

Amazing Aging!

For Seniors and Those Who Love Them
Jayhawk Area Agency on Aging, Inc. • March 2002

JAAA • 1720 SW Topeka Blvd. • Topeka, KS 66612 • Phone: 785-235-1367
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Hello...again: Jayhawk's still here after 25 years

SILVER IS KNOWN AS A PRECIOUS metal. However, silver has meaning beyond its monetary worth, shine and place in the periodic table. Silver represents a 25-year commitment to someone or something, too.

Jayhawk Area Agency on Aging, Inc. (JAAA) celebrated its 25th anniversary last year with its commitment to one of the most precious resources there is: SENIORS.

MISSION

JAAA was incorporated as a 501(c)(3) non-profit organization in 1976 with the mission of identifying the needs of those citizens 60 years of age and older.

JAAA is responsible for developing and implementing a plan for satisfying those goals on a priority basis.

The agency adopted a new mission statement in 2000 that states: "JAAA advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson and Douglas counties to help seniors live independent and dignified lives."

JAAA is funded through individual contributions, grants and federal, state and local units of government.

JAAA also seeks to change those conditions which either directly or indirectly pose barriers for those who wish to live independently in the community and to participate in full and meaningful lives.

OLDER AMERICANS ACT

Area Agencies on Aging (AAAs) are the only agencies serving seniors that are named in federal law - the 1965 Older Americans Act, or OAA (also see article on page 3).

Initially, OAA services subgranted to other providers were transportation, recreation and congregate meals.

However, examples of OAA-funded services that JAAA offers have expanded to include:

1. Adult Day Care
2. Information
3. Legal Assistance
4. Material Aid
5. Outreach
6. Personal Care
7. Repairs/Maintenance
8. Health Screenings
9. Shopping
10. Telephone Reassurance

JAAA advocates on aging issues, builds community partnerships and implements programs to help seniors live independent and dignified lives.

11. Visiting
12. Home-Delivered Meals
13. Assessment
14. Case Management

SENIOR CARE ACT

In 1993 JAAA received state funding under the Senior Care Act (SCA) Program, which provides in-home services on a sliding-fee scale to consumers. As of February 26th the SCA program had 112 clients.

The SCA program serves persons who are under 150 percent of the poverty guidelines or whose income qualifies them for Medicaid.

See JAAA, Page 5, Column 1

The future is now!

JAYHAWK AREA AGENCY ON AGING, Inc. (JAAA) wants to continue the work it is now doing. The agency wants to be able to meet the ever-increasing needs of the growing senior population.

So, JAAA soon will be announcing its plans to raise *an additional \$100,000 this year!* The agency is developing plans to increase that amount each year — as senior needs continue to grow.

JAAA's biggest problem has been *name recognition*. Most people don't have any idea what JAAA is or does. Many people do benefit from JAAA's services but don't understand how JAAA is involved.

In some cases a person's needs are met by another agency that receives funding from JAAA — at least half of JAAA's work is carried out through other agencies.

So, we are preparing for a media blitz in late February and through March. *Amazing Aging!* is the first of many ways JAAA hopes to tell its story. Hey, everyone, we're here!

Plans include (1) reaching out to major donors in all three counties served by JAAA (Douglas, Jefferson and Shawnee), (2) developing individual giving opportunities on an annual basis, (3) seeking support from businesses and foundations, and (4) special events.

JAAA hopes that all of the people in the tri-county area will come to know the who, what, when, where, how and why of it. If you have ideas on how to make JAAA a household name, please let us know!

— Alden Hickman,
JAAA Board of Directors Chair

What's Inside: March 2002

Board Chair's Message	2	SHICK Program	4
Advisory Council and Board Members	2	Caregiver Support Program, Tip	5
Info. and Referral	3	Kansas News Briefs	6
Older Americans Act	3	National News Briefs	6
Case Management	3	Profile: Joe Simunac	8
In-Home Services	4	March 2002 Calendar	8
CARE Program	4		

Jayhawk Area Agency on Aging Contribution Form

If you'd like to support programs geared to helping seniors live independent and dignified lives, please complete and return this form:

Name: _____

Address: _____

City, State Zip: _____

Contribution: \$ _____
(Please make check or money order payable to Jayhawk Area Agency on Aging, Inc.) **THANKS FOR YOUR SUPPORT!**

Please mail this form with your contribution to: Jayhawk Area Agency on Aging, Inc., 1720 SW Topeka Blvd., Topeka, KS 66612

Board Chair's Message

A funny thing happened on the way to the quorum...

TWO QUESTIONS HAVE BEEN bothering me for the past six months: (1) How in the world did I get to be 70 years old? It seems like I just left college a few years ago; and (2) How in the world did I get to be the Chair of the Jayhawk Area Agency on Aging, Inc. Board of Directors? Well, no use worrying about the first one...

As to the second question, it happened this way. About three years ago Maria Russo, JAAA Executive Director, asked me whether I would consider serving on the JAAA Board of Directors. Since I had just retired for the second time, I said "yes."

Of course, I forgot to ask how much time was involved and what kind of responsibilities I would assume.

A few weeks later I received a letter from the Shawnee County Supervisor's office informing me that I had been appointed to a three-year term on JAAA's Board. I have to confess that I really didn't know what I was getting into.

I attended my first Board meeting and was amazed to learn about many of JAAA's activities. I was impressed by the other board members, who seemed to know what was going on.

I was assigned to a committee responsible for locating new office space for the agency. JAAA had been living at the Buchanan Center for 19 years and had grown from a handful of employees to about 30 staff. They were crowded into tiny work spaces that made it almost im-

possible to work.

But work they did!

I discovered this agency was not a subdivision of state or local government. I learned that it was a non-profit 501(c)(3) organization dedicated to serving the older citizens of three counties — Douglas, Jefferson and Shawnee. It was charged with administering the funds from the Older Americans Act. It worked with numerous other agencies to make life better for people hoping to stay in their own homes. It received

**(Future funding) won't
come from traditional
sources—it must come
from you and others who
care about our older
friends and neighbors.**

funds from the federal government, state government, the three county Board of Commissioners and the cities of Lawrence and Topeka. During the first 25 years of JAAA's life those funds were sufficient to carry out its mission.

However, the number of people being served and the increasing requests for assistance have kept going up. Simultaneously, the funding from the above-mentioned sources was not keeping pace — and was, in some cases, even decreasing.

At the same time JAAA's Board of Directors was growing in understanding and awareness. It came to realize that the board of a 501(c)(3) non-profit organization is charged with the responsibility of getting funding for the programs it votes to support. The Board came to see that each of its members had a personal responsibility to make the organization successful.

So this year, after finding new and adequate offices at 1720 SW Topeka Blvd., JAAA knew it had to reach out to the citizens of the three counties it serves. If JAAA is to meet the needs of our older citizens it must have more funding. It won't come from the traditional sources — it must come from you and others who care about our older friends and neighbors.

I agreed to do two things I had never anticipated when I said "yes" three years ago. When Margo Gordon, City of Lawrence Board Appointee, finished two years as board chair I agreed to accept that responsibility.

I also agreed to serve as Chair of the Board's Development Committee. I find myself putting in about 20 hours a week with JAAA. My task is simply to help JAAA come up with an additional \$100,000. You'll hear a lot more about that in the next few months. I know that in a year or two it just may be *me* calling JAAA for help!

— Alden Hickman,

JAAA Board of Directors Chair

AMAZING AGING!, March 2002, Jayhawk Area Agency on Aging, Inc. (JAAA), a 501(c)(3) non-profit organization. AMAZING AGING! is published as a free service.

JAAA's mission is to "advocate on aging issues, build community partnerships and implement programs to help seniors live independent and dignified lives." in Douglas, Jefferson and Shawnee counties of Kansas. JAAA is funded by tax-deductible contributions and federal, state and local sources.

AMAZING AGING! maintains a secured mailing list which is not shared with or sold to other entities.

If you have comments about AMAZING AGING!, or someone else you know would like to receive AMAZING AGING!, please contact:

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jhawkaaa_mbox@hotmail.com

The day-to-day operations of JAAA are managed by its Executive Director.

JAAA has two policy-making bodies that conduct its business. The Board of Directors sets policy and direction. The Advisory Council is a liaison between JAAA and seniors, providers of aging services; and local, state, and national legislators.

The Advisory Council and Board are comprised of appointees from Douglas, Shawnee and Jefferson counties and the cities of Lawrence, Oskaloosa (Board of Directors only) and Topeka.

JAAA EXECUTIVE DIRECTOR:

Maria C. Russo

JAAA BOARD OF DIRECTORS MEMBERS:

Douglas County:

Margo Gordon, Shirley Harkess,
Lee Hedrick (Vice-Chair)

City of Lawrence:

Mildred Harkness, Kristine Williams

Jefferson County:

Paul Monhollan, Tom Ryan, Frank Shrimplin

City of Oskaloosa:

Peggy Miller (Secretary)

Shawnee County:

Dina Cox (Treasurer), Alden Hickman
(Chair), Emily Yinger

City of Topeka:

Susan Andrews, Ross Freeman,
Berniece Smith

JAAA ADVISORY COUNCIL MEMBERS:

Douglas County:

Bob Lewis (Secretary), Joe Simunac (Chair)

City of Lawrence:

Frances Fischer

Jefferson County:

Mary Kimmel, Marie Riley

Shawnee County:

Beverley Davisson, Kathy Speaker
(Vice-Chair), *Open Seat*¹

City of Topeka:

Charlotte Morley, *Open Seat*¹

¹Those interested in filling one of the open seats should contact JAAA at 785-235-1367 (toll-free at 800-798-1366) or via e-mail at jhawkaaa_mbox@hotmail.com.

Information and Referral

"I&R" gives service details, makes referrals

FROM MAKING A REFERRAL FOR adult day care to providing a zip code, Information and Referral at Jayhawk Area Agency on Aging can help.

WHAT IS "I&R?"

"I&R" is a direct service of JAAA and provides confidential help with information about services and referrals to the agencies that can best help. I&R is the access point for services at JAAA.

JAAA's trained specialists can provide assistance to seniors, as well as adult children and other family members, friends and guardians taking care of their parents and other senior loved ones.

DETERMINING WHAT SERVICES ARE NEEDED

Sometimes it's easier to put together a jigsaw puzzle than to figure out what services a person needs. Answering the following questions can help.

Do you want/need help with:

1. Bathing (including safely getting in or out of the tub).
2. Dressing or grooming (including nails, denture care, and shaving).
3. Toileting (getting on/off the commode).
4. Walking (if you use a cane or walker, are you still unsteady?).
5. Eating (do you forget to eat or do you need help with eating?).
6. Preparing meals (is it too hard/unsafe?).
7. Managing medications (do you forget to take your medication?).
8. Medical treatments (do you need a nurse at home to help with changing bandages, therapy or other treatments?).
9. Housekeeping (including dishes, vacuuming, making the bed).
10. Laundry (including problems getting to the washer/dryer).
11. Making/accepting telephone calls.
12. Emergencies (afraid you will not be able to get help in time).
13. Reading and/or writing.
14. Shopping (for food, clothes, gifts, etc.).
15. Running errands (going to the bank, store, etc.).
16. Transportation (do you rely on others?).
17. Fun/recreation (do you want to make friends, play cards, etc.?).
18. Home remodeling (wheelchair ramp or bathroom grab bars?).
19. Alternatives to living alone.
20. Caring for a loved one (ideas, help).

Call JAAA at 785-235-2443 (toll-free 800-798-1366) for assistance.

Case Management

Case managers give the "personal touch"

CASE MANAGEMENT AT JAYhawk Area Agency on Aging means getting the "personal touch."

JAAA case managers are assigned to clients to assist them and family members or friends in selecting in-home services provided by community organizations.

The program ensures that seniors are made aware of community-based, long-term-care service options and to facilitate the coordination of services for them.

Case managers can help people when they are troubled by multiple concerns which make staying at home seem too difficult, including discussing nursing-facility placement options.

The case manager conducts an assessment of a potential client and, once that person becomes a JAAA client, manages that person's case.

The case manager will coordinate starting services for the client and check in on the client at regular intervals to make sure that the client's needs are being adequately addressed by the services. If the services need to be changed, the case manager can coordinate the changes for the client.

HCBS-FE PROGRAM

People who are at least 65 years of age, qualify for Medicaid benefits, and have a monthly income less than \$713 and assets less than \$2,000 may be eligible to receive services through the Home and Community-Based Services/Frail Elderly Program (HCBS/FE). (People also can qualify if they spend their own money — income or assets — until they reach the \$713 threshold.)

The HCBS/FE Program assists seniors in frail health who need help as they grow older so that they may remain at home or make other successful living arrangements in the community.

Services under the HCBS/FE Program include:

1. **Personal care:**
Feeding, bathing, dressing, toileting, walking/mobility, adult day care, sleep cycle support, and transferring (i.e. from a chair to a bed).
2. **Household tasks:**
Shopping, meal preparation, house cleaning, laundry, money management, medications management, and transportation (not adult day care).
3. **Health services:**
Health monitoring, 24-hour support for medical emergencies, and respite care to temporarily relieve caregivers.

Older Americans Act

Act helps all seniors regardless of income

THE FEDERAL LAW THAT CREATED the Area Agencies on Aging more than 35 years ago still helps seniors of all income levels.

The Older Americans Act of 1965 created the AAAs and many senior-oriented services like transportation and meals. The OAA also created the JAAA Advisory Council, which "is a liaison between JAAA and seniors, providers of aging services, and local, state, and national legislators."

SERVICES

Over the years OAA services also have included information and referral, the senior centers, legal assistance, congregate meal sites, telephone reassurance, shopping assistance and health screenings, among others.

ELIGIBILITY

The only OAA eligibility requirement is that the person seeking help be at least 60 years of age or the spouse of someone at least that age. There are no income guidelines with OAA programs.

PROVIDERS

Currently there are 12 OAA area providers in Douglas, Jefferson and Shawnee counties:

1. Catholic Community Services/
Friendly Visitors (serves Shawnee County)
2. Community Action (primarily serves Shawnee County)
3. Community Resources Council (serves Shawnee County)
4. Douglas Co. Senior Services (serves Douglas County)
5. East Topeka Senior Center (serves Topeka)
6. Jayhawk Legal Services (serves all three counties)
7. Jefferson Co. Health Department (serves Jefferson County)
8. Jefferson Co. Service Organization (serves Jefferson County)
9. LULAC Senior Center (serves Topeka)
10. Meals on Wheels (serves Jefferson and Shawnee counties)
11. Papan's Landing Senior Center (serves Topeka)
12. Shawnee Co. Health Agency (serves Shawnee County)

There are two Title III-E National Family Caregiver Program providers:

1. Bert Nash Community Mental Health (serves Douglas County)
2. Teach, Inc. (serves Central Topeka)

In-Home Services

SCA, IE programs offer home-based services to "middle-income" seniors

TWO PROGRAMS ADDRESS in-home services to those whose income prohibits them from qualifying for the Home and Community-Based Services (HCBS) program.

SENIOR CARE ACT

Senior Care Act (SCA) provides in-home services for persons who are age 60 years of age or older and have physical or mental limitations that restrict their ability to perform one or more "activities of daily living (ADLs)."

The SCA targeted population is those people whose income is at or above 150 percent of poverty level, who are at the greatest risk of nursing home placement,

and who are impaired in three ADLs. All SCA clients pay a percentage (20 to 100 percent) toward their care based on their income.

Jayhawk Area Agency on Aging (JAAA) provides attendant care and homemaker services under this program.

INCOME ELIGIBLE

Income Eligible (IE) provides in-home services for persons 60 years of age or older who have demonstrated impairment in two or more ADLs and three or more "instrumental activities of daily living (IADLs)."

The IE targeted population is those

who are vulnerable for nursing facility placement and Adult Protective Services (APS) cases extending beyond the investigation that require a Uniform Assessment Instrument to determine functional capacity.

IE clients must have an income of 150 percent of the poverty level or below.

IE clients, depending on income, are asked to make a contribution toward their services (five to 15 percent of the cost of their services). JAAA provides attendant care, homemaker, Personal Emergency Response (PER, like Lifeline) and PER Monthly installation.

Client Assessment, Referral and Evaluation (CARE)

CARE program helps people to deal with nursing-facility concerns

CLIENT ASSESSMENT, REFERRAL and Evaluation (CARE) is a program that requires those seeking nursing-home care to be assessed first.

WHAT IS THE PURPOSE OF CARE?

CARE seeks to help people find appropriate long-term care services in the community and to collect data on the need for home and community-based services.

Visiting with a CARE assessor will give a person the chance to discuss their available long-term care options.

Even if a person has tried and failed to find services, the CARE assessment will record the lack of services in the community. The Kansas Department on Aging (KDOA) reports its findings on service availability to the governor and the legislature each year.

WHAT IS A CARE ASSESSMENT?

It is a two-page form developed by the Kansas Department of Health and

Environment to evaluate a person's health and functional abilities.

The assessment consists of a personal interview with the client (and whomever the client wants to be present) and takes about one hour.

WHO CONDUCTS THE ASSESSMENT?

Hospital staff and Jayhawk Area Agency on Aging (JAAA) staff or contractors perform the assessments. If a person is hospitalized and plans to go to a nursing facility, the hospital will do the assessment before discharge.

If a person is living at home or if the person is living with someone else and plans to go to a nursing facility, JAAA will conduct the assessment.

WHAT HAPPENS AFTER THE ASSESSMENT?

The assessor gives the client a certificate verifying the assessment. If the client later decides to enter a nursing facility, they can take the certificate to the

facility to gain admittance. If a person loses their certificate, they can contact JAAA for a copy.

If the client wants services outside of a nursing facility, the hospital or a JAAA case manager can help.

CARE also contains the federal Pre-admission Screening and Resident Review (PASARR) screening, which asks a client several questions to determine if there are mental illness/retardation issues. If the PASARR indicates that those issues are present, then a "Level 2" assessment is conducted.

DOES THE ASSESSMENT**AFFECT MEDICAID ELIGIBILITY?**

The Kansas Department of Social and Rehabilitation Services (SRS) may use assessment information to determine if Medicaid can be used to pay for a nursing-home placement (a person must first apply for Medicaid with SRS).

Senior Health Insurance Counseling for Kansas (SHICK)

SHICK informs seniors on Medicare and health insurance issues

A STATE PROGRAM PROVIDES consumers with help on health care and health insurance issues.

The Senior Health Insurance Counseling for Kansas (SHICK) program "educates the public and assists consumers on topics related to Medicare and health insurance so they can make informed decisions."

SHICK can help Medicare recipients make informed decisions on:

1. Deciding what kinds of benefits would suit their needs.
2. The type of health insurance coverage they should have.
3. How much health insurance coverage they should have.
4. How to take advantage of the coverage they already have.

SHICK also helps Medicare beneficiaries with problems like:

1. Knowing what to do about rising health-insurance premiums.
2. Not feeling overwhelmed by claims paperwork and knowing what they owe and what they don't owe.
3. Knowing what to do if they can't afford the cost of prescription medications.
4. Knowing where to get help with their health-insurance problems and other problems.

A Prescription Drug Program (PDP) also is available and SHICK counselors can sign up qualified consumers for help with paying for their prescription drugs.

JAAA and LULAC (phone 785-234-5809) administer the SHICK program in

Shawnee County, while Douglas County Senior Services (phone 785-842-0562) administers it in Douglas County and the Jefferson County Service Organization (phone 785-863-2637) administers it in Jefferson County.

The program at JAAA is coordinated through the Information and Outreach Department. Call 235-1367 (toll-free 800-798-1366) for more information.

VOLUNTEER COORDINATOR, COUNSELORS

Each administering agency is responsible for naming a Volunteer Coordinator and recruiting volunteer counselors, as well as providing training sites and accommodations for program staff.

See SHICK, Page 7, Column 1

Caregiver Support Program

State AAA group announces program to support family caregivers

THE KANSAS ASSOCIATION OF Area Agencies on Aging (K4A), the state's Area Agency on Aging (AAA) alliance, has launched a statewide media campaign for a new caregiver support program.

The program, called the Circle of Caregiving Program, is designed to provide information to families and informal senior caregivers, as well as grandparents and senior relatives who are caregivers of children.

The program, created in response to federal action addressing caregiver issues, means Jayhawk Area Agency on Aging (JAAA) will establish contracts with community-based groups to provide support services for family caregivers and grandparents or older individuals who are relative caregivers.

The campaign will offer a Caregiver Resource Line for caregivers across the state to call and receive information and assistance.

The program can be reached by dialing 1-888-903-8181. The call is toll-free.

"Caregivers, such as family members, friends and neighbors, often provide the support that enables older adults to remain in their homes and in their communities," said Maria Russo, K4A President and JAAA Executive Director.

"Caregiving comes in many forms and can have a very heavy physical, financial and emotional impact on the caregivers.

"The statewide Circle of Caregiving campaign will focus on providing information, education, and training tips to help the caregiver," Russo said.

According to the U.S. General Accounting Office, informal caregivers provide approximately 80 percent of home-care services. The "free" services family caregivers provide are estimated to be valued at \$196 billion a year, according to *Health Affairs*.

With more women in the workforce, the National Family Caregivers Association has said that studies show that more men are caregivers, making up about 44 percent of caregivers.

Caregiving responsibilities ripple through the workforce, too. According to Met Life's National Alliance for Caregiving, American businesses lose an estimated \$11 billion to \$29 billion a year due to employees being called on to provide care to senior loved ones.

Caregivers come in all shapes and sizes. "A caregiver may be a spouse, a daughter, a son, a neighbor, or a friend, but often they do not think of themselves as caregivers. Therefore they do not ask for help or even know

help is available," said Stacey Boothe, Caregiver Campaign Manager.

"The invaluable role a caregiver plays truly makes a difference in the life of an older adult," she said.

Funding was provided in part by the U.S. Department of Health and Human Services' Administration on Aging. The program was one of 34 across the U.S. to receive a grant under the Innovative Caregiver Support Program.

Caregiver Tip

Education is important!

EACH ISSUE OF *AMAZING AGING!* will provide a "Caregiver Tip" to help caregivers and those to whom they provide care.

The tip for this issue is education. Caregivers should educate themselves about the condition of the people for whom they care.

The Internet can be a great health-information resource. There is an award-winning government website that is also a link to many other useful websites.

The address for that website is: www.healthfinder.gov. JAAA can also help; call 785-235-1367 (toll-free 800-798-1366).

JAAA, From Page 1

SCA services, also subcontracted to other providers, include attendant care and homemaker services.

CASE MANAGEMENT

Case management, which is also a state-funded program, provides a comprehensive assessment, determination of needs, creation of a plan of care, coordination of services delivery coordination, and monitoring and reassessment of frail seniors.

Case management may be the most important component to care coordination for clients and the non-duplication of clients between providers.

CLIENT ASSESSMENT, REFERRAL AND EVALUATION (CARE)

The Client Assessment, Referral, and Evaluation (CARE) program began in 1995 and mandates screening prior to nursing home placement. CARE helps people find appropriate long-term care services in the community and collects data on the need for home and community-based services.

DATA COLLECTION

In 1996, the National Aging Program Information System (NAPIS) was created as an unfunded mandate requiring the creation of a data collection system

to track services and clients.

Both JAAA and the service providers have taken on the extreme costs of that mandate.

HCBS-FE WAIVER

In January 1997, the Kansas Department of Social and Rehabilitation Services (SRS) transferred the Home and Community-Based Services Frail Elderly (65 years of age and older) clients to the Kansas Department on Aging (KDOA) and the Area Agencies on Aging (AAAs), per legislative mandate.

The program consists of clients who receive or are eligible for Medicaid and meet certain income guidelines. As of February 26th the HCBS program had 594 clients.

INCOME ELIGIBLE

In July 1997, SRS transferred the Income Eligible (IE) program to the AAAs. As of February 26th the IE program had 123 clients.

The IE program serves persons who are at or above 150 percent of the poverty guidelines or whose income is too high for Medicaid but cannot afford the cost of private services.

MANDATE

JAAA was designated by the state of Kansas and the federal government to coordinate services. That entails

planning, research, coordination and development. JAAA acts as a single access point to the aging network by providing direct services like information/assistance, outreach and case management and making referrals to other community organizations.

Through partnerships with those community organizations, JAAA also coordinates the implementation of service delivery. The objective is to foster independence in frail seniors to help them remain in their own homes for as long as possible.

THE FUTURE

Many changes are occurring both locally and nationally that affect JAAA and other agencies serving seniors. Those agencies are dealing with an increased need for services and decreased funding.

JAAA is one of 11 Kansas AAAs. When area state legislators and KDOA staff are asked about senior issues and the role of the AAAs, JAAA should be the nearest and best example of the positive part AAAs play in partnering with other entities to deliver services.

JAAA also is striving to be the best example of the role *all* agencies play in providing aging services and addressing aging issues.

Kansas News Briefs

Topics: legislature update, utility assistance, Older Kansans' Day

LEGISLATURE UPDATE

IT SEEMS THAT ALL OF THE NEWS REPORTS have discussed the state's serious budget concerns this year. The governor and legislature are grappling with both revenue shortfalls and expenditure increases. Jayhawk Area Agency on Aging (JAAA), is closely watching the bills and discussions that affect the Kansas Department on Aging's (KDOA) budget and services for seniors, including the following:

"How much funding would KDOA need to maintain the current level of in-home services?"

One of the most important programs for seniors at risk of being institutionalized is the Senior Care Act (SCA).

The SCA provides state-funded in-home services for seniors who are frail and who meet financial eligibility requirements.

The 2002 SCA allocation was \$8,062,974. The Governor's 2003 budget recommends \$3,642,966 (approximately a 55-percent cut):

1. Legislators need to allocate at least \$4.42 million above the Governor's November 2001 recommendation for the SCA or vulnerable seniors may be cut off from essential services — which means they will remain outside the doors of hospitals and nursing facilities and off the Medicaid roster.
2. **At least \$8 million needs to be allocated to the SCA in KDOA's 2003 budget to maintain the current level of services to vulnerable seniors.**

"Will budgeting \$8 million for the SCA cover the current known service needs of vulnerable seniors at risk of institutionalization?"

1. Budgeting \$8 million would mean that the *current* level of essential in-home services will be provided to vulnerable seniors who are close to the poverty line or of modest means. Budgeting that amount does not allow for funds to address seniors on a waiting list or other seniors needing services next year.

JAAA is closely watching the (legislature's) bills and discussions that affect KDOA's budget and services for seniors.

"Since an allocation of \$8 million won't cover the anticipated number of new seniors needing some SCA support, how much money would be needed to address the SCA waiting list for 2003?"

1. Estimates from KDOA show that an additional \$339,720 would be needed in FY 2003 to address waiting lists anticipated for the SCA, making for a total of \$8.4 million.

"What if the state just doesn't have the money for SCA?"

1. If only five percent of the 6,342 seniors now getting SCA services were to go to nursing homes on Medicaid,

the cost to the state would be \$8,790,000 a year. By comparison, the annual cost to the state to provide essential services to these individuals through the SCA is just \$380,000.

2. It is extremely likely that a significant reduction in SCA funds would result in more taxpayer dollars being spent in 2003 and beyond. It might also jeopardize the well-being of vulnerable seniors.
3. Providers of in-home services — already struggling with changes in federal rules, workforce issues and low reimbursement for services — would have an even tougher time. Kansas has already seen a large percentage of those service-providing employers shut their doors. Losing those essential services is bad for the Kansas economy — this is especially true in the most isolated places of Kansas during a time of economic recession.

"Why doesn't KDOA cut non-essential administrative expenses instead of vital services for seniors?"

1. Since Secretary Hubbell began at KDOA in 1999 the Department's administrative budget has decreased by 41.5 percent. During FY 2002, at the Governor's recommended level, Hubbell has had to take a number of measures in order to meet the budget. She has instituted a hiring freeze. She has held vacant positions vacant for an indefinite
- See KANSAS, Page 7, Column 1**

National News Briefs

National AAA group pushes for "healthy" prescription drug benefit

THE NATIONAL ORGANIZATION of Area Agencies on Aging has tackled the issue of creating an effective Medicare prescription drug benefit, should congressional action on such a benefit occur.

Following are the National Association of Area Agencies on Aging's (N4A) principles for a sound Medicare drug benefit that should be included in all Congressional proposals (the majority of which, according to N4A, have been adapted from principles developed by the Leadership Council of Aging Organizations):

Benefits: (1) Medicare should guarantee access to prescription drugs as a part of its defined benefit package under the Part B program; (2) Medicare's drug benefit should provide comprehensive coverage, including the most current, effective and individually appropriate drug therapies; (3) Medicare's contribution

toward the cost of prescriptions must keep pace with the increase in the cost of drug products and not be tied to budgetary caps; and (4) the addition of a Medicare drug benefit must not reduce access to other Medicare benefits.

Coverage and Affordability: (1) the

To adequately finance a prescription drug benefit there has to be enough funding to make the benefit affordable.

Medicare prescription drug benefit should be available to all Medicare beneficiaries regardless of income or health status. Sufficient subsidies should be provided for low-income beneficiaries to ensure their ability to

utilize the benefit; (2) the Medicare prescription drug benefit should be voluntary and provide safeguards against the erosion of current drug coverage provided through other sources.

Administration: (1) the new Medicare prescription drug benefit should be administered in a consumer-centered way and carefully monitored to assure overall high-quality health care; (2) the Medicare program should include appropriate cost-containment measures while effecting considerable cost savings from bulk purchasing.

Quality and Education: (1) the Medicare program should strive to prevent the overuse, underuse, and misuse of prescription drugs; (2) legislation should require that educational programs be provided to beneficiaries about the overuse/abuse of prescription and over-the-counter drugs, and adverse drug reactions.

SHICK, From Page 4

JAAA is looking for a SHICK Volunteer Coordinator. The duties of the Volunteer Coordinator are:

1. Recruiting volunteer counselors.
2. Receive client telephone calls.
3. Assign counselors to clients based on a needs assessment.
4. Monitor the performance of the volunteers to ensure the provisions of the program are being met.
5. Market the program through coordinated efforts with the state SHICK office.
6. Provide expenditure reports to the Kansas Insurance Department for funds awarded pursuant to program agreements.
7. Serve as a clearinghouse for supplies and materials for counselors and clients.
8. Maintain frequent communication

with the counselors and clients.

A SHICK counselor's role is to help people stay abreast of changing conditions and to cut through the confusion about health-care insurance through:

1. Reading and signing the Memorandum of Understanding.

JAAA is looking for a SHICK Volunteer Coordinator and volunteer counselors to run the program.

2. Satisfactorily completing certification training.
3. Providing confidential individual health insurance counseling services without conflict of interest and in compliance with SHICK regulations.

4. Providing referrals to appropriate sources.
5. Maintaining frequent communication with the Volunteer Coordinator.
6. Completing "Volunteer Counselor Contact Report" forms and sending the forms monthly to the Coordinator.
7. Satisfactorily completing continuation training as required.
8. Reading the publication *SHICK News*.
9. Providing information to the public regarding Medicare and other health-insurance issues.
10. Helping clients access prescription drug patient assistance programs.

Persons who are interested in being either the JAAA Volunteer Coordinator or a volunteer counselor should call Jocelyn Lyons at 785-235-1367 (toll-free at 800-798-1366).

KANSAS, From Page 6

period of time, and she has cut travel and printing budgets in half for the remainder of the year.

"What does the KDOA budget need to be to meet the needs of vulnerable seniors and continue saving taxpayer dollars?"

SCA:

1. \$ 8,062,974 for FY 2003 to maintain current service level.
2. \$339,720 for FY 2003 to meet identified waiting list needs.
3. \$ 8,394,000 total for FY 2003.

— **Maria C. Russo,**

JAAA Executive Director

(Budget information from KDOA. Portions of the text provided by North Central/Flint Hills AAA.)

UTILITY ASSISTANCE

A statewide program recently celebrated its 20th anniversary as a way for low-income people to obtain utility assistance.

The Low-Income Energy Assistance Program (LIEAP) provides assistance with utility bills throughout Kansas. LIEAP is operated through the Kansas Department of Social and Rehabilitation Services (SRS). SRS will be accepting LIEAP applications through March 31st.

To qualify, a person must pay their own heating bills and be at or below 130 percent of the federal poverty line. Other criteria include household income, number of people at the address, type of dwelling, and heating fuel and utility rates.

Last year LIEAP helped nearly 35,000 households statewide, with an average benefit of \$467.

Warmer temperatures and lower gas prices have reduced LIEAP funding this year to \$11.1 million from \$16.2 million last year.

For more information, call SRS at 800-432-0043.

The Kansas Department of Commerce and Housing (KDoCH) is offering grants for utility payment through its Weatherization Assistance Program.

Services and materials include an assessment, caulking, insulation, modifications, repairs or heating and cooling system replacements.

A person/family must have income at or below 150 percent of the federal poverty line or 60 percent of the state median income, whichever is greater.

For more information about the KDoCH program, call 800-752-4422.

OLDER KANSANS' DAY

A DAY OF ADVOCACY AND RECOGNITION for Kansas seniors was held on February 13th at the State Capitol.

Jayhawk Area Agency on Aging, Inc. (JAAA), which serves Douglas, Jefferson and Shawnee counties, and other advocates for older Kansans' participated in event activities.

Those activities included exhibits and displays of community-based services and programs, visits with legislators, and an advocate appreciation luncheon with Kansas Department on Aging Secretary Connie Hubbell as guest speaker.

JAAA advocates on aging issues, builds community partnerships and implements programs to help seniors live independent and dignified lives.

The Kansas Association of Area Agencies on Aging (K4A) sponsored Older Kansans' Day. K4A represents the 11 Kansas AAAs.

CONTACTING STATE LEGISLATORS

Following are office phone numbers and e-mail addresses for Douglas, Jefferson and Shawnee county members of the Kansas House of Representatives and Senate:

Douglas County:

1. Rep. Barbara Ballard, 785-296-7650, ballard@house.state.ks.us
2. Rep. Troy Findley, 785-296-7686, findley@house.state.ks.us
3. Rep. Tom Sloan, 785-296-7677, sloan@house.state.ks.us
4. Rep. Lee Tafanelli, 785-296-7698, tafanelli@house.state.ks.us
5. Rep. Ralph Tanner, 785-296-7654, tanner@house.state.ks.us
6. Sen. Anthony Hensley, 785-296-3245, hensley@senate.state.ks.us
7. Sen. Sandy Praeger, 785-296-7364, praeger@senate.state.ks.us

Jefferson County:

1. Rep. Jerry Henry, 785-296-7688, henry@house.state.ks.us
2. Rep. Lee Tafanelli (see Doug. Co.)
3. Sen. Bob Lyon, 785-296-7372, lyon@senate.state.ks.us

Shawnee County:

1. Rep. Vaughn Flora, 785-296-7647, flora@house.state.ks.us
2. Rep. Lana Gordon, 785-296-6014, gordon@house.state.ks.us
3. Rep. Cindy Hermes, 785-296-6014, hermes@house.state.ks.us
4. Rep. Becky Hutchins, 785-296-7698, hutchins@house.state.ks.us
5. Rep. Nancy Kirk, 785-296-7673, kirk@house.state.ks.us
6. Rep. Annie Kuether, 785-296-7669, kuether@house.state.ks.us
7. Rep. Doug Mays, 785-296-7668, mays@house.state.ks.us
8. Rep. Rocky Nichols, 785-296-7651, nichols@house.state.ks.us
9. Rep. Roger Toelkes, 785-296-7687, toelkes@house.state.ks.us
10. Sen. Anthony Hensley (see Doug. Co.)
11. Sen. Dave Jackson, 785-296-7365, jackson@senate.state.ks.us
12. Sen. Lynn Jenkins, 785-296-7374, jenkins@senate.state.ks.us

Advisory Council Chair Joe Simunac

A varied background and a great sense of humor are just two traits that characterize Jayhawk Area Agency on Aging (JAAA) Advisory Council Chair Joe Simunac.

PERSONAL HISTORY

Simunac is a native Kansan who lives in Baldwin City. He married his college sweetheart, Betty, in 1942. They raised two children, Emily Jane and Joseph III. The Simunacs are the proud grandparents of three and great-grandparents of one.

PROFESSIONAL HISTORY

Simunac enlisted in the U.S. Air Force in 1942 and became a fighter pilot. Later he became a supervising flight instructor, covert operations officer and

an education and training staff officer. During his service to his country Simunac also was an Intercontinental Ballistic Missile (ICBM) crew commander and operations officer. He retired from military service as a USAF Lt. Col. in 1966.

After military life Simunac worked as the human resources director for industrial relations for a mid-sized Kansas City company until his retirement in 1979.

EDUCATIONAL HISTORY

Simunac was graduated from Baker University with a Bachelor's Degree in Business. He earned his Master's Degree in Business from the University of Kansas in 1967.

VOLUNTEER HISTORY

Simunac joined the JAAA Advisory Council in March 2000 and has served as its chair since August 2000.

Currently he also serves as the chair of a Baldwin City church foundation committee and is a member and treasurer of the Baldwin City Library Board, a board member of the Kansas Library Trustees Association, a member of the College Fraternity Alumni Board, a member and chair of the Baldwin City Cemetery Association, and a member of the Baldwin City Chamber of Commerce.

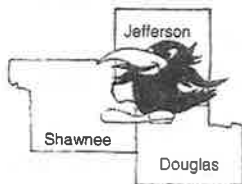
Previously Simunac served for four years as Lawrence area chair of the United Way's annual fund drive.

Amazing Aging!

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Calendar: March 2002



JAYHAWK AREA AGENCY ON AGING, INC.: Serving Douglas, Jefferson and Shawnee Counties of Northeast Kansas

Through March 14th: Requests for proposals (RFPs) are being accepted for Older Americans Act Title III-D Medication Management services and Title III-E National Family Caregiver Support Program services. For an RFP packet call Jocelyn Lyons or Marsha Ridinger at JAAA, 785-235-1367 (toll-free 800-798-1366); fax at 785-235-2443 or e-mail at jhawkaaa_mbox@hotmail.com.

Through April: AARP Tax-Aide Counseling available free of charge, 9 a.m. to 1 p.m., every Monday through April, JAAA, 1720 SW Topeka Blvd., Topeka. For more information call

Terry McDaniel, JAAA Information and Referral Specialist, at 785-235-1367 (toll-free at 800-798-1366) or Community Action's Alice Schimmel at 785-235-9296.

March 12th: Senior Planning Meeting, 9 a.m., JAAA, 1720 SW Topeka Blvd., Topeka.

March 13th: Kansas Silver-Haired Legislature delegates meeting, 3 p.m., JAAA, 1720 SW Topeka Blvd., Topeka.

March 13th: "Savvy Consumer Seminar for Seniors," 8:30 to 11:30 a.m., Lawrence Memorial Hospital Auditorium, 325 Maine, Lawrence. For more information call 785-832-3769 or 785-331-7819.

March 14th: JAAA Advisory Council and Board of Directors Meetings, Meriden State Bank, 3675 74th St., Meriden, KS (K-4 Hwy and 74th St. just

north of a strip mall). Advisory Council meets at 10 a.m.; Board of Directors meets at 1:30 p.m.

March 14th: SPICEline training to address medication mismanagement and substance abuse in the older adult, Shawnee Regional Prevention and Recovery Services, 2209 SW 29th, Topeka. Call 785-266-8666 for more information.

March 17th: St. Patrick's Day.

March 20th: Deadline for submission of information for April—June 2002 issue of *Amazing Aging!*

March 20th: Knitters and Crocheters Group, 2 p.m., JAAA, 1720 SW Topeka Blvd., Topeka. For more information about this group, call Betty Barron at 785-354-7404.

March 29th: Good Friday.

March 31st: Easter.