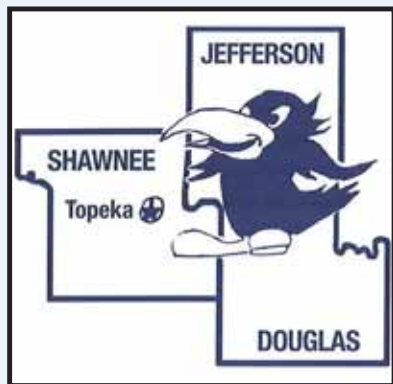


# Amazing Aging!

*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 2012



## *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



Jocelyn Lyons, JAAA Executive Director, is thrilled with her surprise gifts commemorating her 35 years of service to the agency.

## Serving JAAA for 35 years

Jocelyn Lyons, JAAA executive director, was recently honored at a surprise luncheon celebrating her 35 years of service to Jayhawk Area Agency on Aging. JAAA was incorporated in July of 1976 via an inter-gov-

ernmental agreement between the counties of Shawnee, Douglas and Jefferson and the cities of Topeka and Lawrence, all of which pledged to financially support the agency. By November of that year, Donna Kidd,

JAAA's first executive director, was in place and she hired Lyons as secretary on January 2, 1977.

JAAA Board Chair Tom Ryan presented Lyons with a bou-

# Jocelyn Lyons

CONTINUED FROM PAGE ONE

quet of roses and a gift certificate for Southwest Airlines. Although clearly overwhelmed, Lyons gave luncheon attendees — staff, members of the Board of Directors and Advisory Council and volunteers — a brief history of the agency which has been housed in several locations in Topeka and currently is located at 2910 SW Topeka Boulevard in a building owned by JAAA.

Lyons, who has served the agency as secretary, program coordinator, program manager, management team leader and executive director, cited some high points of her tenure at the agency, among them: coordinating the advocacy efforts of consumers who testified before the legislature in the effort to make Kansas Department on Aging — then under the umbrella of SRS — a separate department in 1977; and later

assisting in the planning and establishment of Papan's Landing Senior Center.

Taking the step six years ago to purchase a building for the agency was a big one that has proved to be financially frugal and allows sufficient space for JAAA to offer programs, ranging from educational to fitness, to better serve area seniors. A recent high point, Lyons said, was receiving KDOA's approval to establish a CHAMPSS (Choosing Healthy Appetizing Meal Plan Solution for Seniors) meal voucher program in partnership with Hy-Vee in Topeka and Rose's Downtown Café in Oskaloosa.

Summing up her 35 years working at Jayhawk Area Agency on Aging, Lyons says that her employment there has been "a gift."

If so, it is a gift she has cheerfully passed forward to the thousands of seniors and their families that JAAA has served during her time with the agency.



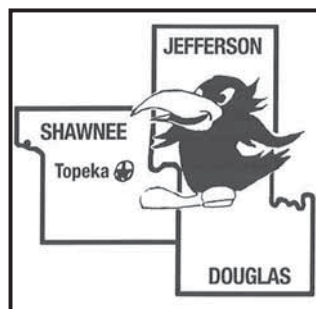
It takes a chair to bring Jocelyn Lyons to Tom Ryan's height.

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 7,000+

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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## CHAMPSS

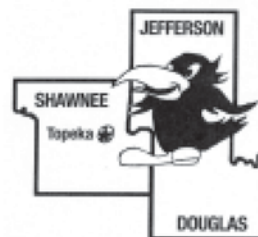
Choosing Healthy Appetizing Meal Plan Solutions for Seniors

Orientation Sessions are held at 1:30 p.m. on the first Wednesday of each month at

**HyVee**  
EMPLOYEE OWNED

29th and Wannamaker  
Topeka, Kansas

(The next three sessions are on February 1, March 7, April 4)



For more information, please contact  
Jayhawk Area Agency on Aging  
785-235-1367

# Shawn Sullivan, KDOA Secretary explains KanCare

KanCare, the state's plan to privatize the Medicaid program by January 2013, has the loftiest of goals.

At a January 10 presentation at JAAA, Shawn Sullivan, Secretary of Kansas Department on Aging, explained that KanCare will provide 340,000 low income elderly and disabled Kansans more integrated care with better outcomes while reining in the ballooning \$2.8 billion Medicaid program that presently serves them, though not always well.

Under KanCare, which the state projects will save \$853 million the first five years, Kansas, instead of paying thousands of health care providers to care for Medicaid consumers, will allow consumers to choose one of three managed care companies in which they will enroll. The state will then pay a set amount per month based on the type of client the managed care companies are serving. The three companies will be determined this summer and each will contract out to thousands of providers in their network.

Sullivan says that the dozens of incentives and penalties in the request for proposal and ensuing contract ensure that the only way the three managed care companies can make money is to serve consumers better than they are currently being served. That would require better follow-up care and fewer people institutionalized in nursing homes. Kansas has the sixth highest number per capita of people in nurs-

ing homes, meaning that many nursing home residents could, with a little assistance, live in their own homes where they are happiest.

Sullivan has seen, up close and personal, the problem with the current Medicaid system. His late uncle, who lived in a neighboring state with the same Medicaid program as Kansas' current program, was rushed to the emergency room 29 times in the last 18 months of his life. His uncle, suffering from diabetes, liver and other chronic conditions, was treated by various specialists, doctors and counselors, most of whom were prescribing medications. The problem was they were not all on the same page. "There was no one coordinator to make sure he was taking his medications as directed and that his health care providers were communicating with each other."

Sullivan believes that his uncle would have received better care under a system like KanCare. In response to a question, Sullivan said KanCare should not deprive Medicaid consumers of their choice of health care providers. Much like the Medicare Part D prescription drug program, consumers will not be locked in permanently with a company that is performing poorly, but will have the opportunity to change managed care companies each year during the annual enrollment period.

Sullivan says those planning the KanCare program had the benefit of looking at similar programs in other states "to see what was working and



KDOA Secretary Shawn Sullivan answers questions about KanCare.

what wasn't." Kansas hopes to implement the new program as seamlessly as possible and will watch it closely to see what may need to be changed. The state hopes to make KanCare the best program in the country for Medicaid consumers.

University of Kansas  
Gerontology Faculty Colloquium

Special Presentation:

**"The State of  
Aging in Kansas"**

Secretary Shawn Sullivan

Kansas Department on Aging, Topeka



4:00 p.m., Thursday, February 2, 2012

KU Visitor Center — 15th and Iowa (SE corner)

Parking available for KU visitors

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Visit us online at [www.jhawkaaa.org](http://www.jhawkaaa.org)

# February, the month of love

By Marsha Henry Goff

Valentine's Day can be defined with a word of one syllable: LOVE! But defining the emotion of love is considerably more difficult. I personally have always thought that love is marrying someone even after they've dropped a snake on you. It happened to me. I was 15 and madly in puppy love with Ray, who — lacking etchings — was proudly showing me the new silo his parents had built on their farm west of Lawrence.

As we stood inside the empty silo, I noticed a bird nest sitting on the rung of a built-in ladder leading up to the rounded top. "Hey," I said to Ray, "why don't you climb up and see if there

are any baby birds in the nest?"

Ray scaled the ladder, reached over his head into the nest and pulled out a yard-long black-snake. I learned two important lessons that day. First, Ray will hold a snake about as long as Minnie Pearl's brother will hold a hot horseshoe. Second, when someone drops a snake on you in a silo, there's no place to run except in tight circles.

I know that many women make it a policy not to marry any man who drops a snake on them. But I obviously will, so that is love to me.

Love to my friend Darlene is not killing her husband when she found out that he had squirreled away several hundred dollars of "hideout" money. Don't

ask me how she discovered his stash — I promised not to tell — however I have a strong suspicion that love to her husband is staying married to someone who sneaks a peek inside his billfold.

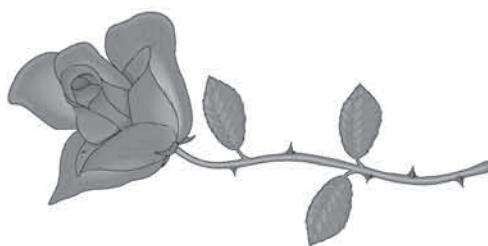
Love to Mom was not getting a divorce or hiring a hit-man when Dad accepted a Cessna 140 in payment of a legal fee. The family had lots of uses for the money and no use at all — according to Mom — for an airplane. In all the years Dad owned that plane, Mom, deathly afraid to fly, never got within 50 feet of it. "I'll fly with you when I can keep one foot on the ground!" she promised Dad. And she was as good as her word. But my sisters and I

frequently flew with Dad because Mom decided that — while the plane would certainly crash if she were a passenger — it wouldn't crash with her husband and kids in it.

I've always believed that to my Grandma Maude, love was crossing Oklahoma's Cimarron River astride a horse after a flood washed out the bridge. She and Grandpa Jake forded the river on horses in the morning, then she led back his mount — needed for farm work during the day — while Grandpa walked the remaining mile to town where he taught school and moonlighted as a barber. The fording process was repeated in reverse at night, often in

CONTINUED ON PAGE FIVE

In the last issue of *Amazing Aging*, Jocelyn Lyons wrote of her 104-year-old grandmother for whom she felt blessed to be caregiver: "This petite lady has advised me, taught me, and is my biggest cheerleader by keeping me encouraged. She truly taught me that age is just a number because, up until recently, Gran never considered herself old."



*Today we celebrate the long, productive and beautiful life  
of Jocelyn's beloved Gran*

*Neva Douglas Tucker  
May 2, 1907 — January 20, 2012*

the dark. Grandma crossed the river on horseback four times a day for many months. Now that may not seem like love to you, but consider this: Grandma Maude — as fearful of water as Mom was of airplanes — never learned to swim.

I have always thought that the grandest evidence of love was expressed by King Edward VIII when he gave up his kingdom to marry the woman he loved. That is simply a gesture

so romantic that it cannot be topped. But my friend Barb was the recipient of the most romantic gesture I've heard of recently. While she and her husband of less than a year were dating, he asked if she liked roses and Barb explained that she liked carnations better because they lasted longer. When he invited her to dinner at his home a few evenings later, almost every room contained huge vases of carnations! I'm pretty sure Barb couldn't have felt more cherished if Dave had abdicated a throne for her.

Still, it's been my experience

that while men will show love, most are not interested in talking about or analyzing it — so it is a wise woman who can recognize love when she sees it. The best example I have of Ray's love is that he spent eight hours one August day traipsing over the Custer Battleground with me while I searched for mark-

ers of various cavalrymen who died there. It was hot and dusty and I suffered one of the worst sunburns of my life, but — although signs warned visitors to watch out for them — Ray didn't encounter a single snake. As far as I'm concerned, I still owe him one!

Happy Valentine's Day!

**Preventive Medicine Associates is a medical practice whose purpose is to teach you how to successfully lose weight. We help you safely reverse the course of diabetes and other medical conditions related to overweight.**

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**Call Kevin at (785) 841-9417 for information about advertising in the next issue of Amazing Aging!**



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# Don't be a victim: Protect your bank account and your identity

Good-hearted seniors are often victimized by unscrupulous individuals (often called scammers) whose goal is to empty their victim's bank account while fattening their own. Being aware of scammers' methods can save you money and humiliation. Here are a few scams that have been practiced lately in the area served by JAAA and actions you can take to keep from being a victim.

**If it sounds too good to be true, it probably is.** It is hard to resist the idea that one can become wealthy overnight and there are a number of scams that encourage this belief. All of the scams have one thing in common, however. The victim is required to part with a significant amount of their own cash for the opportunity to rake in a bigger haul. If you are offered such a proposal, whether in person, by phone or e-mail, walk away, hang up the phone, and delete the unsolicited e-mail. Never give your hard-earned cash to a stranger who approaches you with a "too good to be true" proposal.

One such scam, known as a "pigeon drop" involves two scammers who persuade the pigeon (victim) to give up a sum of good-faith money in order to share in a larger sum (often an envelope of cash supposedly found on the street). The scammers make off with the envelope as well as the victim's money, leaving the victim with nothing.

The online lottery scam has attracted many victims because they did not remember this simple fact: You cannot win millions in a foreign lottery that you did not enter.

**Do not allow your "good-heartedness" to make you a victim.** A 90-year-old Douglas County woman lost \$18,000 last summer when she wired the money to Canada after receiving a phone call saying her grandson was in jail and needed to be bailed out. This scam has proved especially effective with grandparents who have the means and a willingness to help loved ones. Once the money is wired, it is gone. You will never recover it.

If you receive such a call, purporting to be from a grandchild or other relative or even from a supposed law enforcement officer, authorities suggest that you ask a question only your grandchild would know. Be creative: mention a pet that does not exist or a trip that did not occur. Although such scam artists do their research (often using social media sites), they will not be able to respond correctly to made-up events. The obvious thing you can do is to call the grandchild who is allegedly in trouble. One grandparent did that only to find her grandson at work, not in jail.

**Protect yourself from iden-**

**tity theft.** Know this: your bank or credit card company will NOT phone or e-mail you and ask for your account or social security numbers. They already have that information. Never give such information over the phone to someone who calls you, regardless of how they identify themselves. If you have concerns about the call, phone your bank or credit company.

A recent scam in the area soliciting identity information is known as the "jury scam." Someone phones and claims you did not report for jury duty. Once they have you off-balance because you did not receive jury duty notification, they ask you for private information. Do not give it to them and save yourself a lot of grief.

**Do not trust fly-by-night contractors who appear at your door.** Just because your word is your bond, do not think that everyone is honest. Sadly, they are not. A Kansas City area woman signed a contract and paid \$9,000 to have her roof replaced and never again saw the man, who told her he required the money to buy roofing supplies. While the price offered may be less expensive than that bid by local, well-established contractors with a physical building in the area, the most expensive thing the fly-by-night contractor may have invested in is an inexpen-

sive magnetic sign on the side of a truck showing a fake business name. Unless you have previously dealt with a business, check it out through your local Better Business Bureau or Chamber of Commerce. You can also ask friends for recommendations or consult Angie's List online. Be especially cautious of anyone who tells you that you must decide or sign a contract immediately.

Seniors are not the only victims caught in such scams. One teenager sold his motorcycle online only to receive a personal check for \$1,000 over the asking price. He was quickly contacted by the "buyer" who said he had made a mistake and asked the teen to send the extra \$1,000 back immediately. The teen, acting in good faith, did and — you guessed it — the personal check bounced, leaving the teen with a motorcycle he did not want and a flattened bank account.

Still, seniors are frequently the victims of scams because they are trusting, unfailingly polite and eager to help. They are often unwillingly to end an unsolicited phone call by rudely hanging up. One senior says she finally found a way to hang up without being rude. She says to the caller, "Thank you so much for calling, but I must hang up now. Have a great day!" CLICK. Try it, it works. And, please, be very careful about inviting strangers into your home. Do not allow anyone to make you a victim.



# E-mail making the rounds: The Green Thing

In the line at the store, the cashier told an older woman that she should bring her own grocery bags because plastic bags weren't good for the environment. The woman apologized to him and explained, "We didn't have the green thing back in my day."

The clerk responded, "That's our problem today. Your generation did not care enough to save our environment."

He was right — our generation didn't have the green thing in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. They were recycled.

But we didn't have the green thing back in our day.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy gobbling machine burning up 220 volts — wind and solar power dried the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

But that old lady was right; we didn't have the green thing back in our day.

Back then, we had one TV,

or radio, in the house — not a TV in every room. And the TV had a small screen the size of a handkerchief — remember? — not a screen the size of the state of Montana.

In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. We washed the aluminum foil, and reused it, didn't throw it away after one using. We used cloth hand towels in the kitchen instead of paper towels, washed dishes by hand instead of in the dish washer.

We wore our shoes until the soles wore through, then had them resoled and wore them some more.

When we packaged a fragile item to send in the mail, we used a wadded up old newspaper to cushion it, not Styrofoam or plastic bubble wrap.

Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the green thing back then.

We drank from a fountain or a hose when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water.

We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the green thing back then.

Back then, people took the streetcar or a bus and kids rode

their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in

order to find the nearest pizza joint.

But isn't it sad that some in the current generation lament how wasteful we old folks were just because we didn't have the green thing back then?

The fact is our generation was living a green life before the term was coined.

---

## All of us pay for Medicare and Medicaid Fraud

It is estimated that Medicare and Medicaid fraud costs taxpayers \$55 billion each year. That is \$55 billion that could actually be spent helping people who desperately need assistance.

You can help direct these dollars to the people who need them by spotting and reporting fraud. It is easier than you might think.

### *Keep track of the health services you receive*

When you receive health care services, note the dates on a calendar and save receipts and statements you get from providers to check for mistakes. Use these documents to compare with information from the claims Medicare processed to make sure neither you nor Medicare is paying for services you did not receive. You may review your original Medicare claims either by looking at your Medicare Summary Notice, visiting [www.MyMedicare.gov](http://www.MyMedicare.gov) or calling 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

### *Report fraud*

If you think a charge is incorrect and you know the provider, you may want to first call the provider to ask about the mistake. Sometimes it is an unintentional mistake and the provider will correct it (make sure they do).

However, if you contact the provider and still suspect Medicare is being charged for a service or supply you did not receive or if you do not know the provider on the claim, call 1-800-MEDICARE (1-800-633-4227). TTY users, 1-877-486-2048. Fraud is stealing! Do not allow health care providers to steal money that rightfully should go to Medicare or Medicaid recipients.

### *Three easy ways to fight fraud*

Review your Medicare claims to make sure they are accurate. Check them as soon as you receive them. The earlier fraud is reported, the sooner it can be stopped.

Learn how to protect your personal information.

Be on the watch for suspicious activity.

You have the power to stop fraud. Please use it.

# A love of children and writing produces *Traveler*, a book by Mary Alice Parmley

By Marsha Henry Goff

If you had a favorite elementary school teacher, chances are good she was exactly like 86-year-old retired Topeka teacher Mary Alice Parmley. Parmley believed in hugging the young children she taught, writing stories for them and reading to them, providing her students with love along with learning.

Parmley previously taught kindergartners through sixth graders in several Kansas towns, among them, Hutchinson, Emporia, Marysville and Lawrence. She was teaching at Topeka's McClure Elementary School in 1988 when, nominated by her peers, she became the first elementary teacher to win the coveted Master Teacher award.

Born and reared in Marion, Kansas, with her late identical twin, Anna Belle, Parmley al-

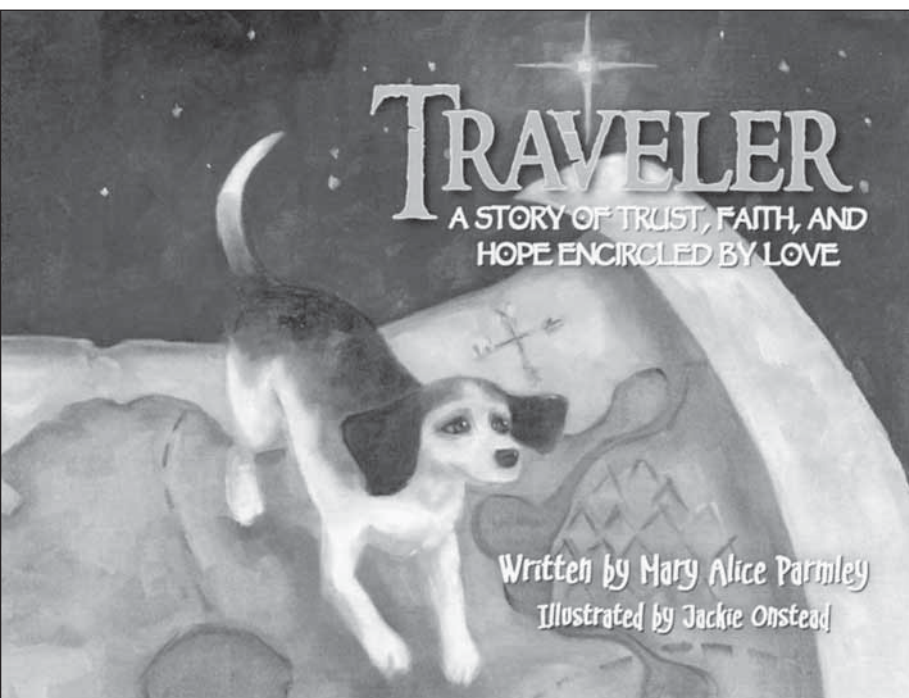
ways loved writing stories and poems. In 2004, she published *Seasons*, a book of poetry. But it is her most recent book, *Traveler: A Story of Trust, Faith and Hope Encircled by Love* — written for the child in all of us and beautifully illustrated by artist Jackie Onstead of Omaha, Nebraska — that she refers to as a miracle.

While on an airliner, Parmley struck up a conversation with her seatmate during which she shared with him that she was working on a book about the birth of baby Jesus as seen through the eyes of a little beagle named Traveler. Her seatmate said, "I know who should illustrate your book!"

He gave her Jackie Onstead's contact information. Although their resulting working relationship was long-distance, Parmley was delighted with Onstead's charming and colorful oil on



Mary Alice Parmley



*Traveler* by Mary Alice Parmley is in its second printing and is available in bookstores, Amazon.com and Parmley's website ([mrsparmley.com](http://mrsparmley.com)).

canvas paintings. Writer and illustrator finally met in person at a joint-signing in Topeka for the finished book. *Traveler* is currently in its second printing and is available in bookstores, Amazon.com and Parmley's website ([mrsparmley.com](http://mrsparmley.com)).

That Parmley appears unfazed by her literary success is likely due to the fact that she leads a busy life. She is an advocate for — or against — projects that are important to her. She was a tireless opponent of placing wind

turbine farms in her beloved Flint Hills where she still owns the home in which she grew to adulthood. Parmley also is an enthusiastic community volunteer and especially enjoys reading to school children.

"I just love people, especially children, and animals, too," she says with a wide smile as she cuddles Precious Honey Parmley, her cherished cat. The love she feels is obvious to all, both in the altruistic life she leads and in her writing.



# Programs that may help you

**Low Income Energy Assistance Program.** For those whose household income qualifies (the combined gross income before deductions of all persons living at the address may not exceed 130% of the federal poverty level), this program may provide bill payment assistance, energy crisis assistance and weatherization and energy-related home repairs. For more information or an application, contact JAAA Information Specialist Vanessa Merillat at 785-235-1367 or 1-800-798-1366.

**Topeka Franchise Refund Program.** Those who receive a refund on their Homestead Claim form or the SAFE SENIOR (Kansas Property Tax Relief for Low Income Seniors)

refund may file an application for refund of franchise fees paid for electric and gas (must reside within Topeka city limits) or water and wastewater franchise fees (Topeka residents and Shawnee County residents if they are customers who receive water or wastewater services from the City of Topeka). You may pick up an application form at JAAA, 2910 SW Topeka Blvd. Or phone 785-235-1367 for more information.

**Caregiver Support Group.** This group meets the 2nd Thursday of each month at Windsor of Lawrence, 3220 Peterson Road, Lawrence from 4 pm to 5 pm. For more information, contact JAAA Caregiver Specialist Marilyn Thomas at 1-800-798-1366.



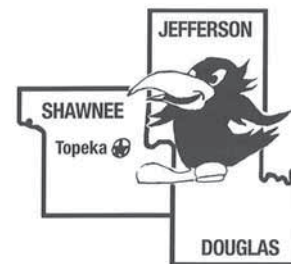
## Home is Where the Heart Is

By Connie Michaelis, Marketing Director

Every time I hear someone say they want to stay in their own home as long as possible, or I see a commercial directed towards Seniors that advertises retrofitting a home so that you can remain there longer, I want to raise a big red flag! It is not a "one size fits all situation." It should not be everyone's goal to stay in their home, any more than it should be the goal of every Senior to move into Retirement Living. Living alone in your own home is way overrated. It seems to be viewed as a virtue to stay home, even when it may not be the best situation. Having a walk-in tub or a wheelchair ramp does not address many of the issues that Seniors face. Loneliness cannot be remedied with new hardware. I realize there are all

kinds of issues involved, including finances, but it appears that many Seniors still think that moving to Retirement Living is some kind of personal failure. Nothing could be further from the truth.

Part of that resistance is a fear of the old paradigm of moving to a nursing home. Seniors want to be independent, but there are lots of responsibilities that surround living in your own home. The continual upkeep, unexpected expenditures, safety and security are extremely problematic. You can truly be independent at McCrite! You can be carefree and released from the burdens of home ownership. A house does not make a home, no matter how long you've lived there. A maintenance provided environment, dozens of new friends, along with multiple activities to choose from create a real home. Home is where your heart is with friends, family, great memories, and some precious possessions. Move your heart and the rest will follow! Don't let fear of the old paradigm keep you from taking a look! When you have questions about Senior Living call the experts at McCrite Plaza 785 267 2960.



## Need help with your taxes?

To make appointment for free tax preparation and filing, phone number listed at the following sites:

Jayhawk Area Agency on Aging  
2910 SW Topeka Boulevard, Topeka  
Mondays & Tuesdays from 9 am - 3 pm  
785-235-1367

Douglas County Senior Center  
745 Vermont Street, Lawrence  
Monday - Thursday from noon - 4 pm  
Saturday from 9 am - noon  
785-856-3065

Oskaloosa Public Library  
315 Jefferson, Oskaloosa  
Fridays from noon - 4 pm  
785-863-2637

Baldwin City Library  
800 7th Street, Baldwin City  
Tuesdays & Fridays from 9:15 am - 11:45 am  
785-594-3411

Please bring all documents necessary for filing return (including a copy of your 2010 tax return if you have it).

Even if you are not required to file a return, you may wish to do so in order to claim tax credits or refunds due to you. If your income is below \$32,000, you may be eligible for the Food Sales Tax Credit and/or Homestead Credit.

# JAAA's "There's No Place Like Home" fundraiser to be held on May 9

Mark Wednesday evening, May 9 from 5:30 to 9:30 on your calendars for JAAA's eagerly anticipated 2012 "There's No Place Like Home" fundraiser at Great Overland Station. The Kings of Swing band will provide fantastic music for listening and dancing, and About's Catering, Topeka's exceptional purveyor of delicious food, will furnish tasty treats for every palate. Last year's drawing for themed baskets was so popular, we are doing it again this year. It is hard to believe the generous donors of last year's baskets could outdo their efforts, but we expect they will try. Please plan to attend, enjoy the music and savor the food in beautiful surroundings. You may purchase tickets at JAAA in person or over the phone with a credit card by calling 235-1367 (Topeka) or 1-800-798-1366 (outside the Topeka area). We hope to see you at "There's No Place Like Home!"

**If your business or organization would like to contribute to the Guardian Angel Fund, please fill out the form on page 11.**



Honorary Chairs Susan and Dr. Jerry Farley enjoy a dance at last year's "There's No Place Like Home" fundraiser.



Last year's introduction of drawing for extravagantly-filled baskets proved popular with attendees.



Kings of Swing are aptly named.



About's Catering staff prepares for hungry attendees.

**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](mailto:mhgink@netscape.net) or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.

# Fundraiser benefits JAAA's Guardian Angel Fund

All money raised from JAAA's "There's No Place Like Home" fundraiser benefits our Guardian Angel Fund. Even better, because the fundraiser is run by volunteers and necessary expenses are built into the fundraiser's budget, you can count on every cent of your contribution going to help a senior in desperate need. Not a single penny goes to administration.

Last year's hard-working volunteers on the planning committee were Shirley Biller, Connie Michaelis, Martha Skeet, Jocelyn Lyons, Karen Peterson, Beverly Thompson and Marsha Henry Goff, Chair. Most of those on the committee have served since the fundraiser's inception. Many JAAA employees, as well as friends of JAAA, donated their time at the dance and, although there were too many volunteers to name, we greatly appreciate their enthusiastic effort. Special recognition is due Jean Stueve, who coordinated the drawing for baskets, and April Maddox, Marsha Ridinger and Sharon Sturgeon who handled tickets and cash at the door.

Volunteers and those individuals and companies who donate to our Guardian Angel Fund recognize the importance of having an independent source of funds to help people in desperate straits who fall through the cracks. Guardian Angel Fund may be the only non-profit cause which guarantees that every penny of every dollar contributed goes directly to help an elderly resident in desperate need of medicine, food, warm shelter or assistance in the many other emergencies they encounter.

JAAA funds agencies in the counties of Shawnee, Douglas

and Jefferson to provide services to seniors enabling them to stay in their homes as they age. However, the funds allocated by JAAA come with restrictions and, even when needs fall within those restrictions, the bureaucracy involved often takes precious time to fill those needs. JAAA established our Guardian Angel Fund to quickly meet the pressing needs of frail, indigent seniors that cannot otherwise be met. While current funds do not allow us to meet every need, a few of many ways Guardian Angel Fund has helped seniors falling through the cracks are:

- repairing furnaces that stopped functioning in sub-zero weather;
- paying a month's premium of supplemental health insurance for a woman to keep her insurance in force until she could be approved for Medicaid and SSI;
- purchasing a window air-conditioner for a hospice patient with Parkinson's and Alzheimer's diseases;
- buying life-saving medicines (e.g., insulin for diabetics) and durable medical equipment (walkers, bath-chairs, etc.);
- declawing a cat for a man whose pet was his only family. Often the cat inadvertently scratched the man's legs and, because he suffered from lymphodema, caused infections which could prove fatal; and
- purchasing a train ticket so a mother could attend her daughter's funeral.

Guardian Angel Fund lives up to its name. Contributing to it makes you a guardian angel to more people than you can ever imagine.

*Jayhawk Area Agency on Aging's  
There's No Place Like Home  
All proceeds benefit*

## *Guardian Angel Fund*

"There's No Place Like Home" accurately describes the mission of JAAA to enable seniors to age in place, to live in their homes as long as possible. We are grateful for your contribution because it enables us to better fulfill our mission. A great many seniors in Shawnee, Jefferson and Douglas Counties will live out their lives in comfort and dignity because of your generosity.

*Yes, I want to help! Here is my check for:*

\$5,000 to \$10,000

\$1,000 to \$4,999

\$500 to \$999

\$100 to \$499

Up to \$99

Over the Rainbow  
Tinman with a Heart  
Intelligent Scarecrow  
Courageous Lion  
Friendly Munchkin

Name as you wish it to appear in list of contributors. Please mail to JAAA, 2910 SW Topeka Blvd, Topeka, KS 66611.

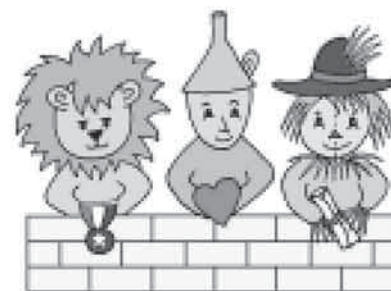
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Your contribution to JAAA is tax deductible.



# The First Apartments

*Independent Community--Seniors and Individuals with Disabilities*

**Would you like  
to not shovel snow,  
mow the yard or do  
the maintenance on  
your home?  
You're invited to The  
First Apartments.**



***Studio, One Bedroom & Expanded One Bedroom  
Apartments providing:***

- emergency call button w/24 hr. staff
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- Individually controlled heat & air
- balconies on each floor
- covered patio by pond
- small pets welcome

***Unique Service Coordinator Staff on site providing:***

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- referral services to community agencies & service providers
- resident advocate
- community presentations
- assistance with Medicare Part D plans

***We also offer:***

- Secure entry with doorbell intercom system
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- Laundry Room
- Coffee Room
- Recreation Room w/pool table and exercise equipment
- Library, computer w/internet
- Newly Remodeled Salon Sole
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- Red Carpet Library Service
- Health Department Clinics
- Healthwise 55 Presentations
- Storage locker for each apartment

We charge no entry fees. Our reasonable monthly rent includes utilities and maintenance costs. Applicants are encouraged to inquire about the availability of rent subsidy if their annual incomes meet HUD requirements.

Our doors are open to visitors and prospective residents. Call for a tour of the facility.

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

Great location nestled in the Seabrook neighborhood and surrounded by area churches, banks and shopping center.

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