GOLDEN MONTH
August 2026

Welcome to Golden Month - a simple and straightforward way to stay connected. In your golden years, staying connected to your community is the best thing you can do for your health and wellbeing. We care about you, and we want to make staying connected easier.

UPCOMING EVENTS

(see pages 2 & 4 for details!)

August 4th at 9:00: Linn CO. Caregiver Support Meeting (1st Tuesday of each month)

Aug. 5th, 12th, 19th, 26th at 2:00: Chair Yoga for Arthritis - 203 E. 4th St. Ottawa (Enter at the South door.)

August 7th at 9:30: Coffey CO. Caregiver Support Meeting (1st Friday of each month)

August 11th at 1:00: Franklin CO. Caregiver Support Meeting (2nd Tuesday of each month)

August 14th from 12-1:00 Caregiver Educational Series: Estate Planning @ Osage City Library

August 18th at 9:30: Miami CO. Caregiver Support Meeting (3rd Tuesday of each month)

August 18th from 12-1:00 Caregiver Educational Series: Estate Planning @ 913 N. Pearl St. Suite #1 Paola

August 21st at 10:00: Anderson CO. Caregiver Support Meeting (3rd Friday of each month)

August 25th at 9:30: Osage CO Caregiver Support Meeting (4th Tuesday of each month)

Aug. 20th, Sept. 17th, Oct. 15th Memories: Life Stories Scrapbooking (all materials provided): 12:30-1:30 @ the Osawatomie Senior Center

WHAT TO LOOK FORWARD TO IN SEPTEMBER!

Lunch & Learn: Cooking for One

Lunch & Learn: Informational Series w/ Parker Olmstead of Impact Wealth Planners

(see p. 4 for details!)

East Central Kansas Area Agency on Aging

Serving - Anderson - Coffey - Franklin - Linn - Miami - Osage

CAREGIVER'S CORNER

Empowering Caregivers, Strengthening Our Community

Caring for an aging loved one is one of the most meaningful — and demanding — roles a person can take on. At East Central Kansas Area Agency on Aging, we recognize that caregivers need support, too. That's why we developed our Caregiver Educational Series, a program designed to equip family caregivers with practical knowledge and tools for the road ahead.

In June, K-State Extension family & aging specialists, Janae McNally and Kathy Goul, launched the series with an in-depth look at the many facets of the caregiver role. In July, Detective Johnson with the Paola Police Department joined us to discuss elder fraud — covering common scams, safe financial practices, and how to prevent and report suspicious activity

This month's session features attorneys Denise McNabb of Stevens & Brand and Tom Lasley of Kansas Legal Services, who will guide caregivers through the essentials of estate planning — from wills, trusts, and power of attorney to guardianship and advance directives — and the critical decisions and conversations that protect both loved ones and family futures.

In the months ahead, topics will include home safety, medication management, end-of-life care planning, and navigating care facilities, alongside Dementia and Alzheimers support strategies.

Each session is designed to meet caregivers where they are in their caregiving journey.

A highlight of our series is the presentation of our internally developed resource, the MAPP Book — My Action Plans and Papers. This comprehensive documentation system guides families in identifying, collecting, and organizing pertinent information such as medical records, legal and estate documents, business affairs, bank accounts, real estate, and family contacts.

If you're looking for ongoing connection and encouragement, our Cup of Comfort caregiver support group meets regularly across all six counties we serve. See page 1 for details.

Dates and locations for the Caregiver Educational Series are coming soon! Watch for updates on our Facebook page, our website - eckaaa.org, and in upcoming issues of Golden Month and Golden Years. Call us at 785-242-7200 or stop by 117 S. Main Street in Ottawa. **Registration is required** and refreshments will be provided — we hope to see you there!

For questions, resources, or support contact Kimberly Miller, ECKAAA Caregiver Coordinator - 785-242-7200 kimberlym@eckaaa.org.

HOW TO:
Make an Online Social Security Account

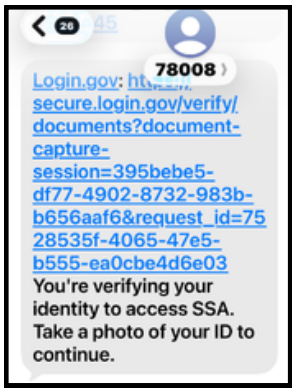
**Before making a Social Security Account, you must first make a LOGIN.gov account. For step-by-step instructions, please see the JUNE issue of the Golden Month.

1. In the URL box at the top of your computer screen, type http://www.ssa.gov/myaccount, your screen will look like this →

2. **If you've already made a LOGIN.GOV account, click sign in, then click sign in with LOGIN.GOV.

3. On your screen, you'll see a list of what you'll need to setup your account, items include: **your passport OR driver's license OR state ID, social security number, mobile phone, and your LOGIN.GOV password**. Once you have these items, then click continue.

4. The next page explains how your identity will be verified, after you read through this, check the box, and click continue. You'll choose how to verify your ID. The following instructions are if you choose **use your phone**; enter your phone number and click the box that says send link - you'll receive a text message, it will look like this ↓ **(Steps 5 & 6 will be completed on your phone.)**



5. You'll be asked to add photos of your driver's license state ID, click continue. On the next page, you'll chose your ID type, click one of the options, click continue.

6. LOGIN.GOV will ask you to add a photo of your ID, click start verification; on the next page, click consent. On your phone screen, you'll see "docv.login.gov" would like to access the camera, tap allow. Hover your phone camera lense over your ID, it will scan it and you'll see "front side captured," click submit. Repeat the process for the back of the card, click submit. Next, you'll be asked to take a photo of yourself. Position yourself in a well-lit area and position your phone so that it can clearly capture your front profile (from about your chest to the top of your head).

10. The remaining steps will be completed on your computer. Once your identification has been verified, you'll be asked for your social security number, type it in, click continue. Next, verify that your personal information is correct, click continue. Next, you'll verify your phone number - enter your number, click send code. You'll receive a text message with a code, enter it on your computer screen.

11. After entering the code, you'll be asked to enter your LOGIN.GOV password, type it in, click continue. Next, your screen will show your personal key - **save it!** (Save it to your computer, take a picture with your phone, email it to yourself, or do all three!) The next screen will ask to connect your verified information to SSA, click agree and continue. On the next screen, click next.

✸ You've made it to your SSA account! ✸

CUP OF COMFORT: CAREGIVER SUPPORT & COFFEE

Linn CO:
1st Tues. 9:00-10
Hive library
752 Main St.
Pleasanton

Coffey CO.
1st Fri. 9:30-11
Coffey County Library
410 W. Juniatta St.
Burlington

Franklin CO.
2nd Tues. 1-2:30
ECKAAA Office
117 S. Main St.
Ottawa

Miami CO.
3rd Tues. 9:30-11
K-State Research
& Extension
913 N. Pearl St.
Suite 1, Paola

Anderson CO.
3rd Fri. 10-11:30
Garnett Housing
Authority: Park Place II
200 Parkside Place
Garnett

Osage CO.
4th Tues. 9:30-11
Community
Covenant Church
331 N. Topeka Ave.
Osage City

Memories Life Story Scrapbooking

12:30- 1:30

Aug. 20th Sept. 17th Oct. 15th

Osawatomie Senior Center 815 6th St.

CAREGIVER LUNCH & LEARN

Caregiver Educational Series:
Planning for You & Mom

presented by: Denise McNabb
Stevens & Brand LLP

RSVP req'd
785.242.7200

AUGUST 14TH
12-1:00 PM

Osage City Library 515 Main St.

CAREGIVER LUNCH & LEARN

Caregiver Educational Series:
Planning for You & Mom

August 18th
12-1:00 pm

913 N.
Pearl St.
Suite #1
Paola

presented by: Tom Lasley
KS Legal Services

RSVP req'd
785.242.7200

LUNCH & LEARN

W/ PARKER OLMSTEAD IMPACT WEALTH PLANNING

- Sept. 15th Social Security
- Sept. 22nd Medicare/SHICK
- Sept. 29th Tax Planning

ALL DATES 12:00 - 1:00

RSVP req'd 785.242.7200

LUNCH & LEARN
Cooking for one

Sept. 9th
12 - 1:00
913
N. Pearl St.
Paola

Sept. 10th
12 - 1:00
411 Oak St.
Garnett

Sept. 16th 12 - 1:00
225 Cross St. Burlington

RSVP req'd 785.242.7200