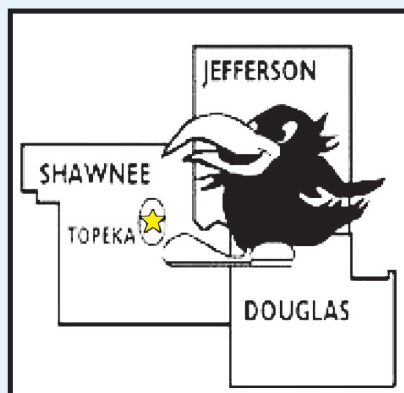


# Amazing Aging!

**For Seniors and Those Who Love Them**

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

## WINTER 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**

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# A Message from the Board Chair

## ‘Changes’

In my last letter, I spoke of the move for Jayhawk Area Agency on Aging and all the preparations being made for our new location at 2910 SW Topeka Blvd. It seems like just yesterday that we were eagerly awaiting the changes ahead—the new location, better, more accessible parking, more privacy for consultations, and more opportunities for our seniors. Thanks to the help of several organizations and the contributions of time, talent and treasure from many individuals, Jayhawk Area Agency on Aging is firmly planted in our new Center for Senior Independence. Thank you to all who worked so hard to make it happen! Now that we are settling in to our new, beautiful building, it's hard for all of us to remember the way it used to be. We're more than ready to roll up our sleeves and keep working on making changes for seniors in our community—to maintain independence and dignity for all who need help.

*And speaking of change...*

The national and local elections have shown us all that our country is facing significant changes—not only in the way of leadership but also in the ways in which we will all address the needs of Americans aged 50 and older. In a recent study conducted by the University of Kansas Dept. of Sociology, the numbers of seniors in Kansas will increase at a staggering rate. By the year 2030, the largest single population category in our state will be men and women over the age of 75. In that same timeframe, for every ten people that Kansas gains between now and 2030, nine of them will be over 65 years old. Add the Democratic takeover of the

House and Senate, and it's clear that the times—or, at least the focus on issues—are changing in our nation. The election results clearly show that health care concerns and Social Security were issues that were high on the list for baby boomers and their parents. There will likely be a lot of work to push the new Congress to address measures to make drugs and health care coverage more affordable, to give consumers better choices and helpful health care information, and to strengthen our retirement programs for the long run. As the state ages, the focus toward these issues will become much stronger. JAAA will continue to provide you with the most up to date and accurate information regarding any legislation that affects you and those seniors you love, as well as continuing to advocate on behalf of those we serve. Our promise to you is to keep our mission in mind at all times, with everything we do.

Medicare Part D Enrollment is upon us again, and Jayhawk Area Agency on Aging is ready to answer questions and help you make the best, most informed decisions regarding your coverage. Enrollment began November 15<sup>th</sup> and will continue to December 31<sup>st</sup>, but we highly recommend that you make

any changes by mid-month to avoid any possible delays. We have highly trained staff and volunteers ready to assist you with this important decision. Even if you are happy with your current coverage, give us a call. There may be options available to you that will make a difference in your coverage. We'll sort through all the information and help you make the best decision for you.

With a new year quickly approaching, we are all very aware of all the changes ahead. But we at JAAA will continue to do what we've been doing for over 30 years—to advocate on aging issues, build community partnerships and implement programs within Shawnee, Jefferson, and Douglas Counties to help seniors live independent and dignified lives. It is what we do best. And it's one thing that will never change.

Sincerely,



Tom Ryan  
Board Chair,  
Jayhawk Area Agency on Aging

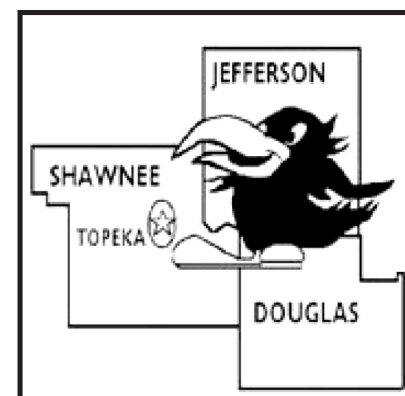
- Amazing Aging is a quarterly publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 4,500+

You are encouraged to write us at:

Jayhawk Area Agency on Aging, Inc.  
2910 SW Topeka Blvd.  
Topeka, KS 66612  
(800) 78-1366 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.



# Five or more a day the easy way

It's easy to get 5 to 9 servings of fruits and vegetables into your diet every day. Just remember to think color!

- Toss fruit into your green salad for extra flavor, variety, color, and crunch.
- Expand your palate and your palette with green, red, orange, yellow, and purple peppers.
- Think frozen! Frozen fruits and vegetables are just as healthy as fresh, and they're ready when you need them.
- Save time with pre-cut vegetables and salad mixes.

- Add apples, raisins, or pineapple chunks to deli salads like chicken, tuna, or pasta.
- Add frozen mixed vegetables to canned or dried soups.
- Make a quick smoothie using frozen fruit.
- Keep an easy-to-grab, pre-washed bowl of fruit on the counter.

### Healthier Choices

Here are some smart substitutions to keep in mind when dining — at home or at a restaurant:

## Recipe: Strawberry-Cran Cooler

*A refreshing and thirst-quenching drink to satisfy even the youngest.*

**Preparation time:** 10 minutes or less

Servings: 4 - 10 oz..

5 A Day servings: 1 ½.

### Ingredients:

- 2 ½ cups fresh or frozen sliced strawberries, reserving 4 slices or whole berries for glass decoration
- 2 cups chilled cranberry juice drink
- 4 tbsps. honey
- ½ cup ice
- ½ cup ginger ale

1. Combine strawberries, cranberry juice, and honey in blender and run on HIGHEST speed to puree strawberries. Once berries are smooth, and while

blender is running, add ice and allow to blend until smooth.

2. Remove from blender base; add ginger ale. Stir briefly, pour into chilled glasses and decorate with a whole strawberry or slice on the rim of the glass. Serve immediately and enjoy.

### Nutritional Information per Serving

- Calories: 200
- Total Fat: 0g
- Saturated Fat: 0g
- % of Calories from Fat: 0%
- Protein: 1g
- Carbohydrates: 53g
- Cholesterol: 0mg
- Dietary Fiber: 3g
- Sodium: 10mg

**Credit:** Recipe developed for the Produce for Better Health Foundation by Chef Carmen I. Jones, CCP.

### When You're At Home...

Choose	Instead of
100% juice	Soda or coffee
Dried fruit or veggie snacks	Chips, candy, or cookies
1/2 cup applesauce for baking	1/2 cup oil
Fruit sorbet	Ice cream

### When You're Eating Out...

Choose	Instead of
Portobello mushroom burger	Ground beef burger
Plain baked potato	French fries
Leafy green salad	Pasta salad
Fruit-based desserts	Cakes or sweets

Source: [www.5aday.org](http://www.5aday.org)

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# Kansas Area Agencies on Aging Association announces 2007 public policy goals

The Kansas Area Agencies on Aging Association (K4A) represents the 11 Area Agencies on Aging (AAA) in Kansas that collectively serve all 105 counties in the state. The AAAs provide assessments for community-based and facility-based services, information, care management and many other services for Kansas seniors. In Kansas, AAAs are the “single point of entry,” coordinating the delivery of publicly-funded community-based services. The Area Agency on Aging system is federally, state and locally funded and locally administered. Consequently, service delivery/decisions are made in the community, the level closest to the seniors needing services.

The Area Agencies on Aging in Kansas are part of a national network of 655 AAAs established by Congress in the Older Americans Act of 1965. The Area Agencies on Aging carry out their federal mandate as “the Leader” on aging issues at the local level. The Kansas Area Agencies on Aging Association works to improve services and supports for all older Kansans and their caregivers.

**To meet the needs of Kansas seniors and to accomplish K4A Legislative Policy Priorities K4A urges:**  
**Legislation:**

- **Legislation to establish a program through which unused prescription drugs (from nursing homes, home health agencies, hospice, etc.) may be distributed for use by medically indigent persons.**

- **Legislation to exempt purchases made by the eight not-for-profit Area Agencies on Aging from sales taxes.**

**Budget:**

- **K4A urges continued full funding of Home and Community Based Services for the Frail Elderly waiver (HCBS-FE) in FY 2008.**

The HCBS-FE waiver program prevents the premature institutionalization of Kansas’ senior population. Senior services should be based on the functional needs of the senior. By keeping seniors in the community as long as possible, last year, the waiver program saved the state 60 percent over the cost of institutional care.

- **K4A recommends full funding of the Senior Care Act and urges funding of preventive services under the Senior Care Act.**

The area of preventive services was amended into the Senior Care in 2005 but no funding was added for these

services. It is time that the State of Kansas sees the importance of investing in preventive health and disease management for seniors. Programs that promote healthy aging have been documented to provide a better quality of life for the senior and reduced health care costs for the state.

- **K4A urges the inclusion of oral health services under the HCBS-Frail Elderly Waiver; to include the provision of dentures to HCBS-FE customers.**

- **K4A recommends the addition of enhanced case management in Kansas hospitals.**

The enhanced case management pilot has shown significant improvement in support coordination and keeping seniors and those with disabilities in the community with services instead of receiving nursing home care.

- **K4A urges the promotion of employment programs and policies that meet the needs of older workers.**

**K4A urges changes in the state Workforce Investment Act guidelines to address the special needs of older job seekers, and to increase funding of the Older Kansans Employment Program (OKEP).**

We would appreciate the opportunity to discuss these issues with you. Inquiries may be directed to: Craig Kaberline, Executive Director, e-mail: k4aed@hotmail.com, Kansas Area Agencies on Aging Association, website: [www.k4a.org](http://www.k4a.org), (785) 267-1336

**Legislation Supported**

- K4A supports the Oral Health of

Kansas legislative initiative to expand upon the extended care licensure to include more senior focused sites in addition to the current site of nursing homes.

- K4A supports the Silver Haired Legislatures initiative for adding three long-term care ombudsmen.

Remember when doctors  
made house calls?  
Wish you could get that level of service for  
yourself or someone you care about?

**YOU CAN**

with the

**Kansas Rehabilitation Hospital  
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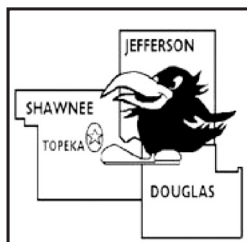


If you or someone you know has

- Increased Falls
- Decreased Strength/Endurance/Balance
- Trouble walking
- Difficulty with daily activities like bathing
- Recent hospitalization without therapy

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On Aging, Inc.**

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Part D Questions

We Can Assist You:

- ✓ To sign up for Extra Help
- ✓ Part D Plan Comparisons
- ✓ Enrolling in a Part D Plan
- ✓ Home Visits Regarding Your Part D Questions

Call Janell at  
(785) 235-1367 TODAY!



## Congressman's Corner

# Be aware of Medicare Part D enrollment period and changes

By Rep. Dennis Moore  
3rd District

With the 2007 Medicare Part D open enrollment period now in full swing, Medicare beneficiaries should be aware of the opportunities that open enrollment offers, as well as how new changes to Part D plans might affect their coverage.

During the open enrollment period, which began on November 15 and lasts until December 31, 2006, Medicare beneficiaries who are not currently enrolled in a Part D plan can enroll in one, and those who are currently enrolled can change plans. Part D beneficiaries who decide to take no action will remain in their current plan, with some exceptions for individuals who receive a low-income subsidy. Since Part D plans may, however, change their lists of covered drugs, premiums, and exceptions and appeals processes, even those beneficiaries who were satisfied with their plan in 2006 should review their current drug coverage and reevaluate their options for 2007.

Beneficiaries should also be aware of the pitfalls associated with the coverage gap called the "donut hole," which requires beneficiaries whose total drug costs reach \$2,250 to pay 100 percent of prescription costs until they spend \$3,600 of their own money. Unfortunately, this is not an isolated occurrence, as nearly 3 million beneficiaries have already fallen into the "donut hole" this year. This is why beneficiaries should seriously consider those

plans that offer coverage through the gap.

To assist beneficiaries who are looking for a new prescription drug plan or are simply reviewing their options, J.D. Power and Associates, a consumer research organization, has provided a six step process that beneficiaries can use to improve the chances they will find the plan that is right for them.



Rep. Dennis Moore

1. Review what kind of prescription drug coverage you have now;
2. Determine what plans you can afford or if you are eligible for financial assistance;
3. Take a look at the prescription medications you are taking;
4. Narrow down the list of drug plans available;
5. Once you have narrowed down the list, speak with a representative of each plan;
6. Find out what pharmacies you can use as part of the plans you're comparing.

Following these six steps will help beneficiaries compare plans, under-

stand what rate changes will be, and find out which plans cover their medications. Knowing the answers to these questions will help beneficiaries make an informed decision about which plan is right for them.

For more information on this year's open enrollment period, drug plan changes, and enrollment procedures, please call the Kansas Department on Aging's Senior Health Insurance Coun-

seling for Kansas program at 1-800-860-5260, or call 1-800-MEDICARE or visit [www.medicare.gov](http://www.medicare.gov).

Jayhawk Area Agency on Aging, Inc. can also be enroll seniors in the Medicare Part D program at 2910 SW Topeka Blvd. in Topeka. Call (785) 235-1367 for more information.

- Rep. Dennis Moore, a member of the U.S. House of Representatives, represents the 3rd District in Kansas.

## 'Explore Your Options' booklets now available at JAAA

The 14<sup>th</sup> 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

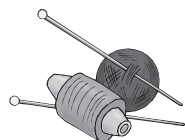
home can be a great comfort.

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 800-798-2799 or 785-235-1367.

Explore Your Options Guide is also available on-line at [www.agingkansas.org](http://www.agingkansas.org).

### Do you like to knit?



Join JAAA's Knitter Club! Knitting hats for the Head Start kids, our group meets periodically at the JAAA offices. Come join us for good conversation and knitting! For more information, call Janell at 235-1367.



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# Kansas Legal Services

## *When Medicare coverage isn't enough*

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available at Jayhawk Area Agency on Aging!  
Call Janell today at 785-235-1367!**

## *Amazing Aging!* **Has a New Format!**



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for ad rates.***





## Jest For Grins

# Rx for Mom

*By Marsha Henry Goff*  
JAAA Board Member

"This is an example of really poor planning," I said to my ill mother. "You have four daughters and didn't get a nurse among us!"

I am SO not a nurse and the sad fact is that my sisters—Lesta, Bette and Vicki—aren't a bit better at ministering to the sick than I am. Although we try as hard as we can, our efforts look less like a documentary of Florence Nightengale's healing labors and more like a film entitled "The Four Stooges Do Medicine." I suspect that Mom secretly would like to call the hospital and plead, "Get me back there before they kill me!"

Her wish to do that was probably never stronger than when she heard me volunteer Lesta and myself to learn an invasive medical procedure Mom temporarily requires. I missed a great Kodak moment by not having a camera at hand to snap photos of their respective faces—Mom's stony and Lesta's aghast. Within seconds, Lesta had withdrawn herself from the volunteer pool.

Later, I missed another great photo opportunity when I suggested that I might practice the procedure on Lesta and Vicki. Vicki's eye's grew as big as saucers. Currently suffering from a slight limp, she exclaimed, "Oh, no! Mom and I are the only ones who can't

outrun Marsha!"

Except for Lesta's helpful suggestion that I practice on an orange—"Make that a navel orange," amended Vicki—I have been on my own in performing the procedure. Still, one sister or another does assist me by holding the flashlight. As for Mom, she grimaces and bears it.

When Mom's friend (and Vicki's mother-in-law) Kay came to visit the other day, Mom—presently taking so much medicine that her kitchen looks like a pharmacy—shared with Kay that, "they overdosed me."

While the statement was quite literally true, there WERE extenuating circumstances involving a lack of communication between Lesta and me. What I understood was that Mom wanted one form of calming medication and Lesta thought another would be a better choice. When I told Lesta to give Mom the pill that Mom preferred, I had no idea that she had already given Mom the other medication. A few minutes after swallowing the second pill, our mother was so relaxed that we could have bulldozed the house down around her without her noticing or caring.

The next day, Mom's oxygen was removed in order to get her up into a chair for a while. About 10 minutes after she was put back to bed, I went into her room and found the oxygen

nose-piece still lying on the bedside table. I hastily replaced it on Mom's face and, after ascertaining that she was no worse for the experience, told Lesta, "Mom has to be a lot tougher than we think or we would have killed her by now!"

So much of what my sisters and I know about medicine has been learned on the wrong side of a stethoscope. A nice clinical overview in an academic setting would have been vastly preferable to the force-feeding of knowledge we have received from doctors treating our mother in the midst of yet another health crisis.

Furthermore, we've had to become familiar with intimidating machines that we wish had remained a mystery to us. Vicki has never forgotten sitting by our mother's bed in an ICU unit after Mom suffered a heart attack many years ago. Vicki glanced anxiously at the monitor where the line graphing

heart function looked anything but normal.

Finally, Mom detected Vicki's concern and craned her own neck to see the monitor. "I've watched enough Trapper John, M.D. on television," Mom exclaimed with alarm, "to know that that's not right!" Both Mom and Vicki were greatly relieved to discover from the nurse who responded to their frantic call, that it was the monitor—and not Mom's heart—that was malfunctioning.

It may indeed have been poor planning on Mom's part not to steer a daughter toward a career in medicine, but she provided such a wonderful growing-up environment by simply loving us and allowing us to follow our own dreams that all four of us absolutely adore her. So have no doubts about it: if the prescription that will heal Mom is love, we can fill it—and keep refilling it—until she is well.

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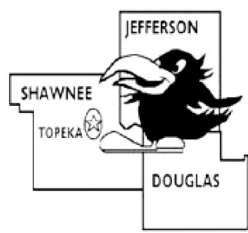
**785-233-4572 V/TTY**  
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# Caregiver's Corner

## PLEDGE FORM

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



***Here is my tax-deductible contribution.***

**Name:** \_\_\_\_\_

**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**
- ☐ **Capital Campaign**

**\* Contact Annette Thornburgh 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**
- ☐ **Annually**

**Thank you for your support!**

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





# Quiz Time

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

EASY

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

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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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