

Amazing Aging!

For Seniors and Those Who Love Them

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

Fall 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

www.jhawkaaa.org

The Big Dog of Dog Days



In a rare moment of inactivity, Don "Red Dog" Gardner poses for the camera. (See story on page 3.)

A Message from Jocelyn Lyons, JAAA Executive Director

Let Us Hear From You!!!

In the next several months Jayhawk Area Agency will be conducting a comprehensive needs assessment to gain a greater view of the services, gaps in services and to identify services that are needed to aid our agency to enhance and/or develop new services.

Through the Older Americans Act, the Area Agencies are mandated to determine the needs and resolve barriers that may exist to allow our senior population to remain in their homes as long as possible. Such planning can only be done by hear-



Jocelyn Lyons

ing from our consumer and future potential consumer base.

Your input and response to the survey gives JAAA the tools to meet the needs of our communities in directing our funding to meet the immediate, and build upon future, needs. The survey summary will also be shared with others such as our local governments for future planning to continue to make their counties/cities life-long communities.

As our volunteers and staff make the surveys available during civic meetings, health fairs, senior centers, congregate nutrition sites, etc., please take time to complete the survey. If you have internet, please be looking for the survey

on our website using Survey Monkey to provide your input.

I encourage you to respond to the survey from a personal perspective as a senior, caregiver, from that of a neighbor, friend, and community. Jayhawk Area Agency on Aging is not just looking for seniors to respond, but from those who will become a senior in the next 10 years.

If you are a member of an organization/civic organization, and would like copies of the survey or would like a member of the JAAA to come and present to your group, please give us a call at 235-1367 or 1-800-798-1366 (outside the Topeka area).

Remember, it is our community residents' input that is most important and valuable to JAAA.

Aged to Perfection 1 mile/5K fundraiser benefited JAAA's Guardian Angel Fund

The Jayhawk Area Agency on Aging and Genesis Health Clubs held their inaugural "Aged to Perfection" 1 mile/5K fundraiser on September 3. Sixty participants — ranging in age from two to 64 — registered for the event held on the Washburn University campus. The run was professionally timed, drinks and snacks were supplied, and everyone was recognized with a "Finisher's Medal." Each of the top three men and women finishers were awarded trophies.

The fundraiser raised \$4,788.67 for JAAA's Guardian Angel Fund which assists elderly people in the three counties — Douglas, Jefferson and Shawnee — served by JAAA. Walkers, hearing aids, dentures, bath bars and benches and a great many critical necessities are purchased by Guardian Angel when other funds are not available.

At a time when our elderly population is growing, and funding to help meet their

increasing needs is being cut, Genesis Health Clubs stood up as our corporate sponsor. Other sponsors included *Silver Lining Donors*: Stormont Vail Foundation, Capitol Federal Foundation, Prairie Band Potawatomie Nation, and the Little Warrior Fund; *St. Michael Donor*: Kansas Gas Service/One Gas; *Cherub Donors*: Lawrence Memorial Hospital, Drs. Kresie & Penzler; and *other donors*: Drs. Kohake, Deutscher, and Hefner. Additional thanks to Starbucks, Hy-Vee, Papa John's Pizza, Jimmy Johns Sandwich Shop, Billy Vanilly, Wal-Mart, Las Fuentes Mexican Restaurant, Crown Trophy and Esther Lane Photography.

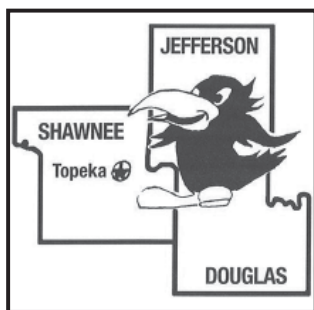
JAAA thanks all who came out as walkers/runners to show support for our seniors and to the many sponsors who donated money or goods. We also want to recognize Sara Wood, who, while interning at JAAA, chaired this successful event.

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 7,000+

You are encouraged to write us at:

Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd.
Topeka, KS 66611-2121
(800) 798-1366 or (785) 235-1367

Marsha Henry Goff, editor



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Jayhawk Area Agency on Aging does not discriminate on the basis of race, color, national origin, sex, age, or handicap. If you feel you have been discriminated against, you have a right to file a complaint with the Agency. In accordance with ADA regulations, every effort will be made to accommodate people with disabilities. If you need special assistance, please call **Jocelyn Lyons** at Jayhawk Area Agency on Aging, Inc.

A Lawrence Institution: Don "Red Dog" Gardner and his Dog Days Exercise Program

By Marsha Henry Goff

Don Gardner was in junior high when Coach Nanny Duver nicknamed him "Red Dog." The moniker stuck all through school, his time in the Marine Corps, his service as a Douglas County Deputy Sheriff and a Lawrence Police Officer. Now, even though his flaming hair has faded, he is known to everyone as "Red Dog," leader of "Red Dog's Dog Days," a free year-round community exercise program he began in 1984.

The program started with six Lawrence High School football players who needed conditioning during the summer. "I had my daughter Leslie taking roll and my friend Jim O'Connell calling out whatever the workout was that I made up. I worked out with them on the Lawrence High football field. It was grass, itchy and awful. The following year, I went to Coach Temple at KU and asked him if we could use the stadium."

At Dog Days' new location, Gardner had participants run up the stadium steps in one workout. He admits that was a difficult exercise, but not as hard, he claims, as running up bleachers, which Coach Beatty has his football players do.

Dog Days quickly grew to include community members of all ages, occupations and genders. Gardner says the first adult to attend Dog Days was Stan Herd, an internation-

ally recognized Lawrence artist who still occasionally shows up when he is in town. The oldest participant to date was in his 70s, the youngest, Piper Glide-well, three days old. "Randy and Catherine brought her right out of the hospital," Gardner says, proudly adding that Piper's parents "met at Dog Days. We know there have been at least five marriages of couples who met at Dog Days."

Using a bullhorn, Gardner urged participants to compete: "You married ladies, you go. You high school seniors, you go. College girls, show them how to do it!" Still, he knows there are limitations to what some can do and just expects them to work hard and do their best. He recalls his own limitations running a mile for Lawrence High back in the day. "I was just starting my fourth lap and Billy Mills [Haskell and KU runner who would later win gold in the 1964 Olympics] is finishing."

Gardner credits his wife Beverly, whom he married in 1995, with streamlining Dog Days. "I had given away all my T-shirts — beer shirts, Jack Daniels, KU, Lawrence High, even West Texas University — to participants. Now, thanks to Bev's organization, everything runs smoothly." Additionally, he praises those who have assisted him through the years — helpers, sponsors, participants — and believes the success of the program is due to them.



Early arrivals line up for some stretching exercises.

Each year, a special Red Dog's Dog Days T-shirt, highly coveted, is given to participants who complete the required number of sessions in a designated time. To pay for the T-shirts, Gardner solicits sponsorships from businesses whose names are printed on the back of the shirt. There are so many eager to help that, Gardner says, "Get ten feet away and you can't read the names."

During the winter, Dog Days' sessions were held in Allen Fieldhouse. However, present rules do not allow the use of the stadium or fieldhouse so Dog Days' sessions are held in South Park. The adjacent Community Building is used during

inclement weather. Sessions are held twice a day at 6:00 a.m. and 6:00 p.m. on Tuesdays and Thursdays. Dog Days also has a Saturday Run beginning at 7:30 a.m. "So many people like to be outside that, unless it's just zero, we'll have anywhere from 15 to 55 running in the cold," Don marvels. "And I'll tell them, 'Go!' and I'll run and get in my truck."

Dog Days' largest session, held in the stadium several years ago, consisted of 1,004 participants, including Seal Team Four and the first — Chrissie Wellington of Britain — and second finishers in the Ladies Ironman Triathlon. Later, in

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Red Dog

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Saint Louis at another Iron-man competition, Gardner was approached by a British soldier who happily announced that he had just “married number one.”

In 32 years of Red Dog’s Dog Days, there have been very few medical emergencies or injuries. “We had a kid running up the bleacher seats, high school, and he split his shin open and Jim O’Connell was just sure we’d get sued and the next day — that’s when we ran noon and evening — the next noon, here came the mother,” Don says. “Jim, he took off, ‘She’s going to sue us.’ And she said, ‘Mr. Red Dog, I want to thank you for what you do for my boy. The doctor taped him up and said he can’t run the stairs this week, but then you get on him.’”

A young girl snapped her wrist trying to break her fall while running backward on the stadium field. Gardner always instructed participants running backwards not to try to break a fall, but to land on their posterior, something the

girl’s father reminded her of as he stood over her on the field. Even when adding one mild heart attack after a session and a fall resulting in a head cut that did not require attention, Dog Days has an exemplary safety record. Gardner, his wife, helpers and some long-time participants are all trained in first aid and CPR.

In his nomination of Gardner for the 2014 Home Instead Senior Care Salute to Senior Service, Jeff Dahnert accurately wrote, “There are countless young people who have made better life choices because of the effect Don Gardner has had on their lives. There are countless adults whose lives have been saved because Don has provided an opportunity for fitness where none may have existed otherwise.”

Don’s passion is improving the lives of kids. In following that passion, he has volunteered for agencies that do exactly that, among them, the Ballard Community Services Center, Van-Go, Inc. and the Boys & Girls Club. It is, therefore, entirely fitting that Lawrence’s new Boys & Girls Teen Center will be named “The Don and Beverly Gardner center for Great Futures.”

Live long, Red Dog!



Gardner displays the 2015 long-sleeve Winter T-shirt while wearing the 2014 Summer T-shirt.

Don “Red Dog” Gardner’s Awards

Optimist of the Year – Breakfast Optimists, 1989-90
Friends of Education Award – USD 497, 1989
Certificate of Outstanding Citizen of the Year – USD 497, 1989-90
Testimonial of Appreciation – Breakfast Optimists, 1990-91
Liberty Bell Award – Douglas County Lawyers Association, 1993
Public Servant Award – KSBA Hall of Fame, 1994
Heroes Award for the State of Kansas – SGMA (Sporting Goods Manufacturers Association), 1996
Top Ten in the Nation finalist – SGMA Heroes, 1996
Sportsman of the year – David Lawrence Sports Talk – KLWN/KLZR, 2000
Lawrence Lions Alumni Association Hall of Honor, 2002
Outstanding Contribution to Lawrence Athletics – David Lawrence Sports Talk – KLWN/KLZR, 2003
Don Volker Leadership Award – Chamber of Commerce, 2005
Hometown Health Hero – Governor’s Council on Fitness, 2006
Silent Hero Award – Ballard Community Center, 2007
Star of Excellence Award – Lawrence Bank, 2008
Seaver Award for Community Service – Senior Center, 2010
President’s Council on Fitness, Sports and Nutrition Community Leadership Award (one of only 28 such Awards for 2010), 2010
Local Winner (State of Kansas) – Home Instead Senior Care Salute to Senior Service, 2014

Call Kevin at 841-9417
to place your display ad
in the Winter 2016 issue
of Amazing Aging! The
deadline is January 15.

Silver Haired Legislature wraps up 2016 Session

The Kansas Silver Haired Legislature wrapped up its 2016 session held October 4th-6th by adopting resolutions and bills to forward to the Kansas Legislature when they return to the Capitol in January.

In spring and early summer, the SHL members from across the state met to decide what issues are important to senior citizens in their district. Of the thirty-seven (37) issues brought to the July mid-summer state meeting where they were discussed and debated, priority was placed on six (6) issues to present to the full membership during the SHL formal session.

The six issues were:

1. Full funding for KPERS, including a cost of living increase, something that hasn't happened in nearly 20 years. This includes requesting the State Legislature and Executive Branch of Kansas to stop using KPERS funds to balance the State General Fund.

2. The State of Kansas to reinstitute Fair Tax Policy for ALL Kansans, including the repeal of the 2012 law which has resulted in nearly 330,000 Kansans not paying income tax into the State General Fund.

3. Continue support and funding for Public Transportation, especially helpful to Kansas Senior Citizens who no longer drive to such activities as doctor appointments, shopping, etc.

4. Restore the 30% devastating cut to the Senior Care Act,

the law which helps qualifying Kansas Seniors stay in their homes with just a minimum amount of assistance.

5. Full support for Medicaid Expansion in Kansas. SHL supports this measure for two reasons: a) hospitals, especially rural hospitals, need the funding to help meet health care needs of financially struggling citizens and b) approximately 60,000 Kansans are currently in the "coverage gap" making too much money to qualify for KanCare.

6. Raising the base uninsured motorist minimum insurance amount to \$100,000 which insurance agents say would result in the yearly premium being raised approximately \$8.00.

During the session, Jocelyn Lyons, Executive Director of Jayhawk Area Agency on Aging and Dan Goodman, Executive Director of Johnson County Area Agency on Aging rendered testimony before the Senior Care Act Committee. Both testified on the impact the 30% statewide reduction in Senior Act funds had to their area seniors. Both AAAs reductions equates to 38% or more.

Jayhawk Area Agency on Aging is represented by eight SHL Representatives; however, there are two open positions vacant. If you're interested in more information about the Silver Haired Legislature or becoming a Legislator, please contact JAAA.



Help is available to assist you in choosing the best Medicare Part D Drug Prescription Insurance!

Enrollment period is from October 15 to December 7 for an effective coverage date of January 1, 2017.

It is a good idea to compare plans each year to see if you are enrolled in the best Part D plan for your prescription drug needs.

Low income individuals may be eligible for financial assistance in paying Medical Part A & B premiums, co-pays and deductibles as well as help in paying Medicare Part D (prescription drug) expenses.

**Individual's monthly income: \$1,471
Savings: less than \$13,640
Couple's monthly income: \$1,991
Savings: less than \$27,250**

If your income is near these amounts, contact one of the numbers below for help completing the Medicare Savings Program or Extra Help application

**1-800-MEDICARE
(TTY: 1-877-486-2048)**

**Jayhawk Area Agency on Aging
235-1367 or 1-800-798-1366**

**Douglas County Senior Services
842-0543**

CHAMPSS is a win-win meal program for seniors

By Marsha Henry Goff

In less than six short years, CHAMPSS (Choosing Healthy Appetizing Meal Plan Solutions for Seniors), has taken by storm the counties — Douglas, Jefferson and Shawnee — served by JAAA. The meal program is appealing because it allows seniors the choice of what and when to eat. Free-standing restaurants and grocery stores with restaurants offer breakfast, lunch or dinner to participants where they may choose an entrée, fruit and vegetable along with bread and low fat milk. Only one meal a day is allowed.

The value of the meal is much more than the suggested donation of \$3.00 per meal. The program is funded by Older Americans Act, the Kansas Department on Aging and participants' donations. Meals for participants are loaded onto a card which is swiped at check-out when a meal is purchased and one meal is removed from the card.

JAAA began the CHAMPSS program after tracking the declining numbers of seniors eating at traditional congregate meal sites and realizing those sites were not meeting the needs of seniors. Today's seniors tend to be more active, want choices and enjoy being with people of all ages. Socialization is an important component of the CHAMPSS program.

CHAMPSS has proven wildly popular with large numbers of seniors enrolling. The numbers for Shawnee County by city are: Auburn, 25; Berryton,

20; Rossville, 1; Silver Lake, 9; Tecumseh, 34; Topeka, 1,962; Wakarusa, 11; and Willard, 1 for a county total of 2,063. Jefferson County's numbers are: Grantville, 8; McLouth, 16; Meriden, 21; Nortonville, 5; Oskaloosa, 47; Ozawie, 14; Perry, 15; Valley Falls, 50; Winchester, 9 for a total of 185. Douglas County's numbers are: Baldwin, 167; Eudora, 20; Lawrence 1,116; and Lecompton, 19 for a total of 1,322.

Oskaloosa and Valley Falls, small towns in Jefferson County, have had successful CHAMPSS programs for several years. It is not always easy to secure CHAMPSS locations in small towns. We are currently seeking locations in Eudora and Baldwin City. The latter is especially disappointing because our CHAMPSS location at the Baker cafeteria ended October 19.

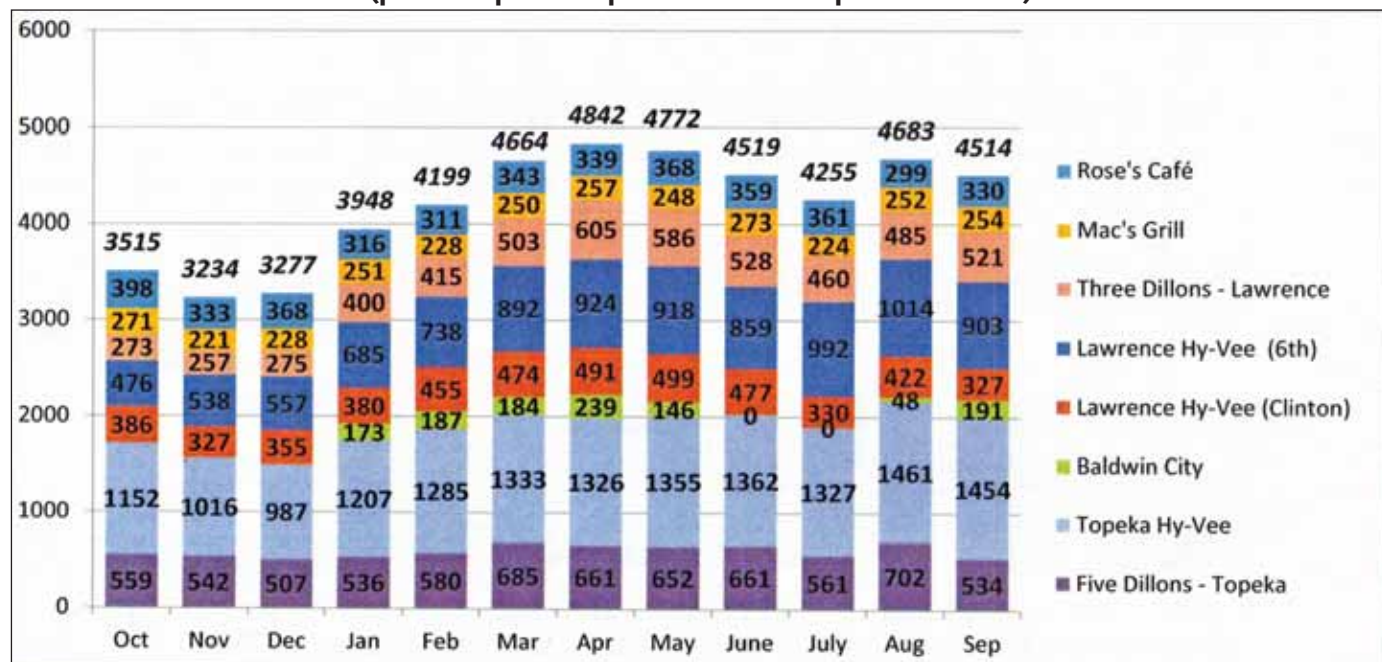


Busy at 12:15: Students, staff and seniors share food and conversation at Baker's cafeteria.

JAAA has only had a couple of instances when a location exited CHAMPSS (one was when a restaurant was damaged by a fire; another when a restaurant

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CHAMPSS by the Numbers (participants per location per month)



closed).

Baker said they chose to end the program because the school's enrollment had increased by 100 and they wanted the space in the cafeteria and parking lot for students. The traditional congregate meal site for seniors in Baldwin City served an average of four people daily; 167 Baldwin seniors are enrolled in the CHAMPSS program.

Seniors who visited the cafeteria liked the food, but may have liked the interaction with students even more. One CHAMPSS participant at the cafeteria explained to Beth Kinnan, JAAA Nutrition Coordinator, what she liked about the program: "She shared that she has been delighted with the friendliness of the students and the conversations she has had with students while eating there," Kinnan says. "She specifically mentioned enjoying a conversation with an art student. Being an artist herself, she found it interesting to hear the views on art of a current student studying art. She mentioned the value to the community of the intergenerational interaction."

After hearing that glowing report, this reporter, who lives in Lawrence, visited the cafeteria with my husband Ray and friends Jean and Dick Holzmeister, also of Lawrence. On Wednesday, October 5, the cafeteria was busy at 12:15 p.m., but we had no problem finding a table. Students and Sodexo staff were welcoming and friendly. Perhaps the friendliest

of the friendly was Kim Heckathorne, an employee at the Osborne Chapel on campus, who, while having lunch, took us under her wing to show what was offered at various food stations. I snapped a photo of her when she stopped by our table to say goodbye.

By 12:57 p.m. — with a closing time of 1:45 p.m. — there were only a handful of students or staff in the cafeteria. When I reported that to Jocelyn Lyons, executive director of JAAA, she noted, "Seniors are smart and it doesn't take long for them to realize when dining centers are crowded and to avoid going there at that time."

The following Saturday, we took my sister Vicki to the cafeteria for dinner. That would have been a very good time for seniors to be there because it was nearly empty. We assumed that many of the students ate elsewhere on a Saturday evening. My sister uses a mobility scooter and those few people we encountered in the cafeteria were very helpful to her.

Although 167 seniors are enrolled in the CHAMPSS program in Baldwin City, only an average of six CHAMPSS participants were eating there on a daily basis. That number likely would have risen somewhat as people became aware of the quality of the food and the friendliness of the students and staff.

Hopefully, JAAA will soon secure another location in Baldwin City for the CHAMPSS program. CHAMPSS is a win-win for the seniors, the community in which they live, and it is a win-win for our CHAMPSS locations as well.



Kim Heckathorne, a Baker Chapel employee, was the friendliest of many friendly diners we encountered.



Not busy: By 12:57 few students remain in the cafeteria.

Debbie Beene: Delivering meals for 45 years as a volunteer for Lawrence Meals on Wheels

By Marsha Henry Goff

Debbie Beene has delivered well over 10,000 meals during the 45 years she has been a Lawrence Meals on Wheels volunteer. After two years of teaching fourth grade in Eudora, Debbie became a full-time wife, mother and volunteer. In addition to delivering meals to elderly and/or disabled individuals, she has served the organization as a multi-year board member and as president for three years simply because she “felt like there was a need to feed people.”

As so often happens when one spouse becomes deeply involved with a volunteer cause, Debbie’s husband Daryl also became motivated to help, serving as the group’s treasurer for five years. He says that his wife “enjoys talking to people and stays involved. She still stays in contact with many people to whom she delivered meals many years ago.”

When their son Mike was three, Debbie began taking him with her to deliver meals. “They liked him,” she says, “and it was good for him, but he wasn’t always happy about it.”

“No,” says Daryl, “but I really think long-term it had quite an impact on him, seeing that some people have a more difficult life.”

“Because I’d take him into the home with me,” Debby explains, “and he would interact with them.”

“At that time,” Daryl says, “the options were to take him

with you or find someone to watch him.”

“Or not do it,” says Debbie.

When Debbie began volunteering for Meals on Wheels in 1971, the organization was only a year old. The idea for the meal program began in 1969 when Evelyn Senecal and her family moved to Lawrence from Iowa City, Iowa, where she had been teaching home economics at the University of Iowa while earning her PhD. She recalled speaking with a University of Iowa colleague who mentioned she was delivering meals on wheels.

That first year in Lawrence, Evelyn was unemployed and pregnant with her fourth child. She spoke at a meeting of Rotary and secured that organization’s commitment to provide start-up funds for a meals program. She met with Oletha Blevins, Douglas County home economics extension agent, and Lynn Rothwell, RN, founder and executive director of Douglas County Visiting Nurses. The two women offered advice to Evelyn, who then founded Meals on Wheels and served as the agency’s first president. A female attorney helped incorporate the organization. Another woman volunteered to handle publicity. Adult Sunday School classes donated money for those who could not afford to pay. In March, 1970, volunteers began delivering meals prepared by Lawrence Memorial Hospital.

The next month, Lawrence was racked with strife and a curfew was imposed as well



Debbie Beene, who began volunteering for Meals on Wheels in 1971, holds MOW’s 1970s Scrapbook.

as a dark to dawn blockade of the city which was enforced by Highway Patrolmen stationed at the city limits to restrict entrance into Lawrence. Two young men — one white, one black — were killed, a police officer was critically wounded and arsonists burned the KU Student Union

on April 20, 1970. “And through it all,” Evelyn states proudly, “we never stopped delivering meals.”

Evelyn and her husband Bob have each delivered meals and continue to support the organization. “My heart is still with

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Meals on Wheels," she says.

Debbie Beene knows that there are others who have been involved for 40 or more years with Meals on Wheels. Carolyn Langrebe is one of those volunteers. She delivered meals on the first day, during summers when she was teaching and, now retired, delivers meals every day.

Kim Cullis began as a volunteer, became a board member, and now serves Meals on Wheels as executive director. She recognizes the importance of volunteers. "With only three part-time staff members," she says, "Lawrence Meals on Wheels depends on over 125 volunteers a week to deliver 130-150 meals daily Monday through Friday. We could not do what we do without dedicated and loyal volunteers like Debbie Beene. She delivers hot, nutritional meals

to homebound elderly and/or disabled residents of Lawrence."

Debbie additionally delivers complimentary copies of the *Journal-World* and *Kaw Valley Senior Monthly*. Kim notes that Debbie "also delivers a smile, friendly visit and wellness check. Sometimes she may be the only visitor our client has that day, week or month even."

Over the years, meals delivered by Meals on Wheels have been prepared by volunteers in churches and a room at the hospital and by Hy-Vee catering. The agency has now come full-circle back to the hospital kitchen that currently prepares heart healthy, diabetic, renal, soft, mechanical soft, gluten-free and many other doctor ordered diets for Meals on Wheels clients. No client has ever been turned away due to their inability to pay.

JAAA is one of the agencies that allocates funds to Lawrence Meals on Wheels and we salute the efforts of the organization and its volunteers.

Q and A from the Lawrence Meals on Wheels Website

Q. Who is eligible for the home-delivered program?

A. A person must live in Lawrence, be homebound and have a special dietary need. Any person who is unable to leave their home without assistance qualifies as homebound.

Participants over 60 must have a doctor ordered special diet need. Participants under 60 must have a special dietary need which can either be a doctor ordered diet or that they are unable to prepare their own meals, shop etc.

Q. When are Meals on Wheels delivered to the homes?

A. The meals are delivered Monday through Friday, between 11:30 – 1:00.

Q. How much does it cost to receive Meals on Wheels?

A. No one is ever turned away due to their inability to pay. Clients pay anywhere from \$0 to \$4.50 per meal. Financial assistance is available.

Contact Meals on Wheels at (785)830-8844



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. Medicare Q&A, Thursday, December 8, 6:30 p.m. at the library.

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

CHAMPSS Orientation Sessions

Lawrence: Lawrence Public Library, first Monday of each month (if a holiday, then the following Tuesday) at 2:00 p.m. Exception: January 9, 2017 orientation.

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

Jefferson County residents may enroll in Topeka or Lawrence orientation sessions.

MEDICARE PART D ASSISTANCE

JAAA staff will be assisting with Medicare Part D (Prescription Drug) Insurance throughout the enrollment period. Please see ad in this newspaper for dates and locations other than the Walk-in Clinics listed below.

Part D Walk-in Clinics at JAAA

Saturday mornings from 9:00 a.m. to 1:00 p.m. on 10/15, 10/22, 10/29, 11/05, 11/19 and 12/03.

Wednesday evenings from 5:00 p.m. to 7:00 p.m. on 10/26, 11/16 and 12/7.

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

I Honor Veterans with my Vote

By Marsha Henry Goff

My polling place often offers a stick-on circle that reads: My vote honors a veteran. Below is a line where I can write in my late father's name: Lt. L. Lew Henry. Dad was a Ranger in World War II. When the Rangers were disbanded after they were decimated at Cisterna, Dad joined the 83rd Chemical Mortar Battalion (also known as the Rangers' Artillery).

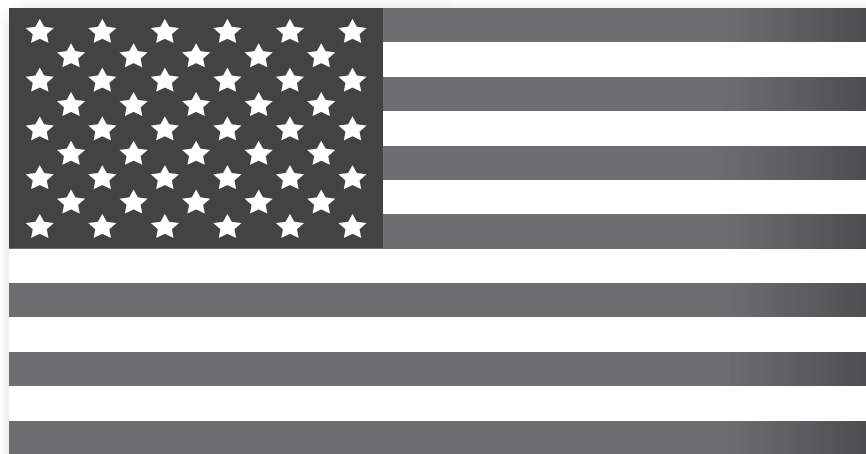
"I fought alongside them in Sicily and Italy," he once told me, "and I knew they were a good outfit."

But I do not honor my father alone



Lt. L. Lew Henry

with my vote. I honor all American veterans who fought in every American war: the Revolutionary War, which gave us our freedom from Britain; the War of 1812, often called "the second war for independence" which preserved it; the Civil War which freed all of our citizens; the Spanish American War which ended Spanish colonial rule in the Americas; World War I, termed "the war to end all wars" that did not; World War II, which halted Axis plans to rule the world; the Korean War, dubbed a police action; the Vietnam War; Desert Storm, Iraq, Afghanistan . . . so many wars.



And so many veterans who fought to preserve our freedom. Many of them gave their all, dying under foreign skies. Others, like my father, came home to build homes and families and communities. I honor them all.

There is a common email that periodically makes the rounds: *If you can read this, thank a teacher. If you can read it in English, thank a veteran.* I do most sincerely thank each and every veteran for his or her service.

Caregiver Support Groups

Caring for someone you love is rewarding, but we know the job can be stressful and exhausting. JAAA offers support groups for caregivers to inform you of the assistance that is available to help you cope with the demands of being a caregiver.

Baldwin Methodist Church

November 2, 1:00 p.m. - 2:00 p.m.

December 7, 1:00 p.m. - 2:00 p.m.

January 4, 1:00 p.m. - 2:00 p.m.

Jayhawk Area Agency on Aging Office in Topeka

November 18, 12:00 noon - 1:00 p.m.

December 16, 12:00 noon - 1:00 p.m.

January 20, 12:00 noon - 1:00 p.m.

Topeka/Shawnee Public Library

November 14, 3:30 p.m. - 4:30 p.m.

December 12, 3:30 p.m. - 4:30 p.m.

January 9, 3:30 p.m. - 4:30 p.m.

JAAA's Medicare Part D Outreach

Grey Wolves, Meriden: 10/18, 11:00 a.m.-1:30 p.m.

Lowman UMC Shepherd's Center: 10/18, 9:00 a.m.-3:30 p.m.

TAAC Fair: 10/20, 9:00 a.m.-1:00 p.m.

City of Topeka Benefits Fair: 10/20, 8:00 a.m.-4:00 p.m.

Berry Plastics Resource Fair: 10/20, 7:00 a.m.-9:00 a.m.

and 2:00 p.m.-4:00 p.m.

Papan's Landing: 10/25, 9:00 a.m.-12:30 p.m.

Rose Hill Place: 10/25, 9:00 a.m.-3:00 p.m.

Car Fit: 10/26, 8:00 a.m.-12:00 noon

Plaza West Apartments: 10/26, 9:00 a.m.-4:00 p.m.

Mission Towers: 11/7, 9:00 a.m.-3:00 p.m.

FW Huston, Winchester: 11/7, 9:00 a.m.-3:00 p.m.

Luther Place: 11/9, 9:30 a.m.-4:00 p.m.

East Topeka Senior Center: 11/10, 10:00 a.m.-1:00 p.m.

Grey Wolves, Meriden: 11/15, 11:00 a.m.-1:30 p.m.



Don't be caught in the Grandparent Scam

By Marsha Henry Goff

According to one dictionary, a scam is to swindle, cheat, deceive, trick, dupe, hoodwink, double-cross or gull. Some scams — such as the “pigeon drop” where a victim believes he or she will benefit financially — rely on the victim’s greed, but the “grandparent scam” relies solely on a grandparent’s love for a grandchild.

It is estimated that the elderly are scammed of more than three billion dollars annually and, according to one convicted conman, a good scammer can make \$10,000 a day targeting people over the age of 65 by getting them emotionally involved. According to Doug Shadel, an AARP representative quoted on CBS News, “We’ve had doctors and lawyers fall for this. It doesn’t matter what your educational level is because it triggers something emotional, it causes you to act.”

One retired college professor was contacted by a scammer who pretended to be his grandson in trouble in a foreign country who needed several thousand dollars wired immediately. Even though his daughter was visiting and insisted that the caller was not her son, the grandfather continued writing down information about where to send the money. “He was so worried that I think he would have done it if I had not called my son and had him speak to his grandfather,” she said.

When my phone rang

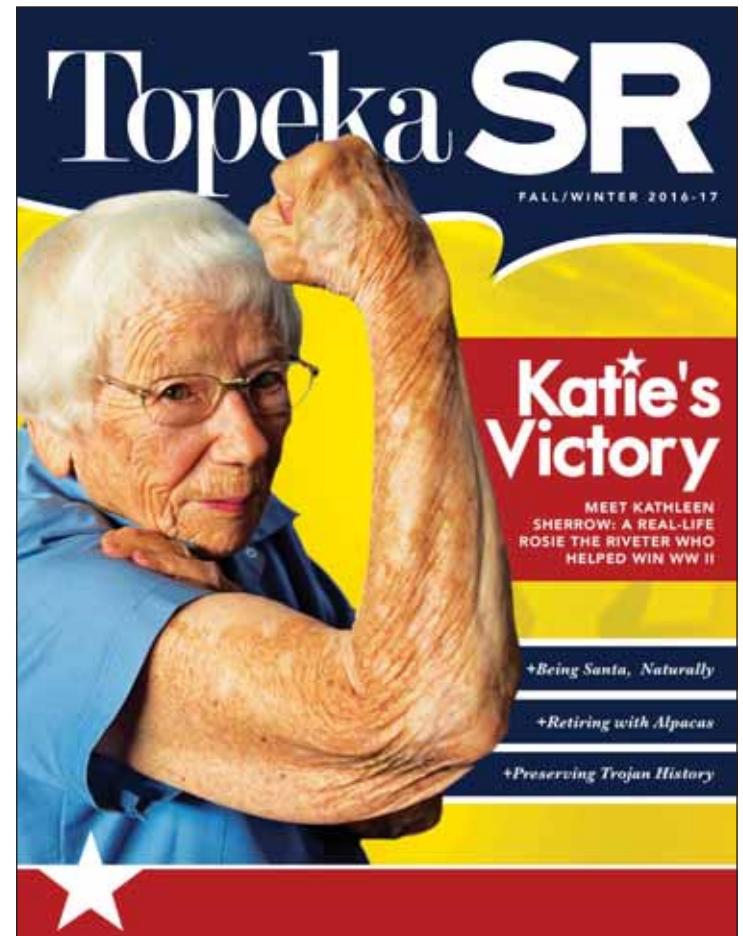
the other day, I noted the Caller ID read 800-555-7000 and presumed it was yet another political survey. I answered and a male voice said, “Hey, Grandma!”

“Goodbye,” I said and hung up the phone. First, I know my grandsons’ voices. Second, neither calls me Grandma. But what if I used a hearing aid or couldn’t easily distinguish voices? What if my grandsons addressed me as Grandma? Would I have bitten? Probably not, but only because I grew up in a lawyer’s household and am well aware of scams.

I have written many times about the grandparent scam and how grandparents may protect themselves from this cruel ruse that relies on their love for their grandchildren. Often, the caller may say, “I don’t want my parents to know.” Ignore that or tell the caller that you are going to call and verify the information.

You can ask the scammer a question that only your grandchild would know, like the name of a favorite pet. Just make sure it is not something they might have on their Facebook page. Many scammers do their homework by gathering information from the Internet. Or you can ask about a non-existent sibling.

The best thing is to do what I did. Hang up. If you are truly worried, call your grandchild or his parents just to verify that they are OK. However, if I receive another call like that, I just may play along to see what they say so I can write another article. Stay tuned.



Read about Kathleen Sherrow
– a real-life Rosie the Riveter
who helped win World War II –
in the Fall/Winter 2016 issue of

Topeka SR

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