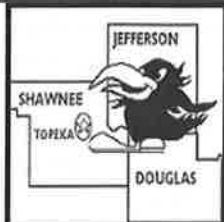


Summer, 2005

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

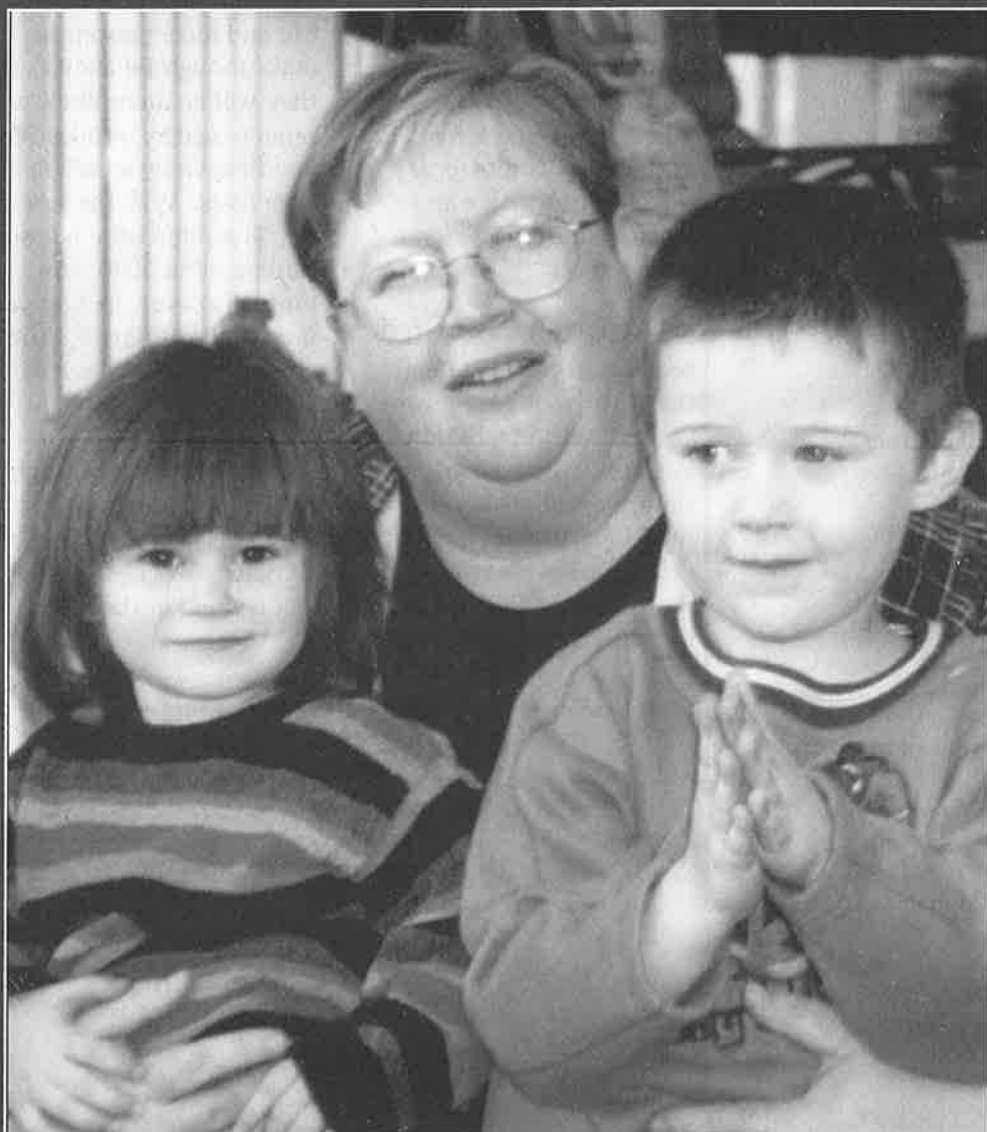
Our Mission

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, 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. Case Manager, B.J. Irvin died May 23, 2005 from injuries in a two-vehicle collision on Route 1029 outside of Lecompton, on her way to work. B.J. was an outstanding advocate on behalf of seniors and will be sadly missed by her clients and co-workers. (left, granddaughter Makayla, center B.J. Irvin, right grandson Johnathon)

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A Message From Jayhawk Area Agency on Aging, Inc. Board Chairman

On May 6th over 100 seniors twirled, dined and socialized at the first ever Older Americans Month Vintage Ball hosted by Jayhawk Area Agency on Aging, Inc. This year's Older Americans Month theme, "Celebrate Long-Term Living!" emphasized the vigor and vitality that we definitely witnessed at the dance. Secretary of Aging, Pamela Johnson-Betts, gave welcoming remarks and praised the seniors for remaining an active and viable part of the community.

On behalf of JAAA staff, board, and council, a big thank you to the sponsors of Older Americans Month. Without these partners, we simply could not have hosted the dance, social security and veteran's benefits forums, or the lecture on Passion in the Later Years by noted public

health educator, Jane Fowler.

Our sponsors were critical to our ability to communicate the fact that Americans are living longer and staying healthier than ever before. While this fact is definitely cause for celebration, it also provides an occasion to highlight the need for mid-life and older persons to make thoughtful choices so they will be more likely to remain healthy, productive and financially secure in their later lives. With the first of the 78 million baby boomers turning 60 in 2006, now more than ever, JAAA is an important resource for the communities in which it serves.

Another important resource to seniors is the Explore Your Options Guide. (An Explore Your Options Fair will be held in the fall.)

The EYO is a free guide to information and in-home service for Kansas seniors, their families and caregivers. The EYO guide is published by the Kansas Department on Aging and is an invaluable resource, listing aging services and providers for Shawnee, Douglas and Jefferson counties.

As JAAA reaches out to all older Americans to ensure they take full advantage of the many resources and services available, we value your partnership and your commitment to providing older Americans with the quality of life they so deserve. It is only by working together that we can all "Celebrate Long-Term Living!"

Sincerely,



Board Chairman

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The Jayhawk Area Agency on Aging, Inc. Explore Your Options Fair will be held in September, 2005. If you are interested in sponsoring this event please contact Annette Thornburgh at 235-1367.

Jayhawk Area Agency on Aging Employee of the Month

March, 2005

Katherine Wietharn
Office and Information Systems
Assistant

April, 2005

Rex Ellebracht
Case Manager

May, 2005

Mary Barker
Case Manager

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Kansas Legal Services Column for Seniors

Pain Relief, By Britta Warren

Ineffective treatment of pain is finally getting the attention it deserves, which is good news for the elderly suffering unnecessary pain. Appropriate pain assessment and management is the caregiver's responsibility.

Because a failure in pain treatment constitutes conduct falling below the medical standard of

care, patients can now sue their caregivers for malpractice. For instance, in 1991 a jury returned an astonishing verdict of 15 million dollars against a nursing home for a nurse failing to provide prescribed pain medication to a terminally ill patient. The nurse employed by the nursing home assessed Mr. James as being addicted to morphine and changed his pain medication without the consent or advice of a physician. During trial, medical and nursing experts testified about the legitimate administration of morphine for the relief of intractable pain. Several years later, a California jury returned a verdict for 1.5 million dollars in damages for unnecessary pain and suffering experienced by the patient over six days prior to death.

It was the first case to be tried on the sole claim that a physician failed to treat pain adequately.

Inappropriate treatment of pain includes non-treatment, under-treatment, over-treatment, and ineffective treatment. Pain is defined as "a more or less localized sensation of

discomfort, distress, or agony, resulting from the stimulation of specialized nerve endings. Elderly patients are particularly vulnerable to inadequate pain management. A recent study in the Journal of the American Medical Association found that up to 40 percent of cancer patients in nursing homes are not appropriately treated for pain. Additionally, 26 percent of those experiencing pain did not receive any pain medication, and 16 percent were given over-the-counter pain relievers like aspirin or acetaminophen for the pain.

The Kansas LIFE Project, a collaborative effort to help all Kansans with advanced chronic and terminal illnesses live with dignity, comfort and peace. Kansas Pain Initiative Hotline 913- 588-3692, promulgated the "Pain Care Bill of Rights for all Kansans" to inform residents of the needlessness of living in pain: You have the right to have your report of pain taken seriously and to be treated with dignity and respect by doctors, nurses, pharmacists and other health care professionals. Have your pain thoroughly assessed and promptly treated. Participate actively in decisions about how to manage your pain. Have your pain reassessed regularly and your treatment adjusted if your pain has not been eased. Be referred to a pain specialist if your pain persists. Get clear and prompt answers to your questions, take time to make decisions, and refuse a particular type of treatment if you choose.

The elder patient also simultaneously retains the right to refuse any treatment. Such a refusal

patient's pain and suffering. Pain and other symptoms can usually be relieved if clinicians have the training and resources to focus on this goal, but current treatment often falls short.

Circumstances that contribute to the prevalence of under-treated pain include: lack of knowledge of medical standards, current research, and clinical guidelines for appropriate pain treatment; the perception that prescribing adequate amounts of controlled substances will result in unnecessary scrutiny by regulatory authorities; misunderstanding of addiction and dependence; and lack of understanding of regulatory policies and processes.

Elderly patients can proactively help combat ineffective treatment of pain by assembling Advance

Directives, orders to restrain medical providers from providing unwanted care, that explicitly state that an aggressive effort to manage pain is still wanted. Mistreated patients can also send complaints to state medical boards, nursing boards or regulatory agencies that accredit the health care facility.

Often it is the horrors of inadequate treatment of pain that drives support for assisted-suicide and euthanasia. As one health care professional commented, "It is unthinkable that patients suffer needlessly when we have the medical know-how to prevent more than half the cases of unrelieved pain".●

Betty Jean "B. J. Irwin"
1953-2005

Lawrence Journal World

B.J. Irwin

By Diane McDermid,
JAAA Volunteer Coordinator

A celebration of life for Betty Jean "B.J." Irwin, 51, Lecompton, will be Aug. 6, 2005, at her home. She was cremated.

Mrs. Irwin died Monday, May 23, 2005, from injuries sustained in a two-vehicle collision on Route 1029 outside of Lecompton. She was born Aug. 5, 1953, in Stockton, Mo., the daughter of Virgil Howard and Beulah Faye McGatha Jones. She received a Bachelor of Science degree in social welfare and a master's from the School of Social Welfare at Kansas University.

Mrs. Irwin was a case manager at the Lawrence Office of the Jayhawk Area Agency on Aging.

She married Michael L. Irwin on Dec. 2, 1972, in Jackson County, Mo. He survives, of the home.

Other survivors include her mother, Lecompton; three sons, Scott and Brent Irwin, both of Lecompton, and Todd Irwin, Portland, Ore; a sister, Peggy Pittman, Chicago; and two grandchildren.



B.J. and Michael Irwin

B.J. Irwin will be sadly missed by co-workers, clients and providers of Jayhawk Area Agency on Aging, Inc. She was well liked by everyone that knew her.

JAAA Case Manager, Rex Ellebracht said, "She was all about empowerment. She was dedicated to her job and clients. B.J. was empathetic, and sympathetic. She always went the extra mile to obtain services for her clients."

JAAA Supplemental Services Coordinator, Betty Wade said, "B.J. always had a good attitude. She looked for the positive side in her clients no matter how difficult the situation."

B.J. began working for JAAA in 2000 as a Case Manager. She left JAAA for a short time to work in a nursing home, but

returned to work in April of 2003. She worked in case management in the Topeka office, and eventually transferred to the Lawrence office.

B. J. liked to cook, and garden. She was a devoted mother to her sons, Scott, Brent, and Todd Irwin, as well as a devoted wife to Michael.

Brandon Smith-Ziph, Program Manager Case Management was devastated by learning of the death of B.J. "B.J. had a very close and loving relationship with her husband, Michael. After 30 years of marriage their respect and love for one another was felt by everyone who new them. Our hearts ache for Michael and family."

Many clients of B.J. have called Jayhawk Area Agency on Aging, Inc. to express their condolences and let the staff know she will be sadly missed.

B.J. Irwin was a bright spot to everyone that knew her. She was a quiet, but true advocate for her clients.


We will miss you B.J. ●



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Specialist, Lacey Schlarman at (785) 235-1367.

WANTED! Senior Health Insurance Counseling of Kansas (SHICK) Volunteers.

Do you want to help seniors and make a difference?

SHICK Volunteers inform people **about choices** available to them in making the best decisions concerning their **Medicare benefits**. **These volunteers** have available current information on such topics as dealing with Long Term Care, choosing the best insurance supplement, knowing and understanding your rights.

This program provides assistance to educate people to make informed decisions regarding Medicare benefits and other topics such as Long Term Care, choosing supplemental insurance and more.

As a SHICK Volunteer you can:

- Educate the public and assist consumers on topics related to Medicare and health insurance so they can make informed decisions.
- Help seniors find out if they qualify for prescription drug assistance.

Plan on attending a three day SHICK Training Session, August 10th, 11th, and 12th, Jayhawk Area Agency on Aging, 1720 SW Topeka Blvd, Topeka, KS 66612. Call Diane McDermid at 235-1367 if you would like to register.

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Consumer Rights

By Attorney General Phil Kline

Dear Attorney General Kline: I recently received an e-mail spelling out a way for me to receive over \$800,000 in just two months with only a small investment to start. It was from a man claiming to be a retired attorney and while it seemed to make sense, it also seemed to be too good to be true. This can't be a legitimate offer. Can it?

Dear Kansas Consumer: This type of scam has been around for a long time and we have all received them, either in the form of a chain letter or e-mail that promises a big return on a small investment. The promises include unprecedented good luck, mountains of recipes, or even huge financial rewards for sending cash to someone on a list or making a telephone call. The most simple chain letters contain a list of names and addresses with instructions to send something - usually a small sum of money - to the person at the top of the list, remove that name from the list, and add your own name to the bottom of the list. Then, you are instructed to mail or e-mail copies of the

letter to a certain number of other people, along with the directions of how they should "continue the chain." The theory behind chain letters is that by the time your name gets to the top of the list, so many people will be involved that you'll be inundated with whatever the chain promises to deliver - in your case, a substantial amount of cash in a very short period of time. Whether you receive a chain letter by regular mail or e-mail - especially one that involves money - you need to keep several things in mind: Chain letters that involve money or valuable items and promise big returns are illegal. If you start one or send one on, you could be breaking the law. Chances are you will receive little or no money back on your "investment." Despite the claims, a chain letter will never make you rich. Some chain letters try to win your confidence by claiming that they're legal, and even that they're endorsed by the government. This is simply not true. The person or persons starting the chain letter are probably violating federal law. You do not want your name, address and other

identifying information on a list associated with such a person or on a list that may be used to violate other laws, such as identity theft. To report a chain letter or chain email, you can contact the Federal Trade Commission's Consumer Response Center by calling 1-877-382-4357 toll-free, by writing Federal Trade Commission, Consumer Response Center, 600 Pennsylvania Avenue NW, Washington DC 20580, or by logging onto the FTC website at www.ftc.gov. The FTC enters fraud-related complaints in a database available to civil and criminal law enforcement agencies worldwide. Information about chain letters is also available by calling the U. S. Postal Inspection Service toll-free at 1-888-877-7644. 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. ##### Contact: Jan Lunsford ●

Get Help Paying for the new Prescription Drug Benefit

By Diane McDermid, Volunteer Coordinator

*"You may qualify
to get help paying
for the new
Prescription Drug
Benefit."*

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You may qualify to get help paying for the new Medicare Prescription Drug Benefit.

The Social Security Administration has sent more than 20 million letters and applications to low-income seniors. The letters were sent to seniors with low incomes and disabilities notifying them that they may qualify to receive help paying for the new prescription drug benefit.

The extra help is called a "low-income subsidy" by the Social Security Administration. The subsidy will pay some or all of the monthly drug plan premiums and deductibles. It will also pay most of the coinsurance for prescription drugs covered by the new Medicare drug benefit. It should provide an average of \$2,100 per year in assistance.

Individuals with incomes up to \$1,197 per month (\$1,604 per month for a couple) and less than \$11,500 in assets (\$23,000 for a couple) are eligible for some assistance. Individuals with incomes of \$1,077 per month (\$1,444 per month for a couple) and less than \$7,500 in assets (\$12,000

for a couple) are eligible for the full subsidy. The asset limits include \$1,500 for an individual (\$3,000 for a couple) for funeral or burial expenses.

If you receive an application in the mail for the subsidy, you need to complete and return it to the address indicated on the application. If you do not receive an application but your income meets the guidelines indicated, contact the Social Security office. Seniors or disabled individuals who receive Medicare can apply for the subsidy by mail or in person at the Social Security Office.

Additionally, the application is available online at www.ssa.gov. The Social Security Administration will let applicants know whether they are eligible to receive the subsidy, beginning in July. If your income is low, you need to apply for the subsidy and to take advantage of the new prescription drug benefit.

Next fall you will also have to determine which drug plan is best for you and then enroll in a plan.

Seniors with both Medicare and Medicaid, or those who are enrolled in a Medicare Savings Program, will automatically qualify for the subsidy and do not have to apply for this extra assistance.

Information on the drug plans that are available in each region will be available in October. People must enroll in a plan from November 15, 2005 to May 15, 2006, to avoid penalties for late enrollment.

The Medicare Part D prescription drug benefit begins January 1, 2006. The average premium is expected to be about \$37 per month for people who do not have the low-income subsidy.

For information call 235-1367.●

*"People must enroll in
a plan between
November 15, 2005
and May 15, 2006
to avoid penalties for
late enrollment."*

Information and Upcoming Events by JAAA Information Specialist Lacey Schlarman

BACK TO SCHOOL FAIR:

August 13th, 2005 from 9:00 am-1:00 pm at the Kansas Expocentre There will be over 100 exhibitors with information available for the public. If you are a grandparent raising a grandchild you will receive a starter kit for the grandchild but you must pre-enroll with Community Action. Call 235-9296.

TRANSPORTATION:

If you need transportation and are not sure which agencies provide transportation, their hours, locations and times, please contact Lacey at 235-1367 for a transportation provider booklet.

EXPLORE YOUR OPTIONS FAIR:

Jayhawk Area Agency on Aging, Inc will be holding the Explore Your Options Fair in September. The EYO is a resource book that includes names, phone numbers, and addresses of service providers in Shawnee, Douglas, and Jefferson counties. This book provides information on Apartments, Mental Health facilities and support groups to Meals on Wheels, Transportation and Respite care facilities. Please contact Lacey at 235-1367 closer to the month of September for information on time, place and date. Please contact Annette Thornburgh for sponsorship information at 235-1367.

LET'S HELP:

Commodity Program at Let's Help.

- Sign up for July commodities on July 5th & 6th at 215 NE Quincy Avenue.
The pick up date is Tuesday, July 12th from 7:00-10:00 am at 215 NE Quincy Avenue.
- Sign up for August commodities are August 9th & 10th at 215 NE Quincy Avenue.
The pick up date is Tuesday, August 16th from 7:00-10:00 am at 215 NE Quincy Avenue.
- Sign up for September commodities are September 6 & 7 at 215 NE Quincy Avenue.
The pick up date is September 13th from 7:00-10:00 am at 215 NE Quincy Avenue.

SHAWNEE COUNTY HEALTH AGENCY:

- The first Friday of each month is the Stroke Group meets in the Auditorium at the SCHA located at 1615 SW 8th St. The remaining three Friday's of the month you may attend the stroke aqua exercise program at the YWCA from 1:00-2:00 pm
- The arthritis self help group will begin it's 6 week course in mid September. This course is weekly and helps improve knowledge about arthritis and how to develop your own individual exercise program. For information contact 291-2479.

ROLLING HILLS ASSISTED LIVING ACTIVITIES:

September 11th-17th is National Assisted Living Week. Rolling Hills will hold activities for their residents and families including, A Fair to Remember on September 15, 2005. Contact Bev Blassingame at 273-2202.

22nd ANNUAL KANSAS SENIOR OLYMPICS:

The 22nd Annual Kansas Senior Olympics, sponsored by Parks and Recreation of Topeka, will take place September 22-25 and September 29-October 2, 2005. Sports include archery, badminton, basketball (3-on-3), bowling, cycling, track and field, golf, horseshoes, racquetball, road race, softball, swimming, table tennis, tennis and volleyball, plus ten fun events. For registration information, contact the Kansas Senior Olympics office at 785-368-3798.

MEALS ON WHEELS SEEKS NEW VOLUNTEER DRIVERS:

Meals on Wheels is seeking new volunteer drivers. Meals on Wheels needs 22 new drivers to continue delivery for their clients. Their waiting list includes 41 individuals who need service. These individuals will not receive a meal unless you volunteer. For more information call Meals on Wheels at 354-5420.

Jayhawk Area Agency on Aging will be sponsoring a Grandparent's Day Essay Contest. Please contact the office after August 1 for more details.

**Estel Fyne Recipient of the
Jayhawk Area Agency on Aging, Inc. 2005 Donna J. Kidd Award
By JAAA Board Member, Marsha Goff**

Estel Fyne was selected as the 2005 recipient of the Jayhawk Area Agency on Aging, Inc. Donna J. Kidd Award and was honored at a reception on May 26, 2006 at Lawrence Memorial Hospital.

The Donna J. Kidd Award honors an outstanding older person who is making a significant contribution to seniors in their community through employment and/or volunteer work.

Estel, who celebrated her 80th birthday in May, continues to deliver Meals on Wheels on a weekly basis to Lawrence residents, a volunteer position she has held for 10 years. She spends another day each week at the Douglas County Senior Center as part of a group that stitches quilts which are sold to benefit the Senior Center. Estel doesn't wait to be asked.

Where there is a need she will notice. For many years, she grocery shopped for a 100 year old relative who now has her meals delivered, but Estel still stops by once a week to visit and read to her. Estel also makes it her mission to phone elderly acquaintances to check on them. She is politically aware and lets her elected representatives hear her views on issues important to seniors and others.

Estel is active in her church and community. Because she is shy by nature, it would have been easy for her to withdraw after she was widowed but she reached out instead, finding others who needed assistance. She is a wonderful example that volunteerism has no age limit...nor does caring. ●



Estel Fyne, recipient of the 2005 Donna J. Kidd Award

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Holiday

Quote and Jokes for Older Folks

What do you get when you cross a stream and a brook?

Wet feet.

What do you get when you cross poison ivy with a 4-leaf clover?

A rash of good luck.

What happens when frogs park illegally?

They get toad.

What has 6 eyes but can't see?

3 blind mice.

What has a lot of keys but can not open any doors?

A piano.

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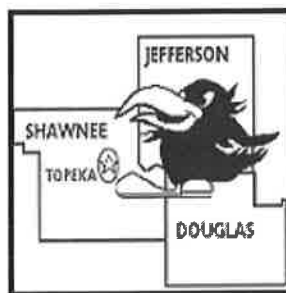
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- Funded by annual contributions from readers like you, and advertising
- Copies distributed, 4,500

You are encouraged to write us at
Jayhawk Area Agency on Aging, Inc.
1720 SW Topeka Blvd.
Topeka, KS 66612
(800) 798-1366 or (785) 235-1367
Diane McDermid, Editor
Our thanks to the volunteers who helped
assemble the newsletter



Jayhawk Area Agency on Aging does not discriminate on the basis of race, color, national origin, sex, age, or handicap. If you feel you have been discriminated against, you have a right to file a complaint with the Agency. In accordance with ADA regulations, every effort will be made to accommodate people with disabilities. If you need special assistance, please call **Jocelyn Lyons** at Jayhawk Area Agency on Aging, Inc.

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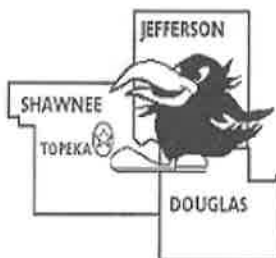
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