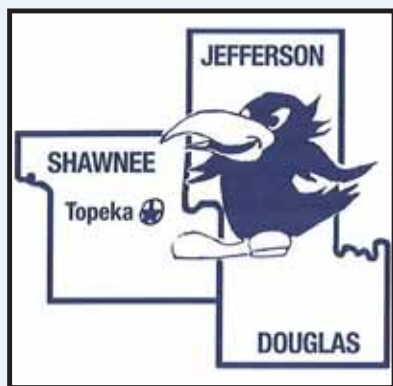


# Amazing Aging!

*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

FALL 2012



## *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



Enjoying their CHAMPSS meals at Dillons are four friends, clockwise from left, Marcella Kramer, Alice McMurdo, Shirley Biller and Anita Gerber.

## Dillons offers five more opportunities for CHAMPSS cardholders

Seniors who hold CHAMPSS (Choosing Healthy Appetizing Meal Plan Solution for Seniors) cards have five more options in Topeka to use their cards for lunch and dinner. Hy-Vee, which was the first to partner with Jayhawk Area Agency on Aging in the CHAMPSS pro-

gram, also allows seniors to choose breakfast in addition to lunch and dinner. Dillons will offer fried chicken one day a week (Wednesday). Hy-Vee has that option should they choose to do so.

Kim Svoboda, Dillons District Manager, is enthusiastic

about offering the CHAMPSS program and says, "Dillons is both excited and honored to partner with JAAA to welcome CHAMPSS customers to our participating locations in Topeka. For Dillons, the program means so much more

# A Message from Jocelyn Lyons, JAAA Executive Director

Throughout the years of publishing *Amazing Aging*, it dawns on me that we seldom write or “toot our horns” about our own organization, Jayhawk Area Agency on Aging. As we go about conducting daily business, we often hear people say they did not know about JAAA or the type of assistance we provide. Given we do not have a real budget for marketing or funds to staff a PR/Fund Developer position, we continually try to get the word out through various organizations, participating in community health fairs, appearances on television, public speaking engagements, the *Amazing Aging* newspaper, etc., but in spite of our efforts, I conclude those we reach may not need us at that time and thereby do not file the “who to con-

tact” information for a “just in case” situation.

Generally, people reach out to JAAA when they are in a crisis situation after researching or contacting another resource and being referred to JAAA.



Jocelyn Lyons

These days, as I make presentations, I always ask how many have heard about JAAA and now am always pleased to see the number of raised hands. That was not always the case. I feel the increase in aware-

ness is due in a large part to our assisting consumers enrolling in Medicare Part D and/or our vast number of organizational partnerships.

The evolution of the aging network and JAAA has been, well, amazing! And just like you, we have not stopped evolving. Within this edition we hope that you will become

more versed on the many facets of JAAA. We intend for you to have an “aha” moment with each article you read. We want you to walk away educated about what is available to you and/or your loved one through our agency. It is our hope that you ask others, including your doctor, family members, employers/employees, anyone and everyone you come in contact with, if they know about our agency. Give them a copy of this issue of *Amazing Aging* to read, tell them about one article or one “aha” article you read.

We recognize our best PR is you the public. It is word of mouth that contributes to awareness of JAAA. We are here to serve our communities of Douglas, Jefferson and Shawnee counties. If you need a guest speaker for your civic club, staff meetings, church, etc., please give us a call. Help us to help others by spreading the word.

The work of JAAA and all AAAs across Kansas and our nation is complex, our programs are many, and our partnerships very valuable. Our mission is to help you.

## What is an Area Agency on Aging, Anyway?

For 40 years, Area Agencies on Aging have responded to the changing needs of older persons who are age 60 or older. The Older Americans Act, established in 1965 and as amended in 1973, established Area Agencies on Aging to develop and coordinate community-based services for older people. It is this focus on community services development which provides an Area Agency on Aging its basic strength and legitimacy.

An Area Agency on Aging is designated by a State Unit on Aging (SUA). In Kansas, the state unit is the Kansas Department for Aging and Disability Services (KDADS). The Jayhawk Area Agency on Aging received its official designation in July 1976. The designation means that a specific geographic area is assigned as the re-

sponsibility of the Area Agency on Aging for service delivery. This geographic area is called a “planning and service area” (PSA).

Once an organization is designated as an Area Agency on Aging, the population of older people within that geographic region receive services purchased with Older Americans Act funds. These funds are specifically for providing a range of services to meet the needs of older people.

### Three Major Functions

Although there is much diversity in the way Area Agencies are structured and organized, all Area Agencies are charged with three major functions:

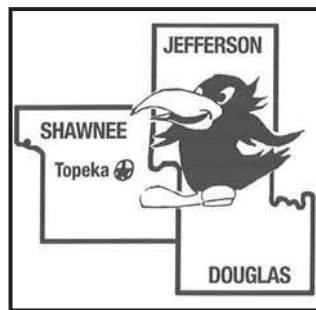
1. AAAs plan, monitor and manage services in order to offer a wide array – a “comprehensive and coordinated

- 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) 798-1366 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.

CONTINUED ON PAGE EIGHT



A helpful Dillons' employee dishes up salad for CHAMPSS cardholders.

# CHAMPSS

CONTINUED FROM PAGE ONE

than offering a nutritious meal to seniors, but an opportunity to strengthen a sense of community, independence, and friendly interaction with our neighbors. We are also pleased to know the convenience of our neighborhood locations will certainly help with access and participation for many seniors. Dillons has a long-standing tradition of extending hope and help to our hometowns and CHAMPSS provides another way we can gratefully be of service."

JAAA embraced the wildly popular CHAMPSS program because attendance at congregate meal sites has been declining for years, primarily because today's seniors no longer find those sites (some of which are housed in basements) attractive. Many find it inconvenient to give 24-hour notice that they plan to eat at the congregate meal sites which serve Monday through Friday during the noon hour only. They also dislike having no choice of what food is served.

Under the CHAMPSS plan,

seniors choose from different entrees and may eat spontaneously at their convenience seven days a week. Participants say they especially enjoy being around people of all ages. The CHAMPSS program does not affect seniors who are homebound; their delivered meal program will continue unchanged.

CHAMPSS orientations are held at 1:30 p.m. the first Wednesday of each month at JAAA, 2910 SW Topeka Boulevard and Hy-Vee at 29th and Wanamaker. The card may be filled with 12 meals at a suggested donation of \$3.00 per meal. Donations are necessary to keep the program in operation. The card may be refilled by credit card by phoning JAAA at 235-1367 (1-800-798-1366 outside Topeka) or by mailing a check to the agency at 2910 SW Topeka Boulevard, Topeka, KS 66611. Cardholders may also pay by check or cash at the agency.

In addition to Dillons and Hy-Vee, CHAMPSS programs operate at Rosie's Downtown Café in Oskaloosa and Mac's Grill in Valley Falls. Cardholders may use their cards to dine anywhere JAAA operates a CHAMPSS program.

# JAYHAWK AREA AGENCY ON AGING MEALSITE LOCATIONS

## DOUGLAS COUNTY

Babcock Place  
1700 Massachusetts  
Lawrence, KS 66044

Baldwin Senior Center  
1221 Indiana  
Baldwin City, KS 66006

Pinecrest Apts. II  
924 Walnut  
Eudora, KS 66025

Lawrence Senior Center  
745 Vermont  
Lawrence, KS 66044

## JEFFERSON COUNTY

St. Aloysius Catholic  
Church  
515 Wyandotte St.  
Meriden, KS 66512

Valley Falls City Hall  
509 Broadway  
Valley Falls, KS 66088

Jefferson County  
Memorial Hospital  
Winchester, KS

## SHAWNEE COUNTY

East Topeka Senior  
Center  
432 SE Norwood  
Topeka, KS 66607

First Apartments  
3808 SW 18th Street  
Topeka, KS 66604

Highland Park United  
Methodist Church  
2914 SE Michigan  
Topeka, KS 66605

Topeka LULAC Senior  
Center  
1502 NE Seward  
Topeka, KS 66616

Papan's Landing Senior  
Center  
619 NW Paramore  
Topeka, KS 66608

Santa Fe Place  
Apartments  
600 SE Madison  
Topeka, KS 66612

Tyler Towers  
600 W 14th  
Topeka, KS 66612

Auburn United Methodist  
Church  
240 8th St.  
Auburn, KS 66604

Rossville Senior Center  
429 Pearl  
Topeka, Kansas 66608

Silver Lake Senior Center  
404 East Lake  
Silver Lake, KS 66539

## CHAMPSS

(Choosing Healthy  
Appetizing Meal Plan  
Solution for Seniors)

Hy-Vee in Topeka

Dillon's Stores (5  
locations) in Topeka

Rosie's Downtown Café in  
Oskaloosa

Mac's Grill in Valley Falls

# Older Americans Act Providers' Services for Fiscal Year 2013

## SUPPORTIVE SERVICES

**Douglas County Senior Services**  
Information and Assistance, Outreach

**East Topeka Senior Center**  
Transportation

**Jayhawk Area Agency on Aging, Inc**  
Outreach, Information, Case Management, Program Development, Coordination and Assessment

**Jefferson County Health Department**  
Personal Care and Screening

**Jefferson County Service Organization**  
Information and Assistance, Transportation and Outreach

**Kansas Legal Services**  
Legal Assistance

**LULAC Senior Center**  
Transportation

**Papan's Landing Senior Center**  
Transportation

**Shawnee County Health Agency**  
Personal Care

## NUTRITION SERVICES

**Douglas County Senior Services**  
Congregate Meals and Home Delivered Meals

**Lawrence Meals on Wheels**  
Home Delivered Meals

**Meals on Wheels Shawnee and Jefferson Counties**  
Congregate Meals and Home Delivered Meals

## HEALTH PROMOTION AND DISEASE PREVENTION SERVICES

**Jefferson County Health Department**  
Screening

**Jayhawk Area Agency on Aging, Inc.**  
Physical Fitness/Exercise

## CAREGIVER SUPPORT SERVICES

**Jayhawk Area Agency on Aging, Inc.**  
Assistance-Information, Information-Group Services and

Outreach, Flex Service and Bath Items

**Jefferson County Health Department**  
Attendant Care

**Kansas Association of Area Agencies on Aging**  
Information

**Meriden Adult Services-Plus, Inc.**  
Attendant Care and Homemaker

**Midland Care Connection**  
Respite

**Trinity In-Home Care, Inc.**  
Homemaker and Respite

## Organizations Receiving Older Americans Act Funding for Fiscal Year 2013

Jayhawk Area Agency on Aging funds providers in Douglas, Jefferson and Shawnee Counties and allocated the following amounts of OAA funds to the providers listed below:

- Douglas County Senior Services: 181,985
- East Topeka Senior Center: 25,000
- Jayhawk Area Agency on Aging/IIIB & IIIE Direct Services: 306,470
- Jefferson County Health Department: 35,934
- Jefferson County Service Organization: 30,488
- Kansas Assoc. of Area Agencies/Caregiver Campaign: 3,000

- Kansas Legal Services/Jayhawk Legal Services: 21,005
- Lawrence Meals on Wheels: 47,701
- LULAC Senior Center: 6,500
- Meals on Wheels of Shawnee and Jefferson Counties: 434,298
- Meriden Adult Services Plus, Inc.: 10,000
- Mom's Meals &/or Home-style Direct: 5,000
- Midland Care Connections, Inc.: 8,000
- Papan's Landing Senior Center: 18,632
- Shawnee County Health Agency: 15,425
- Trinity In-Home Care: 40,225

- CHAMPSS programs: 104,332
- Physical Fitness and Exercise Programs: 4,000

- FLEX and BATH services: 5,300

**Grand Total: \$1,303,295**

## Meriden Adult Services-Plus, Inc.

*Serving Jefferson and Shawnee Counties since 1996*

‡ "Dedicated to Quality Care" ‡

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> HCBS/FE Waiver Program               | <input checked="" type="checkbox"/> Home Health Aides       |
| <input checked="" type="checkbox"/> Skilled Nursing thru Waiver Programs | <input checked="" type="checkbox"/> Attendant Care Services |
| <input checked="" type="checkbox"/> Twenty-Four Hour Services            | <input checked="" type="checkbox"/> Homemaker Services      |
| <input checked="" type="checkbox"/> Private Pay Services                 | <input checked="" type="checkbox"/> Chore Services          |
|  | <input checked="" type="checkbox"/> State Regulated         |

**Participating in Senior Care Act & Older Americans Act Programs**

**7210 K-4 Hwy, Suite C • Meriden, KS 66512**

**785-484-2699 • meridenhomehealth@embarqmail.com**

**Visit us online at [www.jhawkaaa.org](http://www.jhawkaaa.org)**

# Information and Assistance

As a direct service of JAAA, Information and Assistance (I&A) helps persons age 60 or older in many ways. Extensive multi-agency networking takes place as issues concerning older individuals often concern federal, state, county and local public benefits. Information on many topics such as financial management, fraud and elder abuse is also available.

Effective Services require that resource files and/or directories be available for all three counties as well as some services outside the Planning and Service Area.

The information and assistance staff compiles the necessary data for the *Explore Your Options* booklet, published by the Kansas Department for Aging and Disability Services. This guidebook identifies in-home services or facilities in each county for older people who are at risk of institutionalization. The directory is also used by staff in hospitals, health department and other health professionals to identify service providers and support systems in the implementation of the Client, Assessment, Referral & Evaluation (CARE) Program.

Staffing: Two full-time staff direct I&A from JAAA. Staff also provide support, and assistance to three other I&A providers. Student interns from Washburn University often provide periodic staff support and assistance.

Access: Operating hours for JAAA I&A are 8 a.m. to 5 p.m.,

Monday through Friday. The I&A staff are in the field an average of two days per week, attending meetings and conducting face to face client visits. Often times, the staff may be participating in exhibits at health fairs or other informational fairs during weekends.

The staff's telephone information and assistance is 80% of the casework while walk-ins and home visits in the field make up 20% of the office contact. Follow-up is conducted on a case-by-case basis. If appropriate, staff refers casework to the respective county of the consumer.

Major community outreach efforts are made when staff make presentations to groups and provide exhibits for health fairs, conferences, and other events. When presenting one of the many programs available, the staff makes contact with senior citizens groups, extension home units, women's groups, churches and formal and informal service providers. Most client referrals come from people who attend the presentations, volunteers in the field and those who have had personal experience with JAAA.

Finally, in the past year, the department has been responsible for developing and scheduling informational forums for consumers during Older Americans Month and also working with the case management department in finding presenters for in-house trainings.

# Quality Healthcare & Equipment



Advanced Homecare has been serving Kansas and the region home medical equipment and supply needs since 1989. As one of the area's largest retail suppliers of home health products and services, we provide superior customer service and top quality, state-of-the-art medical equipment and supplies. We take extra care in making sure that we fulfill the needs of each and every one of our customers. Our expert staff takes the time to give each of our customers the personal attention he or she deserves and are trained to find the right products for each individual. Home visits can even be arranged if someone is unable to visit us. We participate with most major insurance plans, are Medicare and Medicaid approved, and will coordinate insurance billing for covered items.

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# Ann Garvin, JAAA Volunteer Extraordinary

Ann Garvin brings a wealth of experience to her volunteer job helping seniors enroll in the CHAMPSS program. A retired high school math teacher, who spent most of her career at Topeka High, Garvin also owned Midwest Business Consultants, a company she ran successfully until her volunteer activities required more of her time. "I have volunteered all my life," she says with a quiet smile, "even when I was working."



Ann Garvin

Her volunteer jobs, helping both children and adults, have been varied and many — too many to list in full — but the following list of organizations in which she held leadership positions show her commitment to her faith and community: Washburn University Board of Regents, United Way, Topeka YMCA and YWCA, Northeast Kansas Health Systems Agency, Kansas Women's Political Caucus, Church Women United, Women in Community Service and St. John AME Church.

She has served as national president of Church Women United and Women in Community Service, state president of Women's Political Caucus and AARP interim state president. Garvin also has delivered



Ann Garvin assists a CHAMPSS cardholder with her annual re-enrollment.

speeches and workshops locally, nationally and internationally. In 1990, she was listed number 39 in Topeka *Capital-Journal's* Profiles in Power.

Garvin, who has a bachelor's degree in mathematics

and chemistry and a master's degree in mathematics, has served on the JAAA Advisory Board and as chair of JAAA's Board of Directors. The agency is most grateful for her continued service.

## Family Caregiver Support Program OAA Title III E

The Older Americans Act, as amended in 2000, created Title III E, The National Family Caregiver Support Program. The National Family Caregiver Support Program was established to provide an opportunity for the aging network to develop a service delivery system to respond to the needs of the nation's family caregivers.

In collaboration with the Kansas Department for Aging and Disability Services, the Jayhawk Area Agency on Aging began implementing the Family Caregivers Support Program (FCGSP) in July 2001.

The Family Caregiver Support Program helps family members or informal caregivers provide care for the elderly at home. The focus of the FCGSP is to develop systems of support to ease the burden of family caregivers caring for elderly at home.

Support services under the FCGSP are:

- Information to groups of caregivers about available services
- Assistance to individual caregivers in gaining access to services
- Individual counseling, support groups, and caregiver

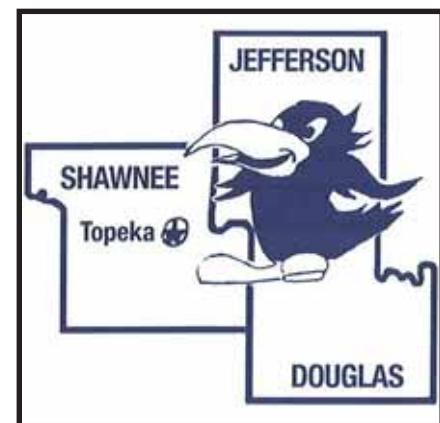
training to caregivers to assist in making decisions and solving problems relating to their Caregiving roles

- Respite care to enable caregivers to be temporarily relieved from their Caregiving responsibilities
- Supplemental services, on a limited basis, to complement the care provided by caregivers, and
- Flex services, to provide one-time assistance to caregivers if no other resources are available

Grandparent or Relative Caregiver is eligible, given certain criteria, for the above ser-

vices under the FCGSP.

JAAA has a direct service waiver to provide the services under Information and Assistance. Other services have been made available through contracts with service providers.



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# KDADS, Kansas Area Agencies on Aging sign ADRC Agreement

The Kansas Department for Aging and Disability Services (KDADS) and the Kansas Area Agencies on Aging Association (K4A) inked a \$3.9 million agreement on Oct. 1 that establishes the Aging and Disabilities Resource Center (ADRC) over the next year.

“We are extremely pleased to announce that the 11 not-for-profit Area Agencies on Aging have successfully joined together to implement the first step of a state-wide ADRC,” David Geist, Executive Director, North Central Flint Hills Area Agency on Aging, said.

Geist said that the goal of the ADRC is to provide a trusted, visible place for Kansans to receive essential, unbiased information about long term supports and services—one Kansan at a time.

“This is something we have been doing already,” said Geist “Now we are extending this service to the disability population.”

Geist said that while each Area Agency on Aging is different, this service will likely be provided by the same seasoned staff that is already in place. “We hope this agreement will streamline planning and services between aging and disability,” KDADS Secretary Shawn Sullivan said. “It is not intended to save money,” Sullivan continued. “It is intended to set up conflict-free services.”

Under KANCARE, three managed care organizations are scheduled to begin pro-

viding long term care support services for people who have Medicaid in Kansas starting Jan. 1, 2013. Under the state ADRC agreement with the Kansas Area Agencies on Aging, the group that will be determining eligibility and providing options counseling to choose a managed care origination will not be the same as the organization providing the services.

In June, the three managed care organizations that were selected to provide services are Amerigroup, headquartered in Virginia Beach, Va, Sunflower State Health Plan, headquartered in St. Louis, Mo., and United Healthcare Community Plan based in Overland Park, Kan.

“While this agreement doesn’t include developmental disabilities, those people can still call the ADRC,” Sullivan said, adding that they will either be referred to the appropriate agency or their questions will be answered.

“It is intended for us to be a one-stop shop,” he said.

At an Aug. 1 meeting in Salina, representatives from all three MCO groups said their goal was to help Kansans on Medicaid live healthier lives. They also said they are working on processing and credentialing providers in their networks to show state officials that their provider networks are 90 percent complete by mid October 2012.

For KanCare to be operation-



Shawn Sullivan, KDADS Secretary, signs the ADRC agreement while Craig Kaberline, ADRC Project Director, and David Geist, North Central Flint Hills Area Agency on Aging Executive Director, look on.

al, officials with the Centers for Medicare and Medicaid Services (CMS) must approve the Kansas proposal to change Medicaid. In August, the Brownback administration resubmitted the request to CMS and is currently awaiting approval.

## Area Agency on Aging

CONTINUED FROM PAGE TWO

system”— of help to meet the needs of older persons.

2. Provide active and sustained involvement in the community as a facilitator/developer of a comprehensive network of coordinated services.

3. Advocate on behalf of

For further information about KANCARE visit <http://www.kancare.ks.gov/> or call your local Area Agency on Aging at 866-457-2364.

—Keynotes, North Central Flint Hills Area Agency on Aging

older persons as individuals and on behalf of older persons collectively. Advocacy is a key responsibility of AAAs under the Older Americans Act.

Although these activities are sometimes difficult to quantify, the Older Americans Act as reauthorized consistently highlights and emphasizes the importance of these responsibilities.



# JAAA's Case Management Service

If you are a senior — or someone who loves a senior — who needs more help to continue living at home, JAAA's case management staff is ready to help.

Case management is a service which provides:

- Evaluation of needs
- Plan of action to address those needs
- Source of information or referral for possible in-home services
- Coordination of community-based, long-term services with different providers
- Follow up to ensure the level of service is adequate and appropriate for needs

Case management offers relief for individuals or family members who may not be familiar with resources or services which can be accessed. It provides a link between professionals and their patients or clients. A case manager is able to create and coordinate care plans for individuals to allow them to live independently in

their homes.

Who is eligible for JAAA's case management services?

- Anyone who resides in Shawnee, Jefferson, or Douglas counties

- Is over the age of 60
- And has limitations in the ability to function independently

Who should access this service?

- Individuals who are not able to determine and locate necessary services by themselves

- Family members who may or may not be available to assist with the coordination of services

- Medical professionals, both local and out-of-town

- Anyone concerned about the physical, emotional, financial or nutritional status of an older adult

Please call April Maddox, JAAA Case Manager, at 235-1367 (1-800-798-1366 outside Topeka) with any questions.



**MEDICARE PART-D WALK-IN CLINICS** are available to assist you in choosing the best Medicare Part D Drug Prescription Insurance! You do not need an appointment for the Walk-In Clinics; first come, first served.

**JAYHAWK AREA AGENCY ON AGING** will host Walk-in Clinics from 5 to 9 p.m. each Thursday:  
October 18 and 25  
November 1, 8, 15 and 29  
December 6.  
(During Thanksgiving week the Walk-in Clinic will be on Tuesday, November 20)

A few appointments are still available during regular office hours by phoning Jayhawk Area Agency on Aging 235-1367 or 1-800-798-1366

**LAWRENCE** Walk-in Clinics are available at Douglas County Senior Center, 745 Vermont from 9 a.m. to noon, October 30 and from 1 p.m. to 4 p.m. on November 10, 12, 19, 27, 29 and December 5.

Appointments are available by phoning DCSS at 842-0543

Walk-in Clinics are available in:

**BALDWIN CITY**  
November 8 at Auburn Pharmacy

**LECOMPTON**  
November 1 at Lecompton High School

**Call Kevin at (785) 841-9417 to place your display ad in the Winter 2013 issue of Amazing Aging! The deadline is January 15.**

# The structure and role of JAAA's Advisory Council and Board of Directors

## **Advisory Council:**

The Older Americans Act of 1965 required all Area Agencies on Aging to establish an advisory council which will continuously advise the agency on all matters relating to the development of the area plan, the administration of the plan and operations conducted under the plan.

The advisory council advises the agency regarding:

1. Developing and administering the area plan;
2. Conducting public hearings;
3. Representing the interest of older persons; and
4. Reviewing and commenting on all community policies, programs and actions which affect older persons with the intent of assuring maximum coordination and responsive-

ness to older persons.

The advisory council shall be made up of:

1. More than 50 percent older persons, including minority individuals who are participants or who are eligible to participate in programs under this part;
2. Representatives of older persons;
3. Representatives of health care provider organizations, including providers of veteran's health care (if appropriate);
4. Representatives of supportive service providers organizations;
5. Persons with leadership experience in the private and voluntary sectors;
6. Local elected officials; and
7. The general public.

JAAA must submit the area plan and amendments for re-

view and comment to the advisory council before submission to the state agency for approval.

## **Board of Directors:**

The Board of Directors is a governing body, appointed to establish policy for the AAA and to develop procedures for carrying out those policies. The board receives advice and recommendations from the advisory council and JAAA staff to help them accomplish their goals and implement policies and procedures. While the advisory council has no official governing power, it has a very important role because it enhances the expertise and understanding of board officials with respect to the needs, services, problems and opportunities to improve service delivery to older persons

Both the board and advisory council are essential components of JAAA. The board relies on the advisory council input and recommendations to make its decisions. In short, the roles of the board and advisory council are:

Board sets policy/Advisory Council advises on it;

Board hires JAAA director/Advisory Council reviews resumes and makes recommendations; and Board supervises JAAA Executive Director/Advisory Council offers advice and assistance.

Should you be interested in serving on JAAA's Advisory Council or Board of Directors, please contact JAAA Executive Director Jocelyn Lyons at 235-1367 or, if you are outside the local calling area for Topeka, 1-800-798-1366.

## **Senior Health Insurance Counseling For Kansas (SHICK)**

SHICK Counselors educate the public and assist consumers on topics related to Medicare and health insurance so they can make informed decisions.

SHICK COUNSELORS are people seniors can talk to regarding questions concerning Medicare and insurance related questions.

SHICK COUNSELORS help

seniors find help available for the high cost of today's prescription drugs, for those who qualify. They help with the Prescription Drug Program, a privately funded program that enables all Medicare beneficiaries with low incomes to receive needed medications at little or no cost.

Jayhawk Area Agency on Aging, Inc. has a SHICK Coor-

dinator on staff, along with volunteers who can help seniors with those important insurance questions, or prescription drug assistance needs.

**Office Support:** Office Support Volunteers provide clerical assistance for the staff of Jayhawk Area Agency on Aging, Inc. Office Support Volunteers provide service for data entry, copying, filing, faxing, making

phone calls for quality assurance follow-up, and provide other clerical duties as assigned.

**Volunteer Training:** Training is provided for individuals who are interested in any volunteer assistance programs at Jayhawk Area Agency on Aging, Inc. Please call Vanessa Merillat, JAAA SHICK Coordinator, at 235-1367 if you would like to volunteer.

**Amazing Aging** strives to provide readers with the information they need to live independent and productive lives. We also seek to feature stories of seniors who are active as workers, volunteers or engaged in hobbies. If you know a senior you would like to see featured in a future issue, please contact editor Marsha Henry Goff at [mhgink@netscape.net](mailto:mhgink@netscape.net) or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.

# Senior Care Act benefits seniors

Senior Care Act is a state funded program for in-home services for Kansans age 60 or older. SCA is funded through the state's general fund. Annually, the legislature sets the Senior Care Act Budget. The Kansas Department for Aging and Disability Services (KDADS) then allocates the funds to the 11 Area Agencies on Aging. Services are limited by these funds and if funds are not available an individual will be placed on a waiting list for services. A case manager may continue to work with this individual while they are on the waiting list to connect them to community resources to meet any identified needs.

A case manager determines eligibility for the program by using KDADS Uniform Assessment Instrument. Senior Care Act is a fee for service program. The cost of the service to the customer is determined by using KDADS sliding fee scale and is based on the customer's family size, monthly income and liquid assets.

Services available through this program include:

1. **Attendant Care:** Supervi-

sion and/or assistance with bathing, dressing, transferring, medication and toileting.

2. **Homemaker:** Providing assistance to customer having difficulty performing one or more of the following: preparing meals, shopping for personal items, housework and laundry.

3. **Personal Emergency Response Monitoring:** Service reimburses a monthly fee for the monitoring of a personal emergency response system. These units are electronic devices and have portable buttons worn by the customer. These units provide 24 hour a day on-call support to the customer having a medical or emergency need that could become critical at any time.

Jayhawk Area Agency on Aging works with area home health providers to provide services under the Senior Care Act Program. Current SCA Providers funded by JAAA are:

- Advantaged Home Care Inc.
- Home Buddy LLC
- Meriden Adult Services, Plus Inc.
- Prestige Home Care
- ResCare, Inc.

- Rueschhoff Corporation, Inc.
- Shawnee County Health Agency

- Trinity In-Home Care
- Windsor At-Home Care



## 'Tai Chi for Health' classes offered at JAAA

JAAA knows that falls are dangerous, especially to seniors. Tai chi is a gentle exercise that improves balance, flexibility, muscle strength, posture, cardiovascular fitness and immunity. It can reduce stress and the pain and stiffness of arthritis.

Paul Lam, M.D. developed "Tai Chi for Health" programs for the Arthritis Foundation. The programs, designed for all ages and fitness levels, are fun, safe and easy to learn. Mae Lovell, RN, who teaches the classes, is certified by the Arthritis Foundation. Lovell lived in China part-time for six years

and learned tai chi there

Classes are held Wednesday mornings at 10:30 and Thursday mornings at 9:15 and 10:30. A chair tai chi class, recommended for Parkinson's patients and their caregivers, is held on Wednesday mornings at 9:30. Classes are limited to 15 participants so pre-registration is necessary by phoning JAAA at 785-235-1367 or 1-800-798-1366 (outside Topeka).

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

## Lottery scam targets seniors

A new lottery scam recently targeted a Goodland, Kansas, senior. He was told in a phone call that he won \$55 million dollars. To "prove his account was valid," he was asked to send a blank check to an unknown person in California. According to the caller, the lottery money would then be deposited into the man's account.

Fortunately, the man recognized the caller as a scammer and did not send a blank check nor provide any identifying information. Had he done so, his bank account would likely have been wiped out.

Don't be scammed. Never give out information to unsolicited callers and feel free to hang up on them.

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