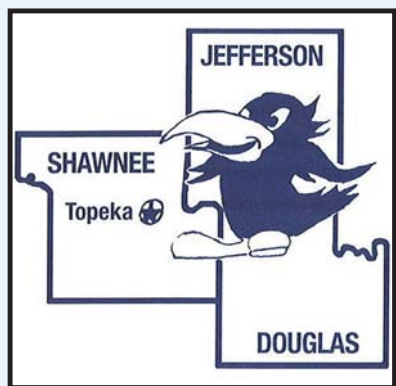


Amazing Aging!

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**

SUMMER 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



JAAA Executive Director Jocelyn Lyons explains the CHAMPSS program to interested seniors at the first orientation session at Hy-Vee.

CHAMPSS comes to Topeka!

After several years of planning, Executive Director Jocelyn Lyons is pleased to announce that, under the leadership of Secretary Shawn Sullivan, the Kansas Department on Aging has approved JAAA's application to initiate a CHAMPSS (Choosing Healthy Appetizing

Meal Plan Solution for Seniors) program in partnership with Topeka's Hy-Vee store at 29th and Wanamaker. "I am eager to see providers find innovative, cost-effective solutions to better serve Kansas seniors. Jayhawk Area Agency on Aging has done just this with their

CHAMPSS program," said Secretary Sullivan.

The flexibility of the meal program which allows seniors the choice of what and when to eat is undeniably appealing. A CHAMPSS credit card is loaded with up to 12 meals

CONTINUED ON PAGE TWO

A Message from Jocelyn Lyons, JAAA Executive Director

Jayhawk Area Agency on Aging is moving forward in our quest to change the delivery of services to older consumers.

During my tenure, I have experienced many successes in the role that Jayhawk Area Agency on Aging has played in our planning service area of Douglas, Jefferson and Shawnee counties. None has provided me with more joy and fulfillment than the planning of new programs to meet the needs and the desires of our aging population.

I have observed and been part of an evolving change, whether it be at the forefront or after much advocacy. I am continually proud of the hard work put forth by the JAAA Advisory Council, Board of Directors, staff and the community members at large who serve on

committees, research and assist in planning programs.

JAAA recently reached another milestone with the opening of the Topeka CHAMPSS (Choosing Healthy Appetizing Meal Plan Solutions for Seniors) program. This program offers an alternative to the traditional dining centers (formally known as mealsites) implemented 30 plus years ago in communities nationwide.

The congregate dining centers were established as an avenue to provide nutritious meals to seniors and a place to socialize to avoid isolation. Typical host sites for the meals are churches, community buildings, senior centers, etc. However, from the inception of mealsites, the program was a hard sell to the population

for which it was created. And during the last several years, JAAA has observed the participation levels dramatically decrease. That decrease is partly due to the change in our generations and how we see our-

selves age.

So what is the change we see today from past generations? The determination to live with in a community that offers options to be active and live with a purpose for staying healthy.



Lyons

CHAMPSS

CONTINUED FROM PAGE ONE

(\$2.50 a meal is the suggested donation, but — because the value of the meal is \$5.00 — participants are invited to be as generous as their budgets allow). While funded in part by the Older Americans Act and the Kansas Department on Aging, it is the participants' donations that will enable the CHAMPSS program to grow and allow more seniors to take advantage of it.

Participants may visit Hy-Vee's in-store restaurant for one meal per day — either breakfast, lunch or dinner — where they may choose an entree, fruit and vegetable along with bread and low fat milk. Swiping the card removes one meal. Cards may be refilled with donations accepted by credit card by calling JAAA or mailing or dropping by a check to the office at 2910 Topeka Boulevard, 66611-2660.

CHAMPSS is proving to be wildly popular. In the first orientation session at Hy-Vee on June 29th, 34 seniors enrolled; within four days the number had grown to 67. "These strong early numbers show that we are on the right track in giving seniors the meal choices they want with regard to what and

when to eat," commented an enthusiastic Lyons.

Shawn Brown, Director of the Topeka Hy-Vee store, is equally enthusiastic about the program: "Topeka Hy-Vee is honored to have been chosen to provide the CHAMPSS program here in Topeka. This program fits very well with Hy-Vee's health initiative and our goal to provide nutritious food options for our shoppers. The program will work great for those joining as we will have choices from most of our fresh departments — including our Italian, Chinese and Fresh Kitchens — all providing nutritious meals that allow for personal taste preferences on a daily basis. The menu was put together by our in-house dietitian Amber Groeling to meet all requirements and ensure that all participating will be getting a nutrient-rich meal. Amber is available on a daily basis to answer any dietary questions that our customers may have."

Future orientation sessions where seniors may learn about and enroll in the CHAMPSS program are being scheduled. For more information, please call JAAA at 235-1367.

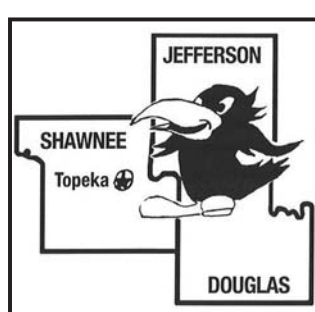
JAAA also operates a successful CHAMPSS program in Oskaloosa in partnership with Rosie's Downtown Café.

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

Marsha Henry Goff, editor



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Heroes of the Greatest Generation: Bill Munoz

"I'm not a hero!" emphatically states 85-year-old Bill Munoz. But those who know the 5th Ranger Battalion World War II veteran disagree.

Of the 16 million American men and women who served in the military during WW II, only 7,000 were Rangers. Known as "spearheaders" for leading invasions, Rangers also infiltrated through enemy lines and tackled dangerous missions. Today, Rangers are best remembered through movies like *Saving Private Ryan*, *The Great Raid* and *The Longest Day*. The latter movie tells the story of the Normandy D-Day invasion, led by 2nd and 5th Battalion Rangers, but Americans often forget the hard, bloody invasions and fighting that occurred both before and after D-Day on June 6, 1944.

As a skinny, 17-year-old Topeka youth, Munoz pleaded with his mother to sign papers allowing him to join the military. Afraid for his safety, she refused, but he managed to enlist in the army shortly before

he turned 18. He was shipped to England where the Rangers were recruiting. Munoz quickly volunteered, only to be asked by the recruiting officer why he thought he could be a Ranger. Munoz cited his proficiency with a knife. Testing him, the officer pasted up a target and, before he could turn around, Munoz threw the knife, missing the officer by inches while hitting the bullseye. He was in!

Munoz's best war stories are not for publication. He took an oath of secrecy for many of his missions and he keeps it. He says that Rangers were told not to expect glory, medals or promotions and that when they were not in combat, they were training. Although he never jumped in combat, training included parachuting from airplanes. He tells of carrying a

wounded soldier around his shoulders for a long time only to discover that he was carrying a dead man. "I wouldn't have left him anyway," he asserts.

Munoz served as a radioman and was wounded in action, but refused a Purple Heart, saying he did not want his mother to know he had been hurt. His favorite story is of a poker game at war's end where he, a novice player, was deliberately allowed by his friends to win their money — "Well, your two pair beats my three of

a kind!" — so he could accompany them to Paris. His buddies knew that he kept only \$11.32 of his monthly pay and sent the rest to his parents.

After the war ended in Europe, he volunteered to join the 6th Ranger Battalion, still fighting in the Pacific. He made it as far as California where he was hospitalized for two years for debilitating headaches, the result of his head wound in Europe.

Munoz returned to Topeka, went to college on the GI Bill and spent his working life in club management. He and his wife, Lupe, have four sons and recently celebrated their 60th anniversary.

He says he is not a hero. You be the judge.



Bill Munoz

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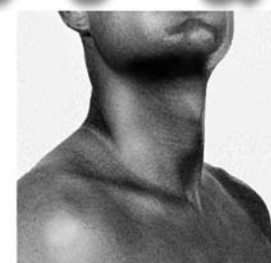
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'Green' power for an orange tractor

John Pendleton is a rural Lawrence farmer whose tractors need to work as hard as he does. Thirty years ago he purchased a 1949 Allis-Chalmers "G" tractor from a neighbor. Five years ago, the tractor's engine developed a crack in the block making it useless. Because it was an antique, parts were unavailable or cost-prohibitive, so the tractor was stored until an Internet search found a farmer who had converted his "G" tractor from gasoline to electric power and helpfully posted "how to" directions on the Web.

John's son, Will, a mechanical engineering student at K-State, made it his summer project to convert the tractor. John charges the 48-volt system

each night by plugging it into an electric socket and the next morning the tractor is ready to work in the fields. He says it has as much power as when it had a gasoline engine and adds, "It can last in the field longer than I can!"

Although the photo of John with his tractor is not in color, many of you likely know that Allis-Chalmers tractors are painted a vivid orange. But, while John's tractor retains its traditional orange outside, it is powered by "green" energy.

John and his wife, Karen, operate Pendleton's Country Market and Greenhouse east of Lawrence where they sell fresh vegetables, flowers and an eclectic mix of locally produced products.



John Pendleton with his 1949 Allis-Chalmers "G" tractor



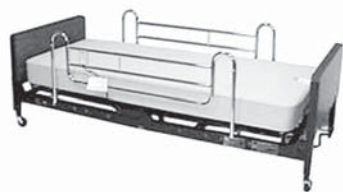
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Governor to hold centenarian conference

Calling all Kansas centenarians! Governor Sam Brownback will be holding a reception for all Kansas centenarians Thursday, September 15, 2011, at the Kansas State Fair.

Come join the Governor and Secretary of Aging, Shawn Sullivan, for a reception celebrating Kansas seniors' lives.

"I am thrilled to meet and hear the stories of our Kansas centenarians, especially

this year, as we celebrate our state's sesquicentennial anniversary," said Governor Brownback.

"I look forward to getting to meet more Kansas centenarians and hearing about their

lives in Kansas," said Secretary Sullivan.

For more information and to RSVP please contact Sara Arif at the Kansas Department on Aging, 785.296.6154 or sara.arif@aging.ks.gov.



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Canada Drug has been in business in Topeka since October of 2003. As a company, our goal is to help people by saving them huge amounts of money on their prescription drug costs. We have a widespread client base across the U.S. The three pharmacies we work with are actual dispensing, licensed and insured facilities. They only dispense from valid prescriptions. Our Overseas Pharmacy spends extra money to insure the safety of the medications they sell by having the medications batch tested at independent labs; and blister pack almost all products to insure no counterfeit enters the system. Our job at Canada Drug is to offer the safest products with substantial savings and the best customer service we can provide. Our many repeat customers and longevity in this business attest to our efforts. We have saved our clients hundreds to several thousand dollars yearly. Let us do a free cost analysis on the list of drugs you take and then you can compare. We would love to help you and have you share our vision.

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
Abilify 30mg, 100 pills	\$2932	\$530	81%
Actos 45mg, 90 pills	\$ 924	\$240	74%
Aricept 10mg, 90 pills	\$ 973	\$244	74%
Boniva 150mg, 3 pills	\$ 429	\$129	69%
Celebrex 200mg, 90 pills	\$ 450	\$ 99	78%
Cymbalta 60mg, 90 pills	\$ 597	\$171	71%
Domperidone 10mg, 100 pills	\$ 128	\$ 19	85%
Latisse 0.03%, 3ml bottle	\$ 128	\$ 30	76%
Namenda 10mg, 100 pills	\$ 415	\$150	63%
Nexium 40mg, 90 pills	\$ 640	\$147	77%
Plavix 75mg, 90 pills	\$ 613	\$155	74%
Premarin 0.625mg, 84 pills	\$ 233	\$ 42	81%
Propecia 1mg, 90 pills	\$ 219	\$ 93	57%
Singulair 10mg, 90 pills	\$ 532	\$144	72%
Spiriva 18mcg, 90 pills	\$ 724	\$162	77%
Viagra 100mg, 16 pills	\$ 358	\$ 91	74%
Xalatan 0.01%, 1 bottle	\$ 120	\$ 33	72%
Zetia 10mg, 100 pills	\$ 437	\$142	67%
Zyprexa 20mg, 100 pills	\$3964	\$389	90%

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Fundraising Event a Big Success

JAAA's "There's No Place Like Home" annual fundraiser on May 18th at Great Overland Station provided fun, great food by Aboud's Catering and dancing to the music of The Kings of Swing band. The event benefits JAAA's Guardian Angel Fund.

Honorary Chairs Susan and Dr. Jerry Farley, president of Washburn University, led off the dancing with a spotlight dance. Soon, dancers of all ages were swirling under the massive chandeliers.

Marge Heeney, in a characteristically distinctive hat, was belle of the ball with an unending choice of partners. Another

dancing pair — a grandmother, Mildred Humphries, and her grandson, David Reed, whom she taught to dance when he was a young boy — never sat out a dance. JAAA employee Sharon Sturgeon and her father proved it is possible to twirl on a crowded floor. Some attendees chose not to dance but appeared to have just as much fun tapping their toes to the rhythm of the music while watching dancers spin around the floor.

A sealed-bid auction for a University of Kansas basketball signed by the 2010-11 men's team brought attention from as far as California where the suc-



LEFT: Honorary Chairs Susan and Dr. Jerry Farley, President of Washburn University, lead off the dancing with their spotlight dance. **RIGHT:** Mildred Humphries dances with her grandson, David Reed, a dental student at UMKC. - Photos courtesy of Beverly Thompson and Vanessa Merillat.

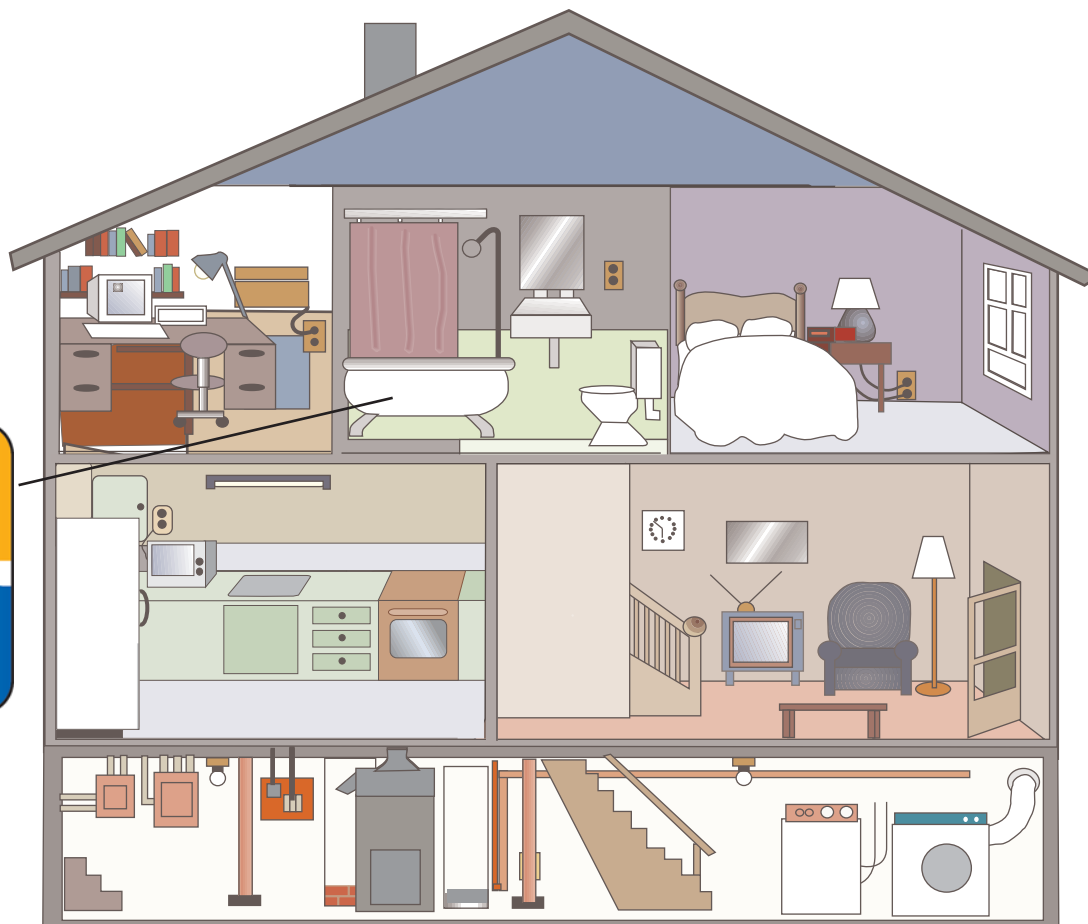


cessful bidder resides. Drawings for 22 extravagantly-filled themed baskets, donated by friends of JAAA, proved such a hit with the crowd that it will

be repeated next year.

JAAA's "There's No Place Like Home" gets better every year. Planning for 2012 is already underway. Hope to see you then.

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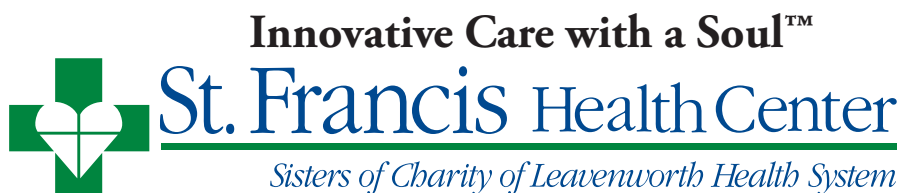
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Living each day to the fullest for 90 years

By Marsha Henry Goff

Paul Kincaid has a wood-working shop that rivals television's New Yankee Workshop in hand tools, power tools and organization. At 90, he has crafted cabinets, shelves and a mantle for his home in Lawrence as well as a beautiful hope chest for Mary Bess, his late wife to whom he was married for 67 years. He says working with wood relaxes him.

However, time to spend relaxing in his woodworking shop is limited because Dr. Paul Kincaid is the longest actively practicing dentist in Kansas. He began his practice in Lawrence in 1945 when he and Mary Bess arrived in town on a Greyhound bus to set up a second-floor office with used equipment purchased with \$3,000 in borrowed money. He worked two hours each day as a contract dentist at Haskell Institute (now Haskell Indian Nations University) to pay rent on his downtown office.

Dr. Kincaid served in the US Army during the Korean War while a dental school classmate took care of his patients for him. When he returned, he moved his practice to its current location at 23rd and Barker. He says one of the most wonderful things in his life occurred when his son, Dr.

Charles Kincaid, joined the practice in 1976. For 35 years, father and son have appreciated each other's skills while enjoying the time they spend working together. Another son, Dr. Paul Kincaid, is a chiropractor in Oskaloosa.

Father and son have taken three medical missionary trips to Haiti where they once extracted 800 teeth in five days. On their third trip, in 1987, to Ile de la Gonave, a small Haitian island, Mary Bess accompanied them and served as their scrub nurse.

Dr. Kincaid also believes in helping people nearer to home. He once phoned a local shelter and asked if they had a client whose self-esteem might be helped by dental work. Several thousand dollars in work donated by Dr. Kincaid and a dental lab gave the young man teeth of which he could be proud. The man, presently employed, keeps in touch with the dentist whose generosity gave him a confident smile.

The Kincaid practice, Associates in Dentistry, has 15 loyal employees which includes three dentists and five hygienists. One hygienist has been with the practice for 35 years, while a dental assistant has logged an impressive 45 years. Patients, too, are loyal. Some have been his patients since 1945, and a longtime patient




Dr. Paul Kincaid is pictured in his well-equipped woodworking shop where he enjoys relaxing.

who recently visited the office for a checkup was in kindergarten when Dr. Kincaid set up his practice. It is not then surprising that Dr. Kincaid regards both employees and patients as family and friends.

This busy nonagenarian has no intention of retiring any-

time soon. He tried it once for a full 24 hours and did not like it. He meditates daily and says he is blessed with steady hands, balance and good eyesight. Although he does not say it, he obviously is also blessed with a happy spirit and a kind heart.

Call Kevin at (785) 841-9417 for information about advertising in the next issue of Amazing Aging!



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I learned from my mother ...

The importance of having a medical alert system

By Marsha Henry Goff

"Help! I've fallen and I can't get up!"

Are there any of us who do not remember the commercial where that desperate plea for help was shouted by an elderly woman lying on the floor?

I well remember two similar calls from my late mother. The first time she crawled to the phone and called me, she had fallen and broken her hip. A couple of years later, she fell and broke her femur and again crawled to her phone to call me for help.

After she was widowed at age 56, it was Mom's choice to live alone in the home where she and Dad had reared their four daughters. She gardened, baby-sat for grandchildren, visited with friends, continued to prepare income taxes for her clients and worked with census and voter registration.

Although we worried about her living alone, my sisters and I recognized it was her right to choose where she lived. After the second injury, however, she agreed to the installation of a life-line which included a necklace with a button she pushed if she suffered an accident. The button allowed her to speak directly to a person who would call me or dispatch an ambulance if Mom required immediate medical care.

In her later years, Mom used an electric wheel chair. Once I frantically drove to her home after receiving a call that she

needed assistance, only to find that her wheelchair battery had run out of charge and she was trapped in a corner. Following that incident, I suggested she give the person she spoke with the details of her situation and say if she required and ambulance. "I'll get here just as fast, Mom," I promised, "but I won't be in such a panic worrying about what is wrong if I know you aren't injured."

One does not have to be elderly to fall. I proved that once by hurrying down the steps to open our back door. However, if an elderly or disabled person who lives alone falls, it is much more difficult for them to obtain the help they need.

Statistics show that nearly 10.9 million older individuals — 7.9 million women and 2.9 million men — live alone. Nearly half of women age 75+ live alone. Studies by medical organizations and the Consumer Safety Product Council show that falls in and around the home are responsible for the majority of injuries and hospitalizations for people 65 years and older. Those studies indicate that 1 in 3 people over the age of 65 will suffer a major fall each year.

The medical-alert system can be a lifesaver in the event of a fall, fire or home invasion. Costs of monitoring such a life-line usually range from \$30 to \$50 a month, although an Internet search reveals one that costs only \$15.95 per month. Over 200 of JAAA's clients have

medical alert systems. More seniors could benefit by having one. If you have questions about

medical alert systems, please call JAAA at 235-1367 (in Topeka) or 1-800-798-1366.

Getting kids 'Outside for a Better Inside'

As a boy growing up on the south banks of the Kaw River in Lawrence, John McGrew, now a retired realtor/developer, imagined himself as Huckleberry Finn. He did not need his parents' encouragement to "go outside and play" because enjoying the outdoors was second nature to him. At one time, he even aspired to be a park ranger, but life, as it often does, took him in a different direction.

Fast forward to fatherhood and grandfatherhood. McGrew noticed that children in generations following his own appeared to be disconnecting from nature. Television and computer games were keeping children indoors. Indeed, it is estimated by the Kaiser Family Foundation that seven and a half hours each day are spent with electronic devices by kids ages 8 to 18. One little boy in San Diego told Richard Louv, author of *Last Child in the Woods*, that he preferred to play indoors because that is where the electric outlets were located. Such a lifestyle is believed to contribute to childhood obesity, depression and even nearsightedness.

Louv, a University of Kansas journalism graduate, originated the term "nature deficit disorder" to describe children's disconnect from nature. When McGrew discovered *Last Child in the Woods*, he recognized that he and Louv were kindred spirits and purchased boxes of the book, giving away over a hundred copies. McGrew also formed an organization — Outside for a Better Inside — and persuaded musician Kelley Hunt to write and perform "Let's Go Outside."

If you are as passionate as McGrew for unplugging your grandchildren and getting them outdoors, there are things you can do that will be fun for both generations. McGrew advises you to start early. Fishing, he says, is a great way to reconnect with nature and show children where their food comes from. You can visit a park or a zoo. Show them how to recognize poison ivy. Fly a kite. Look for shapes in clouds. Take a walk and listen for bird songs. Plant a garden. Watch fireflies at dusk.

Engaging in outdoor activities with grandchildren benefits them . . . and you, too!

Help with your Medicare questions and costs

By Pamela Brown
JAAA SHICK/Volunteer
Coordinator

Do you need help paying your medical costs?

Medicare, Social Security and the State of Kansas have 2 programs that help Medicare beneficiaries with their Medicare premiums, co-pays, deductibles and co-insurances.

The first program, **Medicare Savings Program**, is administered by the State of Kansas and requires a short application. These applications can be obtained by calling Jayhawk Area Agency on Aging, 785-235-1367 and asking for a SHICK Counselor (Senior Health Insurance Counseling for Kansas).

How does the Medicare Savings Program work? There are 3 levels of assistance based on income and assets.

1. QMB or Qualified Medicare Beneficiary

Monthly Income & Total Assets

(Assets do not include your house, car, home furnishings or life insurance policy)

Single: \$907.50
Assets: \$6,680.00
Married: \$1,225.83
Assets: \$10,020.00

QMB pays premiums for Medicare Part B (and Medicare Part A premium if that applies), Part A and Part B co-pays, deductibles and coinsurance.

2. LMB or Low Income Medicare Beneficiary

Monthly Income & Total Assets

Single: \$1,089.00
Assets: \$6,680.00
Married: \$1,471.00
Assets: \$10,020.00

LMB pays Part B premium.

3. Expanded LMB or Qualifying Individual (QI)

Monthly Income & Total Assets

Single: \$1,225.13
Assets: \$6,680.00
Married: \$1,654.88
Assets: \$10,020.00

Expanded LMB or QI pays Part B Premium.

The second program, **LIS (Low Income Subsidy) or EXTRA HELP**, applies to Medicare D only and is administered by Social Security. The level of income and assets are different for this program. If your income is anywhere close to the level listed you should apply online at www.ssa.gov/extrahelp. You may also call Jayhawk Area Agency on Aging 785-235-1367 (Topeka) or 1-800-798-1366 (outside Topeka) and ask to speak to a SHICK Counselor who can assist you in completing the form online or you may call the Social Security hotline, 1-800-772-1213, and tell them you want to apply for EXTRA HELP.

LIS/EXTRA HELP Guidelines:

Income and Assets:
Monthly Income & Total Assets
Single: \$1,361.25
Assets: \$12,640.00
Married: \$1,838.75
Assets: \$22,065.00

Please call Jayhawk Area Agency on Aging, 785-235-1367 (Topeka) or 1-800-798-1366 (outside Topeka), and ask for a SHICK (Senior Health Insurance Counseling for Kansas) Counselor if you have any questions or would like to apply for the Medicare Savings Program or Extra Help.

JAAA extends Heartfelt Thanks to those who
Generously Contributed to our "There's No
Place Like Home" Fundraiser benefiting our

Guardian Angel Fund

Tinman with a Heart (\$1,000 to \$4,999)

About's Catering (in kind) Capitol Federal Foundation
The Barn Bed and Breakfast (in kind) Belinda Schuman
MHG Ink Communications (in kind)

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Courageous Lion (\$100 to \$499)

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The summer heat can be deadly

According to the National Oceanic and Atmospheric Administration (NOAA), each year, on average, 1,500 people in the U.S. die from excessive heat, a number that is more than the average annual death toll from tornadoes, floods, hurricanes and lightning combined. Senior citizens are especially vulnerable to heat because their bodies do not adjust to sudden changes in temperature as effectively as when they were younger. Chronic medical conditions and/or prescription medicines often can inhibit perspiration and impair the body's ability to regulate its temperature.

Ways to beat summer heat:

- Hydration is vital. Drink fluids even when you do not feel thirsty. Keeping a glass of water in every room is a good idea. Instead of drinking hot tea or coffee, substitute iced tea or lemonade.

- Stay inside during the hottest part of the day. Do necessary chores like watering the lawn or filling birdfeeders in the morning or evening. Wear a hat and light-colored clothing.

- Watch your diet. Proteins increase metabolic heat production and water loss. Fruit and vegetable salads are a good replacement for meatloaf or roasted meats and your house stays cooler if you are not using your oven or cooktop.

- If you do not have air conditioning, keep windows and blinds closed during the day. Use fans to circulate air. On blistering days, visit the mall

or spend the afternoon at the library where it is cool and you can read newspapers or a good book in comfort.

- If your high electric bills due to central air conditioning threaten to bust your budget, consider buying a small window unit and cool a couple of rooms instead of the entire house. A whole-house fan installed in a hallway is a great idea to pull in cool night air through open windows and, because they use about one-tenth of the electricity of comparably sized air conditioners, can greatly reduce air conditioning bills. Whole-house fans are relatively inexpensive to install.

Keep elderly family members and friends safe

It is important to check on elderly loved ones and neighbors to be sure the summer heat is not endangering them. Heat stroke is the most serious heat related problem and occurs when the body cannot control its temperature. Within 10 to 15 minutes, body temperature may rise to 106°F or higher and may cause death or permanent disability without emergency treatment. Warning symptoms of a heat stroke are:

- Body temperature above 103°F
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Dizziness
- Throbbing headache
- Nausea

Heat exhaustion can develop after several days of exposure to high temperatures

and lack of hydration. Warning symptoms of heat exhaustion may include:

- Fast, weak pulse
- Fast, shallow breathing
- Cool, moist skin
- Heavy sweating
- Muscle cramps
- Tiredness
- Dizziness
- Weakness
- Paleness
- Fainting
- Headache
- Nausea or vomiting

How to help someone suffering from heat stress

If an elderly person (or any person) exhibits symptoms of severe heat stress, get medical assistance as soon as possible.

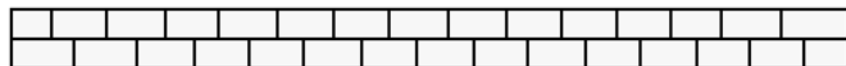
While you are waiting for help to arrive, try to rapidly cool the person by immersing him or her in a tub of cool water, sponging with cool water or spraying with a hose if out doors. Monitor body temperature and continue cooling efforts until the body temperature drops to 101°- 102°F. Do not give the person alcohol to drink.

Some communities have programs to provide air conditioners or fans to people in need of them. If you have questions about relief from the heat that may be available in your community, please call JAAA at 235-1367 (Topeka) or 1-800-798-1366 (outside Topeka).

Thanks to our Friends who Donated Extravagantly-filled Themed Baskets and Gift Certificates for our "There's No Place Like Home" Drawing

Aldersgate Village
Caregivers Home Health
Curves - Roberta Fazel and Joy White
Kendra Glass
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McCrite Plaza Retirement Community
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Jayhawk Area Agency on Aging There's No Place Like Home Committee

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***Studio, One Bedroom & Expanded One Bedroom
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