

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**

WINTER 2021



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



RIP
1921 - 2021

**Dr. Paul Kincaid,
a retired dentist
in Lawrence,
has spent his
century of life
making friends
and helping others.
Read about this
remarkable man in
the article titled
“Dr. Paul: One
hundred years of
living and giving”
beginning on page
three.**

A Message from Susan Harris, JAAA Executive Director

Looking back on last year one could definitely say that it was a year like no other we have ever experienced, and who knows what 2021 will bring. Even with all of the uncertainty, and adjustments that had to be made in regard to COVID 19, it is easy to see some high points and successes that occurred among all that COVID 19 brought.

As COVID 19 came into the picture last year in March, Jayhawk — like many non-profits — was faced with how to continue to provide important services to older adults and individuals with disabilities while keeping our staff and customers safe. Jayhawk was fortunate to be able

to continue doing our work in the community amidst the virus related shutdowns. We were able to provide assessments via video and telephone and shifted to a more virtual way of work. We kept everyone safe while

continuing to provide our services to older adults and their caregivers. We are grateful to everyone for their understanding and patience while we navigated these uncharted waters. Even with the COVID 19 pandemic and all the hurdles

Jayhawk served a total of 12,677 unduplicated individuals in fiscal year 2020 amongst all the programs we provide and contract out to local entities.

Jayhawk received some additional dollars through the Fami-

lies First Coronavirus Response Act (FFCRA) and Coronavirus Aid, Relief, and Economic Security (CARES) Act that allowed us to assure the continued provision of Older Americans Act services through the pandemic. With this additional funding we were able to help assure that home delivered meal services continued amongst a shortage of volunteer drivers, as well as provide increased services to family caregivers, and assure continued attendant care and homemaker services to older adults in their homes.

Jayhawk participated in Operation Food Secure through the Topeka Rescue Mission delivering food boxes to older adults helping to meet food insecurity needs. This was a wonderful experience and Jayhawk was pleased to partner with Jetz Service Co. with picking up the food boxes from the distribution center and getting them to Jayhawk for delivery to older adults. It is community partnerships like this that helps Jayhawk meet the

needs of vulnerable older adults in our community and we are thankful for this support.

Jayhawk was part of a partnership with the Sunflower Health Plan and other AAAs in Kansas to distribute masks to provider entities of in-home services and supports for older adults, and individuals with disabilities. Jayhawk served as a distribution point for approximately 10,000 masks so that individuals could continue to receive the services they need while maintaining their safety as well as the safety of their attendant care workers.

Jayhawk also partnered with the Kansas Department of Aging and Disability Services to distribute tablets to older adults that were received through CARES Act funding. These tablets will assist older adults with reducing social isolation that many experience and has been increasing due to COVID 19. With these tablets individuals can stay in touch with family and friends, utilize telehealth

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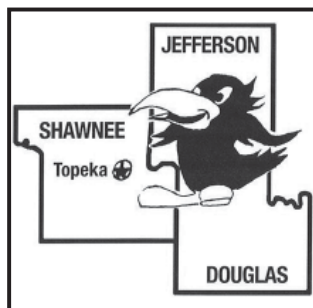
Susan Harris

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Marsha Henry Goff, editor



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

Dr. Paul Kincaid: 100 years of living and giving

By Marsha Henry Goff

Editor's Note: Dr. Paul Kincaid passed away on Sunday, January 17, just 13 days shy of his 100th birthday. As we celebrate the near century of his long and productive life, he will be celebrating his 100th birthday in Heaven. This article, written to surprise him, is now printed in his honor. —MHG

One hundred years ago on Sunday, January 30, 1921, Dr. Paul Kincaid was born. On January 30, 2021, he will join the less than one percent of Americans who become centenarians. It couldn't happen to a nicer guy!

Dr. Paul, as he is still called by his patients in Lawrence, practiced dentistry into his mid-90s, becoming at the time of his retirement the longest practicing dentist in Kansas. He considers it a blessing that he was still working when his wife Mary Bess died in 2011, because the hugs of his patients helped to fill part of the void left by her passing.

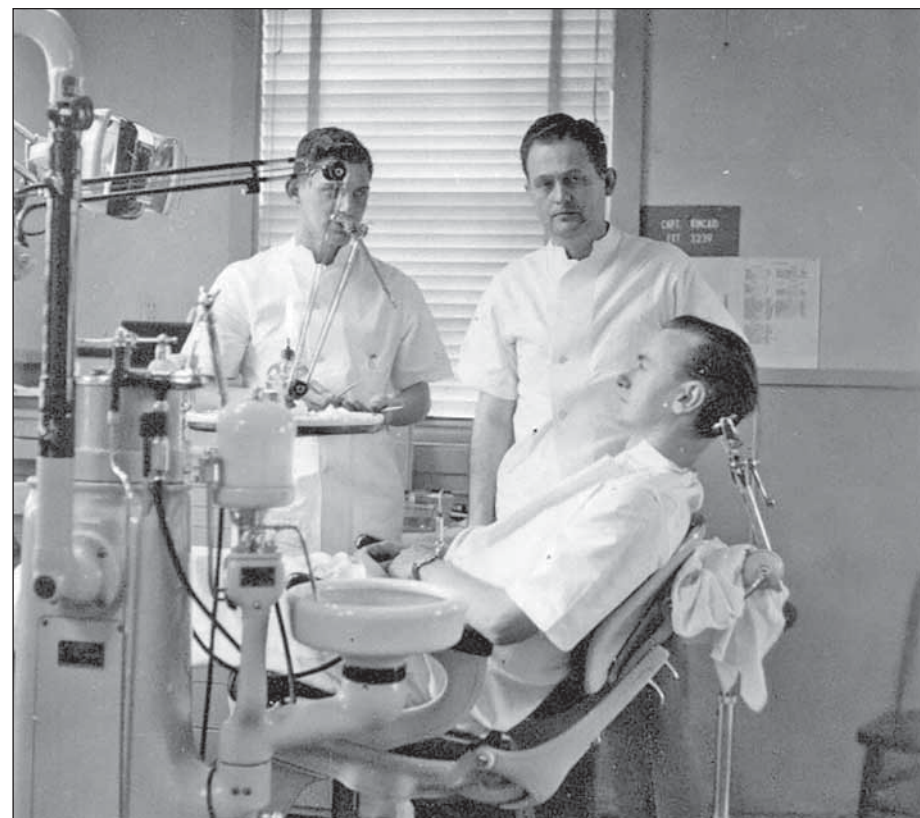
He set up his dental practice in Lawrence in 1945 with used equipment in an upstairs office over Bunny Black's Royal College shoe store after he and Mary Bess arrived in town on a Greyhound bus. The couple would not own a car until 1946.

He served his country during the Korean War while a dental school classmate took care of his patients. When he returned to Lawrence after the war, he moved to a bungalow office at 23rd and Barker Streets near Haskell Indian Nations University where he was long ago a contract dentist. He remained at that location for over 60 years until he retired. Perhaps the most famous individual who reclined in Dr. Paul's dental chair was "Wilt the Stilt" (aka "The Big Dipper") Chamberlain. Dr. Paul recalled that Chamberlain rested his feet on a window sill a good distance away which made moving around the chair difficult.

He often said that his patients and staff were like family to him. One with whom he worked actually was family:



Dr. Paul poses with his first car — a brand new Oldsmobile — in 1946.



Dr. Paul's early years as a dentist.

his son Charley followed in his father's footsteps and joined the practice as a dentist in 1976. Dr. Paul called Charley's addition to the practice "one of the most wonderful things of my life." His other son and namesake is a retired chiropractor who practiced in Oskaloosa.

A near-relative and 45-year employee of the practice is dental hygienist Jane Getto. Her father, Dr. Paul Getto, was also a dentist and her parents were best friends with Dr. Paul and Mary Bess. "They treated me like a daughter," she says of the Kincaids. "Dr. Paul made a hitching post for my horse in his yard so I could stop for H₂O and a visit."

When the Kincaids built their two-level home on a 13-acre hill site west of Lawrence in 1964, it

was a hands-on project crafted in the style of Frank Lloyd Wright with floor-to-ceiling windows and an open concept before that idea was popular. The stone for the exterior and interior of the house, two floors, and retaining walls was handpicked by the couple from stone fences near Lecompton. So beautiful and unusual is the house that it was featured in the *Kansas City Star's* Home Section six years later.

To the south of the house, the Kincaids planted apple, cherry and peach trees for fruit for their table and to make jams and jellies. Getto says that when Dr. Paul harvested the cherries he made jelly for his friends. At Christmastime, she says, he

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Evelyn Falen: Music is her life

By Marsha Henry Goff

“Have you read my name in the obituary column?” asked Evelyn Falen in answer to an old friend’s question, “Are you still teaching piano?”

“Music is my life,” she explains. “Until you see my name in the obituaries, I’m teaching.” She began teaching piano to ten students while she was in high school and after college — she majored in music at KU — she began teaching again. In Marysville, where her husband, Delmar, was a CPA she taught 45 students and had a two-page waiting list.

When her husband retired 21 years ago, the couple moved to Lawrence where Falen thought it would be nice to have about ten students. In a short time she had a waiting list in Lawrence which she credits to her different method of teaching. She uses a lot of technology in her teaching and was doing so even before the COVID-19 pandemic shut down in-person lessons. She also has her students write music as well as play it. “Not too many teachers do that,” she says.

She is disappointed that, “Right now with the kids being at a far distance, we’re not doing that so we have to miss writing compositions this year. Hopefully that will end and it will start again when we can get back together, because they learn a lot by creating their own music and making it sound right, making

it good on the paper.”

Another unusual aspect to her teaching is that she uses Piano Marvel, an online program which she describes as amazing. She is effusive in her praise of Piano Marvel, citing their sight reading program where students play the music they see on the screen and notes they play right turn green while wrong notes turn red. When students score under 80%, they get a “strike.” Three strikes and the game ends.

Falen, herself, is among the top 50 adult pianists whose high sight reading scores in Piano Marvel qualified them to sight read 1,900 pieces where their scores were averaged to determine the difficulty of each piece. The highest possible score for all pieces combined is 1,900 but no one has achieved that number. Falen’s highest score is 1,836, ranking her fifth out of 50. She notes that the number one ranking belongs to the assistant director of the Metropolitan Opera House.

While Falen has long used computers to teach her students, when the pandemic made long distance teaching essential, she felt she had a head start because before the pandemic two of her students moved to Boston and wanted to continue participating in the festival she manages in Lawrence. She called the National Federation of Music to see if there was a festival in Boston they could enter and was told Boston did not have one, but if they took lessons



Evelyn Falen is seated in her home studio in Lawrence where she can watch a computer monitor sitting on her piano showing Keaton Hoy playing on his piano in Texas. The monitor at the left allows her to view the music he is playing.

over the Internet from her, they could enter the Lawrence festival.

Falen uses Skype to connect with her students. She views the monitors of two computers: on one she watches the hands of the student playing so she can see which fingers are being used to play the notes. On the other is the music which she sees and the student sees on his or her computer screen. Falen sees both advantage and disadvantage to long distance teaching via Skype. “The biggest advantage of

teaching on Skype is because I have made the students do more work. We’ve made more progress in theory this year than we’d make in two years. The disadvantage is we can’t play duets together because there’s a little lag time. It’s so tiny but it doesn’t allow us to play together.”

While several of her past students have continued their music education in college, only two have focused on composition. The first graduated from KU a year and a half

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Dr. Kincaid

CONTINUED FROM PAGE THREE

made peanut brittle to share with them. He once was quoted as saying that, "The most joy I get is giving things away."

For many years, he and his friend Dr. Getto gave their time as bell ringers for the Salvation Army. He started a 7:00 a.m. breakfast group with Dr. Getto and dental associate Dr. Phil Falkenstein. As years passed it became a gathering not only for dentists, but included friends as well. The breakfasts continued until the pandemic shut them down.

In 1983, Dr. Paul's pastor sent him a letter suggesting he and Charley join a mission to Haiti sponsored by the East Kansas Conference of the United Methodist Church. The Kincaids agreed and went on the first of three trips they made there. "We mostly did extractions," Dr. Paul says. On one trip the two pulled 800 teeth in five days. Mary Bess, who was a nurse, accompanied them on one trip.

Dr. Paul also believed in using his dental skill to help

people closer to home who could not afford dental work. He once phoned a local shelter and asked if they had a client whose self-esteem might be helped by dental work. Several thousand dollars in work donated by Dr. Kincaid and a dental lab gave the young man teeth of which he could be proud. The man became employed and long kept in touch with the dentist whose generosity gave him a confident smile.

An accomplished woodworker, Dr. Paul has crafted furniture, cabinets, bracelets from exotic woods, clocks and so many other items, much of which he has given away to friends and occasionally to random strangers "just to see the look on their faces." He is such a master woodworker that he wrote an article for *Woodworking Magazine*.

Dr. Paul has never stopped learning and is computer literate. He has many virtues but his friendly manner, kind heart and happy spirit make him one of the sweetest men alive. Happy 100th Birthday, Dr. Paul!

- Additional photos of Dr. Kincaid are included on pages 6 and 7.



Dr. Paul works on a patient in Haiti.

Evelyn Falen

CONTINUED FROM PAGE FOUR

ago and Keaton Hoy of Austin, Texas, who formerly lived in Lawrence and began taking lessons from Falen at the age of four. Now 18, Falen says, "He's applying to eight different places to see what kind of scholarships he can get. In my studio, he wrote music as a little tiny boy and now he's going to major in it and he's

amazingly good. He wants to write music for movies — that's his goal in life — and I think he'll do it. I think he will be successful."

In addition to teaching her students and managing the Lawrence festival, the busy octogenarian is the Kansas State Chairman of Festivals as well as Chairman of the Composition Contest in Kansas. But Evelyn Falen loves every minute of her busy days because music is her life.

What is CHAMPSS?

Come join the ever growing number of older adults 60+ who enjoy the flexibility of dining options that accommodate their active lifestyles.

CHAMPSS meals are available 7 days a week for breakfast, lunch or dinner at participating sites. CHAMPSS cardholders can visit any of 13 locations in Shawnee, Douglas and Jefferson Counties and enjoy a delicious nutritious meal. There are no income guidelines.

How do you get started?

Learn more about the CHAMPSS program and view the orientation video at www.jhawkaaa.org. Call the JAAA office at 785-235-1367 for questions and to receive a registration packet.

Moments from a Good Man's Life



Mary Bess and Dr. Paul Kincaid.



Dr. Paul takes a break from pulling teeth while on a dental mission to Haiti.



Dr. Paul, then 90, in his workshop behind his home.



Best friends and bell ringers: Dr. Paul, Jane Getto's son Weston Allen and father Dr. Paul Getto.



Dr. Paul and Mary Bess at Altman Pass.



Dr. Paul poses with a woodworking project in front of the hand-picked stone retaining wall.



Dr. Paul treats a patient in the Bungalow office where he practiced over 60 years.



Dr. Paul is dressed for harvesting apples with a ladder handy.

AARP tax preparation at JAAA still undecided

Bob Wollin, District Coordinator for the AARP TaxAide program in Shawnee County, wishes he could say with certainty when, how and if AARP will prepare taxes at JAAHawk Area Agency on Aging as they customarily do each year. In 2020, AARP volunteers prepared taxes at JAAA until March 16 when the COVID pandemic shut them down.

The uncertainty he feels this year is also because of the pandemic. Wollin is faced with three unknowns: 1) The national AARP organization is currently considering not opening tax preparation sites at all due to surging COVID; 2) AARP is still debating on the exact system that will be used to handle taxpayer data; and 3) Due to COVID concerns a number of tax preparers decided to sit this tax year out.

His current desire is to start preparing taxes at JAAA on Feb 8 and to be there on Mondays, Tuesdays, and Fridays by appointment only — no walk-ins, and to have appointments

made by calling JAAA (785-235-1367). The appointment will be in two parts: the first appointment will be for 30 minutes where a preparer will look over the taxpayer's forms and either keep them in a locked cabinet or scan them into the Cloud (this system is currently under debate); and the second 15 minute appointment will be one week later for the client to pick up the completed return.

There will not be a one hour face to face sit-down with the tax preparer as has previously been done. Prior to the first appointment, clients will be asked to pick up and fill out a form from JAAA that reviews their tax situation.

As *Amazing Aging* goes to press, the situation is still in flux. Every attempt will be made to inform taxpayers via news media of the final decision on whether AARP will be offering its tax preparation service at JAAA, but you are welcome to call JAAA at the number above and ask if AARP is preparing taxes and make an appointment if they are.

Did you get an EIP card through the mail that you are wondering about?

Some payments are being sent on a prepaid debit card known as the Economic Impact Payment Card. The EIP card is a "legitimate way the Treasury is sending out some of the stimulus payments from the CARES Act, especially to qualified individuals without bank information on file with the IRS, and whose tax return was processed by either the Andover or Austin IRS Service center," according to a statement from the Treasury. You may use it as a traditional debit card to buy items or pay bills wherever VISA is accepted or deposit the full amount on the card to your bank account.

JAAA gets around! Look for us!

When *Amazing Aging* went to press, not all of these groups were meeting due to the COVID-19 pandemic. It is likely they may be meeting sometime during this quarter, but please call to be sure the presentation or group you want to attend is meeting.

**TOPEKA/SHAWNEE PUBLIC LIBRARY
CANCELS ALL MEETINGS HELD THERE
UNTIL 2021**

**A Caregiver Support group and our
Medicare Mondays and Part D DIY
Information meetings are normally held
in the Topeka/Shawnee Public Library.
We regret that the library has elected to
stop all group meetings in the
library. They plan to allow meetings to
resume sometime in 2021.**

Caregivers' Support Groups

Baldwin Methodist Church, first Wednesday of each month, 1 p.m. - 2 p.m.

February 6 March 3 April 7

JAAA, third Friday of each month, 12:00 noon - 1:00 p.m.

February 19 March 19 April 16

Events and Presentations

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

February 16 March 16 April 20

Ad Astra Farms are officially raising goats!

In the last issue of *Amazing Aging*, Martha and Curt Lanpher mentioned their plan to breed goats. The three bucklings (baby male goats) pictured here are the first, but soon-to-be-mama Nutmeg is due any minute. They plan to make and sell goat milk, cheese and soap.



A Lanpher granddaughter cuddles Oreo, a buckling of Poppy and Marty's that the Lanphers plan to keep.



Curt Lanpher is a hands-on goat farmer as well as chicken farmer, beekeeper and produce grower.



Martha Lanpher holds Prancer and Dancer, little twin bucklings born on November 6 to Stella and Marty. The red bows designate they are Christmas presents for a young girl and the photo was snapped just before they left for their new home.

Oxymoron example: A comfortable mask

Masks are a necessary reality, but few wearers think they are comfortable. There are ways to make them more so, like using



Donna Wiederholt's ear savers or the lightweight plastic device pictured here that fits between

your face and the mask, making it easier to breathe.

Masks also fog up your glasses but a little humor like this email making the rounds might help with that: If you wear glasses and are required to wear a mask, you may be entitled to condensation.

Donna Wiederholt helps mask wearers with her ear savers

Soon to be octogenarian Donna Wiederholt of Ottawa wanted to find a way she could help with the pandemic so she put her crocheting talent to work and made colorful ear savers that help prevent painful ears by hooking mask loops around a button instead of the wearer's ears.

She doesn't know how many hundreds she has given away. "I make 10 to 12 at a time and give them to my daughter to distribute at the hospital where she works."

Patients and employees love them. Many people wear glasses, some wear hearing aids and a few also have oxygen cannulas

wrapped around their ears. It's just too much to add more!

Donna realizes she could not keep up with the demand if she took orders, but said she learned to make them by viewing a photo of a woman wearing one. She hopes modeling her creations will enable other crocheters to do the same.



Operation Food Secure partners with JAAA to deliver food boxes to seniors

At the onset of the coronavirus crisis, the Topeka Rescue Mission (TRM) was invited to join a group of ministries across the nation that was seeking innovative ways to address hunger in the fallout of closures and shutdowns. TRM created Operation Food Secure and joined forces with dozens of local organizations to deliver rescued food to those in need across Northeast Kansas. Food boxes are filled with surplus products from farms across America, redirected from markets like restaurants, school cafeterias, stadiums, and other foodservice closures.

According to Marissa Dake, Director of Operation Food Secure, "Jawahar Area Agency on Aging and their all-star volunteer team has been a phenomenal partner with

Operation Food Secure. They have delivered 3,102 food boxes and 1,420 gallons of milk to seniors in Topeka in 2020. This equals 79,852 pounds of food or 133,000 meals! But the numbers cannot begin to demonstrate the incredible stories behind each box."

April Maddox, JAAA Case Management Program Manager, admits that "It has been a lot of work to coordinate and deliver these boxes but knowing how appreciative these folks are makes it all worth it." She cites two of the many stories of grateful seniors that she has heard or personally experienced:

"We have been delivering a food box to a woman in her 90s. Her vision is very poor so the volunteer spends time going through the box with her

making sure she knows exactly what each item is. She was very excited to receive the sour cream and told the volunteer that it had been years and years since she had that because of the cost. Not only is she thankful for the food but enjoys the visit from the volunteer.

"A food box has been delivered to a 77-year-old man who lives alone. He is low income and every week when I call to remind him about the box, he tells me how thankful he is for the food and how much it has helped him. I found it very sweet that last week he left me a message telling me if there was someone else with children that needed the box more than him to please give it to that family. Of course he needs the box but thought of others even in his

time of need."

Marissa Dake notes that Operation Food Secure will continue programming in 2021. She urges seniors who are in need of food to visit <https://trmonline.org/operationfoodsecure> to be connected with an OFS site or food pantry near them. She says that Operation Food Secure will do everything in its power to get people in need connected to a food source.

She adds, "We are so grateful for our partnership with JAAA to deliver food boxes to seniors in need. COVID has been hard on so many people, especially those who fall into a 'high risk' population. Working with JAAA and their phenomenal volunteer team shows the elders in our community that we see them, we care about them, and they are not alone."

Wherever you live, JAAA is in your area

We're always ready to help

JAAA – Topeka
2910 Southwest Topeka Boulevard
Topeka, KS 66611
785-235-1367 or 800-798-1366

JAAA – Lawrence
2001 Haskell Ave
Lawrence, KS
785-832-0754

JAAA – Oskaloosa
410 Liberty St.
Oskaloosa, KS 66066
785-863-2012

Hours: 8:00 a.m. – 5:00 p.m. Monday – Friday.

Email: info@jhawkaaa.org

Vist us on Facebook: JAAA Facebook Page and Caregiver Support Forum

Caregiver Support

Networking can help caregivers nurture themselves

By Michele Dillon
JAAA ADRC Supervisor

Editor's note: Michele has updated her informative 2013 column to make it pertinent for these pandemic times.

Networking can be described as creating a group of acquaintances and keeping it active through regular communication for mutual benefit. How does this relate to caregiving? Networking with others is an opportunity for caregivers to reach out for help and let others give back.

Most of us are giving people. That's what makes us successful caregivers. There are giving people in your circle that are looking to fulfill a need. That is where the mutual benefit comes in. Asking for help is a sign of strength. Networking is more important than ever in a world of limiting virus exposure. How do we do it virtually and safely?

These giving people are all

around you. They could be church members, neighbors, friends, family, co-workers and others. When people offer to help, accept the offer and suggest specific things that they can do. Most of the times these people want to help you but they just don't know how. Are there people who have said, "If



Michele Dillon

there is anything I can do let me know." These folks just need some guidance on how they can help you. Here are some suggestions:

- 1) Make you a meal and drop off curbside
- 2) Research virtual activities for dementia.

Several organizations provide activities via zoom.

- 3) Have someone take your loved one for a walk
- 4) Help at holiday time, baking or wrapping gifts.
- 5) Play music

Long distance relatives can also help you with some of the caregiving. Siblings can get involved. Here are some examples:

- 1) Pay for a professional sitter on occasion
- 2) Pay bills
- 3) Arrange for meals to be delivered
- 4) Provide emotional respite
- 5) Come into town for a few days to provide respite
- 6) Stay in close contact with care recipient to take pressure off of sibling
- 7) Research financial assistance options
- 8) Evaluating health information online

mation online

To be an effective caregiver you need to maintain your own health and spirit. Remember, it is only when we love and nurture ourselves that we are able to love and nurture another. Seek support from other caregivers. There is great strength in knowing you are not alone.

Keep up to date with your county health department for new updates on vaccine distribution.

Susan Harris

CONTINUED FROM PAGE TWO

appointments, and also participate in an array of virtual classes and programs. Jayhawk was pleased that we were able to work with the Senior Resource Center and the Housing Authority in Douglas County to identify individuals residing in subsidized housing to receive some of the tablets. In the Topeka area, the partnerships Jayhawk has with the three senior centers (LULAC, Papan's Landing, and East Topeka Senior Center) were vital in helping to distribute tablets to older adults.

Medicare Open Enrollment that just recently ended in December was extremely successful in my humble opinion. Jayhawk offered the ability for Medicare beneficiaries to meet with a trained SHICK counselor in person, over the phone, and even by video conferencing technology. Jayhawk during Medicare Annual Open Enrollment provided a total of 2,174 customer contacts and was able to save individuals we assisted a total of \$947,638 for the next year. This is an average of \$436

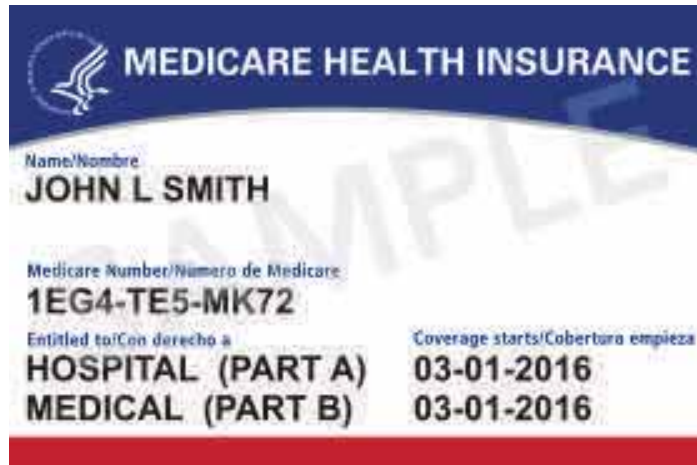
of annual savings per individual assisted. Jayhawk, however, can always use more trained SHICK counselors to assist during open enrollment as well as year round to help Medicare beneficiaries wade through their choices regarding their Medicare coverage. If you are interested in volunteering for this extremely important service program please contact us.

As we move into the New Year Jayhawk is starting to plan and develop our next Area Plan. The Area Plan identifies goals for service delivery that reflect the priorities of the Older Americans Act. The Area Plan is the result of extensive planning which includes community assessments, surveys, and counsel from all interested parties. Jayhawk is currently gathering survey information regarding needs of older adults in our service area. There are links to the surveys on the home page of our website www.jhawkaaa.org. I invite everyone to complete the surveys to help provide valuable input into our planning of services and supports funded by the Older Americans Act for older adults and their caregivers.

A reminder to caregivers

*It is important to take care of yourself so that you can take care of your loved one.
Thank you.*

Are you on Medicare?



Did you know?

Medicare covers a one-time preventative visit within the first 12 months that you have Medicare Part B. “Welcome To Medicare” Preventative Visit

Preventative and Screening Services that may be covered at 100% (some may be subject to deductible and co-insurance)

Abnormal Aortic Aneurysm Screening
Alcohol Misuse Screening and Counseling
Bone Mass Measurement
Breast Cancer Screening (Mammogram)
Cardiovascular Disease Screening
Colorectal Cancer Screening
Depression Screening
Diabetes Screening
Diabetes Self-Management Training
Flu Shots
Glaucoma Tests
Hepatitis B Shots
HIV Screening

Medical Nutrition therapy Services
Obesity Screening and Counseling
Pneumococcal Shot
Prostate Cancer Screening
Sexually transmitted infection screening and counseling
Tobacco use cessation counseling
Yearly “wellness” visit
Hepatitis B Virus Infection Screening
Hepatitis C Screening Test
Cervical and Vaginal Cancer Screening
Lung Cancer Screening

