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

WINTER 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, 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

JAAA looks forward to serving you in 2008!
By Marsha Goff
JAAA Board Chair

Home for the Holidays. It’s the place almost everyone longs to be. Home is wherever you think it is - whether it’s a house you’ve owned for 60 years, a house or apartment you rent, or an assisted living facility where you live semi-independently. At Jayhawk Area Agency on Aging, we’re constantly working to keep seniors in their homes... both during the holidays and every day of the year.

We all know that sometimes a nursing home isn’t just one answer, but the only answer. However, with just a little help, most seniors can remain in the security and comfort of their homes. It’s called “aging in place” and it’s our job to enable seniors to do just that.

That is why we contribute program funding to the following providers in Douglas, Jefferson and Shawnee counties:

**SHAWNEE COUNTY**
Advantaged Home Care (Attendant Care, Homemaker; Advocate Home Care, Attendant Care); Assisted Services (Caregiver Support for Attendant Care, Homemaker, Respite); Catholic Charities/Friendly Visitors Programs (Telephoning); Community Action Agency (Repairs/Maintenance/Renovation, Material Aid); Community Resource Council (Information/Assistance); East Topeka Council on Aging (Caregiver Support, Telephoning, Transportation); Jayhawk Area Agency on Aging, Inc. (Information/Assistance, Outreach, Case Management, Assessment, Program Development, Coordination, Caregiver Support Information, Caregiver Support Assistance, Caregiver Support Flex Services, Caregiver Support Bath Items); Kansas Association of AAA (Caregiver Support Information); Kansas Legal Services (Legal, Supervision); Lawrence Meals on Wheels (Home delivered meals); Mason’s Memory (Attendant Care, Homemaker, Personal Emergency Response); Meriden Adult Services (Caregiver Support for Attendant Care, Chore, Homemaker); Midland Care Connections (Caregiver Support, Respite), Papa’s Landing Senior Center (Recreation, Transportation, Telephoning, Visiting); Rueschhoff Corporation (Personal Emergency Response); Shawnee County Health Agency (Attendant Care, Homemaker, Screening); Teach (Grandparent Assistance, Grandparent Counseling); Windsor At-Home Care (Attendant Care, Homemaker).

**DOUGLAS COUNTY**
Assisted Services (Caregiver Support for Attendant Care Homemaker, Respite); Douglas County Senior Services (Adult Day Care, Caregiver Support Groups, Congregate Meals, Home Delivered Meals, Information/Assistance, Outreach, Transportation, Visiting); Jayhawk Area Agency on Aging, Inc. (Information/Assistance, Outreach, Case Management, Assessment, Program Development, Coordination, Caregiver Support Information, Caregiver Support Assistance, Caregiver Support Flex Services); Kansas Association of AAA (Caregiver Support Information); Kansas Legal Services (Legal, Supervision); Lawrence Meals on Wheels (Home delivered meals); Mason’s Memory (Attendant Care, Homemaker, Personal Emergency Response); Meriden Adult Services (Caregiver Support for Attendant Care, Chore, Homemaker); Midland Care Connections (Caregiver Support, Respite); Rueschhoff Corporation (Personal Emergency Response); Trinity In-Home Care, Inc. (Caregiver Support for Attendant Care, Homemaker, Respite); Windsor At-Home Care (Attendant Care, Homemaker).

**JEFFERSON COUNTY**
Assisted Services (Caregiver Support for Attendant Care, Homemaker, Respite); Jayhawk Area Agency on Aging, Inc. (Information/Assistance, Outreach, Case Management, Assessment, Program Development, Coordination, Caregiver Support Information, Caregiver Support Assistance, Caregiver Support Flex Items); Kansas Association of AAA (Caregiver Support Information); Jefferson County Health Agency (Attendant, Homemaker, Emergency Response); Jefferson County Health Department (Age Related Disorders Information, Attendant Care, Caregiver Support, Medication Management, Screening); Jefferson County Service Organization (Information, Outreach, Transportation); Kansas Association of AAA (Caregiver Support Information); Kansas Legal Services (Legal, Supervision); Meals on Wheels (Congregate Meals, Home Delivered Meals); Meriden Adult Services (Caregiver Support for Attendant Care, Chore, Homemaker).

Happy Holidays to all of you.

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**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

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

Amazing Aging is a quarterly publication of Jayhawk Area Agency on Aging. Publishing of letters from readers, opinion columns or advertising does not constitute agreement or endorsement by this newsletter or Jayhawk Area Agency on Aging.

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 Joceyln Lyons at Jayhawk Area Agency on Aging, Inc.
Thornburgh reminds Kansans to check before they give

Kansas Secretary of State Ron Thornburgh reminds Kansans to check before they give. The holiday season brings a blizzard of solicitations from charitable organizations. The Secretary of State, Attorney General and Department of Aging have partnered to provide Kansas Charity Check. This initiative is designed to promote and encourage informed decisions when contributing to a charitable organization.

"This is a resource for all Kansans to use and make informed charitable giving decisions," stated Kansas Secretary of State Ron Thornburgh. "I encourage Kansans to research solicitations by charitable organizations before making the ultimate decision to give. While most charitable solicitations are valid, all too often only a fraction of the money donated ends up in the hands of the charitable purpose."

The address for Kansas Charity Check is www.kscharitycheck.org. The website includes a search feature that allows users to search the 2963 charitable organizations registered in Kansas; determine the amount of money raised by the charitable organization; the percentage of money the organization uses for fund raising expenses; and the amount of money the organization contributes to the charitable purpose.

I encourage people who do not have Internet access at home to go to a public library or senior center to access the Kansas Charity Check website. The same information can also be obtained from the Secretary of State’s office by calling 785-296-4564. Kansas law requires most charitable organizations, professional fund-raisers and solicitors who work for them, to register with the Kansas Secretary of State. The registration provides public information regarding operations, solicitation costs and the net amount donated to the charitable purpose.

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Social Security reminder for working retirees
Let us know now if you expect to earn more this year than you thought

By Ancel Neuburger
Social Security District Manager in Topeka, KS

A growing number of retirees are including work — either full or part-time — in their retirement lifestyle. Some of these retirees work because they need the income; others work because they find it helps them to stay physically and mentally active. Whatever their reasons for working, all retirees need to understand the relationship between working and their Social Security benefits...including when to let Social Security know about their earnings.

Here are a few brief reminders if you or someone you know is a "semi-retired" beneficiary.

For workers who are full retirement age or older

If you work and are full retirement age or older, you may keep all of your benefits, no matter how much you earn. This year, the full retirement age for workers born in 1942 is 65 years and 10 months. The full retirement age for workers born in the years 1943 through 1954 will be 66 years of age, and then gradually rise to age 67 for people born in 1960 or later. You can find out exactly what your full retirement age is by visiting our website at www.socialsecurity.gov/pubs/agentincrease.htm and typing in your year of birth.

For workers who are between age 62 and full retirement age

The easiest you can apply for Social Security retirement benefits is age 62. And if you are younger than full retirement age, there is a limit to how much you can earn and still receive full Social Security benefits. If you are younger than full retirement age during all of 2007, you must deduct $1 for each $2 you earn above $11,960. And we do not count pensions, savings or investment income toward these threshold amounts — only wages or self-employment income.

If you reach full retirement age during 2007, we must deduct $1 from your benefit payment for each $3 you earn above $34,400, until the month that you reach your full retirement age. Because we adjust the amount of your Social Security benefits based on what you have told us you would earn this year, it is important to let us know if you think your earnings for 2007 will be different than what you originally told us.

If other family members get benefits based on your work, your earnings after you start getting retirement benefits could reduce their benefits, too. However, if your spouse and children get benefits as family members, their earnings affect only their own benefits. It's important to note that if a retiree's earnings cause benefits to be withheld before they reach full retirement age, Social Security will increase that retiree's monthly benefit amount starting at full retirement age. This will also increase the benefit amount paid to his or her survivors.

If you need help in estimating your earnings, contact us at 1-800-772-1213. When you call, please have your Social Security number handy.

For more information about Social Security retirement benefits and working, rese the pamphlet, How Work Affects Your Benefits. You can find a copy online at www.socialsecurity.gov/pubs/10069.html. Or you can call 1-800-772-1213 (TTY 1-800-325-0778) to request a free copy.

To place your ad in Amazing Aging!, please call Kevin toll-free at 877-841-9417.

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Seniors are a growing population in Kansas and throughout the country. When I hold town hall meetings across the state, I often receive suggestions and advice on how we can better assist our older Kansas. I want to update you on legislation that will have a positive impact on Kansas seniors and their families.

First, with my support, Congress passed legislation renewing the Older Americans Act. The Older Americans Act authorizes more than $1.8 billion in funding for state and community programs on aging, mental health services, community service employment programs, and for prevention of elder abuse. Programs that fall under Title III of the act such as supportive services and centers, family caregiver support, nutrition programs like Meals on Wheels and disease prevention efforts will receive increases in funding.

As a member of the Senate Health Committee with jurisdiction over this legislation, I had to ensure seniors in Kansas benefited from the final legislation. There was concern that critical funding for these programs would be cut. Under the new law, funding formulas were adjusted for states like Kansas with growing aging populations. Kansas’ share of the funds is expected to increase over funding levels in past years.

Second, with passage of the Medicare Modernization Act (MMA), seniors are now able to get prescription drug coverage for the first time through the Medicare program. In Kansas, we have over 50 plans offering prescription drug coverage through this new program. As a result of this program, seniors are saving an average of $1200 per year on their drug costs.

You should review your Medicare plan regularly to make sure your current plan is meeting your needs. If you are unhappy with your current plan, explore other drug plans as you may be able to find lower cost alternatives. Through December 31, seniors have the option to change Medicare prescription drug plans. Please contact Medicare at http://medicare.gov or call 1-800-MEDICARE this month to begin making enrollment changes in prescription drug coverage for 2008. I know that sometimes sorting through all of these plan options can be frustrating and confusing. I encourage you to visit with the staff at the Jayhawk Agency on Aging who can help you wade through the various choices to pick the plan that best fits your needs.

As a member of the Senate Finance Committee, my goal is to get a Medicare package approved this year to improve benefits for Medicare beneficiaries and to improve payments for Medicare providers, such as home health care providers and local pharmacies. I’m sure many seniors have also heard about potential Medicare cuts to physicians, which could ultimately hurt their ability to provide care to seniors. My colleagues and I are focused on ensuring this doesn’t happen. It is my hope Congress can act quickly on these improvements.

I want to hear from you - call my office in Topeka or visit my website at http://roberts.senate.gov. If you would like to know more about issues before the Senate, please visit my website, and be sure to sign up on my homepage for a monthly e-newsletter, The Roberts Report, that offers regular updates on my work for Kansas.
Kansas Silver-Haired Legislature

WORKING ON YOUR BEHALF:
The Kansas Silver Haired Legislature

The Kansas Silver Haired Legislature (SHL) is a unicameral legislature composed of 125 representatives. All are over 60 and are elected from their county residence. Wyandotte, Johnson, Shawnee and Sedgwick counties have 5 additional delegates. The legislature provides an educational experience in the political process and provides an opportunity to identify priority concerns of Kansas senior citizens. The SHL develops bills and resolutions which are presented to the Kansas Legislature and the Governor as recommendations for state policy.

The purpose of the Silver Haired Legislature is:

- To Educate - Participation provides experience in the political process.
- To Inform - Actions of the SHL inform the public and the Kansas Legislature on concerns of the elderly.
- To Involve - The SHL provides over 412,000 seniors a way to become involved.

Silver Haired Legislators are charged with the following responsibilities:

- Advocate for the legislation by the SHL
- Testify at hearings on SHL legislation
- Meet with seniors in their county or district on SHL legislation affecting the elderly
- Attend scheduled SHL meetings

The SHL is funded by donations and volunteer help. Contributions are tax deductible and may be made payable to the "SHL Treasurer" and sent to the treasurer or to any Area Agency on Aging.

Silver Haired Legislator elections are conducted by the Area Agencies on Aging across the state every two years. Candidate registration forms, petitions and filing instructions are available from any agency on aging. Any Kansas aged 60 and over who is a registered voter may file for candidacy. The term of office is two years.

To become a candidate, obtain the rules and procedures from an Area Agency on Aging or an officer of the SHL. If you do not want to become a candidate, support your Silver Haired Legislator(s) and support issues of concern to the elderly.

In October, the Silver Haired Legislature met in Topeka for three days and approved two bills and three resolutions.

"The bills are planned to be drafted and presented for introduction early in January," stated Jim Snyder, Speaker for the SHL.

The bills and resolutions passed during the 2007 session:

1. Enactment of the Geriatric Mental Health Act and establishing a geriatric mental health service program administered by the Kansas Department on Aging.
2. Provisions for mandatory reinstatement of certain insurance policies.
3. Provision for certain amounts of casino revenues for a Senior Services Fund and a new health care for seniors fund.
4. Resolution commending Kansas Legislature to provide cost of living adjustment for retirees.

5. Resolution for Kansas Legislature to help combat predatory lending practices of the Income Tax Refund Advancements that adversely affect the elderly and other residents of Kansas.

THANKS TO THE FOLLOWING AREA DELEGATES FOR THEIR TIME AND DEDICATION!

Jefferson County: Bette M. Ford - dford@grasshoppernet.com
Douglas County: Joann Wiley, alternate

SHAWNEE COUNTY:
District #1, Doris Williams - dwill918@sbcglobal.net
District #2, Betty Dunn, Chair - dumbetty@sbcglobal.net
District #3, Genitha Clark - grannyclark@sbcglobal.net
District #4, Jim Snyder - snyder409@aol.com

To become a candidate for the Silver Haired Legislature in Shawnee, Jefferson or Douglas Counties, or to find out more, call Marsha Ridinger at JAAA. 785-235-1367 or 800-798-1366
mridinger@hawkaaa.org.

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

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God’s reward for having children

By Marsha Henry Goff
JAAA Board Chair

Now that nature has decreed it impossible, I wish I’d had more kids. Not for the kids, mind you, but for the grandchildren they produce. Whoever said “grandchildren are God’s reward for having children” hit the nail right on the head! Those of you who have grandkids understand this. Those of you who don’t should continue reading because this is information that you’ll likely have a future need to know.

There are huge differences between children and grandchildren. For example, grandchildren can be sent home before they drive you crazy. Also, if grandkids behave badly in public when they’re with you, it’s not your fault. It’s their parents’ fault for not training them better. And any savvy grandparent knows that parental responsibility begins when grandbaby has a loaded diaper. This is one of the best perks of grandparenthood.

When my children were young, I was so busy taking care of them that now I’ve forgotten important things like: Was it Ray, Jr. or Greg who called olives “jobs”? Which kid would only eat peas he smashed with his thumb and peeled off that digit with his tongue? I think I know which kid did what, but I’m not 100 percent sure. I do, however, remember that it was Ray, Jr., who bright and early one morning, recovered weenies—thrown out the night before—from the garbage can and shared them with the dog for breakfast. And it was definitely Greg who scrubbed the utility room floor with Raid Ant Killer utilizing his brand new winter coat as a rag.

However, with grandkids, my memories are not at all vague. I’m certain that it was B.J., whose favorite Sesame character was the Count, Gabe who could hum the entire Jeopardy theme at 16 months, Sammi who decorated her closet doors with a permanent marker, and Zoe who had a Guinness world record collection of the red Teletubbies: Giant Po, Keychain Po, Bathhtub Po, and three identical Pros whose names —Vicki and Steve Po, Grandma and Grandpa Po and Topeka Po—allowed her to distinguish between them.

The fact is that every single thing grandchildren say or do is cute! Cute was Gabe at age five flawlessly reciting the Pledge of Allegiance, then saying, “And now for our mission statement: Sunset Hill provides opportunities ...” He didn’t have a clue what words like “opportunities” or “potential” or “environment” meant, but coming from his lips in his chirpy little voice, they sounded—you guessed it—cute!

At 6-years-old, Samantha, the Brownie in our family, cut her finger on safety scissors during a meeting her mother Val, who served as Brownie leader, conducted at their home. Sammi declined her mother’s offer of help and headed for an upstairs bathroom to find a Band-Aid. A short time later, Val heard her sobbing and rushed up to find a blood-splattered bathroom and a near-hysterical Sammi. “It turned out to be a small cut,” says Val, “but there was so much blood Sammi couldn’t tell where it was coming from and had bandedage three of her fingers in an effort to stop the bleeding.” Sammi looked at her mother with tear-blinded blue eyes and pleaded in a quavering voice, “I want to LIVE!!”

Ray and I are fortunate to have our grandchildren nearby. For most of our lives, my sisters and I lived 90 miles away from my paternal grandparents. Still, we saw them ten times more often than we saw our maternal grandparents in Oklahoma. I think both grandparents and grandchildren lose when separated by distance.

However, there were compensations. My cousin Mike, who lived next door to my maternal grandparents, noticed how thrilled Grandma and Grandpa were to see us on our infrequent visits and asked his mother, “Can’t we move far away so Grandma and Grandpa will be glad to see us?”

My friend Jean recently lost three of her grandchildren to Minnesota when her son accepted a job there. While she is putting on a brave front, I suspect she is feeling exactly like I would feel if my grandchildren ever move out of our area. I’m pretty sure Jean has calculated the mileage from her door to theirs to the nearest tenth of a mile. And I’ll bet she has memorized the phone numbers of the airlines that offer cheap fares from Kansas City to Minneapolis.

I don’t know about you, but I’m buying stock in airlines!

-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.

CELEBRATE!

The Governor will send a letter to those reaching their 50th birthday or couples celebrating their 50th wedding anniversary. Include the accurate spelling of the person’s name, salutation (Mr., Mrs., or Ms., etc.), age, birth date, and complete mailing address of the recipient. Allow several weeks for processing and mailing.

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Douglas County Senior Services 745 Vermont, Lawrence, Ks 785-842-0543
1st and 3rd Mondays 2:15 to 3:45 pm
2nd and 4th Tuesdays 6:30 pm to 8:00 pm evenings.
Baldwin Public Library 800 7th St. Baldwin, Ks.
3rd Thursday of the month 2:00 to 3:30 pm.

Jefferson County
Meriden United Methodist Church
200 Dawson Meriden, Ks.
4th Tuesday of the month 10 am

Shawnee County
Classic Bean
2125 Fairlawn Rd
1st Tuesday of the month
3rd Wednesday of the month

January 1st No Meeting
January 16th 3:00 – 4:00 (Wed)
February 5th 1:00 – 2:00 (Tues)
February 20th 3:00 – 4:00 (Wed)
March 4th 1:00 – 2:00 (Tues)
March 19th 3:00 – 4:00 (Wed)
April 1st 1:00 – 2:00 (Tues)
April 16th 3:00 – 4:00 (Wed)
May 6th 1:00 – 2:00 (Tues)
May 21st 3:00 – 4:00 (Wed)
June 3rd 1:00 – 2:00 (Tues)
June 18th 3:00 – 4:00 (Wed)

Jayhawk Area Agency on Aging
2910 SW Topeka Blvd
2nd Wednesday of the month

January 9th 1:00 – 2:30 pm
February 13th 1:00 – 2:30 pm
March 12th 1:00 – 2:30 pm
April 9th 1:00 – 2:30 pm
May 14th 1:00 – 2:30 pm
June 11th 1:00 – 2:30 pm

Rose Hill
3600 SW Gage
4th Wednesday of the month

January 23rd 1:00 – 2:00 pm
February 27th 1:00 – 2:00 pm
March 26th 1:00 – 2:00 pm
April 23rd 1:00 – 2:00 pm
May 28th 1:00 – 2:00 pm
June 23rd 1:00 – 2:00 pm

Addenage Village
7220 SW Asbury Drive
2nd Thursday at 2 pm

January 10 2:00 pm
February 14th 2:00 pm
March 13th 2:00 pm
April 10th 2:00 pm
May 8th 2:00 pm
June 12th 2:00 pm

For more information on caregiver support groups, please call Marilyn Thomas at JAAA, 231-1367 or 800-798-1366

Kansas Legal Services
Topeka: 785-354-8531
Lawrence: 785-868-3401
www.kansaslegalservices.org

There’s No Place Like Home
An event benefiting Jayhawk Area Agency on Aging
Please join us for food, fun and listening and dancing to the toe-tapping music of Kings of Swing!
Only $10 per person

Save this date:
May 7, 2008
5:30 p.m. to 9:30 p.m.
Great Overland Station
Topeka, Kansas

Your contribution helps JAAA assist seniors in the counties of Shawnee, Jefferson and Douglas

S • WINTER 2008
AMAZING AGING!
“There’s No Place Like Home” Benefit Dance Sponsorship Opportunities

“There’s No Place Like Home” accurately describes the mission of JAAA to enable seniors to age in place, to live in their homes as long as possible. We are grateful for your contribution because it enables us to better fulfill our mission.

A great many seniors in Shawnee, Jefferson and Douglas Counties will live out their lives in comfort and dignity because of your generosity.

Honorary Co-Chairs:
There’s No Place Like Home Benefit Dance
Marjorye and Barney Heeney
Topeka

Committee Members
Marsha Goff, JAAA Board Chair, Lawrence
Jocelyn Lyons JAAA Team Management Leader
Martha Skeet, JAAA Board Secretary, Lawrence
Beverly Thompson, JAAA Advisory Council, Topeka
Jeanene Johnson, Social Director Brewer Place Retirement Community, Topeka

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All sponsors will be highlighted in the spring issue of Amazing Aging, and gratefully acknowledged in all promotional material not only for the dance but also for all Older Americans Month activities in the month of May 2008.

For more information concerning sponsorship opportunities, please call Jocelyn Lyons at 785-235-1367 or 800-798-1366.

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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.)

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To place your ad in Amazing Aging!, please call Kevin toll-free at 877-841-9417.
New AAA foundation study offers hope for improving senior drivers' performance

Washington, DC—Senior drivers 70 years of age or older who take classroom driving improvement courses and behind the wheel training can improve their driving performance, according to a new study released today by the AAA Foundation for Traffic Safety and Yale University.

Out of 27 million people currently aged 70 or older in the United States, an estimated 20 million have active drivers' licenses. The Census Bureau predicts by 2020, those aged 70 or over will grow to 37 million and by 2030, over 50 million. The study was undertaken to research ways to reduce the safety risk of older drivers, according to AAA Foundation President and CEO Peter Kissinger.

"An intervention, such as driving improvement classes that include behind-the-wheel training, can enhance senior driving performance and potentially prolong their safe driving years," Kissinger said. "Hopefully, this study will encourage seniors, families and health care professionals to engage in discussions about this important traffic safety issue."

The research, "Enhancement of Driver Performance Among Older Drivers," used 126 drivers aged 70 years or older who recorded sub-optimal driving performance scores during road tests. Participants were then divided into two groups, one undertaking eight-hours of classroom training, based in part on AAA's Driver Improvement Program, plus two-hours of behind-the-wheel training and the other serving as the control group. Drivers who took the classroom and on-road training showed significant improvement in their driving skills.

"Senior drivers cherish their mobility and families and health professionals struggle with the issue of how long one or two people should be allowed to drive," said Kissinger. "This study shows there are ways to improve driving performance of seniors."

"There are a number of changes that can occur with aging that may potentially affect driving safety," said Dr. Richard Marottoli, the study's principal investigator from Yale University. "Doctors and other rehabilitation specialists can take an active role in helping seniors identify and work on potential problems in advance that may limit their mobility later."

Generally available throughout the United States, various driving training programs for older drivers are provided by AAA and other organizations. In 33 states and the District of Columbia a senior can qualify for an insurance discount upon taking a course, most of which do not include on-road instruction. Bills proposing car insurance discounts for senior drivers are pending in three states.

Established in 1947 by AAA, the AAA Foundation for Traffic Safety is an independent, publicly funded, 501(c)(3) charitable research and educational organization. The AAA Foundation's mission is to prevent traffic deaths and injuries by conducting research into their causes and by educating the public about strategies to prevent crashes and reduce injuries when they do occur. The report "Enhancement of Driver Performance Among Older Drivers," is available online at www.aaafoundation.org.

Driving Courses

Date: February 23rd
Location: Brewster Place Retirement Community
            Instructor: Kansas Highway Patrol Public Resource Officer, Tim McCool
Fee: $20.00
For more details and to register, call Betty Oliva at AA(AA) Kansas (785) 233-0222 or (866) 245-6222

AARP Driver Safety Program

The AARP Driver Safety Program is the nation's first and largest refreshers course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. AARP has offered the course in the classroom for 25 years and now offers the same course online.

AARP Driver Safety Course
Stromont Vail Health Care (in cooperation with Healthwise 55)
1500 SW 10th Ave
Topeka, KS 66604
Class Size Limited! Call to register asap. 354-5225
Course Fee: $10.00
January 10th 10:00 AM
January 11th 10:00 AM
Mr. Tim Edwards, Instructor

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.

IMPORTANT MEDICARE DATES

November 15 was the first day you could change your Medicare health or prescription drug coverage for next year.
This is the one chance this year most people with Medicare have to make a change in their health and prescription drug plans. Enroll as early as possible—the earlier the better—to avoid any issues at the pharmacy counter in January.

December 31 Enrollment Ends
In most cases, December 31 is the last day you can change your Medicare coverage for next year.

1 Coverage Begins: Your new coverage begins if you switched to a new plan. If you stay with the same plan, January 1 is the date that any changes to coverage, benefits, or costs for the new year will begin.
2 Need help? Have questions?
   - Jayhawk Area Agency on Aging, Inc. 235-1367 or 800-798-1367
   - www.medicare.gov 1-800-MEDI-CARE (1-800-633-4227) TTY 1-877-486-2054
   - Social Security Topeka Office, 785-295-0100

TIPS FOR FAMILY REGIVER

1 Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.
2 Watch out for signs of depression, and don't delay in getting professional help when you need it.
3 When people offer to help, accept the offer and suggest specific things that they can do.
4 Educate yourself about your loved one's condition and how to commuicate effectively with doctors.
5 There's a difference between caring and doing, be open to technologies and ideas that promote your loved one's independence.
6 Trust your instincts. Most of the time they'll lead you in the right direction.
7 Caregivers often do a lot of lifting, pushing, and pulling. Be good to your back.
8 Crive for your loved, and then allow yourself to dream new dreams.
9 Seek support from other caregivers. There is great strength in knowing you are not alone.
10 Stand up for your rights as a caregiver and a citizen.
Understanding and Preventing Older Adult Suicide, January 30

This program is intended to increase awareness of the magnitude and seriousness of older adult suicide.

The training includes slides, a video, interactive learning and helpful resources.

A special feature of this training is a presentation of the results of a Shawnee County older adult suicide study for the years 2000 through 2004.

Professions who may find this workshop useful include: social workers, case managers, activity therapists, RN's, LPN's, LMHT's, CMA's, etc.

Certificates of attendance for 4.0 hours are available for all participants. Cost for this workshop is $35.00. Pre-registration is required.

To Register:
CALL
Lisa Narro
Office Manager
Prevention and Recovery Services
(785) 266-8666
Prevention and Recovery Services
lnarro@parstopeka.com
www.parstopeka.com

CPAAA sponsors conference, workshop

Catch a Wave to the Future Conference and Networking

Learn about:
- Outstanding nationally recognized speakers
- Grant writing and fundraising
- Baby boomer trends
- Health promotion
- Evidence-based programs

March 13th 8 am to 4:30 pm
Airport Hilton, Wichita

Registration $55 Lunch Provided

For more information call Tara at
316-660-5225 or Monica 316-660-5299

Collecting or Hoarding? Steps to Under

Standing Hoarding

Wichita/Sedgwick County Hoarding Task Force presents: One-day intensive workshop on hoarding
International known experts speakers
April 4, 2008
Wichita Marriott
Registration $50 breakfast, lunch and snacks provided. Sponsored by the Central Plains Area Agency on Aging and the PEANE: Grant through the Kansas Dept on Aging.

For more information please call Stacy Niles 316-660-5230 or 800-367-7298 or snilles@cpaaa.org

Sudoku

© Puzzles by Papocom

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

8 5 9
4 2 1
7 6

3 6 7
1 8 2

Solution on page 15
Food and Nutrition

Can tomatoes help fight prostate cancer?

The Food and Drug Administration (FDA) is the federal health organization responsible for accepting or rejecting the health claims that members of the food industry want to make for their products. The FDA decides what health claims may be made, based on scientific evidence. Three years ago, the FDA reviewed all the scientific evidence from many studies concerning the cancer-preventing qualities of lycopene, a compound found in tomatoes, and determined that there was not enough affirmative research to support this health claim.

Before you begin to think less of the tomato’s health benefits, consider the perspective offered by the cancer experts at the American Institute for Cancer Research (AICR). They agree with the FDA’s decision, because researchers and nutritionists, not marketers, are the most reliable sources of information about a product’s health benefits. In this sense, AICR supports the FDA’s decision to deny supplement manufacturers the right to make a health claim that isn’t supported by scientific evidence.

AICR also rejects the concept of “super foods,” the idea that individual foods can protect or improve health on their own. Instead, AICR believes that vegetables and fruits act together to protect against cancer: when incorporated into our daily diet. The AICR credits the tomato as a cancer-fighting food when it is included as part of a plant-based diet of vegetables and fruits.

AICR nutritionist Karen Collins, MS, RD, points out that, although the government rejected the claim, considerable evidence suggests that tomatoes do help fight cancer. Several lab studies have shown a correlation between tomato consumption and lowered cancer risk. Other studies show that lycopene in tomatoes stops the reproduction of many types of cancer cells, including breast, lung, and endometrial cancers.

Collins mentions supporting human studies of people who consumed varying amounts of tomatoes as part of a regular diet. Those who included the most tomatoes in their diets demonstrated lowered cancer risks than those eating fewer tomatoes.

AICR endorses the FDA’s refusal to let tomatoes be promoted as a wonder food, but believes that they do play an important role in cancer prevention. As Collins says, so one type of food is powerful enough to stop cancer on its own. However, eating a combination of various plant-based foods, including tomatoes, seems to be a highly effective way to reduce cancer risk.

Source: The American Institute for Cancer Research

AN APPLE A DAY...

Did you know about 2,500 known varieties of apples are grown in the United States. More than 7,500 worldwide.

Fruits & Veggies More Matters

Grandma's Chicken Vegetable Soup

A delightful soup that warms your soul.

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

Ingredients:
- 1 - 1 4 oz. can reduced-sodium chicken broth
- ½ cup water
- 1 lb. (3 medium) potatoes, cut into ½-inch cubes
- 1 medium carrot, cut into ¼-inch slices
- 1 lb. boned and skinned chicken breasts, cut into 1-inch chunks
- 1 medium zucchini, cut into ¼-inch slices
- 3 green onions, sliced
- 2 tsp. dried basil
- 1/8 tsp. salt
- 1/8 tsp. black pepper

In 3- quart saucepan over medium heat combine broth and water. Cover and bring to boil. Add potatoes and chicken; cover and cook 5 minutes. Add chicken, zucchini, onions and basil; bring to boil, reduce heat, cover and cook until chicken is opaque through- out, about 7 minutes. Season with salt and pepper.

Each serving provides:

Nutritional Information per Serving
- Calories: 240
- Carbohydrates: 25g
- Total Fat: 3.1g
- Cholesterol: 65mg
- Saturated Fat: 1.0g
- Dietary Fiber: 4g
- % of Calories from Fat: 12%
- Sodium: 216mg
- Protein: 28g

December, January, February

Apples
Belgian Endive
Bok Choy
Brussels Sprouts
Charimoya
Cheerleaders
Coconuts
Dates
Grapefruit
Kale
Leeks
Mushrooms
Oranges
Parsnips
Pears
Persimmons
Pummelo
Radicchio
Red Currents
Rutabagas
Sweet Potatoes
Tangerines
Turnips
Winter Squash

Almonds
Brazil Nuts
Cashews
Hazelnuts (Filberts)
Macadamia
Peanuts
Pecans
Pine Nuts
Pistachio
Walnuts (English)

http://www.fruitsandveggiesmorematters.org/?page_id=845

What’s In Season?

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AMAZING AGING
Senior Centers: Meet Friends, Make Friends, Have Fun!

Senior Centers are often gathering places for seniors in Kansas communities. They’re a good place to receive information about senior adult services and enjoy a variety of activities with friends and neighbors. Actual hours of operation vary in each community. While there are usually social activities that may be free of charge, some senior centers provide services on a contribution basis. Others may charge for certain services. You can call the Senior Centers listed to find out the days and hours of operation.

Activities and services that are sometimes offered at Senior Centers include:
- Educational programs
- Health information
- Health insurance
- Legal services
- Job service
- Entertainment
- Craft classes
- Financial advice
- Transportation
- Counseling programs
- Noon meals
- Computer classes
- Community Service Opportunities
- Exercise classes

DOUGLAS COUNTY
Baldwin Senior Center
1221 Indiana
Baldwin City, KS 66006
785-594-2409

Lawrence Senior Center
745 Vermont
Lawrence, KS 66044
785-842-0543
www.dgcoSeniorServices.org

JEFFERSON COUNTY
Valley Falls Senior Center
509 Broadway
Valley Falls, KS 66088
785-945-3714

SHAWNEE COUNTY
Auburn Senior Center
Auburn United Methodist Church
240 East 8th St.
Auburn, KS 66402
785-250-2917

Rossville Senior Citizen Center
429 Pearl St.
Rossville, KS 66533
785-854-6164

Silver Lake Senior Citizen Center
404 East Lake Street
Silver Lake, KS 66539
785-582-5371

Lilac Multipurpose Senior Center
1502 Seward Ave.
Topeka, KS 66616
785-233-1828

Papas Landing Senior Center
619 N.W. Paramore
Topeka, KS 66608
785-232-1968

East Topeka Senior Center
1114 S.E. 10th Street
Topeka, Kansas 66607
785-232-7785

Veterans Mental Health Hotline

The Topeka VA is operating a 24/7 hotline for veterans to call for information about mental health services, including PTSD. The hotline is staffed by trained professionals. Hotline Number: 1-888-899-9377

This hotline serves the state of Kansas, parts of Missouri, and parts of Illinois. Eight VA hospitals participate in this program and include: Leavenworth, KS, Topeka, KS, Wichita, KS Kansas City, MO, Columbia, MO, Poplar Bluff, MO and Marion, IL.

If a veteran cannot be served by one of these hospitals, the hotline staff will refer them to a VA hospital in their area.

A national Suicide Prevention Hotline is also available to civilians and veterans alike.

The number is: 1-800-273-8255

Callers will hear a menu of options, the first being the suicide crisis line for veterans. This option will take them directly to a trained counselor who will access the level of emergency and help the veteran appropriately.

Free tax assistance sites to open January 28

Low and moderate income taxpayers can save tax preparation fees by using one of the 12 free tax sites in Shawnee County.

Dates: January 28th through April 15th

Tax sites are both AARP-sponsored (Tax-Aide) sites and Volunteer Income Tax Assistance (VITA) sites.

Tax assistance times for the Jayhawk Area Agency location (2910 SW Topeka Blvd) will once again be Mondays from 9:00 a.m. to 3:00 p.m. A handy brochure detailing all county-wide locations, times and checklist of items to bring is available at Jayhawk Area Agency on Aging or call: Cindy M. Evans, County Extension Agent K-State Research & Extension - Shawnee Co

1740 SW Western Ave
Topeka, KS 66606, 785-232-0062
Brochure may also be downloaded at: www.oznet.ksu.edu/shawnee

Senior Outreach Services (SOS) available in Shawnee County

Home and community based mental wellness services are available to anyone over 60 years of age in Shawnee County. Senior Outreach Services (SOS) are provided by Valley Behavioral Health Care clinical staff member, Tim Bonner, LCP. The first meeting is free of charge and many senior citizens will qualify for waiver of fees for six sessions. Tim reported, "The goal of Senior Outreach Services is to overcome any barriers that stand in the way of someone receiving mental health services. Our focus is on utilizing personal strengths to bring about solutions as quickly as possible."

According to Mr. Bonner, the most frequent needs that are addressed are: learning new coping strategies to adjust as changes come with aging, resolving issues that bring about a depressed mood, helping families effectively communicate to unish in addressing the elder's changing needs, facilitating the grieving process as a senior citizen deals with losses, and support for caregivers. Tim facilitates a caregivers support group each fourth Wednesday from 1:00 to 2:00 p.m. at the Rose Hill Senior Housing's community building, 3600 SW Gage Blvd., 479. It is open to anyone of any age who is in a caregiver role with an elder, even if it is not full time. The SOS services are partially funded by a grant from Shawnee County. More information is available by calling Tim at Valley, 233-1730 extension 3229. He is also available to speak to groups about this valuable service for senior citizens, as well as on topics regarding maintaining mental wellness.

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

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, rela, massage therapy and yoga
- Serving 20 Kansas counties

AMAZING AGING!

Midland Hospice Care
543 Lawrence Ave • Lawrence
635 S. Main St • Ottawa
875-842-3627 785-232-2044
www.midlandhospice.org

WINTER 2008 • 13
Depression is not a normal part of aging

Depression is not a normal part of aging. Yet depression is a widely underrecognized and undertreated medical illness. Depression often co-occurs with other serious illnesses, such as heart disease, stroke, diabetes, cancer, and Parkinson’s disease. Because many older adults face these illnesses as well as various social and economic difficulties, health care professionals may mistakenly conclude that depression is a normal consequence of these problems — an attitude often shared by patients themselves.

These factors together contribute to the undertreatment and underdiagnosis of depressive disorders in older people. Depression can and should be treated when it co-occurs with other illnesses, for untreated depression can delay recovery from or worsen the outcome of these other illnesses.

What is Depression?

Depression is a serious medical illness; it’s not something that you have made up in your head. It’s more than just feeling “down in the dumps” or “blue” for a few days. It’s feeling “down” and “low” and “hopeless” for weeks at a time.

Signs & Symptoms

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed

Treatment

A variety of treatments including medications and short-term psychotherapies have proven effective for depression.

New Brochure Available on Suicide Awareness for Older Kansans

The brochure, Suicide Awareness for Older Kansans, was developed by the Governor’s Mental Health Services Planning Council and the Sedgwick County Aging and Wellness Coalition. Support was provided by the Kansas Department of Aging (KDOA), the Kansas Department of Social and Rehabilitation Services (SRS), and the Kansas Department of Health and Environment (KDHE). The brochure is available on the KDHE website at: http://www.kdheks.gov/ldp/download/Suicide_and_Older_Adult_Brochure.pdf

It will also be available through the 11 Kansas Area Agencies on Aging or any local health department. Jayhawk Area Agency on Aging 785-235-1367

Jefferson County Health Department 785-863-2447

Lawrence/Douglas County Health Department 785-843-3050

Shawnee County Health Department 291-2490

Facts

- Kansas ranks 16th among the 50 states for suicide rates, and many of those deaths occur in the over-65 population.
- In 2005, 55 Kansans over 64 years old died by suicide — 47 men and 8 women.

Jefferson County Health Department, Home Health & Hospice

(785) 863-2447

1212 Walnut - Hwy. 59 - P.O. Box 324, Oskaloosa, KS 66066-0324

Public Health Fax: 785-863-2652 • Home Health/Hospice Fax: 785-863-3323

Do You Have Your Family Preparedness Guide? Call the Health Department today or download a copy from http://health.jfcountyks.com

Health Clinics

(For questions and more information, please call 785-863-2447)

1st Wednesday of the month
Nortonville 9:00-10:30 Senior Citizens Center
Valley Falls 11:00-Noon at Township Hall

2nd Wednesday of the month
Fairview 9:00-10:00 am Fire Dept Community Room
Meriden 10:30-Noon Methodist Church

3rd Wednesday of the month
Perry 9:00-10:00 am Community Bldg
Granville 10:30-Noon Community Bldg

4th Wednesday of the month
Winchester 10:30 to Noon Community Bldg

3rd Monday of the month
McLouth 10 30-Noon Senior Citizens Center No clinic on MLK Day and Presidents’ Day at McClouth

Jefferson County Caregiver Support Group
Call Marilyn Thomas at Jayhawk Area Agency on Aging for details. Meriden United Methodist Church 4th Tuesday, 10 am, 200 Dawson

3rd Annual Lawrence Area Partners in Aging March Madness Senior Resources Fair

When?: Tuesday March 4, 2008 10 am to 2 pm.
Where?: Hy-Vee at 6th and Monterey Way, Lawrence, KS.
What?: The Senior Resource Fair is designed to introduce seniors and their families to the businesses that belong to the Lawrence Area Partners in Aging (LAPA) and the services they provide.

For more information please call any of the following resource fair committee members: Kim Hoffman (842-0656) Seth Mavorsita (856-5555) Ashley Schimm (842-0543) Tina Roberts (842-0545) Julie Prideaux (842-3627) Kitty Shea (856-5512) and Marilyn Thomas (JAAA) 800-796-1366.

To place your ad, in Amazing Aging!, please call Kevin toll-free at 877-841-9417.
The Kansas Area Agencies on Aging (KAA) represents the 11 Area Agencies on Aging (AAA) in Kansas that collectively serve all 105 counties in the state. Jayhawk Area Agency on Aging services Jefferson, Shawnee and Douglas Counties. The AAAs provide assessments for community-based and facility-based services, information, care management and many other services for Kansas seniors. In Kansas, AAAs are the "single point of entry," coordinating the delivery of publicly-funded community-based services. The Area Agency on Aging system is federally, state and locally funded and locally administered. Consequently, service delivery/decisions are made in the community, the level closest to the seniors needing services.

The Area Agencies on Aging in Kansas are part of a national network of 655 AAAs established by Congress in the Older Americans Act of 1965. The Area Agencies on Aging carry out their federal mandate as "the Leader" on aging issues at the local level. The Kansas Area Agencies on Aging Association works to improve services and supports for all older Kansas seniors and their caregivers.

To meet the needs of Kansas seniors and to accomplish KAA Legislative Policy Priorities KAA urges:

**Legislation:**
- HB 2578 - Legislation to establish a program through which unused prescription drugs (from nursing homes, home health agencies, hospice, etc.) may be distributed for use by medically indigent persons.
- HB 2494 - Legislation to exempt prescriptions made by the eight not-for-profit Area Agencies on Aging from sales taxes that are not levied on the AAAs supported through governmental entities.

**Budget:**
- KAA urges $1,569, 674 to fund Access to Core Services

Changes in federal policy by CMS seriously affect the Area Agencies on Aging's (AAA) financial ability to access customers. These changes significantly impact the Medicaid reimbursement rates paid to AAAs. Area Agencies on Aging have no way to cover and cannot absorb these necessary costs that are no longer reimbursed under Medicaid.

- KAA urges full funding of Home and Community Based Services for the Frail Elderly waiver (HCBS-FE) in FY 2008.
- The HCBS-FE waiver program prevents the premature institutionalization of Kansas' senior population.
- By keeping seniors in the community as long as possible, last year, the HCBS-Frail Elderly waiver program saved the state on average $7,757 per person ($13,392 all funds) over the cost of institutional care. The total savings to the state is $45,144,576 annually ($112,861,440 all funds) based on 5,820 seniors served.
- KAA recommends funding of the Senior Care Act without a waiting list and urges funding of preventive services under the Senior Care Act:
  - Basic care such as meals, homemaker, attendant care and others is available—often the key to allowing a person to stay in the community and to avoid entering the Medicaid system.
  - The area of preventive services was amended into the Senior Care in 2005 but no funding was added for these services. Programs that promote healthy aging have been documented to provide a better quality of life for the senior and reduced health care costs for the state.

- KAA recommends the Rapid Referral and Case Management in Kansas hospitals.
- The project piloting the Rapid Referral and Case Management showed significant improvement in coordination of community services and keeping seniors and those with disabilities in their homes, diverting them from placement in nursing homes and reducing occurrences of re-hospitalization.

- KAA recommends the addition of $1,007,672 (all SCF) for nutrition programs. The additional funding would be used to address the new federal minimum wage requirement.

We would appreciate the opportunity to discuss these issues with you. Inquiries may be directed to Jayhawk Area Agency on Aging Team Manager Jocelyn Lyues, 785-235-1367 or 800-798-1336, eor.

Craig Kaberline, Executive Director Kansas Area Agencies on Aging
email: k4aaed@hotmail.com
Web site: www.k4aa.org
(785) 267-1336

**Golden Girls Tea**

Over 100 ladies enjoyed tea and fellowship at the Golden Girls Tea, October 3rd. During the tea, participants dressed up like the Golden Girls character "Sophia." Congratulations to Frances Ulheit, who was the winner of the Golden Girls Look a Like Contest. Marianne Carlson took second place, while Molly Hils placed third. Our thanks to Bruce Jones of KSNT Channel 27 for serving as a judge.

**PLEDGE FORM**

Yes! I support the mission of Jayhawk Area Agency on Aging, Inc.

Please apply my gift toward:
- Guardian Angel Fund
- Where Needed Most

* Contact Sarah Williamson at (785) 235-1367 for details or to discuss other options of support

**Level of Giving**
- $25
- $50
- $100
- Other

**Method of Payment**
- Check Enclosed
- Bill Me
- Monthly
- Quarterly
- Annually

Thank you for your support!

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

**SUDOKU SOLUTION**

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**AMAZING AGING!**

**WINTER 2008** • 15
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