

The Golden Years

PUBLICATION OF EAST CENTRAL KANSAS AREA AGENCY ON AGING

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LIVESTOCK AND THE INTERGENERATIONAL CONNECTION

BY JENNIFER MCMAHAN

During the Fall 2022, Kansas Junior Livestock show the Grand Champion and Reserve Grand Champion Steers brought in over \$20,000. A few Kansas county fair livestock auctions over the Summer 2023 fair season has boasted of having over half a million in sales for their youth. Kansas livestock showmanship and fair season is the embodiment of intergenerational work and relationships, and for this we reached out to Brockus Show Cattle for a closer look.

“Brockus Show Cattle originated as a family business around 2005. It started by selling calves out of previously shown heifers. It soon grew into much more than that and became something the whole family grew interested in. Larry and Lori (Grandparents of the operation) both showed cattle in 4-H growing up. Their youngest daughter Katelyn was in 4-H and showed cattle. Grandchildren Hallie, Ashlynn, Ava, Bailey, and Laiken showed cattle in 4-H. Some only showed for a few years while some showed all the way through 4-H. The current grandchild showing in 4-H is Bentley (Lynsey and Corey’s son). There are many grandchildren and great grandchildren still too young to be in 4-H, but they do plan on participating and showing cattle,” says Katelyn Durst (Brockus). She went on to say that “Lori’s father, Melvin, owned farm ground and raised both cattle and hogs on the operation. Lori’s mother, Lorene, still lives on the farmstead. Larry and Lori now help manage this farm as well as owning the headquarters for the Brockus Show Cattle operation. Larry and Lori are still active in Brockus Show Cattle. However, our family has never operated in a way where one person called all the shots on the operation. We all contribute in various ways. Each person has their own role. In the end, we do this because this is a family affair and something we can do together. It can carry on for many generations.”



Provided by Brockus Show Cattle: Denver Stock show where we had a bull on display. This was a highlight and great accomplishment for our family!

Showing livestock and 4-H is something the Brockus’s have shared this experience through multiple generations. Grand-



Provided by Brockus Show Cattle: We have had a couple of babies since this photo but shows the majority of our family involved in the operation, that may not make it to every stock show.

parents, parents, aunts, and uncles are all mutually invested and aiding their child’s experience. While 4-H boasts many benefits, one not so talked about is bridging the gap between generations and working together.

We asked how this family feels livestock shows build intergenerational relationships. Durst (Brockus) replied, “Larry has always said that this is the one thing that our family can do together. Everyone can take part no matter how big or small. Sure, we bicker like any other family, but we always come back together for our common goal. We want to work together with all kinds of ideas and perspectives on how to grow the operation and make the best possible show calves

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From The Director

Leslea Rockers



MEDICARE OPEN ENROLLMENT SOON APPROACHING

It will soon be Medicare Open Enrollment again and with this there will be another round of Medicare scams. Every day people are contacted by someone trying to get their personal information so that they can fraud the system out of money. One of the most common scams involves the Medicare card.

There are several ways a scammer will try to use the Medicare card as a starting point for fraud and identity theft. Below are the most common examples of Medicare card scams:

- You are getting a new card and it will be plastic. Medicare is putting a chip in the card so your card will need to be replaced.
- The new year starts in January for Medicare Advantage and Medicare Drug Plans so everyone will need a new Medicare card for the new year. They need your Medicare number to ensure that a new card has been mailed to you.
- They need you to verify your Medicare number to make sure you have the correct card.

All these instances involve getting the beneficiary to provide their Medicare number. The reality is that Medicare has not updated Medicare cards since 2018 when the use of social security numbers was replaced by a series of numbers and letters as the beneficiary identifier. Medicare has indicated that they have no plans to update Medicare cards again. And more importantly, they have your correct Medicare number, so they don't need you to verify it over the phone.

When you receive a call from someone claiming to be with Medicare it is important to remember that Medicare does not call beneficiaries until a beneficiary makes contact first. They do not make cold calls to people. If you are contacted by someone who is asking for your Medicare information you should not

converse with them, hang up immediately. They may sound like they are legitimate and trying to help but they are only trying to help themselves to your information.

If you believe your Medicare information has been accessed by someone who should not have it you should contact Medicare immediately to report the issue.

Employees of the Quarter Carbondale Site Managers



“Carbondale has the best Site Managers; we are lucky and blessed to have these ladies” reported Peggy Stevens. She continued to let us know that she considers this site her lunch family!

Going above -

Jodi Clements found out that it was a recently widowed man's 92nd birthday, she was able to find out his favorite cake was lemon cake. She proceeded to surprise him with his cake, and they had a great celebration! Stevens also added that she lost her husband 3 years ago and she didn't know how she would have ever made it through if it wasn't for these site managers and her lunch family. It means a lot to us to hear from a client about our site managers.

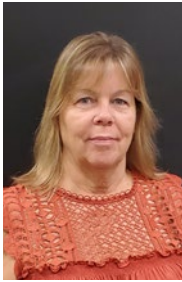
Thank you, Jodi Clements, and Debbie Smith, for all you do for these seniors at the Carbondale site.

Volunteers of the Quarter

We'd like to take a moment to recognize the volunteers in Paola. The Paola Site Manager has been on leave. Meanwhile, David Puckett, Dona Jackson, Rita Beckford, and Cyndi Wilson have stepped up in running and maintaining the site and deliveries in her absence, doing whatever necessary to keep the site going.



New Staff at ECKAAA



Amy Weien

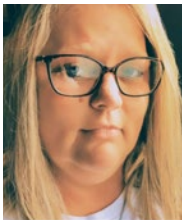
Welcome Amy to the office staff as our new Data Entry & Receptionist. Amy grew up in Ottawa and has lived here her entire life! She has been married for 39 years and has 3 children, and 7 grandchildren! She enjoys spending time with her family and traveling with her husband. Amy joins us after working for the West Franklin School District over the last 24 years.



Candy Huffman

Welcome Candy to the office staff as a member of our fiscal team! Candy grew up and lives in Ottawa with her husband Chris, and daughters Kaylee, Abi and Ali. She has been in bookkeeping and accounting for 10 years and banking for 14 years.

New Site Managers



Teri Herrera

Burlington nutrition site as the site manager. Teri was born and raised in Le Roy, Ks. She has only lived in Burlington for 1 year. In the past, she was a daycare provider and decided she wanted a job to get her out of the house. Teri has 5 children and 7 grandchildren. She loves

her job as she enjoys working with the elderly, and she wants to continue to help the elderly in her community.



Jacqueline Green

Jacquelin joins us at the Williamsburg Nutrition Site as the site manager. Jacquelin was born in Kansas City, KS but raised in Tonganoxie, Ks. She has worked as a message therapist and keeps up with her requirements. She has 2 biological children and a stepson. She so enjoys the stories that the seniors share at her site, and

she feels like she is helping people working at the Williamsburg site.

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that we can for our customers. There are so many of us in the operation and so many different ideas that you don't always get to see your idea come to fruition, but we try to work together and do what is best for everyone involved. There are always life lessons to be learned when working together as a family. At the end of a hard day of breaking calves in 100-degree heat, there might be some things said that we all wish we could take back. The old saying goes don't judge me for what I said when we were working cattle. The same applies in our show cattle operation. At the end of the day, we all forgive each other and know we were just frustrated at the times."

We also asked Durst (Brockus) what is the biggest intergenerational benefit from someone in the agriculture and livestock showing industry; as well as, how it affects their relationships with them. "The best part about Brockus Show Cattle is seeing it go through the generations. Starting out with Larry and Lori, then to their children, now on to their grandchildren and great grandchildren. So many members of the family were at the end of the show halter with calves we raised! We take great pride in that. The fact that we are still able to have this operation for nearly 20 years is a big accomplishment in the show industry. That is a lot of show calves and a lot of banners that originated off our farm in the small town of Princeton, Kansas. Also, it has taught our kids and grandkids so much about work ethic and how to be a competitor. Some of them have gone on to get great jobs and are staying within the agriculture industry while some went on to use their skills outside of agriculture. We believe that having Brockus Show Cattle has helped instill those great qualities that it takes to be a great employee.

The heart of Brockus Show Cattle is our family. The relationship that our family has with each other is very much surrounded by the showing lifestyle. Some of the best memories are when we would go to shows. We would all load up in the trucks. One truck would pull a camper and the other would pull the livestock trailer. That camper would be totally full. You always hoped you wouldn't be the one sleeping on the floor, so you didn't get stepped on in the middle of the night when someone needed to use the restroom or decided to stay in the barn to socialize later than the rest. We would literally pile into that camper with no room to spare. There were many laughs and great memories made at livestock shows," says Brockus.

When youth were selling animals at the fair, we saw full arenas this year and full support of our communities and businesses during the livestock sales. "I have seen a lot of different emotions from both our family and our customers. Sometimes there are tears shed because that bond they formed with that animal was coming to a close. If you added up the amount of hours spent with each animal it would amaze you. The time it takes to feed them and care for them daily is pretty much a full-time job for a kid. Whether they get a red, blue, or grand champion ribbon, these kids form

bonds. There aren't a lot of industries that have that kind of impact and emotions involved.

We always try to support the next generation, not only in our family but outside of it as well. The next generation is our future. Within our operation, the next generation is going to carry on the Brockus Show Cattle name and tradition. It is important that we raise and show those kids how important this operation is to not only us but our customers. They rely on us to have a consistent animal that is hopefully going to get them to the backdrop with a champion banner in hand. We help the next generation by teaching them how to feed their calves, proper show etiquette, and how to trim their calves to be show day ready. We always have open communication with our customers and answer any questions they have throughout the year," Durst (Brockus) stated.

Durst (Brockus) concluded that, "While there are ties generationally in other industries, I do not feel like there is one as strong as the agriculture industry. The show industry alone is extremely generational. The Brockus Show Cattle story is an excellent example. We are currently on the 3rd generation to show in Brockus Show Cattle with the 4th generation only being a few years behind from taking their first step in the show ring." There are amazing things happening between grandparents and their children and grandchildren, and it's exciting to see these communities show up in big ways for the youth throughout the year! Passing down these experiences and relationships is a big piece of the puzzle in building these intergenerational foundations.

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Money Matter\$

Ryan Henningsen
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OVERCOMING RETIREMENT'S CURVEBALLS

Retirement today is about a lot of new things – new freedoms, new challenges, new opportunities. It's also about making new choices to stay active, engaged and purposeful. Our latest research found that people who are willing to make positive course corrections are most able to navigate retirement's curveballs (widowhood, health issues, divorce, financial setbacks, etc.) and thrive in retirement.

Course corrections are a reminder that retirement isn't a destination, but a journey, filled with twists and turns. That's why both pre-retirees and retirees are taking positive actions across all four pillars, in today's new retirement to improve their own retirement journey.

Health: Impactful course corrections

- Becoming more physically active
- Meaningfully reduce stress levels
- Begin/maintain a meditation practice
- Cut back on alcohol consumption

Health continues to be the “new wealth” in retirement, as our previous study discovered. Likewise, a vast majority of people surveyed agreed with experts that it's never too late to improve your health. Possible course correction actions include healthy diet, regular exercise, and mental stimulation.

Family: Impactful course corrections

- Spend more quality time with family

- Cut out or limit time spent around toxic family or friends
- Help take care of grandchildren
- Relocate to be closer to family

Spending more quality time with family (and less time with toxic people) can be very fulfilling, but setting needed boundaries can be just as worthwhile. Perhaps the most essential family conversations today are between Boomer parents and their Millennial children, who are anxious about their parents' financial futures.

Purpose: Impactful course corrections

- Adopt a pet
- Engage more in faith/spiritual practice
- Pursue new experiences/adventures via travel
- Volunteer

There are many personal paths to purpose, and people can explore familiar options, try new things, expand their social circles and enrich their lives. Volunteering holds a special place among these actions because of the benefits to the individual and the community, and the many ways that “giving gives back.”

Finances: Impactful course corrections

- Reduce or eliminate mortgage, credit card or other debt
- Save as much as possible during working years
- Obtain supplemental health insurance
- Develop and follow a financial strategy and budget

Given the wide array of options that are available beyond the basics of increasing savings and minimizing debt, it's wise to seek trusted, holistic guidance.⁵ Likewise, the more proactive course corrections you can take the better, including saving early, following a plan and budget, and educating yourself about finances.



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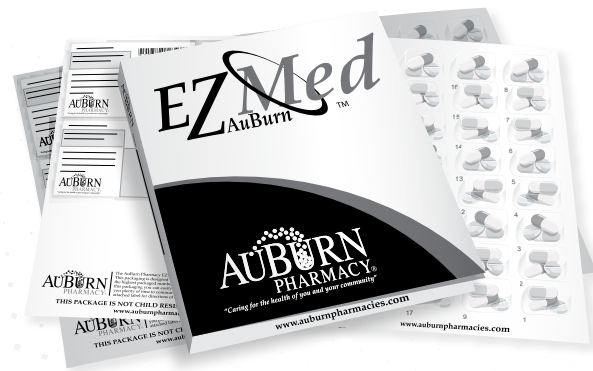


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Our goal at the East Central Kansas Area Agency on Aging is to provide services, meals, outreach and education in Anderson, Coffey, Franklin, Linn, Miami and Osage Counties. From facilitating Low vision and Caregiver support groups; public outreach and education; as well as intergenerational programs. Be sure to check our Facebook page for upcoming events, alerts, and notifications at: <https://www.facebook.com/ECKAreaAgencyOnAging>.

You can also visit our website eckaaa.org for more information on upcoming events and services being offered by our agency; as well as calling our office at 785-242-7200 for assistance or questions you may have. We have loved going out into the community and seeing the intergenerational connections; support and relationships over the summer and fall fair season!



Lynn Bargmann taking time during the Anderson County Fair to check on his nephews' fair entries.

INTERGENERATIONAL LEARNING

By Jennifer McMahan

The Moon kids' family farm is part of the American Dairy Goat Association (AGDA). Makenzie Moon is a student at Central Heights, earlier this year she was selected as an American Nigerian Dwarf Dairy Association Youth Ambassador. Moon and her siblings Kamden, Wyatt, and Raylen; as well as other competitors, were judged during the dairy show by Jean Johns and received one on one mentorship during their time together.

Johns' graduated from Washington University with a degree in Animal Science; and received her master's degree in biology from Pittsburg State University. She served the East Central Kansas area teaching for 35 years; as well as raising and showing dairy goats for over 40 years. Johns is also an AGDA member as well. She herself was an active member of 4-H growing up as was her son.

Mentorship and sharing knowledge and experience between generations helps build relationships; and prepares youth entering into these roles as they learn and develop.

CAREGIVER LUNCHEON

Are you a caregiver or loved one? Tom from Kansas Legal Services will be presenting over lunch on topics surrounding caregivers!

Can't make it in person? We will also be offering Zoom access to the presentation.

Please contact our office for more information.



September 22, 2023



117 S. Main St
Ottawa, KS



11:30 AM



Thomas L. Lasley, Attorney
Kansas Legal Services, Presents on :

- POA/DPOA
- Guardianship
- Wills
- TOD's (Transfer on Death)
- and other Caregiver Topics

RSVP TO SIGN UP TODAY!

Please call our office at 785-242-7200 by Tuesday, September 19th at 2pm if you plan to attend.

Franklin County Fair 2023 Dairy Goats

Makenzie Moon, (left); Jean Johns, Dairy Judge (right).

Kamden Moon(left); Jean Johns, Dairy Judge (right).

Photos Courtesy of Harvest Moon Ranch (2023).

#intergenerational-learning

CLUB MEDICARE

UNDERSTANDING THE MEDIGAP POLICIES

The COVID-19 public health emergency (PHE) declaration in Medigaps, often referred to as a supplement plan, are health insurance policies that offer standardized benefits to work with Original Medicare (not with Medicare Advantage). They are sold by private insurance companies. If you have a Medigap, it pays part or all of certain remaining costs after Original Medicare pays first. Medigaps may cover outstanding deductibles, coinsurance, and copayments. Medigaps may also cover health care costs that Medicare does not cover at all, like care received when travelling abroad. Remember, Medigaps only work with Original Medicare. If you have a Medicare Advantage Plan, you cannot buy a Medigap.

Depending on where you live and when you became eligible for Medicare, you have up to 10 different Medigap policies to choose from: A, B, C, D, F, G, K, L, M, and N. Note that policies in Wisconsin, Massachusetts, and Minnesota have different names. Each policy offers a different set of standardized benefits, meaning that policies with the same letter name offer the same benefits regardless of which company is selling it. However, premiums can vary from company to company.

Before you buy a Medigap policy, be sure to do your research. Some steps you may wish to take include the following:

1. Make sure you are eligible to purchase a Medigap. Remember that you can only have a Medigap if you have Original Medicare. There may be other Medigap eligibility requirements that apply to you, depending on the state in which you live.
2. Learn when you have the right to buy a Medigap without restriction. There are federal protections for people over 65 to buy a Medigap in certain situations. Some states have additional protections for individuals under 65 or during other times.
3. Compare the different types of policies that exist. As mentioned above, there are 10 different standardized policies in most states, each covering a different range of Medicare cost-sharing.
4. Learn how a Medigap covers prior medical conditions to know if any of your medical costs may be excluded from Medigap coverage. Depending on your circumstances, a Medigap can exclude coverage for prior medical conditions for a limited amount of time.
5. Find out how Medigap premiums are priced so you can make cost comparisons. It is important to understand the ways that insurers set premiums to find the best deal for you.
6. Have a list of questions to ask when shopping for a Medigap to remind you what you should consider. Buying a Medigap can be complicated, but using a set of written questions and asking for help when needed can help you stay organized and simplify the process.

Source—Medicare Rights center, July 2023



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Health & Wellness

Make Everyday Grandparents Day:

Try These Wellness-Focused Activities With Your Grandkids

By Daniel Hatcher, Director of Community Partnerships, Alliance for a Healthier Generation

Grandparents Day is officially the first Sunday after Labor Day, but at Healthier Generation, we like to celebrate all year long! Why? Grandparents provide essential protective factors—like stability and consistency—for young people experiencing adversity.

And not to be grim, but the COVID-19 pandemic has reminded us of the importance of child-grandparent and other family relationships. According to the COVID Collaborative, more than 91,000 children have lost a parent and 79,000 have lost a grandparent caregiver due to COVID-19.

Following public health advice can help us make the best choices for ourselves and our families. Grandparents can model healthy behavior by making a point to focus on wellness during time spent with grandchildren. You can choose activities that support physical health, emotional health, and the health of our environment.

What Grandparents Day goals can we boost all year long?

So, how can we make every day Grandparents Day? Let's start with the three goals of the celebration:

1. To honor grandparents
2. To give grandparents an opportunity to show love for their children's children
3. To help children become aware of the strength, information and guidance older people can offer

Are you ready to celebrate? Let's start by exploring these wellness-themed activities.

Move more, together

Energize your next family Zoom call or gathering, and try using these ways to champion inclusive physical activities from the National Center on Health, Physical Activity and Disability (NCHPAD).

Want to make your own game? One of my favorite DIY physical activity games is Mystery Exercise Box. Because you (and the children) decide on the movements, it is easily adapted to all skill and ability levels.

Tear or cut a scrap sheet of paper into multiple strips.

Using big bold letters, write a simple activity like 'reach to the sky,' 'jog in place,' and 'lunges' on each strip of paper. Fold the pieces of paper and put them in a cup or hat.

Randomly select an activity and do the movement together.

Interview each other

Pick a few of the following questions and host your own interview show, with grandparents asking children questions and children asking grandparents questions. You can style this after a talk show or news segment and record as a video to watch together and screen for others. For an art activity, invite children to turn the conversation into an illustrated scrapbook.

Interview questions:

Growing up one of my favorite family traditions was _____.

What is your favorite family tradition? Why?

The greatest thing I learned from my family was _____.

What memorable lesson have you learned from your family?

My happiest memory is _____.

What is your happiest memory?

When I was younger, the bravest thing I did was _____.

What's the bravest thing you've ever done?

Get outside and observe nature, together

Time in nature has been proven to improve our mental health. Find a spot to observe what's around you using your senses as a guide. Then, go on a Rainbow Walk Scavenger Hunt. Take turns naming colors of the rainbow and sharing what you find.

If you're collecting natural items that have fallen on their own, you can create a nature sensory box—fun for even the youngest explorers.

Turn your nature walk into a weekend project by drawing or painting a postcard to send to another grandparent, a friend, or other loved one. You can even print out this Nature BINGO card and try finding the items on the square either as a BINGO game or a self-guided scavenger hunt.

Give reading time a healthy twist

Host your own read along and encourage family bonding. With older grandchildren, take turns reading a loud or even acting out your favorite book.

- A few of my favorite books that connect healthy habits, food, and social justice:
- Farmer Will Allen and the Growing Table by Jacqueline Briggs Martin, illustrated by Eric-Shabazz Larkin
- Zora's Zucchini by Katherine Pryor, illustrated by Anna Raff
- The Thing About Bees: A Love Letter written and illustrated by Shabazz Larkin
- Chef Roy Choi and the Street Food Remix by Jacqueline Briggs Martin and June Jo Lee, illustrated by Man One

Think nature when you get crafty

If you enjoy creating craft projects with your grandkids, consider starting with homemade play dough or by making your own rain stick using the simple directions in Healthier Generation's Virtual "Me Moments" hub. In Resources to Engage Families through Art and Nature, one of the craft activities includes tissue paper suncatchers—a simple DIY project for all ages that can be shared as a homemade gift.

Make a healthy snack

Working together in the kitchen is a great way for grandparents to share culture and history with children. If you're looking for a fun recipe perfect for young children to make, try Animal Toast Faces. It's a simple and inexpensive afterschool or weekend snack.

Which activity will you try? What would you add to the list? Share your photos with us on Instagram or Facebook for a chance to be featured.

Sources

1. Afterschool: Fostering Protective Factors That Can Last a Lifetime. Afterschool Alliance et al. Found on the internet at http://afterschoolalliance.org/documents/issue_briefs/issue_protective_factors_75.pdf

2. Hidden Pain: Children Who Lost a Parent or Caregiver to COVID-19 and What the Nation Can Do to Help Them. COVID Collaborative and Social Policy Analytics. Found on the internet at <https://www.covidcollaborative.us/initiatives/hidden-pain#the-report>



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NEWS from ECKAAA Nutrition Program

- Did you know we love to celebrate? -

The first Wednesday of the month we celebrate Friendship at our nutrition sites over lunch, these are great days to introduce a friend to our program.

The third Wednesday of every month we celebrate Birthday's! Be sure to reserve or cancel your meals with YOUR SITE by 11:00 a.m. the day before.

Our nutrition program is donation driven with a suggested donation of \$4 per meal, serving those ages 60 and over. You can fill out a Uniform Program Registration at your site.

During the month of September, we will be closed September 4th in observation of Labor Day; we will be celebrating Grandparents' Day during lunch on Wednesday, September 13th! Be sure to check out the Calendars for October and November for some upcoming holiday treats and festivities!

Call 785-242-5399 to schedule a tour or visit us at 1100 W. 15th Street, Ottawa, KS



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- Outpatient Physical, Occupational & Speech Therapy



Independent Living | Assisted Living | Skilled Nursing/Long-Term



Nearing Retirement? Make Plans Ahead of Time.

Submitted by Janae McNally

Adult Development & Aging & Family Resource Management

Among the terms many associate with retirement – freedom, independence, flexibility and relaxation among them – there is at least one more.

Anxiety.

“I think the dream is always to have an opportunity to get to that final stage where we’ve had a long career, but we’re ready to retire,” said Erin Martinez, an extension specialist on aging and adult development in Kansas State University’s Department of Applied Human Sciences.

There is also some apprehension that accompanies the excitement of retirement age.

According to Martinez, retirement may follow in stages. The first is a “honeymoon phase” in which the retiree has a new-found freedom that includes getting involved with things they previously didn’t have time for, either as a volunteer or part-time work.

But the joy of taking part in new activities may last only for so long.

There’s definitely a wall that some people may hit after they have accomplished their bucket list. They might feel bored, perhaps feel a lack of purpose, and just miss that overall stimulation they once had in the workplace, or from having checked off items from the bucket list.

This in return leads to a new stage: Reorientation.

During this time, retirees reassess retirement and begin to engage in new things that will reinvigorate their sense of purpose. At this point, they may develop a more realistic plan for their

retirement years; it’s a time when they move beyond the honeymoon phase and approach reality.

Some of the new reality includes living a healthier lifestyle and thinking about what the future holds and how to prepare for that. Many thoughts and processes can go into that, including deciding how one enjoys spending their time and how not to stretch themselves too thin.

Experts urge those nearing the end of their full-time working years to think about what they want to do in retirement beforehand.

At first, having extra time at home may be great, but eventually, you might experience boredom or you might be a little lonely, not really knowing what to do, it can be a difficult time. But the earlier we start thinking about what that time is going to be like and what our goals are going to be in retirement, the better we will adjust to that.

Volunteering for local activities is a popular choice.

Volunteering locally is an amazing thing to do! Research shows that the majority of volunteers are older adults. If you’re nervous about volunteering, and whether you’re going to know anybody...rest assured that some of the people you’re going to volunteer alongside will be in similar stages of life.

Older adults should think about the major issues in their community, and then decide where they can make the biggest difference, and engage in those things to help other people.

Source: Erin Martinez, Extension Specialist, Kansas State University. For more information on aging well, contact Janae McNally at 785-828-4438 or via email at jmcnally@ksu.edu

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KANSAS LEGAL SERVICES' ELDER RIGHTS PROJECT

by Alexandra R. English,

Statewide Director of the Kansas Legal Services Elder Rights Project and
Managing Attorney for Kansas Legal Services in its Kansas City, Kansas offices



Kansas Legal Services is continuing to conduct its statewide program known as the Elder Rights Project. While we have always passionately provided legal services to elders in our community, this project is specifically directed at elders who are victims of crime. We continue to devote significantly more time and resources to seniors, 60 years old and older, who have been victimized, be it by a caregiver, a relative, a scammer, a landlord, etc.

There are five kinds of elder abuse: financial exploitation, neglect, physical abuse, sexual abuse, and psychological abuse. Not all of these kinds of abuse are always criminal. For example, psychological abuse that does not include a physical threat may not be considered criminal. However, the presence of psychological abuse is a strong indicator of other kinds of abuse.

The Elder Rights Project allows Kansas Legal Services attorneys to represent elders who are victims of crime in a wide array of legal cases. This could include, but is not limited to:

- Protection from Abuse or Stalking cases
- Nursing home abuse
- Civil suits to recover financial losses from an abuser
- Assistance with Crime Victim's Compensation application
- Criminal advocacy (explain the criminal court process)
- Bankruptcy
- Revocation of Power of Attorney
- Divorce
- Landlord/Tenant cases
- Collection cases
- Kansas Consumer Protection Act violations

This project gives Kansas Legal Services the opportunity to provide extensive services to seniors who are victims of crime and some examples are as follows: In one case we obtained a Final Protection from Stalking order on behalf of a senior who awoke in the middle of the night to find a man, her neighbor, attempting to break

into her bedroom window. In another case, we have a client who has been scammed out of over \$50,000 in a matter of five months. Kansas Legal Services revoked the Power of Attorney our client had given to those who scammed her, and we continued to help her make reports to the proper authorities, and discussed helping her file for bankruptcy to discharge the debt she accrued as a result of this scam. Kansas Legal Services has also filed a lawsuit on behalf of a senior to protect her property from her son. We obtained a final Protection from Abuse order for a senior who had been abused by her caregiver, leaving her with a broken arm and bruises. The list goes on.

These are just a few examples of people in our community who were taken advantage of and harmed. And while Kansas Legal Services cannot usually completely undo the grave wrongs that have been perpetrated on these clients, we can take legal actions to put our clients as close to whole as possible and protect them from their abusers in the future.

There should be no shame being the victim of a crime, whether you are 16 years old or 60 years old. There are two ways to report elder abuse to the proper authorities:

- 1.) Call the police. If it is an emergency, call 911. If it is not an emergency, go to the local law enforcement agency's office and make a report.
- 2.) Make a report to Adult Protective Services. 1-800-922-5330.

Seeking assistance for elder abuse from Kansas Legal Services does not take the place of reporting a crime to the above authorities. That being said, it is also a good idea to apply for assistance from Kansas Legal Services if you are over sixty and the victim of a crime. We can direct victims to additional resources and may be able to suggest and pursue remedies in civil court that law enforcement is unable to pursue. There are three ways to apply for our services. You can call 1-800-723-6953, apply online at www.kansaslegalservices.org, or walk into the closest Kansas Legal Services office to you. We have eleven offices statewide, and the website above lists the location of all of our offices.

Fall is my favorite time of year. The change in color of the leaves and the crispness edging into the morning air invigorates the soul. It is a time for preparation for those long winter nights heading our way. It is a time of reflection and letting go of those negative influences. It is a time for inward reflection as well. It is a time of learning and gathering.

As the littles return to school, my mind turns to education and what I have learned over the past year. We are learning all the time. We take in new information, find out how it can fit into our lives, or pushed away and discarded. Sometimes we hang on to things we have learned, knowing one day, where it fits in our puzzle piece lives, will one day snap into place.

Knowledge and learning are not linear. It is fluid and malleable adjusting to the uniqueness of the learner. There are so many ways in which we absorb information. Each mind processes differently, and that is one of the beautiful things about being human.

How we learn is different for each person. There are 4 major learning styles most schools and education-based programs focus on. Those styles are Visual, Auditory, Read/Write, and Kinesthetic. When wanting to learn something new, even about yourself, it helps to keep these in mind.

1. Visual Learning. Learning through your eyes. Use of diagrams, flowcharts, pictures. Use of symbols, different colors, underlining will assist you. Displaying information in different spatial patterns will help.

2. Auditory Learning. Learning through listening. Are you a person who gets the most from lectures, group discussions, listening to audiobooks rather than reading them? Record your notes to play back. Read to yourself out loud.

3. Read/Write Learners. Reading and re-writing what you are reading the best way for you to take in information? Make use of lists, rearrange them into multiple choice. Build your own glossary of terms for the subject you are studying.

4. Kinesthetic Learning. This is a mouthful. These folks learn through doing. They use all their senses; eyes, nose, touch, etc. Use lots of examples in your notes. "Practice makes perfect", for these learners. Take an example and make it your own.

As you grow and mature, your learning style may change. Try different styles. When working with other people, whether in a group, as a member of staff, or on your own, remember there is no one way to learn. If your I/DD person doesn't understand verbal instructions, try a visual one. Maybe they need to get their hands into the project. Whatever your learning style, it is the fact you are learning which is important. Learn. Learn about your environment, learn a new art form, learn about a civilization. Learn about the people around you. Learn about yourself. Fall is a good season for it in preparation for winter. Most of all, have fun with it.

'Be the Church' Sunday by Westminster Presbyterian Church

The third Sunday in October is a special day for Westminster Presbyterian Church. We gather together at 9:15 a.m. for prayer and those who are physically able, go out into the community and help our 'neighbors' during the time we normally hold Sunday School and Church which is 9:15-11:30. Those who are in our church family and who are physically challenged stay at church and work on a designated project that we distribute that shows our appreciation of others. Jobs we assist with outside our walls are lawn clean up including trimming bushes and raking leaves, minor paint jobs, cleaning gutters and like jobs. We do not go into anyone's home, so the work we do is all outside. We will bring whatever tools we have such as trimmers, ladders, and rakes. If you have a minor painting job, we ask that you provide the paint **if you are able to**, but again the work will need to be completed within the allotted time-frame, so please keep that in mind. We know there are people in our area who are physically unable to get necessary work done outside and we welcome you to contact ECKAN or us directly (785-242-1824), so we can put you on a list as we line up the jobs we can do while making sure we have plenty of people to help. This list will be a 'first come, first served'.

We look forward to this special Sunday and find it extremely rewarding to help those who need it. We have met new friends in doing this and we want you to know that we are here to serve you.

SILVER HAired LEGISLATORS 2023-2025

EAST CENTRAL KANSAS AREA AGENCY ON AGING
PSA 07

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Caregiver's Corner

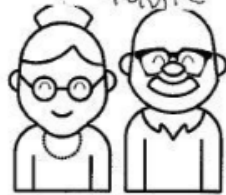
KIDS SAY!

In this issue we are celebrating Grandparents and the Intergenerational Connections we have! Grandparents sometimes become the primary caregivers for their grandchildren; sometimes grandchildren and children become the caregivers. We offer support for both journeys. We took some questions to the campers at the Ottawa Recreation Commission to see it through the eyes of kids. We understand not all kids have grandparents, so they were able to choose a Very Important Person (V.I.P.).

What is your favorite memory with your grandparents/V.I.P.?

Name: Maddie Age: 7

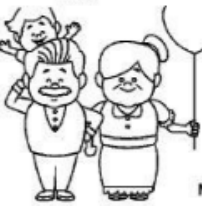
They took me on a boogie ride



Name: Rae Age: 7

What is your advice for someone becoming a grandparents/V.I.P. for the first time?

there is a place in KC th as cheesecake and bread



what makes your grandparents/V.I.P. the best?

I'm staying at the house

Name: Anna Age: 7 1/2

What is your favorite thing about grandparents/ or your VIP?

Name: London Age: 8

I like to spend time with them



What is your favorite memory with your grandparents/V.I.P.?

Name: Hizzle Age: 8

When my Papa Jerry called me wifey it made me laugh



Name: Debra Age: 9

What is your advice for someone becoming a grandparents/V.I.P. for the first time?

be ready to cook alot



Name: Makenna Age: 10 1/2

What makes your grandparents/V.I.P. the best?

Taking us shopping

What is your favorite thing about grandparents/ or your VIP?

Name: Jettyn Age: 8

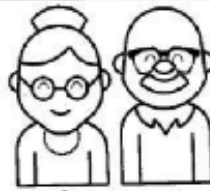
they are sweet and kind and help me outside



What is your favorite memory with your grandparents/V.I.P.?

Name: Caitlin Age: 8

1. they are full of love
2. they are the best
3. they are nice
4. they do crafts with me



Name: Emma Age: 9 1/2

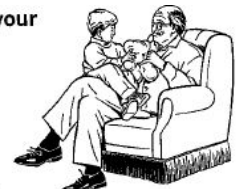
What is your advice for someone becoming a grandparents/V.I.P. for the first time?

Play card game with them.

What is your favorite memory with your grandparents/V.I.P.?

Name: Charles Age: 10

going to the pool



Name: BVG Age: 12

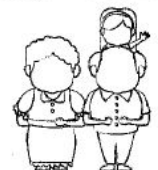
What makes your grandparents/V.I.P. the best?

they read and outdetract of things much 1/16 scale car on top

What is your favorite thing about grandparents/ or your VIP?

Name: Easton Age: 6

Sitting high





What makes your grandparents/V.I.P. the best?

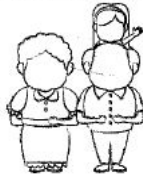
They let me do as I have. What is it ant.

Name: Olivia Age: 8

What is your favorite thing about grandparents/ or your VIP?

Wut I wunte.

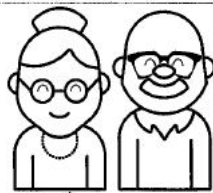
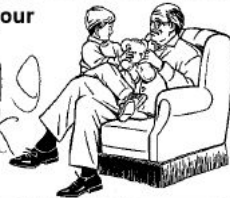
Name: Ara Age: 8



What is your favorite memory with your grandparents/V.I.P.?

(PAULA) I'm going to the water park

Name: Brady Age: 9



What is your advice for someone becoming a grandparents/V.I.P. for the first time?

Find your likes you and like grandkids have in comen. like fishing

Name: Jack Age: 10



What makes your grandparents/V.I.P. the best?

I watch moves with my mom

Name: Brantley Age: 11

What is your favorite thing about grandparents/ or your VIP?

Boston

Name:

I love bakind with them

Age:

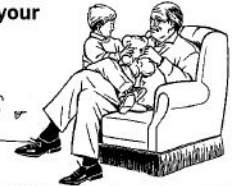
8



What is your favorite memory with your grandparents/V.I.P.?

Taking me on trips

Name: Gracie Age: 9



Name: Aislynn Rhea Age: 11

What is your advice for someone becoming a grandparents/V.I.P. for the first time?

Be prepared to play games with your grandkids and be nice and play if you want, don't over work yourself and have fun!



What makes your grandparents/V.I.P. the best?

Whenever he makes me happy

Name: Colin Age: 11

What is your favorite thing about grandparents/ or your VIP?

the are nice

Name: Blair Age: 9



ANDERSON COUNTY

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EVERY 3RD TUESDAY
10AM - 12PM OR 1:30PM - 3:30PM

How the Pantry Distribution will work:

- Pantry Distributions will take place on a monthly basis. The 3rd Tuesday of every month.
- Pantry will NO longer be provided via walk-up or by appointment.
- You **MUST** be an established customer with ECKAN prior to distribution day. (If new to Anderson County please contact the coordinator.)
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Contact

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jamie.potter@ks.gov

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conlin.bartow@ks.gov

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clint.olson@ks.gov

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

KS Commission on Veterans' Affairs - www.kcva.org

The Golden Years

Published by:
East Central Kansas Area Agency on Aging

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Jennifer McMahan, Editor

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