



PUBLICATION OF **EAST CENTRAL KANSAS AREA AGENCY ON AGING** SERVING ANDERSON, COFFEY, FRANKLIN, LINN, MIAMI, & OSAGE COUNTIES

Royal Treatment for a Royal Fan!

KOFO radio teamed up with the Kansas City Royals to give one lucky listener a Royals Fan Fest Getaway which included 4-2 day passes to Royals Fan Fest on January 27th and 28th, one night stay at Hotel Phillips and a \$100 Fiorella's Jack Stack Barbecue Gift Card! Well guess who won? Betty Scott Neufeld did and she said that it was one of her most favorite getaways because she was able to meet Salvy. Not only did she meet Salvador Perez but he took a selfie with her! Betty said that Salvy has been her favorite but this made her feel much better about being his fan.

As Betty waited in line she found out that the showing she had been waiting for had met their capacity. Betty then asked when the next showing would be and that is when they told her that they would fix the issue. She was then wheeled up to the stage and ten minutes later she was introduced to Salvador Perez. He said in Spanish, "How are you doing Grandma?" Had Betty's granddaughter not been able to speak Spanish they would have never known what he had said. That is when Betty started stumbling with her camera and Salvy said, "I'll take care of that," and took the selfie picture.

Betty said that one of the best parts of the trip is that her granddaughter who lives way out in Liberal, Kansas was able to go with her. Her granddaughter had called her when she reached Emporia to surprise Betty by telling her that she was going with her as well. Not only that, but she had made a hair appointment for Betty before they left. Betty was able to have such a wonderful time with her two sons and grand-daughter. You can see the joy by the smile of Betty's face!



Betty Scott Neufeld



Pictured is Betty, family, Salvador Perez, and her ticket signed by Salvador Perez

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The masthead photograph provided by Kimberly Atchison, Marketing and Outreach, ECKAAA.

2017 RESOURCE FAIR

Franklin County

April 26th, 2017

10:30 am - 12:30 pm

Neosho County Community College
900 E Logan St, Ottawa, KS 66067

Free Admission & Open to all ages

Join NCCC Students for Occupational Therapy Demonstrations!

Speakers

Barbara Flett, Program Advisor
Neosho County Community College
Topic: Adaptive Yoga
Time: 10:45 AM

Alex English, Elder Law Attorney
Kansas Legal Services
Topic: Fraud
Time: 11:30 AM

Amanda Smith, M.Ed., COMS
Resource Center for Independent Living
Topic: Seeing through obstacles:
Life after vision loss
Time: 12:00 PM

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From The Director

By Elizabeth Maxwell
Executive Director

Spring is the Time...

Spring is the time when we hope for rains to wash away the dirt from winter and water the land to encourage the growth of flowers, shrubs, trees and food sources. Spring is also a time of storms and an increased level of alertness.

That increased level of alertness also relates to our Spring Outlook on our Federal and State government: the U.S. House of Representatives, the U.S. Senate, and our Kansas legislators.

In Kansas we are waiting on a budget. As you were made aware last summer, Senior Care Act, which funds services in the home to help seniors remain in their home, had funding cut by one-third. We have advocated for restoration of that funding. The total budget "mega" bills are currently being designed. The Senate version has requested restoration of the entire \$2.1 million. The House version is considerably less, but an increase. When two versions exist, a Budget conference committee will decide on final amounts. Please let your legislators know that Senior Care Act funding is critical to quality of life for those ages 60 and over. Their names and contact information appears on page 3 of *Golden Years*.

At the federal level, budgets and health care are moving parts. The health care vote was put on hold because people who vote contacted their Representatives and Senators and let them know what was important to them. There is a proposal to cut funding for Older Americans Act Services. This is the money that helps pay for the meals program, bathing assistance, shopping, cleaning of kitchens and bathrooms, laundry, respite care, case management, legal assistance, and providing information and assistance in many other ways. As we saw when Senior Care Act funding was cut: services were reduced; services were stopped; people were put on a waitlist; people entered the nursing home because they couldn't remain at home without the services. If you believe in keeping people at home as long as possible and living with dignity and independence, call or email your U.S. Representatives and Senators. Their names and contact information appears in *Golden Years*. Watch and listen to the news and stay current. Help ensure that when the moving parts stop, they have landed where you know deserving Kansans and others across our country will benefit the most.

After the rains of spring wash away the dirt, plantings are in the ground and fertilized and storms have passed, be ready to enjoy the colorful flowers, trees and shrubs. If we want to be happier, as the old song says, it's important to "stop and smell the roses everyday".

Catholic Charities of Northeast Kansas

I would like to extend an invitation to those that work with homebound seniors that need a visit or phone call to reduce socialization. The Friendly Visitors Program could use volunteers as well as participants. For more information on our program, please contact me at 785-233-6300, ext. 1313.

This has proven to be a great program for our seniors as well as volunteers.

Marilyn E. Thomas, Friendly Visitors Program Coordinator

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Franklin County Community

Resource Expo

Wednesday, April 5th

4:00-6:30 pm

Wellsville High School will be hosting a specifically geared Expo for special education students. This is a great time to learn about resources available in our area and to network with providers and other parents. If you have questions or specific interests, feel free to contact Linda Normile at (785) 883-2996 x3145. We hope to see you there!

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785-448-1670
Wilmamc31@embarqmail.com

Kitty Mace
742 S. Pine St.
Garnett, KS 66032
785-304-2774
yttikk@yahoo.com

COFFEY COUNTY

Dona Jackson
P.O. Box 1025
New Strawn, KS 66839-1025
620-203-1540 shared cell phone
Djack1935@yahoo.com
Chairperson

Bill Otto (SHL)
102 9th St.
LeRoy, KS 66837
620-964-2355
Billcotto@yahoo.com

FRANKLIN COUNTY

David Hood
119 N. Hickory St.
785-242-5889
Flames302@att.net

Joyce Wasmund
2250 S. Elm, #7
Ottawa, KS 66067
785-242-2815
wadafarm@yahoo.com

LINN COUNTY

Jane Wade (SHL)
23497 Maddox Rd.
Fontana, KS 66026
913-757-2275
jwade@peopletelecom.net

MIAMI COUNTY

Perry Underwood
P.O. Box 304
Osawatome, KS 66064
913-755-3019

OSAGE COUNTY

Gaylord Anderson
P.O. Box 325
Carbondale, KS 66414
785-836-7621
gaylorda325@gmail.com

Earl Detwiler
1005 Elm Street
Lyndon, KS 66451
785-213-1886
Broffermoon@gmail.com

HEALTH CARE REPRESENTATIVE

Joan Adkins
300 E 5th St.
Lebo, KS 66056
620-256-6196
Joanadkins2004@yahoo.com
Secretary

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Waverly, KS 66871
785-733-2541
Former Co. Commissioner.
Business Owner
tsipe98@yahoo.com

Robert Saueressig, Chairperson
1440 Highway #75
Burlington, KS 66839
620-364-2236
County Commissioner
rjks@embarqmail.com

FRANKLIN COUNTY

Lenora Brecheisen, Treasurer
910 E. Fairway Dr.
Ottawa, KS 66067
785-242-3015 H
785-893-0558
BCBS of KS retiree
lkbrech@aol.com

Roy Dunn
2961 Reno Road
Ottawa, KS 66067
785-229-3485
County Commissioner
rdunn@franklincocks.org

LINN COUNTY

Tristian Wurtz Smith
P.O. Box 306
Pleasanton, KS 66075
913-636-0439
tristianwurtz@yahoo.com

MIAMI COUNTY

Bill Butler
PO. Box 127
Osawatome, KS 66064
913-755-2411
Former Co. Commissioner
pbbutler@embarqmail.com

Charles Brand
38768 Crescent Hill Road
Osawatome, KS 66064
913-256-2741
Veteran, Retired Railroad,
Farmer
c_r_brand@yahoo.com

OSAGE COUNTY

Joe Gardner
1319 Brant St.
Osage City, KS 66523
785-528-4292
jgdogtown56@yahoo.com

Bruce Oelke
717 Jefferson St.
Lyndon, KS 66451
785-213-8219
bpoelke@yahoo.com

Kansas Legislators for East Central Kansas Service Area

SENATE:

Caryn Tyson, District 12

Kansas State Capitol, Room 236-E
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-6838 Home – (913) 898-2366
Caryn.Tyson@senate.ks.gov
Home Address: 19984 County Road 1077, Parker, KS 66072

Bruce Givens, District 14

Kansas State Capitol, Room 234-E
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7678 Home – (316) 452-5191
Bruce.Givens@senate.ks.gov
Home Address: 1525 Country Club Rd., El Dorado, KS 67042

Anthony Hensley, District 19

Kansas State Capitol, Room 318-E
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-3245 Home – (785) 232-1944
Anthony.Hensley@senate.ks.gov
Home: 2226 Southeast Virginia Ave, Topeka, KS 66605

Molly Baumgardner, District 37

Kansas State Capitol, Room 224-E
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7368 Home – 913-837-3521
Molly.Baumgardner@senate.ks.gov
Home Address: 29467 Masters Court, Louisburg, KS 66053

HOUSE:

Trevor Jacobs, District 4

Kansas State Capitol, Room 559-W
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7310 Home – (620) 224-6928
Trevor.Jacobs@house.ks.gov
Home Address: 1927 Locust Rd., Fort Scott, KS 66701

Kevin Jones, District 5

Kansas State Capitol, Room 512-N
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-6287 Home – (316) 259-9505
kevin.jones@house.ks.gov
Home Address: 416 E. 7th St., Wellsville, KS 66092

Jene Vickrey, District 6

Kansas State Capitol, Room 327-W
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7662 Home – (913) 837-2585
jene.vickrey@house.ks.gov
Home Address: 502 South Countryside Drive, Louisburg, KS 66053

Ken Corbet, District 54

Kansas State Capitol, Room 179-N
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7679 Home – (785) 256-6444
ken.corbet@house.ks.gov
Home Address: 10147 SW 61st, Topeka, KS 66601

Blaine Finch, District 59

Kansas State Capitol, Room 167-W
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 296-7655 Home – (785) 242-3343
blaine.finch@house.ks.gov
Home Address: 5 SW Fairview Dr., Ottawa, KS 66067

Eric R. Smith, District 76

Kansas State Capitol, Room 381-W
300 SW 10th St. ▪ Topeka, Ks 66612
Office – (785) 291-3500
eric.smith@house.ks.gov
Home Address: 627 Kennebec St., Burlington, KS 66839

GOVERNOR'S OFFICE

Governor Sam Brownback

Kansas State Capitol, Room 241S
300 SW 10th St. ▪ Topeka, Ks 66612-1590
785-296-3232 • 877-579-6757
governor@ks.gov

SECRETARY OF THE KANSAS

DEPARTMENT FOR AGING AND DISABILITY SERVICES

Tim Keck

Kansas Department for Aging and Disability Services
New England Building • 503 S. Kansas Ave. • Topeka, KS 66603-3404
785-296-4986 • 800-432-3535
tim.keck@kdads.ks.gov

Federal Legislators for East Central Kansas Service Area

US SENATE

Senator Jerry Moran

Moran.senate.gov/public
23600 College Blvd., Suite 201
Olathe, KS 66061
Phone: (913) 393-0711
Fax: (913) 768-1366

Senator Pat Roberts

Roberts.senate.gov/public
444 SE Quincy - Room 392
Topeka, KS 66683
Phone: (785) 295-2745
Fax: (785) 235-3665

US CONGRESS

House of Representatives

Representative Lynn Jenkins

Lynnjenkins.house.gov
3550 SW 5th Street
Topeka, KS 66606
Phone: (785) 234-LYNN (5966)
Fax: (785) 234-5967

Representative Kevin Yoder

Kevinyoder.house.gov
7325 W. 79th St.
Overland Park, KS 66204
Phone: (913) 621-0832
Fax: (913) 621-1533

Silver Haired Legislators 2015-17 East Central Kansas Area Agency on Aging

Anderson

Clarence Hermann
424 W. 10th Street
Garnett, KS 66032
785-448-1670
wilmamc31@embarqmail.com

Coffey

Bill Otto
102 9th
LeRoy, KS 66857
620-964-2355
billotto@yahoo.com

Franklin

David J. Hood
1119 N. Hickory
Ottawa, KS 66067
785-242-5889
flames302@att.net

Linn

Jane Wade
23497 Maddox Rd.
Fontana, KS 66026
913-757-2275
jwade@peoplestelecom.net

Miami

Charles Brand
38768 Crescent Hill Road
Osawatomie, KS 66064
913-256-2741
c_r_brand@yahoo.com

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Caregiver's Corner

All Aboard?

By Phyllis Tillinghast, Caregiver Coordinator

Recently, my sweetheart, Hank, and I took a short vacation. Because we both prefer reading over driving, we decided to try America's rail system. Hank booked everything on line and upgraded us to a "roomette" since we would be traveling overnight. The train was very punctual out of Omaha where we embarked. We stored our luggage and took our carry-on up a very narrow stairway and down a very narrow hallway to our roomette. The roomette was all set up for sleeping since we had boarded at 11:00 pm. It was about three feet wide (the width of a chair) and about six feet long (the length of the two chairs pulled down together to form a bed). The "bed" itself was about 2 feet 6 inches across and 6 feet long. The top bunk had been pulled down from the ceiling allowing about 24 inches from bunk to ceiling. The top bunk was 2 feet 3 inches wide. Not much room for rolling over and no window to make the area seem more spacious. Needless to say, neither of us got much sleep that first night. The sounds of the train whistle seemed constant and the movement of the train on the tracks, kept us both awake.

Morning brought in a brighter day. The surprise benefit of train travel is the dining car. The food wasn't exceptional (free to those in sleeping cars and comparable in appearance and taste to Airline food), but the company was delightful. Since we were the only two traveling, others were seated with us to fill up the table. Our breakfast was shared with a delightful lady from Brooklyn, New York. She was a retired banker traveling to see relatives in Colorado. She currently spends her time volunteering at a university to coordinate classes for senior citizens to take. She gets ideas for topics that seniors would like to learn about (currently she has a class on old horror movies) and then finds instructors willing to teach them. Even though she walked with a cane and it was not easy for her to get around, she seemed to enjoy life and travel.

We spent the rest of the morning reading and enjoying the varied Colorado landscape. Our roomette had been restored to two comfortable chairs facing each other with a full length window for viewing. We saw mountain goats, deer and a bald eagle and before we knew it, it was time for lunch.

Our lunch table was shared with a young Amish couple from Wisconsin. They were a delightful, loving, smiling couple, heading to Tijuana, Mexico for medical treatment. They talked about the poverty they have seen in Mexico and how grateful they were to live comfortably in Wisconsin. We talked of the diversity of the terrains of Colorado compared to those of the mid west.

On our return trip, we ate dinner with a couple from Portland, Oregon, who were making a huge train traveling circle to visit their children and grandchildren. They were experienced train travelers and had traveled by train both in the United States and Canada. They were even members of the National Association of Railroad Passengers. They shared all kinds of tips on what the best trains were and where they had traveled by rail.

All in all, the trip was a tremendous hit. Other than not getting much sleep at night on the train, it was satisfying to see an interesting landscape and say "Oh, look!" and having both of us able to look without risking a car accident.

Since this column is supposed to be about caregiving, I need to make my point and pull it in that direction. My husband and I, at this time, are both in pretty good health. We are, for the most part able to travel and lead fairly active lives. I am profoundly grateful for that and count my blessings for it daily, but throughout our time, my thoughts were constantly taking me to those who aren't.

Most of the hallways I saw on the train were not wheelchair accessible. The sleeping cars that I saw were certainly not friendly for persons with disabilities. The stairs to get up to the observation deck were a nightmare to maneuver. Just getting on and off the train was a big step onto and small stool. Even at our destination, we had to carry our bags up a steep flight of stairs to get to street level. There were no ramps or elevators.

In all fairness, I did ask at the railroad station about physical disability accommodation and they do have them. They need to be booked in advance and are wheelchair accessible, but the rest of the train may not be, so if traveling alone, they need to have the porter get their meals and meet any other of their needs.

I guess the point of all this is that if you are traveling this summer with someone who has special needs whether it be by rail, car or plane...plan ahead. Ask specific questions about what assistance there is in hotels, train stations and airports. Check out accommodations to ensure they meet your specific needs. Stay aware of your surroundings and the weather. Consider packing foods for special diets or ask at the hotel for a list of accommodating restaurants. Never leave vulnerable persons or expensive equipment unattended. And last, but certainly not least be an advocate. If you see a potential danger for a person with a disability, write it down and make sure it gets to someone who can actually do something about it.

Summer is the time for getaways. Travel for caregivers traveling with their loved ones is possible, but planning is imperative.



CAREGIVER SUPPORT GROUP OPPORTUNITIES

If you are 60 and over and a Caregiver or if you are caring for someone 60 and over, join others who are caregivers at one of these locations:

ANDERSON COUNTY SUPPORT GROUP

4th Monday of Every Month, 1-2 PM

Park Plaza North Club House

105 Park Place North in Garnett

Facilitators: SEKMH & ECKAAA

COFFEY COUNTY COFFEE CHAT

2nd Thursday of Every Month, 2:30-3:30 PM

Burlington Library

Facilitators: Kim Bowers, Solid Ground Counseling & ECKAAA

FRANKLIN COUNTY SUPPORT GROUP

2nd Tuesday of Every Month, 2-3:30 PM

East Central Kansas Area Agency on Aging

117 South Main in Ottawa

Facilitators: Diane Sadowski & ECKAAA

Evening Support Group

4th Wednesday of Every Month, 7-8 PM

117 South Main in Ottawa

Facilitators: Matt Leistei & ECKAAA

MIAMI COUNTY SUPPORT GROUP

3rd Tuesday of Every Month, 6-7 PM

Elizabeth Layton Center

2595 SW 327th St. in Paola

Facilitators: Barbara Cordts & ECKAAA

MEXICAN TRAIN DOMINOES

4th Tuesday of Every Month, 2-5 PM

ECKAAA CONFERENCE ROOM

EAST CENTRAL KANSAS



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9 AM-4 PM

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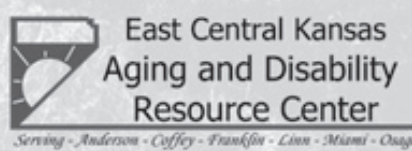
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- RESOURCE FAIR DISPLAYS
- HEALTH SCREENINGS
- GIVEAWAYS



From the Editor . . .

The Importance of Intergenerational Activities

By Kimberly Atchison

ECKAAA Marketing and Outreach

While I am out visiting our six counties, I realize the importance of child and senior relationships in our small towns. Even from being a Girl Scout Leader for my daughter's troop, working with Camp Alexander, and Rec Centers I noticed the importance and beauty of intergenerational activities and programs.

I spent some time with the Gridley Library during an intergenerational activity and noticed that every child walked in with a smile and left with a smile. The amount of respect that these children had shown for our seniors was remarkable. You could see that these children relied on their local seniors as if they were family. After speaking to a few of the ladies who were involved I realized that these relationships grew past the library as well. Intergenerational programs are fun for everyone involved, and they also play positive roles in kids' and seniors' lives, as well as for society as a whole.

During the Spring Fling event in Osage County, we here at the ECKAAA wanted to play a part in the event as well. Usually the spring fling is geared toward children activities. We decided to work with the Osage City Senior Center to bring in a magician. This intergenerational activity was phenomenal due to value and fun brought in by having the event. According to Bosak and his studies on the Benefits of Intergenerational Connections, we divide up our communities and our activities by age – young people in schools, and older people in retirement communities or facilities. We talk a lot about all the ways we need to help older people. But, perhaps, the old can help us. It's the experience of life in a multigenerational, interdependent, richly complex community that, more than anything else, teaches us how to be human.

What Are Intergenerational Programs? Intergenerational Programs are social vehicles that offer younger and older generations the opportunities to interact and become engaged in issues concerning our society. These programs purposefully bring together people of different generations in ongoing, mutually beneficial, planned activities, designed to achieve specified program goals. Through intergenerational programs people of all ages share their talents and resources, supporting each other in relationships that benefit both the individuals and the community. Successful programs are based on reciprocity, are sustained and intentional. They involve education and preparation for all ages. Young and old are viewed as assets not problems to be solved.

What are the benefits to our community, youth and seniors who are taking part in these activities?

Community Benefits

- Strengthens Community by bringing together diverse groups and networks.
- Maximizes Human Resources because of our youth and seniors volunteering.
- Encourages Cultural Change which helps to build a sense of personal and societal identity while encouraging tolerance.

Youth Benefits

- Children had more improved reading scores compared to their peers at other schools.
- Interacting with older adults enables youth to develop social networks, communication skills, problem-solving abilities, positive attitudes towards aging, a sense of purpose and community service.
- Children and youth gain positive role models with whom they can interact on a regular basis.
- They develop many positive relationships to civic attitudes and behaviors including volunteering habits, sense of efficacy and trust.

Older Adult Benefits

- Older adults want to remain productive and engaged in the community. A way to prevent isolation in their later years is to increase interaction with children and youth.
- Older adults learn new innovations and technologies from their younger counterparts. They want to continue to use the skills they have acquired in their lifetimes as well as acquire new ones.
- Regular participation in structured social and productive activities and membership in large social networks have been shown to independently benefit health and functional outcomes as people age.
- Older adults who regularly volunteer with children burn 20% more calories per week, experienced fewer falls, were less reliant on canes, and performed better on a memory test than their peers. Also, older adults with dementia or other cognitive impairments experience more positive effect during interactions with children than they did during non-intergenerational activities.

Source:

Bosak, S. V. (n.d.). *Legacy 3*. Retrieved from *Benefits of Intergenerational Connections*: <http://www.legacyproject.org/guides/intergenbenefits.html>
 Generations United. (2007). *The Benefits of Intergenerational Programs*. Retrieved from [www.gu.org: http://www.gu.org/LinkClick.aspx?fileticket=71wHEwUd0KA%3D&tabid=157&](http://www.gu.org/LinkClick.aspx?fileticket=71wHEwUd0KA%3D&tabid=157&)



Gridley Library



Osage City Senior Center: Spring Fling

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Diabetic members need regular screenings.

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Plan for Health Care Costs During Retirement

When you retire, some of your expenses may go down – but health care is not likely to be one of them. In fact, your health care costs during retirement may well increase, so you may want to plan for these costs well before you leave the work force. How much can you expect to spend on health care during your retirement years? Consider these statistics:

- A 65-year-old couple who retired in 2016 will need about \$288,000 (in today’s dollars) during retirement just to pay Medicare Parts B, D and supplemental insurance, according to HealthView Services, a company that provides health care cost projections for financial services firms. If out-of-pocket costs such as deductibles, co-pays, hearing, vision and dental are included, the lifetime figure rises to about \$377,000 in today’s dollars.
- The national average for a private room in a nursing home is more than \$92,000 per year, according to a survey by Genworth, an insurance company. And the services of a home health aide cost more than \$45,000 per year, according to the same survey. Medicare typically pays very little of these costs.

To cope with these expenses, you’ll want to integrate them into your overall retirement saving and investing strategies. Knowing the size of a potential health care burden may help motivate you to put as much as you can afford into your 401(k), IRA and other retirement accounts. Even when you’re retired, part of your portfolio should be devoted to growth-oriented investments, such as stocks, to help pay for rising health care costs. It’s true that stocks will always fluctuate, and you don’t want to be forced to sell them when their price is down. However, you can help yourself avoid this problem by also owning a good mix of other investments, such as investment-grade corporate bonds, government securities and certificates of deposit (CDs), whose value may be more stable than that of stocks.

Another way to help defray the costs of health care is to work part-time a few years after you had originally planned to retire. This added income can help you delay tapping into your IRA and 401(k), thus giving these accounts a chance to potentially grow further. Plus, you may be able to put off taking Social Security, and the longer you wait until you start collecting benefits, the bigger your checks will be, at least until they top out at age 70.

These suggestions may help you meet many of your typical medical costs during retirement, but what about long-term care expenses, such as an extended stay in a nursing home or the need for home health care assistance? As mentioned above, these costs can be enormous. Fortunately, the financial marketplace does provide some cost-effective solutions for long-term care – solutions that may help you avoid “self-insuring.” A financial professional can provide you with some recommendations in this area.

It’s probably unavoidable that your health care costs will rise, and possibly keep rising, when you’re retired. But by being aware of these expenses years in advance, and by following a diligent saving and investment strategy – one that may also include a long-term care component – you can improve your “financial fitness” for dealing with health care costs.

Happy Easter!



For Your Info

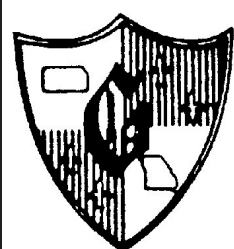


By Jennifer Garner
Community Services Representative

Staying Safe At Home

Finally spring is here and we are welcoming the warmer weather with excitement. Opening windows and doors to let the sun and fresh air in has been something that we all have been looking forward to. Even with spring now upon us and summer soon to follow many of us take this time to focus on spring cleaning and clearing out our homes from the winter months that have kept us inside. While cleaning and clearing your area here are some things that you might want to pay attention to since we are starting to become more active!

- Can you turn on a light without having to walk into a dark room?
- Are lamp, extension or phone cords out of the flow of foot traffic?
- Are passageways in the room free from objects and clutter?
- Are curtains and furniture at least 36 inches from baseboard heaters or portable heaters?
- Do your carpets and rugs lay flat?
- Do your small rugs and runners stay put when you push them with your foot?
- Are your stove controls easy to see and use?
- Do you keep loose fitting clothing, towels, and curtains that may catch fire away from the burners and oven?
- Can you reach regularly used items without climbing to reach them?
- Do you have a step stool that is sturdy and is good repair?
- Do you have working smoke detectors on the ceiling outside of bedroom doors?
- Do you have a lamp or light switch within easy reach of your bed?
- Is a phone within easy reach of your bed?
- Is a light left on at night between your bed and the toilet?
- Does your shower or tub have a non-skid surface: mat, decals, or abrasive strips?
- Does the tub/shower have a sturdy grab bar? (not the towel rack)
- Is your hot water temperature set to 120 degrees or lower?
- Does your floor have a non-skid surface or does the rug have a non-skid back?
- Are you able to get on and off the toilet with ease?
- Is there a light switch at the top and bottom of the stairs?
- With the light on, can you clearly see the outline of each step as you go down the stair?
- Do all stairways have a sturdy handrail on both sides?
- Do handrails run the full length of the stairs, slightly beyond the steps?
- Are all the steps in good repair (not loose, broken, missing, or worn in places)?
- Are stair coverings (rugs, treads) in good repairs, without holes and not loose, torn or worn?
- Do all entrances to your home have outdoor lights?
- Are all walkways to your entry free from cracks and holes?
- Are all the steps in good repair?
- Do you need a ramp to enter your home?
- Do you have an emergency exit plan in case of fire?
- Do you have emergency phone numbers listed by your phone?



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News from Mid America Nutrition National Nutrition Month

March is National Nutrition Month, when the Academy of Nutrition and Dietetics reminds everyone to return to the basics of healthy eating. It is also the time of year when the Academy celebrates expertise of registered dietitian nutritionists as the food and nutrition experts.

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day, celebrated on the second Wednesday in March, increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives.

2017 NNM Theme

“Put Your Best Fork Forward” is the theme for NNM 2017 which serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future. As nutrition experts, Academy members can help guide the public on gradually shifting toward healthier eating styles by promoting NNM activities and messages during March.

Be sure to visit the Academy’s National Nutrition Month® website during the upcoming months for new and updated resources to help make the NNM 2017 celebration an infinite success!

History

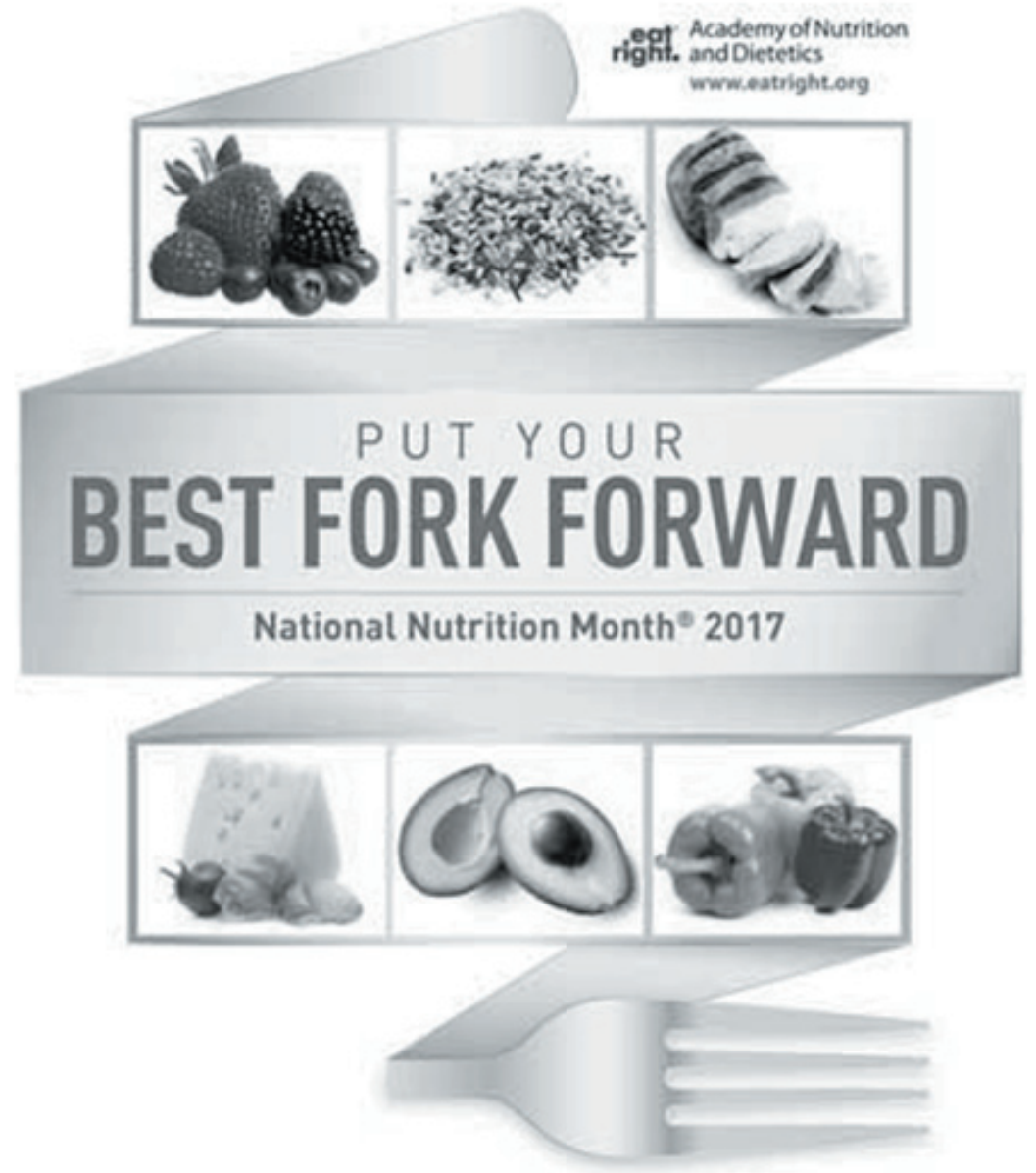
Initiated in March 1973 as a week-long event, “National Nutrition Week” became a month-long observance in 1980 in response to growing public interest in nutrition. Read more in the article, “National Nutrition Month: A Brief History.”

NNM Sponsor

The Academy’s mission is to promote optimal nutrition and well-being for all people by advocating for its members. With more than 100,000 credentialed practitioners, the Academy is the world’s largest organization of food and nutrition professionals. The majority of the Academy’s members are registered dietitian nutritionists and nutrition and dietetics technicians, registered.

Service Mark

National Nutrition Month® is the property of the Academy. Its use is encouraged, but only in accordance with the Academy’s published guidelines. Unauthorized use is strictly prohibited.



Themes of the New Millennium

With the first “National Nutrition Week” in 1973, it was embraced by members of the Academy of Nutrition and Dietetics as a way to deliver nutrition education messages to the public while promoting the profession of dietetics. In 1980, the week-long celebration expanded to become National Nutrition Month®. Over the years, the theme has reflected trends and culture of the time, but has always remained true to its original purpose: “To increase the public’s awareness of the importance of good nutrition and position Academy members as the authorities in nutrition.”

For More Information

NNM inquiries should be directed to nnm@eatright.org. For media related information contact Public Relations at 312/899-4769 or media@eatright.org.



TWO FEET FORWARD

A program to assist in purchasing a pair of shoes for children being raised by their grandparents

This program presented by the East Central Kansas Area Agency on Aging will assist in purchasing a pair of shoes for children that are being raised by their grandparents (age 55 or older).

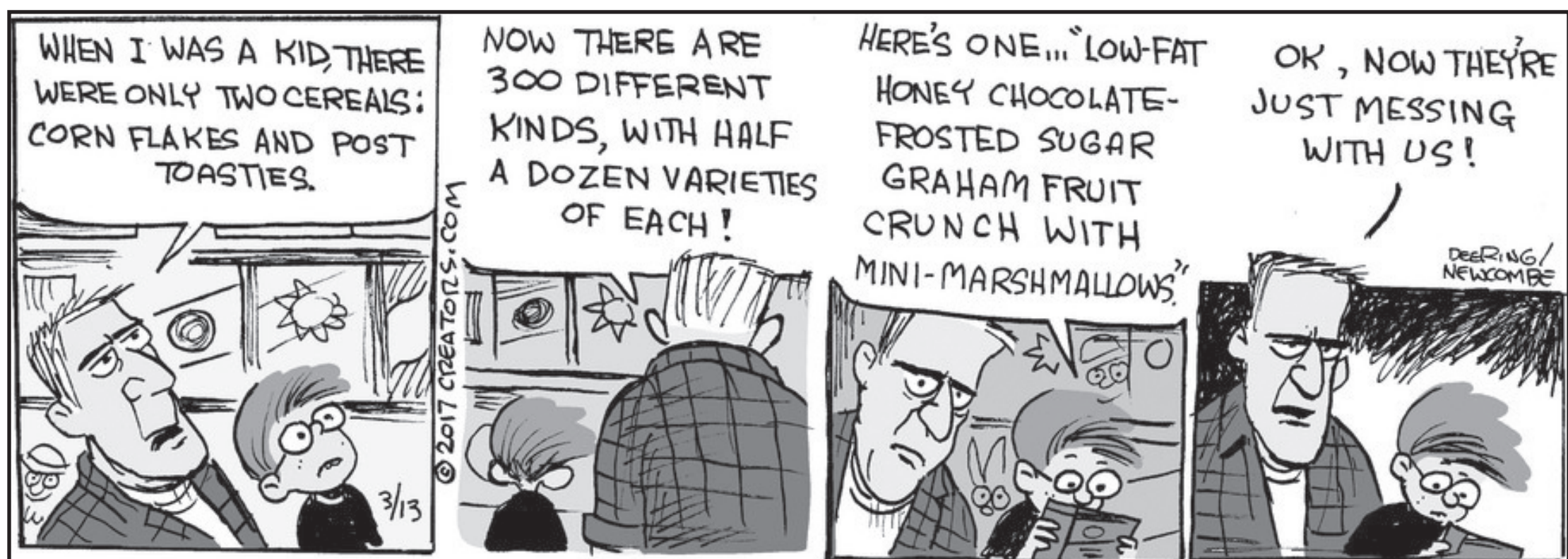
Requirements: The children must be living with their grandparents, without the children’s parent(s) in the home. The grandparents must be the primary financial support for the children. The children must be under 18 years of age. The grandparents must be 55 years of age or older.

For more information or to obtain an application please call Phyllis Tillinghast at 785-242-7200 or 1-800-633-5621.



Happy Mother’s Day

Protect Yourself and Your Loved Ones
Needing information on how to protect yourself or your loved one from financial abuse, identity theft, or physical abuse and neglect?
The East Central Kansas Area Agency on Aging has brochures, bookmarks, and tip sheets to help promote prevention strategies and to provide information on reporting measures.
We would be happy to present to your group or to provide you with some literature to use.
Call Leslea at 785-242-7200 or 1-800-633-5621.



Knowledge for Life

Diane L. Burnett, M.S.
Family Financial Planning
K-State Research and Extension
Marais des Cygnes District Family & Consumer
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It's Time to Spring into Action!

Regular physical activity is important to both physical and mental health. No matter your size, shape, or age, an active lifestyle throughout your lifespan is one of the most important things you can do for well-being. What Is Physical Activity? Physical activity includes any body movement that works your muscles and requires more energy than resting. Walking, gardening, pushing a stroller, and climbing the stairs are just a few examples of low-intensity physical activity. Exercise is planned and structured physical activity over an extended period of time. Exercise often includes more vigor or intensity such as weight lifting, aerobic activity, and participating on a sports team.

Why Is Physical Activity Important?

- Strengthens bones and muscles.
- Improves cardiovascular health.
- Maintains or increased range of motion and flexibility.
- Protects against certain health conditions such as heart disease, stroke, hypertension, obesity, type 2 diabetes, osteoporosis, colon cancer, and depression.

- Improves mental health and mood.
- Improves cognitive functioning.
- Protects against dementia, including Alzheimer's disease.
- Improves quality of life and ability to do daily activities.
- Controls weight.
- Increases energy.
- Promotes restful sleep.
- Reduces the risk of falling.
- Contributes to longevity.

There are many types of exercise and physical activity. The following information provides tips to encourage you to be active in ways that suit your lifestyle, interests, health, and budget. Whether you're just starting out, getting back to exercising after a break, or fit enough to run a 3-mile race, physical activity is for everyone, including people who are healthy and those who live with ongoing health problems or disability.

Regardless of your age, weight, or athletic ability, physical activity is good for you. In particular, longer, healthier lives are influenced by four main types of physical activity: aerobics, strength training, stretching, and balance. Aerobic activity uses large muscle groups, can be maintained continuously, and is rhythmic in nature. Walking, jogging, dancing, and playing tennis are examples of aerobic exercise.

Strength training makes muscles and bones stronger. Such strength allows you to perform daily activities. Strength training also plays a key role in keeping obesity and diabetes at bay by increasing your metabolism, which helps you maintain a healthy weight and ideal blood sugar levels.

Flexibility will also contribute to your ability to participate in physical activity. Specific stretches are recommended to prevent injuries but others are recommended to recover from injuries. Flexibility may also play a part in the prevention of falls.

Balance exercises are recommended specifically for senior adults and adults with balance issues. Balance exercises help prevent falls, the most common form of injury and injury-related death among adults age 65 and older. Falling is a major cause of broken hips and other injuries that often lead to disability and loss of independence.

How Much Exercise Do You Need?

In general, some activity is better than no activity. Adults and senior adults should seek 150 minutes of moderate-endurance exercise or 75 minutes of vigorous-intensity exercise each week. The goal is to exercise for at least 10 minutes at a time. In addition, adults should stretch daily and strength train all major muscle groups (shoulders, arms, chest, abdomen, back, hips, and legs) 2 to 3 days a week with a "rest" day in between the strength training sessions.

Getting Started

Sometimes the hardest part of exercising for many is getting started. If this is the case, start out slowly and make it a part of your routine. Here are a few ways to make physical activity a regular part of your daily life.

- Make it a priority.
- Make it easy. If it's difficult or costs too much, you probably won't be active.
- Walk more. Walking is easy and inexpensive. Walk the entire mall or every aisle of the grocery store when you go shopping. When you go out to get the mail, walk around the block.
- Make it social. Enlist a friend or family member to exercise with you.
- Make it interesting and fun. Do things you enjoy.
- Above all, make it an active decision. Choose to be active in many places and in many ways:
 - Try to do some of your errands on foot rather than in the car.
 - While you're waiting in line, practice your balancing skills by standing on one foot for a few seconds, then the other.
 - While you're talking on the phone, stand up and do a few leg raises or toe stands to strengthen your legs.

The goal is to be creative and choose exercises from each of the four types described above— aerobics, strength training, balance, and stretching. Mixing it up will help you reap the benefits of each type of exercise, as well as reduce boredom and risk of injury.

You're more likely to stay active if you: • think you will benefit from your activities, • include activities you enjoy, • feel you can do the activities correctly, • believe the activities are safe, • have regular access to the activities, • can fit the activities into your daily schedule, • find that the activities are affordable, and • can see the benefits of regular exercise and physical activity.

Regular physical activity throughout the lifespan is one of the most important things you can do for your health and optimal aging. Source: Keys to Embracing Aging: Physical Activity, MF3258. This publication and others in the series can be found at: www.ksre.ksu.edu/bookstore. For more information on this topic, you will want to read our series on Keys to Embracing Aging with 12 different topics.

What you do today will affect your future. Nowhere is this as true as it is in issues regarding aging. The way in which you take care of yourself through the years, both physically and mentally, will affect the natural process of aging. This series from K-State Research and Extension was co-authored by Erin Yelland, Ph.D., CFLE, Assistant Professor and Extension Specialist, Adult Development and Aging, K-State Research and Extension. For more information on this and other aging topics, contact Diane Burnett, dburnett@ksu.edu or call our Paola office @ 913-294-4306.



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Planning Your Child's Future

Once your child has been determined eligible for Intellectual and/or Developmental Disability (IDD) Waiver services, follow this guide to plan for your child's needs while at home and for transitioning from school to adult services.

Age 5-18

- Apply to the Social Security Administration (SSA) for Supplemental Security Income (SSI).



- Apply at the KanCare Clearinghouse or online for a Medicaid card. Make sure that you check the HCBS (Home and Community Based Services) box on the application.

- Explore Targeted Case Management (TCM) provider options. Ask the CDDO for their list and a choice form-release form.

- Start working on independent living skills with your child.
- Enroll in the Kan-Be-Healthy Program for the Early and Periodic Screening, Diagnosis and Treatment (EPSDT) program that serves children ages 0-21.

- If your child has been determined eligible for IDD waiver services, speak to your MCO (Amerigroup, United, Sunflower) and your TCM about waiting list services.

- If your child is being served by another waiver (SED, Autism, TA), make sure that you know when that waiver is set to end. You will need to have your child assessed for eligibility for the IDD waiver by the CDDO.

Age 14-21

- IEP meetings should include school transition services. Begin planning for adult living options, employment options. Make a plan!

- Invite the CDDO to IEP meetings for a discussion of what services are currently available.

Age 16

- Get a Kansas ID or Driver's License for your child- available at: www.ksrevenue.org

- Have Social Security card available.

Age 15-17

- Explore the need for Guardianship, Conservatorship, Durable Power of Attorney, or a Representative Payee once your child turns 18.

- Create a plan for how to assist your teen in being as independent as possible in upcoming adult life and keep working toward the highest level of independent life for your child. Connect with Families Together for more help. www.families-together.org or by calling them at: the Topeka Center if you are in Franklin or Osage Counties (785-233-4777) or at the KC office if you are in Coffey Co.: 913-287-1970

- Explore estate planning issues.

- Explore adult service options in the area, ask about agency waiting lists, set up tours with Community Service Providers (ask your TCM or your CDDO for contact information).

- Prior to graduation, discuss DD Waiver funding options for adult services and the state waiting list with the CDDO, your TCM, and your MCO Care Coordinator.

- Review other funding options while waiting for DD Waiver funding such as Vocational Rehabilitation, the WORK program, and Working Healthy:

- Vocational Rehabilitation: a state program to assist people with disabilities to find and keep a job. www.dcf.ks.gov/services/RS/Pages/Employment-Services.aspx Working Healthy: www.workinghealthy.org

Age 18

- Reapply for Supplemental Security Income as an adult. www.ssa.gov

- Reapply for Medicaid as an adult.

- All 18 year old males must register for selective services.

www.sss.gov

Introducing Our New CDDO Coordinator

Hello! I want to introduce myself as the new CDDO Coordinator for East Central Kansas. I grew up in Pomona, Kansas where I attended and graduated from the West Franklin School District. I received my



Amber Vogeler

CMA after graduation and began working in the health care field in Lawrence. With help from family, I decided to go back to college where I obtained a Bachelor's degree in both Sociology and Psychology at Emporia State University. While in Emporia, I was an active member of the Psychology club, President of the Sociology Honors Society (AKD), and volunteered with many on-campus activities. I worked closely with professors to co-author two studies, both relating to the poverty level and community supports in Lyon County. This past month, I finished my Master's degree in Psychology, with an emphasis in Industrial/Organizational Psychology.

Formerly, I was the ECK CDDO Quality Assurance Specialist. After my mentor took another job, I was offered, and accepted, the ECK CDDO Coordinator position.

A little about my personal life. I am a mother to five wonderful children – 2 step children and three biological. They range from the ages of 16 down to 8. I am also married and my husband teaches 3rd grade in Topeka and is an Osage County EMT. We live in Melvern and are very active in the community. I like to stay busy by getting my children involved in the community as well as follow and support them in any athletic program they participate in. I am a strong advocate for the I/DD community and plan to use my knowledge and skills to help keep the ECK CDDO successful. You may reach me in the office during business hours or on my cell phone in emergencies. I look forward to learning and growing with everybody.



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Welcome
Spring

What Do You Remember Most From Your Graduation?

I remember thinking to myself the words my Grandpa told me my first day of my freshman year, "Doodles, these next four years will be the greatest times of your life. Do not take anything for granted, have fun, and take hold of every opportunity that comes your way because it goes by too fast." He was absolutely right (as always)!

Deidra Casida, Case Manager & Assessor



I remember at graduation as I was crossing the stage to get my diploma and my Uncle Phil (who didn't have any children) stood up and shouted, "That's my girl". No one did that back then. I was embarrassed and proud.

Phyllis Tillinghast, Caregiver Coordinator



That I chopped off my shoulder length hair the night before. Made my mother cry.

Pat Mourning, Intake & Information Representative

Well I don't know, I was thinking about the Marines/Viet Nam, college, and not having to shine my shoes/had just spent 4 years in military academy.

Glenn Jacobs, Case Manager & Assessor



It was a Monday night and 98 of us graduated. I hated the hat that came with the graduation gown.

Leslea Rockers, Special Projects & SHICK Coordinator



I graduated a year early with over 300 people, I had no idea who half of the people were. I did get my hair done the night before so at least my hair looked great!

Kimberly Atchison, Marketing and Outreach Specialist



I was getting married on July 2, so I saw that day as my last day as a child and ready to start planning my wedding.

Elizabeth Maxwell, Executive Director

We sang a song based on a Robert Burns poem, "The Road Not Traveled".

Lenora Brecheison, SHICK Office Volunteer



It rained and we had to move into the gymnasium rather than outside in the football stadium. It was hot and crowded but I felt a real sense of freedom.

Martha Maurin, Johnson County Medicare Program Specialist



I was ready to just get my life started because I was moving to Texas.

Patty Sherman, Case Manager & Assessor Serving Linn County



We were one of the largest classes graduating at the school, during that time, prior to the merging of schools. We had a young man who was seriously known as the class clown, which made the day perfect. He was funny, witty with comebacks, and even danced his way across the stage. We had a pretty quiet graduation as it was suppose to rain, so, we wanted it over as quickly as possible.

Amber Vogeler, CDDO Coordinator

I remember the weather outdoors. It was a windy day and partly cloudy and everything blowing around. I remember the feeling of excitement. It was long! It takes a long time to announce 1000 graduates. I knew I was finishing high school and was looking forward to a new adventure.

Sherry Huschka, Fiscal Manager



We had a huge party that I looked forward to and it was a great time.

Jennifer Garner, Community Services Representative



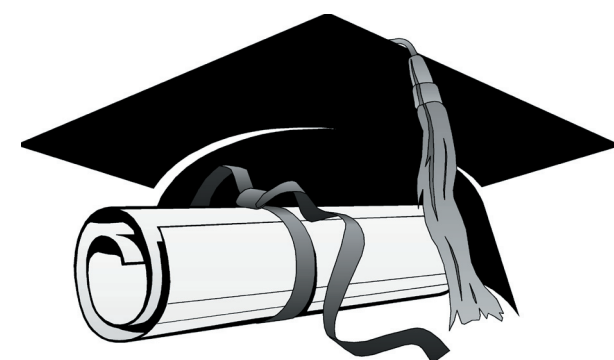
I was thrilled that I was finally going to go to college to start studying about my passion - working with the elderly population.

Shannon Ocsody, Case Manager and Assessor Serving Franklin County



I thought that I was grown and was ready to conquer the world.

Cathy Winans, Intake & Information Representative



Independence Inc.

Independent Living

Service Animals

Many individuals request assistance in learning their rights when it comes to having a service animal. The rights of an individual differs if the service animal is inside the home or out in the public. This issue will discuss service animals inside the home and the rights an individual has according to the Fair Housing Act. In the next issue I will discuss the rights an individual has with a service animal in the public according to the American's with Disabilities Act (ADA) and the Department of Justice.

Part 1: The Fair Housing Act and Service Animals

- Under the Fair Housing Act, service animals are considered auxiliary aids and not pets. Therefore, it is inappropriate to charge a pet deposit. However, owners of service animals may be required to pay for any damages to the premises other than normal wear and tear.

- The landlord may require a statement from a Doctor, Center for Independent Living, social worker, etc., or certification that the service animal has been trained or actually assists the person with a disability.

- Service animals do not necessarily have to be formally trained and certified, though many are, but they must perform necessary tasks that the person with a disability is unable to perform or is limited in performing.

These include such tasks as:

- Guiding someone who is blind
- Signaling someone with limited hearing that the phone is ringing, that there is a knock at the door, or a fire alarm is sounding
- Picking up and carrying items for a person with limited mobility
- Assisting people with mental illness to maintain their ability to live independently by contributing to management of depression or other conditions

- The landlord may set sanitary standards regarding disposal of pet waste and designate areas on the premises for exercise.

- The landlord may set reasonable rules for restraint of animals for protection and care of the animal.

- Persons with disabilities are required to uphold the responsibilities of the lease regarding their service animal.

*Source: Deborah D. Jones, Chief, Program Operations Branch
U.S. Department of Housing and Urban Development
Gateway Tower II, Room 200
400 State Ave., Kansas City, KS 66101-2406*

If you want more information about service animals in the home feel free to call

Independence, Inc. at 785-841-0333 or
email Independence, Inc.'s Franklin County Independent
Living Skills Specialist at
Nformusoh@independenceinc.org.

KS COMMISSION on VETERANS' AFFAIRS

Contact your representative by mail or phone.

Anderson & Linn Counties - 620-331-0540

200 Arco Place, Rm. 421, Box 117, Independence, KS 67301

VSR003.ink.org

Coffey & Osage Counties - 620-342-3347

Kress Center, Suite 1D, 702 Commercial St., Emporia, KS 66801

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Prepare for Emergencies Now

By: Beth Burnett, RCIL

According to the National Weather Service (NOAA) at www.weather.gov/top/swaw, Kansas experiences a wide variety of summertime severe weather, including: tornadoes, damaging winds, large hail, and flash flooding. The Severe Weather Preparedness week was March 6-10, 2017. Residents are encouraged to review their severe weather safety plans and practice what they would do as if the event was REAL.

On the Ready website at www.ready.gov, they listed three things to prepare for emergencies and they are:

1. **Get a Kit** of emergency supplies,
2. **Make a Plan** for what you will do in an emergency.
3. **Be Informed** about what might happen.

Today we are going to focus on what items we need to consider when making an emergency supplies kit. While making your kit think about what you have on hand to make it on your own for at least three days or more. While there are so many things that might make you more comfortable, think first about fresh water, food and clean air according to the Ready website. Then review recommended supplies list below to include in your basic kit. The list is also on the Ready website.

- √ **Water:** one gallon per person per day, for drinking and sanitation

- √ **Non-perishable food:** at least three-day supply

- √ Battery-powered or hand crank **radio** and a NOAA Weather Radio with tone alert and extra batteries for both

- √ **Flashlight and extra batteries**

- √ **First aid kit**

- √ **Whistle** to signal for help

- √ **Filter mask** or cotton t-shirt, to help filter the air

- √ **Moist towelettes, garbage bags and plastic ties** for personal sanitation

- √ **Wrench and pliers** to turn off utilities

- √ **Manual can opener** if kit contains canned food

- √ **Plastic Sheeting and duct tape** to shelter in place

- √ **Important documents**

- √ **Items for unique family needs**, such as daily prescription medications, infant formula, diapers or pet food

Include Medications and Medical Supplies: If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week and keep a copy of your prescriptions as well as dosage or treatment information. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to prepare. If you undergo routine treatments administered by a clinic or hospital, or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and other areas you might evacuate to.

Include Emergency Documents: Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank accounts information, and tax records. It is best to keep these documents in a waterproof container. Also include any information related to operating equipment or lifesaving devices that you use. If you have a communication disability, make sure your emergency information list notes the best way to communicate with you. Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.

Additional Items: If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries or oxygen, be sure you always have extras in your kit. Also have copies of your medical insurance, Medicare and Medicaid cards readily available. If you have a service animal, be sure to include food, water, collar with ID tag, medical records and other emergency pet supplies.

Consider two kits: In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

Now you know what supplies you will need for your kit. Get started today! To learn how to develop a plan and be informed for severe weather go to www.ready.gov or call 1-800-237-3239.

Happy Father's Day



Social Media



Skype at Home

It's free and it's fun and it helps you keep in touch with friends and family. Here's some things you might like to know if you're thinking of getting Skype in your home.

What is Skype?

Skype is video calling that uses the internet instead of a phone line. It's a computer program that you can use to call people who are also using Skype. Skype uses your computer's microphone and camera to make a video phone call over the internet.

How much does Skype cost?

Skype calling is free when you're calling another Skype user. That's because Skype makes money with its premium and paid services (like using Skype to call landlines). Making Skype free makes Skype attractive to millions of people, who then become potential customers for Skype's paid features.

How do I use Skype to call someone?

Install Skype

First, you'll need to download and install Skype on your computer. If you're nervous about doing that, ask a friend or family member to help.

Or you'll find lots of helpful information about how to get started on Skype's website.

Sign up

Once you've installed Skype, you'll need to sign up with a username (often referred to as your Skype name) and password. It's easiest to choose a name that's similar to your real name, so that your friends and family can find and connect to you. It's a good idea to make a note of your Skype name and password, too.

Test Skype

Great job! You've successfully installed Skype. You can test it out before you call anyone, by doing a Skype test call. This is how Skype checks to see if your microphone, webcam (that's your computer's built-in camera) and are set up, and that your internet connection is strong enough.

What can I do if Skype's not working?

A good yell at it is often very satisfying.

But the best thing to do when you're struggling with technology is to ask someone for help. A family member, a neighbor, or another friend, might be more than happy to help.

If you're confident that you can figure it out yourself with a little guidance, you can read Skype's help pages.

Help with Skype problems

I have an iPad/tablet. Can I use Skype?

Yes. You will need to download the "app" (which is just another word for computer program) from the App Store or iTunes.

What else can I do with Skype?

Luckily, there's more to Skype than watching little kids make silly faces (they get distracted by their own image on the screen...a lot). Here are a few other things we find Skype useful for:

- sending files or photos
- call landlines or mobiles (you'll need to use a credit card to buy "Skype credit")
- screen sharing (this means the person you're Skyping with can see your computer screen)
- video messages (like the message you leave on an answer phone, but with video)
- and group videos (several people can join the Skype call).

You might find Skype useful to gather a few friends from around the country to meet for a Friday night catch-up or book club. This can be especially helpful if you or one of your friends finds it difficult to leave the house due to illness or mobility issues

What do I need to watch out for when I'm using Skype?

Data usage

Skype uses a lot of data. To make sure you don't use too much, keep an eye on your data by checking your online usage.

Fraud

There are more than 49 million users on Skype every day, and some of those users are fake accounts set up to scam people. If you get a contact request or instant message from someone whose name you don't recognize, your safest bet is to ignore it. Skype will never ask for your password or account/billing information, so ignore those requests too.

Source: <http://superseniors.msd.govt.nz/age-friendly-communities/information-technology/skype.html>



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Reporting Suspected Fraud Resources



Report Medicare/Medicaid Fraud:

- Kansas SMP 785-296-03747 or 1-800-860-5260
- SHICK (Senior Health Insurance Counseling for Kansas)

1-800-860-5260

- Kansas Attorney General's Medicaid Fraud 1-866-551-6328
- Medicare 1-800-MEDICARE (1-800-633-4227)

For a Free Credit Report: Equifax, Experian, Trans Union

- 1-877-322-8228 or www.annualcreditreport.com

Report ID Theft to:

- Equifax 1-800-525-6285, www.equifax.com
- Experian 1-888-397-3742, www.experian.com
- Trans Union 1-800-680-7289, www.transunion.com
- Federal Trade Commission: www.ftc.gov/idtheft or 1-877-438-4338

• Identity Theft Clearing House - 600 Pennsylvania Ave, NW Washington, DC 20580

- Social Security Administration: www.ssa.gov/oig
- Income Tax Fraud: www.irs.gov or 1-877-777-4778

To Report Mail Fraud:

- Postal Inspection Service 1-877-876-2455 (24 hours a day), <http://postalinspectors.uspis.gov>

Other Resources

- Kansas Attorney General's Consumer Protection 1-800-432-2310
 - Do Not Call Registry: 1-888-382-1222 or www.donotcall.gov
 - Opt Out of Prepaid Credit Cards 1-888-567-8688 or www.optoutprescreen.com
 - Kansas Insurance Department Consumer Assistance 1-800-432-2484
 - Kansas Long Term Care Ombudsman 1-877-662-8362
 - Prospective mailing lists: www.dmchoice.org
 - Secure mail for vacation hold: 1-800-275-8777
 - ID Theft Information: www.privacyrights.org
 - Report phishing via email to: reportphishing@antiphishing.org and/or spam@uce.gov
- Government Agencies**
- Federal Bureau of Investigation: www.fbi.gov
 - U.S. Postal Inspection Service: <http://postalinspectors.uspis.gov>
 - U.S. Department of Justice: www.usdoj.gov/criminal/fraud
 - Federal Deposit Insurance Corporation: www.fdic.gov/consumers

MEDICARE RIGHTS

Getting Medicare right

Special Enrollment Periods and Medicare Part D/Medicare Advantage Plans

When enrolling in a drug plan or a Medicare Advantage Plan each fall during the annual Open Enrollment (OE) it is hard to predict what changes might occur to your health during the next year that might require new medicines, tests, procedures or surgeries. You really are basing enrollment into a drug and health plan solely on the information you have on that particular day. Many individuals who find themselves in a situation where their current coverage is not adequate may consider changing their drug plan or health plan outside of the annual OE. This is not as easy as it sounds as there are certain conditions that apply.

Under certain circumstances, individuals may be eligible for a Special Enrollment Period (SEP) to change their Medicare Advantage Plan and/or Part D prescription drug plan outside of the usual enrollment or disenrollment periods. If a person qualifies for an SEP, new coverage will usually start the first of the month after they sign up for, or have disenrollment from, that plan.

An SEP allows beneficiaries to change their Medicare Advantage Plan or stand-alone Part D plan that works with Original Medicare. Here are three common difficulties you might encounter with your plan to warrant an SEP:

1. **Your plan violated its contract with Medicare.** If you believe your plan did not follow Medicare's rules, you may have the right to an SEP, which begins once Medicare determines if the violation occurred and extends for 90 days from the time you disenrolled from your current plan. Examples of rule violations include not giving you information about your benefits in a timely manner, not providing benefits to you in a timely manner, the benefits your plan provided not meeting Medicare's quality standards, or your plan giving you misleading marketing information to get you to enroll, such as promising a zero dollar premium for a plan that does have a premium. Call 1-800-MEDICARE and explain your situation. Be prepared to show how your plan broke Medicare's rules, e.g., the name of the plan agent who told you wrong information about the plan.

2. **Your plan ends coverage.** If there is a plan termination (your plan decides to no longer offer Medicare coverage), you will have an SEP to enroll in a new plan starting two months before the plan ends through one month after the month that the plan ends. Your plan must give you 60 days notice before the date that the plan ends coverage. You can ask that your new plan coverage start the month after you get notice or up to two months after your old coverage ends. If your plan decides to end Medicare coverage at the end of the year, you will have an SEP to enroll in a new plan from December 8 of the current year until the last day of February of the next year. Your plan must notify you by October 1 that it will not offer coverage the following year. Note that this SEP is in addition to the annual Open Enrollment that occurs each fall, running October 15 through December 7 of each year. During OE, you can make any changes to your Medicare coverage. If Medicare ends your plan because the plan violates its contract, you will get an SEP to enroll in a new plan starting one month before the plan ends through one month after it ends. This can happen at any time during the year.

3. **Your plan is under review by Medicare.** If your plan is under sanction (Medicare has found a problem with your plan), such as if the plan does not meet Medicare requirements for handling appeals, you can use an SEP to choose a new plan if the sanction directly affects you. The start and length of your SEP is decided on a case-by-case basis. Learn more by reading the Medicare announcement that describes the sanction, or by calling 1-800-MEDICARE or contacting your local Senior Health Insurance Counseling for Kansas (SHICK) program at ECKAAA at 1-800-633-5621 or 785-242-7200.

Medicare Savings Program 101

Medicare Savings Programs (MSPs) are Medicaid-administered programs for people on Medicare who have limited income and resources. These programs help those qualified to afford Medicare. There are four different Medicare Savings Programs, each with a different income and resource eligibility limit (amounts are for 2017).

• **Qualified Medicare Beneficiary (QMB):** Your clients may qualify if they have income less than 100% of the Federal Poverty Level (FPL) and resources under \$7,390 if single, \$11,090 if married. Monthly income limits should not exceed \$1,005 if single, \$1,353 if married; each household is also permitted a \$20/month income disregard. If eligible, QMB will cover the Medicare premiums (Part A, if applicable, and Part B), deductibles, copayments and/or coinsurance. Residents of Alaska and Hawaii have slightly higher monthly income limits (+\$20 monthly disregard): Alaska - \$1,255/\$1,691 single/married; Hawaii - \$1,155/\$1,556 single/married.

• **Specified Low-Income Beneficiary (SLMB):** Your clients may qualify if they have income between 100-120% FPL (monthly income below \$1,206 if single; \$1,624 if married [income is rounded up to nearest dollar] +\$20 income disregard) and resources under \$7,390 if single, \$11,090 if married. If eligible, SLMB will cover the Medicare Part B premium (\$134 in 2017). Residents of Alaska and Hawaii have slightly higher income limits (+\$20 monthly disregard): Alaska - \$1,506/\$2,029 single/married; Hawaii - \$1,386/\$1,867 single/married.

• **Qualifying Individual (QI):** QI is a limited program (block grant to states), and is available on a first-come, first-serve basis. Your clients may qualify if they have income between 120-135% FPL (monthly income below \$1,357 if single; \$1,827 if married + \$20 monthly disregard) and resources under \$7,390 if single, \$11,090 if married. If eligible, QI will cover the Medicare Part B premium (\$134). Residents of Alaska and Hawaii have slightly higher income limits (+\$20 monthly disregard): Alaska - \$1,694/\$2,283 single/married; Hawaii = \$1,559/\$2,101 single/married.

• **Qualified Disabled Working Individual (QDWD):** Your clients who are under 65 and disabled but who recently returned to work and are no longer eligible for premium-free Part A may qualify for QDWD. Their income must be at or below 200% RPL (monthly income below \$2,010 if single; \$2,707 if married) and their resources under \$4,000 if single, \$6,000 if married. However, check with your state for additional earned income disregards. If eligible, QDWD will cover their Part A premium. Residents of Alaska and Hawaii have slightly higher monthly income limits: Alaska - \$2,510/\$4,482 single/married; Hawaii - \$2,310/\$3,112 single/married.

Note: The limits above are federal guidelines. Some states may choose to increase these federal guideline amounts or eliminate the resource test all together. Refer to your state eligibility rules.

Learn more by contacting your local Senior Health Insurance Counseling for Kansas (SHICK) program at ECKAAA at 1-800-633-5621 or 785-242-7200.

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When is it Time to Move?

By Alexandra R. English, Elder Law Attorney at Kansas Legal Services, Inc.

I frequently meet with seniors and their families who are contemplating moving out of their homes. I spend time discussing both pros and cons of seniors staying in their homes. Here are a few considerations:

- **Cost** – Most homes are either paid for or have low monthly mortgage payments. If it is more affordable to stay in your own home than paying for assisted living or nursing home care, this is a big plus.

- **Emotional attachment** – Most individuals want to stay in their homes. People with Alzheimer's or dementia sometimes rapidly decline when you take them out of their home environment. That being said, sometimes those people improve in a new environment, but this is something that may not be able to be predicted in advance.

- **Ability to care for your home** – At some point, owning a home and maintaining it become burdensome. If you cannot afford to: hire a lawn service, replace the roof or air conditioner, hire a maintenance person to fix the deck, etc., and you do not have family who can assist you with this, then it may be time to think about other housing options.

- **Ability to care for yourself** – Can you make it up and down the stairs? Do you have a risk of falling? Are you preparing your own meals and doing your own laundry? Are you taking your medications as directed? If none of these is an issue for you, then maybe you can continue to stay in your home. But if you or your family worry about your ability to care for yourself, then it may be time to consider other housing options.

First, let me make it clear that there is no shame in admitting that your living situation isn't working. There are many different options that, with a little research, you will find the best solution for you. The first option, Home and Community Based Services (HCBS) allows you to stay at home and receive extra assistance, which you cannot otherwise afford. HCBS is a division of Medicaid that helps fund home health care workers. The benefit of HCBS to the state is that the state is paying less for home health care than it would if you were in long-term care. The benefit to you is that you can stay in your home longer. To qualify for HCBS you must complete an application with the Department of Children and Families (DCF).

Another option for adults who need extra assistance is for them to live with family. Many of my clients live with their adult children when they start to need extra assistance. This option will not work in all, or even most, circumstances. The benefit is that this allows the senior to stay out of a facility for a longer period of time. In addition, if the degree of assistance required is high enough, in some circumstances family members can be paid for caring for you with those same HCBS services described above.

But this option does not go without negatives. Families are complicated. Feelings and emotions run deep. Living in close proximity to your adult children may drive you nuts, may drive them nuts, and may cause resentment. Furthermore, taking care of aging parents is a huge commitment. Staying in the same home with relatives could lead to cases of neglect or may cause the senior to be a greater target for physical or financial abuse.

The next option is assisted living. The benefit of assisted living is that you maintain some independence because you still have your own small apartment. The facility has health care attendants who will assist with monitoring your health and can assist you with some Activities of Daily



Alexandra R. English

Living (ADLs) if necessary. ADLs include eating, bathing, dressing, toileting, transferring (walking) and continence. That being said, if you need skilled nursing assistance 24 hours per day, your needs are greater than assisted living can provide to you and you will most likely need to enter a long-term care facility. Before entering an assisted living facility, a functional assessment screening must be performed by a social worker, nurse, or administrator. Reassessments in assisted living facilities should occur yearly, or as needed.

According to the 2016 Genworth Financial cost of care survey, the average cost of an assisted living facility in Kansas is \$3,863 per month. In addition, most people do not realize that you cannot use traditional Medicaid assistance to help pay for assisted living. You can, however, obtain HCBS assistance which will bring down costs. The requirements for HCBS assistance are the same as if it were in your own home, so you must need some nursing assistance. You can also pay for assisted living with many long-term care insurance policies. You will need to reread your policy and see what it covers. Unless you are able to private pay for assisted living or use a long-term insurance policy, entering an assisted living facility may not be the best option for you.

If you need a significant amount of skilled nursing assistance, it is probably time to think about moving into a nursing home. The average cost of nursing home assistance in Kansas for 2016 was \$5,627 per month for a private room. As you can see, the cost of this option far exceeds the others. The qualification for that, however, is that if you have a low enough amount of assets, you can qualify for Medicaid assistance. Be sure to confirm that the facility you have chosen accepts Medicaid. You may be able to private pay for a while, but if you ever run out of funds, you will want to be sure the nursing home will allow you to stay once you go on Medicaid.

The first step in being admitted into a nursing home is getting a CARE Nursing Home Pre-admission Screening. CARE stands for Client Assessment, Referral and Evaluation. Every individual moving into a nursing home facility must be assessed by the CARE program. The assessment is free, and you should contact your local Area Agency on Aging to make arrangements for the screening. If, during the screening, it is determined that you are not medically needy enough (i.e. you can perform most of your ADLs on your own), then moving to a nursing home will not be an option.

The options listed above are just a few of the options available to seniors wondering if it's time to start receiving a greater level of care. There are many variables, and each individual's situation is different. I am by no means a social worker, but there are social workers and Area Agency on Aging workers who have far more information about this subject than I. I do, however, have an extensive knowledge of Medicaid eligibility requirements. If you have more questions about Medicaid, please feel free to apply for our services by calling 1-800-723-6953.

CONSUMER ASSISTANCE

To report suspected Medicare fraud: - **800-876-3160**

For info about Medicaid, call the
Department for Children & Families - **888-369-4777**

For no-cost mediation regarding problems with Medicare Providers,
call the Kansas Foundation for Medical Care (KFMC)
800-432-0407

KU Med Center Pain Management Hotline:
913-588-3692

Centers for Medicare/Medicaid Services (CMS) Website:
www.medicare.gov/nhcompare/home.asp

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What is Home Health? - Home Health is a service available to persons who have health care needs and who have the ability to be at home. A goal of Home Health is to keep a person safely in their home for as long as possible with a high quality of life. Home Health is the most cost effective means of health care today. Medicare pays 100% of your home health cost. Medicaid and other personal insurances also pay for home health and we can help you find out how to qualify and if it will cost you anything.

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Who Can Make a Referral? - Traditionally doctors and medical facilities refer to us. However, anybody can refer to our agency (patients, families, friends, and neighbors). Our staff will come out for free to meet with you and your family to assess your needs, and help you with the process.

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Contrast and Color for Low Vision

About Color

Although many people who have low vision can also experience decreased color perception, it is still possible to use color to enhance independence, safety, and accessibility.

Keep the following color principles in mind as you evaluate your home:

- Bright colors are generally the easiest to see because of their ability to reflect light.
- Solid, bright colors, such as red, orange, and yellow are usually more visible than pastels.
- Lighting can influence the perception of color: Dim light can “wash out” some colors, while bright light can intensify others.

Also keep in mind that distinguishing colors within each of the following groups may be more difficult for some individuals who have low vision:

- navy blue, brown, and black
- blue, green, and purple
- pink, yellow, and pale green

Color can also provide important safety cues:

- An indicator of change in surface or level, such as ramps or stairs
- A warning for potential hazards, such as doors or cabinets that have been left ajar
- A means of color-coding household files, documents and bills.



Here are some general color modifications for you to consider:

- When creating or coding household files, use Post-It notes in fluorescent colors, brightly colored stickers or paper clips, or brightly colored fluorescent markers.
- Mark cabinets and the edges of doors with brightly colored fluorescent tape to make them easier to detect when open.
- Mark a specific chair, table, desk, or work space with bright fluorescent paint or tape, a brightly colored chair cushion, or a bright red or orange ribbon to help you locate a particular location or activity independently.
- Drape a towel or an afghan in a contrasting color over the back of your favorite armchair.
- For more specific suggestions about using color when modifying your home, see Redesigning Your Home: Room by Room.



Mark edges of cabinet doors with bright tape.



Having a bright tape on a dark seat may help with sitting safely.



A dark place mat on top of a bright tablecloth may help individuals with low vision when eating. You can even try this with a black and white table setting as shown.

About Contrast

Contrast sensitivity refers to the ability to detect differences between light and dark areas; therefore, if you have low vision, increasing the contrast between an object and its background will generally make the object more visible. Enhancing contrast is one of the simplest, least expensive, and most effective home modifications you can implement.

Keep the following contrast principles in mind as you evaluate your home:



A white switch on a darker switch plate.

- White or bright yellow objects or print against a black background usually provide the strongest color contrast.
- Use solid colors as backgrounds to make objects “stand out.” Avoid the use of patterns, prints, or stripes.
- Place light-colored objects against darker backgrounds. A white sheet of paper is more visible against a brown desktop or dark blotter.
- Try to avoid using clear glass cups and dishes because they are usually more difficult to see.
- Place dark objects against lighter backgrounds. A dark chair will stand out better against white or cream-colored walls.



A white dinner plate contrasts with a darker blue placemat.

Here are some general contrast modifications for you to consider:

- Paint doors, doorknobs, and door frames in bright colors to increase their visibility. Ensure that the color offers sufficient contrast with the door hardware, wall, or other background.
- Paint baseboards in a solid color that contrasts with walls and floor coverings.
- Use a contrasting placemat under your dinner plate to help you see the edge of the plate.
- Use solid non-patterned floor coverings (carpet, tile, or linoleum) that emphasize the boundary between the wall and the floor. Try to avoid using patterned carpets, especially on steps and stairs.
- Install outlet and switch plates that contrast with walls, floors, and baseboards. Illuminated light switches can provide good contrast in a darkened room.
- Place dark objects against lighter backgrounds, or vice versa. For example, a pale green chair could “disappear” against a yellow wall; instead, try covering the chair with a solid, brightly colored slipcover or towel to create contrast and make it “stand out.”

Source <http://www.visionaware.org/info/everyday-living/home-modification-contrast-and-color/125>

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Pictured above is the actual "team" that help start the Greeting Card Fundraiser. Below, the team is pictured hard at work.



The Card Makers

By Kimberly Atchison, Marketing & Outreach, ECKAAA & Cindy Stohs, Director of LeRoy Library

I had the privilege to join this wonderful group of ladies at the LeRoy Library. As I walked into the library I was greeted by Cindy Stohs, the Director, and was taken into a room with four ladies already hard at work with card making. There I met Rose Yoho, J.C., Betty French and Sharon Liddell who were all incredibly inviting. There are two other women who are a part of this group as well but were out that day. At first, I thought that this was something that the women had done for a hobby but I soon found out that this makes a big impact on the library and the town itself. Below is more information about the Greeting Card Project by Cindy Stohs.

Greeting Card Project at Coffey County Library LeRoy Branch

The Greeting Card project started in November of 2011 soon after we began a card making class to teach participants creative ways to make greeting cards using scrapbooking techniques. In each session, participants learned different approaches in creating unique greeting cards. No card was the same. Initially, each participant would be given one card to take home. However, because they were having so much fun, the ladies had a difficult time stopping after one card.

Our Administrator was asked if it would possible to begin a Greeting Card Fundraiser in LeRoy. It was approved.

A proposal was made to our Friends of the Library group asking for support in starting a Greeting Card "Fundraiser." This was highly supported by our Friends of the Library group who paid for all of the materials needed to get the project started. Many enthusiastic volunteers began shopping for their own materials to bring to each class! They now have their own cabinet at the library that's just for greeting card supplies. If we get low on cards, the ladies will come in on their own time to replenish our supply.

This project is not only an ongoing benefit to the library, it's actually educational and fun for our senior citizen ladies who now proudly take ownership and pride in its success! Patrons are now accustomed to visiting the library when they need a greeting card. Although we only charge \$1.50 for each card and envelope, some folks are so appreciative they donate more than we ask.

We are happy to provide this service to our small community and we couldn't do it without our faithful volunteers who come in at least once a month to help us out.

The funds generated from this project normally go toward Early Children's Literacy events and events for Senior Citizens.



*Happy
Mother's
Day*

The Golden Years

Published by:

East Central Kansas Aging and Disability Resource Center

**Elizabeth Maxwell, Executive Director
Kimberly Atchison, 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*. The circulation list is confidential and not available for purchase.

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