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

New Faces at the ECKAAA!

Jasmine Brown –
Marketing and Outreach Specialist

Hello! My name is Jasmine Brown and I am the new Marketing and Outreach Specialist here at the ECKAAA! I am super excited to start my career here in Ottawa, KS. I grew up in Lawrence, KS and moved to Ottawa, KS upon accepting a college cheerleading scholarship in Fall 2011. After completing my undergraduate degree, I served as a Graduate Assistant at Ottawa University where I worked in the Adawe Life Plan Center. I completed my Master's degree in Business Administration while working in the Adawe Center – most of my work experience has involved marketing projects and event coordination. My hobbies include spending time with family, running my clothing business, working out, and coaching gymnastics!

Stephanie Skedel –
Assessor/Case Manager/OC

My name is Stephanie Skedel and I grew up in Garnett, KS where I resided until I graduated from High School. After High School, I went to college at Baker University in Baldwin City, KS. After graduating in May of 2016, I moved back to Garnett for a few months before I moved to Lawrence, KS where I currently reside. In the past year and a half, I have worked for a company as a Targeted Case Manager working with the I/DD population and working at a retirement home as a Dietary Aide. I am excited to be now working for the ECKAAA as a Case Manager/Assessor! My hobbies include sewing, crafting, traveling, and being with my family especially my nieces and nephew!

Casey Hanf –
Quality Assurance Liaison

I grew up in Miami County, and I graduated with my B.S. Psychology in 1993 from Emporia State University and M.S. School Psychology from ESU in 1998. I've worked in social services for 30 years, most of those years working in with the I/DD population, which I love. My first job was at Lakemary Center in Paola when I was 16. I worked with children with I/DD and that's where I got hooked on helping people. I have done extensive work in Supported Employment, Case Management and Administration for I/DD and MI. I am the 1989 Class Secretary for Osawatomie High School, which keeps me busy. I have two sons, 16 and 22, three grown step-daughters, and two step-grandchildren. I am married to Scott Hanf, Owner / Operator of Country Concrete out of Paola where we currently reside. We have a farm in Block, Ks and raise cattle, crops and chickens. I love growing things -flowers, plants, trees, veggies, fruits and kids. I also enjoy travel and live concerts - usually classic rock-n-roll. I'm now happy to be serving as CDDO Liaison for ECKAAA.

Lunch N Learn a Big Success

The Wednesdays of September were busy for ECKAAA's Caregiver Program as a series of free lunch N learn events were held in Garnett at Prairie Belle's as part of our ongoing effort to support caregivers. leslea Rockers spearheaded the idea to focus the four events and provide information for people wanting to make sure they had their affairs in order so that someone could help them if they were ever in need of assistance by a loved one with management of their business matters. A topic was chosen for each session with a speaker or panel providing the information each week using local businesses and agency staff. The topics were legal issues pertaining to power of attorney and will documents, banking issues when you need assistance with your accounts and bill payments, assisted living and nursing home information and funeral planning.

ECKAAA would like to thank the following businesses for their help with providing the information and meals for this project:
Prairie Belle's Kitchen & Catering
Kansas Legal Services
Modern Woodman, Margie Highberger, FIC
Farmers State Bank
Goppert State Service Bank
Patriots Bank
Anderson County Abstract
Gold Key Realty, Carla Walters
Guest Home Estates
Parkview Heights
Residential Living Center
Feuerborn Family Funeral Services

ECKAAA hopes to provide this same series of events for caregivers and their families in Osage County in 2018. Be watching for information!

Masthead photo was designed by Jasmine Brown, ECKAAA Marketing and Outreach and Editor of Golden Years.

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From The Director

By Elizabeth Maxwell
Executive Director

True American Hero

U.S. Representative Lynn Jenkins and U.s. Pat Roberts announced that President Trump has signed their bill to award former Kansas U.S. Senator Robert J. Dole with the Congressional Gold Medal.

The medal is awarded in "recognition for his service to the nation as a soldier, legislator and statesman." It is the highest expression of national appreciation for distinguished achievements and contributions. It is the most distinguished honor and the highest civilian honor given by the Congress.

Every member of the Kansas delegation is an original cosponsor, including: U.S. Senator Jerry Moran, and Representatives: Roger Marshall, Kevin Yoder and Ron Estes.

In addition, a bipartisan group of Senator Dole's former colleagues who remain in the Senate signed on to the legislation as original cosponsors.

"Senator dole has spent his life serving the state of Kansas and our country - helping veterans and combatting child hunger and poverty. I cannot think of anyone more deserving of a Congressional Gold Medal than the Senator," states Congresswoman

Lynn Jenkins. "Bob is a true American hero who has dedicated his life to serving our nation and the great state of Kansas. The swift passage and overwhelming bipartisan support in

Congress is a true testament to the gratitude of Senator Dole's service," states Senator Roberts.

We are fortunate to have had the opportunity to witness Senator Dole's impact on our state and communities. He was instrumental in helping to establish the Paola Senior Center.

The Dole Institute of Politics is located in Lawrence on KU's campus. The focus of the Institute is leadership, patriotism, and education. There are many educational opportunities for grades K-12, as well as learning for adults. There is a wall of photos of WWII veterans. Anyone can submit a photo of a veteran to be honored. There are

also documents, photos, and gifts from Senator Dole's 35 years in Congress. Proximity makes it a great place to take a day trip.

Congratulations to Kansas for the success of Senator Dole.

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To schedule an appointment, call 913-401-2750 (Ottawa) or 913-294-9223 (Paola).

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Coffey County Declined

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Fax: (202) 228-6966

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Silver Haired Legislators 2017-19

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Caregiver's Corner

By Shannon Ocsody, Caregiver Coordinator

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.

How to Keep Tabs on an Elderly Parent with Video Monitoring

By Jim T. Miller

Dear Savvy Senior,

Can you recommend some good home video monitoring devices that can help my sister and me keep an eye on our elderly mother? Over the holidays, we noticed that her health has slipped a bit, and would like to keep a closer eye on her.

—Worried Daughters

Dear Worried,

There are lots of great video monitoring cameras that can help families keep a watchful eye on an elderly parent from afar, but make sure it's OK with your mom first. Many seniors find this type of "I'm watching you" technology to be an invasion of privacy, while others don't mind and even welcome the idea. With that said, here are some top monitoring devices for keeping tabs on your mom.

Video Monitoring

As the technology has improved and the costs have come down, video monitoring/surveillance cameras have become very popular for keeping an eye on your home, business, child or pet (via smartphone, tablet or computer), but they also work well for monitoring an elder loved one who lives alone.

Most home video monitoring cameras today are sleek, small and easy to set up, but do require home Wi-Fi.

Although camera capabilities will vary, the best devices all provide wide-view angles, HD quality video, night vision, built-in motion and sound detection that can notify you when something is happening, and two-way audio that let's you talk and listen.

And, they also offer a video recording option (for an extra fee) that saves past video to a cloud, so you can rewind and review what you missed.

One of the best products available today that does all this and more is the Nest Cam, which costs $199, but if you want their video recording option, it's an extra $100 per year for a 10-day video history, or $300/year for 30 days.

Also check out the Piper NV, which - at $279 - is more expensive than the Nest Cam but allows free Internet cloud storage. And the Simplicam, which is the cheapest of the three but the video quality isn't quite as good. They charge $150 for the camera, or $200 for the camera plus 24-hour video storage for one year.

Sensor Monitoring

If your mom is uncomfortable with video monitoring, and doesn't want you to be able to peek in on her whenever you want, another less invasive option to consider is a "sensor" monitoring system.

These systems use small wireless sensors (not cameras) placed in key areas of your mom's home that can detect changes in her activity patterns, and will notify you via text message, email or phone call if something out of the ordinary is happening.

A great company that offers this technology is Silver Mother, which provides small sensors that you attach to commonly used household objects like her pillbox, refrigerator door, TV remote, front door, etc.

So, for example, if your mom didn't pick up her pillbox to get her medicine or didn't open the refrigerator door to make breakfast like she usually does, or if she left the house at a peculiar time you would be notified and could check on her. You can also check up on her anytime you want online or through their mobile app. Silver Mother costs $299 for four sensors, with no ongoing monthly service fees.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

Jim T. Miller, Contributor
Syndicated columnist, NBC Today contributor
and creator of SavvySenior.org

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 on of these locations!

Anderson County Support Group
4th Monday of each month, 1-2PM
Park Plaza North Club House - 105 Park Place North, Garnett, KS
Facilitators: SEKMH & ECKAAA

Coffee County Coffee Chat
2nd Thursday of each month, 1-2PM
Burlington Public Library - 410 Juniatta Street, Burlington, KS
Facilitators: Crosswinds & ECKAAA

Franklin County Support Group
2nd Tuesday of each month, 2-3PM
East Central Kansas Agency on Aging - 117 South Main, Ottawa, KS
Facilitators: Diane Sadowski & ECKAAA

Miami County Support Group
3rd Tuesday of each month, 6-7PM
Elizabeth Layton Center - 2595 SW 327th St, Paola, KS
Facilitators: Barbara Cordts & ECKAAA

Osage County Support Group
4th Thursday of each month, 1-2PM
Osage City Library - 515 Main, Osage, KS
Facilitators: Crosswinds & ECKAAA

Mexican Train Dominoes
4th Tuesday of each month, 2-5PM
ECKAAA Conference Room - 117 South Main, Ottawa, KS

If you have questions about any of our caregiver activities - please call **Shannon** at 1-800-633-5621 OR 1-785-242-7200

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- Maximum: 5 aluminum, older type walkers (with no seat) and must be collapsible
- Scooters in good condition if we already know of a new owner

May be accepted:

- Incontinence supplies if unopened
- Ensure or nutritional items if unopened and current date

Not Accepted:

- Audio readers (refer to RCIL)
- CPAP Equipment
- Diabetic supplies, bandages, needles
- Lift chairs
- Crutches

*Any item accepted will not be accepted if - we have too many of that item, the item is in need of repair, or the item has not been cleaned adequately. Please call the office before dropping by any items; 785-242-7200 or 800-633-5621.

community NURSES

CAREGIVER SUPPORT

Caregiver Support Program

11:00 a.m.
Paola Senior Center

*Blood Pressure Clinic

WEDNESDAY, OCTOBER 18TH
Blood Pressure Clinic/
Birthday Luncheon

WEDNESDAY, OCTOBER 25TH
When Your Loved One Has Cancer

WEDNESDAY, NOVEMBER 1ST
When Your Loved One Has COPD

WEDNESDAY, NOVEMBER 8TH
When Your Loved One Has Dementia

WEDNESDAY, NOVEMBER 15TH
Blood Pressure Clinic/
Birthday Luncheon

WEDNESDAY, NOVEMBER 22ND
When Your Loved One Has Diabetes

WEDNESDAY, NOVEMBER 29TH
When Your Loved One Has Heart Disease

WEDNESDAY, DECEMBER 6TH
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How Can You Share Your Financial "Abundance" With Your Family?

Thanksgiving is almost here. Ideally, this day should be about more than football and the imminent arrival of Black Friday mega-sales. After all, the spirit of the holiday invites us to be grateful for what we have and for the presence of our loved ones.

But it's important to look beyond just one day in November if you want your family to take part in your "abundance." If you want to ensure your financial resources eventually are shared in the way you envision, you will need to follow a detailed action plan, including these steps:

• **Identify your assets.** If you haven't done so already, it's a good idea to take an inventory of all your financial assets - your retirement accounts (401(k) and IRA), other investments, life insurance, real estate, collectibles and other items. Once you know exactly what you have, you can determine how you would like these assets distributed among your loved ones.

• **Get professional help.** To ensure your assets go to the right people, you will need to create some legal documents, such as a will and a living trust. The depth and complexity of these instruments will depend a great deal on your individual circumstances, but in any case, you certainly will need to consult with a legal professional because estate planning is not a "do-it-yourself" endeavor. You may also need to work with a tax professional and your financial advisor, as taxes and investments are key components of the legacy you hope to leave.

• **Protect your financial independence.** If your own financial resources were to become endangered, you clearly would have less to share with your loved ones, and if your financial independence were jeopardized, the result might be even worse-your adult children might be forced to use their own resources to help support you. Consequently, you will need to protect yourself, and your financial assets, in several ways. For one thing, you may want to work with your legal professional to create a power of attorney, which would enable someone-possibly a grown child to make financial decisions for you, should you become incapacitated. Also, you may want to guard yourself against the devastating costs of long-term care, such as an extended nursing home stay. Medicare typically pays very little of these expenses, but a financial advisor may be able to suggest techniques or products that can help.

• **Communicate your wishes.** Once you have all your plans in place, you'll want to communicate them to your loved ones. By doing so, you'll be sparing your loved ones from unpleasant surprises when it's time to settle your estate. And, second, by making your plans and wishes known to your family well in advance of when any action needs to be taken, you'll prepare your loved ones for the roles you wish them to assume, such as taking on power of attorney, serving as executor of your estate, and so on. And you'll also want to make sure your family is acquainted with the legal, tax and financial professionals you've chosen to help you with your estate plans.

Thanksgiving comes just once a year. Taking the steps described here can help ensure your family will share in your financial abundance as you intended.

Financial Advisor. *This article is written by Edward Jones for use by your local Edward Jones Financial Advisor.*

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WHERE: AREA AGENCY ON AGING - CONFERENCE ROOM -
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WHEN: 1:30-2:30 PM ON DECEMBER 20, 2017
CONTACT JENNIFER AT 785-242-7200

18 Quick and Easy Meals for Seniors

Many caregivers worry whether their parents are eating enough and getting a balanced diet. These are valid concerns, given that appetite decreases for older adults as they become less physically active. The diminishment of taste and smell also dampens the desire to eat. Food just doesn't taste as good.

When Is it Time to Worry?

The daily recommendations for seniors, according to the U.S. Department of Agriculture, are: 1-1/2 to 2 servings of fresh fruit; 2 to 2-1/2 cups of fresh vegetables (e.g. anti-oxidant rich dark leafy greens, such as kale and spinach, as well as oranges and yellows, such as carrots and squash); 1,200 mg. calcium (e.g., low-fat milk, yogurt, or cheese. Non-dairy sources include tofu, broccoli and almonds); 6 to 7 ounces of grains (choose whole grains over processed white flour for more nutrients and a higher fiber count); and approximately 65 grams of protein.

If you're concerned you or the senior in your life isn't getting enough nutrition, there may be a number of reasons, including the simple facts that grocery shopping might not be as easy to do, cooking may be more difficult, or meals just aren't as fun to eat alone.

We consulted with Tammera Karr, a board certified holistic nutritionist in Roseburg, OR, and Kristi Von Ruden, a registered and licensed dietitian who plans meals for nursing home residents and geriatric outpatients at Northfield Hospital & Clinics in Northfield, MN. They have come up with 20 meal ideas for seniors. But before you get cooking, Mary Stehle, LICSW and senior care advisor for Care.com warns that you should keep your senior's doctor in the loop, and be sure to check with the medical team about food restrictions before planning menus.

Breakfast

- Warm oatmeal and berries. Place frozen or fresh berries in a crockpot at a low heat setting. Add a pat of butter and one serving of old-fashioned oats and water. Cover and cook on low, for several hours (or overnight). This will give it the consistency of bread pudding. (The easier option is adding berries to warm oatmeal.)
- A hard-boiled egg. Accompany with a side of fresh fruit and a slice of whole-wheat toast.
- Whole grain pancakes or waffles. For extra fiber, choose a brand that contains flax. Then top with fresh berries. For protein, also eat a handful of walnuts or almonds.
- Yogurt parfait. Mix together yogurt, nuts and fruit. It's a good combo of healthy fat, Vitamin C and carbohydrates.
- Power toast. For healthy fat and some protein, spread peanut butter or almond butter on whole-wheat toast; enjoy fresh fruit on the side.
- Poached egg. Place egg on top of whole-wheat toast and steamed asparagus. Top with a small amount of butter.

Lunch

- Quinoa salad. Sauté pre-chopped stir-fry vegetables (onion, red pepper, mushrooms). Combine with pine nuts or pecans and cooked quinoa. Toss with Italian salad dressing. Eat fresh, warm or cold; keeps well refrigerated. The USDA recommends steaming or sautéing vegetables in olive oil instead of boiling, which drains the nutrients.
- Eggs and red potatoes. Melt a pat of butter in a skillet; chop up potatoes and add to skillet, over a medium heat. Cover skillet for 2 min. Then, pour scrambled eggs over potatoes, add pepper and toss until eggs are hot. Rather than season with salt, which can lead to water retention and high blood pressure, use fresh herbs and spices.
- Cottage fries. Slice parboiled red potatoes. Heat extra virgin olive oil in a skillet and cook the potatoes at a medium heat. Top with leftover vegetables and grated sharp cheddar cheese. Cover, let steam and serve.
- Southwest omelet. Beat 2 eggs. Put 1 Tbs. olive oil in a skillet. Pour in the egg mixture; add pepper jack cheese chunks and natural salsa or chili sauce. When eggs are firm, fold and serve with sliced avocado. Tip: Chili and spices help boost diminished taste buds.
- Salmon wrap. Place canned Alaskan boneless skinless salmon on a whole grain wrap. Add chopped avocado, tomatoes, greens and plain yogurt. Wrap tightly, cut in half and serve.

Dinner

- Baked or grilled Alaskan salmon. Top each steak with tomatoes, sweet onion, dried or fresh basil, chopped garlic and 1 Tbs. extra virgin olive oil. Wrap each piece of fish tightly in aluminum foil and place in the oven on a low heat (300 degrees). If the fish is thawed, cook for about 15 minutes. Dinner is ready when the fish is flaky, but still moist.
- Lamb and potatoes. (If you can keep some parboiled red potatoes on hand, you can prepare fast and easy meals.) Form ground lamb into small meatballs. Tear fresh basil into slivers, or use a pinch of dried basil. Slice pre-cooked red potatoes into small pieces. Slice a clove of garlic. Warm extra virgin olive oil in a skillet. Sauté garlic and basil on a medium heat for 5 minutes. Add lamb; brown. Add potatoes; cover for 10 min. Toss ingredients; add a dash of ground pepper. Cook for an additional 5 min.
- Shrimp and pasta. Heat a pat of butter and 1 Tbs. olive oil in a saucepan. Add chopped fresh herbs, garlic and a handful of shrimp. Toss and cook until shrimp is done. Place on a bed of pasta and top with chopped fresh tomatoes.
- Liver and fennel. Place liver slices in a skillet with extra virgin olive oil. Top with chopped fennel, ted onion and cabbage. Cover and steam until liver is tender. Serve. Beans and rice. Heat up a can of black, pinto or white beans. Serve with brown rice, oats or barley. You can warm the meal in a crockpot and serve later.
- Shrimp and fresh greens. Sauté fresh vegetables in a saucepan (again, you can buy pre-cut veggies), with olive oil. Add cocktail shrimp, which can be bought peeled, cooked and chilled. Serve with a berry vinaigrette salad dressing and lime slices.
- Southwest chicken salad. Cook boneless, skinless chicken breast on a medium heat in a skillet with extra virgin olive oil. Add salsa. Shred chicken and reserve in refrigerator to use for wraps, salad or soup.

When Cooking Is No Longer an Option

Mary Stehle, LICSW, senior care advisor at Care.com advises caretakers to carefully observe their elderly loved ones, and be alert for signs that the senior might not be as handy -- or safe -- in the kitchen as he once was.

Some clues the senior needs help with meal prep are: spoiled food in the refrigerator, an empty refrigerator, diminished energy or strength lifting dishes in and out of the cupboard, a burner is left on, cutting skills are shaky, pans are burned (signs they were left on the stove too long).

Some organizations that may be able to provide help are:

- Meals on Wheels Association of America: Prepares and delivers more than one million meals to seniors each day.
- Supplemental Nutrition Assistance Program (SNAP): This is the government food assistance plan once referred to as Food Stamps. Seniors who have trouble affording fresh fruits and vegetables and other food can apply.
- Schwan's: a national grocery store, delivers frozen meals-breakfast, lunch and dinner-door to door every two weeks.
- Netgrocer: An online grocery store, delivers perishable and frozen foods, along with other groceries, within three to seven business days. Also look at Peapod.com, depending where you live.

Posted by Donna Jackel at www.Care.com

Long term social worker and visual artist hired as Executive Director of Mid-America Nutrition Program

Angie Logan, LMSW assumed the helm of MANP on Wednesday September 20, 2017. She has been working in the state of Kansas as a licensed masters level social worker since 1999 and has worked in a variety of diverse settings. Throughout her lengthy career, she has engaged in policy, direct practice, research, teaching, grant writing and fundraising initiatives. In her free time, Angie recently launched a large scale fundraiser for the Lawrence Community Shelter selling all of her Ayrault Artware apparel and visual art line with proceeds benefiting homeless youth. Most evident is Angie's long term commitment and passion for serving disenfranchised populations. She hopes to find ways to enrich our multi-county Meals on Wheels Program by pursuing avenues to secure additional funding sources while also investigating ways in which to create intergenerational relationships between the elders and school age youth. Angie is excited to join our program because she believes that we are the eyes and the ears of the homebound elderly thereby preventing premature admissions to nursing homes and undue emergency room visits. Meals on Wheels is akin to the Friendly Visitors Programs of the late 1800's which served to promote independence, social responsibility and a sense of community for those isolated in society. She hopes to meet all of our participants by visiting our 25 congregate meal sites in addition to visiting with our homebound elderly. Please feel free to contact her alogan@midamericanutrition.org or 785-242-8341.

Knowledge for Life

Chelsea Richmond, Frontier Extension District
Family and Consumer Sciences Agent
Nutrition, Food Safety, and Health

K-STATE Research and Extension

Preparing Your Thanksgiving Turkey

As the fall season has arrived, it won't be long before we are thinking about Thanksgiving and cooking a holiday turkey. The Thanksgiving meal may be the largest that some cooks prepare each year and getting it just right may bring a fair amount of pressure. Below are some common questions and answers to consider to make sure your Thanksgiving turkey is both delicious and safe to serve.

What size of turkey should I buy?

You will want to buy 1 pound of turkey per person as this will allow for ample portions and leftovers.

How far in advance can I buy a fresh turkey?

If you want to buy a fresh turkey, plan on purchasing the turkey only 1 to 2 days before you plan to cook it. Some grocery stores will let you reserve a fresh turkey.

How long does it take to thaw a frozen turkey?

The safest method for thawing a turkey is to place it in its original wrapper in the refrigerator because it will defrost at a consist and safe temperature. It is important to use a refrigerator thermometer to check to make sure your refrigerator is set at 40 degrees Fahrenheit or below. It will take about 24 hours for every 4 to 5 pounds of weight for a turkey to thaw in the refrigerator. A twenty-pound turkey, for example, will take approximately 4 to 5 days to thaw.

If you forget to thaw the turkey or don't have enough room in the refrigerator, you can submerge the frozen turkey in cold water and change the water every 30 minutes. It will take about 30 minutes of defrosting time per pound of turkey. A turkey weighing between 12 and 16 pounds, for example, will take approximately 6 to 8 hours to defrost.

Is it safe to cook a turkey from the frozen state?

Yes. The cooking time will take at least 50% longer than recommended for a fully thawed turkey. You will want to remember to remove the giblet packages during the cooking time. These packages can be carefully removed with tongs or a fork.

How long does it take to roast my turkey?

When roasting a turkey, you will want to set your oven temperature at 325 degrees Fahrenheit and place the turkey on a rack in a shallow roasting pan. The timetables listed below give approximate times for how long to cook your turkey. Remember to always use a food thermometer to determine if your turkey and stuffing has reached a safe internal temperature of 165 degrees Fahrenheit.

If you choose to stuff your turkey, the ingredients can be prepared ahead of time. You will, however, want to keep wet and dry ingredients separate and plan to mix them just before filling the turkey cavities. Fill the cavities loosely and cook the turkey immediately. Remember to use a food thermometer to make sure the center of the stuffing reaches a minimum internal temperature of 165 degrees Fahrenheit.

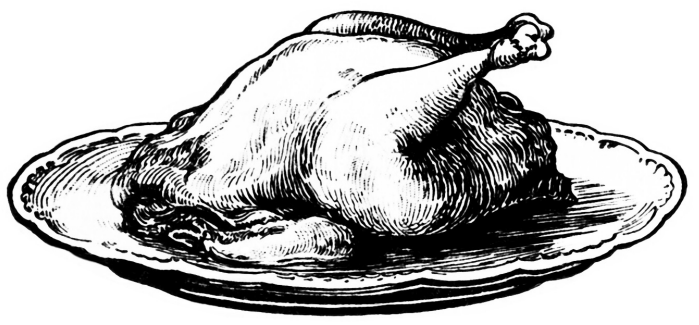
How do I tell when the turkey is done? A turkey is safely cooked when it reaches a minimum internal temperature of 165 degrees Fahrenheit. It is important to check the internal temperature with a meat thermometer in the innermost part of the thigh and wing and the thickest part of the breast. Turkey meat, including any that remains pink, is safe to eat as soon as all three parts reach 165 degrees Fahrenheit. For quality purposes, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.

If a turkey has a "pop-up" temperature indicator, do I still need to use a thermometer? If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. The minimum internal temperature should reach 165 degrees Fahrenheit for safety.

What is the best way to store leftovers?

The best way to store leftovers is to divide them into smaller portions. You will also want to refrigerate the stuffing and turkey separately in shallow containers within two hours of cooking. Leftover turkey, stuffing, and gravy should be used within 3-4 days and reheated to a temperature of 165 degrees Fahrenheit. If you freeze leftovers, plan to use them within 2 to 6 months for best quality. Can I call the Meat and Poultry Hotline on Thanksgiving Day? Yes, the hotline will be staffed from 8 a.m. to 2 p.m. Eastern Time on Thanksgiving Day by calling 1.888.674.6854. The hotline is open to receive food safety questions during regular business hours, Monday through Friday, 10 a.m. to 4 p.m., Eastern Time. You can also ask questions at AskKaren.gov, which is available 24 hours a day.

Source: Let's Talk Turkey - A Consumer Guide to Safely Roasting a Turkey, USDA Food Safety and Inspection Service



Unstuffed Turkey	
4 to 8 pounds (breast)	1½ to 3¼ hours
8 to 12 pounds	2¾ to 3 hours
12 to 14 pounds	3 to 3¾ hours
14 to 18 pounds	3¾ to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours
20 to 24 pounds	4½ to 5 hours

Stuffed Turkey	
4 to 8 pounds (breast)	Not usually applicable
6 to 8 pounds (breast)	2½ to 3½ hours
8 to 12 pounds	3 to 3½ hours
12 to 14 pounds	3½ to 4 hours
14 to 18 pounds	4 to 4¼ hours
18 to 20 pounds	4¼ to 4¾ hours
20 to 24 pounds	4¾ to 5¼ hours

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

VSR006@cableone.net

Franklin & Miami Counties - 785-843-5233

745 Vermont, Lawrence, KS 66044

VSR012@sunflower.com

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

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Osawatomie Senior Center
815 6th Street • (913) 755-4786*

Paola Senior Center
121 W. Wea • (913) 294-4630*

Beagle
• c/o (913) 755-4309**

Osage Township, Fontana
• c/o (913) 849-3115**

***For Information, Meals, Entertainment Programs and Transportation.**
Five Days a Week to Seniors in These Areas.
****Meets once a month for Dinner and Entertainment.**
Call for information.

New Technology Could Allow You or Your Parents to Age at Home

By Sally Abrahms (http://blog.aarp.org/author/aarpsally/)

1) MedMinder – A digital pill dispenser
How it works: A caregiver fills the medicine tray that goes into the device. The dispenser flashes when it's pill time, then beeps if the medicine is not taken. Still no luck? A prerecorded voice from a family member reminds them to take the meds. As a last resort, a call will be made to them to remind them to take the meds.

2) Reminder Rosie – A voice activated talking reminder clock
How it works: A family member programs the clock (perhaps "I love you, Mom. It's time to take two blue pills and one yellow pill"). Once the medicine is taken, the person either says "reminder off" or touches it to turn it off.

3) Philips Lifeline With AutoAlert – A personal help button for home use.
How it works: The base station is plugged into the wall. Sensors in a button are connected wirelessly to the base station and distinguish between a fall and other movement. If it senses a fall, you're connected to the response center.

4) GrandCare Systems – A multipurpose system that tracks daily activity.
How it works: It uses an internet connection that communicates with wireless sensors you've placed around the house. Caregivers log on to a website to see their loved one's activity, write them a message and make rules.

5) GreatCall 5Star Urgent Response – A mobile personal emergency response system.
How it works: GPS technology allows CPR-trained agents to find location and assess the situation.

6) MobileHelp
How it works: on-the-go mobile device; press the button and the response team seeks medical help. It calls and emails your family to tell them where you are, including the hospital.

7) Connect America
How it works: Summons help from a monitoring team, informing EMT's of existing medical conditions.

8) Life Alert
How it works: You wear a pendant or wristband that has a help button.

Excerpt taken from Sally Abrahms
(http://blog.aarp.org/author/aarpsally/)

ADULT PROTECTIVE SERVICES
ABUSE, NEGLECT, EXPLOITATION

1. In the Community - 800-922-5330

2. In Adult Care Home - 800-842-0078

3. In S.R.S. Facility - 800-221-7973

The Fun and Value of Intergenerational Programming

Thanks to advances in science and medicine, people are living longer lives than ever. But while the ability to enjoy fulfillment and independence after retirement is wonderful, it also poses a challenge: How do we keep our youngest and oldest generations connected?

The answer for us at Senior Lifestyle is known as intergenerational programming, which is a fancy way of saying that we help bring seniors and kids together to form fun and meaningful relationships. Both groups have so much to teach and learn from each other that the result of these programs is always magical.

Take for example Chancellor's Village in Fredericksburg, Virginia. This September, residents there will begin visiting with and reading to students at nearby Riverview Elementary for the third year in a row. Residents of Chancellor's Village get a chance to spend time with students in various grades, and often the students will "adopt" their favorite seniors to hang out with only their class for the year.

Intergenerational Programming

Intergenerational programs are fun for everyone involved, and they also pay positive dividends in kids' and seniors' lives, as well as for society as a whole.

Generations United, a non-profit dedicated to improving the lives of children, youth and older adults through intergenerational collaboration, public policies, and programs, has a number of benefits and statistics that underscore the importance of intergenerational programming:

Benefits for Older Adults

- 45% of Americans working in retirement say they want to work with youth
- Older adults learn new innovations and technologies from their younger counterparts
- 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 memory tests than their peers.
- Older adults with dementia and other cognitive impairments experience more positive effects during interactions with children than they did during non-generational activities.

Benefits for Children

- In schools where older adults were a regular fixture, 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 toward aging, a sense of purpose and community service.
- Youth involved in intergenerational mentoring programs are 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol, and 52% less likely to skip school.
- Children and youth gain positive role models with whom they can interact on a regular basis.

Benefits for the Community

- Intergenerational programs bring together diverse groups and networks and help dispel innacurate and negative stereotypes.
- Children, youth, and older adults are less alienated while the community recognizes that they can be contributing members of society.
- Intergenerational community service programs can multiply human resources by engaging older adults and youth as volunteers in different types of opportunities and populations.
- Intergenerational programs promote the transmission of cultural traditions and values from older to younger generations, helping to build a sense of personal and societal identity while encouraging tolerance.

Connecting our wisest and newest generations is something that we at Senior Lifestyle feel honored to do for our residents, the students, and society.

Posted by Terry Fay in Programs: www.seniorlifestyle.com/

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MEDICARE RIGHTS

Getting Medicare right

SHOULD I CHANGE MY MEDICARE DRUG PLAN DURING OPEN ENROLLMENT?

If you are considering changing your Medicare coverage, Fall Open Enrollment is the time to do it. Fall Open Enrollment is the period between October 15 and December 7 each year when people can make changes to their Medicare coverage. You can change your Medicare Advantage Plan, change your standalone Part D prescription drug plan, or switch between Medicare Advantage and Original Medicare. Whether you are satisfied with your current coverage or not, you should review your current costs and benefits. Fall Open Enrollment is also a good time to compare your coverage to other available options. Plans change pricing, deductible amounts, preferred pharmacy contracts and covered drugs each year. What you had last year may not be an option for the next year and most certainly may not be the best option for you for the year ahead. Research shows that people can save money by shopping for new plans each year. If you are thinking of enrolling in a new Medicare Advantage Plan or stand-alone Part D drug plan, you should research your plan options on Medicare.gov using the Plan Finder tool to search both standalone drug plans and Medicare Advantage options. You may also complete the form below and return it to ECKAAA for a plan comparison.

Due the large number of Medicare beneficiaries that are assisted during Open Enrollment, ECKAAA will not be able to make an individual appointment with every client. Clients will be able to get a form, complete it and return it to ECKAAA. ECKAAA staff and volunteers will run a comparison using the Plan Finder tool on Medicare.gov. The top 3 plans will be provided to clients for comparison. Enrollment information will be included with the comparisons. If an appointment is needed at that point every effort will be made to see that one is set up.

For those wanting Medicare Advantage plan comparisons: plans available for your zip code will be provided. The comparisons will provide an overview of health benefits and costs. Plans with drug coverage will also include drug plan comparisons of the top 3 plans. It is then up to the beneficiary to contact his or her provider(s) to make sure they are contracting with that plan for 2018. If you enroll in a plan that is not contracted with your provider(s) you will need to seek now providers that are contracted with the plan or be prepared to pay for your services without the assistance of the plan you are enrolled in.

Outreach events will be held during Open Enrollment in local communities. Watch your local newspaper, the ECKAAA website, www.eckaaa.org, the ECKAAA social media accounts on face book and twitter.

THANKS FOR YOUR SUPPORT!

Your donations and subscriptions to ***Golden Years*** are sincerely appreciated. Your generosity helps offset the significant cost of our publication and also demonstrates that the public feels ***Golden Years*** is a needed and worthwhile resource. We thank everyone for their generosity.

Mail your donations or subscription information to ECKAAA, 117 S. Main, Ottawa, KS 66067.

_____ Add me as a new subscriber (4 issues annually) for $15.00. Make check payable to ***Golden Years.***

_____ Donation enclosed.

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Address _____

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Part D Worksheet ECKAAA

2018 For Office Use Only: $ Before_____ $ After_____

Drug List ID:_____ Password Date:_____

MEDICARE PRESCRIPTION DRUG COVERAGE WORKSHEET

NAME:_____

ADDRESS:_____

CITY: _____ ZIP:_____

PHONE:_____ COUNTY:_____ RACE:_____

EMAIL: _____

MEDICARE ID NUMBER:_____ BIRTH DATE:_____

EFFECTIVE DATE FOR PART A_____ FOR PART B_____

Contact information if you are handling this worksheet for someone else:
Name_____ Phone:_____

Address:_____

Email:_____

1. Do you currently have a Part D Prescription Drug Plan? Yes_____ No_____
If yes, what company?_____ what Plan?_____

2. If you received a letter from Social Security about Extra Help please attach it.

Are you eligible for extra help but not currently receiving it (see guidelines below)? Yes_____ No_____

2018 annual income and resource limits to qualify for Extra Help
Single- income less than $1,528/month & resources less than $13,820
Married (living w/spouse)- income less than $2,050/month & resources less than $27,600
****

–HOW DO I GET HELP DECIDING WHAT PRESCRIPTION DRUG I NEED?

1. **Complete this worksheet and return it to ECKAAA- 117 S. Main, Ottawa, KS 66067**
2. **You will be mailed/emailed a comparison of the top 3 plans w/an explanation and instructions.**
3. **If you would still like help or require further assistance call 785-242-7200 or 800-633-5621.**

*****Please list all the prescription medications you take on the back*****

Donations are appreciated to help offset the costs for printing and mailing comparisons and enrollment assistance forms.
Checks may be made payable to ECKAAA/SHICK. Thank you for your generosity!

*****If you take a generic medication, please write down that name, rather than listing the brand name.**

Drug List ID: _____ Password Date: _____
$ Before: _____ $ After: _____

Please print the info below

	Complete Drug Name	Will you take generic if available?	Capsule or Tablet	Dosage/ Strength	# of Pills Taken Per Day (Example: 1 tab 2 x daily)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Comments:_____

Please list your local pharmacy (we cannot run comparisons for mail order pharmacies). Please include name and address.

YOU WILL BE EMAILED OR MAILED PLAN INFORMATION ON THE TOP 3 PLANS FROM THE MEDICARE WEBSITE. CALL UPON RECEIVING IT IF YOU NEED FURTHER ASSISTANCE. 800-633-5621 or 785-242-7200.

RETURN THIS FORM TO:
ECKAAA, 117 S. MAIN ST., OTTAWA, KS 66067 or
FAX 785-242-7202 or EMAIL leslear@eckaaa.org

Full-Size Versions of Worksheet on Page 12 & 13

CDDO Corner

Amber Vogeler
Community Development Disability Organization
Serving Coffey, Osage, and Franklin Counties
117 S. Main - Ottawa, KS 66067
(785) 242-7200 - fax: (785) 242-7202

What's happening in the ECK CODO area?

The most common services that people choose are: Personal Care (PCS or in-home supports), Day Supports, Residential Supports, Children's Residential Supports, and Targeted Case Management. There are also other supports available that are maybe not as common, but also useful: Assistive Services, Medical Alert Rental, Enhanced Care, Specialized Medical Care, Supported Employment, and Wellness Monitoring. These services are offered so that people with a disability can have supports that help them be as independent as possible, be productive, as well as feeling a part of the community in which they live. All services that are paid for by this way of funding are mentioned (watched over) by the CDDO. We want to ensure that the services being delivered are of quality, delivered in a way that protects a person's rights, and that the services are delivered according to the person's person-centered support plan. These services must first be authorized (approved) by the MCO – Managed Care Organization – before they can start (Amerigroup, Sunflower, United). Below, you will find three companies that provide services in our area and a quick rundown of their offered services.

COF Training Services, Inc. is a not-for-profit provider of residential, recreational, alternative day program and employment services for hundreds of individuals with intellectual/developmental disabilities in the State of Kansas, primarily Coffey, Osage and Franklin counties but surrounding counties as well. COF has been progressive in developing new, community-integrated employment opportunities for the I/DD population, including through the COF startup businesses of Thriftopia (reseller of gently used items at low cost), Stan's Cleaning Service (providing residential and business cleaning services as well as other, contracted services) and Snack Master (a vending machine placement and food services company), also IEE (Integrated Employment Enterprises, Inc.), a versatile and long-standing contractor of assembly projects. COF also helps I/DD individuals find, fill and maintain placements in other, community-based jobs that meet the real needs of employers at large. COF believes that when individuals with I/DD achieve employment they lessen their dependence on government assistance programs. COF also stands on the front lines of integrating I/DD individuals into the community in all other aspects of their lives, championing freedom of choice alongside dignity and respect while striving to maximize their independence. In doing so, COF enriches the lives of its clientele as well as their communities.

Hetlinger Developmental Services, Inc. provides Day Services to approximately 75 individuals. Persons may participate in the Work Center, Enrichment Program, or Employment Services or a combination of programs. The Work Center provides on-site employment with a variety of jobs such as small hardware assemblies, sealing components in bags, and removing labels from cans. The Enrichment Program is an opportunity to participate in leisure time activities such as movies, arts and crafts, and community activities. Employment Services assists persons in finding and maintaining competitive integrated employment. Other activities include aluminum can recycling, music therapy, and working with art therapy interns and physical education students from Emporia State University. Assistance is also provided to persons served who wish to volunteer in community activities such as delivering Friendship meals.

Journeys Inc. is an agency directed entity which provides Day, Residential and Targeted Case Management services to individuals with Intellectual and Developmental disabilities. Journeys Inc focuses on providing individuals served with daily assistance and guidance to become as independent as their disabilities allow.
Journeys Inc. is owned and operated by Candace Matlock, RN

Journeys Inc. is located at: 1261 US Highway 75, Burlington, KS 66839, (620) 265-0020. Journeys Inco's home office is located at: 501 Merchant, Emporia, KS 66801, (620) 208-6650.

Providers open for referrals may not have openings across all types of settings or locations for their services. Level of staff support available may vary depending on the type of setting or location. Please contact the CDDO if you would like to contact a provider to make a choice or to take a tour.

Legal Tips for Caregivers

by Alexandra R. English

You may be caring for someone - a parent, friend, companion, or loved one. What do you need to make sure is in order, legally, when that person starts declining or you get a diagnosis? This article should help guide you through that process.

First, does your loved one have capacity to sign legal documents? This means that he or she must understand what he or she is signing, have the ability to express it, and be oriented to
time, location, etc. If a doctor has signed a statement saying that this individual does not have capacity, then you should not have him or her sign any legal documents.

Further, you should be cautious about "having him or her sign" any legal documents. It must be your loved one's decision as to who to name as an agent or beneficiary. Forcing your loved one to sign things that he or she does not understand or has not read is not ethical, and it may not stand up in court. As an attorney, I take this duty quite seriously. If you take your loved one to an attorney, understand that even if you pay for those services, your loved one is the client. Your loved one is the one that has the confidential and privileged relationship with the attorney, and absent your loved one's approval, you should not receive any information from that attorney. If you are working with an attorney who treats you, as the caregiver, as the client, and only follows your direction without getting the input of your loved one, you should be concerned.

The exception to this situation is if it is too late for your loved one to sign documents, due to your loved one's incapacity or disability. If that is the case, you must go to Court and get Guardianship and Conservatorship before you, as the caregiver, can legally make medical and financial decisions. When you go to the attorney to get Guardianship or Conservatorship, you are the client because you are the one petitioning the Court.

Hopefully it is not too late for your loved one to sign legal documents. If that is the case, what legal documents should he or she get right away, to ensure that medical and financial affairs are addressed?

- **General Durable Power of Attorney for Healthcare and/or Finances** - This is a document in which your loved one designates another individual, the agent or attorney-in-fact, to make decisions on his or her behalf. It terminates upon death.
  Even if you are married, you must have a Power of Attorney - there is no inherit right to make decisions for your spouse. There are many different kinds of Powers of Attorney, so it is important to have one drafted by an attorney.
- **Living Will** - This is a document that your loved one signs stating that he or she does not want to have any life-sustaining procedures if he or she is diagnosed with a terminal condition. This is a traditional end of life document. If these are your loved one's wishes, it is important that a Living Will is executed, as an agent in a Power of
  Attorney document is not legally allowed to execute a Living Will on someone else's behalf.
- **Estate Planning Documents** - There are a variety of types of estate planning documents, and I cannot possibly adequately list or explain them all here. Please make sure your loved one consults with an attorney to ensure that his/her affairs are in order. That being said, below are some of the common estate planning options.
  - **Last Will and Testament** - This is a document that states who gets what when your loved one dies and it may include burial wishes. It may require probate court, which is not an ideal option for many people.
  - **Trust** - This is a legal document that transfers the current ownership of all of your property from your loved one to a trust. It avoids probate court and there are tax benefits. However, it is quite expensive to have drafted. While every situation is different, it is likely not necessary unless your loved one is a millionaire or is providing for a special needs child.
  - **Transfer on Death Deed** - This is a document that transfers real estate owned by your loved one into a beneficiary's name upon your loved one's death, all while avoiding probate court. It is a simple document that I frequently recommend to clients.
- **Beneficiaries** - Your loved one may have life insurance policies, CDs, stocks, vehicles, bank accounts, etc. Any of these kinds of assets typically have a way to add a beneficiary to them. For example, with a bank account your loved one can go to the bank in person to add beneficiaries Pay on Death (POD). You should ask your loved one to confirm that he or she has updated beneficiaries on all of that property. If he or she has taken this step, and it was done properly, probate can be avoided.

While the above list is certainly not all-inclusive, hopefully it has at least made you aware of steps that will need to be taken in order for you, as a caregiver, to help your loved one. Without taking these steps, doctors cannot talk to you, businesses and banks will not deal with you, and you will not be able to help your loved one to your fullest capacity. All the while, I must stress that whether or not your loved one actually signs these suggested documents is his or her decision. You, as a caregiver, cannot force it. Also, if your loved one is moving from out of state in order for you to care for him or her, it is a good idea to update documents that were drafted elsewhere. It is best for the documents to be drafted in the state in which an individual currently resides. If you believe your loved one should apply for assistance with Kansas Legal Services, please have him or her call 1-800-723-6953.

Medicare Prescription Drug Coverage Part D Worksheet ECKAAA

2018 For Office Use Only: $ Before_____ $ After_____

Drug List ID:_____ Password Date:_____

MEDICARE PRESCRIPTION DRUG COVERAGE WORKSHEET

NAME:_____

ADDRESS:_____

CITY: _____ ZIP:_____

PHONE:_____ COUNTY:_____ RACE:_____

EMAIL: _____

MEDICARE ID NUMBER:_____ BIRTH DATE:_____

EFFECTIVE DATE FOR PART A_____ FOR PART B_____

Contact information if you are handling this worksheet for someone else:
Name_____ Phone:_____

Address:_____

Email:_____

1. Do you currently have a Part D Prescription Drug Plan? Yes_____ No_____
If yes, what company?_____ what Plan?_____

2. If you received a letter from Social Security about Extra Help please attach it.

Are you eligible for extra help but not currently receiving it (see guidelines below)? Yes_____ No_____

2018 annual income and resource limits to qualify for Extra Help
Single- income less than $1,528/month & resources less than $13,820
Married (living w/spouse)- income less than $2,050/month & resources less than $27,600
****

–HOW DO I GET HELP DECIDING WHAT PRESCRIPTION DRUG I NEED?

1. **Complete this worksheet and return it to ECKAAA- 117 S. Main, Ottawa, KS 66067**
2. **You will be mailed/emailed a comparison of the top 3 plans w/an explanation and instructions.**
3. **If you would still like help or require further assistance call 785-242-7200 or 800-633-5621.**

*****Please list all the prescription medications you take on the back*****

Donations are appreciated to help offset the costs for printing and mailing comparisons and enrollment assistance forms.
Checks may be made payable to ECKAAA/SHICK. Thank you for your generosity!

*****If you take a generic medication, please write down that name, rather than listing the**

Instructions for Part D Drug Comparison

Information needed to run drug comparison:

1. Information from Medicare card
   a. Medicare Number
   b. Hospital (Part A) effective date
   c. Medical (Part B) effective date
2. Birthdate of person on Medicare card
3. Zip code of person on Medicare card (It must be the zip code on file with Medicare)
4. Prescription drug bottles OR list of medications including strength and dosage

1. Open www.medicare.gov in an internet browser. If you use Internet Explorer as your browser, you'll be able to "Select All" and "Copy" this comparison into a Word document to save for future reference. You can use other browsers but you won't be able to copy into a Word document.
2. Click on green button labeled "Find Health & Drug Plans".
3. Complete Search Box
   a. If you have all the information available needed for the Personalized Search, complete the Personalized Search boxes and click the "Find Plans" button. If you do a Personalized Search, the name of your current drug plan and the amount of extra help for which you qualify will be listed in the upper right-hand corner of the screen.
   b. If any of the information is missing for the Personalized Search, complete the zip code field in the General Search and click the "Find Plans: button.
   i. Complete the appropriate option for the question "How do you get your Medicare coverage?"
   ii. Complete the appropriate option for the question "Do you get help from Medicare or your state to pay your Medicare prescription drug costs?"
4. You should now be on the "Step 2 of 4: Enter Your Drugs" page. Type the name of your drug into the field in the left green box. As you type the name, "autocomplete" will begin suggesting drug names based on the letters you have entered. When the name of the drug you are entering appears in the suggested drugs list, select that name.
5. A pop-up window will open listing Dosage, Quantity, Frequency and Pharmacy Type. Select the appropriate strength, enter the correct quantity for the frequency you select and indicate your intent to use either a retail or mail order pharmacy. Once all this information is entered, click on the brown "Add drug or dosage" button. If you decide you don't want to enter this drug, click on the blue "Cancel" word.
6. The pop-up window closed, so now you can enter another drug. Repeat Steps 4 and 5 until all drugs have been entered.
7. Write down the Drug List ID number and Password Date created in the green box on the right side of the screen. If necessary, you will be able in the future to pull up this drug list using the Drug List ID, Password Date and Zip Code of the Medicare beneficiary in order to edit this list.
8. When all your drugs have been entered, click on the brown "My Drug List is Complete" button.
9. You should now be on the "Step 3 of 4: Select Your Pharmacies" page. If the retail pharmacy you prefer to use is listed on the screen, click the "Add Pharmacy" under the preferred pharmacy. If your preferred pharmacy is not listed, change the mileage indicator at the top of the green box to number large enough to include the mileage from your home to the pharmacy. Find your pharmacy and add it. (If you add more than one pharmacy, the pricing listed will be an average of the pricing at all the pharmacies you selected.)
10. Once your pharmacy has been added, click on the brown "Continue to Plan Results" button.
11. You should now be on the "Step 4 of 4: Refine Your Plan Results" page. Check the box in front of the "Prescription Drug Plans (with Original Medicare)" phrase. Click on the brown "Continue to Plan Results" button.
12. You should now be on the "Plan Results" page.
13. The available drugs plans are listed in "Lowest Remainder of the Year Costs" order in the section labeled "Prescription Drug Plans". Other sort options are available in the "Sort Results By" dropdown box. If you change the sort option, click the "Sort" button to change the sort order.

continued on page 13

brand name.

Drug List ID: _____ Password Date: _____
$ Before: _____ $ After: _____

Please print the info below

	Complete Drug Name	Will you take generic if available?	Capsule or Tablet	Dosage/ Strength	# of Pills Taken Per Day (Example: 1 tab 2 x daily)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Comments:_____

Please list your local pharmacy (we cannot run comparisons for mail order pharmacies). Please include name and address.

YOU WILL BE EMAILED OR MAILED PLAN INFORMATION ON THE TOP 3 PLANS FROM THE MEDICARE WEBSITE. CALL UPON RECEIVING IT IF YOU NEED FURTHER ASSISTANCE. 800-633-5621 or 785-242-7200.

RETURN THIS FORM TO:
ECKAAA, 117 S. MAIN ST., OTTAWA, KS 66067 or
FAX 785-242-7202 or EMAIL leslear@eckaaa.org

14. If you are currently enrolled in a prescription drug plan, it will be in a special section above the section labeled "Original Medicare".
15. You can compare up to 3 prescription drug plans at one time. Check the box in front of the up to 3 drug plans and click on the brown "Compare Plans" button.
16. You should now be on the "Your Plan Comparison" page. If you qualify for full or partial extra help, the premium, deductible and coinsurance amounts will be adjusted to reflect the reductions generated by the extra help. **NOTE: See definitions below marked *DRUG RESTRICTION DEFINITIONS for information on any restrictions that may apply on medications from one plan to another**
17. If you want to print this comparison and have access to a printer, scroll down the page until you see and can click the "Print Comparison Report" button.

***DRUG RESTRICTION DEFINITIONS:**

Prior authorization (PA) – need prior approval from an insurance plan before you can fill the prescription—requires coordination between plan and your prescribing physician

Quantity Limit (QL) – plans may limit the quantity of drugs they cover over a certain period of time—work with plan to get authorization for the higher quantity needed

Step Therapy (ST) – in some cases, plans require you first try one drug to treat your medical condition before they will cover another drug for that condition—work with the plan and your doctor to resolve this issue or to get an exception to take the medicine you wish to take for the condition

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

www.mindsmatterllc.com
Works to ensure all rehabilitation plans and decisions they assist with are made with the person at the center of the process. Serves Northeast Kansas counties.

to receive information and counseling
on Reverse Mortgages (fees may apply for counseling)
National Council on Aging - **855-899-3778**

Are you having difficulties resolving your KanCare/Medicaid issues?

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1(855) 643-8180 kancare.ombudsman@ks.gov
www.kancare.ks.gov/kancare-ombudsman-office

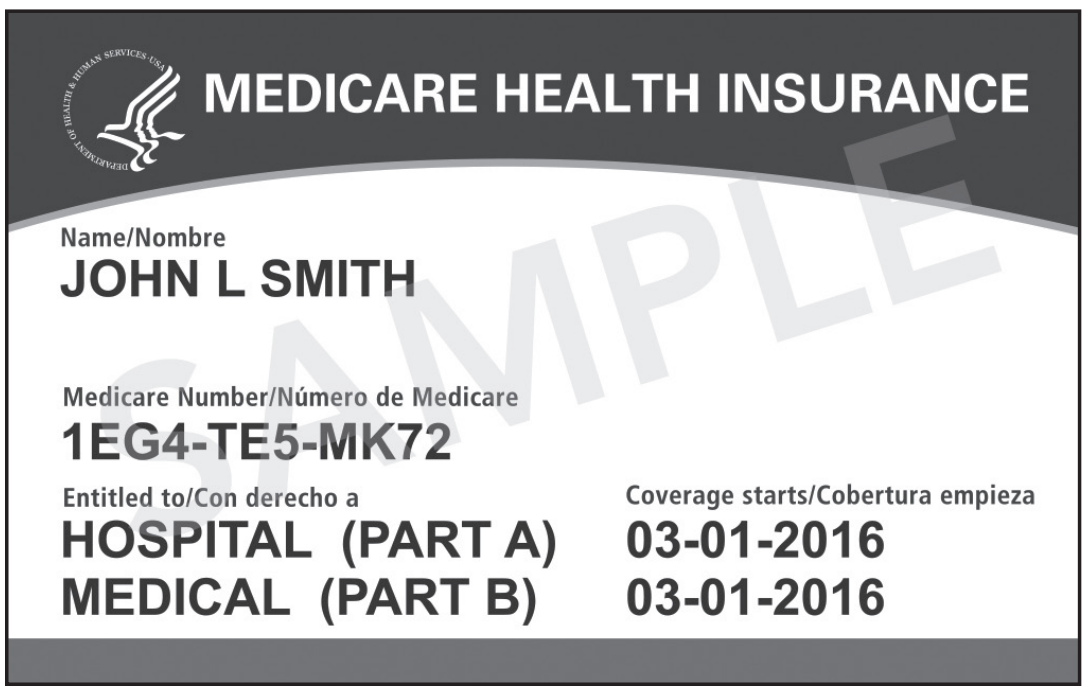
Health Insurance Marketplace

East Central Kansas Area Agency on Aging will no longer be participating in the 2018 Open Enrollment for the Marketplace. If you are needing assistance with open enrollment that is starting on November 1, 2017 and ending on December 31, 2017 you can locate a local Navigator by:

- **Contacting the Marketplace at 1-800-318-2596**
- **Coverks.org/search**
- **Dialing 2-1-1 from your cell phone**
- **Getcoveredamerica.org**

New Medicare Cards To Be Issued In 2018 To Improve Identity Theft Issues For Beneficiaries.

New Medicare cards offer greater protection to more than 57.7 million Americans New cards will no longer contain Social Security numbers, to combat fraud and illegal use The Centers for Medicare & Medicaid Services (CMS) is readying a fraud prevention initiative that removes Social Security numbers from Medicare cards to help combat identity theft, and safeguard taxpayer dollars. The new cards will use a unique, randomly-assigned number called a Medicare Beneficiary Identifier (MBI), to replace the Social Security-based Health Insurance Claim Number (HICN) currently used on the Medicare card. CMS will begin mailing new cards in April 2018 and will meet the congressional deadline for replacing all Medicare cards by April 2019.



"We're taking this step to protect our seniors from fraudulent use of Social Security numbers which can lead to identity theft and illegal use of Medicare benefits," said CMS Administrator Seema Verma. "We want to be sure that Medicare beneficiaries and healthcare providers know about these changes well in advance and have the information they need to make a seamless transition."

Providers and beneficiaries will both be able to use secure look up tools that will support quick access to MBIs when they need them. There will also be a 21-month transition period where providers will be able to use either the MBI or the HICN further easing the transition.

CMS testified on Tuesday, May 23"' before the u.S. House Committee on Ways & Means Subcommittee on Social Security and U.S. House Committee on Oversight & Government Reform Subcommittee on Information Technology, addressing CMS's comprehensive plan for the removal of Social Security numbers and transition to MBIs.

Personal identity theft affects a large and growing number of seniors. People age 65 or older are increasingly the victims of this type of crime. Incidents among seniors increased to 2.6 million from 2.1 million between 2012 and 2014, according to the most current statistics from the Department of Justice. Identity theft can take not only an emotional toll on those who experience it, but also a financial one: two-thirds of all identity theft victims reported a direct financial loss. It can also disrupt lives, damage credit ratings and result in inaccuracies in medical records and costly false claims.

Work on this important initiative began many years ago, and was accelerated following passage of the Medicare Access and CHIP Reauthorization Act of 2015 (MACRA). CMS will assign all Medicare beneficiaries a new, unique MBI number which will contain a combination of numbers and uppercase letters. Beneficiaries will be instructed to safely and securely destroy their current Medicare cards and keep the new MBI confidential. Issuance of the new MBI will not change the benefits a Medicare beneficiary receives.

CMS is committed to a successful transition to the MBI for people with Medicare and for the health care provider community. CMS has a website dedicated to the Social Security Removal Initiative (SSNRI) where providers can find the latest information and sign-up for newsletters. CMS is also planning regular calls as a way to share updates and answer provider questions before and after new cards are mailed beginning in April 2018.

Source: Centers for Medicare and Medicaid Services

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Silver Haired Legislature

SHL HOLDS MID-SUMMER ISSUES MEETING

The Executive Board of the Silver Haired Legislature held their mid-summer issues meeting on Wednesday, July 26th, in Salina. The Executive Board is composed of the SHL chairperson from each of the eleven PSA districts across the state of Kansas, plus the officers of the overall membership of the organization. These include the Speaker, Speaker Pro Tern, and the Floor Leader. Jay Rowh, Mitchell County SHL representative who is the president of the Executive Board, chaired the meeting.

In the spring and early summer, the SHL members within each of the PSA districts meet to decide what issues are important to senior citizens in their district. These issues are then brought to the state issues meeting, where they are discussed, debated, and whittled down to a select few. The resulting finalists will subsequently be presented to the entire SHL membership for their consideration at the annual conference in Topeka on October 3-5.

A total of 28 local issues were initially brought to the Executive Board. From this list, a total of eight issues were selected to be presented to the full membership in October. Some of these issues will be forwarded as actual bills, while the remainder will be in the form of resolutions. Four of these measures were carryovers from last year: Support for Medicaid Expansion; Continued support for the KDOT Rural Transportation program; Support for the State of Kansas to fully fund KPERS as the law stipulates, and to not use KPERS funds as a "bank" for the state general fund; and Urging the Kansas State Legislature to fund a Cost Of Living Allowance (COLA) for current KPERS recipients.

The four new bills and resolutions include: Support for the legislature to pass property tax relief for qualifying, low income Senior Citizens; Repeal of the 2016 Property Tax Lid bill which is creating difficulties for our county and city governments; An expansion of the "Grandparents Rights" bill, making sure the concerns of the grandparents are considered in child custody cases, and including financial help for grandparents who serve as legal guardians for their grandkids; And a tightening of the current "uninsured motorist" law, thereby giving better protection to the general public when involved in an accident with someone not having vehicle liability insurance.

The next step in this process is for the entire SHL membership to discuss and debate these bills and resolutions in committee work at the Annual Session of the full Silver Haired Legislature this coming October in Topeka. Those measures successfully passed out of committee will then face deliberation by the full SHL body, and if subsequently approved, will then be forwarded on to the Kansas Legislature for consideration with SHL support. The Silver Haired Legislators represent the over 500,000 Kansas Seniors over the age of 60, most of whom vote in local, state and national elections. The SHL is just one of the ways their collective voice can be heard.

HOME TOWN HEALTHCARE

HOME HEALTH AGENCY

Your Complete Choice for In-Home Care

What is Home Care? – These are in-home services referred to as home maker, Medicaid Home and Community Based Services (HCBS), or private pay services. These services are to provide the little extra help needed to keep clients in their home, healthy, happy, and safe.

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.

What is Hospice? – Hospice provides quality care for patients with a terminal illness, limited life expectancy, and who choose to focus on comfort rather than curative treatment. We believe the end-of-life deserves as much beauty, care, and respect as the beginning-of-life.

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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(785)-330-0000 or toll free 1-800-767-2304

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How To Achieve Your Career Goals

By: Beth Burnett, RCIL

Many people with disabilities want to pursue their career goals but are afraid that doing so might disqualify their health coverage and their Social Security benefits. However, there are a lot of incentives that will help people with disabilities to achieve their career goals.

One of the programs is called Working Healthy and it offers people with disabilities who are working or interested in working the opportunity to keep their Medicaid coverage while on the job. It is a state and federally funded program that provides Medicaid benefits at a higher income and resource level than ever before. This program can help people with disabilities earn more, save more, achieve their career goals, and still maintain their health coverage. There are Benefit Specialists across Kansas available to assist people with disabilities to understand how employment may affect their benefits and explain different options to be able to work and still keep their benefits. If you would like to contact your local Benefit Specialist, go to their website at www.kdheks.gov/hcf/workinghealthy/index.htm or contact the Resource Center for Independent Living, Inc. (RCIL) at 785-528-3105 to request a phone number to call.

There are other resources available to help you achieve career goals. If you are interested, contact RCIL and someone will assist you.

What exercises can seniors do?

By Marlo Sollitto

Often, frail elderly people are unable to tolerate aerobic exercise routines on a regular basis due to lack of endurance. But while age-related changes in the cardiovascular system have significant effects on performance, it has been estimated that 50% of endurance loss can be related to decreased muscle mass. The ideal senior exercise regimen consists of three components:

1. Aerobic and Endurance Exercises

Physicians recommend 30 minutes of cardiorespiratory endurance exercise each day for your elderly mom or dad. This means getting their heart rate up and breathing faster. Walking, cycling and swimming are all examples of cardio/endurance exercises. If the person tires easily, especially those who are resuming a routine or just starting to exercise, it is perfectly acceptable to do three 10-minute periods of exercise daily.

Cardiorespiratory endurance exercise increases the body's ability to deliver oxygen and nutrients to tissues and remove waste over sustained periods of time. After exercising consistently for a few weeks, there will likely be an improvement in the person's ability to exercise and ability to perform everyday tasks without getting winded and tired.

2. Strength and Resistance Training

Strength training uses and builds muscles with repetitive motion exercises. Your elderly parent can do strength training with weights, resistance bands, nautilus machines or by using walls, the floor and furniture for resistance. Bodyweight exercises or calisthenics such as lunges, sit-ups and leg raises are also convenient options since they do not require any specialized equipment. Two to three strength/resistance training workouts a week will provide the greatest benefits. Exercise all muscle groups by doing 1 to 2 sets of 10 to 15 repetitions at moderate intensity. Individuals can progressively increase the size of weights used during workouts as their strength builds.

Strength training helps prevent loss of bone mass and improves balance. Both of these things will help seniors avoid falls and broken bones.

3. Stretching and Flexibility Exercises

Stretching is vital to an exercise regimen. This helps muscles warm up and cool down gradually and improves and maintains flexibility, prevents injury, and reduces muscle soreness and stiffness.

Stretching can also function as a time for meditation and a time to appreciate how your body is feeling. Body and muscle awareness are useful skills that assist in safe mobility and physical activities.

Activities like yoga or Pilates can provide both useful stretches and strength training because they focus on isolating and developing different muscle groups. A number of exercise programs focus on developing a strong 'core,' a term which refers to the set of muscles connecting the inner stomach to the lower back and spine. Because the core muscles provide the foundation for all movement and strength, having a strong core can help with all movement, encourage better posture and reduce allover muscle pain.

Of course, there are some people whose physical abilities are limited by medical conditions or general frailty. These seniors have to go about exercise more carefully than others, but they do not have to dismiss it entirely. With proper instruction and guidance, the elderly can learn activities and exercises that improve mobility and strength. Exercise is even more important for frail individuals since they are the most prone to falling and broken bones.

Try activities in a class setting with proper supervision by a trained professional. Consider swimming or other water exercises that are low-impact and less jarring to the body. The local YMCA or YWCA are good places to start when looking for exercise programs that address special needs.

Timeless Skills in Centerville, KS!

By Jennifer Garner

I recently had the pleasure of meeting a gentleman in Centerville, Ks that really struck an interest with me, and I want to share this man's unique talent with everyone. Ronald Greene and his wife Adelaide Greene originally moved here from Maine and set up a home and a life here in Kansas. They had and currently still have their own little county store where his wife makes potato sack pictures and rugs. Ronald also makes other pieces of art ranging from needle work to wood work; which is proudly displayed all over their home.

Ronald is now a caregiver to his wife and he makes his way around to different schools in the area about 3-4 times a year, to demonstrate how to make chain mail. Chain-mail is armor made of small rings placed or welded together. I personally love this piece of history and found it very interesting that we have someone in the state of Kansas that still makes chain-mail.

Ronald learned his skills from his son who is a blacksmith; not only did Ronald learn how to make chain mail but he also did his own research about how it was made and how it was worn. For the past 8 years he has been creating works of art out of chain mail. I was astounded when I found out that just the vest alone weighed in at 35 pounds alone -I personally could not imagine wearing something so heavy for long periods of time!

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*PREVENTING ILLNESS FROM GERMS.

*HOW TO PROTECT YOURSELF FROM HUMAN INTRUDERS

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Published by:
East Central Kansas Aging
and Disability Resource Center

Elizabeth Maxwell,
Executive Director

Jasmine Brown, Editor

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