

# 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 2016**



## ***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



**A standing-room-only audience listens intently as Silver Haired Legislature President Jay Rowh speaks about Senior Care Act cuts. Please see story on page 3.**



# A Message from Jocelyn Lyons, JAAA Executive Director

My past articles in the *Amazing Aging* newspaper have been personal reflections and this one will not be any different. The only difference with this column is the difficulty of reflecting my feelings with so little space.

I have written in the past how I felt that from childhood I was groomed to have a career in the aging network. My childhood was centered on the elders in my neighborhood and elder family members and their friends. I reflect how I studied them, listened and learned from my elders. That continued into adulthood and here at JAAA. I was taught respect and taught love. I listened to their stories about their childhood, early adulthood and the hard times they endured

to reach their golden years. I study them as I sit at a restaurant, walk through the mall, visit the hospital and view through their eyes as a resident of long term care facilities.

There is no greater generation than our senior generation. A proud generation, one that has pride in our communities and pride in their civic advocacy efforts that reaped the benefits they enjoy today and established for senior generations following them. My work at JAAA is not a job, it is a passion, it is my mission, it is my purpose!

That love was challenged in being informed by the Kansas Department for Aging and Disabilities Services of the reduction of Senior Care Act (SCA) funds this past spring. The reduction

was due to the shortfall in State General Funds which resulted in a 30% statewide reduction in a program that provides in-home services such as bathing and homemaker services. However, for JAAA, the reduction was 39%. Hearing such news was shocking to say the least, because in my near 40-year tenure with JAAA we have never experienced such a loss in funds that significantly and gravely impacts the most vulnerable senior population.

SCA program serves the homebound senior. A senior who needs assistance to remain independent, a senior who elects to remain in their home rather than enter a facility, a senior who has some family/friend assisting, but more assistance is needed. This is a senior who is paying toward the costs of the service they are receiving. This is your family member, friend, and neighbor. This is a person who is still contributing to the tax base of our communities. These are our seniors who have worked hard, sacrificed, and continue to be active in their civic duties as best they can. And it just angers me how little regard and respect is given for this great population.

The reduction impacts 172 persons in our area. Upon being informed of the reductions, JAAA immediately had no other choice but to implement a wait list. JAAA had no other choice but to make difficult decisions to reduce the hours of services to our clients. So as I've stated in print and television interviews, effective July 1, our clients now receive one bath every two weeks. ONE!!! That is dang (I really want to use stronger language) shameful.

Now to add insult to injury,

when this information was printed in one of our area newspapers, a State official stated that "family and community members would likely take up the slack and help those seniors." (As I type this I am angry again at the lack of empathy.) I wish that official would have contacted our office or any of the ten other AAAs to learn about the program and the clients we serve. I would have told the official that the family and/or community are already involved in the senior's care, but they cannot do it all. Example, I would not want my son bathing me! Allow me to have some dignity please.

Lastly, the final blow was the impact the reductions had on the administration of JAAA. The reduction called for layoffs and reduction of staff hours. A total of five positions were significantly impacted. The manner in which case management will be provided will further impact our serving of our SCA clients.

JAAA is a family. I acknowledge JAAA staff as the best staff of any organization. The case managers go above and beyond our expectations. They have established intimate relationships with their clients. The services they provide are valuable to many of our clients and their family members. Case managers are ensuring their clients' needs are being addressed, evaluating their safety, and honoring them as an elder.

The reduction to the Senior Care Act program is demeaning, disrespectful, and morally wrong. The State of Kansas is better than this and needs to do better by this population.

Seniors Count!



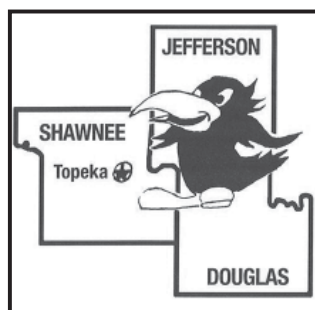
Jocelyn Lyons

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Marsha Henry Goff, editor



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# Senior Care Act cuts are ‘penny wise and pound foolish’

By Marsha Henry Goff

Surveying the standing-room-only crowd attending the press conference to address recent Senior Care Act (SCA) cuts, Jay Rowh, Beloit, president of the Kansas Silver Haired Legislature, exclaimed, “There are towns in my county not this big!” Sprinkled throughout the audience were seniors, caregivers and workers from area agencies on aging who were wearing bright red T-shirts emblazoned with SENIORS COUNT on the front. On the back were the words: AND WE VOTE!

Over 100 people met in the lower level at JAAA to explain and learn how the \$2.1 million cut to SCA will impact Kansas seniors. That amount represents a 30 percent cut, the highest in the program’s history. Under the leadership of Gov. Mike Hayden, the SCA passed the Kansas Legislature unanimously — not a single nay vote — in 1989.

The program provides in-home services to individuals, age 60 or older, who contribute to the cost of services which may include attendant care (*e.g.*, bathing, dressing), respite care, homemaker, chore services and/or adult day care. Services are based on a sliding fee scale according to the individual’s ability to pay.

The average nursing home patient can pay for nursing home care for only a few months before being forced into the taxpayer-supported Medicaid program. Legislators recognized in 1989 that spending a few dollars to provide services allowing seniors to remain in their homes, where they want to be, was vastly superior to spending 20 or more times that amount to provide nursing home care.

So what has changed? According to Janis DeBoer, executive director of Kansas Area Agencies on Aging Association, “Seniors are being

asked to sacrifice their own wellbeing and independence as a result of the Kansas revenue shortfall.”

Jocelyn Lyons, executive director of JAAA, says the agency faces a 39 percent cut. “That means,” she explains, “that a client receiving two baths a week will now receive a bath every two weeks.” The impact of the cut affects clients in many different ways.

At 67, Bobbie Jean O’Neal needs some of the help she has been giving to others for most of her life. “I’m losing my social worker. I’ve been caring for people all of my life and the services I need now, they are cutting. I need help with my medication, cleaning and cooking.” The loss of her JAAA case manager, Theresa Foster, due to SCA cuts is a bitter blow for her. “I trusted her; she earned my trust. She helped me with insurance and burial plans. My mother is 85 and she’s also losing services.”

Bobbie Jean lives with her mother and sister. “We want to stay in our own home. We have worked hard enough and I think we have earned it.” Bobbie Jean worked 33 years for the State of Kansas at Kansas Neurological Institute. During her working years, she also helped others in the community, taking them to the store or helping with their laundry, all without expectation of payment.

Theresa Foster, who will soon be leaving JAAA for a similar position in Southeast Kansas, believes her work with Bobbie Jean’s family demonstrates the SCA program’s success. “That’s a family we’ve really been able to help.”

Nancy McIndoe, who uses an electric wheelchair due to back and knee injuries and asthma, says the cut to her services has put her “in kind of a bind.” The emotional impact of being cut from six hours a week to 5 hours a month is overwhelming. “I need help with my meds and cleaning; my housekeeping is going downhill.”

She worries a great deal about transportation. “I have to have special transportation which is \$8 a round trip. I can’t afford that.” Her aide, Sara, solves the transportation problem by using her own car to take Nancy to grocery shop. Once Nancy transfers to the car, Sara takes the wheelchair back in the house and, at the store, brings out a motorized cart for Nancy’s use while shopping. The entire process takes about two hours. “She got me out of the house. I just felt trapped here.”

Additionally, Nancy’s rent has to be paid by money order. The rent is due so soon after her disability check arrives that there is little time to mail it, even if she could go to the store for the money order. “Sara would get the money order and drop it off at the landlord for me, saving me a late fee.”

Before she became disabled, Nancy worked in retail and food service prior to becoming an office worker. She took care of her mother until she died. Her physical and financial struggles understandably make her depressed. Nancy says that JAAA has been a big help in making her life easier: “They hooked me up with another therapist.”

Patti Jo Schiefelbein is a remarkably independent woman. Blinded at the age of 36 by a genetic disease, she

went to a rehab center where she was “taught to be blind. They taught me how to walk with a cane and how to read using Braille.”

After completing her blind training, she went to work part-time — and substituted full-time for other workers at every opportunity — in the legal department at SRS where she took reports from the public on the Fraud Hotline until she retired at the age of 65.

Patti Jo draws a distinction between those who have been blind since birth and those like her who became blind after living a sighted life. “I would rather be blind than deaf,” she says, “because I can hear the birds and picture what they look like, and when a plane flies over, I know how it looks.”

Due to her independent spirit, Patti Jo needs little help, but what help she needs is essential. “I have a machine that will read printed material and forms that come in — important things that might have to do with the government. The machine can read them, but it can’t fill them out. The important papers and forms I receive have a deadline and if I didn’t have her [JAAA Caseworker Theresa Foster] to help me fill them out, I’d be in big trouble.”

CONTINUED ON PAGE 10

## FAREWELL, YOU WILL BE MISSED!

Due to the recent State reduction in the Senior Care Act program, JAAA, for its first time in history, was faced with the task of laying off staff. Words cannot express our gratefulness for your valuable services. All staff affected by the decision will be a treasure to their future employer, however, JAAA wants to say thank you to: Theresa Foster,

Case Manager; Elaine Crawford, Data Entry; and Amanda Sellers, Information Specialist.

We ask the public to please bear with us as the morning receptionist position was also eliminated due to the reductions. Multiple staff members have been assigned the duties to ensure a live voice continues to answer our phones.

# Vicki Julian presents a memoirs workshop to Kansas Writers, Inc.

By Marsha Henry Goff

"Have you considered writing your memoirs?" Vicki Julian asked members of Kansas Writers, Inc. at the Topeka Public Library. "If not, why not?"

Julian explains that many people are intimidated about writing their memoirs because they do not think their lives are interesting. "But you've lived through space exploration and putting a man on the moon, the invention of microwaves and personal PCs."

Julian presents workshops on memoir writing to groups throughout Douglas and Shawnee Counties. "Writing for your kids is the best reason. To know who they are, they need to know where they came from," she encourages. "Wouldn't you like to know what your great-grandmother's life was like? Wouldn't you like to know

her better than you do? One hundred years from now, your descendants are going to want to know what your life was like."

Julian presents to writers and non-writers alike, but says she likes presenting to writing groups because she does not have to coax them to write. That became apparent when she gave them three minutes to write an introduction to their respective memoirs.

Lily Ann Fouts wrote a cliffhanger of an introduction:

*August 23, 1993 — Albuquerque, NM: Run, run RUN!" I ran side-by-side with Rosy, my 12-year-old sister. We had been in hiding half her life, and now the cops were hot on our tail.*

*It all began in the mid-80s, when I was in first grade. My father, who until then had been largely absent from our lives, decided to kidnap my sister and me and turn us against our mother.*

Later in the workshop, Julian



Vicki Julian reads a humorous example from Mark Abraham's memoir.

assigned the members to write about an event in their lives. Five minutes later, she asked them to read what they had written.

Janet Jenkins-Stotts chose a childhood adventure:

*The story of my adventure in the pear tree became a standing joke between my family and the neighbors for over 20 years.*

*I was 5 years old and an adventurous climber. I was proficient at climbing and horrible at getting down. The day I climbed the pear tree, I had gotten as far up as I could get and was frozen there, unable to even begin the journey down. The 10-year-old neighbor boy volunteered to climb up to get me, but I wanted my mother.*

*Unfortunately, she was recovering from polio and didn't have the use of her left arm, but it was her or no one, so up the tree she came.*

Lily Ann Fouts told a tale of

two little girls' revenge on a mean rooster:

*Rosy and I sat on the back step, glaring at the stupid chickens. The evil rooster, so fond of racing us and pecking at our legs had to go.*

*"I've got a great idea," I said. Rosy looked at me with anticipation on her face. "Let's throw him over the wall into the neighbor's yard. He can be with their chickens."*

*The next time he tried to attack, we dove for his skinny leathery feet. "One, two, three," we said, swinging him in time to the numbers and then hurling him as high as we could. The rooster squawked with surprise and disappeared over the neighbor's wall.*

Carolyn Cabral wrote a story proving that mother knows best:

*When I was 15, my mom sent me to Maine to get me away from a boy to whom I had grown so attached. The*



L-R: Anne Barringer, Lily Ann Fouts, Jan Jenkins-Stotts and Tish Glason busily record their memories.

CONTINUED ON PAGE 11



# 'Aged to Perfection' 5K Fundraiser Benefits JAAA Guardian Angel Fund

By Sara Wood  
Race Coordinator

Genesis Health Clubs of Topeka and Lawrence are showing support for the elderly by co-sponsoring a 5K fundraiser for the Jayhawk Area Agency on Aging at 9 a.m. on Saturday, September 3 at the Washburn University campus. The 1 mile walk/5K fun run will raise money for the local Guardian Angel Fund that helps supply necessary items that are not covered under any other funding to our aging citizens. This is a timely effort to help our aging population as the state has recently announced a \$2.1 million cut in services for the elderly. There has never been a more important time to show support for our seniors, as they are already on fixed incomes and the natural aging process takes a toll on their health.

Genesis Health Clubs has a

strong dedication to our elderly population as they are a proud participant of the Healthways Silver Sneakers program. The Healthways SilverSneakers Fitness program is an insurance benefit included in more than 65 Medicare health plans. The SilverSneakers program allows health plans and group retirement plans to provide a gym membership to their insured, usually at no additional cost. The importance of physical fitness for our elders has been proven to help keep them more independently mobile, healthier, socially active, and increases their

self-esteem and confidence. Genesis Health Clubs takes their dedication one step further offering up to four sessions with their in-house certified fitness trainers for all of their gym members at no additional cost.

The Guardian Angel Fund allows the Jayhawk Area Agency on Aging to provide items such as walkers, incontinence supplies, dentures, hearing aids, and other necessities to live a more dignified life to

our seniors in need. The Jayhawk Area Agency on Aging serves people age 60+ of all income levels in Shawnee, Jefferson and Douglas counties.

The idea of the 1 mile walk/5K fun run fundraiser is to promote the physical, social and emotional well being of our senior community. This is a great opportunity to encourage families to participate by walking or running with or on behalf of an aged parent, grandparent, or great-grandparent. Additionally, all participants will receive a "finisher's medal" and a "virtual" run option is available for those who are not able to attend the actual race. Fees are \$20 for the walk, \$30 for the run and \$25 for the virtual run.

As people are living longer lives they need the support to stay healthier for those enduring years. Please join us on Saturday, September 3 at 9 a.m., on the Washburn University campus for this one of a kind inter-generational experience. Registration is available on the Jayhawk Area Agency on Aging website: [www.jhawkaaa.org](http://www.jhawkaaa.org).



JAAA proudly pairs with  
AAA, AARP and AOTA to present

## CAR-FIT

September 21, 2016, 9 a.m. to noon  
Grace Episcopal Cathedral Parking Lot  
701 SW 8th Avenue in Topeka



The website to sign up for the event and have your car "fitted" is [Car-Fit.org](http://Car-Fit.org).



# Better every year: JAAA's fundraiser benefiting Guardian Angel Fund

By Marsha Henry Goff

Elvis (aka Bob Lockwood of McLouth) treated guests at JAAA's "There's No Place Like Home" dance to a night in Las Vegas on a beautiful May evening at Great Overland Station. The fundraiser which benefits our Guardian Angel Fund has evolved over the years and attracts dancers (and watchers) of all ages. Some come for the entertainment, some for the delicious food prepared by About's Catering and some for the vast array of silent auction items. Most guests come for all three.

Guests were treated to a beautiful piano performance by Dr. Lanny Snodgrass of Seattle as

they dined. Later in the evening, the good doctor returned as Liberace, complete with toupee, sparkling costume and candelabra.

Our Honorary Chairs, Deborah and Brad About (the latter wearing an Elvis wig), kicked off the dance by dancing to "Lost in the Fifties/In the Still of the Night." After a few bars, they were joined on the floor by Honored Guests Paula Hladky and Willard Epling of Jefferson County and Becky and Rodney Johansen of Douglas County. Elvis appropriately performed "Viva Las Vegas" as his first song.

A crowd favorite is his performance of "Teddy Bear" when he gives stuffed animals to unsuspecting guests. He is also generous in

giving out scarves and leis. Other members of the Fifties' Secrets Band perform solos particularly suited to their talents. The band consists of Lockwood's sons Park (bass guitar) and Bobby (drums), Jeff Nelson (lead guitar), Ken Burke (keyboard) and Debbie Husted (vocalist). If you are getting the picture of music offering "something for everyone," that is an accurate description of the evening's entertainment.

Lockwood's youngest son, Perry, who bears a remarkable resemblance to a young Bret Michaels, has occasionally performed in the band, but now shows up to help out and dance with his mother. He quickly headed upstairs to wow and dance with the group

from TARK who were watching the festivities from the loft.

The silent auction took over most of the East Room this year and offered everything from sports memorabilia and tickets to fine art, kitchen appliances to vacation packages and airline tickets. Each year April Maddox, JAAA Case Management Program Manager, and Kathy Green, a member of the dance committee, acquire more auction items, both in quantity and quality. JAAA staff members do an amazing job of beautifully packaging the items.

Plans are already underway for May 2017's event. Details will be announced in a future issue of *Amazing Aging*.



**Becky and Rodney Johansen**, Lawrence, owners of Eileen's Colossal Cookies and our Honored Guests from Douglas County, are pictured with Elvis.



**These kids started rockin'** when Perry Lockwood (aka Brett Michaels) joined them.





**Upper left: The drummer (Bobby Lockwood)** sits in back and rarely appears in photos taken from the front. **Above: This couple loves to dance** and we loved the poodle skirt! **Left: Little Frannie was awed by Elvis** last year and still is as she hangs onto the hand of her mother, Susan Harris, Aging and Disability Resource Center Manager.



**Joan Martin, Lawrence, loves the teddy bear Elvis gave her.**



**Dr. Lanny Snodgrass donned wig and costume** to perform lovely piano music a la Liberace.



**Honorary Chairs Deborah and Brad About pose with Elvis** (note Brad's Elvis wig).



# Paula Hladky and Willard Epling use their boundless energy and desire to serve to make the world a better place

You have to wonder how Perry residents Paula Hladky and Willard Epling ever found time to work. Laid off from DuPont the same day at the respective ages of 50 and 55, the couple retrained and became custodians at Perry-Lecompton High School. When they clocked out of that job for the last time, their volunteer activities became many and varied.

As volunteers for Douglas County Medical Reserve Corps (MRC), they immediately began helping with immunization clinics, free dental days, preparedness fairs and WIC (women, infants and children) activities. They currently serve on the MRC Leadership Team and on April 8, 2016, were recognized for their work with MRC during the Champions of Health Breakfast at the Community Health Facility in Lawrence.

They volunteer for Douglas County Emergency Management as team members of, and instructors for, the Community Emergency Response Team, which prepares citizens to perform essential life safety actions in the event of an emergency. They also lead the moulage team helping create life-like scenarios for training purposes. They were nominated for the 2010 Wallace Galluzzi Outstanding Volunteer Award by the Board of Directors of the United Way of Douglas County for their contributions to DCEM. In 2014, Paula was selected as the Outstanding Community Emergency Response Team Member of the year.

As volunteers for Keep America Beautiful, they are very involved in recycling and litter control. Willard presently serves as chair of the KAB Board of Directors Government Committee and Paula serves as the

deputy chair of the KAB Board of Directors Business Committee. In 2010, they received the Eldon and Maggie Pinick Award as the outstanding KAB volunteers of the year for Topeka-Shawnee County.

Until recently, they represented all the volunteers of Douglas and Shawnee Counties as members of the RSVP (Retired and Senior Volunteer Program) Advisory Council and they were recognized in 2015 for their Commitment to Service to RSVP.

In 2014, they received Barack Obama's Presidential Volunteer Service Award for their commitment to The Kansas Children's Discovery Center. Paula was elected by PSA 4 as the Kansas Silver Haired Legislator for Jefferson County and attends hearings and meetings that advocate for senior rights and issues in Kansas. In her spare time, she serves as the secretary of the Perry United Methodist Women.

They co-chair the church hospitality committee and serve as co-coordinators for Disaster Response for the Perry United Methodist Church. Paula serves as a member of the Staff/Pastor/Parish Relations Committee for their church as well. She is the treasurer for the Perry Rural High School/Perry Lecompton High School Alumni Association. Both Paula and Willard serve as volunteers of Perry Pride.

They are currently the co-presidents of Perry Senior Citizens. As such, they provide a monthly meal which includes wellness, socialization and nutrition for approximately 50 senior citizens in the Perry area. A recent meeting of the group featured McLouth resident Bob Lockwood who performed as Elvis.

Paula says, "When we're not volunteering, we ride bikes, cheer on



**Paula Hladky and Willard Epling** represented Jefferson County as Honored Guests at JAAA's recent fundraiser for its Guardian Angel Fund.

the Jayhawks, go to movies, spend time in the swimming pool, and 'LIVE LIFE WELL' in Perry, Kansas. And we love to encourage seniors

to use their retirement years to make this a better world to live in."

It certainly works for Paula and Willard!



*We are each of us angels with only one wing, and we can only fly by embracing one another.*  
- Luciano De Crescenzo



Thank you for supporting

## *JAAA's Guardian Angel Fund*

Our Guardian Angel Fund was established to enable us to purchase needed items for our clients who encounter gaps in Medicare and Medicaid coverage.  
Your contribution to this fund makes you someone's guardian angel.

*Our Heartfelt Thanks to our Generous Donors*

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### **KSU**

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Sunflower Hills Golf Course

Sunset Zoo

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Susan Harris

Tailgators Sports Pub and Grub

Tallgrass Tap House

Tanganyika Wildlife

Trinity In Home Care

The Amazing Pizza Machine

The Coterie

The Hub

The Mad Greek

The National Museum of Toys/

Miniatures

The National WW I Museum and

Memorial

The Red Door

### **The St. Louis Cardinals**

The Tasteful Olive

The Turquoise Tomato (Jennifer Allred)

Threshing Bee

### **Tiny Prints**

### **Topeka Capital Journal**

(Staci Fisher)

Topeka Performing Arts Center

### **Topeka Train Robbers**

Traci Lynn Jewelry (Beverly Hall)

Tulsa Zoo

Turpentine Creek

TWA Museum

Two Brothers BBQ

Unforgettaballs

### **Vern's Retail Liquor**

Vintage Chic

### **Wichita State**

Wildwood Outdoor Adventure Park

### **Windsor At Home Care**

Wolfe's

### **Woodworking by Willie**

Worthington's Hardware and Cafe

Zoobooks

Larger bold text denotes higher level of giving

# Our heartfelt gratitude to Topeka Community Foundation

Topeka Community Foundation recently contributed a most welcome \$2,500 to Jayhawk Area Agency on Aging's Guardian Angel Fund. A great many of the frail and indigent seniors JAAA serves will benefit from the Foundation's generosity.

Guardian Angel Fund is unique in that 100 percent of all monies contributed goes directly to those in need. Money from the fund takes care of necessities that cannot be met by JAAA's funding sources that strictly limit what those funds may cover.

Guardian Angel Fund meets needs as unique as the fund itself. Over the years, the fund has paid for an air conditioner for a Hospice patient, a train ticket so a

mother could attend her daughter's funeral, declawing a cat who inadvertently scratched its owner, setting up life-threatening infections, and covered moving expenses to remove an elderly woman from an abusive situation.

Guardian Angel Fund assists JAAA in enabling seniors to remain in their homes rather than moving to institutionalized care. Sometimes keeping them at home is as simple as replacing a nonworking refrigerator or repairing a furnace.

We at JAAA are sincerely grateful that Topeka Community Foundation recognizes the importance of Guardian Angel Fund to so many of the seniors we serve.

## Senior Care Act

CONTINUED FROM PAGE THREE

Colors also can present a problem. Imagine not being able to tell the colors of your clothes. Patti Jo has a color machine to identify colors, but the machine is sometimes incorrect. "So when I get new clothes, Theresa will come out and tell me the colors. She will also read my mail to me because my machine cannot read handwriting, only printed material."

Patti Jo gets her bank statement in Braille and pays her bills with a phone call after utility and other statements are read by her machine. She says it has been impossible to find someone

willing to help her in the way that Theresa does.

The women whose stories are told above are only three of 172 seniors served by the SCA through JAAA. It is important to remember that the individuals who are helped by SCA were once productive members of society and, in most cases, still are to the best of their ability. Patti Jo, for example, makes Ring-a-Day calls each morning to check on homebound people.

The cuts to services are disastrous to those who need them and — if, as expected, many of them are forced to go on Medicaid or into nursing homes — the cuts will prove equally disastrous to Kansas taxpayers.

**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](mailto:mhgink@netscape.net) or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.



## JAAA gets around! Look for us!

**Medicare Mondays**, first Monday of each month, Topeka/Shawnee County Public Library, 1:00 p.m. to 3:00 p.m. with the exception of a meeting held on Thursday, October 3, 2016.

**Grey Wolves in Meriden**, Meriden United Methodist Church, third Thursday of each month, 11:00 a.m.

**Largest Workout** — Capitol Lawn, July 29, 2016, 6:00-8:00 p.m.

**Senior Resource Fair**, Shawnee County Public Library, September 21, 8:00 a.m.-noon. A Car-Fit also will be held during this event.

**Topeka Area Continuity of Care (TACC) Resource Fair**, Fairlawn Mall in Topeka, October 20, 9:00 a.m. to 2:00 p.m. A Car-Fit also will be held during this event.

### CHAMPSS Orientation Sessions

**Lawrence**: Lawrence Public Library, first Monday of each month (if a holiday, then the following Tuesday) at 2:00 p.m.

**Baldwin City**: Baldwin City Public Library, quarterly unless demand is greater than anticipated, 2:00 p.m. The next scheduled session is August 2.

**Shawnee County**, first Wednesday of each month at 1:30 p.m. at JAAA. Shawnee residents must call JAAA receptionist to register for an orientation.

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



# Thank You!!!

On behalf of the staff of Jayhawk Area Agency on Aging, we would like to thank the JAAA Board of Directors and Advisory Council for the surprise breakfast during our July morning staff meeting.

Your words of support in recognizing the value of staff to the agency and clients we serve along

with your gesture to build morale in light of the Senior Care Act fund reductions were very much appreciated.

It is great to have your support and acknowledgment of the value this staff brings in carrying out our mission of serving the aging and disabled population.

## Memoirs workshop

CONTINUED FROM PAGE FOUR

very day I got back home I ran into our apartment and called him to let him know I was back in town.

Fifteen minutes later, I dashed for the front door when I heard the first knock, however my mom got to the door first. She looked at him through the screen door, and didn't say a word. I heard him ask, "Is Carolyn home?"

My mom turned to me and said, "That boy is here to see you." I didn't understand why she tried to stand in the way of true love until later in life when he turned out to be every bit of an idiot she told me he was all those years earlier.

Holidays, Julian says, always provide a good story. Tish Glason offered a Christmas memory:

One year for Christmas, my parents got my brother and me an Atari game system. My brother and I spent

many hours battling space aliens, both separately and in competition with each other. Mike, like he always was, was much better than me at this game. My one goal in life was to beat him at something, anything, but Space Invaders was clearly not going to be it. I always wondered how he was so damn good at it right out of the box.

It wasn't until we were adults that he confessed that he had known where Mom hid our presents. He would come home every day after school, unwrap the game, play and rewrap the present before anybody else got home. That explains Space Invaders, now if I could only explain away his prowess at Monopoly.

At workshop's end, the group expressed enjoyment of the exercises. Julian and her colleague, Micki Carroll, operate My Legacy of Words, a memoir writing service. Julian may be contacted through her website, VickiJulian.com.

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