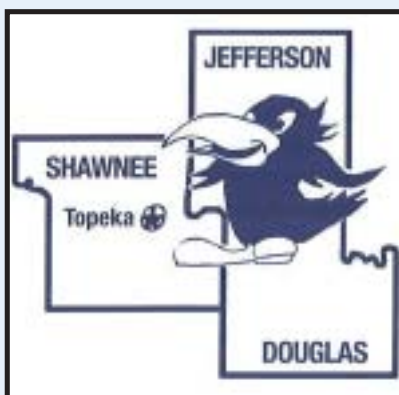


Amazing Aging!

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

FALL 2009



Our Mission

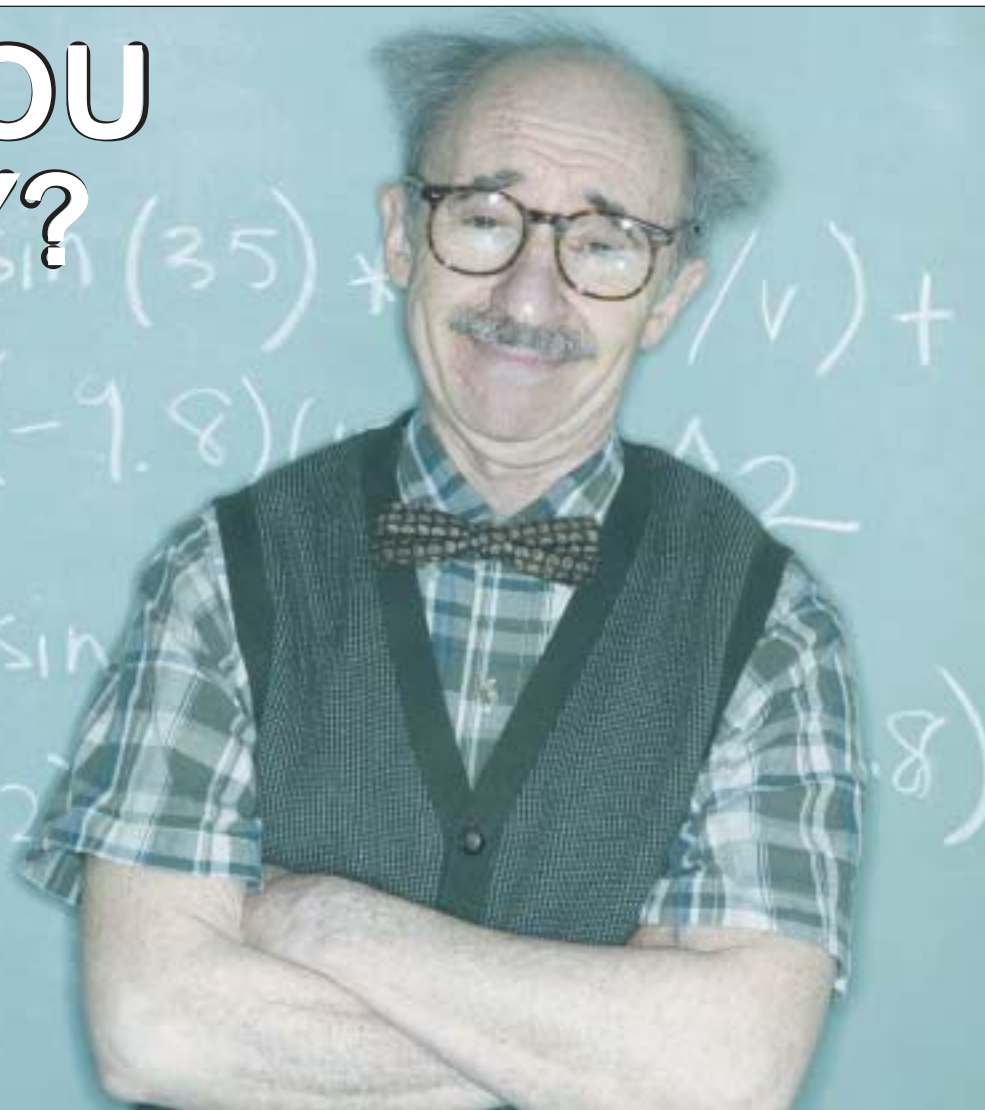
Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- 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

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

ARE YOU READY?

Jayhawk Area Agency on Aging
is here to help
you navigate the
Medicare
Part D Maze.



INSIDE THIS ISSUE:

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Visit us online at www.jhawkaaa.org

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2910 SW Topeka Blvd
Topeka, Kansas 66611
Phone: 785-235-1367
Fax: 785-235-2443
Email: annette_jaaa@hotmail.com

A Message from the Board Chair

Support our community-based aging programs helping seniors with Medicare Part D

Between November 15—December 31 each year, those with Medicare can make changes to their Medicare health or prescription drug coverage.

The need to provide enrollment assistance and one-on-one counseling on the Part D prescription drug benefit

cannot be overstated. Older adults and their families have turned to Jayhawk Area Agency on Aging for help since the Medicare Part D initial enrollment period in 2005.

Aging professionals have big hearts but their agencies and programs have

very thin wallets and already over-worked staffs. While experiencing great success assisting individuals, JAAA also feels the strain on other critical support services, staff and technology due to a lack of any dedicated funding to perform these efforts from the Centers for Medicare and Medicaid Services (CMS). Consequently, with the exception of a small number of one-time grants, JAAA has had to assume the extensive costs of providing this assistance within our existing resources that are already stretched thin.

I commend JAAA and other agencies in the aging network with the excellent job they are doing providing this worthwhile community service and call upon policy makers to dedicate funding that will allow the aging network to maintain the staff and commit the

Older adults and their families have turned to Jayhawk Area Agency on Aging for help since the Medicare Part D initial enrollment period in 2005.

Medicare Open Enrollment Begins November 15th *Plans Change. You change. Shop and Compare.*

There are four ways to review and compare plans:

1. **Call 1-800-MEDICARE (1-800-633-4227, TTY 1-877-486-2048).** 24-hour help is available from trained Medicare representatives.
2. **Visit www.medicare.gov.** Compare costs, coverage and more. Get an estimate of your out-of-pocket costs for the year.
3. **See the listing of plans in your Medicare & You handbook** and information sent to you by your plan.
4. **Talk with local Medicare experts** such as Jayhawk Area Agency on Aging 785-235-1367 or your State Health Insurance Assistance Program (SHIPs) 800-860-5260.

People with Medicare should also be aware of Medicare fraud and identity theft. To help protect Medicare beneficiaries when speaking with plans and others about their Medicare prescription drug coverage, Medicare urges them to protect their Medicare number as they would their credit card information. People with Medicare should not give their information to anyone who comes to their home (or calls them) uninvited selling Medicare-related products. If you or someone you love is not sure if a provider is approved by Medicare, simply call 1-800-MEDICARE.

Important Medicare Enrollment Dates:

Nov 15—Open Enrollment Begins

Enroll as soon as possible – the sooner the better – to avoid any inconvenience at the pharmacy counter in January.

Dec 31—Open Enrollment Ends

Jan 1—Coverage Begins

This message brought to you by the U.S. Department of Health & Human Services

CORRECTIONS

Two ads in the Spring 2009 issue of Amazing Aging! had old addresses for the advertisers.

Advanced Homecare is now located at 2851 Iowa St. in Lawrence, while Canada Drug of Topeka is now located at 5938 SW 17th St. in Topeka.

New Secretary of Aging and Long- Term Care Ombudsman Named

In August, Governor Mark Parkinson named Martin “Marty” Kennedy as the Acting Secretary of Aging. Kennedy replaces outgoing Secretary Kathy Greenlee who became the Assistant Secretary for Aging at the U.S. Department of Health and Human Services.

Governor Parkinson has also named Belinda Vierthaler (VEER’ –thay –lur) as the state’s Acting Long-Term Care Ombudsman. Vierthaler replaces former Ombudsman Gilbert Cruz who resigned in June 2009 to enter the private sector.

Kansas Legal Services

712 S Kansas Ave Second Floor
Topeka KS 66603
Phone: 785-354-8531

New Location:

600 Lawrence Avenue, Suite 1E
Lawrence, Kansas 66049
Phone: 785-838-3401

www.kansaslegalservices.org

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 5,000

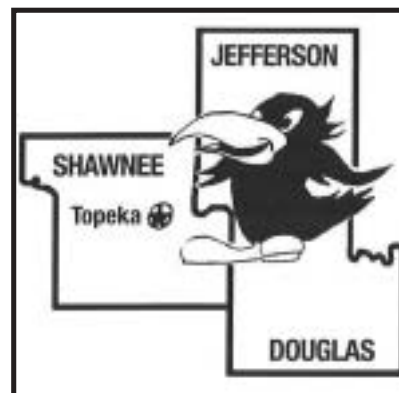
You are encouraged to write us at:

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.



JAAA's Benefit Dance Proves Swinging Success

Jayhawk Area Agency on Aging's Second Annual "There's No Place Like Home" fundraiser was another rousing success. At Topeka's wonderful Great Overland Station, over 300 people enjoyed dancing and listening to The Kings of Swing and savored delicious hors d'oeuvres catered by Aboud's.

JAAA was honored to have Kansas State Treasurer Dennis McKinney join us and serve as the evening's emcee. Topeka's Honorable Mayor Bill Bunten and wife JoAnn, enjoyed the evening and could be seen swirling around the dance floor. Once again, a beautiful Victorian dollhouse, crafted by Mr. James McHenry, Sr. was donated to benefit our Guardian Angel Fund.

"There's No Place Like Home" Dance has 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. Proceeds help fulfill our mission of enabling elderly individuals in Shawnee, Douglas and Jefferson Coun-



Duane Fager, signals the maestro to begin the 2009 "There's No Place Like Home Benefit Dance." Duane and his lovely wife Beth were Honorary Co-Chairs for this year's benefit.

ties to remain in their homes where they are comfortable and content. It is a mission we take very seriously.

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 at right.

Our Heartfelt Thanks to our "There's No Place Like Home" Generous Contributors

Over the Rainbow

\$5,000 to \$10,000

CoreFirst Bank & Trust

Tinman with a Heart

\$1,000 to \$4,999

Aboud's Catering (in kind)
The Barn Bed and Breakfast
(in kind)
Capitol Federal

Intelligent Scarecrow

\$500 to \$999

Cumulus Radio (in kind)
KTKA TV (in kind)
PRN Home Health & Hospice
Topeka Capital-Journal
(in kind)

Courageous Lion

\$100 to \$499

Advantaged Home Care
Shirley Biller
Blue Cross and Blue Shield
of Kansas

Marsha Henry Goff and
Ray Goff
In Memory of June S. and
L. Lew Henry
Heinen Custom Operations, Inc.
Marjorie and Barney Heeney
Kaw Valley Senior Monthly
Jocelyn Lyons
Marsha Ridinger
Round Corner Drug Store
(in kind)
Gary and Martha Skeet
Nina Skidmore
Ron and Annette Thornburgh
The World Company

Friendly Munchkin

Up to \$99

Atria Hearthstone (in kind)
Marian Brown
JAAA Staff
Marlene Hendrick
Kaw Valley Bank
Carol and Kenneth Sook
John B. Studdard

To place your ad in *Amazing Aging!*,
please call Kevin at 785-841-9417.



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- Free Delivery & In-Home Setup
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- We Bill: Medicare, Medicaid & Private Insurance



785-841-2200

2851 Iowa St. • Lawrence

24 Hour Emergency Service 1-800-827-9406





A big thank you goes out to the helpful young ladies above who were spending a summer week at YWCA and wanted a volunteer project to complete. JAAA put them to work cleaning out weeds and recycling outdated resource books.

Radiology and Nuclear Medicine Certified as Elder Friendly

Radiology and Nuclear Medicine (RNM) 823 Mulvane, Topeka, earned their Elder Friendly Business Certification through the Jayhawk Area Agency on Aging, Inc. The Elder Friendly Certification process follows specific guidelines and utilizes trained elder evaluators that “shop” a business anonymously for a nominal fee. Evaluators review the effectiveness of telephone and customer service, building layout and access. Training and feedback is also provided to participants. When in compliance, the business is awarded certification in the form of a window decal and directory that lets everyone know a business is *Elder Friendly Certified*.

The mission of Radiology and Nuclear Medicine is to provide exception-

al radiology services by empowering team members to exceed the expectations of patients, physicians and referral sources. “Elder Friendly Business

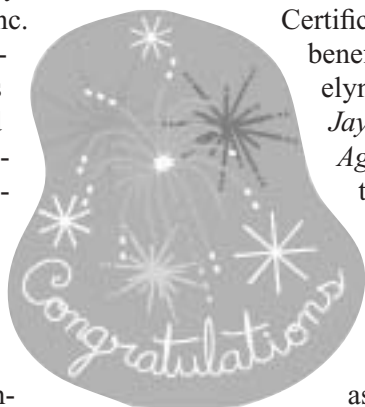
Certification is a program that benefits everyone.” states Jocelyn Lyons, team leader for *Jayhawk Area Agency on Aging, Inc.* “We are pleased to certify Radiology and Nuclear Medicine as “Elder Friendly”.

Jayhawk Area Agency on Aging, Inc. needs both volunteers to serve as elder evaluators and businesses that would like to

participate in the Elder Friendly Certification Project.

Elder Friendly Business Certification is a licensed assessment program.

For more information call Jocelyn Lyons at 785-235-1367, or 1-800-798-1366



Case Management: An essential link

Philosophy of Case Management

The underlying premise of case management is based in the fact that when an individual reaches the optimum level of wellness and functional capability, everyone benefits:

- the individuals being served
- their support systems
- the health care delivery systems
- the various reimbursement sources

Certification determines that the case manager possesses the education, skills and experience required to render appropriate services based on sound principles of practice.

Jayhawk Area Agency on Aging’s fourteen case managers provide options and counseling which empower older adults and their caregivers to make good choices in their long term

care. Our highly trained case managers worked with over 1200 clients in 2008 to provide:

- Regular contact with clients including home visits to assure that seniors have adequate support services to remain safely in their own homes
- Evaluation of services to make sure standards are met and client’s health status is maintained

• Close monitoring of client’s mental state, which is essential when working with seniors that are frail and susceptible to confusion and thus vulnerable to fraud and abuse

The Case Management Society of America aims to improve patient well-being and health care outcomes by supporting the professional development of care managers from a variety of disciplines, practice settings, skill levels and professional capacities.



Heart of America Hospice

We are proud to serve Shawnee, Jefferson, Douglas and many surrounding communities with 24-hour on call nurses for visits and admissions as well as bereavement, chaplain, social worker, home health aide, and volunteer support. We assist patients and family wherever you call home.



800-396-7778

Music to Her Ears

I grew up on a farm and taught school for many years.

One of my hobbies as a child was participating in 4H. Moving to Homestead allowed me to focus on another one of my pastimes, playing the piano. I love to sit and play each day, and I’m so glad Homestead has a beautiful piano available for our use, whenever we feel inspired.

I play for myself, although a little part of me hopes the other residents are humming along.

TOPEKA 5820 SW Drury Lane 272-2200 • AUBURN 280 E Valley Springs Dr. 256-7100
www.homestead-assistedliving.com



Homestead Resident: Opal May Akin



HOMESTEAD
ASSISTED LIVING

Longtime senior advocate receives Donna J. Kidd award

Lawrence (Larry) Brock of Topeka was awarded the 2009 Donna J Kidd Award. On May 29th, a reception was held at the Brewster Place Retirement Community to honor the tireless senior advocate.

To commemorate May as Older Americans Month, The Donna J. Kidd Award recognizes an outstanding older person who is making a significant contribution to seniors in their community through employment and /or volunteer work. A tireless champion for seniors and aging issues in the community, Donna J. Kidd was Executive Director of Jayhawk Area Agency on Aging from 1976 to 1997.

According to Phyllis Lansford, Marketing Director for Brewster Place, "I know lots of people that perform tasks every day to make an elder person's life better however; I believe no one deserves this award more than Larry."

Born in Texas, Lawrence spent most of his life in Oklahoma until his semi-retirement in 1997. Upon graduation from high school in Tulsa, Lawrence joined the U.S. Marines and graduated from the University of Tulsa in 1965 with a degree in Business Administration.

In 1970, Lawrence resigned from a Tulsa bank to organize and develop Brock Marketing Services, providing

marketing support to financial institutions in 35 states over a 29-year period. Returning to school in 1990, Lawrence completed additional degrees in gerontology and counseling psychology.



Lawrence (Larry) Brock

"I know lots of people that perform tasks every day to make an elder person's life better however; I believe no one deserves this award more than Larry."

- Phyllis Lansford

Lawrence joined the staff of First United Methodist Church on September 1, 2000, as Director of the Senior Adult Ministries. The mission of this ministry is to serve the church by developing an effective ministry focusing on active senior adults and home-bound members of

the church. Lawrence has represented First UMC in the organization of the Shepherd's Center of Topeka, an inter-faith activity center for active seniors of the Topeka area. Nearly 200 seniors from 25 congregations attend the educational and social activities of this center.

Serving as Director of the Shepherd's Center, Lawrence, together with members of the "Friends of the Senior Adult Ministries" at First Church and representatives of 15 sponsoring congregations, are working to continually enhance and expand this fruitful ministry in the Topeka community.

Brock has two children and five

grandchildren: a son, Tom, his wife and family, living in western Kansas; and

a daughter, Robin, who lives in Miami with her family.

Assisted Services

"meeting your home health needs"

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Topeka, KS 66603
(785) 291-2900
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- CareLink: Personal Emergency Response System
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S.O.S.

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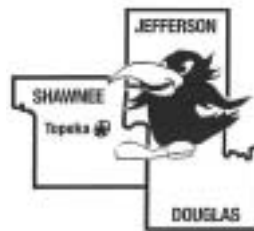
A Mental Health Wellness Service providing:

- Free Assessment
- Individual & Family In-Home Counseling
- Consultation for Caregivers



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

- ☐ Guardian Angel Fund
- ☐ Where Needed Most

* Contact Jocelyn Lyons 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

Are you a
grandparent caring
for your
grandchildren?

You are not alone!

Call JAAA today for information on programs and services available to you. Helpful information is also available at the JAAA offices 2910 SW Topeka Blvd. Call 235-1367.

JAAA awards \$1.2 million to organizations

Area Agencies on Aging were designed to be the primary resource for information and services for older adults and those who care for them. The Older Americans Act of 1965 charges area agencies on aging to **“be the leader relative to all aging issues on behalf of all older persons in the area.”**

Jayhawk Area Agency on Aging, Inc. awarded **\$1,277,801** to agencies and organizations in Douglas, Jefferson and Shawnee counties for the purpose of providing services for the elderly for the period of October 1, 2009 to September 30, 2010, in accordance with the Older Americans Act of 1965 as amended.

Jayhawk Area Agency on Aging receives federal funds from the Administration on Aging, through the Kansas Department on Aging to fund social services such as:

- **Title III-B Supportive Services** that include, but are not limited to, transportation, legal, health screening, outreach, information, and personal care services

- **Title III-C Nutrition Services** that include home-delivered meals and congregate meals

- **Title III-D Disease Prevention and Health Promotion Services** that include, but are not limited to, information-age related disorders, medication management education and physical fitness programs.

- **Title III-E Caregiver Services** that include services to a caregiver of a recipient 60+ years of age or a 60+ relative/grandparent providing care to children under the age of 19.

While playing a direct role in assessing community needs and developing responsive programs and awarding funds, JAAA also provides services.

Examples of Direct Services provided by JAAA:

- Information and referral assistance
- Health insurance counseling such as Medicare Part D
- Caregiver counseling and referral
- Client assessment
- Case management

In addition to federal funds for social services, State funds are also provided through the Kansas Department on Aging for nutrition services. In addition, JAAA will once again receive State funds for 2010 to continue Senior Care Act services and Targeted Case Management for Shawnee, Jefferson and Douglas counties.

During the last legislative session, state and national lawmakers addressed an economic crisis. As a result, state funds were cut for Senior Care Act services as well as funds for State Nutrition Services. The JAAA Advisory Council set the priority to allocate more Older Americans Act funds toward in-home and access services.

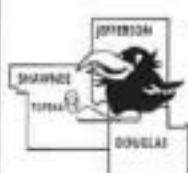
Despite receiving additional federal stimulus funding for nutrition services,

overall funding was still less than adequate to make up for the revenue lost at the state level. With further cuts anticipated for the upcoming legislative session, JAAA is bracing for more reductions that will in turn adversely affect services to consumers as well as the providers of those services.

Advocacy will prove a key component in affecting positive outcomes. JAAA will continue to work with other

advocacy groups as well as caregivers and consumers, to affect positive service and policy outcomes for the aging population. Special emphasis will be focused on the frail and low income senior population and their service providers. “Consumers and caregivers need to directly advocate with their local, state and federal representatives letting them know how reduced fund-

- continued on page 11



Jayhawk Area Agency on Aging, Inc. Proudly Presents, in Honor of National Family Caregiver Month 2009 The “Caring for the Caregiver Informational Workshop”

November 5 - New Mount Zion Missionary Baptist Church, 2801 SE Indiana, Topeka, KS
November 12 - Countryside United Methodist Church, 3221 SW Burlingame Road, Topeka

NOVEMBER 5, 2009
10:00am - 1:00pm

09:45 - 10:00 **Registration**

10:00 - 10:40 **Family Caregiver Program**
Marilyn E. Thomas
Caregiver Program Specialist
Jayhawk Area Agency on Aging

10:45 - 11:20 **Medicare Part D**
Pam Brown, SHICK (Senior Health Insurance Counseling) for Kansas
Jayhawk Area Agency on Aging

11:25 - 12:10 **Lunch**

12:15 - 1:00 **Protect-Detect-Report Healthcare Fraud**
Darrell Elliott,
SMP Project Coordinator
Info & Community Resources Division
Kansas Department on Aging

NOVEMBER 12, 2009
5:30pm - 7:30 pm

5:15 - 5:30 **Registration**

5:30 - 6:10 **Family Caregiver Program**
Marilyn E. Thomas

6:10 - 6:15 **Break (Refreshments)**

6:15 - 6:50 **Medicare Part D**
Pam Brown

6:50 - 7:30 **Protect-Detect-Report Healthcare Fraud**
Darrell Elliott



Jayhawk Area Agency on Aging, Inc. receives funds from U.S. Health & Human Services Administration on Aging, Kansas Dept. on Aging, Douglas, Jefferson and Shawnee Counties and the cities of Topeka and Lawrence, Kansas.

Jayhawk Area Agency on Aging, Inc. does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability.

If you have a complaint, contact 785-235-1367 or TDD/TTY 800-776-3777. Jayhawk Area Agency on Aging, Inc. is a 501 C (3) Non-Profit corporation.

Private donations are gladly accepted and appreciated!

Registration Form (Pre-registration recommended by November 2nd, due to limited seating.)

Name _____
Address _____
Phone _____

Mail or Contact:
Marilyn Thomas
Caregiver Specialist
Jayhawk Area Agency on Aging
2910 SW Topeka Blvd.
Topeka, KS 66611
Phone: 785-235-1367 / 800-798-1366
Fax: 785-235-2443
email: mthomas@jhwkaaa.org

YES, I plan to attend!
Nov. 5 _____ OR Nov. 12 _____

MUST REGISTER BY:
November 2, 2009
For either workshop

Kansas Legal Services

Topeka: 785-354-8531
Lawrence: 785-838-3401

www.kansaslegalservices.org



Jest For Grins

Life's absolute truths

By Marsha Henry Goff
JAAA Board Vice-Chair

I have lived long enough to know that life offers some absolute truths, among them:

Giving away your maternity clothes is a surefire way to get pregnant.

The higher the cost of a gallon of gas, the lower the mileage you get from it.

If a deer crosses the road in front of you, look out for the one following him.

Politicians and passenger balloons hold roughly the same quantity of hot air.

For women only: When you find exactly the right lipstick color or a bra that fits perfectly, the manufacturer will stop making it.

For men only: God gave you prostates to make up for giving women menopause.

For both: The bigger the rear end, the tighter the pants.

Washing your car really does make it rain.

What goes around comes around (be nice to the elderly for one day that old person will be you).

A mother's job is to embarrass her children (a job at which I proudly excel).

When you have enough money to buy the cute clothes you couldn't afford as a teenager, you no longer look cute wearing them.

You know your husband is a keeper when he compliments you on serving a meal of hot dogs, potato chips and pork 'n beans.

A woman needs a pair of red shoes just for the fun of it.

And, at least once in his life, a man requires a pickup truck for the same reason.

Never discuss politics with your dentist when she/he is holding a drill.

When you can no longer find your computer keyboard, it is time to clean your desk.

Know-it-alls usually don't.

Beware of the law enforcement officer who stops you for speeding and greets you by saying "This is my first day on the job."

Some people who act like friends are not.

Setting the clock in your car 10 minutes ahead doesn't make you early for meetings because you automatically subtract 10 minutes whenever you look at the clock.

Secretaries keep the world running.

A messy house attracts unexpected visitors.

Three-fourths of blondes aren't.

It is not an equal playing field when you have to take off your clothes but your doctor doesn't.

No matter what time you plan dinner, you cannot fool the telemarketer.

It is impossible to eat any farm animal you have named.

Your mother will stand up for you even when she knows you are wrong.

Your father serves as a good role model when you choose a husband.

You CAN go home again (it just won't be the same).

You can never be rich enough or thin enough (but you'll have a great life anyway).

The person taking 15 items through an express checkout allowing 8 items cannot count.

A logo that costs \$20,000 is as good as one that costs \$88,900.

A bicyclist will sometimes stop at a stop sign.

A cat can occasionally (albeit rarely) be man's best friend.

A dog will roll in anything that smells bad and then expect you to shake hands with him.

The funny noise you hear in your car engine isn't really there until the mechanic hears it.

You do not have to own beautifully-colored maple trees in order to enjoy them.

A true friend will like you even when you are not being very likable.

Able persons who park in handicapped parking spaces are indeed handicapped (they can't read).

"This is going to hurt me more than

you" is highly improbable.

You're never too old to make a snow angel.

Husband Ray will never achieve his desire to "buy someone for what they are worth and sell them for what THEY think they're worth."

Unless you can fly a 767, you have to trust the pilot (but you can help hold up the plane by keeping a firm grip on the armrests).

You've officially grown up when you recognize that you learned the most from your toughest teachers.

You really CAN'T eat just one.

And the number one absolute truth is: Sunrises, sunsets and rainbows are FREE. Be grateful.

- Marsha Henry Goff is the JAAA Board Vice-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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*Santa Fe Place Is Just Right
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- Exercise Room • Planned Social Activities!

**Get on Track!
Schedule Your
Tour Today!**

785-234-3386 • 600 SE Madison • Topeka
santafeapartments@cohenesrey.com



Caregiver's Corner

2009 Caregiver Support Groups



Lexington Park Independent Living 1011 Cotton Wood Ct.	Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd.	Rose Hill Clubhouse 3600 SW Gage Blvd	Aldersgate Village Manchester Lodge 7220 SW Asbury	Countryside United Methodist Church 3221 SW Burlingame
<i>1st Tues. of Month</i>	<i>2nd Wed. of Month</i>	<i>4th Wed. of Month</i>	<i>2nd Thurs. of Month</i>	<i>4th Tues. of Month</i>
From 2-3:00 p.m.	From 1-2:00 pm	From 1-2:00 p.m.	From 2 -3:00p.m.	From 2-3:00 pm
October 6	October 14	October 28	October 8	October 27
November 3	November 4 (11th is a holiday)	November 18 (25th day b-4 holiday)	November 12	November 24 (may change)
December 1	December 9	December 16 (23rd is b-4 holiday)	December 10	December 22 (may change)

For more information, please call Marilyn Thomas at
Jayhawk Area Agency on Aging at 785-235-1367

**Your business or
organization can run an
ad in Amazing Aging!
for as little as \$21.00
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Explore Your Options

The 17th 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 com-

fort. 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.



Kansas Equipment Exchange volunteers kick up their heels at JAAA

KEE thanks volunteers for successful equipment drives

This summer The Kansas Equipment Exchange (KEE) kicked up their heels at JAAA expressing thanks and appreciation to the volunteers and agencies who helped make the four equipment donation drives in NE Kansas a big success. Jayhawk Area Agency on Aging is proud to be part of this worthwhile cause.

The Kansas Equipment Exchange (KEE) Program is designed to help more Kansans obtain affordable medical equipment. In cooperation with Medicaid and other agencies, wheelchairs, hospital beds, and other dura-

ble medical equipment(DME) that is no longer being used is returned to the program, refurbished, and made available for other Kansans to use. KEE also accepts donated equipment from individuals.

To apply for equipment, call your state Assistive Technology Program at 800-KAN DO IT (800-526-3648).

KEE's success is based on the donation of equipment and help from volunteers. If you or a group you belong to would like to donate equipment or help clean and deliver equipment, please call our toll free number at 866-666-1470.

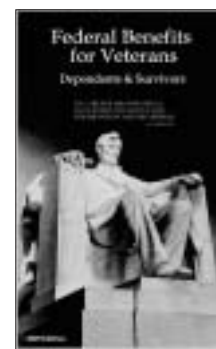
Veterans Benefits Reference Guide now available

The latest edition of VA's Federal Benefits for Veterans, Dependents and Survivors is now available.

The 164-page handbook provides the latest information on important changes in eligibility for VA medical care and benefits. It describes other federal benefits, including education, disability compensation, pension, home loan guarantee, vocational reha-

bilitation, life insurance, and burial assistance.

This year's addition marks the addition of "Survivors" to the title as well as details on the post-9/11 bill signed into law in 2008. Printed copies may be ordered from the Government Printing Office 866.512.1800 at \$5 a copy. To get the online version, please visit http://www1.va.gov/opa/vadocs/current_benefits.asp



New Location for Meals on Wheels

Meals on Wheels of Shawnee and Jefferson Counties has moved its operation from Stormont-Vail Regional Health Center to Washburn Institute of Technology, 5724 SW Huntoon.

To place your ad in *Amazing Aging!*, please call Kevin toll-free at 785-841-9417.



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Reform proposal aimed at easing burden on caregivers, families

(Editor's note: The following article is reprinted with the permission of the Kansas Health Institute News Service.)

By Jim McLean
KHI News Service

TOPEKA — Like many Americans, Topeka resident Jocelyn Lyons is interested in the health reform debate underway in Congress.

There's a section in one of the massive reform bills under consideration that holds particular interest for her. It would authorize a new national insurance program for long-term care services.

Lyons, like millions of Americans, is helping to care for aging loved ones — her 102-year-old grandmother, her 85-year-old father and an 83-year-old stepfather.

For the past seven years Lyons has been preparing meals and doing some light housekeeping for her grandmother, Neva Douglas-Tucker, or "Gran" as she's known to family members. An attendant provided by a small state program also visits a couple of hours a week to assist with household tasks and to help Douglas-Tucker bathe.

But in recent months Douglas-Tucker's needs intensified.

"Two months ago, she woke up and couldn't see," Lyons said. "Once that happened, we needed to get more help into the house."

Now, after her nightly dinner with her grandmother, Lyons, a longtime administrator at the Jayhawk Area Agency on Aging, hands off care responsibilities to an overnight attendant. Another service provider comes in the morning to prepare breakfast.

The services cost approximately \$2,400 a month. Douglas-Tucker, a domestic worker most of her life with a small Social Security pension, pays what she can. Lyons and one of Douglas-Tucker's daughters pay the rest.

"That's just the way I was raised," Lyons said, when asked whether she felt burdened by her care-giving responsibilities, which also include helping her father, who suffers from glaucoma, and visiting her step father in an Omaha nursing home a few times a month.

A shared problem

Approximately 10 million Americans need some kind of long-term

care, according to the American Association of Homes and Services for the Aging, which represents nonprofit nursing homes. That number is expected to grow to 12 million by 2020 as baby boomers age.

"Seventy percent of American families will face this care-giving challenge," said AAHSA President and CEO Larry Minnix, Jr. at a recent forum in Lawrence sponsored by the organization's Kansas affiliate and AARP.

Studies cited by the AAHSA found that 78 percent of long-term care services are provided at home by family and friends, at an average annual cost of \$5,500.

But taxpayers are also shouldering a substantial portion of the bill through Medicaid. The program primarily created to provide health care services to low-income Americans pays 42 percent of all long-term care costs, about \$116.8 billion a year. Lawmakers from both political parties agree that isn't sustainable.

"We can't throw enough money at today's delivery system to make it work," Minnix said.

A proposed solution

A coalition that includes AAHSA, the Alzheimer's Association, the Services Employees International Union and the National Council on Aging is lobbying for a new voluntary national insurance program. Everyone, except those who opt out, would pay into a fund through a payroll deduction to qualify to receive cash assistance when they need it to help pay long-term care expenses.

An actuarial study commissioned by AAHSA showed that for an annual premium of about \$1,000 a year — approximately \$2.87 a day — an individual could receive a lifetime benefit of about \$27,000 a year. An annual deduction of about \$800 would provide five years of benefits.

Minnix and other advocates of a national insurance trust say that private long-term care insurance can't solve the problem because it costs too much for many Americans and many of those who apply are denied coverage for health reasons.

A private policy that provides three years of benefits would cost a 40-year-old applicant an average of \$1,512 a year in premiums, according to a new report by the Kaiser Commission on



Jocelyn Lyons, right, and her grandmother, Neva Douglas-Tucker, pose for a picture recently in Douglas-Tucker's home in Topeka. Lyons is among the many Americans interested in new long-term care proposals being debated by Congress. (Ann Williamson/KHI)

Medicaid and the Uninsured. The annual premium for a 50-year-old would be \$1,741 while someone who applies at 60 would pay \$2,329.

Minnix and other advocates for a government program say it would leave room for private insurers to market wrap-around coverage, similar to the expanded Medicare coverage offered by private companies.

The idea of a government-sponsored long-term insurance program has some support in Congress. U.S. Sen. Ted Kennedy, D-Mass., chairman of the Senate Health, Labor and Pensions Committee, included a plan similar to the one being advocated by AAHSA in his panel's version of the health reform bill. And Sen. Chris Dodd, D-Conn., who is running the committee while Kennedy receives treatment for a brain tumor, said last week that a review by the nonpartisan Congressional Budget Office showed the proposed program would save the federal government approximately \$59 billion over 10 years.

But Republicans on the panel are signaling their opposition to creation of another government program. Sen. Judd Gregg, R-N.H., responding to Dodd last week, said that the long-term care proposal would be a new entitlement that over time would become too costly to sustain.

"You can claim a 10-year savings, I won't argue with that," Gregg said.

"But over 40 years you're putting \$2 trillion in costs on our children that you're not paying for."

Saying that he was committed to producing a "deficit neutral bill," Dodd said the committee will start work on the long-term care section when it returns July 6 from its holiday recess.

U.S. Sen. Pat Roberts, R-Kan., a member of the HELP Committee, didn't immediately respond to a request for comment on the long-term care proposal. But Deb Zehr, president and CEO of the Kansas Association for Homes and Services for the Aging, said Roberts didn't express opposition to it in April during a Washington, D.C. meeting with Kansas advocates.

"It's not out of the question that he might support it," Zehr said. "We're working him very hard. The door hasn't been closed."

Zehr and her counterparts across the country are urging people with a stake in the outcome — people like Jocelyn Lyons — to lobby members of Congress when they're home over the July 4th holiday.

"We have a lot of work to do. A lot of convincing," she said.

-Jim McLean is a staff writer for KHI News Service, which specializes in coverage of health issues facing Kansans. He can be reached at jmclean@khi.org or at 785-233-5443, ext. 110.

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For information on serving on the JAAA Board of Directors, please call Jocelyn at 785-235-1367 or 800-798-1366.

JAAA awards

- continued from page six

ing would impact their lives.” states Jocelyn Lyons, JAAA Team Management Leader.

In applying for funds, JAAA yearly develops a document known as the Area Plan which outlines goals for programs funded under the Older Americans Act, to be achieved for fiscal year 2010. (Oct 1, 2009 through September 30, 2010) and to meet the need of consumers in Shawnee, Jefferson and Douglas Counties. Also included in the Area Plan are the budgets for the Older Americans Act Programs.

Organizations Receiving Older Americans Act Funding for FY 2010

- Community Action
- Douglas County Senior Services
- East Topeka Senior Center
- Jayhawk Area Agency on Aging/ IIIB, IIID & IIIE
- Jefferson County Health Depart-

ment

- Jefferson County Service Organization

- Kansas Assoc. of Area Agencies/ Caregiver Campaign

- Kansas Legal Services/Jayhawk Legal Services

- Lawrence Meals on Wheels
- LULAC Senior Center
- Mason’s Memory
- Meals on Wheels of Shawnee and Jefferson Counties, Inc.

- Meriden Adult Services Plus, Inc.
- Midland Adult Day Programs
- Oskaloosa Nutrition Voucher Program

- Papan’s Landing Senior Center
- Shawnee County Health Agency
- Trinity Respite Care
- Title III-E FLEX and BATH Services

Consumers and organizations may address questions, concerns or suggestions to Jayhawk Area Agency on Aging at 800-798-1366 or 785-235-1367.

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.

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

MEDIUM

Solution on page 15

There are many volunteer opportunities available at Jayhawk Area Agency on Aging! Call Pam today at 785-235-1367!

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Seat Open
Term expires Sept. 2012

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Term expires Sept. 2010

For information on serving on the JAAA Board of Directors, please call Jocelyn at 785-235-1367 or 800-798-1366.

Jefferson County News

Health Screenings Clinics

Health Screening (Jefferson County Health Department):

Blood Pressure
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October

Flu Shots

November

Hand Washing & Disease Prevention

December

Importance of Oral Care in Disease Prevention

Presented by:

Jefferson County Health Department Nursing Staff



10/7/2009		
Nortonville	9:00 AM - 11:00 AM	Senior Citizen Center
Valley Falls	12:30 PM - 2:00 PM	Township Hall
10/14/2009		
Meriden	10:00 AM - 12:00 PM	Methodist Church
Fairview Township	1:30 PM - 3:00 PM	Fire Dept Comm. Room
10/19/2009		
McLouth	10:00 AM - 12:00 PM	First Baptist Church
10/21/2009		
Perry	1:30 PM - 3:00 PM	Community Building
Grantville	10:00 AM - 12:00 PM	Community Building
10/28/2009		
Winchester	10:00 AM - 12:00 PM	Comm. Building/ Library
11/4/2009		
Nortonville	9:00 AM - 10:30 AM	Senior Citizen Center
Valley Falls	11:00 AM - 12:00 PM	Township Hall
11/11/2009		
Fairview Township	9:00 AM - 10:00 AM	CANCELLED- no clinic
Meriden	10:30 AM - 12:00 PM	CANCELLED- no clinic

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Jefferson County Service Organization

Description of System

JCSO provides demand response transportation service for all persons living in Jefferson County. Residents are taken to Topeka, Lawrence, Kansas City, Atchison, Leavenworth, and towns within Jefferson County for medical and professional appointments and shopping.

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Clientele:

Elderly, Disabled, General Public

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Jefferson County including the cities of Oskaloosa, McLouth, Winchester, Nortonville, Valley Falls, Meriden, Perry, Ozawkie, and Lecompton (Dou-

glas County).

Fares:

Rates: For recreation and contracted trips \$1.00 per mile plus drivers wages of \$6.00 per hour. Donations accepted for medical and shopping trips. *Check with JCSO as rates could change.*

Contact:

Lynn Luck
Box 212
Oskaloosa, KS 66066
(785) 863-2637

Service Hours:

Weekdays 8:00 AM to 5:00 PM

Additional Hours: Special requests can be made for Sunday and Saturday trips and for after hours.

Did you know??

Jayhawk Area Agency on Aging, Inc. has a **satellite office** in Oskaloosa located at the Jefferson County Service Organization, 410 Washington St.

Jefferson County resident and case manager for Jayhawk Area Agency on Aging, **Linda Angle**, is working out of this office. 785-863-2012.

The Downtown Café in Oskaloosa is still offering meal vouchers. To pre-register call Jeff Co. Health Dept 785-863-2447 or Jeff Co Service Organization at 785-863-2637.



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JAAA: Information is our Passion!

As one of eleven area agencies on aging in Kansas, Jayhawk Area Agency on Aging is dedicated to bringing seniors and those that love them the most up-to-date information available.

Publications are available at JAAA offices, 2910 SW Topeka Blvd. Please call JAAA at 235-1367 or 800-798-1366 for ordering information. Publications may also be ordered on-line through the Kansas Dept on Aging: <http://www.agingkansas.org/Publications/requestform.htm>

Publications Available: (free of charge)

Explore Your Options: A Guide to Information and Services 17th Edition Now Available!

Set of booklets providing information on home and community-based services available in the 11 Area Agencies on Aging across Kansas.

Kansas CareGiver Guide

This guide offers a range of suggestions to make caregiving easier and more successful.

Guide to Choosing a Nursing Home

A booklet from the U.S. Department of Health and Human Services that gives an overview of things to consider when selecting a nursing home.

A Guide for Alzheimer's and Related Disorders

An easy-to-read book that covers such areas as communication, managing activities of daily living, coping with difficult behavior, legal and financial affairs, finding help in the community, selecting a nursing home, and medications.

How to Select a Special Care Unit

A consumer's guide to Special Care Units for persons with Dementia. A booklet on how to select a special care

unit in a nursing home.

The Medicare Handbook 2008 - Medicare and You (CMS)

Health Care Financing Administration booklet detailing Medicare coverage for eligible disabled citizens or seniors age 65 and over.

Facts about the Qualifying Medicare Beneficiary (QMB) Program

A brochure describing eligibility requirements for the Medicaid program which pays the deductibles, premiums, and co-payments for the Medicare program.

Supplemental Insurance Guide (Kansas Insurance Department)

Kansas Insurance Department booklet explaining the ten supplemental plans that can be purchased to provide coverage for what Medicare does not. Includes a comparison chart of some private insurance companies.

A Mental Health Guide for Older Kansans and their Families

A 96-page book describing the facts and myths about mental health and aging.

KDOA has partnered with the Kansas Mental Health and Aging Coalition and Kansas State University to publish this resource guide.

End-of-Life Wall Chart

Poster with information on Palliative Care, Pain Relief, Suffering, Questions for your Doctor and Communicating Your Wishes about End-of-life issues.

Stroke Wall Chart

Poster featuring definitions, stroke risk factors, warning signs and symptoms, and statistics.

Mental Health Wall Chart

Poster with information on Mental Health issues.

Mental Health Bookmarks

Bookmarks with information on Mental Health issues.

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Reach the benefits of being a Volunteer



Medicare Part D & C Training
Nov 10th at JAAA Topeka Office
8:30 - 4:30 Lunch Provided
Call Pam to register: 235-1367

Jayhawk Area Agency on Aging is in need of volunteers to assist during the Medicare Annual Open Enrollment Period (November 15 through December 31), Volunteers for open enrollment will assist customers with comparisons of Medicare Part D plans, explanation of benefits, and assistance with enrollment in a Part D plan.

To learn more about this exciting volunteer opportunity, call Jayhawk Area Agency on Aging at 235-1367 or 800-798-1366.

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Needs Assessment Offers Insight

In ensure options continue to be available for our aging citizens, Jayhawk Area of Aging Agency conducted a comprehensive survey on the current and future needs of the elderly in Shawnee, Douglas, and Jefferson counties.

Today's retirees live longer, healthier, active lives. With minimal outside assistance, seniors can stay independent and active even as age begins to take its toll. As the baby boomer generation enters retirement, it is imperative that our communities prepare for the increase in our senior population.

1144 surveys were collected at 50 sites in the three counties during winter 2008 and spring 2009. Surveys

were collected at meal sites, service groups, church settings, senior living apartments and service providers. Information was collected on a variety of subjects including: nutrition, community services, household activities, health care needs, morale, transportation, housing, care giving, finances, legal issues, employment, usage of senior center activities, specific areas of need, and demographics.

Copies of the Needs Assessment are available at the agency, or you may access the executive summary online at: <http://jhawkaaa.org/images/20090527153242.pdf>

2009 H1N1 Flu Virus

The news swirling around regarding the 2009 H1N1 Flu Virus, as well as the seasonal flu virus can be overwhelming and a little bit scary. Jayhawk Area Agency on Aging is here to help.

We've selected an article from Web MD (see page 15) that speaks to these issues with an emphasis on the elderly.

Contact information for the state of Kansas, Shawnee, Jefferson and Douglas Counties is also included below for your information.

As always, Jayhawk Area Agency on Aging is here to help as well. 800-798-1366 or 235-1367



Thank You!

A big thank you to Security Benefit and Burlington Northern Santa Fe for donating computers to Jayhawk Area Agency on Aging!



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STATE OF KANSAS



If you have questions about the 2009 H1N1 Flu Virus (initially known as swine flu), call or email KDHE. Spanish speaking operators will be available to answer questions from 8 a.m. - 5 p.m. Monday through Friday.

Toll-free number is 1-877-427-7317

General Email: H1N1FluInfo@kdheks.gov

Lab/Clinicians: epihotline@kdheks.gov

SHAWNEE COUNTY



Shawnee County Health Agency

EPCO@snco.us

Monday-Friday 8 a.m. to 5 p.m. •

785.368.2000 • Ask to speak to a CD Nurse

JEFFERSON COUNTY



Jefferson County Health Department, Home Health & Hospice
(785) 863-2447
1212 Walnut - Hwy. 59 - Oskaloosa, KS 66066-4200

Public Health Fax: 785-863-2652
Home Health/Hospice Fax: 785-863-3323

DOUGLAS COUNTY



For more information on the 2009 H1N1 flu virus, call the Lawrence-Douglas County Health Department at (785) 843-0721, (on the web at: www.ldchealth.org).

Swine Flu and the Elderly

Experts share insights on ways seniors can protect themselves against swine flu

By Wendy C. Fries
WebMD Feature

If the word has you a little nervous, you're not alone. Though a pandemic simply refers to an epidemic that's widespread, when applied to terms like novel influenza A (H1N1), H1N1 flu, or swine flu, it can sound confusing and a little scary.

Some perspective can help. Certainly the spread of H1N1 swine flu is serious. Yet so is seasonal flu, which hospitalizes more than 200,000 people a year in the U.S. Both types of flu have similar symptoms, including fatigue, chills, headache, body aches, stuffy nose, sore throat, cough, and fever. And if you get sick, the only way to tell which flu you have is to be tested by your doctor.

So what is it about swine flu that has people so nervous? Should seniors in particular be worried? To learn more, WebMD went to medical experts and got their answers to these and other questions about the H1N1 virus.

Why is swine flu a particular worry?

Swine flu is a novel form of the influenza virus, combining swine, human, and avian virus strains. Because it is new, people in general don't appear to have antibodies against it as they might against seasonal flu. That means potentially more people could get sick with this flu.

Are seniors particularly susceptible to swine flu?

H1N1 swine flu doesn't seem to be a big problem for seniors unless that person has a chronic underlying condition, says Thomas Yoshikawa, MD, professor of medicine at the David Geffen School of Medicine at UCLA and editor-in-chief of the Journal of the American Geriatrics Society.

Most H1N1 cases are occurring in younger people. "It appears that older

persons, who have been exposed multiple times in their life time with various flu outbreaks, may have residual immunity of which some of it is against this H1N1 flu strain," Yoshikawa tells WebMD.

However, underlying health problems like heart and lung diseases or a compromised immune system "confers an increased risk of influenza, whether it's swine flu or another type of flu," says Sean X. Leng, MD, PhD, a geriatrician conducting research on influenza immunization in older adults and assistant professor of medicine at Johns Hopkins University School of Medicine.

Though healthy seniors haven't been particularly targeted by H1N1 swine flu, seasonal influenza remains a deadly risk for many, with roughly 36,000 people in the U.S. dying from flu-related causes every year. A yearly flu vaccination remains an important way to stay flu-free.

Should seniors get a swine flu vaccine if it becomes available?

"Absolutely yes," says Yoshikawa.

Leng agrees. "When the vaccine is available I would recommend my patients get it."

Yet while many experts expect a swine flu vaccine by fall, there won't initially be enough vaccine for everyone. That's why some officials are recommending that when the H1N1 flu vaccine is available, it should first be administered to pregnant women, health care workers, people taking care of infants less than 6 months old, children and young adults between 6 months to 24 years old, and those between 25 and 64 with underlying health problems.

Even when there is enough H1N1 vaccine to go around, it's important to remember that this vaccine won't protect against seasonal flu, too. You'll need to get a seasonal flu vaccination as well.

What steps can seniors take to protect themselves against swine flu?

The most common ways of getting the flu are being exposed to people with the flu who are sneezing, coughing—even breathing—nearby, or by touching objects that were previously handled by a person with flu.

"I'm telling my patients that if someone in the immediate family or close contact has any flu-like symptoms ... they need to stay away from those people; those people also need to isolate themselves and seek care," says Leng.

Once you have symptoms of the flu, you should contact your doctor, says Leng.

"Whenever possible, seniors should avoid anyone who might appear to have flu symptoms," advises Yoshikawa. "Washing your hands with disposable paper towels rather than shared cloth towels minimizes spread of the flu onto your hands and face."

Carrying alcohol-based hand gels and cleaning your hands whenever you go to public places may also help remove or kill the flu virus, Yoshikawa tells WebMD.

What type of treatment should a senior with swine flu follow? Can they take antivirals?

"If a senior comes down with symptoms compatible with a flu, they should see their doctor right away," Yoshikawa says. "Taking antivirals early in the course of the flu (preferably before all symptoms start but by 48 hours into the course of the infection) can reduce the severity of the disease." Antivirals can also help prevent flu and its complications.

The antivirals recommended as effective against H1N1 flu are oseltamivir (Tamiflu) and zanamivir (Relenza).

What precautions should caregivers of the elderly or those in retirement homes take to protect themselves from swine flu?

There are always universal precautions to help prevent the flu, says Leng. If you're seeing patients, make sure you wash your hands, and if you're caring for someone with flu symptoms, "you really need to wear a mask," Leng tells WebMD.

Additionally, in a retirement community setting, "if someone gets flu-like symptoms, I would suggest they stay in their own apartment, and if diagnosed they really need to be isolated." Yet sometimes a senior may not realize they have flu-like symptoms. In that case the caretaker may want to take the extra step and get that person to seek care if they have symptoms, suggests Leng.

And as a caregiver you need to protect your patients by staying home if you become ill and avoiding especially those at high risk for complications from influenza.

If I follow the standard flu precautions will they help me avoid swine flu?

Yes they should, say the experts. The CDC recommends:

- Covering your nose and mouth with a tissue when you cough or sneeze.

Then throw the tissue away.

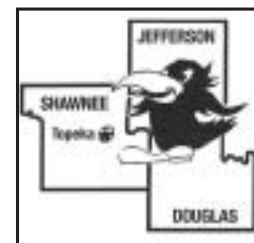
- Wash your hands often with soap and water, especially after coughing or sneezing.
- Avoid touching your eyes, nose, and mouth.
- Stay home if you get sick and limit your contact with others.

The CDC also advises avoiding crowds and heeding school advice about school closures. "These measures will continue to be important after a novel H1N1 vaccine is available because they can prevent the spread of other viruses that cause respiratory infections," says the CDC in a Q&A on the pending H1N1 vaccine.

What are the warning signs that I may need emergency medical care for swine flu?

If you do get the H1N1 virus, you may be sick for a week or longer, reports the CDC. They suggest staying home from work for at least seven days after symptoms begin, or until you've been symptom-free for 24 hours. If you experience any of these signs while having the flu, the CDC suggests seeking urgent medical care:

- Problems breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough



Jayhawk Area Agency On Aging, Inc.

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

AMAZING AGING!

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