

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**

Winter 2013



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



At first reluctant to return to Korea, John Studdard of Lawrence, is glad he made the trip.

Korean War veteran John Studdard revisits Korea

By Marsha Henry Goff

John Studdard, Lawrence, was a young US Army private of 21 when he arrived in Korea in January, 1953. Stationed at Suwon Air Base, about 30 miles

from Seoul, John manned anti-aircraft artillery and also served as clerk and radio operator in weather that was often 30, 40 and 50 degrees below zero. Although the war was still being fought, John, now an ordained

RLDS minister, is grateful that he "was not shot at" and that he "never killed anyone."

That happy circumstance, he explains, "is because by that time we had air superiority. We

A Message from Jocelyn Lyons, JAAA Executive Director

During the first quarter of our fiscal year, JAAA experienced a whirlwind change unlike any seen during my tenure of thirty-six years. Some changes are reflected in our aging society and how we address the needs of this growing population. However, there are changes reflected in our willingness to work with populations other than our seniors, who have been our focus defined in our mission since 1976.

If you have called our office and driven by our locations, you have noted and possibly wondered if you have contacted the correct agency or if the name of our agency changed. In response, JAAA has not changed our name but has become the local Aging and Disability Resource Center (ADRC) serving Douglas, Jefferson and Shawnee counties.



Jocelyn Lyons

What does that mean? JAAA continues to serve the aging population, but now takes on a larger scope of serving additional populations. I am proud to state that JAAA's main focus has always been that of persons 60 years of age and older. However, we have also served younger populations, such as caregivers, the physically disabled in our Senior Health Insurance Counseling for Kansans (SHICK) program, for short term special contracts with our local government and at times assisting all ages as an information and Referral resource to guide them to local agencies that might be able to assist them in their time of need. But the mission of ADRC is different and JAAA's scope is now officially larger.

The Aging Disability Resource

Center is not an entity, but rather a process. In Kansas, the ADRC includes a statewide call center and eleven walk in centers (the Area Agencies on Aging).

ADRCs provide unbiased, reliable information and counseling to individuals of all income levels and serves as a single point of entry to public long-term support programs and benefits.

What is the function of an ADRC? To provide information/referral, options assistance/counseling, and functional eligibility assessments.

Who will the ADRC serve? Information and Referral/assistance targets the general population, Options Counseling will serve the general population and the Functional Assessments will serve the frail elderly, physically disabled, traumatic brain injured and identified nursing facility customers for eligibility determination for public programs.

Challenges? Yes! The ADRC called for reorganization in staffing within our agency. With the loss of a major program, now part of KanCare, that equated to a reduction in budget and staff, half of JAAA Case Managers, who at one time worked with seniors only, added to their role by becoming Options Counselors. The change called for intense and on-going training as one avenue to expand our expertise in

addressing the needs of various populations. The partnerships with community agencies/organizations, local governments, private and public entities are imperative as is educating the general public of where to turn for assistance.

With change, there are always challenges, however I'm proud to be part of an organization that embraces needed and/or mandated changes to better serve Kansans. The Kansas Area Agencies on Aging have proven to be leaders in administering programs and serving a diverse population.

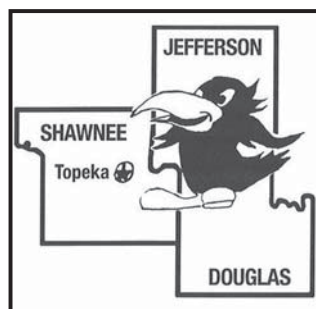
More importantly, I'm most proud of the staff at JAAA. Our staff thrives on the energy brought by change. Sometimes I imagine seeing staff transform into super heroes, moving mountains with their bare hands, leaping over buildings in a single bound, and running faster than a speeding bullet to keep up with all the changes. Yes, we may become frustrated at times when we have to juggle fire-lit batons, otherwise known as long hours, lack of service funds, and the sadness of placing our most vulnerable population (elders) on a waiting list. But by the end of day, we are encouraged by a smile, tear of joy or kind words of gratitude received from those we serve, enabling us to welcome tomorrow and repeat our heroism again while holding up each other.

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You are encouraged to write us at:

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Marsha Henry Goff, editor



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Studdard

CONTINUED FROM PAGE ONE

dominated the skies." He modestly describes his role during the Korean War (officially termed a conflict) as support for those combat troops who were being shot at in fierce battles. "For every soldier in combat, there are up to nine or ten people backing him up."

When John left Korea in 1954, the war was over and most of South Korea, particularly Seoul, was in shambles. Partly because of that memory, when his friend Jim Bradley told him at an American Legion meeting about the Revisit Korea program, subsidized by the South Korean government for Korean War veterans, John had no interest in returning to Korea. But his wife, Audrey Kamb-Studdard, saw the program as a "once-in-a-lifetime opportunity" and encouraged him to go.

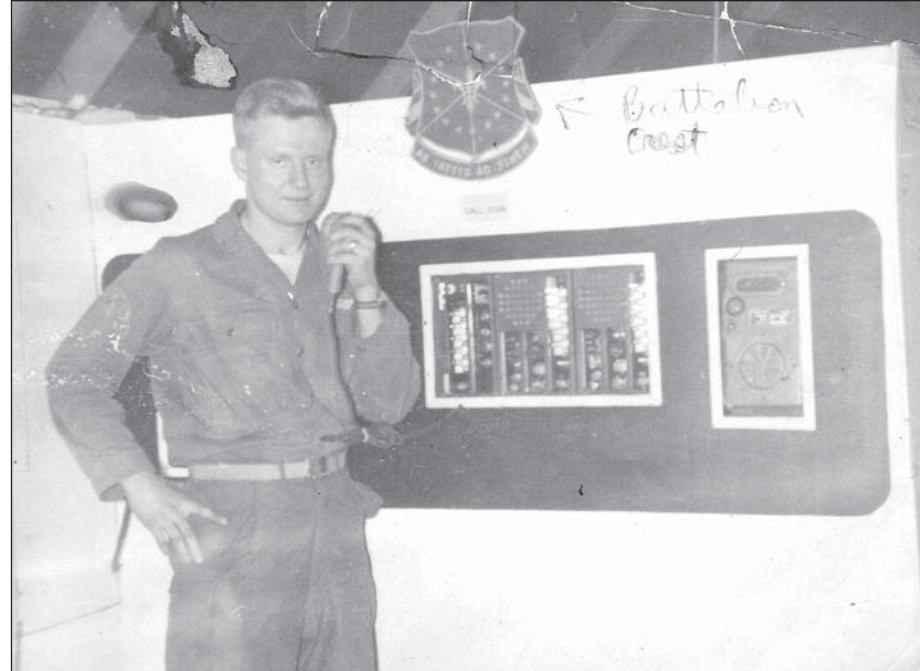
Since 1975, a grateful Republic of Korea has invited Korean War Veterans from all the Allied countries that participated in the war, along with their family members, to return to the country they saved from communism. The Korea Veterans Association – Seoul has provided free hotel accommo-

dations, meals and bus tours of Seoul, Incheon and the DMZ (demilitarized zone) for thousands of veterans and the family members accompanying them. The South Korean government also pays half the airfare for veterans and 30 percent of airfare costs for accompanying family members or caregivers.

John and his wife Audrey arrived in Seoul, South Korea, on September 13, 2012, the day after his 81st birthday. He was stunned at the beautiful city it had become, with modern skyscrapers and parks where once had been rubble. The group of 150 veterans and family members were treated to tours, banquets, visits to war memorials, wreath-laying ceremonies and entertainment. Wherever they traveled, the veterans were greeted with Thank You banners in both English and Korean.

John was especially pleased by a school music program where young children expressed their appreciation to the veterans for giving them the opportunity to grow up in a free and prosperous South Korea. "The Koreans, old and young, are a very grateful people," he explains, "and General Douglas MacArthur is a hero to them for saving Seoul."

Visiting veterans and their families were impressed with their visit to the DMZ. They entered the building where the



John Studdard was only 21 when he arrived at Suwon Air Base as the Korean War was winding down.

armistice was signed in July, 1953. One end of the building is in South Korea and the other in North Korea. "We could see the North Korean soldiers peeking in the windows at us from the other side," Audrey says, "and we had to be very careful with our gestures. I admit I was a bit nervous."

The South Korean government staged an impressive 62nd anniversary re-enactment of the Incheon Landing Operation. Over 200 veterans, family members and Korean dignitaries watched from a huge South Korean ship in Incheon harbor as cannon boomed from ships anchored far out to sea, landing craft sailed toward the shore and paratroops dropped from the sky. "I thought it was very authentic" says John, "because they had all the noise, landing craft, jets, paratroops; they must have had close to 1,000 South Korean troops dressed in camouflage and steel helmets. The South Koreans did it up right!"

On their last night in Korea, the Minister of the Ministry of

Patriots and Veterans Affairs and the Chairman of the Korean Veterans Association invited the veterans and their families to an elegant thank you banquet. "The banquet, the accommodations, everything about the trip was first-class," John declares.

He emphasizes how grateful the Korean people and government are to American and United Nation forces for preserving their freedom and enabling them to build a strong economy. John, too, is grateful that Audrey talked him into returning to Korea to see for himself what a difference the South Korean people have made since he left in 1954. "They have built a beautiful, prosperous country," he says proudly, "and Seoul is a beautiful, beautiful city. I'm so glad my wife and I took the trip."

Editor's Note: If you are a Korean Veteran who would like to return to Korea under the Revisit Korea program, please contact your local American Legion or VFW service organization.



Korean school children made and presented gifts of appreciation for the veterans.

Caregiver Support

By Michele Dillon

JAAA Caregiver Support Specialist

The baby boomer age is in full swing. So is the amount of time spent caregiving. Whether you are caring for a neighbor, friend or family member, you are appreciated. Whether you are only bringing in the mail, checking on a neighbor, shoveling a walkway or making a call, you are appreciated. No matter how big or small the task, you are appreciated. The next step is in appreciating yourself and your needs. The mantra of the airlines is in an emergency to put the oxygen mask on yourself first before you help the person next to you. The same holds true for your everyday caregiving roles. If you don't take care of your needs, there can be a risk of becoming ill yourself and then the caregiving role becomes even more difficult.

According to the National Alliance for Caregiving in Collaboration with AARP; November, 2009, 23 percent of family caregivers caring for loved ones for 5 years or more report their health as fair or poor. The Center on Aging Society reported, in 2005, that 11 percent of family caregivers report that caregiving has caused their physical health to deteriorate. I can only imagine what that percentage has increased to in 2012. Why is this? It is because caregivers put themselves on the backburner. They choose to wait to go to the doctor, they stop doing things they enjoy, like going to the gym, shopping, getting that massage.

Part of caregiving should include caring for you. This includes not only physical health needs, but emotional health

needs as well. This includes self-compassion and empowerment. Empowerment means giving yourself permission to say no when you need to and to accept help from others. Self-compassion means you stop judging and criticizing yourself. I am presenting a workshop on these two topics on Monday, February 11 at 1:00 p.m. at Country-side United Methodist Church, 3221 SW Burlingame Road in Topeka. Make the first step and give yourself permission to attend. Also, free yourself up to attend one of the caregiver support groups in your area.



Michele Dillon

See your *Senior Monthly* or our website, www.jhawkaaa.org, for times and locations.

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13 million Americans are incontinent.

85% of them are women.

It may surprise you to learn that, more than any other product, Jayhawk Area Agency on Aging is asked to supply adult diapers for incontinent clients.

Contributions to our recently concluded First Annual Incontinence Product Drive are already depleted.



All sizes, brands and types are needed and open packages are gratefully accepted.

**Please bring contributions to Jayhawk Area Agency on Aging
2910 SW Topeka Boulevard**

JAAA thanks Caregivers Home Health

Caregivers Home Health delivered the most incontinence products to Jayhawk Area Agency on Aging in our first Annual Incontinence Drive. JAAA sponsored the contest in December in response to the many individuals who request incontinence supplies from our agency. Adult diapers are a critical need for 13 million Americans who are incontinent, 85 percent of whom are women.

Caregivers Home Health

is located at 3715 Southwest 29th Street in Topeka and offers nursing care, physical therapy, occupational therapy, speech pathology, medical social services and home health aide services.

PRN Home Health and Hospice came in second in the contest and Windsor At Home Care was third. Many thanks to all the agencies that responded to our drive.



Just the Facts

By Connie Michaelis, Marketing Director

What a difference a century makes! Here are some statistics from a hundred years ago. The average life expectancy was 47 years. Only 14 percent of the homes had a bathtub. Eight percent of the homes had a telephone. There were only 8,000 cars and 144 miles of paved roads. The maximum speed limit in most cities was 10 mph. The average US wage in 1910 was 22 cents per hour. The average US worker made between \$200 and \$400 per year. A competent accountant could expect to earn \$2,000 per year, a dentist \$2,500 per year and a mechanical engineer about \$5,000 per year. More than 95 percent of all births took place at HOME. Ninety percent of all doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools,

many of which were considered 'substandard.' Sugar cost four cents a pound. Eggs were 14 cents a dozen. Coffee was 15 cents a pound. The five leading causes of death were: pneumonia and influenza, tuberculosis, diarrhea, heart disease and stroke. The American flag had 45 stars. Two out of every 10 adults couldn't read or write and only six percent of all Americans had graduated from high school. There were about 230 reported murders in the ENTIRE U.S.A.!

Many of you reading this column lived a good portion of the last century (me too). It is difficult to grasp the magnitude of change. What do you think this predicts for the future? A century ago do you think people had concerns about the future? Do you think they used the phrase, "It was better in the good old days"? Think of all the wars, depressions, droughts, earthquakes, tax increases, political stalemates that have occurred in the last 100 years and here we are...still able to smile. Our Senior citizens are proof positive that life is good! When you have questions about Senior Living, call the experts at McCrite Plaza, 785 267 2960.

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

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JAAA partners with Custom Tree Care to assist an elderly woman

When an 87-year-old visually-impaired Topeka woman worried about large limbs from an overhanging long-dead tree falling and crushing her mobile home, Jayhawk Area on Aging employees worked to find a solution. Susan Arnold, the woman's caseworker — who credits the woman's friend for strongly advocating for her — alerted April Maddox, Case Management Program Manager, about the situation.

Maddox previously utilized youth group volunteers from Topeka's Faith Temple Church to clean yards for elderly individuals who could no longer keep up with their yard work, but she knew that trimming the tree was far beyond the youngsters' capabilities. She called a former high school classmate, Greg Gathers, owner of Custom Tree Care and asked if he could help.

Gathers, whose company has a sterling record for giving back to the community, informed Maddox that several of his crews were working back East, helping the victims of Hurricane Sandy, but said he would look at the tree. He did and agreed to trim the tree as

a \$1,000 in-kind contribution to JAAA's Guardian Angel Fund which benefits seniors whose pressing needs cannot be met by other funding sources.

"My company and I have been pretty involved in Topeka charities, such as United Way and Children's Discovery Center," explains Gathers. "There was a need for an elderly lady which fit in with what we like to do: give back to the community."

In addition to sending Custom Tree Care crews and equipment to help victims of Hurricane Sandy, Gathers and his employees have assisted in many disasters, among them: Hurricanes Katrina, Rita, Ike, Gustav and Wilma; floods and ice storms in multiple states; and tornadoes in Joplin, Missouri, and Alabama. In all, he and Custom Tree Care employees have helped victims of disasters in 23 states. While his workers' labor is paid by the cities and counties in which they work, travel expenses (gasoline, hotel rooms, etc.) are covered by Gathers, himself.

Custom Tree Care has been trusted by many area cities to handle their tree trimming and

removal needs. The company serves residents in the Topeka, Lawrence and Kansas City areas.

JAAA is grateful to Greg

Gathers and Custom Tree Care, as well as other businesses that, from time to time, partner with us to aid our clients.



Custom Tree Care employees trim a long-dead tree overhanging a JAAA client's mobile home



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JAAA Moves Satellite Offices in Douglas County

Jayhawk Area Agency on Aging has moved their offices in Lawrence from the United Way Building to Independence, Inc. located at 2001 Haskell Avenue.

Jocelyn Lyons, JAAA Executive Director, stated that "relocation of the offices and JAAA's recent designation as the local Aging and Disability Resource Center provides greater access

for consumers to receive assistance from our Options Counselors and allows for more collaboration with Independence, Inc. We are pleased to be a tenant of Independence, Inc."

The offices house two Case Managers and an Options Counselor. Hours of operation are 8 a.m. to 5 p.m., Monday through Friday.

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Elvis



at our annual
"There's No Place Like Home" dance
Saturday, May 4, 2013
5:30 p.m to 9:30 p.m.
Great Overland Station
Dance and listen to music
of all tempos by the
1950's Secrets Band

SAVE THE DATE!

All proceeds benefit our

Guardian Angel Fund

Remembering a man and his dog

By Marsha Henry Goff

George Mills was 90 when he died, never realizing that his beloved dog Buffy (133 in dog years) predeceased him. That was a blessing for him because Buffy's welfare was his main concern during his final hospitalization.

George once owned Mills TV, one of the first television and repair stores in Topeka, as well as Melody Music (a record store named after his daughter). But, like so many seniors, he had outlived his savings and, when I met him, he and Buffy were existing on his small fixed income.

Lisa Schadler, his case manager at Jayhawk Area Agency on Aging, introduced us when I wrote a story about JAAA's Guardian Angel Fund covering the charge for Buffy's much needed grooming. The grooming was an unaffordable luxury for George and he worried about it because Buffy, blind in one eye, was hampered by hair falling over her good eye. "She's my dog," he said, "and it's my obligation to take care of her."

As we visited in his living room, the neatly-shorn little dog, wearing a new red bandana, trotted arthritically across the hardwood floor, showing interest in the visitors who had come to call. Although she and George usually lived a solitary life, she was a social little dog because George had stayed active in a postage stamp club that met at his home. A contemporary and long-time friend of George's also was a frequent visitor to their home.

George, Buffy and the house where they lived showed signs of age and wear. All three evidenced that money was in short supply, but that did not keep George from feeding an army of cats that regularly appeared on his doorstep. Bowls of food ringed his small back porch. And Buffy was as well cared for as his limited budget allowed.

It is a sad, but common, fact that seniors without family — or whose family members live far away — regard their pets as family and will often sacrifice buying their own food and medicine in order to feed the pets they love dearly. A Law-



George and Buffy smile for their photo.



Buffy spent a lot of time in this sunny spot waiting for her cat friends to drop by for dinner.

rence man felt that way about his cat and — even though he had lymphedema in his legs that the cat often inadvertently scratched, setting up life-threatening infections — he refused to give up his pet who was his only family. In that case, Guardian Angel Fund paid a veterinary to declaw the cat.

These are rare cases because most of the funds expended by Guardian Angel are not used to care for the needs of pets, regardless of how dear they are to their owners. But we recognize that there are many seniors whose closest companions are pets and that both benefit from the relationship. By helping

one, we help the other.

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.

George and Buffy lived long lives and were happier because of the love they shared. I will remember them always.

Elvis and the 1950's Secrets Band headline JAAA's 'There's No Place Like Home' fundraiser

Call it an early seven-year itch, but in 2013 — Jayhawk's sixth year of planning our annual "There's No Place Like Home" dance — we have decided to shake it up with Elvis and the 1950's Secrets Band. Kings of Swing Band has done a fantastic job for us the past five years, and likely will do so in the future, but the opportunity to have former KU Coach Bob Lockwood, rural McLouth, perform as Elvis is one we could not pass up.

During the last few years, Lockwood and the 1950's Secrets Band have been wowing crowds at events throughout Eastern Kansas and we wanted our dance attendees to have the opportunity to either enjoy watching his performance or dancing to music of all tempos played by the band. The 1950's Secrets Band is comprised of Lockwood's three sons — Park, Bobby and Perry —, Jeff

Nelson, a Douglas County deputy sheriff, and Kim Scarbrough, the daughter of Gary and Sandy Kirk of Topeka.

Lockwood started a family band when his children and their pal Jeff Nelson were youngsters (Perry was only seven). The boys grew up playing country music — "rockin' country" according to Lockwood — and as their talents and skills grew, they embraced other types of music. Kim, a vocalist who does a beautiful rendition of Patsy Cline's "Crazy," joined the band when, at their Lawrence neighborhood cookouts, Park discovered her amazing voice.

The ever-popular Aboud's Catering once again will be serving their delicious h'orderves and will provide a cash bar serving wine and beer. JAAA is grateful to Brad and Deborah Aboud for their strong support of JAAA's



Elvis (Bob Lockwood) sings to Mary Beth Harmon at the Lawrence Country Club.

Volunteers make 'There's No Place Like Home' possible

For the sixth year, volunteers are working — and working hard — to make JAAA's 2013 fundraising dance one of the best we have held. That is the case every year as we try to improve on the previous year's success.

Because of volunteer efforts, not one cent of money donated to our Guardian Angel Fund, the beneficiary of our dance, is spent on administration. That is rare in charities.

Volunteers comprising the "There's No Place Like Home Committee" are Shirley Biller, Marsha Henry Goff, Cyrene Holt, Sandy Kirk, Jocelyn

Lyons, Martha Skeet, Carol DeGroff Sook, Beverly Thompson and Lori Yocum. They are assisted by members of the JAAA staff who volunteer their time at the dance. There is not space to thank individually all the staff members who volunteer time, but those who deserve special mention for their efforts are Jocelyn Lyons, April Maddox, Marcia Ridinger, Sharon Sturgeon, Jean Stueve and Barbara Swinney.

Many thanks to the individuals who are volunteering to help us reach our Guardian Angel fundraising goal of \$25,000.

Guardian Angel Fund. Their professional staff works hard to ensure that no one leaves hungry.

The dance will continue to be held at Great Overland Station, 701 North Kansas Avenue, Topeka's wonderful venue for special events. There is no greater sight than driving up to the Station and seeing Old Glory and the many state flags unfurled in a light Spring breeze. The beautifully restored interior is opulent yet welcoming, and the loft allows a perfect view of the festivities for those who choose to listen and watch rather than dance.

Our drawing for sumptuous baskets donated by JAAA supporters, many of them our providers, has been extremely popular. We are doing it again this year and adding a new surprise twist.

While Honorary Chairs for this year's event have not yet

been selected, JAAA would like to thank our previous Honorary Chairs. In order of appearance they are: Marge and Barney Heeney, Beth and Duane Fager, Annette and Ron Thornburgh, Susan and Dr. Jerry Farley and Ethel and Jim Edwards. We are delighted they graced our dance with their presence.

Please mark your calendars and do not miss this very special "There's No Place Like Home" dance on Saturday, May 4, 2013, from 5:30 p.m. to 9:30 p.m. at Great Overland Station. Please phone (235-1367 or 1-800-798-1366) or drop by JAAA, 2910 SW Topeka Boulevard for tickets. Tickets are priced at \$20 each or \$35 for two (bring a spouse, friend or significant other). All proceeds benefit JAAA's Guardian Angel Fund.

Come prepared to have fun! Fifties clothing is optional.

Here's your chance to be someone's Guardian Angel

Jayhawk Area Agency on Aging's Guardian Angel Fund gives you the opportunity to be a Guardian Angel to a frail, elderly individual in desperate need of help. This fund is the last resort for many seniors whose needs cannot be met by other funding sources ... either because restrictions do not allow it or the bureaucracy involved would take too long to meet their critical needs.

How many times have you read about someone's suffering and thought you gladly would have assisted if you had only known of the need in time to help? With your contribution, Guardian Angel Fund will be there when help is needed.

Below are a few examples of the various ways in which seniors have been helped by Guardian Angel Fund. Though the money expended was not necessarily large, the dollars made a huge difference in the lives of those who benefitted from the generosity of strangers:

- A hospice patient suffering with Parkinson's and Alzheimer's Diseases received a window air conditioner after her caseworker reported it was extremely hot in the room where the patient lay in her bed.

- A month's premium of supplemental health insurance was paid so a woman's insur-

ance remained in force until she could be approved for Medicaid and SSI.

- A dog was groomed for an elderly man and a cat was declawed for another. Pets are often the only "family" some seniors have and they will often sacrifice their own food to provide for their pets' needs.

- Moving expenses were paid for a woman, the victim of familial abuse, so she could move back to her original hometown.

- Emergency dental care has been provided for seniors.

- Furnaces and other appliances have been repaired (and occasionally replaced) for seniors who had no funds for repair/replacement.

The individuals who receive assistance from Guardian Angel Fund have virtually no disposable income. Every cent they have goes for food, medicine and living expenses. When an unexpected need arises, they often have no family to turn to, no credit to ask a bank for a loan. With your assistance, Guardian Angel can help them.

Our fundraising goal for our "There's No Place Like Home" dance which benefits Guardian Angel Fund is \$25,000, an amount that will enable us to help even more seniors. Every dollar you donate moves us nearer to that goal. Please fill

out the adjacent contribution card with whatever amount you can afford and become a Guard-

ian Angel to someone who desperately needs your help.

Thank you for caring.

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:

\$5,000 to \$10,000
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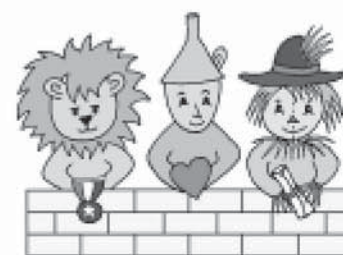
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Scenes from past 'There's No Place Like Home' dances



Marge and Barney Heeney enjoy dancing at our first "There's No Place Like Home" dance.



Beth and Duane Fager lead off dancing at our second fundraiser.



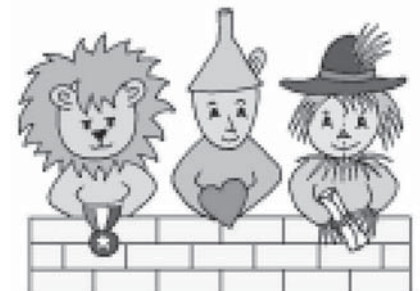
Ethel and Jim Edwards take a break from dancing at our last year's dance.



Susan and Dr. Jerry Farley sparkle under the chandelier at our fourth fundraiser.



Annette and Ron Thornburgh served as Honorary Chairs at our third dance. (Nathan Ham photo)



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 or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.

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