

The Golden Years

PUBLICATION OF EAST CENTRAL KANSAS AREA AGENCY ON AGING

SERVING ANDERSON, COFFEY, FRANKLIN, LINN, MIAMI, & OSAGE COUNTIES



MEALS ON WHEELS CELEBRATES 50 YEARS

by Faith Sage

The Meals on Wheels Program celebrated 50 years in March! 50 years of serving meals to those over 60 who are homebound or those who can visit one of our sites. This is quite a milestone for the program. In our 6-county service area we have 24 Nutrition sites, 4 drop sites, 26 Site Managers and countless volunteers. In each of our sites, community members gather daily to enjoy each other's company and we take pride in being at the center of those gatherings and being able to provide the meal to tie it all together.

We celebrated this milestone by splurging on our meal and fixing roast beef, mashed potatoes, carrots, apple crisp and a roll. All sites were encouraged to decorate and invite community leaders to join in on the celebration. Area Agency staff in Ottawa was sent out to sites across the 6 counties and in Ottawa at the kitchen our staff, drivers, volunteers and other members of the community gathered to have a meal together, celebrate and appreciate the 50-year anniversary.



Pomona, KS

Waverly, KS



Paola, KS



Colony, KS

Paola, KS



Ottawa, KS

Lane, KS



Burlington, KS



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From The Director - Leslea Rockers

"YOUR PRESENT CIRCUMSTANCES DON'T DETERMINE WHERE YOU CAN GO. THEY MERELY DETERMINE WHERE YOU START."

- Nido Qubein

The federal nutrition program for those ages 60 and over, turned 50 during the month of March. ECKAAA is proud to be a part of Meals on Wheels of America and served a special meal on March 23, 2022, at all congregate sites and to all home delivered participants to celebrate the anniversary. ECKAAA serves daily meals in all six (6) of our counties and approximately 65% of those meals are provided to homebound participants.

Across the nation there are more than 5,000 community-based programs that work to address hunger and isolation among older adults. The 50th anniversary of the Older Americans Act Nutrition Program is a testament to the value of the federal legislation for funding nutrition services for older adults in rural and urban areas in every state. In our service area we provide meals through 24 congregate sites and to home bound participants through a delivery system of both hot and frozen meals by ECKAAA staff and program volunteers.

ECKAAA kitchen staff arrive at the central kitchen in Ottawa every morning about 5:30 to start preparing the meals to go out that day. Meals are called in by the site managers the day before for their sites and are meal count for those participants who the delivery drivers deliver to along the route on their way to each recorded at the ECKAAA office and then posted at the kitchen by site. ECKAAA staff also manages the site. Six (6) van drivers then leave the kitchen with meals packed for congregate sites and home bound participants covering approximately 500 miles each day. ECKAAA staff prepares between 700 and 750 meals each day.

It is no small feat to make all of this happen five (5) days a week. It requires a lot of organization, tracking, planning, communication, and documentation to keep everything on track so that meals are ready to be packed and loaded by the time each driver needs to leave the kitchen to deliver meals to clients and congregate sites on time. Some days everything goes smoothly, some days we hit a couple bumps. Some days everyone loves the menu and some days they don't—but as I tell folks, what one person thinks is great does not satisfy someone else—hitting a home run on 700 meals five days a week is a hard ask and a task we never stop trying to improve.

The nutrition program would not be able to function without the dedicated number of volunteers who help our staff get meals out to our communities at the local level. Some

communities run multiple routes to deliver to the homebound—this takes time and effort on the part of our site managers to coordinate. Volunteers are the soul of this program in many ways as they help ensure that meals are served at the local level to those they know in their communities. We could not do this program without their help, and they provide an invaluable service to their community. I have also never had a site manager tell me that there are enough volunteers to help every day so if you want to be of service in your community we have the program for you!



Staff Person of the Quarter Robert Floyd

Robert Floyd is the employee of the quarter. Robert is a driver for the nutrition program and has been with ECKAAA since September 2021. During this time Robert has driven multiple routes and is always ready to work another route if needed. He is friendly and helpful to the kitchen staff and always volunteers to step up and help do what is needed to get the meals out. He has caught on quick to his position and is dependable and reliable. We count on Robert and his easy-going nature to help us out when needed as we know he will do what is needed to ensure the meals are delivered wherever they need to go. Congratulations Robert on being employee of the quarter!



Volunteer of the Quarter Janet Dietrich

We have chosen Janet Dietrich as our volunteer of the quarter because of her dedication to our program and her positive attitude. Janet has been a volunteer for the Meals on Wheels program for quite some time. She started in Garnett and has recently moved to Wellsville where she has continued to help. Janet has been a great addition and is always willing to help wherever she is needed from the kitchen serving meals to helping deliver to clients throughout town. Its volunteers like Janet that we thrive on and the reason we can do the work that we do. In her time away from our program she thoroughly enjoys every minute with her kids, grandkids and great grandkids. Janet, thank you for choosing our program- we appreciate you!



From the Editor...

from Jodi Smith, Editor

The closer I get to retiring – the more I think about what I am going to do when that day comes. I have a lot of things I want to do, so it is a pretty long list. Some call it a bucket list, some call it wishful thinking or dreaming but whatever your list is- it is up to you and only you can make it happen. Some people have a purpose in life, and it is a lifelong purpose- it seems that farmers and their wives work their farm and land their whole life. It doesn't stop for them at a certain age. I think it comes back to that saying... find something that you love to do, and you will never work another day in your life. I know a lot of people that love what they do, a lot of them are teachers, nurses, and those that have their own business. So, I think that I have been fortunate to be able to work with the seniors in one way or another for the past 25 years. I have helped many seniors in that time, have learned a lot, and loved every minute of it. I think of a couple of my favorite ladies that did a lot in their life but then they both did something in their later years that I think is amazing. Olive Staadt, lived to be over 100, was married to her husband, Harold for almost 80 years and when she was 85, she started writing articles for The Shopper about the simple life- life on the farm. Then she put all these stories into a little book. I still cherish my copy of this book. The other lady was my Aunt Bev, she worked all her life and when she retired, she couldn't just sit around so she became a Foster Grandparent at Wellsville. And that wasn't enough, so she started writing children's books and she wrote seven books about making life an adventure. I keep these books to share with my grandchildren. These 2 women make me think – what am I going to do when I retire. I know I want to keep helping the seniors in my area and I think I have figured it out. I have talked about my chair yoga classes and getting certified to teach yoga at 67, which is past retirement age for most people. But I plan on teaching yoga for a very long time, especially since yoga or chair yoga is something that you can practice for the rest of your life. Now, one of the top things on my bucket list is to visit all the National Parks in the United States. Since I practice yoga about every day it would only seem natural that I will be able to practice yoga at each national park.

So don't forget to celebrate life and enjoy yourself each and every day. And think about what is on your bucket list and how you plan to make it happen when you retire. When thinking about this please find something you enjoy, something that contributes to the well-being of others and will impact your community in a positive way after your "retirement".



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Caregiver's Corner by
Shannon Ocsody

CARING FOR THE ELDERLY: *Dealing with resistance*

Caring for the elderly can be challenging — particularly if a loved one doesn't want help. Understand what's causing your loved one's resistance and how you can encourage cooperation:

By Mayo Clinic Staff

One of the toughest challenges you can face when caring for the elderly is resistance to care. How do you help a loved one who doesn't want help? Understand why resistance to care might develop and strategies for fostering cooperation.

What causes resistance to care?

If your loved one is in need of care, he or she is likely dealing with loss — physical loss, mental loss, the loss of a spouse or the loss of independence. Accepting help might mean relinquishing privacy and adjusting to new routines. As a result, your loved one might feel frightened and vulnerable, angry that he or she needs help, or guilty about the idea of becoming a burden to family and friends.

In some cases, your loved one might be stubborn, have mental health concerns or simply think it's a sign of weakness to accept help. He or she might also be worried about the cost of certain types of care. Memory loss might also make it difficult for your loved one to understand why he or she needs help.

What's the best way to approach a loved one about the need for care?

In some cases, the doctor will start a discussion with your loved one about his or her care needs. If you're starting the conversation and you suspect that your loved one will be resistant to care — whether from family, other close contacts or a service — consider these tips:

- **Determine what help is needed.** Make an honest assessment of what kind of help your loved one needs and which services might work best.

- **Choose a time when you and your loved one are relaxed.** This will make it easier for you and your loved one to listen to each other and speak your minds.
- **Ask about your loved one's preferences.** Does your loved one have a preference about which family member or what type of service provides care? While you might not be able to meet all of your loved one's wishes, it's important to take them into consideration. If your loved one has trouble understanding you, simplify your explanations and the decisions you expect him or her to make.
- **Enlist the help of family members.** Family and friends might be able to help you persuade your loved one to accept help.
- **Don't give up.** If your loved one doesn't want to discuss the topic the first time you bring it up, try again later.

To read this complete article you can go to: <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/caring-for-the-elderly/art-20048403> or on our website at www.eckaaa.org – then go to the MORE tab.

WELCOME NEW STAFF



LISA YODER

My name is Lisa Yoder, and I am a wife to a Marine Veteran, a mom to 4 beautiful children and a nana to my grandson (10 months old) who I absolutely adore.

I am a recent Washburn University graduate and before receiving my bachelor's in healthcare administration, I worked as an Occupational Therapy

Assistant in the skilled nursing setting. I have a passion for helping others and I am so excited to be part of the ECKAAA family. In my spare time I enjoy spending time with my family, riding motorcycles with my husband, camping/fishing, gardening, and crafting. I look forward to serving my clients and community.

KS COMMISSION on VETERANS' AFFAIRS

Contact your representative by email or phone.

Anderson, Linn, & Coffey Counties *

Kress Center, Suite 1D
702 Commercial Street
Emporia, Ks. 66801
620-342-3347

jamie.potter@ks.gov

Osage County

Jayhawk Tower, 700 SW Jackson St.
Topeka, Ks. 66603
785-559-0061

conlin.bartow@ks.gov

Franklin & Miami Counties

745 Vermont, Lawrence, KS 66044
785-843-5233

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

PRESS RELEASE – UNITED WAY OF THE FLINT HILLS & ECKAAA

The East Central Kansas Area Agency on Aging would like to thank the United Way of the Flint Hills for the 2022 Grant awarded to the Nutrition Programs of Coffey and Osage Counties. The grant was for \$5,000. ECKAAA values the partnership that they have developed with the United Way of the Flint Hills and look forward to another successful year. The ECKAAA Nutrition Program has 3 nutrition sites in both Coffey and Osage County. In Coffey County the sites are in Burlington, Lebo, and Waverly. In Osage County the nutrition sites are in Burlingame, Carbondale, and Osage City.

If you would like to find out more about the nutrition sites in Coffey or Osage County please call the ECKAAA office at 785-242-7200 or go to our website at www.eckaaa.org.

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Money Matter\$

Ryan Henningsen
Financial Advisor
Edward Jones
www.edwardjones.com

THE FOUR PILLARS OF THE NEW RETIREMENT:

What a difference a year makes

This study builds on the landmark study from 2020 which explored the four pillars of living well in retirement – health, family, purpose and finances. This new study reveals how the timing and funding of retirement are being adjusted, shining a spotlight on the importance of purpose and contribution post-work, and describes what Americans now say are the most critical aspects of both the financial and non-financial elements of comprehensive retirement planning.

76% of Americans credit the pandemic with helping them “refocus on what’s more important in life.”

THE FOUR PILLARS OF THE NEW RETIREMENT

Our study surveyed 9,000 North Americans across five generations and identified four areas (dubbed the Four Pillars) that impact the quality of life in retirement: health, family, purpose and finances. Achieving your ideal retirement requires thought and action about each of these pillars.

Most retirees wish they had done a better job planning for the financial (61%) and non-financial (54%) aspects of retirement.²

EXPLORE THE FOUR PILLARS

While yesterday’s retirement often focused on the end of work and winding down, today’s retirees see themselves as having more freedom – freedom from many work and family responsibilities, and freedom to explore new options and pursue new interests. Are you confident that your retirement plan is ready for your idea of retirement?

PILLAR 1: HEALTH

Part of what’s new about retirement is a longer lifespan and more years in this life stage. Good health offers choices. Unfortunately, most adults spend 10 years in poor health. The most feared condition in America is Alzheimer’s and other forms of dementia.

90% of Americans older than 50 say that being healthy is about being able to do the things you want.¹

PILLAR 2: FAMILY

Family is the greatest source of satisfaction, support and purpose. On the one hand, adults 50+ worry about becoming a burden on their families. On the other hand, they are willing to offer financial support to family regardless of how it affects their future.

72% of retirees say being a burden to their family is one of their top fears, but one in four Americans older than 65 have not discussed their end-of-life care preferences with anyone at all.

PILLAR 3: PURPOSE

Retirees say their greatest source of purpose is from spending time with loved ones. They also value learning and growing. Yet now, with more than seven hours a day of free time, one in three new retirees struggles to find purpose in retirement.

89% of Americans feel there should be more ways for retirees to use their talents and knowledge for the benefit of others.

PILLAR 4: FINANCES

The role of money in retirement is to provide security and freedom. Over half of retirees wish they had budgeted more for unexpected expenses. When it comes to the unexpected, the cost of health care is more worrisome than a recession.

Two-thirds of Americans who plan to retire in the next 10 years say they have no idea what their health and long-term care costs will be in retirement.

For more information on the four pillars of the new retirement check out www.edwardjones.com to view the full 2020 and 2021 Report.

NEWS

from ECKAAA Nutrition Program

Nutrition Surveys

Meals on Wheels sent out surveys towards the beginning of the year. About 700 surveys were sent out and we have to date received about 250 of them back. These surveys asked questions about food quality, service, whether someone was considering leaving the program and if they would recommend a friend to our program. We were very pleased with the results and the number of surveys that were returned to us. With these results I plan to sit down with kitchen staff, drivers and site managers if needed to discuss where we can look at improving. One big thing we did learn from the survey was that everyone has different taste! We asked for each person to list their favorite menu item and out of the 250 surveys that we received there were 35 different answers given to that question. Please see the insert with the survey results in this Golden Years Issue.



Williamsburg, KS



Richmond, KS



Garnett, KS



Sunflower Plaza, Ottawa, KS



Osage City, KS

SHELF STABLE BOXES:

Late last year the Area Agency on Aging had purchased some shelf stable boxes, these boxes included a variety of 10 meals.

We distributed them throughout and they came in handy this winter with all the snow days that we ended up with. The intention of the boxes were to help individuals that were homebound with days that our delivery drivers were not able to make deliveries due to the weater. We have had 8 snow/weather days where we had to shut down because it was not safe to deliver, and these boxes were used by many!

We have received phone calls of appreciation for these and decided that we would purchase another round. So, we are happy to announce that we have already sent out a second round of these boxes, but if you did not receive one and would like one, please reach out to our office and they will get you directed to the right person

785-242-7200

OTHER NEWS:

Our Ottawa site (located at our kitchen) will be undergoing a renovation soon. We will be repainting, putting in new flooring and updating the site all around. Look for us to have a Grand Reopening coming in late May or June.

We are excited about the changes and are hoping that with warmer weather around the corner we will be able to have this site up and running. Ottawa has a great community of people, and we would like to be able to offer a place where organizations can meet, have luncheons or even teach some classes.



Are You at Risk For Falls?

CDC Fall Risk Self-Assessment



According to the CDC, 1 in 4 adults over 65 report falling each year, which equals approximately 36 million falls in the US each year. 8 million falls each year result in injuries such as broken bones and head injuries. There are many factors that can lead to falls including home environment, muscle strength and endurance, balance, sensation in the feet, vision, medication, blood pressure and more.

CDC FALL RISK SELF-ASSESSMENT

- Have you fallen in the past year?
- Have you been advised to use a cane or walker to get around safely?
- Do you feel unsteady when walking?
- Do you use furniture to steady yourself when walking around your home?
- Do you use your hands to push up to stand from a chair?
- Do you have trouble stepping up to a curb?
- Do you feel sad or depressed?
- Do you often rush to the toilet?
- Have you lost feeling in your feet?
- Does your medication make you feel dizzy or light-headed?
- Do you take medication to help improve your mood or sleep?

If you answered yes to 4 or more of these questions you may be at risk for falling. If you feel that you are at risk for falls or would like to learn more about fall prevention please join us for a 2 session course with local physical therapists Dani Swartz, PT, DPT, OCS and Jesica Schaub, PT, DPT, ATC.

When: May 5th and May 12th
 Time: Noon
 Where: ECKAAA Office, 117 S Main St., Ottawa, KS. 66067
 Please call 785-242-7200 to reserve you spot for these Lunch & Learns

SPIIL Transportation

Transportation is a barrier for many Kansans with disabilities, especially in rural areas. Did you know there is a group working to identify and overcome those barriers? The Statewide Plan for Independent Living (SPIIL) Transportation workgroup consists of staff members from several Centers for Independent Living (CILs), consumers, and other stakeholders. The group meets regularly to share transportation resources, learn from transportation providers, and advocate for change. The group launched a Kansas transportation website to help expand its efforts. The website provides resources for transportation, has contact information for mobility managers, lists transportation rights for people with disabilities, shares ways to advocate for improvements, and collects consumer stories.

If you have a transportation resource, a barrier, or an idea for better transportation please visit www.spiltrans.org and share your information!



RESTAURANT VOUCHER PROGRAM RETURNS

Last year, ECKAAA's nutrition program successfully partnered with local Ottawa restaurants to offer vouchers for people 60 and over to go to local restaurants for dine-in and takeout meals. We are in the process of finalizing the details of the voucher program for this year and will have the program up and ready to run by April 1st. Stay tuned to our web site or Facebook for more details about the participating restaurants.

Like last year, local restaurants provide a special voucher menu with a variety of options for you to choose from. People 60 years and older can come to ECKAAA and pick up vouchers that they can present to the participating restaurants for one of the meals on the restaurant's voucher program menu. A donation of \$4.00 per voucher is suggested. Each person can receive up to 10 vouchers per month.

We are excited to offer this nutrition program again this year and are thrilled to work with and have the support of the participating Ottawa restaurants. Check out the insert in this issue for details on the program.

MEDICARE

Spring Into Action with SCHICK

By Karen Eager - SCHICK Coordinator

It may only be Spring, but we are already planning for the fall Medicare Open enrollment and we need your help. We are looking to add volunteers to our flock of a Senior Health Insurance Counselors of Kansas (SHICK). There are many advantages to becoming a becoming a Senior Health Insurance Counselor:

- keep your brain young and active by continuing to learn new things
- help yourself have a better understanding of Medicare and how it all works,
- actively help others in our communities with their Medicare issues
- expand your opportunities to meet and engage with new people

SCHICK plays a critical role with Medicare because Medicare does not have local offices. SCHICK is part of the nationwide network of the State Health Insurance Assistance Programs (SHIPs) created by the United States Congress in 1990. Congress authorized the Centers for Medicare & Medicaid Services (CMS) to make grants to states to establish and maintain health insurance advisory service programs for Medicare beneficiaries. SCHICK is the SHIP for Kansas—I dare you to say that three times.

An important role of the SCHICK program is to meet with individuals for personalized counseling, answer questions and to assist with Medicare related enrollments. As SCHICK counselors we provide free, unbiased and confidential information to Medicare beneficiaries.

If you volunteer to be a SCHICK counselor, you will receive training through the Kansas Department of Aging and Disability Services. That training covers on all aspects of Medicare, long-term care insurance and other insurance topics that impact older Kansans. Once you have been trained and certified, you will be able to work directly with a fully trained counselor so that you feel comfortable with the work that we do. As a SCHICK volunteer, you can decide how much you want to volunteer, when you can volunteer, where you would like to volunteer. Although traditionally SCHICK has done a majority of its work in-person, the COVID-19 pandemic has encouraged us to offer telephone and zoom calls as a way to also do counseling. Thus, you can counsel in whatever way you are most comfortable with. During the fall Medicare Open Enrollment Period we like to get out to the 6 counties we serve and help with enrollments in those counties. So, there are an abundance of opportunities for you to tailor your volunteer experience to you own needs and situation. Even if you don't want to do SCHICK counseling there are other ways that you can volunteer and help us with a multitude of administrative and clerical task that are critical to what we do. So please, Spring into action this Spring and find out how to be a SCHICK counselor or find out how you can join ECKAAA for a variety of volunteer opportunities that we offer. Please call Karen at ECKAAA for more information on how you can get involved.

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BE THE DIFFERENCE

by Amber Vogeler, CDDO Coordinator



A couple of weeks ago, I was looking through Facebook and came across a post asking for a support worker for a young man in the area. Mom said that he needs another worker to help with daily living, tracheostomy care, toileting, etc. She included a pay range and stated that if a person worked for a particular company, it would be best. The comment section

of the original post was not what I expected.

People were commenting on how the agency was some awful company who didn't pay their workers enough money. Others were saying the mom wouldn't get a worker with only paying \$10.00 - \$11.00 an hour, when the shifts could be up to 12 hours a day. Then, there were only one or two people who genuinely posted in the comments that either recommended a worker or asked for more details. Shame on the others for being rude, shame on them for not being encouraging, and shame on them for not supporting a mother who was looking for support for her disabled child.

According to Indeed.com the national average of pay for a Direct Support Professional (DSP) is \$14.45 per hour. Some of the highest paid DSPs would be in New York and Chicago. The lowest paid would be in Louisiana, Mississippi, and Alabama. Per the charts, Kansas is 5% to 14% lower than the national average. Most DSPs will work in more of a group home setting rather than singular occupied homes.

For a single individual needing support, that worker would be known as a Personal Care Worker/Attendant. The U.S. Bureau of Labor Statistics walks through Occupational employment and wages, as of May 2020, for personal care aides. On average, a worker can make \$13.02 an hour. Some states, like Louisiana, go as low as \$9.52 per hour while other states, like Alaska, go as high as \$17.00 an hour. Kansas is on the low end with approximately \$11.00 an hour for providing in-home supports.

Imagine taking care of someone, who has no physical ability to take care of themselves, for \$11.00 an hour. I know I couldn't do it. I'd be burnt out by the end of the first week. But that's not an option for individuals who need total care supports in everyday life. They rely on people like you and me to live and maintain a safe and healthy environment. The goal is to get individuals to live a preferred lifestyle, or as close to it as possible.

So, instead of bashing people or companies on Facebook, I'd highly suggest doing your research. Why is Kansas so far behind other states? Why are the wages of DSPs and Personal Care Workers much lower than our surrounding states? And why, when we live in a community with multiple distribution centers and a power plant, are people who take care of

our loved ones day in and day out not being paid a living wage? Ask those questions. Ask them to your neighbors. Ask them to your local agencies, local businesses, and local government. Then, ask your state legislators. Let your voice be heard. Be an advocate for those who are not able to speak on their own behalf. Make a difference. Be the difference.



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DO YOU HAVE LOW VISION?

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WHERE: KSU RESEARCH & EXTENSION OFFICE, 913 PEARL ST. SUITE 1, PAOLA, KS. 66071

WHEN: MAY 19TH @ 1:30PM

CONTACT JODI SMITH AT 785-242-7200 TO RSVP AND FOR OTHER 2022 MEETING DATES AND LOCATIONS



Building Momentum As We Age

Submitted by Kathy Goul, Family & Consumer Scientist Agent, Marais des Cygnes District

The negative lens through which our society sees aging feeds the stereotype that aging is a process of deterioration, decline and dependency. This assumption is so engrained in America today that we rarely notice it. However, when we look closely, it can be seen everywhere.

We talk about “battling” aging. We mock ourselves for struggling with new technology as we age. We see aging as an embarrassment we do not want to highlight. We tell children it is rude to ask older people how old they are. We search for the “fountain of youth” in a variety of anti-aging products to “reverse aging”.

The challenges that accompany aging, such as health issues, loom large, while the benefits of aging fade into the background. Why is that? As we treat our aging as something to fight rather than embrace, we are at risk of becoming alienated from ourselves as we get older.

By the year 2040, there will be more people aged 60 and over than there are children – for the first time in the history of the world. Not only is our world getting older, but the experience of aging is radically different from what our parents experienced. As we age, we find ourselves staying healthy longer, contributing to our communities, pursuing new opportunities and more. We are living a new reality of aging, yet our percep-

tions about aging do not reflect this new reality.

We must begin to see aging as something to look forward to, not something to fear. There are many benefits of aging including the skills, knowledge and wisdom we acquire throughout our years. Each year we “build momentum” through experiences and insights. This journey empowers us with the ability to make significant contributions to our families and communities.

The knowledge we have gained throughout the years is shared with our families as we transition to the role of grandparent. Knowledge is shared in stories and journals. Skills acquired through hobbies and employment are passed down to future generations through hands-on experiences. Gathering momentum can also take place together, building on our experiences as a family through travel or learning a new hobby or skill.

Our communities benefit from our volunteer efforts on the front line as well as in the board room. 25% of individuals age 65 and older volunteer in some way to help their community. The skills we bring to the table can effect change in our neighborhoods and cities, accomplishing more with less financial resources.

... Article Continued to Page 13

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FREE LEGAL SERVICES AT THE NEW FRANKLIN COUNTY "HELP CENTER"

By: Sydney Furth, Attorney for Kansas Legal Services, Inc.



I. New "Help Center" Services from Kansas Legal Services

Hello, my name is Sydney Furth and I am a family law attorney with Kansas Legal Services (KLS) in our Kansas City office. KLS provides free legal assistance to low-income and vulnerable Kansans in civil matters. In an effort to make our services more accessible and to assist pro se individuals (individuals who represent themselves) in filing

and answering divorces, paternity cases, and other cases before the civil court, KLS has begun providing free legal assistance to qualifying Kansans at the Franklin County District Court Help Center once a month! KLS certainly thanks the Franklin County District Court for partnering with us on this important project.

On the third Tuesday of every month, from 9:30 a.m. to 4:00 p.m., you can find me at the Franklin County District Courthouse processing applications, giving legal advice, and providing extended services. Under this project, I do not provide representation, though KLS has many other projects that allow us to represent clients in court. I will have appointments, which will receive priority, but otherwise I will be available on a first come, first serve basis. Priority is given to family law cases, but all applicants, including seniors and non-seniors, with issues before the civil court are welcome.

An individual seeking legal assistance may fill out an application, located on the Help Center's resource wall, and return it to me on days when I am at the courthouse. If one wishes to apply on a day when I am not at the courthouse, they may fill out that same application and give it to the clerks who will ensure that I receive it for processing. A KLS employee will then be in contact with the applicant at a later date to schedule an appointment or get more information. If you do not require a Help Center appointment, but still wish to apply for our services, you may do so by calling our application line at 1 (800) 723-6953 or applying online at <https://www.kansaslegalservices.org/node/online-application>.

II. Basics of Divorce:

Now that I have told you about our exciting new Help Center in Franklin County, it may be a good time to discuss some basics of divorce. It is often said that going through a divorce is the most stressful time in anyone's life. This is particularly the case if you have been with the same partner for decades, and you are afraid to be alone for the first time in your life. If a marriage has reached its breaking point; however, divorce can become just as necessary for seniors as it is for younger couples. Hopefully, the following information will ease your fears and provide you with some confidence in moving on with your life.

Each state's divorce laws are different. Kansas law requires that you actually reside in Kansas for 60 days prior to filing a divorce. If you have children under the age of 18, Kansas can make an initial custody decision for children who have lived in

Kansas for 6 consecutive months before the court is requested to make the decision. The Petitioner is the spouse that files the divorce, and the Respondent is the spouse against whom the divorce is filed. Once the divorce is filed, the papers must be "served" on your spouse. There are many ways that can occur, including but not limited to, personal service, service by certified mail, or publication notice. The Respondent then has 20 days (30 days if they were served out of state) to answer the lawsuit for divorce. Kansas law requires that the divorce action be on file for a minimum of 60 days from the date it is filed, until it is finalized.

When you initially file the petition, the court can issue temporary orders to resolve some issues while waiting for the divorce to be finalized. Standard temporary orders usually include provisions such as a mutual restraining order (so that neither party can harass the other), an order granting possession of personal and real property, an order prohibiting parties from disposing of property, an order prohibiting parties from cancelling utilities or closing bank accounts, and even an order requiring maintenance if maintenance is appropriate. If the couple has minor children, temporary orders can include an order for child support, child custody, and a temporary visitation schedule.

If the 60 days has passed and there is no response from the Respondent, the matter can be finalized "by default". This means that the court only hears from one party, the Petitioner, and usually that party will receive everything they have asked for, so long as Kansas has jurisdiction to grant it. In a divorce action, the Court can end the marriage, divide property (including retirement accounts) and divide debts, order spousal maintenance when appropriate, determine the child custody arrangements for the children, order child support, etc. If the Respondent answers the divorce, efforts will be made to try to resolve these issues between the parties. If the issues cannot be resolved, a trial can occur on these matters. If a trial is required, it takes much longer than 60 days to finalize the divorce.

This is a quick summary of the timeline for divorce in Kansas. If you have questions or are considering a divorce yourself, please feel free to come see me at the Franklin County Help Center, or to apply for our services as explained above.

III. The "Help Center" is in addition to Area Agency on Aging (AAA) Services Provided by Kansas Legal Services:

It is important for you to realize that the Help Center services mentioned above are in addition to the services that have been provided by KLS at the East Central Kansas Area Agency on Aging (ECKAAA) offices in Ottawa, located at 117 S. Main Street, for many years. These ECKAAA services are ongoing but are restricted to seniors 60 years of age or older, Kansas Residents, and Citizens of the United States or Legal Permanent Residents. Therefore, unlike the Help Center, no one under 60 years of age can be assisted by KLS through its ECKAAA program. KLS makes site visits at the ECKAAA office on the first Tuesday of each month where you will meet with KLS Elder Law attorney Tom Lasley. KLS makes visits to the ECKAAA office monthly. Please call the office at 785-242-7200 to make an appointment.

Continued from page 11...

Another way the knowledge and experiences we accumulate throughout our lives are displayed in the community is the large number of adults over the age of 50 starting their own businesses. We can leverage this lifetime of experience to get started.

We might take one skill from our old job and make it into an entire business. Or, use the skills learned in our previous employment to start a business that is completely different – something we have always dreamed of doing but never had the chance to do.

The good news is that if we change how we talk about aging, over time we can change how we think about it and act in response. Building momentum is something that continues throughout our lifespan. It does not have an expiration date attached to it. Neither does the knowledge we accumulate and have available to share. The key is to embrace aging. Do not be afraid to continue to grow and build momentum. What you do after 50 can be just as amazing as what you've done before 30!

Source: Sanford Social Innovation Review & AARP Small Business. For more information on family resource management or adult development and aging contact the Marais des Cygnes Extension District Paola (913-294-4306) or Mound City (913-795-2829) offices, or write to kgoul@ksu.edu or check out our website: www.maraisdescyignes.k-state.edu.

Save the Date – For these Upcoming Events

Alphapointe Low Vision Support Group

2022 Dates

May 25 in Paola, Ks.

1:30 PM at the KSU Extension Office

and September 28, in Ottawa, Ks.

1:30PM in ECKAAA Conference room

Virtual Aging Well Series

The Fourth Tuesday in April, and May

April 26 & May 24

Call 913-294-4306 for Watch Sites and ZOOM info

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TECHNOLOGY

Is it time to replace or fix your device

You'll find the answer in these 7 questions. Ask yourself these questions before sending an old product off to pasture or spending money on a shiny new thing.

1. Is it obsolete? Unless you're bent on nostalgia or it has sentimental value, you're not going to realistically repair a reel-to-reel tape recorder that dates back to the LBJ administration or even a more recent VCR or cassette player. Even if you could find an outfit that does specialized repairs — and that's hardly a given — remember that the media you use with these products has almost certainly long since deteriorated, and parts may be impossible to come by.

2. Do you have a choice? Sadly, not always. Once the phone carriers complete the sunset of 3G networks, for example, your old cellphone, alarm system or other device may be rendered near useless or completely kaput.

3. Is the product worth fixing? The answer may come down to cost and, again, the availability of parts, which you should be able to research over the internet. But also consider which component or components are broken. A cracked screen on a phone or tablet typically can be replaced, as can a battery that has petered out. Weigh the cost against where you are in the lifecycle of the product and any trade-in value available for a more recent model.

4. Do you have a warranty? Even if a manufacturer's or other warranty has expired, if you bought the product with certain credit cards, that warranty may have been extended.

5. Is something better available? The answer is in the eyes of the beholder. Put another way, the more apt question is, is it better for you? A fresher product may come with more features, sure. But are they features you want or need, or that will make your life easier?

6. Can you afford the replacement? Always take finances into consideration.

7. Are there software updates? Manufacturers of phones and other tech gear periodically issue free software updates to add features, squash bugs and patch security holes. With rare exceptions, you should install such updates when they become available. These may not only help tune up or modernize a product, at least to some degree, but the updates may help the devices live a little longer. If available updates are no longer compatible with your device, that is a sign that it may be time for something new.

Condensed from an AARP article: How long can you expect

your Smartphone and other devices to last? By Edward C. Baig, a contributing writer who covers technology and other consumer topics. He previously worked for USA Today, BusinessWeek, U.S. News & World Report and Fortune and is the author of *Macs for Dummies* and the coauthor of *iPhone for Dummies* and *iPad for Dummies*.



ARE YOUR ADVANCE CARE PLANS READY?

Advance care planning is the process of thinking about, discussing, and writing down your future healthcare wishes. It includes a conversation with your physician and family and completing documents that communicate those wishes.

In 2021, Melissa's father, Joe, was in a car accident that fractured both pelvic bones and left him with a spinal cord injury. Because of his injury, he was incapable of making decisions at times.

"Knowing ahead of time what my Dad would want, and his health history helped me be confident in my communication with his care team," said Melissa.

Midland Care offers a free Advance Care Planning Guide that provides a more in-depth overview of Advance Care Planning and how to put your wishes into place. To access the guide visit www.midlandcare.org and click "How We Help" or call 785-232-2044.

WISE CHOICES:

When To Get Your Bruise Checked Out

Talk with your doctor if you:

- get a large bruise or many smaller bruises without a known injury.
- have signs of infection. These can include streaks of redness around the bruise, oozing, or a fever.
- have a bruise that does not show signs of healing and fading.
- get a large or very painful bruise immediately after an injury. This can be a sign of a sprain or broken bone.
- bruise more easily or more frequently than you used to.
- notice bruising soon after taking a new drug.

HEALTH AND WELLNESS: BRUISING QUESTIONS

The What, Why, and How of Bruises

Many things can cause a bruise: minor injuries, falls, small collisions. While bruises may hurt, they're usually harmless. But sometimes, they might be a sign of a deeper problem. If you bump part of your body hard enough, you can break tiny blood vessels under your skin. But if you don't break the skin, the blood has nowhere to go. It gets trapped under the skin's surface, causing a bruise.

When you first get a bruise, the newly trapped blood makes it look pink or red. Over the next few weeks, the body naturally breaks down the blood and absorbs it. So as the bruise fades, it changes colors. This is part of the normal healing process. Some bruises can take weeks or months to heal.

What can contribute to bruising? Some people bruise more easily than others, says Dr. José López, an expert on bleeding disorders at Bloodworks Northwest Research Institute. This can be influenced by many things, including your genes. Other factors, such as diet, can also affect how easily you bruise. For example, deficiencies in vitamin C or K can make you bruise more easily.

Some people may just be more prone to bumping into things. And skin naturally becomes thinner and bruises more easily as you age. You can take steps to make your home safer from minor bumps and falls. Keep walkways clear of clutter and furniture. Good lighting can also help you avoid bumping into things.

Bruises may be painful, but they're usually not dangerous. If a bruise does hurt, an over-the-counter pain killer may help. But some drugs used to treat pain, like aspirin or ibuprofen, can actually increase the tendency to bruise, López explains. Putting ice on the affected area for a few minutes at a time can help reduce swelling. Wrap the ice in a clean towel to avoid irritating the skin.

If you notice a change in where or how often you're bruising, consider talking with a health care professional. "If bruising becomes really common, if it's not provoked, or if there's a change in your bruising patterns, get it checked out," López says.

These can be signs that bleeding is happening inside the body when it shouldn't. Others include a rash made of tiny bruises, called purpura. Or tiny, pin-point sized red spots called petechiae.

Excessive bruising can be triggered by many things. Examples include liver problems caused by heavy drinking or cer-

tain types of cancer. It can also be a sign of a rare problem like an inherited bleeding disorder. If you notice someone has bruises regularly, it may suggest serious problems in their home, like domestic violence.

Medications can also be a cause of excessive bruising. Almost any medication has the potential to change the way platelets work in the body, López says. Platelets are tiny, disc-shaped cells that play an important role in helping your blood clot. "They're one of the things that stop you from bleeding," says López. Let your health care provider know if you notice bruising soon after taking a new drug. Bruises may be a sign of a serious problem, but in most cases, they're harmless.

See the Wise Choices box on the left by Technology for signs that bruises may need to be checked out.

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The Golden Years

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OU STUDENT AT ECKAAA



My names Jalisa Simons,

I was born and raised in Toronto, Canada. I am a student from Ottawa University that is studying to become a sociologist. I have been granted a great opportunity to be an intern at ECKAAA. I am learning something new every day about the working field and about this agency. I always knew I wanted to work and help people at a young age. I plan to open a recreational facility that works with both sports and mental health. Two things that play a huge role in my life as I also play on the women's basketball team at Ottawa

University. I plan to provide training for sports and provide services that anyone might need regarding mental health. I am excited to gain more knowledge here at the agency that I will use in my near future!

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