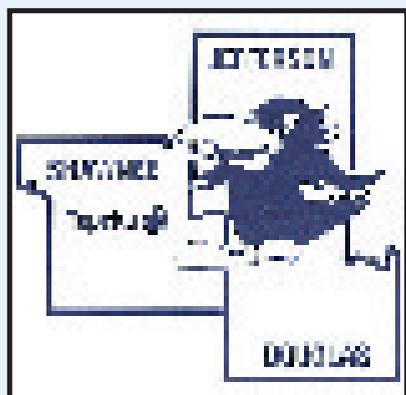


Amazing Aging!

For Seniors and Those Who Love Them

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

SUMMER 2008



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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If you do not want to be on our free newsletter mailing list, please give us a call

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 Email: annette_jaaa@hotmail.com

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A Message from the Board Chair

By Marsha Goff
JAAA Board Chair

Jayhawk Area Agency on Aging's "There's No Place Like Home" fundraiser was a rousing success. At Topeka's wonderful Great Overland Station, over 300 people enjoyed dancing and listening to The Kings of Swing and savored delicious hor d'ouerves catered by Aboud's. Secretary of State Ron Thornburgh served as emcee and one lucky lady won a beautiful Victorian dollhouse, crafted by Mr. James McHenry, Sr., to benefit our Guardian Angel Fund.

Attendees came from as far as Texas to dance while residents of Topeka's retirement communities—many in wheelchairs — tapped their feet to the music. As she was wheeled to the elevator, one elderly lady remarked, "I'm glad I came. I wouldn't have missed this for the world!"

Such words were music to our ears because "There's No Place Like Home" had a dual purpose: to provide guests with a fun-filled evening of delightful refreshments and toe-tapping music *and* to serve as a fundraiser for JAAA. This was our agency's first serious attempt to raise the funds we so badly need to fulfill our mission of enabling elderly individuals in Shawnee, Douglas and Jefferson Counties to remain in their homes where they are comfortable and content. It is a mission we take very seriously.

This year's success inspires us to make next year's event even more successful. Next May 6th, "There's No Place Like Home" again will be held at Great Overland Station. Topeka is fortunate to have such a beautiful historic facility and owes much to the visionary individuals who made its restoration possible. And JAAA is fortunate to have so many individual and corporate sponsors who contributed to the success of "There's No Place Like Home." Please look for the names of our contributors in our thank you ad in this issue of Amazing Aging.

I wish to thank Barney and Marge Heeney who served as honorary chairs of our "There's No Place Like Home" event. My thanks also to the following members of the committee: Jeanene Johnson, Jocelyn Lyons, Nancy Rogemuser, Martha Skeet, Beverly Thompson and Annette Thornburgh. While the committee was small in number, I have never chaired a committee where mem-

bers worked harder or more cheerfully to ensure a successful event. I am grateful that the committee has agreed to stay intact to plan an even greater event next year.

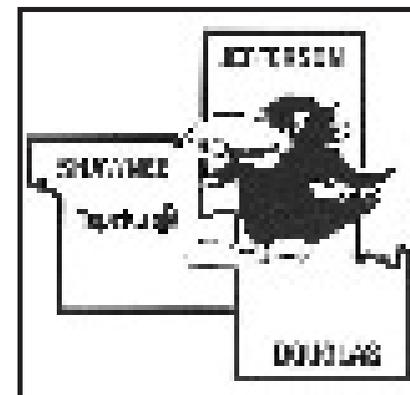
It's not too early to mark your calendar for 2009's "There's No Place Like Home." We promise you'll have a memorable evening while supporting a great cause!

- 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



Amazing Aging is a quarterly publication of Jayhawk Area Agency on Aging. Publishing of letters from readers, opinion columns or advertising does not constitute agreement or endorsement by this newsletter or Jayhawk Area Agency on Aging.

Jayhawk Area Agency on Aging does not discriminate on the basis of race, color, national origin, sex, age, or handicap. If you feel you have been discriminated against, you have a right to file a complaint with the Agency. In accordance with ADA regulations, every effort will be made to accommodate people with disabilities. If you need special assistance, please call **Jocelyn Lyons** at Jayhawk Area Agency on Aging, Inc.

Congratulations to 2008 Donna J. Kidd Award Winner Virginia Tevis

A retired nurse, Virginia has always felt the call to volunteer, sharing her expertise in medicine with friends and family in order to help others. "She strives to make others welcome and is always willing to help," said JoAnn Mzhickteno, member of the Shawnee County Advocacy Council on Aging:

Appointed to the Shawnee County Advocacy Council by the Shawnee County Commission in January of 2000, Virginia assists with the County Service Program for the Elderly that provides funding for 16 agencies, supporting 20 programs.

Virginia is a member of the Grant Re-



view Committee, responsible for awarding grants of approximately \$600,000 annually. Each council member is responsible as a liaison to one of the funded agencies. Virginia is the liaison for Let's Help."

Given in conjunction of May as Older Americans Month, The Donna J. Kidd Award is based upon outstanding advocacy and service for seniors in recognition of someone who is "Making a Difference". Donna Kidd

was the first Executive Director for the Jayhawk Area Agency on Aging and served in that position for twenty years.

Past Recipients of the Donna J. Kidd Award:

2005: Estel Fyne

2007: Pete North

2006: Cyrene Holt

2008: Virginia Tevis



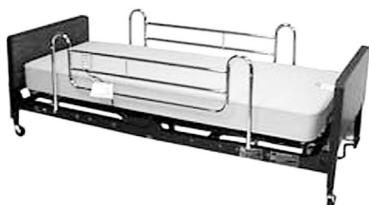
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While it may be a long way from Mainz, Germany, Sonja Hempel has made herself right at home at Jayhawk Area Agency on Aging (JAAA). "I don't know what I'm going to do when Sonja leaves, says April Maddox Case Management Supervisor with JAAA. She's become dispensable to me."

In addition to observing April's duties at JAAA, Sonja attends numerous community meetings such as PARS (Prevention and Recovery Services and the Task Force on Hoarding and also spends time at Lexington Park Retirement Community. Agencies such as Midland Hospice, Valeo and Safe Streets have been interviewed by Sonja. A highlight of her time at JAAA has been accompanying case managers on their visits to senior clients who Sonja describes as "so charming."

After studying two years at the Catholic University of Applied Sciences (Katholische Fachhochschule Mainz), Sonja elected to travel to Topeka for an internship. Traveling to the middle of America was made easier by the fact that Sonja's younger sister Nadja was

an exchange student at Topeka High School in 2004. Nadja's host family, Doug and Paula Jacobs, were happy to host Sonja and even assisted in the selection of JAAA as her home agency.

When asked how Americans differ from Germans, Sonja laughs and says that Americans are "much more laid back and never on-time." April hopes to visit Sonja in Mainz someday and find out if that fact is true.

Sonja has enjoyed her time in America and has learned a lot through the variety of trainings, task forces and community agencies she's observed. Her experiences have given Sonja a good picture of the social healthcare system of America, which differs from Germany where everyone is insured under a national system.

After leaving JAAA the end of July, Sonja will have a chance to tour other parts of the USA before returning to Mainz this fall. In addition to producing a paper on her experiences in America, two more years of social work training await. Upon completion of her studies,



Left to right: Sonja Hempel and April Maddox

Sonja hopes to work with incarcerated persons with mental disorders and their families.

Jayhawk Area Agency on Aging

wishes all the best to Sonja Hempel as she continues her education in Germany!

GERMANY AT A GLANCE

FACTS AND FIGURES:

Inhabitants

With 82.3 million inhabitants (of which 42.0 million are women) Germany has the largest population of any EU member state.

Health

Almost all Germany's inhabitants have health insurance (88% on statutory and just under 12 % in private insurance schemes).

Social security

Germany has an elaborate network of social security systems (pension, health, healthcare and unemployment insurance), financed in equal measure by employees and employers alike.

Economic prowess

Germany is the largest economy in the European Union and the third largest in the world.

Facts about Germany

On the Internet with additional facts and information

www.facts-about-germany.de

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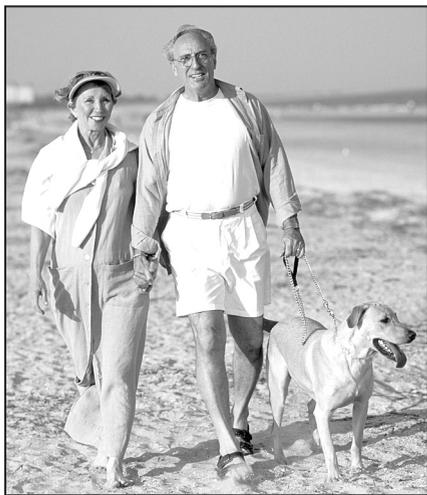
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Jest For Grins

The flora and fauna of our space spared by husband's saving grace

By Marsha Henry Goff
JAAA Board Chair

Ladies and gentlemen. Boys and girls of all ages. Come see husband Ray's magnificent horizontal tree! It's true. The leafy branches of the tall old hackberry that once brushed the sky are now hugging the ground . . . and have been for the past 3 years. Toppled by a windstorm, the tree continues to leaf out each year and — operating on the same principle that won't allow him to destroy any sick animal that's making an effort to live by eating — Ray won't remove the tree until it quits greening up each spring.

For the most part, Ray likes to let nature have its way. Is larkspur coming up in the wrong place? Hey, if it wants to grow there, Ray's content to let it be. On the other hand, if he decides he wants a shade plant -- say hosta -- to grow in a sunny spot, he sees no reason why it shouldn't thrive. And it usually does. Our friend Alice, a master gardener, saw where Ray had planted our first hosta and said, "You'll have to move that or it will die."

That was about seven years ago and the hosta is doing well ... so well that Ray has planted three more hostas next to the original plant. They have taken

their marching orders from the mother plant and seem to be enjoying life in the sun.

Ray loves to plant flowers, but trees are a close second and -- while he has planted sycamores (my favorite), Bradford pears, redbuds, maples and others commonly seen in the Midwest -- he loves to grow unusual trees like tamarisks, redleaf birches, white fringes and cypress. He's especially fond of a crooked tree named Harry Lauder walking stick and several trees of that variety dot our landscape. We also have a champion umbrella tree, a gift to Ray from coworkers almost a decade ago. It attracts the big yellow and black striped worms with horns on their tails that scared the daylight out of my mother when they adorned the umbrella tree that once lived in my parents' front yard.

The cool thing about all trees is the multitude of birds that nest and rest in them. Bluebirds favor the boxes Ray has wired to the wild cherry trees (I suspect they also fancy the cherries) that form a line along the western side of our property, while the cardinals, bluejays and bright little goldfinches prefer to sit in the birches just outside my office window. I've seen no nests in the birches, but hummingbirds have built two tiny nests in bushes, one in

spirea, the other in holly.

Last summer, a couple of swallows built a nest on top of one of the porch lights on our deck. While the mud nest was interesting -- it looked as though it had been crafted on a potter's wheel -- I would have evicted them in a heartbeat. Not so Ray. Sure, they were fun to watch, especially when the three baby birds, scrawny and featherless, emerged from their eggs with wide open beaks demanding sustenance. Both parents were worn to a frazzle foraging for food and cramming it down their hatchlings' demanding throats.

My main objection to the swallows nesting on the porch light was the mess on the deck underneath the lamp. The amount of poop generated by five birds is considerable and it is NOT my idea of fun to utilize a paint scrapper to remove bird doo. Fact is, bird doo sticks better to wood than paint does, which makes me wonder if it would be a good additive to exterior paint on hard-to-keep-covered-with-paint surfaces like the fence that supports one of our rosebushes.

While Ray's loathing of snakes lurking in tall grass spurs him keep our entire acreage mowed, he will — as a favor to me when autumn approaches — cease mowing a couple of large patches of native grasses that turn red in winter. The red grass sticking up

through the snow provides a lovely contrast.

The high grass under our deck once attracted quail, but Ray now keeps it mowed short and the skittish quail prefer the taller grass in the pasture next door. Turkeys, however, are not bothered by the lack of cover and are frequently spotted under the deck gobbling up the sunflower seeds that fall from the bird feeders. So do pheasants, a gift from the hunting preserve up the road from us. We delight in watching "the prey that got away" strolling through our yard.

Except for discouraging visits by snakes, Ray has done everything he can to make our property critter friendly -- even for raccoons, although that wasn't his intention. I only hope the critters enjoy our presence as much as we do theirs!

- Marsha Henry 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.



CELEBRATE!

The Governor will send a letter to those reaching their 80th birthday or couples celebrating their 50th wedding anniversary. Include the accurate spelling of the person's name, salutation (Mr., Mrs., or Ms., etc), age, birth date, and complete mailing address of the recipient. Allow several weeks for processing and mailing.

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Governor Kathleen Sebelius
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Topeka, KS 66612-1590
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Caregiver's Corner

Downtown Café site of new voucher meal program

Jayhawk Area Agency on Aging, Inc. (JAAA) and Meals on Wheels of Shawnee and Jefferson County have begun a voucher meal program to be offered at the Downtown Café, 522 Liberty in Oskaloosa. The value of the voucher at the café is \$5.50. Eligible participants have the opportunity to utilize one voucher daily to dine at the café between the hours of 6 a.m. and 3 p.m.

"We are pleased to be partnering with Meals on Wheels to bring this program to Oskaloosa," said Jocelyn Lyons, Team Management Leader for JAAA. "While meal vouchers are common in other parts of America, it is a fairly new concept to Kansas."

In order to receive a voucher, customers need to pre-register at the Jefferson County Health Department or the Jefferson County Service Organization. At that time a temporary ID card will be issued along with program instructions.

Pre-Register for new meal vouchers at the following locations:

Jefferson County Health Dept
1212 Walnut - Hwy. 59,
Oskaloosa, KS, (785) 863-2447

Jefferson County Service
Organization 610 Delaware
Oskaloosa, KS, (785) 863-2637

The voucher program is available to individuals 60 years of age or older and is funded in part through the Older

Americans Act. Eligible participants are given the opportunity to contribute toward the cost of the meal.

Meals on Wheels is partially funded by Jayhawk Area Agency on Aging, Kansas Department on Aging, Jefferson County, United Way of

Great Topeka and client contributions.

For more information please call:

Jayhawk Area Agency on Aging, Inc.
(800) 798-1366

Jefferson County Health Department
(785) 863-2447

Jefferson County Service Organization
(785) 863-2637

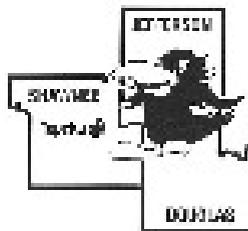
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7	8	1	4	3	6	5	8	2
2	9	5	7	3	8	4	6	1
2	8	4	3	1	2	9	5	7
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5	4	2	9	7	3	6	1	8
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Jayhawk Area Agency on Aging, Inc. is a 501(c)3 non-profit organization

Kansas Senior Spelling Bee

The 2nd annual Kansas Senior Spelling Bee will be held **Friday, October 3, 2008**, at the Salina Bi-Centennial Center from 9:30 to about 11:30 a.m. First prize is a trip to the national contest in Wyoming.

Anyone 50 years or older is eligible. The contest resembles the Scripps youth contest with easier words and assistance for people needing help hearing or writing. There is a written contest of 50 words followed by 15 finalists participating in an oral contest to select the winner.

Salina held a contest in 1999 then all of Saline County was included and their contest continues today. In 2006, people from 18 counties participated at the Senior Fair in Salina

People participate in senior spelling bees for the challenge, to relive memories of when they were young, to show

their kids they can do it, for bragging rights and mainly for FUN.

Deadline to register for the 2008 contest is September 10, 2008. (\$5 Registration Fee)

Please contact:

Chrystal Brunner
 Director of Salina Senior Center
 245 North Ninth
 Salina, KS. 67401
 785-827-9818 Ext. 13

or

Linda Borden
 Volunteer Facilitator
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 1126 Hilltop Drive, Lawrence
 Email: harborhouse@smid.com

Harbor House Memory Care Open House

What is a Medicare Savings Program?

Do you want an extra \$1200 a year in your pocket?

These are programs that help millions of people with Medicare save money each year. States have programs for people with limited income and resources that pay some or all of Medicare's premiums and may pay Medicare deductibles and coinsurance.

Kansas offers the following programs:

- **Qualified Medicare Beneficiary (QMB)**
- **Limited Medicare Beneficiary (LMB)**
- **Expanded Limited Medicare Beneficiary (ELMB)**
- **Medicare Part D Subsidy**

Medicare Savings Programs pay for Medicare Part A, Part B and/or Part D premiums, deductibles, and copayments.

How do I know if I qualify for a Medicare Savings Program?

If you can answer YES to the following 3 questions, you should apply for public funding to pay your Medicare premiums.

1. Do you have Medicare Part A, also known as hospital insurance?
2. Are your annual resources at or below \$4,000 for an individual or \$6000 for a married couple? Or for Part D subsidy only, are your resources below \$10,490 for an individual or \$20,970 for a couple? Resources include money in a checking, savings or CD account, stocks and bonds. When you count your resources don't include the house you live in, your car or household items.
3. Is your income at or below the income limits listed in the table at right?

WILL SRS TAKE MY HOME IF I APPLY FOR MEDICARE SAVINGS PROGRAM?

NO

Your home and your assets will not be touched by SRS if you only receive public funding from the Medicare Savings Program.

SHOULD I APPLY?

Even if your income or resources are higher than the amounts discussed, you could be eligible for the Medicare Savings Program.

If you are on a fixed income, the Medicare Savings Program could save you money to spend for your other needs.

WHERE DO I CALL OR GO?

For more information, questions, or to apply for a Medicare Savings Program, call or visit your local SRS Service Center. Call 1-888-369-3777 for the nearest SRS Service Center, or visit <http://srskansas.org/locations.htm>

Medicare Savings Program brochures and application forms are also available at Jayhawk Area Agency on Aging.

Please call 785-235-1367 or 800-798-1366 to have a form sent to your home, or if you have questions.

Medicare Savings Program	Individual Income Limit	Married Couple Income Limit	The Medicare Savings Program Will Pay For:
Qualified Medicare Beneficiary (QMB)	\$1,000	\$1,500	Part A, Part B, Part D, Medicare deductibles and coinsurance
Limited Medicare Beneficiary (LMB)	\$1,000	\$1,500	Part A, Part B, Part D, Medicare deductibles and coinsurance
Expanded Limited Medicare Beneficiary (ELMB)	\$1,000	\$1,500	Part A, Part B, Part D, Medicare deductibles and coinsurance
Medicare Part D Subsidy	\$1,000	\$1,500	Part D premium, copayments, and coinsurance

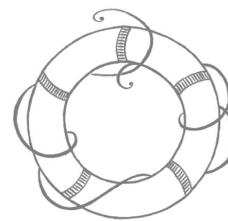
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Seat Vacant

Join our Team!

If you have a passion to help older persons and persons with disabilities live with dignity and choices in their homes and communities please consider joining our team at Jayhawk Area Agency on Aging.

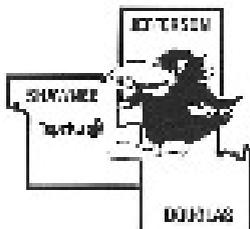
The JAAA Board of Directors and Advisory Council are essential components of the Area Agency, which serve as sources of leadership and community support. However for the Board and Council to function effectively, a distinction must be made between them.

A Board of Directors is a governing body, appointed to establish policy for the AAA and to develop procedures for carrying out those policies. Advisory Council offers advice

and recommendations to the Board and Agency staff to help them accomplish their goals and implement policies and procedures. A council has no official governing power, and its authority is derived from its ability

to enhance the expertise and understanding of Board officials with respect to needs, services, problems, and opportunities to improve service delivery to older persons.

The Jayhawk Area Agency on Aging currently has vacancies on the Advisory Council and Board of Directors. For more information, please call Barbara Swinney at 800-798-1366 or 235-1367 or check out JAAA's web site at www.jhawkaaa.org



Did You Know??

The value of the services family caregivers provide for "free" is estimated to be \$306 billion a year. That is almost twice as much as is actually spent on homecare and nursing home services combined (\$158 billion).

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.

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

MEDUM

Solution on page 15

JAAA Advisory Council

Douglas County

Robert Carnahan,
Lawrence, KS

Vacant Seat

Vacant Seat

City of Lawrence

Gary D. Hale,
Chair
Lawrence, KS

Emily Donaldson
Lawrence, KS

Jefferson County

Lynn Luck
Oskaloosa, KS

Mel Gray,
Perry, KS

Larry Martin
Valley Falls, KS

Shawnee County

Lois Long
Topeka, KS

Nina Skidmore
Topeka, KS

Carol De Groff Sook
Tecumseh, KS

City of Topeka

Beverly Thompson
Topeka, KS

Noda Preston
Topeka, KS

Beverly Cushinberry
Topeka, KS

City of Oskaloosa

Ann Hundley
Oskaloosa, KS

Archdiocese Area Agency on Aging sincerely thanks contributors to our "There's No Place Like Home" fundraiser

Thousand Oaks, CA (North - \$1,210.50) (10)

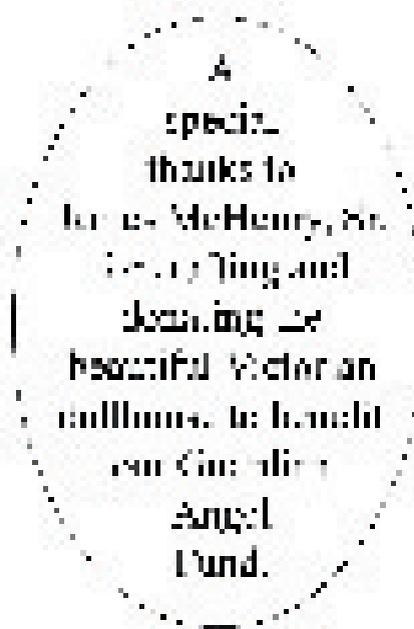
Aboud's Catering (in kind)
The Barn Bed and Breakfast
Cayce Estate

Archdiocese Sacramento (\$4,000.00) (10)

Cumulus Radio (in kind)
KPCA-TV (in kind)
Pace West
The World Company
Topska Capital-Journal (in kind)

Charmagnee Lane (\$100.00) (10)

AAA Allied Frame
Dorinda Place
Susan H. and Kent D. Carraghouse
Hemat Custom Operations, Inc
Martha Henry Goddard "Ray Girl"
In Memory of Gene S. and L. Low Henry
Kaiser Health Care Association
Michael E. Keehan
Syst. Quality, William Barnes & Keenan, LLC
Trudy Lyons
Dorrell Gabe
Kuechholz Security



Charmagnee Lane (\$100.00) (10)
continued

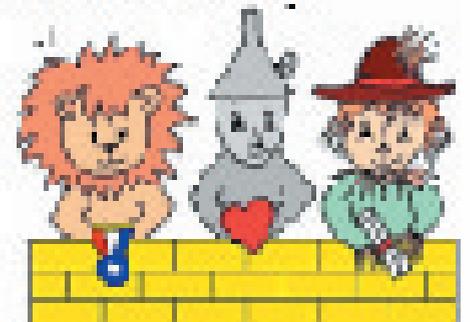
Gary and Martha Klein
Beverly and Emma Thompson, Sr.
Carol Tihen
Tilman & P. Inc. CHID

Charmagnee Lane (\$100.00) (10)

Shirley Bilzer
Martin Brown
Carol J. Dewler
April Maddox
Marlene Kuhnert
Round Corner Drug and Cheese

Shop (in kind)

Wanda Skidmore
Carol and Kenneth Sank
Irene B. Stuckman
Debra Swinney
Lawrence L. Tenapir
Ran and Annette Thompson of
Lynn's



Your generosity and love shines in Shavano, Douglas and Jefferson Counties as seniors in their homes were able to enjoy the comforts and comfort. They thank you and so do we.