

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 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



We caught up with Paula and Willard Hladky at the Perry Fall Festival where they were volunteering. (see story on page 3).

A Message from Susan Harris, JAAA Executive Director

The Older Americans Act (OAA) is the foundation of Jayhawk Area Agency on Aging and the long-term services and supports we oversee, providing older adults with much-needed services that include home care, congregate and home-delivered meals, legal services, transportation, caregiver supports, and case management services. As the Area Agency on Aging that serves Shawnee, Jefferson, and Douglas Counties in Kansas we are responsible for the provision and/or coordination of critical home and community based services to older adults and their caregivers, reflecting how people want to age, at



Susan Harris

home and in the community. Community based services help seniors avoid or delay unnecessary and more expensive institutional care and spending down to Medicaid, which in turn saves money for Federal and State governments.

Under the Older Americans Act, AAAs are directed to establish an Advisory Council charged with furthering the agency's mission of developing and coordinating community based systems of services for all older adults in their service area. The overarching functions of Jayhawk Area Agency on Aging's Advisory Council include being an ambassador to the community; contribute to advocacy

efforts; assistance in development and fundraising; and participation in strategic planning.

The Jayhawk Area Agency on Aging Advisory Council is comprised of eleven members representing the area we serve, and members are appointed by local city and county governing bodies. We are currently looking for new members to serve on our Advisory Council, and have open seats on the Council for each county area we serve. Involvement on the Advisory

Council will require attendance at a monthly meeting and other time commitments as duties and direction of the Advisory Council may require. If you are interested in being a part of the Advisory Council to help improve and develop programs serving older adults in Shawnee, Jefferson, and Douglas counties please contact Jayhawk Area Agency on Aging for further information and to start the process for becoming a member of the Council.

Watch out for this scam!

By Marsha Henry Goff

Perhaps it is because I grew up in the home of my lawyer father and reared a son who is lead IT for a large company that I am cautious when I receive an email or phone call from someone purporting to represent my bank or credit card company. Caution served me well the other day when I checked my email and found a message appearing to be from a company whose credit card I hold. It had no misspellings, as is common in so many email scams, and looked legitimate:

Security Alert: Unusual Activity Detected On Your Account. As part of our commitment to better protection and safety of our customers, please click the link below to proceed with verification process. Please click here to remove this block.

Had I clicked on the link, they likely would have asked

for my security information (credit card number, three-digit security code, password). Instead, I called the phone number on my credit card and learned the email was not from them. My son was able to determine that the email originated in Indonesia. Such emails and phone calls are termed phishing expeditions where scammers randomly send out thousands of emails hoping that some unsuspecting sucker will bite.

Should you get any email or phone call saying it is your bank, brokerage or credit card company, do not give them personal information. Also, do not call them at any phone number they give you. Use the number listed on your credit card or account statement.

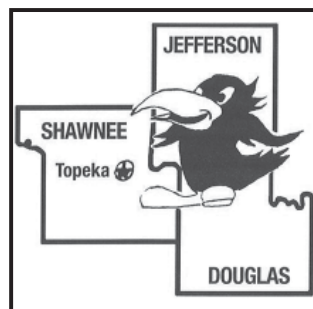
There are a great many criminals phishing for your information. Don't be the poor fish that got caught!

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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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Perry Senior Citizens appreciate their community dynamos: Paula and Willard Hladky

By Marsha Henry Goff

Paula and Willard Hladky provide a lot of competition for the Energizer Bunny and it appears the rabbit is losing. Very few civic or charitable events occur in Perry without their involvement and they are active as volunteers in all three counties that JAAA serves. Their volunteer efforts benefit community health (Douglas County Medical Reserve Corps, Douglas County Emergency Management), children (The Kansas Children's Discovery Center), environment (Keep America Beautiful), church (hospitality committee, co-coordinators for Disaster Response for the Perry United Methodist Church), seniors (Silver-Haired Legislature, Perry Senior Citizens) and

so much more.

Their decision to take over Perry Senior Citizens (PSC) as co-presidents — including planning of the monthly luncheons — in April 2015, when President Dee Myers-Robb stepped down to care for her aging parents, is not surprising. The luncheons are potluck where every attendee brings a dish and a dollar, with the main entrée often provided by benefactors. Paula explains, "Willard and I saw all the good things that happen at the monthly luncheons and felt like this was something that we wanted to help continue. There is a bunch of hard working ladies that get the meal together and help with the cleanup and I can always depend on them to be there when I need them. This is the only way that we can do



Friends Patsy Morse and Judy Fowler enjoy the Perry Senior Citizens monthly luncheons.

this with only \$1.00 per person coming in at each luncheon. We normally send home around six meals for the homebound after each luncheon."

Perry Senior Citizens began 40 years ago and, while many congregate meal sites have lost attendees, PSC has continued to grow with an average of 60 attendees at each luncheon. Paula is quick to credit others for its success: John and Janet Preston, co-vice-presidents; Bev Meredith-Roe, secretary who also checks attendees' blood pressure; and Wally Kinson, treasurer). "Without this group of loyal helpers plus the group of ladies who take over the kitchen for us, we could not function," she states emphatically.

PSC also has a loyal group of business supporters as well

as Kentucky Township which allows the group to use the Perry Community Center free of charge. Paula says that "many good people have also supported us. We have a new stove and a resurfaced parking lot donated in memory of Marie Tyrrell Allen and monthly desserts donated by First State Bank and Trust. We have generous seniors who pick up paper products and items to keep the meals going. Perry Pride helps with the Kansas Humanities programs and always provides fried chicken. Casey's Pizza partners with us and helps us have the annual pizza party. Bill Culver is our grill master and prepares hot dogs and hamburgers for our annual indoor picnic. On September 11, Friends of



Cheeseburger cupcakes: They may look like cheeseburgers, but they are actually delicious cupcakes created by Suzy Bee Bakery courtesy of First State Bank & Trust.

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Perry seniors

CONTINUED FROM PAGE THREE

Hospice, the Jefferson County Health Department and Taste of Elegance provided chicken and noodles with mashed potatoes.”

In addition to a nutritious meal each month, blood pressure is monitored and in October flu shots were administered by Jefferson County Health Department nurses. Paula is proud of the health equipment loan program. The program provides durable medical equipment to anyone, regardless of age, at no cost. Paula explains, “It is through the generous donations of people in the area who have equipment they no longer need that PSC is able to continue this program. It truly is a blessing to those who do not have the means to purchase new equipment. This is made possible by the generous donation of an equipment storage shed by the City of Perry.”

Socialization also is key. The chance to get out of their homes and interact with friends

and neighbors is important and Paula recognizes that “for some of our senior citizens, our monthly luncheons are the only time they are able to get out of their homes.”

One-hundred and two-year-old Norma Evans enjoys the monthly luncheons, especially when she has the chance to dance as she does when Elvis (Bob Lockwood of McLouth) makes an appearance. Patsy Morse and Judy Fowler are two active seniors who attend the luncheons. They are close friends who worked together at Hamm’s before retiring and live near each other. Where you see one, you usually see the other.

A special program is planned each month. Often it is informative because Paula believes that “the programs are important too. If we don’t use our brains, we lose them, so anything new we can add to our lives, just keeps us going.” Other times, she says, the programs are pure fun like when “Bob Lockwood comes and delights everyone with the sounds of Elvis Presley. It is because of these people



The Perry Senior Citizens’ monthly luncheons usually attract a crowd of 60 happy and hungry people.

and more, that planning the monthly luncheons and programs is a joy, not a burden.”

When Paula and Willard became co-presidents of Perry Senior Citizens, Paula found reference to a grant and thought she might be able to apply for and secure another grant to keep the luncheons going. She researched and learned that in addition to nutrition, the meal had to provide socialization and wellness. “I have done that for over two years and so far, the

check must still be in the mail,” Paula says. “I know that no money is coming our way, but it would be nice to have someone notice the good work that Perry is doing for its senior citizens. Maybe that’s not important because we see the big smiles and the happy faces of our senior citizens each month. They are all a blessing to us!”

Paula and Willard Hladky just keep going and going and going. The Energizer Bunny is exhausted.



Kansas Color

My father’s favorite season was fall. After school each autumn, he’d take me for a flight over the hills north of Lawrence to see how much more colorful the trees were than the previous day. I love all the seasons, but the fall scenery from my front and back doors is especially beautiful.

Marsha



New CHAMPSS site opens in Winchester

Winchester gained a CHAMPSS site when F.W. Huston became part of Jayhawk Area Agency on Aging's popular senior dining program on October 1. Seniors 60 and older may choose from different entrees and eat their choice of breakfast, lunch or dinner daily.

Seniors who wish to enroll in the program must attend an orientation session before obtaining a reloadable plastic card which may be loaded with up to 12 meals at a time. There is a suggested donation of \$3 per meal which enables JAAA to continue and expand the program. To purchase a meal at a participating restaurant or café, the cardholder simply swipes their card and one meal is deducted.

Seniors enjoy the program's choice of what and when to eat and they may use their card at any participating CHAMPSS site in the three counties JAAA serves. Current CHAMPSS sites are:

Douglas County: Dance Café at Baldwin Academy of Dance and Voice at 711 High, Baldwin City (open 11:00 a.m. to 1:00 p.m., Monday through Friday); Hy-Vee at 3504 Clinton Parkway; Hy-Vee at 4000 West Sixth; Dillons at 4701 West 6th; Dillons at 1015 W 23rd; and Dillons at 1740 Massachusetts, all in Lawrence.

Jefferson County: Rosie's Cafe at 522 Liberty, Oskaloosa; Mac's Grill at 408 Sycamore, Valley Falls; and F.W. Houston, Winchester.

Shawnee County: Dillon's at 21st and Fairlawn; Dillon's at 29th and California; Dillon's at 29th and Urish; Dillon's at Hwy 24 & Rochester; Dillon's at 10th and Gage; Hy-Vee at 2951 SW Wanamaker; Millennium Café at the Topeka and Shawnee County Public Library, 10th & Washburn; and Kanza Café at 2701 SW East Circle Drive South, all in Topeka (Open 6:30 a.m. to 1:30 p.m., Monday through Friday).

Call Kevin at 841-9417 to place your display ad in the Winter 2018 issue of Amazing Aging! The deadline is January 15.

JAAA gets around! Look for us!

Caregivers' Support Group, Baldwin Methodist Church, first Wednesday of each month, 1 p.m. - 2 p.m.

November 1 December 6 January 3

Medicare Monday, we'll answer your Medicare questions, Topeka Public Library, 1 p.m. - 3 p.m.

November 6 December 4 January 8

Do It Yourself Medicare Part D, Topeka Public Library, 9 a.m. - 10 a.m.

November 8 December 13 January 11

Do It Yourself Medicare Part D, Topeka Public Library, second Wednesday of each month 9 a.m. - 10 a.m.

November 8 December 13 January 11

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

November 16 December 21 January 18

Health and Wellness Fair

Gill Carter Initiative, Inc.

TPAC, 214 SW 8th, 9 a.m. - 7 p.m.

November 15

Medicare Quarterly Evening, Topeka Public Library, 6 p.m. - 8 p.m. on **December 21**.

CHAMPSS Orientation Sessions

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

November 6 December 4 January 8

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

November 1, 8 December 6, 13 January 3

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)

The Combat Air Museum is a Topeka treasure

By Marsha Henry Goff

The Combat Air Museum at Forbes Field is indeed a treasure for those who love aviation history and viewing airplanes of all eras. The 40-year-old museum, located on an active air field, is a tourist destination for people from all over the world. It houses 41 aircraft ranging in age from the earliest to present day and boasts the largest collection of World War I replica aircraft in the Midwest, including the infamous Red Baron's Fokker tri-plane.

Gene Howerter, Chair of the Board, attended the museum's first organizational meeting 40 years ago and has been involved with the museum since that time. His interest in aviation was sparked by his uncle who flew a P-38 in the South Pacific during World War II. Howerter also worked six years at Boeing

in Wichita producing B-52 bombers and Vertol helicopters.

He credits a great relationship with the Metropolitan Topeka Airport Authority and the volunteers — many of whom assist at the museum's pancake feed fundraiser in the spring that attracts 700 to 800 people — for the museum's continued existence. The museum hosts a second annual fundraiser, a fun run, in the fall. He notes that the museum has only two paid staff, a part-time office manager and a full-time director.

Museum Director Kevin Drewelow also credits volunteers for the museum's success, while noting that board members are volunteers and all volunteers are dues-paying members. "Simply put," he says, "the Combat Air Museum exists solely because of its volunteers. Volunteers began the Combat Air Museum forty years ago. They located,



Jack Vaughn, volunteer and Korean War veteran, holds a photo of his Grumman Guardian which took off and landed on a carrier.

disassembled, transported and assembled many of the aircraft in our collection; raised money to maintain, expand and improve our facilities; and they continue to support museum operations and programs. Volunteers keep the admission desk and gift shop operating seven days a week for 361 days of the year."

Gift shop attendant Charie Broughton's friendly smile greets you one day a week and is likely the first face you see when you enter the museum. She put in 22 years at Security Benefit and also worked at Washburn. After she retired, she missed working and a friend who volunteered at Combat Air Museum invited her to visit the museum and see if she might like to volunteer there. Charie liked what she saw and has been a volunteer for five years.

The museum recently lost

one of its most faithful and popular volunteers with the passing of Jack Vaughn who died on September 27. According to Drewelow, "Jack Vaughn was our poster boy for volunteerism; he spent nearly every afternoon each week as an instructor on our flight simulator. As a gifted, patient teacher as well as an experienced aviator, Jack provided many people with their first flight experience during the years he volunteered here. In his absence, we're working to find two or three people to cover the flight simulator that Jack handled all by himself."

A Korean War veteran who flew off a carrier, Jack returned home, utilized the GI Bill to obtain his degree in electrical engineering, then worked for IBM for 30 years. When he retired, he said he had a lot of



Charie Broughton, volunteer at the gift shop, is often the first friendly face you see when you enter the museum.

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Museum

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time on his hands and began volunteering at the museum. "I still have a lot of time on my hands, that's why I'm out here a lot. I meet interesting people almost every week, some from overseas, almost every day. I had people from England, one from Wales yesterday. I'm Welsh so he and I got on real well. He's been to almost all the museums in the US as he's retired, too. You're always meeting interesting people and I enjoy that very much."

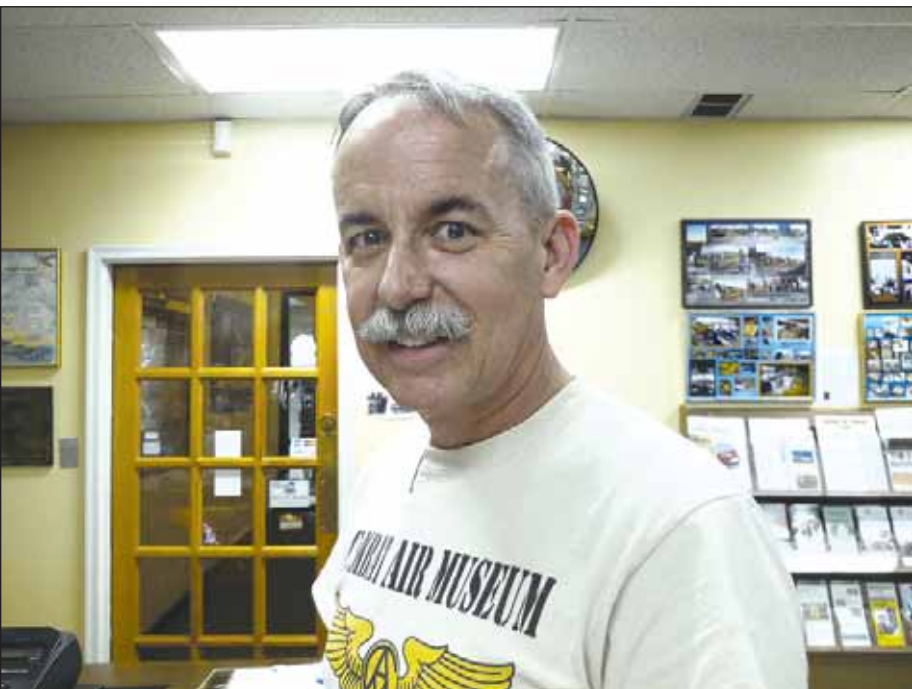
On Saturday, October 7, the museum hosted its second annual Girls in Aviation Day — co-sponsored by the Museum of the Kansas National Guard, Northeast Kansas Chapter of The Ninety-Nines and the Kansas Commission on Aerospace Education — attended by nearly 200 Girl Scouts and an equal number of other visitors.

Girls and others had the opportunity to tour visiting aircraft and speak with the female pilots who flew them. They viewed the museum's display of historic aircraft and were able to don flight gear and be photographed next to planes on exhibition.

Female speakers representing various aspects of aviation later addressed the girls. One of the most popular speakers was Katie Sherrow, 96-years-young and a genuine World War II "Rosie the Riveter," who helped build and repair planes damaged in combat. After her talk, girls clustered around her, asking questions and having her pose for photographs with them.

Drewelow and museum volunteers are already planning for next year's Girls in Aviation Day. During the summer, the museum also offers a Young Aviators program for children aged 8-12. Whether you are a new or past visitor to Combat

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Museum Director Kevin Drewelow says the museum could not exist without the hard work of 40 to 50 volunteers.



Jack Vaughn uses the flight simulator to give a flying lesson to a museum visitor. This visitor, with a little help from Jack, flew through the St. Louis arch



Jack Vaughn holds a book containing a photo of him standing in front of his plane.

Community Village Lawrence allows seniors to age in their homes

By Marsha Henry Goff

Do you wish to age in your home where you are comfortable and content even though you may need help with some daily activities? Lawrence seniors have that opportunity with Community Village Lawrence (CVL), formed and operated — with the exception of two paid part-time workers — by volunteers. There are 200 Community Villages nationwide with 100 more in the works and Lawrence is the first village in Kansas.

Ellen Paulsen, vice-chair of the CVL Board, has a PhD in psychology and educational research and worked hard to get the organization off the ground. She says one reason she is so heavily involved in CVL is that she is “paying it forward” in the hope that help will be there for her when she needs it. “But also,” she adds, “I think it is very important for those of us who have worked hard all of our lives to continue being productive and useful, as that fights depression, a common problem for us in our later years.”

Tamara Cash, a CVL board member and volunteer who also serves on Jayhawk Area Agency on Aging’s Advisory Council, is a passionate advocate of the work done for CVL members by its volunteers. A retired teacher and school psychologist who serves as a part-time consultant for a private school, Cash is also looking toward the future. “I believe in being able to stay in my home as long as I wish and this organization is the way I want my retirement to look. I

want to be independent and call on a network of support when I need it.”

CVL’s first meeting was held in July 2012. A year later, with the help of a mini-grant from Blue Cross/Blue Shield which helped buy telephones, volunteers began the telephone reassurance program as a free service and it remains so today. Paulsen is grateful to the organizations and individuals who have been helpful along the way. The charter members’ seed money bought software for a computer acquired when KU was discarding surplus materials. Lawrence Creates allowed CVL free office space in a Morton building for a year and a half until it moved to Independence, Inc. in January 2015. Paulsen credits much of the organization’s success to “AmeriCorps Vista Program (the domestic version of the Peace Corps). They’ve allowed us to rely on their data base for a year, helped us with our paper work and by-laws.”

By fall of 2015, CVL started its transportation service and began taking memberships in January 2016. Household memberships are \$30 monthly and provide six services each month including transportation, home support and/or home repair/upkeep. There is a sliding scale for those with limited incomes but the organization asks members on subsidies to pay at least \$5 per month and all members are asked to commit to three months so members can see whether they need and will use the services that CVL provides. When an application for membership is received, a home



Ellen Paulsen and Tamara Cash, hardworking CVL Board members, examine a book explaining how to navigate the health care system.

visit is arranged so the prospective member understands the program and can determine whether it fits their needs. The CVL representative also assesses the home environment to ensure it is safe for volunteers.

When members call for a service, they are matched with a background-checked volunteer who can provide that service which may be, for example, transportation, changing light-bulbs, walking a dog, minor plumbing repairs like changing washers in faucets or light housekeeping. When services needed are beyond the skills of volunteers, CVL relies on paid service providers, some of whom give a 5% to 10% discount to members. Businesses that provide services are vetted by CVL and include plumbers, electricians, Class A contractors, nail and hair stylist, handyman, flooring, cleaning services, yard-

work, roofers and restoration. Neil Gaskin of Natural Breeze has long been a supporter of CVL and, if the organization is awarded a grant it has applied for, has said he would help with ramps, grab bars and other accommodations that allow members to live safely in their homes.

CVL’s office is manned by two part-time workers who are committed to the organization’s mission. A mature male was reentering the job market when he connected with CVL and his salary was paid for a year by Senior Employment Resources. He proved so good with the members that when SER payment ended, CVL employed him part-time. The part-time female employee began as a volunteer for CVL. She has a PhD in educational psychology from KU. With one employee work-

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ing mornings and the other working afternoons, the phones are covered throughout the day.

Members are strongly encouraged to become volunteers — about 40 percent do —

even if only to make telephone reassurance calls. CVL evaluates satisfaction levels of members monthly. They are proud that those levels are 4.9 on a 5-point scale. You may learn more about applying to CVL by visiting its website at communityvillagelawrence.org or phoning 785-505-0187.



JAAA will host AARP Tax Service

January 29 thru April 10
Mondays and Tuesdays
from 9:00 a.m. to 3:00 p.m.
No appointment necessary
First come, first served

This is a FREE service!



Community Village Lawrence

*Neighbors
Helping
Neighbors
As They Age*

2001 Haskell Avenue, Lawrence, KS 66044
785-505-0187 or 785-505-0188

CommunityVillageLawrence.org

Caregiver Support *JAAA salutes caregivers*

By Michele Dillon
JAAA ADRC Supervisor

Have you ever run a marathon? Expert runners state that there is a long training process. You don't just get up one day and decide to run a long distance, well unless you're Forest Gump. Caregiving is a marathon and not a sprint. There's a lot of energy required with caregiving and it can be a very long process and there are things that caregivers can do to prepare for the long journey ahead.

Advanced Directives: Advanced Directives is a set of paperwork that allows your loved one to communicate when they become incapacitated. Here's some background on each one. A Living Will is a document that tells medical personal and family what extraordinary measures, if any, your loved one wants to be kept alive. Do they want a feeding tube or other machine to help keep them alive or do they not want anything. Having this document ahead of time helps the medical staff to determine what needs to be done and eliminates disagreements among family. A Do Not Resuscitate order indicates whether or not to allow natural death once the heart has stopped. Powers of Attorneys (Medical and Financial) assign an agent to your loved one to be the decision maker for them once they become

incapacitated. There are several types of Powers of Attorney so research the one that is best suited for your family.

Research and learn: Investigate before you need it. Researching in a crisis usually lends to hasty decisions. Whatever your loved one's diagnosis you will want to research the later stages so you know what is coming and what will help ease the condition. Also research the coverage on your loved ones plan, especially any long term care policies. Many of them will cover in home care services but have a waiting period. Learn about any adaptive equipment that may be needed and how to use them. Research home care agencies and long term care facilities. See what each one has to offer and what they don't provide.

Self-Care: Please, Please, Please do not forget about self-care. You can't be helpful to anyone if you become tired and sick. Ask for help from other family members and utilize community resources. Caregiver support groups will be a vital part of this journey.

Contact Jayhawk Area Agency on Aging at all stages of this marathon. We will walk beside you all the way and help find the resources you need in all stages. We offer support groups and have funding to assist caregivers with medical equipment and supplies as well as some respite needs.



Michele Dillon

November is National Caregiver Month and JAAA will be holding a caregiver event in each county (see ad below for dates and locations).

The theme for National Family Caregivers Month November 2017 is "Caregiving Around the Clock." Caregiving can be a 24-hours a day/7-days a week job. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat.

The average family caregiver is a working mother of school-aged children. Six out of 10 family caregivers work full- or part-time in addition to juggling their caregiving responsibilities at home. And most of them say they have to cut back on working hours, take a leave of absence, or quit their job entirely.

Mornings become a tricky balancing act of getting the kids ready for school, making sure your loved

one has what they need for the day before getting yourself out the door for work. Up to 70 percent of the time, the family caregiver — not the patient — manages the medications. The more serious the condition, the more likely it is that the family caregiver manages the medications for the patient. This means ensuring your loved one is taking their medication correctly and maintaining an up-to-date medication list.

Ensuring that you get proper nutrition will help you maintain strength, energy, stamina, and a positive attitude. Nutrition is as important for you as the caregiver as it for your loved one. Caregiving affects the whole family. Late at night might be the only time you get a few minutes for yourself. Make sure you take time to rest and recharge. The chance to take a breather and reenergize is vital in order for you to be as good a caregiver tomorrow as you were today.

November is National Caregiver's Month

Jayhawk Area Agency on Aging is hosting "Caregiving Around the Clock" events in recognition of National Caregiver Month.

Lawrence Public Library
November 6, 10:00 p.m. - 11:30 p.m.

Topeka/Shawnee Public Library
November 6, 1:00 p.m. - 2:30 p.m.

Kendall State Bank at Valley Falls
November 15, 1:00 p.m. - 2:30 p.m.

Caregivers are invited to attend to learn more about available services. We will also focus on ways to relieve stress for the Caregiver.

Medicare Open Enrollment

You may call JAAA for an appointment for assistance with Medicare enrollment from October 15 through December 7.

Fall Open Enrollment is the time of year when you can change your Medicare coverage. You can do this by joining a new Medicare Advantage Plan or by joining a new stand-alone prescription drug plan (PDP). You can also switch to Original Medicare with or without a stand-alone Part D plan from a Medicare Advantage Plan during this time. Even if you are satisfied with your current Medicare coverage, take action and look at other Medicare options in your area that may better suit your individual needs in the upcoming year.

Our SHICK volunteers have saved thousands of dollars for seniors enrolled in Medicare Supplemental and Part D plans, you should check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage (Part D) can lower their costs by shopping among plans each year because there may be another Part D plan with fewer restrictions and/or lower prices in your area that covers the drugs you take.

ACA Marketplace Navigator

The Marketplace is open from November 1, 2017 to December 15, 2017 for those individuals who do not have Medicare. There are four easy ways to apply:

By contacting a Navigator or other certified assister to help you with the process.

Online at healthcare.gov.

Over the phone at 800-318-2596.

By mailing in a paper application.

When enrolling, you will be asked for basic information about your family and household. Make sure to gather the following information before you apply.

Names, birth dates and Social Security numbers for everyone in your household.

Your projected household income.

Tax information, such as filing status and number of dependents.

Immigration documentation and supporting identification numbers.

Completed Employer Coverage Tool form, which can be downloaded from healthcare.gov.

If you plan to submit an online application, you will need an email address and the associated password to create an online Marketplace account. Your Navigator or certified assister can help you create an email address if you do not have one.

If you can afford health insurance but choose not to purchase any, you must have a health coverage exemption or you will pay a penalty, also known as a fine or individual responsibility payment. The fee is calculated two different ways – as a percentage of your household income, and per person. You'll pay whichever is higher.

Jayhawk Area Agency on Aging has a certified Marketplace Navigator in our office. Call 785-235-1367 and ask for Alan.



JAAA 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, 2018

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: \$1508
Savings: less than \$12,320**

**Couple's monthly income: \$2030
Savings: less than \$24,600**

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**

**Senior Resource Center for Douglas County
842-0543**

Katie Sherrow, 96, a real-life Rosie the Riveter, holds the rapt attention of both girls and adults at Combat Air Museum's Girls in Aviation Day.



Museum

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Air Museum, there is always something exciting to see and the view from the flight simulator is fantastic. Give it a try on your next visit.

[Editor's note: The upside of being a writer is the opportunity to meet interesting people like

Jack Vaughn, who volunteered for nearly a quarter of a century at the Combat Air Museum. The downside was learning of his death only nine days after I interviewed him there. In the short time I observed him at the museum, his interest and knowledge of aviation and his gift of communicating those to museum visitors was apparent. Whether he was assisting a child or adult on the flight simulator,



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he was kind and patient, ensuring that they had a fantastic flying experience. He will be greatly missed.]

Do you know a special senior or program relating to seniors that should be featured In *Amazing Aging*? If so, please contact Marsha at mhglink@netscape.net or write her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, Kansas 66611. Thanks!