



## TAKE ME OUT TO THE BALLGAME

BY JENNIFER MCMAHAN

Summer is filled with baseball, softball, swimming, and fairs; from June to July youth ball is in full swing; no pun intended. All Star games kick off for the MLB in July as well as the MLB Draft; followed by the MLB Little League Classic in August.

On May 24th Kauffman Stadium; home of the Kansas City Royals, hosted Heart & Stroke Awareness Night, Presented by the University of Kansas Health System. If you missed it don't worry, they have some other noteworthy events popping up in July!

On July 14th you can head out to Kauffman Stadium for Blood Cancers Awareness Night, presented by the University of Kansas Cancer Center; as well as, Royals Comicon, Summer Fireworks (presented by Price Chopper); and Sluggerrr Handmade by Robots Giveaway! August 1st is Ag Night at the K. With tons of events and promotions between the two.

The average age of a Major League Baseball Fan is 57. Bethesda Health recommends baseball/softball as a positive recreational activity for seniors. Kansas even has their own Senior Softball League in the KC Metro; consisting of 95 teams with a season run from April to September. Softball and Baseball encourage team sport running; power; engages balance and hand-eye coordination.

As a parent I spend a lot of time picking up gloves, bats, mitts, and balls from my yard or running kids to and from games and practices. Ian Kraemer is 13 years old (and my oldest child); he found his love of baseball from his dad and grandpa. His favorite baseball player is Ken Griffey Jr; Griffey played 22 years in the MLB for the Seattle Mariners; and Cincinnati Reds; as well as the Chicago White Sox as an outfielder. Kraemer even has an obnoxious collection of baseball cards he inherited from his grandpa. "My favorite part of baseball is being with my team and supporting each other through the journey," Kraemer said. Baseball became popular in the 1860s; and the cards featuring players were originally used to advertise businesses.

Whether you head out this summer to watch your kids; grandkids; or favorite team play be sure to know to stay hydrated; protect your skin (hats and sunscreen, folks);

and stay active. Watching baseball can reduce depression according to studies, 'Intervention studies on older adults have shown that subjective happiness increased after watching a professional baseball game and that depressive symptoms improved after 2 months of regularly watching baseball at a stadium.' (Tsuji, T., Kanamori, S., Watanabe, R. et al, 2021.)

Being as spectator of the American past time has also proven to be an innovative dementia treatment. According to Comfort Care Homes (2023), "Sports reminiscence therapy encourages seniors with Alzheimer's to socialize, talk baseball."

This approach to dementia and Alzheimer's care helps to utilize alternative forms of communication; aids in socialization, by interacting with other seniors with dementia or sharing similar interest can trigger positive memories; this also allows for the exploration of continuing care options. Whether you choose to watch or play this summer the benefits of baseball don't stop in the Golden Years.

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# From The Director

## Leslea Rockers



### FARMERS MARKET VOUCHERS INCREASE IN AMOUNT

One of the business times of the year for the agency is during the gardening season! The Kansas Senior Farmers Market Nutrition Program (KSFMNP) provides annual benefits to older

adults to purchase fresh fruits and vegetables, herbs, and honey from certified farmers at Farmers Markets in Kansas.

To be eligible you must be at least 60 years of age, or 55 years of age and a member of an Indian Tribal Organization and meet the following income guidelines. If you are eligible you will receive a one-time benefit of five (5) \$10 vouchers for a total of \$50 to purchase eligible food from authorized farmers. The 2023 amount is \$15 higher than previous years in value.

Eligibility is determined by household size, but benefits are distributed individually, meaning any others in your household also meeting the age and income requirements may apply for and receive their own benefits.

#### Income Eligibility Guidelines, July 1, 2023 Through June 30, 2024

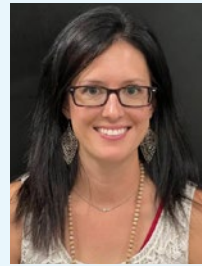
Household Size	Annual Income	Monthly Income	Weekly Income
1	\$26,973	\$2,248	\$519
2	\$36,482	\$3,041	\$702
3	\$45,991	\$3,833	\$885
Each additional member	Plus \$9,509	Plus \$793	Plus \$183

Benefits are given out on a first-come, first-serve basis. To complete an application, Contact our agency at 117 S Main, Ottawa. We will also have local distribution sites in our counties at the following locations:

- K-State Frontier Extension District offices in Garnett and Lyndon
- K-State Marais des Cygne District offices in Paola and Mound City
- Coffey County Extension Office in Burlington

Applications for vouchers must be completed by September 15, 2023. They will be available after June 5th through our agency. Should you apply after September 15, 2023, or you are told benefits are no longer available, you will be added to a waitlist and contacted if additional farmers market benefits become available.

### Employee of the Quarter



#### Shelby Reed

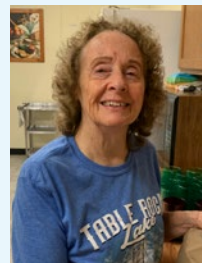
Employee of the Quarter is Shelby Reed—Shelby started at the agency in August of 2022 as the Caregiver Coordinator and has grown the program and has added the position of Community Services Team Lead to her duties. She is a fast learner, a hard worker and has been a great asset to the agency! She is creative and steps up to take on new projects, helps to train staff and does what she can for our clients in a caring and compassionate manner.

### Volunteers of the Quarter



Susan Rowe

In early April, the Lebo Site Manager, Wendy harboneau had bilateral mastectomies. After 5 weeks post-op she got an infection and had to have emergency surgery again. In preparation for this Sandy Potenza and Susan Rowe stepped up in the biggest and best way possible to ensure Wendy's seniors at the site were taken care of.



Sandy Potenza

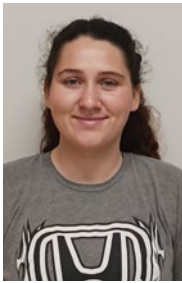
They both came in earlier than usual to learn the food intake process and how to prep for deliveries. They have continuously worked full days alongside me for the last 2 months as I have had lifting restrictions. They have continued to maintain high standards of service and kept morale high. The last few months would not have been possible without them. Wendy stated that 'I am truly blessed to have such wonderful volunteers!'



# New Staff at ECKAAA

## What does it mean to be Neurodivergent?

By Erin Gregory and Deborah Courtney, Ph. D., L.C.S.W., M.A. (Feb. 23, 2023)



### Chelsea Schuh - Kitchen Supervisor

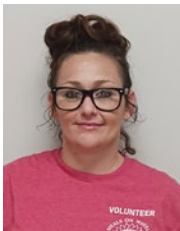
Chelsea grew up in Ottawa and lived there until 2020; she now resides in Garnett. Chelsea and her longtime partner are expecting their first child in October. She enjoys long walks; spending time in her garden, and helping her boyfriend build demolition cars. She previously worked in various agricultural settings,

working with both plants and animals.



### Linda Diane Humerickhouse CDDO Administrative Assistant

Diane grew up in Williamsburg; and currently resides in Ottawa. She has two children and three grandchildren. She enjoys gardening in her free time and previously worked as a school secretary.



### Megan Ybarra - Kitchen Assistant

Megan grew up in Lawrence; and has resided in Baldwin City for the last 10+ years. She has a 15 year old daughter and enjoys spending time

outdoors. Megan has prior experience in restaurant management before joining ECKAAA's kitchen.



### Samantha Chidster - Options Counselor

Samantha was born and raised in Ottawa. She has been married for 25 years and has two college aged kids; one is attending Emporia and the other is in Wichita. Samantha spent most of her working years in childcare but has worn many hats from manufacturing; to retail, and banking.



### Kyleigh Crist - CDDO Quality Assurance

Kyleigh is from Wellsville and currently resides in Paola. Her family is her parents and two brothers. She enjoys spending her free time playing with her puppy; reading and baking. Prior to joining ECKAAA Kyleigh was a receptionist and paraprofessional.

Everyone's brain operates differently. For the average individual, brain functions, behaviors and processing are expected to meet the milestones set by society for developmental growth. For those who veer either slightly, or significantly, outside of these parameters, their brain functions could be classified as neurodivergent.

Neurodivergent is a non-medical umbrella term that describes people with variation in their mental functions and can include conditions such as autism spectrum disorder (ASD) or other neurological or developmental conditions such as attention-deficit/hyperactivity disorder (ADHD).

In this article, we review the different qualities a neurodivergent individual might have, diagnoses that encompass these qualities and expert-recommended approaches to ensuring neurodivergent individuals lead a happy, successful life. Neurodivergence Explained by Experts

Neurodivergence is a concept originally attributed to the 1990s sociologist Judy Singer, a self-advocate with autism who challenged conventional ideas about what is considered normal and abnormal. Singer based much of her analysis on her personal experiences as a child, as she was teased due to her differences. Her work follows the common theme that no brain is the same and everyone has a unique combination of abilities and needs.

Singer defines neurodiversity as:

- A state of nature to be respected
- An analytical tool for examining social issues
- An argument for the conservation and facilitation of human diversity

Singer explains that neurodiversity provides an opportunity for society to learn more about individuals whose brain operates differently than what is considered typical. It challenges us to look outside the box at how we present information, and to embrace diversity and differences rather than categorize it as problematic.

Neurodiversity is "the idea that people experience and interact with the world around them in many different ways; there is no one 'right' way of thinking, learning and behaving, and differences are not viewed deficits," according to Harvard Health.

To provide further clarity, Laura Boxley, Ph.D., the director of Clinical Neuropsychology Training in the Department of Psychiatry and Behavioral Health at The Ohio State University College of Medicine, explains neurodiversity as "the idea that people experience or interact with the world around them in many different ways—some that may not be considered typical. It is based on the framework that 'different' is not the same as 'deficient.'"

### What Conditions May a Neurodivergent Person Have?

Neurodivergent individuals often experience differences in mental function, learning styles, sensory processing, communication styles and behaviors. They may struggle with soft skills such as emotional intelligence, social interactions or the ability to work effectively in a group. Other physical behaviors such as standing too close to someone, speaking too loudly or self-soothing actions like rocking or irregular hand movement—may also be present.

Below are some mental health .... CONTINUED ON PAGE 10

Are you having difficulties resolving your  
KanCare/Medicaid issues?

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## FROM THE EDITOR:

Summer means hot days, tornadoes, wind, and rain. My prior experience as an emergency responder drove the need to share important stroke information; as heat stroke and other incidents rise.

Please go out and enjoy the seasons offering from farmers markets; to barbecues and weekends at the lake. Enjoy ball games, the pool and more. Take time to know the signs of stroke and heat illness.

In technology, I shared a snippet from my personal experience with UV exposure; skin cancer is very personal to my family and if the technology available can mitigate the risk for one person, I feel its an important precaution to share.

Here at ECKAAA, we want to know your story and community happenings! If you'd like to share, please contact us at 785-242-7200 or 1-800-633-5621.



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# Money Matter\$

**Ryan Henningsen**  
**Financial Advisor**  
**Edward Jones**  
[www.edwardjones.com](http://www.edwardjones.com)

## HOW MUCH SHOULD I TAKE FROM MY INVESTMENTS?

It's a good question to ask, and an important one. Because how much you withdraw from your portfolio each year can play a big role in how long your money could last.

It's taken a lifetime of saving and investing to get to this point. So, now what? How much money can you use from your investments to spend in retirement? It's an important question, because how much you withdraw from your portfolio each year can play a big role in how long your money could last. We can help you find the answer.

Life wasn't predictable when you were working full time. That doesn't change in retirement. That's why we believe withdrawal rates (or how much you take from your investments each year) should be modest.

Adjust your strategy, if needed

Having a retirement income strategy can help give you an intangible, but critical resource – flexibility. This means you're better prepared to handle whatever life brings your way. Your Edward Jones financial advisor will talk with you to understand what you want to do and how much you want to spend. Then, you can work together to create a strategy that's specific to you.

Our guidance for withdrawal rates below can serve as a good starting point to determine if your expectations are realistic. This guidance assumes you'll spend a bit more each year to account for inflation, and that you'll live until at least age 90.

Initial withdrawal guidance

Age in Retirement	More Conservative	Less Conservative
Early 60s	3.0%	4.0%
Late 60s	3.5%	4.5%
Early 70s	4.0%	5.5%
Late 70s	5.0%	7.0%
80s+	6.0%	8.0%

Visual description

But a successful withdrawal strategy in retirement doesn't just mean sticking to a certain percentage. You'll probably need to

make adjustments over time as your goals and income needs change, and that is where your Edward Jones financial advisor can help tailor this guidance to your situation.

Struggling for income? Steps to consider.

If your retirement goals don't exactly align with what your investments can support, your Edward Jones financial advisor can help you determine if you need to make some adjustments, including cutting expenses, working part time or delaying retirement.

These adjustments may have other benefits, too. For example, delaying retirement may allow your investments to continue to grow and could increase your Social Security benefits. Other options, such as immediate annuities, might help increase your cash flow and provide a floor for your income. Be flexible over time.

Market performance can be unpredictable, but you can prepare for it. Starting out with a modest withdrawal rate can provide you with flexibility to better handle market declines and unexpected expenses, should they occur. But you may still need to make adjustments along the way to keep you on track during a market decline, such as:

- Determining where you can cut back on spending.
- Not taking an annual "raise" (not automatically taking more from your investments each year for inflation)

## TAKE ME OUT TO THE BALLGAME CONT'D...

Citations:

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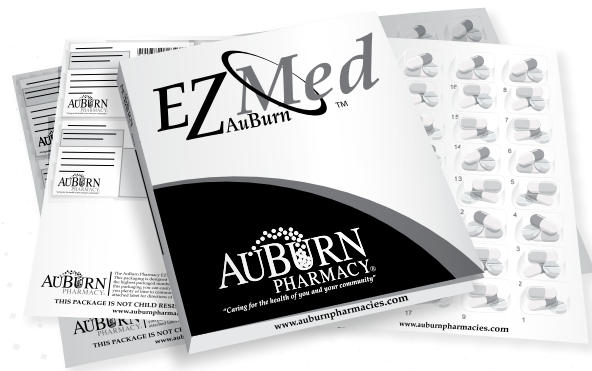


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# NEWS from ECKAAA

## Nutrition Program - Oliver Food Trays -

Every day we strive to reduce hunger and provide nutrition to the elderly in six counties; everyone involved strives to meet our clients' needs with a smile.

You may notice some of our meals come in trays depending on whether it is a home delivery or some of our Nutrition sites. At the nutrition sites our Oliver food trays are used when the meal count is low.

These trays are 100% compostable plant fibers, environmental sustainability made of sugar cane and bamboo fibers. Trays are lined with a plant-based resin of natural dextrose and sucrose by product of corn, sugar cane and beets.

The trays can go from freezer to oven or microwave, safely. With the filled meal package function being from -40 F to 400 F. Sealed trays can be reheated up to 180 degrees.

The sealed compartments make it easy to mitigate cross contamination; the sealed integrity is strong while being equipped with an easy peel open. The trays also aid in ensuring portion control; and, being in compliance with our program and the guidelines from our nutritionist.

They are natural insulation fibers that keep meals hot and the exterior safe to touch.

Our agency and staff take safety and quality seriously to ensure the integrity of our meals in their delivery to our clients.

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## KS Dept of Aging and Disability Partners with GetSetUp

The Kansas Department for Aging and Disability Services has partnered with GetSetUp, the largest online social learning platform designed specifically for older adults to learn new things, connect with others, and unlock new life experiences. This partnership offers all older Kansans FREE access to more than 4,000 interactive classes, all taught by older adults, on topics such as physical fitness, cooking, travel, health and wellness and so much more. In addition, KDADS has created 11 exclusive classes relevant to our community. Older Kansans can join GetSetUp's vibrant community of older adults who find meaning and purpose by sharing their knowledge and passions, having fun and socializing together.

Visit [getsetup.org](https://getsetup.org) to get started

## NEW TO MEDICARE 2023 SEMINARS

### DATES

January 11

April 19

July 19

October 11

### WHERE

**East Central Kansas Area  
Agency on Aging**

117 S. Main, Ottawa, KS

### TIME

10AM-NOON

**TO REGISTER:**  
Please call  
785-242-7200



# CLUB MEDICARE

## COVID-19 PUBLIC HEALTH EMERGENCY EXPIRATION MAY 11

By Lindsey Copeland, May 11, 2023, Medicare Rights Center

The COVID-19 public health emergency (PHE) declaration in effect since early 2020 ended today, May 11. The PHE allowed the federal government to waive or modify certain Medicare rules to ease access to care during the pandemic. While some of these policies will remain in place, others expire immediately. As outlined below, these changes may impact what Medicare beneficiaries pay for certain COVID-related services.

### Medicare Coverage and Costs after the PHE

**At-home COVID-19 Tests**—The program that allowed Medicare to pay for up to eight over-the-counter COVID-19 tests per month ends on May 11. People with Medicare will now pay out-of-pocket for these tests. Some Medicare Advantage (MA) plans may elect to cover the tests but are not required to do so; enrollees should check with their plan for details.

**Clinical COVID-19 Tests**—Medicare Part B will continue to cover provider-ordered, laboratory-based COVID-19 tests at no cost to the beneficiary. However, Original Medicare (OM) and MA enrollees may now face cost-sharing for testing-related services, such as the associated provider visit. Depending on their plan, MA enrollees may also pay cost-sharing for the test itself and face utilization management restrictions.

**COVID-19 Vaccines**—Medicare beneficiaries will continue to have access to COVID-19 vaccines, including boosters, at no cost under Part B. MA plans must cover the vaccinations in-network without cost-sharing.

**COVID-19 Oral Antiviral Treatments**—During the PHE, Medicare enrollees paid nothing for COVID-19 oral antiviral medications like Paxlovid. Post-PHE, treatments purchased by the federal government will remain available at no cost until the federal supply is exhausted. Part D plans will begin to cover these drugs as they shift to the commercial market. Enrollees may face varying cost-sharing amounts, depending on their plan.

**Medicare Telehealth**—The PHE’s expanded Medicare telehealth policies will largely remain in place. Congress extended most of them through December 2024.

**90-day Fills**—During the PHE, Medicare Part D plans were required to provide up to a 90-day supply of covered drugs when requested. This policy ends with the PHE.

**Three-day Inpatient Stays**—Though waived during the PHE, most OM enrollees will again require a 3-day inpatient hospital stay before Medicare will pay for needed skilled nursing facility care.

The PHE expiration will impact policies and coverage well beyond this list, including Medicaid services and other assistance. Importantly, it is distinct from the unwinding of the Medicaid

continuous eligibility requirement, also established to promote timely care during the COVID-19 pandemic. Nationally, those enrollment protections ended March 31, though state implementation timelines vary.

As these changes take effect, Medicare Rights will continue to work with policymakers and stakeholders to ensure access to affordable coverage and care.

## MEDICARE ADVANTAGE PLAN NETWORK COMPARISON CHART

Each type of Medicare Advantage Plan has different network rules. A network is a group of doctors, hospitals, and medical facilities that contract with a plan to provide services. There are various ways a plan may manage your access to specialists or out-of-network providers. Remember that your costs are typically lowest when you use in-network providers and facilities, regardless of your plan. It’s important to know that not all Medicare Advantage Plans—even plans of the same type—work the same way. Make sure you understand a plan’s network and coverage rules before enrolling. If you have questions, contact your plan for more information.

	HMO	PPO	PFSS
<b>Do I need to get a referral before I can see an in-network specialist?</b>	Yes, usually	No	Yes
<b>Can I go to a doctor or hospital that is not in the plan’s network?</b>	No, unless you need urgent or emergency care of if you have a Point of Service (POS) option that allows you to use out-of-network providers	Yes, but you will pay more unless it is an emergency	Yes, but you will usually pay more and the provider must agree to treat you, unless it is an emergency

### General overview of provider access rules

Note: This chart does not include Special Needs Plans (SNPs) or Medicare Medical Savings Account (MSA) plans. A SNP is managed care plan that serves people with special needs. In an MSA plan, you can go to any doctor or hospital willing to accept the plan’s fees. If you are considering joining a SNP or an MSA, ask about that specific plan’s network rules.



# Health & Wellness

Heart Disease and Stroke Education  
from The University of Kansas Health System

Heart disease and stroke are among the most common medical conditions. They affect hundreds of thousands of people in the U.S. By understanding the connection between heart disease and stroke, you can take steps to reduce the risk factors they share.

Our physicians are at the forefront of innovative treatments for heart disease and stroke. Visit a leading cardiologist or primary care physician to learn more about heart disease prevention and stroke prevention. You can decrease your risk of illness and improve your quality of life.

## About heart disease and stroke

Heart disease results from improper functioning of the heart. It can be inherited or may develop over time. There are several types of heart disease. Some affect the structure of the heart, such as the arteries or valves, while others disrupt the heart's rhythm. Heart disease is the leading cause of death globally, but those affected often can manage the condition through diet, exercise and medication.

Stroke affects the arteries leading to and inside the brain. It occurs when blood flow to the brain is blocked, depriving cells of oxygen and causing permanent cell damage. This can result in consequences including loss of speech, motor or cognitive abilities. Stroke is the leading cause of death and disability in the U.S. It is important to manage your risk factors to decrease your chances of having a stroke – and to recognize the signs so you can get help fast should a stroke occur.

## The heart and stroke connection

Heart disease and stroke share an important connection. People with heart disease are at a higher risk for stroke, and people with stroke have a higher risk of heart disease. The conditions share many risk factors, including:

- High LDL (bad) cholesterol
- Low HDL (good) cholesterol
- High blood pressure
- Smoking
- Diabetes
- Physical inactivity
- Obesity

Heart disease and stroke are the No. 1 and No. 5 causes of death in the U.S., respectively. Each year, more than 801,000 American lives are lost due to heart disease, more than 160,000 are claimed by stroke.

The good news is that several healthy-living practices can make a positive impact on your risk for both heart disease and stroke. Remember the motto, “what’s good for the heart is good for the head,” and follow this advice for heart disease prevention and stroke prevention:

- EAT A HEALTHY DIET INCLUDING FRUITS AND VEGETABLES
- EXERCISE DAILY
- KEEP YOUR WEIGHT IN CHECK
- KNOW YOUR BLOOD PRESSURE, CHOLESTEROL AND BLOOD SUGAR NUMBERS
- STOP SMOKING

## Watch for warning signs

Heart disease symptoms and stroke symptoms can vary from person to person. If you notice any of the following in yourself or someone else, seek immediate medical help.

- Heart attack symptoms:
- Fatigue
- Chest tightness or pain
- Pain in 1 or both arms
- Nausea or indigestion
- Shortness of breath
- Stroke symptoms:
- Severe headache
- Weakness or numbness on 1 side
- Loss of vision in 1 or both eyes
- Inability to speak or understand

- Severe dizziness
- Facial droop

## BE FAST:

Know the signs of stroke

## Balance:

Imbalance, headache, dizziness?

**Eyes:** Is vision in 1 or both eyes difficult?

**Face:** Does 1 side of the face droop or is it numb?

**Arms:** Is 1 arm or leg weak or numb?

**Speech:** Is speech unclear or slurred?

**Time:** If the person shows any of these symptoms call 911.

**B**  
BALANCE



**E**  
EYES



**F**  
FACE



**A**  
ARM



**S**  
SPEECH



**T**  
TIME



*Happy*  
**FOURTH OF JULY**

The East Central Kansas Area Agency on Aging  
will be closed Tuesday, the 4th of July.

We will also be closed Monday, September 4th in  
observation of Labor Day.

There will be no meal services at the nutrition  
sites or meal deliveries on these days.  
Thank you!

## KS COMMISSION on VETERANS' AFFAIRS

Contact your representative by email or phone.

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Kress Center, Suite 1D  
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Emporia, Ks. 66801  
620-342-3347

[jamie.potter@ks.gov](mailto:jamie.potter@ks.gov)

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This is a free service to assist veterans and  
their dependents with veteran service work.

**KS Commission on Veterans' Affairs - [www.kcva.org](http://www.kcva.org)**

### What's it Mean to Be Neurodivergent Cont'd page 3

... conditions that fall in the neurodivergent category, according to Pankhuree Vandana, M.D., a pediatric psychiatrist and medical director at the Center for Autism Spectrum Disorder at Nationwide Children's Hospital in Columbus, Ohio.

- **ADHD.** Individuals may have difficulties holding their attention and managing thoughts, behaviors and emotions.
- **Autism.** Also called spectrum disorder, this includes a broad range of conditions that may include challenges with socializing and social skills, cause repetitive behaviors and trigger speech difficulties, which in some cases, may lead an individual to communicate only nonverbally.
- **Dyslexia.** This can include misreading, miswriting or misspeaking certain items, as well as confusion with letters or misunderstanding of word organization or pronunciation, and trouble following directions.
- **Dyscalculia.** A misunderstanding of math concepts, such as confusion when reading numbers and symbols, an inability to consistently remember numbers, math facts, rules and procedures, or trouble with mental figuring.
- **Dysgraphia.** A learning disability that involves writing, such as unusual pencil grip and body position, illegible handwriting and an aversion to writing or drawing.
- **Down's Syndrome.** With this condition, individuals are born with an extra chromosome that ultimately changes how their body and brain develops, and may lead to mental and physical challenges. "Each of these conditions mentioned above lead to an individual processing and communicating information in a unique way," says Dr. Vandana.



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## SMILE BIG

Submitted by Kathy Goul, Family & Consumer Science Agent

A smile or words of encouragement may seem like small things, but they add up! When we live life to the fullest, looking for the silver lining in all things, those smiles and words of encouragement can add up in a big way. We know from research that having a positive outlook on aging actually adds 7 ½ years to our life. If you have a positive outlook, you're able to embrace aging – and reap the rewards!

To keep us focused on the positive, Dr. Erin Yelland, as specialist on aging with K-State Research & Extension, has created an acronym that supports the belief that living with positivity is the healthy plan for aging well. She encourages us to SMILE BIG!

**(S) Successful aging requires practicing positivity.** If we have a positive attitude, we are more likely to make changes and implement healthy behaviors into our lives that are going to help us to be successful as we age.

**(M) Manage our expectations.** We are not always going to be at the pinnacle of healthy aging, and that's okay. We need to make our expectations something that are attainable. Set goals for yourself and take control of the steps needed to achieve them.

**(I) Interact with positivity.** Research shows that when you interact with positive people and places, you're more likely to embrace positivity as well. Spend time with family and friends who share this same outlook on life and plan activities that bring you joy.

**(L) Looking for positives.** We know that bad things happen sometimes, but when you take the time to truly reflect, many times we can find something positive that occurred. Although it might not feel like it at the time, most negative situations contain a learning experience. If we are going through the pain and

discomfort of dealing with a negative situation, we can take the opportunity to learn something from it too.

**(E) Escaping ageism.** Make it a priority to escape stereotypes associated with aging. Your age does not define who you are. Gone are the days where older people are supposed to "have gray hair, sit in a rocking chair, knit and stay home". Today's older adults remain active, socially connected and engaged in their communities.

**(B) Being healthy.** There are a lot of healthy behaviors that we should be doing, but we don't always do them. Eating healthy, exercising regularly and taking care of our brain all lead to successful aging. Adding colorful fruits & vegetables to our plates, along with lean protein and whole grains is a great start! If you are not currently active – strive for 30 minutes of movement each day.

**(I) "I Can" approach.** Instead of saying "I can't do this or that anymore", take the "I Can" approach. For example, "I can utilize a cane that will help me move around more safely" vs. "I can't get out and about as much as I used to".

**(G) Give yourself grace.** Sometimes we are going to mess up or have a bad day. We need to give ourselves grace so we're not beating ourselves down when we don't always embrace positivity. It is okay to not be okay.

My challenge to you today is to get out there, smile big and work to add those 7 ½ years to your life, as well as others! Life is all about choices, and attitude does make a difference.

Source: Erin Yelland, PhD, Associate Professor and Extension Specialist, Kansas State University. For more information on aging well, contact Kathy Goul at 913-294-4306 or via email at kgoul@ksu.edu.

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# SUCCESS STORIES FOR KANSAS LEGAL SERVICE, INC. KLS

By: Tom Lasley, Attorney



Each year the Kansas City, Kansas office of Kansas Legal Services, Inc. (KLS) handles literally thousands of matters for low income, low net worth clients, all at no charge. Because we have so many success stories, we thought it would be good to share just a couple of particularly interesting ones so the public can better understand the type of good work that KLS does, especially for our elderly clients.

We are very proud of the following cases. Please note that the KLS clients associated with these cases have given KLS their written consent to publish this article, but have requested their names be changed for privacy concerns.

## **SUCCESS STORY #1: A BATTLE WITH THE VETERAN'S ADMINISTRATION:**

A few years ago, James, a Veteran, went to a local VA hospital for admission into a drug/alcohol rehab program. During the admission process, James informed the VA that he had been dishonorably discharged and thus, feared he could not participate in this program free of charge. The VA researched his military record and told James that its records reflected he had been honorably discharged. Therefore, he was told he was eligible for this program, at no charge. Accordingly, James was admitted to the VA hospital and received drug/alcohol rehab treatment for 30 days. On the 30th day the administrators came to James and informed him that they had made a mistake and that he was correct. His records showed he had been dishonorably discharged instead. They immediately released him and gave him a bill for its services in the amount of \$35,000.00. James had no money to pay the VA because he was unemployed. Due to the stress of being kicked out of the VA rehab program, being unemployed and owing the VA \$35,000, James quickly relapsed and fell back into his old addictive habits. Over the last several years, the VA aggressively pursued collecting its bill from James by garnishing his Income Tax Refunds and a percentage of his monthly VA disability checks. James tried everything he could on his own to convince the VA to write off his debt, but nothing worked. James tried to hire a private attorney but realized he could not afford one. Thus, James came to our offices for assistance. Because James was in great need, and had been treated poorly and unfairly by the VA, KLS decided to represent him on this matter. After researching the law, writing and submitting a legal brief in support of James' position, and spending months of negotiating with the VA, the VA finally succumbed and agreed to: (1) write off its entire \$35,000 bill, (2) immediately cease all garnishments of James' Income Tax Refunds and monthly disability checks and (3) immediately refund to James all of the money it had garnished from him, which exceeded \$3,000.00. It was a complete victory. Ironically, we received word that this matter was settled on Veteran's Day. As a result, James is now stress free, gainfully employed and back on the road to recovery and sobriety. Needless to say, James is a very happy KLS client.

## **SUCCESS STORY #2: A MUCH NEEDED INHERITANCE:**

Matthew, an 83 year old, low income, single male, with no living

relatives, recently contacted KLS about the death of his estranged sister Roberta. Roberta was also in her 80s, single, and had no relatives other than her brother, Matthew. Out of the blue, Matthew received some documents from an alleged friend of Roberta, named Jeff. Jeff stated he was the Executor of Roberta's Estate. Jeff asked Matthew to sign some enclosed documents and to return them to him. There was no explanation about the purpose of these documents. Because Matthew was confused by these documents, after the passage of several months he finally decided to contact KLS for guidance.

KLS reviewed the documents and determined that Matthew was being asked to disclaim and waive any interest he might have in his sister's estate. Smelling something suspicious, KLS agreed to investigate this matter for Matthew. Through its investigation, KLS discovered that Roberta's friend Jeff was trying to present to the Probate Court a Will allegedly written by Roberta, which appointed Jeff as the Executor of Roberta's estate and left all of Roberta's estate to Jeff. In examining this alleged Will, KLS determined that it did not meet any of the Kansas statutory requirements of a valid, legal Will, and was therefore void. Accordingly, KLS determined that Roberta died with no Will and that her assets MUST pass to her heirs under the Kansas Laws of Intestacy. Pursuant to the Laws of Intestacy, Matthew was Roberta's sole heir. KLS advised Matthew not to sign any of the documents sent to him by Jeff, and instead, KLS forced a proper estate administration to be opened for Roberta's estate. As a result, because Matthew was Roberta's sole heir, Matthew ended up inheriting over \$140,000.00 from Roberta's estate and Jeff received nothing. This \$140,000 was a much needed inheritance for Matthew. When asked what he was going to do with the money, he responded: "I can now go to the grocery store and buy some meat for the first time in years." Once again, KLS has another very happy client.

**CONCLUSION and DISCLAIMER:** Please note that the results obtained on the above cases are not necessarily typical. These cases provide just a few examples of the good work done by KLS. Unfortunately, KLS cannot take on all of the cases that come its way, particularly involved cases like the above. Due to limitations in our resources, expertise, and time, KLS always reserves the right to refuse cases and to limit our involvement in those we do take.

If you ever have any legal problems, always feel free to contact KLS at 1-800-723-6953 and apply for assistance. We will see if we can qualify you for free legal assistance through one of our grants and try to help you in any way that we can. You can also learn more about KLS and all of our services by going to our website at: [www.kansaslegalservices.org](http://www.kansaslegalservices.org). In addition, you can call your local East Central Area Agency on Aging (ECKAAA) located at 117 S. Main Street, Ottawa, Kansas, at 785-242-7200, to schedule a 45 minute, face to face appointment with me at that office. For seniors to qualify for our AAA services, one must be 60 years of age or older, a Kansas resident, and a citizen of the United States or a legal permanent resident. I come to Ottawa the first Tuesday of each month for these visits, provided we have funding available.

(The author, Thomas L. Lasley, is an attorney for Kansas Legal Services, licensed in both Kansas and Missouri, with over 40 years of experience in the areas of Elder Law, Probate Law, and Estate Planning.)

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## CDDO - SUMMER TIPS

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Summer is on its way again. It's time for fun, heat, and Sun. It is a time for gathering, BBQs, swimming, and looking for shade. It is easy to get swept up into the summer festivities such as camping, car shows, and trips to the lake. It is important to keep a few things in mind, not just for the I/DD population, but for everyone.

Stay hydrated- this is a standard everyone brings up. It is also essential to staying healthy during the summer heat and humidity. How much depends on your specific body type, age, sex, medical conditions, medications, etc. In general, we hear a lot about drinking 64 ounces of water a day, or 8 glasses. That is good for a start. Think about adding another 32 ounces and you are on your way. Drink often throughout the day.

- Other ways to stay hydrated are, avoid sugary and caffeinated drinks. These often add to the dehydration in our bodies.
- Eat foods with a higher water content: cucumbers, cauliflower, tomatoes, spinach, strawberries, broccoli, grapefruit, etc.
- You can infuse your water with various fruits, veggies, and herbs.
- Try adding a pinch of Himalayan sea salt and a cap full of natural maple syrup to 64oz of water. This acts like a natural Gatorade.

Key signs of dehydration:

- Dry itchy skin
- Dizzy/ Headache
- Fatigued
- Muscle cramps
- Not having to urinate- keep an eye on the color. It should be pale yellow, like straw. Dark yellow or amber color is a telltale sign you need to get some fluid into you. Be mindful, some medications and foods can affect the color and smell of your bodily output.

Feeling the sun on our faces is usually a pleasant experience. Be sure you are familiar with your medications and photosensitivity. Check with your doctor or pharmacist if you are unsure. Some medications can cause you to be or become sensitive to the Sun. This is usually caused by a chemically induced change in the skin. The symptoms can be sunburn- like symptoms, rash, or others.

Two types of Photosensitivity to watch out for:

- Photoallergy: Allergic reaction of the skin. This can happen after several days of Sun exposure.
- Phototoxicity: Irritation of the skin usually occurs within a few hours of exposure.

Having the potential to cause photosensitivity isn't guaranteed, it is something to be mindful of.

- Try to stay in the shade as much as possible.
- The sun's rays may be stronger on the water and the snow.
- Wear broad rimmed hats, sunglasses, long sleeved loose clothing.
- Sunscreen is your friend! It is recommended to use a SPF 30 or higher broad-spectrum sunscreen.

Taking precautions and being mindful of your health is not going to take all your summer fun away. It is better to be on the side of caution than to pay for mistakes with your health. So, go splash in the lake, toss those water balloons, and enjoy that barbeque. Drink lots of water and enjoy the popsicles!

Your CDDO wishes you a joyous, fun, and safe summer!

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## COMMUNITY NEWS

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It's Summer and that means its Fair Season be sure to check out your 4-H districts and County fair schedules for upcoming derby's, rodeo's, concerts, entertainment, and more. Plus, there are a few other noteworthy events taking place in July and August!

### ANDERSON COUNTY

The Anderson County Fair Kicks off July 24th through the 27th, in Garnett, KS. Enjoy a draft horse pull and a pie baking contest, auctions and more!

### COFFEY COUNTY

Head on over to Kelley Park in Burlington, Ks for the Coffey County Fair July 19th – July 23rd!

### FRANKLIN COUNTY

The Richmond Free Fair in Richmond, Ks takes place July 13th-July15th!

The Franklin County Fair is from July 17th-July 22nd, in Ottawa, Ks. Check out the exhibits, special events and more!

The Lane Agricultural Fair will be held on August 3rd – 5th at the Lane Fairgrounds in Lane, Ks.

From August 19th – October 1st the Franklin County Historical Society in Ottawa and Humanities Kansas will be hosting the Smithsonian Tour – Voices and Votes: Democracy in America. The exhibit investigates the history of American Democracy and how it has evolved over the last 250 years. For More information contact:

Ottawa Historical Society  
1140 W. 7th Street Ottawa, KS 66067  
(785) 357-0359

### MIAMI COUNTY

Osawatomi's Light on the Lake is July 1st featuring a blast from the past Creedence Revived, a CCR tribute band, plus a lakeside party for all with fireworks. Tickets start at \$17, for more information email osawatomirotl@gmail.com or call (913) 755-2146.

Be sure to swing by the Miami County Fair in Paola, Ks July 22-July 30th!

### LINN COUNTY

The Linn County Fair & Rodeo promises to be a lot of fun for all in Mound City, Ks, August 5th – 12th!

### OSAGE COUNTY

The Osage County Fair is in Overbrook, Ks August 2nd – August 5th; be sure to check out the Frontier District website for fair schedules for Franklin, Anderson and Osage Counties!

# TECHNOLOGY

JULY IS UV SAFETY MONTH

It was a typical morning working from the office when a very hot egg exploded in my dad's face. Had it not been for the extensive burns and healing, the spot on his face would have gone wholly unnoticed by his dermatologist. The spot has been there changing ever so slightly after serving in the desert. It was melanoma. Luckily, they were able to remove it all and he's living his best life.

The American Academy of Dermatology Association (2023) rolled out in May with their annual Skin Cancer Awareness Campaign:

#### This July marks UV Awareness Month

In July, we raise awareness that UV is the root cause of most skin cancers and encourage the public to take precautions. The AAD recommends that the public #PracticeSafeSun the year-round by following three simple steps while outdoors:

- **Seek shade when appropriate.**
- **Wear sun-protective clothing**
- **Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.**

Source: <https://www.aad.org/member/advocacy/promote/uv-awareness>

Sunscreen has evolved overtime as we learn more about UV exposure; however, sunscreen is considered passive protection.

Some clothing is now being manufactured with built in UV filters! According to Chiara Biagini, PhD (2020), "There is a special class of fabrics that are treated with chemicals and dyes capable of absorbing UV light. For example, titanium dioxide has been added to nylon to improve the fabric's UV blockage even when wet. Fabrics are rated according to their level of ultraviolet protection, called UPF (Ultraviolet Protection Factor). Typically sun protective fabrics have a UPF of 30 or more, which corresponds to 95% of UV shielding. Compared to the more common sunscreen, sun protective clothing has the advantage of not requiring to be applied multiple times a day."

There is also apps (for your phone or smart devices) and wearable sensors that aid in monitoring your UV exposure. Geo-location specific daily UV indexes can also aid in bringing awareness to a person's current risks.

Biagini (2020) speculates that, "In the next years, we might be able to rely on integrated smart systems able to conjugate an adequate level of protection with a

real-time monitoring of the protection's status."

Reference: Biagini, C. (n.d.). UV-exposure: How technology helps US preventing and monitoring the risk for our skin. LinkedIn. <https://www.linkedin.com/pulse/uv-exposure-how-technology-helps-us-preventing-risk-our-biagini>

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## NATIONAL SENIOR HEALTH & FITNESS DAY AT ORC RECAP

by Jennifer McMahan

On May 31st the Ottawa Recreation Commission hosted Free Chair Yoga with Breakfast and Giveaways to celebrate National Senior Health & Wellness. East Central Kansas Area Agency on Aging provided cinnamon rolls and ORC gave away a 30-day punch pass and discounted classes. They had 19 people in attendance for the yoga class and breakfast; as well as numerous others that are 55 years or older take advantage of the free gym day. For future events check out the Ottawa Recreation Commission Facebook page or their calendar at <https://orcks.recdesk.com/Community/Calendar>.



# == Caregiver's Corner ==

## Learning to See the World As Changed

As we all progress through life, we gain and lose abilities. Often, when one says dementia, many immediately think of what is lost. Teepa Snow, one of America's leading educators on dementia, is making it her mission to show the world as changed, not lost. Her person-centered model focuses on individual's capabilities rather than the memory loss that is pointedly evident.

GEMS is a model that relates each stage of dementia to the color of a gem. Teepa Snow describes six stages. <https://teepasnow.com/blog/6-gems-you-need-to-know-for-a-positive-approach-to-dementia-care/> By Valerie Feurich, Positive Approach to Care Team member



A Sapphire is a brain that is aging normally, flexible, organized, and is able to work with all the other GEMS. People in a Sapphire State are the ideal care partners for someone living with dementia, as they possess the adaptability to go with the flow and appropriately interact with the GEMS State of the person in their care.

Note: When stressed, even a healthy brain can slip out of the Sapphire State. When that happens, the best thing you can do is to take a deep breath and a break (if possible) to help get yourself back into that calm and collected state.



People in a Diamond State are still clear and sharp but become increasingly rigid. They tend to have a lot of facets to them but are noticeably inflexible and are able to still cut you or hurt you. Diamonds don't do well with change but are still very much able to shine.

They are who they were, but they are different. This can make it difficult for care partners to acknowledge that the person is really living with dementia, as they still know what they're doing but appear increasingly stubborn.

Unlike the Diamond, people living in the Emerald State are no longer clear and sharp. This is usually the state at which people begin to struggle and get identified as having something going on.



Emeralds are on the go but might get lost in time or place and their words aren't always as clear and sharp as they used to be. An Emerald is flawed but unaware, thinking that everything is fine, so they may cast blame on someone else.

In this State, care partners are likely to notice mistakes.

Instead of pointing out the flaw, care partners will likely have much greater success by going with the flow.

People living in an Amber State tend to be caught in a moment of time. Many Ambers are all about sensations, and what something feels like. They are therefore more curious than cautious and lack safety awareness.



An Amber is all about seeking things they like but may strongly respond to things they don't like. So, this is the State at which care partners often struggle to not turn into a Diamond themselves, as the person's behavior is so inconsistent with who they used to be.



In this State of dementia, fine-motor skills in a person's eyes, fingers, mouth, and feet begin to fade. A Ruby might therefore have trouble figuring things out visually, and struggle with speech production as well as chewing and swallowing at times. While fine-motor skills get lost, a Ruby can still do larger, gross movements, like clapping hands or holding onto things.

In this State the person's strength remains fairly unchanged, so they might firmly hold on to you or miscellaneous items without knowing how to let go. It's easy for care partners to get stressed and go Diamond in this State, so it is particularly important to take a step back, take a deep breath so you can get oxygen to your brain, and try to let go of what was so you can be a Sapphire once again.



Similar to an oyster shell, which tends to be ugly on the outside but can hold treasured GEMS on the inside, care partners can find a Pearl in this last State of dementia if they just know where and how to look.

In this State, the brain has changed so that the person's reflexes are turned on non-stop, body systems begin to shut down, and gross motor skills are lost. The person becomes trapped, but with the right care the shell relaxes just enough to produce the amazing Pearl that is still there.

In this State care partners tend to spend way too much energy on preserving the shell but miss the GEMS that are still residing inside. The question for all of us is, can we see the precious and unique?

Caring for a loved one isn't easy, nor is finding the positives or GEMS in such a stressful situation. However, when looking at the GEMS, we may find ourselves smiling and relaxing a little. Hang on to those treasured moments to get you through the rough ones.

## The Golden Years

Published by:  
East Central Kansas Area Agency on Aging

**Leslea Rockers, Executive Director**  
**Jennifer McMahan, Editor**

Disclaimer: Although we strive for accuracy, we cannot accept responsibility for the correctness of information supplied herein or for any opinions expressed. ECKAAA reserves the right to edit or print all material received for *The Golden Years*.

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