

Amazing Aging!

For Seniors and Those Who Love Them

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

SUMMER 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



Katie Sherrow holds a copy of the Congressional Gold Medal awarded to WW II Rosie the Riveters and a collage of photos and articles about her long, productive life.

(Story begins on page 3; Photo by Nancy Eckert)

A Message from Susan Harris, JAAA Executive Director

The Older Americans Act (OAA), the first program to focus on community-based services for older persons, was passed in 1965. Each AAA, which receives Older Americans Act funds, is required to prepare an Area Plan for its specific planning and service area (PSA). The Area Plan is a document that is prepared every four years and updated annually. It specifies the service objectives and activities that the AAA intends to achieve within a specific time period with the use of Older Americans Act funds. The fiscal year used for the Area Plan purposes is the Federal Fiscal year, which begins October 1st and

ends the following September 30th. Incorporated within the Area Plan are the various budgets needed to implement the planned services.

The Area Plan serves three main purposes:



Susan Harris

- 1) Establishes service objectives based on identified need and resources available;
- 2) Provides fiscal budgets necessary for service provision;
- 3) Provides and evaluation/monitoring tool, which measures the Agency's performance.

Every spring Jayhawk Area Agency on Aging goes through a process known as allocations where a team of individuals determine what services and

provider agencies will receive funding through the Older Americans Act to provide ser-

vices to those age 60 and older. This year, as with many years, it

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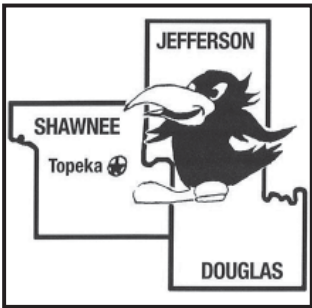
Older Americans Act Title	Services Provided/Funded by JAAA
OAA IIIB	<ul style="list-style-type: none">• Information and Assistance (IIIB)• Outreach (IIIB)• Case Management (IIIB)• Coordination and Program Development (IIIB)• Assessment (IIIB)• Transportation• Legal Services• In-Home Attendant Care and Homemaker Services
OAA IIIC	<ul style="list-style-type: none">• Home Delivered Meals• Congregate Meals• CHAMPSS
OAA IIID	<ul style="list-style-type: none">• Physical Fitness and Exercise Programs—Tai Chi• Medication Management-- Home Meds
OAA IIIE	<ul style="list-style-type: none">• Assistance• Bath items• Flex-Caregivers• Information• Support Groups• Respite• In-Home Attendant Care and Homemaker Services• Transportation

- **Amazing Aging** is a publication of Jayhawk Area Agency on Aging, Inc.
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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.

Katie Sherrow: Working on her second century

By Marsha Henry Goff

Katie Sherrow waited 100 years to celebrate the beginning of a new century of life. Her family and friends had been planning and looking forward to throwing a huge shindig to commemorate her 100th birthday. And then COVID-19 reared its ugly head. Absolutely no one expected a pandemic to spoil their plans to celebrate this amazing woman but that is exactly what happened.

When Katie was born on May 2, 1921, Warren G. Harding was president. She has lived through the presidencies of 18 men and voted for 15 presidential candidates. She has watched the invention of television, computers and witnessed men walk on the moon ... things that were

undreamed of when she was born,

But Katie was a doer not just a watcher. She was inquisitive and adventurous. At a time when many in her rural community stopped their schooling after eighth grade, Katie headed to a nearby town where she graduated from high school. She became employed and

was playing a pinball machine at the Lunch Box restaurant in Maryville hoping to win a free hamburger when she learned that Pearl Harbor had been bombed.

She left her small town in Missouri to learn riveting in Nebraska, then headed west to Wyoming where she worked for United Airlines in Cheyenne repairing shot-up, blood-stained planes damaged in combat. But farther west beckoned and she and her friend Winnie headed to California to build planes for Lockheed. She was a genuine Rosie the Riveter who worked on Lockheed's very first Constellation plane, the largest aircraft of that time. The Constellation was so large that it also served President Dwight Eisenhower as the first Air Force One.

After the war, Katie went to college and later worked in the court system in Missouri. A natural leader, she was elected president of the Nodaway County Chapter of the National Association of Legal Secretaries. She says she was occasionally pressed into service as judge and that she served in every position in the courtroom except bailiff.



Madam President: Katie was elected president of the Nodaway County Chapter of the National Association of Legal Secretaries.



Katie played in two National Championships, reaching the quarter-finals in one.

"I didn't toss anybody out," she explains, "I wasn't big enough."

She was athletic, playing softball in high school and later as catcher for the Goetz Girls, a semi-pro team sponsored by Goetz Beer. Her team won the Missouri State Championship

two years in a row — 1947-48 and 1948-49 — and played in two national championships, reaching the quarter-finals in Portland, Oregon. It was through the Goetz Girls that she met her lifelong friend Pat

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Decluttering during pandemic leads to some surprising discoveries

By Marsha Henry Goff

Staying home during the early part of the pandemic caused me to declutter and organize the living areas of our home, but it is my husband Ray's rehabilitation and long recovery from three very complicated surgeries in Texas, followed by pneumonia, that caused me to turn my attention to the storage area of our basement.

While Ray walks daily on the treadmill, I have been opening boxes, the contents of which have not seen daylight since we moved into the home we built on a rural Kansas hill southeast of Lawrence 26 years ago. Among the treasures I have discovered are cards made and letters written by our sons and grandchildren when they were very young.

I also found a stack of letters written on tablet paper from children in my son Greg's fourth grade class thanking me for teaching them how to make hollow paper eggs out of pastel-colored Kleenex. I kept two of the letters. One was from Greg complaining that he shouldn't have to write me a thank you note since he lived with me and saw me all the time (he signed it "Sincerely, Greg"). The other letter I kept was from a boy who thanked me, then told me

all the eggs that were left in the classroom to dry turned out great except for mine which "flopped." He enclosed a photo of my flopped egg which I also kept.

Some things I discovered have been put to use: a wooden magazine rack son Ray Jr. made in 8th grade woodshop, decorative shelves now hanging on walls and the cutest little blue duck planter that soon will sit on a kitchen counter planted with basil handy for use,

I found a 1985 *Kansas! Magazine* containing the first article and photos I sold to that publication. It was about a talented woodcarver of waterfowl and other birds and there is a photo of him sitting on a log on the shore of Clinton Lake sketching a bird he planned to carve. What

doesn't show (and I am grateful) is me taking the photo. I was flat on my stomach in some weeds trying to get the best shot possible when he looked up and inquired: "Do you realize you're lying in poison ivy?"

Writers accumulate soooo much paper. I found reams of research on business histories (Lawrence Chamber of Commerce and Douglas County Bank) and other articles I was commissioned to write in a box labeled *Stuff I don't want to throw away but don't know what to do with.*

The most recent boxes — some

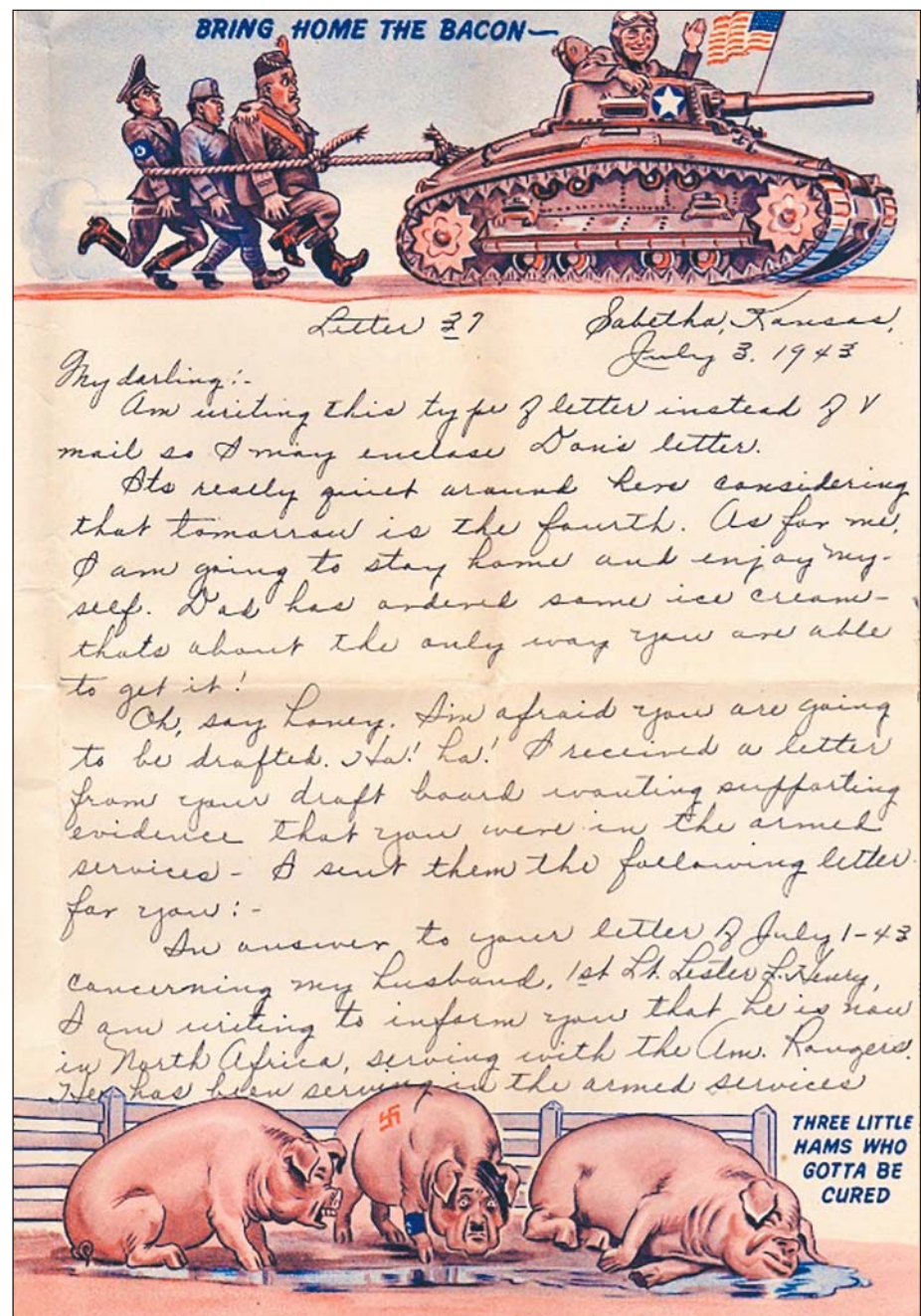
of which contain my father's things — were moved here in 2004 after my mother's death. But there's more. For example, there are oil paintings by my paternal grandmother, great-grandmother and great-great-grandmother. All of my late sister Bette's genealogical research wound up in our basement.

Although I haven't located it yet, there is a box of items belonging to Ray's uncle, a WW II sailor who was blinded when his ship was sunk by a torpedo. In that box is a photo of Juno, his seeing-eye dog, and his watch with the crystal removed so he could feel the hands to

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My egg that "flopped."



My mother's WW II stationery.

Decluttering

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tell the time. We have that box because Ray's mother was his guardian until he died in the late 1940s and when she died, the box came to our basement.

I found two flags with swastikas in a drawer. One is quite large and is actually more like a banner with two ties on the top and fringe on the bottom. It is in pristine condition. I am sure, though, that the smaller flag with all the signatures of the men in Dad's platoon meant the most to him. I recognize some of the names from letters he received from them after the war.

Long before America entered WW II, my father was an ROTC cadet at the University of Kansas. I found his belt with the KU seal and KU in all four corners. I also found his moth-eaten cap with a silver lieutenant bar which I learned designated 1st lieutenant while gold indicated 2nd lieutenant. One would think that a 1st lieutenant's bar would be gold but a little research taught me that there

were more first lieutenants than second and because gold was more expensive than silver the US Army saved money by purchasing fewer of the more expensive gold bars.

I also found a June 1943 magazine titled "The Army Officer" addressed to Cadet Lester L. Henry which was mailed to my father's parents' address. That is odd because Dad was married then and had three children. Even odder is that in June of 1943, Dad was a lieutenant with Darby's 4th Ranger Battalion in Africa preparing for the July 9 invasion of Sicily at Gela which was spearheaded by the 1st and 4th Battalions. The 83rd CMB was directly behind the 4th Rangers in that invasion.

The Draft Board got it wrong, too. Apparently the Board wrote a threatening letter and my mother recounted her interaction with his Draft Board for Dad on the coolest WW II stationery ever! *Oh, say, honey, I'm afraid you are going to be drafted! Ha ha! I received a letter from your draft board wanting supporting evidence that you are in the armed services. I sent them the following letter for you:*

In answer to your letter of July

Carving A Name For Himself

With the woods and lake around his home as his inspiration, Marlen Downing carves wildfowl which, if placed in native habitats, could easily be mistaken for real.

Story and photography by Marsha Goff

Admirers of Marlen Downing's wood carvings contend that his carved wildfowl, if placed in native habitats, could easily be mistaken for real. Downing, himself, demurs. "I try to make them look as natural as possible," he says, "but I can't breathe the spark of life into them."

Still, he has developed a reputation for the realistic detail of his duck carvings, which presently decorate homes and offices as far from Kansas as California and Michigan. Downing strives for perfection in his art, and many viewers of his work believe he achieves it.

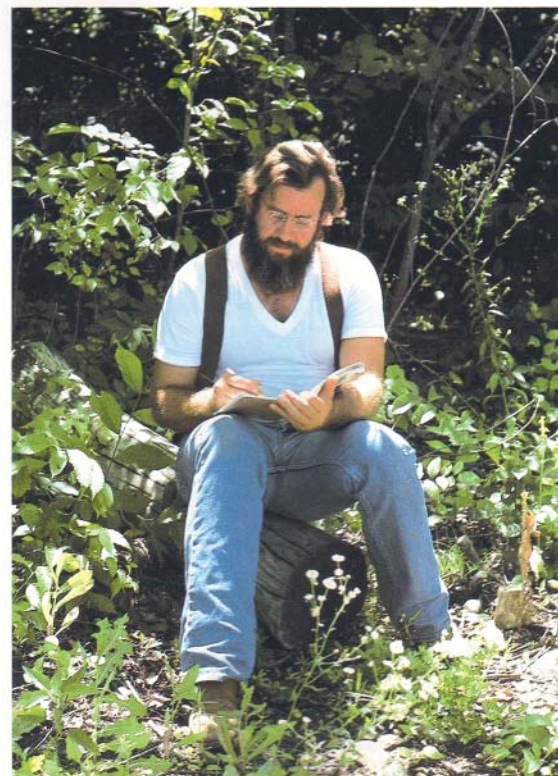
The 39-year-old native Kansan has been carving almost as long as he has been tramping the woods that surround his home south of Clinton Lake near Lawrence. As a child, Downing carved the toys that his hardworking parents could not afford to buy for him. "Even then," he admits, "I think I realized I had more fun making them than I did playing with them."

About three years ago, Downing made wood carving his full-time occupation. It seems fitting that his first professional carvings were of the birds and waterfowl that he encountered on his long walks through the countryside.

He carved models of a few familiar birds, such as hummingbirds and tanagers. Then, he turned his talent to making carvings of waterfowl, the mallards and wood ducks he observed on and around the lake.

For the last two years, Downing has displayed and sold his creations at art fairs, community festivals and craft shows throughout Kansas and in neighboring states. He is especially enthusiastic about participating in the annual fall Maple Leaf Festival at nearby Baldwin City, and in Lawrence's Independence Days, an annual summer event on the banks of the Kansas River.

"I enjoy talking to people at shows," Downing says with a smile. "When I get



Wood-carver Marlen Downing gets his inspiration from the area around his Clinton Lake home.

The photo of the woodcarver looks good; the photographer did not.

1—43, concerning my husband, Lt. Lester L. Henry, I am writing to inform you that he is now in North Africa serving with the Am. Rangers. He has been serving in the armed services since June 3—42 and has been overseas for five months. If you can possibly find who his commanding officer happens to be (they wanted to know) that is better than I can do. Military restrictions prohibit my knowing and also what part of North Africa he is stationed. If you care for any further information, you will have to write to him at the following address: (I gave them your address). Trusting this will

be enough supporting evidence, I remain, Yours truly . . .

My mother was clearly angered by the letter from the Draft Board but she was not a woman who could be pushed around. Imagine being left with three children under five years of age in a town where she knew only her parents-in-law, 400 miles away from her own parents in Oklahoma. I was an adult when I realized why she accepted that arrangement. Dad was an only child and if something happened to him, my parents wanted his parents



My father's pre-WW II KU ROTC belt and cap.

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Katie Sherrow

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Martin who played shortstop for The Oilers, a Topeka team sponsored by a local filling station. Neither Katie nor Pat drank beer which Goetz Beer generously furnished to both its team and the opposing team so the two women had ample time to visit and become friends while the other players imbibed.

Katie played ball until she was 32 years old, saying her claim to fame was that she could peg second base from home plate. But much earlier in life, her strong arm served her well when the brother of a boy she was dating stood in for him to take her to an evening event. Unfortunately, the brother had other ideas, drove to the country and, quoting Katie, "got fresh." Katie grabbed the keys from the ignition, leapt from the car and threw them as far as she could into a cornfield. Then she walked home. "I'll bet I was home before he found his keys," she later remarked.

In 1965, Katie moved to Topeka and lived with Pat's parents who had grown to love her through her friendship with Pat. "I thought they'd adopt her," Pat asserts. Katie worked for the Shawnee County Treasurer and in 1969, she accepted a position with the City of Topeka Forestry, Parks and Recreation where she worked for about 20 years until retirement. In 2003, she was inducted into the Parks and Recreation Hall of Fame.

When Pat's parents died, Pat, who worked in the accounting department at Santa Fe and lived in an apartment, moved

home and she and Katie raised and trained greyhounds, getting up very early each morning to work with the dogs before heading off to their respective jobs. They trained the dogs with jack rabbits which they purchased for \$5 each and claim to have populated the area with the jack rabbits that slipped under the fence.

Katie's quick wit endears her to everyone she meets ... at least those who have a sense of humor. Fortunately, the furnace repairman did. When he tried to leave after a call in the wee hours of a bitterly cold night and told Katie the door was locked, she responded deadpan, "When we get a man in here, we try not to let him out." We don't know what a doctor's reaction would have been if Katie had voiced what she thought when he asked her, "Don't you think at your age, your bones might be getting a little crunchy?" She says her first impulse was to ask him a question: "Don't you think your teeth might be getting a little crunchy?"

Katie is well-described by her niece and namesake Kathy who wrote: "I've always thought that when you looked up the word 'ornery' in the dictionary, there would be a picture of my Aunt Katie with a twinkle in her eye and a grin that made you wonder what mischief she's been up to. She was my role model for the independent woman: smart, athletic, bold, self-sufficient, wicked funny and not afraid to speak her mind!"

When an article titled "Katie's Victory" about her role as a WW II Rosie the Riveter appeared in *Topeka SR* in 2016, people who had known her for decades were



Katie holds the giant cookie that commemorates her 100th birthday and recognizes her service as a Rosie with its patriotic theme.

astonished that she had never mentioned her work that helped win the war. "All four of my brothers were in the military," she explains, "and they never talked about what they did to serve our country. I just wanted to do something to help."

At 100, she still mows the lawn and wields a mean weed whacker. It is not unusual to

drive by their place and see both Katie and Pat mowing on separate lawn tractors. COVID eliminated their trips to Bingo and casinos during the past year. And it scaled back what was going to be a 100th birthday party to remember. The rented shelter at Lake Shawnee was used for the party but only by

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Young Katie is ready for work at Lockheed while older Katie shows her Rosie muscles.

Katie Sherrow

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ten guests instead of its capacity of 120. Katie and Pat thought they were only meeting my husband Ray and me there on that Saturday before her Sunday, May 1st birthday.

Instead they were met by ten guests including Katie's brother Don and his wife Edna from Florida with their daughter Susan, Katie's niece Judy from

Kansas City and Pat's niece Nancy and daughter Ivy. My husband and I, with our son Greg and his wife Val, rounded out the guest list. Katie had expected to see her relatives on Sunday, but the Saturday visit was a welcome bonus. Pat's nephew Brad Zinn of Arizona who also regards Katie as his aunt worked hard to get a letter from Governor Laura Kelly and a Certificate of Recognition from Topeka Mayor Michelle De La Isla. Once that task was com-



Katie and her brother Don are looking at the mayor's framed proclamation and the governor's letter.



Greg, Val and Marsha Goff help Katie celebrate her COVID scaled-down 100th birthday.

pleted, he turned his attention to getting a framed document of the Rosies' Congressional Gold Medal,

As for the huge shindig for Katie's 100th birthday that didn't happen, we plan to have

it in September or October and still have a big surprise for her. COVID may have postponed her party but it cannot stop it. She has waited 100 years to celebrate her first century of living and deserves to do it right!

Palliative Care or Hospice: What's the difference?

By Marsha Henry Goff

A friend recently asked me what the difference is between palliative care and hospice. I have had experience with both and told her what I knew which turned out to be not quite enough. The one thing I was sure of is that with hospice care, life-saving medicines are removed and with palliative care, they are not. However, neither of those is necessarily so.

Both offer comfort care to relieve pain, anxiety and symptom relief. Because Medicare foots the entire bill for 90 percent of hospice patients, Medicare's eligibility requirements must be met. Two doctors must affirm that the patient's condition is considered terminal with a life expectancy of no longer than six months.

Hospice has no curative intent. The patient has either exhausted all curative options or has decided that the side effects of curative medicines are not worth the potential benefit. The patient may choose to be at home, in a hospice care facility, a nursing home, assisted living, veteran's facilities, a hospital, in short, whatever place feels comfortable to the patient. Hospice care is administered at the end of life.

Palliative care is usually delivered in a hospital and may be used at diagnosis; end of life or anytime in between. It is paid for by insurance or the patient and can be utilized at the same time as curative treatment. In other words, life-saving medications may be administered

and paid for by insurance or the patient.

My experience with palliative care was with my brother-in-law. He was one of the world's better humans but cancer didn't care. Steve was in the hospital when the doctor informed him he had only days to live. He was in intense pain but wanted to be conscious as long as possible.

My sister wouldn't leave him and once he was moved to palliative care, staff moved two hospital beds together so Vicki could sleep beside him and hold his hand. The palliative care team also looked after the family, once bringing in food for them. Steve lived several days longer than the doctor thought possible and he was able to interact with his family and friends. Near the end, although Steve was already heavily sedated to control his pain, his doctor ordered the morphine be further increased to ease his breathing. We lost Steve a day and a half later.

My experience with hospice care was with my mother who was recovering in the hospital when she developed sepsis from a urinary tract infection that was treated in ICU but the antibiotic she was taking was forgotten when she was transferred to a regular floor. My three sisters and I were stunned that she became critically ill so fast. It seemed like a nightmare when the doctor said he was sending her home under hospice care and it became worse when the first hospice nurse to see her told me she did not expect mother to

CONTINUED ON PAGE NINE

CHAMPSS In-person Orientation Sessions Resume

Sign up for CHAMPSS and join the ever-growing number of adults 60+ who enjoy the flexibility of dining options that accomodate their active lifestyles.

Jayhawk Area Agency on Aging partners with local businesses in Shawnee, Douglas and Jefferson Counties to offer a dining alternative to congregate meal sites seven days a week.

CHAMPSS participants may visit any location for one delicious nutritious meal per day. Many sites, but not all, offer a choice of breakfast, lunch or dinner.

Shawnee County Orientation Sessions

Wednesdays from 2:00 p.m. to 3:00 p.m.
September 1, October 6, November 3, December 1
JAAA, 2910 SW Topeka Blvd, Topeka, KS

Douglas County Orientation Sessions

Thursdays from 2:00 p.m. to 3:00 p.m.
September 23, October 14, November 10, December 9
Lawrence Public Library Auditorium,
707 Vermont Street, Lawrence, KS

**Jefferson County residents may attend
orientation sessions in Topeka or Lawrence**

**Space is limited to 35 persons per session
so reserve your space today!**

E-mail: cjohnson@jhawkaaa.org or Phone: 785-235-1367

If you are unable to attend the in-person orientations:
View video at <http://www.jhawkaaa.org/services/nutrition>
Call JAAA office at 785-235-1637 for registration packet



**Choosing Healthy Appetizing Meal Plan Solutions for Seniors
CHAMPSS Program**

Jayhawk Area Agency on Aging, Inc. is a 501C(3) non-profit corporation

The difference

CONTINUED FROM PAGE EIGHT

last the day. I believed her; we could hear Mother's labored breathing throughout the house.

The two hospice workers who came out to speak with us and have us fill out necessary papers were kind and helpful but the process seemed to me to be keeping us away from Mother, alone in her bedroom, in what could be her last hours on earth. After telling them we intended to continue the antibiotic and Mother's heart medication, one said that Medicare would only pay for medicine that would ease pain and suffering. We said we intended to pay for it. I also told them we did not want Mother to know she was in hospice care. It was easy enough to keep that information from her because several of the hospice nurses were ones she had seen before as visiting nurses.

I do not know if we could have done those things were Mother in a facility rather than at home where we seemed to have more control. She was also on oxygen, something that was

unusual for her and foreign to us. None of my sisters are nurses, nor am I, but we did the best we could with at least two of us with her 24/7. Mother was afraid of an indwelling catheter because she thought the one in the hospital had caused the UTI. The nurse said she could not come every six hours to straight cath her so I volunteered to learn the procedure. I still cannot believe I did that.

Within a few weeks, Mother was off oxygen and dismissed from hospice care. When we told her she had been on hospice care, she exclaimed, "It's a good thing I didn't know that or I would have died." Every patient is different but we knew our mother well and feared she would do what was expected which was why we didn't want her to know. Mother lived four more productive years and I am grateful for every day she was with us.

Both hospice and palliative care teams will work hard to ease your loved one's pain and suffering and to relieve their stress and yours. Hopefully you will never require hospice or palliative care but if you do, you now know the subtle differences between them.

**Call Kevin at
(785) 841-9417 to place your
display ad in the FALL 2021
issue of Amazing Aging!
The deadline is October 15.**

JAAA gets around! Look for us!

**Our Caregivers' Support Groups
are meeting again!**

Shawnee County

Topeka and Shawnee Public Library
Second Monday of each month, 3:30 p.m.
August 9 September 13 October 11

Topeka and Shawnee Public Library
Third Thursday of each month, 2:00 p.m.
August 19 September 16 October 21

Douglas County

Baldwin Methodist Church
708 Grove
First Wednesday of each month, 1:00 p.m.
August 4 September 1 October 6

First Southern Baptist Church, Lawrence
4300 W. 6th Street
Second Tuesday of each month, 1:00 p.m.
August 10 September 14 October 12

Lawrence Public Library
707 Vermont Street
Third Wednesday of each month, 3:00 p.m.
August 18 September 15 October 20

Events and Presentations

Grey Wolves in Meriden, United Methodist Church,
Third Tuesday of each month, 11 a.m.
August 17 September 21 October 19

World War II souvenir is returned to the family of the soldier who gave it away over 70 years ago

By Marsha Henry Goff

Herb Baker of Lawrence, a high school classmate of mine, recently called to say that my late father, a World War II army officer, had given his late father a war souvenir that he wanted to return it to my family. Herb had three conditions: it could not be sold, it must stay in the family and it could not fall into the hands of white supremacists. Those conditions were easily met.

Because my son Ray, Jr. has his grandfather's Ranger knife, he suggested his brother Greg should get whatever the war souvenir was (Herb didn't say). We arranged a day when Herb could give the souvenir to Greg who was visiting our home. One photo shows Herb giving the souvenir to Greg and the other is of the item itself, an SA (aka the Brown Shirts) dagger.

I don't know how many war souvenirs are returned to the families of the soldiers who gave them away, but I am guessing not many are. We didn't know

that Dad had brought the dagger home or that he had given it to Herb's father. Herb could have sold it and we would never have known the family connection. When Greg thanked Herb, Herb simply replied, "It wasn't mine." It means so much to us that he gave it back where he thinks it belongs.

I told Herb that my father must have thought a great deal of his father to give him that dagger and Herb said his father was my father's Masonic sponsor. Curiously, last week I found my father's 32nd Degree Masonic sword in a trunk in our basement where I'm clearing out boxes while my husband Ray walks on the treadmill.

The entire Henry/Goff family is grateful to Herb.

Editor's Note: Are you a veteran or the family of a veteran who gave away a war souvenir and had it returned? I'd like to write your story about its return to your family. Please email me at mhgink@netscape.net or phone the JAAA office at 785-235-1367 and leave a message for me to call you.



Herb Baker presents S&A dagger to Greg Goff, grandson of the soldier who gave it away.

Decluttering

CONTINUED FROM PAGE FIVE

not to be left alone.

I found a copy of a February 1, 1944 edition of *The Stars and Stripes*. Although Germany would not surrender for another three months and six days, the news is all positive for Allied Forces and must have been welcome to those soldiers in combat who had been battling the Nazis for so long.

I also found the 1945 orders presenting the Silver Star to my father, but I have never found the citation so I do not know what he did to earn that medal.

I found my father's certificate of baptism and a document noting my mother's scholarship to a college

she did not attend. Whether she also had a scholarship to the college she did attend — Oklahoma A&M (now Oklahoma State) — I do not know but if so I may find it yet. Three large boxes — one for trash, one for recyclables and another for the Salvation Army — have been filled and emptied multiple times during my months' long work in the basement. It is amazing to me that we have accumulated so much.

Have you, too, used the pandemic as an opportunity to declutter your home and in the process found some long-lost or surprising items? If so, please contact me. I'd love to write an article about the discoveries our readers have made. Just email me at mhgink@netscape.net or leave a message for me at JAAA's office.



S&A (aka Brown Shirts) dagger and scabbard.

Caregiver Support

The CARE Act and questions you should ask

By Michele Dillon
JAAA ADRC Supervisor

As visiting of loved ones resume, you may find that changes have occurred in your loved one's health or mental status. If you find that the person you care for is requiring a hospital stay, please be aware of a state legislative change that occurred a few years ago. I want to educate caregivers on this piece of legislation that was enacted by the State of Kansas as it may not be known to you. The legislation is called the CARE Act. This is different from the coronavirus CARES act that you may have heard about. The governor signed this legislation in 2017

and it went into effect in July of 2018. I bring this up because I feel that the hospitals have not changed the way they discharge but should be following this legislation.

AARP defines the CARE Act as requiring hospitals to:



Michele Dillon

- Record the name of the family caregiver on the medical record of your loved one.

- Inform the family caregivers when their loved one is to be discharged.

- Provide the family caregiver with education and instruction of the medical tasks he or she will need to perform for the patient at home.

Visit <https://www.aarp.org/content/dam/aarp/caregiving/2018/11/kansas-caregiver->

act-wallet-card.pdf to print out a wallet card as a reminder to advocate at the hospital.

Some questions for the hospital should be: What is the diagnosis and what does it mean long term? What is the prognosis, stages? How will the needs change in the future? What kind of Medical equipment will I need and how do I pay for it?

Ask about the in hospital stay. Some hospitals will list an inpatient stay as just observation. If your loved one needs rehab this will not count towards a three midnight stay guideline under Medicare.

Will your loved one need in home therapy and what kind? On a side note, please know that Medicare allows maintenance home health so a hospital stay is not required. If you have a loved

one who has become weaker and might benefit from Physical Therapy discuss it with their doctor and see if you can get an order.

When can I expect someone to be available to show me how to change a dressing, proper lifting techniques, how to deal with behavioral issues? What additional resources are available if these occur?

These are just a few questions. Every situation is different and different circumstances may offer a different set of questions. Discharge planners are very busy and limited in time. If you find yourself in a state of confusion at discharge time call me. I can meet with you at the hospital and discuss your options and help you with at home resources. I can be reached at 785-235-1367.

Medicare Classes at Topeka and Shawnee Library begin in September

New to Medicare (daytime)

First Monday of each month at 1:00 p.m.
(September will be second Monday because of Labor Day)

September 13 October 4

Medicare DIY

Third Monday of each month at 1:00 p.m.
in the Computer Lab

September 20 October 18

New to Medicare (evening)

Meeting quarterly on the second Monday of
March, June, September and December

September 13

Looking for Love that has Lasted a Lifetime

Have you or someone you know been married for 50 years or more? If so, we'd like to hear from you and share your story in *Amazing Aging*. When did you and your true love meet? Tell us about the early and often lean years and the full, productive later years. It takes commitment, as well as love, to stay together for a half century or more. Please contact Marsha Henry Goff at mhgink@netscape.net or phone the JAAA office and leave a message for me to call you.

Fiscal Year 2022 Older Americans Act *PROPOSED*

<u>Provider</u>	<u>Service</u>	<u>OAA/State Award</u>	<u>Total Award</u>	<u>Counties Served</u>	<u>Office Location</u>
East Topeka Senior Center	Transportation	45,000	45,000	SN	SN
Jefferson Co. Service Organization	Information & Assistance	10,421			
Jefferson Co. Service Organization	Transportation	29,600	40,021	JF	JF
Kansas Legal Services	Legal Assistance	16,000	16,000	DG JF SN	SN
Lawrence Meals on Wheels	Home Delivered meals	83,771	83,771	DG	DG
Meals on Wheels of Eastern KS	Congregate Meals	208,602			
Meals on Wheels of Eastern KS	Home Delivered meals	399,071	607,673	DG JF SN	SN
Mom's Meals	Home Delivered meals	75,000	75,000	DG JF SN	Other
Papan's Landing Senior Center	Transportation	16,500	16,500	SN	SN
Topeka LULAC Senior Center	Transportation	0	-	SN	SN
Jayhawk Area Agency on Aging	Assessment	11,768			
	Case Management	20,484			
	Coordination	21,774			
	Program Development	10,233			
	Information & Assistance	75,161			
	Congregate Meals	150,000			
	Physical Fitness & Exercise	19,500			
	Medication Management	5,090			
	Caregiver Group Assistance	68,930			
	Caregiver Assistance/Information	25,456			
	Caregiver Support Groups	7,000			
	Flex & Bath Assistance	5,300	420,696	DG JF SN	ALL
Customer Choice - In Home Services	Attendant Care	ATCR	70,803		
Customer Choice - In Home Services	Homemaker	HMKR	18,936		
Customer Choice - In Home Services	Respite	RRRR	28,600	118,339	DG JF SN
Customer Choice Providers					
<i>A Helping Hand Home Care</i>	<i>ATCR, HMKR, RRRR</i>				DG
<i>Jefferson County Health Dept</i>	<i>ATCR, HMKR</i>				JF
<i>Midland Care Connection</i>	<i>ATCR, HMKR, RRRR</i>				
<i>Prestige Home Care</i>	<i>ATCR, HMKR, RRRR</i>				Other
<i>Trinity In-Home Care</i>	<i>ATCR, HMKR, RRRR</i>				DG
Windsor					

Black Text = level pay
 Green Text = increase in funding
 Red Text = decrease in funding

OAA Awards to providers serving only Douglas County: \$83,771; providers serving Jefferson County only: \$40,021; providers serving Shawnee County only: \$61,500; providers serving Douglas, Jefferson & Shawnee Counties: \$1,237,708

Director's message

CONTINUED FROM PAGE TWO

is a difficult process determining what services will be funded with the limited funds received each year. With the increase in the number of people age 60 and older residing in our service area and the growth of funding not following suite the Alloca-

tions Committee members have a tough job of making sure that services and funding are targeted to specific needs that will benefit the communities we serve.

Older Americans Act services are not means tested in any way and they are provided on a donation basis. With that being said, donations are vital to the programs funded by the

OAA. The donations received are returned back to the specific service as program income allowing for more services to be provided; the more donations received, the more services that can be provided. The allocation dollar and service amounts determined by the Allocations Committee are submitted to Jayhawk Advisory Committee for

review and recommendation to approve and then presented to the JAAA Board of Directors for approval and incorporation into the annual area plan. The following table shows the services that are funded by JAAA through the Older Americans Act, as one can see this is a wide range of services targeted to those age 60 and older.