Amazing Aging!
For Seniors and Those Who Love Them
A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

SUMMER 2007

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, 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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On May 8, Topeka Mayor Bill Bunten, Greater Topeka Chamber of Commerce Ambassadors, and other supporters officially dedicated Jayhawk Area Agency on Aging's new 2910 SW Topeka Blvd facility.

www.jhawkaaa.org
A Message from the Board Chair

JAAA salutes Kansas’ grandparents

Mersha Gaff
JAAA Board Chair

Grandparents are one of childhood’s greatest blessings. It took a long time to formally celebrate that blessing, however, as Grandparents Day has only been in existence since President Jimmy Carter signed it into law in 1979.

Marian McQuade, a West Virginia mother of 15, is credited with starting the effort in 1970 to create a day with three stated purposes: to honor grandparents, to give grandparents an opportunity to show love for their grandchildren’s children and to help children become aware of the strength, information and guidance older people can offer.

While I personally believe those three purposes already exist in any good grandparent/grandchild relationship, Grandparents Day—celebrated the first Sunday after Labor Day—is a good time for families to get together and remember how important they are to each other. It’s a good time to break out photo albums, share family history through story telling and just enjoy each other’s company.

It is also a good time for grandparents to recognize that their best gifts to grandchildren aren’t purchased with money but are given from the heart: love, time and education. With few exceptions, I don’t remember gifts from my grandparents that they bought at stores.

Instead, I remember Grandpa Jake, a schoolteacher, teaching me cursive writing by having me practice with a large nail because he didn’t want me to waste pencil lead or ink. I remember gathering in Grandma Maude’s living room with my aunts, uncles and cousins and singing hymns and Christmas carols while my mother played the piano.

I remember walking to the depot with Grandpa Marsh to mail a letter and I remember Grandma Ruth identifying birds by their songs on nature walks. I also recall Grams showing me how to focus the sun’s rays through a magnifying glass to set a piece of paper on fire. Today, many would think that trick wasn’t a good thing to teach a child, but—under Grams’ close supervision—it was a neat experience and remains a precious memory of time spent with her.

My two sons were fortunate to know both my husband’s and my parents. Although they were in or near their teens when their grandfathers died, their own children had the pleasure of knowing their great-grandmothers who were wonderful role-models for what grandmothers should be. It is good for children to recognize that, while physical capabilities may diminish, the capacity for exhibiting courage and showing love does not.

Grandparents Day is also a good day to remember those in nursing homes and neighborhoods who have no grandchildren or whose grandchildren live far away.

Grandparents Day was preceded by National Shut-In Day, proclaimed by President Richard Nixon in 1972. As early as 1961, Hermine Beckett Hanna, of New York, made it her goal to educate the young to the important contributions senior citizens have made and to the important contributions they are willing to make if asked. She also encouraged children to adopt a grandparent, not for a day or for material giving, but because they have a lifetime of experience and love they’d like to share.

At Jayhawk Area Agency on Aging, we recognize the important contributions seniors have made and continue to make to our country, to our communities and to our families. We salute you on Grandparents Day and every day.

PLEDGE FORM

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Jayhawk Area Agency on Aging, Inc.

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*Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Douglas, Jefferson and Shawnee Counties to help seniors live independent and dignified lives.*

Thank you for your support!

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

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• Copies distributed: 5,000

You are encouraged to write us at:

Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd.
Topeka, KS 66611-2121
(800) 785-1366 or (785) 235-1367
Annette Thornburgh, editor

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Jayhawk Area Agency on Aging does not discriminate on the basis of race, color, national origin, sex, age, or handicap. If you feel you have been discriminated against, you have a right to file a complaint with the Agency. In accordance with ADA regulations, every effort will be made to accommodate people with disabilities. If you need special assistance, please call Jocelyn Lyons at Jayhawk Area Agency on Aging, Inc.
WASHINGTON - The U.S. Department of Homeland Security will sponsor the fourth annual National Preparedness Month this September and encourage Americans to prepare for emergencies in their homes, businesses and communities. This year's effort has a growing coalition of more than 625 national, regional, state, and local organizations pledging support.

"It is vital that Americans take steps to prepare for emergencies at home, work or school," said Homeland Security Secretary Michael Chertoff. "Personal preparedness is paramount to effectively reacting to the effects of a disaster. By preparing yourself, your family, and your businesses, you allow first responders to prioritize efforts and aid."

For the first time, the month will focus on different areas of emergency preparedness.

**September 1-8**: Back-to-School (Ready Kids)
**September 9-15**: Business preparedness (Ready Business)
**September 16-22**: Multicultural preparedness (Listo)
**September 23-30**: Home and family preparedness, including pets, older Americans and individuals with disabilities and special needs (Ready America)

Homeland Security Committee members, Sens. Joe Lieberman and Susan Collins, and Reps. Bennie Thompson and Peter King, have agreed to serve as honorary Congressional co-chairs of National Preparedness Month 2007 and lead the effort to increase public awareness on the importance of emergency preparedness on Capitol Hill.

The Ready campaign and the department's Citizen Corps program work closely together to promote activities across the nation that will encourage individuals to have an emergency supply kit, make a family emergency plan, and be informed about the different threats that may affect them, as well as take steps to get trained and engaged in community preparedness and response efforts.

National Preparedness Month coalition members have agreed to distribute emergency preparedness information and sponsor activities across the country that will promote emergency preparedness. Membership is open to all public and private sector organizations. Groups can register to become National Preparedness Month coalition members by visiting www.ready.gov and clicking on the National Preparedness Month banner.

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**Recommended Items to Include in a Basic Emergency Supply Kit:**
- Water: one gallon of water per person per day for at least three days, for drinking and sanitation
- Food: at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

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**Save the Date!**

A NIMS (National Incident Management Systems) and ICS (Incident Command Systems). Training will be conducted by Kathy Allen from Shawnee County Emergency Management on September 27, 2007 from 8:30 to 4:30 pm at Jayhawk Area Agency on Aging. CALL JAAA FOR MORE DETAILS, or check out our website!

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**KRH Neuro Symposium Saturday October 20 12:30-4:00**

**This a free program open to the public, patients, caregivers, and healthcare professionals**

Please RSVP CEU's available

**Schedule of Events:**
12:30 - 1:30 pm
Focus on Multiple Sclerosis - Dr. John Clark, MD
Focus on Spinal Cord Injury - Dr. Susania Veloor, MD
Focus on Stroke - Dr. John Terry, MD

1:30-3:00 pm
Resource Fair, Technology Demonstrations, & Screenings

3:00-4:00 pm
Focus on Brain Injury - Dr. Nicolle Goding, MD
Focus on Parkinson's - Dr. Jules Nazario, MD

RSVP required, please call Leslie at 785-232-8524

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Medicare Beneficiaries: BE AWARE!

Unfortunately there are people out there all too willing to separate you from your money. If you don’t think it happens in Kansas, read on:

Medicare beneficiaries from the central Kansas area have received calls this summer from a group of scam artists.

The Scan:
Announcing he is “John Edwards” from the beneficiary’s bank, the scam artist insists he needs to deposit $350.00 into beneficiary’s account. If “John” hears “No” he hangs up, but it doesn’t end there! The scam artists continue to call back and continue to ask for banking information. They may even tell the beneficiary they are from Medicare and need to get the check into their account.

A Kansas Medicare beneficiary who called in to report this scam said “NO!” because this same group was successful in getting $350 out of her account just three weeks before! After losing the $350 she called her bank and they worked with her to replace the funds. The bank also changed her account information.

A manager of a Care Facility has also reported a number of other beneficiaries within her facility and around the area who have been targets of this scam.

If you or someone you know have been victimized by this scam, or have experienced any other suspicious activity, please call:

1) Your Local Law Enforcement
2) Kansas Attorney General’s Office 1-800-432-2310
3) Kansas Senior Medicare Patrol 1-800-432-3335
4) Senior Health Insurance Counseling of Kansas (SHICK) 1-800-860-5260
5) Jayhawk Area Agency on Aging, Inc. 800-798-1366/235-1367

If your phone has Caller ID, it would also be helpful to report the phone number and any other details you can provide. Let’s stop these unscrupulous scam artists!

REPORT! REPORT! REPORT!

Time Saving Tips
from Jackie Fincham

1. Do you have a pan that is burned on the bottom? Try putting a Bounce (or other name brand) dryer sheet in the pan with water. This will loosen the black and make the pan much easier to clean with scouring powder and scrubber. Soak pan for a few hours first. Try a new or used dryer sheet for dusting as well—great for getting in to crevices and corners!

2. Grocery sacks put in waste baskets can be time saving if you put three or four bags in to the basket opened up and piled on top of each other. When the top bag is full, pull it out and the next bag is already there!

3. Contact Paper can be lifted from the backing easily by poking the contact paper side with a needle or straight pin. Poke a tiny hole with the pin and lift the pin up and the contact paper will come with it. Saves time and stress getting it loose.

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Congressional Constituent Services - Medicare questions

By Congressman Dennis Moore  
Third District - Kansas

One of the most rewarding parts of my job is helping my constituents with any challenges they may face in dealing with federal agencies. Unfortunately, many people are not aware of the assistance that my staff and I can provide until it is too late! I appreciate hearing your views regarding legislation, but I can also provide practical assistance when it comes to dealing with the various agencies of the federal government.

For example, Medicare continues to be a hot topic for many of you. So, here are a few helpful tips:

- Medicare premiums are determined by the most recent tax return from the IRS, so one-time income increases (property sales, capital gains, cashing in an IRA, etc.) should only affect your Part B premium for one year. For example, 2007 Part B premiums were determined by 2005 tax information. So, if your premiums are increased one year due to a one-time increase, your premiums could decrease the following year.

- There are various processes in place if you disagree with your assigned premium or if you have experienced a life-changing event. Please contact 1-800-MEDICARE or your local Social Security office (785-843-2346) if you need more information.

- You can apply to receive extra help with your Medicare Part D prescription drug costs. In most cases, if you qualify you will be automatically notified. You may also check to see if you qualify. This can be done on-line at www.medicare.gov or by visiting or calling your local Social Security office.

- If you are confused about the various Medicare Part D plans or have additional questions, more information can be obtained by contacting a SHICK (Senior Health Insurance Counseling for Kansas) representative toll free at 1-800-860-5260.

In addition, I occasionally hear from constituents who are being double billed for their Part D Prescription drug plan. What generally occurs is that the plan premiums are deducted from the Social Security benefits and sent to CMS (Centers for Medicare and Medicaid). CMS then, is to pay the premiums to the plan. When the computer system at CMS is slow to pay or other challenges exist, the plans have contacted the beneficiaries directly and requested payments or threatened with discontinuing services. Beneficiaries, at that time, have generally paid the premiums directly to the plan to avoid a discontinuation of services. Later, they have contacted Social Security and discovered that their premiums were still deducted from their checks; however the payments never made it to the plan, resulting in them paying double the amount.

If you have been contacted by a plan regarding late payments, the first step in resolving this issue is to contact Social Security first to make sure payments have been deducted from your benefits. Second, instead of talking directly with the private plan representative, speak with a Medicare representative to alert them of the problem (1-800-MEDICARE 24 hours a day, 7 days a week). The payment arrangement is between CMS and the plan and must be resolved between the two. If you are still unable to resolve the issue at this point, please contact my office (913-621-0832).

Also, be cautious when it comes to switching your Part D prescription drug plan mid-cycle. More and more seniors have been contacted by insurance representatives and convinced to change plans mid-cycle, only to discover the new plan does not serve them as well as the old plan. When the beneficiary tried to switch back to the original plan, they were instructed that they cannot change plans again until the annual general enrollment period. Therefore, please make sure you take the time to thoroughly examine all plan options to decide which will best fit your needs.

As always, contact Medicare or a SHICK representative if you have any questions. And, if you need assistance, please don't hesitate to contact me.

- Rep. Dennis Moore, member of the U.S. House of Representatives, represents the 3rd District in Kansas.

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Put it on ICE

Emergency personnel are encouraging people to enter emergency contact numbers in their cell phone memory under the heading ICE, which stands for In Case of Emergency. Then, if the person is unable to communicate in an emergency, first responders will know whom to call for vital medical or personal information.

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PRAIRIE COMMONS

AMAZING AGING!
Caregiver Support Groups

There is help out there! Please join us for any or all the meetings below!

Privacy and confidentiality are assured for those attending Caregivers Coffee Break Meetings. Please call Marilyn for more information (785) 235-1367.

Jefferson County
Meriden United Methodist Church
4th Tuesday 10 am, 200 Dawson

Caregiver’s Coffee Break Meetings in Topeka
Meetings are held at Classic Bean Coffee House at 2125 Fairlawn Road (Fairlawn Plaza)
August 15, 3:15 pm-4:15 pm
Sept 3, Holiday
Sept 19, 3:15 pm-4:15 pm
Oct 1, 12:30-1:30 pm
Oct 17, 3:15 pm-4:15 pm
Nov 5, 12:30-1:30 pm
Nov 21, No meeting
Dec 3, 12:30-1:30 pm
Dec 19, 3:15 pm-4:15 pm

Meetings are held at RoseHill Clubhouse at 3600 SW Gage Blvd #87
Aug 22, 1:00-2:00 pm
Sept 26, 1:00-2:00 pm
Oct 24, 1:00-2:00 pm
Nov 28, 1:00-2:00 pm
Dec 26, No meeting

Meeting held at Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd (Across street east from Holiday Square)
Apr 11, 1:00-2:30 pm
May 9, 1:00-2:30 pm
June 13, 1:00-2:30 pm
July 11, 1:00-2:30 pm
Aug 8, 1:00-2:30 pm
Sept 12, 1:00-2:30 pm
Oct 10, 1:00-2:30 pm
Nov 14, 1:00-2:30 pm
Dec 12, 1:00-2:30 pm

Douglas County Caregiver Support Groups
For more information, please call
Douglas County Senior Services at 785-842-0543

Douglas County Senior Services 1st and 3rd Mondays 2:15 to 3:45 pm, 745 Vermont, 2nd and 4th Tuesdays, 6:30 to 8:00 evenings, Lawrence, KS

Baldwin Public Library 3rd Thursdays, 2:00 to 3:30 pm, 800 7th St, Baldwin, KS

Meetings held at Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd (Across street east from Holiday Square)

Did You Know??
The value of the services family caregivers provide for “free” is estimated to be $306 billion a year. That is almost twice as much as is actually spent on homecare and nursing home services combined ($158 billion).
In a perfect world, “Angels of Mercy” (nurses) wouldn’t have been forced to deal with “The Patient from Hades” (me). Of course, in a perfect world, I wouldn’t have been hospitalized, so I guess you could say I was entitled. My husband Ray says I was a model patient the first two days after surgery, sleeping round the clock and briefly rousing from time to time just long enough to say “HURTS!” The problems began when I started to get better... but, unfortunately, not quick enough to suit me. I am an inexperienced invalid and on those rare occasions when I am ill, I fully expect to be well no later than yesterday. Hence, once conscious, a patient is sometimes irritable. When I became aware that the only parts of me that shouldn’t be hurting — namely my legs — were encased in inflating devices clearly invented for use in the Spanish Inquisition, I became extremely crabby about their use. As soon as I could get out of bed and walk the hospital halls, thus eliminating the risk of blood clots, I flatly refused to wear them. “I’ll assume the responsibility for not wearing them,” I told the nurse, “but if you put those things on me, I’ll take them off.”

What a picture I must have made shuffling the hallways with my Tim Conway walk, hospital hairdo (tank on top and sides, mashed flat in back), clad in my coziest (not prettiest) robe and well-worn mocs, while pushing an IV pole in front of me (not to be cut off but to hold that morphine pump behind). Given the way I looked and felt, a good title for a movie of my excursion down the halls would be “Dead Woman Walking.” It occurs to me that my poor patient conduct may be inherited. You would think that Grandma Henry, herself a nurse who trained in a Victorian Era hospital, would have been a great patient. Not so, claimed the nurses who took care of her when she was hospitalized at age 85. The problem was that — because Grams insisted nurses were greatly overworked — she repeatedly ignored their instructions to push her call button when she wanted to get out of bed. Finally, fearful she would fall and break a hip, they restrained Grams with a device that laced her to the bed. I ate one night, a nurse came in to check on her and panicked when she saw an empty bed. Houdini Grams had escaped the restraint. Three nurses searched the hallways and were beginning to worry that Grams had gone outside when one thought to check her bathroom. There sat Grams... “You’re not supposed to get out of bed by yourself,” scolded the nurse. “That’s why we put the restraint on you.”

“Now that you mention it, I want to talk to you about that,” said my very provoked Grams. “I thought I’d wet my pants before I got all those ties undone!”

When my Uncle Hub—hospitalized in intensive care—improved enough to notice all the monitoring devices connected to him, he discovered that if he touched the metal bed in a certain way, it caused an alarm to sound. The first time was an accident. The second time... well, after he had intentionally set off the alarm, the nurse rushed in to find his patient apparently unconscious or deceased. She leaned her head down to his chest and about had a heart attack herself, when Uncle Hub said “BOO!” into her ear.

Mom badly scared her family after surgery when she suffered a blessedly brief—albeit seriously psychotic—reaction to anesthesia. But she scared her nurses even more. It was clearly their fault. Mom maintained, because they wouldn’t listen when she’d tell them that someone was sneaking up behind them with a knife to stab them. One nurse, who possessed the capacity to terrify doctors, was so frightened of Mom that she phoned me at 1:00 am to say the doctor had ordered a calming shot for my mother, but she (the nurse) wanted my opinion on whether she should try to give it to her. “Sure!” I replied. Easy for me to say. I was six miles away and well out of Mom’s range.

Frankly—because they have to deal with patients like me—I’m amazed that anyone chooses a career in nursing. I hope it is because they know that, despite the hard times we give them, patients have great respect for nurses and are glad they are there when we need them. Still, if I never need nurses again, I’ll be delighted. And they, I promise you, will be ecstatic.

- Marsha Goff is the JAAA Board Chair and writes a regular humor column—Jest for Grins—for the Lawrence Journal-World. She also is the author of historical books and magazine articles.

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SUMMER 2007 • 7
Attention: Seniors Aged 50 and Older:

You are cordially invited to an afternoon of food, fun and fellowship at a traditional tea with some untraditional twists!

Jayhawk Area Agency on Aging, Inc.

Proudly Presents its First-Ever

"The Golden Girls" Tea

Dress up like everyone's favorite "Golden Girls" character, Sofia, for a look-a-like contest, judged by local celebrities. The winner will receive $100.00 CASH. If trivia is more your cup of tea, come compete in a "Golden Girls" trivia contest for a chance to win a night's stay at the beautiful Barn Bed & Breakfast, valued at $140.00!

Admission is free of charge. Please RSVP by Friday, September 28
At (785) 235-1367. Please join us for an afternoon you won't soon forget!

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.
Emlin ‘Pete’ North named 2007 Donna Kidd Award winner

By Marsha Goff
JAAA Board Chair

Emlin “Pete” North, a Topeka resident, is regarded by officers of Kansas Audio-Reader Network as an outstanding volunteer “who puts in an extraordinary amount of time, care and effort to make sure listeners get the programs that they want and need, free of charge.”

He became involved with Audio-Reader six years ago and spends two hours each week recording the Wichita Eagle for listeners. He also spearheads “Meet the Readers” which allows listeners and readers to meet and provides listeners with the opportunity to give feedback and make suggestions about programming. Residents at Topeka’s Aldersgate Village and Brewster Place have benefited from “Meet the Readers” events held at those sites.

A former director of fundraising for Menninger Foundation, Pete serves as chair of Audio-Reader’s Development Committee and came up with an idea for its annual fundraiser: the sale of used audio products donated from the community.

His concept is dubbed “For Your Ears Only”—a play on the Bond movie “For Your Eyes Only”—and utilizes the familiar James Bond theme music. “I enjoy everything about my work with Audio-Reader,” Pete—an avid Jayhawk fan—says, “including the drive to Lawrence each week.”

It is clear that volunteering is a habit for Pete. He is active in the Topeka community and has served in a great many charitable and civic volunteer positions, among them: Friends of the Library, Mulvane Art Museum board, Topeka Jazz Workshop and Audubon board. Pete’s productive life is laudable, but it is his gift of enriching the lives of others that makes him the perfect recipient of the 2007 Donna J. Kidd Award.

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At Harbor House ‘the basics’ are just the Beginning.

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(A sense of humor, creativity and compassion are mandatory.)

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To place your ad in Amazing Aging!, please call Kevin toll-free at 877-841-9417.
Case Management Week is October 7-13

Case Management Week is a week-long celebration and serves to recognize case managers, to educate the public about case management, and to increase recognition of the significant contribution of case managers to quality healthcare for the patient, healthcare provider and payer. Jayhawk Area Agency on Aging salutes our dedicated case managers and recognizes the essential work and care they provide for the seniors and caregivers of Shawnee, Jefferson and Douglas Counties. For older adults, a case manager can identify risk factors early and help prevent medical complications that often lead to nursing home placement. In one study, a case management program reduced total hospital admissions by 54 percent and total health care costs by 33 percent. For more information, please visit http://www.cmsa.org

JAAA welcomes John Glassman

JAAA welcomes and congratulates John Glassman, new Executive Director of Douglas County Senior Services. Douglas County Senior Services provides a variety of programs, including Meals on Wheels, adult day care and transportation. Its senior center organizes trips and offers computer classes. Douglas County Senior Services 745 Vermont Lawrence, KS 66044 785-842-0542 www.dgco seniorservices.org

Our sincere sympathies....

John H. Hope Sr passed away July 23, 2007. John was a member of St. John the Evangelist Catholic Church and a board member of Jayhawk Area Agency on Aging and the Douglas County Agency on Aging. He was a past president of the Senior Chamber of Commerce and a volunteer at the Lawrence Visitor Center. He was an avid fan of Washburn and Kansas University athletics. "John was a passionate advocate for aging services in the community and we will miss his wealth of knowledge and passion," said Jocelyn Lyons, Team Management Leader for JAAA. We'll miss you, John.

SAVE THE DATE!

Caregiver Workshop sponsored by Jayhawk Area Agency on Aging in support of November as National Caregiver Month
When? November 17, 2007, 10 am to Noon
Where? Apostolic Church of Jesus Christ, 2420 SE Bellview Ave Topeka, KS
Possible Workshop Topics include veteran's benefits, health insurance information with a representative from SHICK (Senior Health Insurance Counseling for Kansas) and more!
For more information call Marilyn Thomas, Caregiver Specialist, (785) 235-1367.

Can't get enough news about healthy aging???
Check out
Kaw Valley Senior Monthly
785-841-9417
-or-
60 and Better
A publication of Douglas County Senior Services
785-842-0543

Amazing Aging! Has a New Format!

The Jayhawk Area Agency on Aging's official newsletter, Amazing Aging!, is now printed on newsprint and has a tabloid format.
Advertise in Amazing Aging and increase your business exposure in the senior community.
To place your ad in the next issue of Amazing Aging!, call Kevin Groenenhagen toll free at 1-877-841-9417.
(In Lawrence, please call 841-9417.)
Join our Team!

If you have a passion to help older persons and persons with disabilities live with dignity and choices in their homes and communities please consider joining our team at Jayhawk Area Agency on Aging.

The JAAA Board of Directors and Advisory Council are essential components of the Area Agency, which serve as sources of leadership and community support. However for the Board and Council to function effectively, a distinction must be made between them.

A Board of Directors is a governing body, appointed to establish policy for the AAA and to develop procedures for carrying out those policies. Advisory Council offers advice and recommendations to the Board and Agency staff to help them accomplish their goals and implement policies and procedures. A council has no official governing power, and its authority is derived from its ability to enhance the expertise and understanding of Board officials with respect to needs, services, problems, and opportunities to improve service delivery to older persons.

The Jayhawk Area Agency on Aging currently has vacancies on the Advisory Council and Board of Directors. For more information, please call Barbara Swiney at 800-798-1366 or 235-1367 or check out JAAA’s web site at: www.jhawkaaa.org

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Sudoku

© Puzzles by Pappocom
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

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 3 6 5 9
 8 1 7 3
 2 8 7 6
 9 2 7 6
 2 1 9
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Solution on page 14

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Watch for the next issue of Amazing Aging! this fall.
JAAA clients share their experiences and concerns

Since 2005, 63 participants including policy makers, senior advocates and members of the media have taken part in JAAA's Independence Day Visits.

By information sharing and solution seeking at the Independence Day events, JAAA hopes to move toward the realignment of existing funding sources—so that more of our public and private dollars are directed at affordable, cost effective, AND consumer-centered home and community-based supports.

After an overview of JAAA's services, Independence Day participants accompanied a case manager on a home visit to a senior client. JAAA case managers are trained professionals who serve as advocates for their senior clients. They work to ensure that options available from caregiver support, Medicare Part D and other services are explained and understood by the senior, their family and friends.

"JAAA is appreciative of these policy makers and senior advocates for taking time to join us for Independence Day says Jocelyn Lyons, JAAA Team Leader. We can make an even greater impact at all levels—federal, state and local—if we work together rather than alone."

Our Thanks to these 2007 Independence Day Participants:


From left to right: Virginia Epling discusses senior services with her case manager David Scott and Topeka City Councilman Jack Woelfl during JAAA's Independence Day visits.

Thanks to JAAA clients and casemanagers

Independence Day events could not take place without the hard work of JAAA's casemanagers and the hospitality of our clients.

Thanks to JAAA casemanagers, Dorothy Devlin, Rex Ellebracht, Susan Garcia, Beth Kinnan, Tim Lloyd, Jenny Meerpolh, Yvonne Perry, Grace Reichle, David Scott, Shirley Strong and Barbara Tucker.

Thanks to JAAA Clients, David Treadway, Aretta Manis, Geo Hess, Evelyn Holmes, Barbara Harris, Virginia Epling, Farry Smith, Gloria Madere, Mary Seigrist, Arlene Wilson and Alpha Lusk.

Kansas senior citizens spelling bee set for October 11

Salina Senior Center, and City of Salina, Parks and Recreation 50 Plus program are co-sponsoring the first annual Senior Citizens State Wide Spelling Bee on Thursday, October 11, at 9:30 a.m. This Spelling Bee is open to any Kansas resident who is 50 years or older by October 1, 2007. The contest will be held on October 11, 2006, at 9:30 a.m. at the Bicentennial Center, 800 The Midway, Salina. Kansas. There is $5.00 entry fee payable in advance. Please make checks out to the Salina Senior Center. Entry forms may be obtained online at our web site at www.salhelp.org/aging/spellingbee, or by calling 1-785-827-9818.

Entry forms are due back by September 14, 2007, to the Salina Senior Center 245 North Ninth, Salina, Kansas, 67401. The grand prize will be a trip for two (2) to the National Senior Citizens Spelling Bee competition in Cheyenne, Wyoming, in June 2008, to compete against other state winners.

Spectators are welcomed and encouraged. Join the fun and sign up for the Spelling Bee by September 14, 2007.

SALINA SENIOR CENTER
245 N. NINTH
SALINA, KS. 67401
Phone: (785) 827-9818
Fax: (785) 827-1516
CHRISTY BRUNNER
On April 12, 2007, Jayhawk Area Agency on Aging, Inc. awarded $1,221,383.00 to agencies and organizations in Douglas, Jefferson and Shawnee counties for the purpose of providing services for the elderly for the period of October 1, 2007 to September 30, 2008, in accordance with the Older Americans Act of 1965 as amended. Jayhawk Area Agency on Aging receives federal funds from the Administration on Aging, through the Kansas Department on Aging to fund social services such as:

- **Title III-B Supportive Services** that include, but are not limited to, transportation, legal, health screening, outreach, information, visiting and personal care services.
- **Title III-C Nutrition Services** that include home-delivered meals and congregate meals.
- **Title III-D Disease Prevention and Health Promotion Services** that include, but are not limited to, information-age related disorders, routine health screening, and medication management education.

- **Title III-E Caregiver Services** that include services to a caregiver of a recipient 60+ years of age or a 55+ relative/grandparent providing care to children under the age of 19.

While playing a direct role in accessing community needs and developing responsive programs and awarding funds, JAAA also provides services.

Examples of Direct Services provided by JAAA:

- Information and referral assistance
- Health insurance counseling such as Medicare Part D
- Caregiver counseling and referral
- Client assessment
- Case management

In addition to federal funds for social services, State funds are also provided through the Kansas Department on Aging for nutrition services. JAAA will once again receive State funds for 2008 to continue Senior Care Act services and Targeted Case Management for Shawnee, Jefferson and Douglas counties. In applying for funds, JAAA yearly develops a document known as the Area Plan which outlines goals for programs funded under the Older Americans Act, to be achieved for fiscal year 2008. (Oct 1, 2007 through September 30, 2008) and to meet the need of consumers in Shawnee, Jefferson and Douglas Counties. Also included in the Area Plan are the budgets for the Older Americans Act Programs.

Organizations Receiving Older Americans Act Funding for FY 2008

- Assisted Services, Inc.
- Catholic Community Services
- Friendly Visitors Program
- Community Action
- Community Resources Council
- Older Citizens Information Program
- Douglas County Senior Services
- East Topeka Senior Center
- Jayhawk Area Agency on Aging

Keep your Social Security number safe or your number may be up

By Ancel Neuburger
Social Security District Manager in Topeka, Kansas

Did you ever think that your Social Security number may be the most valuable thing you have? Well, it certainly can be more valuable to an identity thief than a wallet full of cash and credit cards. That’s why it is important that you keep your Social Security card and number safe.

We at Social Security do our part to protect your information. We strictly maintain the privacy of Social Security records. In addition, we require and carefully inspect proof of identity from people who apply to replace lost or stolen Social Security cards, or for corrected cards. We do this to prevent people from fraudulently obtaining Social Security numbers.

The Social Security Administration has moved to 800 S.W. Commerce Place, across the street from Red Robin, near S.W. 6th and Wanamaker (785) 295-0100.

The Topeka office serves Shawnee, Wabaunsee and Jackson counties and also a training office for new employees in Kansas and Nebraska.

Any time you are asked for your Social Security number you should ask:
- Why do you need my number?
- How will you use my number?
- What if I refuse to provide my number?

The Social Security number serves three major purposes:

- To identify you for social insurance purposes
- To record your work and earnings
- To determine your eligibility for Social Security benefits

You, too, should treat your Social Security number as personal information as confidential. Don’t share it with just anyone. Remember to shred important documents with your Social Security number and personal information before throwing it away. And you should never carry your card with you unless you’ve been asked to show it to an employer or service provider.

When it comes to service providers and businesses, you should be cautious about sharing your Social Security number.

Many companies will ask for your number, but they may not need it to do business with you.

S.O.S.
Senior Outreach Services

785-233-1730 X 3229

A Mental Health Wellness Service providing:
- Free Assessment
- Individual & Family In-Home Counseling
- Consultation for Caregivers

www.jhawkaaaa.org

AMAZING AGING! SUMMER 2007 • 13
Grandparents Day is September 9

Grandparents Day was the brainchild of Marian McCauley of Fayette County, Va., who hoped that such an observance might persuade grandchildren to tap the wisdom and heritage of their grandparents. The first presidential proclamation was issued in 1978 — and one has been issued each year since — designating the first Sunday after Labor Day as National Grandparents Day. In honor of our nation’s grandparents, the Census Bureau presents an array of data about these unsung role models and caregivers.

5.7 million
The number of grandparents whose grandchildren younger than 18 live with them.

Grandparents as Caregivers
2.5 million
The number of grandparents responsible for most of the basic needs (i.e., food, shelter, clothing) of one or more of the grandchildren who live with them. These grandparents represent about 43 percent of all grandparents whose grandchildren live with them. Of these caregivers, 1.5 million are grandmothers, and 915,000 are grandfathers.

1.7 million
The number of grandparent-caregivers who are married.

1.4 million
The number of grandparents who are in the labor force and also responsible for most of the basic needs of their grandchildren.

912,000
Number of grandparents responsible for caring for their grandchildren for at least the past five years.

496,000
Number of grandparents whose income is below the poverty level and who are caring for their grandchildren.

753,000
Number of grandparents with a disability who are caring for their grandchildren.

545,000
Number of grandparents who speak a language other than English and who are responsible for caring for their grandchildren. Of this number, 217,000 speak English very well.

$40,359
Median income for families with grandparent-caregiver householders. If a parent of the grandchildren was not present, the median dropped to $30,246.

73%
Percentage of grandparents who care for their grandchildren and who live in an owner-occupied home.

28%
Among preschoolers with employed mothers, the percentage regularly cared for by their grandparent during the hours their mom works.

Grandchildren
5.7 million
The number of children living with a grandparent; these children comprise 8 percent of all children in the United States. The majority of these children, 3.7 million, live in the grandparent’s home.

54,000
Number of grandparents who speak a language other than English and who are responsible for caring for their grandchildren.

2.1 million
The number of children who live with both a grandmother and a grandfather.

SUDOKU SOLUTION

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Did You Know??

60+ population is 50,622,590 1.7% increase from 2005 and the first time the 60+ population has exceeded 50 million!

65+ population is 37,260,352 1.3% increase from 2005; and

85+ population is 5,296,817 4.3% increase from 2005.

Figures based on the latest National Census Estimates of the US Population by Age (as of July 1, 2006)

Recipe:
Strawberry-Cran Cooler

A refreshing and thirst-quenching drink to satisfy even the youngest.

Preparation time: 10 minutes or less

Servings: 4 - 10 oz.
5 A Day servings: 1 ½

Ingredients:
2 ½ cups fresh or frozen sliced strawberries, reserving 4 slices or whole berries for glass decoration
2 cups chilled cranberry juice drink
4 tbsp. honey
¼ cup ice
½ cup ginger ale

1. Combine strawberries, cranberry juice, and honey in blender and run on HIGHEST speed to puree strawberries. Once berries are smooth, and while blender is running, add ice and allow to blend until smooth.
2. Remove from blender base; add ginger ale. Stir briefly, pour into chilled glasses and decorate with a whole strawberry or slice on the rim of the glass. Serve immediately and enjoy.

Nutritional Information per Serving

Calories: 200
Total Fat: 0g
Saturated Fat: 0g
% of Calories from Fat: 0%
Protein: 1g
Carbohydrates: 53g
Cholesterol: 0mg
Dietary Fiber: 3g
Sodium: 10mg

Credit: Recipe developed for the Produce for Better Health Foundation by Chef Carmen I. Jones, CCP.

Jayhawk Area Agency on Aging, Inc. (JAAA) Guardian Angel program helps those seniors who are in need of just a little help.

Due to the generosity of Barney and Joan Braymen and the assistance of Topeka Community Foundation, JAAA has set-up a fund specifically designated to supplying items which will help JAAA’s low-income senior clients remain independent!

If you would like to donate to the Guardian Angel Fund call (785) 235-1367!
Do you know a GRAND Parent?

Nominations for the 2007 GRAND Parent of the Year Award, sponsored by GRAND magazine are now being accepted at www.grandmagazine.com. The deadline for nominations is September 3, 2007. Ten finalists and the GRANDParent of the Year will be announced in the NOV/DEC issue of GRAND magazine and on www.grandmagazine.com. The winner will receive a seven-night Caribbean Cruise for two from Royal Caribbean International and each of the top 10 finalists will have their photos and essays published in GRAND magazine. Every grandparent nominated will receive a free subscription to GRAND magazine.

Grandparents as Caregivers program

The Grandparents as Caregivers program provides monthly financial assistance to grandparents raising grandchildren.

Eligibility Requirements:
- Grandparent or other qualifying relative
- Legal custody of child
- Live with the child
- 50 years of age or older
- Household income less than 130% of federal poverty level
- Eligible grandparents will receive $200 per grandchild, not to exceed $600 per month.

For more information or for an application contact your local SRS office toll free at (888) 569-4777, or JAAA, 235-1367.

SAVE THE DATE!

CAREGIVING ACROSS THE AGES CONFERENCE & TRADESHOW

October 31 – November 2, 2007
Sheraton Hotel
6447 W 95th St
Overland Park, Kansas 66212

This conference and tradeshow is the premier opportunity to learn and network with other professionals serving caregivers across a five state area. Call JAAA for more details.

The Kansas Area Agencies on Aging Association
Meeting the Needs of Older Kansans

Comfort Keepers
Randy & Sarah Cox, Owners

SERVICES AVAILABLE:
- In-Home Companionship
- Meal Preparation
- Transportation

- Sitting Services
- Laundry & Linen Washing
- Light Housekeeping

- 24 Hour Care Available
- Errand Services
- Groceries Shopping
- Periodic Review With Family

- Flexible Schedules

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www.comfortkeepers.com
What distinguishes Brewster Place?

- Maintenance free living with your choice of an elegant Townhome, luxurious cottage or spacious apartment.
- A focus on wellness...physical, spiritual, intellectual and social.
- A friendly & supportive staff.
- Convenient location.
- Beautifully landscaped campus.

For more information or a personal tour, please contact our Marketing Director, Phyllis Lansford, at 785-274-3350 or email her at brewster@brewsterplace.org

You can also visit us on the web at: www.brewsterplace.org