And while PTA board discussions were usually okay, my eyes glazed when the debate over how many cookies we'd need for the next meeting went into the second hour. Like any sensible kid, I'd rather be eating cookies than talking about them.

I also hate pretentious behavior, an activity in which kids do not engage. Kids may flat out brag—"My dad can

beat up your dad!—but they're never pretentious. Even if they could pronounce it, kids wouldn't know what that word means.

The longer I think about growing up, the more I think I'll stay a kid forever. It's a dirty job, but I think I'm up to it!

- Marsha Goff is the JAAA Board Chair and writes a regular humor column -- *Jest for Grins* -- for the *Lawrence Journal-World*. She also is the author of historical books and magazine articles.

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Is Your Business Elder Friendly?

The Elder population represents a large and growing consumer group. By the year 2010, one in three Americans will be over age 50. Implications for business are clear: Improved access to older consumers and knowledge of their needs are important to be competitive in the business arena.

Jayhawk Area Agency on Aging will be seeking Elder Friendly Business Certification for area businesses as well as senior volunteers willing to receive training to become Elder Friendly Evaluators.

Volunteers will serve as evaluators of businesses that voluntarily participate in the project. Using specific guidelines, trained elder evaluators from a licensed aging agency "shop" a business anonymously for a nominal

fee. Evaluators review the effectiveness of telephone and customer service, building layout and access. They then provide feedback and training information to management. When in compliance, the business is awarded certification in the form of a window decal that lets everyone know this business is Elder Friendly Certified.

Businesses will also receive training and assistance in providing staff with tips on providing senior-friendly customer service, either face-to-face or over the phone.

For more information about volunteering or having your business evaluated, please complete the forms below or call Jayhawk Area Agency on Aging at 785-235-1367 or 1-800-798-1366.

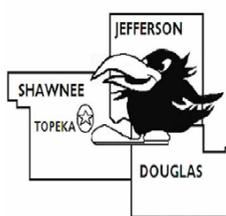


Amazing Aging! Has a New Format!

The Jayhawk Area Agency on Aging's official newsletter, *Amazing Aging!*, is now printed on newsprint and has a tabloid format.

Advertise in *Amazing Aging* and increase your business exposure in the senior community.

To place your ad in the next issue of *Amazing Aging!*, call Kevin Groenhagen toll free at 1-877-841-9417. (In Lawrence, please call 841-9417.)



Elder Friendly Business Certification

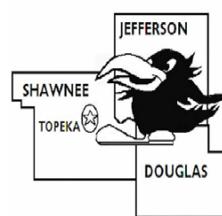
Evaluation Request

Please fill in any blank fields below. Additional locations to be evaluated may be listed on an additional page, if necessary. If you have any questions, feel free to call us at the number listed below.

Organization Name	
Contact Name	
Position	Direct Phone
Address	
Phone	Fax
Email	
Please briefly describe your organization	

Please return this form to:

Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd.
Topeka KS 66611
Phone: 785-235-1367
Fax: 785-235-2443
Www.jhawkaaa.org



Elder Friendly Volunteer Registration

Please complete the information below and return to Jayhawk Area Agency on Aging at the address listed below, and thank you for your interest in the Elder Friendly Program!

Name (please print)	
Home Telephone #	Alternate phone #
Address	Zip
Email	
Please provide additional information you feel is important for us to know about you:	

Please return this form to:

Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd.
Topeka KS 66611
Phone: 785-235-1367
Fax: 785-235-2443
Www.jhawkaaa.org

Person-Centered Care Puts Elders in the Driver's Seat

For years people have dreaded and yet accepted life in institutional nursing homes. We see it as a long-term hospital stay that institutionalizes every bit of our lives – meals, sleep schedule, activities, even relationships. The best we can hope for is a “good” nursing home; one that is the model of cleanliness, efficiency and good clinical care. Unfortunately, for many homes this means a focus on routine and task in the name of quality of care at the cost of quality of life.

However, there is hope. More and more nursing homes and long-term care providers are joining the “culture change” movement that aims to promote individualized care for our elders in a true home environment. Kansas has been one of the nation’s leaders in this movement and the Kansas Association of Homes and Services for the Aging (KAHSA) has been helping to make that happen for nearly 10 years.

Person-centered care is at the center of culture change. Its proponents believe that it is the resident who should direct his or her own days and care, not the routine of the organization. For example, in some nursing homes it is common practice for staff to begin waking residents at 5 a.m. to get ev-

erybody to the dining room in time for breakfast at 7 a.m. You may see residents asleep at the table as they wait for the meal that has been chosen by the dietary department and served on plastic trays. This represents an assembly line more than people sharing a meal. Person-centered care asks what time the elder would like to wake up in the morning and when they would like breakfast and their shower or bath. Breakfast, made to order, is served in a warm environment, on real plates, when the elder wants.

In what have been called “culture change homes” you will see person-centered efforts from elder choice in meals and a physical environment that includes home-like touches to a way of operating called the Household or Neighborhood Model. To achieve this, a nursing home is broken down into “households” of 12 to 20 elders who share a family style living room, dining room and kitchen, and make their own decisions about every aspect of their lives. Caregivers are permanently assigned to a household so that consistent care and relationships can form between staff and elders.

Pleasant View Home in Inman, Kan.,

adopted a person-centered philosophy and the neighborhood model. As a result, they have won the Kansas Department on Aging’s PEAK Award for homes engaged in innovative culture change for the last four years. At Pleasant View Home, core teams of elders and the staff who care for them make all decisions about daily life and even in the hiring of new caregivers. According to Administrator, Jalane White, they have experienced a great reduction in their turn-over rate for employees and satisfaction of elders and families is much improved.

The goal is to have the elder and his or her preferences at the center of all decisions and practices. To find this kind of care, the involvement begins even before moving into the nursing home. Debra Harmon Zehr, President of KAHSA says, “If you are considering moving to a nursing home in the near future, you should visit more than one. Ask specific questions to make sure you receive the care and services that best fit your current lifestyle preferences.”

You may want to ask questions such as:

Can I get up when I want and stay up as late as I want?

Can I decorate my room the way I want? Can I choose a paint color?

Can I have private space with my family when they come to visit and can we cook together?

To what extent do the elders have input on the activities of the day?

If I like to take a shower at 11 pm before I go to bed how will this be accommodated?

As more people start to ask for resident choice and person-centered care, nursing homes that have been operating merely efficiently will be moved to adjust their priorities.

The Kansas Association of Homes and Services for the Aging represents nearly 160 not-for-profit retirement communities, senior housing, nursing homes, hospital long-term care units, assisted living providers, and community-based service providers throughout the state. We exist to serve our members by advancing new models of care, influencing public policy; providing leadership on social, economic, and political issues; sharing information, and; promoting networking opportunities. In addition, we are committed to educating the greater community on the positive aspects of aging and the future of aging services.

Elder Abuse Hotlines

If the abuse, neglect or exploitation occurred in a Nursing Home, Hospital, or by a Home Health Agency, etc. contact:

§ KDOA Licensure, Certification and Evaluation

Hours of Operation: Monday through Friday, 8:00 a.m. to 5:00 p.m., Toll Free Number: 1-800-842-0078, Fax Num-

ber: 785-296-0256

If the abuse, neglect or exploitation occurred Domestically or in the Community contact:

§ KS. Dept. of Social and Rehabilitation Services

Hours of Operation: 24 Hours - 7 Days a Week, Toll Free Number: 1-800-922-5330

‘Explore Your Options’

The 14th edition of *Explore Your Options* is now available!

The *Explore Your Options* booklet will help you through the maze of services available to Kansas seniors. It is designed to help you take an active role in making decisions that affect your health care and living situation.

Even if you are faced with a serious illness or disabling disease, knowing that you have options to help you maintain your independence and stay

at home can be a great comfort.

Updated every year, *Explore Your Options* guides are *available free of charge* through Jayhawk Area Agency on Aging, Inc. and every area agency on aging in Kansas.

For your free *Explore Your Options* guide for Shawnee, Jefferson and Douglas Counties, please call 800-798-1366 or 785-235-1367.

Explore Your Options guide is also available on-line at www.agingkansas.org.





FREE !!!

COUPLES DANCE LESSONS

SPONSORED BY

JAYHAWK AREA AGENCY ON AGING, INC.

Participants will be introduced to the basic footwork and techniques along with the timing, partner connection, and basic patterns of:

Waltz
Swing/Jitterbug
Foxtrot
Cha Cha

Join our classes and learn the fundamentals of these social dances to make your dancing more effortless and enjoyable. Make any night out or special event unforgettable. Additional dance styles may be introduced as time allows.

<p>Monday - 6:15-7:15 pm Downtown Br. YMCA—Gym C</p> <p>April 2 April 9 April 16 April 23 April 30 May 7 May 14 May 21 June 4 June 18 June 25</p>	<p>Saturday - 11:30 am—12:30 pm Downtown Br. YMCA—Gym C</p> <p>April 7 April 14 April 28 May 12 May 19 May 26 June 9 June 16 June 23</p>
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Questions? Contact: Jayhawk Area Agency on Aging 235-1367, YMCA Downtown Branch 354-8591, or Dance Instructors Mike & Heather Salerno 785-231-8394.

Jefferson County News

Did you know there is a new Thrift Store in Oskaloosa?

Stop by the Thrift Store located at the corner of Hwy 92 and 59 in Oskaloosa. The store will be open Tuesdays, Thursdays and Saturdays.

All proceeds benefit the Jefferson

County Service Organization direct services. For more information and hours of operation please call The Jefferson County Service Organization at 785-863-2637

Volunteer breakfast to be held

Jefferson County Health Dept. Volunteer Breakfast will be held May 18, 2007 at The Barn. For more information call the Health Dept.

Jefferson County Health Dept.,

Home Health & Hospice
1212 Walnut-U.S. Hwy. 59
Oskaloosa, KS 66066
785-863-2447 fax 785-863-2652

YOUR HEALTH COMES FIRST!

Use the Bankruptcy Law To Protect Your Health & Financial Well-being
Stop Bill Collectors, Repossessions & Foreclosures

Come see me and I'll show you how to get a fresh start!

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A Debt Relief Agency That Provides Legal Advice

Helping People File for Relief under the Bankruptcy Code for over 25 Years!

The coffee's on us!

We offer all Senior Citizens FREE coffee at the new

Fairlawn Plaza Café

On the mall Every Wednesday!



21st & Fairlawn • Topeka KS

We're Just Your Style!

April 2007 HEALTH SCREENING CLINICS EVERYONE WELCOME!!



HEALTH SCREENINGS:

- ✓ Blood Pressure
- ✓ Blood Sugar



EDUCATION PROGRAM:

Benefits of Exercise

PRESENTED BY: Jefferson County Health Department Nursing Staff

April 4 <i>Wednesday</i>	NORTONVILLE VALLEY FALLS	9:00 a.m. - 10:30 a.m. 11:00 a.m. - 12:00 p.m.	Senior Citizen Center Township Hall
April 11 <i>Wednesday</i>	FAIRVIEW TOWNSHIP MERIDEN	9:00 a.m. - 10:00 a.m. 10:30 a.m. - 12:00 p.m.	Fire Dept. Comm. Rm. Methodist Church
April 16 <i>Monday</i>	McLOUTH	10:30 a.m. - 12:00 p.m.	Community Building
April 18 <i>Wednesday</i>	PERRY GRANTVILLE	9:00 a.m. - 10:00 a.m. 10:30 a.m. - 12:00 p.m.	Community Building Community Building
April 24 <i>Tuesday</i>	OSKALOOSA	11:00 a.m. - 12:00 p.m.	Methodist Church
April 25 <i>Wednesday</i>	WINCHESTER	10:30 a.m. - 12:00 p.m.	Community Building

Funded by Jayhawk Area Agency on Aging through the Older American Act and County Mill Levy
The Jefferson County Health Department, Home Health, & Hospice does not discriminate on the basis of race, color, national origin, sex, age, disability or communicable disease. If you feel that you have been discriminated against, you have the right to file a complaint with the Jefferson County Health Department, Home Health, & Hospice at 785-863-2447. (TDD 1-800-766-3777)



MAY 2007

HEALTH SCREENING CLINICS EVERYONE WELCOME!

HEALTH SCREENINGS:

- Blood Pressure
- Blood Sugar



EDUCATION PROGRAM:

Medication Safety

PRESENTED BY: Jefferson County Health Department Nursing Staff

May 2 <i>Wednesday</i>	NORTONVILLE VALLEY FALLS	9:00 a.m. - 10:30 a.m. 11:00 a.m. - 12:00 noon	Senior Citizen Center Township Hall
May 9 <i>Wednesday</i>	FAIRVIEW TOWNSHIP MERIDEN	9:00 a.m. - 10:00 a.m. 10:30 a.m. - 12:00 noon	Fire Dept. Comm. Rm. Methodist Church
May 14 <i>Monday</i>	McLOUTH	10:30 a.m. - 12:00 noon	Community Building
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May 2 and 3, 2007
Capitol Plaza Hotel and Maner Conference Center
Topeka, Kansas

The Kansas Department on Aging will again offer the most dynamic conference and networking opportunity in the State of Kansas for elders and professionals in the field of aging. This annual conference focuses on ways to address not only the needs and issues facing Kansas elders, but also ways to enhance their lives so that they might age successfully. The anticipated 800 participants will include service providers, aging professionals, substance abuse counselors, long term care administrators and staff, mental health professionals, State agency employees,

Kansas elders and many others.

Conference Goals

The 2007 Conference theme is *Pearls of Aging*. The goals of the conference are:

- Promoting Choices for Seniors
- Encouraging Healthy Lifestyles
- Accessing Current Information for Professionals
- Recognizing the Pearls of Aging
- Learning throughout Your Life
- Stringing Pearls of Wisdom Across the Generations

For more information call: 785-296-4986 or 1-800-432-3535

Thanks to the students from Cair Paravel Latin School in Topeka for volunteer work in February

Do you have a few hours to assist with filing?

Call Janell Collins at JAAA today!
235-1367 or 800-798-1366

CAIR PARAVEL - LATIN SCHOOL



DOMINUS ILLUMINATIO MEA

Sudoku

© Puzzles by Pappocom

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

						4	6	
9			6		1	7		
1				2		3		
		7	4					
	4						3	
					2	9		
		2		6				1
		3	9		4			8
5	8							

HARD

Solution on page 14

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Ann Hundley

Healing Foods: They're all natural. They have no side effects. And they just might keep you well

By *Gabriele deGroot Redford*
AARP Magazine March & April 2005

Nearly 2,500 years ago Hippocrates is purported to have said, "Let food be thy medicine, and medicine be thy food." Granted, there weren't many drugs around in 400 b.c.e., so the Father of Medicine might just have been covering his bases. Still, science has since proven that Hippocrates was indeed onto something—namely, that the food we eat can prevent and in some cases fight disease.

"There are a tremendous variety of foods and components in foods that our bodies are programmed to use to keep us healthy, and if we're sick, to make us well again," says Steven G. Pratt, M.D., author of *SuperFoods Rx* (HarperCollins, 2004). "If we want to stay healthy, we have to eat these whole, nutritious foods."

We've identified nine of the most powerful disease-fighting foods and have designed a menu featuring all of them (see links at right). Of course, this list isn't meant to supplant conventional medicine, but adding these foods to your diet might just mean you spend less time in the doctor's office reading about these superfoods and more time at home enjoying them.



WHOLE GRAINS: THE NEW BROCCOLI

We've heard for years that eating a diet rich in fruits and vegetables can protect against heart disease, diabetes, and some forms of cancer. But did you know that whole grains are now believed to provide just as many benefits? "Whole grains have this whole army of different phytonutrients that are doing just as much as fruits and veggies," says Susan Moores, a Minneapolis nutritionist and a spokesperson for the American Dietetic Association. (A phytonutrient is the name given to the parts of plants that have health benefits.) According to researchers at the University of Minnesota, eating three daily servings of whole grains can reduce the risk of heart disease by 25 to 36 percent, stroke by 37 percent, and type 2 diabetes by 21 to 27 percent. Whole grains include oats, whole wheat, brown rice,

bulgur, and bran, among others. "Pick foods whose first ingredient contains the word whole instead of enriched," Moores says.



CHERRIES: ALL-NATURAL PAIN RELIEVER

Scientists studying the link between diet and disease often look for a marker in the blood called C-reactive protein (CRP). CRP is produced by the body in response to acute inflammation, like that experienced by arthritis sufferers. Researchers at the Western Human Nutrition Research Center in Davis, California, asked volunteers to eat a bowl of 45 fresh Bing cherries and then measured their levels of CRP. After three hours the level of CRP in the volunteers' blood decreased. That came as no surprise to Joseph Pizzorno, a doctor of naturopathic medicine and coauthor of *The Encyclopedia of Healing Foods* (Simon & Schuster, 2005). "One of the old-time therapies for gout [a very painful form of arthritis] was black cherries," says Pizzorno. "Until recently, nobody really knew why it worked; they just knew that it did." Of course, nobody's going to eat 45 cherries in one sitting, but if you suffer from arthritis, you should incorporate this antioxidant-rich fruit into your diet a couple of times a week.

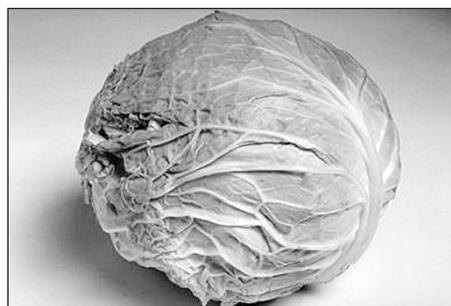
YOGURT: IMMUNITY BOOSTER

For several years now, nutritionists have touted the benefits of probiotics, the "friendly" bacteria that, when eaten, help fight illness or disease. Yogurt is the most popular food containing probiotics and may, in fact, be the most beneficial as well. Two recent studies found that eating yogurt significantly improved a person's ability to fight off pneumonia. "Your first communication with the outside world is through your GI tract," says Pratt. "That's where you absorb all the nutrients you need to keep your body healthy in the first place. And it's also the body's biggest immune system fighter." Pratt recommends eating yogurt every day—just make sure the brand you buy contains "live," or "active," cultures, as the bacteria (or, rather, the probiotics) can't do any good if they're dead before you ingest them.



SALMON: BONE STRENGTHENER

Any list of healing foods would be remiss not to include salmon, with its heart-healthy dose of omega-3 fatty acids. Study after study has shown that incorporating salmon into your diet reduces blood pressure, lowers cholesterol, and helps prevent heart disease. Now researchers at the University of California, San Diego, have reported that a higher intake of omega-3s additionally appears to preserve bone density, keeping your bones stronger and protecting against falls and fractures. Not crazy about salmon (or just sick of it by now)? Try upping your intake of other cold-water fish, such as sardines, tuna, and mackerel. "All of these fish are high in omega-3s, and people who consume them regularly have a lower risk of heart attack, hypertension, and stroke," says Jennifer Satchek, Ph.D., assistant professor at the Friedman School of Nutrition Science and Policy at Tufts University.



CABBAGE: BREAST-CANCER DEFENSE

You've likely heard about the anticancer properties of cruciferous vegetables like broccoli and Brussels sprouts, but several recent studies suggest that cabbage may be in a class by itself. A study presented at the November 2005 meeting of the American Association for Cancer Research found that Polish women who ate cabbage and sauerkraut (fermented cabbage) four or more times a week were 74 percent less likely to develop breast cancer. Other studies have found that cabbage may also protect against lung, stomach, and colon cancers. The superingredient seems to be sulforaphane, a phytochemical in cabbage that works by stimulating cells to eliminate cancerous substances. Granted, eating cab-

bage four times a week might be a little much, but adding it to soups and salads once or twice a week is a great idea, says Moores.



WALNUTS: GOOD FOR THE TICKER

For many years nutritionists warned their clients away from nuts, fearing that a carte blanche prescription to indulge in this fatty food might lead to excessive weight gain. Recently, though, as scientists have learned more about the various types of fats and their impact on health, nuts have come back into favor. Walnuts, in particular, are unique among nuts because they're full of omega-3 fatty acids, the same substance that has been shown in salmon to reduce the risk of heart disease and hypertension. Japanese men and women who ate a one-fourth to one-third cup of walnuts a day lowered their "bad" LDL cholesterol levels by up to 10 percent. Walnuts (as well as almonds and pistachios) are high in arginine, an amino acid that increases blood flow to the heart.



BLUEBERRIES: KEEP THE MIND SHARP

When researchers at the USDA Human Nutrition Research Center on Aging at Tufts University analyzed 40 fruits and vegetables for their disease-fighting antioxidant activity, blueberries came out on top. And not just by a little—the study showed that the benefits of eating one serving of wild blueberries are equivalent to those of eating two to three servings of some other fruits and vegetables, including apples, broccoli, and even spinach. Studies published in the past year also show that eating plenty of blueberries may help lessen brain damage from strokes and may reduce the effects of Alzheimer's disease or dementia. "Blueberries

CONTINUED ON PAGE 13

Healing Foods

CONTINUED FROM PAGE 12

really show promise in helping us with our mental acuity—keeping our brain sharp,” says Moores. “The antioxidants in blueberries protect cells from damage, but now we’re finding that other components in blueberries might restore cells to be more healthy.” She recommends eating blueberries a couple of times a week.



BEANS: WARD OFF COLON CANCER

One of the most underrated nutritional powerhouses on the market today is beans, says Moores. Not only are beans a great source of protein and antioxidants but they’re full of fiber, which has been shown in some studies to help prevent colon cancer. “To stay healthy you really need to keep your GI tract moving,” says Pratt, “and eating beans is a good way to do that.” Furthermore, in a study published in November 2005 in *The Journal of the American Medical Association*, a healthy diet rich in lean protein—about half from plant sources such as beans—was found to lower blood pressure and “bad” LDL cholesterol, and to cut the risk of heart disease by 21 percent. It doesn’t matter which bean

you choose—“pick a bean, any bean,” Moores says—but aim for two to four servings a week.



TOMATOES: PROTECT THE PROSTATE

Scientists have known for years that regularly eating tomato-based foods can reduce a man’s risk of prostate cancer by up to 35 percent. More recently, studies have shown that men who already have prostate cancer may benefit as well. When researchers at the University of Illinois at Chicago fed one serving of pasta with tomato sauce every day for three weeks to 32 men who were scheduled for prostate surgery, the levels of prostate-specific antigen (PSA) in the patients’ blood dropped by nearly 20 percent. (PSA is a measure of prostate-cancer-cell activity, so the lower the level, the less active the cancer cells.) The likely active ingredient in tomatoes is lycopene, a powerful antioxidant that is thought to also be protective against lung and stomach cancers. In an interesting twist, fresh tomatoes don’t appear to be as protective as cooked tomatoes. Men with prostate cancer should try to eat cooked tomatoes daily, in soups, chilies, marinara and spaghetti sauces, or other dishes. Those trying to prevent the disease should indulge twice a week.

WHY CHOOSE MIDLAND HOSPICE?

- Over 28 years of experience
- Not-for-profit, community based
- Care provided in the patient's home, nursing facility or hospital
- Medications, medical equipment and supplies related to the illness at no cost to the patient
- Art and Music Therapists on staff
- We accept all patients, regardless of inability to pay
- Bereavement support, including individual counseling, support groups, book discussion groups, reiki, massage therapy and yoga
- Serving 20 Kansas counties

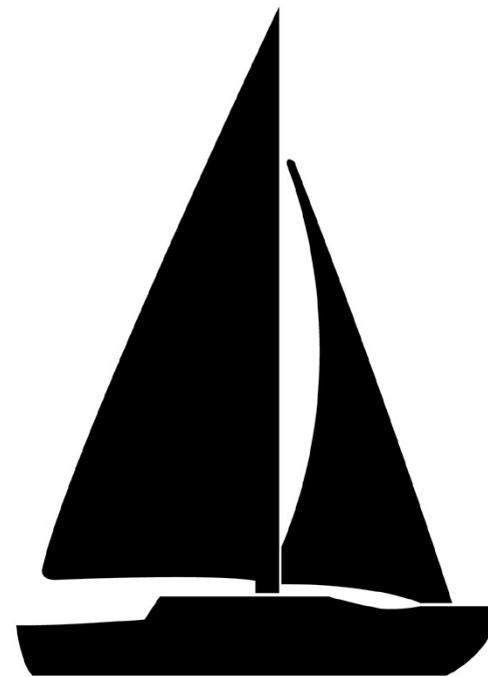


www.midlandhospice.org



543 Lawrence Ave. • Lawrence 200 SW Frazier Circle • Topeka 635 S. Main St. • Ottawa
785-842-3627 785-232-2044 785-242-0002

Watch for the next issue of
Amazing Aging! this summer.



HARBOR HOUSE Memory Care Residence

Harbor House was created for the sole purpose of serving men and women living with memory loss and to support their families that are now realizing that their loved one's needs have exceeded the care they are able to provide at home.

Located on a quiet private street, in what was once a private home, Harbor House has been renovated to meet state regulations with the Kansas Department on Aging.

Staffed 24 hours a day, 7 days a week, our trained memory care professionals at Harbor House are able to strategically provide the balance between a relaxing and serene atmosphere, and yet stimulating enough to keep the mind and body fit and the spirit and soul feeling safe and secure.

Harbor House
also provides respite and
day programs for adults
with Alzheimer's and
other memory dementias.

1126 Hilltop Drive
Lawrence, Kansas 66044
785-856-5512

Email: harborhouse@sunflower.com

May is Older Americans Month

The theme for Older Americans Month 2007 is “*Older Americans: Making Choices for a Healthier Future.*”

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy’s meeting with the National Council of Senior Citizens served as a prelude to designating May as “Senior Citizens Month.”

Thanks to President Jimmy Carter’s 1980 designation, what was once called Senior Citizens Month, is now called “Older Americans Month,” and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

Here are a few facts concerning older Americans, courtesy of the U.S. Census Bureau:

36.8 million

The number of people 65 and older in the United States on July 1, 2005. This age group accounted for 12 percent of the total population. Between 2004 and 2005, this age group increased by 457,000 people.

86.7 million

Projected population of people 65 and older in 2050. People in this age group would comprise 21 percent of the total population at that time.

147%

Projected percentage increase in the 65-and-older population between 2000 and 2050. By comparison, the population as a whole would have increased by only 49 percent over the same period.

495 million

Current world population 65 and older. Projections indicate the number will increase to 997 million by 2030.

\$26,036

Median 2005 income of households with householders 65 and older, up 2.8 percent, in real terms, from the previous year.

10.1%

Poverty rate for people 65 and older in 2005, statistically unchanged from the previous year. There were 3.6 million seniors in poverty.

39%

Percentage of total annual personal income of people 65 and older in 2001 that came from Social Security payments.

\$190,100

Median net worth for families in 2004 whose head was between 65 and 74. For those whose head was 75 or older, the corresponding figure was \$163,100.

9 million

Estimated number of people 65 and older who are military veterans.

5.3 million

Number of people 65 and older who were in the labor force in 2005. Projections indicate that by 2014, the number will reach 8.7 million.

72%

Proportion of people 65 and older in 2005 with at least a high school diploma.

18%

Percentage of the population 65 and older in 2005 who had earned a bachelor’s degree or higher.

7.3 million

Number of people 66 and older taking adult education courses. About 8 percent of all lifelong learners are in this age group.

69,000

Number of people 65 and older enrolled in regular school (specifically, high school or college) in October 2005.

54%

Percentage of people 65 and older



CENSUS BUREAU PHOTO

who were married with spouse present in 2005.

30%

Percentage of widowed people 65 and older in 2005. (Source: 2005 American Community Survey)

79%

Percentage of citizens 65 and older registered to vote in the 2004 presidential election. Seventy-one percent of citizens in this age group reported actually casting a ballot.

41%

Of all the votes in the 2040 presidential election, the projected percentage to be cast by people 65 and older. In the 2004 election, people in this age group cast 19 percent of the votes.

81%

Proportion of householders 65 and older in 2006 who owned their homes. This compares with 43 percent for householders at the other end of the age spectrum — younger than 35.

11%

Percentage of the nation’s business owners who are 65 and older.

72

The number of men 65 and older on July 1, 2005, for every 100 women in this age group. For those 85 and older, it drops to 46 men per 100 women.

5.1 million

The number of people 85 and older in the United States on July 1, 2005.

79,682

Estimated number of centenarians in the United States on Nov. 1, 2006.

580,605

Projected number of centenarians in the United States in 2040.

3.9 million

Number of people 65 and older living in California on July 1, 2005, the highest total of any state. Florida, with 3 million, was the runner-up.

20%

Projection of the percentage of Florida’s population age 65 and older in 2015, which would lead all states. In that year, Florida would have nearly as many residents 65 and older as younger than 18.

75%

Percentage of households with a householder 65 and older who owns a motor vehicle. About 3 percent of these households have three or more cars.

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2	7	8	5	3	9	1	4	6
9	3	5	6	4	1	7	8	2
1	6	4	7	2	8	3	5	9
3	2	7	4	9	6	8	1	5
6	4	9	1	8	5	2	3	7
8	5	1	3	7	2	9	6	4
4	9	2	8	6	3	5	7	1
7	1	3	9	5	4	6	2	8
5	8	6	2	1	7	4	9	3

Local events for Older Americans Month

Jayhawk Area Agency on Aging has a strong tradition of caring for seniors in our community. Established over 30 years ago by the Older Americans Act, our purpose is to make it easier for persons 60 years and older in Shawnee, Jefferson and Douglas Counties to live



Making Choices
for a Healthier Future

independently in the comfort of their own surroundings. Common sense and an extensive body of research indicate that a higher quality of life is sustained by remaining in our own homes for as long as possible, and JAAA has the relationships, tools, and resources necessary to accomplish this whenever it is feasible and best for the individual.

In America during the last century we experienced one of the greatest demographic changes in history: a thirty-year increase in longevity. A recent government report says that almost one out of every five Americans, or 72 million in total, will be 65 years or older by the year 2030. It is estimated this age group will grow 22% in number by 2010. By the year 2030, the largest age population in the state of Kansas will be individuals aged 60 and older.

The twenty-first century promises to add even more years. National Institute on Aging founder Dr. Robert Butler states, "What used to be the distinct advantage of the few has become the destiny of many."

While it may be our destiny to live longer, the quality of our old age is up to us. JAAA is here to help today and, with your help, far into the future.

In keeping with the 2007 theme for Older Americans Month: "Making Choices for a Healthier Future," JAAA is busy organizing educational seminars on issues facing seniors and those who love them today in order for individuals to take a proactive strategy for their future. Please watch for news on upcoming seminars on issues affecting seniors. In the meantime, here is a preview of

attractions in the month of May:

May 2007 Older Americans Month Calendar of Events:

Wednesday-Thursday, May 2-3

Governor's Conference on Aging, at the ExpoCenter

Tuesday, May 8

Ribbon-Cutting and Open House for our new location at 2910 SW Topeka Blvd. All are welcome to attend!

Friday, May 11

Our Senior Prom! Dance the evening away to the sounds of the Fair-

lawn Road Swing Band at the Ramada Inn, Topeka from 7:00 p.m. to 11:00 p.m.

Friday May 18

Annual Donna Kidd Award to honor an outstanding senior volunteer

Please call JAAA at 785-235-1367 to order tickets for the Senior Prom, or for more information on the other exciting events we have planned to celebrate and honor our Older Americans!

Thank you for your support of Jayhawk Area Agency on Aging, Inc.!



A couple enjoys Senior Prom 2006 during Older Americans Month.

Jayhawk Area Agency on Aging, Inc. (JAAA) Guardian Angel program helps 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 designated to supplying items which will help JAAA's low-income senior clients remain independent!



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



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