



**From The
Director**
By Leslea Rockers
Executive Director

For the last 20 years I have been the Special Projects Coordinator for the agency. For a large number of those years most people knew me as the ‘Medicare lady’-- but, as of February 1, 2021 I became the Director of the agency. Someone asked me how that felt at the first staff meeting and I responded that it was a little like wearing someone else’s coat—not quite right or totally comfortable.

Over a month in things are evening out—last week a staff person told me my composure seemed more collected. I laughed because I wondered how many times my composure had said, “what have I done?”

It’s a totally new thing to be the one in charge—the questions are endless, the emails are overwhelming and the calls letting you know someone isn’t coming to work and you have to figure out the work around is not what most people crave at 5:30a.m. But, on the other hand, the questions are teaching me, the emails are getting sorted by priority more easily and the calls about staffing are under control now that some other job positions have been put in place. I am learning fast that being in charge is better when you focus on who knows what about what that you need answered, clear boundaries early set the tone, being willing to ask for help when you need it is more important than thinking you have to know all the answers and cleaning out files and reorganizing a drawer is the best way to chart your own course and clear your path forward.

The agency has had to get creative the last year with the pandemic changing how we all do business. We are using more technology with clients than ever before, creating new programming that allows us to reach a broader

client base and creating partnerships with agencies, local governments, and community programs in ways we haven’t before. We now have a virtual yoga class and a virtual book club! Hopefully, we continue to move forward in ways that allow us to grow and change as an agency in response to what we are given to handle with changing times, whether that be due to public health, changing populations or budgets that expand and decrease on a constant basis.

When I was in high school I worked at Kingsolver Drugs in Garnett. I was behind the soda fountain most of the time pouring coffee for retired folks who came in every day at the same time. I learned all about black coffee, iced coffee, coffee with cream, coffee with cream and sugar, chocolate malts, chocolate cokes—each served with a story to listen to and a personality to appreciate. It was the perfect job. That job, added with the experiences I had with my own grandparents, steered me into work with older adults. Everything I learned and was taught was by people who had already done most things I was yet to experience. I got a lot of good advice behind the soda fountain. And more than once I was told that you don’t regret what you do in life as much as you regret what you didn’t take the opportunity to try. I can hear Bob Kingsolver and all my coffee drinkers saying, ‘you are in it now, kid.’ They taught me well and hopefully soon that uncomfortable coat feels more comfortable and a lot more my own.

Inside This Issue...

From the Editor	2
Independent Living Skills Training	2
Pandemic Who? Staying Busy, While Staying Safe.....	3
Powerful Tools for Caregivers.....	4
Money Matters.....	5
Care Givers Corner.....	6
When You’ve Been Fully Vaccinated	7
News from Kansas Legal Services	8
Will Medicare Cover a Transition Refill	9
News from ECKAAA Nutrition Program	10
Technology	12
Your Brain is Like a Muscle.	13

From the Editor...

It was a year ago that COVID really hit. We didn't even publish *The Golden Years* because we weren't sure how we could get it to all of you. Some were thinking that the germs would be carried by the paper, so we stopped and waited. It seems like a lot of that was going on. Only 3-4 of us came to the office, the others worked from home and everything was done by phone. The caregivers seemed to be hit hard by this pandemic – the in-home support they had couldn't come to their house anymore. If their loved one was in a facility it was difficult to see them as so many facilities were on lock down. So, this issue has a lot of information for caregivers, and I think it is information all caregivers should read. There are virtual caregiver events coming up in the next couple of months so please call our office for details on how to register or go to our website at www.eckaaa.org.



Jodi Smith, *Editor*

A year ago, I didn't think about how this was affecting me, but there was nowhere to teach the chair yoga as we couldn't meet anywhere in a group over 10 people. So everything shut down. So, I stopped and waited. There was a period when all I did was go to work, eat, and sleep. I didn't go walking or do yoga. You know what happens if you don't use your body – you lose your flexibility, strength, range of motion and all those things that we need to keep going. Then I hurt my knee, a little tear in my meniscus- which is something that happens when you are out of shape. It was a wake-up call telling me that I am not a spring chicken anymore and if I want to keep doing the things I have

always done -then I need to practice what I preach and keep moving. I stopped waiting for COVID to be over and started looking at how to do things within the COVID guidelines. We started brainstorming at the office and decided that I could do chair yoga by ZOOM and that a ZOOM Book club would also work to help people that are isolated and bored and need something to do. We received a BCBS grant to help people socially integrate through ZOOM and other digital avenues. This has been a blessing – not only to me but to all my chogis' as I call my chair yoga folks. My chair yoga class is meeting twice a week on Mondays and Wednesdays and if you are interested in trying it out – please call or email me at jodis@eckaaa.org. People are really enjoying the zoom class because they don't think anybody is watching them or seeing if they are doing it right or wrong – but they are doing it as best they can and that is better than sitting around. ECKAAA agrees that yoga – chair yoga or traditional yoga is very good for you and that once you get started practicing yoga – it is something you can do for the rest of your life. So, during this COVID pandemic, I have been taking a 200 Hour Yoga Teacher Training class. It got me moving again and that was what I needed. Now I will be taking a class on Yoga for Arthritis as this will help a lot of people that are in pain and some simple stretches and poses will help them.

I feel better now that I am moving again and not waiting for life to be back just the way it was. I think we each must try to do something to keep us moving. (Remember sitting all the time is the not good for you.) We have so much to be thankful for that we owe it to each other to get the COVID 19 vaccine and continue to practice safety precautions so we can go forward and get back to our new normal.

Independent Living Skills Training from Resource Center for Independent Living

RCIL offers five core services to individuals with disabilities, their families, and their community. The five Core Services are: Advocacy, Peer Counseling, Independent Living Skills Training, Information and Referral, and Deinstitutionalization/Youth Transition Services. These services are free of charge to individuals across all ages and disabilities that live in Allen, Anderson, Bourbon, Butler, Chase, Coffey, Cowley, Elk, Greenwood, Linn, Lyon, Marion, Miami, Morris, and Osage counties.

RCIL teaches people with disabilities the life skills that they need to manage everyday life. Some examples of life skills include: learning how to acquire or maintain housing, employment, transportation, medical equipment, healthcare, and assistive technology. Other examples are: learning how to cook, developing a budget, performing tasks like cleaning and organizing,

and much more. If you are a person with a disability and want to improve your life skills, contact RCIL today at 785-528-3105 for more information and to request services for Independent Living Skills Training.



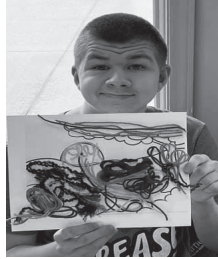
Pandemic Who? Staying Busy, While Staying Safe

The COVID pandemic has dampened the likelihood of 'normal' community-based programs. For example, many IDD individuals who would go on outings during the day or work are now forced to stay home or socially isolate to where communication significantly decreases. Over the last few

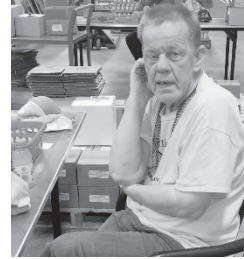
months, IDD providers have had to be creative with their ideas on integration and daily adventures. ECK CDDO providers have gone well above and beyond to keep individuals happy and healthy during this stressful time. I thought it would be a great time to share their stories the best way I know how.



COF Training Services: Making Cookies



Journey's Inc.: Arts & Crafts



Hettinger Developmental Services: Working



S&L Ranch: Mahome's Monday



COF Training Services: Spa Day



COF Training Services: Cookies



Journey's Incorporated: Sidewalk Chalk



COF Training Services: Christmas



Journey's Inc.: Kansas Day



COF Training Services: Walking

Save the Date

Active Aging Expo – A Virtual Event

May 6, 2021 – see pg 4 for details

Alphapointe Low Vision Support Group

May 26 & September 22, 2021

1PM in ECKAAA Conference room

20th Annual Benefit Trail Ride

For ECKAAA Meals on Wheels

October 2, 2021 – see flyer

Powerful Tools for Caregivers

Submitted by Kathy Goul, Family & Consumer Science Agent, K-State Research & Extension Marais des Cygnes District

Each year nearly 40 million Americans provide unpaid care to loved ones - an aging spouse, parent, friend or other family member. Many times these individuals also juggle a job and additional family responsibilities while serving as a caregiver. With each of these responsibilities competing for a limited amount of time in the day, it is easy to become overwhelmed.

Powerful Tools for Caregivers is a program provided by K-State Research and Extension to help family caregivers navigate the challenges of caregiving. A core group of instructors throughout the state of Kansas are certified to teach this course and are currently offering virtual classes on a quarterly basis. These classes are offered via ZOOM.

Powerful Tools for Caregivers is a 6-week education program designed to help family caregivers. As a family caregiver, it is important to care for yourself while caring for your loved one. Participants will benefit from this class whether helping

a parent, spouse, child or friend. The tools and techniques learned are very beneficial, whether caring for someone who lives at home, in a nursing home, or across the country!

This class will provide tools to help caregivers reduce stress, communicate effectively and take care of themselves. In addition, participants will learn how to reduce feelings of guilt, anger and depression that often accompany caregiving. Tips for setting goals and problem solving will be discussed as well as how to make those tough decisions when the time is right.

The online class includes the Caregiver Help Book which covers additional topics such as hiring in-home help, helping memory impaired elders, making legal and financial decisions, making decisions about care facility placement, understanding depression and making decisions about driving.

For more information or for class times and dates contact Kathy Goul at 913-294-4306.

Active Aging Expo Registration *(one person per form)*

There is no registration fee for this year's event, however we do ask that you pre-register so that we can plan accordingly. A link for the event will be sent to your email after you register.

Name: _____
Street: _____ City: _____ State: _____ Zip: _____
Phone: _____
Email: _____
County: _____

Please mail to: Frontier Extension District, Garnett Office
P.O. Box 423, Garnett, KS 66032

or register online at <http://www.agingexpo.k-state.edu>

If you are unable to connect virtually, please call 785-448-6826 to find a host site near you. Registration deadline May 3, 2021.

For more information contact:

Rebecca McFarland, rmcfarla@ksu.edu, 785-229-3520 or

Kathy Goul, kgoul@ksu.edu, 913-294-4306, or
your local extension office,
or <http://www.agingexpo.k-state.edu>

Educational Sponsors

Angels Care Home Health
East Central Kansas Area Agency on Aging
K-State Research and Extension - Frontier District,
Coffey County, Marais des Cygnes District





Money Matter\$

Ryan Henningsen

Financial Advisor

Edward Jones

www.edwardjones.com

Caring for an aging loved one

As average lifespans continue to increase, many will be faced with the challenge of caring for an aging loved one. This can seem overwhelming, financially and emotionally. We want to help. This checklist can help you manage the variety of considerations, both as caregiver and care recipient.

Health and well-being

- Work together to identify and document medical professionals, pharmacy, medications and dosages.
- Develop a network of potential caregivers, including family members, friends, neighbors and health-care professionals.
- If the situation warrants, consider purchasing an alert system to call for help in an emergency.
- Discuss sharing access to medical information through a healthcare power of attorney (POA) to ensure Health Insurance Portability and Accountability Act (HIPPA) privacy laws are met. Without this, a medical provider can't give medical information to anyone other than the patient.
- There are a number of resources available to help caregivers. Research organizations such as the Alzheimer's Association, the Caregiver Action Network and the Family Caregiver Alliance.

Housing

- If your loved one can continue to live in his or her home, research local social service or faith-based agencies that may assist with volunteer home maintenance or other needs.
- Work together to assess whether your loved one's current living situation is still a good choice with respect to mobility, cost and maintenance issues.
- If your loved one has trouble with stairs or other obstacles, discuss options for improving access and safety.
- Gather information about assisted living facilities and other long-term care options. See the U.S. Administration on Aging's Eldercare Locator.

- Understand the different levels of care available at senior living centers – independent living, assisted living, nursing care, etc. – to determine the right place for your loved one.

Financial considerations

With your loved one's consent, work together with him or her to:

- Review financial records and insurance coverage to get a clear picture of his or her situation.
- Identify a strategy to make financial decisions. Who will handle daily money management? Will a group work together to make larger financial decisions?
- Make sure all medical and financial documents are up-to-date. Complete any forms now to ensure those designated by your loved one can access his or her accounts and safe-deposit box. Ensure coordination with existing POA documents to prevent inadvertent revocations.
- Establish a trusted contact on your loved one's financial accounts. The trusted contact cannot transact on the account but provides a contact if the account owner cannot be reached and is feared to be subject to potential fraud or exploitation.
- Research trust services options to manage expenses, investments and financial paperwork. Edward Jones Trust Company may be an option as successor trustee, discuss with your financial advisor.
- Meet with your financial advisor to review the caregiver's life insurance policy to ensure it provides for the needs care of loved ones in the event that something would happen to the holder.
- Look into local property tax deferral or abatement programs. For more information, start by searching your state's Treasury office or contacting the local appraisal office.
- Establish direct deposit of benefit checks into bank and brokerage accounts.
- Learn about his or her Social Security benefits.

continued on page 12

Caregiver's Corner



Shannon Ocsody
Caregiver Coordinator

Hello Caregivers!

I found this Caregiver Bill of Rights and thought every caregiver needs to see this. What you do for your loved one is so important but you also have to take care of yourself.

Please check with me about the times and dates of caregiver support groups that are starting to meet again.

The Power of Touch,

by Mitchell A. Skidmore, MSW, LMSW, with Midland Care

I recently had a powerful reminder of the importance of touch. I was assisting an older client with visual impairment to navigate a local business. As we left the familiar surroundings of her home, she held out her arm to me and said, "my niece usually holds my wrist." The intimation was clear; my client was expecting me to hold her wrist and help guide her to the car. I paused for a moment as my brain quickly (faster than my consciousness could keep up) calculated possible meanings, and consequences, of accepting her invitation. Then, with a nitrile glove between us, I took her wrist.

Our interaction occurred on a Friday afternoon, meaning I had time to reflect more deeply on this experience afterwards. I thought back on my initial conscious thoughts: "I can't take her arm! We're in a pandemic! What does this mean for infection control? Is there a protocol for this? Will she let me give her hand-sanitizer afterwards?" These concerns were legitimate, as the current pandemic has taken a devastating toll on the oldest generation of our societies. But they were also a veneer hiding some of my own discomfort with touching.

I'm very comfortable with handshakes, as these are ingrained "appropriate" touches for my own cultural mosaic. But anything more than a handshake, for someone who isn't family or nearly so, is much less comfortable. Apprehension remains my gut reaction. This apprehension has been reinforced by six months of social distancing, masks, face shields, gloves and uncharacteristic, black, medical scrubs. Luckily, the unconscious part of my brain also holds years of psychological and social work training. Upon reflection, I could hear past teachers and mentors reminding me to "let the client lead" and "meet them where they are." Boundaries are not barriers that prevent shared humanity, but guides to connecting deeply and sustainably.

The need for "contact comfort" does not diminish as we grow from infancy to elderhood. But, in times of duress, it is easy to revert to old patterns and ways of thinking. I wonder if in this time of duress we have reverted to the notion that food, water and shelter are our only basic necessities. Have we forgotten the power of touch to not only help us grow as infants, but to sustain us throughout our lives? Have we forgotten the power of touch to give meaning, depth, and vitality to us, no matter our age?

I believe our relationship deepened that Friday afternoon, because of the power of touch. Our touch helped me realize how this pandemic has made me draw back to a more apprehensive, less creative, less connected way of working. And now that I've realized, I can actively cultivate creativity and connection again. As for my client, she became noticeably more relaxed and open. As we conversed in the car, I heard her laugh for the first time.

A CAREGIVER'S BILL OF RIGHTS

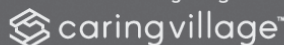
BY JO HORNE

As a Caregiver, I Have The Right:

- 1 To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.
- 2 To seek help from others even though my loved ones may object. I recognize the limits of my own endurance and strength.
- 3 To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.
- 4 To get angry, be depressed, and express other difficult feelings occasionally.
- 5 To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt, and/or depression.
- 6 To receive consideration, affection, forgiveness, and acceptance for what I do, from my loved ones, for as long as I offer these qualities in return.
- 7 To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.
- 8 To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full-time help.
- 9 To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.



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When You've Been Fully Vaccinated

Guidelines from CDC, March 9, 2021

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

Have You Been Fully Vaccinated?

People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine

If it has been less than 2 weeks since your shot, or if you still need to get your second dose, you are NOT fully protected. Keep taking all [prevention steps](#) until you are fully vaccinated.

What's Changed

If you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an [increased risk for severe illness from COVID-19](#).
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

What Hasn't Changed

For now, if you've been fully vaccinated:

- You should still take steps to [protect yourself and others](#) in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - In public
 - Gathering with unvaccinated people from more than one other household

- Visiting with an unvaccinated person who is at [increased risk of severe illness or death from COVID-19](#) or who lives with a person at increased risk

- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC [requirements and recommendations](#).
- You should still watch out for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

What We Know and What We're Still Learning

- **We know** that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
 - **We're still learning** how effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others.
- **We know** that other [prevention steps](#) help stop the spread of COVID-19, and that these steps are still important, even as vaccines are being distributed.
 - **We're still learning** how well COVID-19 vaccines keep people from spreading the disease.
 - Early data show that the vaccines may help keep people from spreading COVID-19, but we are learning more as more people get vaccinated.
- We're still learning **how long** COVID-19 vaccines can protect people.
- As we know more, CDC will continue to update our recommendations for both vaccinated and unvaccinated people.

Until we know more about those questions, everyone — even people who've had their vaccines — should continue taking [basic prevention steps](#) when recommended.

Until we know more about those questions, everyone — even people who've had their vaccines — should continue taking [basic prevention steps](#) when recommended.



NEWS from Kansas Legal Services



Alex English (daughter) &
Tom Lasley (father)

Daughter/Father Legal Team at Kansas Legal Services Leads Free Legal Programs for Qualified Seniors

by Thomas L. Lasley
Attorney for Kansas Legal Services, Inc.

It is a rare happening for Kansas Legal Services, Inc. (KLS) or for any law firm as far as that is concerned. KLS has an odd pairing of two attorneys who just happen to be father and daughter. The daughter, Alexandra English (Alex) is the Managing Attorney of its Kansas City, Kansas office. The father, Tom Lasley, is a recently retired private attorney who specialized in Estate Planning, Probate Law and Elder Law for over 40 years. Now, both daughter and father work long hours together at KLS to help provide a huge variety of free legal services to qualified seniors in eastern Kansas.

Alexandra English:

Alex graduated from The University of Kansas School of Law in 2008. Prior to that she graduated from Kansas State University summa cum laude, in 2005 with her B.A. in Psychology and minors in Leadership Studies and Spanish, all in three years (for which her parents are most appreciative).

Alex started her work as an attorney at KLS in 2008 and has worked her way up the ranks there during the last 12 years. In 2020, she was promoted to Managing Attorney at KLS. Also in 2020, she was appointed by Governor Laura Kelly to become a member of the Board of Adult Care Home Administrators. In addition to all of that, Alex is a wife, a mother of two, and carries a full workload of cases involving bankruptcies, Protection from Abuse cases, Protection from Stalking cases, divorces and paternity cases. Many of you may already be familiar with Alex because prior to her father joining KLS, Alex personally met with seniors at the Area Agency on Aging offices in Ottawa for monthly site visits regarding their estate planning needs and numerous other legal issues.

In addition to all of her other duties at KLS, she is the statewide Director of the Kansas Legal Services Elder Rights Project. The KLS Elder Rights Project is specifically directed to provide free legal services to victims of elder abuse. Under K.S.A. 21-5417, elder abuse is a crime committed through abuse against persons 60 years of age or older that involves either financial exploitation, neglect, physical abuse, sexual abuse and sometimes psychological abuse. Frequently, these kinds of crime are perpetrated by caregivers, relatives, scammers, landlords, etc.

Tom Lasley:

For purposes of this article, there really isn't much you need to know about Tom other than he is the very proud father of Alex and of the great work that she and all of the KLS employees are doing for their low income/low asset clients. When Alex brought her father out of retirement in 2018, as she transitioned to the Director of the KLS Elder Rights position, it proved to be a good fit due to his 40 years of legal experience in estate planning, probate, elder law, Medicaid law, and his familiarity and knowledge in drafting Wills, Powers of Attorney, Living Wills and Transfer on Death Deeds. After Tom agreed to take on this task, the sense of irony was not lost on him in that life had come full circle. He remembers very well when Alex was in high school and college and worked for him at his law firm as a librarian, legal secretary, paralegal and law clerk. Now, the tables have completely turned.

Life is no longer leisurely for Tom because he is now responsible for handling the AAA work in the counties of Leavenworth, Wyandotte, Johnson, Franklin, Anderson, Coffey, Linn, Miami and Osage, along with video conferencing with clients in approximately 20 additional counties surrounding the Dodge City, Kansas area. Tom makes personal site visits to the Ottawa Area Agency on Aging offices on the first Tuesday of each month. He schedules 45 minute meetings with applicants starting at 9:00 a.m., with his last meeting beginning at 3:00 p.m. His site visits provide a great opportunity for qualified applicants to take advantage of free consultations and services from an experienced attorney. There are only three qualifications that one must meet to receive free legal services from KLS under its AAA grant. You must be: (1) 60 years of age or older, (2) a U.S. Citizen or Legal Permanent Resident, and (3) a Kansas resident.

Conclusion:

If you feel that you qualify for free legal services under any of the KLS grants, especially for Elder Abuse or Area Agency on Aging issues, please feel free to call the Ottawa AAA offices at 785-242-7200 to schedule a personal appointment with Tom Lasley during one of his site visits there. Please know that if you believe you are a victim of elder abuse, you should first call the police, and then, make a report to Adult Protective Services at 1-800-922-533. KLS may be able to provide free legal services to elder abuse victims under its Elder Rights Project. You can apply to KLS for this assistance by calling 1-800-723-6953 or by applying online at www.kansaslegalservices.org.

In addition to Alex and Tom, the Kansas City office of KLS has a staff of 7 other experienced attorneys all available to assist low income/low asset individuals on a wide range of legal issues. Please let us know if we can help you in any way.

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

WILL MEDICARE COVER A TRANSITION REFILL

What can you do if your Medicare Part D plan does not cover a prescription? In some cases, you can use a transition refill process to get the medicine covered for a one-time refill until you can get something arranged for the medication.

A transition refill, also known as a transition fill, is typically a one-time, 30-day supply of a drug that you were taking:

- Before switching to a different Part D plan (either stand-alone or through a Medicare Advantage Plan)
- Or, before your current plan changed its coverage at the start of a new calendar year.

Transition refills let you get temporary coverage for drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy).

Transition refills are not for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

The following situations describe when you can get a transition refill if you do not live in a nursing home (there are different rules for transition refills for those living in nursing homes):

1. Your current plan is changing how it covers a Medicare-covered drug you have been taking.
 - If your plan is taking your drug off its formulary or adding a coverage restriction for the next calendar year for reasons other than safety, the plan must either:
 - ✓ Help you switch to a similar drug that is on your plan's formulary before January 1
 - ✓ Or, help you file an exception request before January 1
 - ✓ Or, give you a 30-day transition fill within the first 90 days of the new calendar year along with a notice about the new coverage policy.
2. Your new plan does not cover a Medicare-covered drug you have been taking.
 - If a drug you have been taking is not on your new plan's formulary, this plan must give you a 30-day transition refill within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.
 - If a drug you have been taking is on your new plan's formulary but with a coverage restriction, this plan must give you a 30-day transition refill free from any restriction within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.
 - In both of the above cases, if a drug you have been taking is not on your new plan's formulary, be sure to see whether there is a similar drug that is covered by your plan (check with your doctor about possible alternatives) and, if not, to file an exception request. (If your request is denied, you have the right to appeal.)

Note: If you file an exception request and your plan does not process it by the end of your 90-day transition refill period, your plan must provide additional temporary refills until the exception is completed.

Remember: All stand-alone Part D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in the above cases. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to a covered drug or file an exception request with the plan.

Medicare Rights Center, Jan 2021

NEW TO MEDICARE SEMINAR

April 14, July 14, and Oct 13.

April, July and Oct

will be determined In-Person or ZOOM

10AM- NOON



East Central Kansas
Area Agency on Aging

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

NEWS

from ECKAAA Nutrition Program

Sarah Jane Russell, Nutrition Site Coordinator

Can you believe it?

Spring is actually here and the sun feels warm and welcoming!

For this edition of the newsletter, I want to answer some questions that have come my way recently. If you have more questions after reading the information, please give me a call at 785-242-7200.

What is the Nutrition Program?

The East Central Kansas Area Agency on Aging Nutrition Program (ECKAAA NP) is a program dedicated to meeting the nutritional needs of older adults through senior lunch sites and home delivered meals. Our Mission is to provide balanced meals and nutritional support to help all persons age 60 and over stay healthy and independent in their own homes, regardless of their income level.

Nutrition Information?

All meals must meet a minimum of one-third (1/3) of the Recommended Daily Intake established by the Food and Nutrition Board of the National Research Council and National Academy of Sciences. A registered dietician reviews all the menus prepared by our program and certifies that they meet all established requirements. We do not provide specialized meals, however, we will be glad to refer you to companies who do serve specialized meals.

What is the cost of a meal?

The meals we prepare for you are funded by federal, state and local dollars, fundraising, as well as customer donations. **The suggested donation is \$3.50 per meal, however, any amount is appreciated!** You can donate by check or cash and you can donate daily, weekly or monthly. If you would like to send in a check, please make checks payable to ECKAAA Nutrition Program. The mailing address: ECKAAA at 117 South Main Street, Ottawa, KS. 66067

I am pleased to provide you with information about the ECKAAA Nutrition Program. Not only does this program provide 1/3 of your daily nutritional requirements, we hope that our volunteers and staff provide familiar and friendly faces; good will and fellowship; and regular check-ins for home delivery clients. The site managers at the lunch sites are also ALWAYS willing to help! Give them a call! The food is yummy (no salt is used in the preparation of the food) and plentiful!

We are proud to serve every person coming our way!

From the Kitchen

There are a lot of changes going on at the kitchen and with the Meals on Wheels program. Willie Brown is the Nutrition Operations Coordinator and Paris Long is working with him on inventory and ordering. The new garage is coming along and will allow the van drivers to pack their vans in the garage and not outside. This will be great not only for the drivers but also the coolers and containers of food won't be exposed to the rain, snow, ice, or extreme temperatures. The pictures (on the next page) show the progress of the garage.

We have several new van drivers, kitchen help and site managers.



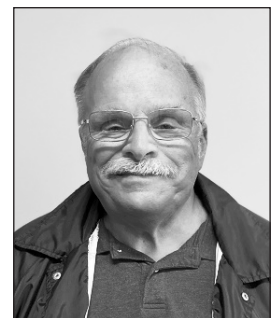
Carol Ireland
Kitchen Assistant



Cassandra Henslee
ECKAAA NP Van Driver



Greg Hendershot
ECKAAA NP Van Driver



Tim Wendt
ECKAAA NP Van Driver



Susan White
Ottawa Meal Site Manager



Sarah Conklin
Carbondale Meal Site Manager

From the Kitchen *(continued)*



In Miami county – the County Commissioners wanted to make sure everyone had food so they purchased boxes of shelf stable food and then they were distributed to schools, day cares, pantries, churches and home delivered meal participants. In Osawatimie, the Happy Go Getters 4-H Club used a day during their spring break to help distribute the boxes to the home bound. Thanks so much to each and every one of you .



NEW Date: October 2, 2021
"RAIN OR SHINE"
Registration time: 8 a.m.
Ride leaves promptly: 10 a.m.
Where: Cedar Park at Pomona Lake, Kansas
Registration Donation: \$25 (Lunch and 1 ticket for saddle drawing provided)
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Trail and Camping information call Blackhawk Horse Camp 785-806-3121

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 Child Registration \$5
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Oct. 2, 2021

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All proceeds benefit ECKAAA Nutrition Program, Inc. 501(c)(3)



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Technology



As the pandemic has shown us- technology can keep us in touch with our friends, family, doctors, book clubs, fitness instructors, teachers, and people in general. I think this technology is going to keep getting better and everyone needs to figure out how to use Zoom, Skype, Facetime, Google Meet or whatever application works for you. I just got on the AARP website to try to find an article about how to use these apps and what I found was that AARP has joined with an organization called Senior Planet and it has FREE activities listed on its website every day. It is free to anyone over 60- they would like you to become a member and make at least a \$1 donation a year- but I didn't donate anything (yet) and was able to join a morning stretch, chair yoga, learn how to take photos with my phone and so many more things.

I know that computers and technology can be confusing but the fact is – it is here to stay and so I encourage all of you to talk to someone that can help you – whether it is a family or friend or an online class- but start learning how to interact online- you won't be sorry. I am hoping that I can find some students to help with mentor seniors so they can enjoy all the things the internet has to offer.

Ageing with attitude. Senior Planet from AARP harnesses technology to change the way we age. Our courses, programs, and activities help seniors learn new skills, save money, get in shape, and make new friends.

Caring for an Aging Loved One *(continued from page 5)*

Navigate Medicare, Medicaid and any other health care benefits he or she may be receiving. This may include:

- Medicare resources for caregivers.
- Learn about Veterans benefits as appropriate.
- Discuss how he or she will pay for out-of-pocket costs such as premiums, deductibles and other items Medicare doesn't cover.

Important documents

- Help your loved one locate his or her will, living will or health care directive and any trusts that may exist. Review them with an attorney to ensure all are up-to-date and in line with your loved ones wishes. If your loved one doesn't have these documents, consider setting up any that are appropriate.

Senior Planet is about much more than just the latest gadgets and apps and websites. Those gadgets and apps and websites are just means to an end: enabling older adults and people of all ages to come together and find ways to learn, work, create, and thrive in today's digital age.

Wherever you are in the world, you can subscribe to our newsletters and participate online. If you're near one of our physical locations, even better! We're active on the ground in six U.S. locations (with more coming soon):

- New York City
- North Country, New York
- Montgomery County, Maryland
- Colorado
- San Antonio, Texas
- Palo Alto, California

In those locations, we offer multi-week technology courses, most of them free, that help seniors learn computer basics and develop life-enhancing computer skills: digital photography, social media, online job searches, even how to make a website. Our Senior Planet Centers are vibrant social environments filled with friendly, curious older adults and lots of the latest tech gadgets. In addition to our multi-week courses, we gather often for senior-relevant tech-related lectures, workshops, and social events. More than anything, we have a lot of fun.

Like how this sounds? Make sure you sign up for our newsletters, and consider becoming a Senior Planet member.

SIGN UP FOR NEWSLETTERS

Senior Planet is a program created and sponsored by national nonprofit Older Adults Technology Services (OATS). After a series of successful collaborations, OATS formally joined the AARP family as a charitable affiliate in 2021. The affiliation allows OATS to pursue its mission at scale, helping seniors harness the power of technology no matter their socioeconomic circumstances, geography, educational background or age.

- Create a list of all your loved one's online accounts and documents, such as Facebook, email accounts and cloud-based photos.
- Offer to accompany your loved one to meet with a financial advisor to review savings and investments, including Individual Retirement Accounts (IRAs), 401(k) accounts, and life insurance and annuities. Ensure beneficiaries are up-to-date.
- Help locate any documents for prearranged funeral or burial arrangements.

Caring for an aging loved one can be a challenging responsibility, but you don't have to do it on your own. We can help. Talk to your Edward Jones financial advisor to identify strategies that may work for you.

Your Brain is Like a Muscle. To Make It Stronger, You Have to Use It

From AARP.org/Staying Sharp/Caregiving

Learning challenging activities seems to help the brain make new connections and improve memory

When you think of learning, you may think back to your days in grade school or college. But learning throughout life is vital for keeping your brain healthy as you age.

“Your brain is like a muscle,” says Daniel G. Amen, a psychiatrist based in Costa Mesa, Calif., and author of *Change Your Brain, Change Your Life*. “The more you use it, the more you can actually make new connections.”

The brain works optimally when presented with new information and skills. And the more challenging the information is to master, the better. When University of Texas, Dallas researchers assigned adults to different activities in a 2013 study, only those who learned a new skill, such as quilting or how to use the image-modifying computer software Photoshop, showed significant gains in memory function.

Those who just watched movies or described favorite vacations didn't realize the brain benefits.

Here's how it works: When you learn something new, fibers called dendrites branch out of neurons or nerve cells in your brain like twigs on a tree, forming dense networks. Electrical signals transmit information from one neuron to another across a small gap at the contact point called a synapse.

“When you're building those connections, you're actually changing the shape and structure of neurons,” Amen says. “You're pumping them up and giving them more contact points to learn new things.” Although some synapses are weak, learning makes them stronger.

If you're depending on crossword puzzles to keep your mind strong, you may want to rethink the strategy, Amen says, since doing the same thing over and over again isn't challenging enough to work that magic. “It's like going to the gym and just doing bicep curls,” he says. “Your brain has many different parts, so you want to engage it in different ways. The act of mixing it up makes the brain more agile.” —Beth Howard



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The Golden Years

Published by:

East Central Kansas Aging And Disability Resource Center
Elizabeth Maxwell, Executive Director
Jodi Smith, Editor

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