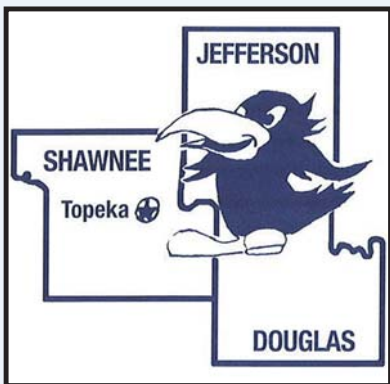


Amazing Aging!

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 2011



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



Fun, Food, Music and Dancing

Get ready to dust off those dancing shoes and rev up your appetites because JAAA's "There's No Place Like Home" fundraiser will be held on Wednesday, May 18th from 5:30 p.m. to 9:30 p.m. at Great Overland Station. Could there be a more beautiful venue? Or a finer swing band to dance and listen to than The Kings of Swing? Or better food than that provided by Aboud's Catering?

We don't think so! Even bet-

ter, while having a fantastic time, you'll be supporting a wonderful cause because all proceeds benefit our Guardian Angel Fund. This year's event will also feature drawings for exciting themed baskets and a special sealed-bid auction for an NCAA authorized basketball autographed by The University of Kansas 2010-2011 basketball players and coaches.

The above photo of last year's dance speaks louder than

words. Notice the participants of all ages having fun dancing. The page 2 photo shows others watching the swirling dancers from floor-side tables and the balcony overlooking the dance floor. We're striving to make this year's event even better. Tickets are a bargain at \$15. Previous events have sold out so buy your tickets now at JAAA, 2910 Topeka Blvd. We hope to see you at "There's No Place Like Home!"

A Message from Jocelyn Lyons, JAAA Executive Director

While I sit here putting my thoughts together for this newspaper article, the outside temperature is rising, the sun is shining and I cannot help thinking about how nice it would be to be outside! That's the wonderful thing about spring, feeling the spirit of renewal by being active in our neighborhood and community.

Every May since 1963, people in towns and cities across the nation have come together to celebrate the enormous contributions of older Americans — borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our older adults as they continue to en-

rich and strengthen our communities. Jayhawk Area Agency on Aging is joining the festivities with special activities and events.

The theme of this year's celebration is *Older Americans: Connecting the Community* pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities.

During my tenure of employment at Jayhawk Area Agency on Aging, older consumers have become more active in community life than ever before, thanks in part to advances in healthcare, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are

out and about giving back and making a difference in our communities through volunteering on boards, input in planning redevelopment of their community, advocating to policy makers on senior issues, etc.

Our older adults step up to assist one another as well. Across our communities in Douglas, Jefferson and Shawnee counties, seniors are connecting with other seniors by delivering meals, helping with home repairs, assisting with shopping, offering companionship, peer counseling and being caregivers. These efforts often remind us that when older adults are active and engaged in our communities, everyone benefits.

Help us celebrate Older Americans Month! Join us by attending our annual There's No Place Like Home dance, May 18 at the Great Overland Station. Educate yourselves by attending health fairs scheduled during the month of May. Contact your local volunteer organization for a listing of volunteer opportunities. And, finally, I challenge community leaders and corporations to recognize older adults by becoming a partner with Jayhawk Area Agency on Aging in our continued efforts to plan and develop programs in Douglas, Jefferson and Shawnee counties that afford older adults continued independence as they age in place.



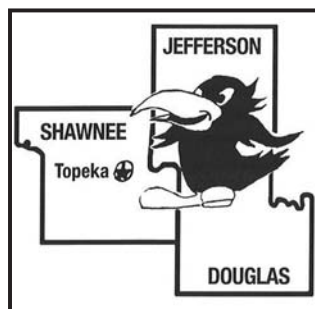
Lyons

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 7,000+

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

Marsha Henry Goff, 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.



Topeka's Union Pacific Station was born in 1927 and reborn in 2004 as Great Overland Station. It serves as a beautiful venue for JAAA's "There's No Place Like Home" annual fundraiser. Flags representing every state wave in the soft spring breeze in front of the station, while inside dancers and listeners sway to the music of Kings of Swing and diners enjoy the delicious food provided by Aboud's Catering. Join Honorary Chairs Susan and Dr. Jerry Farley in an unforgettable evening and help a wonderful cause.

Guardian Angel Fund

JAAA established its Guardian Angel Fund, with initial funding provided by Barney Brayman and his late wife Joan, to meet the urgent needs of desperate seniors which could not otherwise be met. As part of its mission, JAAA allocates federal and state funds to providers of services to seniors in the counties of Shawnee, Douglas and Jefferson, but those funds have restrictions on how they may be used and, even when needs meet those restrictions, bureaucracy often takes precious time.

For example, if a furnace stops functioning in sub-freezing temperatures or a water

heater ruptures in the middle of the night, time is of the essence. Guardian Angel Fund can often help in those cases. The fund has also provided life-saving prescription medications, electric blankets, walkers, carbon monoxide detectors, a window air conditioner for a hospice patient with Parkinson's and Alzheimer's diseases, a train ticket for a grieving mother to attend her daughter's funeral, and so much more.

Would you like to be someone's guardian angel? If so, please fill out the card at right and send it with your contribution. Thank you for caring.

You have the opportunity to be someone's

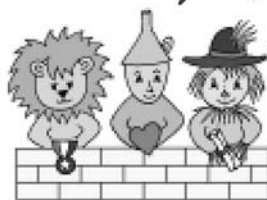
Guardian Angel

when Jayhawk Area Agency on Aging
holds its annual fundraiser
"There's No Place Like Home"
on May 18, 2011, 5:30 p.m.
at Topeka's Great Overland Station

Featuring Kings of Swing
Aboud's Catering
Tickets \$15 at JAAA
2910 SW Topeka Blvd, Topeka, KS 66611
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Honorary Chairs: Susan and Dr. Jerry Farley

All proceeds benefit JAAA's
Guardian Angel Fund



We are each of us angels with only one wing, and we can only fly by embracing one another. ~Luciano de Crescenzo

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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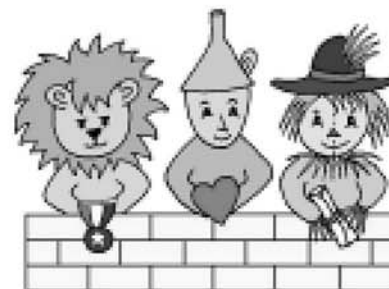
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Your contribution to JAAA is tax deductible.

Buffy's day at the spa courtesy of the Guardian Angel Fund

By Marsha Henry Goff

If Buffy the Shih-Poo is George Mills best friend, the reverse is certainly true. George, 89, adopted Buffy, 18 (126 in dog years), when she was five and her previous owner, an elderly woman, moved to a nursing home. The woman's neighbors feared that Buffy would go to a pound and be euthanized until one neighbor remembered that George had mentioned wanting a dog. George quickly agreed to adopt Buffy and the two became fast friends.

Buffy has the best of everything that George can give her on his limited income and he also keeps food on his back porch for the many cats that roam his neighborhood. A long-retired small businessman, George owned Mills TV, one of the first television sales and repair stores in Topeka, and also owned Melody Music (a record store he named after his daughter). He is still active in a postage stamp club which he previously served as president.

When George became a client of Jayhawk Area Agency on Aging, his case manager, Lisa Shaedler, noticed that Buffy might benefit from grooming, an unaffordable luxury for George's income, but one he recognized was necessary to improve Buffy's overall well-being, especially her vision (she is blind in one eye). "She's my dog" he says, "and it's my obligation to take care of her."

Lisa checked around and found a veterinarian who wasn't deterred by Buffy's age and drew on Guardian Angel Funds to pay for the grooming service. Buffy was transported by a friend to the vet's office in a cat carrier. She apparently enjoyed her day at the spa and came home neatly trimmed, sporting a red bandanna around her neck. As she trotted to the back door, each cat eating on the porch greeted her with the feline equivalent of a "fist bump."

George was as thrilled with the transformation as Buffy and kept asking, "Do you like it, Girl?" To Lisa, he expressed his sincere gratitude: "There isn't anything you could do for me personally that would mean more to me than what you have done for my dog."

There are many seniors whose closest companions are pets. Both benefit — as do George and Buffy — from the relationship. A May 1999 study published in the Journal of the American Geriatrics Society showed that independently living seniors who have pets tend to have better physical health and mental well-being than those who do not. Seniors with pets are more active, cope better with stress and have better overall health. A 1997 study showed that elderly pet owners had significantly lower blood pressure overall than their contemporaries without pets.

As George so aptly puts it, "Animals have a place on this planet, too."



George and Buffy

JAAA Offers 'Tai Chi for Health' Classes

Tai chi is a gentle exercise that improves flexibility, muscle strength, posture, cardiovascular fitness and immunity. It also reduces pain, stiffness and stress. "Tai chi for Health" Programs — developed for the Arthritis Foundation by Paul Lam, MD — are safe, enjoyable, easy to learn and designed for all ages and fitness levels. The Center for Disease Control has proclaimed tai chi as one of the main ways to prevent falls.

Mae Lovell, RN, is certified by the Arthritis Foundation to teach the classes. She learned tai chi in China where she lived

part-time for six years. Classes are held Wednesday mornings at 10:30 and Thursday mornings at 9:15 and 10:30. A chair tai chi class, held on Wednesday mornings at 9:30, is recommended for Parkinson's patients and their caregivers. Classes are limited to 15 participants so pre-registration is necessary by phoning JAAA at 785-235-1367 or 800-798-1366.

There is no set fee for the classes, but donations are expected from participants so the classes may continue to be offered.

Lawrence Meals on Wheels forges partnership with Hy-Vee

For 35 years, Lawrence Meals on Wheels has contracted with Lawrence Memorial Hospital to provide meals for homebound residents with special dietary needs. However, a scheduled kitchen renovation at the hospital caused LMOW Director Kim Cullis to search for a new caterer. While the hospital offered to supply sack lunches for mid-afternoon pickup and delivery by LMOW's 160 volunteers, Cullis realized that time of day would not work for either clients or volunteers.

The Hy-Vee on 6th Street, one of two Hy-Vee stores in Lawrence, offered to partner

with LMOW and Cullis is excited at the prospect at working with Kylene Etzel, Hy-Vee's registered dietitian, to provide all clients with good-tasting, heart-healthy meals with reduced sodium and calories. Etzel will then refine menus for those who require gluten-free or other specialized meals.

Etzel notes that Hy-Vee is experienced in catering to the needs of homebound individuals with special dietary needs because the company has entered into similar partnerships in other states. If the noon-time crowds at the restaurants of both Lawrence Hy-Vee stores

are an indication, LMOW clients are in for nourishing and tasty meals beginning on May 31. This is Hy-Vee's first home-delivered meal partnership in

the State of Kansas.

Jayhawk Area Agency on Aging provides the funding for more than 80 seniors who receive meals from LMOW.



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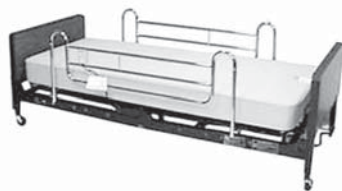


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Plan now for a future disaster

By April Maddox

Are you prepared for a disaster? Have you wondered what type of help will be available if a disaster did occur? Do you know what your community and local community-based organizations are doing to be prepared?

If you are asking yourself these questions you at least have a start to being prepared for a disaster. Springtime brings many threats of dangerous weather which means we all need to be prepared. If a disaster does occur in your community, local government and disaster relief organization will try to help you, but you need to be ready as well.

In Lawrence, there is a grassroots community work group called Together Prepared which is doing their best to make sure you know how to be prepared. The mission of Together Prepared is to ensure that local capabilities exist for enhancing personal readiness through training and education to minimize the impact of disasters on vulnerable populations. This coalition was formed and held its first forum for community-

based organizations (CBOs) in November of 2008.

The coalition holds quarterly forums on topics related to emergency preparedness. Forum topics have included: Continuity of Operations Planning for agencies, preparing CBO agencies and consumers for hazardous weather, pandemic flu tabletop exercise, a panel of emergency response agencies discussions expectations from the public and realistic expectations from response agencies during a disaster or emergency event, and information for consumers on personal preparedness.

If you would like to know more about the coalition you can contact:

April Maddox
Case Management Program
Manager
Jayhawk Area Agency on
Aging
785-235-1367
or
Charlie Bryan
Preparedness Coordinator
Lawrence-Douglas County
Health Department
785-843-3161

Eye of the Beholder

A little boy ran to his grandmother, crying because other children were teasing him about his freckles.

"Why, I think freckles are beautiful," said his grandmother. "Can you tell me one thing that is prettier than freckles?"

The little boy raised his tear-streaked face and touched his grandmother's cheek. "Yes," he said with a sigh, "Wrinkles."



Don't miss your chance to bid on an NCAA basketball autographed by players and coaches of The University of Kansas 2010-11 Men's Basketball Team.

Place your written bid with contact information in a sealed envelope and deliver by mail or in person to Jayhawk Area Agency on Aging 2910 SW Topeka Boulevard Topeka, KS 66611 by noon, May 18, 2011. Minimum bid: \$200.

Successful bid announced that evening at JAAA's "There's No Place Like Home" event at Great Overland Station. You need not be present to win.

All proceeds benefit

Guardian Angel Fund

Questions: 785-235-1367

Safety Matters Seminar in Lawrence

You are invited to attend a "Just Ask" Learning Seminar sponsored by Lawrence Presbyterian Manor on Thursday, May 5 from 2:00-3:00 p.m. at First Baptist Church, 1330 Kasold Street, Lawrence, KS. Presenter

Darrell E. Elliott, State Coordinator of the Kansas Senior Medicare Patrol (SMP) Project, will focus on fraud schemes including Medicare and Medicaid fraud. The presentation is targeted to people over 55.

Topeka's Franchise Fee Refund Program

Tax season is over, but you can still apply for the City of Topeka's Franchise Fee Refund Program.

If you qualified for a Kansas Homestead Property Tax refund, you can also apply for

the Franchise Fee refund. For questions regarding the refund programs available in Douglas, Shawnee and Jefferson Counties please call JAAA at 235-1367 for more information.



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Best Regards,

Eric Enns, President

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Frequently Asked Questions:

What is the difference between a Mail order pharmacy and an online pharmacy?

A mail order pharmacy is an actual licensed pharmacy with a physical location and licensed pharmacists who fill the prescriptions with due diligence that is required of a licensed pharmacist. An online pharmacy can simply be a call center set up anywhere that farms out prescriptions to any wholesaler or pharmacy in the world that offers the best price. The online pharmacy is usually NOT a licensed pharmacy. Therefore they do not have all of the safety standards in place. They offer some incredible low prices to get people to order, but they can have some very dangerous products. If a price "sounds too good to be true" – it is.

Are all drugs sold in the US made in the US?

No. While a good deal of research and development is done in the US, most of the drugs are manufactured elsewhere and sent into the US and to other countries. Most of the generic drugs sold at well known large pharmacy retailers are purchased from the same suppliers that our pharmacies use.

Why do some drugs have different names or appearances?

The pharmaceutical industry will change the names of a drug for different countries so they can track where it is being sold. They will also change the color and shape of pills for different medications. For example, Nexium, "The purple pill" is only purple in the US.

How do generics compare to Brand and why are they available overseas and not in the US at the same time?

All of the generics we get are from manufacturing facilities that provide generics at the present time to the US market. Generics are available in other countries sooner than the US because the same patent protections do not apply to other countries. Generics must be made of exactly the same formulary that the brand is made from. It can have a different binder, but must be the same medication. All drugs being manufactured go through the same stringent requirements as the brands.

What about all the counterfeit drugs that are becoming prevalent?

The pharmacies that we work with have strict quality control and operate to the highest standards. All medicines that enter into their pharmacy system are obtained by licensed wholesalers, not brokers. These are wholesalers licensed by the drug manufacturers to ensure product safety. The drugs are all manufactured in FDA or its equivalent agency inspected plants. Drugs are randomly sent to independent labs for further testing to ensure the quality and safety by each of our pharmacies.

SAMPLE DRUG PRICES

MEDICATION	U.S. PRICE	OUR PRICE	YOU SAVE
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Actos 45mg, 90 pills	\$ 872	\$240	72%
Aricept 10mg, 100 pills	\$1082	\$271	74%
Boniva 150mg, 3 pills	\$ 408	\$129	68%
Cymbalta 60mg, 90 pills	\$ 487	\$171	64%
Domperidone 10mg, 90 pills	\$ 71	\$ 19	64%
Latisse 0.03%, 3ml bottle	\$ 127	\$ 30	76%
Namenda 10mg, 100 pills	\$ 366	\$150	59%
Nexium 40mg, 90 pills	\$ 616	\$147	76%
Plavix 75mg, 90 pills	\$ 612	\$155	74%
Premarin 0.625mg, 84 pills	\$ 200	\$ 42	79%
Propecia 1mg, 90 pills	\$ 242	\$ 93	61%
Singulair 10mg, 90 pills	\$ 459	\$144	68%
Spiriva 18mcg, 90 pills	\$ 678	\$162	76%
Viagra 100mg, 16 pills	\$ 335	\$ 91	72%
Vytorin 10/40mg, 90 pills	\$ 402	\$199	50%
Xalatan 0.01%, 1 bottle	\$ 103	\$ 33	67%
Zetia 10mg, 100 pills	\$ 430	\$142	66%
Zyprexa 20mg, 100 pills	\$3744	\$389	89%

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I learned from my mother ...

Urinary track infections can be deadly in elderly patients

By Marsha Henry Goff

Half of all women will have a urinary track infection (UTI) in their lifetimes. A UTI (bladder infection) is the body's second-most common infection type — more likely to occur in women than in men — and, according to the National Center for Health Statistics, accounts for nearly 8.3 million doctor visits each year. For some women, the condition may become chronic. One in five women who have a UTI will have a second infection; almost 30 percent of those with a second UTI will have a third. While UTIs are easy to cure with antibiotics, if left untreated, they can be deadly and are a leading cause of sepsis, a potentially life-threatening infection of the bloodstream.

Several years ago, I was at a therapy session with my hospitalized mother when her condition deteriorated rapidly, frightening both me and the

physical therapist, who rushed Mom back to her room. Mom was a sharp-as-a-tack 83-year-old, still filing income taxes for her clients and an avid fan of Jayhawk basketball. In her room, where the bulletin board prominently noted the times of KU basketball games, I asked her nurse to summon the doctor. "Something is radically wrong," I insisted.

"She's confused," said the nurse who had been interacting with Mom for several days and knew that wasn't her common state.

"That's why I know something is wrong!"

"Well, she's old," the nurse replied.

Once summoned, the doctor recommended hospice care for Mom. My sisters and I were stunned, but arranged for our mother's transport home the next day. The hospice nurse said that Mom, whose breathing could be heard in the farthest corners of the house,

probably wouldn't live more than a few hours.

What put my mother at the brink of death was the onset of sepsis from an untreated UTI. The symptoms of a UTI in the elderly are very different from those in younger patients. In fact, sudden confusion or an abrupt change in behavior in elderly individuals should be a red flag for medical personnel, caregivers and family.

In such cases, family members who intimately know the individual must be prepared to be assertive in telling doctors and nurses that such behaviors are unusual. Not all physicians and nurses will dismiss symptoms as casually as my mother's nurse did, but it does occasionally happen.

Other UTI symptoms include general discomfort, blood in the urine, a feeling of being overly-tired and pain during — and even when not — urinating. Back and side pain may indicate the infection has reached

the kidneys. Men might feel fullness in the rectum. UTIs in men can lead to prostatitis. An elderly individual will rarely run a fever, but if he or she does, it is considered an emergency and an indication of a serious infection.

Among things you can do to try to prevent UTIs are drinking plenty of water, getting proper nutrition and completely emptying your bladder when urinating. Some studies have indicated that drinking cranberry juice may ward off UTIs.

My mother was fortunate to survive her UTI-induced sepsis. My sisters and I opted to administer strong antibiotics which we asked the doctor to prescribe and, in spite of being nursed by four daughters with good intentions but no medical training, Mom was dismissed from hospice care two weeks later. Her family is grateful that she enjoyed four more productive and happy years with us.



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Friends for Life: A New Concept in Assisted Living

Four Huntington, Indiana couples — the Pipperts, the Everlys, the Millers and the Augspurgers — have taken the concept of assisted living to a new level. The eight friends met in church 40 years ago and quickly developed a deep friendship. Together, they shared dinners, traveled the world and supported each other through life's ups and downs.

Then they did something to ensure the friendship would last as long as they did. The friends jointly bought 20 acres with a stream, pond, woods and trails and built four houses, each with a special feature. One boasts a home theater, another has a gym. There is a woodshop in one home and a

hot tub in another. The friends spend a lot of time together and are happy to explain the advantages in their unique arrangement.

David Miller "did not want to wind up as a stereotypical retiree that sits in a chair and is dead within 13 months." He says that "by living with all these different people, we encourage and prod each other into staying active and doing things."

"That is going to help keep us younger," says John Everly, "and keep our minds a little bit sharper. We're gonna be healthy longer."

Mary June Augspurger notes that the friends are already doing errands for each other and says the arrangement is "a

senior commune. That's exactly what it is!"

The friends have agreed to care for one another as they age and to help each other avoid the nursing home and stay in their homes as long as possible.

Raymond Pippert sees another advantage to the arrangement. "In older age, if you lose your spouse, you're left out of a lot of things. We've known each other for 30-40 years and when one of our spouses dies the other person will still be included in activities, in meals. They won't suddenly be out in the cold."

These four couples — friends for life — have created a family by choice.

- Editor's Note: Raymond and

Betty Pippert are high school sweethearts who grew up in Lawrence, Kansas. Raymond Pippert has the distinction of celebrating his 70-something birthday by bungee jumping off a bridge in New Zealand.

Mental Health and Seniors

Of the nearly 35 million Americans age 65 and older, an estimated 2 million have a depressive illness and another 5 million may have depressive symptoms. Depressive symptoms are *not* a normal part of aging.

Older Americans are disproportionately likely to die by suicide. Among those with the highest rates were white men age 85 and older.

Older adults need opportunities to express feelings such as anxiety, frustration or grief, and receive recognition that these feelings are normal and valid.

Caregivers can help by providing information about:

- How to work with the medical system
- How to describe what they are experiencing
- What questions to ask their physicians

In previous generations, mental illness was often seen as a sign of weakness, failure or shame. Seniors may believe that mental health problems are a natural part of aging and avoid seeking help they need.

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CHAMPSS Meal Program Provides Seniors with Choice

In increasing numbers, seniors are turning their backs on traditional congregate meal sites. The reasons vary: some seniors do not like the food offered; others cite the drabness of specific facilities where meals are served; the "one time to eat fits all" doesn't work for many seniors; and making a reservation 24 hours before the meal is a problem for those who enjoy being spontaneous.

As she watched the numbers decline at congregate mealsites during recent years, Jocelyn Lyons, executive director at Jayhawk Area Agency on Aging, became convinced that there must be a better way to provide seniors with healthy meals and increased socialization by giving them a choice of what and when to eat.

Happily, there is! The CHAMPSS (Choosing Healthy Appetizing Meal Plan Solution for Seniors) program allows seniors a choice in what and when they eat. The program was initiated three years ago by the Johnson County Area Agency on Aging in partnership with Hy-Vee and was the first senior nutrition program in the nation to partner with a grocery store. The CHAMPSS program has proved so popular that it has expanded to three stores in Johnson County and similar programs are popping up in other states (among them, Iowa and Pennsylvania).

The simplicity of the program appeals to seniors. A CHAMPSS credit card is loaded with up to 12 meals (\$2.50 a meal is the suggested donation although, since the value of the meal is \$5, participants are invited to be as generous as their budgets allow). Participants then take their cards to a participating Hy-Vee store where they choose an entree, fruit, and vegetable of their choice, along with bread and low-fat milk at the store's restaurant, then swipe their card, thereby removing one meal. The CHAMPSS card may be used once a day, seven days a week, either for breakfast, lunch or dinner. Meals are funded in part through the Older Americans Act and the Kansas Department on Aging.

For six years, Lyons has worked to initiate such a program in the area served by Jayhawk Area Agency on Aging. Her efforts have recently been rewarded with The Oskaloosa Choosing Healthy Meals Program in partnership with Oskaloosa's Downtown Cafe (also known as Rosie's Cafe) which began operation on April 1. The 78 seniors currently enrolled in the program have ordered a total of 984 meals using the CHAMPSS card. Two weeks into the program, 305 meals had been served to an average of 23 persons dining per day.

JAAA is awaiting approval

by the Kansas Department on Aging to initiate a Topeka CHAMPSS program. Lyons says, "Stay tuned. Choice may be coming soon to Topeka area

seniors. Eventually, I hope we can expand the program to seniors in other communities served by Jayhawk Area Agency on Aging."

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**Call Kevin at (785) 841-9417 for
information about advertising in the
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*Would you like to serve seniors? Call Jocelyn Lyons at
785-235-1367 or 800-798-1366 to discuss joining JAAA's
Board of Directors or Advisory Council.*

Dancing Over The Hill

By Marsha Henry Goff

I'd like to blame someone else, but it was my idea — and solely mine — to enroll in dance-aerobics class. I would never have thought of it had my walking-buddy Estel not suggested that we move our walks to an indoor track when the weather became cold. As we circled the gym, women on the court exercised vigorously to music and seemed to be having a great time! It looked fun. It looked easy. But now I know there is probably never a better example for use of the phrase "looks can be deceiving."

While I was unsuccessful in persuading Estel to join me in taking the class, it was easy to talk my daughter-in-law into enrolling. "I know I need to get more exercise," said Valerie, a size 6 mother of three of the world's cutest and smartest children. And so — wearing sweats in lieu of leotards and carrying beach towels because we were too cheap to buy exercise mats — Val and I set off for our first class.

Four notes into the first song, I realized I lacked rhythm. It appears that when — along with all the other babies waiting to be born — I was in the line where God was dispensing rhythm, I said the same thing as when He offered me the ability to understand algebra: "I don't think I'll be needing that." Then I headed

for the line of babies waiting for a sweet tooth.

It's not that I can't do the dance steps. I can ... only not at the same time, on the same foot and facing the same direction as the rest of the class. Imagine me a half-minute behind and always on the wrong foot and you've got a pretty good picture of my performance in dance-aerobics. Fortunately, Nicki, the instructor, is patient and supportive. She also has more exercise outfits — and looks better in them — than Jane Fonda. But frankly, I'm suspicious when any mother of adult children is equipped with a bod that good because I believe there are women who have sold their souls to the Devil for less.

To add to my discomfort, there are two women in the class whom I initially met many years ago in PTA. Back in those days, all I had to do was talk other PTA members into doing most of the work — something I'm exceptionally good at — so they have never seen me in a situation where I appeared inept. But they're seeing the inept me now. Worst of all, Meredith and Jane actually know the routines and can do the steps in time with the music. I'm pretty sure that I could learn to hate them.

It is amazing for me to consider that, as a child, I actually made it through tap and ballet classes. Mom even has photos of me in costume to prove it.

And now I am belatedly jealous of that little girl in tap class whose mother came to every lesson and wrote down the steps so she could practice at home. My mom didn't do that when I took tap lessons and I guarantee you won't see her packing pen and paper to my dance-aerobics classes.

When we had a week-long hiatus from dance-aerobics during the holidays, Val and I decided to exercise to a "Sweatin' to the Oldies" tape I have ... somewhere. Ray bought it for me as a stocking stuffer about five years ago. (I asked him to buy it; he's too savvy a husband to give me a gift like that otherwise.) But now I can't find it. I know it's never been used. In fact, wherever it is, it's still in its plastic wrapper. So the

morning Val came out to exercise, we chatted and did an occasional leglift from our chairs while we sipped cocoa and munched on doughnuts.

At the end of each dance-aerobics session, the class does stretching exercises. Recently, as I lay on my beach towel, the walkers — with whom I had once shared a happy, and slower-paced, camaraderie — circled the gym. One walker, an elderly gentleman whom I had never seen smile, had a huge grin on his face. And then I realized why ... I don't know about you, but when my shoulder blades are flat on the floor and my knees are on my chest, my posterior is exhibited in a very unladylike manner. It's not easy being a widebody in a class of hardbodies!

JAAA Needs You as a Shick Volunteer

Volunteer counselors are needed for SHICK (Senior Health Insurance

Counseling for Kansas). Volunteers answer the SHICK hotline and refer Medicare beneficiaries to the proper Kansas agency that can assist with Medicare. Volunteers also help with data entry, filing, phone duty and scheduling appointments. SHICK Counselor volunteers are needed for Medicare Annual Open Enrollment Period (October 15- December 7, 2011).

FREE Training begins soon

— complimentary breakfast, lunch and snacks are provided. Training is divided into three 8 a.m. to 5 p.m. sessions on May 24, June 29 and July 27. All training is held at Jayhawk Area Agency on Aging, 2910 SW Topeka Boulevard, Topeka. The last session is for new volunteers who have taken the first two sessions and veteran counselors who must take update training.

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