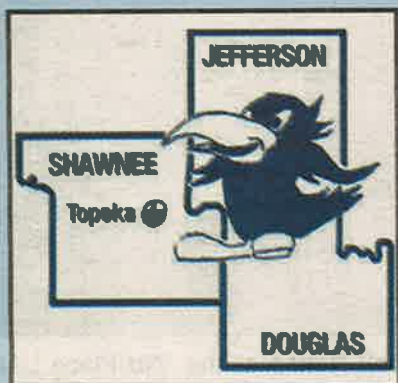


Amazing Aging!

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**

FALL 2008



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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www.jhawkaaa.org



Governor Kathleen Sebelius and Helen Louise Montague share a special moment

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A Message from the Board Chair

'There's No Place Like Home' event a success

By Marsha Goff
JAAA Board Chair

Jayhawk Area Agency on Aging's "There's No Place Like Home" fundraiser was a rousing success. At Topeka's wonderful Great Overland Station, over 300 people enjoyed dancing and listening to The Kings of Swing and savored delicious hors d'oeuvres catered by Aboud's. Secretary of State Ron Thornburgh served as emcee and one lucky lady won a beautiful Victorian dollhouse, crafted by Mr. James McHenry, Sr., to benefit our Guardian Angel Fund.

Attendees came from as far as Texas to dance while residents of Topeka's retirement communities—many in wheelchairs—tapped their feet to the music. As she was wheeled to the elevator, one elderly lady remarked, "I'm glad I came. I wouldn't have missed this for the world!"

Such words were music to our ears because "There's No Place Like Home" had a dual purpose: to provide guests with a fun-filled evening of delightful refreshments and toe-tapping music *and* to serve as a fundraiser for JAAA. This was our agency's first serious attempt to raise the funds we so badly need to fulfill our mission of enabling elderly individuals in Shawnee, Douglas and Jefferson Counties to remain in their homes where they are comfortable and content. It is a

mission we take very seriously.

This year's success inspires us to make next year's event even more successful. Next May 6th, "There's No Place Like Home" again will be held at Great Overland Station. Topeka is fortunate to have such a beautiful historic facility and owes much to the visionary individuals who made its restoration possible. And JAAA is fortunate to have so many individual and corporate sponsors who contributed to the success of "There's No Place Like Home." Please look for the names of our contributors in our thank you ad in this issue of Amazing Aging.

I wish to thank Barney and Marge Heeney who served as honorary chairs of our "There's No Place Like Home" event. My thanks also to the following members of the committee: Jeanene Johnson, Jocelyn Lyons, Nancy Rogenmuser, Martha Skeet, Beverly Thompson and Annette Thornburgh. While the committee was small in number, I have never chaired a committee where members worked harder or more cheerfully to ensure a successful event. I am grateful that the committee has agreed to stay intact to plan an even greater event next year.

It's not too early to mark your calendar for 2009's "There's No Place Like Home." We promise you'll have a memorable evening while supporting a great cause!



Jacquie Stroud, winner of the Victorian Doll House at the "No Place Like Home" Dance. A special thanks to James McHenry Sr. for crafting and donating the beautiful doll house to benefit our Guardian Angel Fund.

On the Cover: Amazing Aging's Senior in the Spotlight for the Fall issue is Helen Montague

Helen Louise Montague enjoys living in a studio apartment at Rolling Hills Retirement Community and thinks the new administrator Emily Wallingford and her staff are the best around. At 83 years young, Helen keeps busy with chair exercises, loves music, old movies and reading the paper cover to cover.

Keeping up on the political scene is important to Helen, especially as it pertains to healthcare. "I am very pleased

that the Governor is encouraging more doctors and more medical research in our state and helping the rural folks get better access to pharmacies." Helen says she's one of the lucky ones when it comes to health insurance—and worries about others. Because her late husband Leo suffered from macular degeneration and she herself suffers from Parkinson's, Helen reads with interest the new strides being made with stem cell research. Helen assisted WIBW's Rob Pepper in forming a Parkinson's support group in Topeka.

Helen is never one to miss out on the many field trips or on-site activities that Rolling Hills provides. A few of her favorites include Topeka Zoo presentations, bingo, bible study, tours to the Alma Creamery and JAAA's benefit dance with the Kings of Swing at the Great Overland Station. The main focus is still "family" and Helen cherishes her five children, seven grandchildren and two grandchildren.

Daughter Kathy McLaughlin enjoys Amazing Aging and shares articles with her siblings. Kathy says, "It is NOT easy being a caregiver and I love your tips & the Caregiver Corner. Thanks for a good & worthwhile publication."

Thank you Helen Louise Montague for serving as a role model for positive living at any age!

- Amazing Aging is a quarterly publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 5,000

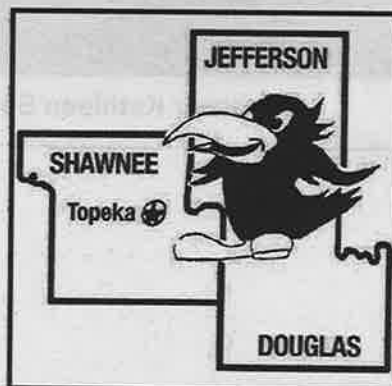
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2910 SW Topeka Blvd.
Topeka, KS 66611-2121
(800) 785-1366 or (785) 235-1367

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.



Congratulations to 2008 Donna J. Kidd Award Winner Virginia Tevis

A retired nurse, Virginia has always felt the call to volunteer, sharing her expertise in medicine with friends and family in order to help others. "She strives to make others welcome and is always willing to help," said JoAnn Mzhickteno, member of the Shawnee County Advocacy Council on Aging.

Appointed to the Shawnee County Advocacy Council by the Shawnee County Commission in January of 2000, Virginia assists with the County Service Program for the Elderly that provides funding for 16 agencies, supporting 20 programs.



Virginia is a member of the Grant Review Committee, responsible for awarding grants of approximately \$600,000 annually. Each council member is responsible as a liaison to one of the funded agencies. Virginia is the liaison for Let's Help."

Given in conjunction of May as Older Americans Month, The Donna J. Kidd Award is based upon outstanding advocacy and service for seniors in recognition of someone who is "Making a Difference." Donna Kidd was the first Executive Director for the Jayhawk Area Agency on Aging and served in that position for 20 years.

Past Recipients of the Donna J. Kidd Award:

2005: Estel Fyne
2007: Pete North

2006: Cyrene Holt
2008: Virginia Tevis

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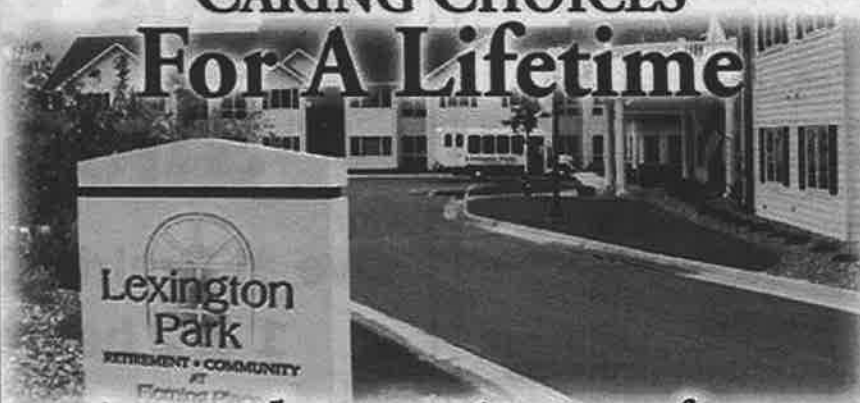
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Hempel to return to Germany

While it may be a long way from Mainz, Germany, Sonja Hempel has made herself right at home at Jayhawk Area Agency on Aging (JAAA). "I don't know what I'm going to do when Sonja leaves, says April Maddox Case Management Supervisor with JAAA. She's become dispensable to me."

In addition to observing April's duties at JAAA, Sonja attends numerous community meetings such as PARS (Prevention and Recovery Services and the Task Force on Hoarding and also spends time at Lexington Park Retirement Community. Agencies such

as Midland Hospice, Valeo and Safe Streets have been interviewed by Sonja. A highlight of her time at JAAA has been accompanying case managers on their visits to senior clients who Sonja describes as "so charming."

After studying two years at the Catholic University of Applied Sciences (Katholische Fachhochschule Mainz), Sonja elected to travel to Topeka for an internship. Traveling to the middle of America was made easier by the fact that Sonja's younger sister Nadja was an exchange student at Topeka High School in 2004. Nadja's host family, Doug and Paula Jacobs, were happy to host Sonja and even assisted in the selection of JAAA as her home agency.

When asked how Americans differ from Germans, Sonja laughs and says that Americans are "much more laid back and never on-time." April hopes to visit Sonja in Mainz someday and find out if that fact is true.

Sonja has enjoyed her time in America and has learned a lot through the variety of trainings, task forces and community agencies she's observed. Her experiences have given Sonja a good picture of the social healthcare system of America, which differs from



Left to right: Sonja Hempel and April Maddox

Germany where everyone is insured under a national system.

After leaving JAAA the end of July, Sonja will have a chance to tour other parts of the USA before returning to Mainz this fall. In addition to producing a paper on her experiences in America, two more years of social work training await.

Upon completion of her studies, Sonja hopes to work with incarcerated persons with mental disorders and their families.

Jayhawk Area Agency on Aging wishes all the best to Sonja Hempel as she continues her education in Germany!

GERMANY AT A GLANCE FACTS AND FIGURES:

Inhabitants

With 82.3 million inhabitants (of which 42.0 million are women) Germany has the largest population of any EU member state.

Health

Almost all Germany's inhabitants have health insurance (88% on statutory and just under 12 % in private insurance schemes).

Social security

Germany has an elaborate network of social security systems (pension, health, healthcare and unemployment insurance), financed in equal measure by employees and employers alike.

Economic prowess

Germany is the largest economy in the European Union and the third largest in the world.

Facts about Germany

On the Internet with additional facts and information

www.facts-about-germany.de

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Jocelyn Lyons

Jayhawkers in the News

Jocelyn Lyons, management team leader for Jayhawk Area Agency on Aging, was one of 30 leaders of area agencies on aging nationwide selected to participate in an all-expense paid workshop in May at Miami University in Oxford, Ohio.

The workshop was sponsored by the National Association of Area Agencies on Aging in partnership with the Scripps Gerontology Center. The event focused on topics such as Choices for Independence, Strategy and the Role of the Aging Network in Long-Term Care.

Congresswoman Boyda stops by JAAA



Congresswoman Nancy Boyda joined with Jayhawk Area Agency on Aging staff, board, advisory council and provider representatives on the afternoon of August 27th to discuss legislation impacting our older population. "JAAA has a long tradition of reaching out to public officials and those seeking public office to discuss issues of concern and interest to our clients, their families and the community at large," said Jocelyn Lyons, JAAA Team Leader.

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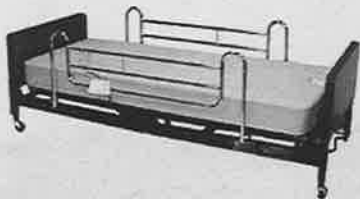
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Help Needed to Determine Priorities for Aging Services in our Communities

Seniors are a growth industry! It is projected that by 2010 13.4% of Kansans will be 65 years of age and older. By 2030, it will increase to 20.2%. The U.S. Census Bureau projects an overall increase of 66% in the over 65 population from the year 2000 to 2030.

Kansas' demographics are changing rapidly as Baby Boomers begin retirement. Our population is living longer and have needs that will have implications across all aspects of society including healthcare, transportation, the economy, etc.

Jayhawk Area Agency serves Douglas, Jefferson and Shawnee counties. When reviewing projections for our service area, the older population is projected to increase by 55.37% between 2007 and 2030. With the older popula-

tion increasing the funding for services decreasing, Jayhawk Area Agency on Aging is looking at how to best serve consumers effectively to allow them to age in place and enjoy the highest possible quality of life for the longest time possible.

To meet the needs of our communities, the Jayhawk Area Agency on Aging Advisory Council will be conducting a needs assessment for the Douglas, Jefferson and Shawnee County over the next three months. The

Area Agency on Aging is mandated by the Older Americans Act to conduct

"... Jayhawk Area Agency on Aging Advisory Council will be conducting a needs assessment for the Douglas, Jefferson and Shawnee County over the next three months."

needs assessments to determine the needs of older consumers and caregivers of persons 60 years of age and older. Information gathered from the survey will determine prioritizing services to be funded by JAAA over the next five years as a means to resolve barriers that may exist. The survey will also will determine the communities strengths and weaknesses with respect to being prepared for the

aging Boomer generation.

The assistance of civic organizations, social clubs, neighborhood associations, independent living retirement communities, providers, etc., is needed by inviting JAAA to present the survey or to participate in a focus group as an avenue to gather information. It is the goal to reach 2,000 individuals. JAAA will not be conducting door-to-door surveys.

If you would like to participate in the needs assessment or would like to schedule a speaker, contact JAAA offices at 235-1367 or toll free 1-800-798-1366

JAAA welcomes the following student interns for the fall semester:

SARA RUSH - Washburn University School of Social Work

KELLI VERBLE - Kansas University School of Social Work

KAMARIA JAMES - Washburn University Human Services Department

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Jest For Grins

The flora and fauna of our space spared by husband's saving grace

By Marsha Henry Goff
JAAA Board Chair

Ladies and gentlemen. Boys and girls of all ages. Come see husband Ray's magnificent horizontal tree! It's true. The leafy branches of the tall old hackberry that once brushed the sky are now hugging the ground . . . and have been for the past 3 years. Toppled by a windstorm, the tree continues to leaf out each year and—operating on the same principle that won't allow him to destroy any sick animal that's making an effort to live by eating—Ray won't remove the tree until it quits greening up each spring.

For the most part, Ray likes to let nature have its way. Is larkspur coming up in the wrong place? Hey, if it wants to grow there, Ray's content to let it be. On the other hand, if he decides he wants a shade plant—say hosta—to grow in a sunny spot, he sees no reason why it shouldn't thrive. And it usually does. Our friend Alice, a master gardener, saw where Ray had planted our first hosta and said, "You'll have to move that or it will die."

That was about seven years ago and the hosta is doing well . . . so well that Ray has planted three more hostas next to the original plant. They have taken their marching orders from the mother plant and seem to be enjoying life in

the sun.

Ray loves to plant flowers, but trees are a close second and—while he has planted sycamores (my favorite), Bradford pears, redbuds, maples and others commonly seen in the Midwest—he loves to grow unusual trees like tamarisks, redleaf birches, white fringes and cypress. He's especially fond of a crooked tree named Harry Lauder walking stick and several trees of that variety dot our landscape. We also have a champion umbrella tree, a gift to Ray from coworkers almost a decade ago. It attracts the big yellow and black striped worms with horns on their tails that scared the daylights out of my mother when they adorned the umbrella tree that once lived in my parents' front yard.

The cool thing about all trees is the multitude of birds that nest and rest in them. Bluebirds favor the boxes Ray has wired to the wild cherry trees (I suspect they also fancy the cherries) that form a line along the western side of our property, while the cardinals, bluejays and bright little goldfinches prefer to sit in the birches just outside my office window. I've seen no nests in the birches, but hummingbirds have built two tiny nests in bushes, one in spirea, the other in holly.

Last summer, a couple of swallows built a nest on top of one of the

porch lights on our deck. While the mud nest was interesting—it looked as though it had been crafted on a potter's wheel—I would have evicted them in a heartbeat. Not so Ray. Sure, they were fun to watch, especially when the three baby birds, scrawny and featherless, emerged from their eggs with wide open beaks demanding sustenance. Both parents were worn to a frazzle foraging for food and cramming it down their hatchlings' demanding throats.

My main objection to the swallows nesting on the porch light was the mess on the deck underneath the lamp. The amount of poop generated by five birds is considerable and it is NOT my idea of fun to utilize a paint scrapper to remove bird doo. Fact is, bird doo sticks better to wood than paint does, which makes me wonder if it would be a good additive to exterior paint on hard-to-keep-covered-with-paint surfaces like the fence that supports one of our rosebushes.

While Ray's loathing of snakes lurking in tall grass spurs him keep our entire acreage mowed, he will—as a favor to me when autumn approaches—cease mowing a couple of large patches of native grasses that turn red in winter. The red grass sticking up through the snow provides a lovely contrast.

The high grass under our deck once

attracted quail, but Ray now keeps it mowed short and the skittish quail prefer the taller grass in the pasture next door. Turkeys, however, are not bothered by the lack of cover and are frequently spotted under the deck gobbling up the sunflower seeds that fall from the bird feeders. So do pheasants, a gift from the hunting preserve up the road from us. We delight in watching "the prey that got away" strolling through our yard.

Except for discouraging visits by snakes, Ray has done everything he can to make our property critter friendly -- even for raccoons, although that wasn't his intention. I only hope the critters enjoy our presence as much as we do theirs!

- Marsha Henry 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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Caregiver's Corner

Caregiver's Coffee Break Meetings in Topeka

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.

Classic Bean Coffee House at 2125 Fairlawn Road (Fairlawn Plaza)

1st Tuesday of the month

Oct 15 3:00-4:00 pm
Nov 19 3:00-4:00 pm
Dec 17 3:00-4:00 pm

RoseHill Clubhouse at 3600 SW Gage Blvd #97

4th Wednesday of the month

Oct 22 1:00-2:00 pm
Nov 26 1:00-2:00 pm

Call before this meeting-may be re-scheduled

Dec 24 1:00-2:00 pm

Call before this meeting-may be re-scheduled

Jayhawk Area Agency on Aging 2910 SW Topeka Ave (Across street east from Holiday Square)

2nd Wednesday of the month

Oct 8 1:00-2:30 pm
Nov 12 1:00-2:30 pm
Dec 10 1:00-2:30 pm

Aldersgate Village 7220 SW Asbury Drive

2nd Thursday of the month

Oct 9 2:00 pm-3:00 pm
Nov 13 2:00 pm-3:00 pm
Dec 11 2:00 pm-3:00 pm

Douglas County Caregiver Support Groups

For more information, please call
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Douglas County Senior Services
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Meriden

November 10, 2008
5:00 p.m. - 6:30 p.m.
Meriden United Methodist Church
100 South Dawson
Meriden, Kansas 66512

Topeka

November 17, 2008
5:00 p.m. - 6:30 p.m.
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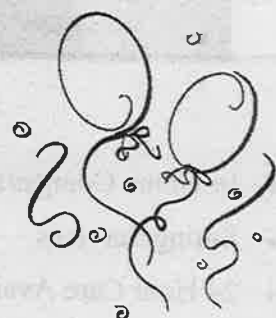
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Getting SSI? Be sure to report living arrangement changes

By Kristine Warren
Social Security District Manager in Topeka, KS

Do you get monthly Supplemental Security Income (SSI) payments? If so, then be sure to report any changes in your living arrangements to your local Social Security office. It could mean an increase, or decrease, in your payment amount.

Here's why.
Your SSI payment is based on your income, not on your expenses. However, the cost of living expenses such as food or shelter that someone else provides may be considered income to you and could reduce your SSI payment. Items you receive that cannot be used for food or shelter are not considered income and will not affect your SSI payment. For example, we wouldn't count things like kitchen appliances or a personal computer that someone might give you as a gift.

Your monthly SSI benefit may vary depending on where you live and whether someone else pays for your living expenses. Generally, you can get up to the maximum SSI payment if you live in your own place or you live in someone else's residence, but you pay the full cost of your food and shelter.

However, your SSI benefit may be reduced if:

- You live somewhere else and you pay only a part of your share of food or housing costs; or
- You live in a house, apartment or trailer but someone else pays for your food, rent or mortgage expenses, and other things like electricity and garbage removal; or
- You're in a nursing home or hospital for the whole month and Medicaid pays for over one-half of your bills.

The important thing to remember is to let us know if anything changes in

your living arrangements – where you live, who you live with, or how the bills are paid.

Visit Social Security online at www.socialsecurity.gov/ssi for more information about living arrangements and how they may affect your SSI eligibility or monthly payment amount. Or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778).

QUESTIONS AND ANSWERS

SUPPLEMENTAL SECURITY INCOME

Question: What is the difference between Social Security disability and Supplemental Security Income (SSI) disability?

Answer: The Social Security Administration is responsible for two major programs that provide benefits based on disabilities. They are Social Security Disability Insurance (SSDI), which is based on prior work under Social Security, and Supplemental Security Income (SSI), which is based on need. SSDI is financed with Social Security taxes paid by workers, employers and self-employed persons. SSI payments are paid from general revenues. For more information about

Social Security and SSI, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: How much will I receive in Supplemental Security Income (SSI) benefits?

Answer: The amount of your SSI benefit depends, in part, on where you live. The basic SSI check is the same nationwide. However, many states add money to the basic check and some offer other supplements. For 2008, the maximum federal SSI payment is \$637 per month for an individual and \$956 for a couple. Because SSI is a needs-based program, this amount may be reduced due to other income. If you get SSI, you also may be able to get other help from your state or county. For example, you may be able to get Medicaid, food stamps or some other social services. For information about all the services available in your community, call your local social services

department or public welfare office. For more information about SSI, read *Supplemental Security Income* at www.socialsecurity.gov/pubs/11000.html or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: I lost my Medicare card. Do I need to come into the Social Security office for a new one?

Answer: No, it's easy to get your Medicare card replaced by visiting Social Security's website. Go to www.socialsecurity.gov and select the "Medicare" bar in the upper right side of the page. Then select the first item on the page: "Replace your lost, stolen or damaged Medicare card." Your replacement Medicare card will arrive in the mail within 30 days. If you need proof of Medicare coverage sooner, a letter can also be sent to you within 10 days that will confirm your coverage. If you prefer, you also may call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

SUDOKU SOLUTION

1	5	8	4	3	2	7	6	9
7	4	9	1	5	6	3	8	2
6	3	2	8	9	7	4	1	5
3	9	6	7	2	4	1	5	8
8	7	1	5	6	9	2	4	3
4	2	5	3	1	8	6	9	7
2	8	7	6	4	5	9	3	1
9	6	3	2	8	1	5	7	4
5	1	4	9	7	3	8	2	6

Meriden Home Health Care and Adult Services Plus, Inc.

Serving Jefferson, Shawnee and Douglas Counties for 12 years

✦ "Dedicated to Quality Care" ✦

- | | |
|---|---|
| <input checked="" type="checkbox"/> Skilled Nursing Care | <input checked="" type="checkbox"/> Home Health Aides |
| <input checked="" type="checkbox"/> Twenty-Four Hour Services | <input checked="" type="checkbox"/> Attendant Care Services |
| <input checked="" type="checkbox"/> Infusion Therapy | <input checked="" type="checkbox"/> Homemaker Services |
| <input checked="" type="checkbox"/> Rehabilitation Services | <input checked="" type="checkbox"/> Chore Services |

Medicare Certified  **State Regulated**
Participating in Senior Care Act & Older Americans Act Programs

7210 K-4 Hwy, Suite C • Meriden, KS 66512
785-484-2699 • meridenhomehealth@earthlink.net

Music to Her Ears

I grew up on a farm and taught school for many years.
One of my hobbies as a child was participating in 4H. Moving to Homestead allowed me to focus on another one of my pastimes, playing the piano. I love to sit and play each day, and I'm so glad Homestead has a beautiful piano available for our use, whenever we feel inspired.

I play for myself, although a little part of me hopes the other residents are humming along.

Homestead Resident: Opal May Akin

TOPEKA 5820 SW Drury Lane 272-2200 • AUBURN 280 E Valley Springs Dr. 256-7100
www.homestead-assistedliving.com

 **HOMESTEAD**
ASSISTED LIVING

What is a Medicare Savings Program?

Do you want an extra \$1200 a year in your pocket?

These are programs that help millions of people with Medicare save money each year. States have programs for people with limited income and resources that pay some or all of Medicare's premiums and may pay Medicare deductibles and coinsurance.

Kansas offers the following programs:

- **Qualified Medicare Beneficiary (QMB)**
- **Limited Medicare Beneficiary (LMB)**
- **Expanded Limited Medicare Beneficiary (ELMB)**
- **Medicare Part D Subsidy**

Medicare Savings Programs pay for Medicare Part A, Part B and/or Part D premiums, deductibles, and copayments.

How do I know if I qualify for a Medicare Savings Program?

If you can answer YES to the following 3 questions, you should apply for public funding to pay your Medicare premiums.

1. Do you have Medicare Part A, also known as hospital insurance?

2. Are your annual resources at or below \$4,000 for an individual or \$6000 for a married couple? Or for Part D subsidy only, are your resources

below \$10,490 for an individual or \$20,970 for a couple? Resources include money in a checking, savings or CD account, stocks and bonds. When you count your resources don't include the house you live in, your car or household items.

3. Is your income at or below the income limits listed in the table at right?

WILL SRS TAKE MY HOME IF I APPLY FOR MEDICARE SAVINGS PROGRAM?

NO

Your home and your assets will not be touched by SRS if you only receive public funding from the Medicare Savings Program.

SHOULD I APPLY?

Even if your income or resources are higher than the amounts discussed, you could be eligible for the Medicare Savings Program.

If you are on a fixed income, the Medicare Savings Program could save you money to spend for your other needs.

Medicare Savings Programs	Individual Monthly Income Limit	Married Couple Monthly Income Limit	The Medicare Savings Program May Pay Your:
Qualified Medicare Beneficiary (QMB)	\$867	\$1167	Part A, Part B and Part D premiums, copayments, deductibles and coinsurance
Limited Medicare Beneficiary (LMB)	\$1040	\$1400	Part B premiums and Part D premiums, copayments, deductibles
Expanded Limited Medicare Beneficiary (ELMB)	\$1170	\$1575	Part B premiums and Part D premiums, copayments, deductibles and coinsurance
Medicare Part D Subsidy	\$1300	\$1750	Part D premiums, copayments and deductibles

*Income amounts effective May 1, 2008

WHERE DO I CALL OR GO?

For more information, questions, or to apply for a Medicare Savings Program, call or visit your local SRS Service Center. Call 1-888-369-3777 for the nearest SRS Service Center, or visit

<http://srskansas.org/locations.htm>

Medicare Savings Program brochures and application forms are also available at Jayhawk Area Agency on Aging.

Please call 785-235-1367 or 800-798-1366 to have a form sent to your home, or if you have questions.



MAKE A NOTE!

Open Enrollment for Medicare Part D begins November 15th and runs through December 31st.

Medicare - Part D Prescription Drug Coverage

Everyone with Medicare is eligible for this coverage, regardless of income, resources, health status, or current prescription expenses.

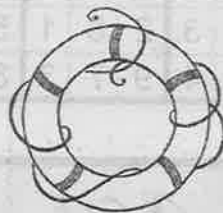
Joining a Medicare plan that helps cover prescription drugs is voluntary. If you want coverage, you must choose to join a plan to receive it. **Just like any other insurance, if you choose not to join when you are first eligi-**

ble and later change your mind, you may have to pay a late enrollment penalty.

If you have limited income and resources, extra help may be available to help you pay for your coverage.

If you have questions contact JAAA or call 1-800-medicare or visit www.medicare.gov.

There are many volunteer opportunities available at Jayhawk Area Agency on Aging!
Call Janell today at 785-235-1367!



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



JAAA Board of Directors

Douglas County

Marsha Goff
Chair
Lawrence, KS

John Studdard
Lawrence, KS

Martha Skeet
Secretary
Lawrence, KS

City of Lawrence

Marian Brown
Lawrence, KS

Vacant Seat

Jefferson County

Joyce Volmut
Topeka, KS

Tom Ryan
Treasurer
Valley Falls, KS

Gary Fowler
Nortonville, KS

City of Oskaloosa

Seat Vacant

Shawnee County

Catherine Walter
Topeka, KS

Paul Monhollon
Vice Chair
Topeka, KS

Shirley Biller
Topeka, KS

City of Topeka

Marlene Hendrick
Topeka, KS

Seat Vacant

Seat Vacant

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.

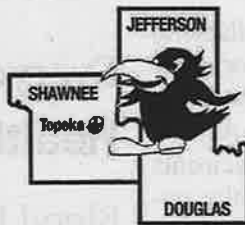
The JAAA Board of Directors and Advisory Council are essential components of the Area Agency, which serve as sources of leadership and community support. However for the Board and Council to function effectively, a distinction must be made between them.

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 Swinney at 800-798-1366 or 235-1367 or check out JAAA's web site at: www.jhawkaaa.org



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).

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.

	5		4			7		
7		9	1		6			
	3						1	
		6			4	1		8
	7	1				2	4	
4		5	3			6		
	8						3	
			2		1	5		4
		4			3		2	

EASY

Solution on page nine

JAAA Advisory Council

Douglas County

Robert Carnahan,
Lawrence, KS

Vacant Seat

Vacant Seat

City of Lawrence

Gary D. Hale,
Chair
Lawrence, KS

Emily Donaldson
Lawrence, KS

Jefferson County

Lynn Luck
Oskaloosa, KS

Mel Gray,
Perry, KS

Larry Martin
Valley Falls, KS

Shawnee County

Carol De Groff Sook
Tecumseh, KS

Seat Vacant

Seat Vacant

City of Topeka

Noda Preston
Topeka, KS

Seat Vacant

Seat Vacant

City of Oskaloosa

Seat Vacant

Jefferson County News

Downtown Café site of new Jefferson County Health voucher meal program

Jayhawk Area Agency on Aging, Inc. (JAAA) and Meals on Wheels of Shawnee and Jefferson County have begun a voucher meal program to be offered at the Downtown Café, 522 Liberty in Oskaloosa. The value of the voucher at the café is \$5.50. Eligible participants have the opportunity to utilize one voucher daily to dine at the café between the hours of 6 a.m. and 3 p.m.

"We are pleased to be partnering with Meals on Wheels to bring this program to Oskaloosa," said Jocelyn Lyons, Team Management Leader for JAAA. "While meal vouchers are common in other parts of America, it is a fairly new concept to Kansas."

In order to receive a voucher, customers need to pre-register at the Jefferson County Health Department or the Jefferson County Service Organization. At that time a temporary ID card will be issued along with program instructions.

Pre-Register for new meal vouchers at the following locations:

Jefferson County Health Dept
1212 Walnut - Hwy. 59,
Oskaloosa, KS, (785) 863-2447

Jefferson County Service
Organization 410 Liberty
Oskaloosa, KS, (785) 863-2637

The voucher program is available to individuals 60 years of age or older and is funded in part through the Older Americans Act. Eligible participants are given the opportunity to contribute toward the cost of the meal.

Meals on Wheels is partially funded by Jayhawk Area Agency on Aging, Kansas Department on Aging, Jefferson County, United Way of Great Tope-

ka and client contributions.

For more information please call:

Jayhawk Area Agency on Aging, Inc.
(800) 798-1366

Jefferson County Health Department
(785) 863-2447

Jefferson County Service Organization
(785) 863-2637

Meals on Wheels
(785) 354-5420

How much does it cost?

Many of our services are covered by private insurance, Medicare and Medicaid. With the help of grants, donations and public funding, we're also able to provide some services on a sliding fee scale.

Payment for home health and hospice services may be through Medicare, Medicaid, third party insurance or individuals.

To provide programs and services at the lowest possible cost, donations are welcomed.

Jefferson County Health Department, Home Health & Hospice



Public Health
Prevent. Promote. Protect.

Who do we serve?

Anyone in Jefferson County and surrounding areas. We serve all persons in all economic situations.

Attention Happy Knitters!

Please join our group here at Jayhawk Area Agency on Aging. The group meets every 3rd Wednesday at 2910 SW Topeka Blvd from 1:30 pm to 3:00 pm. Our happy group knits hats and mittens for Head Start, Community Action and local elementary schools. Yarn donations are also needed!

Jefferson County Health Screenings Clinics

Everyone Welcome!! Health Screening:

Blood Pressure
Blood Sugar



Presented by:

Jefferson County Health Department Nursing Staff

9/26/2008		
8:00 AM - 4:00 PM	Health Clinic	Jeff Co Health Dept
9/30/2008		
8:00 AM - 4:00 PM	Health Clinic	Jeff Co Health Dept
10/1/2008		
9:00 AM - 11:00 AM	Nortonville Health Clinic	Sr. Citizen's Center
12:30 PM - 2:00 PM	Valley Falls Health Clinic	Township Hall
10/3/2008		
8:00 AM - 4:00 PM	Health Clinic	Jeff Co Health Dept
10/7/2008		
8:00 AM - 4:00 PM	Health Clinic	Jeff Co Health Dept
10/8/2008		
1:30 PM - 3:00 PM	Fairview Township Clinic	Fire Dept. Comm. Room
10:30 AM - 12:00 PM	Meriden Health Clinic	Methodist Church
10/10/2008		
8:00 AM - 4:00 PM	Health Clinic	Health Dept upper conference room
10/13/2008		
8:00 AM - 4:30 PM	Inservice Day- Closed	Jeff Co Health Dept
10/14/2008		
8:00 AM - 4:00 PM	Health Clinic	Jeff Co Health Dept
10/17/2008		
8:00 AM - 4:00 PM	Health Clinic	Jeff Co Health Dept
10/20/2008		
10:00 AM - 12:00 PM	McLouth Health Clinic	Community Building
10/21/2008		
8:00 AM - 4:00 PM	Health Clinic	Jeff Co Health Dept
10/24/2008		
8:00 AM - 4:00 PM	Health Clinic	Jeff Co Health Dept
10/28/2008		
8:00 AM - 4:00 PM	Health Clinic	Jeff Co Health Dept
10/31/2008		
8:00 AM - 4:00 PM	Health Clinic	Health Dept upper conference room



The crowd at the May 7 "There's No Place Like Home Benefit Dance" had the Great Overland Station swinging.



Marge and Barney Heeney, Honorary Co-Chairs for "There's No Place Like Home Benefit Dance," enjoy a spotlight dance.

SAVE THE DATE!

2nd Annual There's No Place Like Home Dance May 6, 2009!

*Jayhawk Area Agency on Aging sincerely thanks contributors to our
"There's No Place Like Home" fundraiser*

Tinman with a Heart (\$1,000-\$5,000)

Aboud's Catering (in kind)
The Barn Bed and Breakfast
Capitol Federal

Intelligent Scarecrow (\$500-\$999)

Cumulus Radio (in kind)
KTKA TV (in kind)
Plaza West
The World Company
Topeka Capital-Journal (in kind)

Courageous Clon (\$100-\$499)

AAA Allied Group
Brewster Place
Susan H. and Kent B. Garlinghouse
Heinen Custom Operations, Inc.
Marsha Henry Goff and Ray Goff
In Memory of June S. and L. Lew Henry
Kansas Health Care Association
Robert E. Keeshan
Scott, Quinlan, Willard, Barnes & Keeshan, L.L.C.
Jocelyn Lyons
Penwell-Gabel
Rueschhoff Security

A
special
thanks to
James McHenry, Sr.
for crafting and
donating the
beautiful Victorian
dollhouse to benefit
our Guardian
Angel
Fund.

Courageous Clon (\$100-\$499) continued

Gary and Martha Skeet
Beverly and Emmett Thompson, Sr.
Carol Tilton
Tilton & Tilton, CHTD

Friendly Munchkin (\$1-\$99)

Shirley Biller
Marian Brown
Garold J. Fowler
April Maddox
Marsha Ridinger
Round Corner Drug and Cheese
Shop (in kind)
Nina Skidmore
Carol and Kenneth Sook
John B. Studdard
Barbara Swinney
Lawrence L. Tenopir
Ron and Annette Thornburgh
Joyce Volmut



Your generosity enables seniors in Shawnee, Douglas and Jefferson Counties to remain in their homes where they are comfortable and content. They thank you and so do we!

www.jhawkaaa.org



Food and Nutrition

About The Buzz: Broccoli Prevents Cancer

WHAT THEY'RE SAYING

If you eat broccoli every day, you'll have a lower risk of cancer.

WHAT WE KNOW

It is true that broccoli contains nutrients and other important substances that appear to help to fight cancer. Broccoli is a member of the cabbage family which also includes cauliflower, cabbage, Brussels Sprouts, Chinese cabbage, collards, kale and mustard greens, to name a few. All of these vegetables are similar to broccoli in nutritional value and contain the same cancer fighting substances. However, broccoli has been more commonly studied.

HOW DO WE KNOW THIS?

Population Studies Results from studies of different populations have found associations between intake of broccoli and other cabbage family vegetables and cancer; those who ate more of these vegetables had a lower risk for some cancers.

Laboratory Studies In laboratory studies with animals and with cancer cells, substances in broccoli thought to be responsible for fighting cancer have blocked cancer causing agents. Studies in humans are needed to see if eating broccoli has the same effects and in what amounts.

OUR ADVICE

You can't go wrong including different vegetables from the cabbage family

as part of your daily intake of a variety of fruits and vegetables. Check out this delicious broccoli recipe:

Broccoli Red Pepper Stir Fry

Bright in color, lively in taste and fast to fix.

This is one of our own Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Category: Side Dishes

Preparation time: 20 minutes

Serves: 4

Cups of Fruits and Vegetables per Serving: 1

Ingredients:

- 1 tsp. olive oil
- 1 tsp. walnut oil
- 2 large cloves garlic, peeled and finely chopped
- 3 cups broccoli florets
- 2 Tbsp. water
- 1 large red bell pepper, washed, cored and cut into short strips
- 1 medium onion, peeled, cut in half and then into lengthwise slivers
- 1 Tbsp. lemon juice
- ½ tsp. salt

Prepare all ingredients before starting to cook. Heat oils in large skillet over HIGH heat. Add garlic and sauté only

until slightly cooked; do not brown. Immediately add broccoli. Stir fry continuously until all broccoli has turned to a bright green color. Add 2 tablespoons water, cover and remove from heat for 2 minutes. Return skillet to HIGH heat. Add red pepper and onion. Continue to cook, stirring for another 2-3 minutes. Vegetables will be crisp and brilliant in color when properly cooked. Toss with lemon juice and salt and serve.

Each serving provides: An excellent source of vitamins A and C, and a good source of folate and fiber.

Credit: Recipe courtesy of Produce for Better Health Foundation (PBH).

This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutritional Information per Serving

Calories: 61
Carbohydrates: 9g
Total Fat: 2.7g
Cholesterol: 0mg
Saturated Fat: 0.3g
Dietary Fiber: 3g
% of Calories from Fat: 35%
Sodium: 308mg
Protein: 2g

For more information see fruitandveggiesmorematters.org



General Election Dates

Monday, October 20th Deadline to register to vote

Friday, October 31st Deadline to apply for an advance ballot to be mailed

Tuesday, November 4th General Election day

Questions on Voting? Please call:
In Jefferson County Election Officer
Linda Buttron 785-863-2272

In Douglas County Election Officer
Jameson (Jamie) Shew 785-832-5281

In Shawnee County Election Officer
Elizabeth Ensley 785-266-0285

Now Hear This!

Jayhawk Area Agency on Aging, Inc. now has a **satellite office** in Osaloosa at the Jefferson County Service Organization, 410 Liberty St.

Jefferson County resident and case manager for Jayhawk Area Agency on Aging, **Linda Angle**, will be working out of this office. 785-863-2012

Jefferson County Service Organization provides demand response transportation service for all persons living in Jefferson County.

Residents are taken to Topeka, Lawrence, Kansas City, Atchison, Leavenworth and towns within

Jefferson County for medical and professional appointments and shopping.

Weekdays 8:00 AM- 5:00 PM
785-863-2637

WHY CHOOSE MIDLAND HOSPICE?

- Over 29 years of experience
- Not-for-profit, community based
- Care provided in the patient's home, nursing facility or hospital
- Medications, medical equipment and supplies related to the illness at no cost to the patient
- Art and Music Therapists on staff
- We accept all patients, regardless of inability to pay
- Bereavement support, including individual counseling, support groups, book discussion groups, reiki, massage therapy and yoga
- Serving 20 Kansas counties



www.midlandhospice.org

543 Lawrence Ave. • Lawrence 785-842-3627
200 SW Frazier Circle • Topeka 785-232-2044
635 S. Main St. • Ottawa 785-242-0002

To place your ad
in **Amazing Aging!**, please call
Kevin toll-free at
785-841-9417.

Volunteer to help businesses in your community be Elder Friendly

WHAT IS AN ELDER FRIENDLY BUSINESS VOLUNTEER?

In this nationally recognized program of how to help businesses better serve the older customer, volunteers evaluate local businesses for their accessibility and service to older customers. This position is ideal for someone who likes to shop and explore new businesses. Evaluators are expected to attend 3 hours of training and perform 3-8 evaluations each year.

Typical things that would be covered in the training include: Are price tags visible? Is the telephone system easy to use? Is customer service available when needed? Volunteers must be age 60+. Businesses that earn Elder Friendly status are published in the Elders in Action Certified Business Directory and display the Elder Friendly logo.

Jayhawk Area Agency on Aging, Inc. hopes to ensure that area businesses will step up to meet the special needs of its older customers. To that end, it will start branding stores as "Elder Friendly Certified."

The Jayhawk Area Agency on Aging along with the other ten area agencies

on aging in Kansas are licensed to participate in the Elder Friendly Business Certification Project.

The project works with Elders in Action of Portland, Ore., a private non-profit organization, which began in 1991, designed "to assure a vibrant community through the active involvement of older adults." Elders in Action proved so successful at providing comments and advice about meeting the needs of older consumers, in 1999, it began licensing its program nationally.

The Elder Friendly Business Certification program sends trained elder evaluators, guided by specific criteria, to "shop" a business anonymously for a small fee.

Stores are judged based on telephone and customer service, building layout, and access. They then receive feedback and training on making their stores are more elder friendly.

The Jayhawk Area Agency on Aging, Inc. needs volunteers to serve as elder evaluators and Businesses that would like to participate in the Project may contact Jocelyn Lyons at JAAA for more information.



WE WANT YOU!

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 Groenhagen at 785-841-9417.

The coffee's on us!

We offer all Senior Citizens FREE coffee at the new

Fairlawn Plaza Café

On the mall Every Wednesday!



FAIRLAWN
PLAZA

21st & Fairlawn • Topeka KS

We're Just Your Style!



Enjoy Your Independence!

Make your own decisions with dignity and respect.

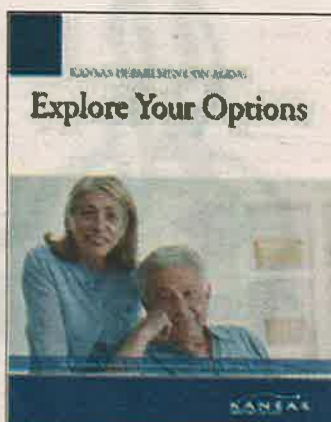
Call Topeka Independent Living Resource Center, where advocates assist you in achieving your goals of freedom and equality.

**785-233-4572 V/TTY
800-443-2207 Toll Free**

The latest edition of Explore Your Options is now available!

The Explore Your Options booklet will help you through the maze of services available to Kansas seniors. It is designed to help you take an active role in making decisions that affect your health care and living situation.

Even if you are faced with a serious illness or disabling disease, knowing that you have options to help you maintain your independence and stay at home can be a great comfort.



Updated every year, Explore Your Options guides are available free of charge through Jayhawk Area Agency on Aging, Inc. and every area agency on aging in Kansas.

For your **FREE** Explore Your Options guide for Shawnee, Jefferson and Douglas Counties, please call 800-798-1366 or 785-235-1367.

Explore Your Options guide is also available on-line at www.agingkanssas.org



Health Neighborhood coming to The Topeka and Shawnee Public Library

A Prescription for a Healthy Life

Coming September 25th, Library users will find the library's consumer health resources consolidated into one area (like houses in a neighborhood) and a quiet space for confidential interaction and research with librarians and volunteers.

The new Health Neighborhood at the library will contain over 5,000 books on health and wellness, arranged by topic and labeled for optimal browsing and quick access. If you're looking for information on a specific health topic such as Diabetes, Blood Pressure, Cholesterol, and others, pick up a health bag loaded with librarian-recommended books and literature on community resources.

If you need to know when a certain support group meets or where to find local information about a certain health topic, you will find it at the community information literature display at the library. You can even check your blood pressure and pulse rate at their Lifeclinic Health Station.

For more information check out the library website at www.tscpl.org or call 785-580-4555

Harbor House
Memory Care
Open Now

Memory
Day Care
Program
Respite



"THE EXPERIENCE OF JOY"

Our mission at Harbor House Memory Care Residence is simple; We are in the business of creating extraordinary and joy-filled life experiences for our memory impaired residents.

We accomplish this goal in many ways. The manner in which we 'deliver' our services like stimulating and specialized activities, great food, housekeeping and caring personal assistance are the essentials of our services. While these services are important and help to make us a "good" provider, at Harbor House these are very fundamental services.

Similar to a hotel advertising air conditioning and color TV.

At Harbor House 'the basics' are just the Beginning.



So what does it take to fulfill our commitment of providing our alzheimer's and dementia residents their rightful daily "Experiences of Joy?"

It requires many things. More than anything it requires **commitment, enthusiasm, passion and ingenuity from each and every Harbor House associate.**
(A sense of humor, creativity and compassion are mandatory.)

**Let Harbor House put some laughter and joy back into the lives of those you love.
Let us meet them in their world.**

**Call Today 785-856-5512
1126 Hilltop Drive, Lawrence**

Email: harborhouse@sunflower.com

To place your ad in Amazing Aging!, please call Kevin at 785-841-9417.