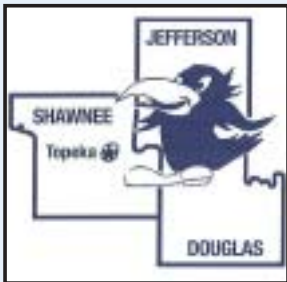


# Amazing Aging!

*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 2010



**Our Mission**

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

- Is a 501(c)3 non-profit organization
- Is funded by tax-deductible contributions, federal funds, under state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability

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



## May is Older Americans Month

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life. See article on page 10.

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*Jayhawk Area Agency on Aging's  
There's No Place Like Home  
All proceeds benefit  
Guardian Angel Fund*

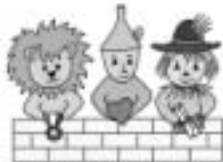
"There's No Place Like Home" accurately describes the mission of JAAA to enable seniors to age in place, to live in their homes as long as possible. We are grateful for your contribution because it enables us to better fulfill our mission. A great many seniors in Shawnee, Jefferson and Douglas Counties will live out their lives in comfort and dignity because of your generosity.

Yes, I want to help! Here is my check for:

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Your contribution to JAAA is tax deductible.

# Slip on Those Dancing Shoes!

*By Marsha Goff*

You don't want to miss Jayhawk Area Agency on Aging's annual "There's No Place Like Home" fundraiser on Saturday, May 15, from 5:30 p.m. to 9:30 p.m. at Topeka's beautiful Great Overland Station. The fun-filled evening features the toe-tapping music of the ever-popular Kings of Swing band. Don't dance? No problem. Many come just to watch the swirling dancers and enjoy familiar melodies.

Sunflower-decorated serving tables are laden with delicious hors d'oeuvres and beverages from Aboud's Catering. One happy diner at last year's event, returning from his second trip to the buffet tables, exclaimed, "The food alone is

worth the price of the ticket!"

Former Kansas Secretary of State Ron Thornburgh and his wife, Annette, serving as honorary chairs, will lead off the Spotlight Dance. Previous years' honorary chairs were Duane and Beth Fager and Barney and Marge Heeny.

Tickets are \$15 and are available for pickup at Jayhawk Area Agency on Aging, 2910 Topeka Boulevard in Topeka or by mail by phoning the agency at 785-235-1367 in Topeka (or 1-800-798-1366 outside Topeka). Proceeds will benefit JAAA's Guardian Angel Fund, developed to help seniors in Douglas, Jefferson and Shawnee Counties.

Enjoy a wonderful evening and help out a great cause. Hope to see you there!

## 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:

2010 "There's No Place Like Home" Benefit Dance Sponsors

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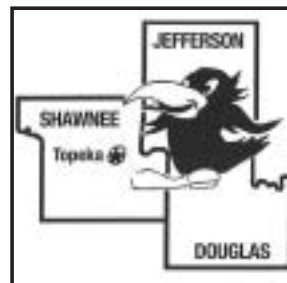
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**Thank you for your support!**



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- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 5,000

You are encouraged to write us at:

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 2910 SW Topeka Blvd.  
 Topeka, KS 66611-2121  
 (800) 785-1366 or (785) 235-1367

Annette Thornburgh, editor

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

# JAAA: Information is our Passion

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

Publications are available at JAAA offices, 2910 SW Topeka Blvd. Please call JAAA at 235-1367 or 800-798-1366 for ordering information.

Publications may also be ordered online through the Kansas Dept on Aging: <http://www.agingkansas.org/Publications/requestform.htm>

**Publications Available: (free of charge)**

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

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

- *Kansas CareGiver Guide*

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

- *Guide to Choosing a Nursing Home*

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

- *A Guide for Alzheimer's and Related Disorders*

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

- *How to Select a Special Care Unit*

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

- *The Medicare Handbook - Medicare and You (CMS)*

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

- *Facts about the Qualifying Medicare Beneficiary (QMB) Program*

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

- *Supplemental Insurance Guide (Kansas Insurance Department)*

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

- *A Mental Health Guide for Older Kansans and their Families*

A 96-page book describing the facts and myths about mental health and aging. KDOA has partnered with the Kansas Mental Health and Aging Coalition and Kansas State University to publish this resource guide.

- *End-of-Life Wall Chart*

Poster with information on Palliative

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

- *Stroke Wall Chart*

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

- *Mental Health Wall Chart*

Poster with information on Mental Health issues.

- *Mental Health Bookmarks*

Bookmarks with information on Mental Health issues.

**Make good decisions!  
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## There's No Place Like Home

*All proceeds benefit Jayhawk Area Agency on Aging's*

### *Guardian Angel Fund*

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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



## Medicare Questions Answered Free of Charge

If you or a loved one is turning 65, have questions about prescription drug coverage, Medigap/Supplemental plans, Advantage plans, or just need more information relating to all things Medicare, plan to attend the free Medicare Question and Answer Sessions at Jayhawk Area Agency on Aging, Inc.

Sessions began April 22 and will continue every fourth Thursday of the month from 1:30 to 2:30 p.m. at the JAAA offices, 2910 SW Topeka Blvd in Topeka.

"There's a lot of confusion and frustration surrounding Medicare," said Pam Brown, JAAA Volunteer/SHICK Coordinator. "These free informative sessions will help educate consumers about Medicare issues."

For more information, please call or e-mail Pam Brown at 785-235-1367, 800-798-1366 or pbrown@jhawkaaa.org.

## Protect yourself, report fraud

If you suspect, you are a victim of medical fraud, call the Senior Medicare Patrol at 1-800-860-5260.

The Kansas Department on Aging Senior Medicare Patrol reminds you:

- Never give out your Medicare, social security or bank account number.
- Never accept offers from door to door sales people, telemarketers, magazine, radio or TV ads, and review your Medicare summary notice.

If you suspect you are a victim of medical fraud, call the Senior Medicare Patrol toll free at 1-800-860-5260.

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## Guardian Angel Fund is aptly named

By Marsha Goff

*If an elderly diabetic desperately needed insulin but had no money to pay for it, wouldn't you buy it for him?*

*If a broken-hearted mother wanted to attend her daughter's funeral but could not afford the small train fare, wouldn't you purchase the ticket for her?*

*If you received a call in the night from a frail, penniless senior whose water-heater ruptured or whose furnace quit working in below-zero weather, wouldn't you cover the repair bill?*

Jayhawk Area Agency on Aging's Guardian Angel Fund has met these needs and a great many more that good-hearted individual and corporate citizens would help with if only they knew of the troubles faced by their destitute neighbors.

Jayhawk Area Agency on Aging's Guardian Angel Fund had its beginning in a 2004 staff meeting where discussion focused on the many needs of senior citizens that could not be met because no money was available or due to restrictions on how available funds could be spent. The original money for the fund was generously provided by Barney Braymen and his late wife Joan.

During its almost six years of existence, Guardian Angel Fund has provided prescription medicines, electric blankets, grab bars, nutritional supplements, incontinence supplies, furnace repair, rolling walkers, plumbing assistance, carbon monoxide detectors, skin wipes/tape, bath benches, dental x-rays, replacing essential appliances, arthritis aqua exercise . . . and so much more.

Almost everyone occasionally needs a guardian angel. And, happily, everyone occasionally has the opportunity to be someone's guardian angel. If you'd like to be a guardian angel for someone in need, please fill out the form on page two and send it with your contribution. Thank you.

Jayhawk Area Agency on Aging, Inc. (JAAA) Guardian Angel program helps those seniors who are in need of just a little help.

Due to the generosity of Barney and Joan Braymen and the assistance of Topeka Community Foundation, JAAA has set-up a fund specifically designated to supplying items which will help JAAA's low-income senior clients remain independent!



If you would like to donate to the Guardian Angel Fund call (785) 235-1367!



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## 'Patty Duke Show' family reunites to promote Social Security's online services

By Kristine Warren

Social Security District Manager,  
Topeka, Kansas

Patty Duke is back — and this time she's brought the entire family. The cast of *The Patty Duke Show* reunited to create a series of public service announcements to promote Social Security's new online Medicare application and other services.

You can view the new spots at [www.socialsecurity.gov/medicareonly](http://www.socialsecurity.gov/medicareonly).

Patty Duke and her television family entertained American households on *The Patty Duke Show* in the 1960s. Now, they're telling families just how fast and easy it is to apply online for Medicare. It takes fewer than 10 minutes.

Even if you decide to wait until after you're age 65 to apply for retirement benefits, most people should start getting Medicare coverage at age 65. If you'd like to begin your Medicare coverage, you should apply within four months of reaching age 65.

It's important to note that people who already receive Social Security retirement or disability benefits do not need to apply; they will be automatically enrolled in Medicare.

Why apply online? Because it's fast, easy, and convenient. You don't need an

appointment and you can avoid waiting in traffic or in line.

If you're within four months of turning age 65 or older, what are you waiting for? As Patty Duke and her television family will tell you, it takes fewer than 10 minutes! Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) and select the "Retirement/Medicare" link in the middle of the page.

And be sure to catch TV's most famous identical cousins and the whole family at [www.socialsecurity.gov/medicareonly](http://www.socialsecurity.gov/medicareonly).

## There's No Place Like Home

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Honorary Co-Chairs:  
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# Reform bill shrinks Medicare Part D 'donut hole'

By **Dave Ranney**  
KHI News Service

TOPEKA — The donut hole is shrinking.

In June, seniors affected by the gap in Medicare Part D prescription drug coverage will be sent rebate checks for \$250.

The payments are part of the new federal health reform package.

"When you're spending thousands of dollars on prescription drugs, that \$250 isn't a lot of money, but it's a start," said Karen Mayse, an information and assistance specialist at the North Central-Flint Hills Area Agency on Aging in Manhattan. "Things really kick in next year. That's when people in the donut hole will receive a 50 percent discount on their prescription drugs, and then, after that, the gap will be narrowed each year until 2020. At that point, beneficiaries will still be responsible for 25 percent of the cost, but it'll be like a co-pay."

The 50 percent discount will take effect in January 2011.

Currently, almost 74,000 Kansans are affected by the donut hole.

"I have many seniors who are struggling with the costs of their prescription drugs," Mayse said. "These are people who've worked their entire lives and now that they're retired, they're trying to live on fixed incomes and then an illness comes along and that makes it real difficult to manage."

Because of the donut hole, she said, many seniors cut their costs by skipping meals or scrimping on medications.

"For an awful lot of people, once they enter the donut hole, they don't come out. They're there until the end of the year," Mayse said. "It's especially hard on people with diabetes. They can hit the donut hole in March or April where somebody else may not hit it until September or October."

Under Medicare Part D, beneficiaries are expected to buy insurance policies that cover 75 percent of their prescription drug costs up to \$2,830.

After the \$2,830 benchmark is reached the beneficiary is responsible for the next \$4,550.

The gap in coverage — between the initial \$2,830 and the \$4,550 payout — is known as the donut hole.

Once a beneficiary spends \$4,550, the coverage returns for the rest of the year. On Jan. 1, the slate is wiped clean and the cycle repeats itself.

Starting next year, the 50 percent discount is expected to help many seniors span the gap in coverage.

"The problem people have now is they spend between \$700 and \$1,000 getting to the donut hole but then to get out of it, they have to have to spend way more than that," said Pam Brown, a counselor at the Jayhawk Area Agency on Aging office in Topeka. "A lot of seniors just don't have that kind of money. And even with everything that's in the reform bill, there are still going to be a lot of seniors who won't be able to afford their prescription drugs. I mean, we welcome reform, I think it's great. It's long overdue. But as long as there's a donut hole there are going to be people who can't get out of it."

Brown said word about the reform package's changes to Medicare Part D is just now reaching seniors.

"I got my first two phone calls on it today," she said Wednesday.

Mike Conlin owns Jayhawk Pharma-

cy and Patient Supply in Topeka. He said he's not had many customers ask about it.

"The sad truth is most seniors don't understand how Medicare Part D works, and I can't say that I do either," Conlin said. "I say that because, really, the questions I get asked are ones that I can't answer. My customers want to know how close they are to the donut hole — I get asked that all the time. But (pharmacists) aren't in the loop. We don't know if someone's in the donut hole until the computer kicks it back and says they are."

Conlin said he's waiting to see if the reform package includes lower fees for pharmacists.

"I know this will sound selfish," he said. "But I'm a provider and from a provider's perspective I can tell you I've written off more bad debt in the last two years than I had in the previous 25. That can't continue."

For more information about the reform package's effect on Medicare Part D, seniors and their advocates are encouraged to call the Senior Health Insurance Counseling for Kansas hotline: 1-800-860-5260.



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## Jest For Grins

# Lessons for Life

By Marsha Henry Goff

Chair, There's No Place Like Home

"Some people get out of school and never learn another thing!" Dad's words still ring in my ears. They should. I must have heard them a million times. That is probably why I have spent my adult life taking classes in everything from Russian language to belly dancing.

From Russian class I learned that it is possible—once you phonetically memorize the Cyrillic alphabet—to read a sentence in Russian flawlessly . . . and not understand a single word. My friend Judy was so impressed with my Russian study that when she encountered a couple of visiting Russians at a community event, she dragged them over to me and commanded me to "say something in Russian." I was so flustered that I couldn't even remember "das vadanya" and I had learned that phrase years earlier in the movie *Patton*. I also learned another Russian phrase in that movie which I did remember, but its profane nature made it inappropriate for visitors.

In belly dancing classes I learned where the term "shake your booty" likely originated. I also learned that wearing a skirt made of yards of gauze, wrapping tinkling bells around my waist and strapping tiny brass cymbals on my fingers made me feel absolutely ridiculous! Further, I learned that my backbending days were over!

In watercolor class I learned that friends can be heartless. I recall my artist friend Lori—looking at one of my last efforts in her class—saying to me, "Somehow, I thought you'd be better at this by now."

From CPR class I learned that it is not a good idea to give mouth-to-mouth to Resuscitation Annie after a guy with a bad cold had his way with her. When I hesitated, the instructor gave me a rag dipped in alcohol to clean Annie's mouth. It didn't work! I got the cold anyway. But I passed the class and, a few weeks later I was in my car heading home when I saw a woman who had fallen in her yard and was struggling to get up. Two women were standing over her wringing their hands. Fortunately, I knew exactly what to do. I drove three blocks to my house and called 911.

In water aerobics I learned that what's relatively easy to do on dry land is really hard to do in water. The worst

part of the class, however, was when the instructor made us attach tiny floats to our feet and I learned that the most buoyant part of my body is my posterior. I also learned that when my posterior is above the surface, my face is in the water and that is no fun at all to an air-breathing mammal.

In desktop publishing class I learned that I didn't know enough about my computer to be learning how to do a page layout. The instructor realized this when he said, "Okay, class, now turn on your computers."

Yoga class was interesting while it lasted. I never managed a full lotus and I still don't understand that business about a third eye in the middle of my forehead. Every time I shut my eyes and tried to see with my third eye, I thought I was going blind and had to open my other two eyes to make sure I could still see.

I once took a class in Color Me Beautiful to learn what season I was.

For those of you who know what I'm talking about, I'm a Spring. Most of my classmates were Winters, a couple were Summers, but I was the sole Spring and I was pretty proud, let me tell you! From that class I learned to stay away from the colors that I already knew I looked bad in and to wear the colors that I already knew looked okay on me. I also learned that it is possible to pay good money to learn something that you already know.

Dad would be pleased with all the things I've learned since I've left school. For example, he'd love it that I have learned to turn on my computer and actually access the Internet. There's so much to learn on the World Wide Web. Unfortunately, it's just my luck that I'm getting too old to remember it!

- Marsha Henry Goff writes a regular humor column—*Jest for Grins*—for the *Lawrence Journal-World*. She also is the author of historical books and magazine articles.

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

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# Caregiver's Corner

## Being a Caregiver and Being Cared For

By Tina and Nick Coachman Sr.

My name is Tina Coachman. I am 57 years old. I am three fourths Hispanic and a quarter Kansas Kickapoo. I work at Haskell Indian Nations University as a College Resident Assistant. I will mark 30 years of service in June of this year. I graduated from Haskell when it was a Junior College.

Nick and I will celebrate 36 years of marriage on July 20<sup>th</sup>.

We met at Haskell. Went on a blind date set up by our mutual friend. We have two sons, Nicky Jr. and his wife Julie. Our youngest son is David.

Being a caregiver comes naturally to me. My mother always felt that I should be a nurse. I have always cared about people. Having children and caring for them was something instinctively innate for me. I believe that I had the gift of nurturing and a calming affect on babies. I had something, because it seemed as if people always handed their kids to me and I was able to get them to fall asleep.

I do know that I am a "people person." I always wanted to know what made people "tick." I read a lot of books about behaviors. All of that study has helped me in the work I do today at Haskell in the residential halls.

### Tina's Story

Since my husband Nick is eight years older than I am, I always knew there would come a time when I would have to care for him as we got older. We were active in our early years of marriage. We played tennis. He played fast pitch softball. I was a cheerleader and liked to dance. Then that day comes when the aches and pains start to set in and all of a sudden your 40 and 50 years old.

I remember the day when Nick showed me his feet. They were all red. I believe he tried to hide that from me, because Nick never wanted to worry me or burden me and our sons. But, this looked serious and I told him that we needed to go to the emergency room. Nick was diabetic and this was an infection that almost cost him the loss of his foot. Even though Nick and I always took care of each other when we were sick, this was going to be a long-term sequence of events.

Since that day, the care giving has been a daily part of our lives. Nick is

not totally disabled. He can still walk with a cane. He does have neuropathy in his feet and legs. He uses a wheelchair at home. He can bathe and dress himself. He cooks for himself and does the dishes from his wheelchair.

There are times when he needs my help which mostly involves driving him to his doctor's appointments, helping him fill out forms, walking next to him to make sure he doesn't fall. This has happened several times when he missed a step at the store or doctor's office. I need to make sure we have water in the car and other items that he needs when we travel to the store or doctor's appointments. Nick can't travel long distances much anymore because of the long confinement in the seat.

We've had to make several trips to the emergency room when he had trouble breathing, etc. He does have sleep apnea. My son David (who lives with us) and I check on him often to make sure he's okay. Nick has burned himself using the stove several times because he has no feeling on the tip of his fingers. We notice burn marks on his hands that he didn't even know were there. Obviously, this is a major concern for us.

Being a care-giver is stressful. But, I know that this is part of my responsibility with the vows I took when I married Nick. As a matter of course, this is my duty as a wife to take care of my husband. It is something that I am readily prepared to do. My faith in God is my stronghold. I understand what life and death is. We both know that a new heavenly body awaits us, so, I have no fear. But, this I do know : I know when to step back and take care of myself too. And the really good thing about that is : Nick agrees with that and allows me the freedom to de-stress by going to visit my family or a movie or shopping.

### Nick's Story

(Nick grew up in Oklahoma from the Creek Tribe and also worked at Haskell for over 30 years as a College Resident Assistant.)

Not being able to care for yourself in certain key areas is quite an adjustment for me. There was a time when I was healthy and everything came so easy. No one had to worry about you and your attitude was to take everything for granted. Now, it's all different. I have



Tina Coachman

progressive diabetes, sleep problems, obesity, neuropathy in my feet, and eye problems. I can't walk very far and my energy levels are low. And, just two months ago I went on insulin.

Now my life has changed these last 20 years. There's no room for "feeling sorry" for yourself because some of these problems were self-inflicted. I just take each day with a determination to win a few battles and secure the life I now have. And, the one word you need is; be careful about your health problems and just "stay in control" for the sake of your family.

I don't want to be a burden! I want to be a man who can live with his disabilities and health problems with a calm spirit and understanding heart. For I am now a member of the family of disabled people. I've come to believe that you find inspiration through the ones who are disabled. We watch each other's struggles and little victories and can be hopeful for each other that we never become crippled in our spirit.

The one's who fight and win those battles produce a quiet joy and inspiration for all who are disabled.

I am winning that battle every day!!!

### Tina

I would like to add to Nick's nar-

rative that he is a prayer warrior. He reads and studies his Bible every day. I know where his strength comes from. We are Christians and totally trust Our Lord and Savior Jesus Christ.

## Haskell Indian Nations University

Twenty-two American Indian children entered the doors of a new school in Lawrence,



Kansas, in 1884 to begin an educational program that focused on agricultural education in grades one through five. Today, Haskell continues to serve the educational needs of American Indian and Alaska Native people from across the United States. For more than 117 years, American Indians and Alaska Natives have been sending their children to Haskell, and Haskell has responded by offering innovative curricula oriented toward American Indian/Alaska Native cultures.

## Flory receives Donna J. Kidd Award

To commemorate May as Older Americans Month, The Donna J. Kidd Award recognizes an outstanding older person who is making a significant contribution to seniors in their community through employment and /or volunteer work. A tireless champion for seniors and aging issues in the com-

munity, Donna J. Kidd was Executive Director of Jayhawk Area Agency on Aging from 1976 to 1997.

The winner for 2010 is Dorothy Flory of Nortonville. An awards ceremony is being planned for May 28 at the Nortonville Senior Center. Call JAAA for details.





# Caregiver's Corner



Marilyn taking a break from the JAAA booth at the 2010 Farm Show in Topeka.

## Topeka Area Caregiver Support Groups

For more information on any of the groups below, please call Caregiver Specialist Marilyn Thomas at (785) 235-1367.

**Baldwin Healthcare Center**  
1223 Orchard Ln, Baldwin City  
*3<sup>rd</sup> Thursday of the month, 1:00-2:00 pm*

- May 20
- June 17
- July 15
- August 19
- September 16
- October 21
- November 18
- December 16

**Jayhawk Area Agency on Aging**  
2910 SW Topeka Blvd, Topeka  
*2<sup>nd</sup> Wednesday of the month, 1:00-2:00 pm*  
July 14  
August 11  
September 8  
October 13  
November 10  
December 8

**Countryside United Methodist Church**

3221 SW Burlingame Rd, Topeka  
*4<sup>th</sup> Tuesday of the month, 1:00-2:00 pm*  
July 27  
August 24  
September 28  
October 26  
November 16 (close to holiday)  
December 28

**Rose Hill Clubhouse**  
3600 SW Gage, Topeka  
*4<sup>th</sup> Wednesday of the month, 1:00 pm-2:00 pm*  
July 28  
August 25  
September 22  
October 20  
November 17 (close to holiday)  
December 15

**Aldersgate Village**  
Manchester Lodge  
7220 SW Asbury, Topeka  
*2<sup>nd</sup> Thursday of the month, 2:00-3:00 pm*  
July 8  
August 12  
September 9  
October 14  
November 18 (holiday Nov. 11)  
December 9

**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

## A missive from Marilyn....

**Marilyn E. Thomas**

*Caregiver Program Specialist  
Jayhawk Area Agency on Aging, Inc.*

It's been a busy spring here at JAAA, with many health and wellness fairs to attend, caregiver support groups to facilitate, along with many phone calls and home visits. From caregivers requesting information, services, or just a sympathetic ear, JAAA is here to help.

I meet such caring and dedicated caregivers. One memorable caregiver was Tina Coach who I met at the Haskell Indian Nations University's 11<sup>th</sup> Annual Safety, Health and Wellness Fair. Tina Coachman is employed at Haskell and also a caregiver for her husband, Nick. Tina and Nick were kind enough to share their story (see

page 8) and I am sure their experiences will resonate with many readers.

Caregiving may be one of the most important roles you will undertake in your lifetime. It is not an easy role, nor is it one for which most of us is prepared. Like most people, you may have questions about your care receiver's illness or disability.

If you have a job and are juggling several responsibilities, or if your family member or friend needs a lot of assistance, you need help with caregiving. Whether you are expecting to become a caregiver or have been thrust into the role overnight, it is useful to know where you can obtain information or assistance.

Please give me a call, or attend one of the support groups listed. You are not alone.



# S.O.S.

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



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1-800-784-4744

- Attendant Care Services
- Homemaker/Companion Services
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- Payroll Agent Services

\*Providing services since 1992\*

# May is Older Americans Month

May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life.

This year's Older Americans Month theme—Age Strong! Live Long!—recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much. But the contributions of older Americans are not only in the past. Older Americans are living longer and are more active than ever before. And with the aging of the baby boomer generation—the largest in our nation's history—America's senior population is expected to number 71.5 million by 2030.

While keeping the growing population of older Americans healthy and active will increase the demand for senior services, what is remarkable is the extent to which older Americans themselves are supporting each other. As the new generations of seniors become better educated and more financially secure than their predecessors, they are spending more time making significant contributions in their communities through civic and volunteer opportunities.

In fact, older Americans are a core component of service delivery to seniors—embodying and modeling the

drive to Age Strong! Live Long! They volunteer at group meal sites and deliver food to homebound seniors; they act as escorts and provide transportation for older adults who cannot drive; they help seniors with home repair, shopping and errands; and they provide vital counseling, information and referral services. Their energy and commitment reminds all Americans—not just senior citizens and their caregivers—to do their part to enhance the quality of life for older generations.

The annual commemoration of Older Americans Month is our opportunity to recognize the contributions of older citizens and join them in providing services and support that empower the elderly. Americans of all ages and backgrounds can volunteer with programs that improve health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities and community engagement, and more. Contact your local Area Agency on Aging by visiting <http://www.eldercare.gov> or calling 1-800-677-1116 to find out what you can do to strengthen services for older Americans, this month and all year round.

## A Profile of Older Americans

- The older population (65+) numbered 38.9 million in 2008, an increase of 4.5 million or 13.0% since 1998.
- The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 31% during this decade.
- Over one in every eight, or 12.8%,

of the population is an older American.

- Persons reaching age 65 have an average life expectancy of an additional 18.6 years (19.8 years for females and 17.1 years for males).
- Older women outnumber older men at 22.4 million older women to 16.5 million older men.
- In 2008, 19.6% of persons 65+ were minorities--8.3% were African-Americans.\*\* Persons of Hispanic origin (who may be of any race) represented 6.8% of the older population. About 3.4% were Asian or Pacific Islander,\*\* and less than 1% were American Indian or Native Alaskan. In addition, 0.6% of persons 65+ identified themselves as being of two or more races.

• Older men were much more likely to be married than older women—72% of men vs. 42% of women (Figure 2). 42% of older women in 2002 were widows.

- About 31% (11.2 million) of noninstitutionalized older persons live alone (8.3 million women, 2.9 million men).
- Half of older women (50%) age 75+ live alone.
- About 471,000 grandparents aged 65 or more had the primary responsibility for their grandchildren who lived with them.
- The population 65 and over will increase from 35 million in 2000 to 40 million in 2010 (a 15% increase) and then to 55 million in 2020 (a 36% increase for that decade).
- The 85+ population is projected to increase from 4.2 million in 2000 to

5.7 million in 2010 (a 36% increase) and then to 6.6 million in 2020 (a 15% increase for that decade).

• Minority populations are projected to increase from 5.7 million in 2000 (16.3% of the elderly population) to 8.0 million in 2010 (20.1% of the elderly) and then to 12.9 million in 2020 (23.6% of the elderly).

• The median income of older persons in 2008 was \$25,503 for males and \$14,559 for females. Median money income (after adjusting for inflation) of all households headed by older people did not change in a statistically different amount from 2007 to 2008. Households containing families headed by persons 65+ reported a median income in 2008 of \$44,188.

• Major sources of income for older people in 2007 were: Social Security (reported by 87% of older persons), income from assets (reported by 52%), private pensions (reported by 28%), government employee pensions (reported by 13%), and earnings (reported by 25%).

• Social Security constituted 90% or more of the income received by 35% of all Social Security beneficiaries (21% of married couples and 44% of non-married beneficiaries).

• About 3.7 million elderly persons (9.7%) were below the poverty level in 2008 which is not statistically different from the poverty rate in 2007 (9.7%).

• About 11% (3.7 million) of older Medicare enrollees received personal care from a paid or unpaid source in 1999.

- *Principal sources of data for the Profile are the U.S. Bureau of the Census, the National Center on Health Statistics, and the Bureau of Labor Statistics. The Profile incorporates the latest data available but not all items are updated on an annual basis.*



Homestead Resident: Opal May Allen

## 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.*

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www.homestead-assistedliving.com

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Term expires Sept. 2012

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

# Call Social Security Toll-Free Anytime!

*By Kristine Warren*  
Social Security District Manager,  
Topeka, Kansas

Telephones certainly have made our lives easier. Have you ever thought about what your life would be like without your cell phone? Now imagine life without telephones at all.

Social Security's nationwide, toll-free phone service makes conducting business with the agency more convenient. **Did you know you can call Social Security day or night at 1-800-772-1213?**

You can talk with a Social Security representative from 7 a.m. to 7 p.m., Monday to Friday. But today, telephones are used for so much more than talking. You can access recorded information and many automated services 24 hours a day — including weekends and holidays.

For those currently receiving benefits, you can use these automated services to report a change of address or telephone number, start or change direct deposit of benefits, and request a



proof of income letter or a replacement Medicare card. In addition, everyone can use the automated services to request important Social Security forms such as an application for a replacement Social Security card or a Social Security Statement, and order some of our most popular public information pamphlets.

It's hard to imagine life without phones — or Social Security without a nationwide toll-free phone number. Social Security is never more than a phone call away: 1-800-772-1213 (TTY 1-800-325-0778).

## 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.

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

MEDIUM

Solution on page 15

## JAAA Advisory Council

### Douglas County (3 members)

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Term expires Sept. 2010

Seat Open  
Term expires Sept. 2011

Seat Open  
Term expires Sept. 2012

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Seat Open  
Term expires Sept. 2012

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Noda Preston, Chair

Seat Open  
Term expires Sept. 2010

Seat Open

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



# Release the Power of Tai Chi

Jayhawk Area Agency on Aging is hosting Tai Chi for Health classes. A beginner's class is held on Thursday mornings at 9:15; followed by a 10:30 a.m. class for those who have experienced a Tai Chi class previously.

The ancient art of tai chi uses gentle flowing movements to reduce stress



Mae Lovell, RN leading participants at World Tai Chi Day activities held at McCrite Plaza on April 24.

and improve health. Paul Lam, M.D. has worked with tai chi experts and medical specialists to design Tai Chi for Health programs for all fitness levels. These programs are easy and enjoyable to learn and scientific studies have proven their efficacy and safety. Benefits include improved flexibility, muscle strength, balance, and posture along with improved immunity. The Harvard Women's Health newsletter in May 2009 explained the health benefits of tai chi and stated, "The internal form of tai chi practiced for health could be called *meditation in motion*."

Mae Lovell, RN, Certified Tai Chi for Health Instructor learned tai chi while living part time in China for six years. After personally experiencing the health benefits, her passion has been to share this ancient art with others, especially those with some health challenges. "Tai chi is a fun, creative way to improve wellness. The benefits of this exercise have been proven for over 2000 years. We are fortunate to have access to this manner of health improvement and prevention *and* at the same time being blessed with our advanced Western medical system. This is a powerful combination."



Thirty-four tai chi students gathered at McCrite Plaza in Topeka to celebrate World Tai Chi & Qigong Day. The global event began in 1999 after its founders were inspired by the Kansas City Tai Chi Club's mass Tai Chi exhibition and teach-in on the lawn of the Nelson Atkins Museum of Art in 1998.

## World Tai Chi & Qigong Day Celebrated in Topeka

Thirty-four tai chi students assembled around the landscaped pond at McCrite Plaza on Saturday, April 24, to participate with thousands of other persons around the globe breathing together and doing tai chi.

The event began at 10:00 a.m. in New Zealand and made its way around the globe at 10:00 a.m. in each time zone ending in Hawaii. One student described the event as "very moving to

feel this connection with the others in attendance and around the world who understand the benefit of tai chi and qigong"

Participants at the event included JAAA students, along with students from Stormont Vail's Cotton O'Neil Cancer Center and Hiawatha Community Hospital, Tai Chi for Arthritis students and residents of McCrite Retirement Plaza.

## Tai Chi students share their experiences

"I feel energized and relaxed after class. It's amazing how these slow movements can make you feel better."

"The main thing I notice is that I am breathing more easily and deeply."

"My balance has really improved. I am so glad I took this class because I was able to stand on one foot and do kicks with my five year old grandson at his Tai Kwon Do class!"

### Tai Chi Classes at JAAA

Mae Lovell, RN, Instructor

Tai Chi Beginning Students  
Thursdays 9:15 am

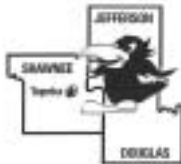
Tai Chi Experienced Students  
Thursdays 10:30 am

Pre-registration required due to limited space.

Call 235-1367 or 800-798-1366

### PLEDGE FORM

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



*Here is my tax-deductible contribution.*

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Please apply my gift toward

- Guardian Angel Fund
- Where Needed Most

\* Contact Jocelyn Lyons at (785) 235-1367 for details or to discuss other options of support

Level of Giving

- \$25
- \$50
- \$100
- Other \_\_\_\_\_

Method of Payment

- Check Enclosed
- Bill Me
  - Monthly
  - Quarterly
  - Annually

**Thank you for your support!**

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

# Long-Term Care Service Guide Available

Kansas Advocates for Better Care (KABC) received a grant from the Kansas Bar Foundation to create a guide to the legal (civil) issues in long-term care for consumers and others.

KABC were fortunate to have three attorneys, who specialize in elder care, volunteer their expertise to develop and write the content for the guide—Margaret Farley, Molly M. Wood and Rachel Monger.

KABC reviewed the calls we received from consumers over the past three years and focused on the issues that occurred most frequently.

The booklet “The Law of Care – No Matter Where” is now available in print and on the KABC website. It is available at no cost to anyone who wants a copy, while the 3,500 copies printed last.

There are four sections—Home & Community Based Services, Assisted Living, Nursing Facilities, and Resources.

It will be available on the KABC website at [www.kabc.org](http://www.kabc.org) or <http://www.kabc.org/pdfs/2010-IOLTA-legal-guide.pdf> or anyone can call to request a copy be sent to them (no charge). Toll-free: (800) 525-1782

Kansas Advocates  
for  
Better Care



## Thanks and Good Luck to Our Student Interns!

Amanda Nickerson- Washburn University

Jessica Clatterbuck- Kansas University

Jessica and Amanda assisted the case management department, performing home visits and connecting clients to resources. JAAA appreciates their help and wishes them good luck in their new endeavors.

# 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. The phone number is 785-863-2012.

Jefferson County Health Department offers free health screenings throughout Jefferson County. Call (785) 863-2447.

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

## Heart of America Hospice

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



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# Meet Case Manager Barb Tucker



Barb Tucker

My husband's name is Jim (Tucker) and we have been married for 29 years and 7 months. Jim works at Haskell and has been there for over 30 years now. His official title is Director of Student Life Programs; he is responsible for the residential halls, counseling center, TRIO programs, and recreation programs. Jim, who is originally from Oklahoma, is enrolled with the Cherokee Tribe of Oklahoma.

I am a native Kansan. I grew up in northeast Kansas in Everest and Horton (Willis is actually my hometown) with my family consisting of my parents (my mom, who is enrolled with the Turtle Mt. Chippewa tribe in North Dakota and my dad, who is Mexican-American – his parents both came to the US from Mexico.), my maternal grandfather, and my four sisters and three brothers. My siblings and I are all enrolled with the Turtle Mt. Chippewa Tribe and we are Mexican-American as well. We grew up learning and living both the Native American and Mexican-American cultures. On my dad's side of the family, being Mexican-American, we have lots of first cousins who we grew up with in Horton, getting together as a(n) (extended) family to celebrate everything!

Jim and I have two daughters, Amber and Ashley; both are enrolled with the Cherokee Tribe. Amber completed her Bachelor of Science degree in Environmental Science with an emphasis in Ecology; she is employed with the Environmental Protection Agency (EPA) Region 7 office in Kansas City, Kansas, as a NEPA (National Environmental Policy Act) reviewer. Ashley has completed her Associate of Science degree in Environmental Science and is pursuing a Bachelor of Science degree and a Doctorate of Veterinary Medicine (DVM). Amber and Ashley both received their degrees from Haskell Indian Nations University.

I never attended Haskell; neither did Jim. Jim obtained his Bachelor of Arts degree from Northeastern State University in Tahlequah, Oklahoma, and his

Master of Social Welfare degree from the University of Kansas. I obtained my Bachelor of Arts degree in Social Work from Washburn University in Topeka and my Master of Social Work degree from the University of Denver.

I started working at Haskell with Indian Health Service Health Center first as a Mental Health Technician, then as a Social Worker and eventually became Chief of the Human Services Program

(mental health, chemical dependency, and social services) there. I worked with Indian Health Service for about 20 years. I went to work at Haskell Indian Nations Program at the Counseling Center as a Social Worker; I worked in that capacity for about 10 years. My primary responsibilities included providing services to the Haskell students and their families living off-campus. I also served as an advisor and counsel-

or to all students, and taught a required freshmen student success class among other responsibilities.

What I liked best about Haskell is that the students came from many different Native American tribes from all across the country, including Alaska, so I had the opportunity to learn about the cultures of many tribes while working in one location. I especially liked hear-

■ CONTINUED ON PAGE 15



## The deadline for applications to apply for the Franchise Fee is September 7, 2010.

To apply for the Franchise Fee/Utility Rate Program, Utility (electric and gas) information still needs to be obtained, this can add several weeks onto the processing time. Applications that are incomplete will be returned.

- 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

Please be sure to read the instructions and the frequently asked questions (FAQ's) to assist in filling out your application properly.

Applications may be obtained at the following locations, or download forms at the following links:

[http://www.topeka.org/franchise\\_fee\\_program.shtml](http://www.topeka.org/franchise_fee_program.shtml) -OR-

<http://www.jhawkaaa.org/images/Utility%20Franchise%20Fee%20Refund%20Program%20Forms%2002010.pdf>

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

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



# Tucker

■ CONTINUED FROM PAGE 14

ing and learning about the Alaska native students and their cultures as well as those students who came from more traditional tribes such as the Navajos and Pueblos. I found it all so fascinating!!

I have worked with JAAA since October, 2006, as a Case Manager II; I am one of two full-time and one part-time case managers working in the Lawrence office serving Douglas County.

I enjoy working with the elderly. As a child living in the small town of Everest, I used to ride my bike around town visiting some of the elderly people living there. I spent a considerable amount of my time just visiting and spending time with the elderly Everest residents.

So working with the senior population comes naturally for me. I feel like I have come full circle by working (and visiting) with seniors once again. Of course, visiting with the seniors in their homes is my favorite part of the job. I believe this work here at JAAA is so important because we provide much needed services to the elderly, some who have no (available) family to help them and often have very limited, including financial, resources. I truly believe, as I was taught in both my Mexican-American and Native American cultures, that after spending their lives taking care of others, these elders deserve to be treated with great respect and to be provided and cared for.

## Our case managers know their stuff!

If you or someone you know is older and needs help, who do you call? Our Case Managers are here to help. They are trained to match families' and seniors' needs with the services and programs available in Shawnee, Douglas and Jefferson Counties.

For more information call JAAA:

235-1367 or 800-798-1366

### Kansas Legal Services

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

[www.kansaslegalservices.org](http://www.kansaslegalservices.org)



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- ✓ Enrolling in a Part D Plan
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3	2	8	9	7	6	5	4	1
4	6	1	2	8	5	3	9	7
5	7	9	1	4	3	6	8	2
2	8	3	4	1	9	7	6	5
7	5	4	3	6	2	8	1	9
1	9	6	8	5	7	2	3	4

### JAYHAWK AREA AGENCY ON AGING, INC.

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

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ALL EDUCATIONAL SESSIONS WILL BE HELD AT JAYHAWK AREA AGENCY ON AGING 2910 SW TOPEKA BLVD., TOPEKA, KS. LOWER LEVEL CONFERENCE ROOM PLEASE CALL OR EMAIL TO REGISTER. FREE TO THE PUBLIC. PHONE: 785-235-1367 (ASK FOR VANESSA) EMAIL: [info@jhwkasa.org](mailto:info@jhwkasa.org)



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