



PUBLICATION OF EAST CENTRAL KANSAS AREA AGENCY ON AGING

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

Making it to 100

It takes something special to make it to that magic number of 100. Some people want to get there and some people think the golden years aren't all they are cracked up to be. It seems a lot depends on how you have lived your life, your attitude, your health, and how you adapt to the changes as you age. I think everyone has their own idea or secret as to why they have lived to be 100 or more, and I hope to share some of those secrets with you. When I started at the ECKAAA over 20 years ago – I loved getting to talk to all those centenarians and so here I am again and I am going to introduce you to some of these wonderful folk.



GOLDIE ADAMS will turn 103 on August 2, 2020. She lived in Lyndon in her own home until the end of 2019, when she moved into Vintage Park at Osage City. Goldie says she has had a good life, good health and good family— what more can you ask for. When she says family – that includes 4 children, 13 grandchildren, 29 great grandchildren, and 17

great great grandchildren. In all those years, Goldie never learned to drive and never got a driver's license- so she got used to walking wherever she wanted to go.

BERTHA TRENDEL will be 104 on July 20, 2020. She is sure that genetics has helped her make it to 100 as her mother lived to 90 and her brother almost made it to 100. She has lived in Franklin and Osage County most of her life. She still lives in Pomona in her own home. She has lost a lot of family but she has created new family with all



Bertha Trendel and friends

Include Jim Pruitt, Lynn Thiele, Judy Altic, Lois Neilsen, Jim Gordon, and Bertha Trendel

her friends that look out for her. She was in rehab last year and she told everyone she was just there for rehab – then she would be back home. One of the things that keeps her going is playing cards twice a week at the community center in Pomona with her friends. She says just getting out of the house and seeing people is just what she needs.

TERESA BROWNSBERGER will be 101 on July 21, 2020. She moved to Vintage Park At Louisburg 2 years ago but

lived in Bates Co, Missouri up until then. She was a farm girl and they raised all animals that farmers raise; cattle, pigs, sheep, chickens, and horses. She believes hard work has a lot to do with her making it to 100. She has 6 kids and is still close to them. She has quite a story and I would like to visit with her again as she helped build planes for World War II. She was a Rosie the Riveter in person. She said she just did what she had to do, everyone was just trying to help win the war. Thank you Teresa for your service.



More stories will come next time but if you know these ladies, please wish them a Happy Birthday, I think they deserve to be celebrated.

If you know of someone who has reached 100 and still enjoys life, please email me at jodis@eckaaa.org or call me at 785-242-7200 so I can continue to highlight people from all over our 6 counties.

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From the Editor...

Before COVID-19, I was planning to get The Golden Years out by April 1, but then everything changed. Life as we knew it – changed. For the first time that I can remember – there were shelves in grocery stores and Walmart that were totally empty. People panicked that there might not



Jodi Smith, *Editor*

be enough toilet paper. It was decided whether your job was essential or non-essential. I feel very fortunate that our jobs – serving the seniors – is essential. We are continuing to get meals to them, answer questions, and let them know that we are here to help them. Some people have thought that the stay at home order is not necessary. However, this virus, is not like any other and since you could have it and not have any symptoms- you could spread it to anyone you have talked to. That is why social distancing is so important. We will get through this and hopefully we will all be smarter about how we congregate with people in the future.

So, now here it is July 1st and we are all trying to live in a new normal way. We are opening up our office as of June 29th and most of the Sr. Centers will be open by then also – but with new guidelines to keep us all safe. We ask that you all self-assess yourself before you come into our office or the Sr. Lunch Sites. Please check out the flyer.

Since this is only our 2nd issue in the new format – we are including an insert that includes all the nutrition sites in our 6 counties, our policy board and advisory council members, our Silver Haired Legislators, and our Legislators for all our districts. We thought this sheet would be handy to keep by your phone or on your refrigerator.

REOPENING SELF-ASSESSMENT

BEFORE YOU ENTER ...

**PLEASE CONSIDER RESCHEDULING
YOUR VISIT IF YOU ARE
EXPERIENCING ANY OF THESE**

SYMPTOMS ➔

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Independent Living Counseling Services Now Offered at Independence, Inc.



Independence, Inc. has expanded its services in 2020 and available throughout the state of Kansas – Independent Living Counseling (ILC). This service is offered under the Kansas Working Healthy/WORK Program – a Medicaid buy-in program designed for those whose health care needs are significant but whose income may exceed the Medicaid limit. This is a work incentive program where qualified participants between the ages of 16-64 can pursue their career goals, increase their income and accumulate assets while not jeopardizing health care coverage.

Our Independent Living Counselors here at Independence, Inc. are experienced, knowledgeable caring professionals ready to answer any questions you may have about the WORK

(Work Opportunities Reward Kansas) program including whether or not you qualify, and are eager to listen to your goals and provide supports to help you achieve those goals.

To qualify for services under the Working Healthy/WORK program, you must live in Kansas, meet the Social Security definition of a disability, have verified earned income of more than \$65/month, earn at least minimum wage and have countable resources less than \$15,000. Other eligibility criteria may apply.

Independent living, self-direction and inclusive workplaces for those with disabilities are the philosophies and practices that guide our work. We are ready to put those values to work for you! For more information please contact us at 785-841-0333 or email Jennifer our ILC Team Lead jmoore@independenceinc.org. You can also visit our website <http://www.independenceinc.org/w-o-r-k-program-independent-living-counseling-services/>.

Pictured above, Jennifer Moore, Independence, Inc. ILC Team Lead



What Have We Learned from COVID 19?

by Amber Vogeler

At a young age, at some point, a child gets the opportunity to see that within them is the power to overcome any obstacle. Children grow into teenagers, young adults, and then adults learning to broaden their understanding of what they thought they knew into what they know now. Helping those children see the bigger picture and that today's inconvenience and discomfort is temporary, is going to help them move through this pandemic. It doesn't mean it will be easy. Challenges come and go and learning to keep pushing forward is important. Be kind. Being able to embrace imperfections and being without judgement is a practice that all people need to learn. Feeling fear and anxiety is very normal, but learning to hold them, soothe them, and let them go constructively is the best practice. Practice does not mean perfection. If we mess up, we can start over again. Help Others. A lifelong lesson that comes in many different forms. From

the child that organized school lunch drop offs, the young adult student who donated 1,000 hand sanitizer bottles to his local school district, to the essential workers who continued on with their routine - a job well done. When the streets were quiet with not many out, we still recognized those individuals who went well above and beyond to maintain the safety and health of the community. We had volunteers show up at places that advertise daily for an extra set of hands. We had state officials work diligently to ensure the elder population and the vulnerable population were protected. We also had providers of the health field community sacrifice their own health and well-being to keep supports in place to those who needed it. Without the range of people - young and old - our world would look drastically different and we would be in a much scarier place. Keep up the hard work and continue to help others as the world moves into a different 'normal.' We are all in this together.



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Franklin & Miami Counties

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clint.olson@ks.gov

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

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

A Step-by-Step Guide to Using Telemedicine

How to get ready for your first virtual visit with a doctor

by Edward C. Baig, **AARP**, April 15, 2020

One of the challenging aspects of the COVID-19 pandemic is that social distancing and stay-at-home orders have made it more difficult to have a face-to-face meeting with your doctor.

For many physicians and patients, the remedy is increasingly telemedicine: the ability to remotely connect with a health care provider in real time, often over video, and sometimes via telephone, email, app or online patient portal.

While telemedicine isn't new — it's been deployed, for example, to connect rural patients with distant health care services or providers or to monitor ongoing conditions like diabetes — its use has spiked dramatically during the current crisis.

Telemedicine or telehealth — the terms are often used interchangeably — isn't a perfect solution for every wellness-related scenario. A medical emergency or a case too difficult to diagnose from afar still requires a visit to the doctor or hospital. "But to me this is going to be a very desirable thing for patients," says Stephen Schloss, a urologist at Emerson Hospital in Concord, Massachusetts, whose office uses a telemedicine solution called doxy.me. "They love it. They didn't have to drive, they didn't have to park, they didn't have to go through all the hassle to go see a doctor."

The protocol for arranging telemedicine sessions varies by location, by practice specialty and by your ongoing history with a physician. Here are some common steps and tips to prepare for such a virtual visit.

1. Make sure you are tech-ready. You will need a decent smartphone, tablet or PC for a remote consultation, along with a reliable broadband or cellular connection to the internet, especially for video.

2. Check your insurance. Not every private insurer will cover telemedicine sessions in every locale, and the type of coverage varies among those that do. States have different regulations. Consult your provider to find out what's covered under your plan.

Medicare can pay for telehealth services to treat COVID-19 and "other medically reasonable purposes," from common office visits to mental health consultations. Typical coinsurance and deductibles apply, though some providers are reducing or waiving them for such services.

3. Make an appointment. Call your doctor's office or visit the practice's patient portal (a portal is a website that provides 24/7 access to your personal health information) or app

to make a virtual appointment. The office may have you download an app, and/or will email or text you a link to click on about 10 minutes before your designated appointment time. In advance of the virtual visit, you may also have to digitally sign HIPAA (Health Insurance Portability and Accountability Act) and other consent forms on the screen, though regulations have been relaxed during the pandemic, and some providers may just ask you to verbally agree.

If you do not have an established provider, companies such as Teladoc Health, Amwell, PlushCare, Doctor On Demand and MDLIVE offer virtual visits. Be prepared to wait because of the excess demand.

4. Describe your symptoms. Depending on the app, you may be asked to fill in or check off symptoms.

5. Practice good security. Ask your medical provider about the steps taken to ensure your privacy. Choose a unique password that cannot be easily guessed and is not the same as you use elsewhere. "Approach it like how you protect your financial information," says Mei Wa Kwong, executive director of the Center for Connected Health Policy. If possible, go someplace private in your home during the session.

The Department of Health & Human Services (HHS) says covered health care providers may use Apple FaceTime, Facebook Messenger video chat, Google Hangouts, Zoom or Skype during the crisis, while having providers notify patients of any privacy or security risks.

"Don't be afraid to say to the doctor, 'I am very comfortable using FaceTime [or whatever favorite you have]. Would you be?'" says Joe Kvedar, a Boston-based dermatologist and president-elect of the American Telemedicine Association.

6. Be prepared to wait. You may be placed in a digital waiting room before the session with a doctor begins. (Bring your own magazine.)

7. The doctor is in. When your appointment begins, the doctor will be seen on the screen (or heard on a phone) and will ask questions like in a typical examination.

8. Video can help virtual exam. With video a doctor can have you stick out your tongue, walk around and so on. Kvedar asks patients to upload pictures of skin conditions so he can have a look. And while having a phone call with a mental health professional can be beneficial for a patient suffering from anxiety, using video may help the psychologist observe body language or other visual cues.

9. You still may need to be seen in person. Only so much can be done remotely. Do you need blood drawn, an X-ray, biopsy or strep test? "If we need more information than we can glean from you over this medium," we may ask you to come in, Kvedar says. But given the risks during the crisis, "we're making some very thoughtful trade-offs of who we invite into the office or lab."

10. Get prescriptions filled. Based on the virtual session, your provider can call in a prescription or refill to your pharmacy and follow up as needed.



Money Matter\$

Ryan Henningsen

Financial Advisor

Edward Jones

www.edwardjones.com

Watch Out for Financial Scams Related to Virus

On one hand, the coronavirus has brought out the best in us. People across the country are pitching in to help others, from providing protective masks to health care workers to holding video chats with confined residents of assisted living homes to simply buying gift cards to support local businesses. On the other hand, a small number of bad actors are taking advantage of the situation to try to defraud people. How can you guard against these virus-related scams?

For starters, be aware of three common scams connected to the coronavirus:

- **Websites claiming to help and track the pandemic** – Look out for websites that claim to help you work remotely or provide financial resources to the afflicted. These sites may try to trick you into giving up personal information, donate money or load malware onto your computer. Don't trust information technology (IT) "helpdesk" agents you don't know. And check out any obscure organization claiming to help virus victims. You can easily find many legitimate groups that actually work to alleviate suffering, and that deserve your support. To find these reputable organizations, go to an online clearinghouse, such as charitynavigator.org, which rates thousands of groups on their financial health, accountability and transparency.
- **Products claiming to prevent or cure the disease** – When there's a real treatment or vaccination for COVID-19, it will be big news, and you will hear about it. Until then, ignore any claims for pills, potions, prescriptions or other products that promise "miracle" cures. Not only will they waste your money, but, if you click on attachments from "phishing" emails advertising these fake treatments, you could end up supplying crooks with sensitive data, such as your online account logins, passwords, and credit card and bank account details. You can find a great deal of health information on the virus at the Center for Disease Control website (www.cdc.gov), of course, but if you or your loved ones are feeling ill, please contact a physician.
- **"Risk-free" or "guaranteed" investments** – The coronavirus has caused two separate, but related, areas of stress. The first is the health concern, and the second is the financial/investment component. The enormous volatility of the financial markets has caused much concern among investors, and scammers are seizing the opportunity to offer "risk-free" or "guaranteed" investments "perfect" for this particular time. Again, responding to these types of offers can bring you nothing but trouble. All investments carry risk of one type or another, and they typically don't come with guarantees, although some do offer significant protection of principal. In these turbulent times, your best move is to stick with a long-term investment strategy based on your goals, risk tolerance and time horizon.

Here's one more suggestion: Warn your elderly relatives about the increased potential for scams. The elderly are always the most susceptible to fraud, and now, when they may be more isolated than before, they may well be even more vulnerable. So, make sure you're talking to these loved ones, and urge them not to make any sudden, out-of-the-ordinary financial moves.

Even in normal times, it's regrettable that we have to be on the alert for scam artists – and it's even more unfortunate during a period of national crisis. However, by being reasonably vigilant, and by taking the proper precautions, you can avoid taking on the "collateral damage" that can occur in this environment. *This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC.*

Reducing Family Tension and Strengthening Relationships During COVID-19

May 4, 2020 from Today's Caregiver at <https://caregiver.com/articles>

“As our ongoing need to isolate continues, it may be harder for caregivers to be able to take a break, which can create tension, anxiety, stress and resentment,” said Jennifer Reeder, LCSW, AFA's Director of Educational and Social Services. “The impact of Alzheimer's on memory also makes it harder for the person living with the disease to understand what's happening, which adds to caregiver challenges. Taking steps to deal with all of these feelings head-on and strengthen the bonds between family members is important for everyone.”

- **Know what works best.** If your loved one with Alzheimer's disease responds favorably to certain activities or approaches, be sure to maximize those, as it will help with stress levels and mood (both yours and theirs). A caregiver should also communicate what works with other family members. For example, if having someone call to check in every day is helpful in reducing stress, make sure to express that.
- **Identify and understand the triggers.** Knowing what actions generate stress and frustration, both for the person with Alzheimer's disease and yourself, as the caregiver, is important. Recognizing those triggers early, and reacting to them quickly and constructively, reduces the likelihood of a “blowup.” Pay attention to nonverbal cues, such as a flushed face, sweaty palms or increased heart rate, as warning signs. Caregivers should also share these negative triggers with others who you or your loved one interact with. Be direct about their needs and your own. For example, say, “It really upsets me when you go days without checking in to see how things are going.”

Caregiver's Corner



Shannon Ocsody
Caregiver Coordinator



Starting Wednesday July 8th I will be hosting 2 Zooms every Wednesday, the choices are 10-11am or 1:30-2:30pm. Please call in to the office at 785-242-7200 and leave your email address or text/mobile number so we can get you the call- in information. I will be doing this for caregiver's or anyone who would like to participate. Hopefully all the caregiver support groups will start meeting sometime after August.

- **Keep a journal.** This will enable you to track your loved one's behavior and triggers, both positive and negative ones, as well as keep tabs on your own. Journaling can be an effective therapeutic tool to release emotions, gain self-knowledge, increase ability to problem-solve, and heal relationships.
- **Try to maintain a daily structure.** Routines can help reduce stress and anxiety. If your loved one gets up, eats or goes to sleep at certain times, adhere to that schedule as best as possible. If you normally exercise every morning before work, continue doing so, even if you're not leaving the house.
- **Find coping mechanisms.** Meditation, counting to twenty or taking a few deep breaths are all quick and easy ways to calm yourself down and de-stress in the moment. “Venting” or talking things through with trusted loved ones or friends can be helpful.
- **Have “family care meetings.”** In the case of caring for a family member with Alzheimer's disease, the relative who lives with or nearest to them often provides the majority of the care. This can lead to feelings of resentment. It's important to regularly bring family members together for a “care meeting” to discuss the situation and divide responsibilities, which may include financial and legal duties in addition to personal care. Collaboration, compromise and structure are key to effective family care meetings. These meetings can be held over the phone, and virtually through Facetime, Skype, etc.



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Girard, KS 66743

How Can I Appeal an IRMAA?

What does it mean if you receive a notice that you need to pay an Income-Related Monthly Adjustment Amount (IRMAA) in addition to your Part B premium?

The Medicare Income-Related Monthly Adjustment Amount is an amount you may pay in addition to your Part B premium and/or Part D premium if your income is above a certain level. The Social Security Administration (SSA) sets income brackets that determine your (or you and your spouse's) IRMAA. SSA determines if you owe an IRMAA based on the income you reported on your IRS tax returns two years prior, meaning two years before the year that you started paying IRMAA. The income that counts is the adjusted gross income you reported plus other forms of tax-exempt income.

If Social Security determines that you should pay an IRMAA, they will mail you a notice called an initial determination. This notice should include information on how to request a new initial determination. A new initial determination is a revised decision that Social Security makes regarding your IRMAA. You can request that Social Security revisit its decision if you have experienced a life-changing event that caused an income decrease, or if you think the income information Social Security used to determine your IRMAA was incorrect or outdated.

Social Security considers any of the following situations to be life-changing events:

- The death of a spouse
- Marriage
- Divorce or annulment
- You or your spouse stopping working or reducing the number of hours you work
- Involuntary loss of income-producing property due to a disaster, disease, fraud, or other circumstances
- Loss of pension
- Receipt of settlement payment from a current or former employer due to the employer's closure or bankruptcy



You can make the case that Social Security used outdated or incorrect information when calculating your IRMAA if, for example, you:

- Filed an amended tax return with the IRS
- Have a more recent tax return that shows you are receiving a lower income than previously reported

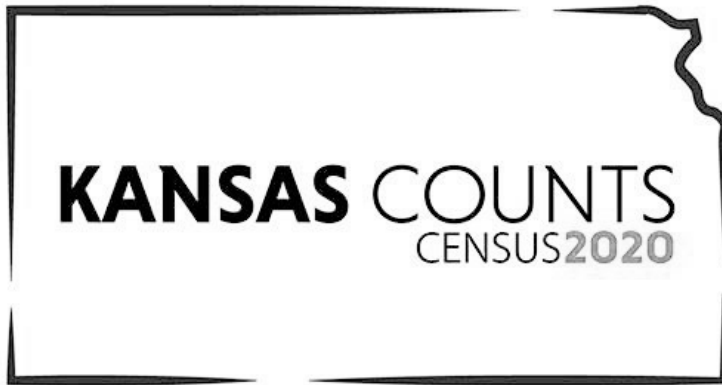
To request a new initial determination, submit a Medicare IRMAA Life-Changing Event form or schedule an appointment with Social Security. You will need to provide documentation of either your correct income or of the life-changing event that caused your income to decrease.

If you do not qualify to request a new initial determination, but you still disagree with Social Security's IRMAA decision, you have the right to appeal. Appealing an IRMAA decision is also referred to as requesting a reconsideration. Keep in mind that there are no strict timeframes in which Social Security must respond to a reconsideration request. Contact the Social Security Administration to learn how to file this request.

Medicare Rights Center February 2020

RCIL Seeking Volunteers

The Resource Center for Independent Living, Inc. (RCIL) is seeking volunteers to assist with building ramps for individuals with disabilities who need accessible entrances and other minor home modifications. The RCIL Build a Ramp Program provides eligible individuals with home modifications at no cost. If you know someone who is interested in volunteering their time and skills or materials please contact RCIL at 785-528-3105.



KANSAS COUNTS

Kansas Counts is a statewide effort aimed at increasing engagement, awareness, and participation in the 2020 Census.



www.KansasCounts.org



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How do I take the Census?

The Census Bureau will continue its communications campaign through October 2020 — the end of 2020 Census data collection operations, Americans are offered more ways to complete the census than ever before. As you know, the census occurs at the beginning of every decade and its primary goal is to count each person living in the United States. There are many benefits for the nation to know how many people live within its borders, such as how many representatives each state should have as well as congressional district boundaries. The U.S. government also uses the numbers to know how and where to distribute more than \$675 billion across the country sending the federal funds into your state and local communities. For example, the last census allowed Kansas to receive approximately \$6 billion in federal funding based solely on the data collected 10 years ago. This year, the ways to take the census are more accessible than the past making it less of a challenge to count everyone.

What is different this year?

This year, for the first time, residents will be able to respond to the 2020 census questionnaire online or by phone. Starting in mid-March, people will begin receiving letters that include a unique number they will enter online. The letter also will have a phone number that people can call to respond to the questions in 13 languages. This gives everyone the opportunity to respond online before the formal response collection begins in April. Furthermore, you will receive a reminder letter mid-to-late March 2020 prompting you to complete the Census as soon as possible.

Can I still send in the paper form?

Yes, if you do not choose to complete your census by phone or online, a paper questionnaire will be mailed out mid-April to every household that has not responded to the census at that time. This questionnaire will have braille and large print versions available online to assist with completing the Census. If you forget to fill out your form or choose not to complete the census by phone or

online, in May more than half-a-million census takers will visit all households having not yet responded and this will continue until July 31. There will also be census takers who are available to communicate in American Sign Language and additional languages.

The bottom line?

1. It's safe - no personal details are released for 72 years and all census workers must take a lifetime oath to protect personal information.
2. It's the law - Besides jury duty and paying taxes, participating in the Census is one of the few civic obligations you have as someone living in the United States.
3. You, your community, and your state will benefit - for things like education, health care, housing vouchers, and transportation infrastructure, access to this federal funding makes your participation critical.

Statistically, 95% of households will receive their census invitation in the mail. Almost 5% will receive their census invitation when a census taker drops it off (these are often homes with a PO Box or areas recently affected by natural disasters). Less than one percent of the population will be counted "in person" by a census taker instead of being invited to respond on their own (this generally occurs in very remote areas). To find out more about the 2020 Census and what is at stake for Kansas, visit www.KansasCounts.org or follow Kansas Counts on Facebook, Twitter or Instagram. If you have further concerns or believe there are components of accessibility not addressed, you are encouraged to visit www.2020census.gov.

The Census Bureau has adapted the communications campaign and launched a series of new advertisements aimed at increasing online response to the 2020 Census while much of the nation remains at home practicing social distancing.

Census Taker Jobs are still needed in some areas of Kansas. If you are interested in applying as a Census Taker please visit this website: <https://2020census.gov/en/jobs>

NEWS *from* Kansas Legal Services



WHAT IS KANSAS LEGAL SERVICES, INC. (KLS) and WHAT CAN IT DO FOR SENIORS THROUGH ITS AREA AGENCY ON AGING PROGRAM (AAA)???

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

We are frequently asked what Kansas Legal Services, Inc. is all about, and what it can do for seniors through its Area Agency on Aging Program (AAA), in participation with the East Central Kansas Area

Agency on Aging (ECKAAA) located in Ottawa, Kansas.

Kansas Legal Services (KLS) is a statewide, non-profit law firm, and through its AAA Program, it is devoted to helping seniors, 60 years old and above, to meet their basic needs by providing various types of important, free legal services. In recent years, KLS has served nearly 20,000 persons annually in all 105 Kansas counties, through eleven law offices and two mediation offices across the state. The Kansas City KLS law office, which services the ECKAAA/Ottawa area, is located at 400 State Ave., Suite 1015, Kansas City, Kansas 66101 (913-621-0200). The state-wide KLS headquarters is located in Topeka. More detailed information about KLS and its services can be obtained by visiting the KLS website at www.kansaslegalservices.org.

Under the AAA Program, KLS works in conjunction with the East Central Kansas Area Agency on Aging (ECKAAA) by providing legal advice and services at no cost to Senior Citizens who are 60 years of age and older, who reside in Kansas, and who are U.S. Citizens or legal permanent residents. These are the only qualifying factors for Senior Citizens to receive free legal services from KLS. There is no income test nor any asset test to qualify. However, it is important to note that KLS services are subject to availability of funding, and priority is given to the most vulnerable elderly population who is in the greatest social and economic need.

For convenience purposes to the elderly, an attorney or paralegal from KLS makes monthly site visits to the ECKAAA, located at its Ottawa AAA offices at 117 S. Main Street, to meet with qualifying seniors from 9:00 a.m. to 3:00 p.m. for 45 minutes each, to discuss with them their legal concerns, including, but not necessarily limited to, the following areas:

1. Estate planning needs and how best to avoid probate, including a discussion of and preparation of simple estate planning documents, such as: A Last Will &

Testament, A Living Will, A Durable Power of Attorney for Healthcare and Financial Purposes, and a Transfer on Death Deed. If documents are prepared, then through a separate follow-up appointment the documents can be executed in the presence of a KLS attorney or paralegal, all at the ECKAAA offices in Ottawa.

2. General legal advice regarding: Adult Abuse, Healthcare, Social Security, Medicare, Medicaid, Collections, Guardianships & Conservatorships, Landlord/Tenant, Simple Real Estate Matters, Bankruptcies and IRS and State Tax Debts.

The easiest way for a qualifying ECKAAA senior citizen to take advantage of the free services provided by KLS is to call the ECKAAA offices at 785-242-7200 and set an appointment for a KLS meeting. These meetings fill up quickly, and are often totally booked months in advance, so the sooner an appointment is made, the better chance one will have in being able to meet with a KLS attorney or paralegal. It is important that you do not simply walk in expecting or hoping to get a meeting. Appointments are required.

The ECKAAA offices located at 117 S. Main, Ottawa, Kansas 66067, serve an area of residents that includes Anderson, Coffey, Franklin, Linn, Miami and Osage Counties. Before any advice is given at any of these meetings, the senior citizen is asked to complete a KLS application, with the assistance of the KLS adviser.

A senior citizen can also apply for legal assistance either by phone (1-800-723-6953) at the Central Intake office for KLS, or by completing a KLS Application Online that can be found on the KLS website shown above. If all of the appointment spaces are taken at the ECKAAA, an applicant can always call the KLS offices in Kansas City, Kansas for a private appointment.

We here at KLS look forward to working with our Kansas Senior Citizens, especially those located in the ECKAAA service area. KLS feels it provides a very valuable free service to the community. If anyone is in need of these AAA services, we urge you to apply as soon as possible.

(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.)

NEWS

from ECKAA Nutrition Program



Sarah Jane Russell
Nutrition Site
Coordinator

Hello Friends! *My name is*

Sarah Jane Russell and I am proud to be representing East Central Kansas Area Agency on Aging as the Nutrition Site Coordinator.

Each day has brought new experiences, new challenges, new faces and a warm welcoming from all I meet! The additional joy is being able to eat the delicious and nutritious food coming from the Kitchen located at 1538 Industrial Ave., Ottawa, KS.

My adult children live in the Pacific Northwest and have grown to enjoy the rainy skies and the beauty of Mount Rainier. However, they tell me they miss Kansas thunderstorms and my cooking!

The nutrition program is an integral part of the six counties we serve and the hundreds of participants enrolled. It is a solid program thanks to each person whom has come before me. I am looking forward to working together with the communities we serve to continue the success of the Meals on Wheels service.

If you are interested in knowing more about the program, please contact me at sarahjaner@eckaaa.org.

Together we can do anything!

It has been a very interesting time working with the kitchen, volunteers and the site managers during COVID 19. I am very proud of all the sites that kept positive and continued to get the meals out to those that needed them and also those that worked hard to get the Grab and Go program running smoothly at their site. At the Nutrition Kitchen, the Food Services Coordinator, Jill King, worked hard to make sure all the staff was safe and wearing PPE. If anyone at the kitchen would have gotten sick, the kitchen would have been closed for at least 14 days. With that in mind, she ordered stable goods, and put together boxes of groceries for all the home delivered and congregate folks that would need food if our kitchen had to close. Now think about putting together 1000 boxes of food, each box containing, food for 5 days. That is a lot to put together but thanks to the wonderful volunteers from Helping Hands – with our 10 volunteers and our assembly set up – we got the boxes packed up on 2 different days. – see photos. Of course you have to remember when this started masks were very hard to come by so we reached out to quilting groups, the KSU extension service – to find 4-Hers and anyone else that had a sewing machine to get masks made

when we didn't have any. This group of people, that made masks for the cooks, the drivers, the volunteers, and the staff at the sites have my heartfelt thanks. Every time I put on one of these masks, I say a prayer of thanks for those that took the time to make them. The masks are unique and made with care. I also must thank all those that stepped up to volunteer during this time. If you think about it – most of the volunteers, for the meals on wheels are retired, and that puts a lot of them in the compromised group. So, a lot of volunteers decided for their health they would not volunteer at this time. But since there were people that didn't have to go to work at this time, they volunteered to help deliver meals and to help pack the food to get meals to all our home bound clients in our 6 counties. You must understand that normally the sites will pack the food and serve at the Sr Lunch Sites, but during this time the kitchen was packing all the meals. That means they were packing over 600 sacks and 600 hot trays, when normally they only pack about 150. But once again thanks to the volunteers that have been showing up at 6AM and helping to get those meals packed- the meals have gone out, on time most days and been delivered on schedule.



NEWS from ECKAA Nutrition Program cont'd.

Welcome to our New Employees!

We also have a couple of new site managers. Patricia Schulz is at Pomona Sr Lunch Site, and Shannon Williams is at Burlington Sr. Lunch Site. Please stop in and meet these wonderful ladies, reserve a meal, or see if they need any volunteers.



Phyllis Cline
Kitchen Helper

— HELP WANTED —
ECKAAA Nutrition Program
Is always looking for van drivers, cooks and kitchen help. Staff gets paid sick, vacation and holiday. No weekends or nights. Full time and part time positions available. We also always need volunteers to help pack the food and the hot and cold meals. If you are looking for a way to help a great program and serve the people in your area, this is a great opportunity. Please apply in person to Jill at 1538 Industrial Ave, Ottawa, KS 66067. Call 785-521-5170 for more information.



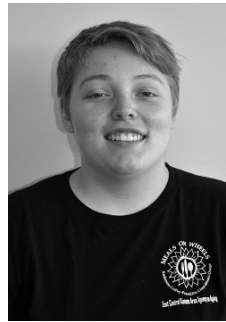
Patricia Schulz
Site Manager



Shannon Williams
Site Manager



Farren Knapp
Lead Cook



Andy Vincent
Cook



Connor Fiskin
Van Driver



Becca Moore
Van Driver

NEW Date: October 3, 2020
"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)

Reservations for lunch count appreciated call 785-242-7200 or 800-633-5621

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

A BIG THANK YOU

The Sunflower PieceMaker's Quilt Guild made and donated over 100 quilted placemats for Meals on Wheels participants in Franklin county. Shown in the photo with the placemats are Cheryl Detwiler, Denise Sawyer, Karen Marple, Shelly Gibson, Andrea Newton, Carol Reekie, and Chris Campbell. The placemats were sent out with their home delivered meals last week. These placemats – which in my opinion are works of art and are sure to brighten up their day. *Thanks so much.*



New ECKAAA Employee



My name is **Traci Tegtmeier**, my fiancé, his daughter and I just moved to Ottawa in March. I am originally from here but moved away for a few years. I moved back to be closer to my family. I am very excited about being a part of your team. My first week of training has been crazy, but I enjoy not doing the same thing all day. I have two grown children, a son,

a daughter, one step daughter, two stepsons, four grandsons, (two which are redheads) and two dogs. In my free time I like to spend time in our pool with the grandkids, ride on our Harley, cook on the grill, camp and spend time with my family.

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Paola Senior Center

121 W. Wea
Paola, KS 66071
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Beagle Senior Citizens

(913) 755-4309



Osage Township Seniors - Fontana

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From The Director

By Elizabeth Maxwell
Executive Director

It's great to be able to talk to each of you since missing our Spring edition of Golden Years. The emergence of the COVID-19 took all of us off guard and scrambling for alternatives to help people. We have had our offices closed to the public but by the time you read this, we anticipate we will again be open to walk in traffic with plexiglass barriers. You may always call us for a telephone consultation at 1-785-242-7200 or email us at eckaaa@eckaaa.org.

Most of our staff were given the opportunity to work from home beginning in March. A handful of us came into the office each day. We each learned a very important lesson: we miss people. We missed our co-workers. It's hard to be a team on the phone or a video conference. We learned our energy comes from each other and we all perform better when we are around each other. We missed our clients. We missed the energy that they bring to our office from the time the front door dings to their exit. We missed going to client's homes to do assessments for services. We miss people.

We also learned the importance of an emergency pandemic plan. We learned what we didn't have in the plan and are now formalizing a better plan. We learned these plans are ever evolving as new information is learned about how the virus works and the CDC sets forth new guidelines.

In-home services for our clients have been able to continue to those who still want a worker in the home. Our meals program has continued with a few changes: our meal sites were closed and we instituted our version of healthy drive by meals: Grab and Go. We started opening sites in June and are hopeful by the time you read this, all sites will be open. Emergency shelf stable meals were sent to those who requested, on the chance we had to close our kitchen, which has not happened. Homebound clients continued to receive meals.

We learned the term **social distancing**. Stay 6 feet from each other.

We learned to **wear masks**. We still require our kitchen and site staff and volunteers that have contact with customers to wear them.

We learned that what mom always said to us "**Wash your Hands**" is still really important.

We learned that we are **resilient** and can adjust to the new normal, if we could just figure out what it is.

In the meantime, our staff is here to help you find answers to aging questions and help you with services needed to stay living safely in your own home. Please call or email us or drop in our office.

CONSUMER ASSISTANCE

To report suspected Medicare fraud: - **800-876-3160**

For info about Medicaid, call the Department for Children & Families - **888-369-4777**

For no-cost mediation regarding problems with Medicare Providers, call the Kansas Foundation for Medical Care (KFMC) **800-432-0407**

KU Med Center Pain Management Hotline: **913-588-3692**

Centers for Medicare/Medicaid Services (CMS) Website:

www.medicare.gov/nhcompare/home.asp

www.mindsmatterllc.com

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Through the Kansas Department for Aging and
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Tend Your Body and Mind Through Gardening

Submitted by: Franny Eastwood, FCS Agent, Marais des Cygnes Extension District

Health consciousness is a big topic that we are being made aware of daily. Everyone has opinions on ways to take care of your body and mind that entail everything from diets to spa vacations. What if a real option to nurture yourself existed in your own backyard? The good news is that it does! Creating and tending to a garden has been a long proven method of relaxation and well-being that is relatively easy to start.

Gardening can provide you with more than beautiful plants, fruits, and vegetables. Gardening is an excellent source of exercise. Spending time planting and cultivating your garden gets your body moving, which can prevent heart disease, diabetes, obesity, stroke, and other health problems related to lack of exercise. Raised beds can help the elderly, disabled, or those with joint issues participate in gardening as well.



Gaining hand strength and dexterity is another health benefit from gardening worth mentioning. As we age, these are areas where we lose strength. Gardening keeps those muscles moving and strong. Gardening is even a suggested activity for those who have suffered a stroke as part of their rehabilitation program. It offers a rewarding activity to accomplish while rebuilding agility and limb/hand functions.

Gardening requires the use of several key functions daily that could ultimately stave off the development of Alzheimer's disease and dementia. Using your body and mind to plant, cultivate, and maintain a garden can keep you physically and mentally fit enough to avoid common elderly health issues.

Another interesting benefit of working in your garden is a better immune system. Exposure to bacteria and microorganisms found in soil can boost your immunity and

keep you healthier. It is possible that gardening can alleviate symptoms of allergies, asthma, and skin conditions caused by a weaker immune system.

Much research also suggests that gardening can improve mental health. Being outside in nature and proactively caring for and nurturing plants can have a therapeutic effect, making us less prone to anxiety and depression. Spending time in a green and peaceful environment calms the mind. Watching plants thrive and grow under your care can encourage self-esteem and give hope in the future.

Gardens have been showing up as part of community programs, youth and school programs, and even in prison settings. The therapeutic benefits they provide are unmatched in simplicity and satisfaction. Anyone can learn to tend to plants in a garden.

It does not matter if you live in the suburbs or in the city. You can make space for even the smallest of gardens. Urban gardens have been gaining popularity, with plenty of ideas on the internet to make one for yourself if you don't have a yard to carve it out of.

Start planning your garden spot today and discover the tranquility and well-being that can be gained with your little slice of nature. The stress and problems of work and the outside world will fade as you watch your garden thrive. For more information on planning your garden, visit your local Extension office or the K-State Research and Extension website at <https://www.ksre.k-state.edu/>.

Source: Cannon, Maria. "Gardening: Good for Body and Mind." Cornell Cooperative Extension, Rockland County. <http://rocklandcce.org/>



Save the Date

For These Upcoming Events

19th Annual Benefit Trail Ride
for ECKAAA Meals on Wheels
Blackhawk Horse Camp
Osage County, Ks
October 3, 2020

Tentative date for
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Due to COVID-19 -more information
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The Golden Years

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Elizabeth Maxwell, Executive Director

Jodi Smith, Editor

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