Amazing Aging!
For Seniors and Those Who Love Them

Jayhawk Area Agency on Aging, Inc.
The Agency On Aging For Shawnee, Jefferson and Douglas Counties

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, the Kansas Health Foundation, 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

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"Jayhawk Area Agency on Aging, Inc. Prescription Drug Program has helped me to receive a few of my prescriptions free of charge. Now I don't have to worry about how I will pay for my medication. JAAA and the Prescription Drug Program will help me live with dignity." Thank you for your help.

Arlene Nott, Topeka, KS
From The Executive Director’s Desk

As you are probably aware, the Medicare prescription drug benefit has passed, and the benefit will begin in 2006. The premium will cost you an estimated $35.00 a month in the year of 2006.

I am sure you are wondering what you will receive with the new prescription drug benefit. You will pay the premium and a $250 annual deductible. After you have paid the premium and deductible the plan will pay 75 percent of your drug costs until your total drug expenses reach $2,250. This means you are responsible for paying 25% until your drug expenses reach $2,250. After you reach $2,250 in drug expenses in a year, your coverage stops and you will be responsible for paying the next $2,850 worth of drug expenses. This creates what is called the doughnut hole and will negatively affect millions of seniors in our country. Insurance coverage will not start again until your drug expenses reach $5,100. This means you will have spent $3,600 of your own money for prescription drugs, not including the $420 premium, and you will then qualify for catastrophic coverage. After you qualify for catastrophic coverage for the remainder of the year you will pay $2 for a generic drug prescription and $5 for every brand-name prescription, or 5%, whichever is greater.

You will receive the new prescription drug benefit from private prescription drug plans that will contract with Medicare. To receive the benefit, you will have to sign up with a plan that will offer the drug benefit in your area. Another area of concern is the deductible and the size of the “doughnut” will continue to grow each year based upon increases in drug spending for the Medicare benefit. We predict that Medicare drug costs will skyrocket, and that is why you will see your deductible and doughnut hole increase. We are concerned that most seniors will see these amounts increase more rapidly than their income.

Jayhawk Area Agency on Aging provides assistance for seniors with the application process for aid in obtaining prescription drugs at little or no cost. We will continue this service as long as pharmaceutical companies continue to offer the program.

As your advocate on the needs of seniors, Jayhawk Area Agency on Aging, Inc. will keep you informed about issues that affect you.

Thank you for your continued support.

Sincerely,

Maria C. Russo
Executive Director
Jayhawk Area Agency on Aging, Inc.
Meet Case Manager Mary Barker  
By Diane McDermed, JAAA Volunteer Coordinator

Mary Barker is a social worker licensed to practice in the state of Kansas. An x-ray technician for several years, Mary decided to pursue her dream of working with seniors as a social worker. After receiving her social work degree from Washburn University in 1994, Mary realized her dream of working with seniors by coming to work for Jayhawk Area Agency on Aging, Inc. (JAAA).

Employed at JAAA since 1997 when aging services were privatized by the state, Mary left briefly to pursue other opportunities. She came back to JAAA after missing her work with the senior population.

As a case manager, Mary's duties include setting up home services such as cleaning, laundry, meal preparation and medication management. These services allow seniors to remain in their homes for as long as possible. With her medical background, Mary is able to be responsive to seniors' medical needs and questions.

Case managers also work with other agencies to provide the care clients require to maintain their independence. The case manager is usually the first person called when a client encounters a situation that needs assistance. In addition to a close relationship with the client, case managers maintain constant communication with client families.

Mary enjoys her work at JAAA and her clients. Appreciative of everything that is done for them, seniors depend on their case managers to help them remain independent and a vital part of our community.

"In addition to a close relationship with the client, case managers maintain constant communication with client families."

Marcus Farr, CARE Program Specialist (left) and Mary Barker, Case Manager (right) enjoy a drive.
Wish List Upon A Star

“STAR LIGHT, STAR BRIGHT”... if you, or anyone you know, can donate any of these items, Jayhawk Area Agency on Aging, Inc., would be eternally grateful. The value of any of these items would be tax deductible.

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“Last week, I received a call from a representative of the Australian Lottery informing me that I have winnings coming”.

Dear Attorney General Kline:

Last week I received a call from a representative of the “Australian Lottery” informing me that I have winnings coming. I was so excited! But yesterday I received another call informing me that I would have to pay several thousand dollars in taxes and finder’s fees up front (wiring it from the bank). I have never heard of paying for winnings before. Is this legitimate?

Dear Kansas Consumer:

Don’t Pay! The Australian Lottery Scam is the latest form of the Advanced Fee Scam to come to Kansas. There are no winnings to be had, except the “finder’s fees” that these scam artists collect from their victims.

The way it works is this: a prospective victim (usually an elderly citizen) will receive a phone call from a person claiming to be a representative of a foreign lottery informing the victim that she is a finalist in a foreign lottery or giveaway. (The victim may have received and sent back an earlier claim form, but often this is the first contact the person receives). The caller will tell the victim to wait for further notice and sometimes will give them the phone number of the “law firm” which will handle the transaction.

Later in the week the victim may receive some kind of notification from a seemingly unrelated source (like a letter from someone they do not know) that will tell them that they are about to come into unexpected money and warning them to be careful. This is done to raise the victim’s expectations for the final call, which is coming shortly.

The person will then receive a second phone continued on page 5
Consumer Corner Continued

call informing them that they have won and that a prize patrol will be bringing them a check. However, there's a catch. In order to get the money into the country, the victim is asked to wire some money or send a certified check to cover taxes, fees, or currency costs. If the victim sends the money, they've been had. There is no lottery winnings, just a very expensive lesson learned.

If you receive one of these calls:
DO NOT PAY! Legitimate lotteries and sweepstakes may withhold part of your winnings for taxes, but they will never charge a fee up front. This is a dead giveaway you are dealing with a person more interested in taking money than giving it.

Contact my Consumer Protection Division at 1-800-432-2310 and local law enforcement. Save copies of all letters and documents, especially wire instructions and telephone numbers if possible.

Tell your family, friends, and banker what to watch for and what you've seen. It is important that Kansans protect one another and especially elderly citizens who may be taken for all their money. Scammers work from outside the country, once the money is sent, it is usually unrecoverable. The time to act is before your mother or father or neighbor is victimized.

Attorney General Phill Kline offers this public service to help you avoid becoming a victim of consumer fraud. Although some of the details have been changed, the cases appearing in this column are based on actual complaints or questions. For further information or to file a complaint, please write Attorney General Phill Kline, Consumer Protection Division, 120 SW 10th Ave., 2nd Floor, Topeka, Kansas 66612, or call the toll-free Consumer Hotline, 1-800-432-2310.

"The time to act is before your mother or father or neighbor is victimized."

Thank You Commerce Bank And Trust And Creative Business Solutions
By Diane McDermed, JAAA Volunteer Coordinator

Jayhawk Area Agency on Aging, Inc., is a 501 (c)3 non-profit organization, and will always gratefully accept donations.

When the agency moved to its present location at 1720 SW Topeka Blvd., Topeka, KS computers were desperately needed.

Maria Russo, JAAA Executive Director mentioned to David Stotlar that JAAA needed computers.

David Stotlar is Vice President of Creative Business Solutions. Creative Business Solutions specializes in Human Resource and IT Consulting for medium size clients in Kansas and Missouri.

David approached Larry Carlson, Executive Vice President of Commerce Bank and Trust to see if Commerce Bank could donate any used computers. Larry Carlson agreed to donate twelve computers from Commerce Bank if all information on the computers were cleansed.

David Stotlar, and Roger Schweppel, Systems Engineer for Creative Business Solutions volunteered to cleanse the computers and spent twelve hours cleansing the computers.

We would like to thank Larry Carlson and Commerce Bank and Trust for these essential computers! Thanks also to David Stotlar and Roger Schweppel for the many volunteer hours cleansing these computers.

Thanks to these and other generous people who have also donated computers, JAAA is better able to serve the seniors of Shawnee, Jefferson and Douglas counties.
Caregivers Corner
By Karel Ramsey, JAAA Caregiver Specialist

"Mother was so lonely after Dad died and she really struggled to keep the house going. I didn’t realize how much Dad had been doing for her. Together we decided she would be happier and get the help she needed in assisted living. I still do her personal laundry, talk to the doctor about her medications, and go with her to care plan meetings."

"I noticed my neighbor has been slowing down recently. He wasn’t coming out in his yard as often and he had to stop driving. I have been going with him to the doctor, helping him write checks to pay his bills, and called Meals on Wheels so he would eat better."

"My husband had a stroke last year. I was so scared, but he made it through and he has been getting better. Things have changed at home though. Now he needs me to help him get dressed, take a shower, and keep his nails trimmed. I still do all the cooking and cleaning too."

“When the National Guard sent my daughter to the Middle East, her daughters came to stay with us. Now we take them to school, help them with homework, take them to soccer practice and music lessons. We enjoy having them with us, but being parents again takes a lot of energy.”

Do you recognize yourself in any of these situations? If so, you are a caregiver. For many, that might be a new idea. We all recognize ourselves as spouse, grandparent, neighbor, son. In those roles, we naturally help our loved ones without thinking of it as being anything special or different. We’re just being good wives, loving grandparents, attentive sons, or friendly neighbors. Those roles change when our loved ones become dependent on us to do things for them that they once did for themselves. When that happens, we become caregivers. One of the most important things we can do is to recognize that things have changed and to recognize our important new role. Although our role as a caregiver is not one we would have chosen, it is important to both the caregiver and the parent to recognize this fact. Being a caregiver means entering a world of new tasks, ideas and concerns. Watch for future newsletters as we explore the many issues surrounding the caregiver.∗

The Important Role of Caregiving

Caregiving may be one of the most important roles you will undertake in your lifetime. Typically, it is not an easy role, nor is it one for which most of us are prepared. Whether you are a caregiver, know a caregiver, there is information and assistance to help. Call your local Area Agency on Aging or the Circle of Care giving Information and Assistance Line at 888-903-8181. ∗
A Client’s Perspective: Meet Corine Cook

By Rex V. Ellebracht
JAAA Case Manager

Unable to do day to day things most people take for granted, Corine could not live alone. Faced with some choices about what she was going to do with her life, Corine, living in Humboldt, Tennessee, decided to move to Topeka, Kansas to live with her daughter Evelyn and son-in-law Billy Frank.

That was Corine B. Cook’s story almost four years ago. She has four adult children: Evelyn F. Jones of Topeka; Donald Broyles of Nashville, Tennessee; Don Broyles of Tyler, Texas; and Linda Broyles of Jackson, Tennessee. Eleven grandchildren and five great grandchildren are also descendents.

Moving to Topeka to receive some at-home assistance with the Home and Community Based Services (HCBS) program, funded by the state of Kansas, Corine had learned she could live with her daughter Evelyn, a true blessing, enjoy her family, and be independent.

Evelyn helps Corine with most of her daily living activities such as bathing, cooking, housekeeping, shopping, and going to the bathroom.

Corine believes that without the help of Jayhawk Area Agency on Aging and her daughter and son-in-law’s assistance, she would not be able to live as independently as she does.

Living close to family, Corine feels her quality of life has improved considerably.

Corine goes to Plaza West a few times a year to give Evelyn a chance to take a vacation. Corine understands that her daughter needs to get away and see other family members. Joking about the last time she was at Plaza West, she stated, "I was unable to find a boyfriend while I was there, but I am ALWAYS looking, which is the name of the game!"

Total knee replacement surgery on November 12, 2003, requires her to receive some home therapy to strengthen her legs and make her upper body stronger. With a twinkle in her eye and a smile that lights up the room, she refuses to let the knee surgery get her down.

Quilting is a true passion and lifetime activity for Corine. She recalls piecing quilts when she was a little girl. Retiring from a textile mill in Trenton, Tennessee, she became quite active piecing beautiful quilts together for the past twenty years for family members as well as doctors, friends, and ministers.

She has taken countless photographs of the many masterpieces of her handiwork and Corine loves seeing smiles on people’s faces when she presents one of her beautiful quilts. Corine feels the activity keeps her mind busy doing something she enjoys. Certainly, it helps to take her mind off the arthritis in her knee.

Seventy-nine years young, Corine has great passion for life and is a true joy for those around her. She continues to be happy here in Topeka, Kansas. Always smiling, Corine never forgets to say, "Thank you." "Mrs. Williams taught me that in the first grade, and I have never forgotten it." With a huge faith in God, Corine feels she has been truly blessed.

"The Light of God surrounds Me. The Love of God Enfolds Me. The Power of God protects Me. The Presence of God Watches Over Me. Wherever I am, God is."

--Prayer of Protection

"Corine has a great passion for life, and is a delight to work with."

The gorgeous quilt made by Corine is truly a piece of art.
Information and Upcoming Events by Heather Hook, Information Specialist

LIEAP: (Low Income Energy Assistance)

The Low Income Energy Assistance Program or LIEAP, will be distributing applications and accepting them for processing beginning January 20, 2004. LIEAP is a program through SRS that assists energy customers with their bill, should they meet the eligibility guidelines. LIEAP applicants may not receive over $931.00 per month, must be making payments on their bill and have the energy bill in their name. Applications will be mailed to those who applied for assistance last year. First time applicants may call 785-296-2649 to request an application or pick one up at 500 SW Van Buren, Topeka, KS. 66612. All applications are due by March 31, 2004.

Taxes: It’s Tax Time!

Tax season officially begins February 2, 2004. Jayhawk Area Agency on Aging will be hosting free tax preparation service. You will be able to obtain tax assistance every Monday from 9:00 to 2:00 p.m. at Jayhawk Area Agency on Aging, 1720 S.W. Topeka, 235-1367.

Advanced Homestead tax preparation may currently be prepared and submitted. Community Action is able to assist customers with the paperwork. Please call 785-235-9296 to set an appointment.

You’re Invited!

JAAA would like to invite our professional colleagues to attend the following in-house training opportunities. This is a tentative schedule and may change at any time. Please call in advance to confirm! All programs begin at 8:15 am., unless otherwise noted.

March 24, 2004  Advanced Directives “Making Choices”-Connie Wood (45 min)
April 14, 2004  Medication Mismanagement and Substance Abuse in Older Adults. (2 Hrs), Jean Holthaus
April 28, 2004  Alfa-Kan (45 min) Janine Bahmani

To R.S.V.P. for in-house training or to ask any questions you may have concerning seniors and their issues, please call the Jayhawk Area Agency on Aging information department at 785-235-1367.
Jayhawk Area Agency on Aging Recruiting Additional Prescription Drug Assistance Volunteers by Diane McDermed, JAAA Volunteer Coordinator

Jayhawk Area Agency On Aging, Inc., is recruiting additional volunteers for the Prescription Drug Assistance Program (PDP).

Volunteers for this program assist seniors with the application to acquire prescription drugs at little or no cost.

Even though JAAA has several PDP volunteers, the demand by seniors for prescription drug assistance continues to escalate.

Many seniors must decide if they are going to purchase groceries, pay rent, utilities, or purchase prescription medications. The end result, many seniors do not purchase the medications they need in order to live a healthy and active lifestyle.

You can have a direct impact on your community! A mere three hours of your time will help a senior find access to the medication they need to lead active and independent lives! Call JAAA at 785-235-1367 today and get started helping seniors in your community!

Challenging Legislative Session in Progress for Seniors by Annette Thornburgh, Development and Communications Manager

$12,240 HCBS/yr
(Home and Community Based Service)

$30,000 Nursing Home Costs/yr

$1,100 SCA/yr
(Senior Care Act Services)

The Governor’s proposed budget for the Department on Aging reduces SCA $934,359 for FY05. (This reduction is on top of the $1.2 million reduction from FY04). The Dept on Aging needs the $934,359 to continue to serve existing clients and an additional $196,900 to serve the 237 seniors on the SCA waiting list. SCA provides in home services to many homebound seniors across Kansas.

HCBS and TCM (Targeted Case Mgmt) need $11,311,170 to adequately serve existing clients and those seniors on the waiting list. The state only needs to contribute $4,470,494 to pull down the needed federal Title XIX funds of $6,840,676.

$30,000 is the average yearly nursing home cost in Kansas. The yearly cost for HCBS is $12,240. The cost for SCA is $1,100. As many as 800 seniors, who currently receive SCA Services, could lose their services if this reduction is passed. If just 4% (30 seniors) who could lose services go to a nursing home, the state will spend more money than it hoped to save!

Tell your Legislators and the Governor to restore the $934,359 reduction to Senior Care Act as well as the $196,900 enhancement. Add $4,470,494 to the Home and Community Based Services and Targeted Case Management budgets to pull down the needed Title XIX funding.

Kansas Legislature
Kansas State Capitol
300 SW 10th
Topeka, KS 66612
www.kslegislature.org

Governor Kathleen Sebelius
Capital 300 SW 10th Ste 212S
Topeka, KS 66612
877-579-6757
www.ksgovernor.org
Quotes And Jokes For Our Folks

- If a pig loses its voice, is it disgruntled?
- In case you’re worried about the younger generation, it’s going to grow up and start worrying about the younger generation.
- If love is blind, why is lingerie so popular?
- When someone asks you, "A penny for your thoughts," and you put your two cents in, what happens to the other penny?
- Why is the man who invests all your money called a broker?
- Why do croutons come in airtight packages? It’s just stale bread to begin with.
- When cheese gets it’s picture taken, what does it say?
- Why are a wise man and a wise guy opposites?
- Why do overlook and oversee mean opposite things?
- Why isn’t 11 pronounced onety?
- "I am." is reportedly the shortest sentence in the English language. Could it be that "I Do." is the longest sentence?
- The surprising thing about young fools is how many survive to become old fools.
- Sure I am going to help the elderly. I am going to be old myself some day.

Lilian Carter in 80s

"Home Is Where The Heart Is"

A continued thank you goes out to our supporters for "Home Is Where The Heart Is" campaign. The campaign, which is a first time ever for JAAA has made remarkable progress. Funds will be used to help seniors stay in their homes as long as possible.

Beverly Smith (In memory of Robert G. Billings)  Don & Marlene Ebeling  Barbara & David Stine

Lee Young
Patty Bossert & Premier Personnel  Lonnie Hodges  Betty Purcell  Maria Hatcher
Don VanDonge, Fax Machine  Eula Lisher  Theresa Wilson  Tom Stratton
William & Nancy Hambleton  Dale & Dorothy Hirschberg  Mary Lee Hedrick  Jim Snyder
Paul & Sharon Monhollon  Margo Gordon  Edward Alberg  John Padilla
Elva Banning  Laverne Reedy  John Monhollon  Peggy Miller
Ray Wilbur  Ada Benson  Raymond & Marie Riley  Joan Newman
St. John Evangelist Church  Margaret Shafer  Joseph Domme  Shirley Harkess
Carole Boggs  Sams Club  Juanita Wells  Carol Sook
Elwood & Erma Holden  Alan Black  J.W. Drury  Joseph Simunac
William & Phyllis Nace  Daniel T. Poloske  Gerald Kirkwood  Betty Purcell
Anita & Roger White  Mr. & Mrs. Walter Massey  Donald & Joyce Hemme  Monte L. Stiles
William & Vivian Skidmore  Tom Gallegos  Paula M. Quinley  Otthella Reynolds
Kansas Association of Public Employees  John & Frances Palma  Larson Interior & Exterior Painting conference room  Sherman Williams  Donating paint

Whelan’s-Chair rail for conference room
Removal of Medicare Limitation For Physical Therapy Speech Pathology
Central Medical Special Bulletin

From September 1, 2003 through December 7, 2003, there was a limit on the amount Medicare would pay for outpatient physical therapy (PT), speech-language pathology (SLP) and occupational therapy (OT) services.

This limit was removed by the recent Medicare Prescription Drug and Modernization Act of 2003. Effective December 8, 2003 there is no limit to the amount of medically necessary outpatient PT, OT, or SLP services you may get. You can get these services from any Medicare-approved outpatient provider.

If you had any outpatient rehabilitation therapy from September 1, 2003 through December 7, 2003, the payment limit will apply to these services if claims are received during this period. For this period, the limits were $1,590 for PT and SLP combined and $1,590 for OT. Medicare paid up to 80% of the limits. This limit did not apply if you got these services in a hospital outpatient department, unless you were a resident of and occupied a Medicare-certified bed in a skilled nursing facility.

If you exceeded the maximum amount allowed for therapy services on or after September 1, 2003 through December 7, 2003, Medicare will not reimburse you for your therapy costs unless you had therapy at an outpatient hospital setting. Medicare will not reimburse any costs above the limits if you were a resident getting Part B services in the Medicare-certified part of a skilled nursing facility. However, if you continue to need therapy services, Medicare will resume covering your therapy services beginning December 8, 2003.

"Medicare will not reimburse any costs above the limits if you were a resident getting Part B services in the Medicare certified part of a skilled nursing facility."

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Funded by annual contributions from readers like you, and advertising
Copies distributed, 2,800

Your newsletter. Write us at
Jayhawk Area Agency on Aging, Inc.
1720 SW Topeka Blvd.

Topeka, Kansas  66612
(800) 798-1366 or (785) 235-1367
Diane McDermed, Editor

And many helpful volunteers

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 the agency.
Jayhawk Area Agency on Aging, Inc.
THE Agency On Aging For Shawnee,
Jefferson and Douglas Counties

1720 SW Topeka Blvd
Topeka, Kansas 66612

Phone: 785-235-1367
Fax: 785-235-2443
Email: jhawkaaa_dm@hotmail.com

"If you do not want to be on our newsletter mailing list, please give us a call"

THE AGENCY ADVOCATE ON AGING, TODAY, TOMORROW, AND THE FUTURE

Home Is Where The Heart Is Pledge Form

Name ________________________________
Address ________________________________
City/State/Zip __________________________
Phone ________________________________

Method of Payment Level of Giving
Bill Me $25 ☐
Monthly $50 ☐
Quarterly $100 ☐
Annually $250 ☐
Check Enclosed ☐ Other ☐

(Payable to Jayhawk Area Agency on Aging, Inc.)

Signature ________________________________

Yes! I support the mission of Jayhawk Area Agency on Aging. Here is my pledge for Home Is Where the Heart is 2003-2004.

Thank you! Would you like some options in giving? Give us a call—we’d love to discuss the many ways you can support Jayhawk!

Jayhawk Area Agency on Aging, Inc. is a 501 (c)3 non-profit organization.