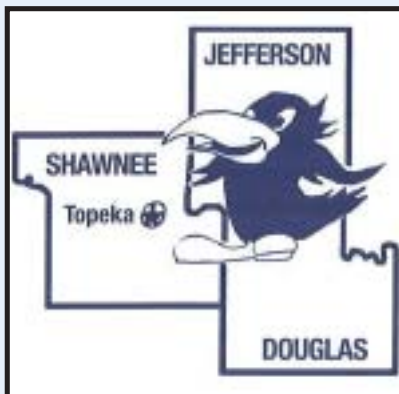


Amazing Aging!

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



PHOTO COURTESY OF KANSAS SENIOR OLYMPICS

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

Non-Profit Org
US POSTAGE PAID
TOPEKA, KS
PERMIT NO. 961

Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd
Topeka, Kansas 66611
Phone: 785-235-1367
Fax: 785-235-2443
Email: annette_jaaa@hotmail.com
**If you do not want to be on our free
newsletter mailing list, please give us a call**

A Message from the Board Chair

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 Coun-

ties 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 indepen-

dently. 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.

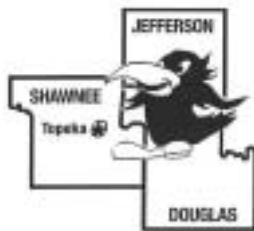
Ways you can help:

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.*

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: _____

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

"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."

Sincerely,

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

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

- 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

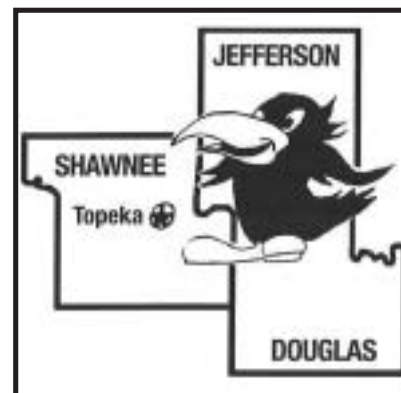
You are encouraged to write us at:

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.



Senior Services Funding Hangs in Limbo

(This article printed with permission from the North Central-Flint Hills Area Agency on Aging, Inc. (NC-FH AAA) from 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 legislature 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 800-1,000 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.

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

“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, nurtures 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 val-



ues communication, relationships and partnership. Be a part of this celebration in May 2009!

**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.

Door prize is a
handmade mini-quilt!

To make your reservation, contact Kelly Evans
kelly@trinityinhomecare.com or (785) 842-3159

**Friday, May 1st, 2009
8 a.m.—9 a.m.
Maceli's
1031 New Hampshire**

Trinity
In-Home Care
Trusted Since 1998

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

The Kansas Senior Olympics are open to anyone who will be 50 years old (or older) by December 31, 2009.

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



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



S.O.S.
Senior Outreach Services

785-233-1730 X 3229

A Mental Health Wellness Service providing:

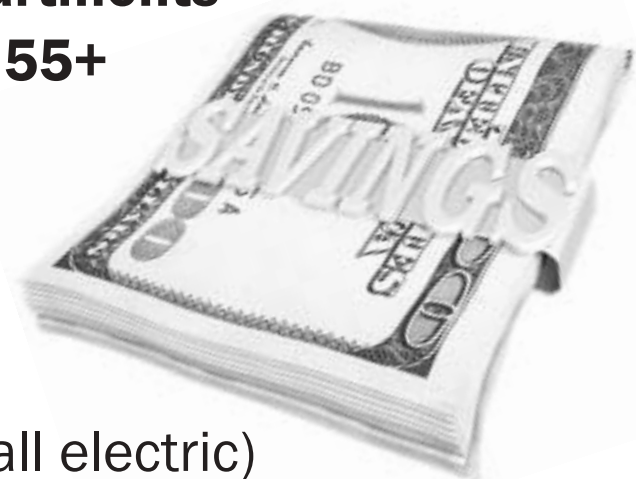
- Free Assessment
- Individual & Family In-Home Counseling
- Consultation for Caregivers



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

Live at Prairie Commons Apartments
1 & 2 bedrooms for age 55+

- Close to Dillon's and Hyvee
- Convenient banking
- Across the street from the new Walmart
- No water or gas bills (we're all electric)
- A cozy club house to entertain family & friends



5121 Congressional Circle
Lawrence • 785-843-1700

www.liveatprairiecommons.com



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 Ameri-



can Indian or Alaskan Native; and 67% are White. 38% of these grand-parents 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.

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.

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

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.

Kansas Rehabilitation Hospital

A joint venture of HEALTHSOUTH and Stormont-Vail HealthCare

1504 SW Eighth Avenue • Topeka, KS 66606

Phone: 785.232.8551 • Fax: 785.232.8556

www.kansasrehabilitationhospital.com

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**

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 Sturgeon
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.

**To place your ad
in *Amazing Aging!*,
please call
785-235-1367.**



There's No Place Like Home
An event benefiting Jayhawk Area Agency on Aging

Please join us for food, fun and listening and
dancing to the toe-tapping music of
Kings of Swing!

Catering by Aboud's

Only \$15 per person

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

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



Your contribution helps JAAA assist seniors in the counties of Shawnee, Jefferson and Douglas



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**



Jest For Grins

Help! Is anybody out there?

By Marsha Henry Goff
JAAA Board Vice-Chair

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 se-

lect 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 encounter! 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 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 on your dial pad for certain options "then failed to give you the option you required?"

Health insurance companies are the worst, although utility companies are a

close second. What really troubles me is when I know I am not going to get the information I need without speaking to a human "but I have to listen to a menu, then punch a number to get to another menu where I punch another number to get to another menu. Finally, a dozen menus later, I hear: "If you need to talk to a representative, press four." The problem is that it isn't ALWAYS four that you press to talk to a human. Each company uses a different number.

What recently worked for me -- I'm not promising that you will have similar results -- was to punch in random 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.



CELEBRATE!

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

Address:

Governor Kathleen Sebelius
Constituent Services
State Capitol, 2nd Floor
Topeka, KS 66612-1590
E-mail: governor@state.ks.us



SERVICES AVAILABLE:

- In-Home Companionship
- Meal Preparation
- Grocery Shopping
- Sitting Services
- Transportation
- Grooming & Dressing Guidance
- 24 Hour Care Available
- Laundry & Linen Washing
- Periodic Review With Family
- Errand Services
- Light Housekeeping
- Flexible Schedules

FREE IN-HOME CONSULTATION CALL:

267-8200

OUR CAREGIVERS ARE SCREENED, BONDED AND FULLY INSURED

www.comfortkeepers.com



Caregiver's Corner

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.

2nd Thursday of the month 2:00-3:00 pm
May 14
June 11

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

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

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

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.



Top row: Marilyn Thomas 04, Conni Mansaw 02, Bernie Smith 03, Joan Parker 03, Linda Meyer 05, Vern Norwood KDOA, Kristen Sparks 10, Jon Staulbaumer 09, Bob Lininger 06. **Bottom row:** Joan Flynn 02, Karen Mayse 08, Angela Pelger 11, Caren Rugg 07.

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.

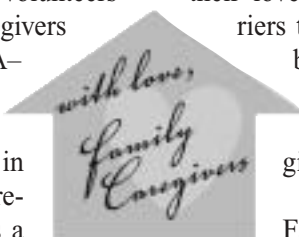
1. Wyandotte/Leavenworth
2. Central Plains
3. Northwest Kansas

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

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 caregiv-

ers 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

Meriden Adult Services-Plus, Inc.

Serving Jefferson, Shawnee and Douglas Counties for 12 years

✚ "Dedicated to Quality Care" ✚

- | | |
|---|---|
| <input checked="" type="checkbox"/> Skilled Nursing Care | <input checked="" type="checkbox"/> Home Health Aides |
| <input checked="" type="checkbox"/> Twenty-Four Hour Services | <input checked="" type="checkbox"/> Attendant Care Services |
| <input checked="" type="checkbox"/> Infusion Therapy | <input checked="" type="checkbox"/> Homemaker Services |
| <input checked="" type="checkbox"/> Rehabilitation Services | <input checked="" type="checkbox"/> Chore Services |

Medicare Certified  **State Regulated**
Participating in Senior Care Act & Older Americans Act Programs

7210 K-4 Hwy, Suite C • Meriden, KS 66512
785-484-2699 • meridenhomehealth@embarqmail.com

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.

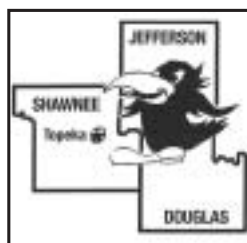
"This has been a wonderful event here at JAAA," said April Maddox Case Management Program Manager "With mutual support and encouragement everyone came out a winner."

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!

KANSAS DEPARTMENT ON AGING

Emergency Preparedness for Older Adults



Tips and suggestions for preparing for an emergency or a disaster

If you need to evacuate

- ☐ Listen to a battery powered radio for the location of emergency shelters. Follow instructions of local officials.
- ☐ Wear protective clothing and sturdy shoes.
- ☐ Take your Disaster Supplies Kit.
- ☐ Lock your house.
- ☐ Use travel routes specified by local officials.

Fire safety

- ☐ Plan two escape routes out of each room.
- ☐ Practice fire drills at least twice a year.
- ☐ Stay low to the ground when escaping from a fire.
- ☐ Never open doors that are hot. In a fire, feel the bottom of the door with the palm of your hand. If it is hot, do not open the door. Find another way out.
- ☐ Install smoke detectors on every level of your home. Clean and test them at least once a month. Change batteries at least once a year.
- ☐ Keep a whistle in each bedroom to awaken household in case of fire.
- ☐ Check electrical outlets. Do not overload outlets.
- ☐ Purchase and learn how to use a fire extinguisher (5 lb., A-B-C type).
- ☐ Have a collapsible ladder on each upper floor of your house.

KANSAS
DEPARTMENT ON AGING
New England Building
503 S. Kansas Avenue
Topeka, KS 66603
1-800-432-3535
www.agingkansas.org

The Kansas Department on Aging (KDOA) does not discriminate on the basis of race, color, national origin, sex, age or disability. If you believe you have been discriminated against by either KDOA or a KDOA funded program, please contact KDOA to receive additional information on filing a complaint: 1-800-432-3535 (voice); 1-800-766-3777 (TTY).

August 2008

Make a plan

- ☐ Select at least one out-of-state and one local friend/family member for family members to call if separated:

Local contact: _____

Non-local contact: _____

- ☐ Choose two emergency meeting places:

Nearby: _____

Other: _____

- ☐ Know how to turn off the water, gas and electricity at main switches when necessary.
- ☐ Post up-to-date emergency telephone numbers near telephones throughout the house.
- ☐ Have a battery-operated radio to tune to for emergency information, and make sure there are back-up batteries on hand.
- ☐ Keep family records in a water- and fire-proof container.



More information about emergency preparedness is available from your local emergency management office and American Red Cross chapter. Know where they are and how to contact them and record the information here.

Emergency management office: _____

Local Red Cross chapter: _____

Area Agency on Aging: _____

Prepare a home emergency supplies kit...

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container, such as a backpack or duffle bag.

Include:

- ☐ **Water:** One gallon per person per day. Store in sealed, unbreakable containers. Identify the storage date and replace every six months.
- ☐ **Food:** A supply of non-perishable packaged or canned food and a non-electric can opener.
- ☐ **Clothes:** A change of clothing, rain gear and sturdy shoes.
- ☐ **Blankets and/or sleeping bags.**
- ☐ **Medications, an extra pair of glasses, first-aid kit.**
- ☐ **Identification, credit cards and an extra set of car and house keys.**
- ☐ **Battery powered radio, flashlight and plenty of extra batteries.**

and emergency car kit

Include:

- ☐ Battery powered radio, flashlight and extra batteries for both
- ☐ Blanket
- ☐ Booster cables
- ☐ Fire extinguisher (5 lb., A-B-C type)
- ☐ First-aid kit and manual
- ☐ Bottled water and non-perishable high energy foods such as granola bars, raisins and peanut butter
- ☐ Maps, shovel, flares
- ☐ Tire repair kit and pump



MISSION TOWERS



*After 30 Years, Still Providing
"Clean, Safe, Affordable Housing"
for qualified seniors and non-elderly disabled!*

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group
- Library
- Entertainment
- Well Maintained
- Great Neighbors & Friendly Faces

Call Manager Karol Freeman

(785) 266-5656

2929 SE Minnesota • Topeka



Lawrence Area Partners in Aging officers for 2009

Back row, left to right : **Barbara Braa**, Corner Bank, LAPA Board Member; **Tina Roberts**, Douglas County Senior Services, LAPA Board Member, 2009 LAPA Co-Treasurer; **Julie Mettenburg**, Home Helpers, LAPA Board Member, 2009 LAPA Vice-President; **Kim Hoffman**, 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.



**Lexington Park
Independent Living Apartments**
1011 Cottonwood 273-4545

**Lexington Park
Assisted Living Apartments**
1021 SW Fleming Ct. 233-7511

**Lexington Park
Nursing & Post Acute Care**
1031 SW Fleming Ct. 440-0500

Across from Gage Park on 10th

www.lexingtonparkcommunity.com



LAPA holds Senior Resource Fair

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 and Seth Movsovitz of Kansas

Elder Care. The group was started as a way to strengthen the ties and communication between those who support, advocate, and care for seniors in the Lawrence community. LAPA is a non-profit organization for seniors and professionals, friends, and volunteers who work with seniors. LAPA welcomes all who seek to improve the quality of life for seniors and their families. For more information, please contact Marilyn Thomas at JAAA. 785-235-1367.

JAAA Board of Directors

Douglas County (3 members)

Marsha Goff
Vice Chair
Lawrence, KS

Martha Skeet
Lawrence, KS

John Studdard
Lawrence, KS

City of Lawrence (2 members)

Seat Vacant

Seat Vacant

Jefferson County

Tom Ryan
Chair
Valley Falls, KS

Gary Fowler
Nortonville, KS

Joyce Volmut
Secretary
Topeka, KS

City of Oskaloosa (1 member)

Seat Vacant

Shawnee County (3 members)

Paul Monhollon
Treasurer
Topeka, KS

Rose Flora
Topeka, KS

Shirley Biller
Topeka, KS

City of Topeka (2 members)

Marlene Hendrick
Topeka, KS

Marie Pyko
Topeka, KS

RSVP: work wonders with your experience

America's largest volunteer network for those 55 and older needs you!

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 Re-

sources 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.

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

EASY

Solution on page 15

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

JAAA Advisory Council

Douglas County (3 members)

Robert L. Carnahan,
Lawrence, KS

Seat Vacant

Seat Vacant

City of Lawrence (2 members)

Gary D. Hale
Chair
Lawrence, KS

Seat Vacant

Jefferson County (3 members)

Larry Martin
Valley Falls, KS

Mel Gray,
Perry, KS

Lynn Luck
Oskaloosa, KS

Shawnee County (3 members)

Carol De Groff Sook
Tecumseh, KS

Seat Vacant

Seat Vacant

City of Topeka (3 members)

Beverly Thompson
Topeka, KS

Noda Preston
Topeka, KS

Seat Vacant

City of Oskaloosa

Seat Vacant

Would you like to serve seniors? Call Jocelyn Lyons to discuss joining JAAA's Board of Directors or Advisory Council. 785-235-1367.

Jefferson County News

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 Health Department or the Jefferson County Service Organization. At that time a 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 in other rural areas in need of nutrition services, but no plan has currently been approved.

For more information please call:

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

Jefferson County Health Department
(785) 863-2447

Jefferson County Service Organization
(785) 863-2637

Meals on Wheels
(785) 354-5420

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

5/27/2009

Winchester

10:30 AM - 12:00 PM
Community Building

6/3/2009

Valley Falls

11:00 AM - 12:00 PM
Township Hall

Nortonville

9:00 AM - 10:30 AM
Senior Citizen Center

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 \$.35 per mile plus drivers wages of \$6.00 per hour. Donations accepted for medical and shopping trips. *Check with JFSO as rates could change.*

Contact:

Lynn Luck

Box 212

Oskaloosa, KS 66066

(785) 863-2637 Fax (785) 863-3460

Service Hours:

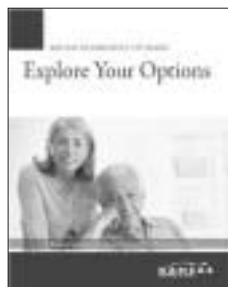
Weekdays 8:00 AM to 5:00 PM

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

Are you a licensed and bonded agency or facility 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.agingkansas.org/Publications/Publication_Index.htm

To be included in next year's edi-

tion, licensed and bonded agencies or facilities catering to seniors in Douglas, Jefferson and Shawnee Counties are encouraged to call Vanessa Merrillat 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.

CANADA DRUG OF TOPEKA

2110 SW Brandywine Lane, Suite 140 / Topeka, KS 66614

Quinine Sulfate and Domperidone still available

Great discounts on your prescription medications

Generics now available on most medications

785-272-6100 or toll free **866-804-6100**



Senior 911 Summit Partnering Through Hard Times Maner Conference Center, Topeka, KS May 7, 2009

Registration 7:30 a.m. - 8:30 a.m., Conference 8:30 a.m. - 4:45 p.m.

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 800-579-7937,

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

Please register by May 1, 2009

To register on-line:

https://webapps.aging.ks.gov/pls/apex_dvl/f?p=123:2:4263286542081072

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

<http://www.agingkansas.org/SeniorSummit/RegistrationForm2009.pdf>

Please visit us online at www.jhawkaaa.org



Food and Nutrition

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 commer-

cial 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.

Remember, fresh, frozen, canned, and dried types all count toward getting more fruits and veggies.

Before 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.

While 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 smartly!** 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.

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 (K40-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, K40-H.

- For Electric and Gas account hold-

ers, 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 of the increase in the minimum monthly rate for water and wastewater rates paid by the residential utility customer.

Both programs are based on the same criteria for the State of Kansas Homestead Refund Program, which provides for rebates of property taxes for certain eligible low income residents of Kansas.

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 (Jan-April ONLY)
- Topeka & SNCO Public Library
- 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 econom-

ic 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?

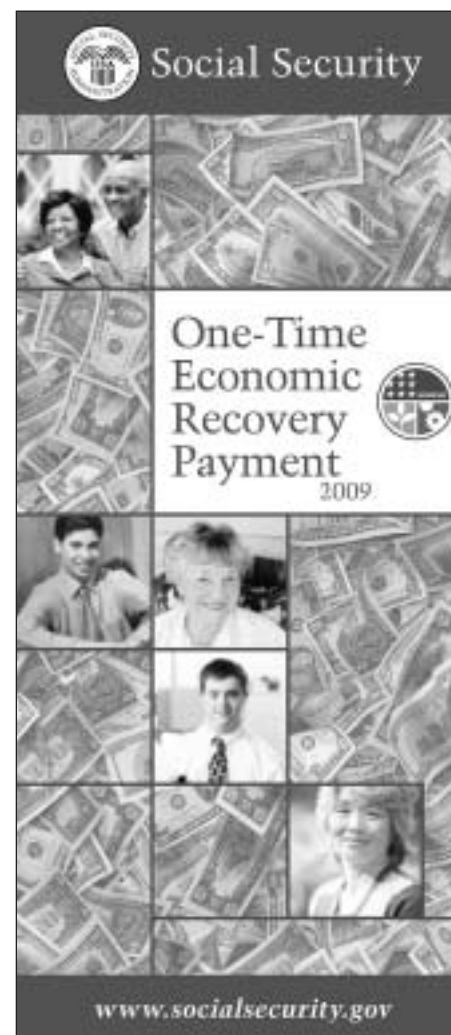
After June 4, 2009, you can call our toll-free number, **1-800-772-1213** (TTY **1-800-325-0778**) or contact your local Social Security office to tell us your payment has not arrived. Please wait until then to ask about your payment because the Department of the Treasury will be sending payments until 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:

<http://www.ssa.gov/pubs/10519.pdf>
- or -
Call 1-800-772-1213



SUDOKU SOLUTION

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

AMAZING AGING!

SPRING 2009 • 15

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 in-

formed 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**.



Rolling Hills
RETIREMENT COMMUNITY

In southwest Topeka there is a retirement community offering the finest in skilled nursing and assisted living. Rolling Hills Retirement Community offers unique options to satisfy your needs.

"A little closer to home"

ROLLING HILLS RETIREMENT COMMUNITY
2400 Urish • Topeka • 273-5001 • www.rollinghills-health.com



ADVANCED HOMECARE

MEDICAL EQUIPMENT RENTAL AND SALES



- Home Oxygen; CPAPS; BIPAPS
- Power Scooters, Wheelchairs, Walkers, Canes
- Seat Lift Chairs, Hospital Beds
- Free Delivery & In-Home Setup

- 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

