

Amazing Aging!

For Seniors and Those Who Love Them

**A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties**

Summer 2015



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

BLUE HAWAII



Honorary Chairs Dale and Anita Cushinberry of Topeka pose with Elvis (aka Bob Lockwood, McLouth) at JAAA's annual "There's No Place Like Home" event. See story on page 3.

A Message from Jocelyn Lyons, JAAA Executive Director

In partnership with the Topeka/Shawnee County Public Library, Jayhawk Area Agency on Aging hosted a watch party July 13th for the White House Conference on Aging (WHCOA).

The Older Americans Act 1965, mandates the White House Conference on Aging be held every ten (10) years. This year's conference seemed more significant since 2015 marks the 50th anniversary of signing into law the Older Americans Act, Medicare and Medicaid. This year also marks the 80th anniversary of Social Security.

It is stated each decade the WHCOA provides an avenue to envision issues that will help shape the fabric for older Americans for the next decade.

In past years, delegates were

selected from each state to attend WHCOA. This year delegates were present, but due to technology, the WHCOA was telecast across the nation and internationally to over 600 watch parties. Attendees were allowed to listen in and observe



Jocelyn Lyons

panel discussions on such topics as Caregiving in America; Planning for Financial Security at Every Age; The Power of Intergenerational Connections and Healthy Aging; Empowering All Generations; Elder Justice in the 21st Century and Technology and the Future of Aging. These panel discussions followed the opening remarks by President Obama.

And because of technology today, participants of the watch parties were given the opportunity to use Twitter and Facebook to provide opinions and comments.

During breaks JAAA engaged attendees of our party in responding to questions such as:

- What can the AAAs do to assist caregivers?
- How can we keep generations connected?
- What should we be thinking about now to prepare our families, communities and country for the next decade to support older Americans and their families?
- What are your strategies for taking part in healthy activities?

I would like to thank Topeka/Shawnee County Public Library for

partnering with JAAA to host the watch party and thank those who attended for offering your input.

This WHCOA was very meaningful for me because of the opportunity to be part of the story that will be written and be a consumer in that new landscape that will unfold.

I'm excited to think people are finally getting: "Aging is a State of Mind." Our longevity is to be looked at as an opportunity, but first we need to take the opportunity to examine how our society defines "old."

Statement from Assistant Secretary for Aging Kathy Greenlee on Senate passage of Older Americans Act Reauthorization

We applaud the Senate for passing the Older Americans Act and advancing it one major step toward reauthorization. This critical legislation, which was signed into law 50 years ago this week, provides high-quality, individualized services that improve the health, safety, and well-being of nearly 12 million older adults and one million family caregivers. It is key to enabling older adults to live their

lives with dignity and respect in the homes and communities they choose.

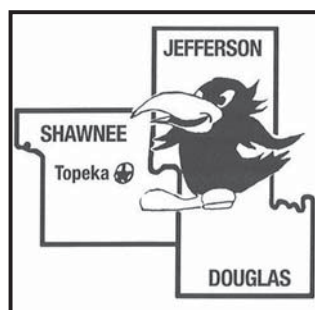
Earlier this week at the White House Conference on Aging, we talked about the transformation of aging in America and the engagement of all sectors of society in the benefits and promise of longevity. Reauthorization of the Older Americans Act is an important step in achieving the goals we set.

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
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You are encouraged to write us at:

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Marsha Henry Goff, editor



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Amazing Aging strives to provide readers with the information they need to live independent and productive lives. We also seek to feature stories of seniors who are active as workers, volunteers or engaged in hobbies. If you know a senior you would like to see featured in a future issue, please contact editor Marsha Henry Goff at mhgink@netscape.net or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.

'This dance is the most fun we have all year!'

By Marsha Henry Goff

So says Susan Eakins of Lawrence who attended JAAA's "Elvis in Blue Hawaii" fundraiser/dance last May at Great Overland Station with her husband Darwin and friends. This was the second year for the group from Lawrence, all of whom are looking forward to next year's dance. "I hope they have Elvis and the band again next year," suggests Susan.

Neither rain nor the threat of a tornado could dampen the spirits of those who attended the annual "There's No Place Like Home" event hosted by JAAA. While attendance was somewhat impacted by the weather, the crowd — many of whom wore Hawaiian garb — extended to the balcony overlooking the dance floor.

Richard Hatch and his wife Elaine of Topeka attended with Elaine's parents, Walt and LeNore Stumpf. "This is the third year that we have attended the dance," Richard says, "and we have enjoyed it very much each time. I think that the danceable music makes it a good time for all ages. The band does a good job of balancing fast and slow dancing and Elvis is always entertaining. The committee does a great job of coming up

with fun dance themes, door prizes, auction items and great food."

The Hatch/Stumpf family were not the only two generational family on the dance floor and there was at least one three generational family dancing and enjoying the music of Elvis (former KU Coach Bob Lockwood) and the 1950's Secrets Band. There are few events where families ranging from teens to nonagenarians can have a great time together and leave smiling.

Attendees were greeted by children who presented them with leis, then treated to a delicious Hawaiian-themed meal provided by Aboud's Catering of Topeka and delectable cookies donated by Eileen's Colossal Cookies in Lawrence. Brad and Deborah Aboud have been our champions since the inception of our fundraisers and, during the last two years, Becky and Rod Johansen have been generous in providing cookies for our event.

A special surprise arranged by Bob Lockwood (aka Elvis) consisted of nine talented young girls from Byrd's Dance and Gymnastics in Kansas City, Kansas, who hula danced to three Hawaiian songs sung by Elvis. The girls also individually exhibited some of their gymnastic skills. Their performances were a huge hit with the audience



Zoe and Sammi Goff of Blue Springs are all smiles as they pose with Elvis. (Photo by Greg Goff)

and we are grateful to Susan Byrd, her staff, the girls and their families for the exceptional entertainment.

As always, Elvis and the 1950's Secrets Band sang and played music of all tempos for dancing and listening. The dancing was kicked off by Honorary Chairs Anita and Dale Cushinberry, who danced to "Lost in the Fifties Tonight." After a few bars, they were joined on the floor by honored guests Bev and Don Gardner of Lawrence and Chris and Lynn Luck of Oskaloosa, who represented their respective counties of Douglas and Jefferson.

Elvis surprised everyone with a new and beautiful light blue costume, complete with cape. His costumes are made by the same business that made costumes for the original Elvis. The band is comprised of the following musicians with their day jobs in parentheses: Jeff Nelson, Lawrence, (law enforcement); Ken Burke, Shawnee, (wealth management); Dr. Park Lockwood, Lawrence, (Washburn University professor); Bobby Lock-

wood, Kansas City, KS, (teacher and coach); LT COL Lanny Snodgrass, MD, Seattle, WA, (military physician and Washington University professor); and Debbie Husted, Lawrence, (legal assistant).

For many years, our supporters have done a fantastic job by providing elegant themed baskets for drawings, but, in addition to those, the last two years — thanks in great part to the efforts of April Maddox, JAAA Case Management Program Manager — our silent auction has grown by leaps and bounds. This year the items ranged from Royals tickets, football signed by K-State Coach Bill Snyder and basketball signed by KU Coach Bill Self to a Branson or Bust package, wine tasting and coffee lovers baskets, a ballcap signed by Tom Watson and almost everything in between that you might imagine.

We are sorry if you missed this year's dance, but next year you'll have another opportunity to attend a "There's No Place Like Home" event that we believe is the most fun you'll have all year!



Young dancers from Byrd's Dance and Gymnastics in Kansas City, Kansas, hula to Elvis singing "Blue Hawaii." Additional photos on page 11.

Shirley Harrell: 53 accident-free years driving a school bus

By Marsha Henry Goff

For the first time in 53 years, when Douglas County's Clinton Lake area elementary and junior high students board the big yellow school bus in August, Shirley Harrell will not be driving it. She was a farm wife with young children when Don Clough, who managed a private rural bus company, approached her about driving a school bus. When she said she had never driven a bus, he said, "You drive grain trucks all the time. If you can drive a grain truck, you can drive a bus. You're hired."

The job proved to be a good fit and driving the bus was a job she loved, mainly because she loves children. "I would not recommend anyone drive a school bus if they don't love children," she says, then adds with a twinkle, "because you have to love them to put up with them. It takes love of children and patience to drive a school bus."

Because she and her husband Alvin were in the dairy business for a half-century, her normal routine was to get up at 4:00 in the morning, milk the cows while Alvin completed outdoor chores — "I had milking machines; we didn't milk by hand" — and be in the bus by 6:45 a.m. to get the children to school on time. After finishing her daily 80-mile route by delivering the children home from school, her bus day ended at 4:15. In the evening, she again milked the cows.

Within a couple of years, the school district took over bus transportation and the R.W. Harmon Company became her employer. Shirley and the other bus drivers acquired their CDL (commercial drivers' license) and were schooled in first aid and CPR.

She remarks that, until recent years, school was never closed as a result of weather. "It was never too bad to close school." She tells of one time when the snow had heavily drifted along her route and, although the plow had cleared the road, the snow at the side of the road was as high as her bus window. She is grateful that her bus never quit on her and attributes that to the fact she kept her bus at her home and her husband was able to take care of any minor mechanical problems that arose before she began her route. He also placed chains on her bus in snowy weather.

Although Shirley admits that bus drivers couldn't take such action today, early in her career, she was able to use her ingenuity to solve a traction problem. "I was going around the south end of Lone Star Lake, a route I drove for many years, and half way up an icy hill the wheels started spinning. I had some large kids and I said 'Kids, go to the back of the bus and jump up and down as hard as you can,' and it worked."

She also helped children celebrate their birthdays. "One of the children would have a birthday and we'd have cupcakes or something. I'd pull over and we'd have a little party. Of course, you can't do that now."

She rarely had behavior problems and estimates that in her entire career, she probably gave out six or fewer "conduct" cards. "If I had a problem with fussing and fighting, I'd stop the bus and say, 'Look, this is not going to work. We are one big happy family on this bus and we don't behave like this.' If that didn't work, I moved them to a different seat and called Mom when I got home. I knew



Shirley Harrell poses with a few of her many awards and the buses given to her by children she drove to school.

that when I talked to a child's parents, that child got worse than what I had given them. I've always had all the backing of the parents and I've always had really good children."

Shirley received numerous awards for her longevity and safety record: not a single accident in 53 years. She treasures miniature buses given to her by children for Christmas or at the end of the

school year. She feels privileged that her own children and grandchildren were among the riders on her bus. During her career as a bus driver, she drove everything from a van to a 54-passenger bus. Most of her buses required manual shifting, but Bus 8, the one she has driven for the last several years, has an automatic transmission. "It has 147,000 miles on it and I put on

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Shirley Harrell

CONTINUED FROM PAGE FOUR

almost all of those miles."

At the age of 85, and encouraged by her three sons and a daughter, she decided to retire. "Not a single one of my children thought I should drive the bus another year. They thought I should quit for safety's sake. I wasn't having any trouble driving, but I thought I better quit while I'm ahead. All good things have to come to an end and my bus driving has to come to an end."

"My bus kids for the last ten years would say every year, 'Are you going to drive next year, Shirley?' I didn't tell all the kids that it was my last run. I did tell two or three that I wouldn't be picking them up next year and they were sad. I'm going to miss it as much as they will miss me."

While Shirley has retired from bus driving, she will continue to live a busy life. She bakes and elaborately decorates wedding cakes, helps run a family business and may even find time to learn to play the organ she bought at a friend's auction.

CHAMPSS enrollment shows no sign of slowing down

CHAMPSS (Choosing Healthy Appetizing Meals Solutions for Seniors) is an exceedingly popular program in the three counties — Douglas, Jefferson and Shawnee — that JAAA serves. A plastic card is loaded with up to 12 meals (a donation of \$3.00 per meal is suggested to enable the program to continue and grow). At the participating restaurants, the card is swiped and one meal is removed. Cards may be used for one meal a day — either breakfast, lunch or dinner.

Cardholders may use their cards at any of our participating locations: Hy-Vee and five Dillon's stores in Topeka, both Hy-Vee stores in Lawrence and Mac's Grill in Valley Falls. Watch for more locations to open in the future.

Cardholders in all three counties may refill their cards by calling JAAA with a credit or Vision card or by using our website (www.jhawkaaa.org).

jhawkaaa.org). Cards may also be refilled by mailing a check or dropping by our Topeka office with a check or cash. In Lawrence, cardholders may call 842-0754 to make an appointment to drop by our office in Independence, Inc. to refill their cards.

To initially obtain a CHAMPSS card, seniors must attend an orientation session. CHAMPSS orientations in Topeka are scheduled at 1:30 p.m. at JAAA on August 5, September 2 and October 7. Orientation sessions in Lawrence are scheduled at 2:00 p.m. at Lawrence Public Library on August 3, September 1 and October 5.

To date, JAAA has 2,121 active CHAMPSS cardholders. We are 9.5 months into this fiscal year and have signed up 483 people at Topeka orientations and 350 people at Lawrence orientations. Seniors obviously enjoy having the choice of what and when to eat.

*Thanks to our Generous Donors of Baskets and Auction Items
benefitting our Guardian Angel Fund*

4 Olives Wine Bar	Liberty Hall
A Helping Hand Home Care	Lisa Cook
AMC	Mad Eliza's Cakes & Confections
Atria Hearthstone	Mass Street Soda
Back's By Popular Demand	MC and Marilyn Thomas
Baldknobbers	McAlister's Deli
Be Moved Studio	McRite's
Beauchamp Gallery Frame's Shop	McFarland's Restaurant
Bolder Band Headbands	Medicalodges of Eudora
Botanica Wichita Gardens	Merchants Pub and Plate
Branson's Imax Entertainment Complex	Merry Maids
Bread and Butter Concepts	Nancy McCune
Bunker Coffee Company	National Tiger Sanctuary
Caregivers Home Health	National WWI Museum
Casey's General Stores, Inc.	NY Aj's Pizzeria
Chris Sembower	On the Border
Combat Air Museum	Oriental Trading Company
Comfort Keepers	Otter Wall
Communication Federal Credit Union	Otterbox
Cookies By Gayla	Oz Museum
Cook's American Grill	Paisano's Ristorante
Cooper's Hawk Winery	Panera Bread
Country Stampede	Perkins
CVS	Pie Five Pizza
Cypress Ridge Golf Course	PinkCalyx
Drop Zone Extreme Sports	PRN Home Health
Dwight D. Eisenhower Presidential Library and Museum	PT's Coffee
Friends of Topeka Zoo	Rack Room Shoes
Gates BBQ	Ramen Bowls
Gateway Arch	Royals Tickets
Glory Days Pizza	Sam and Maribeth Brown
Godfather's Pizza	Sam's Club
Grand Country Music Hall	Schmidt Vending
Great Life Golf and Fitness	Scrapbooks Etc.
Green Kid Crafts	Southmoreland on the Plaza
Half Moon Yoga Studio	Spangles
Home Buddy	Steve Brennan Fine Art Photography
Home Instead Senior Care	Sunset Zoo
Hostess Brands	Tanganyika Wildlife Park
Jennifer Allred - The Turquoise Tomato	Texas Roadhouse
Jolly Time Popcorn	The Coterie Theater
Kansas Children's Discovery Center	The Mad Greek
Kansas City Repertory Theater	Tom Watson
Kansas City T-Bones	Trinity In Home Care
Kansas City Union Station	Two Brothers BBQ
Kansas City Zoo	University of Kansas
Kansas State University	Vintage Stock
Kathy Green	Westside Yoga
Laugh Out Loud Family Zone	Wheatfields Bakery Café
Layla Watson	Whirled Hair Design
Leaves and Cones by Goldsmith Gifts	Wichita State Athletics
	Wildlife Education
	Windsor At Home Care
	Worth a 1000 words

**Please visit us online at
www.jhawkaaa.org.**

Are you on Medicare?

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY JOHN DOE		SEX MALE	
MEDICARE CLAIM NUMBER 000-00-0000-A		EFFECTIVE DATE 01-01-2007	
IS ENTITLED TO HOSPITAL (PART A)		01-01-2007	
MEDICAL (PART B)		01-01-2007	
SIGN HERE →			



Do you struggle to pay for prescriptions?

**Is your monthly income below
\$1,471 for a single person?
\$1,991 for a married couple?**

Limited resources?



You may qualify for assistance!

Contact Jayhawk Area Agency on Aging to speak with a trained Senior Health Insurance Counselor to determine what you may qualify for and receive application assistance.

1-785-235-1367

1-800-798-1366



Frank Male stays active by volunteering and walking

By Marsha Henry Goff

Last year, Frank Male of Eudora walked eight miles a day, a mile for each decade of his life. This year, however, he was so busy with volunteer work that he cut his daily walk down to a mere six miles.

Frank and his wife, JoAnn, moved from Texas to Eudora in 2001 to be near their son Frank, Jr. and his family. Frank, a retired chemical engineer, cared for JoAnn until her death in 2009 and began volunteering shortly thereafter. Every two months, he helps the Red Cross with its blood drive by doing whatever needs to be done, from cutting up vegetables, loading and unloading the supply truck or setting up cots. His freshly-baked muffins are a big hit with blood donors and he also serves as an escort for donors after they have given blood.

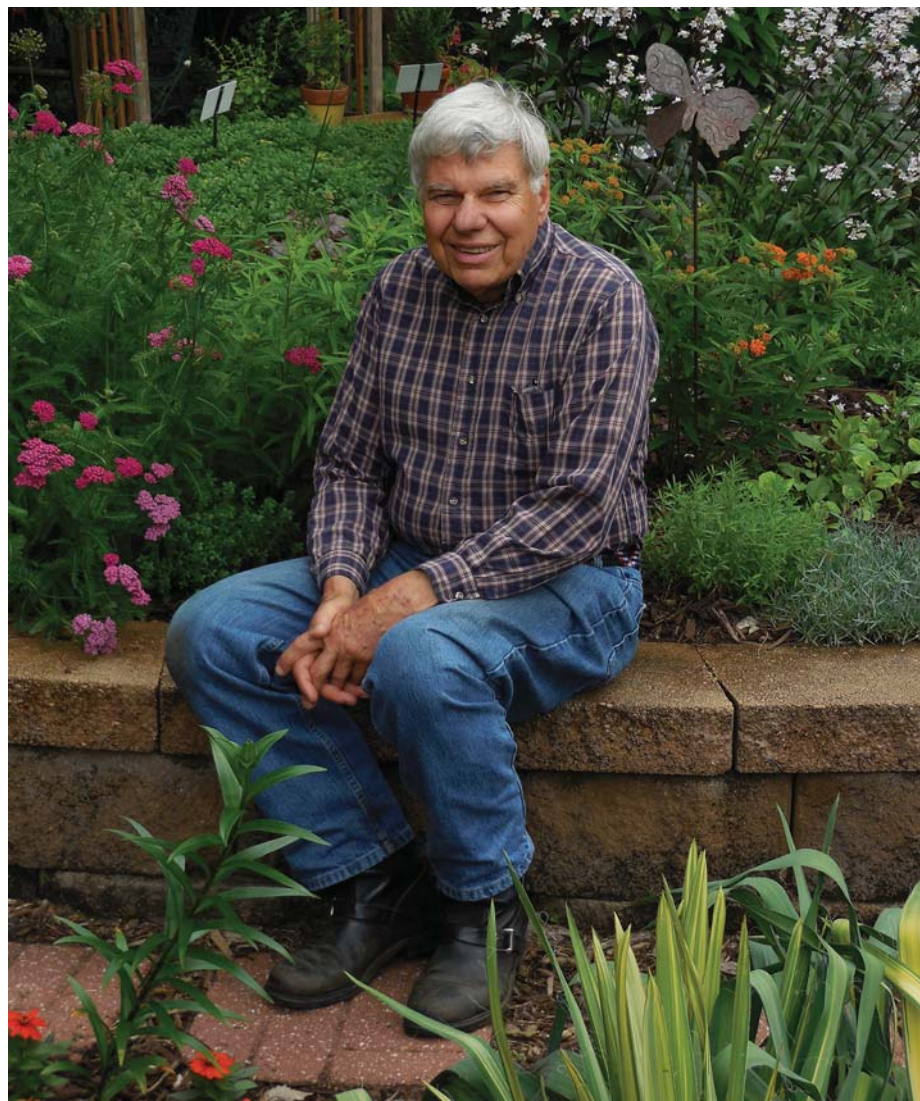
In August, you will find him making bierocks for Octoberfest held at Lawrence's St. John's Catholic Church. "We make them in August and freeze them so the

kitchen is open for school cafeteria cooking in October," he explains with a smile. He also helps set up tables and chairs for the event.

One of his most satisfying — and laborious — volunteer efforts is the colorful and fragrant Sensory Garden at Audio Reader in Lawrence. Frank was a Master Gardener in Texas and when the woman then in charge of the Sensory Garden at Audio Reader learned about his green thumb, she contacted him about volunteering.

The Sensory Garden can be enjoyed by everyone, those with sight and those without. While the sightless cannot see the beautiful shapes and colors of the garden, they can smell the scented flowers and herbs, hear the babbling water fountain, the tinkling of wind chimes and the chirping of birds and feel the texture of different plants and sculptures.

In describing the importance of Frank's volunteer work in the garden, Feloniz Lovato-Winston, Director of Development for Audio Reader, says, "Frank Male



Frank is captured enjoying a rare moment of rest in Audio Reader's Sensory Garden.



Frank Male poses in front of the gazebo at the end of the garden path.

has volunteered for the garden for six years, and he worked tirelessly this year to prepare the Sensory Garden for the Master Garden tour in June. He is the reason why the Sensory Garden continues to thrive. Not only does Frank work in the garden several times a week, planting, fertilizing, weeding and watering, but he also manages all of the other garden volunteers AND oversees volunteer days with KU students twice a year. Frank is always fun to work with, he has a wonderful, friendly personality and generous nature. We have

noticed more visitors to the garden in recent months, and know that it is due to his hard work. Everyone at Audio-Reader is very grateful to Frank."

In 2014, Frank was honored with Douglas County United Way's prestigious Wallace Galluzzi Outstanding Volunteer Award for his work in the Sensory Garden. That recognition was followed this year with an unprecedented second Galluzzi award for his work with the Red Cross Blood Drive.

Frank's son, Frank, Jr., is a pop-

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Frank Male

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ular and well-respected businessman known by most people in the Lawrence area. But, through his volunteer work, Frank also has made the acquaintance of many residents. He laughs while describing an incident that occurred when the two men were together: "Two or three years after my wife died, we were walking down Mas-

sachusetts Street and a woman said 'Hello, Frank.' We both said hello and as we walked on, my son said, 'I don't know her' and I said, 'I do!'"

When asked why he maintains such a busy volunteer schedule, Frank is quick to answer, "Satisfaction. I like to be active. It's not the money," he says with a grin. "Just keep moving or age will catch up with you."

Age will have to move very fast to catch up with Frank Male!

JAAA will train you to be a SHICK volunteer

Have you wanted to learn a new skill? Help your friends and neighbors? Get out and meet new people? Select your own hours on a flexible schedule?

If so, you may be interested in training to be a SHICK (Senior Health Insurance Counseling for Kansas) volunteer Medicare Counselor. SHICK training is planned for July 28-30. Enrollment for the Part D open enrollment period begins on October 15 and continues through December 7.

Last year, JAAA's SHICK volunteers served 1,961 people and saved 500 Part D participants, who were enrolled in Part D the previous year, a whopping \$313,544.41! The average savings

was \$569.05 or about 49% per person! Amazingly, one volunteer found a plan with a \$1,071 annual cost that replaced a client's previous plan costing \$15,657. While that amount of yearly saving — \$14,586 — is quite rare, a saving of only \$20 a month is a blessing to many people who live on limited incomes.

Contact Chris Merriweather, JAAA's Volunteer and SHICK coordinator by calling 235-1367 in Topeka or 1-800-798-1366 outside the Topeka area. Chris will assist you in getting approved and registered for training.

You will be rewarded with happy smiles and sincere thanks from the people you help.

Seniors, Caregivers, Disabled Individuals
Do you have a question about available services?
JAAA can help you.



Shawnee County



Jefferson County



Douglas County

**235-1367 (Topeka) or
1-800-798-1366 (outside Topeka)**

Heartfelt Thanks to our Generous Contributors to JAAA's Guardian Angel Fund

Tinman with a Heart (\$1,000 to \$4,999)

About's Catering (in kind) Capitol Federal Foundation
MHG Ink Communications (in kind)

Intelligent Scarecrow (\$500 to \$999)

Security Benefit Charitable Trust

Courageous Lion (\$100 to \$499)

Assisted Transportation Services	Lesta R. Kline
Shirley Biller	In memory of
Blue Bross & Blue Shield of Kansas	Lew, June & Bette Henry
CBIZ MHM, LLC of Topeka	Dr. Mary Pat Lange
Core First Bank and Trust	Coach Bob and Dr. Lillian Lockwood
Eileen's Colossal Cookies of Lawrence (in-kind)	Jocelyn Lyons
Ernest Dyer	Kim and Steve Magee
Gary Fowler	Rueschhoff Locksmith & Security
Marsha Henry Goff and Ray Goff	Martha and Gary Skeet
In Memory of	LTC Lanny Snodgrass, MD
June S. and L. Lew Henry	Ken and Carol Sook
Kathy and Michael Green	Jean Stueve
Cyrene Holt	Beverly Thompson and the late Emmett Thompson
Horton National Bank	

Friendly Munchkin (Up to \$99)

Susan Arnold	April Maddox
Mary Barker	John McGrew
In Memory of Marian Brown	Jeffrey and Allison Long
Cards 'N Such	Karel Ramsey
William and Judith Cook	Grace Reichle
Jo and Dean Cross	Jacqueline Shmalberg
Mary Elliott	Topeka Allergy and Asthma Clinic
Gary D. Hale	Betty Wade
Beth Kinnan	

JAAA Staff Fundraising Activities: Chris Anderson, Susan Arnold, Mary Barker, Cynthia Buck, Michele Dillon, Theresa Foster, Nyree Green-Brooks, Susan Harris, Kristy Heffren, Beth Kinnan, Jocelyn Lyons, April Maddox, Kim Magee, Chris Merriweather, Grace Reichle, Elizabeth Rincon, Anna Sargent, Amanda Sellers, Patricia Smith, Maggie Steiner-McMurphy, Jean Stueve, Betty Wade, Sharon Wright

"We are each of us angels with only one wing, and we can fly only by embracing each other."
— Luciano De Crescenzo

World Elder Abuse Awareness Day

A program on elder abuse, sponsored by the Topeka Coalition on Prevention of Adult Abuse, was presented at JAAA on June 15. Presenter Bessie Tolbert, Licensed Master Social Worker, also authored an article on elder abuse which was published in Metro Voice News.

Abuse of elderly individuals may be physical, emotional or financial. As bad as abuse is when perpetrated by a stranger, it is so much sadder when a relative or trusted friend is the abuser. Tolbert compiled the following lists about what is known about elder abuse:

- 10,000 people a day turn 65
- "Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23 cases go unreported."
- Isolation increases risk for becoming a victim
- Elder abuse knows no boundaries and happens in all demographics
- There may be substance abuse and/or mental health issues involved for the victim and/or perpetrator

Types of elder abuse:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Neglect

- Exploitation of money or goods

Examples of elder abuse

- Using threats or intimidation to gain access to goods or money
- Withholding needed medications or assistive devices (i.e. dentures, hearing aids, walker)
- Using a trusted relationship with an older adult to gain access to goods or money
- Hitting, kicking, slapping, punching

Red Flags

- Sudden changes in banking habits
- New people involved in the life of the older adult
- Bills going unpaid
- Prescriptions not being refilled
- Family members unable to contact or visit the older adult
- Changes in hygiene
- Unkempt appearance
- Older adult unaware of where money is going
- Older adult is showing signs of cognitive impairment
- Sudden changes in routine (no longer attends social activities or religious activities)

If you or someone you know is a victim of elder abuse, help is available. To make a report of suspected adult abuse, contact 1-800-922-5330. Reports are accepted 24 hours a day, 7 days a week. Anonymous reports are also accepted. If it is an emergency situation, dial 911.



JAAA gets around! Look for us!

We will have an information table at Let's Help in Topeka on the following dates: July 14 and 28, August 11 and 25, September 15 and 29, October 13 and 27.

We will be at the KU volunteer Fair on September 2 from 10-2 in the Kansas Student Union.


The re-enrollment period for Medicare Part D is October 15 to December 7. Please call JAAA for an appointment. Our assistance is free and choosing the insurance right for you may save you money.

Medicare Mondays, first Monday of each month, Topeka Public Library, 1:00 p.m. to 3:00 p.m.

We participated in Topeka Gives, a donation event sponsored by Topeka Community Foundation, on June 2. There were over 100 different social service agencies in Topeka represented. We thank the generous Topekans who donated \$258.11 to help the seniors we serve.

JAAA hosted a screening on June 15 of AN AGE FOR JUSTICE: Confronting Elder Abuse in America. The event was sponsored by the Topeka Coalition on Prevention of Adult Abuse. If you or someone you know are a victim of elder abuse, please call JAAA for help.

You may contact us at
235-1367 (Topeka)
1-800-798-1366 (outside Topeka)



Kansas
ISMP
Empowering Seniors To
Prevent Healthcare Fraud

INCENTIVE REWARD PROGRAM

You may get a reward of up to \$1,000 if you report suspected Medicare fraud, the Inspector General's Office reviews your suspicion, the suspected fraud you report isn't already being investigated and your report leads directly to the recovery of at least \$100 of Medicare money. Call 1-800-MEDICARE for more information.

Tom Ryan wins JAAA's 2015 Donna Kidd Award

In a surprise ceremony at The Barn Bed and Breakfast in Valley Falls, which he owns, Tom Ryan was awarded the 2015 Donna Kidd Award. The award, named for and given in memory of JAAA's first executive director of Jayhawk Area Agency on Aging, is given annually to a senior whose life emulates that of Donna Kidd, the qualities she possessed and the volunteerism she demonstrated.

Tom became involved with Jayhawk Area Agency on Aging about 14 years ago when he was asked to finish another member's term and has stayed involved because he strongly believes in JAAA's mission to enable seniors to live in their own homes, where they are comfortable and content, as long as possible. He has served JAAA Board of Directors as treasurer, secretary and chair and has been a member of many committees, most notably the Finance and Nutrition Committees.

In addition to his work with JAAA, Tom has always been actively involved in his community and has generously donated to a great many community and charitable

organizations. He encouraged others to donate to JAAA's "There's No Place Like Home" annual fundraiser and has been a generous donor himself, helping with newspaper advertising and other expenses. He was also an enthusiastic supporter of our tea for seniors, donating several overnight stays at The Barn Bed and Breakfast.

It is because of Tom that we have the beautiful building at 2910 Topeka Boulevard for a home. Purchasing a building, instead of renting, was Tom's idea. No one worked harder to secure the funds necessary to buy our building. And he didn't stop there. He located the best contractors and, with the help of his son, labored long hours inside the building. Whatever needed to be done, Tom did it or found someone who would.

He has been the liaison between JAAA staff and contractors when the building requires repairs, whether the need is for a new roof, air conditioning and heating systems or carpet. He is responsible for the electronic outdoor advertising sign that brings needed revenue to JAAA. And he is largely responsible



Tom looks on as Carol DeGross cuts his cake. (Note: Carol isn't sitting; Tom is just really, really tall.)

for the flag and lovely garden that decorate the front of our building and the signage on three sides of it that tells people who we are.

He was an early advocate for CHAMPSS (Choosing Healthy Appetizing Meal Plan Solutions for Seniors). Whenever Tom learned of something that he thought would help seniors, he embraced it. Tom's imprint is on every aspect of JAAA: our building, our programs and

our people. He fought for raises for staff and hosted an annual Christmas dinner for volunteers and staff at The Barn Bed and Breakfast in Valley Falls which he has operated with his late wife, Marcella, for many years.

Tom has helped JAAA and the people we serve in far too many ways to count. There is no more deserving individual to receive the Donna Kidd Award.



Tom Ryan hugs Jocelyn Lyons after she presents him with the Donna Kidd Award. Tom's daughter Mary is at right.

Call Kevin at (785) 841-9417 to place your display ad in the FALL 2015 issue of Amazing Aging! The deadline is October 15.



Beverly Thompson, a valued member of the dance committee, enjoys the fruits of her labor.



Elvis (aka Bob Lockwood) poses with Joan Martin, Lawrence.



Walt and LeNore Stumpf take a break from dancing. (Photo by Greg Goff)



JAAA ARDC Manager Susan Harris holds her daughter Frannie, 19 months, who could not take her eyes off Elvis.

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