Amazing Aging!
For Seniors and Those Who Love Them

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

SPRING 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

Inside this issue:
Message from the Board Chair .....2
Senior Services Funding Hangs in Limbo.........................3
These Seniors Got Game! ............4
Facts About Grandparents as Caregivers in Kansas ..........5
There’s No Place Like Home Benefit Dance........................................6
Jest for Grins..............................7
Caregiver’s Corner....................8
Emergency Preparedness for Older Adults.........................9
Lawrence Area Partners in Aging....10
Jefferson County News...............12
Food and Nutrition..................14
Utility Franchise Fee Refund/Water Waste Water Utility Rate Credit Program.................................15
Volunteers Needed to Assist Seniors........................................16

www.jhawkaaa.org

Join the fun at the 26th Annual Kansas Senior Olympics! September 23-27.

PHOTO COURTESY OF KANSAS SENIOR OLYMPICS

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

Email: annette_jaaa@hotmail.com
Phone: 785-235-1367
Fax: 785-235-2443

2910 SW Topeka Blvd
Topeka, Kansas 66611
We’re Dancing as Fast as We Can…

Jayhawk Area Agency on Aging will be hitting the dance floor on May 6th for the 2nd Annual “There’s No Place Like Home” benefit dance. The fabulous Kings of Swing are back and if last year’s dance is any indication; we’ll raise the roof once again at Topeka’s Great Overland Station.

“There’s No Place Like Home” accurately describes the mission of JAAA to enable seniors to age in place and to live in their homes as long as possible. Proceeds from the dance help seniors in Shawnee, Jefferson and Douglas Counties live out their lives in comfort and dignity.

Fulfilling our mission in these challenging times is a delicate dance. Striving to meet the rising demand for our services, with the shrinking resources available to administer those services, keeps us on our toes.

Senior Care Act funded services that help frail seniors who can’t afford in-home services on their own but have too much income or assets to be eligible for Medicaid are in danger of being cut by the Kansas Legislature. Current funding levels were already unsustainable — given the aging of the population and annual inflation — even before the recent economic downturn. (More information on proposed Senior Care Act funding cuts, on page 3.)

Older adults, and their family caregivers, may soon suffer from reduced access to local aging services including rides to the doctor, home-delivered meals, home health care, adult day care to offer caregivers respite, or other in-home and community supports that keep them healthy and living independently. If critical and cost-effective supports such as Senior Care Act funding are not in place, the result will be increased nursing home placements and other expensive health care usage that cost taxpayers more.

Ways you can help:
1. Call your legislator and let them know that failure to support aging services such as the Senior Care Act is a losing proposition for older consumers, their caregivers, and for governments.
2. Come to the dance on May 6th and bring along a senior or two who would enjoy a night filled with music and dancing. You’ll have a great time and support a worthy cause.

Sincerely,

Tom Ryan
Board Chair
Jayhawk Area Agency on Aging, Inc.

A Message from the Board Chair

There’s No Place Like Home

An event benefiting Jayhawk Area Agency on Aging

Honorary Co-Chairs:
Duane and Beth Fager

May 6, 2009
5:30 p.m. to 9:30 p.m.
Great Overland Station
Topeka, Kansas

Kings of Swing!
Catering by Aboud’s
Only $15 per person

Ticket information: 235-1367 (Topeka) or 1-800-798-1366

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
Senior Services Funding Hangs in Limbo

(Amazing Aging! Spring 2009)

(Neutro-Flint Hills Area Agency on Aging, Inc. (NC-FH AAA) and their March/April 2009 Keynotes News Magazine.)

The fate of frail seniors who rely on state-funded services to keep them in their homes will be decided by Kansas legislators in April.

The 2010 budget approved by the Kansas House and Senate on March 31 reduces Senior Care Act funding by $1.4 million, eliminates $750,000 in base funding for Area Agencies on Aging and flat funds state money for senior nutrition services.

Aging advocates and officials hope that legislators will include funding that protects frail “at risk” seniors when lawmakers reconvene on April 29 to wrap up their business for the year at Omnibus budget.

“We know that even in these tough economic times legislators understand the importance of the Senior Care Act, nutrition services and the base funding that Area Agencies need to support seniors and their caregivers in communities throughout the state,” said Julie Govert-Walter, Executive Director of the North Central-Flint Hills Area Agency on Aging. “We know our legislators are smart—and I am confident each one realizes that these essential services help seniors and Kansas families while saving taxpayers money at the same time.”

House Assistant Majority Leader Peggy Mast (R-Emporia) said that it’s important for legislators to fund preventative service such as the Senior Care Act even during tough economic times.

“If we could put money into the Senior Care Act and home and community-based service—which are preventative services—we’d save a lot more money in the long run,” said Mast, who chairs the House Social Services Budget committee.

The legislation included Gov. Kathleen Sebelius’ recommended $1.4 million cut to Senior Care Act funding—an 18 percent decrease from FY 2009 funding level of $6.5 million—in the state budget. The Senior Care Act, which assists seniors whose incomes are too high to qualify for Medicaid, aims to keep these ‘at risk’ seniors in their homes by finding resources for home and community-based services.

The Kansas Area Agencies on Aging Association estimates that if enacted, an 18 percent budget cut could cause 800,000 seniors currently on the Senior Care Act to lose services, including 56 seniors in the NC-FH AAA region. Budget cuts would also increase the waitlist for services.

Walter said that the difference between serving an ‘at risk’ senior in the community with Senior Care Act funding and caring for that same senior in a nursing home with federally-mandated funding is “astronomical!” The average one-month cost for a senior on the Senior Care Act is $263, compared to $3229 for a senior in a nursing facility, she said.

Susan Sprague, NC-FH AAA Case Manager, said that she’s seen an increase in the number of seniors and adult children making calls to request services. “Seniors—as well as their adult children—have been directly affected by the economy,” Sprague said.

Sprague works with several seniors who know their adult children face financial burdens and don’t want to ask for help. She also works with adult children who don’t want to tell their parents that they can’t pay mom and dad’s home healthcare bill anymore.

“It’s important for seniors and their families to know that the Area Agencies on Aging provide services to help navigate aging issues,” Sprague said. “The Area Agency on Aging is the only place with one toll-free number that seniors and their families can call to get all the information they could ever possibly want.”

Walter also said that base funding for Area Agencies on Aging was eliminated from the Governor’s budget and was not included in budget deliberations. “With no increase in administrative monies coming to Area Agencies on Aging from other sources—and with Area Agencies having to absorb more unfunded requirements with the obligation to serve more people—this is a kick in the gut,” she said.

Flat funding for nutrition programs only further aggravates the situation, Walter said. In past years, the state’s contribution to senior nutrition services has made up for flat funding of the nutrition program at the federal level despite big hikes in the federal minimum wage and rising costs of food and fuel.

“Funding for the Older Americans Act, which includes nutrition services, has not kept up with inflation for the past 25 years—and has certainly not kept up in light of everyday cost-of-business increases in recent years,” Walter said. “Kansans are fortunate that our state leaders have recognized the need for state funds for this program in the past—and this year, with another hike in the minimum wage slated for July, the need is critical.”

Gary Dvorak, NC-FH AAA Field Services Supervisor, said that congregate and home-delivered meals are essential because they keep seniors independent and in the community. “These nutritious meals that keep seniors healthy and in their own homes are the most affordable alternative to paying the state’s portion of Medicaid costs—big costs the state absorbs within weeks of most seniors’ being admitted to nursing homes,” Dvorak said.

Sen. Laura Kelly (D-Topeka), ranking minority member of the Senate Ways and Means Committee, said that legislators face a tough task when they reconvene in April. The Department of Revenue released preliminary figures the day the budget passed showing that general tax collections for March were $57 million less than expected, she said. “We’re only going to have two options when we reconvene in April—find more areas to cut and find more revenue sources,” Kelly said. Nobody here wants to cut any of the programs that prevent nursing home admissions. There are all kinds of programs I think we need to pay for to save money down the line—but there are only so many places we can look for that money.”

National Nursing Home Week: May 10-16

AHCA is proud to announce this year’s National Nursing Home Week® (NNHW) theme: “Nurturing a Love that Lasts.” NNHW will be held May 10-16, 2009, beginning on Mother’s Day. “Nurturing a Love that Lasts” will encourage all to think of generations of parents and grandparents nurturing future generations to carry on life and family traditions.

A supportive and caring environment, such as a nursing home, nurseries and enables residents and families to continue growing, learning and teaching through various ways. Nursing home staff, residents and volunteers nurture a caring environment that values communication, relationships and partnership. Be a part of this celebration in May 2009!

Senior Services Funding Hangs in Limbo

...an 18 percent budget cut could cause 800-1,000 seniors currently on the Senior Care Act to lose services...

2nd Annual Community Breakfast celebrating Older American’s Month

Please join Trinity In-Home Care in honoring Older Americans and their contributions with a complimentary breakfast.

To make your reservation, contact Kelly Evans kelly@trinityinhomecare.com or (785) 642-3159

Door prize is a handmade mini-quilt!
These Seniors Got Game!

Join the fun at the 26th Annual Kansas Senior Olympics

The 2009 Kansas Senior Olympics competition will take place September 23-27 for individual and doubles competition; October 1-4 for team sports competition and October 2 for the golf competition. The event will be headquartered at the Big Gage Shelterhouse, Gage Park, 10th and Gage, in Topeka with venues throughout the city. It is anticipated that up to 650 senior athletes from across Kansas and the nation will take part in these games.

The Kansas Senior Olympics are open to anyone who will be 50 years old (or older) by December 31, 2009. The Kansas Senior Olympic games were established in 1984 by Parks and Recreation of Topeka and the Senior Adult Program. Since then, the total entry has increased from 91 to 769 in 2008. This entry represented 92 Kansas communities and 15 states.

In even numbered years, athletes who meet preset requirements at the Kansas Senior Olympics qualify to participate in the National Senior Games - The Senior Olympics presented by Humana held in odd numbered years. Topeka is the only site in Kansas where athletes may qualify for the national games.

For more information on the Kansas Senior Olympics, call: Becky Sewell, KSO Director, 1534 SW Clay, Topeka, KS 66604, 785-368-3798, 785-368-2542 (FAX), bsewell@topeka.org

Ways to save money....... Shop close to home!

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1 & 2 bedrooms for age 55+

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S.O.S.
Senior Outreach Services
785-233-1730 X 3229
A Mental Health Wellness Service providing:
- Free Assessment
- Individual & Family In-Home Counseling
- Consultation for Caregivers

Celebration of Athletes at the National Senior Games. The Senior Olympics in Baton Rouge, LA. (pictured) are representatives from the Kansas Delegation displaying our State Flag.

Can’t get enough news about healthy aging???
Check out
Kaw Valley Senior Monthly
785-841-9417
-Or-
60 and Better
A publication of Douglas County Senior Services
785-842-0543

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Facts about grandparents as caregivers in Kansas

- There are 29,026 children living in grandparent-headed households (4.1% of all children in the state). There are another 8,739 children living in households headed by other relatives (1.2% of all children in the state). Of the children living in households headed by grandparents or other relatives in Kansas, 16,184 are living there without either parent present.
- 17,873 grandparents report they are responsible for their grandchildren living with them (3,303 in Wichita and 2,210 in Kansas City): 17% of these grandparents are African American; 11% are Hispanic/Latino; 2% are Asian; 2% are American Indian or Alaskan Native; and 67% are White. 38% of these grandparents live in households without the children’s parents present. 75.6% are under the age of 60; 13.2% live in poverty.

The AARP Foundation, The Brookdale Foundation Group, Casey Family Programs, Child Welfare League of America, Children’s Defense Fund, and Generations United have partnered to produce fact sheets for grandparents and other relatives raising children that include state-specific data, programs, and public policies. This and other state fact sheets can be viewed and printed from the Web site at www.grandfactsheets.org.

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.

IMPROVING STROKE RECOVERY THROUGH REHABILITATION

After a stroke, intensive physical rehabilitation is your best chance for maximum recovery. Kansas Rehabilitation Hospital is your best choice for stroke rehabilitation. Through our stroke rehabilitation services, stroke survivors can experience restored function, learn new ways to perform daily activities and receive education and support for their families.

Kansas Rehabilitation Hospital’s comprehensive stroke rehabilitation programs can help you regain independence and restore your confidence. Our experienced physicians and therapists utilize a multidisciplinary approach to ensure that you reach your optimum level of physical, emotional and psychological ability.

At Kansas Rehabilitation Hospital, our stroke rehabilitation specialists offer the expertise to overcome physical and cognitive challenges associated with stroke. The result: improved patient outcomes, lower overall cost of care and a faster return... to work... to play... to living.

Midland Care’s 13th Annual Dash for Life will be held Friday May 8th. Call 232-2044 Ext. 410 for more information.

KANSAS REHABILITATION HOSPITAL

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Phone: 785.232.8551 • Fax: 785.232.8556
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News from The Silver Haired Legislature

Kudos to The Silver Haired Legislature for their work on the following resolutions:

The Silver Plan (similar to the Amber Alert for children) authorizes (but doesn’t require) a quick media response, as well as collaboration with law enforcement if an elder wanders off or goes missing.

Geriatric Medicine Scholarship allowing medical scholarship assistance for those pursuing a geriatric fellowship in rural areas.

The purpose of the Silver Haired Legislature is:
- To Educate - Participation provides experience in the political process.
- To Inform - Actions of the SHL inform the public and the Kansas Legislature on concerns of the elderly.
- To Involve - The SHL provides over 412,000 seniors a way to become involved.
  If you would like more information on SHL, please call Marsha Ridinger at JAAA. 785-235-1367.

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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 • 272-2207 • AUBURN • 380 E Valley Spring Dr. • 256-7100
www.homestead-assistedliving.com

AMAZING AGING! SPRING 2009 • 5
Don’t be a wall flower….  
Sponsorships still available for Benefit Dance

It’s not too late to become a sponsor for this year’s “There’s No Place Like Home” benefit dance. You’ll be helping seniors in Shawnee, Jefferson and Douglas Counties live independent and dignified lives.

For more information on how you can help, call Jocelyn Lyons at 785-235-1367.

Thanks to the following “There’s No Place Like Home” sponsors to date:

- Over the Rainbow  
($5,000 to $10,000)

- Tinman with a Heart  
($1000 to $4,999)

- Aboud’s Catering  
The Barn Bed and Breakfast  
Capitol Federal Savings

- Intelligent Scarecrow  
($500 to $999)

- Courageous Lion ($100 to $499)  
Advantaged Home Care  
Atria – Hearthstone  
Shirley Biller  
Marsha Henry Goff and Ray Goff  
In Memory of June S. and L. Lew Henry  
Heinen Custom Operations, Inc.  
Kaw Valley Senior Monthly  
Round Corner Drug and Cheese Shop  
The World Company  
Ron and Annette Thornburgh

- Friendly Munchkin (Up to $99)  
Kaw Valley Bank  
JAAA Staff Members:  
Linda Angle  
Mary Barker

Marti Bauer  
Nyree Green-Brooks  
Pamela Brown  
Christal Casteel  
Janell Collins  
Dorothy Devlin  
Michele Dillon  
Theresa Foster  
Stephanie Hale  
Susan Harris  
Carolyn Hilbert  
Beth Kinnan  
Tim Lloyd  
April Maddox  
Vanessa Merillat  
Linda Pullen  
Grace Reichle  
Marsha Ridinger  
Lisa Schaedler  
Gertrude Smith  
Patricia Smith

Jean Stueve  
Sharon Sturgen  
Barbara Swinney  
Marilyn Thomas  
Barbara Tucker  
Betty Wade  
Kathryn Wietharn

All sponsors will be advertised in dance flyers, throughout the evening of the dance and in the next issue of Amazing Aging.

Enjoy Your Independence!

Make your own decisions with dignity and respect.

Call Topeka Independent Living Resource Center, where advocates assist you in achieving your goals of freedom and equality.

785-233-4572 V/TTY  
800-443-2207 Toll Free
I think, therefore I am wrong!

Take the other day when I was in a hurry and decided to self-scan my groceries rather than wait in the long lines at the measly two check-out lanes that were open. Self-scanning four items should be a piece of cake, I thought, for a woman who had just made airline reservations online.

Although the cashier didn’t say it, I suspect the computer thought I was trying to make off with a box of cookies. I’m surprised it didn’t instruct me to hold out my arms so it could slap handcuffs on my wrists.

I scanned the first item and placed it in my bag. I scanned the second item and bagged it, but the computer locked up and wouldn’t let me scan the third. The cashier I called for assistance pointed out that the second item hadn’t scanned a price into the machine. Although the cashier didn’t say it, I suspect the computer thought I was trying to make off with a box of cookies. I’m surprised it didn’t instruct me to hold out my arms so it could slap handcuffs on my wrists.

I was considerably older when I reached the screen that asked me to select the payment method. I chose the cash button, then realized that I had only $2 with me.

No problem. I punched the button that allowed me to change options. I then told the machine I’d write a check, only to discover that I had written the last check in my checkbook.

I chose another option: debit card. I have never used my debit card, but I have watched other people swipe their cards, and it seemed a simple process. So I swiped mine “twice, then a third time. Nothing. The machine clearly expected me to do something else, probably enter a password if only I could figure out how and where.

It was at this point that I remembered I had placed a new batch of checks in the other compartment of my purse. So I changed options again and wrote a check, but I couldn’t see a slot where I could deposit it into the machine. I asked the cashier for help. He said, “You give it to me.”

Amazing! An actual human encountered! I miss those, don’t you? It seems that I’m dealing less and less with humans and more and more with machines.

Remember when a smiling guy with a rag in his hip pocket greeted you at the gas station and inquired, “Regular or Ethyl?” Then, he not only filled your car with gas, he checked the oil and used the rag to wash your windshield.

I have been forced by necessity to become fairly proficient at fueling my car, but the other day I stopped at a service station which boasted shiny new pumps I hadn’t yet confronted. I repeatedly punched—without result—the lighted rectangular plastic button that read “Pay Inside.” Finally, I turned to the man at an adjacent pump and said “OK, I’m blond, and I’m ready to admit that I can’t figure out how to do this.”

He came over to my pump and punched a tiny round button beneath the plastic rectangle. If I’d been designing those pumps, I would have dispensed with the tiny buttons and made the big obvious ones do the job.

But do you know where I miss humans the most? On the telephone! I firmly believe that the invention of automated voice mail systems should have been punishable by death. How many times have you listened through a long recorded spiel that instructed you to punch numbers, numbers that the recorded voice hadn’t offered me. Neither 38 nor 57 got a human on the line, but pressing 106 did.

Computers do, however, have one advantage over humans. They lack the capacity to be rude. Too bad that they also lack human kindness and a sense of humor!

- 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.
Topeka Area Caregiver Support Groups

For more information on any of the groups below, please call Caregiver Specialist Marilyn Thomas at 235-1367 or 1-800-798-1366.

Lexington Park Independent Living
1011 Cottonwood Ct.
1st Tuesday of the month 2:00-3:00 pm
May 5
June 2

Countryside United Methodist Church
3221 SW Burlingame Rd
4th Tuesday of Month 2:00-3:00 pm
May 26
June 23

For summer support group dates and times call Marilyn Thomas at JAAA, 235-1367.

Jayhawk Area Agency on Aging
2910 SW Topeka Blvd
2nd Wednesday of the month 1:00-2:00 pm
May 13
June 10

Rose Hill Clubhouse
3600 SW Gage
4th Wednesday of the month 1:00 pm-2:00 pm
May 27
June 24

Aldersgate Village
Manchester Lodge
7220 SW Asbury

Currently there are more than 52 million family caregivers (approximately 17% of the population) in the United States. A family caregiver is a relative or friend taking care of a loved one who is chronically ill, disabled, or living with the frailties of old age and no longer able to care for themselves. The services provided by family caregivers represent approximately 80% of all home care services and are conservatively valued at more than $375 billion in 2007.

Sign the petition now for a Family Caregiver U.S. postage stamp

The Caregiver Community Action Network, the dedicated state volunteers for the National Family Caregivers Association (NFCA—www.thefamilycaregiver.org), is proud to sponsor a U.S. Postage Stamp Campaign in honor of all the family caregivers in America. NFCA is a national nonprofit organization dedicated to empowering family caregivers to act on behalf of themselves and their loved ones, and to remove barriers to their health and wellbeing by educating, supporting, empowering and speaking up for America’s family caregivers. Please go to the National Family Caregiver Web site (below) to sign the petition to have a family caregiver stamp created.

www.nfcacares.org/caregiverpetition/caregiverpetition.cfm

Caregiver Coordinators convene

Caregiver Coordinators representing the eleven Kansas area agencies on aging meet regularly to discuss issues of interest to caregivers in their communities.
1. Wyandotte/Leavenworth
2. Central Plains
3. Northwest Kansas
4. Jayhawk Area Agency on Aging
5. Southeast Kansas
6. Southwest Kansas
7. East Central Kansas
8. North Central/ Flint Hills
9. Northeast Kansas
10. South Central Kansas
11. Johnson County

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7210 K-4 Hwy, Suite C • Meriden, KS 66512
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Are you a caregiver needing some help and support?
Attend a Caregiver Support Group Meeting

Call Marilyn today! 235-1367
JAAA crowns its first ever Biggest Loser!

Thanks to a little good old fashioned competition, waist bands are a bit looser around the JAAA offices. In an effort to live a healthier lifestyle, JAAA staff participated in a 12-week competition to crown the first-ever JAAA Biggest Loser.

After twelve weeks of weekly (anonymous) weigh-ins, and 140.3 lbs later, JAAA staff member Beth Kinnan was crowned JAAA’s Biggest Loser with Susan Harris runner up.

“This has been a wonderful event here at JAAA,” said April Maddox Case Management Program Manager “With mutual support and encouragement everyone came out a winner.”

Stay tuned for the results of the second round of JAAA’s Biggest Loser in a future issue of Amazing Aging!

Kansas Legal Services
Topeka: 785-354-8531
Lawrence: 785-838-3401
www.kansaslegalservices.org

Jayhawk Area Agency On Aging, Inc.
Helping you with Your Medicare 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!
Kudos to the Lawrence Area Partners in Aging (LAPA) for hosting the 4th Annual Senior Resource Fair March 3rd at the 23rd St. Dillon’s in Lawrence.

A networking group for professionals who work with seniors called Lawrence Area Partners in Aging (LAPA) was developed in November 2003 by Laura Bennetts and Kimberly Hoffman of Lawrence Therapy Services, LAPA Co-Founder, LAPA Board Member, LAPA Past President; Julie Prideaux, Midland PACE, LAPA Board Member, 2009 LAPA President; Marilyn Thomas, Jayhawk Area Agency on Aging, LAPA Board Member. Front row, left to right: Sarah Randolph, Douglas County Visiting Nurses, Rehabilitation, and Hospice Care, LAPA 2009 Co-Treasurer; Ashley Schemm, Douglas County Senior Services, 2009 LAPA Secretary; Gail Shaheed, Home-Instead Senior Care, LAPA Board Member.
RSVP: work wonders with your experience

You’ve gained a lifetime of experience. Now is the time to put your skills and talents to good use by volunteering through RSVP. With RSVP you choose how and where you want to serve. You choose the amount of time you want to give. And you choose whether you want to draw on your skills or develop new ones. In short, you find the opportunity that’s right for you.

For more information, call RSVP of Shawnee and Douglas Counties. 785-228-5124 or Vanessa Merillat at Jayhawk Area Agency on Aging, Inc. 785-235-1367.

New senior education series to begin

Community Resources Council is partnering with Topeka Park and Recreation to offer a new senior education series.

The first in the series is called: Aging-in-Place; Product Ideas and Resources to Make Living at Home Safe. May 13th at the Carousel in the Park’s meeting room. Two seminar times offered: 1 p.m. and 5:30 pm. Seating is limited, so RSVP by May 11th at 233-1365.

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.

There are many volunteer opportunities available at Jayhawk Area Agency on Aging! Call Janell today at 785-235-1367!
Popular Voucher Meal Program to Continue at Oskaloosa Café

Jayhawk Area Agency on Aging, Inc. (JAAA) and Meals on Wheels of Shawnee and Jefferson County will continue the voucher meal program offered at the Downtown Café, 522 Liberty in Oskaloosa at least through September 30, 2009. Beginning April 1st, vouchers will be accepted on Monday, Wednesday, Friday and Saturday only. Currently the voucher program is serving more meals than budgeted and in order to stay within the funds allocated, it is necessary to stop service on Sunday. While the voucher meal program is not based on income levels, JAAA does encourage donations to help with the cost of running the program.

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

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. “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.” JAAA and area community leaders are investigating the possibilities of extending the voucher program to other rural areas in need of nutrition services, but no plan has currently been approved.

For more information please contact:

Jayhawk Area Agency on Aging, Inc. (800) 798-1366
Jefferson County Health Department (785) 863-2447
Jefferson County Service Organization 610 Delaware
Oskaloosa, KS, (785) 863-2637

Pre-Register for 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

Upcoming Jefferson County health screening dates

- 5/6/2009
  Nortonville
  9:00 AM - 10:30 AM
  Senior Citizen Center
- Valley Falls
  11:00 AM - 12:00 PM
  Township Hall
- 5/13/2009
  Fairview Township
  9:00 AM - 10:00 AM
  Fire Dept Comm. Room
- Meriden
  10:30 AM - 12:00 PM
  Methodist Church
- 5/18/2009
  McLouth
  10:30 AM - 12:00 PM
  Community Building
- 5/20/2009
  Perry
  9:00 AM - 10:00 AM
  Community Building
- Grantville
  10:30 AM - 12:00 PM
  Community Building

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

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

Need help with transportation?

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.

Trips Made:
Medical, Personal Business, Recreational, Shopping

Clientele:
Elderly, Disabled, General Public

Service Area:
Jefferson County including the cities of Oskaloosa, McLouth, Winchester, Nortonville, Valley Falls, Meriden, Perry, and Ozawkie.

Fares:
Rates: For recreation and contracted trips $5.35 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 Fax (785) 863-3460

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.
Are you a licensed and bonded agency catering to seniors in Douglas, Jefferson and Shawnee Counties?

It’s time for Jayhawk Area Agency on Aging (JAAA) to begin updating its Explore Your Options guide for next year’s edition.

Published by the Kansas Department on Aging, Explore Your Options is a guide to information and in-home services for Douglas, Jefferson and Shawnee Counties and is available free of charge at the Jayhawk Area Agency on Aging offices: 2910 SW Topeka Blvd. Topeka, KS, or on-line at: http://www.agingskansas.org/Publications/Publication_Index.htm

To be included in next year’s edition, licensed and bonded agencies or facilities catering to seniors in Douglas, Jefferson and Shawnee Counties are encouraged to call Vanessa Merrill at 785-235-1367 or email at info@jhawkaaa.org.

No Money for Training Staff?

The Library can help

No money for training? Come to the Library’s Friday series in May. Library instructors have been offering these classes to library staff for about two years. Now they’re ready to go public. Training is one of the best investments an organization can make in its staff. In this case, your only investment is time because the classes are free! Sign up for one, some, or all of the sessions.

Space is limited and registration is required. Call 785-580-4606 or email class@tscpl.org.

Start Right, Stay Right

Give new employees a hand up and empower them to meet expectations. Our experts break down the top things most employers expect from employees. Instructor: Kate Hughes. Fri., May 1, 9:00 am–12:00 pm.

Valuing Diversity

Help employees understand the value and strength of appreciating diversity in both co-workers and customers. Instructor: Becky Hinton. Fri., May 8, 9:00–11:00 am.

Learning Styles

People learn and process information differently. Understand those differences and become a more effective communicator. Instructor: Becky Hinton. Fri., May 15, 9:00–11:00 am.

Communication Derailed

Learn the art of communicating effectively in the work environment. Instructor: Kate Hughes. Fri., May 22, 9:00–11:00 am.

Keynote Speakers

Attorney General Stephen Six
Bernice Hutchinson, National Association of State Units on Aging (NASUA)

Senior 911 Summit Overview

Due to the current economic downturn, many Kansas seniors and other vulnerable populations are struggling more than ever. Not only will they need more financial assistance, but they may require services sooner. The Senior 911 Summit is a one-day conference hosted by the Kansas Department on Aging, AARP Kansas, and the Kansas Area Agencies on Aging Association. The focus of the summit is to encourage collaboration between professionals as they join together to serve those in need. Along with the opportunity to network with other professionals, there will be educational sessions on key topics – financial, health care, housing and older worker issues. Join us to ensure that a social safety net is provided to this vulnerable population.

Who Should Attend

Professionals serving Kansas seniors including such entities as Area Agencies on Aging, health care professionals, social service representatives, volunteers, advocacy organizations, non-profit organizations, and government agencies.

Due to space considerations, attendance will be limited to 250 people, with registration being offered on a first come first served basis. Continuing education credits will not be available.

Hotel rooms are available at the Capitol Plaza Hotel, 1717 SW Topeka Blvd, Topeka, KS 809-579-7937,

Support provided in part by the Sunflower Foundation: Health Care for Kansans

Please register by May 1, 2009

To register on-line:


Click here for a pdf registration form to print and mail in:

http://www.agingkanss.org/SeniorSummit/RegistrationForm09.pdf

Please visit us online at www.jhawkaaa.org
Questions and Answers about Nutrition and Cancer

Q: How do the guidelines to lower heart disease in women compare to diet recommendations for lower cancer risk?

A: Many of the steps to lower cancer risk are precisely those that protect against heart disease: avoidance of tobacco and second-hand smoke; limiting alcohol and sodium; weight control; physical activity 30 to 60 minutes daily; and a plant-based diet with fruits, vegetables, and whole grains, which supply antioxidants and fiber.

The new heart-focused recommendations call for at least two servings a week of oily fish, which supplies protective omega-3 fats. Omega-3 fats may help protect against cancer, too, but evidence is less clear.

The American Heart Association guidelines emphasize a limit of 7 percent saturated fat (found in high-fat meats and dairy products) to control blood cholesterol. Currently, there is not enough data to provide specific limits on saturated fats for lower cancer risk—so people are encouraged to follow the widely recommended limit of no more than 7 to 10 percent saturated fat to reduce heart disease.

Q: Do different types of onions, and different members of the onion family, all have the same anti-cancer effects?

A: Members of the allium family—onions, garlic, leeks, and chives—all contain sulfur compounds. Laboratory studies show that these compounds play a role in rendering carcinogens harmless before they can lead to cancer. Quite a few sulfur compounds exist, and the amounts and types vary. Studies suggest that at least some sulfur compounds can stimulate the self-destruction of cancer cells, so these foods are a valuable part of our arsenal for preventing cancer. Some research shows that different types of onions have varying levels of antioxidant compounds called phenols. Laboratory estimates of anti-cancer effects among the different onions also vary. In one study, milder sweet onions (such as Vidalia, empire Sweet, and even several white onions) ranked lower in phenols and anti-cancer effects than some sharper-flavored yellow onions.

As researchers learn more, we may make more effort to choose or breed onion varieties high in protective compounds. For now, simply incorporating all the members of the allium family into your diet is a smart move both for health and making food taste delicious.

Q: Does sugar increase cancer risk?

A: Too much sugar in your diet may indirectly increase your risk of cancer, but that doesn’t mean you need to avoid it completely. Large amounts of sugar raise blood sugar and thus, insulin levels. Sugar can come in many forms, such as table sugar and high-fructose corn syrup, which is used in commercial drinks and sweets. Routinely elevated levels of insulin seem to promote development of colon cancer and perhaps other types, too. The people who may be most affected are those who are overweight, sedentary, or have insulin resistance and diabetes in the family. Another way that high sugar consumption could increase cancer risk is by leading to weight gain. Excess weight is linked to greater risk of several types of cancer.

- This article was made available by the Kansas Senior Press Service, a partnership of the Kansas Department on Aging and Johnson County Human Services & Aging. Source: American Institute for Cancer Research.

Get Smart

As You Shop

Fruits and vegetables can fit into any budget. The following tips can help you save money as you strive to eat more fruits and vegetables.

Before You Shop

- Purchase fresh fruits and vegetables in season when they tend to be less expensive.
- Buy whole fruits and vegetables instead of pre-cut or pre-packaged forms which tend to be more expensive.
- Consider frozen and canned if fresh are too expensive. Frozen and canned fruits and vegetables keep longer than fresh.
- Shop smart! Look out for added sugar in canned fruits; look for fruit packed in water or juice. Choose veggies with low sodium.
- Consider generic or store brands instead of name brands. Store brands tend to cost less and have similar taste and nutrition.
- If your budget allows, buy larger bags of frozen fruits and vegetables. They may be a better bargain and you can use what you need and keep the rest for later use.
- Buy canned or dried beans and use them in recipes instead of meat which is more expensive. Traditional recipes made with meat such as chili, soups, and Mexican dishes like burritos are delicious with beans.

While You Shop

- Look for store ads and use them when planning your weekly grocery list. Plan to buy the fruits and vegetables that are on sale and use them in meals and snacks that week.
- Plan your weekly meals and snacks before you go shopping. Look through your freezer and pantry to see what fruits and vegetables you have at home that you can use.
- Think variety! Make a point to try a new fruit or vegetable each week.

After You Shop

- Use fresh fruits and vegetables within a few days after shopping and use frozen and canned fruits and vegetables later in the week.
- As you are putting your groceries away, chop some fruits and vegetables and place in bags or storage containers. Keep them in the refrigerator so they will be ready to grab for lunches and snacks.

Visit www.fruitsandveggiesmatter.gov for more great tips and recipes.
Utility Franchise Fee Refund / Water Waste Water Utility Rate Credit Program

SAVE THE DATE!
Utility Franchise Fee Refund/Water Waste Water Utility Rate Credit Program.
Deadline for applications is September 5, 2009.

The deadline for applications is September 5, 2009.
The following are required with the Application:
• Copy (all pages) of the Kansas Homestead Claim Form (K-40-H)
• Proof of receipt of Kansas Homestead payment
• Completed and signed release authorization form for Kansas Gas
• Completed and signed release authorization form for Westar
• Completed and signed release authorization form for Water/Wastewater (Sewer)
• Completed and signed W-9

Applications may be obtained at the following locations:
Jayhawk Area Agency on Aging
785-235-1367
2910 SW Topeka Blvd
Topeka & Shawnee County Public Library
1515 SW 10th
Kansas Department of Revenue, Taxpayer Assistance
915 SW Harrison, Room 150
Shawnee Co. Clerk’s Office
200 SE 7th, Room 107
Volunteer Income Tax Assistance
Available from January-April Only
915 SW Harrison, Room 158

City of Topeka - Financial Services
785-368-3970
215 SE 7th, Lobby or Room 358

Frequently Asked Questions (FAQs)

Q: Who can apply for the Utility Franchise Fee Refund Program or the Water and Wastewater Utility Rate Refund Program?
A: You must file and receive a refund on your Kansas Homestead Claim Form, K-40-H.
• For Electric and Gas account holders, you must live within the city limits of Topeka.
• For Water/Wastewater (Sewer) account holders, City and County residents are eligible if you are a customer of the City of Topeka who receives water and/or wastewater utility services provided by the City of Topeka.

Q: What is the difference between the Utility Franchise Fee Refund Program and the Water and Wastewater Utility Rate Refund Program?
A: For qualifying individuals, the Utility Franchise Fee Refund Program offers refunds of electric and gas franchise fees paid by the ratepayer for property located within the City. For qualifying individuals, the Water and Wastewater Utility Rate Refund Program offers a credit to your account the same way we currently deliver your monthly benefit payment.

Q: What should I do if someone calls or e-mails me asking for personal information to process my payment?
A: Do not provide your personal information to anyone requesting it to process your payment. If you are unsure about the identity of someone claiming to be a Social Security employee, call 1-800-772-1213 (TTY 1-866-501-2101) or contact your local Social Security office to tell us your payment has not arrived. Please wait until then to ask about your payment because the Department of the Treasury will be sending payments until the end of May.

Q: Where do I get an application form?
A: Application forms are available on the City’s Web site at www.topeka.org. Click on “Utility Franchise Fee Refund/Water and Wastewater Utility Rate Program”. Forms are also available at:
• Jayhawk Area Agency on Aging
• Kansas Department of Revenue (KDOR), Taxpayer Assistance
• Volunteer Income Tax Assistance
• Topeka & Shawnee Financial Services
• Shawnee County Clerks Office
• City of Topeka-Financial Services
• (Lobby or Room 358)

The One-Time Economic Recovery Payment 2009

On February 17, 2009, President Barack Obama signed into law the American Recovery and Reinvestment Act. This law provides for a one-time economic recovery payment of $250 to people who get certain types of Federal benefits.

Who will receive the one-time $250 economic recovery payment?
The law provides for a one-time payment for certain individuals who receive Social Security, Supplemental Security Income (SSI), Railroad Retirement and Veterans benefits. If you were eligible for one of these benefits at any time during the months of November 2008, December 2008 or January 2009, you may be eligible for the one-time payment. To receive the payment, your address of record must be in one of the 50 states, the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, or the Northern Mariana Islands.

How will I receive my one-time payment?
We will deliver your one-time payment the same way we currently deliver your Social Security or SSI benefit. If we deliver your monthly benefit by check, we will deliver your one-time payment by check. If you receive your benefits by direct deposit or Direct Express® debit card, you will receive the one-time payment the same way.

We will send your one-time economic recovery payment separately from your Social Security or SSI benefit; it will not be included with your monthly benefit payment. If I don’t receive my one-time economic recovery payment by June 4, what should I do?
• After June 4, 2009, you can call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778) or contact your local Social Security office to tell us your payment has not arrived. Please wait until then to ask about your payment because the Department of the Treasury will be sending payments until the end of May.

What should I do if someone calls or e-mails me asking for personal information to process my payment?
Do not provide your personal information to anyone requesting it to process your payment. If you are unsure about the identity of someone claiming to be a Social Security employee, call 1-800-772-1213 (TTY 1-800-325-0778) to verify the call. You may report suspicious activity involving Social Security programs and operations to the Social Security Fraud Hotline Web site or call 1-800-269-0271 (TTY 1-866-501-2101).

The One-Time Economic Recovery Payment 2009 brochure can be downloaded at:

- or -
Call 1-800-772-1213

SUDOKU SOLUTION

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AMAZING AGING!
Volunteers needed to assist seniors

Are you proficient on the computer, enjoy working with seniors and have a few hours free each week? Jayhawk Area Agency on Aging needs volunteers to assist with SHICK counseling.

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

The role of the volunteer counselor is to help people stay informed on changing conditions in health care insurance and to cut through the confusion. Volunteer counselors receive training on Medicare, Medicare Supplement Insurance, Long-Term Care and other health insurance subjects that concern older Kansans. Volunteer counselors do not work for any insurance company and the goal is to educate and assist the public to make informed decisions on what’s best for them.

For more information, please call Janell Collins or Vanessa Merillat at 785-235-1367 or email at info@jhawkaaa.org.

ADVANCED HOME CARE

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- Power Scooters, Wheelchairs, Walkers, Canes
- Seat Lift Chairs, Hospital Beds
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- Mastectomy Products & Many Daily Living Needs
- We Bill: Medicare, Medicaid & Private Insurance

785-841-2200

2500 W. 31st • Lawrence
1 1/2 BLKS WEST OF 31ST & IOWA, EASY ACCESS FROM K-10 BYPASS

24 Hour Emergency Service 1-800-827-9406