

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**

SPRING 2017



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



Saying Goodbye after 40 years

Please see story on page 3

My Last Dance

May 27th party goers will be enjoying music, dancing and great food during the Jayhawk Area Agency on Aging annual fundraiser "There's No Place Like Home" dance. This dance will mean more this year as it will be my last annual fundraiser as the Executive Director for JAAA.

As I set my eyes on retirement and move rapidly preparing for a major life change, I think about my entire "last" at JAAA. Family and friends did not share with me the emotional roller coaster you travel once you have made the decision to retire — a deci-

sion that begins with a statement of "done" to one of giddy, to anger, to doubt, to grieving, to finally joyful in anticipating what is next.

Leaving a job after forty years is not easy, in particular leaving a network that became my family for all these years. I've watched and became part of an evolution in aging in our tri-county area by being under the leadership of Donna Kidd, the first Executive Director of JAAA, and Maria Russo, my predecessor. Their leadership/administration methods were different and



Jocelyn Lyons

allowed me to blend both.

But I've also observed and had the mentorship of people who have been supportive of JAAA and me, beginning with Darold Main, Velma Paris, Ralph Turner, J.B. Holland, Ann Garvin, Tom Ryan, Paul Monhollon, Shirley Biller, Gary Hale, Martha Skeet, Carol Sook, Marsha Goff and so many others. My cup runs over and my heart is full with love for this agency and its' great staff, but just as importantly, the seniors and caregivers we serve.

So what's next — heck, I don't know. Everyone knows you should retire with a plan. I have fifty million plans. I want to move to Dallas. I'm afraid my home city does not offer everything to meet my lifestyle. I need a metropolitan city. I will keep my home here to return to when I'm 100 years old and ready to slow down. I have to admit, it's hard to swallow that big pill called rent! Being a snow bird is not a bad idea. What can I say, I'm resisting!

I would love to be an airline flight attendant (a career I looked into when young but was denied by the recruiter due to company policies). Today, flight attendants are every age, weight, height and color. I think it would be great to see this beautiful world, meet new people and experience different cultures. The best part is the airlines would pay me to travel!

I've thought about working in the schools on the secondary level. Not teach, but be a para or office clerk. A job where I'm off from work when the children are out of school, as an

example, parent/teacher conference, in-service days, winter break, spring break, etc. I could be that parent within the school to these young gentlemen and ladies who would be truthful and straight-forward while loving them with encouragement and guidance. After all, my grandchildren and their friends say I'm the hippest Gramee!

I'm not one to say I want to be a Walmart Greeter. Although I enjoy welcoming people with a warm smile and a genuine hello, I can't stand in one area that long! I have often said I would work retail, at a department store that offers employee discount plus my senior discount. I have a thing for shoes! (Speaking of which, I still have not purchased flat shoes in preparing for retirement.) I've thought about being a realtor maybe it's from viewing HGTV House Hunters every evening.

These options bring me back to the question of "What am I going to be when I grow up?" Here is what I know as a fact. I plan not make any drastic changes for the first year. I have been advised to just relax. I will have coffee each morning on my patio and watch my grass grow. I will be taking gardening classes to see if after many years of failure, and with professional help, I can plant flowers and actually see them grow. I will continue to search for my highly desired Metropolitan vehicle that is for sale within my budget!!!

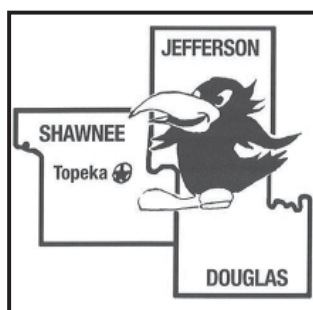
I will miss JAAA, my home away from home. I have enjoyed many years and look back to the

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Marsha Henry Goff, editor



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Saying Goodbye after 40 years

By Marsha Henry Goff

You can learn a lot in 40 years if you are paying attention and JAAA Executive Director Jocelyn Lyons — an enthusiastic observer of people — has been paying attention since childhood when she reveled in the stories told by her elders. “My mom’s friends said I was never a child because I was always sitting around with older people listening to their stories.”

She believes that she was being groomed as a child for the work she has done the past four decades. “My mother took care of all of our elders. Whenever there was an illness, they always called on my mom.” On weekends, she walked with her mother to visit her grandmothers and aging aunts and uncles. She even remembers being taught to waltz in the middle of the street by one of her grandmother’s elderly neighbors.

In 1977, Jocelyn was the earliest hire made by Donna Kidd, the first director of JAAA who became a mentor and surrogate mother to her. She remarks that she was with Donna Kidd longer than she was with her own mother who died at a relatively young age. She remains grateful that she was “able to watch how Donna administered the office, her networking in the community, and the personal contact that she had with older persons. Also, on a personal level, for the advice I received from her.”

As Jocelyn recalls the buildings that have housed JAAA over the years, an early location

stands out. “When our offices were at the Buchanan Center, my office was actually located in what was once my first grade classroom.” One of her legacies to the agency is the current building at 2910 SW Topeka Boulevard that she worked with the late former JAAA Board Chair Tom Ryan to make a reality.

She watched the agency grow to five, then ten staff members and increase to its present staff of 25. It is astounding that in the course of 40 years, the agency has had only three directors. When Donna Kidd retired in 1996, she was replaced by Maria Russo. When she left the agency in 2004, the Board decided to try a team management system instead of hiring another executive director. The management team selected Jocelyn to be the team leader. The confidence her peers showed in her and her ability to manage the complexities of the agency contributed to her being named executive director in 2010.

As director, she has increased the visibility of the agency by her networking and inclination to “crash meetings” of other organizations when she deemed it necessary. She instituted a policy that enabled staff members who were new mothers (fathers, too, had there been one) to bring their babies to work until they were four months old. She looked for other ways to build morale and encourage teamwork by allowing flexibility of schedules when necessary and creating an atmosphere where

staff felt free to push their own ideas, among them: a volunteer weight-loss contest, March Madness Sports Fridays, monthly birthday lunches and retreats held on holidays when JAAA was open and other agencies were not.

Turnover at JAAA is low because she and her staff have worked hard to retain employees. “We really work things as well as we possibly can with our budget. We lost our targeted case management when the state enacted KanCare and were going to have to lay off staff but some moved on to work for the Managed Care Organizations and we were able to move staff into other positions because we received the Aging and Disability Resource Center contract.”

She has had challenges, too, during her leadership. “The most difficult challenge I’ve ever encountered has been in this

past year,” she says, “when we received such a huge reduction to our Senior Care Act program. Once again, we were going to see layoffs but we let attrition take care of it because one case manager moved and took a similar position in another agency and we were able to hold onto another by having her do more combined duties. We worked through things administratively but the reduction still hurts when it comes to services.”

Jocelyn attributes her ability to “think outside the box” and avoid the bureaucratic response of “this is the way we’ve always done it” to the fact that she, herself, is aging. She recognizes that today’s seniors do not consider themselves old and do not want to be segregated. That was a primary reason she pushed for the popular CHAMPSS (Choosing Healthy Appetizing Meal Plan

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Last Dance

CONTINUED FROM PAGE TWO

impact JAAA had under the leadership of Donna Kidd, Maria Russo, past Boards of Directors, Advisory Council members, community members and our consumer base that made the agency a pillar within our communities. I thank the Boards of Directors who believed in me and supported me throughout the years. I thank the Advisory Councils who accepted my ideas for senior programs when some were “out of the box.”

I will miss this tremendously dedicated staff. I can’t praise the staff enough for their work, integrity, thoughtfulness and sacrifice they give day after day. JAAA has the best darn staff any organization could ever dream of.

But to our seniors and caregivers in the tri-county area, thank you for joining me in this journey and demonstrating how to age gracefully with dignity, resisting the stereotypes placed on us by society. It has been one heck of a ride!

The best of me is yet to be. When I grow up, I’m going to....

Saying Goodbye

CONTINUED FROM PAGE THREE

Solutions for Seniors) as an option to the congregate meal sites that were seeing declining numbers of seniors participating.

She has encountered the same trials and tragedies as those suffered by the population JAAA serves. As a working mother, with one of her four children still at home, her husband George became terminally ill. Because he wanted to be as independent as possible for as long as he could, she continued to work which she believes helped her cope. "Work provided some respite for me and I informed the director at that time, Maria Russo, that there would be a day when I would be going home to care for George and would not be able to give a month's notice that I was taking leave."

After her husband's death, she seriously considered departing the agency for a job with the Social Security Administration. "I gave it a lot of consid-

eration thinking I could better my salary by going into federal employment. But I had a coworker who was also a widow and she advised me to stay at JAAA because it was family and I would need that support."

After her retirement in June, Jocelyn plans to make no immediate changes. But her long-term plan is to move to Dallas where her son Brian and family live. She believes the large metropolitan area will provide a lifestyle she will enjoy. She also loves Chicago, but that city has one major drawback. "It gets too cold in Chicago," she says, "and I'm ready to leave the cold. I think there will be opportunities available to me in Dallas and it will give my children a chance to come visit me for a change. I have grandchildren in Dallas, but I have more in Topeka and it will give me a chance to show them something different."

Jocelyn Lyons may be saying goodbye to Jayhawk Area Agency on Aging — and eventually to Topeka — but she is saying an enthusiastic hello to the opportunities that await her.

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.



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. We'll answer your Medicare questions.

May 1 June 5 July 3

Grey Wolves in Meriden, Meriden United Methodist Church, third Thursday of each month, 11:00 a.m. for Jefferson County seniors: meal, fellowship, presentation.

Topeka Gives - A one-day event celebrating charitable giving. Topeka Community Foundation will provide \$83,250.00 in match money for contributions made to support 158 different nonprofit organizations in the community. **June 6, 7:00 a.m.-6:00 p.m. at Topeka Fairlawn Plaza Mall.**

Blue Cross/Blue Shield Employee Resource Fair, **May 16, 11:00 a.m. - 3:00 p.m. BCBSKS dining room.**

CHAMPSS Orientation Sessions

Lawrence: Lawrence Public Library, first Monday of each month at 2:00 p.m.

May 1 June 5 July 3

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

May 3 June 7 July 5

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

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

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Visitors and prospective residents are invited to schedule an appointment for a tour of our building and view an apartment.

Residents are the principal priority to our staff. We provide an environment of independent living that encourages use of community resources.

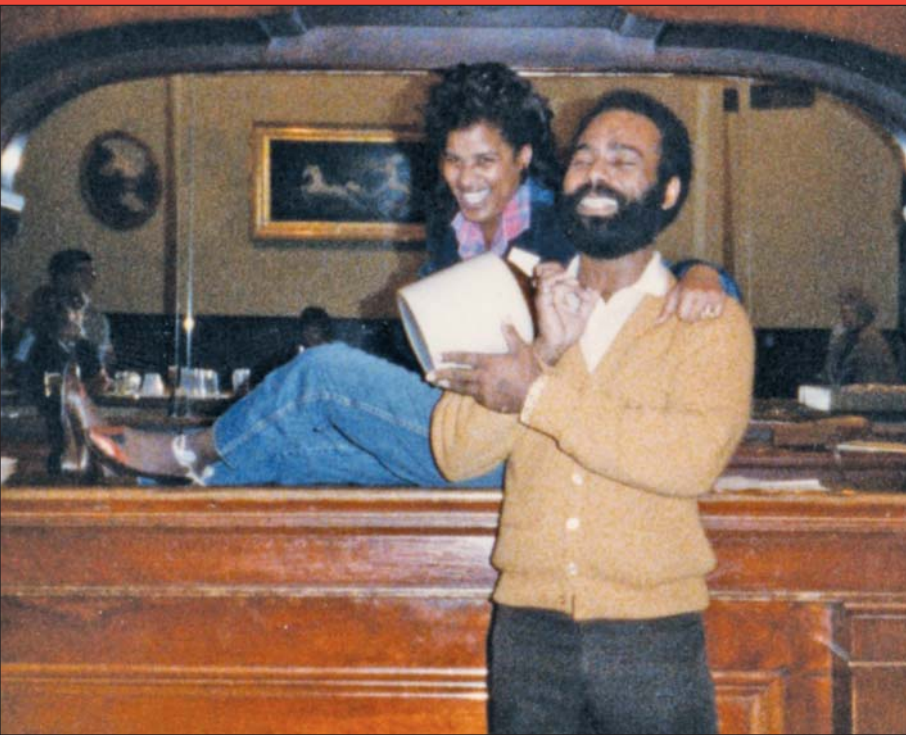
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SAYING GOODBYE



Jocelyn takes a break during biennial training in Dodge City during the mid-70s.



Donna Kidd and Jocelyn are pictured with Mayor Doug Wright in the mid-80s.



Standing to the right of Marsha Ridinger, longtime JAAA employee are the agency's three directors: Donna Kidd, Jocelyn Lyons and Maria Russo in 1999.

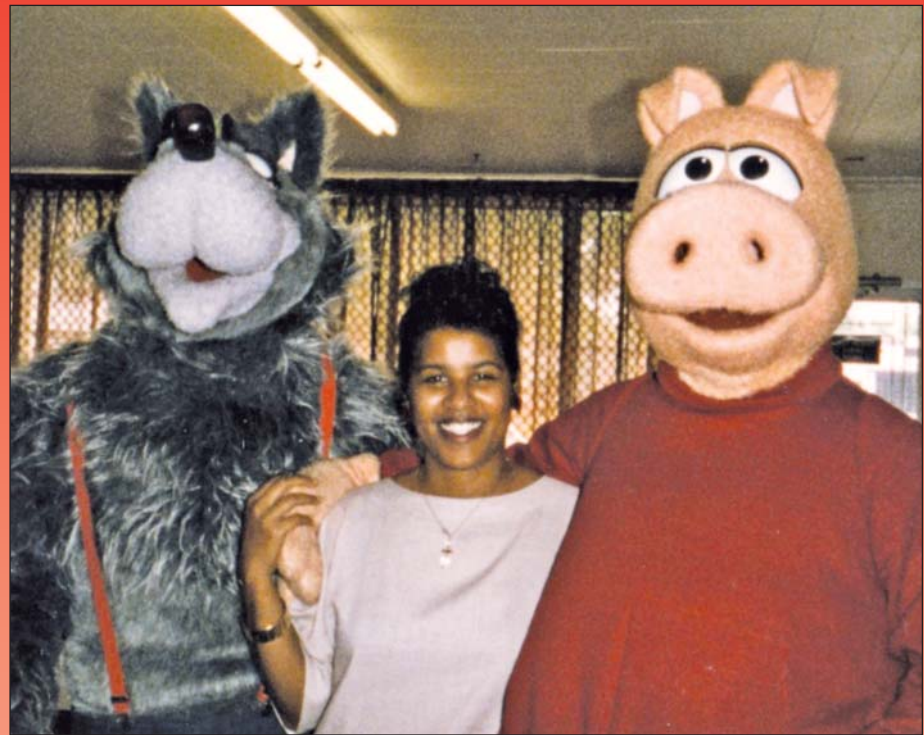


Jocelyn celebrates her 25th anniversary at JAAA.

AFTER 40 YEARS!



Jocelyn tries for a strike during 1985 Older American Month activities.



Jocelyn is flanked by costumed SW Bell employees during Older American Month fundraising activities in 1985.



Jocelyn stands with other directors of AAAs after Governor Sebelius signs an Older American Month proclamation.



Jocelyn with Larry Brock, the 2009 Donna Kidd award winner.

Ten Years of "There's No Place Like Home" Fundraiser

By Marsha Henry Goff

JAAA is proud to present Elvis (aka Bob Lockwood) and the 1950's Secrets Band in an encore performance of "Blue Hawaii" on Saturday, May 27. Also performing is Dr. Lanny Snodgrass, who flies in each year from his home in Washington. As it has for a decade, the event will be held at Great Overland Station and catered by Aboud's Catering, whose delicious and beautifully presented food always enhances our theme.

This year's honorary chairs are Lana Renae and Dereck Hood of Topeka. Honored guests from Douglas County are Joann and Ron Hurst. Honored guests from Jefferson County have not yet been selected.

On a personal note, this year marks my last as chair of the event. Jocelyn Lyons is retiring and it seems a good time for me to retire from fundraising. It has been a gratifying ten years because I have had the opportunity to work with amazing people who have been dedicated to raising money for our Guardian Angel Fund. We have consistently operated with a very small committee. Current committee members are Kathy Green, Jocelyn Lyons, Carol Sook and Diane McDermid. All of them have been a joy to work with and Kathy has done an excellent job by helping to procure items for our silent auction.

The committee is assisted by many JAAA staff members — too many to mention — but those who merit special mention are Nyree Green-Brooks, Amanda Sellers (and their respective husbands Brian and James),

Susan Harris, April Maddox, Jean Stueve and Sharon Wright. We could not do it without their significant efforts.

Many committee members over the years have served nearly as long as I. Among them are the late Shirley Biller, as hard a worker as I ever encountered; Martha Skeet, another worker and my friend since junior high school; Beverly Thompson, a powerhouse at securing many of our honorary chairs; and Carol Sook, a busy woman always willing to take on one more job. Others who have served on the committee and done commendable jobs are the late Marion Brown, Cyrene Holt, Connie Michaelis, Karen Peterson, Annette Thornburgh and Lori Yocum.

Bette Allen and her staff at Great Overland Station have been great to work with as has Aboud's Catering. Deborah and Brad Aboud are Topeka treasures and their staff members are competent and friendly. Becky and Rodney Johansen of Eileen's Colossal Cookies in Lawrence have been very generous in donating their delicious cookies for the past several years.

For the first five years, Topeka's Kings of Swing served as the event's band. They provided marvelous music for listening and dancing. Since then Bob Lockwood (aka Elvis) and the 1950's Secrets Band have shaken things up with rock-n-roll interspersed with lovely ballads.

I cannot think of a better way to bow out than with a reprise of Bob and the band's 2015 "Elvis in Blue Hawaii" performance. It also gives you a chance, if you wish, to break out your Hawaiian shirts



Bob shows off his cape in front of the photo booth.

and island clothes. Come prepared to eat delicious food, listen to great music, check out our amazing silent item auction items and just have a fantastic time.

This could be a sellout so

please get your tickets (\$20 each or two for \$35) early. You may order tickets online at www.jhawkaaa.org or call JAAA at 235-1367 (in Topeka) or 1-800-798-1366.

JAAA is looking for a few good Volunteers!

Would you like to use your skills — or learn new ones — in a busy, friendly environment to help people in your community?

We need SHICK (Medicare Counseling Assistance) volunteers for whom we will provide training.

Also, office/clerical help, CHAMPSS volunteers, friendly visitors and phone reassurance volunteers.

We'll gladly find a volunteer position to suit your interest and skills.

Please contact
Diane McDermid, JAAA SHICK Coordinator
235-1367 or 1-800-798-1366

Older Americans Month 2017: Age Out Loud

We at Jayhawk Area Agency on Aging have long recognized that getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old,

became the oldest person to host Saturday Night Live in 2010, coincidentally during May — the same month recognized as Older Americans Month (OAM).

Closer to home, consider the late Elizabeth Layton — aka Grandma Layton — from the small town of Wellsville, Kansas, who began drawing at the age of 67 after taking a drawing class. Her drawings and writings have been exhibited in more than 200 art museums and centers throughout the U.S., as well as at the Smithsonian's National Museum of American Art. A reviewer in New York Magazine wrote, "I am tempted to call Layton a genius," while one at the Washington Post called her the "Van Gogh of contour drawing." One of Layton's drawings proudly hangs on the

wall at JAAA.

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

Jayhawk Area Agency on Aging will use OAM 2017 to focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as

long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

Each May, we celebrate Older Americans Month with our annual fundraiser/dance benefiting our Guardian Angel Fund which provides funds for seniors in desperate circumstances. Throughout the month — and the entire year — JAAA conducts activities and plans programs of interest to seniors. We encourage you to get involved by participating in these activities and programs.

Join us and Administration for Community Living as we speak up for Older Americans Month 2017 and Age Out Loud this May!

News you can use about Medigap supplemental policies

By Marsha Henry Goff

My grandmother had a plaque hanging on her dining room wall that read "It's what you learn after you know it all that counts."

I never thought I knew everything about Medigap insurance, but I thought I knew what I needed to know about it. I was wrong.

While I diligently checked each year during the enrollment period to see if we could save money on Medicare Part D insurance, I never checked on our Medigap insurance, but just continued to pay the increasingly larger premium each year. Big mistake! Last year when my husband and I finally changed insurance providers, we saved

collectively almost \$2,500 annually. Admittedly, we changed from Plan F to Plan G, meaning we pay an annual deductible of \$183 each (our previous provider didn't offer a Plan G), but do the math: The savings is *after* we pay the deductible.

I felt like the biggest ninny on the planet. Another thing I learned is that you may change your Medigap insurance at any time during the year. There is no set enrollment period like there is for Part D. The only caution is that you must not discard your current Medigap insurance provider before you are accepted by another. That is because of the underwriting process which evaluates the risk and exposure of potential clients and allows

the insurance provider to refuse to accept you. Underwriting does not apply during the six month window (three months before and after your 65th birthday) when you first qualify for Medicare. Also, you may change your Medigap policy more than once during a year, provided you don't mind paying an application fee (ours was \$20) each time you change plans.

And know this: Regardless of the plan you choose, F or G or any of the other alphabet-titled plans, the benefits of those respective plans are the same regardless of the provider. The only difference is in the insurance premium you pay and the service you receive.

The Kansas Insurance

Department has just published a helpful guide, *Medicare supplement insurance shopper's guide*, which may be obtained by calling 1-800-432-2484 or going online to <http://www.ksinsurance.org/department/publications.php>. Consumers may also download the publication at <http://www.ksinsurance.org/documents/department/publications/medicare-supplement-ins-shoppers-guide.pdf> or compare Medicare supplement rates on line at <http://www.ksinsurance.org/healthlife/medicare/med-supp.php>.

Check it out. Don't make the same mistake I did. Either you will save a lot of money or learn that the provider you are with is the best one for you.

My Social Security Rant

By Marsha Henry Goff

Being on a fixed income would not be so bad if the cost of groceries, gasoline, housing, property taxes, utilities, medical care, prescription drugs and other necessities were also fixed. Sadly, they are not. Recently, as an example, the cost of my trash pickup service just increased almost 25 percent.

An annual Cost of Living Allowance is meant to help seniors stay abreast of rising costs, but that is a farce. Indeed, when Social Security recipients do receive a COLA — which they did not receive in 2009, 2010 and 2016 — the cost of Part A Medicare rises and wipes out the increase.

The Social Security COLA for 2017 is .03 percent while President Obama proposed a 1.6 percent increase for civilian government workers (he signed an executive order before leaving office raising that to 2.1 percent, the same rate our military — more subject to being shot at — was scheduled to receive). Who decides what is a fair COLA for Social Security recipients? The Social Security Administration, those civilian government workers who received a 2.1 percent raise. Sound fair to you?

But what really precipitated my rant is that Social Security says this: "Every dollar of earned income, up to any age, can result in increases in Social Security benefits. Social Security will automatically recal-

culate your primary insurance amount (PIA) every year in which you work. As long as you keep paying FICA or SE taxes, however, you can potentially keep increasing your benefit. There is no disincentive in the Social Security system to keep working after you start benefits."

What that does not say is that you can increase your benefit *unless* you were a stay-at-home mom or dad with a small amount of paid outside work to your credit (believe me, we stay-at-home parent/volunteers did plenty of *unpaid* outside work). When my Social Security account was set up, my benefit was calculated at half of what my husband's is *reduced* by the much smaller amount I earned in Social Security benefits.

And last year when I paid in enough to increase my benefit by \$43, Social Security added it to my own little account and took the same amount away from my part of my husband's account, leaving my benefit the same. In other words, no matter how much I work and earn in retirement, I can never increase my benefit. According to Social Security, the only way my benefit can increase is if my husband works and increases his benefit. Because he retired three times before he got it right, I am pretty sure that is not going to happen.

So, each year I pay hundreds in Social Security taxes for absolutely no chance of increasing my benefit. I think

that stinks. But so does a COLA of .03 and an increase in Medicare Part A premium that takes even that small amount away.

Are the Gray Panthers still in business? Perhaps I should join them. Perhaps we all should.

Two new CHAMPSS locations are open

JAAA proudly announces the opening on April 24 of two new CHAMPSS locations. Kanza Café, 2701 SW East Circle Drive, Topeka, is open Monday through Friday from 6:30 a.m. to 1:30 p.m., serving breakfast and lunch. The menu, which will change weekly, features typical breakfast items and traditional lunch meals, as well as a soup and sandwich option and a salad bar meal option.

The Dance Café, 711 High Street, Baldwin City, is open for lunch Monday through Friday 11:00 a.m. to 1:00 p.m. Their menu sandwiches, salad as a meal and soup as a meal options. The menu will change seasonally.

From the time we learned that the Baker cafeteria would

not continue as a CHAMPSS site, JAAA has sought a replacement site for Baldwin City residents. Everyone with a Baldwin City address, who was enrolled in CHAMPSS at the time Baker closed, has been sent a letter informing them of the opening of CHAMPSS at the Dance Café, as well as the Dance Café's plans for remodeling later this summer.

No additional orientations have yet been planned in Topeka or Baldwin City, although that may be done in the future, depending on demand. The Millennium Café in the Topeka Library has proved exceedingly popular in attracting both new and past CHAMPSS cardholders. JAAA currently has 3,826 CHAMPSS customers.

Call Kevin at 841-9417 to place your display ad in the Summer 2017 issue of Amazing Aging! The deadline is June 15.

Rishi Sharma: Appreciating World War II veterans and documenting their service

By Marsha Henry Goff

Rishi Sharma is a young man on a mission. The 19-year-old California native formed a non-profit — Heroes of the Second World War — before he graduated from high school and has spent the last ten months traveling throughout the United States interviewing World War II veterans. His quest to interview at least one veteran each day (to date he has interviewed more than 300) is a magnificent obsession and he is passionate about it: "We have a responsibility to document their experiences so that such a devastating

war will never happen again and so that those brave men did not die in vain."

For those who think his interest in World War II veterans is unusual, he explains: "How can you not be interested in a war that killed 70 million people and the veterans who fought it 75 years ago and literally saved the world? If a Civil War veteran suddenly came back to life from the grave, all the world's media would be hounding him begging for an interview using the nicest equipment and the fanciest cameras. What boggles my mind is that we have this opportunity with the WWII veterans! We should not wait until there is only one left to acknowledge their sacrifices and to document them."

He has put 29,048 miles on his 2014 Honda Civic driving from coast to coast, north to south. His rear window and back side windows are decorated with perforated window decals stating his mission. He says it was the best money he has spent because it also provides him with privacy while he sleeps in the back seat. He operates on a tight budget and declares, "I'm not going to waste money on nightly room rent. I have three blankets and I am a lot better off than those who slept in foxholes, don't you think?"

Sharma has interviewed one Medal of Honor recipient and nine veterans 100 or more years old. When he reads an obituary of a World War II veteran he did not have the chance to interview,



Rishi poses by his car which serves as his transportation and bedroom.

he calls the family to express his condolences and his thanks for the veteran's service. He presents each veteran he interviews with a video of the interview. You may read more about him on his website — <http://www.heroesofthesecondworldwar.org/> — and also view many of the veterans he has interviewed. He knows it is unlikely that he will be able to interview every

surviving World War II veteran, so he provides a list of questions and encourages visitors to his website to do their own interviews.

If you are a World War II veteran or know of one who would like to be interviewed, please email Rishi Sharma at heroesofthesecondworldwar@gmail.com or call him at 818-510-2892.

Need assistance deciding on the best Medigap supplemental policy for you?

Jayhawk Area Agency on Aging can help you shop for the best policy to fit your specific needs.

You have a six-month window when turning 65 and joining Medicare. After you have a Medigap policy, you may change policies at any time, but are subject to medical underwriting.

Questions: Call 235-1367 or 1-800-798-1366

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