

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 2024



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



Batting the balloon with pool noodles — sometimes while singing — is a favorite and fun way for Care for All participants and volunteers to relax after lunch.

Please see page 3 to read story.

A Message from Susan Harris, JAAA Executive Director

I have found myself frequently explaining how Jayhawk Area Agency on Aging's funding through the older Americans Act Funding works. I have explained before in this publication how the process works for allocating this funding. It is crucial now that I speak on the funding we receive to help older adults in our three counties get crucial in-home services and put out a call for donations.

These services include attendant care and homemaker services to help older adults clean their homes, do their laundry, safely take a bath as well as respite services that allow family caregivers to get a much-needed break to recharge and refresh so

they can continue to provide the care their family members need. These services help older adults stay in their homes and live with dignity and respect and prevent or delay nursing facility care and are provided by contracting home health agencies.



Susan Harris

The in-home services funding through the Older Americans Act is limited as is the funding received through the state Senior Care Act for in-home services. Jayhawk Area Agency on Aging has had a wait list for attendant care, homemaker, and respite services since April of this year. The cost of providing the service has increased in recent years, as has the number of older adults

needing these services.

With older adults living longer and many older adults running out of resources to pay for the care they need and limited funding for that care, Jayhawk Area Agency on Aging is looking for donations to help

provide homemaker, attendant care, and respite services. Four hours a week of homemaker and attendant care services cost \$6,300/year and 75 hours of respite a year for a caregiver costs \$3,000/year. This is an S.O.S. to help Support our Seniors!

JAAA needs your donations

JAAA does a lot with a little and you might be surprised how many people will be helped with your donation, be it money or items seniors can use.

Some CHAMPSS cardholders choose to pay more than \$3.50 per meal so those extra funds may cover the cost of meals for those who cannot afford to pay the full suggested amount. Or you may donate online to our Guardian Angel Fund (www.jhawkaaa.org).

You may also donate items such as incontinence supplies, bath chairs, canes, walkers, any device that will be helpful to a senior who needs it.

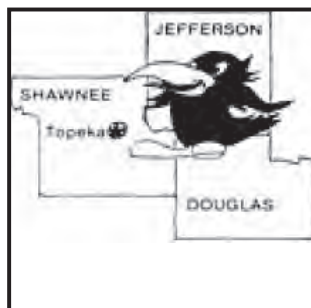
Or you may donate your time as a volunteer, where you can learn new skills while helping others. However you choose to donate, we are immensely grateful.

- **Amazing Aging** is a publication of Jayhawk Area Agency on Aging, Inc.
- **Funded by annual contributions from readers like you, and advertising**
- **Copies distributed: 6,000+**

You are encouraged to write us at:

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

Marsha Henry Goff, editor



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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.

Care for All is fun and stimulating for participants, beneficial for caregivers and rewarding for volunteers young and old

By Marsha Henry Goff

While dementia is not as common as many people fear, it can happen to anyone and is devastating to those who have it as well as those who care for their loved ones with dementia. Jayhawk Area Agency on Aging's Care for All program is, as the spouse of one participant described it, "a light in an otherwise dark tunnel that shows no end."

The Lawrence Care for All program began when Rochelle Johnson told her neighborhood prayer group about a respite program she had joined in Alabama with her mother who had dementia. The group liked the idea and began investigating possibilities for starting such a program in Lawrence. They approached the elders of Grace Presbyterian Church and secured the use of the church. Then Rochelle contacted Michele Dillon, Jayhawk Caregiver Support Specialist, who obtained JAAA's approval and held the first meeting in September 2023.

Michele has recently started a Care for All program at Christ Lutheran Church in Topeka from 10 a.m. to 2 p.m. on Mondays and Thursdays and welcomes new participants and volunteers. In Lawrence, Care for All is at Grace Presbyterian Church on Tuesdays and Fridays from 10 a.m. to 2 p.m. For \$40 per day the caregiver can drop off their loved one with early to moderate stage

dementia. Lunch and activities are provided. Because this is a non-medical volunteer-based model, volunteers of all ages are welcomed. In Lawrence, JAAA collaborates with Meadowlark Estates and Arbor Court for lunch and with Van-Go for activities.

Participants range in age from 67 to 94 and all delight in creating art, making crafts, playing games and singing. Among the participants (all now retired) are a physician, a pharmacist, the director of a non-profit, a kindergarten teacher, a businessman, a court reporter, an aerobics instructor, two hospital administrators, a restaurant owner who later was a nursing supervisor and a college math professor.

One popular game is where participants and volunteers sit on comfortable couches arranged in a large square and use colorful pool noodles to bat a balloon to someone in the circle. Participants and volunteers often multitask by singing — Dolly Parton's *Jolene* is a favorite — while batting the balloon.

Volunteer Patty Wilson is blind and is accompanied to meetings by her guide dog Sierra, and while she cannot see where the balloon goes, she eagerly holds the balloon and bats it with her pool noodle. "I have always had the desire to help others," she says, "and this group is fun and everyone likes each other."

Participant Shirley McGeary,



Volunteer Patty Wilson and her guide dog Sierra wait for a ride home at the conclusion of another fun day.

89, a retired court reporter transcriber, is also enthusiastic about the balloon game, saying, "It is what I hanker for." Shirley's daughter, M.K., who moved her mother from Kansas City so she could care for her, says the program "is amazing!" Sharing Shirley's enthusiasm for hitting the balloon with a pool noodle is Gabi Raney, 11, who will be a

6th grader at Southwest Middle School this fall and is a very popular and energetic volunteer who thinks this group is "a lot of fun!"

She was invited to volunteer and is transported to the meetings by Jane Getto, a dental hygienist who only volunteers on Tuesdays because she works

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Caregiver Support

JAAA has several caregiver support groups

By Michele Dillon
JAAA ADRC Supervisor

Recharging batteries is an everyday occurrence in our life. We also put gas in the car to keep it going. I hear from many caregivers that they feel guilty wanting to take time for themselves. Respite is vital in completing the race of caregiving. You can't travel from Kansas City to Chicago without filling up your tank in your car. You can't complete this long journey that you're on without refilling your tank.

What does respite look like in your caregiving world? It may be five minutes every few hours or a week at a time. It must work for you. You may



Michele Dillon

have other family that can help you or you may have to rely on a home health agency to meet your need. Start making your list of those people you know you can count on to pitch in and support you on this journey. Let them in on your plan and see what they will commit to doing. It can be anything from cooking dinner one day a week to watching your loved one while you go to the park. You'll be surprised at how little favors add up and how willing people are to help once you ask.

Start early, even before you need it. This decreases the risk that your loved one won't like or accept the change. Don't

ask for permission, you probably won't get it. We all lack the ability to understand our own needs and limitations. This is a decision that will benefit everyone. Introducing someone during lunch or just having them come by for a visit to play cards or chat is a great way to start. This will be very beneficial when the time comes when you need to leave your loved one alone with the caregiver.

Look for a combination of fee-based services and volunteer services to help manage the cost. Try our Care for All day program in Lawrence or Topeka. For a nominal fee, your loved one hangs out with friends and has a good lunch. I have heard from caregivers who have used the program that the transition to long term care is so much easier because they are used to the socialization.

We have several caregiver support groups to help you gather together with other caregivers. There are three at the Topeka Library that meet the first Monday of every month at

2:00 p.m., the second Monday at 3:30 p.m. and the third Thursday at 2:00 p.m. We also have a support group the first Wednesday at 1:00 p.m. at Baldwin Methodist Church the second Tuesday at 10 a.m. at First United Methodist in Lawrence and the fourth Monday at 3:30 p.m. at the First Southern Baptist Church in Lawrence. It is our hope that one of these will meet your needs and help you find the support you need.

If you are caring for someone, let me help you find resources, set boundaries, and provide information. We have short term grants available and long-term sliding scale programs. Give me a call at 785-235-1367. We are here to help you find the resources you need. Join us at Christ Lutheran Church at 35th and Burlingame on October 23rd for our second annual Topeka Caregiver Conference. We will have lots of information and various speakers to help you navigate your journey.



JAAA cares for all

Care for All is so named because it is a program where we care for the loved ones of caregivers so they can have a little time for themselves — to read a book or mow the lawn or take a nap or go for a walk — knowing that their loved ones are safe, well-cared for and having fun among a group of friends.

The photo at left shows a group of Care for All participants and volunteers having fun playing a parachute game and enjoying each other's company after a nutritious lunch.



Kansas Rankings on States with Highest Taxes for Seniors

By Marsha Henry Goff

For years, the governor and legislators have promised tax relief for those who need it most and for years at-risk seniors have been disappointed when they fail to deliver. This year, every legislative seat is up for grabs and it was expected that surely they would reduce taxes, the most egregious of which are real estate property taxes. If James Carville had been advising legislators, he would have said, "It's the property tax, Stupid!"

The highest number of people facing foreclosure live in Vermont, North Dakota and **Kansas** according to an August 29, 2022, article by QuoteWiz-

ard, a part of the LendingTree network of personal finance services. The situation has become worse, not better, in the last two years and this should not be a list where Kansas wishes to be ranked number three. A report by the National Consumer Law Center (NCLC) refers to this situation as "a second nationwide **foreclosure crisis**," and claims that elderly homeowners in particular are losing their homes because they owe as little as a few hundred dollars in back property taxes.

Nor should Kansas be on lists of states with the highest taxes ... and yet it is. **Senior Living.org** lists **Kansas 8 on its list of The 9 Most-Expensive States**

for Seniors Tax-Wise. "While there's no place like home, I wouldn't be surprised to hear that Dorothy (and ToTo, too) fled Kansas when she retired to avoid the state's high taxes." So says **Kiplinger** which lists **Kansas Number 3 on its 10 Least Tax-Friendly States for Retirees**, noting among other taxes that real estate property taxes are above the national average and the taxes on certain hypothetical houses are the 13th highest in the U.S.

The tax relief "compromise" worked out behind closed doors between Democrat Governor Laura Kelly, Republican President of the Senate Ty Masterson and Speaker of the House Dan

Hawkins does virtually nothing for at-risk seniors who are struggling to pay ever-rising exorbitant property taxes that are driving them from homes they have lived in for decades.

If you would like to place your display ad in the FALL 2024 issue of *Amazing Aging*, please call Kevin at (785) 841-9417. The deadline is October 15.

Caregiver Support Groups

By Marsha Henry Goff

Jayhawk Area Agency on Aging values caregivers and knows how stressful caring for loved ones can be. That is why its Caregiver Support Specialist Michele Dillon holds a number of regular support groups for caregivers in the area served by JAAA.

At a recent support group in Lawrence, Michele held a special CHAMPSS orientation before the meeting for those who wished to become cardholders for their loved ones and themselves on those days when they are simply too tired to cook. Those (both men and women) at the meetings are there to share experiences and get advice from others who have encountered and overcome the same problems they are facing.

Florence Helmick from Jef-

ferson County and her daughter Pam Runyan have sadly lost the husband and father they loved and cared for, but they attended the meeting hoping they could be of help to others. As a bonus, Florence says that "hearing others talk about what they are currently going through made me feel very close to my husband of 62 years."

She also believes attending the meetings helps her daughter and says that "the people who run the caregivers support group will do anything to help." She is especially grateful that whenever she called Michele Dillon, "she always had time to talk to me" and adds, "I don't know where she gets her energy."

Please see the ad on this page listing the location and time of Caregiver Support Groups in your area.

JAAA cares about Caregivers

We know how important it is for you to take care of yourself so you can take care of your loved one. That is why we offer these Caregiver Support Groups

Shawnee County: Meets at the **Topeka and Shawnee Public Library**, the first Monday of each month at 2:00 p.m., the second Monday of each month at 3:30 p.m. and the third Thursday of each month at 2:00 p.m.

Douglas County: Meets at the **Baldwin Methodist Church**, 708 Grove, Baldwin, the first Wednesday of each month at 1:00 p.m.; the **First United Methodist Church**, 946 Vermont Street, Lawrence, the second Tuesday of each month at 10:00 a.m.; **First Southern Baptist Church**, 4300 W. 6th Street, Lawrence, the fourth Monday of each month at 3:30 p.m.; and **Homestead of Eudora**, 2725 Church Street, Eudora, the third Thursday of each month at 3:00 p.m.

We hope to see you at one of these meetings.

Care for All

CONTINUED FROM PAGE THREE

on Fridays. Jane was about half of Gabi's age when her mother began taking her to nursing homes. She remembers the residents' positive reaction to children and says she thought Gabi "would be helpful." Indeed she is!

Jane learned about Care for All when she went to the hospital's Health Fair and Michele Dillon had a JAAA booth there. The two women visited about the Care for All program which proved meaningful to Jane because her mother had dementia. Jane is quick to notice if a participant tires of an activity and distracts him or her with a walk. She remarks that it is "hard to tell the participants from the volunteers" and says she plans to stick with volunteering for the program and "when I retire, I will probably volunteer on Fridays, too."

Volunteer Dan Yoe, a self-described lawyer turned house-painter, is quite strong and is very helpful with people using wheelchairs. He says that his mother-in-law had dementia so "I know how important a program like this is to the participants and their caregivers." He also tends to lead discussions where group members ask questions

about things they want to know or talk about.

Participant Gary Fincham, 80, formerly a pharmacist, is an avid sports fan, especially of the Jayhawks. Gary chooses to stand to bat the balloon and the group begins chanting: "GarREE, GarREE, GarREE..." He loves to be helpful and is so eager to attend the meetings that he once persuaded his wife to drive him to the meeting on a day when there was no meeting. That demonstrates how important getting together with his Care for All friends is to him and to the other participants.

Many Lawrence residents remember and miss Guiterrez Restaurant on Iowa Street. Participant Steve Guiterrez, 67, smiled when someone mentioned dining at his restaurant. He loves to sing and recently danced with Jane Getto at the conclusion of a game of corn hole, where teams of players throw small beanbags at slanted boards with holes cut in them, hoping the bag goes through the hole. And, yes, they do keep score.

Volunteer Jim Kirkpatrick, a retired financial planner, is one of several members of Grace Presbyterian Church who volunteers for Care for All.

He says he chose this volunteer job because it is "what I am interested in and I know how

important it is to give caregivers a respite." Jim's wife Selina is the volunteer who picks up and delivers lunch to the group. Lunch is provided by Meadowlark Estates on Tuesdays and by Arbor Court on Fridays.

P a r t i c i p a n t s
Charles Himmelberg, 92, a long-time KU math professor and Bob Lominski, 76, a retired kindergarten teacher, are the two educators in the group, while Charlie Moore, 94, who played the trumpet for 80 years, and Don Stewart, 90, are retired hospital administrators. Jean Miller, 78, served as director for a non-profit and Nicki Listerman, 82, was an aerobics instructor. Physician Bob Carnahan, 81, loves music (especially Christmas and Elvis songs) and enjoys creating crafts worthy of display. Businessman Dennis

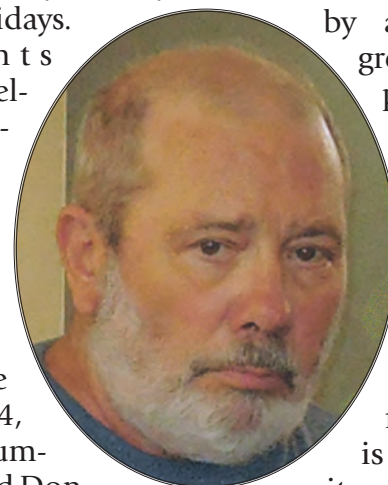
Kuester, 73, a Navy veteran, completes the current group of participants.

When Mark Winton, the church's Assistant Pastor—Care & Compassion stops by a meeting, he is greeted warmly by participants and volunteers alike. He enthusiastically joins in the games and visits with participants.

Although the Lawrence Care for All program is just a year old, it appears well established. The new Topeka Care for All program is building and both groups welcome more participants and volunteers. The Topeka lunches are provided by Christ Lutheran Church and Engroff Catering. Please call Michele Dillon at 785-235-1367 for more information.



Gabi Raney



Jim Kirkpatrick



Dan Yoe



Participant Steve Gutierrez loves music so he and Volunteer Jane Getto take advantage of the music playing to have a little dance until the balloon action behind them becomes a distraction.

Care for All program is 'a light in an otherwise dark tunnel that shows no end'



Volunteer Gabi Raney prepares to return the balloon which was batted to her by Participant Steve Gutierrez or Bob Carnahan.



Participants and volunteers sit against the wall in readiness for an exciting game of corn hole.



Volunteers Diane Hastings and Gabi Raney watch Participant Shirley McGeary prepare to give the balloon a mighty whack.



Participant Gary Fincham waits for Participant Shirley McGeary to bat the balloon with her pool noodle.



Pool noodles are at the ready for whatever direction the balloon goes.

Choosing Healthy Appetizing Meal Plan Solutions for Seniors

Choosing Healthy Appetizing Meal Plan Solutions for Seniors (CHAMPSS) is one of JAAA's most popular programs! Seniors age 60 and over may choose from different entrees for one meal a day (either breakfast, lunch or dinner) seven days a week. Participants say they enjoy the flexibility and spontaneity offered by this program as well as the opportunity to be around people of all ages.

You may take advantage of this program by attending an orientation session. Lucky Hoang, CHAMPSS Manager, holds monthly orientation sessions at JAAA in Topeka on the first Wednesday at 1:30 p.m. The next Topeka session will be on August 7th. In Lawrence, the monthly orientation sessions are held at the Lawrence Public Library on the second Thursday at 1:00 p.m. The next Lawrence session will be August 8th.

Meals, which expire one year after purchase, are loaded onto your card at a suggested donation of \$3.50 per meal. You must attend an orientation session to participate in the program where you may load only a couple meals or up to 12 meals at a time. Reloading your card is easy. You may call JAAA to reload with a credit card, send a check or stop by our offices with cash.

When you receive a survey, please fill it out and send it back to us. That is the way we learn of

concerns you may have and it also gives you an opportunity to rate the meals you are served at different providers. Additional information about CHAMPSS is on our website at www.jhawkaaa.org under the Nutrition Programs tab in the menu bar.

CHAMPSS locations are listed below and new locations are expected to be added this summer. The first addition is SKY Restaurant at Philip Billard Airport in Topeka which is open from 7:00 a.m. to 2:00 p.m. They serve breakfast from 7:00 a.m. to 11:00 a.m. and lunch from 11:a.m. to 2:00 p.m. SKY's website is eatatsky.com.

- **Douglas County**

Hy-Vee at 3504 Clinton Parkway

Dillon's at 4701 West 6th St.

Dillon's at 1740 Massachusetts St.

- **Jefferson County**

Country Harvest Apple Market, 901 Oak St. in Valley Falls

F.W. Huston Medical Center, 408 Delaware St. in Winchester

- **Shawnee County**

Dillon's at 21st and Fairlawn

Dillon's at 29th and California

Dillon's at 29th and Urish Rd

Dillon's at Hwy 24 & Rochester Rd

Dillon's at 10th and Gage



Michele Dillon, JAAA Caregiver Support Specialist, conducts a CHAMPSS orientation for members of her caregiver support group in Lawrence.

Engroff Catering, 2127 SW Westport Drive

Hy-Vee at 2951 SW Wanamaker

Millennium Café in

Topeka & Shawnee County Public Library
SKY Restaurant at Philip Billard Airport, 3600 NE Sardou, Building 4A

Call Kevin at
(785) 841-9417 to place
your display ad in the FALL
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JAAA also offers these non-OAA services

Jayhawk Area Agency on Aging provides other services that are not funded through the Older Americans Act. These include services through the state-funded Senior Care Act (SCA), as well as other federal dollars through federal Health and Human Services funding, and fee for service programs through Kansas Department of Aging and Disability Services (KDADS). Each of these services enhances the services available to older adults and fits within our mission at Jayhawk Area Agency on Aging. Aging and Disability Resource Center (ADRC)

The ADRC is a trusted non-biased entity responsible for providing information, options counseling and completion of initial and annual functional eligibility assessments for KanCare Home and Community Based Services waivers of Frail Elderly, Physical Disability, and Traumatic Brain Injury, and PACE (Program of All Inclusive Care for the Elderly).

Administrative Case Management

A service offered to those individuals qualifying as functionally eligible for KanCare Home and Community Based Services waivers of Frail Elderly, Physical Disability, and Traumatic Brain Injury, and PACE (Program of All Inclusive Care for the Elderly) complete the initial KanCare Medicaid application as well as redeterminations for financial eligibility. The goal of this program is to submit a clean application with all required documentation to aid in faster processing and determination of financial eligibility for KanCare.

CARE Assessments

JAAA completes the CARE (Client Assessment, Referral and Evaluation) Assessment for those individuals entering a nursing facility. This is a federal requirement for anyone entering a nursing facility regardless of the payor source. Options related to in-home care are also provided during this process to help folks understand that there may be assistance available to help them remain in their home, delaying nursing facility need.

Veterans Directed Care

Veteran Directed Care gives Veterans of all ages the opportunity to receive the Home and Community Based Services they need in a consumer-directed way. This program is for Veterans who need personal care services and help with activities of daily living. Examples include help with bathing, dressing, or fixing meals. This program is also for Veterans who are isolated, or their caregivers are experiencing burden. Veterans in this program are given a budget for services that is managed by the Veteran or the Veteran's representative. With the help of a counselor, Veterans hire their own workers to meet their daily needs to help them live at home or in their community. Eligibility for this program is determined by the VA and participants are referred to Jayhawk AAA to receive the service.

Project Lively

This is a Douglas County service only and is funded by the Douglas County Health Department and Douglas County. It provides crisis case management services for individuals

age 60+ who reside in Douglas County who are experiencing issues related to:

- Unsafe housing
- No natural supports
- Using 911 for lift (more than 1x/yr), nutrition, ADLs
- Difficulty with verbal communication a barrier to services
- Cognitive decline without other supports
- Physical decline without other supports
- Needs helping hand to meet stability goals

SHICK (Senior Health Insurance Counseling for Kansas) Medicare Counseling

Medicare questions, Medicare claims and appeals, Medicare fraud, Medicare Prescription Drug Plans, Medicare Advantage Plans, Medicare Supplement Insurance, Medicaid Medicare Savings Programs, Extra Help with prescription drugs. Senior Health Insurance Counseling for Kansas (SHICK) is a program offering Medicare Beneficiaries an opportunity to talk with trained counselors to get answers to questions about Medicare and other insurance issues. The role of the SHICK counselor is to help people stay informed on changing conditions in health care insurance and to cut through the confusion. Our counselors receive intense initial and annual training on Medicare, Medicare Supplement Insurance, Long-Term Care and other health insurance subjects that concern Medicare Beneficiaries. The goal is to educate and assist the public to make informed decisions on what's best for them.

Our counselors do not work for any insurance company and offer unbiased insurance information. They are not a financial planners and do not offer advice. They do not make decisions for Medicare beneficiaries. They will show the beneficiaries their options, so that the beneficiary may make an informed decision. We are always welcoming new volunteers for this extremely important program.

Community Partnerships

Jayhawk Area Agency on Aging also participates in community partnerships where we do not receive any compensation for our work and efforts. We participate in these because they are important services, support, or benefits for older adults and fit within our mission.

Tax Service

AARP volunteers provide tax service in our building each year during tax season by appointment only. Jayhawk AAA serves as the tax preparation site and makes the appointments for folks getting help in our office from the AARP tax aids. We are a tax site two days a week for this service during tax time.

Seniors Farmer's Market

A KDHE (Kansas Department of Health and Environment) Program that provides fresh, nutritious, unprepared, locally grown fruits, vegetables, herbs, and honey from farmers' markets to low-income seniors via coupons that can be exchanged for eligible foods at select farmers' markets. For purposes of this program, low-income seniors are generally defined as individuals

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Where does JAAA's money come from?

Editor's Note: It is hard for me to believe that I began my volunteer association with Jayhawk Area Agency on Aging in 2003 when I was appointed to the Advisory Council which led to service on the Board, where I was twice chair, and Finance Committee as well as chairing ten fundraisers for Guardian Angel. For over 20 years now, I have maintained that association for two reasons: I have never been involved with any organization — and I've been involved with so many my husband once asked if there was any non-paying job I hadn't held — that did a better job of stretching a limited amount of funds to serve so many. I also value Jayhawk's mission to enable seniors to stay in their own homes as long as they wish to be there. For me, that is an unbeatable combination and was worth my volunteer time. Perhaps you will find it worth yours as well. —Marsha Henry Goff

Jayhawk Area Agency on Aging receives the majority of their funding through the Federal Older Americans Act (OAA), as well as some state and local county and city funding. Any federal, state, or local funding we receive has regulations and rules that follow those dollars. The approximately 1.9 million in federal OAA funding Jayhawk receives is further broken down into different titles within the Act or categories that specify how those dollars can be spent and for what types of services. The following is an approximate break down related to how the OAA funding is allocated to the different titles within the Act.

Older Americans Act (OAA)

\$1,885,539 Total Allocation

\$319,193 IIIB Supportive Services (includes access services, legal services, in-home services, and coordination and program development). Of these funds at least 9% must go to access services, which includes information and outreach services, assessment, case management, and transportation services, at least 5% must go to legal services, and at least 20% must go to in-home services such as attendant care and homemaker services.

\$582,776 IIIC Nutrition—State Nutrition Funds and Federal USDA Funds make up the difference between the OAA funds and the total funding for this area. This funding is further divided into two categories C1 and C2 funding. C1 funding is for congregate meals which are meals served throughout the community at dining sites such as senior centers, older adult housing, and some churches. C1 funding also includes the CHAMPSS Program in our area at different restaurants and grocery stores. C1 receives \$392,407 annually for these services. C2 funding is home delivered meals which are mainly provided by Meals on Wheels agencies in our area. C2 receives \$302,844 annually for home delivered meals.

\$21,994 IIID-Health Promotion Disease Prevention funding allows for the provision of evidence based health promotion programs and classes throughout our area to help with fall prevention and chronic disease management.

\$155,498 IIIE Family Caregiver Support (includes support groups, respite, in-home services, information and assistance and outreach). Of these funds at least 5% must

go to support groups, at least 15% must go towards respite services, at least 5% must go towards supplemental services which includes homemaker and attendant care services, at least 7% of the funding must go towards Information and Assistance services, and at least 7% of the funding must go towards Group and Outreach services.

\$110,827 of the total Older Americans Act funding is set aside for Administration Dollars to be utilized by the Area Agency on Aging.

After the required percentages are put in place, Jayhawk Area Agency on Aging is able to determine where to budget those remaining dollars to provide the most impact for older adults in the community. We do this by utilizing surveys of older adults, community needs assessments, needs tracking of calls coming into the agency, focus groups, and listening sessions. All of this information is provided to our Allocations Committee annually and they determine where to budget the funds for services and support in our service area. This is no easy task, as there are far more services needed than funds available, and a far larger population than funds available can serve.

Historically federal funding for the Older Americans Act has not increased significantly since 1998 and has not kept in line with the growing population of age 60+ individuals. We have seen locally an approximately \$400,000 increase in funding from 1998 to the current year and there has been a 68% increase in the 60+ popu-

lation during the same time frame. To continue serving the older adults in our planning and service area and help prevent service cuts and wait lists, fundraising and donations are vitally important to Jayhawk Area Agency on Aging.

It is often in-home services that are most vital to keeping an older adult in their home and in the community safely, and there is not enough funding for everyone and every need. It costs approximately \$6,240 a year to provide an older adult with 4 hours of in-home care a week (this equates to 2 baths a week and a little help with housekeeping); for 2 hours a week of care and 1 bath a week the cost is \$3,120 a year. Additionally, it costs \$2,250 to give a caregiver 3 months of respite services at 25 hours a month. With the costs of services and the limited dollars available it is easy to see why we need the community's help through donations to keep these vital services in place for older adults and their caregivers. Imagine only being able to bathe 2 times a week because you need assistance for your safety to do so, or even not being able to bathe at all because there isn't enough funding to get the help you need and you are not able to afford to pay for that help yourself. All donations go back directly into services and go a long way to help older adults in our area.

OAA Pass through dollars (programs/services we fund)

JAAA provides funding to multiple local agencies that pro-

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JAAA funding

CONTINUED FROM PAGE 10

vide some of the Older Americans Act services, supporting the work that those entities do to support and improve the lives of the older adult population. Transportation services funded by the Older Americans Act are provided in our service area currently by Jefferson County Service Organization and the three senior centers in Topeka. Legal Services funding is provided to Kansas Legal Services to help older adults with basic legal issues such as advance directives and powers of attorney documents in addition to helping with other legal issues and questions that an older adult may be facing. In-Home Services of attendant care, homemaker services, and respite care funded by the OAA are provided by an array of home health agencies serving our three-county area. Nutrition services funding is provided to Meals on Wheels of Lawrence for home delivered meals to homebound older adults in the Lawrence Area. Additionally, nutrition services funding is provided to Midland Care Meals on Wheels for home delivered meals to homebound older adults in all three of our counties as well as for meals at congregate dining sites throughout the three counties. To participate in the congregate dining sites, individuals need to contact Midland Care Meals on Wheels at 785-430-2186 at least 24 hours in advance of participation. Those dining sites are:

- Babcock Place, 1700 Massachusetts St, Lawrence KS 66044

- Baldwin Senior Center, 1221 Indiana St, Baldwin City KS 66006

- Eudora Parks and Recreation, 1630 Elm St, Eudora KS 66025

- Midland Care PACE Services Center, 319 Perry St, Lawrence KS 66044

- St. Aloysius Catholic Church, 615 E. Wyandotte St, Meriden KS 66512

- East Topeka Senior Center, 432 SE Norwood, Topeka KS 66607

- First Apartments, 3805 SW 18th St, Topeka KS 66604

- Highland Park United Methodist Church, 2914 SE Michigan Ave., Topeka KS 66605

- Topeka LULAC Senior Center, 1502 NE Seward Ave., Topeka KS 66616

- Papan's Landing Senior Center, 619 NW Paramore St, Topeka KS 66608

- Tyler Towers, 600 SW 14th St, Topeka KS 66604

- Auburn Civic Center, 1020 North Washington St, Auburn KS 66402

- Rossville Senior Center, 429 Pearl St, Rossville KS 66608

- Silver Lake Senior Center, 404 East Lake St, Silver Lake KS 66539

OAA Direct service dollars (programs/services we provide directly)

Jayhawk Area Agency on Aging provides a variety of services directly under the Older Americans Act as well.

Information, Referral and Assistance

Jayhawk has knowledgeable, friendly staff trained in community resource information and can link individuals to a wide variety of community supports and services. A searchable

directory of community services is available on our web site at www.jhawkaaa.org on our resources page.

Assessments

Jayhawk AAA case managers complete assessments to determine needs for all individuals receiving in-home services or case management services. These assessments look at all aspects of an older adult's life and help to determine the services and support needed for that older adult to remain in their home.

Case Management

Case Managers evaluate the service needs of persons 60 and older through an assessment, and create a plan of action to address those

needs. Case Managers work with clients to provide information or referral for possible in-home services; coordination of community-based, long-term care services with different providers; and follow up to ensure the level of service is adequate and appropriate for needs. Case Management offers a sense of relief for individuals or family members who may not be familiar with resources or services which can be accessed. It provides a link between professionals and their patients or clients. A Case Manager is able to create and coordinate care plans for individuals, so it is possible to remain independently in the home.

Non-OAA services

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who are at least 60 years old and who have household incomes of not more than 185% of the Federal poverty income guidelines. Limited seasonal availability. First come, first served. Jayhawk AAA holds distribution events in all three of our counties for this. The coupons or vouchers are in limited supply (typically we get 1000 total for all three of our counties), and a wait list is kept once the initial supply has been distributed.

KU Edwards Osher Institute

JAAA hosts two classes a semester in our building for this

valuable learning program. To see classes offered, please go to <https://jayhawkglobal.ku.edu/osher-home>.

Jayhawk Area Agency on Aging needs YOU!

- Donations
- Volunteers for Care 4 All Program
- Volunteers for Medicare Counseling Program
- Board of Directors Members from all three counties we serve
- Advisory Council Members from all three counties we serve

Please call JAAA at 785-235-1367 to volunteer or ask questions about volunteering.

**Please consider
volunteering for
JAAA!**



Medicare Mondays

Topeka Shawnee County Library

New to Medicare?

Learn about Medicare and the many options available. We will provide unbiased information about the Medicare options available to you to assist you in determining what Medicare options will fit your needs and work for you.

Monthly: First Monday of every month at 1:00 pm
Topeka Shawnee County Public Library

Quarterly: Second Monday in March, June, September, December at 6:00 pm
Topeka Shawnee County Public Library

Want to understand how to compare Part D plans and Medicare Advantage Plans on Medicare.gov? Join Jayhawk Area Agency on Aging for

Medicare D.I.Y.

Learn how to navigate Medicare.gov and understand the information provided to you about Medicare Part D plans and Medicare Advantage Plans.

Third Monday of the Month at 1:00 pm
Topeka Shawnee County Public Library

